



Largest U.S. printer offers free booklets

Last week's mail included a huge packet of helpful information booklets from the largest printer in the country — all free.

Good Old Uncle Sam, the United States Government Printing Office, is the largest printer. What's more, many of its publications are free.

Advertisements on television and in newspapers invite people to write the Consumer Information Center in Pueblo, Colo., for these helpful booklets.

I wrote the center. That isn't unusual. I'm always sending away for free information.

Anyone who lives alone knows the most depressing thing is to check an empty mail box month after month. I've joined nine book clubs just to get some mail.

I should have sent away to the Consumer Information Center first. Book clubs are expensive. The U.S. gives away most pamphlets. Those which cost money are nominally priced. Most are under one dollar. The most expensive was \$4.25. The cheapest was 35 cents.

HOWEVER, YOU can only order a maximum of 20 free booklets with each order. I, of course, ordered 20 free booklets.

It's a small education reading all this information. Everything is designed to help people live wiser, better and more inexpensively in our modern society.

Here's some examples:

● A booklet called "Don't Be Fuelish" explains most cars get 7 percent better gas mileage at 50 than 55 mph. Most cars get 28 percent better miles per hour at 50 than 70 mph.

● "Safe Driving in Winter" says not to panic, oversteer or jam the brakes when skidding. Instead, ease up on the accelerator and steer in the direction the rear of the vehicle is skidding.

● Among other things, "Tips For Energy Savers" lists the number of kilowatt hours required annually for all household appliances. A hand iron requires 144 hours. Here's where I save. I don't have an iron.

● "Can I Really Get Free Or Cheap Public Land?" No, according to the pamphlet of the same name.

● "Can You Really Strike It Rich In The Government Oil and Gas Lottery?" It's possible, but not too likely, according to this pamphlet.

● "Successful Jogging" has a 12-week step by step program for people just starting the sport. Plus, there's an application to the National Jogging Association. Sign me up.

● "Investigate Before You Invest" tells people what to look for before putting down their money, including how to spot "confidence" men.

● "Low-Calorie Protein Diets" are tremendously popular, but there are many unanswered questions. The "modified fasting" required puts considerable strain on the body.

● "Inflation Fighting Ideas" tells how to shop at the supermarket and how to save money.

There were too many things to list them all here, but don't worry. I may list more items in the future. I'm on the mailing list for their next schedule of booklets.

Swim squad seeks members

The Farmington Flyers, a swimming team sponsored by the Farmington Area YMCA, is recruiting new members for the 1979-80 season.

The team, which is for boys and girls from six to 17 years of age, will hold a

tryout at 2 p.m. on Sunday, Oct. 14, at the Mercy Center pool, 11 Mile Road east of Middlebelt.

Practices will be held on Monday, Tuesday and Thursday evenings beginning Monday, Oct. 15. Meets will be

held on Saturdays from early December through March.

The team is coached by Jane Tucker, a member of the Detroit Cooley High School coaching staff. For additional information, call the YMCA at 563-4020.

Farmington runners beat Stevenson team

Farmington runners John Murphy and Bill Atkinson were first across the line last Thursday to help their team post a 24-32 victory over Livonia Stevenson in an Inter Lakes League (ILL) cross country meet at Cass Benton Park.

Murphy won the three-mile race with a time of 16:15, and Atkinson followed in 16:34. Stevenson grabbed the next three places with Bob DuBois (16:44), Bill Grant (16:53) and Tom Bowie (16:56).

Eric Leidlein of Farmington finished sixth in 17:11, and teammates Bill Anglin and Steve Medonis followed with times of 17:16 and 17:21, respectively.

Earlier last week, Farmington finished second in the 21-school field in the Redford Union Invitational at Cass Benton. Northville won the team title with 57 points, and Stevenson was third with 116. North Farmington was 10th with 233 points, and Farmington Harrison was 15th with 442.

In the individual race, Farmington's Murphy landed second in 16:22, and teammate Atkinson was seventh in 16:34.

Students named to honor list

Seven Farmington area students were among those named to the Academic Honors List for scholastic excellence during the summer quarter at Ferris State College in Big Rapids.

To be named to the list, a student must earn at least a 3.5 average on a 4 point basis and carry a full academic load. A full load is at least 14 quarter hours of credit.

Students named to the list include: Kevin R. Leddy, 31620 Leeland and John F. Muller, Jr., 29470 Mingwood, of Farmington. And Janet M. Cassidy, 30134 Briarton; Terrence A. McCarthy, 29915 Muirland Dr.; Peggy D. Popour, 27710 Cardoba Dr.; and Jeri L. Shaw, 34451 Oak Forest, of Farmington Hills.

Farmington, now 6-2 overall and 2-1 in the ILL, runs next on Thursday, Oct. 18, in the Inter Lakes League conference meet.

N. FARMINGTON 18
REDFORD UNION 37

North Farmington outran Redford Union, 18-37, last Thursday in a Northwest Suburban League meet at Cass Benton. North is 5-2 overall and 4-0 in the NSL.

Last Thursday's steady downpour prevented North coach Ed Davis from recording the times, but the first five North runners were Gregg Rapp, Rich Fruitman, George Fomin, Dave Hooper and Bruce Rose.

North has a Northwest Suburban showdown with Livonia Franklin on Thursday. The meet begins at 4 p.m. at Livonia's Elm Grove Park.

DIVINE CHILD 25
LADY OF MERCY 30

Farmington Our Lady of Mercy's girls' cross country squad split a double dual last week, beating Birmingham Marian (15-45) and losing to Dearborn Divine Child (25-30). The result left Mercy with 6-2 overall record.

Child's Renee Katszyk won the race with a time of 19:36, and Mercy's Curran Sullivan was second in 19:42. Rest of the field: Child's Liz Skruha (19:56), Mercy's Rocky Brown (20:02) and Mercy's Micha Sullivan (20:10).

Mercy, coached by Bob Kirkland, runs next in the Catholic League meet on Tuesday, Oct. 16, at Marshbank Metropark. The meet begins at 4 p.m.

WATERFORD MOTT 21
FARMINGTON HARRISON 36

Waterford Mott filled the first two places and defeated Farmington Harrison, 21-36, in a Western Six League cross country meet last Thursday at Orchard Ridge. The loss dropped Harrison to 2-5 overall and 1-4 in the WSL.

The first two runners were Rick Schaeffer (16:45) and Eric Pierre (16:52). Brad Senko of Harrison took third with a time of 17:08. Other Harrison runners: Mark Contardi (fifth, 17:29), Brian Anderson (seventh, 17:51), Ray Rammo (10th, 19:54) and Ned Lessins (11th, 21:16).

Harrison runs next at 4 p.m. Thursday against Livonia Churchill at Cass Benton.

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