More energy-savers

Here are the rest of the energy con-servation tips offered by the U.S. De-partment of Enery as part of its pro-gram to observe International Energy Conservation Month.

- Accelerate gradually, and don't brake unnecessarily. Braking cuts your fuel economy.
- Use the most energy efficient ap-pliances for household tasks. Frost free refrigerators use more electricity.
- Get regular tune-ups. Your car is losing mileage if the engine is difficult to start, hesitates, or idles roughly. When replacing lightbulbs, don't use bulbs that are stronger than neces-
- If you have to replace your car tires, buy radials they improve gaso-
- line mileage.

 Do your laundry in cold water. If you need to wash with hot water, you

consumer mailbag

can still rinse with cold water.

can still risks with cold water.

• If you have more than one car, use
the one with the best fuel economy
most often.

• Install a solar water heater to saw
money and energy. Tax credits can
cover up to 50 percent of the costs.

• Plan your trips. Try to make one
multistop trip rather than several sindiscont trips.

mutistip trip return two section and gle-stop trips.

• Eat nutritious foods. Processed foods require more energy to produce than they supply to the consumer.

• Check tire pressure regularly keep tires inflated to the highest pressure recommended by the manufacturer.

• Make a grocery shopping trip with-

out buying any items packaged in non-reusable plastic.

• Remove unnecessary weight from your car; added weigt hurts fuel econo-

my.

• Plant deciduous trees and vines to let the sun enter your house in the winter and to provide shade in the sum-

The U.S. Department of Energy of-fers many free publications to help you save energy. For information write En-ergy, P.O. Box 62, Oak Ridge, Tenn. 37830.

GRACE R. GLUSKIN

Cancer society class will help patients cope

The American Cancer Society will introduce an eight-week rehabilitation course for cancer patients and their family members to the Detroit area Monday, Oct. 29, at the society's head-quarters in Southfield.

"I Can Cope," which began in Minnesota in 1977, is designed to help individuals with cancer to regain control over their lives by improving their understanding of how the disease affects them physically, emotionally and socially.

them physically, emotionally and so-cially.

The two-hour classes will meet on eight consecutive Mondays, through Dec. 17, at the society's metropolitan Detroit headquarters in Southfield. There is no fee but class size is limited and participants are expected to attend

and participants are expected to attend every session.

The course will be coordinated by Anne Allen, an American Cancer Soci-ety student volunteer, and Josephine Whartf, registered nurse, a supervisor for Upjohn Healthcare Services. The

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Upjohn company is providing additional funding assistance for the local 'I Can Cope' program. The weekly sessions will deal with the disease process and related health broblems as well as helping the patient to live within the limitations set by cancer. Information on community resources will also be made available to the class.

A speaker will be scheduled for each meeting. Among them will be Dr. E. Michael Lodish, chief of oncologic sur-gery at Detroit Osteopathic Hospital;

Coin collectors focus on history

Membership applications and infor-mation are available from Ben Morris, 546-3527; Diane Colton, 642-1151; or Kay Briggs, 474-4608.

Susan Hicks, social service director at Crittenton Hospital; the Rev. Phillip Koster, Pontiac General Hospital chaplain; Lynn Parker, dietician at Pontiac Osteopathic Hospital; Walter Brown, attorney; Phyllis Seel, psychologist; Karen Hoffner, R.N., homecare coordinator at St. Joseph Mercy Hospital, Pontiac, and Margo Dexter, occupational therapist at Ancillary Health Services.

Cancer patients or family members can register for the "I Can Cope" course by calling the American Cancer Society at 557-5353.

Interested persons are invited to learn more about Jewish history by joining the Israel Numismatic Society of Michigan. Meetings are held at 8 p.m. the fourth Tuesday of each month in the Jewish Community Genter, 15110 Kag Briggs, 474-4608.



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Volunteers

The Oakland County Volunteer Bureau, a program of the Volunteer Action Center of United Community Services, has weekly listings of volunteer opportunities. Further information about these and other volunteer needs at over 200 agencies may be obtained by calling the bureau at 642-7772. Any non-profit organization needing volunteer assistance may also call the bureau.

EVENING RECEPTIONIST -EVENING RECEPTIONIST — Con-sortium for Human Development, a Troy agency for outpatient community mental health treatment, is looking for a special person for this position. Al-though no prior experience is required, the volunteer must be able to work in a confidential setting, must be a caring attitude, and must be able to handle attitude, and must be able to handle routine receptionist duties. Time com-mitment is for two evenings a week.

TUTORS — Volunteers over 19 who are able to tutor children or teens in school subjects are needed by the Sarah Fisher Home in Farmington Hills. Tutors should have a good moral character, have an understanding of children, and be reliable. Hours are 3:30-5 pm. weekdays. Also needed are drivers to take children to and from community activities.

OFFICE AIDE — If you enjoy working with people and have some office skills you'd like to dust off, the Michigan Cancer Fondation in Royal Oak has a place for you. Volunters handle typing, filing, answering phones, and making appointments. Time commitment here is for six hours one day a week.

NURSING HOME ASSISTANT — A sincere interest in helping others is the only requirement for this volunteer positon. Volunteers assist in patient care at Oak Hill Nursing Home in Farmington by making beds, straigtening rooms, combing hair and writing letter. Hours are flexible.



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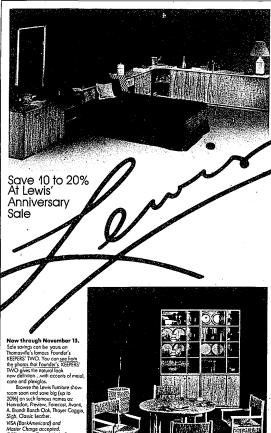
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