

Lutheran High will receive grants

Lutheran High School Northwest, Farmington Hills was awarded three grants totaling \$3,200 for the 1986-87 school year from Aid Association for Lutherans.

The money will be used to subsidize tuition and related expenses for 12 teachers continuing their education, to purchase computer software for science, math, social studies and

foreign language courses, and to pay for tuition and related expenses for teachers who will attend a five-day program, "Essential Elements of Effective Instruction."

Local high schools determine their needs in three general areas: faculty and staff development, program enrichment and constituent relations.

The grants are part of AAL's Lu-

theran High School Enrichment Program, which this year will provide nearly \$500,000 to 100 Lutheran high schools in the United States.

Last year, the grants helped 89 Lutheran high school teachers seek advanced degrees, state certification or other professional development.

In addition, schools used the

money to enhance computer courses, business classes and career guidance programs. Other courses were developed or improved for college-bound students and to teach basic skills.

In the area of constituent relations, the grants were used for newsletters and church bulletin inserts, and to develop recruiting and fund-raising programs.

"AAL recognizes the importance of Lutheran high schools and is committed to serve and support them," said Barbara Kuxhaus, administrator of AAL's high school grants.

AAL funds more than \$10 million support programs, which this year will provide more than \$4.5 million to students and the schools they attend. Other AAL grants provide millions of dollars to Lutheran institutions

and other not-for-profit organizations, and to provide support for AAL members who conduct volunteer activities through 6,400 local branches across the nation.

AAL is the nation's largest fraternal benefit society, enabling Lutherans and their families to help themselves and others through insurance and other fraternal benefits.

Hills senior enjoys staying in shape

In all cities in America, one can see senior men and women jogging, playing tennis, swimming or working out at health clubs. More and more seniors are staying active to achieve a longer and more healthy life.

One Farmington Hills resident, Don Erskine, now 76, was active in track and field when he was in high school in Detroit during the late 1920s. At his health club in 1981, he

learned of the Masters Track and Field program for both men and women over the age of 40.

He subscribed to the National Masters News (P.O. Box 5185, Pasadena, Calif. 91107), published monthly for \$15 per year. It usually contains 40 to 50 pages and covers every aspect of both long-distance running and track and field activities.

Erskine learned that these sports

were now governed by "The Athlete's Congress" and not the American Athletic Union. From the Masters News, he discovered that meets were held in many states — indoor in winter and outdoors in summer — ranging from local meets to regional and national championships. A world championship meet is held each year under the jurisdiction of the World Association of Veteran Athletes.

Because Erskine is not a long-dis-

tance runner, he has competed in the sprints and jumps: the long jump, triple jump and high jump and occasionally the javelin throw. Competitors are placed in the five-year age groups.

WHILE ERSKINE was in the 70-74 age group, he won silver and bronze medals in several national championships held in Eugene, Ore. During 1985 and '86, his travel has

been restricted due to his wife's illness, but in June this year (in his new 75-79 age group) he managed four gold medals at the Midwest Championships in Elmhurst, Ill. (just outside Chicago).

While most masters competitors are men, the larger meets draw more women entrants, who compete in their own five-year age groups. The jumping pits at Farmington High School have been a great help

to Erskine in practicing, but he has been frustrated by not having any place to try to improve his high jumping form. To compete, he has had to travel to other states, since no TAC-sanctioned meets have been held in Michigan since he has been competing.

Erskine has found that competing in masters track and field meets an added incentive to "keep in shape."

Futurist Award provides prizes

Honeywell has launched its fifth annual Futurist Awards Competition, an essay contest that asks students to predict technology advancements 25 years from now.

Honeywell wants college students to imagine the year 2011 and write essays about the technological developments they foresee. This year's contest will offer 10 winners \$3,000 each and the chance to work for Honeywell next summer.

Last year, 450 students, representing 322 colleges and universities in 47 states, entered the competition.

The contest is open to all full-time students at any accredited college in the United States.

Students are asked to leap 25 years in the future and write an essay predicting developments in one of six technological areas: electronic communications, energy aerospace, computer science, manufacturing automation or office automation. A second essay must address the societal impact of the technological predictions. Each essay must be no longer than 1,500 words.

STUDENTS CAN receive contest rules by writing Futurist Rules, Honeywell Telemarketing Center, Honeywell Plaza, MN12-4164, Minneapolis, MN 55408, or calling toll-free 1-800-328-5111, Ext. 1581.

Requests for entry material must be received by Dec. 31, 1986.

Completed essays must be postmarked no later than Jan. 31, 1987. In February, a panel of top Honeywell scientists and engineers will judge the essays on the basis of creativity, feasibility, clarity of expression and legibility.

Winners will be announced in early March, and each of the 10 winners will receive a \$1,000, all-expense-paid trip to Honeywell's headquarters in Minneapolis.

Honeywell is a Minneapolis-based international corporation that works together with customers to help them achieve their goals through the application of computers, communications and controls. The company has 94,000 employees worldwide, with 1985 revenue of \$6.6 billion and net income of \$281 million.

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