

Book is guide bus travel

Dear Jo: I would appreciate any information you could give me on bus travel. I prefer traveling this way, as I enjoy seeing the many small towns and out-of-the-way places in this great country of ours.

Mr. H. C. Senior
— "On the Go"

Dear Mr. C.:

The American Association of Retired Persons has just published an excellent book on traveling by bus. Entitled "Touring by Bus at Home and Abroad" by Diana C. Gleason, the book presents a clear, colorful guide to modern bus travel. With its almost limitless variety of tours that cater to nearly every budget, bus (motorcoach) travel has become one of the fastest growing and most popular forms of North American tourism. More than 90 percent of the cities and towns on this continent can-

not be reached by plane or train; buses can go almost everywhere.

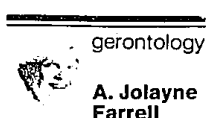
The author, a seasoned traveler herself, has included sections on the mature traveler, the single traveler and the handicapped traveler.

Economy and safety are also covered, along with checklists to facilitate packing and tips on preparing the home before departure. Lists of motorcoach carriers with addresses and telephone numbers and an appendix of available resource materials are included.

The book costs U.S. \$10.95. You can order it through your local bookstore or write directly to the publisher — Little, Brown and Company, 321 Lexington Avenue, New York, NY 10016. Its ISBN number is 0-673-24927-1.

Dear Jo:

Beside a depressed mood, what



gerontology

A. Jolayne
Farrell

are the other symptoms of depression?

Mrs. T. Y.
Older Woman

Dear Mrs. Y.:

I appreciate your letter because most people think that a depressed mood is the only symptom of depression. Other symptoms are a lack of interest, sleep disturbance, inappropriate guilt or feelings of worthlessness, continuous fatigue or loss of energy, lack of concentration and indecision, appetite alteration, weight change, physical slowing or lethargy, agitation, decreased sexual drive, recurrent thoughts of death and suicide attempts.

Mrs. Y., if you suspect you are depressed, a trip to the doctor is warranted. One nice thing about having a diagnosis of depression — it is treatable.

Readers can write to Jolayne Farrell at 11 Cynthia Crescent, Richmond Hill, Ontario L4 4P8.

consumer mailbag

Q. Have you got any free ideas on ways to reduce the amount of energy my family uses?

A. The following suggestions are from "Good Stuff You Should Know" published by the Detroit Consumer Affairs Department:

- Use draperies with linings on windows. Hang draperies to extend at least four inches beyond the entire window opening.
- Open draperies on sunny days during cold months. Close draperies on sunny days during warm months.
- Clean and/or replace the furnace air filter frequently.
- Install a hot water tank insulation kit on your hot water heater.
- Keep fireplace damper closed when not in use. Cover fireplace opening when not in use.
- Increase humidity (which



Terry
Glibb

- makes it seem warmer) by having lots of plants.
- Place a pan of water in front of heat ducts.
- Open the dishwasher door and let dishes air dry.
- Electric blankets use less energy than raising the thermostat. Several lightweight blankets are better than one very heavy one.
- Select menus that can be prepared all in the oven or use surface burners — rather than some of each.
- Match pan size to burner size.

- Preheat the oven only when baking.
- Check faucets and toilets for leaks.
- A plastic bottle filled with water placed in the toilet tank will reduce the amount of water used with each flush.
- Wash and dry whole loads of clothes.
- Keep dryer lint screen clean.
- Hang clothes outside on sunny, breezy days.
- Light painted walls reflect light and reduce the amount of lamps needed.
- One larger-watt bulb uses less energy than several smaller-watt bulbs.
- Unplug "instant-on" televisions when not in use.
- Water lawn and garden in the morning.
- Use the car that gets the greatest gas mileage the most frequently.

OU highlights 'hot' careers

Oakland University will host a free open house Sunday, Nov. 19, for undergraduates interested in the continuing hot fields of engineering and computer science.

It will be held from 12:30-4:30 p.m. in the Dodge Hall of Science. Admissions and program information will be available in Room 201 and laboratory demonstrations will

go on throughout the building.

University officials say computer science and engineering students have the best chances for local jobs. And, nationally, the demand for engineers is expected to remain strong across the board.

More information is available by calling 370-2212.

Readers can write to Jolayne Farrell at 11 Cynthia Crescent, Richmond Hill, Ontario L4 4P8.

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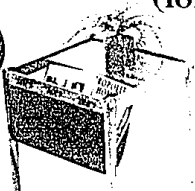
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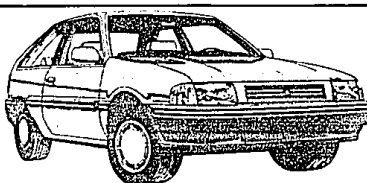
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