

Leisure time as a resource

"Time is money." We've all heard that old saying. And it's true -- time is money in many ways.

"Your time -- plus your special skills, knowledge and experience -- is what you trade for those paychecks you use to buy the goods and services you need to live," states Janet Voorheis, Extension Home Economist, Cooperative Extension Service, Michigan State University.

new ways to put old things together or remaking garments entirely.

•Plant a garden. If you choose your crops wisely and store and preserve your produce carefully, your garden can be quite a money saver. And you may have the feeling of satisfaction that comes to many from making things grow.

•Learn to do minor home repairs. Stopping a leaky faucet will eliminate one of life's minor annoyances -- drip, drip, drip -- and stop the pouring of money down the drain.

Time on your hands need not be a burden. It can be time to be creative and imaginative, to develop new skills, to find new ways to use what you have. It can be your chance to think through the possibilities open to you, to check over your priorities and examine your values.

It's time to give your budget a once-over to find out where your money is really going and to sharpen your managerial skills to get the most satisfaction out of what you have to work with.

A LAYOFF OR unemployment means time on your hands and no paycheck coming in. Time is still money, however, because you can use the time you have to make or fix up, make do or do for yourself what you would ordinarily pay money for. Here are a few ideas:

•Cook more of your meals "from scratch." Try some of those money-saving recipes you've been clipping and having. Improve your cooking with the help of a friend or relative who's a good cook.

•If you have the necessary skills, make or make over clothes for you and your family. Recycle hand-me-downs into useable clothing by changing trim and other details, finding

DON'T HAVE THE skills to do these things? Then look into the possibility of trading off time and skills with a friend or neighbor. You could even organize a chore pool of people with skills of time to offer and chores they need done.

The same sort of swap ring can be used to barter things you have but don't need for things you need but can't afford to buy just now.

All kinds of sharing arrangements are possible. Have a clothes swap; pass your kids' outgrown clothes to another family with smaller children; share a garden plot and tools; car pool to the shopping center.

IT'S TIME TO be a more careful shopper. To read labels more closely, to become acquainted with shopping aids like unit pricing and open dating and to develop smart shopping habits.

It's more time to spend with your spouse and children; time to give to community concerns; time to yourself -- to do, to be, to explore, to develop.

Time on your hands? Don't just dust it -- spend it.

Weddle trains in CAP school

Mike Weddle, son of Mr. and Mrs. Arthur Weddle of Farmington, recently attended classes in leadership at a two-week Civil Air Patrol (CAP) cadet officers school at Maxwell AFB, Ala.

The program was designed to increase the effectiveness of CAP cadet officers and included the psychology of leadership, problem solving, public speaking, physical fitness and orientation trips.

Weddle has been with the CAP since December 1969 and is affiliated with the Lavonia Composite Squadron.

Mirza elected to fellowship

Abdul M. Mirza, MD, of 2313 Orchard Lake Road, Farmington, was elected an associate fellow in the American Academy of Pediatrics (AAP) at a recent meeting of its executive board in Evanston, Ill.

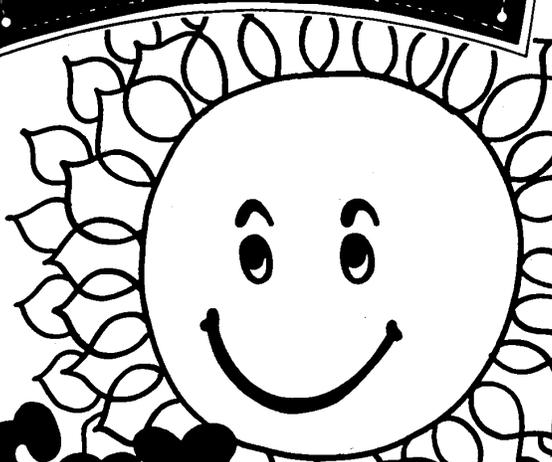
To qualify as a Fellow of the academy, a pediatrician must be a citizen of one of the countries of the Americas and must be certified by the American Board of Pediatrics as a fully-qualified specialist in the field of child health.

Certification requires a minimum of five years post-medical experience.

DETROIT ARTIST, BOB DUCHIN
Presents
One Man ART SHOW & SALE
JULY 21 through 26

Oils, Charcoal, Pastels,
and original sculpture. Proceeds
from the sale to benefit the
Cancer Fund & Leukemia
Foundation.

COPPER RIVET



Summer

CLEARANCE

Sale!

ON SELECTED GROUPS OF MERCHANDISE

- SPORTS COATS
REG. 70-75. NOW! \$25 TO \$35
- KNIT DRESS SLACKS
REG. 10-22.50 NOW! \$9 TO \$11
- SHORT + LONG SLEEVE DRESS SHIRTS
REG. TO \$11. NOW! \$5.99
- SHORT SLEEVE SPORT SHIRTS
REG. 7-12. NOW! \$6.99
- SHORT SLEEVE GOLF SHIRTS
REG. 10-18.50 NOW! \$6.00
- LEISURE SUITS
REG. \$40-70-85. NOW! \$20 TO \$45
- LEATHER COATS AND JACKETS
OUR ENTIRE STOCK
ALL SALES FINAL - NO LAYAWAY **20% OFF**

COPPER RIVET

MEN'S SPORTSWEAR SHOP
Located adjacent to the Meier Shopping Center

45001 Ford Road at Canton Center Road

MON.-SAT. 10 A.M.-10 P.M.
SUN. 11:00 A.M.-6 P.M.

Why Pay More! Why Pay More! Why Pay More! Why

Why Pay More!



MEIJER

thrifty acres
AND
SUPER MARKETS

Why Pay More!



TOP FROST
FROZEN
100%
FLORIDA

ORANGE JUICE

12 FL. OZ. CAN

3/97¢

WITH COUPON

PRICES GOOD WEDNESDAY JULY 23 THRU SATURDAY JULY 26, 1975



MEIJER THRIFTY ACRES - SUPER MARKETS

SHOP HOURS: THRU SATURDAY 8 A.M. TO 10:30 P.M. - SUNDAY 8 A.M. TO 7 P.M.