



Pvt. Vanloon

Marine Private David R. Vanloon, son of Mrs. Dorothy M. Vanloon, of 2820 Botsford Drive, was graduated from eight weeks of recruit training at the Marine Corps Recruit Depot at San Diego, Calif. He will now undergo about three weeks of individual combat training and then, after leave at home, will report to his first Marine Corps assignment.

The intensified Marine recruit training emphasizes rigid physical conditioning and survival techniques, both at sea and ashore, to develop self-confidence and endurance. Marksmanship with the M14 rifle and 45-caliber pistol are equally stressed, and close order drill instills the traditions of Marine Corps teamwork. A thorough study of basic military subjects; hygiene; first aid and sanitation; and the customs, courtesies, history and mission of the Marine Corps serve to polish the new Marine's recruit education and prepare him to join Marine combat forces.

Floral Park News

E. R. PHILLIPS
GR. 4-6315

Mr. and Mrs. Thomas Mahoney, and their family of 22751 Lilac, enjoyed their Christmas holiday weekend in Standish, Michigan. A family reunion was held at the home of Mrs. Mahoney's parents, Mr. and Mrs. Louis Chaitrow, and another was held at the home of Mr. George Mahoney. Mr. Mahoney's father, The roads were fine for traveling. Mr. and Mrs. Ed Hendrickson and their son Colin and daughter Anne, from Mahon, Minnesota visited the Phillips family of 22779 Lilac, on the Christmas weekend. Mrs. Hendrickson is the sister-in-law of Mrs. John Watson. Mrs. Watson and her two children reside on Asbury Park, in Detroit.

Mr. and Mrs. Ed Eggers, of Saratoga, Florida were in town through the Christmas holidays. They are the daughter and son-in-law of Mrs. Mae Schelawake of 22779 Lilac. Mrs. Schelawake spent Christmas day with them at her son's and his family's home, Mr. and Mrs. Bernard Roulou, of Dearborn Heights, Michigan.

Staman Women
Staman Area Planners will meet on January 5, at 9 a.m. at the home of Jerry Tyson, 31878 Belmont. Stanners will sew cancer pads on January 9, at 8 p.m. at Joanna Smith's home, 31838 Staman Circle.



SIGNIFYING THAT HE HAS BEEN responsible for sales totaling at least \$1 million annually for 38 consecutive years, Steve Campbell (right), vice-president - sales, Thompson-Brown Company, 32823 West 12 Mile Road, Farmington, is presented with a Million Dollar Circle plaque by Milton Kettler, a director of the National Association of Home Builders. The presentation was made during the NABH Convention at which Campbell served both as a panel moderator and workshop advisor. Campbell also accepted a similar plaque for Scott Edwards, Thompson-Brown sales manager, at the ceremony.



Understanding your HEALTH

By Albert E. Heustis, M.D. Director
Michigan Department of Public Health

Stress is nothing more than the wear and tear of life — each of us has our own personal brand. It is not necessarily an unhealthy thing as long as we learn how to keep it under control.

But the businessman who worries all day long about his job, and carries the worries home at night or the harried housewife who finds it impossible to relax after a trying day are both examples of harmful and unhealthy stress. The inability to cope with stress has a lot to do with the type of job or profession. Actually, it's not stress itself, but the way we react to it — our ability or inability to handle it makes the big difference.

The relationship between constant stress and ailments such as heart disease, high blood pressure, stomach disorders, strokes and mental illness has clearly been demonstrated. Studies show that a nearly half of the people who come to doctors for medical attention are suffering from ailments brought about or worsened by stress.

First, it is advisable that you have a periodic health appraisal from your doctor. It's important to your emotional good health to know what kind of shape you're in physically. And the examination may also prevent serious or fatal chronic illness.

Second, keep your weight down through a balanced diet. It's like to outline a few points that will help you to handle stress in your everyday life. They will aid you in reacting in a manner that will make seemingly unbearable situations quite bearable.

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'67 Crop Totals Higher Despite Popcorn Pfffl

Weather conditions in 1966 were generally more favorable for producing good crops of grain, dry beans, soybeans and hay than in 1965, according to the Michigan Crop Reporting Service. However, the long period of dry weather in the northern Lower Peninsula and much of the Upper Peninsula seriously reduced crop yields in those areas. Good to excellent yields were general in the southern half of the Lower Peninsula. A new production record was set for soybeans and new record high yields per acre were set for grain corn and all hay.

The combined output of Michigan's 17 major field and fruit crops was 10.34 million tons in 1966. This tonnage was 3 percent larger than the 10.06 million tons produced in 1965 but 1 percent less than the 1960-64 average production. The combined output of the 10 major field crops was 9.8 million tons in 1966 compared with 9.4 million tons last year. Fruit production in 1966 totaled 578,000 tons, 19 percent less than in 1965 and 6 percent less than the 5-year average. Smaller crops of peaches, sweet and tart cherries and grapes more than offset larger crops of pears and plums.

Dry bean production in Michigan this year—8,114,000 bags (100-pounds clean basis)—is 31 percent larger than the 1965 crop and nine percent larger than the 5-year average. Dry weather from the last half of May through mid-July slowed development of the crop. Heavy rains in August supplied sufficient moisture to carry the beans to maturity. Dry weather in the fall was favorable for harvest with a minimum of loss. The yield per acre of 1,260 pounds was a little below the 5-year average, but the acreage harvested, 644,000 acres, was 14 percent above average.

The winter wheat output of Michigan farms in 1966 totaled 30,480,000 bushels, 15 percent larger than for the 1965 crop. The same was true for the large 1965 production. Harvest in good to excellent condition and the average yield of 40 bushels per acre equaled the record high first established in 1964.

Corn for grain production in Michigan this year—1,350,000 tons—was 10 percent larger than the 1965 crop and 10 percent more than the 1960-64 average. The acreage harvested, 1,350,000 acres, was 14 percent above average.

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DAVID E. MARTIN

Local Engineers In SAE Congress

David E. Martin, of 28270 Wellington, and Robert A. Rogers, of 34099 Shulte Drive, will participate at the 1967 SAE Automotive Engineering Congress and Exposition to be held January 9-13 at Cobo Hall in Detroit by the Society of Automotive Engineers.

Martin is Supervisory Research Engineer at General Motors Research Laboratories. His co-author is Charles K. Kroell, Sr. Research Engineer, for the Research Laboratories. The title of their paper is "Vehicle Crash and Occupant Behavior."

Rogers is Engineering Supervisor for General Motors Proving Ground. His co-author is James C. Gilkey, Mechanical Engineer (Automotive) U.S. Post Office Department. The title of their paper is "Post Office Vehicle Crash Study."

The SAE Congress and Exposition is the top annual event in automotive engineering circles. More than 22,000 SAE members and others interested in the automotive industries are expected to attend the 1967 Congress and Exposition.



ROBERT A. ROGERS

Lost Decibels

James E. Grandberry, Director of on-the-job training for Detroit and also a Director of the Detroit Hearing Center, will speak on "Employment Opportunities for the Handicapped" at a meeting of the Lost Decibels on Jan. 11, 1967 at Royal Oak's Emerson School at 8 p.m.



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Cub Pack 118 Has YuleParty
The December meeting of Cub Pack 118 was held in the multi-purpose room of Flinders School. The gathering had a decided Christmas flavor.
Homemade ornaments were hung on a Christmas tree which was later presented to the school to be placed in the foyer. Used toys were gathered from friends and neighbors and delivered to the U.S. Marine Corps Center for rejuvenation and distribution to less fortunate children.
The boys also decorated empty cigar boxes and filled them with assorted knick-knacks. These were gaily wrapped and delivered to the Cub Pack at the Sarah Fisher Home.
The opening ceremony of the Pack meeting was conducted by the Webelos Den. Entertainment for the evening was supplied by Den 5 who presented the play "The Littlest Christmas Tree."
Santa arrived at the end of the play and personally delivered a gift to each child. He then listened very carefully to all the little brothers and sisters' requests for Christmas and presented them with candy canes and suckers.
Cubmaster Ed Brennan made several important announcements. The trip to Cranbrook Observatory was postponed to a later date not completely cancelled. The Pack has decided to follow an Indian theme and the Blue and Gold Baguette in February will feature the official unveiling of the Indian names, costumes and equipment.
The attendance award was presented to Den 5. Refreshments were served to family and friends with the Girl Scouts assisting the cubs.

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