

McCatty back to work

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THE OAKLAND practices lasted from 9:30-11 a.m. Monday through Friday at Dublin Field in suburban Dublin. The practices were not exclusive to A's players. San Francisco Giants like Darrell Evans and Greg Minton joined in. Former Oakland A Reggie Jackson practiced there occasionally.

During the practices, McCatty concentrated on throwing and running. At first, these informal practices drew big crowds, McCatty said. But, as with the strike itself, eventually the fans lost interest.

"At first we couldn't even move without bumping into a kid," McCatty said. "Then after awhile I think it was not that big a deal for the kids any more. But we still got a few out there every day."

McCatty has been pitching in the majors with Oakland for 2 1/2 years. Last year the 6-foot-3, 205-pound right-hander had a 14-14 record with a 3.86 ERA. Although Oakland finished 14 games back in first place in Kansas City in 1980, McCatty said he was not surprised to see the A's on top this season.

"I think a lot of people were surprised by what we've done," McCatty said. "But I think the ballplayers on the other teams think we're capable of winning our division. I think we have the best starting staff in the major leagues, and our bullpen is adequate. We also have the best outfield in baseball."

"Before the season I definitely thought we would finish in first place. Even in 1979, when we lost 108 or 109 games, I was going around saying we've got some guys with talent. And it took Billy Martin to bring that out."

BILLY MARTIN: You either love him or hate him. Put McCatty in the former category.

"I think he's a great guy. I get along with him real well," McCatty said. "He stands behind his team 100 percent. Plus he's fun to be around."

"They say he likes to fight all the time, but I think that's been exaggerated. Sure he's a fiery individual with a quick temper. But he's a great guy, and you couldn't ask for a better manager to play for."

Of all the possible arrangements for

finishing the strike-shortened season, predictably McCatty likes the split-season idea best.

Under that plan, the team that was leading before the strike would play the team topping the standings in games played after the strike, assuming it was a different team. Oakland, which had a game-and-a-half lead before the strike, would be guaranteed a berth in the playoffs.

Hagen tourney set

Local junior golfers may not hit the ball as far as Walter Hagen used to, but they'll soon get the chance to play in the tournament that bears his name — the Junior Walter Hagen Golf Championship.

Regional play is slated for Aug. 3 at Oakridge Golf Club in Lenox Township; Aug. 4 at Whispering Willows Golf Club in Livonia; Aug. 5 at Glen Oaks Golf and Country Club in Farmington; Aug. 6 at Godwin Glen Golf Club in South Lyon, and Aug. 7 at Pontiac Country Club.

The \$20 entry fee (which goes to the American Cancer Society) includes bag tags and green fees.

Entry forms are available at most golf clubs and courses and also at the American Cancer Society office.

For more information, call 557-5353.

logging

How to avoid jogger's dropout

Although statistics are not available, I am sure that jogging, as in most other athletic activities, has a rather high dropout rate.

I would further venture a guess that the majority of those discontinuing the activity drop out during the first month or so.

The proposed reasons are numerous but probably have the common denominator of either boredom or physical fatigue resulting from improper training.

I suggest the following six items as guides, or helpful hints, for the novice jogger in the hopes that he or she will experience running as it is meant to be.

The first prerequisite to starting a jogging program is some sort of personal or professional physical assessment. In the presence of any pre-existing medical condition, it would be wise to consult a physician for evaluation and supervision.

I also feel that after the age of 40, a routine physical with some emphasis upon the cardiovascular status would be wise prior to a jogging program.

People who have been physically inactive for years should walk at a brisk pace for certain distances until the workout is comfortable and non-stressful. Overweight individuals must be careful not to overwork the heart.

Judicious dieting, gradual work-

outs and physician supervision where necessary would be of benefit to prospective runners.

In short, the personal assessment provides the essential guidelines for active participation in the sport.

A GOOD concept for new runners is to establish realistic goals. Then establish a reasonable training program geared to assist in reaching the goals. Obviously, one's intentions may change during training, but running without any sort of personal direction is aimless and often doomed to failure.

The types of goals are countless and range from simple weight loss to marathon competitions. But rest assured, the successful jogger has some sort of scheme that guides his training.

Maintain a log or record of your training habits and performance. This might prove beneficial during later phases of training.

PROPER EQUIPMENT is essential for successful jogging. Properly designed running shoes, adequate sock material and reflective upper garments during late afternoon and evening hours are necessary.

Running in worn-out tennis shoes without socks is an invitation to problems. Proper selection of a good running shoe is a topic in itself and one I covered in another article.

Series thought must go into the selection of a jogging course with three basic considerations.

First, the distance should be that which is short enough to be comfortable and practical while long enough to be beneficial.

Second, the course, if at all possible, should be scenic and pleasant to the eye. One should avoid the monotonous circular asphalt tracks, which encourage boredom. Run in areas where the scenery is either esthetically pleasing or frequently changing.

The third point to consider is to alter or vary the course from day to day so as to introduce new visual experiences.

The effect of a different route is often exaggerated and will provide a sense of newness to the laboring novice.

I strongly suggest that whenever possible, jog with company. In addition to making the entire experience more enjoyable, a running mate also provides a stabilizing force, since two joggers are better able to select and maintain a beneficial pace.

Available conversation and inherent incentives also add to the total experience. For some runners, my suggestions are actually interrupting annoyances, but particularly at the beginning of one's introduction to jogging, I do suggest running partnership.

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CITY OF FARMINGTON SUMMARY OF PROCEEDINGS CITY COUNCIL MEETING JULY 27, 1981 7:30 P.M.

Farmington Hills City Council held a regular meeting on July 27, 1981. Mayor Wolf opened the meeting 7:30 o'clock P.M. Members present were Burwell, Soronen, Opperhauser, Alkateeb, Lange and Dolan. Others present were City Manager Savage, City Clerk Cairns, Assistant City Manager Costick and City Attorney Bibeau.

Council set August 10, 1981, as the Public Hearing date for amended Riison Company Project, amended Hunter-Square Project and Ingersoll Road Project all Economic Development Corporation of the City of Farmington Hills.

The Special Assessment Roll C160 in the amount of \$5,193.73 for road improvement of Nine Mile from Power to Freedom was approved and the intent to sell bond resolution was approved.

Council adopted a resolution to place Proposition A - Emergency Medical Advanced Life Support Service millage to be levied up to two mills - on the Nov. 3, 1981 ballot.

Special Assessment Roll for water improvement on Northwestern Highway from Inkster to lot 163 of Woodcreek Farms was confirmed in the amount of \$182,587.

Map amendment C82-250 in the SE 1/4 of Section 11, 277-212, 015, and 016 located in the NW corner of Middlefield-Twelve Mile Road intersection rezoning from B-1 and RA-1 to B-2 was enacted.

Council enacted zoning text amendment C61-LL, Section 1004A to regulate the building length and distance between buildings in OS-2 and Section 2003, Height Limit, to provide and regulate the location of cupolas in OS-1A.

Council approved the waiving of bid process, and set August 17, 1981 for the Necessity and Cost hearings for road improvement of Fourteen Mile from Ten Hill to Inkster.

The request from Trinity Land for an extension of the Preliminary Plat approval for Heritage Plaza Subdivision in Section 21 was approved and set for May 14, 1983.

Traffic Control Order No. 1.C.3.11 was adopted and eastbound and southbound Clubhouse Lane traffic shall yield at the intersection of Bond Boulevard.

Traffic Control Order No. 1.C.3.2 was adopted requiring all eastbound and westbound Bond Boulevard traffic shall yield at the intersection of Millane Drive.

Traffic Control Order No. 1.C.3.1 was adopted requiring all eastbound and westbound Chesapeake Road traffic shall yield at the intersection of Hunt Club Boulevard.

Council requested the district be set and cost estimate prepared for sidewalks on Thirteen Mile Road for the August 10, 1981 regular meeting. Council opposed U.S. Senate Bill 858 re Federal control of Cable TV.

Upon motion meeting adjourned.

FLOYD A. CAIRNS, City Clerk
DONN L. WOLF, Mayor

Published August 2, 1981

NOTICE OF PUBLIC HEARING

City Council
City of Farmington Hills
Oakland County, Michigan

ZONING ORDINANCE TEXT AMENDMENTS

NOTICE IS HEREBY GIVEN that the City Council for the City of Farmington Hills will conduct a public hearing on Monday, August 17, 1981 at 7:30 p.m. Eastern Daylight Time, in the Council Chambers, 31545 Eleven Mile Road, Farmington Hills, Michigan, and will give formal consideration to several proposed Zoning Ordinance text amendments which have been recommended to the Council by the Farmington Hills Planning Commission. These recommended Zoning Ordinance text amendments, if enacted, are briefly described as follows:

1. Amendment to Section 404 of the Zoning Ordinance to expressly permit and regulate the parking of certain commercial vehicles in Single-Family Residential Districts subject to special conditions.
2. Another amendment would amend Section 406, Planned Unit Developments, to allow said alternate means of single-family development in the RA-1A and RA-1B Districts, as well as in the already permitted RA-1 and RA-2, One-Family Residential Districts.
3. The third amendment would amend Section 407, One-Family Clustering Option, to allow said alternate means of single-family development in the RA-1B, One-Family Residential District, as well as the RA-1, RA-2, RA-3, and RA-4 Single-Family Residential Districts. Further, said amendment is reorganized and expanded to more clearly express the discretionary development standards which will be reviewed for this type of development.
4. Another amendment would amend Section 1904, subparagraph (e), to regulate the parking in the Industrial Districts for those industrial uses or research establishments in related accessory office use to provide five parking spaces plus one for every one and one-half employees in the largest working shift, or one for each 450 square feet of usable floor area, whichever is greater.
5. The last amendment would amend Section 1914, paragraph 4, removing the "color requirement" for poured concrete walls.

Copies of the proposed amendments and copies of the current zoning text are available at the City of Farmington Hills City Hall on any business day between the hours of 8:30 a.m. and 4:30 p.m.

Any person who is interested in these amendments is invited to participate in the hearing and discussion of the proposed amendments at the above date, time and place.

FLOYD A. CAIRNS
City Clerk

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