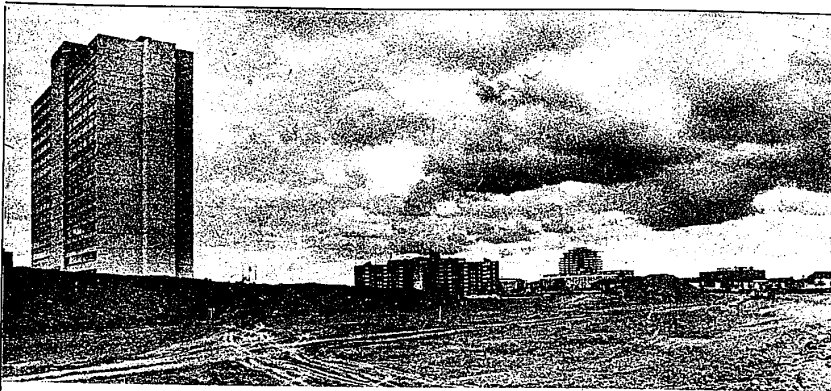


OCC campus goes underground to save energy



When it's completed, OCC's new campus will look different than this expanse of plowed dirt. It will not, however, look much taller.

Oakland Community College is going underground with a two-story "earth-integrated" building that will be recessed one-story and located among the high-rises of Northland shopping center.

The new building, scheduled to open for classes in September 1980, is part of a new network of OCC campuses to be built in Southfield, Royal Oak and Madison Heights.

The Southfield campus will accommodate 2,000 students within an 80,000 square-foot building. The construction budget for the Southfield campus alone is \$6.4 million.

The college will be built on an odd-sized 10-acre parcel at Rutland, south of the Sheraton Southfield Hotel and east of the Lodge service drive.

The idea of building the first floor underground and piling earth around three sides of the structure was suggested by OCC Trustee David Hackett. Hackett was impressed with an "earthintegrated" structure at the University of Minnesota.

The architectural firm of Straub, Van Dine and Dzurman drew up three alternatives for the site: the underground campus being the most expensive and most energy-efficient of the three.

OCC Trustee Earl M. Anderson said board members decided that the initial cost of construction would be more than offset in 15-20 years by a substantial reduction in fuel to heat the building.

Architect Harold Van Dine explained the idea behind earth integration: energy conservation. According to the architect, temperatures vary only five degrees from winter to summer at a depth of 20 feet under the ground.

Sunlight will light and help heat the building, Van Dine explained, because most of the windows and skylights openings will face the southeast. This permits the cool morning sun to filter in and allows summer breezes in, but protects the building from buffeting northwest winter winds.

Three of the four sides will be covered with grassy earth and will serve as a park, while the fourth side will be cut away to the ground level to form a student plaza and let sun in.

The rooms without windows on the other side of the building will house the central heating system and storage areas.

In spite of the futuristic scope of the college campus, solar heating is not being considered. The architectural firm recommended a variable volume air distribution system that varies the amount of air sent to different parts of the building by putting dampers on the main fan.

The architects predict that in a winter day, heat generated by students, lighting and equipment will be enough to keep the building at 72 degrees Fahrenheit unless the temperature drops below 19 degrees Fahrenheit outside.

When the temperature drops below 19 degrees booster heating coils will go on. Above 80 degrees the mechanical refrigeration system will cool the building. And the heat produced during air conditioning will be used to heat up to 7,200 gallons of water per hour.

EXCAVATION began three weeks ago on the site but formal groundbreaking ceremonies will be Thursday at 3:30 p.m.

Other construction projects planned by OCC include the remodeling of a building to provide space for lectures, concerts and classes in fine arts and performing arts and the improvement of the vocational education facility and equipment.

Plans for a downtown campus in Royal Oak are progressing. The college plans to build an enclosed mall stretching from Washington to Main Street. OCC already owns most of the buildings in the two-block area and has options to buy five businesses and an MESCO office on the strip.

A campus at Madison Heights will round out the "southeast system" by providing expanded classes in criminal justice, police and human safety. Construction is scheduled to begin this spring at the site on John R and Whitcomb.

C'ville board opposes all 3 tax proposals

The Clarenceville school board has voted unanimously to oppose the three tax proposals that will be on the Nov. 7 ballot.

The motion, presented by board members Berry Sherman and Richard Wood said "The Clarenceville board of education opposes the Headlee amendment (Proposal E), Tiesch Amendment (Proposal J) and the Voucher Plan (Proposal H) as they feel they are detrimental to the financial education programs of the public schools in the State of Michigan."

The Headlee proposal calls for a ceiling on state and local government spending with the state tied to the current growth in personal income and local property taxes allowed to increase only as fast as the rate of inflation.

Jogger says the last miles toughest

By KATIE KERWIN

Competing in a marathon is like running two races, according to Ken Hollyn. It's the final stretch that separates the marathoners from the Sunday joggers.

"Most anybody can run the first 20 miles, but the last six are a whole other race," he said. "It's very easy to say, 'I want to stop and quit right here.'"

Hollyn and his wife, Julie, are training for the Buffalo to Niagara International Marathon on Oct. 21. The couple will join about 3,000 other runners for the 26.2 mile competition.

It will be Mrs. Hollyn's first marathon, but she is confident she will finish the distance.

"My goal for this marathon is to do my best. I won't be winning it—not this year," she said, smiling. "But to have a goal, like a race, that you're training for really helps."

Hollyn, who is director of the Troy YMCA, said he isn't out to win the race, either.

"I'm not that competitive. The first time you run a marathon and finish,

that's a record in itself. The second time you run, you try to beat your own time."

Next week's marathon will be Hollyn's fourth. He has finished every one he has entered thus far and hopes to complete this one in about three hours.

THE HOLLYNS have been running about 60 miles a week for about three and a half months to train for the marathon. They said they try to schedule one long run of 14-20 miles each weekend. Mrs. Hollyn has never run the 26-mile distance and her husband said he has only run that distance during the marathons he's completed in.

Hollyn began running 10 years ago to lose weight and get fit. The last few years he has begun entering races, he said.

"It poses a real physical challenge," he explained. "Now I'm addicted to running. I don't even think about why I like it any more."

Mrs. Hollyn's interest in running grew as her husband's dedication to the activity increased.

"I started running to get my legs in shape and improve my conditioning

for squash," she said. "I found that I really enjoy running."

She prefers to run at Cranbrook. Her husband trains there and on side streets north of that area.

"One of the reasons we chose the marathon from Buffalo was because of the scenery," Mrs. Hollyn said. The route leaves the city and crosses into Canada. It follows a two-lane road that is "ideal for runners," she said.

"The last two miles," Hollyn continued, "right when you'd like to quit, you can see Niagara Falls up ahead of you."

Since the race is run from one point to another, "once you're past the halfway mark, it's easier to finish than to go back," Mrs. Hollyn said.

WOMEN ARE BETTER built for endurance, Mrs. Hollyn noted. Their bodies are more suited to running long distances.

After running about 20 miles, men often experience a phenomenon known as "hitting the wall." Depletion of glycogen stores in the muscles results in a feeling of exhaustion. Women, because of physiological differences,

don't have that experience.

"For women it's not a matter of running two races," Mrs. Hollyn commented. "Women are getting close to men's times in marathons now."

"Greater endurance is to their advantage."

Getting into marathons almost requires a change of lifestyle," Hollyn maintained. "Because you like to do better in running, you begin to evaluate other things in your life."

Many runners will quit smoking, become more concerned about nutrition, cut out junk food and become more careful about the amount of rest they get.

"Runners also tend to learn an immense amount about exercise physiology," he continued. They need to know how their body operates, especially under stress.

Entering a marathon seriously requires about two years of preparation, Hollyn said. In the first year the runner gradually builds up his distance. The second year is devoted to logging distance on a regular basis, including at least one 10-20 mile run per week.

THE INSIDE * ANGLE

DUFFERS WILL GET a deal for the fall at Farmington Hills' San Marino Golf Course. On Mondays through Friday the rate will be \$3.25 for nine holes and Saturday and Sunday the rates will be \$3.75.

THE YOUTH BASKETBALL season is getting in the swing under the sponsorship of the Farmington Hills Parks and Recreation Division. All fifth, sixth, seventh and eighth grade boys and girls who are residents or students in the Farmington School District are eligible to join. Practice begins the week of Dec. 4 at Farmington area schools, with games starting on Jan. 6. Registration for the program will begin Nov. 17 at the recreation offices, 3155 Eleven Mile. Clinics will be on Dec. 2, 9 and 16 at North Farmington, Harrison and Farmington high schools, respectively. Boys who are participating on a school varsity basketball team will be ineligible to participate under Michigan High School Athletic Association Rules. For further information call the recreation office at 474-6115.

THE CULINARY ARTS PROGRAM at the Orchard Ridge campus of Oakland Community College will be able to accept 50 students for the winter semester which begins in January, according to Dr. William Stuart, dean of administrative services. The program prepares students to become chefs, bakers, and helpers in the restaurant industry. Students begin their days at 7 a.m. and combine classroom activities with food preparation and service until 1 p.m., Monday through Thursday. Each student goes through six stations in each semester: bakery, store room, pantry, entrees, lab demonstrations and dining room service. During the second year, students are involved in specialized cooking and baking, including international and classical cuisines.

THE YOUNG ADULT Department of the Farmington Community Libraries is offering a program for teenagers on their legal rights and responsibilities. The program will be at the Farmington Branch Library, 2500 Liberty on Oct. 19 at 7:30 p.m. The film "Marijuana Possession: A Case Study" will be shown, followed by a talk by an attorney with a question and answer period. All youths can benefit from bringing their concerns to this free presentation.

CONGRATULATIONS to Brent Smith, 2682 Madison Court, Farmington, who recently received a \$150 music scholarship from Spring Arbor College. This award is based on the student's proficiency in music and recitals must participate a major or minor in music. He is a senior at the college.

BREATHE EASY. The International Michigan-Ontario Air Pollution Board says the air quality along the Michigan-Ontario border continues to improve. You folks who travel to downtown Detroit to work or shop will be happy to know that the sulfur dioxide data shows an improvement in air quality throughout the boundary areas.

MERCY CENTER is sponsoring a number of programs of interest to persons throughout the community. On Oct. 21, from 9:30-noon, a career planning program for parents and teens will be conducted. Cost is \$5 for the first family member, and \$3 for each additional member of the same family. This program is designed for teens and their parents to help determine the young person's vocational direction.

FAMILY DAY will be on Oct. 22, from noon to 8 p.m. and will be directed by a team of social workers and family life workers. Cost is \$5 per family. Adults and teens will be involved in work sessions about family tension and decision making; family decisions and drinking, family decisions and sex education. The entire family will join together in family recreation and Christian devotion. Dinner is included.

CHILDREN IN COMPETITIVE sports will be the topic at Mercy on Oct. 18. This topic will be addressed in a five-week program. It will be on Wednesday evenings from 7:30-8:30 p.m. Cost is \$25 per person. The classes revolve around parental effect on children in competitive sport situations when the parents become overly involved. Mercy Center is at 28800 Eleven Mile.

TWO NEW LAWYERS have joined the legal ranks recently with the graduation of John Marellin of Farmington Hills and John Cahill of Farmington. They were among 66 graduates to receive Juris Doctor Degrees from Thomas Cooley Law School recently.

PIZZA LOVERS DECIDE. Pizza lovers of Farmington and Farmington Hills have made the big decision and named their favorite pizza haunts. Watch for next Thursday's Observer to see the results.

DEADLINE

Material submitted for the Inside Angle, 22170 Nine Mile, Southfield, 48034, should include the name and phone number of the sender and should be typewritten if possible. Items should be received at least one week before publication.

Win the Ultimate Trip from Hudson's and Ultima II. Four 10-day trips for two to Monte Carlo will be given away during Hudson's Discovery Sale. Ask any salesperson for an entry blank. No purchase necessary.

DISCOVERY SALE



7.99

Reg. \$12. Young men's cotton flannel shirts are favorites in assorted plaids. With pointed collar, button front, patch-pockets and long sleeves. 100 units. In Hudson's That Guy.

12.99

Reg. \$17 and 21.50. From That Guy, slim-fitting Bridgewater jeans with bold pocket designs in back, rugged construction all over. Blue cotton/polyester denim. 80 units. In That Guy.

29.99

For That Guy who leads the rugged life, our nylon Promo jacket with Dacron® polyester fiberfill. Really warm, but good-looking, too. Assorted solids. 48 units. In Hudson's That Guy.

7.99

Reg. \$12. Young men's sport shirts with long sleeves, button front, and plain styling that works well under sweaters and jackets. In colorful plaids. 72 units. In That Guy.

17.99

Reg. \$22 and \$25. Pullover sweaters for That Guy, all of acrylic/nylon in assorted fall colors. We show just one from our assortment of pullovers, V-necks and cardigans. 1500 units. sale 17.99 and 20.99. Hudson's That Guy.

*Total units available at Metropolitan Detroit Hudson's stores while quantities last.

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