



jogging
Dr. Charles R. Young

Marathoners need to drink to be merry

It's summertime, and the temperature is in the low 80s. More than 2,000 runners are congregated, awaiting the start of a marathon. For many, the run will last more than three hours and will exhaust all endurance. Possibly the effects of hypothermia or heat will be the runners' biggest worry.

To avoid difficulties, they should understand the body's reaction to high temperatures.

Perspiration is the body's way of releasing heat and allowing a cool-down process to occur through skin evaporation. The function becomes more complex when humidity, attire and pace are considered.

With higher humidity, perspiration tends to pool upon the skin rather than evaporate as it should. This results in greater internal temperature levels, and a greater tendency towards heat exhaustion.

Thick absorptive or constrictive clothing also can contribute to interference in temperature balance. Released perspiration must be able to escape or it limits heat loss.

The effects of the runner's pace are more apparent. The faster you run the greater the heat and the greater the need to cool the body. During a marathon, perspiration loss can be fantastic. It is not uncommon for a marathoner to lose six to ten pounds of body weight (primarily water) as a result of the run.

It is the sudden loss of water with its inherent loss of valuable electrolytes and minerals which can lead to serious problems.

THE QUANTITY and quality of the fluid taken is the key to the long-distance runner sustaining his performance level.

Water, although a good thirst quencher, does not provide the electrolytes necessary to maintain an adequate balance. Commercially prepared solutions such as Gatorade and ERG are designed to replenish the lost fluid and to re-establish a suitable electrolyte balance.

The primary mineral which seems to be depleted with fluid loss is potassium. It's essential that it be restored because of its effect upon heart function and circulation. Fruit juices and bananas are rich in potassium and may well prove effective in preventing excessive fatigue, muscle cramping and total collapse.

But how much should a marathoner or long-distance runner drink during the event? As much as he or she craves and can comfortably consume. Considering the fluid loss, there is no way the runner will equalize it by drinking.

Holiday gives leagues early start

If coming events cast their shadows before them, as the old saying goes, the bowling season which officially opens this week, will be the highest scoring on record.

Because Labor Day, Christmas and New Year's falls on many league bowling nights, several leagues start earlier and the results have been surprising. Already, one 800 series has been posted to go along with two perfect games. This was something unheard of until this season and the 700 club already has six members.

The pair of 300s came last week at Orchard Lanes in the Thursday Classic.

The latest to break the 700 barrier was Danny Sowa, who bowls in the Tri-City men's league at Westland Bowl.

He posted a 707, made possible by a closing game of 279. Sowa had the big edge on all rivals with Dave Sil handling second (633) and Mark Fajot taking third (627).

THE MONEY PINCH is already being felt along the tepid front as several leagues are starting with open spots.

In the Mixed Classic last week at Westland Bowl, one squad was short a bowler.

The Ladies Major League at Cherry Hill Lanes was forced to drop two teams and the Wonderland Classic lost a team this week and must now seek another.

Even worse was the case at Super-

in the pocket/W.W. Edgar

Bowl, where the Canton Classic that started last year, was unable to get off the ground because of a lack of squads.

THE LADIES got away to a good start at Garden Lanes as Marilyn Burgess captured opening night honors with a 652, gained on games of 244, 204 and 294. Mary Baker was next best with a 654.

JANE MARTIN rolled a consistent

series to pace the Wednesday Ladies Classic at Westland Bowl. She opened with a 209, followed by games of 202 and 209 again for a 654.

Her closest rivals were Carol Sotola and Barb Robinson, who deadlocked for second spot with 591. The high point of the tie was the fact that Robinson had to roll a 233 game to earn it. Sue Scheuer had the high for the week, a 248. She had to settle for a 570.

Southfield: team to beat in SMA

Continued from

son, tackle, senior; Joe Rohman, offensive guard, senior; Brent Hairston, end, senior; Reggie Anderson, end, junior, and Kevin Thomas, end, senior.

TEAM STRENGTHS: good team speed in the offensive backfield, better defense than last year.

TEAM WEAKNESSES: inexperience on the offensive line.

KEYS TO SUCCESSFUL SEASON: getting off on the right track by winning the first four games against Farmington, Hazel Park, Kimball and Andover.

TEAMS TO BEAT IN LEAGUE: Kimball, Hazel Park, Andover.

TEAM: Seaholm

COACH: Chuck Skinner, who begins his fifth year at Seaholm.

CAREER RECORD: 130-75 overall; 24-12 with the Maples.

1980 RECORD: 5-4

KEY RETURNING PLAYERS: Dimitri Siliannos, tackle, senior; Steve Leigh, linebacker, senior.

TEAM STRENGTHS: passing game, defense.

TEAM WEAKNESSES: inexperience, size.

KEYS TO SUCCESSFUL SEASON: healing, and staying healthy. The Maples have been plagued by sickness and injury during the preseason.

TEAMS TO BEAT IN LEAGUE: Kimball, Southfield, Hazel Park.

TEAM: Bloomfield Hills Andover

COACH: Frank Buford, who begins his eighth season with the Barons.

CAREER RECORD: 102-62-4 overall, 43-19 at Andover.

1980 RECORD: 6-3

KEY RETURNING PLAYERS: Daran Lansky, center/linebacker, senior; John Kelly, tackle/linebacker, senior; Craig Mittelstadt, wide receiver/safety, senior; Jim Murphy, captain, quarterback/safety, senior.

TEAM STRENGTHS: good team speed, excellent attitude, talent.

TEAM WEAKNESSES: inexperience, size.

KEYS TO SUCCESSFUL SEASON: maturing quickly.

TEAMS TO BEAT IN LEAGUE: Southfield, Hazel Park.

TEAM: Troy

COACH: Jeff Keller, beginning his third year with Troy.

CAREER RECORD: 11-7

1980 RECORD: 5-4

KEY RETURNING PLAYERS: Daryl Madden, quarterback, senior; Brad Morse, fullback, senior; Duane Losey, running back, senior; Dave Brooks, split end, senior; Brian Marzolf, flanker, senior; Ken Tanoury, tight end, senior; Russell Stone, lineman/captain, senior.

TEAM STRENGTHS: experienced offensive backfield.

TEAM WEAKNESSES: inexperienced offensive line, young defense.

KEYS TO SUCCESSFUL SEASON: good performances from key seniors.

TEAMS TO BEAT: Southfield, Hazel Park, Kimball.

NOTICE TO TAXPAYERS

Beginning October 1, 1981, an additional penalty of \$5.50 will be added to each 1979 and prior years delinquent tax that appears unpaid on the records of the county treasurer.

This amount is added according to the provisions of Section 211.59 and 211.60 compiled laws of Michigan to cover the expense of sale at the next May tax sale.

Immediate payment will save you this additional penalty and keep your property from appearing in the public list of lands to be offered at tax sale.

C. HUGH DOHANY
OAKLAND COUNTY TREASURER

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Pontiac, Mich.
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South Office
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Birmingham, Mich.
48010

Published September 7 and 10, 1981

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OFFICIAL NOTICE OF SALE

\$1,500,000.00

Clarenceville School District
Counties of Oakland and Wayne
State of Michigan
Tax Anticipation Notes
(General Obligation Limited Tax)

SEALED BIDS for the purchase of tax anticipation notes of Clarenceville School District, Counties of Oakland and Wayne, Michigan, of the par value of \$1,500,000.00 will be received by the undersigned at the Clarenceville Administrative Office, 20210 Middlebelt Road, Livonia, Michigan 48152, until 8:00 o'clock, P.M., Eastern Daylight Time, on the 14th day of September, 1981, at which time and place they will be publicly opened and read.

NOTE DETAILS: INTEREST RATE; PAYING AGENT; AND DENOMINATIONS: The notes will be dated September 1, 1981, will mature April 1, 1982 and will bear interest at a rate or rates not exceeding 15% per annum. Both principal and interest will be payable at a bank or trust company located in the State of Michigan to be designated by the original purchaser of the notes which paying agent qualifies as such under the Statutes of the State of Michigan or of the Federal Government, subject to the approval of the School District. Denominations and form of notes to be at the option of the purchaser. Accrued interest to date of delivery of such notes must be paid by the purchaser at the time of delivery.

PRIOR REDEMPTION: The notes shall not be subject to redemption prior to maturity.

AWARD OF NOTES: For the purpose of awarding the notes the interest cost of each bid will be computed on a 360 day year basis by determining, at the rate or rates specified therein, the total dollar value of all interest on the notes from September 14, 1981, to their maturity and deducting therefrom any premium. The notes will be awarded to the bidder whose bid on the above computation produces the lowest dollar interest cost to the municipality. No proposal for the purchase of less than all of the notes or at a price less than their par value will be considered.

SECURITY: The loan is in anticipation of the operating portion of the School Tax for the fiscal year July 1, 1981 to June 30, 1982 which tax is due and payable December 1, 1981. The School District has pledged to establish a special fund to be used solely to pay the principal and interest on the notes when due. It has pledged to set aside in said fund an amount sufficient to repay the principal and interest on the notes when due. A portion of each dollar of taxes remaining to be collected for the fiscal year beginning July 1, 1981 shall be set aside in an amount not less than 125% of the percentage that the principal amount of the notes bears in the amount of the taxes to be levied and to be collected for operating expenses, anticipated delinquency in collections being taken into account, until the amount so set aside is sufficient for the payment of the notes.

In addition, the notes will be a General Obligation of the School District and if tax collections are insufficient to pay the notes when due, the School District has pledged to use any and all other resources available for payment of said notes. The School District does not have the power to levy taxes for the payment of the notes in excess of its constitutional and statutory tax rate limit.

ADDITIONAL BORROWING: The School District reserves the right to issue additional notes of equal standing with the notes of this issue to meet current operating and payroll expenses.

GOOD FAITH: A certified or cashier's check in the amount of 2% of the par value of the notes, drawn upon an incorporated bank or trust company and payable to the order of the Treasurer must accompany each bid as a guarantee of good faith on the part of the bidder to be forfeited as liquidated damages if such bid is accepted and the bidder fails to take up and pay for the notes. Checks of unsuccessful bidders will be promptly returned.

LEGAL OPINION; DELIVERY OF NOTES: Bids shall be conditioned upon the unqualified opinion of the purchaser's attorney approving the legality of the notes, to be secured at the purchaser's expense. The purchaser shall furnish notes ready for execution at his expense. Notes will be delivered at a place to be agreed upon with the purchaser.

THE RIGHT IS RESERVED TO REJECT ANY OR ALL BIDS.

ENVELOPES containing the bids should be plainly marked "Proposal for Notes."

MICHAEL T. MANORE
Secretary, Board of Education

APPROVED: September 1, 1981

STATE OF MICHIGAN
MUNICIPAL FINANCE
COMMISSION

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Tuesday, September 22, and Wednesday, September 23, 10 a.m. - 8 p.m., you are invited to visit the Joe Louis Arena, browse around, and pic-a-seat for the 1981-82 Red Wings season. The best seat locations still available for season tickets, have been "WHITE" tagged for easy picking.

Enter the west end of Joe Louis Arena (street level) just off of Third Street between Atwater and Jefferson.

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