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Courtney and Hazel Faught work on a hand exeercise together during an exercise session at Sweetbriar Nursing Home. The sessions are held four days a week and are led by persons in the Texas A&M Health and Physical Educa-

Retirees exercise

"Bend, two, three, four. Straighten, two, three, four. Again,

wo, three, four. This is not the exercise routine for

he Texas A&M University education class. The participants are residents of Sweetbriar Nursing Home in College Station.

The exercise program is led by the Texas A&M Health and Physical Education Majors Club.

Betty LeBlanc, a lecturer in the Health and Physical Education department, said some students in the club came to her with the idea. She too had been thinking of a similar program for about three years, she said, but had never initiated the idea. "The kids worked it out and got going," she explained.

Three volunteers from the club ead the exercise programs every Monday through Thursday.

LeBlanc said the club needs three more volunteers to carry the program through the summer.

Kathy Opersteny, one volunteer, said th program has been well re-teived at the home. She said the program not only offers the residents he opportunity to exercise, but wides companionship as well. "The girls (volunteers) have such a

ositive attitude. They bring a little unshine into the home," LeBlanc "There are about ten to fifteen res-

dents who participate regularly, Opersteny said. Most of the exercises are done in

sitting position and deal primarily with the joints of the neck, shoulders, arms and hands. Opersteny want to have a specific routine to specific music," she added.

Most of the exercises are done to said. A few exercises involve lifting and lowering of the legs. "We schedule all the exercises for the reschedule all the reschedule all the exercises for the reschedule all the reschedule all the idents and what they can do," she said. She added that the program is especially beneficial since many of the residents are arthritic and movement helps keep their joints flexible.

According to LeBlanc there is presently no set routine for each

Ideas for the various routines orginate from various sources Opersteny said. Some are LeBlanc's contributions while others are from the book, "Exercise for Retirees. Some are created by the instructors, Opersteny explained

Opersteny added that going to the presently no set routine for each week. They are experimenting with different exercises to see which are the most effective. "Eventually we

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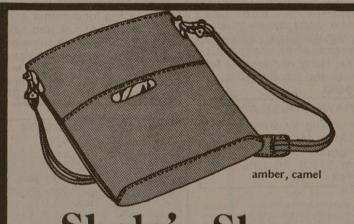
guard Wilhelm Strebel was shot point blank in the chest and lived to tell about it — his \$3 lighter stopped

The .32-caliber slug fired by one of fled. chrome-plated lighter. The force knocked the guard to the ground.

United Press International
SAN FRANCISCO — Security
Security
Strebel had approached the trio because they looked suspicious.

The gunman first wounded Strebel in the arm before firing directly at his chest for no apparent eason, police said. The group then

three men at the cashier's cage at Kaiser Hospital bored three quarters of the way through Strebel's standing bravery, was treated for shock and was reported in good condition Tuesday.



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