



Courtney and Hazel Faught work on a hand exercise 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 Education Majors Club.

Retirees exercise

By LAURA HENDERSON
"Bend, two, three, four. Straighten, two, three, four. Again, two, three, four."
This is not the exercise routine for the 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 it going," she explained.
Three volunteers from the club lead 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 the program has been well received at the home. She said the program not only offers the residents the opportunity to exercise, but provides companionship as well.
"The girls (volunteers) have such a positive attitude. They bring a little sunshine into the home," LeBlanc said.
"There are about ten to fifteen residents who participate regularly," Opersteny said.
Most of the exercises are done in a

sitting position and deal primarily with the joints of the neck, shoulders, arms and hands, Opersteny said. A few exercises involve lifting and lowering of the legs. "We schedule all the exercises for the residents 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 week. They are experimenting with different exercises to see which are the most effective. "Eventually we

want to have a specific routine to specific music," she added.
Most of the exercises are done to marching or waltz-type symphonic music.
Ideas for the various routines originate 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 home is not just work, but is fun. She said it is especially nice for the residents who always appreciate company.

Lighter becomes lifesaver to guard

United Press International
SAN FRANCISCO — Security guard Wilhelm Strebel was shot point blank in the chest and lived to tell about it — his \$3 lighter stopped the bullet.
The .32-caliber slug fired by one of three men at the cashier's cage at Kaiser Hospital bored three quarters of the way through Strebel's chrome-plated lighter. The force knocked the guard to the ground.
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 reason, police said. The group then fled.
Strebel, who was cited last week by the Police Department for outstanding bravery, was treated for shock and was reported in good condition Tuesday.

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