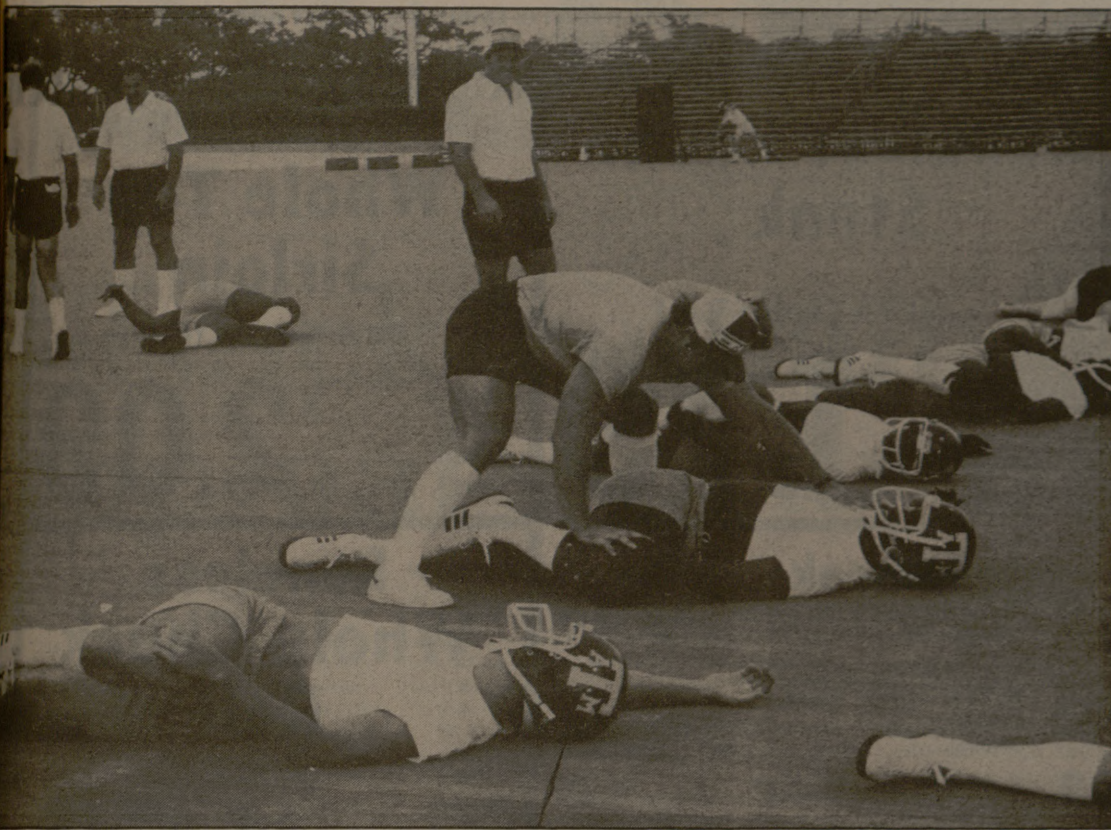


the sports



Veteran Pokes cut, Waters out

United Press International
DALLAS — The Dallas Cowboys placed strong safety Charlie Waters, who suffered torn knee ligaments in an exhibition game two weeks ago, on the injured reserve list and waived veteran cornerback Mark Washington and running back Doug Dennison.

Waters will thus miss the entire 1979 season. In addition, Cowboys' coach Tom Landry said he thought Danny White's broken thumb had healed enough for him to resume punting duties so the club cut emergency punter Duane Carrell from the roster.

The Cowboys also trimmed three rookies from the squad — linebacker Garry Cobb of USC, down lineman Ralph DeLoach from the University of California and wide receiver Chris DeFrance from Arizona State.

That reduced the Cowboys roster to 50 with five more to be sliced before the opening of the regular season.

After Waters underwent surgery following his injury, doctors indicated he might be able to play in the Cowboys' final three or four regular season games. But Monday's action by the Cowboys means Waters will not play at all this year.

"The conservative thing to do would be to put Charlie on the injured reserve list," said Landry shortly before announcing his decision. "That would allow him to be 100 per cent when he comes back next year. If he comes back at the end of the year you run the risk that something else might happen."

"It's a hard decision to make." The trimming of Dennison was the largest surprise of the Cowboys cuts. The six-year veteran from Kuntztown State had been a dependable ball carrier and was particularly effective in short-yardage situations. Last year, however, Dennison carried the ball only 14 times.

The cutting of Washington, a veteran of 10 years, clears the way for a youth movement at the cornerback position — where second-round draft pick, Aaron Mitchell of Nevada-Las Vegas figures heavily into the Cowboys plans.

Carrell, who had previous NFL experience with the Cowboys but who had retired from football, was signed two weeks ago as a stop-gap punter until such time as White recovered.

But it had been originally thought that White — the team's backup quarterback in addition to being its punter — would not be ready to punt until after the regular season opened.

"Danny has handled the ball well

enough to punt," said Landry. "There is not much risk of further injury unless he is hit right on the end of the thumb."

"We won't use him in any capacity other than punting."

Landry also said he was not optimistic that running back Tony Dorsett would be available for action when the Cowboys open the regular season against St. Louis Sept. 2.

Dorsett broke a toe on his right foot during training camp even though doctors now feel the break may have been an old one.

"We haven't taken any X-rays with the cast off," said Landry. "We won't know for sure until we do. But I'm not counting on him to be ready for the St. Louis game."

Dallas meets Pittsburgh Saturday night at Texas Stadium in a rematch of Super Bowl XIII.

"I don't think the fact that it's Pittsburgh we're playing means that much at this time of year," said Landry. "We just want to play well in this game. If we can then we might be ready for the beginning of the season."

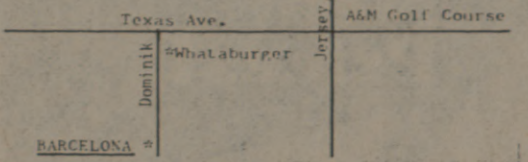


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'Now this is how you make a pretzel'

Texas A&M strength coach Mike Flynt presses on freshman running back Ronnie James from Houston in a stretching exercise before practice. The Aggie football team has

been going through two-a-day drills this week, practicing in shorts and helmets in the morning and full pads in the afternoon.

Battalion photo by Mary Jo Prince

You can win the age race

United Press International
ST. LOUIS — Satchel Paige, the legendary pitcher who played as if he had cornered the market on a certain of youth, had this rule for lasting the ravages of age: "Don't look back — something might be coming on you."

Dr. Gregory W. Heath adds this: keep on running and old age will further behind.

Heath and a research team at Washington University are studying the effect of exercise on aging. Their preliminary results show that keeping shape may help cut the aging process in half for the important cardiovascular and respiratory systems. Heath said in an interview the best indicator of physical fitness and ability to exercise is the maximum capacity to use oxygen.

Medical authorities always have said that after the age of 25, such capacity decreases about 8 percent every 10 years. But Heath theorized the rate should be different for persons who are active rather than sedentary.

His study compared groups of younger athletes with two groups of older men — those who exercise regularly to train for competitive events and those who lead less active lives.

So far, a total of 22 older athletes, ages 50 to 77, have run on a treadmill while Heath and others measured their capacity to use oxygen.

The study, conducted with a

grant from the American Health Association, shows for those men who kept themselves in shape, the cardiovascular and respiratory systems declined only 4 percent per decade — half the rate for other men.

The preliminary results could have wide-ranging consequences for many men, both those who were active in athletics when they were young and those who may want to begin or resume exercising later in life.

"In the past most athletes felt their careers ended when they left college or were no longer involved in athletics," Heath said. "But some realized it didn't have to be that way, they could train just as rigorously when they were growing older as when they were young."

None of the older athletes was tested for the ability to use oxygen when he was young. But Heath said tests were conducted 25 years ago on champion athletes of that time.

Those figures, he said, indicate his current research results did not come from athletes who started with abnormally high capacities to use oxygen. Rather, he theorizes, the steady exercising has helped the rate drop more slowly.

Heath is excited about what his results mean for the aging process in general and for the benefits of exercise.

"Certain things were always thought to be related to aging, like blood pressure. People always thought it was normal for blood pressure to rise as you get older.

But I don't think it's necessarily correct to say something is normal just because it's that way in most of the population."

Heath emphasized anyone beginning an exercise program after a long period of inactivity should check with a doctor. He recommends exercises using large muscle groups, activities such as running, cycling, jumping rope or even vigorous walking.

He also cautions against expecting exercise alone to make you live forever.

"In terms of heart disease, for instance, it's only one factor. You have to look at other things, like stopping smoking, keeping your blood pressure down and watching your diet. Exercise has to be used as an adjunct to these other things."

9 OUT OF 10 PUPPIES
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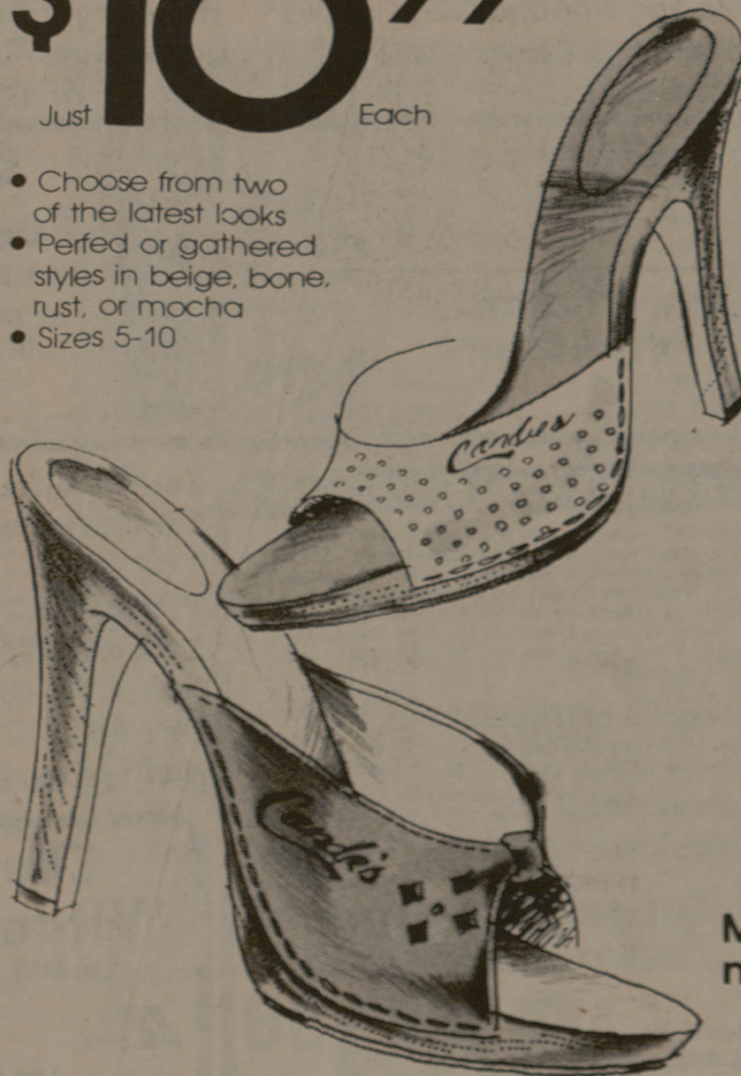
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