

'Fountain of Youth' found at California prep school

United Press International
ARCADIA, Calif. — Oliver Lientz figures Ponce de Leon was off the track poking around in Florida for the Fountain of Youth. He should have waited for the turn-of-the-century PE class at Occidental Academy.

Lientz is, by his doctor's declaration, a very healthy specimen. He also is 87.

"He's an amazing guy," Dr. John Schrock said. "Although I don't see him very often. He's very healthy."

The doctor is responsible for Lientz's latest project, "Oliver's Exercises," a booklet Lientz hopes will encourage the elderly to stay physically fit.

When Lientz appeared for a physical, Schrock said, "He was obviously in good shape, fit and alert. I asked him what he did that put him in such good condition for a man his age."

"I told him I exercised every day and had since 1906," said Lientz. "I learned these exercises then in

the physical education class at Occidental Academy, a preparatory school for Occidental College. These are simple exercises that don't take much room or any special equipment, easy to do anywhere."

The doctor suggested Lientz put his regimen in writing to help others stay fit into old age.

Between the chores on his fruit ranch in Fillmore, Calif., Lientz turned out a 16-page booklet.

It was not his first writing. He was a reporter for the Los Angeles Evening Express from 1911 to 1917.

"I remember going out in a horse and buggy to interview Frank Chance, the ballplayer," of Tinker-to-Evers-to-Chance fame, he recalled, "and I interviewed Clarence Darrow during the Los Angeles Times' bombing trial."

In World War I, he and a brother went into the business of converting coal-powered industry to burning oil ("the antithesis of today's situation") and during the Depression of the

1930s switched to the pharmaceutical business. "Medical research always fascinated me."

"My family moved to California for my health in 1905. When I was 8 years old, I lost the sight in my right eye when I hit a dynamite cap and it exploded sand into my face."

"I just wasn't very strong, but at the academy, we had to take these exercises, and they made me feel good and were easy to take anywhere. They are not strenuous and maintain good circulation throughout the body."

"I've never had a headache and I don't take any pills."

"Oliver's exercises" are simple mobility and stretching movements, much like the warmup exercises athletes go through before workouts. He does each of the 22 movements 12 times, which takes him 15 minutes or less.

Schrock calls them "a good example of useful exercises for older people."

2 Jonestown defectors found shot to death in home

United Press International
BERKELEY, Calif. — A couple who defected from the People's Temple cult and said they were on the Rev. Jim Jones' "death list" were shot to death Tuesday night in their home which once served as a haven for cult defectors, police said Wednesday.

The bodies of Al Joseph Mills, 52, and his wife, Jeannie, 40, were found late Tuesday. Their daughter, Daphne, 16, was critically wounded in the shooting. A son, Eddie, 17, was unharmed.

Police Capt. Thomas Johnson said Eddie was in the house at the time, but could not give any information about the shootings.

Police were alerted to the killings when a neighbor, reported hearing the Mills dog barking about 9:30

p.m. But neighbors said they had not heard shots.

The Mills, members of Peoples Temple from 1969 to 1975, founded the Human Freedom Center in Berkeley in 1978 as a refuge for defectors from People's Temple and other cults.

Following the mass murder-suicide ritual of Jones and 900 of his followers in Guyana, members of the Berkeley center feared for their lives.

They said they believed Jones had established "hit squads" to execute defectors and the Mills, who believed they were on a "death list," requested police protection at the time.

One of their daughters, Diana, told police she had received threats and seen armed men in their yards.

Chicago firefighters offer to work

United Press International
CHICAGO — The city's striking firefighters offered to return to work and give up the right to live outside the city in exchange for 100 percent amnesty, a spokesman for Local 2 of the Fire Fighters Union said Wednesday.

Thomas O'Donnell said a proposed contract worked out with the help of a federal mediator was sent to City Hall late Tuesday. The union's rank and file was expected to vote on the pact late Wednesday at a meeting at the International Amphitheatre.

"Speaking as an individual, I'm optimistic," O'Donnell said. "I think it will be ratified."

The agreement came after Mayor Jane M. Byrne told the Chicago Building Congress some 950 fully trained firefighters — not hastily

hired recruits — were manning fire stations.

City Personnel Director Charles Pounian said 667 recruits have been hired since the strike began.

Union attorney J. Dale Berry called the proposal "a definite change in

our position." Berry said under the plan, 15 points of dispute would be submitted to arbitration. But, he noted, the proposal still retains the union's position against a "no strike" clause in the final contract.

NRC reviews reactor failure

United Press International
CRYSTAL RIVER, Fla. — The Nuclear Regulatory Commission began a review Wednesday of a Crystal River nuclear power plant control system that "went haywire" and spilled up to 60,000 gallons of radioactive water in a sealed containment building.

The accident at the Florida Power Corp. plant Tuesday did not release radiation into the environment and there was no damage to the reactor core.

Within six hours of the incident — the most serious since the Three Mile Island nuclear crisis — FPC officials began a "cold shutdown" of the 825-megawatt reactor. A routine refueling shutdown had been planned for March 28.

Built by Babcock & Wilcox, like the reactor at Three Mile Island, the Crystal River reactor raises new questions about the safety and reliability of nuclear power plants constructed by the company.

"Probably the long-term implication of this is going to raise a bunch of questions as to whether these B&W plants should even be operating," said Robert Pollard, a former NRC inspector and member of the Union of Concerned Scientists. "It looks like this system is extremely sensitive to very small upsets."

The incident at the Crystal River No. 3 plant began at 2:30 p.m. Tuesday and officials promptly declared it a "Class B Emergency" when the radiation level inside the 30-story circular containment building reached 50 rem — 10 times the maximum annual dose for humans.

By 9 p.m., however, the emergency was lifted. FPC and NRC officials said they had determined there was no equipment damage, the reactor core and its coolant system had returned to normal and radiation levels inside the building had dropped to .5 rem, "which is entirely normal."

Robert M. South, an FPC spokesman at the Crystal River plant, said the accident began when "something went haywire with the integral control circuit."

FPC spokesman Bill Johnson said engineers traced a power failure in the computer operated monitoring and control system to a circuit box which was then replaced. Engineers, however had no immediate explanation for the failure of the original equipment.

Johnson said there are "all kinds of

backup systems," for the reactor monitors and controls, but he could not explain why it took so long for them to activate. "That's one of the things we don't know and we'll be looking into," he said.

One of FPC's two 375-megawatt coal-fired generators at Crystal River was also recently shut down for repairs.

Johnson declined to speculate when the Crystal River plant would be restored to normal operation, but other officials said it will be a matter of "weeks, not days."

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