

# Exercise breaks up routine for retarded

by Kimberly C. Daulton

**Battalion Reporter**  
Physical fitness provides a sense of accomplishment and motivation for many people, and for the mentally retarded workers at New Trend Industries, a recent exercise program has increased their productivity. "It builds a positive attitude among them, a sense of belonging too," Karen Leitner, New Trend workshop supervisor, said. "They love exercise hour because it breaks up their workday routine and when they return to their work stations they're happier, more eager to accomplish their work tasks," she said.

New Trend Industries in Bryan is a sheltered work training program aimed at training the mentally retarded to work independently in their communities.

The program, sponsored by the Mental Health Mental Retardation Authority of Brazos Valley, provides transportation

buses and serves Brazos, Burleson, Grimes, Leon, Madison, Washington and Robertson counties.

The participants, referred to as clients, must be at least 18

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years of age or older. According to the American Association on Mental Deficiency, a person is legally mentally retarded if his IQ is 70 or below.

The clients go everyday and earn wages making window locks. "We have a contract with Alenco Co. and the clients are paid 46 cents for every 100 locks that they produce," Leitner said. "We provide them with the cut metal, train them for a particular task and they are paid from the sales profits."

The clients also make wooden toys that are sold to people who tour the workshop or at New Trend charity bazaars.

"So it's really beneficial for them to stay highly motivated because the more they produce, the more money they earn," Leitner said.

The exercise program has been a great motivating factor because it's done on a routine basis and it gives the clients something to look forward to, Leitner said.

"Exercise was never really on a scheduled basis before because we only did it whenever we (the staff) had time, which was seldom," she said.

Karen Lyles and Tracy

Cochran, both exercise technology students at Texas A&M, began the program last summer as a class project.

"We wanted to do a project combining a special population and exercise," Lyles said. "After a class field trip to New Trend, we realized that these people needed stimulation or some form of motivation to increase their productivity."

The project was such a success that it extended past the summer semester, Lyles said.

"We originally intended the program to last only three weeks, but the clients were so much more motivated and we enjoyed going, so we decided to continue it throughout this semester too," she said.

Lyles, who instructs the class while Cochran participates with the clients, said the clients responded well towards the program.

"The first time we went everyone was really excited, jumping up and down and clap-

ping," Lyles said. "However, one client, who was upset because we disrupted her work schedule, threw about 75 metal folding

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chairs against the wall.

"The second time we went she scolded me, shaking her finger in my face, during the entire exercise class.

"Now she brings her towel for floor exercise, although she doesn't participate much, and she gets upset whenever we show up late," Lyles said. "It just takes patience and time for them to learn that you are their friends."

Music, repetition and demonstration are the basis of the exercise program, Lyles said. "Exercising to music provides variety and incentive to dance during the aerobic part of the routine, and the music during cool down relaxes the clients so they can prepare to work again," she said.

Cochran, who demonstrates the exercises, said the repetition and demonstration are important because the clients tend to forget the routine. "They know that we start with the neck roll but beyond that it gets confusing for them," Cochran said. "Demonstration also gives them a feeling of importance because they imitate me and then show each other how to do it."

Although the clients are mentally disabled, their physical capabilities are normal and a few are exceptionally coordinated, Cochran said. She said she was surprised, however, to discover the capabilities of one client who is confined to a wheelchair with cerebral palsy.

"We never took him out of his chair, and when we did I almost cried when I saw that he could do some of the floor exercises and we hadn't even given him a chance," she said. "I think that we, the people on the outside, are the ones that say these people can't do things."

Cochran said that in addition to the exercises they have taught the clients how to take their own pulse and heart rates after the exercise class is through.

Although the exercise class meets only two times a week, the clients have benefited from the program tremendously, Cochran said.

"It was evident this summer, after only four visits, how much happier and more productive they all were," she said.

Both Lyles and Cochran plan to continue the program until they graduate. "I just hope that someone else has started a program by then because these people need the outlet that exercise provides for them," Lyles said.

# Engineering students awarded scholarships

by Christie Johnson

**Battalion Reporter**  
The national Eno Foundation for Transportation has awarded one-year scholarships to two Texas A&M civil engineering graduate students.

The Eno Foundation for Transportation was founded in 1921 by William Phelps Eno for study and research in transportation.

Bryan Stampley and Kay Simmons received \$2,000 scholarships that will enable them to continue their studies of transportation-related problems.

Dr. Donald Woods, a Texas A&M civil engineering professor, said the Eno Foundation for Transportation approved a plan in 1982 to grant a selected number of one-year scholarships to accredited universities offering degrees in the field of transportation.

Texas A&M was one of the universities chosen by the foundation to receive a \$4,000 grant to be awarded in the form of a scholarship.

Woods said he and five other department of Transportation faculty members reviewed applications and decided that two students should be selected to receive the scholarship. The \$4,000 grant was divided, and two scholarships were awarded instead of one.

Woods said the only restriction placed on recipients of the scholarship is that they use the money to further the development of transportation-related research. He said Stampley and Simmons will also submit a formal report to the Eno Foundation for Transportation in March 1984 explaining how they chose to use their scholarship money.

"The Eno Foundation for Transportation does not require the study of any particular aspect of transportation," Woods said. "It can be anything dealing with a transportation problem."

"Basically," Woods said, "the scholarship was awarded for outstanding academic achievement and potential for future contributions to the transportation profession."

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Woods said Texas A&M has not been chosen to receive a grant from the Eno Foundation for Transportation since 1965.

Stampley, one of the scholarship recipients, said one area of his research is related to a study of traffic problems associated with oil well development in rural areas. He said rural roads surrounding oil well drilling sites are often not durable enough to withstand the drastic increase in heavy truck traffic normally associated with drilling projects.

Stampley said the Texas Highway Department needs to predict what road conditions will be like years from now in order to develop long-range road maintenance schedules. He said the Texas Highway Department will study the findings of his research and expand them in order to make predictions about how much maintenance rural roads located near drilling sites will need in the future.

Woods said Simmons will be doing microcomputer research for the Department of Transportation in an effort to find new methods of using computers as teaching aids for students.

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