

# Joggers train despite cold

By PAMELA BARNES  
Reporter

The gray winter skies dull the atmosphere and the north wind chills to the bone, but joggers on the Texas A&M aerobics track keep on exercising.

Some may think it crazy to exercise during such winter days but Rusty Higham of the Health and Physical Education Department says if joggers dress properly, warm up slowly, and cool down after the main workout, there should be no problems.

"For winter exercising you have to treat your body like you treat your car in the winter," Higham says. "You have to start it up and warm it up slowly before it will go properly."

Always stretch out before

running, Higham says. Start running at a slow pace and work up to the main workout. After running, give your body a chance to cool down.

"It's even a good idea to walk inside to cool down," Higham says. "Your body cools down drastically outside." He suggests walking the halls of East Kyle near the aerobics tract, or around the inside tracks.

Richard Dickerson, a senior aerospace engineering major from Austin and an avid jogger, says cold, rainy days keep him from running sometimes, but the cold itself isn't a problem.

"I don't warm up like I should," Dickerson says. "I just start out running slowly and work up to a faster pace. I tend

to run farther in the winter because I don't lose as much water."

The proper dress is essential to winter running, Higham says. His advice: wear layers for warmth and comfort and be sure to cover the hands, ears and head.

"You lose up to 40 percent of your body heat through your head," Higham says. "It's a good idea to wear a hat and maybe a scarf around your neck and mouth."

Dickerson says he sometimes wears thermal underwear under his jogging shorts or warm ups. "Layers are the best," he says. "As you warm up you can always take something off and tie it around your shoulders or waist." He also suggests wearing a cap and cotton gloves.

Dr. Claude Goswick, director of the Student Health Center, says the cold shouldn't stop outside exercising except for those who know they have had problems previously.

"Actually, it is better to run now as opposed to the summer, because in the summer you have to deal with the humidity and the heat," Goswick says. It takes more energy and calories to run

in the cold, because your body has to work harder just to keep warm.

There shouldn't be any real problems with winter running in this area. Except for the real bitter cold days, there isn't much chance of getting frostbite. Goswick also suggests proper coverage of the head and hands to keep the heat in.

"Getting out and sweating doesn't necessarily cause a cold," Goswick says. Breathing the cold, dry air may irritate the lungs and cause a cough. He suggests breathing in through the nose so the mucus membrane will warm the air before it reaches the lungs and prevent irritation.

Dickerson and Higham agree that the wind can be a problem for joggers. They suggest that it's best to start out running into the cold wind so you can go slowly, and when your body works up a sweat you don't turn around and face the wind.

Higham also suggests running only in an area that you are familiar with in case you have to stop running and seek shelter. Just as long as you keep fit and your respiratory system in shape, he says, any form of exercise is good.

# Moscow accuses President of using cover-up speech

MOSCOW — The Soviet Union accused President Reagan Thursday of using his State of the Union address as a campaign speech to cover up failed domestic programs and a militaristic foreign policy.

Tass said the speech Wednesday to a joint session of Congress was "made in a spirit of electioneering."

The official news agency described it as "an attempt to picture in a favorable light the results of his three-year rule and justify his policy, marked by extreme aggressiveness in the international field and total disregard for the needs of the common people."

The Novosti news agency said Reagan's speech had "many high-sounding slogans, but little of substance."

It dismissed Reagan's direct appeal to the Soviet people to build a safer world as "melodramatic" and "highly inappropriate in its insincerity."

While offering no concrete proposals for thawing relations between the United States and the Soviet Union, Reagan appealed directly to the Soviet people to seek peace.

"It's true our governments have had serious differences," Reagan said. "But our sons and daughters have never fought each other in war. If we Americans have our way, they never will."

But Novosti countered that the Soviet people "know better than the U.S. president that a nuclear war is unwinnable and that even the most

limited use of nuclear weapons will lead to a global nuclear holocaust."

Novosti accused Reagan, implying that President Andropov's Tuesday statement, which came in reaction to a Reagan speech on Tuesday, was "in some way a change of policy by Moscow and a result of his resolute hard-line policies."

The news agency said it is in no way a change.

Andropov, in a statement lacking the caustic rhetoric of Foreign Minister Andrei Gromyko's recent speech to the Soviet parliament, said "talks could be held only if the U.S. Pershing and cruise missiles are dismantled in Europe were dismantled."

# Nurse's boss testifies

United Press International  
GEORGETOWN — Dr. Kathleen Holland, the pediatrician who employed Nurse

Gene Jones in her Kerrville clinic, testified Thursday the nurse told her to throw away a bottle of muscle relaxant that suspiciously contained two needle pricks in its cover.

Holland said she had never used or ordered anyone to use the drug Anectine, the brand name for the muscle relaxant, succinylcholine. Therefore, she said, she was surprised to discover two needle marks in the bottle a few days after 15-month-old Chelsea McClellan died.

Jones, a 33-year-old mother of two, is accused of killing Chelsea by injecting her with succinylcholine at Dr. Holland's office on Sept. 17, 1982. Holland said she approached Jones after the nurse seemed "coolly defensive" after being questioned about a missing bottle of Anectine.

"She (Jones) could not explain how the holes got there. I said 'Gene, how am I going to explain these holes?' She said, 'I don't think we should explain them at all. After all, we thought we lost it. I think we should just throw it out.'"

Jones, who had remained unemotional throughout the trial, was trembling violently and clinging to the arms of her attorney's secretary as she left the courtroom Thursday following the doctor's testimony.

Holland was scheduled to resume testimony at 9 a.m. today. Chelsea's mother, Patti McClellan, previously testified

she watched Jones give her daughter one injection, made the child flail wildly in a manner of a seizure. McClellan then said Jones gave her another shot that made her go limp. The child died on the way to a San Antonio hospital.

Jones, who has denied Chelsea anything but routine shots for childhood ailments, is charged in Kerrville with several counts of injury to a child. All charges survived.

Chelsea was taken to Kerrville on Aug. 24, 1982, shortly after she was born. Her first "seizure," which was agitated as respiratory arrest, Holland said Jones reported to her on Aug. 24.

About nine days after Chelsea's death, Holland Jones told her she had found a missing bottle, and it was the pediatrician discovered two needle holes in the top of the bottle.

Holland testified Jones was the only member from the staff around Chelsea who had her two alleged seizures.

Earlier Thursday, an anesthesiologist testified Jones had her to lecture to a group of nurses about the procedure and drugs involved in sedating children before surgery.

Dr. Sheila Swartz, an anesthesiologist at the University of Texas Health Science Center in San Antonio, said her lecture to Jones and others included a description of the use of the muscle relaxant succinylcholine.

She said she gave the drug to Chelsea at the request of Jones.

Also Thursday, a pediatrician admitted under cross-examination that she disagreed with her opinion on the cause of Chelsea's death after County District Attorney Sutton told her the baby had been killed with a lethal injection of succinylcholine.

Dr. Kathleen Kagan-Hallet, a neuropathologist who examined the child's brain, she believes the baby died from an injection of succinylcholine. Kagan-Hallet said she found traces of the drug in tissue from the baby's exhumed body.