

Atheists say O'Hair not circulating petition

AUSTIN — The American Atheist Center on Monday denied what it said are rumors that founder Madalyn Murray O'Hair is circulating a petition aimed at ending religious radio and television broadcasts.

Neither O'Hair nor the American Atheists "have ever filed any petitions to remove religious broadcasting from TV or radio," the Austin-based organization said in a press release.

The statement said rumors are circulating that O'Hair had collected 27,000 signatures supporting a petition calling on the Federal Communications Commission to end religious broadcasting.

The statement, prepared by organization spokesman Brian Lynch, did say the group believes commercial broadcasters and cable television operators shouldn't grant free or reduced-cost time to religious groups.

Official says Reagan should aid oil market

WASHINGTON — Lobbyists for Israel gave a standing ovation to Texas Railroad Commissioner Mack Wallace on Monday after he criticized the Reagan administration for not aiding independent U.S. oil producers.

The administration has resisted price stabilization measures as interference in the marketplace, he said.

But, Wallace said, "There has never been a free market in the production of oil and gas in the free world and there never will be."

He urged the several hundred attendees at a morning meeting of the American Israeli Public Affairs Committee to support U.S. oil producers "so we don't have to bow on our knees to Saudi Arabia or anybody else."

"When 75 percent of the oil is produced by governments, it becomes an instrument of foreign policy. You say, 'You sell me arms or I'll cut off your oil supply. You send your vice president to talk to me about the free market,'" Wallace said, drawing loud applause.

War memorial plan approved after protest

AUSTIN (AP) — A House committee approved plans Monday for separate Korean and Vietnam war memorials on the Capitol grounds despite protests from competing Vietnam veterans' groups.

"This whole memorial effort here stinks," said Buck Dopp, a Temple railroad worker who said he was public relations officer for the Texas Alliance For Vietnam Veterans.

"These plans show no emotion," said Harry Ettmueler, Austin, of the Texas Association of Vietnam Veterans, who said his group had no connection with the Dopp alliance. "We want something that will make thou-

Fitness expert at A&M says ease into exercise

By Ruth Cochran
Reporter

It's swimsuit season again and getting rid of that warm winter fat is a prime goal for many. Unfortunately, in their efforts to get fit, too many people will injure or overwork themselves, a Texas A&M fitness expert says.

Larry Mulligan, a doctoral student at the Physiology and Research Conditioning Laboratory, says unfit people generally try to train too hard before they are ready.

According to Mulligan, "They exceed their training heart rate. They overestimate their fitness."

A training heart rate is the number of heartbeats counted each minute while a person is exercising. It's not an exact number but a range, he says.

Mulligan says if you exercise at the high end of the range, you will increase the amount of work your heart can do.

Exercising less intensely for longer periods of time will burn more fat, he says.

The exercise must be done for at least 20 minutes and no less than three times a week or the work is wasted, he says. However, an unfit person should work up to exercising 20 minutes by starting at a few minutes each day, Mulligan says.

A person over age 35 should get a

stress test before starting an exercise program, he says.

"That will tell them their maximum heart rate and their training heart rate," he says.

Besides training too hard, he says many people injure themselves through the poundings they inflict on their bodies — particularly through jogging and aerobics. The pounding can cause joint and skeletal muscle problems, he says.

The main problem in running occurs in the gait people have, Mulligan says. Walking develops a certain pattern in the gait which carries over to running, he says. Gait problems can cause soreness in the hip.

Runners can tell what kind of gait they have by checking the wear on the heels of their shoes, Mulligan says. If their heels show wear in the inside then they can buy running shoes to correct their form, he says.

Mulligan says always warm-up before exercising. Most people don't warm-up even though it will increase their flexibility and lessen the strain on their heart, he says.

Warm-up also allows for more efficient energy use during intensive exercising, Mulligan says.

"Going at it too quickly incurs an oxygen debt which you can't make up," Mulligan says.

Warming-up is probably more important in aerobics because of the varied movements, Mulligan says.

People especially need to work on flexibility during warm-up because of the range of motions, he says.

"If they haven't done anything aerobic in the last 6 months, I'd tell them to be cautious," Mulligan says. "They need to do a little less than they think they can actually do."

Even more than warming-up, the warm-down period is probably the most neglected aspect of exercising, Mulligan says. He says most people don't allow their system to cool down.

"The body will realize you're slowing down and will slow down its metabolism," Mulligan says.

"One of the worst things to do is jump in a cold or lukewarm shower. It shocks your skin and increases your heart rate — it puts an extra demand on the heart."

The pace of the exercise should be decreased slowly such as going from running to a moderate walk, Mulligan says.

If a person is worried about their fitness level they can have a stress test performed on them at the Physiology Research and Conditioning Laboratory, Mulligan says.

An exercise program will be prescribed after the tests results are evaluated, he says. The testing ranges in cost from \$80 to \$100. The laboratory is at the south end of Kyle Field.

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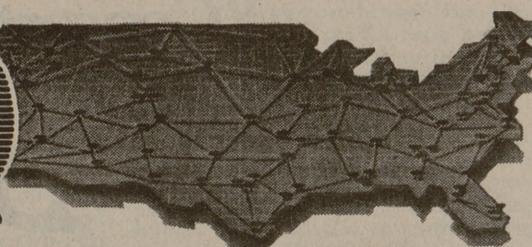
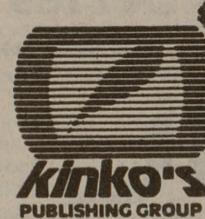
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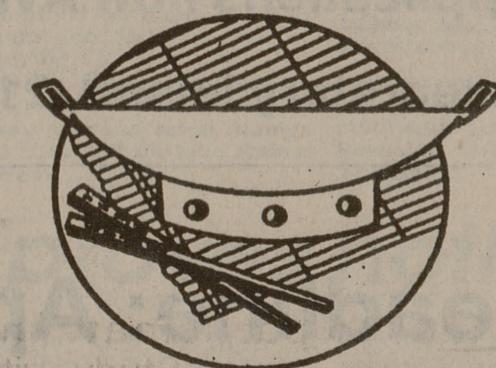


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