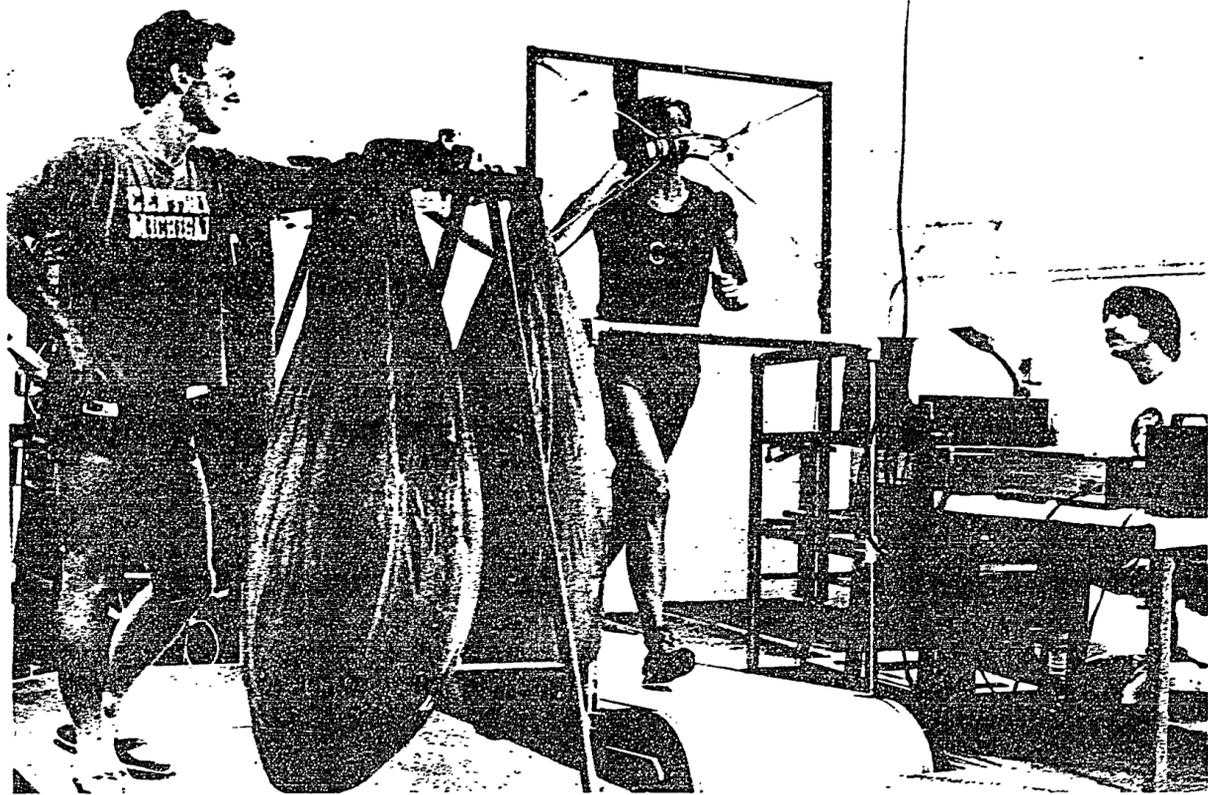


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Good Morning! It's Saturday, July 24, 1982

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Louanne Fay runs on a treadmill while Jerry Coffman, right, and Mark Volek, mark her progress.

Graduate research can be exhausting

By S.L. Wykes
Missourian staff writer

Louanne Fay's breath is captured in six small weather balloons as she runs at full speed on the inclined treadmill. Perspiration trickles along the wires of three electrodes attached to her heating chest.

Two healthy-looking men stand watch nearby with unsympathetic interest.

This is not the Castle Frankenstein, but the Human Performance Laboratory facilities at the University's Rothwell Gym. And these three scientists at the College of Education's Department of Health and Physical Education won't hurt you — much.

The scientists are investigating what makes some people run better than others — and if you're a twin, or a female runner, they want you.

Ms. Fay, with fellow graduate students Jerry Coffman and Mark Volek, are seeking 10 to 15 female runners and 20 sets of twins for tests. The tests will determine the influence of heredity and gender on the body's ability to use oxygen efficiently.

Ms. Fay's project with female runners will attempt to correlate several physical variables with the predictability of athletic performance.

Coffman and Volek will concentrate on fraternal and identical twins.

Aerobic and anaerobic thresholds and maximum oxygen uptake will be the yardsticks against which performance will be measured, they say.

In layman's terms, aerobic and anaerobic thresholds are reached when muscles feel rubbery and numb. Lactic acid, instead of oxygen, predominates in the bloodstream and muscles. Maximum oxygen uptake is the amount of oxygen the body can take in and how efficiently it is used.

Both indicators will show when the body is unable to supply the oxygen needed for what the willful exerciser asks of it.

Coffman explains that every person has a normal resting level of lactic acid in the blood. With proper conditioning, he says, people can change those thresholds, enabling them to run farther and faster for longer.

Oxygen uptake, however, appears to be relatively unchangeable and hereditary. By studying both kinds of twins, Coffman and Volek hope to verify that point.

Although participants will not be paid, the students point out that the tests are worth \$200 in a commercial lab setting. "After these tests, we will be able to give a detailed picture of physical

condition and a prescription for the right kind of exercise," says Volek.

Participants will be carefully watched during the tests. Treadmill running speeds will be determined by the patients' general physical condition, and electrocardiograms will be monitored constantly.

The experiment's results will be the basis for master's theses for Coffman, Volek and Ms. Fay. Ben Londeree, their supervisor and the director of the Human Performance Lab, sees wide-ranging applications for this kind of study.

"The average person knows from experience what kind of exercise works best," Londeree says, "but our students will be able to help formulate exercise programs from corporate fitness to cardiac rehabilitation."

Aerobic and anaerobic thresholds have been the focus of the department's research since 1975, and Londeree says the field has become a hot one. "We do research in exercise physiology, but thresholds have been a common thread."

Londeree and his students are regular runners. "It's the best way to get cardiac benefit," says Coffman, "and the cheapest."

Those interested in participating in the tests can call 882-6892 or 882-4021.

House plans own tax bill

WASHINGTON (UPI) — The Senate took the first step toward lowering next year's federal deficit by approving the biggest tax increase bill in history Friday — a three-year, \$99 billion package endorsed by President Reagan.

The next move is up to the House. The final 50-47 vote came at about 7 a.m. on the package that would double cigarette taxes, reduce tax writeoffs for medical expenses and cut the three-martini lunch deduction in half.

The House Ways and Means Committee plans to draft its own version next week, and Speaker Thomas O'Neill, D-Mass., has promised the full House will complete action before it recesses Aug. 19.

House and Senate conferees then will work out a final compromise tax bill.

But for a few tense moments, it looked as though the four long days of Senate debate and White House lobbying would end in defeat with the bill one vote short of passage.

Approval was assured only when conservatives Jesse Helms, R-N.C., and James East, R-N.C., switched their votes to "aye," joining 47 other Republicans and Independent Harry Byrd of Virginia. Three Republicans and 44 Democrats voted against it.

Senate Finance Committee chairman Bob Dole, R-Kan., who spent most of his 59th birthday cutting deals in Senate cloakrooms, breathed a sigh of relief.

The package also would require automatic withholding of a portion of dividend and interest income for tax purposes, stiffen taxpayer compliance rules and penalties, take a bigger tax bite from wealthy individuals, raise airline ticket and telephone service taxes, and close an array of business loopholes.

At the same time, it calls for more than \$17 billion in spending cuts in such programs as Medicare, welfare and unemployment compensation.

Together, the tax increases and spending cuts are designed to meet 1983 budget targets and hold the 1983 deficit below \$104 billion.

During a 20-hour session that began early Thursday, the Senate agreed to double the federal tax on cigarettes from 8 cents to 16 cents a pack, rejected a proposal to extend unemployment benefits for an additional 13 weeks, and disposed of several business-related amendments.

The Senate voted 70-25 to strip the bill of stepped-up compliance requirements for wage-earners with substantial tip income, such as waiters and waitresses. This put the package about \$2 billion under its budget target.

To make up the revenue — and, in part, to retaliate against the restaur-

The Senate bill

WASHINGTON (UPI) — Here's how the Senate-approved tax bill will affect individuals:

➤ Double cigarette taxes from 8 cents to 16 cents a pack for three years.

➤ Reduce allowable business meal deductions by 50 percent. However, the full cost of the meals could be deducted when traveling.

➤ Automatically withhold 10 percent of interest and dividends for tax purposes, except for the poor, elderly and those with investment income of less than \$100 a year.

➤ Reduce the holding period for capital gains, which are taxed at a much lower rate than regular income, from one year to six months — a bonus for taxpayers.

➤ Increase telephone service tax from the current 1 percent to 2 percent next year and 3 percent in 1984 and 1985.

➤ Reduce tax deductions for medical expenses by increasing the trigger from the current 3 percent of adjusted gross income to 7 percent and lower the extra deduction for medical insurance premium from \$150 to \$100.

➤ Reduce the tax deduction trigger for casualty losses not covered by insurance from anything in excess of \$100 to 10 percent of the taxpayer's adjusted gross income.

➤ Stiffen the minimum tax for individuals to reduce the ability of the wealthy to shelter their income.

➤ Reduce the maximum annual contribution to tax-deferred pension funds used mainly by wealthy professionals.

➤ Require federal employees to pay Medicare taxes for the first time.

➤ Increase the airline ticket tax from 5 percent to 8 percent along with several other increases affecting general and commercial aviation.

➤ Increase taxpayer compliance reporting, enforcement and penalties.

➤ Increase the tip compliance rule — Dole proposed and the Senate agreed 57-40 to make only half of business meal expenses tax deductible, rather than the full amount.

➤ Debate reached a crucial point when Republican leader Howard Baker of Tennessee argued against efforts to strip the bill of a key provision to generate an estimated \$12 billion through 1985 by automatically withholding 10 percent of interest and dividends for tax purposes.

Censorship issue extends beyond the city limits of Missouri town

By Jean-Marie McDonnell and Frank L. Tritschler
Missourian staff writers

"What's he doing here?" a man in the crowd asked his wife when the gray-haired professor stood up to speak.

Previous speakers at Wednesday night's Board of Education meeting in Mexico, Mo., had been local residents. Some were parents and some were just citizens concerned with the issue of censorship in Mexico's schools.

But this man was different. He was an outsider — from the American Civil Liberties Union no less. What had started as a local issue had jumped beyond the confines of the small mid-Missouri town.

"If the board here buckles under the pressure of a minority group and

removes materials, we would consider this a violation of the constitutional rights of the teachers and the students," said Murray Underwood, the outsider. "We are prepared to use the resources of the ACLU to take it to court."

At issue was whether the Mexico Board of Education would retain Humanist magazine on the Mexico High School library shelves. Mr. and Mrs. Eugene Taylor objected to the magazine on ideological grounds and on the basis of language and pictures that they found offensive in one of the magazine's articles. The article, which quoted extensively from sex magazines, was written to discourage people from buying pornogra-

Insight

phy. Parents, school administrators, reporters and a TV crew jammed into the humid room and fanned themselves with copies of the agenda as Underwood coolly delivered a stern warning from where he stood.

Underwood, a retired chemical engineer and part-time professor at Washington University in St. Louis, is vice president of the eastern Missouri chapter of the ACLU and chairman of its free speech and fair press committee.

At the request of some Mexico residents, he went to Mexico to represent the ACLU at the meeting.

Mrs. Taylor waited with a typed statement on a 3-by-5 inch index card clenched in her hand.

"We were kind of expecting him,"

(See ACLU'S, Page 6A)

Ex-adviser says forecast for economy too sunny

New York Times

WASHINGTON — Murray L. Weidenbaum, the departing chairman of the Council of Economic Advisers, said Friday that the upcoming Reagan administration forecast is going to be somewhat more optimistic about economic recovery than he would be personally.

"The numbers are within the range of feasibility," Weidenbaum said in parting remarks to an informal gathering of reporters in his conference room. "But I am not prepared to say they are the most likely projection that I might personally make."

Asked if his own forecast would be less optimistic than the one the ad-

ministration plans to issue next week, he said: "If you want to think that, I would not argue with that."

At the same time, Weidenbaum and other administration officials said that any disagreement on the economic forecast had nothing to do with his surprise decision, announced on Thursday, to resign and return to his academic career.

Rather, Weidenbaum said, he was leaving "because I think I've had ample opportunity to make my contribution to economic policy." He said he had to leave now if he wanted to resume his teaching position at Washington University in St. Louis.

(See WEIDENBAUM, P. 6A)



Enrique Shore photos

Good sports

The awards were candy but the lesson learned was the same as in any Olympics — good sportsmanship.

Sixty-four children, from 6- to 11-years-old, met at Kinder Care Learning Center, 1626 Towne Drive, to compete in the second annual Olympic Day yesterday. Nineteen of the competitors were from Jefferson City's Kinder Care Learning Center.

Though swimming was the most popular event, competitors like 6-year-olds Angela Gambino, left, and Amanda Jones have a grip on the arm wrestling. They won third and second, respectively, in the contest. Below, Cookie Dordoni leads a group of children to the softball throw.



In town today

6:30 p.m. "By Strouse," a musical revue presented by the Summer Repertory Theatre at the Memorial Union. Tickets for the dinner and show are \$10.95. Show starts at 7:30 p.m.

7:30 p.m. "Carousel" at Maplewood Barn Theater. Admission is \$2 for adults and \$1 for senior citizens.

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