



**HAND-SOME JOGGER** — Dr. Leonard Schwartz jogs with padded hand weights on a street near his Pittsburgh home recently. Schwartz has created a program using the weights while running or dancing for better aerobic conditioning. (AP Laserphoto)

## Psychoanalyst's answer to aerobic exercise is his own 'Heavyhands'

By **MARCIA DUNN**  
Associated Press Writer  
**PITTSBURGH (AP)** — Psychoanalyst Leonard Schwartz beckons his patients to come in and sit down, then to get up with weights and run around — therapy he prescribes to build the body and massage the mind.

By clutching small barbells as they run, his patients strengthen their arms as well as their legs and develop better self-images.

"I see not only parallels between mind and body, I consider mind and body one," said Schwartz, 57, who claims his new exercise program, "Heavyhands," makes followers look and feel better.

Until he was 49, Schwartz avoided strenuous exercise. He carried 147 pounds on his 5-foot-7 frame, suffered from high blood pressure and smoked several packs of cigarettes a day.

One day he decided his body needed help. "I started running and I built a swimming pool," he said. "I started all those aerobic schticks."

"That was all a self-serving, narcissistic business. I was concerned only about my own body and my wife's. Then I started thinking about it more as a physician than as a mere consumer of exercise."

Schwartz discovered the secret was to clutch small weights in each hand while he ran, danced or simply touched his toes.

"It's an over-kill philosophy," he said. "You heavy the hands to make them light."

To further develop his upper torso, Schwartz began modifying the exercise, swinging his weighted hands higher and higher, again and again.

"I needed a comprehensive exercise... I wanted a form of exercise that incorporated more of the fitness factors than any other system did," he said.

After a few years of almost daily workouts, Schwartz' weight dropped to a muscular 132 pounds. His resting pulse rate shrank from 80 to 38 a minute, and his oxygen-consumption rate more than doubled.

Every part of his body improved, something no other aerobic exercise ever accomplished, Schwartz said.

"Heavyhands" is an endurance-dominated, or aerobic, exercise like all the others. But it's a combined form of exercise — the simultaneous use of four limbs and the trunk. There's a terrific emphasis on the upper extremities, which have been neglected historically, even in swimming," he said.

Better than jogging, dancing, cross-country skiing, and swimming?

"It's the best exercise in the world," he said. "Before, swimming was as good as running, which was as good as rope jump-

ing. But that's all changed with 'Heavyhands.'

"There is no belly or back aerobics besides 'Heavyhands.' Since there are 75 million people in the country with back problems, I thought I had to address that problem."

More calories are lost, as less effort is exerted, according to Schwartz. And anyone who is reasonably healthy — young or old — can follow the program, he said.

Joggers lose about 10 to 15 calories per minute while running; that can climb to 20 calories per minute while walking and swinging their weighted hands, Schwartz said.

It's not that other forms of exercise aren't good — they're just not as good, according to Schwartz.

Although between 75 million and 135 million Americans profess to exercise, not more than 3 percent or 4 percent of them actually are fit "in the ultimate sense," Schwartz said.

"The Jane Fondas, the Richard Simons, are really doing a lot to raise national consciousness about the issue of movement and activity and health," he said. "Mine is more research-oriented. It's based on myself and other subjects... anybody I can get into the laboratory."

So far, Schwartz has taught his family, friends and colleagues how to exercise the "Heavyhands" way. He's held exercise sessions at Montefiore Hospital, where he is chief of the psychiatric division, and at a home for the elderly. And he's organized a short daily run — with weights — through his neighborhood.

Interest has swelled since his book on the subject, entitled "Heavyhands," was released in May. He's appeared on television and radio programs and has been featured in national magazines.

This fall, he's considering teaching "Heavyhands" to athletes at Iowa State University.

He hopes to use profits from his book and a set of weights he's designed — padded barbells that cling to the hand — to establish a large laboratory where he can perfect the method.

Schwartz considers "Heavyhands" a lifestyle.

"It's difficult to understand how anybody with the option to exercise could abandon that option," said Schwartz, who sets aside four hours a week for "Heavyhands."

"When I know I can run 10 or 12 flights of stairs without any difficulty at all, or if I can run 19 miles pumping a couple of 8-pound weights all the way, anything less than that seems to be substandard."

"But I wasn't always that way. So it's obvious anyone can convert."

## Senator angry over attorney battle

**HARRISBURG (AP)** — A Democratic state senator reacted with anger Friday to the Thornburgh administration's latest refusal to provide him with information about state attorneys.

Sen. Craig Lewis, chairman of the Democratic appropriations committee, said the Republican administration's latest court challenge is intended to string the issue out indefinitely.

"But we are on firm ground and will fight this obstruction to the end," said Lewis.

In a suit filed last year, Lewis asked the court to order the administration to prepare lists of names, residences, salaries and dates of employment for all its lawyers.

Ruling Aug. 5, the court said the administration is not required under the Right-to-Know law to prepare such lists. But the court said Lewis is entitled to the information because it is budget related.

However, the administration again asked Commonwealth Court earlier this week to dismiss the suit on grounds the information is already available and that Lewis has refused to use his staff to get the data.

He said the executive branch should not have to respond to such a request outside the normal budget procedure.

Lewis said any reference to information being offered his office "is simply a bold-faced misstatement that cannot go unchallenged."

He said cabinet officers and agency heads are under a gag order not to cooperate with his request.

But Ross said the administration feels it must resist. Otherwise, it would set a precedent that could allow lawmakers to tie it up with repeated requests, he said.

An old law in Oklahoma says it's illegal to give liquor to fish.

# State - Region

## Bell of Pennsylvania won't get all the increase it wanted

By **CYNTHIA ROBERTS**  
Associated Press Writer  
**HARRISBURG (AP)** — Bell of Pennsylvania will get substantially less than the \$402 million rate increase it sought from the Public Utility Commission, according to a non-binding poll commissioners took Friday.

Commissioners' straw votes on financial issues showed how the rate increase will shape up, although a final vote won't be taken until next week.

Bell officials and PUC Chairman Susan Shanaman would not speculate on the amount of increase, but Consumer Advocate Walter Cohen said rough calculations indicate a hike of \$220 million.

Administrative Law Judge Morris Mindlin had recommended Bell be awarded \$320 million, which would be the largest ever for a Pennsylvania utility.

The PUC's own staff suggested a \$177 million hike, while the state consumer advocate maintained Bell is entitled to \$37 million.

Until the final vote next

Friday, officials could not calculate the apparent effect on typical monthly bills. Under Mindlin's proposal, monthly charges would go from \$5.70 to \$8.50 in Harrisburg; \$7.50 to \$10.30 in Philadelphia; and \$6.97 to \$9.77 in Pittsburgh.

As with all major rate increases, commissioners announced their position on a number of key points in an informal, non-binding poll. Bell executives looked glum as commissioners poured over pages of financial issues ranging from equipment to capital structure.

"We're disappointed. And we're most disappointed with the overall rate of return of 15.75 percent on common stock," said Bell spokesman Bob Bridge. "It's basically what we're earning now. It's like saying there's no difference between this year and last."

The company had requested a 17.75 percent return on equity.

According to the straw votes, pay telephones would still cost a dime instead of the 25-cent charge recom-

mended for toll phones not along public highways.

The commission also embraced Bell's proposals for measured service, which Chairman Shanaman called "a benefit to consumers. It gives them the ability to reduce their monthly bill."

In Harrisburg, for example, consumers could pay \$4 monthly for basic measured service and a charge ranging from six cents to a penny, depending on time of day, for each outgoing call.

For standard measured service, consumers would pay \$5.45 monthly, which covers 49 outgoing calls. Additional calls would be billed at the rates for basic measured service.

The commission also approved a motion by Commissioner Clifford Jones over how to charge ratepayers for the costs Bell incurred to fight for its rate increase.

The Jones motion put the cost to ratepayers at some \$200,000 per year for the next two years. The utility would absorb a similar cost, since the PUC has adopted a policy of splitting the expenses.

## Killings are sign of drug war recurring

**PHILADELPHIA (AP)** — The killing of two people at the city's largest housing project is a sign of the resumption of a 1980 drug war that resulted in five deaths and more than 100 arrests, authorities said Friday.

"This is an exact rerun of the summer of 1980 except that the characters are different," said Eugene O'Neill, director of security for the Philadelphia Housing Authority.

Three men walked into the courtyard of the Richard Allen Homes in north Philadelphia Thursday night and opened fire on a crowd of dozens of residents. They killed a 7-year-old boy and a 27-year-old man and wounded six other people.

The three then escaped in a car.

About 3½ hours after the shooting, a bicyclist and a teen-age girl were wounded in a second shooting at the project, which has 1,300 apartments and covers an eight-block

area. Neither was seriously injured and police said it was unrelated to the earlier incident.

An arrest warrant was issued Friday for one of the suspects in the first shooting, Damon Jones, 18. He was sought on two counts of murder, six counts of attempted murder and related charges.

O'Neill said authorities were investigating reports that the gunmen had been trying to kill a man in retaliation for a bad drug deal.

Drugs have long been a problem at the housing project.

O'Neill said that in the summer of 1980, open warfare broke out among rival drug dealers, resulting in five drug-related deaths.

"There were shootouts right on the street," he said.

## Police search West Chester home to seek gun used in Main Line murders

**WEST CHESTER, Pa. (AP)** — An informant has told police he gave a Chester County man the gun used to kill aerospace pioneer Courtland Gross, his wife and housekeeper, according to a court document.

An affidavit for a search warrant said the informant told police he gave a .38-caliber automatic pistol to Roger Buehl, 22, four days before it was used in the slayings.

The document is the first public indication that police view Buehl as a suspect in the slayings of Gross, 77, his wife, Alexandra, 72, and their housekeeper, Catherine Vander Veer, 69.

It is also the first disclosure that police have an informant in their investigation of the killings.

Gross, the retired board chairman of Lockheed, his wife and Mrs. Vander Veer were found shot to death July 16 in the couple's suburban Villanova estate on Philadelphia's Main Line. Autopsies revealed they were killed the day before.

The affidavit, dated Aug. 16, was used to obtain a warrant to search Buehl's home in East Coventry. The warrant was signed by District Justice John Jeffers, who confirmed the contents of the affidavit Friday.

Buehl is being held in the Delaware County Prison on charges of burglarizing a home in Havertown last July 30.

He is also charged with the holdup of a Philadelphia tobacco shop last July 13 in which the 68-year-old operator was shot.

The affidavit said that ballistics tests have shown that the gun fired in the tobacco shop was the same one used in the Gross slayings.

The affidavit also said the gun was used in a Worcester Township house burglary in which the owner came home and surprised the burglar.

The robbery happened on the same day the Grosses were killed at their home 10 miles away.

The affidavit, which was sworn by State Trooper Robert Kline, said that the informant, who was not otherwise identified, told police he also gave Buehl a stolen red Buick Skylark.

The owner of the Worcester Township house told police the robber had been driving such a car.

The affidavit said the informant told Lower Merion Township police, who are investigating the Gross slayings, that he gave Buehl a .38-caliber Walther PPK automatic pistol on July 11.

The affidavit said that before giving the weapon to Buehl, the man fired it in a junkyard in southwest Philadelphia. It said shell casings recovered at the junkyard linked it to the other shootings.

Jeffers said police requested the warrant to search a one-story, three-room pool house at the East Coventry home of Buehl's mother. He said Buehl, who has also given a Philadelphia address, lived in the pool house.

Jeffers said police sought the warrant to search the

## Under new plan, TMI's customers fund cleanup

By **CYNTHIA ROBERTS**  
Associated Press Writer  
**HARRISBURG (AP)** — Customers of Three Mile Island will contribute \$21.7 million towards cleanup of the crippled nuclear reactor under a plan approved Friday by the state Public Utility Commission.

The vote involved an accounting change and won't mean higher rates for customers of Metropolitan Edison Co. and Pennsylvania Electric Co., part-owners of the plant.

TMI owner General Public Utilities Corp. requested the change, telling the commission that customer funds are "critical" to attracting federal aid towards the \$1 billion cleanup.

The PUC vote was 4-0 with Commissioner Michael Johnson abstaining. Johnson characterized the "Thornburgh plan," proposed by the governor to spread the cleanup costs among industry, government and the utilities, as a "cruel hoax."

"All of the money that the state indicates it would put up is derived from the taxes paid by Met Ed and Penelec ratepayers," Johnson said.

Johnson was not alone in his opposition. Rep. Bruce Smith, R-York, had urged the PUC to reject the change.

"The ratepayers must not become the scapegoats of a grand formula that fails to materialize because of politics in Washington," he said.

Officials announced earlier this month they had renegotiated a January settlement that originally barred the use of consumer funds for cleanup until the undamaged

Unit 1 reactor returned to service.

Restart of Unit 1 was unexpectedly delayed by corrosion of steam generator tubes in the reactor, and by resolution of a court-order study on the psychological effects of the restart on area residents.

Under the new agreement, money collected for accelerated recovery of the utilities' investment in the damaged Unit 2 would instead be used for cleanup. The accounting change would be in effect until Unit 1 returns to service.

In their next requests for rate increases, the utilities agreed not to seek more for the cleanup than designated in Gov. Thornburgh's cost-sharing plan.

Met Ed's annual share is \$25 million and Penelec's is \$12.5 million under that plan. Met Ed owns half of the plant and Penelec owns 25 percent. State regulatory officials in New Jersey already have approved a \$12.5 million contribution from customers of Jersey Central Power & Light Co., the other 25 percent owner in TMI.

Another possible source of cleanup funds emerged Friday when GPU Corp. announced it was considering whether foreign utilities would be interested in contributing to the cleanup in exchange for technical information.

International Energy Associates, a Washington consulting firm, has contacted utilities in Japan, France and other European nations about possible contributions, a GPU spokesman said.

## PUC suggests cancellation of second Limerick reactor

**HARRISBURG (AP)** — The Public Utility Commission on Friday told Philadelphia Electric Co. it would be in the "public interest" to cancel or suspend construction of a second reactor at its Limerick nuclear power plant.

The order sent Friday to utility officials was clarification of a vote the commission took May 7 on the fate of the unfinished plant in Montgomery County.

Within the next 120 days, according to the order, PECO must tell the commission what it will do about Limerick and submit plans for a conservation program to "offset" the effect of losing the second reactor.

PECO spokesman Neil McDermott said the company would not comment until it had studied the order.

The order also called for an investigation, applicable to all electric utilities, that would develop incentives for conservation and reduce the need for more power plant construction.

In May, the PUC decided it would not be "financially feasible" for PECO to finish the project because the commission was unwilling to approve rate increases recognizing funds for Limerick.

"Were the company to attempt the impossible feat of continuing to build both units as scheduled, we believe the impact on PECO's finances would be catastrophic," Friday's order said.

The vote on Limerick's future came as a result of an investigation into the need for the unfinished nuclear plant, which is now expected to cost at least \$4.7 billion.

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