

# U.S. women suffer from lack of weight training

Because this country has lagged so long in weight training for its women athletes, the outlook is bleak for the 1984 Olympics in Los Angeles, says an Oregon State University professor of physical education who specializes in strength physiology.

In a 1981 article in "The Physician and Sports Medicine" magazine, John P. (Pat) O'Shea argued that "if American women want to optimize athletic power and compete on equal terms with the Europeans, they must use basic

scientific strength building methods followed by elite male athletes."

There is "absolutely no difference in quality athletic type strength training programs for men and women," O'Shea insists. "Women respond the same physiologically as men to strength training and can realize the same rates of improvement in athletic performance even though their maximum potential for strength is less."

"Many coaches feel that because females are smaller than their muscle and ligament strength is not as good

as males and that they can get hurt easily," says O'Shea. "This is just another of the myths and misconceptions that surround the subject of strength training for women."

"Women can develop added strength at the same rate as men, proportionate with size, of course," he stressed.

"One of the primary differences between male and female strength potential is attributed to the hormone testosterone. The male produces much more testosterone which accounts for the greater physique size and strength of the male," he continued.

"Females have slightly more natural body fat than males — which is both a plus (in endurance events where body fat is a primary source of energy) and a minus (in field events — shot put, javelin, discus — that demand dynamic strength)," O'Shea observed.

Looking ahead to the 1984 Olympics, O'Shea sees the Russian and European women continuing to dominate the field events.

"Weight training for women in European countries, especially West and East Germany, Russia and

Poland, is at least 10 years ahead of what we're doing in America. It will be decades before we catch up," O'Shea figures.

"And one of the ironic things about it all is that the techniques that the Russians and Europeans are using so effectively began in this country. Europeans simply picked them up and made them applicable to both men and women with great success," he added.

In Olympic long running events, the United States will fare somewhat better in 1984 "but only because of Mary Decker Tabb," the multiple world record holder, says O'Shea.

Swimming is the only Olympic area of competition where Americans will perform on top terms, O'Shea believes. "On the whole, our swimming coaches are more scientifically oriented than our track and field coaches."

Perhaps the weight training myth that annoys O'Shea most is the one that "weight training alters femininity and could make women athletes sterile and unable to bear children."

"That is utterly false. If anything, it makes them more attractive."



Laurie Carter, OSU

Professor O'Shea is one of the nation's best-known writers on weight training and physical fitness. His textbook, "Scientific Principles and Methods of Strength Fitness" is used around the world by teachers, coaches, physical therapists and athletes. He also is an expert on conditioning programs for mountain climbers.



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## Sizzling Jazz '83

The sizzling sixth annual Metro Jazz '83, honoring Mr. Walter Bridges as KBOO's Artist Treasure of the Year, will be Sunday, June 26, with two shows from 1:00 p.m. to 5:00 p.m. and 6:00 p.m. to 10:00 p.m. at the Western Forestry Center, Miller Hall. There will be a full bar for those over 21 only.

In keeping with the musical and magical spirit of the Great Northwest, KBOO Radio presents Metro Jazz '83 with a lineup of fabulous jazz musicians covering the entire gamut of jazz history. Included in the lineup are Walter Bridges and his uncompromising Big Band, the Hadley Caliman Quartet, Portland Composer's and Improviser's Orchestra, Sonny King & Lawrence Williams, Stumptown Jazz, Stowell, Denny, and Bialostosky Quintet, Wholly Cats, and the Latin sounds of Manteca.

Tickets in advance are \$5 for one show or \$9 for both shows. Tickets at the door are \$6 for one show or \$10 for both shows. They are available at Meier & Frank, downtown, Music Millennium, House of Sound, Django, Park Avenue Records and Stevens & Son.

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## BUSINESS NOTES

**Oregon is a small business state.** Over 97 percent of all Oregon businesses are small, having less than 50 employees each. Yet small firms are most often the sources of creativity and innovation that fuel the economy and provide the best potential for creating new jobs. A study by the Massachusetts Institute of Technology found that firms with less than 50 employees created nearly 80 percent of all new jobs in our national economy. Obviously, Oregon has an important resource in our many small but energetic and enterprising businesses.

**Since December 1983, 792 Oregon businesses have declared bankruptcy** under Chapter 7 liquidation and Chapters 11 and 13 reorganization filings. That's 132 more than the 660 during the same period last year and 244 more than the 548 during the same period in 1981. Several private sector experts, including Gary Burgher of Touche Ross accounting and business consulting firm, agree that "there will be no real recovery here for another two or three years."

**Adolph Coors Company just simply couldn't get the Oregon legislature to swallow their pitch** to open up the state to retail sales of their product, Coors Beer. Coors, which is attempting to "go national" had previously failed to persuade the OLCC to broadly interpret Oregon's pasteurization requirement.

**Some \$745,776 in federal funds for historic preservation or restoration will be available** to Oregon communities to identify historic properties and restore buildings listed in the National Register of Historic Places under terms of the recently passed Jobs Bill. Funds will be allocated to cities, counties, historical societies and building owners by mid-summer.

According to a recent national report based on U.S. Department of Commerce figures, **working Oregonians take home smaller paychecks** than their counterparts in Alaska, Hawaii, Washington and California:

- To the north, Alaska reports 1982 per capita income at \$15,200 — 46 percent ahead of Oregon's \$10,392 figure.
- The average income in Washington is \$11,635, 12 percent ahead of Oregon's average.
- Californians out-earn Oregonians by 21 percent.
- Hawaii's average income is 12 percent higher than Oregon's.

Public Utility Commissioner John Lobdell has given final approval to a **\$36.7 million revenue increase for Pacific Northwest Bell Telephone**, which makes permanent new rates that went into effect in March. Lobdell also ordered the company to put restrictions on automatically dialed telephone solicitation calling. The increase granted raised one-party residential rates by \$3 per month and one-party business rates by \$7.50. The rates were approximately half what the phone company wanted.

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