

Researchers find hormonal changes in women runners

By Cindy Hubert
The Arizona Daily Star

Inside the lithe, muscular bodies of women who run long distances, some complex hormonal changes are taking place.

Those changes help to explain why women athletes often skip menstrual periods or stop having them, local researchers have concluded in a detailed study of women involved in marathon training.

The research team members, from the Veterans Administration Medical Center and the University of Arizona, think strenuous exercise causes a defect in

either the hypothalamus or the pituitary gland.

As a result, less of the female sex hormone estrogen is produced, contributing to changes in the menstrual cycle, they say.

The study, which began in 1981, is the most comprehensive yet on menstrual cycles of female athletes, said Dr. Thomas W. Boyden, an endocrinologist at the veterans hospital and the UA who directed the research.

Working with Boyden were Dr. Thomas Rokitk, Richard W. Parmester, Philip R. Szabo and Jack H. Wilmore.

Routine strenuous exercise has been associated with delays or changes in menstruation for a number of years. But until the local team began its study, much of what was known about menstrual changes in athletes was "locker-room talk," Boyden said.

Forty women between the ages of 20 and 38 began the study. They were recreational runners, logging an average of about 15 miles per week. Members of the group, which included housewives and career women, worked at their own pace to gradually build up weekly mileage.

After the 18-month training period, 24 of the

original enrollees were still in the field and completed a 26.2-mile marathon. Complete data were gathered on 19 of them.

Besides becoming leaner and changing their cholesterol levels for the better, most of the women experienced changes in their menstrual cycles during the training.

None of the 19 women who finished the study stopped menstruating completely, but 18 of them had shorter periods or a lighter flow.

The researchers attribute the changes to a defect in the hypothalamus or the pituitary gland. See RESEARCHERS, Page 4A

The Arizona Daily Star

108th Year

Final

Vol. 143 No. 118

Tucson, Friday, April 27, 1984

25¢ 76 Pages

P-D sends eviction order to 43

Strikers from Ajo, Morenci targeted

By Bob Christman
The Arizona Daily Star

Phelps Dodge Corp. has set a May 31 deadline for 18 strikers at Ajo and 25 strikers at Morenci to vacate company-owned housing units, a company spokesman said yesterday.

Jack Ladd, director of labor relations for the company, said eviction notices were mailed Wednesday. He said strikers with children in school may apply at the company rental office for an extension of up to five days.

Ladd said an April 20 ruling by U.S. District Court Judge Alfredo C. Marquez was the basis for the pending evictions. The judge ruled that the company acted legally in taking a preliminary step toward removing strikers from company-owned houses.

The notices, Ladd said, went to strikers discharged for picket line misconduct. Additionally, eviction cases are pending in court against five strikers in Ajo who are delinquent in rent.

Jerry Barrett, an attorney for the United Steelworkers of America, said he has not seen a copy of the eviction notices.

"But I find it troubling that Phelps Dodge is going to the newspaper before bringing the matter to the attention of the union. It appears the company is trying to get ahead of the union. See P-D ORDERS, Page 2A

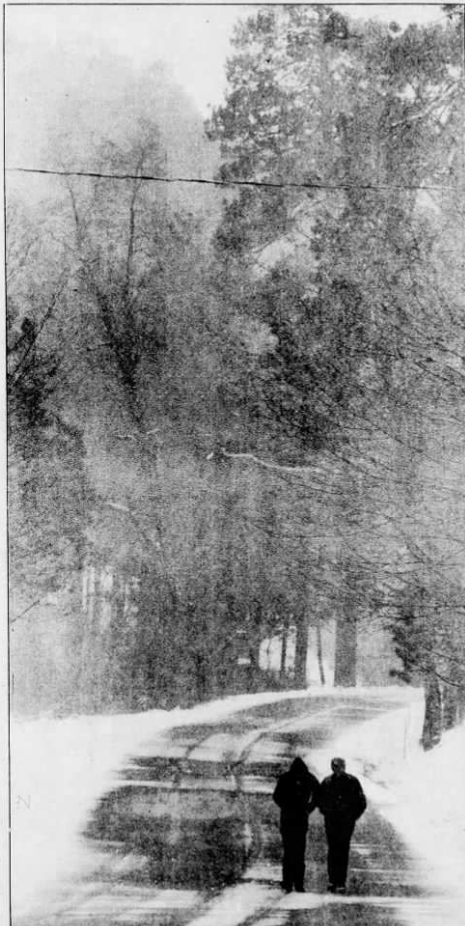
Casey admits failure to tell all on mining

By W. Dale Nelson
The Associated Press

WASHINGTON — CIA Director William J. Casey admitted yesterday that he failed to adequately inform the Senate Intelligence Committee about his agency's suppression of the mining of Nicaraguan ports, the panel said.

After a "very spirited" meeting at which Casey made the acknowledgment, Sen. Daniel Patrick Moynihan, D-N.Y., agreed to stay as vice chairman of the panel. He had resigned Wednesday in protest of what he considered inadequate briefings by the spy agency. The CIA is required by law to brief congressional committees about intelligence activities.

"The committee agreed that it was not adequately informed in a timely manner of certain significant See CASEY, Page 2A



Jim Kimball and Ron McCulla had to hike when their truck got stuck near Summerhaven

Snow, rain sneak into city, state

By Carmen Duarte
The Arizona Daily Star

Snow fell in parts of the Tucson area and throughout the state yesterday as a cold front brought precipitation farther south than expected, officials said.

The afternoon high in Tucson was 39 degrees.

"We expected cooler and windy weather but we didn't expect the precipitation to come down this far to Tucson," said Ronald Iman, a National Weather Service meteorologist. Related photo, Page 2A.

An intense low-pressure system in Colorado had caused a cold front to run through the state Wednesday.

Six inches of snow fell yesterday on Mount Lemmon in the Santa Catalina Mountains by 4:30 p.m., and flakes fell in Oracle, Benson, Globe and in northern Tucson early in the morning, weather officials said.

At 5 p.m. snow depths included 6.6 inches at Hawley Lake, 6.6 at McNary and Springerville and 3.6 at Pinalop.

In Tucson 0.8 inch of rain was recorded, and 0.8 in Safford. Official new-snow depths ranged from 16 inches at Greer to a trace at

« A blizzard slams into the Rockies, then sends tornadoes into the Plains. Page 2A.

Globe, National Weather Service meteorologist Bill Earle said.

Weather observer Lee Sherbon said he measured 26 inches of new snow at Big Lake, 16 miles southeast of Greer.

Douglas continued to report strong winds, reaching a peak of 47 mph yesterday afternoon.

Yesterday's high in Tucson was 81 degrees, nearest shortly after midnight. As the day progressed it got cooler with overcast skies, and winds that reached a peak of 30 mph in the afternoon, Iman said.

Sleet in the Catalina foothills area also was reported early yesterday morning, said Iman, adding that snow had not touched Tucson in the month of April for eight years. "Two inches of snow was recorded falling in Tucson on April 16, 1976."

DPS officials in Flagstaff reported intermittent snow flurries throughout the day in the White Mountains. But the snow melted as it touched the ground.

Welcome capitalism, Reagan tells Chinese

By James Gerstenzang
The Associated Press

PEKING — President Reagan lectured the Chinese nation today on the benefits of capitalism and encouraged its communist leaders to move forward with their tentative economic liberalization.

At the same time, he used his first speech here to sharply criticize the Soviet Union, saying, "America and China both condemn military expansionism — the brutal occupation of Afghanistan and the crushing of Kampuchea (Cambodia)."

Earlier, Chinese Premier Zhao Ziyang said U.S.-Chinese differences over Taiwan are "a major obstacle to the sustained, stable development" of relations. At the same time, he expressed satisfaction about the completion of negotiations that will let American companies sell nuclear power plant equipment to China.

"Finally, we have found a solution

which conforms to China's sovereignty as well as to the laws of the United States," Zhao said.

In his speech, Reagan said it was the profit motive that spurred America's development.

Speaking in the Great Hall of the People to an audience of 500 to 600 Chinese business leaders and experts in U.S.-Sino relations, the president said:

"The societies that have made the most spectacular progress in the shortest period of time are not the most rigidly organized nor even the richest in natural resources. No, it is where people have been allowed to create, compute and build, where they have been permitted to think for themselves, to make economic decisions and benefit from their own wits that society has become the most prosperous, progressive, dynamic and free."

"Nothing could be more basic to See CAPITALISM, Page 4A

Weather

Carry your umbrella. Today will be breezy at times with a 10 percent chance of rain. A high around 68 and a low about 44 are expected. Yesterday's high and low were 61 and 44.

The temperature extremes in the lower 48 states were 11 at Elko, Nev., and 117 at Alice, Kingsville and McAllen, Texas. Details on Page 2A.

Index

Accidents 15A Lifestyle 1-4D
Bridge 13D Money 1-4E
Classified 7D
Cinema 12D Obituaries 1E
Comment 143A Public records 1B
Congress 12D Sales 12D
Dear Abby 2D Sports 1-3C
Entertainment 143D Tucson, Arizona 6B
Horoscope 1D TV Guide 1-1D

News

Armstrong divorce. A tentative settlement is reached in the divorce case of Worldwide Church of God pastor general Herbert W. Armstrong and his estranged wife, Roma. Page 1B.

"I feel terrible." Conrath ex-Weather Underground leader Kathy Bourdie pleads bargain, pleading guilty to murder and robbery in a 1981 Brink's robbery. Page 3A.

Departures. The first wave of Libyans ordered out of Britain leaves London, and 30 Britons arrive in London from Tripoli. Page 16A.

Kennedy autopsy. Investigators find traces of cocaine and the painkiller Demerol in David Kennedy's body, although the exact cause of death still has not been determined. Page 5A.

Anti-terror ideas. President Reagan proposes a crackdown on terrorists and the people who finance and train them, but the American Civil Liberties Union disagrees with his methods. Page 15A.

Money

Merger approval. The Federal Trade Commission gives its tentative approval to Socal's takeover of Gulf Corp., a \$1.2 billion deal and the largest corporate merger in history. Page 1E.

Sports

Canadiens, Oilers win. The Montreal Canadiens beat the New York Islanders and the Edmonton Oilers defeat the Minnesota North Stars to take 2-0 leads in their NHL playoff series. Page 1C.



The Count is dead — Jazz great Count Basie dies of cancer he never knew he had at the age of 78. Page 5A.

Hang loose

Fashionable fall in Lifestyle

'Spinal Tap'

A rock parody in Entertainment