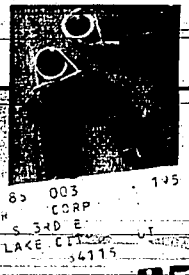


Inside today

Reservoir relief: Snows are boost - A5

Fitness at home: Buying equipment - B4



The Times-News

80th year, No. 343

Twin Falls, Idaho

Monday, December 9, 1985

25¢

Congress says budget could force a tax hike

By CLIFF HAAS
The Associated Press

WASHINGTON — Congress begins its final push toward year-end adjournment with Republican leaders in agreement that a balanced-budget plan expected to be enacted this week could lead to higher taxes next year.

However, the GOP leaders are split on whether to go along with President Reagan's call for the House to pass tax overhaul legislation drafted by the Democratic-led Ways and Means Committee.

Congressional leaders are aiming to wrap up legislative business for the year by the end of the week, but standing in the way is:

- Legislation raising the government's borrowing authority — the national debt limit — to more than \$2 trillion.
- Compromise legislation attached to the debt limit measure aimed at forcing a balanced federal budget by 1991.
- A three-year, \$15 billion package of deficit-reduction actions.
- The tax overhaul bill.
- Authorization of the "superfund" toxic waste cleanup program.
- An omnibus money bill that would keep most government departments operating in the absence of their regular appropriations.
- Legislation reauthorizing the government's farm price support programs.

Negotiators from the House and Senate were set to meet Monday to put the final touches on the measure revising congressional budget procedures and mandating automatic spending cuts if Congress and the president fail to meet statutory ceilings on budget deficits.

Deficits now are running at an annual rate of about \$50 billion a year, but the legislation expected to pass both houses of Congress later this week would peg the deficit for the fiscal year beginning Oct. 1, 1986, at \$144 billion.

The president has said that he wants the budget for that fiscal year to contain a 3 percent increase in military spending and no tax increases.

Thus, it would take about \$50 billion in domestic spending cuts to meet the deficit target, which requires the elimination of 30 to 50 federal programs, according to Sen. Bob Packwood, R-Ore., chairman of the Senate Finance Committee.

Asked if Congress would kill that many programs, Senate Majority Leader Robert Dole, R-Kan., replied, "No way."

Appearing on NBC's "Meet the Press," Dole refused to be pinned down on whether taxes would have to be raised, but he said, "I assume you're going to have some revenue changes."

As for the president, Dole said, "He may be convinced eminent departments operating in the absence of their regular appropriations... that we've wrong all the federal spending out of it we can (and) then he would agree to look at a tax increase."

Senators sheepishly to show price tag for their newsletters

By ROBERT M. ANDREWS
The Associated Press

WASHINGTON — An uneasy Senate is about to give the public a peek at some of its dirty laundry, disclosing for the first time what Sen. Charles McC. Mathias, R-Md., calls the "outrageous" costs of mailing government-paid newsletters to constituents.

The House and Senate postage bill for what Mathias calls "congressional junk mail" is expected to total \$14 million this year.

"I would have to think a long, long time to come up with a more embarrassing example of the waste of the taxpayers' money," says Mathias, who is retiring from the Senate this year.

Barring further delays, the secretary of the Senate is expected to publish on Monday a list of individual senators' mass mailing costs for the final three months of the fiscal year that ended Sept. 30. The list is to be released under a new disclosure policy adopted last spring by the Senate's Ethics Committee.

Mathias, the committee's chairman, favors disclosure. But fellow Republicans on the panel, led by Ted Stevens of Alaska, have fought a losing battle to delay disclosure or postpone it indefinitely.

Republicans are particularly apprehensive about disclosure. There are 22 GOP Senate seats at stake in the 1986 congressional elections, compared with 12 Democratic seats.

Mathias estimates that the 100 senators will spend \$56 million on mass mailings in the current fiscal year ending next Sept. 30, while the 435-member House will run up \$68 million in costs. Spending on congressional newsletters soars during election years.

Critics such as Mark Green, former director of Congress Watch, a non-profit legislative research and lobbying group founded by Ralph Nader, charge that free-mail privileges are blatantly abused by some members of Congress seeking re-election.

The deluge of newsletters from Capitol Hill gives incumbents an unfair, multi-million-dollar advantage over their challengers — and undermines the electoral process — by enabling legislators to promote their candidacies at taxpayers' expense, Green says.

Congressional mass mailing costs have more than tripled in the past seven years. Nonetheless, Mathias said in a floor speech last March, senators are demanding more and more money for a "sort of newsletter."

• See MAIL on Page A2



He can dig it

Boise State University archaeologist Mark Plew holds a piece of obsidian which was probably part of a knife used by Shoshoni Indians hundreds of years ago. The knife is part of a collection of artifacts gathered by archaeologists and volunteer diggers last summer in the Baker Caves near Minidoka. For a full story on the caves, turn to Page A5.

Pope, bishops hail historic synod

By SAMUEL KOO
The Associated Press

VATICAN CITY — Pope John Paul II, declaring that the Roman Catholic Church "truly desires to be the church in the modern world," closed on Sunday an extraordinary synod of bishops called to assess the Second Vatican Council.

In a Mass he celebrated with synod participants and other prelates in St. Peter's Basilica, the pontiff stressed that the church should also be like the early church of the Apostles.

"At the end of the second millennium after Christ, the church earnestly desires only one thing: To be the same church that was born of the Holy Spirit," he said in his homily, delivered in Italian.

The 65-year-old pope, who attend-

ed nearly every session of the two-week assembly of 165 bishops, appeared tired and his voice hoarse.

Vatican II fashioned far-reaching reforms, taking a more accepting attitude toward modernity and recasting the church's image from unchangeable monolith to an institution ready to modernize.

"At the end of the second millennium the church truly desires to be the church in the modern world, she desires with her all her strength to serve, so that human life on earth may be evermore worthy of man," the pope said.

By an overwhelming majority, the bishops adopted a 14-page report on the synod's findings and recommendations. In a surprise move applauded by the bishops, the pope agreed to publish the documents as approved by the prelates without any change.



JOHN PAUL II
Wants a modern church

AIDS test suggested for couples

By ROBERT FURLOW
The Associated Press

WASHINGTON — All couples should be tested for exposure to the deadly AIDS virus, before being granted marriage licenses, says a resolution to be considered this week by American Medical Association policymakers.

The resolution, one of several concerning the disease, was included in a thick book of proposals distributed on Sunday to 381 members of the AMA's House of Delegates, who will meet in Dallas on Tuesday and Wednesday.

The AIDS resolution says that "acquired immune deficiency syndrome has in the

Seven weeks later, bombing investigation stalled

Analysis

By JENNIFER BRANDLON
The Associated Press

SALT LAKE CITY — A mystery that opened with two heady bombings and a badly wounded suspect remains a knotty whodunit after seven weeks of speculation about rare Mormon documents, revenge and riches.

What police once regarded as an open-and-shut case has become a tantalizing maze of clues. No charges have been filed against anyone for planting three bombs which killed two people and injured rare-documents dealer Mark Hofmann.

Investigators who repeatedly have referred to Hofmann as their chief suspect now are taking heat for singling him out.

"It seems to me the case is back where it should have been in the



MARK HOFMANN
Doubts now raised



STEVEN CHRISTENSEN
Gave letter to church



KATHY SHEETS
Killed in third blast



J. GARY SHEETS
Appeared debt-ridden

beginning," said attorney James Barber, who represents Hofmann's friend, Shannon Patrick Flynn. "He would appear a good many of the facts 'retted upon the first day or two turned out not to be true at all.'"

Flynn and Hofmann are charged with illegally possessing a machine

gun, a charge which authorities said has no connection to the bombings.

The first two bombs — each hidden in a package — killed 30-year-old stockbroker Steven Christensen at his downtown office and Kathy Sheets, 50, at her suburban home on Oct. 15.

One day later, a third explosion blew Hofmann out of his sports car. Within days, the investigation covered several fronts.

• Debt-ridden CFS Financial Corp., headed by Mrs. Sheets' husband, J. Gary Sheets, Christensen was once an officer of the firm.

which had fallen \$5.4 million in the red, but had left to found his own company six weeks before the bombings.

• Suspected forgeries of rare documents as a motivation for the killings, based on papers found in the

• See BOMBINGS on Page A2

Briefly

Reagans attend Kennedy gala

WASHINGTON (AP) — President Reagan and his wife Nancy joined a star-studded audience Sunday in saluting six of America's top artists who received the prestigious Kennedy Center Honors of 1985 for their lifetime contributions to the nation's cultural heritage.

On hand for honors were old Reagan pal Bob Hope and actress Irene Dunne, as well as dancer-choreographer — Merce Cunningham, lyricist-playwright Alan Jay Lerner, pianist — Frederick Loewe, as well as opera star Beverly Sills.

OPEC to switch price tactics

GENEVA (AP) — OPEC oil ministers agreed in principle Sunday to stop trying to prop up petroleum prices and instead seek a stable share of the world market, a senior Ecuadorian official said.

Philippine opposition divided

MANILA, Philippines (AP) — A unity bid between Corason Aquino and Salvador Laurel fell apart Sun-

day, dimming opposition prospects of defeating President Ferdinand E. Marcos in a Feb. 7 special election. White Laurel's supporters cheered and fireworks exploded at his family compound, the former senator blamed Mrs. Aquino for the collapse of talks that would have put her at the top of the opposition ticket against Marcos.

Guatemalans flock to polls

GUATEMALA CITY (AP) — Guatemalans voted Sunday for a civilian president after more than 30 years of virtually uninterrupted and often brutal military rule in this Central American country. By dawn, lines of voters, mostly men, were forming in streets littered with the remains of bonfires and spent fireworks from a festival the night before, ready to cast their ballots when the polls opened at 7 a.m. (8 a.m. EST).

Land mine blast injures eight

JOHANNESBURG, South Africa (AP) — A land mine exploded outside a post office Sunday evening in an industrial section of Durban, wounding eight people, including two white policemen, authorities reported.

Amtrak train slams car, kills three

TIVOLI, N.Y. (AP) — An Amtrak passenger train traveling about 70 mph slammed into an automobile at a crossing in this Hudson River community Sunday, killing three people in the car, authorities said. There were no immediate reports of other injuries in the afternoon accident at the crossing, which has no warning lights nor a barrier, said Dutchess County Sheriff-Fred Scoralice.

and its passengers were transferred to another train to resume their journey, said Amtrak spokesman Clifford Black. He said he did not know how many passengers were on the train, No. 80, called the Bear Mountain. Wreckage from the car blocked both tracks at the intersection, which are owned and maintained by Conrail, said Black.

"It is normal practice for trains to blow their whistles approaching all grade crossings, and there is no indication the engineer did not do so at this crossing," said Black, who estimated the train's speed at 70 mph on the stretch where speeds often reach 110 mph. "Whether the engineer saw the car is uncertain," said Black. "Presumably he saw it moments before impact, but at that speed there's no way a train could stop to avoid striking a barrier."

Bombing

Continued from Page A1
rains of Hoffmann's car. The possibility of revenge between rival collection collectors. Hoffmann was accused of trying to sell a collection of Mormon documents he might not have possessed, and which may not even exist.

manuscript 'Dynasty,' said Jett Simmons, Utah State University curator of special collections, who knew Hoffmann when he was a student. "It's a soap opera of documents-dealing with a slick overlay of religion."

would have charged my client," Yengich said. Police Chief Bud Willoughby, whose department has borne the brunt of criticism in the case, said he has no apologies. "I know we're getting the tar kicked out of us, but that's happened before," he said. "Before they start slinging the mud; they should see what the outcome is."

Suspicion quickly centered on Hoffmann, police said, because of evidence found in his demolished car. The link between Hoffmann and Christensen was the "Salamander Letter," an old document which dated back to Christensen, who then gave it to the Mormon Church. The letter raises questions about official accounts of the religion's origins.

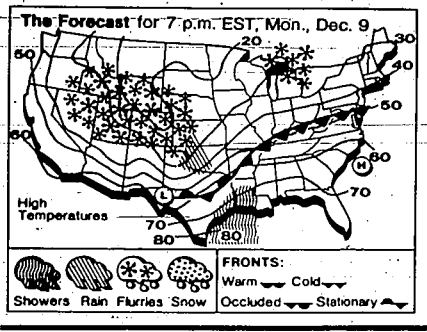
Christensen and Sheets — both Mormon bishops — had once planned to write a book about the controversial Salamander Letter. Police think Sheets was the target of the bomb that killed his wife. Hoffmann, Flynn and two of Hoffmann's associates have taken lie detector tests which reportedly indicated they had no prior knowledge of the bombings.

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Today's weather

Wet snow and fog will taper off today

Twin Falls, Burley, Rupert, Jerome and Gooding
Decreasing snow showers and winds with increasing areas of fog during the night and morning hours. Highs near 30, lows in the teens; colder with light and morning valley fog Tuesday. Highs in the 20s, lows in the 20s.
Camas Prairie, Halley and the Lower Wood River Valley
Continued cold today with chances of more snow and fog. Highs near 30, lows 5 to 10 degrees. Colder with morning fog Tuesday. Highs near 20, lows near 20.
Northern Utah and Nevada:
Utah: Cold today through Tuesday with scattered snow showers slowly decreasing. Lows 15 to 25 and highs 20 and lower 30s.
Nevada: Widely scattered snow flurries end today and night elsewhere, partly cloudy remainder of area. An increasing chance of snow flurries spreading from north to south Tuesday. Lows tonight zero to minus 10 degrees. Today upper 20s to mid 30s and Tuesday mid 20s to mid 30s and Tuesday 30s.



More local weather details — A6

afternoon, the Idaho Transportation Department said.
Conditions:
U.S. 95 — Plummer-Coeur d'Alene, wet, icy spots; Coeur d'Alene-Sandpoint, icy spots, wet; Sandpoint-Canadian border, wet, icy spots; Riggs-White Bird Hill, snow flurries; Grangeville-Winchester, snow flurries; Winchester-Lewiston, icy spots, snow; Lewiston-Moscow, icy spots; Weiser-New Meadows, snow flurries; Marsing-Oregon border, wet, icy spots, snowing.
Interstate 84 — Caldwell-area, wet; Boise area, icy spots, snowing; Boise-Jenny Ferry, wet, icy spots, snowing; Bliss-Twin Falls, snowing and drifting; Burley-Utah line, icy spots, broken snow flurries, snowing and drifting.
U.S. 12 — Horseshoe Bend-Dannely, icy spots, snow flurries, snowing; Donnelly-New Meadows, snow flurries, snowing.
Idaho 21 — Boise-Stanley, snow flurries, snowing.
U.S. 20 — Mountain Home-Fairfield, snowing, drifting; Fairfield-Carey, snow flurries, snowing, drifting; Carey-Arco, broken snow flurries, snowing and drifting; Arco-Idaho Falls, snow flurries, snowing and drifting; Idaho Falls-Ashton, icy spots to snow flurries, snowing; Ashton-Montana border, snow flurries, light drifting.
U.S. 26 — Snow flurries, snowing and light drifting.
Idaho 31 — Snow flurries, snowing and drifting.
U.S. 93 — Nevada border-Twin Falls, icy spots, broken snow flurries, snowing; Twin Falls-Carey, snow flurries, snowing and drifting; Carey-Arco, broken snow flurries, snowing and drifting; Arco-Salt Lake, snow flurries, snowing; Salt Lake-Trill Pass, snow flurries, snowing.
Idaho 78 — Shoshone-Ketchum, broken snow flurries, snowing and drifting; Galena-Summit, snow flurries, snowing.
Interstate 86 — Rath River-Pocatello, snow flurries, snowing and drifting.
Interstate 15 — Klam, bad to Idaho Falls, snow flurries, snowing and drifting; Idaho Falls-Dubois, icy spots, snow flurries, snowing; Montpelier-Pass, snow flurries, snowing.
U.S. 31 — McCammon-Soda Springs-Montpelier, snow flurries, snowing and drifting; Montpelier-Wyoming border, snow flurries, snowing and drifting.
U.S. 91 — Snow flurries, snowing and drifting.

Idaho road report

BOISE (AP) — Snowing and drifting was reported on almost all major highways in southern Idaho Sunday.

National weather table with columns for location, high, low, and other weather indicators.

Index

Classified B6-10
Comics A8
Dear Abby A7
Idaho A9
Circulation
Jerome-Wendell-Gooding-Hagerman 536-2535
Burley-Park-Paul-Oakley 678-2852
Buhl-Castlerford 454-4648
Flier-Rogerson-Hollister 226-5378
Twin Falls and all other areas 733-0931
News Stephen Hartgen, managing editor
If you have a news tip or wish to talk to someone in the editorial department, call 733-0931 between 9:30 a.m. and 5:30 p.m. weekdays. To report late news and sports results after 5:30 p.m. on weekends, call 733-0936.
Advertising Bill Busch, advertising director
If you wish to place an advertisement, call 733-0931. Classified ads are taken Monday through Friday from 8 a.m. until 5 p.m. and on Saturdays from 8 a.m. until noon. Information on display ads is available weekdays only.

Mail

Continued from Page A1
ter arms race with the House."
Mathias said the expected \$14 million total this year equals the combined federal income tax payments of 330,000 people, living in families of four with incomes of \$28,000. That's roughly the population of Albuquerque, N.M., or Newark, N.J.
He said congressional newsletters are costing taxpayers \$8 million more this year than all the programs of the National Institute of Aging, \$1 million more than the Interior Department's reclamation projects, \$20 more than the Peace Corps and twice what the government is spending on Indian education.
"We may be dealing here," said Mathias, "with the congressional equivalent of the Pentagon's \$500,000 hamper."
Mathias steadfastly refused to identify the biggest-spending senators. So do numerous other senators and staffers.
AIDS
Continued from Page A1
last few years become a hazard to our American society; the American public has become very aware of this epidemic disease and its rapidly becoming a threat to the health of all of the American people."
It also notes that most states already require some premarital tests before issuing marriage licenses.
Thus, the resolution concludes, the AMA should "encourage that each of our 50 states encourage introduction of legislation to require tests to show whether or not a person has been exposed to the virus thought to cause the disease."
The resolution doesn't say what, if any, action should be taken if required tests do indicate exposure to the virus. A person who has been exposed to the virus will not necessarily contract the disease itself.
In fact, a separate resolution to be considered this week calls for the organization of about 271,000 doctors to "oppose discrimination against AIDS patients or individuals with AIDS-positive serum" and to "oppose any local, state or federal legislation that would lead to such discrimination or that would invade patient-doctor confidentiality."

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ON THE MALL, DOWNTOWN, TWIN FALLS

Briefly

Defense readies Angiulo case

BOSTON (AP) — For half a year, an intricate tale of greed and revenge, of unpaid debts and unsolved slayings has been unfolding in a federal courtroom where five white-haired men stand accused of running organized crime in Boston.

This week, the defense should get its chance to counter the charges as prosecutors plan to rest their case against Genaro J. Angiulo, three of his brothers and another man.

They are charged with engaging in a pattern of criminal activity that included murder, extortion, gambling, loan sharking and obstruction of justice.

At the time he was indicted in September 1983, Angiulo, 66, of Nahant, was reputed to be the underboss of the Mafia or La Cosa Nostra in New England, second only to Raymond L.S. Patriarca of Providence, R.I., who died last year. He has been held without bail since his arrest.

Two of the defendants — Donato F. Angiulo, 62, of Medford, and Samuel S. Granito, 78, of Revere, are alleged to be "capo rignimes" or lieutenants in the underworld organization.

Also on trial are Francesco Angiulo, 64, of Boston, reputed to be the mob's accountant, and Michele A. Angiulo, 58, of Medford, a brother of Vito N. Angiulo, 69, of Revere, the alleged consigliere, or second-in-command, of the organization, was granted a separate trial because of illness.

The 20-count racketeering indictment details 32 crimes, including six murders and two planned murders, allegedly committed by the defendants between November 1966 and December 1982.

Outlook is good for flood aid

CHARLESTON, W.Va. (AP) — With telephones still "ringing off the hook," organizers of the West Virginia Flood Relief Telethon said Sunday they are confident donations for the victims of last month's floods will reach \$1 million.

The telethon, which was broadcast on every television station in the state, ended early Sunday, but the crush on the show's telephone lines was so great that operators manned the phones again Sunday afternoon to take calls.

Wendy Plester of the West Virginia Broadcasters Association said contributions Saturday totaled about \$800,000.

"We're confident we will reach \$1 million," she said Sunday.

Man convicted of child abuse

NEW YORK (AP) — A former assistant teacher at a day-care center was found guilty Sunday of 23 counts of rape, sodomy and sexual abuse in attacks on five children at the facility.

Albert Algarin, 22, had been charged with 55 counts of rape, sodomy and sexual abuse of 13 children between the ages of 4 and 8 at the Puerto Rican Association for Community Affairs day-care center in the Bronx.

A jury after five days of deliberation found Algarin guilty of two counts of rape, 11 counts of sodomy and 10 counts of sexual abuse in incidents that occurred during the spring and summer of 1984.

Bonner plans to see a doctor

NEWTON, Mass. (AP) —

Yelena Bonner, glad to be with her children after years apart, spent her first full day in the United States on Sunday making plans to see a heart doctor and to call her husband, dissident Soviet physicist Andrei Sakharov.

"I am very happy about my children, but I'm always worried about my husband," Mrs. Bonner said Sunday as she posed for photographs with her three grandchildren on the front lawn of her daughter's home in this Boston suburb. She had arrived from Rome on Saturday.

"Give us pictures. We send to our grandfather," Mrs. Bonner said in halting English, apparently referring to Sakharov.

Her son, Alexei Semyonov, said family members would "try" to book a call within the next several days to gorky, the Soviet city closed to foreigners where Sakharov is living in internal exile. The family earlier had been told they would not be able to place a call before Dec. 16.



YELENA BONNER Glad to be with kids

Mrs. Bonner, who has been living in exile with her husband, was given permission last month to travel to the West to seek treatment in Italy for an eye problem and in Boston for her heart ailment.

GOP governors meet to talk future politics

WILMINGTON, Del. (AP) —

Politics was the main item on the agenda Sunday as Republican governors, the orphans of the Reagan political revolution, gathered to discuss how they can overcome the continued Democratic hold-on-state-governments.

When Ronald Reagan swept to power in the 1980 election, he carried Republicans to victory at every level. In contests for governor, the GOP had a net gain of four to bring

their national total to 23, against 27 for the Democrats.

But the Reagan presidency has not produced a boom for the GOP in state politics this year, and as the Republican chief executives gathered to look ahead to the 1986 elections.

"They're able to win national elections," said Chuck Dolan, director of the Democratic Governors Association. "We've got the statehouses; we've got the governors' mansions."

Judge slams Alabama's colleges

BIRMINGHAM, Ala. (AP) — A federal judge in Auburn

University the most segregated campus in Alabama and given Gov. George C. Wallace until Valentine's Day to devise a plan to remove remnants of segregation from Alabama universities.

"The evidence tends to support the widespread perception of blacks in Alabama that, except for the presence of black athletes and the cheerleaders, the campus life, rules and regulations, Auburn's racial attitudes have changed little since the '50s," U.S. District Judge U.W. Clemon said in his 100-page ruling.

Clemon's ruling was issued Saturday, the same day a black Auburn football player, Bo Jackson, won the Heisman Trophy.

The school in Auburn had a black student enrollment of slightly more than 2 percent last year and a black faculty of 0.6 percent in the same city.

Clemon's ruling also targeted Auburn's predominantly white Montgomery campus, which he said needlessly duplicates programs at mostly black Alabama State University in the same city.

Clemon also focused on Auburn's agricultural extension program, which he said benefited from "racial discrimination" against a similar program at the state's other land

grant college, predominantly black Alabama A&M University in Huntsville.

"The court concludes that the state of Alabama has indeed operated a dual system of higher education, that in certain aspects, the dual system yet exists; and that in other respects, the 'root and branches' of the system have not been destroyed," Clemon said.

The ruling resulted from a lawsuit filed 2½ years ago by the U.S. Justice Department. Clemon heard more than a month of testimony during a trial this summer and received yard-high mounds of documents from most universities.

Lennon fans congregate at memorial

NEW YORK (AP) — They could not be in Strawberry Fields forever, but many at least spent the day there — singing, talking and remembering John Lennon on the fifth anniversary of his murder.

Dozens of fans of the former Beatle came together Sunday at a tear-drop-shaped section of Central Park that was dedicated in Lennon's memory on Oct. 9, shortly after what would have been his 45th birthday.

Strawberry Fields is on the edge of the park, and through barren trees Lennon's admirers could see the spot in front of the Dakota apartments where he was shot by Mark David Chapman the night of Dec. 8, 1980.

Chapman is serving a term of 20 years to life at Attica Correctional Facility in upstate New York.

No formal ceremonies were scheduled. Billie Minz, a family spokesman, said Lennon's widow, Yoko Ono, and his 10-year-old son Sean would be in the city Sunday, but declined to say if they would be in their apartment at the Dakota.

Retail gasoline prices rise again

LOS ANGELES (AP) — Retail gasoline prices, which usually slide in the fall, increased over the past two weeks, continuing a rise that may accelerate next year as the allowable lead content decreases, an industry analyst said Sunday.

Dan Lundberg, who releases a twice-monthly survey of gasoline prices, said his latest poll conducted Friday shows prices at the pump have gone up an average quarter-cent a gallon every two weeks since Oct. 11.

By comparison, prices dropped more than a penny a gallon from early September to early December in 1984 and by 2.6 cents per gallon during the same period in 1983, said Lundberg.

"The reason for the upward trend is the increasing cost of the lead phase-down program," said Lundberg, referring to federally mandated reductions in the amount of lead in gasoline that take a lot more crude to refine unleaded gasoline.

Nation

Shultz set for European tour

WASHINGTON (AP) — Secretary of State George Shultz embarks on a post-summit tour of Europe this week, eager to strengthen allied support for U.S. arms control policy and forge links with communist and degree from the Soviet orbit.

As heir to a 40-year tradition that requires secretaries of state to reaffirm U.S. commitment to defend West Berlin, Shultz will also make his first trip to the barbed-wire rimmed city since taking office three years ago.

Shultz leaves Monday for 10 days of travel to London, meetings with NATO foreign ministers in Brussels, Belgium, consultations in West Germany and talks with the leaders of Romania, Hungary and Yugoslavia.

Both countries benefit from their East Bloc markets than their East Bloc counterparts. Romanian foreign policy diverges from Moscow's and Hungary has introduced some free-market elements into its economy.

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The Modelists

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CALL KLIX-KMTW AT 733-1310

Club calendar

The "Club Calendar" is published weekly in the Times-News. Items for the calendar should be brought to the Times-News office in Twin Falls, or mailed to: The Times-News Box 516, Twin Falls, ID 83402. The deadline each week is Thursday noon.

Dinner at noon at the senior center.

Meets at noon at Cavalzo's Restaurant.

MONDAY

Blue Lakes Business and Professional People
Meet at 6 p.m. at the China Garden Restaurant.

Buhl Chamber of Commerce
Meets at noon at the Ramona restaurant.

Buhl Senior Citizens
Lunch at noon and cards at 6 p.m. at the senior center.

Filer Senior Citizens
Potluck at 6 p.m. at the Senior Center.

Gooding Lions Club
Meets at 8:45 p.m. at the Lincoln Inn.

Hagerman Senior Citizens
Breakfast from 9 a.m. to noon at the senior center.

Monday Bridge Club
Meets at 1 p.m. at the YFCA building in Twin Falls.

Shoshone Al-Anon
Meets at 8 p.m. at the senior center.

Shoshone Al-Atens
Meets at 8 p.m. at the senior center.

Tail Excursion Drug and Alcohol Abuse
Meets at 7:30 p.m. at Valley Vista Village, 653 Ross St. North in Twin Falls.

Twin Falls Al-Atens
Meets at 8 p.m. at the First United Presbyterian Church, 209 Fifth Ave. N., Twin Falls.

Twin Falls Al-Anon
Meets at 8 p.m. at the First Presbyterian Church, 209 Fifth Ave. N., Twin Falls.

Twin Falls Overeaters Anonymous
Meets at 7:30 p.m. at the First Presbyterian Church, 209 Fifth Ave. N., Twin Falls.

Twin Falls Shrine Club
Meets at 6:30 p.m. at the Prime Cut restaurant.

United Foreign Wars
Post No. 2126 meets at 8 p.m. at the Labor Temple, 2nd St. South in Twin Falls.

Twin Falls Senior Citizens
Dinner at noon at the senior center on West Avenue A.

Ketchum Sun Valley Rotary Club
Meets at 12:10 p.m. at Louie's restaurant in Ketchum.

Magic Valley Singers
Meets for advanced square dancing at 7 p.m. and beginners at 9:30 p.m. at the Catholic Parish Hall, 216 2nd Ave. East in Jerome.

Magdoliens Barbershop Chorus
Meets at 8 p.m. at the Twin Falls First Baptist Church, at Ninth Street and Shoshone Street East.

Shoshone Chamber of Commerce
Meets at noon at the Manhattan Cafe.

Shoshone Golden Years Senior Citizens
Dinner at noon at the senior center.

Singles Square Dancing
Meets at 8 p.m. at 216 Second Ave. E. in Jerome.

Sweet Adelines
The women's barbershop singers meet at 7:30 p.m. at the First United Methodist Church, 209 Shoshone St. E., Twin Falls.

Twin Falls Rotary Club
The Blue Lakes chapter meets at 7 a.m. at the Holiday Inn.

Twin Falls TOPS
Chapter No. 3 meets at 1 p.m. at City Hall.

Wendell Kiwanis Club
Meets at noon at Cavalzo's restaurant.

THURSDAY

Burley Overeaters Anonymous
Dinner at noon and cards at 7 p.m. at the senior center.

Buhl Rotary Club
Meets at 12:05 p.m. at the Ramona restaurant.

Eden-Hazelton Senior Citizens
Meets at noon at the senior center in Eden.

Filer Senior Citizens
Dinner at noon at the Filer Senior Haven.

Jerome Ferry Senior Citizens
Dinner at noon at the Three Island Senior Center.

Gooding Senior Citizens
Dinner at noon at the senior center.

Holley Rotary Club
Meets at noon at the Deacon-Blues restaurant.

Jerome Kiwanis Club
Meets at noon at the China Village Restaurant.

Jerome Kang Fu Club
Meets at 5:30 p.m. at the Jerome County Fairgrounds.

Optimist Club of Twin Falls
Meets at noon at the Mandarin-House restaurant.

Slop Light Club
A diet club, this group meets at 1:30 p.m. at the senior-citizen center in Hagerman.

Twin Falls Chapter Credit Women International
Meets at 7:30 a.m. in the banquet room at the Depot Grill.

Twin Falls Overeaters Anonymous
Meets at 7:30 p.m. at the Port of Hope, 145 Second Ave. N., Twin Falls.

Twin Falls Kiwanis Club
Meets at noon at the Turf Club.

TUESDAY

Alzheimer/Dementia - Family Support Group
Meets at 7 p.m. at the Office on Aging, 998 Washington St. North in Twin Falls.

Buhl Duplicate Bridge Club
Meets at 7:30 p.m. at the Lincoln Courts community building, 1310 Main St.

Buhl Senior Citizens
Dinner at noon and dance at 8 p.m. at the senior center.

Burley Rotary Club
Meets at 12:05 p.m. at the Elks Lodge.

Eden American Legion and Auxiliary Post
Meets at 7:30 p.m. in the banquet room at the Eden Cafe.

Eden-Hazelton Senior Citizens
Dinner at noon at senior center in Eden.

Filer Al-Anon
Meets at 8 p.m. at the Peace Lutheran Church.

Filer Kiwanis Club
Meets at noon at the Filer United Methodist Church.

Filer Senior Citizens
Dinner at noon at the Filer Senior Haven.

Glenns Ferry Senior Citizens
Dinner at noon at the Three Island Senior Center.

Gooding Al-Anon
Meets at 8 p.m. at the Walker Center.

Gooding Alcoholics Anonymous
Meets at 8 p.m. at the old hotel on South Main Street.

Gooding Optimist Club
Meets at noon at the Lincoln Inn.

Gooding Overeaters Anonymous
Meets at 7 p.m. in the Walker Center.

Gooding Senior Citizens
Dinner at noon at the senior center.

Hagerman Senior Citizens
Breakfast from 9 a.m. to noon at the senior center.

Jerome Kang Fu Club
Meets at 5:30 p.m. at the Jerome County Fairgrounds.

Jerome Rotary Club
Meets at noon at the Firestone Cafe.

Jerome Senior Citizens

WEDNESDAY

Buhl Senior Citizens
Dinner at noon at the senior center.

Filer Senior Citizens
Meets at noon for quilting, handicrafts and a potluck dinner at the Filer Senior Haven.

Gooding Senior Citizens
Lunch and "sandwich" luncheon will be served at noon at the senior center.

Hagerman Senior Citizens
Dinner at noon at the senior center.

Jerome TOPS
Chapter #48 meets at 7:30 p.m. at 103 First St. E.

Insurance Women of Magic Valley
Meet at noon at George K's restaurant in Twin Falls.

Jerome Chamber of Commerce
Meets at noon at the Rialto Inn.

Jerome Optimist Club
Meets at 6:30 p.m. at the Pizza Co. restaurant.

Jerome Senior Citizens
Dinner at noon at the senior center.

Jerome TOPS
Chapter #48 meets at 6:30 p.m. at the Jerome Public Library, Richfield Grange No. 151.

Meets at 8:30 p.m. at the grange hall, north of Shoshone.

Brunch from 8:30 a.m. to noon at the senior center.

Singles Pinchle
Meets at 8 p.m. at the DAY Hall, Harrison and Shoop St. in Twin Falls.

The Network
Meets at noon for a luncheon and business meeting at the China Garden restaurant at 206 Shoshone Ave. W. in Twin Falls.

Twin Falls Horseshoe Pitchers Club
Meets at 6:30 p.m. at Drury Park, Washington and Ave. W., Twin Falls.

Twin Falls Lions Club
Meets at noon in the rear conference room at the Elks Lodge.

Twin Falls TOPS
Chapter No. 24 meets at 10:15 a.m. in Suite No. 1029 in the "Blue 1200's" Office Park.

Wendell Chamber of Commerce

FRIDAY

Buhl Senior Citizens
Dinner at noon at the senior center.

Filer Senior Citizens
Dinner at 6 p.m. at the Filer Senior Haven.

Gooding Rotary Club
Meets at 7:15 p.m. at the Lincoln Inn.

Hagerman Senior Citizens
Dinner at noon at the senior center.

Jerome Senior Citizens
Dinner at noon at the senior center.

Magic Grange No. 233
Meets at 8:30 p.m. at the grange hall, north of Shoshone.

Phil Addicts Anonymous - Narcotics Anonymous
Meets at 8 p.m. at the Port of Hope.

Shoshone Golden Years Senior Citizens
Dinner at noon at the senior center.

Twin Falls International Training in Communication Club
Meets at 9 a.m. at the Golden Griddle Restaurant.

SATURDAY

Buhl Senior Citizens
Dinner at noon at the senior center.

Wood River Center Grange No. 87
Meets at 8:30 a.m. at the grange hall northwest of Shoshone.

SUNDAY

Buhl Senior Citizens
Potluck dinner and social hour at 1 p.m. at the senior center.

Solutions to 'hang-on' sons offered

DEAR ABBY: I just finished reading the letter from "Desperate Widow," whose ailed-bodied 28-year-old son had been sitting around the house for 10 years eating and watching TV. She asks how to get him out of the house.

You said, "Throw the bum out!" Good advice. But it's not always easy. I know; I had exactly the same problem with my own son when he was 23.

Abigail VanBuren Dear Abby

How much longer should we wait before we mention it to them?
— MOTHER OF THE BRIDE

DEAR MOTHER: Forever. It would be in very poor taste to mention it.

(Problems? Write to Abby. For a personal, unpublished reply, send a self-addressed, stamped envelope to Abby, P.O. Box 38923, Hollywood, Calif. 90038. All correspondence is confidential.)

I loved him, but I also knew that he would never be self-sufficient as long as he had me to support him. I would tell "Desperate Widow," "Your son will not starve. He may live on the streets or in his car-for-a-while, but he will not starve - he'll get a job if he gets hungry enough."

I ordered my son to leave my house, but he kept stalling, so I changed the locks and put dead bolts on the doors. He would call me up and beg me to let him come home and I'd say no. And when he got angry and mean, I'd hang up on him.

Once I let him come home to get his things, and when he refused to leave, I called the police. They came to the house with a crisis team and talked to both of us, then they said to it that he left. My heart was breaking, but I said to myself, "I am giving this son of mine a chance for his own life. If I let him stay, he will be lost forever."

Have You Lost Your Pound Today?

If your current diet just isn't succeeding, fire your diet - and hire Nutri/System! We've got the system to help you lose weight.

- Without strenuous exercise
- Without counting calories or weighing portions
- Delicious variety of Nutri/System meals
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As people vary so do their requirements.

nutri/system
weight loss centers



He joined the Navy, and it was the best thing that ever happened to him.

What I did was not easy, but I knew it was his only chance to be an independent person. My heart goes out to "Desperate Widow." I hope this will help her realize that if she really loves her son, she must be strong enough to lock him out - for his sake and her own.

MRS. B. HUNTINGTON BEACH

Call Nutri/System Now!

DEAR ABBY: My daughter was married a month ago, and a couple we know well attended both the wedding and reception. However, no gift was ever received from them. They live in our town, so I'm sure it wasn't mailed.

Should I mention it to them? Either they haven't bought a gift yet, or if they gave mine, it could have gotten lost at the reception. Our daughter received either a gift or money from everyone else.

SLIM DOWN FOR CHRISTMAS HOLIDAY SPECIAL

3 Weeks For Only \$49

525 Blue Lakes Blvd. N., Twin Falls 734-0405
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Expires 12/31/85

*Nutri/System does not require the use of any medicine. Nutri/System works! As people vary so do their requirements. Over 475 Centers in North America.

Sweater tips given

NEW YORK (AP) - Wool or synthetic sweaters should be turned inside out before washing, suggests Susan Downing of Woolite's Fashion Forum. After washing in cold water by gently squeezing suds through, and rinsing thoroughly, roll in a towel to absorb excess water.

Then dry on a flat surface, away from direct heat or sunlight. For turtle or cowli necks, put crushed white tissue paper underneath and roll the collar into place to help it retain its shape.

LLOYD FAMILY

Where Magic Valley families have got reliable Christmas trees for the past 28 years.

5 varieties of wild trees cut from Montana to Nevada - specializing in the good old reliable pinon pine.

We appreciate our old customers and welcome the new ones!

A variety for every family budget ranging from \$1.50 ft. up to \$3.00 ft.

Locations:
• Circle K lot next to Kmart.
• Payless
• S. Lincoln in Jerome (across from old John Deere)

TREES

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Kelly Grimm
Board of Directors
Milner Low Lift Irrigation District

"The Water Rights of all Land Owners Is of the Greatest Importance."

YOUR VOTE Will Sincerely Be Appreciated.

Election Day: Dec. 10, 1985
Election Time: 1 P.M. - 8 P.M.
Election Place: Milner Low Lift Office
Paid for by: Committee-to-elect Kelly Grimm



"I saved more than 28% on heating costs after I changed from oil to gas."

"I had an oil furnace and an electric water heater. I changed both to natural gas and the savings in the first year of operation were more than 28% compared to the previous year. My electric bill is lower, my home is more comfortable during the heating season and I never run out of hot water with my gas water heater. I am very pleased with the performance of this new gas equipment."

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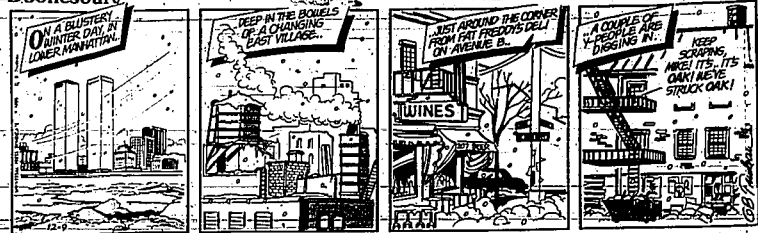
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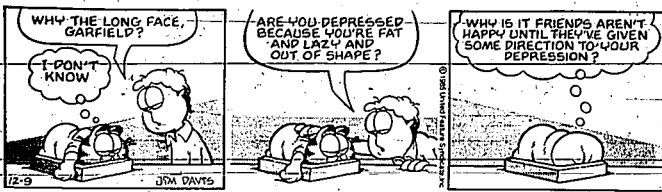
Gas. It makes more sense than ever.

Comics

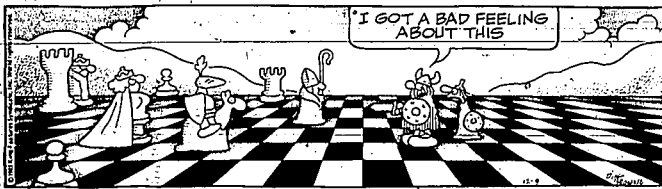
Frank and Ernest



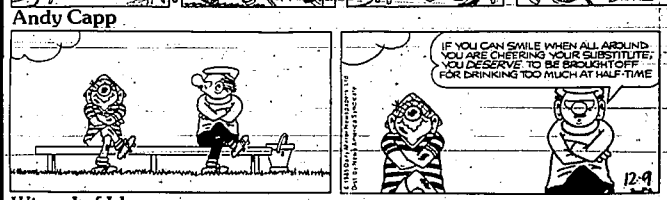
Garfield



Hagar the Horrible



The Born Loser



Beetle Bailey



Gasoline Alley



ACROSS

- Slipping passage
- Wise - owl
- Honest -
- Orchestra member
- Trifle
- Romp
- Head
- Farm measure
- Large deer
- Mine entrance
- Protective garments
- Legal claim
- Clair's son
- Picture transfers
- Exude
- Altoose
- "Amo, ama, I love"
- Rhetoric signs
- Roman god
- Hyge
- Twist dry
- Eight
- Try
- Artistic hair
- Adaptment in Peru
- Young
- Dines
- Dangling ornament
- Deep spoon
- Br. composer
- Mara or Jupiter
- Rocky hill
- WWII org.
- Pygmy
- Altoose
- Bows
- Leavening agent
- Nears brief
- Affirmative
- Caustic sentences
- Whif opponent

DOWN

- Went by car
- Edna dweller
- Ridicule
- Legume
- Remainder
- Glossy fabric
- Med. sub.
- King Cole
- Scot
- Farm building
- Ogles
- Allit
- Fr. playground
- Buckets
- Kitchen utensil
- Endure
- Correct script
- Niven or Frost
- Make happy
- Bogart movie
- Moslem
- prince
- Conse
- Sense's author
- Court
- procedure
- Get up
- Affluent
- Decorative
- Pottery stuff
- "Adam -"
- Ballroom dance
- Pamphlets
- Tiny colonials
- Set up
- Implore
- Enlace
- Supper stuff
- Preminger
- Gaze
- Military group
- Supper fish
- Excavation

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L.M. Boyd
What's what?

A French opera singadame Thible was the first woman to fly in a balloon. At Lyon, France, this, in 1784. On the ground below, the King of Sweden, who'd made the trip for history's sake, watched. As the balloon rose, according to the record, she sang an operatic aria. And the King waved and yelled something like "Higher! Higher!" Florence Nightingale wouldn't buy that outlandish notion that germs caused disease.

Fail ye not to tell the Christmas shoppers in your family that the passion for buying unnecessary things is called "omania."

The high-born Karl Marx got close to the proletariat at least once. His maid had his illegitimate son.

AMERICA'S CUP

Q: Why is that renowned yachting trophy, now in Australia, called the "America's Cup"?

A: First winner on Aug. 22, 1851, was the "America," defeating the British yacht "Aurora."

Q. In Rocky Mountain country, a warm westerly wind is called a "Chinook. Why?"

A: Because it always seemed to come from near the mouth of the Columbia River where the Chinook Indians camped.

BEETHOVEN

History records that the bachelor Beethoven could add, but not subtract nor divide. And he certainly didn't multiply. Trouble with getting cute is you clutter up the facts:

Beethoven couldn't do arithmetic.

"I said it and I'm glad" is conversational punctuation. Nearly everybody has tossed out that line at one time or another. It originated with a comedienne of yesterday named Cass Dasky. Ask your granddad if he recalls.

The Russian writer Ivan Turgenev coined the word "realist." You hear it a lot lately in stories about terrorists. The big book at hand says a nihilist, thinks society, as is, deserves destruction for destruction's sake. To justify destruction, a nihilist doesn't need a plan for improvement.

Writes a client: "Anybody who'd keep a record of the fact that Elvis Presley's Army serial number was 53310761 has got to be an idiot."

Daily Horoscope

pleasure to members of your family and make definite decisions.

VIRGO (Aug. 22 to Sept. 22) Dig into reports and statements so that you know just what your status is and know how better to proceed.

LIBRA (Sept. 23 to Oct. 22) Study your position in property and financial affairs and then you know how to proceed in the future.

SCORPIO (Oct. 23 to Nov. 21) Tap into your subconscious and know what means the most to you and how best to attain your aims.

SAGITTARIUS (Nov. 22 to Dec. 21) Be more progressive in the outside world after thinking out a fine new course of action.

CAPRICORN (Dec. 22 to Jan. 20)

GENERAL TENDENCIES: This is a day to investigate the mysterious or whatever you may not understand. You are coming near a sudden event that requires you to make some definite changes in your life.

ARIES (March 21 to April 19) An ideal day to talk over responsibilities with others and plan much expansion in the days ahead.

TAURUS (April 20 to May 20) Get some situation with a partner nicely clarified in your mind, so garner the data you need first.

GEMINI (May 21 to June 21) Study different angles in connection with your work so that you can handle it more efficiently.

MOON CHILDREN (June 22 to July 21) A fine day for buying presents and planning your itinerary early. You can be happy with friends in the evening.

LEO (July 22 to Aug. 21) Think seriously about how to give great

Your pals can give you good ideas on how best to gain your aims. Show that you have true wisdom.

AQUARIUS (Jan. 21 to Feb. 19) You have to be astute in handling career work and gain more profits. Some bigwig can open a door to opportunity for you.

PISCES (Feb. 20 to March 20) Bring your finest ambitions to the attention of higher-ups and make the future much brighter for yourself.

IF YOUR CHILD IS BORN TODAY... he or she will be very magnetic yet also quite sensitive, ad teach to cooperate more with others and become a more popular person, and be more direct with others. One who always likes to plan a campaign before putting it in operation, and much can be accomplished.

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Guarantees
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Night's Sleep.



"SnugFleece has given me the best rest and sleep I've had since I was a kid." - Errol Bezant

SnugFleece is a luxurious two-inch thick New Zealand wool-underside that is positioned on your bed between the mattress and the bottom sheet. This cushion support helps soothe back and muscle ache. The wool pile assists in evenly distributing body weight and easing pressure points, ensuring a more restful, comfortable sleep.

The SnugFleece pure wool mattress pad is the best made. It features nearly twice the wool content of its competitors.

We invite you to try one for 90 nights. If, after 90 nights, you're not sleeping more comfortably with fewer aches and pains, we'll send you a return for a full refund - no questions asked!

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XE 5000
It's a true 48 keys put your words on paper - and one amazing key takes them away. One touch removes an entire word - or an equation - or a mis-spelled word. Two taps for two words... and so on. Now you can change your words almost as quickly as you can change your mind.

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21 ROLLS JUST ARRIVED
SAVE UP TO 50%

- HI-LOW
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EVERYTHING FOR THE HOME

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We've got the one for you. Small dogs, big dogs, black dogs, white dogs. Come on down for a good pet for you or someone you love. First one goes as Pet of the Week.

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PEPSI

Boarding fees waived because Pepsi Cola Bottling Company has sponsored this dog. Vet & license fees still apply.

GIFTS FOR YOUR DEARS From



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REMINGTON XLR-3000
DELUXE RECHARGEABLE
Reg. \$54.95 **Now \$46.95**

CORD SHAVER - REMINGTON XLR-800
Reg. \$34.95 **Now \$29.95**

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PERM SPECIAL
By Freshmen and Sophomore Students Only



HOLIDAY PERM SPECIAL
For The Entire Family

\$14.50 Value **NOW \$10.00**

Includes Haircut & Style
All Work Done by Students

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NEXT TO NEWTON'S SPORTS CENTER

This Star Value Space Could Be Yours For Only **\$60.00** Per Week

Now Available At **KEN'S FURNITURE & APPLIANCES**

Whirlpool Microwave Oven



Model MW5000XM fits in most anywhere

\$159.95

Automatic timer provides up to 15 minutes of continuous cooking. 7.0 cu. ft. capacity provides plenty of cooking convenience. Cooking Guide - Weighs just 41 pounds.

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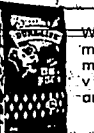
Whatever Windows YOU NEED for whatever car. Are ready now from one source **SPECIALTY GLASS**



ALSO - FOR YOUR HOME... STORM WINDOWS & STORM DOORS! NEW! ALL TYPES OF REPAIRS!

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50 Lb. Bag **\$8.88**

Reg. \$10.49 **SALE**

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VLP800 TAKE YOUR OWN VIDEO MOVIES

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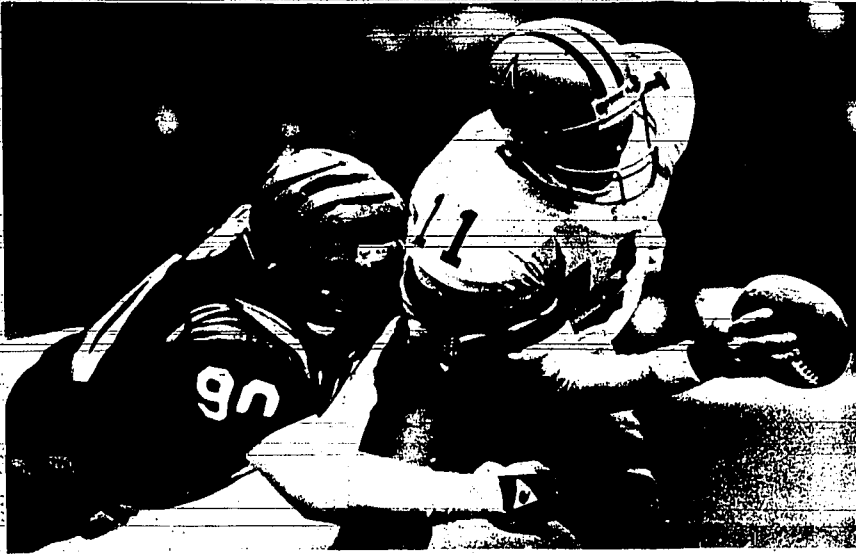
1 PIECE UNIT **SAVE \$400**

\$1299

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WILSON-BATES

Cincinnati visits 50-24 debacle on Cowboys



Cincinnati linebacker Emanuel King sacks Dallas quarterback Danny White for an 13-yard loss.

CINCINNATI (AP) — Quarterback Boomer Esiason turned an off-day by the Dallas Cowboys into a showcase for the Cincinnati Bengals' quick-strike offense.

Esiason threw three touchdowns and directed a 22-point first-quarter blitz that staggered the Cowboys and launched Cincinnati to a stunningly easy 50-24 National Football League victory Sunday.

The Bengals trapped Dallas quarterback Danny White for a safety on the game's third play, and Esiason then directed three touchdown drives less than nine minutes into the game.

"They had an off day," Esiason said. "Everything we did seemed to go well for us. We got on the scoreboard right off the bat — the defense scored."

The 22 first-quarter points, the most ever given up by a Dallas defense, left the Cowboys remembering a 44-0 rout by the Chicago Bears in Texas three games ago.

"It was very similar to the way the Bears came in fired up when we played them," White said. "That was the difference in the game. It was a psychological thing—they came out to play play-caller football and we didn't."

Bengals Coach Sam Wyche had his players primed for the Cowboys' first visit to Riverfront Stadium, which drew a boisterous sell-out crowd of 56,937 to savor the drubbing.

"We just came into this game extremely motivated and took it to 'em," Wyche said. "We beat them man-to-man."

Esiason became the Bengals' big man, burning Cowboy blitzes with audibles and consistently finding the open receiver.

His first touchdown pass fueled the 22-point burst. He added a pair in the second half, squeezing the Dallas defense for the most points it has given up in 15 years. The Cowboys' previous worst defensive performance was a 54-13 loss to Minnesota in 1970.

"Boomer did a great job today," Coach Tom Landry said. "We didn't cover anybody, and he was hitting everybody. So you have to give him a lot of credit."

"We could never stop their offense when Boomer was in the game. They moved every play, every time." The Cowboys never recovered, giving up the most points by a Dallas team in 15 years. It was their worst defensive performance since a 54-13 thrashing by Minnesota in 1970.

Raiders maintain overtime mastery of Denver 17-14

DENVER (AP) — Howie Long, the Los Angeles Raiders' All-Pro defensive end, had chased in vain after elusive Denver quarterback John Elway all afternoon.

"I must have come within two or three inches of him eight or nine times," said an exhausted Long. "He kept getting away. That's the sign of a great athlete."

Finally in overtime Sunday at snowy Mile High Stadium, Long sacked Elway. Teammate Greg Townsend arrived a split second later, knocking the ball loose, and Townsend fell on the fumble at the Denver 3-yard line.

On the next play, Chris Bahr drilled a 26-yard field goal 4:55 into overtime, lifting the Raiders to a 17-14 National Football League victory which boosted the Raiders' playoff hopes and severely damaged Denver's.

"I wasn't trying to knock the ball out. I was just trying to sack him and give our offense good field position," said Townsend. "The ball squirted on the ground—I fell down hoping I could get it."

The ill-fated fumble, Elway said, "I don't know what happened. I saw everyone coming at me. The ball was slippery from the snow and the wind was blowing, and I was just trying to get a grip on it as I got hit."

Bahr's field goal capped a gummy Raider comeback from a 14-0 halftime deficit in a bitterly fought game that featured nine turnovers, five by Los Angeles, and 18 penalties, nine by each team.

"That's what football is all about," said Raider Coach Tom Flores. "It's amazing to play the same team in three weeks and get two overtimes (Los Angeles won the previous meeting 31-28 in OT). It wasn't something we had planned on. But we have a tradition for getting up for big games, especially overtime games."

Marcus Allen led the Raider offense, rushing for 135 yards — his

seventh-straight 100-yard performance — and the tying touchdown in the third quarter.

Denver Coach Dan Reeves admitted to a miscommunication at the start of overtime. Light snow was falling as the Broncos won the toss and captain Barney Chavous elected to receive.

"We wanted to defend the south goal," said Reeves. "We thought with the wind and snow blowing right in their face, we could pin them down and make it difficult for them to move the football. I'll take the blame for the misunderstanding."

Denver never was able to move past its own 20-yard line in overtime. "Congratulations to the Raiders, they deserved the victory. We said all week long that we'd have to be able to run the ball to win, and we didn't."

The Broncos managed only 87 yards rushing on 29 carries. With the victory, the Raiders raised their record to 10-1, gained sole possession of first place in the AFC West, and clinched the tiebreaker advantage in case of a deadlock for the division title. The Broncos fell to 8-5 and, with two games remaining, face an uphill battle to make the playoffs.

Los Angeles rallied from a 14-0 halftime deficit with a pair of third-period scores. Marc Wilson passed 3 yards to tight end Todd Christensen for the first Raider score with 8:21 left in the period.

Less than four minutes later, following a Mark Haynes interception, Marcus Allen dashed 15 yards for the tying TD. Both scoring drives were aided by personal foul penalties against Denver.

The third quarter continued to get ugly to the Broncos, who have been outscored 102-39 in that period this season.

The Raiders threatened three more times in the fourth quarter

Bears stifle Colts' upset bid 17-10

CHICAGO (AP) — Walter Payton and Calvin Thomas scored touchdowns as the Chicago Bears bounced back from their only loss of the season to edge the surprisingly tough Indianapolis Colts 17-10 Sunday at Soldier Field.

Chicago, 13-1, went into the game as a prohibitive favorite, but couldn't move the ball against a rugged Indianapolis defense. The Colts fell to 3-11 and lost for the sixth straight time.

Payton scored the game's first touchdown with just 1:53 left in the third quarter, bursting 16 yards up the middle. That capped a 63-yard drive built on the running of Payton and Matt Suhey and gave Chicago a 10-3 lead.

It was Payton's 150th consecutive start in 11 seasons and he defied despite suffering from the flu. His 111 yards rushing extended his NFL record to nine straight games over 100 yards.

In the fourth quarter, after the Colts were forced to punt from their own end zone, the Bears took possession on the Indianapolis 45. They produced a grinding ground drive that ended with Thomas going three yards up the middle to give Chicago a 17-3 lead.

But Indianapolis came back with Algere's return, returning the kickoff 48 yards to the Colts' 49. Two plays later, quarterback Mike Pugh threw a 61-yard bomb to Wayne Capers, who raced into the end zone.

Raul Allegre's conversion cut Chicago's lead to 17-10, but the Colts never threatened again.

The Bears' rebounding from their only loss of the season to Miami, after 12 straight wins. They had lost seven straight to the Colts since 1966.

Chicago has already clinched the AFC Central Division title. The first half ended in a 3-3 tie after Chicago's Kevin Butler booted a 20-yard field goal and Allegre kicked a 30-yarder, both in the second quarter.

Bears quarterback Jim McMahon, making his first start since Nov. 3, completed just 4 of 11 passes for 78 yards in the first half. The Colts marched 78 yards on



Umpire Ed Fiffick found Walter Payton of Chicago and the Colt defense compelling

their first possession, including a 36-yard run by George Wonsley that was the team's longest from scrimmage this year, before Allegre's 25-yard field goal attempt bounced off the left goal post.

The teams then traded possessions and the first quarter ended in a scoreless tie.

Butler's 20-yard field goal, with 11:03 left in the half, capped a drive that began at Chicago's 20-yard line and featured passes of 24 and 49 yards by McMahon.

Allegre led the game 3-3 on the Colt's next possession, with a 30-yard field goal set up by a 25-yard run by Randy McMillan.

The Bears punted again, Indianapolis took possession at its own 42 but could make little progress before Allegre missed a 55-yard field goal attempt with 59 seconds left in the half.

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San Diego outscores Pittsburgh by 54-44

SAN DIEGO (AP) — Running back Gary Anderson ran two yards for the tie-breaking touchdown—and, 24 seconds later, took safety Jeff Dale returned a pass interception 47 yards for a score to give the San Diego Chargers a 54-44 National Football League victory over the Pittsburgh Steelers.

The 98 points ranked fourth all-time in NFL history. The highest-scoring game ever was 72-41 by Washington over the New York Giants in 1966.

The Steelers, who entered the game with the highest defense in the AFC, led to 6-8 and two games back of Cleveland and Cincinnati in the AFC Central with two games remaining.

Pittsburgh stormed back from a 14-point halftime deficit and took the lead for the first time on 41.

Steelers kicker Gary Anderson's third field goal, a 29-yarder with 6:37 to play, made it 44-41.

San Diego went 75 yards in nine plays to take the lead, climaxing by Anderson's touchdown. On Pittsburgh's first play following the kickoff, Dale picked off a pass from Steelers quarterback David Woodley and ran in for the deciding touchdown.

San Diego quarterback Dan Fouts threw three touchdown passes while completing 21 of 33 throws for 372 yards. Reserve running back Buford McGee rushed for two more scores.

Woodley threw for three touchdowns, two to running back Walter Abercrombie. Louis Lipps also scored twice, once on a pass from Woodley, and the other on a 15-yard receive that tied the score 41-

Frustration awaits 49er-Rams loser

SAN FRANCISCO (AP) — The Los Angeles Rams and San Francisco 49ers have experienced trying times in this National Football League season, which ends in two weeks.

The loser of Monday night's nationally televised game will encounter more frustration and be in serious danger of failing to qualify for postseason play. San Francisco, which won 1-8 games including the Super Bowl last season, is 8-5 and Los Angeles, 7-6 six weeks ago, has slumped to 9-4.

San Francisco suffered a 20-17 loss to New Orleans on Sept. 29, a week after the 49ers overpowered the

loss to the Saints, who have never had a winning season. A week earlier, Los Angeles protected a two-game NFC West lead over the 49ers by trouncing Green Bay 34-17.

"Against Green Bay, we were a good offensive team. Against New Orleans, we fell apart," Robinson said.

Dieter Brock completed 15 of 19 passes for 150 yards and was sacked just once in the Green Bay game, while Eric Dickerson contributed 150 yards—rushing. At New Orleans, Dickerson managed 89 yards on 16 carries but the passers Brock and Jeff Kemp, accounted for only 128 yards and were sacked nine times.

San Francisco suffered a 20-17 loss to New Orleans on Sept. 29, a week after the 49ers overpowered the

strong Los Angeles Raiders 34-10.

"We've been beaten by some of the worst teams in the league, and it was a drag," 49ers linebacker Riki Ellison says.

The 49ers were 3-4 before they turned things around by beating the Rams 28-14 six weeks ago in Anaheim. "They've won three straight games and five of the last six," thanks mostly to a defense, which has not allowed a touchdown, in the last 3 1/2 games.

"We were hoping all along to have some momentum as the season goes into the final phases," Coach Bill Walsh says.

The 49ers' offense totaled only 224 net yards in last week's 35-6 victory over Washington. Joe Montana passed for 119 and the Roger Craig-Raiders on Monday night, Dec. 23.

Giants crush Oilers 35-14, climb into share of division lead

HOUSTON (AP) — New York's Joe Morris scored three touchdowns and Phil Simms threw three interceptions to lead the Giants to a 35-14 National Football League victory over Houston Sunday...

run, for a 35-14 halftime lead. Linebacker Lawrence Taylor's 25-yard fumble return gave the Giant a first down at the Oiler 11 and set up Morris' third touchdown run. The Oilers, who blew a 33-21 lead last week in a 35-33 loss to Cleveland, stopped the Oilers twice at their 3-yard line in the third quarter.

He also threw for a four-yard touchdown to tight end Dan Ross in the second quarter and a "nine-yard" score to Steve Largent in the fourth quarter, boosting his season total to 293 yards and three touchdowns.

Cleveland fell to 7-7. Clarence Weathers, a three-year veteran wide receiver from Delta, was State's carry-off for the Kingdom field midway through the third quarter after taking a hard hit from cornerback Dave Brown on a pass attempt by Koss. Weathers lay face-down on the turf for about 10 minutes.

Interceptions by Chris Doleman, Tim Newton and Willie Telle, fumble recoveries by Doleman, Dennis Fowler and Doug Martin, and two sacks by Keith Millard helped Minnesota drop Tampa Bay's record to 2-12. The Bucs also committed 10 penalties for 70 yards.

field goals to give Minnesota a 60-44 lead after one quarter. After Doleman's second-quarter interception, Kramer hit Jones for a 41-yard gain, setting up Darrin Nelson's 1-yard touchdown plunge 6:00 into the period. New York's diving interception preceded Stenerud's 25-yarder, putting Minnesota ahead 16-0 at halftime.

Oiler quarterback Warren Moon, who had missed three games with a hip pointer, hit touchdown passes of three yards to Jaime Williams and 27 yards to Tim Smith over a 48-second period of the second quarter to tie the score.

Seattle Seahawks kept their National Football League playoff hopes alive Sunday with a 31-13 victory over the Cleveland Browns. The loss snapped a three-game Cleveland winning streak and dropped the Browns out of sole possession of first place in the American Football Conference Central Division.

With nine-year veteran quarterback Gary Danilson on the bench with an ailing shoulder, rookie Terrell Casper flung twice and failed to engineer a touchdown until the hit Glen Young with a 45-yard scoring pass with 2:54 to go. Cleveland's other scoring came on two field goals by Matt Bahr.

Initial reports indicated Weathers had a "sprained neck and shoulder separation. He hit drew a 15-yard penalty for a personal foul.

Stenerud's 35-yarder 2:52 into the third quarter gave the Vikings a 10-0 lead. It came after an incredible display of ineptitude by both teams. Wilder fumbled on the second play of the quarter. Two plays later, Nelson fumbled. On the next play, Wilder fumbled again. On Minnesota's next play, however, Kramer was intercepted by Cecil Johnson.

Stenerud kicked a pair of 24-yard touchdowns in the third quarter. Mike Jones caught a pair of 104-yard touchdowns in the third quarter.

Football

NFL standings

Table of NFL standings for the AFC East division, listing teams like Buffalo, Cincinnati, Cleveland, Denver, Kansas City, Pittsburgh, San Diego, and Seattle.

NFL summaries

Buffalo 13 10 14-34. Cincinnati 12 9 18-35. Cleveland 13 9 21-35. Denver 12 10 24-27. Kansas City 13 10 25-24. Pittsburgh 13 10 25-24. San Diego 13 10 25-24. Seattle 13 10 25-24.

Seattle Seahawks 31, Browns 13

SEATTLE (AP) — Dave Krieg passed for four touchdowns, including two to Darryl Turner, as the Seattle Seahawks kept their National Football League playoff hopes alive Sunday with a 31-13 victory over the Cleveland Browns.

Vikings 26, Buccaneers 7

MINNEAPOLIS (AP) — Tommy Kramer passed for 309 yards and Minnesota's defense forced six turnovers Sunday, leading the Vikings to a 26-7 National Football League victory over the error-prone Tampa Bay Buccaneers.

NBA boxes

Summary of NBA game results, including Sacramento Kings vs Chicago Bulls, Los Angeles Lakers vs Philadelphia 76ers, and Washington Wizards vs Dallas Mavericks.

Edberg wins Aussie tennis title

MELBOURNE, Australia (AP) — Swedish Stefan Edberg defeated countryman Mats Wilander 4-6, 6-3, 6-3 in one hour, 33 minutes Monday to capture the men's singles crown in the \$1.5 million Australian Open Tennis Championships, his first Grand Slam title.

Edberg's 191, took home \$100,000 with the victory, which was delayed by rain. Wilander, who was seeking his third straight Australian Open title, received a runner's check for \$50,000.

College scores

Summary of college football scores, including Georgia Tech vs Wake Forest, Stanford vs Oregon, and Texas Tech vs Oklahoma.

NBA standings

Summary of NBA standings for the Eastern Conference, listing teams like Boston, Detroit, Houston, Milwaukee, New York, Philadelphia, and Washington.

College scores

Summary of college football scores, including North Carolina vs Virginia Tech, Florida State vs Wake Forest, and Tennessee vs Alabama.

NBA standings

Summary of NBA standings for the Western Conference, listing teams like Portland, Los Angeles, Golden State, Dallas, Phoenix, and Utah.

Knights defends Alford penalty

BLOOMINGTON, Ind. (AP) — Indiana basketball Coach Bob Knight on Sunday defended the NCAA regulation that forced a one-game suspension of guard Steve Alford, but he said some regard should have been given to Alford's intent in allowing his picture to be used in a sorority calendar.

Longer wins Sun City title

SUN CITY, South Africa (AP) — West Germany's Bernhard Langer underlined his claim to player-of-the-year honors Sunday with a two-stroke victory in the Sun City Million Dollar Golf Championship.

Buffon earns ninth rally title

CARSON CITY, Nev. (AP) — Defending champion John Buffon captured his ninth US Pro Rally title Sunday, edging challenger Rod Millen to win the 410-mile Carson City International Pro Rally.

Rodeo

LAS VEGAS (AP) — Sunny's second round at the 47th annual National Rodeo is a 400-mile race for the title of champion cowboy.

Fast mull four offers

YOUNGSTOWN, Ohio (AP) — Former Notre Dame football Coach Gerry Faust said Youngstown State University is one of four schools he is considering for his next coaching job, a school of 100 to 150 students.

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YOUNGSTOWN, Ohio (AP) — Former Notre Dame football Coach Gerry Faust said Youngstown State University is one of four schools he is considering for his next coaching job, a school of 100 to 150 students.

Buoniconti stills likes football

MIAMI (AP) — Former Miami Dolphins linebacker Nick Buoniconti has kept off the six weeks since his son suffered a neck injury in a college football game that has left the young man a quadriplegic with little chance of ever walking again.

Buoniconti stills likes football

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Basketball

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Summary of NBA standings for the Eastern Conference, listing teams like Boston, Detroit, Houston, Milwaukee, New York, Philadelphia, and Washington.

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Basketball

Summary of college basketball scores, including Oregon vs Stanford, Texas Tech vs Oklahoma, and Virginia Tech vs North Carolina.

Basketball

Summary of college basketball scores, including Virginia Tech vs North Carolina, Oklahoma vs Texas Tech, and Stanford vs Oregon.

NBA standings

Summary of NBA standings for the Eastern Conference, listing teams like Boston, Detroit, Houston, Milwaukee, New York, Philadelphia, and Washington.

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Summary of NBA standings for the Western Conference, listing teams like Portland, Los Angeles, Golden State, Dallas, Phoenix, and Utah.

Count on yourself
for conjuring a
happy mood — B5

More women now
go for the gusto
in sports — B6

These fitness gifts say 'to your good health'

From Heavy Hands to Hip Cycles, exercise aids come in a wide variety

By JOAN BEAN
Times-News correspondent

TWIN FALLS — Considering the infinite variety of exercise equipment on the market, and the continuing fitness fever, it seems as though our homes might soon become mini-gyms. This growing trend could provide us with some Christmas gift ideas.

"In our area, fitness comes in a wide price range, from about \$3 for a jump rope or hand grip to \$2,900 exercise cycle."

Rowing machines, which have hydraulic cylinders to simulate the real thing, all look pretty much alike, but there are differences. John Houser, co-owner of Valley Schwinn, says the arms work independently on the better ones. And each of the person's feet should be able to operate on its own.

"This way," he says, "if you want to do the kind of exercise where you twist and use the trunk of the body back and forth, you can. If you rock with each motion, it gives your feet independent movement."

Bob Newton, co-owner of Newton's Sports Center, says when on a limited budget, and buying for a person who has no exercise equipment, a rower is a good choice. "That will exercise more muscle groups and still enable you to sustain an aerobic exercise," he says.

Most of the stores which sell exercise equipment also stock rowing machines, and they run anywhere from about \$90 to \$300. The Schwinn rower has a resettable counter, which counts each stroke or row. It also has a timer which allows the user to measure progress to some degree.

"If you work out for 15 minutes, and you do 500 strokes every day — next month you may work out for 15 minutes and do 600 strokes. So you can have an idea how hard your workout is," Houser says.

There are several stores, including Newton's, F.W. Woolworth and Schwinn, which sell rower-exercise bike combinations, in the price range of about \$170 to \$600. And, there are rowing hydraulic weight bench combinations carried by Sears-K-Mart, Woolworth, Pay Less and Newton's ranging from \$100 to \$300. These can be used for curl and bench press exercises, using the resistance of the cylinders. These go from \$100 to \$300.

Both K-Mart and Woolworth carry the Body Tone 300 More Than A Rower, which works on hydraulics. K-Mart employee Steve Kidd points out these are beneficial for both men and women who are just starting a program.

"It helps you go at your own pace, because it's not so much the weight, as it is

the more you push it — kind of like isometric exercises," he says.

K-Mart also has an exercise bench called the Body Power 2500 by AJAY, which has weights operated by pulleys and wheels, and a hook to add or remove weight when a handle is pulled. Newton's has a Marcy brand wall-mounted exercise device, which can be used as a bench press as well as for leg-presses and flexion/extension exercises.

The regular garden variety of weight benches sold at Sears, K-Mart, Woolworth and Donnelly Sports, go for about \$60 to \$225.

For the boss, Sears and Woolworth have Executive Dumbbells for under \$20. And, for the person who would rather not do calisthenics on the hard, cold floor, there is an exercise mat, selling for under \$20, at Sears, Pay Less and Woolworth.

The house-bound jogger might appreciate receiving a treadmill for Christmas. They adjust to create a slanted surface for a more or less strenuous workout and have retention bars to hold on to. They sell for \$350 to \$600, and are carried by K-Mart, Spoke and Wheel and Newton's.

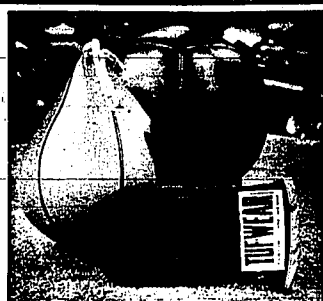
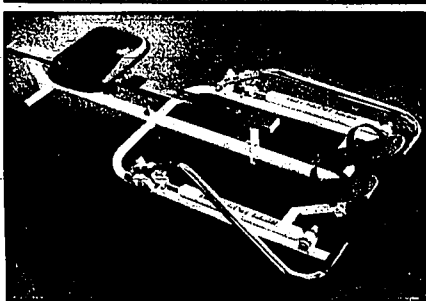
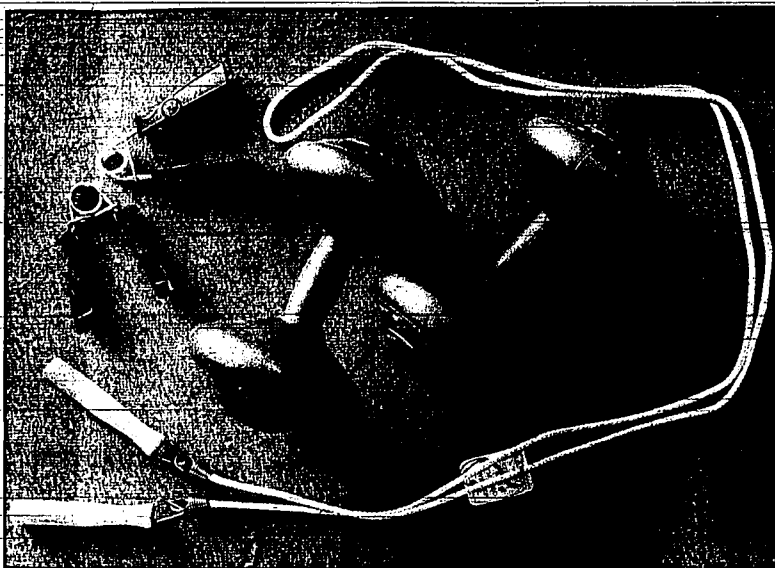
For about \$23 to \$70, the frustrated jogger could have a mini-trampoline, sold at K-Mart, Sears, Newton's, Woolworth and almost anywhere exercise equipment is sold.

After the holiday feasts are over, the gift of a Hip Cycle, sold at K-Mart and Pay Less, will get lots of use. They sell for less than \$100. And to temporarily weigh the aerobics exerciser down a little, there are Heavy Hands, sold at Pay Less, K-Mart and Donnelly, for less than \$20.

Indoor exercise bicycles are to be found at K-Mart, Sears, Woolworth, Schwinn, Spoke and Wheel, Donnelly and Newton's, and come in a price range of from about \$50 for one with no wheel, to the \$2,000 Tunturi ergometer, sold on special order by Spoke and Wheel.

There is exercise equipment to fit everyone's budget in most of the outlets. For under \$25, there are pedometers, sit-up bars, hip weights, punching bag gloves and striking bags. Under \$10, there are leather and plastic jump ropes, handgrips and wrist and ankle weights. For boxing practice, Donnelly has heavy punching bags for under \$80.

So, with such a variety of items and prices to choose from, it shouldn't be hard to find a just-right piece of equipment, which could be used and appreciated for a long time to come.



A sampling of equipment available in local stores: (clockwise) Executive Dumbbells, handgrips and jump rope; Tuf-Wear speed bag and mitts, and medicine ball; and a Tunturi rowing machine



Stationary cycling is safe and convenient exercise

Choosing the right stationary bike

The right one improves your health; the wrong one collects dust

By LARRY GETTMAN, Ph.D.
Shape Magazine

Stationary bikes have come a long way since 1886, when the first one came on the market. This first-known bike was called the Buffalo "Home Trainer," and its metal construction and cramped seating position makes you wonder how stationary cycling ever became so popular.

Today, there are bikes that can create the feeling that you're riding up and down hills and bikes that — you — sweat, oxygen uptake, heart rate and caloric burn. There are even bikes that create a cooling breeze while you ride and bikes that come equipped with a small television set.

If you're thinking about becoming an indoor cyclist, you'll be faced with the challenge of choosing a bike that suits your budget and your body. Making the right choice can mean changing your life for the better by starting a regular indoor cycling program. Making the wrong choice can mean your bike ends up collecting dust in the basement or being sold at your next garage sale.

If you belong to a health club, it probably has a special area where a variety of stationary bikes are lined up and waiting for riders. You may have wondered whether the high-tech, computerized bike will give you a better workout than the traditional style.

FITNESS BENEFITS
Stationary cycling is a safe and convenient way to improve your cardiovascular fitness. Unlike other aerobic conditioning activities, such as running, cross-country skiing or aerobic dancing, stationary cycling is practically injury-free, except for those few embarrassing in-

cidents when your foot slips off the pedal and you lose your balance on the bike. In fact, many doctors and physical therapists recommend it as a way to maintain fitness while recovering from an injury.

The formula for improving your cardiovascular fitness when you "ride" a stationary bike is the same one that applies to all aerobic training programs. You must work out at least three times per week for 20 to 30 minutes at your training heart rate. By taking your pulse periodically during your indoor cycling workout, you can be sure your heart rate is in the training zone and that you're strengthening your cardiovascular system.

Stationary cycling also builds, strengthens and tones the muscles of the upper thighs and calves. There are some bikes on the market, specifically the Schwinn-Air-Dyne, with handbars that move back and forth. This allows you to work your arms, shoulders and upper back while cycling. However, you may prefer to do your upper body workout separately, so be sure to test this style of bike before you buy it.

BUY A QUALITY BIKE
When it comes to stationary bicycles, the expression "you get what you pay for" is true. If you buy one of the cheaper models (which usually costs between \$50 and \$200), you'll probably be disappointed. Department stores and mail-order catalogs will always offer you what looks like a great deal, but don't be fooled. These inexpensive stationary bikes just aren't designed to keep you riding. Their resistance devices they use, such as rubber pads that grip the front wheel or a small tension knob that you turn, don't give you an accurate or consis-

tent reading of your workload, and they wear out. These cheaper bikes give a jerky ride, they break easily and can be noisy. If you want to stick with your program, buy a good stationary bicycle (expect to spend at least \$250) from a reputable bike shop or sporting goods store. The shop where you buy your bike should have repair facilities.

ERGO THE ERGOMETER
If you want to purchase a mechanical bike rather than a more expensive electronic bike, you should look for one that has an ergometer as part of its mechanism. The word ergometer comes from the Greek words "ergon," meaning power and "metric," meaning measurement. An ergometer calibrates your exact workload while you're riding the bike. This means you can precisely duplicate your workout from day to day. As you improve your conditioning, you can increase the workload to another exact point and maintain that level. Ergometers also allow you to estimate the calories you're burning off per minute of riding. Based on the workload, an ergometer takes the guesswork out of your indoor cycling program. It allows you to follow a well-planned, long-term workout schedule, which can be a key factor in keeping you motivated to exercise.

Stationary bicycles equipped with ergometers have been used in exercise physiology labs for years and now are gaining popularity with the general public. Some well-known cycles with ergometers include the Schwinn Air-Dyne (8595) and Bio-Dyne (#450), Tunturi Executive Ergometer (#299), Monark Mark II Ergometer 865 (#425), Precor 202 (#800) and the Avila 450 Professional (#800). See CYCLE on Page B6

Quick takes

Tannenbaum sniffles on way

Call it the yuletide sniffles or a case of the irritating Christmas tree syndrome. A University of Texas researcher reports that many people who complain of having red, burning, itchy eyes and a stuffy nose during the holiday season may actually be allergic to their Christmas trees. Dr. Timothy Sullivan, head of the allergy unit at the University of Texas Health Sciences Center in Dallas, notes that Christmas trees are often covered with mold spores and sometimes can even produce pollen. Inside the house, these spores and pollen circulate in the air and can instigate an allergic reaction. "Drugs known as antihistamines help prevent or at least decrease — the body's response.

Young doctors' coats painful

Young doctors who find their jobs a pain in the neck may have to look no further than their white coats. "Each occupation has its attendant hazards," writes Dr. Robert E. Cilley of the University of Michigan in the Journal of the American Medical Association. For the first- or second-year resident, the white coat, laden

Brain damage's less for lefties

Left-handers seem to withstand brain damage with relatively little paralysis compared with right-handed people, Science News reports. "You can speculate that more transfer of information and shared information-processing between left-handers' brain hemispheres might allow for better recovery."

Looking good

Hosiery basic beiges lose favor

The new neutrals in stockings — colors like champagne pinks, taupe-grays and brown-shades like sand — instead of these with an orange tint — account for about 50 to 60 percent of sales, and the old basic beiges have dropped to 15 to 25 percent, says Paula Kilgough, hosiery buyer at a Denver department store.

Green grows sportsmen's scents

For the sportsman, says Gentlemen's Quarterly magazine, try a masculine fragrance lightened by fruit, green or spicy notes. Among the most popular, and the newest, are Canvas by Intactance, Chaz, Kouros by V.S.L., Members Only, Polo by Ralph Lauren and Vettiver by Guerlain.

Happiness is . . . controlling your own moods

Each man is his own absolute law-giver; the dispenser of glory or gloom to himself.
— Mabel Collins in "The Idyll of the White Lotus"



Jo Ann Larsen

Who would you say makes you happy or unhappy? Your intimate other? Your parents? Your children? Maybe your friends or your boss?

Being you are the only person who can make yourself happy. You, in fact, are the absolute dispenser of your own happiness or unhappiness.

If you're like most people, you've been bamboozled into thinking it's the job of other people to "fill you up" or to make you happy — and you may attribute your unhappiness to others failing in their duty. Consider Lynn, for example.

After an exhausting day with the kids, Lynn expects her husband (who has had an exhausting day at work) to "happy her" in the evenings. She continually demands more conversation, more companionship, more cuddling. What Randy wants is less pressure, less talk, less aggravation so he typically doesn't respond — but Lynn keeps expecting him to make her feel good. As a result, she is chronically disappointed. "Randy makes me so unhappy," she thinks.

Marcy has a similar problem. Despite a good twenty-five years of being ignored by her mother in preference to a favored brother, Marcy still expects her mother to respond to her overtures — so she is constantly disappointed. "My mother always hurts me," she laments.

Both Lynn and Marcy are making the same mistake — setting up themselves for hurt and anger by expecting behaviors that others aren't providing in essence. Lynn and Marcy are unhappying themselves and blaming others for their distress.

To check out any tendency to expect others to happy you, consider whether you make statements similar to these:

- You hurt my feelings.
- He gave me a headache.
- You're making me sick.
- She made me feel bad.

When they need help, let them know you're available

The biggest bargains are in The Times-News Classified.
Phone 733-0931

• You're making me angry.

• You're driving me crazy.

Assertions like these assign the responsibility for moods or feelings (and unhappiness) to others rather than to ourselves. Most of us simply haven't been taught to say: "I hurt my feelings when you didn't call me yesterday." "I gave myself a headache while I was arguing with you."

Or, "I made myself angry when you were late."

You are in charge. Feelings don't happen to you — they are reactions you choose to have. Says Wayne Dyer, author of "Erroneous Zones":

"You have the power to think whatever you choose to allow into your head. If something just 'pops' into your head (You choose to put it there, though you may not know why), you still have the power to make it go away, and therefore you still control your mental world."

"Someone can say to you, 'Think of a pink antelope,' and you can turn it green, or make it an aardvark, or simply think of something else if you choose," says Dyer. "You alone control what enters your head and if you don't believe this, just answer the question, 'If you don't control your thoughts, who does?'"

Thoughts and feelings, of course, are intricately related. You don't experience a feeling without first experiencing a thought. And the way to control feelings is by working on the thoughts that precede them.

"Simply put," says Dyer, "you make yourself unhappy because of the thoughts you have about people or things in your life. Becoming a free and healthy person involves learning to think differently. Once

you can change your thoughts, your new feelings will emerge."

You can think and feel differently by operating from the premise that the locus of control for your (un)happiness resides in your head and not in other people or things.

Recognizing she causes her own feelings, Lynn might say, for example: "I continually upset myself when Randy doesn't respond to me the way I'd like. What I'm doing is blaming Randy for angry and hurt feelings I generate in myself. I need to alter my thoughts and feelings so I don't wound myself over his behavior."

Likewise, Marcy might say: "I continually distress myself and leave myself vulnerable by expecting my mother to respond in positive ways she's either not able or willing to do. I need to quit expecting anything from her so I don't continually hurt myself. I have to change — my mother's not going to."

Take charge of your (un)happiness by using new language to describe how you feel (e.g., (disappoint) (hurt) (anger) myself when others Keep practicing, because acquiring new language and

new thinking patterns may require considerable effort — if you've frequently blamed others for your bad feelings.

While you're at it, notice the kinds of expectations you have of others. Do you always expect those close to you to want what you want? To "understand" you or to know what you need? To keep you from being lonely? To make you feel good about

yourself? To make you happy? Try releasing others from such unrealistic expectations. You put an impossible burden on relationships when you expect others to make you happy. Remember — that's your job.

Jo Ann Larsen, D.S.W., is a Salt Lake City counselor and a daughter of Dr. Ivin M. and Alice Jackson of Kimberly.

Tap out of favor

DES MOINES, Iowa (AP) — Concern for the safety of the nation's water supply has contributed to consumer perception that bottled water is safer and more healthful than tap water even if consumption of non-tap water isn't very high, according to a Better Homes and Gardens survey.

Do you have

PMS?

Pre-menstrual syndrome encompasses many emotional, behavioral, and physical symptoms occurring in relationship to the menstrual cycle.

The Women's Center at MVRMC offers individualized diagnosis, education, and treatment programs to assist women in dealing with the PMS syndrome.

Contact Jill Chestnut, R.N., at 737-2900, for more information on PMS.

Women in Pursuit of Better Health

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A Message from the Women's Health Center

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So Join Us At Chelsea's,
Wednesday, December 11th
for a Holiday Fashion Showing.

Chelsea's will be offering a \$12.95 value on their Filet Mignon Chicken Kiev and Battered Shrimp.

Call 734-0660 for reservations for 6:00 p.m., 7:00 p.m. or 8:00 p.m. The show begins at 7:00 p.m. and will run through 8:15 p.m. Dinner will be served during the show, and the Bon is open till 9:00 p.m. for your shopping convenience. Reservations are required.

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LEGAL NOTICE

EMERGENCY RULE-MAKING AUTHORITY... Department of Health and Welfare, Division of Health and Welfare... Rule-making authority...

There is delinquent upon the following described shares on account of assessed taxes levied on the 7th day of October, 1985... CHECK DAILY FOR CURRENT HOUND POUND NEWS...

007-Jobs of Interest

SALES CLERK NEEDED... THE MCAULEY HOME FOR GIRLS... WANTED dealer for the best party plan... 008-Sales People... CUSTOM NAILS! A great business opportunity...

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Notice of Intent to Amend... NOTICE OF INTENT TO AMEND... AMENGO-IRRIGATION PROGRAM...

007-Jobs of Interest... 007-Jobs of Interest... 007-Jobs of Interest... 007-Jobs of Interest... 007-Jobs of Interest...

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Classified BUSINESS DIRECTORY... THE PLACE TO ADVERTISE YOUR BUSINESS SPECIALLY!... 3 LINES... 30 DAYS... \$31.50... CALL US TODAY 733-0931

CARRIER NEEDED FOR RICHFELD... We're looking for boys, girls, students, housewives or retirees for Times-News delivery... I-ROUTE TWIN FALLS... On Shoup West; Rose and Casa Grande Circle... POSITION OPEN... Regional Consultant Special Education... State Department of Education... SALARY: SDE Salary Schedule (9 month position)...

Real estate-Rentals



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018-Income Property Need a tax shelter for 1985? \$15,500... 020-Home For Sale A LITTLE BIT OF COUNTRY IN THE CITY

021-Farms & Ranches BEAUTIFUL 55 acre farm, large home, 24 stables... TREMENDOUS BUY!

022-Built-Filter Homes FOR LEASE: 7000 sq. ft., 2 bay garage, show room, etc. Office... 023-Home For Sale

024-Home For Sale 35+ Acres, Burley Area: Lays well, good old frontage, close to schools... 025-Home For Sale

026-Home For Sale 298 ACRES-OAKLEY AREA: South of Burley, beautiful farm and apple orchard... 027-Home For Sale

028-Home For Sale 315 HEAD RANCH: 977 deeded acres, 250 acres irrigated farm land... 029-Home For Sale

030-Home For Sale WE BUY CONTRACTS! We buy contracts, mortgages and trust deeds for sale... 031-Home For Sale

032-Home For Sale 65 ACRES, BURLEY AREA: Lays well, good old frontage, close to schools... 033-Home For Sale

034-Home For Sale 2000 DEEDED ACRES: Located South of Burley to local and apple orchard... 035-Home For Sale

036-Home For Sale 298 ACRES-OAKLEY AREA: South of Burley, beautiful farm and apple orchard... 037-Home For Sale

038-Home For Sale 315 HEAD RANCH: 977 deeded acres, 250 acres irrigated farm land... 039-Home For Sale

040-Home For Sale 35+ Acres, Burley Area: Lays well, good old frontage, close to schools... 041-Home For Sale

042-Home For Sale 35+ Acres, Burley Area: Lays well, good old frontage, close to schools... 043-Home For Sale

044-Home For Sale 35+ Acres, Burley Area: Lays well, good old frontage, close to schools... 045-Home For Sale

046-Home For Sale 35+ Acres, Burley Area: Lays well, good old frontage, close to schools... 047-Home For Sale

048-Home For Sale 35+ Acres, Burley Area: Lays well, good old frontage, close to schools... 049-Home For Sale

050-Home For Sale 35+ Acres, Burley Area: Lays well, good old frontage, close to schools... 051-Home For Sale

052-Home For Sale 35+ Acres, Burley Area: Lays well, good old frontage, close to schools... 053-Home For Sale

Real estate

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Rentals

050-Rentals 1 BDRM furnished house, 1200 E. 3rd Ave. No. 1101 \$200/mo + dep. 423-5556

051-Uniform Houses

1 BDRM furnished house, 1200 E. 3rd Ave. No. 1101 \$200/mo + dep. 423-5556

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Service Directory

Service Directory listing various businesses like Complete Business Center, Tree Service, Dog Grooming, etc. Includes phone numbers and addresses.

Rentals-Automotive



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067-Miscellaneous... ATARI 400, 48K, 2 drives, printer... 733-5655...

068-Computers... BOB wanted to buy... 733-5655...

069-Pets & Supplies... AKC registered German Shepherd puppy... 733-5655...

097-Hay, Grain & Feed... Campbell 200 sprayer... 733-5655...

114-Farm Implements... Campbell 200 sprayer... 733-5655...

058-Office and Business Rental... KIMBERLY: Retail Office Space Available... 733-5655...

067-Miscellaneous... ANTIQUE not colored but... 733-5655...

068-Computers... USED COMMERCIAL MACHINES... 733-5655...

069-Pets & Supplies... For Sale, Yorkie puppy... 733-5655...

097-Hay, Grain & Feed... PASTURE - lot - horse... 733-5655...

114-Farm Implements... 1977, 4430 JD tractor... 733-5655...

059-Condominiums... CONDOMINIUM Creek Rock... 733-5655...

067-Miscellaneous... Beautiful 1/2 carat wedding ring... 733-5655...

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THE ACES BOBBY WOLFF... "Experience is not what happens to you; it's what you do with what happens to you."

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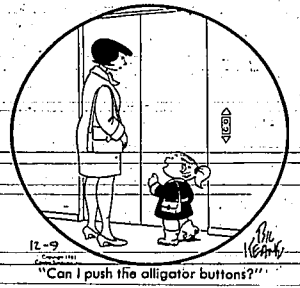
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142-Import Sports Cars BAJA BUG, 1973; new good interior, 2800, 3000 miles. \$1000. 734-3999.

143-Chevy 1979 1/2 ton, 88,000 miles, 3.0 liter, 4 spd, 1979 Ford Courier, 5 spd, 1979 Dodge Ram, 3.0 liter, 4 spd, 1979 GMC 2 Wheel Drive, PS, short bed, camper shell, \$2500. Call 732-7228.

144-Chevy 1/2 ton 455 automatic, runs good, good work truck, \$400. Call 732-1102.

145-Chevy 1/2 ton PU, 1985 Chevrolet, 1/2 ton PU, 1979 Ford Sport Custom, pickup with shell, 1979 Chevy 1/2 ton PU, 1979 Chevy 1/2 ton PU, 1979 GMC 2 Wheel Drive, PS, short bed, camper shell, \$2500. Call 732-7228.

146-4 Wheel Drives 1979 Ford Bronco XLT, 400 engine, A/C, 324-7454. 1979 GMC 4x4, 2 tone color, lock out hubs, low miles, new tires. Excellent condition. Call 335-2126.

147-1985 Dodge Ram 300 Royal, 172 Ton, 916, cruise, tilt, 4x4, camper shell, 500 mi, 5 yr 80,000 mi warranty, \$8995. Make offer. Call 734-2450 or 734-2120.

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162-Autos-Fords 1981 Ford Fairmont 2 door, 15,000 miles, PS, PB, AC, AT. Call 828-4172. 1982 Ford Escort, runs good, new tires, \$1095 or offer. Call 733-4703.

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160-Mercury & Lincoln 1983 Capri, 4 sp, sun roof, AM/FM, \$2500-\$3000 down and owner will carry. Call 224-5128 after 5PM. 1980 Mercury Bobcat Station Wagon for sale, \$1500 or best offer. Call 733-2282. 1980 Mercury Zephyr, Top condition, 36,000 miles, 28 MPG in town, new sludged tires. \$2600-733-7352.

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1972 FORD 1/2 TON PICKUP, Power steering & brakes. \$1599. 1983 HONDA CIVIC 4 DOOR, 5 speed transmission, front wheel drive, defroster. \$5799.

1981 CHEVY CITATION 4 DOOR, Front wheel drive, 1 owner. \$1699. 1983 JEEP SCRAMBLER PICKUP, 4 wheel drive, lock-out hubs. \$6888.

1983 CHEVY 1/2 TON PICKUP, V-8 engine, automatic transmission. \$999. 1972 VW BUG Dark red, floor mounted transmission. \$999.

1980 FIAT STRADA Floor mounted transmission, good gas mileage. \$1199. 1978 LINCOLN TOWN CAR 4 door, blue metallic, luxuriously equipped. \$3499. 1982 CHEVY CAVALIER 4 DOOR, Dark red, floor mounted transmission. \$3599.

A SALE THAT REALLY IS A SALE!

Table with columns: MAKE, RETAIL, SUPER SALE PRICE, SAVE. Includes cars like 1985 CHEVY SPRIINT, 1985 MERCURY LYNX, 1983 CADILLAC EL DORADO, 1983 CHEVY Z28, 1983 CHEVY CAMARO, 1983 CHEVY BERLINETTA, 1982 LINCOLN TOWN CAR, 1984 MERCURY CAPRI RS, 1982 PONTIAC TRANS-AM, 1983 BUICK RIVIERA, 1980 TOYOTA CELICA GT, 1979 FORD LTD 2 DOOR.

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