

Inside today

Nobody calls him Mr. Hansen B1

Ralph Jones of Filler sold his computer the first day his Times-News Classified ad ran Call 733-0628 Now

Overtime: Oilers pass Seattle C1



The Times-News

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25¢

63rd year, No. 4

Twin Falls, Idaho

Monday, January 4, 1988

Israel says it will deport 9 Palestinians

The Washington Post
JERUSALEM — The government of Israel, sweeping aside objections from the United States, Sunday announced it will expel nine Palestinian activists in retaliation for last month's wave of violence in the occupied West Bank and Gaza Strip.

Perez approves — A2

Expulsion is one of the most severe and controversial punishments Israel uses against its Palestinian opponents, and Sunday's action marks the largest group to be designated for expulsion since Israel revived use of the measure in 1985.

group headed by George Habash. Only three of the nine are accused of direct involvement in last month's rioting, which many analysts believe began as a spontaneous outburst rather than as a planned, organized assault.

violated international law and the Fourth Geneva Convention of 1949, which bans deportations of people from occupied territories regardless of their motive.

sentatives from the prime minister's office and the defense and foreign ministries. These to be expelled, he said, are no angels of peace, and they deserve not one inch of sympathy.

Soldier kills young woman

The Associated Press
RAM-Occupied West Bank
A young Palestinian woman housing up her husband was shot and killed Sunday by an Israeli soldier who burst into her home in pursuit of an Arab demonstrator, a witness said.



Traveler's surprise
Motorists traveling on State Highway 75 between Shoshone and Bellevue are often treated to sights of area wildlife. A small herd of antelope, feeding by the highway in the Timmerman Hills area, gave travelers a glimpse of the animals recently.

Ritalin drug use increases in Idaho

The Associated Press
BOISE — State medical officials are investigating why Idaho has jumped from 31st to fifth in the nation in per capita consumption of Ritalin, the trademark name for methylphenidate hydrochloride, is a potent amphetamine that has been prescribed for almost 30 years to control hyperactivity in children.

the medicine and pharmacy boards will determine where in the state the drug is being prescribed, the amounts being prescribed per person and whether the dosages are normal, Dorney said.

Senators feel common frustration

The Washington Post
WASHINGTON — After four years of waiting to address a full chamber of senators on a major issue, Sen. Daniel J. Evans, R-Wash., finally got his chance.

little luck, could have finished out their lives in the Senate, the way of most other politicians across the country.

filibusters, procedural stalemates and protracted struggles that cut over finer and finer compromises, never resolving anything, according to Sen. John C. Danforth, R-Mo.

nothing we do these days that is undisturbable to the people.

After 12 years, father found in coffeshop

The Associated Press
COLUMBUS, Ohio — A woman, ending a night of New Year's Eve revelry with friends, was reunited with her father, whom she had not seen for 12 years, after he was spotted at a coffee shop near her in a coffee shop.

was a regular at the restaurant and had gone there because he could not sleep.

Pilot error or lightning may be cause of crash

ANKARA, Turkey (DPA) — Turkish officials Sunday blamed either pilot error or lightning for the crash of a West German charter jet near the Aegean coast off Turkey Saturday night, killing 11 Turkish passengers and the five German crew members.

Briefly

French photographer on trial

MOSCOW (AP) — A Soviet newspaper on Sunday carried an interview with a French photographer waiting to be tried for illegal entry into Afghanistan and "actions aimed at inflicting damage" on the embattled Kabul government.

2 hostage girls to be freed

BEIRUT, Lebanon (AP) — French mediator Lucien Bitterlin left Lebanon for Libya on Sunday and said Abu Nidal's terrorist group had assured him it would free two young French girls before the end of January.

British to stay wealthy

LONDON (AP) — Treasury Minister Nigel Lawson said Sunday that 1988 will bring another year of strong economic growth, low inflation, and falling unemployment to Britain.

Godfather's art sells fast

PALERMO, Sicily (AP) — Luciano Liggio, the real-life "Godfather" of Corleone, is dedicating his long hours in prison to painting.

Dominoes record broken

ROSMALEN, Netherlands (AP) — Dutch students set a world record for knocking down dominoes by setting off a chain reaction that tumbled more than 1,930,000.

10 die in rival group clash

JOHANNESBURG, South Africa (AP) — Clashes between rival black groups killed 10 people in townships around the southwestern city of Pietermaritzburg, police said Sunday.

Anti-gambling head wounded

MANILA, Philippines (AP) — Gunmen wounded the head of the Presidential Anti-Gambling Task Force and killed two security guards Sunday in a pre-dawn raid on his heavily guarded home in suburban Manila, officials said.

Indian navy sinks Tamil boat

COLOMBO, Sri Lanka (AP) — Indian gunboats sank a boat and killed at least 21 Tamil rebel gang members off northern Jaffna peninsula, Sri Lankan military officials said Sunday.

Victim's remains returned for burial

MANILA, Philippines (AP) — A navy ship set sail Sunday night for the central-Visayas islands, returning to Manila the remains of a victim of last month's ferry disaster.

Reagan lauds Thatcher's service

LONDON (AP) — Margaret Thatcher became Britain's longest continuously serving prime minister of the 20th century on Sunday, but said she was too busy to celebrate.



MARGARET THATCHER Completing her ninth year

The 62-year-old Conservative Party leader, who overrode Liberal Lord Herbert Henry Asquith's 1908-1916 tenure as prime minister, was a hardy and opinionated figure and appears unassailable in the face of fragmented opposition.

Carlucci could announce gulf role expansion; freighter to get repairs

MANAMA, Bahrain (AP) — The Maltese-flags freighter Algen moved into Dubai harbor Sunday for repairs to a gaping missile hole caused by an Iranian attack.

Authorities said an unidentified bodies would be buried in a mass grave in Tacloban City.

Official records show the Vector carried 13 crewmen and the Dona Paz manifest showed 60 crew and 1,562 passengers. But passenger lists on interland ferries are notoriously inaccurate and often do not include children and those who bought tickets on board.

PLO to form provisional government

KUWAIT — Yasser Arafat Sunday gave his clearest indication to date that the Palestine Liberation Organization would form a provisional government-in-exile — and launch a major Middle-East diplomatic push, he said.

Most Britons are better off — two-thirds are homeowners and 8 million are stockholders — but the poor are poorer and unemployment, though down from a 1983 record of 13 percent, is still 9.5 percent.

The U.S. State Dept. has demanded that the PLO recognize Israel's right to exist and renounce terrorism before Washington will deal with the organization.

In response to repeated questions, Arafat did not rule out formally recognizing Israel within the borders it held before seizing the West Bank and Gaza Strip in the 1967 Arab-Israeli war.

Iran has sometimes attacked non-Iranian vessels, apparently by mistake, as when it hit the USS Stark on May 17, killing 37 American seamen.

The Algfa attack followed the worst year of the tanker war, an outbreak of 176 times in 1987. Iraq attacks Iranian oil shipping and Iran retaliates with strikes at neutral shipping, concentrating on vessels trading with Kuwait.

French presidential elections near, candidates await Mitterrand's bid

PARIS (AP) — President Francois Mitterrand has France on a string.

Four months before April's presidential elections, candidates both right and left are still wondering — will he or won't he seek a second seven-year term in the Elysee Palace? The 71-year-old Socialist president seems to enjoy the suspense.

The Communists, whose popularity has nose-dived since the beginning of the decade, are fielding a candidate, not in the extreme-right National Front.

Mitterrand, while perhaps truly not dead, also wants to hold on to a decision to maintain his presidential aura.

Paper announces NATO summit planned for spring

LONDON (AP) — The leaders of the 16 countries belonging to NATO will hold a summit in March to calm European fears about arms control. The Sunday Times reported.

On the right, it is virtually certain that conservative Premier Jacques Chirac will run, as will former central Premier Raymond Barre, though neither has officially declared.

On the left is Michel Rocard, a former Socialist minister whose point was he would run no matter what Mitterrand decided.

On Sunday, Socialist Sen. Claude Estier, a longtime friend of the president's, told French radio he believed Mitterrand would reveal his plans in the second half of February.

Whether or not Rocard would split the party by backing the incumbent remains to be seen. And there is no shortage of other would-be Socialist contenders.

The Brussels meeting would endorse a treaty signed by Reagan and the Soviet leader in December banning nuclear missiles with a range of 300 to 3,000 miles, the paper said.

RATINGS The five-category system of the... TWIN MALL 3 MEN AND A BABY (PG) DAILY 7:00-9:00 CODDING CINEMA LEONARD PART 6 (PG) SHOWS 7:00 ENDS TUES. RUNNING MAN (R) SHOWS 9:00 ENDS TUES. SEBORG CINEMA PLANES TRAINS & AUTOMOBILES (R) DAILY 7:30-9:25 BATTERIES NOT INCLUDED (PG) DAILY 7:00-9:00 PRINCESS BRIDE (PG) DAILY 7:00-9:00 GANDERELLA (G) SHOWS 7:30 FATAL ATTRACTION (R) SHOWS 9:15 TWIN CINEMA OVERBOARD (PG) DAILY 7:10-9:20 PLANES TRAINS & AUTOMOBILES (R) DAILY 7:30-9:25 BATTERIES NOT INCLUDED (PG) SHOWS 7:00 DIRTY DANCING (PG-13) ALL SEAS 9:00 LEONARD PART 6 (PG) SHOWS 7:00 NUTS (R) SHOWS 9:20 WALL STREET (R) DAILY 7:00-9:25

NOW IS THE TIME TO LEASE! Call Elvin Brown Today 734-4433 or 733-7700 THEISER MOTORS 701 MAIN AVE. E

Comics

Frank and Ernest

BANK

HOW ABOUT SOME CLOUDS ON YOUR SCENIC CHECKS, SINCE THEY NEVER SEEM TO CLEAR ANYWAY?

WELL, I GUESS I CAN'T PUT IT OFF ANY LONGER...

YEAH, THIS IS RICK REDFERN FROM THE CHARACTER DESK. I'D LOVE TO SEND YOU GARY HART'S PRIVATE LIFE... PLEASE.

UH... BY WHEN?

Garfield

SOME EGG FOOD, GARFIELD?

SURE

HOW ABOUT SOME MOO SOUP, GARFIELD?

DO YOU KNOW WHAT I LIKE ABOUT CHINESE FOOD?

IT'S AS MUCH FUN TO EAT AS IT IS TO EAT!

Hagar the Horrible

PADDY, WHAT'S AN OPTIMIST?

OH, HE'S THE GUY WHO ALWAYS BELIEVES THE BEST.

WELL, I GUESS I CAN'T PUT IT OFF ANY LONGER...

YEAH, THIS IS RICK REDFERN FROM THE CHARACTER DESK. I'D LOVE TO SEND YOU GARY HART'S PRIVATE LIFE... PLEASE.

UH... BY WHEN?

The Born Loser

WHAT DO YOU RECOMMEND FOR A BAD HEAD COKE?

AFFIRMATIVE OR NEGATIVE?

HUH?

DO THE EYES HAVE IT OR THE NOSE? HAW!

I'LL BEG YOU'VE GOT A RUBBER CHICKEN IN THAT BAG!

Beetle Bailey

BEEBLE, TAKE THE HALLWAY

KILLER, TAKE THE REC ROOM

ZERO, TAKE THE OFFICE

AND SARGE, TAKE A NAP

SOOT SHORT

Gasoline Alley

Nina! This is stupid!

At least read the poem!

Though this house may never wither, I hope you'll never forget me.

Now stand a foot above the floor and see what the hour before was like. You'll find the final clue. Not the red is up to you.

I still say it's stupid!

Sheeex! It's fascinating!

Permits

HI, LYDIA. I THOUGHT ABOUT YOU A LOT DURING CHRISTMAS VACATION.

THANK YOU FOR THE NICE CHRISTMAS CARD. I REALLY WANTED TO SEND YOU ONE, TOO, YOU KNOW.

I STILL CAN'T FIGURE OUT WHY YOU WOULDN'T GIVE ME YOUR ADDRESS.

TODAY MY NAME IS MELISSA!

Blondie

DUDE ONE ALWAYS BE COURTEOUS

EXCUSE ME, DUDE

DUDE NUMBER TWO, YOU FROM SOMETHING?

DUDE TWO NEVER MENTION THE OBVIOUS

Andy Capp

FLESH OFF! AND DON'T COME BACK TILL YOU'VE SOBERED UP!

THAT'S WHAT I CAME HERE FOR IN THE FIRST PLACE!!

Broom: Hilda

I WOULDN'T STAND SO CLOSE TO A HYDRANT.

WHY?

THAT'S WHY!

Wizard of Id

YOU HAVE A RARE SKIN DISEASE... STAY OUT OF THE SUN!

BUT I'M A PROFESSIONAL GOLF GADDY!

WHAT WILL I DO?

GADDY FOR THE KING... THAT'LL KEEP YOU IN THE WOODS!

Hi and Lois

WINTER IS MY FAVORITE SEASON.

WHY?

CAUSE WHEN IT SNOWS WE DON'T HAVE TO GO TO SCHOOL.

BUT IN SUMMER YOU DON'T GO TO SCHOOL AT ALL.

WELL, WINTER'S MY FAVORITE SEASON WHEN IT'S THE HIGHEST SUMMER.

ACROSS

- Calyx leaf
- Brief look
- Belated bus
- Musical play
- Border
- Sole
- Facitfulness
- Mound
- Dead
- Wanner of walking
- Swapping tool
- Sharm
- Asseression
- Perch
- Special leadership
- lility
- Favorable
- criticisms
- Bangor's state
- Practitioner
- Of the mouth
- Flaw
- Small fish
- Encountered
- Outmoded
- Triangular

DOWN

- Self-esteem
- Strong inclination
- Papeete's island
- Rainbow
- Long river
- High
- Orient
- Rabbit
- Philippines
- Santiago's land
- More unusual
- Scraped
- Reason
- Lamp cover
- Stead
- Poker stake
- Frolic
- Billards shot
- Musical work
- 51 Large part of
- 52 Casual klas
- 55 Male animal
- 56 Awry

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L.M. Boyd
What's what

RED GOES WAY BACK

Tell your friend "Red" if you have any friend so called, that Red is one of the oldest nicknames in human history. Scholars say certain ancient Egyptians were known as Red.

Q. How come so many oldtime movie theaters were named "Rox"?
A. Rox was the nickname of a Pennsylvania baseball player.

sons is emotionally disturbed. He can go back to work the next interesting. I've been analyzing my day.

two closest associates. They seem all right. That leaves me. I resent these psychological studies, despise them, hate them.

REHEAT COFFEE?

Argument continues over whether it's OK to reheat coffee. No body used to think so. But authorities now say recently brewed coffee just cooled can be reheated in a microwave without giving it that burnt taste. In fact, it tastes better that way, they say, than coffee left too long on a warming plate.

Q. How come you're not supposed to store ham in foil?
A. Salt in the cure eats holes in the foil, research suggests.

Am told hail rarely falls between 5 and 10 a.m. anywhere.

Saturday's Puzzle Solved:

SLAY CAPES AFAR
COLA OBESE ODNE
ADEN WATER MOTE
DECIMATE GUIDED

FORE PEAN
PRAYED MISREADS
ALL SULLY CREALA
SCAR YELLA RITO
HERES ROAD NET
ARMCHAIR GREASE
LURE CLAM

ACROSS

- Self-esteem
- Strong inclination
- Papeete's island
- Rainbow
- Long river
- High
- Orient
- Rabbit
- Philippines
- Santiago's land
- More unusual
- Scraped
- Reason
- Lamp cover
- Stead
- Poker stake
- Frolic
- Billards shot
- Musical work
- 51 Large part of
- 52 Casual klas
- 55 Male animal
- 56 Awry

Daily Horoscope

GENERAL TENDENCIES: You may be so worried or otherwise preoccupied this morning with a family difficulty that you will delay other important matters. As the day moves on though, you'll find a sensible solution.

ARIES (March 21 to April 19): Do something to console a family friend who feels slighted. Use all of your excess energy constructively today. Drive with great care.

TAURUS (April 20 to May 20): Be sure to avoid extravagance of any kind today, and take great care that you don't renege on a promise. Concentrate on business matters.

GEMINI (May 21 to June 21): Try not to spend too much money this morning. Stay at-home with your mate and family this evening, and important matters. As the day moves on though, you'll find a sensible solution.

MOON CHILDREN (June 22 to July 21): Don't do anything which might put your reputation in jeopardy. If you are patient, you will get the assistance you need.

LEO (July 22 to August 21): Stick to your routines today, and don't run off on any strange tangents. A new acquaintance may give you some incredibly bad advice.

VIRGO (August 22 to September 21): Don't come to any hasty decisions where important matters are concerned, and don't lose your temper with your mate this evening.

LIBRA (September 23 to October 22): Put your creative ideas to work, and get back in the good graces of your partners. Some evening work could be very profitable.

SCORPIO (October 23 to November 21): Work out a schedule early today, and stick to it without fail. Wait until the air has cleared before speaking to an irate co-worker.

SAGITTARIUS (November 22 to December 21): Don't jump at your first opportunity for some amusement with a friend, since something more to your liking will pop up later.

CAPRICORN (December 22 to January 20): Study an annoying home situation before you try to im-

prove it; hasty action could make things worse. Don't invite any guests tonight.

AQUARIUS (January 21 to February 19): Keep busy at the work in front of you, and don't let anyone distract you. Your friends will respect you more if you tell them your plans.

PISCES (February 20 to March 20): If someone around you has a boorish attitude, don't bother complaining to that person. Just leave. Listen to the advice of an older person.

IF YOUR CHILD IS BORN TODAY... he or she will be able to learn more from a happy home life than by dashing around in the outside world where dangers abound. Treat your intelligent progeny with kindness and don't use any harsh discipline, or a martyr-complex is likely to develop.

Bickering may doom medical care cost bills

By QUANE KENYON
The Associated Press

BOISE — Idaho Democrats recently announced plans to push legislation in the next session to help people cope with the escalating cost of medical care for the elderly. Republicans say they have some of the same goals.

Unfortunately, spokesmen for the two political parties made the announcements separately — which means what all agree are good ideas could become the subject of the partisan political bickering that usually dooms them.

A few days before the final meeting of an interim legislative study committee, several Senate Democrats announced their proposals.

A couple days later, the study committee held its final meeting. It went through a whole pile of proposals on medical and nursing home care. Most were prepared by Rep. Brent Brocksome, R-Boise, who is in the business.

Afterward, Brocksome and Sen. Ann Rydchak held their own news conference to endorse some of the same proposals that the Democrats put forth.

Brocksome said he was miffed that the Democrats didn't bring their proposals to the bipartisan legislative committee that worked several months on medical care problems.

Since Republicans control the Legislature, it appears unlikely that the Democrat proposals ever will see the light of day.

One Republican reportedly has sent a letter to at least one of the Democrats involved, accusing him of "grandstanding" rather than actually trying to cooperate in getting innovative legislation passed.

One of the proposals could generate a major battle in what's shaping up as a legislative session tight with state dollars.

Both groups urged more spending for pre-natal care for low-income and poverty-level mothers. A \$2.6 million request has been included in the Department of Health and Welfare's upcoming budget.

Brocksome said a Twin Falls doctor made a study showing a definite link between the lack of pre-natal care and low birthweight babies or babies with serious medical

Analysis

problems. Caring for these infants can cost up to \$500,000 in the critical first few months of life. And Brocksome said other studies show infants with low birth weight often have mental and physical handicaps that can cost hundreds of thousands of dollars over a lifetime.

Other studies indicate that for each extra \$1 spent on better prenatal care and delivery services, the state could save \$5 to \$10.

But if Democrats and Republicans approach the matter separately, it's possible that partisan bickering will scuttle the idea.

In other news, the state of Idaho barely escaped a major embarrassment in a federal court lawsuit recently.

Even though he essentially won his case, former convict Jerry Lyn Baker won no damages in his lawsuit alleging the state was negligent in not protecting him and other inmates from sexual assaults and beatings at the state prison.

Baker, from Canyon County, alleged he was set upon by "sexual predators" and raped within minutes of the time he was put into a cellblock at the state prison.

A jury ruled there was a "pervasive risk" of sexual assault at the prison. But under conditions laid down for the trial, the jury could not award damages unless it found prison officials such as former warden Darrol Gardner personally responsible for the injuries suffered by Baker.

Jury members reportedly were frustrated by the restrictions and wanted to give Baker damages. That did happen, the state could have faced a flood of lawsuits from inmates seeking damages.

The state conceded it couldn't properly protect inmates under the overcrowded, understaffed conditions that existed several years ago. Since then, officials have been busy overhauling the prison and the state started work on new prison facilities.

Some of the changes were forced by a previous inmate lawsuit, which included Baker as one of the defendants.

There's no chaining George Hansen

Even in prison, he was the quintessential politician

Editor's note: The following story appeared in the Dec. 13 issue of the Washington Post Magazine with the title "Hansen Unchained."

By PETER CARLSON
The Washington Post

The "honor camp" at the federal prison in Petersburg, Va., the temporary home of 200 very respectable felons — prominent bankers, lawyers, judges and politicians — but only George Hansen, the former and possibly future Republican congressman from Idaho, held monthly press conferences there.

He would have held them even more often, he says, if he weren't chained to his cell.

Every month, George — nobody calls him "Mr. Hansen" — beckoned the media with collect phone calls; the only kind of calls he was permitted; and the media responded. Although he had violated a federal law, reporters knew that George had never committed the crime of dullness.

One morning last August a dozen reporters were huddled around four television cameras in the camp's little living room when George, 57, strolled in, wearing his beige prison uniform, a shaggy black beard and a politician's smile. Though he had dropped 70 pounds in prison, he was still larger than life. Six-foot-six and 250 pounds, he was as hefty as a nose tackle, and his Size 15 black Reeboks were as big as clowns' shoes.

"Hi, everybody," he said as he started working the room, shaking hands, shaking shoulders, saying, "Good to see you again." He no doubt would have kissed a baby, too, but none of the reporters had managed to wrangle one past prison security.

Digging into an enormous pile of paper, he passed out photocopied press packets — only George could produce a press packet in prison — then launched into his opening statement. "I've got enough for about nine hours' worth," he said. "Are you all ready for this?"

Whether they were ready or not, he steamed ahead full speed. When George orates, commas replace periods, and thoughts clang against one another like coupling boxcars.

He called himself a "political prisoner." He announced that he was suing Ed Meese and a posse of lesser officials for violating his constitutional rights. He displayed a full-page Washington Times advertisement urging President Reagan to "Let George Hansen Go!" He suggested that every judge and congressman ought to do some time, just to see what it's like (an opinion he hadn't aired during his long appeal process).

And he denounced the prison bureaucracy for various outrages, including wasting tax money, harassing innocent visitors, failing to stem the spread of AIDS, serving bad food, violating George Hansen's First Amendment rights by curtailing his access to the media and the outside world.

Wait a minute. Hold it. Violating First Amendment rights? Curtailing access to the media? What about the four television cameras? What about the 12 reporters?

Well, okay, maybe George went a little overboard there. But that's his charm. He doesn't weigh his words; he speaks his mind. He's a crusader, not a compromiser. George never met a federal bureaucracy he didn't like to fight.

He sees himself as a "populist," defending the little guy against big government. George would rather fight big government than sit and be leashed to eat.

Seven times the good people of eastern Idaho sent George to Washington to fight Washington, and in his own eccentric and theatrical way, George fought.

But in 1988 Washington fought back. The Capital City Police Department changed in the net of post-Watergate ethics laws that he never believed in or voted for or understood. They halted George for

• See HANSEN on Page B3



Former U.S. Rep. Hansen pauses for questions as he leaves prison

Insurance prompts school use policy

By LYNDY VAN DEUSEN
Times-News correspondent

KIMBERLY — The Kimberly School Board has adopted a new policy for private use of school property, after the school's insurance carrier, Stein McMurtry, asked that the district start using a contract.

Organizations that ask to use school facilities must sign the contract and they must provide a certificate of insurance to prove they are covered with a minimum of \$500,000 of liability coverage per occurrence. The certificate must also show coverage for the facilities as agreed in the form of blanket contractual coverage or name the school district as an additional insured party.

The contract further requires users to reimburse the school district for any damages or losses sustained by the organization's use of the facilities.

School Board Chairman Kent Taylor, an attorney, reviewed the contract and said that it is adequate for the protection of the school district. The contract will be used in any activity where a potential for injury exists.

The board adopted the policy and reviewed enrollment figures for the first 16 weeks of school at its December meeting.

Enrollment has increased from last year's projections. Superintendent Richard Bauscher expected enrollment to be up by 20 students this fall. When school began, 28 new students were enrolled.

Since then, five students have been transferred to Twin Falls to an alternative school program, and some families and children have moved. At least four new students plan to enroll after the new year.

It was also announced that Kimberly received accreditation for its junior high and high school from the Northwest Association of Schools and Colleges. Accreditation will be sought for the elementary school next year.

Accreditation of schools is based on such factors as facilities, instruction, evaluation, hiring practices, curriculum, amount of money spent per student, and quality of staff. The comprehensive review process rates schools in the northwest region with established standards. In order to be accredited, schools must meet or exceed the standards.

Feeding trout spuds could be smart business

The Associated Press

BUHL — As the export business for Idaho-grown trout continues to expand, a University of Idaho researcher is searching for a way to use waste from potato processing plants to feed the fish.

Fish are fattened by the millions in elongated tubs in Buhl, then sold to grocers and restaurants from coast to coast.

Research Professor Dick Heimsachl wants to meld the state's burgeoning aquaculture industry with the Idaho potato farmers by producing protein-rich potato pellets; rather than feeding fish on the imported fish meal now used.

Heimsachl said about 40 percent of a potato is washed down the drain at Idaho's processing plants. He wants to use the leftovers to make protein pellets.

Once perfected, his technique would use spe-

cialized yeast to convert some of the wasted starches and sugars into proteins similar to the kind trout eat naturally.

"It's a natural," Heimsachl said. "We don't have all the answers yet, but we wouldn't be on this path if we didn't think there was a great potential here."

Idaho lawmakers allocated \$150,000 this year for nine aquaculture-related projects at UI in an effort to boost the state's advantage in the industry.

Rainbow trout producers are reaping big profits, particularly those located around southern Idaho's Hagerman Valley, where warmer waters mean bigger fish year-round.

Fish farmers there supplied about 80 percent, or about 35 million pounds of fish, of the trout sold nationwide last year.

Idahoans consumed less than one percent of those tank-reared fish, which brought more

than \$60 million into the state in 1986, said Bling-Hwang Linn, an aquaculture specialist with the university's agriculture economics department.

The future holds growth and looks very exciting, said Larry Cope, president of Clear Spring Trout Company in Buhl. Cope's company and other firms have raised aquaculture to the state's number three livestock industry in terms of revenue, behind cattle and dairy products.

But the trout farmers must rely on other areas for food for their stock. Nearly 45 percent of the trout's diet is protein. If Heimsachl and his colleagues are successful, that protein would come from Idaho potatoes and would keep profits in the state.

Were this to come to fruition, the advantages that Idaho would have would be the proximity of potato production and processing areas with the Hagerman Valley, Heimsachl said.

Mountain Bell still battles with factions over deregulation

Mountain Bell Telephone Co. is still in the middle of a bitter battle with its shareholders and regulators over the company's proposed deregulation. The company's board of directors has voted to accept a plan that would allow the company to raise rates and reduce service, but the plan has been rejected by the Federal Communications Commission (FCC). The company's shareholders are also divided, with some supporting the plan and others opposing it. The company's management is trying to balance the interests of its shareholders, regulators, and the public. The battle is expected to continue for some time.

Deregulation

Continued from Page B1
PUC commissioner Conley Ward to help them duke it out with Mountain Bell...

Magistrate court
TWIN FALLS: The following cases were recently filed in 5th District Magistrate Court...

Glenns Ferry board decides on 72-passenger school bus

By PATRICIA DEVOY
Times-News correspondent
GLENN'S FERRY - The Glenns Ferry School Board voted to buy the largest bus for which bids were received at its December meeting...

This week at CSI

- TWIN FALLS - Here's the calendar of meetings and events that will take place this week at the College of Southern Idaho...

On the agenda

- Here's a list of governmental meetings that are scheduled for the week of January 3-7, 1983...

Briefly

- Thieves nab ring samples
TWIN FALLS - Burglars escaped with ring samples from a break-in at Jensen Ringmakers this weekend...

Obituaries

- Herbert Earl Brackett
RUPERT - Herbert Earl Brackett, 76, died at his home in Rupert on Saturday, Jan. 2, 1983...

Services

- HAZELTON - The funeral for Ella York Johnson, 82, of Aberdeen, and formerly of Hazelton, who died Dec. 20, 1982, will be held at 10 a.m. today in the First Methodist Church of Aberdeen...

White Mortuary & Crematory

The Chapel by the Park 733-6600
136 4th Ave. E. Ronald J. Hamilton
Twin Falls, Idaho Jerry D. Holman

Farmers let system be

LOGAN-LINK (API) - Very few Utah farmers are taking advantage of new computerized weather information, even though weather is "the major impact" on agricultural productivity...

Don't face the new tax laws alone.

Rosebud's Florist
We can show how much you care!
The tax laws have changed dramatically. And the forms have changed, too. Our experienced preparers know the new laws and how to use the new forms. We'll find you the biggest refund you have coming.

Hospitals

MAGIC VALLEY REGIONAL MEDICAL CENTER
Admitted
Eugene Hamlet of Twin Falls; Mrs. Kyro Upton of Kimberly; and Mrs. Scott Kellier of Hansen.

Hansen

Continued from Page B1

... failing to report his wife's income on a House financial form and convicted him of four violations of the Ethics in Government Act.

But George kept fighting. He left the kind of pool quita as soon as he caught writing a speech or holding a limbo. After his conviction, he won the 1984 Idaho Republican primary by a comfortable margin and lost the general election by a mere 170 votes out of 200,000.

Even in prison, George tilted at the windmills of the bureaucracy and-bombed reporters and former congressional colleagues with pleas for help. "He thought were getting harassed."

He was managed, solely through the medium of the collect phone call, to coordinate a campaign seeking a presidential pardon.

It was a typically zany and quixotic Hansen procedure. A more polite and less mischievous prisoner would probably not have sought clemency by authorizing supporters to fill the airwaves with radio advertisements attacking the attorney general to the tune of the Mickey Mouse Christmas song.

"Was the judge of our land who won't set Hansen free?" "M-I-C-K-E-Y-M-E-E-E-S-E."

"Mickey Meese, I mean Ed Meese." "Don't ever let him get his hands on these."

"Please be strong, right the wrong, and give George liberty!" "Mr. President, tell Ed Meese to set George Hansen free."

Somehow, the "Mickey Meese" campaign didn't work. President Reagan did not hear the jingle on the radio and the right down to sign the pardon papers.

"Instead, George had to serve out his sentence. He was got out of jail last Oct. 1 and was back in action a few days later at a welcome-home party in Washington sponsored by the Conservative Action Foundation and the Conservative Network.

His prison beard shorn, and his prison khakis replaced by a pin-strip suit, he shook hands, kissed cheeks, slapped backs, smiled for photographers and generally behaved more like a politician who'd just won an election than a politician who'd just left the clink.

For the occasion, the Capital Hill Club was festooned with yellow ribbons and packed with 400 Hansen supporters. Sen. Strom Thurmond was there. So were Steve Symms and House Minority Whip Trent Lott and a dozen more congressmen.

"Other, less prominent political figures appeared, too, like the guy who gave out business cards reading 'Dear Right-Wing Republican, You Commie Sumbitch' and the guy who carried a sign saying 'Senator Chappy Quiddick, You're All Wet, America Needs Border' and the guy who took out his billfold to show how he edited his name so that the phrase 'This note is legal tender for all debts, public and private' now read, 'This note is all debt.'"

The money-changer wore a Populists Party "George Hansen for President" button. The Populists who backed Bob Richards, the former Olympic hero and Wheaties cover boy, for the presidency in 1984 had nominated George as their 1988 standard-bearer back in September, while he was still in prison. Now several Populists were on hand, hoping that George would accept their nomination.

Lee Bellinger had another idea. Bellinger, president of the Conservative Action Foundation, hoped that George would announce his candidacy for his old House seat. "Look at those people out there!" Bellinger whispered into George's ear as the big man moved to the podium. "You're an ass if you don't tell 'em you're going to run!"

George nodded, greeted the crowd, called his wife Connie, his children and his grandchildren up to the date introduced Connie as the "Mario Andretti of 1984" for her perseverance on the highway to Petersburg, quoted scripture and thanked his friends for standing by him.

But he didn't announce any political plans. Instead, he spoke in a biblical parable: "I feel a little like Jonah. I was swallowed by that whale. We ended up tickling his stomach till he gave him an ulcer and he finally spit me up."

After the party, George kept playing it coy, leaving his options open, letting the suspense build. Whenever anybody asked if he was going to run again (and people asked all the time), he said he hadn't decided. He wanted to do lots of things, he said, big things.

He wanted to write two books about his prison experiences. He wanted to fight for prison reform and tax reform. He wanted to produce a conservative political Almanac.

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like George. In fact, Stallings' kind-of-likes George himself. He'll say unkind things about George if a reporter presses him, but the former history professor can't resist adding that he has considered writing a biography of the big man — George Hansen, he says, one of the most interesting politicians of this century."

George Hansen was born in a place — where two worlds collide. Look west from Teton, Idaho, and all you see is flat, dry farmland — a view as plain as a plain of potatoes, and eastward you see jagged peaks and the Grand Tetons soar to the sky, majestic, dramatic, flamboyant.

Obviously, George took after the mountains. George's father was a devout Mormon who ran a grain elevator, a gas station, a motel and a cafe — and worked himself into an early grave.

George opted for another path. Teaching school and selling life insurance, two trades piled with the shackles of a rat, he took a job with a local newspaper, pouring his folksy charms all over the voters.

In Washington, he worked like a plow horse; in the office from dawn to dusk, home for dinner with his wife Connie and their five kids, then back to the office to work into the wee hours.

He won a reputation as a pit bull on constituent services, sinking his incisors into the leg of the bureaucracy and hanging on until it produced the missing Social Security check for the little old lady in Twin Falls. It worked: He won re-election in 1966 with 70 percent of the vote.

In 1968 he returned to Idaho to run for the Senate, challenging Democratic dove Frank Church on the Vietnam issue. Hansen got trounced. Two years later, he lost another Senate bid. Then, in 1974, he regained his old House seat by ousting an incumbent Republican named Hansen and beating a Democrat named Hansen.

That was the last time anybody had to wonder which Hansen was George. He quickly established his identity as a knight errant eager to joust with the dragons of the big bad bureaucracy: "George the Dragon Slayer" was the title of his official campaign biography, which was a comic book, "Congress's Crusader Rabbit," a columnist once dubbed him for his tireless campaign against liberal Democrats, the megabucks Eastern press "the Tripartite Commission" and "international money interests, among others."

When the Immigration and Naturalization Service arrested Idaho farmers for hiring illegal aliens, George accused the agency of entrapment. When a Pocatello electrical contractor refused to permit Occupational Safety and Health Administration (OSHA) inspectors into his shop, George helped him fight the case all the way to a landmark victory in the Supreme Court.

When President Jimmy Carter proposed transferring the Panama Canal to the Panamanians, George got some Idaho buddies to load a flatbed truck with two-by-fours painted to look like bars of gold. They drove it all the way to Washington, where George used it as a mobile symbol of the money squandered in the giveaway.

And those campaigns were mere sidelines. George's main battle was with the ultimate dragon, the IRS, which he accused of everything from discrimination against Mormons to Gestapo tactics for bringing this great land of ours "alarm-

ingly close to totalitarianism." He denounced the tax collectors in countless House speeches, in a book and in television commercials that advertised the numerous anti-tax organizations he founded and christened with such inspired acronyms as VOTUE — Victims of Government United Everywhere.

George also found time to conduct his own foreign policy. He was full of nervous energy, and when he got to feeling cooped up, former aides recall, he'd take off like a tourist-class Kinsinger.

He flew to Nicaragua on the eve of the Sandinista revolution and pronounced it "a peaceful and pastoral private-enterprise nation." He flew to Taiwan and promised its leaders, who'd been spurned by Carter, that they would get "the final equipment necessary to complete the atomic program you have started."

And, most famously, he flew to Iran, where he became the first American to visit the hostages. He also became the first American to suggest that Henry Kissinger and David Rockefeller ought to be sitting there instead of the hostages, and the first American to wander into mobs of flag-burning militants

to shake hands and slap backs as if he were running for the Revolutionary Council.

Tehran TV loved George. So did the average militant in the street, one of whom loudly identified him in Farsi, as a "big American cowboy."

The Iran expedition drew angry attacks from the State Department and members of Congress who saw it as "dangerous and irresponsible" showboating. But it played in Pocatello, where George was elected to office in 1980 by a landslide, and it looked for a spell as though he might remain in Congress forever.

But legal problems did him in. His troubles began in 1975, when he ran afoul of campaign-finance laws. George pleaded guilty to two misdemeanors: charges of filing late and false finance reports, and he was sentenced to two months in prison.

His lawyer later persuaded the judge to suspend that punishment, arguing that the congressman was stupid but not evil. That phrase kept George out of the cooler, but it wasn't exactly something he could put on a bumper sticker.

Citing the high cost of his legal

battles, George asked the House ethics committee for permission to seek public contributions to help pay his personal debts. Not surprisingly, the committee refused.

Six months later, George and his wife Connie legally severed all their financial ties to each other. Then she sent out a direct-mail appeal, soliciting contributions to the Connie Hansen Fund, asking for "hundreds of thousands of dollars" to "save my family" from "financial disaster."

The fund promptly named her "Tin Can Connie." The worst came in 1983, when a federal grand jury indicted George on four felony counts of filing false financial-disclosure statements to the House of Representatives. The indictment charged that George had concealed a \$135,000 loan from a convicted bank swindler, several loans made to Connie by billionaire

• See HANSEN on Page B4.

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Hansen

Continued from Page B3

Neon-Silver Hunt and the 397,476 profit take had made by rescheduling in future years under Hunt's package.

George argued that he wasn't required to report Connie's finances because they were separate from his own. He was not on the bill of lading for the equipment designed to "silence my strong dissent."

The jury didn't buy that. In April 1984 it found George guilty on all four counts. The judge sentenced him to 6 to 16 months in prison. The Democratic candidate for vice president, hadn't reported her husband's finances on her financial disclosure forms.

There were differences in the cases — for example, Ferraro revealed her husband's finances but that didn't stop George from playing it off as it was worth it. You notice that the government doesn't have any plans to prosecute Mrs. Ferraro. They only do that if you're a conservative Republican administration would choose to prosecute a conservative Republican over a liberal Democrat.

Instead, he compared himself to other folks who'd run into problems with government — Leei Wallace, Alexander Solzhenitzyn, Jesus Christ and Mormon Church founder Joseph Smith. It almost worked: When the ballots were counted and recounted, he'd lost by only 170 votes.

The Supreme Court turned down George's appeal, and he entered prison in June 1986. Six months later he was paroled. All he had to do to stay free was remain in the state of Virginia, where he was living, get a job and report his earnings to the parole board.

But he couldn't do it. His job, he said, was lecturing around the country, and he refused to tell the feds who was paying him. "It would just throw them to the wolves," he explained.

That dispute was scheduled to be heard by the U.S. Parole Commission on April 21, but the feds apparently couldn't wait that long. On April 16 — income tax day, George is quick to point out — they grabbed him.

After speaking in a Baptist church in Nebraska that afternoon, he was in the airport in Omaha, waiting to board a plane for Washington, when he was arrested by federal marshals, handcuffed and thrown into the county jail.

The next day the marshals rented a Lear jet and flew George, handcuffed and chained at the waist and ankles, back to Virginia. They booked him in the ancient Alexandria jail under the alias Fred Smith.

A spokesman for the Parole Commission refused to comment on the tactics, but politicians, columnists and editorial writers liberal and conservative alike, denounced the actions. "The federal authorities," wrote Jack Anderson, "seem intent on breaking his spirit."

Roy George's spirit proved sturdy. So did his sense of humor. Soon the airway was alive with the sounds of "M-I-C-K-E-Y-M-E-E-S-B."

George is working a crowd of 400 fans and friends gathered in Pocatello for yet another welcome-home party, working them for all his worth. Idaho, as in Washington, he has the same effect on his fans as the full moon has on a coyote.

He takes the stage to a standing ovation, introduces his wife, quotes scripture and thanks his friends for standing by him. Then he tells the story about his new famous bust for violating parole.

The first arrest warrant was requested because I'd been coming out of a Mormon church in Pocatello, Idaho, and I had a crowd of about 400 people at a Baptist church in Lewistville, Nebraska. Now, I don't know if it's dangerous to go to church in this country anymore. The crowd laughs and cheers.

On April 15th, he doesn't get home until April 15th and here's a guy who's been laughing the IRS about what they've been doing to the public — on April 15th I was picked up without a warrant in Omaha, Nebraska, and whisked to Washington, D.C., in a Lear jet in the dead of night and they tell me that's pretty expensive, and the taxpayers paid for it.

They took me to Washington, booked me under an alias and put me in the slimmest hole they had. It shouldn't happen in this country, and we're gonna fight it to the end.

The crowd roars its approval. Once again, George Hansen is doing the impossible, turning a prison term into a political asset.

After the speech, the crowd feasts on piles of homemade cookies, popcorn, brownies and a cranberry punch that the ladies have set out on tables. The punch packs no punch, of course. This is Mormon country, and the presence of booze would quickly accomplish what "guilty verdicts have failed to do: kill George Hansen's political career."

Searing on sugar, George's fans start swapping George stories. A 59-year-old farmer with a pencil-thin mustache and a string tie has one of the best. During the 1984 campaign, he says, he got so blasted angry at an anti-Hansen column in the Twin Falls Times-News that he went to the bakery and got a pretty pink cake box with a face cover on it.

Briefly

Stockbroker commits suicide

BOISE (AP) — A shotgun-wielding stockbroker, who had failed to stop a business park development that will block the mountain view from his \$600,000 home, killed himself after being wounded by police during a confrontation at his estate, Ada County Sheriff Vaughn Killen said Sunday.

John Charles Flournoy, 41, had apparently threatened to kill his wife and two children before the hour-long confrontation with police that ended in his suicide near the barn of his suburban home Saturday night, Killen said.

The wife had indicated to us he had threatened the family, Killen said. "She was afraid he was going to kill them."

Officers called to the home after what Killen said was a family quarrel tried to console Flournoy as he moved about the grounds to an open area near the barn. Just prior to the shooting police repeatedly asked Flournoy to put down the 20-gauge, semi-automatic shotgun he was carrying, the sheriff said.

Idaho epuds gain exposure

BOISE (AP) — Idaho's famous potatoes figure prominently on the labels of three new, rippled varieties of Pringle's potato chips manufactured by Proctor and Gamble.

Pringle's chips are formed from Idaho potato flakes and then stacked one by one into a long cylindrical can. Proctor and Gamble recently released Idaho Rippled Original, French Onion and Taco'n Cheddar varieties, according to an Idaho Potato Commission report.

The cans also carry a "Grown in Idaho" trademark. Pringle's chips have been marketed for more than a decade.

An advertisement pushing the new chips has been sent to 44 million homes in the country and a television commercial touting the new line was reviewed by the commission at its December meeting.

Potato grades to be checked

BOISE (AP) — Potatoes sold in Idaho supermarkets will be inspected next year to ensure they conform to grading standards. If the upcoming legislation will approve the expense, according to an Idaho Potato Commission report.

Gov. Cecil Andrus has asked for the money in the state's budget to pay for the new requirement, said Lane Jolliffe, administrator of the Idaho Department of Agriculture's inspection division.

Consumer complaints of off-grade potatoes in Idaho stores have been a long-standing problem.

Taxes face legislature

SALT LAKE CITY (AP) — Lawmakers are talking about introducing bills in the upcoming session to cap property taxes, but much of the actual work done will likely involve around technical revisions of complicated tax laws.

One massive bill expected to total 200 pages will be introduced to reorganize, update and resolve contradictions in the property tax code, which hasn't had a major revision since statehood in 1896.

"Any policy changes in it should be minor and have no fiscal impact. It is mainly to bring tax law into the 1980s, and conform it to actual practices," said Debbie Bell, a legislative researcher for the State Tax Reconciliation Commission, which prepared the bill.

Other potential bills are expected to propose increased tax abatements for the elderly, bi-annual tax collections for counties; alterations and possible revocation of taxes levied to pay for the cost of collecting tax; and approval of county utility taxes.

DUIs: Police check the eyes

BOISE (AP) — A drunken-driving test that gauges an involuntary bouncing of the eyeballs is being praised by law-enforcement officers across the state.

The gaze nystagmus test was introduced by the federal government four years ago and can guarantee up to 95 percent accuracy when combined with other field sobriety checks.

It is deceptively uncomplicated. A police officer moves a pen or other pointed object horizontally in front of a suspect's eyes. If intoxicated, an individual's eyes bounce while trying to follow the movement, but a sober person's eyes follow it smoothly.

Police officers say this can be the first clue to a blood-alcohol content as low as 0.10, which means intoxication under Idaho law.

Andrews to appeal trial ruling

SALT LAKE CITY (AP) — Attorney General William Andrews was given a proper trial and death sentence for the torture murders of three people in 1974.

Rob Danton, one of Andrews' lawyers, said a notice of appeal was filed Wednesday with the court, the first step in taking the case to the Utah Supreme Court.

The latest action leaves the death row inmate with appeals pending in the highest courts of both the state and the nation. The U.S. Supreme Court scheduled the case for consideration in November, but no announcement has been made on a decision.

Andrews, 32, Jonesboro, La., and Pierre Dute Selby were sentenced to death for the slayings of three people at the Ogden Hill-El Shop on April 22, 1974. The victims and two survivors all were forced to drink caustic drain cleaner and were shot.

Selby was put to death by lethal injection on Aug. 28.

Further consideration of this matter only delays and denies justice, and renders a continuing mockery of the judicial process, Young wrote.

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After almost a five year absence, Jim & Sandy Ward have returned to the Magic Valley to continue their careers in the eye care business. They have recently purchased Fashion Eyewear, located at 132 2nd St. East in Twin Falls from Ellen Johnson & Ann Rangen. They would like to invite you in to review their Eyewear & Services or to stop by for a short visit. They would very much like to become re-acquainted with you.



Crew reinstatement ordered

DOVER (AP) — Judges for the National Labor Relations Board have issued a cease-and-desist order against a northern Idaho wood-working company that fired five employees when they attempted to unionize their crew.

The charge was filed by the International Woodworkers of America on April 13 against T & H Investments, Inc., operating a wood remanufacturing plant in Dover near Sandpoint. The facility planes and refinishes wood for customers, including mills from which the lumber is initially obtained.

Billie Alderman, Richard Wallace, Russell Nuxoll, Leonard Lund and Timothy Hays worked for T & H Investments as a "sticker crew" moving green lumber into stacks to let it dry. The men allege that after they discussed unionizing in April,

Then I went to my pasture and found a pile that was just created enough. It would run. Carefully, with a piece of cardboard, he scooped up the pungent letter to the editor and placed it gently into the box. "It looked like the cow had put it there herself," he says with a smile. At a newspaper office, he left the managing editor's desk with a little note. This box contains the same ingredients as the article on George Hansen.

A few feet away George is shaking men's hands and kissing ladies' cheeks. Someone yells, "Richard, Richard, trouble with the ethics committee, and George grins. "I think it's his turn to go to a government honor camp, and someone else can take his place."

A woman greets George with a smile and receives a big bear hug. "Where do we go from here, George?" she asks. "Oh, we've got big things! Big things!" she says, smiling broadly. "Big Things!"

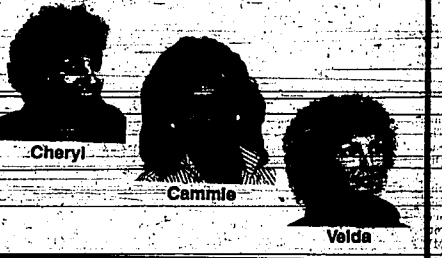
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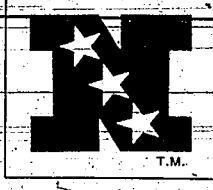
■ NBA roundup C2
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Vikings crush un-Saintly New Orleans

By DAVE GOLDBERG
The Associated Press

NEW ORLEANS — In their first winning season and first playoff season ever, seven songs were written about the New Orleans Saints, not counting When the Saints Come Marching In.



Anthony Carter, Wade Wilson, Hassan-Jones and New Orleans' "12th man" inspired Sunday that the Saints went marching out of the NFL playoffs as surprisingly as they came in.

"They caught us on a good day for them and a bad day for us," Saints Coach Jim Mora said after Minnesota shocked the Saints 44-10 in the NFC wild-card game, ending a nine-game winning streak for New Orleans, whose 123-regular-season record was second best in the NFL.

Edelman, and the Minnesota front spent the day in the face of quarterbacks Bobby Hebert and Wade Wilson. "Yeah, it was my best day," Millard said.

"We picked the wrong day to play badly." It certainly was one of those kind of days as the Vikings outgained the Saints 417-149 in total yardage; ran off 85 yards to 47 for New Orleans; had 28 first downs to nine, and controlled the ball for 41 minutes, 18 seconds against a team that led the league in ball control during the regular season.

Wilson, who replaced Tommy Kramer after Kramer fumbled on each of the first two series, connected with Jones on a 44-yard "Hail Mary" pass after Minnesota had been given a second chance because the Saints had 12 men on the field on the final play of the first half.

The victory sends a team that lost three of its last four regular-season games to finish 8-7 to San Francisco next Saturday, while Washington visits Chicago on Sunday.

That gave Minnesota, which trailed 7-0 after Kramer's first fumble set up Bobby Hebert's 10-yard touchdown pass to Eric Martin just 1:23 into the game, a 31-10 halftime lead and effectively ended the game.

The Vikings just manhandled us," Mora said. The Vikings also had four interceptions and forced six turnovers. Keith Millard forced three holding calls on Pro Bowl guard Brad

"This game was a one-game shootout, and A.C. (Carter) is a big call on Pro Bowl guard Brad



D.J. Dozier of the Minnesota Vikings flips over the New Orleans defensive line for a first-quarter gain

Zendejas kicks Seattle from playoffs

By MICHAELA LUTZ
The Associated Press

HOUSTON — The best and worst times of Tony Zendejas' NFL career came only about 10 minutes apart Sunday. It couldn't have seemed longer.



Zendejas, a three-year veteran from Nevada-Reno, who still holds the Big Sky Conference career scoring record, missed a 29-yard field goal with 1:37 to play regulation time, but he kicked a 42-yarder with 6:55 left in overtime, giving the Houston Oilers a 23-20 victory over Seattle.

Warren Moon hit Willie Drewry with a 29-yard touchdown pass late in the third quarter for a 20-13 lead. After the Oilers relinquished possession on Zendejas' missed field goal, the Seahawks went 88 yards to tie it with 26 seconds left on a 12-yard touchdown pass from Dave

was tipped by Seattle's Jeff Bryant and snagged near the ground by linebacker Fred Young. Officials, however, ruled the ball was trapped and later upheld the call on instant replay.

He caught the ball, Young said. "There was nothing I could do but cuter it. I did, with both hands on it. There was no question." Gianvillo was in a forgiving mood after Zendejas kicked the game-winner.

Krieg to Steve Largent. It was the second-scoring connection of the game between the two. The Seahawks won the overtime toss but were forced to punt, giving the Oilers another chance at victory. Oilers Coach Jerry Glanville knew exactly what he wanted to do.

"When we got the ball we couldn't control it," Knox said. "They got it, and they moved. The time of possession had to be in their favor. But give us credit. We came back and forced the overtime."

"I said if we get the ball in overtime, we're throwing it," Glanville said. "We threw the first two routes we put in when I became head coach."

Seattle Coach Chuck Knox said the Oilers performed in overtime and the Seahawks did not. "When we got the ball we couldn't control it," Knox said. "They got it, and they moved. The time of possession had to be in their favor. But give us credit. We came back and forced the overtime."



TONY ZENDEJAS
Big Sky record holder

The morning line

Good morning. It's Monday, Jan. 4. The first Monday of the year is traditionally the day college basketball teams begin their conference schedules. Only the Big Ten does so tonight, but the Big Eight and the ECAC, and, closer to home, the WAC and the Big Sky, will do so later this week.

Sunday's scores

- Football**
- NFL
- Minnesota 44, New Orleans 10
- Houston 23, Seattle 20 (OT)
- Basketball**
- NBA
- Atlanta 121, Los Angeles Clippers 84
- Los Angeles Lakers 98, Portland 81
- Ice hockey**
- Buffalo 2, Quebec 1
- Detroit at Winnipeg, late
- Calgary at Chicago, late

In final AP football poll, Sunshine State cashes in

By HERSCHEL NISSENSON
The Associated Press

For the first time in the 52-year history of The Associated Press college football poll, two teams from the same state — Miami and Florida State — have finished the season 1-2.



The Hurricanes, the nation's only 12-0 team, were a unanimous pick for the national championship Sunday following a 20-14 victory over No. 1-ranked Oklahoma in the Orange Bowl.

Florida State, 11-1, which defeated Nebraska 31-28 in the Fiesta Bowl, moved up from third place to second with 1,071 points.

point-conversion-pass-in the final minute failed.



Miami coach Jimmy Johnson, about to leave for Atlanta and the American Football Coaches Association's annual convention, said he was well-rested for a change, having gone to bed at 9 o'clock Saturday night. He had about two hours of sleep following Miami's Friday night Orange Bowl victory.

Asked about his preseason expectations for a team that lost 1986 Heisman Trophy winner Vinny Testaverde, fullback Alonzo Highsmith and defensive tackle Jerome Brown in the NFL's first nine draft picks, Johnson said: "I expect 11-0 or 12-0. That's what I expect every time. That may not be realistic but that's what I expect."

sixth and fifth, then moved up to third by crushing Arkansas 51-7 on Sept. 26.

They remained No. 3 for eight weeks and climbed to second when Oklahoma defeated Nebraska 17-0 on Nov. 21.

It was Miami's second national championship. The other one came in 1983 under coach Howard Schnellenberger.

WOMEN'S COLLEGE BASKETBALL

College of Southern Idaho at Oregon Oregon JV, 100-80
Marian at Eastern Oregon, 81-62
Idaho Falls at Eastern Oregon, 81-62

WRESTLING

Madison at Twin Falls, 100-0
Coe at Boise State, 100-0
Wendell, Jerome at Coalinga, 4-0
Bozart at Wood River, 100-0

Many baseball players will go after arbitrary pay raises

NEW YORK (AP) — It's payback time for Andre Dawson. Last year, the Chicago Cubs made Dawson swallow his pride. This year, Dawson will make the Cubs chew on their checkbook. Dinner with Andre so far.

Dawson is among the 148 players eligible to file for salary arbitration beginning Tuesday. Stars who could seek big salary increases through arbitration are American League MVP George Bell, World Series MVP Frank Viola, Bret

Saberhagen, Kirby Puckett, Eric Davis, Orel Hershiser and Willie McGee. Others eligible include Mike Boddicker, "Old Gen" Boyd, Joe Carter, Ted Higuera, Alvin Davis, Howard Johnson, Kevin McReynolds, Phil Bradley, Lance Parrish and Vinco Coleman.

Chicago refuses to consider a multi-year contract, according to Moss, who helped develop the arbitration process when he was counsel to the Major League Baseball Players Association in the early 1970s. "Any player with three or more years of major league service who is not a free agent may file for arbitration. Moss has argued many arbitration cases than anyone else."

Owners have won a majority of the cases in each of the last five years and lead 122-101 since arbitration began in 1974. "I think the process works rather well," said Pat Gillick, general manager of the Toronto Blue Jays. Others, like Yankees owner George Steinbrenner, have criticized See ARBITRATION on Page C2

Scores and stats

Basketball

Portland 119, Walla Walla 91, Mon 4 (Game 1)
JANIS, Portland, Area 12:40-27.
Walla Walla 91, Portland 119
Portland 119, Walla Walla 91
Portland 119, Walla Walla 91

NFL playoffs

By The Associated Press
AP Wire Service
AP Wire Service
AP Wire Service
AP Wire Service

NBA standings

Table with columns for Eastern Conference and Western Conference, listing teams and their records.

College basketball

Table with columns for Division I, II, III, and NAIA, listing teams and their records.

NBA box scores

Table listing NBA game results, including scores and key statistics.

NHL box score

Table listing NHL game results, including scores and key statistics.

Football

NFL box scores

Table listing NFL game results, including scores and key statistics.

AP national champs

Table listing AP national champions for various sports.

AP football poll

Table listing AP football poll results.

Individual statistics

Table listing individual statistics for various sports.

Lakers run past Trail Blazers for 10th consecutive victory

PORTLAND, Ore. (AP) — Byron Scott scored 31 points Sunday night as the Los Angeles Lakers rolled over the Trail Blazers 98-61 for their 10th straight victory.

Pro basketball

The Blazers had all-time franchise lows in field-goal percentage at 25.4 and total field goals with 27.

Ice hockey

NHL standings
By The Associated Press
AP Wire Service

Transactions

Holiday Weekend Sports Transactions
By The Associated Press

Atlanta 121 L.A. Clippers 84

Atlanta (AP) — Dominique Wilkins scored all of his 26 points and Doc Rivers had all of his 15 as the Atlanta Hawks over the Los Angeles Clippers 121-84 Sunday night.

Late Saturday

Tigers stay unbeaten vs. Northside teams

By The Times-News
DIETRICH — Richfield improved its Northside Conference record to 4-0 here Saturday night by drubbing Dietrich, 61-36.

Sports on TV

WOMEN'S COLLEGE BASKETBALL
By The Associated Press

Money winners

Table listing money winners for various sports.

Harness racing

Table listing harness racing results.

Prep wrestling

PREP WRESTLING
By The Associated Press

Quartets leaders

Table listing quartet leaders for various sports.

Slumping Bullets dismiss third-year coach Loughery

Pro basketball

The Washington Post
WASHINGTON — The Washington Bullets Sunday evening fired Kevin Loughery as head coach and team manager. Bob Pollina named assistant Woc Unsel as replacement.

Atlanta 121 L.A. Clippers 84

Atlanta (AP) — Dominique Wilkins scored all of his 26 points and Doc Rivers had all of his 15 as the Atlanta Hawks over the Los Angeles Clippers 121-84 Sunday night.

Former champ continues his comeback

GENOA, Italy (AP) — Former world champion Donald Curry continued his comeback Monday by scoring a unanimous 12-round decision over Luis Aquino in a super welterweight bout.

Girls basketball

CAREY — The scoring came in nines for the Carey girls here Saturday night in a 32-24 Northside Conference victory over Camas County.

Oilers

Continued from Page C1
The Seahawks, playing without injured running back Curt Warner, the AFC's No. 2 rusher, reached Houston's 16- and 23-yard lines but to settle for field goals of 39 yards in the second quarter and 41 yards in the third by Norm Johnson. Seattle was held to 29 yards rushing for the game.

Vikings

Continued from Page C1
Mora agreed. "It was a failure to communicate and that was my fault," Mora said of the 12th-man penalty. "It was good for them to get that score at the end of the half."

Arbitration

Continued from Page C1
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Selected offers-Merchandise

023-Investment

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007-Job of Interest

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By owner. \$120,500 2 bdrm. Range & ref., 2 1/2 baths. Call 733-4743.

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1978 2 1/2 bdrm, 2 bath, kitchen w/ oak cabinets, granite counter, stainless steel appliances. Call 733-4743.

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By owner. \$120,500 2 bdrm. Range & ref., 2 1/2 baths. Call 733-4743.

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THE FAR SIDE



"Clean it up? Clean it up? Crimony. It's supposed to be a rathol!"

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Inter-glass, 225. 324-2623.
Freezer, 125. 500 call 141
North Rose.

100-Swine
12 feeder and weaner pigs.
335 ea. - up/Sell 2 or more.
1st weather pig, 324-3733.

122-Sporting Goods
Head Sport 180 skis with
Solomon 377 bindings & car-
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\$200 or best offer. 733-6183

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Goodway Trac. 733-4635

133-Auto Trucks
1976 Ford F100 PU, 4100
Camber-shell, very clean.
good cond. Call 733-2170.

067-Miscellaneous
Round-top tickets for two
anywhere Horton files, for
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Reservations apply.
734-8303 or 734-3827

070-Wanted To Buy
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1978 Mercury Monarch, very nice. 3000 miles on factory engine. near new tires, wire caps. \$2800. 733-0226.

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1975 Lincoln Continental. 1975 Mercury. Call John at 523-5791.
1976 Lincoln. 1975 Mercury. Call 733-0226.

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1981 Linc. wagon. PS, PB, AT. AC. Very nice in and out. 3000 miles on factory engine. near new tires, wire caps. \$2800. 733-0226.

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1979 Trans-Am. excellent condition. Call 545-4166.
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1980 Plymouth Horizon. runs good. \$1000. Call 324-4557.
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International, machinery hauling truck w/24 roll back. Buhl. 5500. 733-9983.

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1978 Mercury Monarch, very nice. 3000 miles on factory engine. near new tires, wire caps. \$2800. 733-0226.

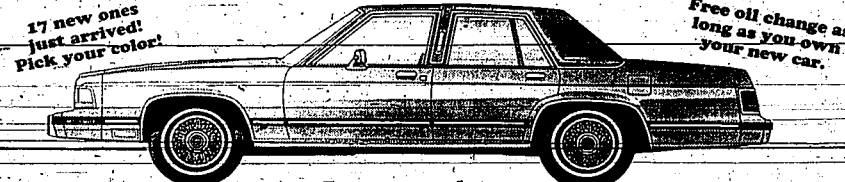
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1984 Ford F-150 4x4	\$9,488
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1986 GMC G-1500 4x4	\$9,988
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1987 Ford Ranger 4x4	\$10,988
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1987 Ford F-150 4x4	\$11,688
1987 Ford F-250 4x4	\$11,688
1987 Ford F-150 4x4	\$11,688
1987 Ford F-150 4x4	\$11,688
1987 Ford F-250 4x4	\$11,988
1987 GMC G-1500 4x4	\$12,888
1987 Ford Bronco 4x4	\$12,888
1987 Ford Bronco 4x4	\$14,488
1987 Ford F-250 4x4	\$15,288

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1978 Chevy Impala 4 Door	\$1,988
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1982 Mercury Lynx Wagon	\$2,988
1983 Volkswagen Rabbit	\$3,288
1982 Mazda 626	\$3,888
1985 Chevy Chevelle	\$3,888
1984 Chevy Cavalier Wagon	\$3,888
1984 Mercury Lynx Wagon	\$4,288
1983 Toyota Celica	\$5,988
1986 Ford Tempo	\$6,888
1983 Mazda 626	\$6,888
1987 Ford Tempo	\$7,288
1977 Mercedes 280SE	\$7,888
1984 Chevy Caprice	\$7,988
1987 Ford Tempo 4x4	\$8,888
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1987 Ford Crown Victoria	\$12,888
1987 Ford Crown Victoria	\$12,888

1243 Blue Lakes Blvd. No.

733-5110

Make a new rule,
don't sweat the
small stuff — D2

All diet, no exercise
Is a no-win, no-lose
situation — D3

D



Ketchum's Jeannie Thoren reinvented the ski to accommodate the feminine physique

They're more than skis

They're equalizing equipment

By ANNE MARIE JEHL
Times-News correspondent

KETCHUM — It's downhill from here on out for women skiers, because at long last women have the right stuff for skiing. As for men, they've never lacked the right stuff. Women have had that "right stuff" for years. But until recently, women have lacked the proper equipment — skis designed especially for them.

Now, thanks to Ketchum resident Jeannie Thoren, who designs skis for the feminine physique, the right stuff is readily available for woman downhill skiers.

Last year, Blizzard, a ski manufacturer based in Austria, assigned Canada as a test market for Thoren's new ladies line. The test was a success and the manufacturer sold out its 4,000 prototype pairs. This year 7,000 pairs of Blizzard's Thermo SRL's have been distributed throughout the United States — and they're hot.

Skis for women are so hot, in fact, that other ski manufacturers have entered the scene looking for a piece of the action. In 1987, approximately 15 ski manufacturers introduced skis for women. Still, many of these skis are merely a cosmetic attempt at accommodating women skiers by making a male version with pretty pink paint.

But Thoren has set about reinventing the ski, because, as she says, "In the male-dominated ski industry, I had a new perspective — the one that has the wide hips and severely angled femurs."

Realizing that "the male ski" was just that, male, Thoren has combined the experience of a skier with 17 years of mountain climbing design, what she calls "equalizing equipment." She will put the mechanical advantages of the female physique to work for them.

According to Thoren's visual images, women are "pears sitting on their bottoms" while men are "pears standing on their heads." She says that these images demonstrate that women have a lower center of gravity than men.

With this lower center of gravity, it's harder for women to get their weight forward onto the front of their skis. After interviewing and experimenting with women on test skis, Thoren found that 94 percent of women skiers ski more effectively on a ski with a binding moved forward 1/2 centimeter. So, Thoren changed the mounting marks, moving bindings forward precisely that amount.

Becoming a kind of "Dear Abby" of the mountain, Thoren also heard several other complaints common to women skiers. She then went on to create

See SKIS on Page D3

Times-News Photo/ANDY ARENC

Glide to total fitness with cross-country machines

By BOB GOLDMAN
The Los Angeles Times

Glide your stride

You don't need great powder, to reap the many fitness benefits of cross-country skiing, considered by exercise experts to be one of the best cardiovascular exercises. In fact, you don't even need skis. Today's cross-country ski machines offer all the aerobic and toning benefits of cross-country skiing in the comfort of your home.

The cross-country skiing motion comes closer to the ideal exercise than any other. Whether on land or machine, you'll use nearly all major muscles in your arms, legs, abdomen, chest and shoulders. The stand-up position of the machine provides a smooth, rhythmic workout that simulates the "grace and fluidity" of cross-country skiing and provides a vigorous, total-body workout.

Darling of exercise experts

Because of its smooth, low-impact movements, cross-country skiing is the darling of health experts and fitness buffs. Per Olof Astrand of Sweden found cross-country skiers to have the highest cardiovascular capacity of all Olympic athletes, and Kenneth Cooper, M.D., a major figure in modern-day fitness, claims cross-country skiing is the best aerobic exercise. Whether you ski hill and dale or in front of your television set, you'll burn more calories than you would in most other sports. On slow speed/low resistance settings, you'll burn about two calories per pound of body weight per hour; set the machine at a faster pace, and you can burn up to 10 calories per pound — as much as 450 calories per half hour, the recommended workout time.

Cross-country ski machines let you practice your stride in the comfort of your living room, and allow you to regulate your workout so it meets your fitness level and needs — a choice Mother Nature rarely allows. While cross-country ski machines work slightly different muscles in a different way than the outdoor sport, it's still as close as you'll come to the real thing, minus the snow and scenery. Our best bets — the NordicTrack and Prepor 515E — are attractive, affordable machines that cost between \$450 and \$600 and occupy less space than your couch.

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The basic workout

If you're new to cross-country ski machines, you'll need about 15 minutes to acquaint yourself with the arm and leg mechanisms and to learn the basic gliding motion. One of the best ways to learn this right stride is to watch an ex-

perienced cross-country skier. While practice and simple to master, the movement takes some practice at first. Those of you who roller skate or ice skate will find a lot of similarity in basic movements.

Before you actually start your workout on the machine, do some stretching to loosen your joints and muscles. When you feel confident with your skiing stride, set the arm and leg mechanisms on the machine to the lowest speed/resistance level. Then start on the machine, adjust the hip rest so it lays against the flat portion of your lower abdomen, insert your feet — regular sneakers are the best footwear — into the slots, grasp a "ski pole," cord on a pulley — in each hand, and leaning gently against the hip rest, glide away.

Warm up by skiing at a slow speed with low resistance for 10 minutes. Follow that with five to 10 minutes of more vigorous skiing, and cool down with five to 10 minutes at the slower setting.

A little goes a long way

Because this machine provides such an intense workout, limit your exercise session to 30 minutes twice a week. Combine it with other aerobic exercise on alternate days, such as swimming, cycling, speed walking, aerobic dance, rowing or, if you happen to live in snowy regions, outdoor cross-country skiing.

Bob Goldman, D.O., is director of sports medicine research at Chicago College of Osteopathic Medicine and chairman of the Amateur Athletic Union's sports medicine committee.

Quick takes

Out with the old

What were our greatest health and fitness accomplishments for 1987? Unless you were able to finally change that perfect body, you may have to calibrate the accomplishments of others, including those in the scientific community. Here are a few from Health magazine and other sources:

Center for Science in the Public Interest reported that this year for the first time, the number of processed foods whose sodium content outnumbered those whose sodium content increased.

Minoxidil, a drug usually used to treat hypertension, was lauded as a cure for male pattern baldness, although it apparently does not work on all people.

For the first time ever, more than 50 percent of Americans said they use seat belts, according to a Harris poll.

Omega-3, found in certain kinds of fish oil, became the darling of the health set because it apparently reduces the risk of heart disease. While manufacturers rushed into the market place with fish oil capsules, many scientists cautioned the public to eat

fish such as salmon, herring and sardines three times a week, rather than taking supplements.

Calcium was the supplement of the day. It showed up in bread, orange juice and flour. Calcium supplements continued to show phenomenal sales growth.

But does calcium supplementation prevent the bone-thinning disease osteoporosis? Scientists continue to promote calcium through nutrition (4 glasses of low-fat milk a day) beginning in childhood. Whether supplementation alone can prevent osteoporosis, has yet to be proved.

In August, Californian Lynn Cox became the first person to swim across the Bering Strait between Alaska and the USSR in 40-degree waters.

Researchers worked feverishly toward a cure for AIDS while politicians argued over AIDS testing and how best to stop the spread. Should AIDS testing be mandatory for certain segments of the population? Should schools catch and test? Should public buses be used for sterile drug paraphernalia, so that drug abusers don't pass the disease through contaminated needles? As usual, the American public is debating the issues, while the disease continues to kill.

See TAKES on Page D2

Looking good

Less is more for modern school

By The Washington Post

For a while it looked as if you had to be tied up like a Christmas gift to be in fashion this season. Puffs and bows, ruffles and tiers. The bingos of tassels and other trappings, turned on by Christian Lacroix, has been a turnoff to many younger designers who like clothes lean, clean and mean.

Actually the lean and clean gang is not all that young. Calvin Klein is the granddaddy of them all. His remarkably spare separates established the theme for American sportswear and gained respect for American fashion worldwide. Klein still designs a portion of his collection within this scheme, but he is also dipping into a world that is often dressier and busier than his earlier, easy-lower-spans style.

No matter, there are lots of others opting for unfancy fashion and doing it well. Michael Kors, for example, trims his collection down to a lean, untricky line with short skirts and long shorts with easy-fitting, blazer-cut shirts. Cathy Hardwick's short-

cuts intricate tailoring with fabrics that stretch into the blinks of the eye. Marc Jacobs, David Cameron and Stephen Sprouse are others in this less-is-more modern school.

At the head of the class this season, however, is Ronaldus Shannak, whose pared-down style is a natural development of the architectural clothes that first gave him recognition. In the past year he has taken his "natural" progression, as he points out, since he has been importing fabric from Italy for some time. "I used to have to compensate for the lack of quality manufacturing by making the design more complicated. If something simple is not made perfectly, it shows," says Shannak. "You see the puckers in gaborade, and the bad stitching. With enough freedom you can hide it. Fortunately, I don't have to do that anymore."

In fact, his collection for spring is quite the opposite. "My clothes have never been more simple,"

See LOOKING GOOD on Page D2

Wife's inner beauty triumphs over the ravages of disease

DEAR ABBY: I noticed with sadness the letter from "Hill a Woman." She said she had a very caring man who would not be put off after learning of her mastectomy.

At the ripe old age of 32, my wife was diagnosed with metastatic breast cancer. Both breasts were removed in the past five and a half years. She had extensive chemotherapy, radiation treatments, numerous surgeries (including total hysterectomy), and finally ended up in a wheelchair.

After her death, I was left with her memory and three children (12, 8 and 6) to help heal my pain.

However, not once during all these years of her trauma did I ever consider her less than the most remarkable, beautiful, loving per-



Abigail Van Buren
Dear Abby...

son that she had always been. Not one day among the thousands of days she was less than a whole woman.

I did not marry her breasts or any other part of her anatomy. I married her, what she was at any given point in time — her personality, her essence. If you will.

"Hill a Woman" should understand that the physical "problem" is hers in her mind, and should really be no problem at all. If I could find any woman who is half the person

my wife was with no breasts, I would never let her go! **Sign me STILL-LOVING AND STILL-LOOKING**

DEAR STILL: You appear to be a very special man who deserves to find another high-quality woman. I hope with all my heart you do.

DEAR ABBY: I recently went on a short trip and asked a good friend and neighbor to water my plants. Naturally, I gave her a key to my house.

When I returned from my trip, someone told me that in my absence, this friend had taken several people through my house on a "Cook's tour," made coffee and entertained them in my home!

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Am I being too sensitive about this unscheduled "tour"? It's weighing in my mind and has affected my friendship with her. How would you handle it?

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DEAR BETRAYED: At the appropriate time, I would tell my friend what I had heard, and give her a chance to confirm or deny the story.

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DEAR ABBY: I just read the letter about the mother-in-law who complained about her 30-year-old daughter-in-law who puts her two small children down to nap while she watches the soaps for two hours. I am furious!

I also have a 30-year-old daughter-in-law with two small children. She never watches soaps and she never puts her children down for a nap; instead she gets up in the morning and heads for the mirror. She has a beautiful face and she knows it. She thrives on constant attention wherever she can get it. So why does she get so mad at the two little ones in the car.

She runs to tennis lessons, clubs and wanders through stores and

malls shopping, dragging her tired sleepy children with her.

On weekends the kids get a nap while my wife sits by the sofa. A wife can run and shop some more. He treats her like gold, telling her how "beautiful" she is.

What I wouldn't give for a daughter-in-law who would stay at home and watch the soaps every afternoon while the two little ones are asleep.

— **FURIOUS IN PHOENIX**

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"We're looking at more than just a passing of the blues," said Dr. Martin B. Keller, director of outpatient research in psychiatry at Massachusetts General Hospital. "In the fall I get lots of calls from people who feel this depression coming on."

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"In this state, people appear more energetic, bright-eyed, more enthusiastic. But if you're trained in this field or if you know the person, you notice they don't appear quite right," Keller said.

"The phoric happy state can turn into a temper outburst and a blue mood," Keller said.

The condition is treatable but not with what might seem the logical remedy: a plane ticket to the Bahamas. "That's a very appealing thing to do but I don't think it's necessarily good medical practice," Keller said.

Instead, Keller said he would approach the ailment like any other psychological disorder: by determining whether counseling or medication would help. In some instances counselors have advised patients to try to get outdoors more during the winter.

Psychiatrists have known about the disorder for several years but only this year has it gained official status. Keller said the growing understanding of SADS will lead to new research and expand understanding of who gets the disorder and why.

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called melatonin, secreted by the pineal gland, a bean-sized part of the brain. The sleep-inducing hormone is produced in the dark and, particularly during winter when days are shorter and darker.

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SADS patients also typically experience weight gain because they crave carbohydrates and sleep more. By contrast, most depressives lose their appetites.

Patients are excluded from the seasonal disorder group if an unrelated factor every season could induce depression, such as being unemployed every winter.

More than 9 million Americans suffer from various forms of depression, according to a 1984 study, Keller said. Of that group, an estimated 5 percent, or 450,000, have SADS.

Rather, the change of the season affects a certain group of people who are vulnerable either because of their body chemistry or because of their emotional history. Keller said. Some who have suffered ethical depression or has experienced some kind of emotional trauma is more likely to suffer the seasonal syndrome, he said.

Patients with severe depression are likely to suffer mania, a full-blown disorder that lasts at least a week and includes such characteristics as irritability, energetic behavior, short temper, poor judgment and self-destructiveness. SADS patients are most likely to be hypomanic, a milder form of mania.

Don't atrophy, learn to cope with those inevitable injuries

By **JEAN FAIN**
The Los Angeles Times

I've been a good fitness go-to-be. I always stretch before and after a workout; always bend my knees when doing sit-ups and never do double leg lifts. But somehow, my back decided to give out.

After trying aspirin, bed rest and a heating pad, I realized that this could be no exercise. My doctor concurred — no exercise for two weeks. No exercise and more rest.

Though it is a hard fact to face, people who keep fit may have to cope with injury at some point in their exercise careers. Whether it be shin splints, a pulled muscle or back problems, there may be a time when an active person is better off off his feet.

It's easy to rationalize that injury is "not forever," that the sooner you recover, the sooner you can get back into action. But the exercise spirit is hard to quell.

The first horrified thought I had was weight gain. Without my daily bout of calorie-burning rope jumping or swimming, I would have to curb my appetite. I had stopped dieting several years ago when I realized that exercise was the only pleasant way to control girth. The thought of limiting my breakfast muffin or eliminating afternoon ice cream runs was scary. But it had to be done.

The other immediate problem was time. All the hours I was used to spending in weight workouts, aerobic dance classes and on long walks were mine to use in some other way. How could I find the free time turned to boredom?

I had the lethargic feeling a person gets from keeping the muscles still and the endorphins subdued. Hello, injury blues.

There's no way out of it; the injury is real. You deal with it when it will stop hurting and you can't share the pain. But depending on the injury, there are ways to avoid total atrophy of the body and the mind.

If the injury permits, try a sport that doesn't involve the injured part. People with tennis elbow or bursitis of the shoulder can bicycle or walk to maintain their fitness level. Studies show that exercising other than in the way that caused the injury actually speeds recovery. Keeping the blood and oxygen flowing aids the healing process. Maintaining a fitness program also helps weight control.

The other strategy for those who must keep still, is to make that quiet yearning to get moving catch up on old pen pals or read a good book. Two quiet weeks can be an escape from the rat race, a time to walk slowly and discover what and what you've been too busy to notice.

Even if you have to tie yourself down, don't start exercising the injured part until the pain is gone. And don't convince yourself that the

injury really doesn't hurt. It does and it will continue to hurt even if you do without the necessary rest.

When your body signals that it is time, slowly resume exercises stretching and strengthening the injured area. If the pain returns, stop immediately and check with a doctor.

Here are three exercises that have been used in my backache recovery program. After a serious injury, get an OK from a doctor or physical therapist before starting any exercise program.

KNEE HOLD — stretches the back muscles. Lie on your back with your knees bent straight. Bend the right knee and pull it toward the chest with both hands. Hold 10 counts. Return to starting position. Advance left. Repeat three times. Advance by holding for 20, then 30 counts.

BUTTOCK SQUEEZE — relaxes tension in the buttocks. Lie on your stomach, upper body resting on your elbows, legs straight. Tighten the buttock muscles. Hold five counts. Relax. Repeat five times. Advance by holding 10, the 20 counts.

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Wife's inner beauty triumphs over the ravages of disease

DEAR ABBY: I noticed with sadness the letter from "Half a Woman." She should know that any real caring man would not be put off after learning of her mastectomy. At the ripe old age of 32, my wife was diagnosed with metastatic breast cancer. Both breasts were removed in the next five and a half years, and extensive chemotherapy and radiation treatments, numerous surgeries (including total hysterectomy), and finally ended up in a wheelchair.

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Abigail VanBuren Dear Abby

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FURIOUS IN RHODE ISLAND

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