

Inside Today

Series resumes Friday — C1

Classified Your Winter Specialists Marketplace C4

SWAT team: Building trust — B1



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# The Times-News

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Monday, October 23, 1999

## Quake efforts move slowly; damage sets record

The Associated Press

SAN FRANCISCO — Rescuers euphoric over finding a survivor in a collapsed freeway resumed work at a frustratingly cautious pace Sunday, and earthquake-shaken Northern Californians mapped strategy for Monday's commute through "gridlock."

### Tracking the fault — A3 Living in tents — B3

More than 100 people were evacuated Sunday afternoon from an Oakland housing project located within 10 feet of a four-block stretch of Interstate 880 abutting the portion that gave way in the quake.

Damage estimates topped \$7 billion, making the quake the costliest natural disaster in U.S. history, according to the Independent Insurance Agents of America.

Baseball commissioner Fay Vincent announced Sunday that the World Series would not resume until Friday night, three days later than originally hoped.

Special services were set because some damaged churches remain too dangerous and congregants praying for peace with the Earth were encouraged to share their quake experiences.

## 'Bread, Not Bombs'



Despite threatening skies, more than 375 people showed up for the "Bread, Not Bombs" rally

## Japanese join INEL protest

By N. S. NOKKENTVED

ARC — Nuclear weapons plants proposed for the Idaho National Engineering Laboratory would escalate the nuclear arms race, said a group of Japanese demonstrating at the site Sunday.

expand the nuclear arms race. "This plant to be operated here will not reduce nuclear weapons, but it will increase those weapons," Kaneko said.

can people." Fumio Miyahara said. "I feel we ought to cooperate together to eliminate nuclear weapons."

## Abortion advocates regroup after veto

The Associated Press

\* WASHINGTON — Abortion rights advocates conceded Sunday they have little chance of overriding President Bush's veto of a bill allowing Medicaid to pay for abortions over abortion-related issues.

But pro-choice lawmakers and lobbyists said they still will put up a fight to override Bush's veto of the \$157 billion Labor-Health and Human Services appropriation bill.

## Soviet poll finds little optimism

The Washington Post

MOSCOW — An opinion poll published here Sunday indicated a lack of public confidence in Soviet President Mikhail Gorbachev's perestroika reform program, with 18.5 percent saying life is likely to get worse in the future.

Only 12 percent said that perestroika, the term for Gorbachev's comprehensive program, would lead to significant improvement.

## East German media show new openness

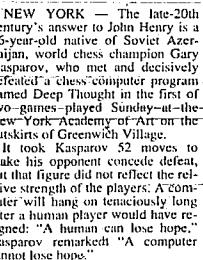
The Associated Press

BERLIN — In a crowded East Berlin subway train, commuters shake their heads in disbelief as they flip through the Communist Party newspaper Neues Deutschland, its pages brimming with workers' complaints and admissions of official bungling.

Long scorned by East Germans who looked West for the news, the media have embarked on a campaign of "relative" openness about the causes of the nation's current ills.

## Chess champion vanquishes computer

The Washington Post



NEW YORK — The late-20th century's answer to John Henry is a 26-year-old native of Soviet Azerbaijan, world chess champion Gary Kasparov, who met and decisively defeated a chess computer program named Deep Thought in the first of two games played Sunday at the New York Academy of Art on the outskirts of Greenwich Village.



World champion Gary Kasparov ponders a move

'Chess is wider than calculation. It's even wider than logic. You have to use fantasy and intuition.'

was noisy, commenting on and sometimes laughing at the computer's moves on the third floor, where grandmaster Edmar Mednis and commentator Shelby Lyman gave a running annotation of the game.

• See CHESS on Page A2



# Quake overshadows federal deficit woes

WASHINGTON (AP) — Congress will spend much of this week's spending money, including billions for earthquake disaster relief, while also trying not to lose sight of the need for reducing the federal deficit.

California's House delegation planned to seek an aid package Monday at a meeting of the House Appropriations Committee, and Speaker Thomas S. Foley said he expected Congress to act quickly.

Congress has asked the president's budget office for an official cost estimate by Monday morning, but administration officials said Sunday more time may be required as the damage estimates from the San Francisco Bay area continue to escalate.

Carthy on Sunday put the needed federal aid at \$3.3 billion; Sen. Alan Cranston, D-Calif., raised it to \$3.5 billion and Sen. Daniel Patrick Moynihan, D-N.Y., said he expects the figure to rise to \$5 billion before it's all over.

"I'm sure we'll reach closure on what is a realistic number," Skinner said.

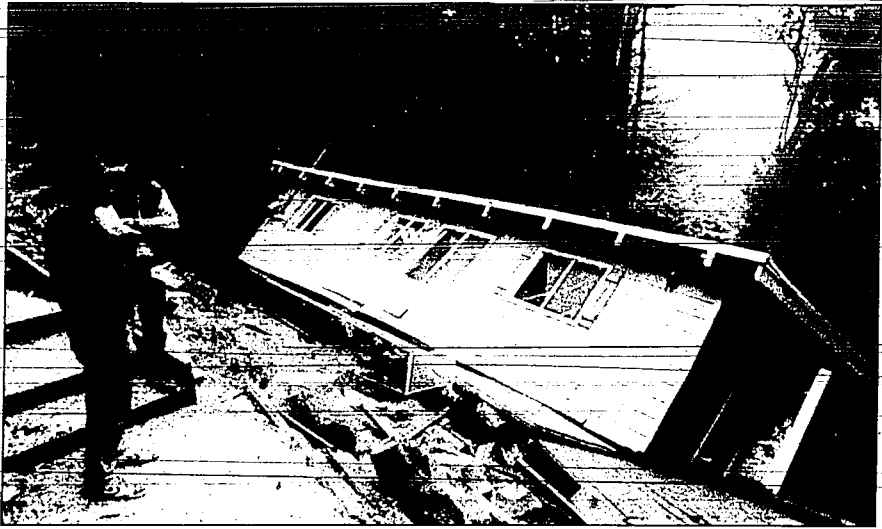
Moynihan, interviewed on NBC's "Meet the Press" program, said he expected most of the earthquake aid to come from the \$12 billion accumulated in the Federal Highway Trust Fund.

But he said President Bush should use the earthquake and Hurricane Hugo last month to call for a massive new public works program financed by an increase in gasoline taxes to repair the nation's infrastructure.

"If ever there was a moment to talk about increasing the gasoline tax, now is the moment when people have those pictures of the Nimitz Expressway still in their minds," Moynihan said. "Let's get this country fixed up."

"It's an evolving situation..." Transportation Secretary Samuel Skinner said Sunday on CBS-TV's "Face the Nation" program. "I don't think we want to give a number."

Foley on Friday said he expected that Washington would have to provide \$2.5 billion in earthquake relief. California Lt. Gov. Leo Mc-



# Bay Area gets ready for congested traffic

SAN FRANCISCO (AP) — The earthquake-crippled Bay Area braced for a gigantic traffic jam Monday, and officials appealed for commuters to use car pools, trains or ferries, switch their hours or work from home.

"Because of the stage of emergency... if we find ourselves with a single-person vehicle with any alternative, then they're doing an anti-social act," said Rod Diridon, chairman of the Metropolitan Transportation Commission, a regionwide planning agency.

Some 1 million people in the nine-county Bay area commute to work from home to do their daily on an average weekday, according to the commission which predicts 2 million of those will probably encounter delays of some kind. Monday is the first real business day for many thousands since the quake.

At least 65,000 people who normally enter San Francisco over the Bay Bridge at rush hour in cars or buses must find other routes because the artery was severed.

The Bay Area Rapid Transit system, which runs trains in a tube beneath the bay, should pick up 35,000 of them and ferries can handle 10,000. That leaves 20,000 to try car and van pools across the San Mateo Bridge to the south or the Richmond-San Rafael Bridge in the north.

"We expect it's going to be extremely crowded," said BART spokesman Sy Moubor on Sunday. "I would say that it's going to be a jam-up probably." The system, which normally shuts down midnight to 6 a.m., will run 24 hours.

Transit officials urged businesses to implement "flex hours," in which an employee can report to work at staggered times and avoid commute rush hours. They asked anyone able to work from home to do that.

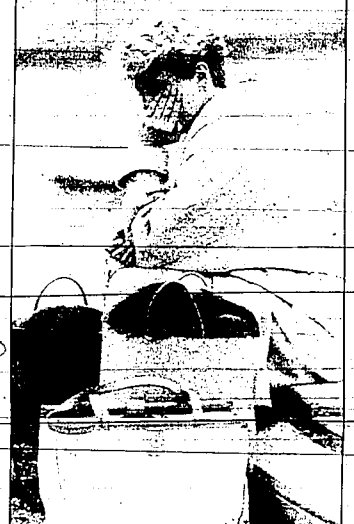
The devastation to Northern California's roadways was tremendous, and long-term.

The eight-mile-long Bay Bridge will be closed at least a month while a 50-foot section is replaced. Last Tuesday's 6.9-magnitude earthquake also collapsed a 1.25-mile section of Interstate 880, the Nimitz Freeway, killing dozens of people. It had carried 170,000 vehicles per day, but will now likely be closed for weeks.

In San Francisco, the Embarcadero Freeway suffered severe damage.



Top, Bob Kublatowicz, left, and John Woolscroft look at what's left of a neighbor's home in Boulder Creek, Calif. Kublatowicz's home was untouched while Woolscroft's suffered the same fate as the home pictured. Left, volunteers retrieve a television from a braced, partially collapsed building while helping a resident of the Marina district recover belongings. Residents were given 15 minutes to salvage possessions from their homes, many of which will be demolished. Right, a woman sits on a streetcorner in the Marina district with bags full of belongings.



# Geologists: Evidence contradictory Bay Bridge closed for 4 weeks

Newsday

LOMA PRIETA, Calif. — Like bloodhounds to a trail of a fleeing convict, eager geologists are scrambling over hills and down gullies seeking footprints of the deadly earthquake that rumbled through the San Francisco Bay Area last week.

The clues they are digging for range from hair-thin cracks in asphalt highways to deep, jagged gouges ripping through the ground. But the clue that they want the most — a clear, fresh line showing where the fault slipped — is more elusive.

"We still don't have a nice clean fracture we can put our fingers in and say, 'That's the San Andreas fault,'" said Tom Holzer, chief of the engineering and seismology branch of the U.S. Geological Survey in Menlo Park, Calif.

What they have found instead, geologists reported, is a jumbled, confusing pattern of ground fractures here along Summit Road, a two-lane strip of pavement. These cracks, which march across the hills paying no heed to topography, may be the fault's surface signature, or simply damage caused by intensive shaking.

The scientists hoped that by finding a clear fault trace on the surface to measure, they will be able to determine exactly what happened deep underground and to find out how fast it might happen again.

The knowledge gained from earthquake studies is widely used in designing buildings, in finding sites for nuclear reactors and for estimating

the risk of earthquakes recurring. The Long Beach, Calif., earthquake of 1933, for example, led directly to the strict building codes that saved many lives in San Francisco last week.

"We spend a lot of time mapping" cracks, said David Schwartz, also of the Geological Survey, after he followed the break in the ground down the side of a steep gully, up the other side and across Summit Road.

Schwartz said this is done in an attempt to build a picture of what happened, but this time it is more complex. Indeed, some geologists think that the earthquake occurred deep beneath the surface — as much as 10 miles down — and evidence of rupturing may never be found on the surface.

Schwartz' co-worker, geologist Carol Prentice, scrambled down a steep embankment of loose dirt, leaves and rocks and worked her way around the trunks of huge redwood trees, looking carefully at the break in the ground. She tried to see exactly where the two sides once fit together to figure out if they moved up, down, left or right.

Although the "cracking" is impressive evidence of where the fault lies, it also presents a paradox. The cracking is not at the earthquake's epicenter, the fractures are not the kind expected from the San Andreas area, and movement of the ground seems to have been in the wrong direction.

All this makes the specialists here suspect that they are seeing signs of slumping — land sliding downhill

rather than the fault line itself.

That makes them suspicious it "some pretty consistent left-lateral offsets," or sideways motion of the broken ground, geologist Malcolm Clark said. Left-lateral offset is the opposite of what is expected from the San Andreas fault. The experts were expecting right-lateral slippage.

Clark, also of the Geological Survey, said, however, that in the 1906 San Francisco earthquake there were also signs of left-lateral slippage in the Loma Prieta area, "so the fault is having no trouble. We're just having trouble understanding it."

There is no doubt, however, that the San Andreas fault slipped in a right-lateral direction when it caused the magnitude 6.9 tremor Tuesday. According to Will Prescott, another Survey geologist, numerous measurements, across the fault zone show clear evidence of right-lateral slip, with land on the western side of the fracture moving as much as 1.5 yards.

For many geologists, it is just this sort of frenzied field work, with speculation, second-guessing and arguing over details, that makes geology worthwhile.

SAN FRANCISCO (AP) — Of the entire 8.5-mile span of the San Francisco-Oakland Bay Bridge, only about 50 feet is not where it belongs.

But that is all the difference in the world.

"Ninety-five percent of the bridge worked," said Greg Bayol, a spokesman for the California Department of Transportation.

Officials estimate it will take about four weeks to repair two sections of the bridge damaged in Tuesday's earthquake and reopen the span to the 270,000 vehicles that cross back and forth each day.

"One month sounds awful ambitious," conceded Bob Halligan, spokesman for transportation department. "We may get in there and find something else."

One person died in the collapse, a 23-year-old Berkeley woman whose car sped over the edge moments after the gap opened.

Initial work is planned for this weekend, when a huge crane will lower the 250-ton section of the upper roadway more than 100 feet to a barge in the bay.

On Friday, crews prepared the damaged section, working in stiff 37 mph winds, biting temperatures and

a light fog.

The five-lane-wide chunk of roadway slumps at a terrifying angle toward the water, which is visible through a savage slice cut into the lower level by the falling edge.

Workers operated small vehicles and cables just a few feet from the edge, defiant of wind gusts and the choppy gray water below.

Since the accident, workers have hoisted pennants on the upper span in the black-and-gold colors of the San Francisco Giants and green and yellow of the Oakland A's, the cross-bay rivals meeting in the delayed World Series.

Reporters were allowed to tour the bridge Friday, but could not talk to workers.

One project manager, however, volunteered that the repair work would be unique.

"We've never done anything exactly like this," said Doug Constock of the Smith Rice Co. of Oakland, which is removing the damaged section.

The company's No. 5 barge and its crane capable of hoisting 400 tons were already in place Friday afternoon.

Once the bridge section is on the barge, officials said, it will be taken to Alameda for study and, if possible, repairs.

Jim Roberts, chief of structures for the state transportation department, said the damaged section appears to be in good shape. If it can be salvaged, it will be put back in place as soon as possible, he said.

"It will be upgraded to today's technology," he said.

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# Opinion

## The Times-News

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### Acid rain problem giving Northwest utilities heartburn

The acid rain problem is giving Northwest utilities heartburn, and they hope the region's members of Congress can spell relief. The issue is central to the clean air act proposed by President Bush that is starting to move through House and Senate committees. The few coal-power plants and polluting industries in the Northwest area, contributing much to the acid rain that is killing Eastern lakes and forests. That pollution is coming from dozens of Midwest coal plants that lack scrubbers on their smokestacks that burn high-sulfur coal from the East. But the Northwest's economy and electric ratepayers have a big stake in the solution to acid rain and efforts to keep it from spreading.



Larry Swisher

er utilities strongly against it when he raised the issue.

The three men are the Northwest's only members on the committees that will handle the clean air bill. Symms belongs to the Environment and Public Works Committee, which began meeting this version last week, and Wyden and Swift serve on the Energy and Commerce Committee, which has been working on one for weeks.

Up to now, a national electricity tax has seemed to be part of the price for passage of a bill to toughen all air pollution controls, because of the clout of members from states like Illinois, Indiana and Ohio.

But President Bush has come up with a different plan — to allow utilities to earn pollution credits for cleaning up their plants. Still, Northwest utilities fear cost-sharing will be pushed in Congress and have concerns about Bush's plan.

Symms was one of the original proponents of emissions trading as a way for industry, instead of government, to determine the best way to clean up air pollution.

But he wants to go further and eliminate a ceiling on total acid rain pollution, a measure strongly backed by environmentalists. He wants the ceiling removed so that Western utilities can expand to meet growth, as long as they don't violate other air pollution standards. Otherwise, they would be required to cut already low emissions further at high cost and could not purchase pollution credits from Midwest utilities.

Symms argues that human health would still be protected by other standards, including limits on smokestack emissions rates for acid-rain pollutants. Some Northwest utilities dislike emissions trading and would prefer getting credits for the anti-pollution efforts they already have made, an idea Symms also supports. Midwest credits could be hoarded and would be another form of cost-sharing.

"They are going to be a very valuable commodity," PacificCorp's McDonald says. "It's rewarding them for having done nothing all these years."

With such issues still to be settled, it's no wonder members are predicting the clean air debate will last well into 1990.

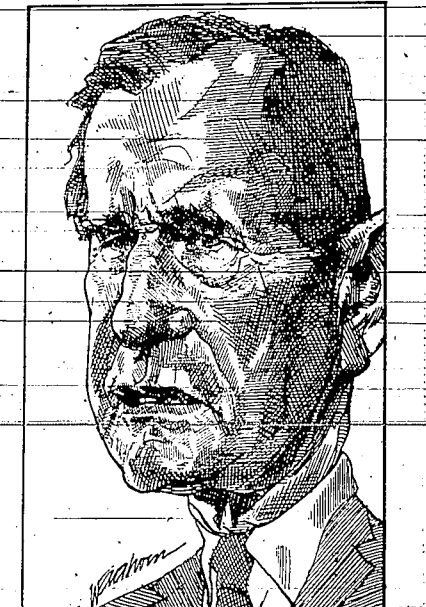
Larry Swisher, a former Times-News reporter and editor, writes on Northwest issues from Washington, D.C.



### U.S. dealing with success, frustration despite complaints from conservatives

WASHINGTON — Conservatives glumly gaze that Mikhail Gorbachev has found a way to have his cake and eat it too: to support the outposts of Soviet empire acquired in the 1970s and to enjoy improving relations with the United States. They feel that the Bush administration is averting its gaze from the anti-communist insurgents that Ronald Reagan supported in the 1980s and otherwise defaulting on the country's commitment to freedom and its interest in a balance of power. This is the line of criticism of the Bush administration now rising from the right. It's a heavy charge, and it's mostly wrong, based as it is on a narrow and myopic look at the particular places where Gorbachev is supposedly picking up easy pieces without paying an American price for them. In Afghanistan, the guerrillas we supported achieved in full our principal and large purpose of throwing back Soviet military power and easing any geo-strategic threat to the oil-laden Persian Gulf. Another, even larger American purpose — one so grand that few dared dream about it — was served with even more astonishing success: to impress upon the Soviet leadership the requirement to turn from foreign-adventure to domestic renewal. It turns out that, with Soviet forces subtracted from the military equation, the guerrillas we arm haven't yet licked the Afghan army, which Moscow arms. But our basic objective was always to counter Soviet forces and bleed Moscow, and we did it with a vengeance. It was an extra hope, an add-on, to see our Afghan favorites prevail internally in a bitter civil war that was going on before either Soviets or Americans joined it.

It remains to be seriously debated in this country, however, whether we serve Afghanistan better by continuing to hang tough or by encouraging the kind of political settlement we encourage elsewhere. In any event, it is difficult to maintain that the difference between the Afghan contenders, whatever it is, is the difference between totalitarianism and democracy. In Nicaragua — if you look at it through a wide-angle lens — we are again dealing from success as well as frustration. There was always confusion about the goal of U.S. policy: whether to bleed-or-topple the Sandinistas or to seek political ways to limit their power. We failed at No. 2 but now arrive at a combination of No. 1 and No. 3. None of us likes the idea of the Sandinistas applying their large advantages in organization and foreign aid in the coming elections. But whatever strategic menace the Sandinistas once were thought to pose or to us, much of a threat, notwithstanding continuing East Bloc arms deliveries. Meanwhile, the electoral option that Contra pressure helped create is winning acceptance from most Nicaraguans as the best available alternative to an unchallenged consolidation of Sandinista power. A movement that dilutes the strategic alarm, produces an internationally supervised election and leaves the United States with its thumb on the local economy: Did the conservatives really expect more? In Angola, our victory is more smashing. By a regional policy whose military aspect included supporting (to this day) Jonas Savimbi, we have abolished apartheid and won freedom in a whole country. Namibia, in Angola we have contrived the withdrawal of rival foreign forces (Cuba and South Africa) and returned the country's political future to a negotiation among Angolans; our guy, who was in the bush, is now at the table, and their guy, who was a Marxist, is going market. In South Africa we are positioned for a potential breakthrough so breathtaking it's scary. Overall, this is an immense achievement. For Savimbi, it's no sellout; it's providing him a political opening he could not conceivably have gained on his own.



Stephen Rosenfeld

In Cambodia, we still need to work our way through the political math. Soviet-supported Vietnam has withdrawn — that's a plus. Vietnam left behind in Phnom Penh a government that is also Soviet-supported — that's a minus. But this local government is the only rational hope for beating back the murderous Khmer Rouge — that's a quadruple plus. Fret about the Soviet "empire" in Indochina? Not on Cambodia's list. We should be thanking the Kremlin for providing the anti-Khmer Rouge counterforce that our instinct and diplomacy call for but our politics deny. It is enough to make one long for the days when conservatives were clear-headed and realistic.

Stephen Rosenfeld writes for The Washington Post.

### Recent emergencies show difference between local, federal responses

WASHINGTON — Within a month, two natural disasters have struck the United States a continent apart on the Atlantic and Pacific coastlines. Together, they have been the most destructive of the century. In each case, the response of citizens in the Carolinas to Hurricane Hugo and in California to the Loma Prieta earthquake have been, in the main, magnificent. The same cannot be said of the federal government's response to the hurricane emergency relief effort or of the way it mishandled a third disaster, this one made in Alaska last March — the nation's worst oil-tanker spill. What the federal record will prove to be in the earthquake emergency cannot be determined, but it is of concern to the Bush administration.

It is of greater concern to the country, especially since the federal burden falls upon perhaps the most hapless U.S. agency, the Federal Emergency Management Agency, which, despite these recent disasters, astonishingly continues to operate without a permanent director. In the wake of still-strong criticism of its passivity and ineffectiveness in the earlier crises, reinforcing charges that Bush's presidency has been reactive if not timid in its approach to challenges, this time the

Haynes Johnson  
Administration moved swiftly to demonstrate its ability to act decisively. Even while its rescuers sat transfixed before their television sets Tuesday night as the earthquake scenes unfolded before their eyes, Bush was on the air with words of reassurance. Soon after, it was announced that Vice President Dan Quayle and Transportation Secretary Samuel Skinner had been dispatched to San Francisco. Quayle's tour was, at best, of dubious value. Unfortunately, he continues to come over on television as a little boy lost whose forlorn quality spurs even more instant jokes. One that circulated rapidly through Washington, and probably the country, had Quayle being ordered to go to the epicenter and immediately booking a flight to Orlando. It didn't help, either, when San Francisco's Democratic mayor, Art Agnos, dismissed Quayle's quick visit as a "publicity stunt," adding bitterly that Quayle "didn't have time for the mayor of a city that's been so desperately damaged."

Koppel and Tom Brokaw displayed admirable professionalism. By calmly, seriously dealing with a welter of often conflicting accounts amid scenes of desolation and loss, they helped to reassure the nation. The lone exception came on NBC's "Today" show. Well into the morning after the nation had witnessed destruction from California, newsmen Deborah Norville was filling air time with co-anchors Bryant Gumbel and Jane Pauley. Norville blithely remarked that, at first, she didn't know how serious the earthquake had been but then thought that; at the least, it provided them with their morning news lead. All of these crises have focused attention on the vital need to have well-defined

emergency plans in place, to have clear lines of communications established and to have coordination between all levels of government well in advance. They also underscore something else. Throughout the 1980s, the idea of government, especially federal, has been under assault. These disasters ought to remind the nation how indispensable government is in planning for emergencies, carrying out necessary inspections of buildings, bridges and highways, ensuring proper standards of safety and responding effectively to disasters. Without them, today's problems would be even worse.

Haynes Johnson writes for The Washington Post.

**Letters Welcome**  
The Times-News welcomes letters to the editor but will reject those it considers libelous or in bad taste. Each letter must be signed and should include the writer's mailing address. Letters of more than 400 words may be edited for length.

# Treasury secretary's political stock rises after stock market fall

WASHINGTON (AP) — In the aftermath of the Friday-the-13th stock-market dive, Treasury Secretary Nicholas Brady's political stock has risen for successfully avoiding the pitfalls that ensnared the Reagan administration two years ago.

Before the crisis, the low-key Brady tended to pale in comparisons with his predecessor, James A. Baker III, now secretary of state.

But in — spearheading — the government effort to prevent the crash of '87 from repeating itself, Brady is winning praise for deft handling of the situation.

"It was clear that the government stood prepared to help prevent a repeat of that 508-point debacle," said Allen Sinai, chief economist of the Houston Co. "The policymakers all said the right things, and helped to contain any problems."

When the market dropped 108

points on a Friday two years ago, it followed with a 508-point plunge the next Monday. This time, Friday's 190-point decline was largely offset by an 88-point rise the next Monday.

That success notwithstanding, Brady limited in an interview Friday that he may soon recommend several steps aimed at promoting more coordination among regulators. He would not be specific about what changes were being considered.

In a free enterprise system, government policymakers are not necessarily concerned with imposing rules that inhibit the normal ebb and flow of market forces. But they are concerned when other factors — particularly those unique to the high-speed, computer-driven trading of the modern era — threaten to undermine or overwhelm the more natural forces.

In addition to directing the fact-finding operation that inspired a supply of accurate information upon which to base decisions during the market plunge earlier this month, Brady worked to have government policymakers from the president on down speak with one voice to project an air of calm.

This time, there was no verbal gaffe to worry markets, such as then-SEC Chairman David Ruder's comment to reporters two years ago that trading might be halted, a remark widely believed to have led to further panic selling.

Other key roles were played this year by Federal Reserve Chairman Alan Greenspan, who also navigated the shoals of the '87 crash, Gerald Corrigan, head of the New York Federal Reserve Bank, and Richard Breiden, the new chairman of the Securities and Exchange Commission.

But Brady, who took the lead in the crisis-management effort, saw his top aides at the Treasury Department are coming in for much of the congratulations for avoiding a repeat of Black Monday.

Reviewing events during the interview in his office, Brady played down his own role, saying policymakers were better prepared this time around and armed with more sophisticated means of monitoring market developments.

Brady was on hand Monday morning watching the flashing signals that tracked developments in the stock markets, stock futures, international currency and bond trading not only in the United States but in markets around the world.

For Brady, market monitoring was nothing new. He spent 35 years on Wall Street as an investment banker. He also headed the Brady Commission, the panel which issued

the first and, many believe, the best review of the causes of the record 508-point market plunge on Oct. 19, 1987.

In addition, the two Harvard professors who directed the Brady commission investigation are now working as top aides to Brady at the Treasury Department.

Known as the "gold dust twins," Robert Glauber, Treasury undersecretary for finance, and David W. Mullins, Treasury assistant secretary for domestic finance, are considered experts on the operations of financial markets.

When the market began tumbling late in the afternoon on Oct. 13, Brady turned to these two aides to launch a fact-finding operation that continued throughout the weekend.

In 1987, when the stock market fell 108 points on the Friday before Black Monday, the response was far

different. At that time, Baker was in the midst of a pitched feud with West Germany, while international economic coordination.

Baker's pointed criticism of interest rate increases in West Germany, which he continued through that weekend, unnerved investors and were considered extremely ill-timed given the volatility in the markets.

This time, Brady and others in the administration went out of their way to emphasize that U.S. officials were in close consultation and coordination with major U.S. allies.

"The Federal Reserve did its part by letting it be known that it was ready to inject large doses of cash into the banking system as a way of assuring jittery markets that cash-short brokerage houses would not have to sell off more stock because they could not get bank loans.



Emergency personnel inspect the damage caused by the Amtrak and CSX train collision

## Track confusion injures 3

UPPER SANDUSKY, Ohio (AP) — An Amtrak passenger train and a freight train collided Sunday, injuring three people, authorities said.

The accident occurred at 5:43 a.m. between the Amtrak train traveling from New York to Chicago, and a CSX train, said Deborah Hare, an Amtrak spokeswoman. A freight car and a baggage car derailed, authorities said.

An Amtrak engineer and firefighter were injured. Ms. Hare said. Officials said a third person, possibly an Amtrak passenger, was taken to a hospital.

One of the injured had a minor fracture, said Wyandot Memorial Hospital administrator John Harbaugh. The condition of the others was not immediately known.

It was not known why the trains were on the same track, officials said. Investigators from the National Transportation Safety Board were expected to arrive later.

Sheriff Michael R. Hetzel said about 220 people were aboard the Amtrak train. Buses were sent from Toledo to take them farther west, he said.

At the new landing time, headwind gusts to no more than

## Atlantis heads for early return

CAPE CANAVERAL, Fla. (AP) — Atlantis' astronauts stowed their gear and tested the shuttle's steering Sunday after Mission Control told them to come home three hours early Monday to avoid high winds at the Mojave Desert landing site.

NASA earlier worked out a plan to land one orbit early but decided after looking at the forecast Sunday to cut short the five-day mission by two 90-minute orbits and land at Edwards Air Force Base, Calif., at 9:32 a.m. PDT.

The shuttle's main business — sending the \$1.5 billion Galileo probe on its way to Jupiter — was accomplished 66 hours after liftoff Wednesday. The craft operated flawlessly nearly 900,000 miles from Earth on Sunday, NASA said.

In relaying the decision to return early, Mission Control reported the Edwards forecast called for afternoon winds gusting to 35 mph, too high for shuttle safety rules, which limit crosswinds to 18 mph and headwinds to 29 mph.

At the new landing time, headwind gusts to no more than

about 23 mph were forecast, flight director Ron Dittmore said Sunday.

Crosswinds are not a problem because the astronauts have six runways to choose from at Edwards.

"Everything looks real good," Dittmore said. "The crew is in fine shape. The orbiter is in good shape also. We're not working any problems. (We're) just looking at the weather tomorrow at Edwards, and we don't expect a problem there either."

Asked in a news conference from space, if the winds concerned him, Atlantis commander Don Williams replied, "We have no concern about trying it right out to those limits because we know it's been done before and it's been done safely."

Williams, who flew on a shuttle mission in 1985, described what he recently through the atmosphere will be like in the interview with Cable NewsNetwork.

"Re-entry heating is rather spectacular if you see it in the darkness. It looks like you're inside a fire looking out," he said.

Another crew member, Franklin

Chang-Diaz, spoke of the Galileo probe sent on a six-year, 2.4-billion-mile voyage to explore the colossus of the solar system.

"We all certainly breathed a sigh of relief when it went according to plan and we kept hearing all the good news from the ground that the spacecraft had done all the things that it had to do to get on its way," he said.

To get ready for the return home, Williams and pilot Mike Smith tested Atlantis' flight control systems and fired one of its steering thrusters. They reported all ready to support the fiery dash through the atmosphere and landing.

Mission specialists Ellen Baker, Shannon Lucid and Chang-Diaz began packing up materials processing, medical plant growth and other experiments and stowing cameras and other gear.

To adjust their body clocks to the earlier landing, the crew went to bed 90 minutes early on Saturday and were told to turn in an hour earlier than that on Sunday.

## Officer claims Grenada invasion was not needed to save American students

WASHINGTON (AP) — The American soldiers who invaded Grenada last week are right, he said, but the official U.S. rationale for the mission was bogus, says a British officer involved in the attack.

Retired Maj. Mark Adkin says the U.S. military action was not necessary to save the lives of American medical students on the Caribbean island, claimed by the Reagan administration, and in fact endangered them.

He also says U.S. soldiers succeeded despite weak advance planning and haphazard coordination by leaders of the different military services involved.

Adkin, who took part in the invasion as a Caribbean operations staff officer for the Barbados Defense Force, says the mission is a new bookend. "Urgent Fury: The Battle for Grenada."

He lauds the outcome of the invasion, which occurred six years

ago, and says it prevented Grenada from becoming a "communist bastion" in the region. But he dismisses U.S. claims at the time that the 700 American medical students on the island were in danger of being taken hostage.

Retired President Reagan repeatedly said the 600 combat troops staged a "rescue mission" on Oct. 23, 1983, to prevent the students from being taken hostage by a radical Marxist government.

If anything, Adkin says, the invasion increased the chances that the students would be taken hostage.

"U.S. citizens were in no danger until the operation was launched," he writes. "The assault on the island could easily have precipitated the taking of hostages by desperate men driven to desperate means to save their own lives."

The administration decided to intervene in Grenada "on the basis of saving a fleeting strategic-political advantage, which had the added merit

that inevitable military success would mean U.S. flagging morale," he says.

The area, attacked by combined elite units of all the U.S. armed forces came days after leftists on the island executed Marxist Prime Minister Maurice Bishop and imposed a 24-hour curfew. The invasion forces overthrew the leftists and flew the students home.

"A former Reagan administration official, Langhorne Anthony Motley, disputes Adkin's claims about the students, saying: "He's totally inaccurate."

Motley, a former assistant secretary of state for inter-American affairs, said a CIA officer spoke with the students before the troops arrived and "they were concerned" about being taken hostage.

Regardless of the reason for the mission, Adkin says, the U.S. troops deserved the heroes' welcome they received from both the islanders and the American public upon their return.

## Bush's recognition of Vietnam delayed by bitterness over defeat, say congressmen

WASHINGTON (AP) — The Bush administration's reluctance to grant diplomatic recognition to Vietnam stems from the bitter legacy of military defeat, say a handful of congressmen who argue that Vietnam has met U.S. requirements for improving ties.

"We're punishing Vietnam for inflicting a very embarrassing failure on the U.S. 14 years ago," said Rep. Robert Mrazek, D-N.Y.

Sen. Robert Kerrey, D-Nebr., who lost part of a leg in Vietnam, said the administration "isn't thinking through its Asian policy very well. It is driven by the same lack of understanding that led us to the bombing mistakes of Vietnam."

That argument, however, is rejected by administration officials, and what appears to be a majority in Congress.

"Obviously there's a bitter legacy, but it doesn't dictate our policy," said a senior administration official, who spoke only on condition of anonymity.

As a condition for establishing diplomatic relations with Vietnam, for the first time since the fall of the U.S.-backed Saigon government in 1975, the Bush administration demanded an end to the 11-year Vietnamese military occupation of neighboring Cambodia.

The Vietnamese say the last of their troops withdrew from Cambodia last month. But normalization of ties is stalled over the make-up of a new Cambodia government that the Bush administration seeks to replace Hun Sen, installed by Vietnam and still in power.

The dispute over the Cambodian government, said the Bush administration official, "is not a new barrier we've erected to protect ourselves from the specter of normalization" with Vietnam. It is part of the package, he said.

Critics of administration policy say recognizing Vietnam would reduce U.S. influence throughout the region.

"We must, for our strategic and national interests, get back to Vietnam" to reassert U.S. influence in Southeast Asia, and compete with China, the Soviet Union and Japan, said Mrazek.

"U.S. policy is still influenced by feelings of anger and desire for revenge... motives that ill suit a just and powerful nation," said Rep. Chester Atkins, D-Mass.

At an international conference on Cambodia in Paris last July, Vietnam refused to support a proposal to include Cambodia's Khmer Rouge guerrillas in an interim government that would be

led by U.S.-backed opposition leader Prince Norodom Sihanouk.

The Khmer Rouge, who ruled Cambodia 1975-78, while in power killed an estimated 1 million compatriots in an effort to restore the nation to a primitive agrarian society.

Khmer Rouge leaders, now fighting a guerrilla war in the jungles along the Thai-Cambodian border, claim to have changed their ways, and have strong Chinese backing to be included as one of four Cambodian factions in a coalition government.

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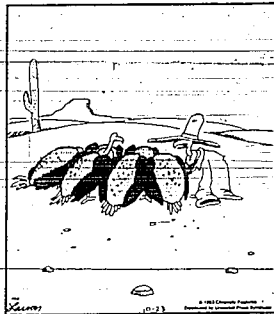
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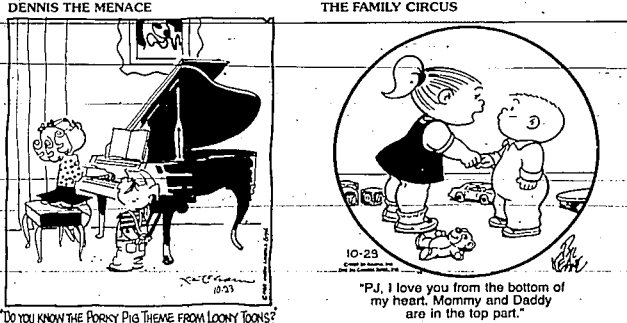
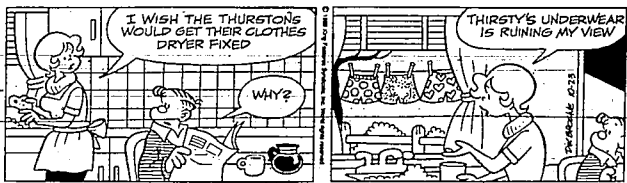
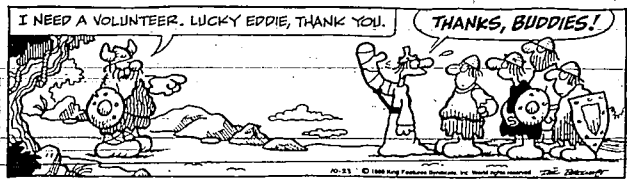
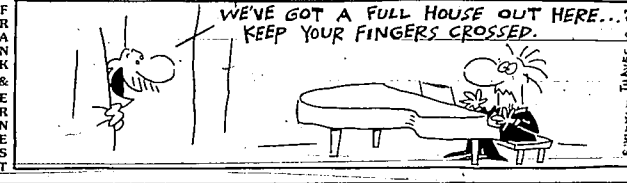
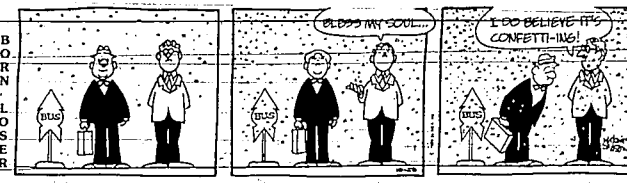
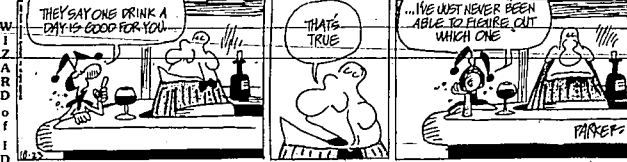
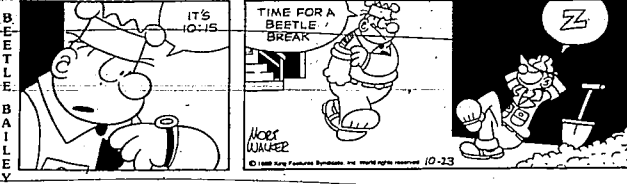
# Comics

## THE FAR SIDE



"Hey! Look at me, everybody! I'm a cowboy! ... Howdy, howdy, howdy!"

## BLONDIE



**ACROSS**

- Sow's supper
- Antipodal
- Red letters
- Package sealer
- Battery terminal
- contender
- marshland
- Rheo cousin
- Morm
- What is —? (Byron)
- London's river
- Counteractive
- Ridge
- Compassion
- Archeologist
- Curas
- Call from
- Elle
- Acting award
- Recent
- Furnish
- critical
- comments
- Quote
- Proofreader's
- related
- Portable chair of a kind
- Boas
- Not concerned with ethics
- Vand
- Carton-turkey
- Singer
- Tennille
- Chicken
- ollar type
- Electron tube
- River reel
- stale
- Vaccines
- Faun
- Adams
- graddon

**DOWN**

- Procedure part
- Etna product
- Functioning
- 4 For each
- Cloyed
- Walking —
- 7 Mineral veins of a kind
- Fruit drink
- Dig up
- Fr. rivier
- Weather word
- Mallet
- Sleeping device
- Ma Farbar
- Mountain lion
- Mangle
- Pawn blade
- Conider
- Abut
- 36 Abut
- 36-Orn-beards
- 36-Central morael
- 36 Stench
- 42 Sweet potato
- 34 Singing
- 44 Gail score
- 45 Exlat
- 47-Viator
- 48 Glute
- 49 Ham it up
- 50 Contribution maker
- 62 Tie
- 63 Impenulous
- 65 Fellows
- 65 Framinger
- 68 Army farm
- 62 Govt. agcy.
- 83 "Norma —"

**Sydney Omarr**

**ASTROLOGICAL FORECASTS**

**IF OCTOBER 23 IS YOUR BIRTHDAY** approximately two months ago decision was made regarding home, repairs, general state of your life style. Involved some actions that were painful. It was expected that "conditions" would be favorable in October.

**ARIES** (March 21-April 19): Early on this Monday you might feel it wise to retreat to emotional cocoon. Later, you emerge and could be star of party, entertainment. Young person might confess, "I feel romantic when you are near!"

**TAURUS** (April 20-May 20): With help from Aries individual, you will get to heart of matters. Light will be shed on areas previously "concealed." Stress independence, originality. Relationship runs gamut, but proves durable.

**GEMINI** (May 21-June 20): Visit will be successful. Relative imposes, perhaps without meaning to do so. Long-distance communication relates to possible journey. Your influence will be felt beyond initial expectations.

**CANCER** (June 21-July 22): What had been taken for granted requires "new cover." Focus on brightness, color, design, renovation. Leo native plays unusual role, proves valuable ally. Stand tall for your principles.

**LEO** (July 23-Aug. 22): You might be saying, "Suddenly I seem to be involved with people and projects." You're correct. Many are drawn to you, some present schemes, ideas, production of real-estate. Aquarian plays role.

**VIRGO** (Aug. 23-Sept. 22): You'll have

**SYDNEY OMARR**

**ASTROLOGICAL FORECASTS**

more room, your space will once again be your own. Diversity, experience, make inquiries. Emphasis on travel, legal papers, added popularity. You'll receive gift adding to wardrobe.

**LIBRA** (Sept. 23-Oct. 22): Budget is stretched but there is no need for panic. Check guarantees — some of your money will be returned. Focus on remodeling, installation of safety devices, including smoke alarm.

**SCORPIO** (Oct. 23-Nov. 21): Individual who has ignored your calls will respond to written word. Enumerate needs, complaints. You might be amazed by results. Views will be WKFC Q9 Gemini, Virgo, Sagittarius in picture.

**SAGITTARIUS** (Nov. 22-Dec. 21): You'll be fascinated by home appliances; clocks, after luncheon. Family member says, "Since when have you started spending on this?" Lunar aspect highlights vision, perceptions, reading.

**CAPRICORN** (Dec. 22-Jan. 19): Scenario features subtle hints, nuances. Someone is trying to tell you something, but is afraid of being overheard. Be sensitive to clues while avoiding "red herrings." Message becomes crystal-clear.

**AQUARIUS** (Jan. 20-Febr. 18): Some insisted you could not hurdle legal barrier. You learned about tax, license requirements and did something about it. Many will now sing your praises. Emphasis continues on marital status.

**PISCES** (Febr. 19-March 20): Your "psychic ability" surges to forefront. Many claim you have "clair influence." Don't be "too discreet" enough to maintain aura of mystery. Reporter or publisher could request interview.

**L.M. BOYD**

**What's what**

**To analyze your boss**

How would you describe your boss, if any? Analysts say supervisors can be categorized this way: Silent manager, slave driver, backslapper, retired on active duty and critic. This "retired on active duty" is a curious one, what? Just marking time, I gather.

According to the historical footnotes, one of the most intelligent men of all time, Isaac Newton, lived 85 years without ever making love to anybody. What do you suppose he knew?

Remember, a hippo has four toes per hoof, a rhino only three.

Those who know all about theme parks say the merry-go-rounds are more dangerous than the roller coasters. Because people only rarely, if ever, jump on and off roller coasters before they stop.

**CAROUSEL**

It's "drinking," if you take a sip, "Carousing," if you down the whole glassful. "Carouse" comes from the Ger-

**man "Garous" meaning "completely."**

You only need half as much butter to season vegetables if you brown said butter first.

**Q. What movie cowboy rode a horse named "White Flash?"**  
A—John Ritter's father. Tex: So identified for those unretried young who never went to Saturday morning movies.

**Q. Realize Virginia extends west of West Virginia, but how far?**  
A. 57 miles.

**PADDLEFISH**

If it's good caviar you want, you can get it from American paddlefish, says an authority on that odd one. You know how a paddlefish feeds? Swims with its mouth open in the hope something tasty will float in.

Can you disprove the claim that "Charleston" is the only 10-letter city name with 10 different letters?

Report is the underwool of the muskox: it eight times warmer than sheep's wool. And it doesn't shrink.

"Camuro" in Spanish means "shrimp."

A word counter found 1,400 mentions of "hand" in the Bible, then gave up.

# Despite glasnost, Soviet rock group is held back in the USSR

DALLAS (AP) — An appearance by the Soviet rock group Gorky Park to present a guitar to the Hard Rock Cafe had to be canceled.

Despite the Soviet Union's policy of glasnost, or openness, the group could not get exit visas to attend the event Friday, said a spokesman for the rock club.

Gorky Park was a headliner at the recent Moscow Music Peace Festival along with Bon Jovi, the Scorpions, Cinderella and Motley Crue.

## Dickinson says age puts limits on glamour

NEW YORK (AP) — Angie Dickinson says she knows how age puts limits on glamour.

In the 1960s, she told People magazine, agent Irving "Swifty" Lazar told her "You're too old to be wearing hot pants. I was in my early 30s, and he was right."

"Certain things don't work after a certain point. It's just good taste,"



**ANGIE DICKINSON**  
Doesn't fool herself about age  
said the 58-year-old actress, who stars with Telly Savalas in an upcoming "Kejak" movie on ABC.  
"You think you'll look good or that they've photographed you well, but you end up fooling yourself."



**JERRY GLANVILLE**  
Came to game on crutches  
**Oilers coach makes game after snake bite**  
HOUSTON (AP) — A bite from a poisonous water moccasin snake wasn't enough to keep Houston

Oilers coach Jerry Glanville away from Sunday's game.  
Glanville arrived on crutches at the Astrodome for the game against the Pittsburgh Steelers, one day after the snake bit him on the foot while he walked through high grass near his home inside the stadium. Glanville discarded the crutches and went onto the field with the team without a limp.

He had been hospitalized overnight. Tests revealed a low level of venom from the snake, and he was given a shot to counteract the poison.

## Travis says attitudes change with success

NASHVILLE, Tenn. (AP) — Country music star Randy Travis says people in the industry treat a fellow differently after he's made it.  
"The people in the business are for you when you're beginning," Travis said. "Then, once you achieve success they say, 'Well, that's enough — you're over,' or

whatever."  
Travis, who has won more than 40 awards since 1986, went empty-handed when the Country Music Association gave out its awards recently in Nashville. His last album, "Old & X 40," has sold 1.5 million copies since its release last year.

He said the people whose opinions count most to him don't seem to be put off by his success.  
"The people that you call the fans are not much that way," Travis said.

## The Duke's popularity interferes in court case

SANTA ANA, Calif. (AP) — A judge says he will study a poll that concludes the former husband of John Wayne's daughter could never get a fair trial here because of the Duke's popularity.  
Lawyers for Dr. Thomas Gionis claim he should not be tried in Orange County on charges he conspired to hire men to beat up

Aissa Wayne, daughter of the late actor, and her then-boyfriend Roger Luby a year ago during a custody battle.  
Wayne, a resident of Newport Beach, died 10 years ago. The county airport is named after him and has an 8-foot bronze statue of him at the entrance.

Gionis, facing trial Oct. 31, has asked that the trial be moved based on a defense-commissioned poll that found 46 percent of the 200 people questioned believe the Pomona surgeon is guilty.

A pollster for the prosecution said the poll interviewed too few people, excluded too many groups of people and was worded to elicit certain responses.



All too real

Water threatens a tram of visitors in the "Earthquake" section of the Universal Studios tour. The ride, which simulates an 8.0 quake in

the San Francisco area, was closed Wednesday and Thursday, following the 6.9 tremor that struck northern California Tuesday.

# Mapplethorpe exhibit draws crowds, protests

HARTFORD, Conn. (AP) — An exhibit of sexually explicit photos that stirred a national debate over public funding of the arts drew an overflow crowd and a few protesters in its first showing since the uproar in the nation's capital.

The late Robert Mapplethorpe's photographs opened Saturday at the Wadsworth Athenaeum. The collection includes photos of homosexual acts as well as more conventional nudes, celebrity portraits and still lifes of flowers.

About 15 religious activists picketed, denouncing the exhibit as "gay pornography," but the line of patrons extended out the door. Officials said 2,000 people paid to see the show, more than four times the usual Saturday attendance.

"The overall quality was superb," Kathy Camino said as she left the museum. "There was really nothing obscene about it. The flowers are really beautiful."

Conservatives in Congress, led by Sen. Jesse Helms, R-N.C., were angered to learn that the Mapplethorpe exhibit at Washington's Corcoran Gallery of Art originally was funded in part by the National Endowment for the Arts. Congress last month defeated a Helms proposal to ban federal funding of art considered "obscene" or "indecent."

Instead, Congress voted to bar government financing of works that "are obscene and lack serious literary, artistic, political or scientific value" — the Supreme Court's 1973 guideline on obscenity.

The exhibit had opened to large crowds and critical acclaim in Chicago and Philadelphia before its stormy stop in Washington.

Athenaeum Director Patrick McCaughey said he was happy to show the photos because an artist "mustn't just lie back and eat a tabby cat." He said the turnout challenged "the outsider's view of Hartford — that it's the insurance capital, that it's the city of showing it and required that the most be accompanied by an adult."

— Demonstrators carried signs that read, "Promote True Art, Not Obscenity," and "Federally-Funded Gay Pornography."

Mary Ann Pressamarita, who has helped defeat gay rights bills in the Legislature and fought topless bars, said the exhibit contained "a lot of beautiful pictures" along with "absolute pornography."

The protest drew a counter-demonstration from two men, who embraced and kissed on the lips for several minutes in front of the protesters.

"Oh my God!" screamed one demonstrator. "Are they crazy?" Inside, during a panel discussion, art critic Bernard Hanson defended the artist, telling an audience of about 300 that the photos contain nothing new.

"Those of you who have squinted hard at the dirty Greek vases in the Vatican know what I'm talking about," he said. "What is the big deal?"

# Nebraska 'Carhenge' stands in peril

ALLIANCE, Neb. (AP) — From a distance, it is a stark, desolate array of odd, gray columns. Up close, it is an eerie display of automobile history.

Art or junk, this creation of old vehicles called Carhenge attracts hundreds of people to the Sandhills of northwestern Nebraska, where residents are debating whether the monument or automobile graveyard should be preserved.

James Reinders, a Houston oil consultant, created Carhenge in 1987 as a takeoff on the ancient religious and astronomical site Stonehenge on Salisbury Plain in

England. Instead of colossal stones, he used cars.

He arranged 22 aging Plymouths, Fords, Chevrolets — even an ambulance — in a wheat field two miles north of Alliance. Sixteen cars are planted trunk down with their front ends in the air. Six more sit atop them, forming arches.

Alliance, a community of 9,000, city officials are debating whether to enforce a permit that requires Reinders to pave the entry to Carhenge by July 15, 1990, or seal it down.

A group called Friends of Carhenge, headed by City

Councilman Paul Phaneuf, incorporated last week and aims to raise the \$2,000 for the paving.

Reinders says he already pays for liability on this property and is not interested in paying for paving.

"This is really good for Alliance and it didn't cost anybody anything," said Phaneuf. "Finally, someone has given us something of value."

"It's wonderful for us," said Morin Marnett, manager of a local fast-food restaurant. "It has created so much interest... and it does put a grin on your face."

# Carousel auctioned animal by animal

MIDDLEBURY, Conn. (AP) — It was enough to make a little girl cry: The hand-carved carousel at Quassy Amusement Park, a favorite of Connecticut children since 1919, was auctioned off piece by piece to high-rolling antiques dealers and collectors for a total of \$638,000.

By Saturday afternoon, the four dozen wooden horses, zebras, giraffes and other animals had been taken together for decades were being separated and taken to faraway places like New Jersey, Alabama and Washington state.

"It chokes you up a lot more than you thought it would," said George

Frantzis, whose family has owned the amusement park for three decades.

The merry-go-round was built in 1902. Quassy bought it in 1919 and operated it until this summer. Experts say only about 70 hand-carved wooden carousels remain of the estimated 6,000 that dotted the American landscape at the turn of

the century.

The Quassy carousel fell victim to a trend — a bidding frenzy among private art collectors that has caused the value of antique carousels to skyrocket. The Frantzis family said it could no longer afford to maintain or insure the carousel and decided to replace it with one made of fiberglass.



The five category system of the voluntary film industry rating program is now as follows.

G. General Audiences, all ages admitted

P.G. Parental guidance suggested. Some material may not be suitable for children.

P.G. 13. Parents are strongly cautioned to give special guidance for children under 13. Some material may be inappropriate for children.

R. Restricted, under 17 requires accompanying parent or adult guardian

X. No one under 17 admitted.

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Cactus Pates

# Contras claim 18 in attack on soldiers

**MANAGUA, Nicaragua (AP)** — A group of Contra rebels ambushed two trucks carrying soldiers in northern Nicaragua, killing 18 of the soldiers and wounding eight, the Defense Ministry said Sunday.

A news release said the attack occurred Saturday evening near the village of Cerro del Mono, about 145 miles north of the capital. It said the soldiers were reserve troops on their way to assist in operations in the Feb. 25 national elections.

The soldiers were armed "but it was a surprise attack, they fell into an ambush" and could not return fire, said Ronald Martinez, a Defense Ministry spokesman at Matagalpa province, where the attack occurred.

Nicaragua's leftist Sandinista government and the U.S.-backed Contra rebels agreed March 21 to suspend offensive operations, but talks aimed at a permanent end to the 7-year-old war are stalemated and there have been sporadic incidents of fighting.

There was no immediate comment from the Contras on the government report.

Sunday was the last day for Nicaragua's 1.3 million people of voting age to register to vote.

The elections are part of a 1987 Central American peace plan, designed to end the war here, a leftist guerrilla war in El

Salvador, and a decades-old leftist insurrection in Guatemala.

The attack was part of a Contra campaign to "disrupt the electoral process," the Defense Ministry alleged.

Under the Central American peace plan, the Honduras-based Contras are to be disbanded by Dec. 8. The five countries that signed the peace agree are not to provide help to foreign insurgents within their borders after that date.

In exchange, President Daniel Ortega of Nicaragua moved up the election date from 1990 to Feb. 25 and pledged they will be free and democratic. He also agreed to let international observers monitor the vote.

Both the Bush administration and Contra leaders want to maintain the rebels as a fighting force until the election to ensure Ortega fulfills his pledge.

The United States had been supporting the Contras both financially and with military assistance up until last year, when Congress voted to cut off military aid. It is still providing them with non-lethal aid.

On Saturday, President Bush signed a \$9 million aid package designed to help opposition groups in Nicaragua. The money is to be spent in part for general political activities such as getting voters to polls.

# Japanese salute Reagans at gala benefit

**YOKOHAMA, Japan (AP)** — With a chorus of "America the Beautiful," the Japanese paid a warm tribute to former President Reagan and his wife Nancy at a gala benefit concert Sunday.

The concert, organized to benefit the Ronald Reagan Presidential Library, began and ended with the patriotic song and featured Perry Como, Placido Domingo, the Harlem Boys Choir and Japanese stars Yuzo Kayama and Toshihiko Tahara.

"You'll never know, Ron, how much we need you. Please come here with Nancy to stay," went the final tribute, set to the tune of "You Are My Sunshine."

The concert was organized by the Fujisankei Communications Group, which is sponsoring the Reagans' visit at a cost of \$7 million. Reagan and Fujisankei have refused to confirm reports he is being paid \$2 million for his appearances.

The Reagans waved to the audience and performers and sang along with them in a final chorus of "America the Beautiful."

Scenes of events during Reagan's presidency were shown on huge video screens near the stage, which was lit in pink, lavender and blue. The scenes were subtitled with phrases praising Reagan for "restoring public confidence in America" and helping to "maintain peace throughout the world."

The audience of more than 10,000 paid \$35 to \$70 to attend the event at Yokohama Arena, 18 miles south of Tokyo.

"I thank you for your interest in the presidential library...I want to thank all of you," Reagan said in



Former President Reagan and his wife Nancy acknowledge crowds during their tour of Japan

brief comments after the concert. "I'm at a loss for words."

Earlier, the Reagans toured a mountainside art museum in Hakone, 63 miles southwest of Tokyo, owned by Fujisankei.

Reagan stopped along the way to shake hands with delighted Japanese museum-goers but did not respond to reporters' questions about his reported fee.

Fujisankei, Japan's largest media group, owns the newspaper Sankei Shimbun, the Fuji Telecasting Corp. and Nippon Hoso, Japan's biggest commercial radio network, among dozens of other companies.

Like its chairman, Nobutaka Shikama, many of the company's

media outlets espouse conservatism and nationalism. At the time of Emperor Hirohito's death and the controversy it spawned over his role in World War II, the Fuji TV network generally carried few critical views of Japan's imperial system.

The network's law-brow programming contrasts sharply with the company's impressive art collections, including its outdoor sculpture garden in Hakone.

On Monday, Reagan begins the two-day official portion of his visit,

during which he will meet with Prime Minister Toshiki Kaifu

Emperor Akihito and other Japanese leaders.

Reagan will receive other tributes during his visit. The Japanese government plans to award him the Grand Order of the Supreme Order of the Chrysanthemum — one of its highest honors — for promoting friendship between the United States and Japan and working to protect the free trade system during his eight years in office.

The only other U.S. president to receive the honor was Dwight Eisenhower.

# Commonwealth nations issue new declaration on South Africa

**KUALA LUMPUR, Malaysia (AP)** — Leaders of the 49-nation Commonwealth on Sunday gave South Africa six months to deliver on reform promises or face new reprisals, and they called for tighter financial pressure immediately. Britain alone disagreed.

British Prime Minister Margaret Thatcher, rejecting key provisions of the Commonwealth summit declaration on South Africa, charged that U.S. and Commonwealth embargoes have strengthened white extremism in South Africa.

But she went along with a stipulation that current trade embargoes remain for the time being.

In its declaration, the organization of Britain and its former colonies held off on seeking new embargoes for at least six months.

Britain objected to provisions setting up a new body to scrutinize South Africa's financial links and declaring that a foreign ministers committee will monitor sanctions and suggest new ones, will meet in six months.

The 12-page declaration gave muted acknowledgement of reform moves by South Africa's new president, F.W. de Klerk, who has said the black majority could have a role in politics in five years.

It said there was a "possibility that significant changes in approach on

the part of the South African regime ... may yet prove to be within reach."

The declaration was issued Sunday after final approval by the Commonwealth leaders at a weekend retreat at Langkawi Island, 240 miles northwest of here.

In a separate statement Sunday, Mrs. Thatcher said "there seems to be a clear correlation between the imposition of additional sanctions by the U.S. Congress and the Commonwealth and the strength of extreme right-wing parties in South Africa utterly opposed to change."

The statement took other countries by surprise. A senior Commonwealth official, requesting anonymity, called it "despicable

British Foreign Secretary John Major, who was on the committee that drew up the final Commonwealth declaration, said it showed "a novel recognition" by the Commonwealth that change is

beginning in South Africa and that sanctions should not be punitive.

Fanzanian Foreign Minister Ben Wunkpa called "Majors' interpretation" laughable.

"This declaration expresses our judgment that South Africa has undertaken no fundamental changes," Wunkpa said in an interview. "What's he crowing

about?"

Canadian External Affairs Secretary Joe Clark, head of the committee, said "nobody is buying" that de Klerk has shifted away from apartheid; the system that denies the black majority the vote.

The declaration noted that de Klerk had "accepted a degree of peaceful political activity by the black majority and on the eve of this meeting had released from prison eight political leaders."

In parts of the declaration, the tone was milder than that of previous Commonwealth pronouncements on

South Africa, and it stressed the need for peaceful change.

The declaration incorporated an Australian proposal that the Commonwealth call on international banks to restrict South African trade credits to a maximum of 90 days and urge governments to make it more difficult for South Africa to get credits.

It also said that a U.N. arms embargo should be intensified.

Current Commonwealth embargoes consist of 11 voluntary sanctions, including a ban on air links, drawn up in 1986.

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# Utah luring natives, others from expensive California life

**SALT LAKE CITY (AP)** — In the "Wizard of Oz," Dorothy is swept away from quaint, backward Kansas to the lights and glitter, happiness and prosperity of Oz. Only Dorothy likes Kansas better, or so the story goes.

Altho Utahans are playing out a similar scenario these days, only they are headed for the bright lights and high salaries of California. But like Dorothy, a lot of them have discovered there's no place like home.

And those headed back to the Beache. State have been joined by an increasing number of Californians attracted by the relatively low cost of living and real estate prices less than half what they are in California.

"We're seeing many, many Californians coming to Utah," said Scott Weber, immediate past-president of the Salt Lake Board of Realtors. "And they all are here of money."

Generally speaking, these people are

buying twice as much home for the same amount of money. Or they are buying the same-size home they had in California, only with more features, and they are doing it with less than half the money.

It is an unusual focus to help them buy a nice home in Salt Lake and a second home in Park City and still have money left over," Weber said. "And they're paying cash for them, all from equity in their California home."

One couple recently moved to Utah from Laguna Beach and bought a home for \$175,000. They paid cash, had a home far nicer than the one they had in California and still had money left over.

"It happens all the time," Weber said. While Californians have discovered the golden gate to Utah, a lot of Utahns are, in turn, making the move to California, usually attracted by high salaries unlike any they can make in Utah.

But life in California Oz is anything but a

## GAO finds fault with electronic warfare gear, terms it unreliable

**WASHINGTON (AP)** — The General Accounting Office has taken aim at Air Force radar detectors and scramblers, even as the Pentagon moves toward construction of its electronic warfare test range in the western U.S.

The test range, expected to bring millions of dollars in construction and new jobs to the state, is designed to test the very kind of military gadgetry a GAO report has criticized as unreliable.

Specifically, GAO officials contend the Air Force is buying and using radar detectors and scramblers before developing adequate gear to maintain it and ensure it is working properly.

For example, it said built-in test systems now often report problems that actually do not exist up to a 27 percent error rate and often fail to find problems that are real.

It said almost half of the radar jammers considered to be operational by five fighter wings in Europe, Asia and the United States were found to have undetected, serious defects.

The GAO also complained, "The Air Force consistently produced and deployed electronic warfare systems

before testing that they could be maintained under operational conditions."

Such testing is one of the reasons the Air Force has said it wants to develop the electronic combat range in Utah where it could test radar and radio jamming and sensing equipment in low-population areas.

Local residents, however, are concerned about the increased number of flights, especially those at low altitude and at night, and possible broadcast interference that could result.

Critics also contend the Air Force has been overly secretive and not involved them in planning.

Among some of the problems the GAO reported in its study on the ability of the Air Force to ensure its electronic warfare equipment is operational were:

- Much of the sophisticated diagnostic equipment used by Air Force technicians to find problems in the electronic-warfare units is also unreliable.
- For example, at one tactical unit in Europe, two test equipment stations were fully mission-capable only two months during a nine-month period GAO reviewed," the report said.

yellow-brick-road-and-ruby slippers. The home they sold in Sandy for \$75,000 may cost them \$200,000 in California. If they can afford the increased home payments, they then get stuck with commuting costs unlike anything experienced in Utah.

"They find it very difficult," Weber said. "Housing is 2 to 3 times more expensive there; and they are not getting as much home, and they are compromising a lot on location, or if they are able to buy a home at all."

Cindy VanGerven is one Utaher who moved with her husband to California. They bought a home in Temecula for about \$130,000. "It's a basic tract home of 1,100 square feet that they put up in three or four months. You get the cheapest of everything, and it comes with the worst landscaping."

If you want the extras, like the floors instead of linoleum, the cost of that simple tract home in the same neighborhood can rise quickly to \$200,000 or more.

So is it worth moving to California for a fatter paycheck? "Not really," she said. "They really stick it to you here."

Hardly do increased salary considerations compensate for the increased cost of living. Weber added, and more and more Utahns who left are coming home.

"I know of four cases in the last month where Utahns came back. They don't want to deal with the high cost of living, the traffic, the people, the lifestyle," Weber said.

What transplanted Utahns miss most about Utah is what Californians love once they move here.

"Once they get here they love it," he said. "The vast majority thoroughly enjoy it and are pleasantly surprised by the community, the public, the people, the recreation, the weather, the arts. It's a thrill to help somebody move in who may have concerns about moving here and then check

back with them a year later and find they wouldn't trade it for anything."

White quality of life is one factor, the said. Real estate prices in California have inflated so rapidly in recent years that people there selling homes often realize tremendous capital gains.

California homes purchased just a few years ago for \$100,000 are often selling now for \$300,000 to \$500,000, depending on location. And Californians who have owned their homes for 10 years or more are sitting on windfalls of cash — cash that can make retirement elsewhere far more affordable.

"We see them all the time walking in and laying down cash. And we're seeing more and more people choosing Utah for retirement because it is an inexpensive place to live," Weber said.

## Attorney: Education board controls student activity fees

**SANDBOARD (AP)** — The Idaho Board of Education, not Idaho college students, has the final say over how student activity fee money is used, an unofficial attorney general's opinion says.

Bradley Hall, a deputy attorney general working for the board, outlined his findings to the regents at their Friday meeting in Sandpoint. No students were at the gathering.

The board earlier discussed with student leaders the possible resurrection of the Idaho Student Lobby. University of Idaho students also have threatened a lawsuit against the regents over fees hikes.

## Mayor

**Continued from Page B1**

have all types of tools, two pickups, a dump truck, a backhoe, two riding lawn mowers, a tractor mower and a welder," Zollinger said. "Our city has never been in the red."

He said Bliss needs to grow or face the chance of losing it, he said. Brosse Chemical, Nevada Cement and Evans Seed are three new companies in town that have helped build and support the community, Zollinger said.

"We've been working hard to bring business to town," he said. "Mr. Weeks was opposed to Brosse Chemical... It's ill-thinking to not want new business. As far as I'm concerned, that's opposing our city."

Weeks said he favors new businesses coming to Bliss, including Brosse Chemical, a Twin Falls-based company that began building a second plant this summer to produce chemicals as food additives and for mining.

He had some questions about the chance of losing it, he said. "I don't know where he got that idea," Weeks said. Zollinger also accused Weeks of opposing his business, Cedar Spectaculars, and putting three people out of work.

"The city last year sent letters to residents in the mayor's neighborhood giving them about a month to remove piles of wood. The letters were sent after Zollinger complied with a petition from 12 of the neighbors, including Weeks, that he clean up a wood pile associated with his business. The petition prompted Zollinger to suggest that

## Hispanic

**Continued from Page B1**

say it highlights their community's chronic lack of representation at almost every level of government. There are no Hispanics in the Idaho Legislature and few in elected city and county positions.

Combined with a public image sometimes tarnished by misunderstanding and sketchy figures that may underestimate the population and the share of

hurt numerous springs that are located along the riverbank.

"The decision would be irreversible if the plant were built and the river eventually was protected river status, Diane Elusick said.

"Water from the proposed plant could harm fisheries because it will flow through chemically-treated farmlands, resident Tom Anderson said.

Also, the riverbank is unstable

## Hydro

**Continued from Page B1**

and ready to send to state officials by Dec. 15. McMurrian will start gathering the 38,500 signatures he needs after the first of the year.

"So far the response has been fantastic," he said. "This is a grassroots organization, not a political organization, and we plan to do this without spending money."

## Obituaries

**Ray Sanford** — Ray Sanford, 78, of Burley died Saturday, Oct. 21, 1989, in Salt Lake City, Utah. Services are pending and will be announced by McCulloch's of Burley.

**John Lara** — JOHN LARA — John Lara, 77, of Twin Falls, died Sunday, Oct. 22, 1989, at the Reynolds Memorial Hospital in Burley. Arrangements are pending and will be announced by Reynolds Funeral Chapel.

**Amelia Rudolph** — AMELIA RUDOLPH — Amelia Rudolph, 84, of Twin Falls died Saturday, Oct. 21, 1989.

## Services

**PAUL** — Burial and Mass of the Resurrection for Paul and Mary, 28, of Paul, who died Wednesday, will be held at a later date in Valle de Santisimo, G110, Mexico. Burial was held at 11 a.m. Oct. 22 at the Nuestra Señora Chapel in Burley with Minister Sr. Ricardo Barrilla officiating. Arrangements are under the direction of Hansen Mortuary.

**HANSEN** — The funeral mass for David M. Cortes, 2-year old son of Carlos and Ines Cortes of Hansen, who died Thursday, will be celebrated at 11 a.m. today at St. Edward's Catholic Church in Twin Falls with Father Steve Rutkowski as celebrant. Burial will follow at the Twin Falls Cemetery. Arrangements are under the direction of Reynolds Funeral Chapel in Twin Falls.

**TWIN FALLS** — The funeral for Marie Perry, 85, of Twin Falls, who died Thursday, will be at 11 a.m. today at White Mortuary in Twin Falls with the Rev. Roy Van Nest officiating. Burial will follow at Sunset Memorial Park. Friends may call from 4-8 p.m. today at the funeral home. Arrangements are under the direction of White Mortuary.

**KIMBERLY** — A graveside mummert service for Anna Wilkinson, 89, of

at West Magic Care Center Twin Falls. Services will be announced by Reynolds Funeral Chapel.

**Hazel L. Taylor** — HAZEL L. TAYLOR — Hazel Taylor, 73, of Burley, died Saturday, Oct. 22, 1989, at the Cassia Memorial Hospital in Burley. Arrangements are pending and will be announced by the Payne Mortuary.

**James B. Morris** — JAMES B. MORRIS — James B. Morris, 89, of Gooding, died Saturday, Oct. 21, 1989, at Gooding County Memorial Hospital.

**Margaret B. Peterson** — MARGARET B. PETERSON — Margaret Peterson, 64, of Jerome, who died Friday, Oct. 20, 1989, at McKay De Hospital in Obedine, Idaho. Service will be at 1 p.m. Tuesday at the Trimmonton State Center. Visitation will be from 8 a.m. Monday and 10 a.m. to 12:30 p.m. Tuesday at the Boy's Monte. Burial will be in the Riverside Cemetery, Trimmonton.

**JEROME** — The funeral for Bonnie F. Palmer, 64, of Jerome, who died Friday, will be at 11 a.m. Tuesday at the Hope-Robertson Funeral Chapel in Jerome with Bishop Bob Robinson officiating. Burial will follow at the Jerome Cemetery. Friends may call from 6-8 p.m. today at the chapel.

**TWIN FALLS** — A graveside service for Larry T. Grubb, 89, of Twin Falls, who died Saturday, will be held at 1 p.m. Tuesday at Sunset Memorial Park in Twin Falls with the Rev. G. Myers officiating. Friends may call from 4-8 p.m. today at White Mortuary in Twin Falls.

**TWIN FALLS** — The funeral for Reed Hulm, 80, of Twin Falls, who died Friday, will be at 1 p.m. Wednesday at the 1st Ward LDS Chapel on Elizabeth Blvd. with Bishop Kim Nelson officiating. Burial will follow at the Twin Falls Cemetery. Friends may call from 4-8 p.m. Tuesday at White Mortuary in Twin Falls and one hour prior to the funeral Wednesday at the church. The family suggests that memorial contributions may be made to the Elks Rehabilitation Hospital in Boise and may be left at the mortuary.

**PAUL** — Michiko Hanami, 63, of Paul, who died Wednesday, will be at 11 a.m. Tuesday at the Joseph Payne Memorial Chapel, 221 W. Main St. in Burley, with her brother, Ryunosuke Muraki as Buddhist Priest officiating. Interment will be at 4 p.m. Tuesday at the Resburg Cemetery. Friends may call from 6-8 p.m.

## Hospitals

**MAGIC VALLEY REGIONAL MEDICAL CENTER**

**Admitted**

Sheila Duran, Rebecca Taylor, Jaden Muns and Destiny Grayleaf, all of Twin Falls; Mrs. Lyle Cane of Kimberly; Sean Sadelman of Jerome; and Landon Stocking of Carey.

**Released**

Lillis Graham, Sandy M. Greco and Bertha Reynolds all of Twin Falls; Harold E. Baker Sr., Virgie Packer and Mrs. Jo Robinson all of Jerome; Mrs. Carl Holtzbaugh and Mrs. John Malone both of Filer; Mrs. Burl Duncan of Kimberly; Mrs. Larry Miller and daughter of Wendell; Ernesta-Ada Gooding; Mrs. Rocky VanVickle and son of Bull; and Mrs. Cora in Woodburn and camp of Oakley.

**CASSIA MEMORIAL HOSPITAL**

**Admitted**

Wallace Bragger of Paul; John Carlisle of Heyburn; Margaret Gonzales of Rupert; and Sharon Adams of Twin Falls.

**Released**

Walter Asson, Carol Barkisville, Natalie Cotler and baby, Adrian Juarez, Ernest Long and Patsy in Rocha all of Burley; Amber Gooden and Olive Strauss both of Heyburn; and Yasuko Wada of Caldwell.

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# Earthquake

## Building codes saved many, but more needs to be done

LOS ANGELES (AP) — When a magnitude-6.8 earthquake walloped Soviet Armenia in December, 25,000 people died — more than 100 times the number killed by last week's slightly larger 6.9 jolt in Northern California.

The contrast shows how California leads the nation and much of the world with stringent building rules. But quakes here and in other states will kill thousands unless much more is done to make buildings, bridges and other structures withstand shaking, experts say.

The lesson of this quake is that we have the technology to radically reduce death, injury and damage in case of an earthquake," said Sen. Don Rogers, the only geologist in California's Legislature. "Let's get on with using it."

Unreinforced brick and brittle concrete structures need strengthening, and tax incentives should be given to foster design of new buildings with shock absorbers in foundations, quake-damping devices in walls, and automatic gas-shutoff valves to prevent fires, said Rogers, a Republican from Bakersfield.

Tuesday's San Francisco Bay area quake killed at least 55 people, 34 of them in Interstate 880, the collapsed double-deck freeway in Oakland, and others in toppled buildings. Yet the majority of structures stood.

The Armenian quake Dec. 7 killed many of its 25,000 victims in col-

lapsed apartments built with unreinforced-masonry walls, precast concrete floor slabs and inadequate ties between structural elements.

"Armenian cities were also close to the fault, while last week's epicenter was 50 miles from San Francisco and Oakland, Armenia lacks timber; many U.S. homes are built with quake-resistant wood frames.

Nevertheless, "we would have experienced a tremendous amount of devastation without the building codes and standards we have in California," said state Architect Michael J. Bocchicchio. "The number of lives lost and the amount of damage would have approached some quakes in other parts of the world."

A 1988 U.S. Geological Survey study said that Southern California is 60 percent likely to be rocked by a quake registering 7.5 to 8 on the Richter scale within 30 years, while the Bay Area faces 50-50 odds of a magnitude-7 quake.

The Richter scale is a gauge of the energy released by an earthquake as measured by the ground motion recorded on a seismograph. Magnitude 8 is considered a "great" earthquake capable of tremendous damage.

The USGS said a repeat of San Francisco's 8.3-magnitude 1906 quake is only 10 percent likely within 30 years, but a 1980 federal report said it could claim 11,000 lives. The report said a quake of similar magni-

tude in Southern California could kill 14,000 people.

"Unless we take the threat seriously, we could have an appalling death toll," said Richard Eisner, director of the Oakland-based Bay Area Regional Earthquake Preparedness Project.

Past quakes did spur improvements.

The 1933 magnitude-6.3 Long Beach quake killed 115 people. Many schools collapsed after students went home. Laws soon required seismic resistance in new buildings, and old school buildings were strengthened.

Los Angeles' Sylmar quake of 1971, with a magnitude of 6.4, toppled freeway overpasses and killed at least 58 people, many in a collapsed hospital. The tremor prompted stringent hospital-construction standards, a 1976 revamp of model building codes and the \$58-million first phase of a program that strengthened freeway bridges.

A later phase, not yet started, would have attempted to strengthen columns that gave way during the collapse of I-880.

Much damage from Tuesday's quake wasn't surprising, including collapse of old unreinforced brick buildings; destruction of homes sitting on soft fill, and fires from natural gas leaks.

### Methods Of Earthquake Engineering

**Conventional Structure**

Buildings are designed to resist the downward force of gravity and the pressure of wind and weather. In an earthquake, the shaking and vibration in the ground damages buildings by straining and distorting the structure in unusual directions and ways. In earthquake-prone regions, several methods are used by engineers to limit earthquake damage to buildings.

Conventional foundation

**Moment-Resisting Frame**

This flexible frame absorbs and distributes energy through the columns and beams which are rigidly connected at their intersections.

**Shear Wall and Braced Frame**

Both features add strength to the frame and resist distortion and damage to the building's frame due to ground movement.

**Base-Isolation Structure**

Base-isolated foundations shift in such a way that forces are not amplified on the upper floors because the layers of rubber and steel in the underground bearings help the building shift with the ground movement.

Underground Bearing

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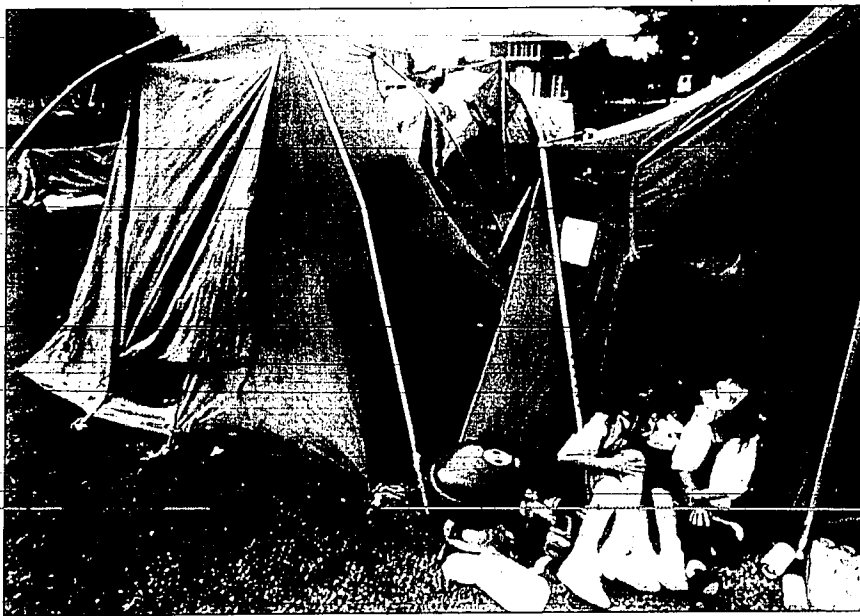
Stool load plate

Alternating layers of steel and rubber

Stool load plate

Source: California Engineering Foundation, "Architectural Record"

AP/Tina Guey



Marisa and Malra Lopez play with friend Kathy Moren outside their tent in a public park in Watsonville

## Hundreds sleep in tents in Watsonville

WATSONVILLE, Calif. (AP) — Rosa Chavez has spent the nights since the earthquake in the back of her father's truck with her 8-month-old baby and other family members.

"It's just scary. I think another disaster is going to happen," said Chavez, 20. "The little kids are afraid of going into any building."

Four walls and a roof overhead no longer mean security in this predominantly Hispanic community, where residents are mindful of what happened in Mexico City four years ago. Thousands died in a tremendous earthquake on Sept. 19, 1985, but many others were killed by an aftershock the next day that trapped them inside their homes.

Now the only place many in Watsonville feel safe is among the forgiving canvas walls of tents, and not even the driving rains that have drenched their campsites to mud have persuaded them into shelters or back to homes that the city has declared safe to enter.

"The biggest problem we find is that they are families and the children for the most part are frightened to death to go in buildings," Mark Svennigson, part of a team from San Mateo County health services that is helping with relief efforts, said Saturday. "They are willing to bear up under the cold and rain and everything else to keep the children from screaming as they go into houses," he said.

Raymundo Leyva is one of those who fear another tremor could topple the weakened walls of his house, killing anyone foolish enough to be inside. The U.S. Geological Survey says there have already been more than 2,000 aftershocks, with more expected in the next few days that could cause additional damage.

After Tuesday's quake, as soon as he could get to a working telephone line, Leyva called his grandparents in Mexico who had survived their own powerful earthquake.

"Everyone was crying. They said they were happy to hear from me because they thought Watsonville was gone," Leyva said. "They thought it was going to happen. The same thing that happened in Mexico City. I did, too."

Watsonville, located about 80 miles south of



Melissa Serriteno carries water to camp

San Francisco, is not gone, but uncounted homes and businesses are destroyed. Amazingly, only one of the 30,000 residents was killed, the victim of a bakery collapse.

Volunteers estimate 500 people have been sleeping in the half-dozen tent cities that have popped up in parks and empty lots, all near areas where the damage has been especially severe.

Many others are sleeping in their yards or cars

rather than enter homes whose foundations have shifted, porches have collapsed or chimneys have caved in roofs.

Three Red Cross shelters are already at capacity with 1,100 homeless who are willing to stay inside. On Sunday, the Red Cross opened a full-blown shelter of olive drab military tents in Ramsey Park, complete with medical and feeding facilities for those sleeping on cots.

"It's unusual, but this was something we felt we had to do because of peoples' concerns," said Red Cross spokeswoman Hope Tuttle.

The tent cities have become relief centers where volunteers from throughout the region serve meals and coffee from the backs of trucks. Donated clothes are piled under sheets of plastic and anchored by scrap lumber.

"People are everywhere on the streets in this town," Cote said. "A lot of this is cultural, they don't want to leave their houses, they are afraid people are going to go in houses and take things."

Even building inspectors' word that 363 homes have been checked and are safe to enter hasn't appeared to sway many whose confidence in even the ground beneath their feet was shaken by the 1.5-second jolt.

"There's this distrust of government because a lot of people are here illegally and they don't want to be turned in," Cote said. "We are giving services regardless. The INS is not going to show up."

Federal Emergency Management Agency spokesman Bill Villa in San Francisco said benefits would be provided to all victims regardless of citizenship. "There is no indication on the application whether they are a citizen or not," he said.

## Earthquake will hit aged, poor hardest

The Washington Post

OAKLAND, Calif. — As the 6 million residents of the San Francisco Bay area woke Saturday morning to a rainy weekend of sour damage assessments and one unexpected bright moment — it was clear that nearly all would be leading different lives in the next several months but that many of the worst-off were already accustomed to suffering.

In front of the Martin Luther King Jr. Elementary School here, turned into a temporary Red Cross shelter, Jack Frank — unemployed, his wife and two children on welfare — told of the indigent and the elderly turned out of their earthquake-cracked apartment building. "They've got nowhere to go. We've got nowhere to go. They're trying to put their heads together, but they're not coming up with anything."

Tuesday's 6.9-magnitude Loma Prieta earthquake — which one insurance group suggested may be the most expensive natural catastrophe in U.S. history — brought sickening, spectacular tragedy to the burned and fractured buildings of San Francisco's Marina district and the collapsed double-decked Interstate 880 along Oakland's waterfront. It also brought Saturday's surprise rescue of a Weaverville man who had been trapped for more than 90 hours in his crushed car on I-880.

But what few television viewers saw was the suffering of the poor and elderly in Oakland, who have few of the financial resources of the displaced Marina residents, and what may be just one more cycle of destruction for the residents of the Santa Cruz Mountains, threatened by rain-accelerated landslides under houses already weakened, and in some cases destroyed, by Tuesday's 10-mile-deep thrust along a 35-mile segment of the San Andreas fault.

"My hand is all swollen and it takes me 15 to 20 minutes just to get to the bathroom," said Pauline Foster, a 79-year-old resident of the historic Hotel Oakland, a downtown eight-story residence for the elderly and disabled where an entire wing has had to be evacuated because of quake damage.

At Oakland's makeshift city headquarters at the fire department — the city-hall is quake-cracked — several officials were meeting Saturday morning on the need to move several hundred more welfare clients and elderly out of older structures. City officials had hoped to use World Series week to spotlight Oakland's new skyscrapers and growing legions of middle- and upper-income residents, but the quake has forced them to focus again on the down-and-out who have been a frequent symbol of the old port.

"People in Oakland, we try," Frank said before rejoining his family on low cots in the small elementary school gym, where 300 other people jammed into a noisy, ill-ventilated multistor.

A light morning rain lifted at midday, but forecasters indicated that more precipitation is on the way, a hazard to relief workers and an added hardship to the 6,568 people Red Cross officials say are still homeless because of the earthquake.

In San Francisco's Marina district, two more buildings collapsed overnight, prompting authorities to further restrict access to dangerous structures and compounding the frustrations of hundreds of homeless residents.

Some have been told they could wait months to move back into their apartments, while occupants of buildings slated for demolition have been given just 15 minutes to collect their belongings.

Deborah Soss, a 32-year-old buyer for I. Maginn, said she was allowed into her damaged building for just 10 minutes. And this morning she learned that she would not be permitted another trip. Her Toyota, parked in the building's garage, is to be entombed with the rest of her belongings.

The earthquake claimed "everything except my body and limbs," Soss said. "I'll have to look for a new car, look for a new life."

Elsewhere, the city appears to be functioning normally again, with power restored to most neighborhoods and traffic lights working at most intersections.

State officials say the quick reestablishment of basic services, as well as the relatively low death toll, is a tribute to California's earthquake preparedness program, and that they have suffered no major shortages of personnel or supplies.

Federal seismologists said the Bay Area's death-toll, which may eventually approximate the 114 lost in the 1964 Alaska earthquake, would have been much higher without modern building codes.

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# Aoun refuses peace proposal

TAIF, Saudi Arabia (AP) — The Lebanese parliament on Sunday passed a new power-sharing accord to end the country's 14-year-old civil war, but Christian leader Michel Aoun appeared ready to reject the pact.

Fifty-nine of 62 deputies present voted for the draft charter but made their action contingent on approval by Aoun and his rival, Moslem leader Salim Hoss. Two deputies abstained, and one voted against the agreement.

Just as the session began, Arab League envoy Lakhdar Brahimi flew to Beirut, Lebanon, for separate talks with Aoun and Hoss. The Arab League has been sponsoring the peace efforts.

Aoun heads a Lebanese Christian government competing for legitimacy with the predominantly Moslem Cabinet headed by Hoss.

In Beirut, Aoun appeared ready to oppose the peace plan, saying acceptance would be "a crime." Aoun said at a news conference the plan did not meet his demands for a specific timetable for a Syrian withdrawal from Lebanon. He said he accepted political changes that

would give more power to the Moslems.

"But I reject the part concerning Lebanese sovereignty. We don't know what the Syrian role will be in Lebanon — what for and how long," he said.

Aoun also said that if the Syrians threaten to resume fierce shelling that battered Beirut from March to September, he is ready to defend himself.

The general proposal putting the peace plan to a referendum of the Lebanese people since the parliamentary deputies had exceeded their jurisdiction and legal powers by voting in these ambiguities that compromise Lebanon's sovereignty.

There was no immediate reaction from Hoss.

Despite Aoun's comments, Ibrahim told reporters after his meeting with Aoun that he was pleased that there had been no new fighting in Beirut. He also said he hopes "that the atmosphere of optimism and the steps that have begun materializing will continue to ensure the interests of the Lebanese people and end their plight."

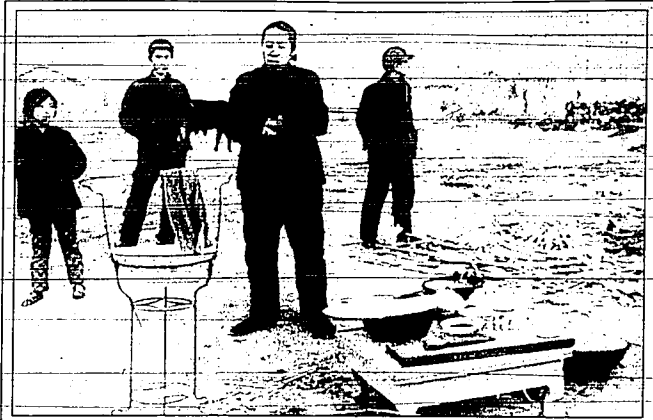
The parliament met to consider the peace plan for Saudi Arabia guaranteed it would be implemented and Christian deputies approved it.

The proposal falls short of Christian demands for a full pullout of Syria's 40,000 troops in Lebanon within three years, but includes Syrian proposals for at least a partial withdrawal. It also guarantees an equal number of seats for Moslems and Christians in the Parliament.

George Saadeh, head of Lebanon's Christian Phalange Party, said the Christian deputies consulted with Aoun by telephone before agreement on the plan was announced. The Parliament session, the first since Oct. 5, was called after the Christians said they had no reservations.

"We've reached final and comprehensive agreement," Saadeh told The Associated Press.

He said Aoun and Hoss would probably be invited to Saudi Arabia for a meeting King Fahd has scheduled with the 63 parliament deputies.



**Out in the cold**

A family left homeless after a major earthquake table in Guiren, northern China. Most villagers are living in tent shelters as they rebuild.

# Years of prison strengthen black leaders

The Baltimore Sun

SOWETO, South Africa — The children came running up the narrow street, voices raised in a war-cry of the African National Congress. A large green, black and gold ANC flag billowed in the wind of their progress.

They formed a circle around the gate of a small inconspicuous house on the street corner. There were perhaps 300, most of them in school uniform: girls in black tunics, boys in white shirts and gray shorts, some as young as eight or nine — portraits of gravely and reverence, eyes shining like newly minted pennies.

They had closed their school for the day, simply left their classes and run as a group through the streets of Soweto to show support for an old man they had never seen but who they had been told was a leader of their struggle.

He had spent more than a quarter

century in jail for them, risked death in anonymity so that they would have a political future. Now he was free. And look! Even the police were keeping their distance.

The kids were kicking up dust outside his home and chanting his name: Walter Sisulu. Walter Sisulu. Walter Sisulu.

They cheered as the white-haired, 77-year-old man emerged, climbed onto a table with the help of several activists, and raised his fist in a power salute.

"Thank you for coming," he intoned to the awestruck youngsters. "I am impressed by your enthusiasm and your discipline. Stick to that. It must be your philosophy throughout your lives."

"But there is something equally important: education. You must arm yourselves with learning — pay special attention to that."

"And now," he said with a chuckle, glancing at the police truck

parked a few hundred yards away.

"You may disperse. But do so peacefully. Thank you so much for coming. Amandla! (Power!)"

"Aweit! (To the people!)" they replied, and then began obediently to drift away. An hour later another group arrived.

So it went, throughout every day last week, as individual schools came to pay homage to the man who they believe will lead them to liberation.

Three years ago, children barely old enough to throw stones were in violent revolt against the apartheid state and its symbols. Many were killed. As their leaders were jailed, anarchy became the order of the day.

Emergency law has since reduced their protest to simmering resentment.

Oct. 15, the government, responding to years of international and domestic pressure, freed eight of the prisoners who led the anti-

apartheid struggle.

Hundreds more remain in jail, in detention or under house arrest. The ANC and more than 20 other anti-apartheid organizations are still banned or restricted — in law, if not quite in practice.

But of the ANC group sentenced to life imprisonment for plotting sabotage against the white minority government in 1964, only Nelson Mandela, their foremost leader, remains inside. But he, too, is expected to be released in the next few months.

The organization itself is still in exile; its leadership directing a guerrilla struggle from headquarters in Lusaka, Zambia.

The question now is whether these patriarchs, unfettered by legal restraints, can pick up the ragged threads of the struggle from which they were separated more than 25 years ago; and direct it toward a peaceful solution.

# Syria to punish pilots responsible for deaths

CILVEGOZLU, Turkey (AP) —

Syrian officials said Sunday they will punish the pilots of two jet fighters accused of shooting down a Turkish civilian airplane, killing all five crew members, a news report said.

Turkish and Syrian officials met in Turkey to investigate the case. Turkey's semi-official Anatolia news agency reported.

Turkish officials say two Syrian Mig-21 jet fighters flew 12 miles over Turkish territory Saturday to shoot down the civilian airplane with missiles. They said all five crew members aboard were killed.

A Syrian official, Saad Hasun, told reporters after the 4½-hour meeting in the border town of Cilvegozlu that the pilots would be punished severely. Anatolia said. No further details were given.

The dispatch quoted Hasun as saying the Syrians wanted to conduct an on-site investigation. It did not say whether the request was granted.

The Syrian Foreign Ministry said Turkish Ambassador Ertan Turcel met late Saturday with ministry officials and was told Syria had set up a committee to investigate.

The ministry asked Turcel to "convey the condolences of the Syrian government to the families of the victims in this painful incident." It gave no details on how the plane was shot down or by whom.

Turkish Foreign Ministry spokesman Murat Sungar said the civilian aircraft was a small propeller plane doing geographical survey work.

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## MORNING LINE

Good morning. It's Monday, October 23.  
Sunday's scores

Football	
NFL	
Kansas City 36, Dallas 28	Indianapolis 23, Cincinnati 12
Philadelphia 10, Los Angeles Raiders 7	Minnesota 20, Denver 7
Buffalo 16, New York Jets 7	Houston 27, Pittsburgh 0
Washington 37, Tampa Bay 22	San Francisco 17, New England 10
Los Angeles Rams 20	San Diego 24, Atlanta 20
Denver 24, Seattle 21	San Francisco 41, Los Angeles Rams 21
New York Giants 20, San Diego 11	

Sports on TV  
7 p.m. — Channel 6, 35, NFL football: Chicago at Cleveland

### Briefly

#### Olympic panel adopts drug test regulations

DENVER (AP) — The U.S. Olympic Committee concluded a three-day meeting Sunday by adopting its first year-round drug-testing regulations and as stricter sanctions against athletes who compete in South Africa.

Under a new out-of-competition drug-testing plan approved by the USOC's Executive Board, athletes will be chosen at random as many as three times a year, in addition to the current system of drug-testing before events.

Only cycling currently has out-of-competition testing.

The new plan will combine USOC resources for all sports instead of having each organization develop a program and use multiple administrative costs," said Edwin Moses, chairman of the USOC's substance abuse committee.

The USOC targeted Jan. 1 for implementing the plan, although Moses said meeting that date will be difficult.

#### Giants manager reveals pitching rotation changes

SAN FRANCISCO (AP) — San Francisco manager Roger Craig on Sunday announced a change in his pitching rotation when the World Series resumes on Friday against Oakland.

Craig said Scott Garretts will start Game 3 against Dave Stewart and Rick Reuschel will come back in Game 4 against Mike Moore.

Garretts started Game 1 against Stewart on Oct. 14 in Oakland and allowed five runs in four innings as the A's won 5-0.

In Game 2, Reuschel lasted four-plus innings and allowed five runs in losing 3-1 to Moore and the A's.

After the first game, Garretts had a sore right elbow.

Craig said if the Series goes to a fifth game, Don Robinson will pitch. Robinson was the scheduled pitcher for Game 3 before the Giants changed the rotation.

#### Fuller sustains compression fracture against the Patriots

STANFORD, Calif. (AP) — San Francisco safety Jeff Fuller sustained a compression fracture of three vertebrae in his neck during Sunday's game against New England, causing nerve-root damage that may cost full him use of his right arm.

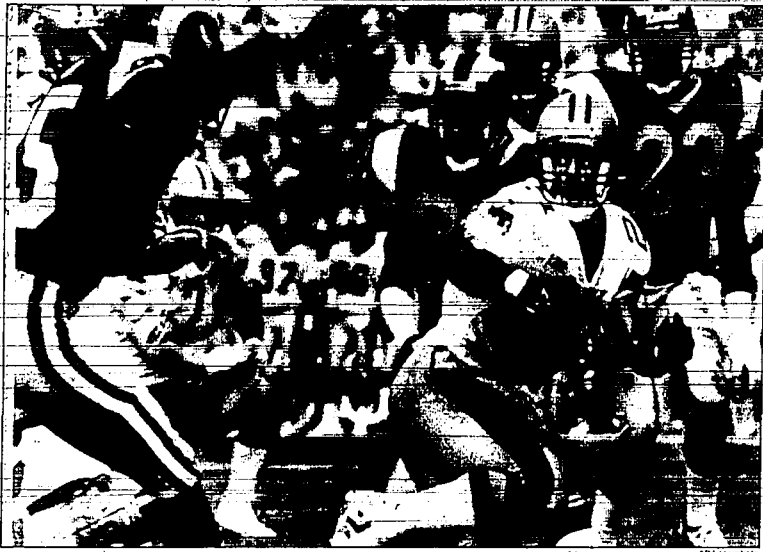
Team physician Dr. Michael Dillingham said the injury is not life-threatening and that Fuller, who was hurt on the second play from scrimmage, is in stable condition in the intensive care unit at Stanford Hospital. Fuller also sustained a concussion.

### SportsQuote

“I'm not the smartest guy, but I'm not a complete idiot, either. When I saw what he was doing out there, I said, 'Hey, keep feeding him the ball.'”

— Minnesota Vikings coach Jerry Burns on Herschel Walker's debut.

## Saints dish out Rams 2nd straight loss, 40-21



By BERNIE WILSON  
The Associated Press

Saints running back Dalton Hilliard (21) eludes a pack of Rams defenders on a 10-yard touchdown scamper

## Wood River Valley, eastern Idaho dominate cutting

By BRAD BRELAND  
Times-News writer

TWIN FALLS — Idaho's Best Chevy Dealers Cutting Horse Futurity came to a close Sunday afternoon with the majority of the champions coming from the Wood River Valley and eastern Idaho.

Three riders from Halley finished in first place while honors also went to a rider from Ketchum.

Gina MacDonald scored 143 points in the non-pro classic challenge, one of nine events held over the weekend.

MacDonald, participating in the event for non-pro riders, won \$1,255 for her first

place ride on Chexa Firefly. Burley's Gary Martin finished second banking a little over \$1,000.

Another Halley rider, Greg Smith, dominated the Gem State Futurity event. Smith, riding the event for three-year-old horses, finished first and second in the open class. He rode Fancy Katie Quixote to first place while his ride on Ambers Sweet 'n' dry was good for a second-place finish. His prize for that event alone netted him \$3,891.

Ambers Sweet 'n' dry was a good horse for Buckley Johnson from Halley. The Gem State Futurity Amateur, an event for three-year-old horses, whose millions have been

nominated, finished first over Dave Capps of Twin Falls. Johnson, who scored 416 got \$654 for his efforts and Capps cashed in with \$436.

Stu Gilred, one of areas premier riders, got in first place for the Idaho Cutting Horse Association non-pro derby.

Gilred, who also captured fourth place in the open classic challenge for five and six-year-old horse, and fifth place in the non-pro classic challenge added more to his winnings taking \$955 for first place in the derby. Jo Woodbury from Star was second.

It wasn't all bad for the rider from Star finishing second with Gilred—Woodbury

ANAHEIM, Calif. — Compared with a month-long losing streak, the last two Sundays have been like paradise for the New Orleans Saints.

“Sure, they're only 3-4, but the Saints led by Bobby Hebert, Dalton Hilliard and a bothersome defense — marched past the Los Angeles Rams 40-21 Sunday for their second straight win.

“The momentum is definitely going our way. We've won two in a row and, hey, that's a roll for us,” said Hilliard, who caught one of Hebert's three touchdown passes and rushed for two more.

“Right now we're just concentrating on keeping it going, making big plays and not making mistakes. It was a big emotional lift for us. This is a confidence game.”

The Saints lost four straight before beating the New York Jets a week ago.

They came out strong against the Rams, collaring Jim Everett and taking advantage of excellent field position all day.

The clincher was when Hebert struck like lightning with touchdown passes of 54 yards to Floyd Turner and 37 yards to Eric Martin on consecutive plays early in the third quarter.

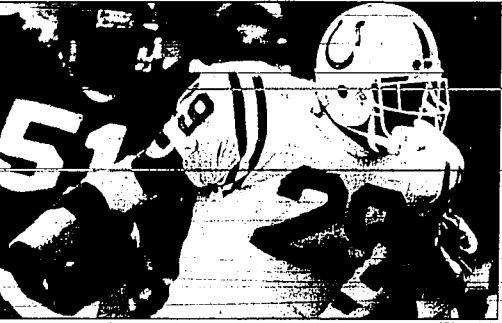
“The Rams were at the top and are one of the best teams in the NFL. And you have to play great just to keep pace with them,” Hebert said.

“We're not that talented, where we could have an off week and expect to win,” he added.

Hebert completed 15 of 22 passes for 276 yards with one interception.

The 40 points were the most scored by New Orleans since their most given up by the Rams.

## Colts, Dickerson roll over Bengals, 23-12



By JOE KAY  
The Associated Press

Colt Eric Dickerson heads toward a touchdown 21 yards away

## Denver beats reeling Seahawks in Seattle

By JIM COUR  
The Associated Press

SEATTLE — One out of four was good enough for kicker David Treadwell and the Denver Broncos.

The Broncos (6-1) were quick to give Treadwell his fourth field goal opportunity of the day after Dennis Smith intercepted a Dave Krieg pass over the middle and ran it back 28 yards to the Seattle 10.

Treadwell was immediately sent on the field to redeem himself after missing a 27-yard attempt with 16 seconds left in regulation play and kicked a 27-yarder with 7:14 left in overtime to give the

Broncos a 24-21 victory Sunday over the Seahawks.

“I'm very relieved and very thankful my teammates stayed behind me and gave me another opportunity,” said Treadwell, a second-year player acquired from Phoenix in May.

“I felt like I let everyone down after the miss (his 27-yard attempt). I still don't know what happened,” he added.

Some guys get second chances. Treadwell got fourth chances. Denver coach Dan Reeves said there was no question about giving Treadwell another try. Reeves kept Treadwell and cut veteran kicker Kirk Karlis in training camp.

“I asked David to go in and he said, 'Coach, I'm going to make it,’” Reeves said. “That's a lot of pressure on a young kicker but he bounced back.”

It was a day of missed field goals. In addition to his failed 27-yarder, Treadwell did not convert a pair of 46-yard attempts in a game that lasted 3 hours and 42 minutes. On the final play of the first half, he bounced a 46-yarder off the crossbar. On his first 27-yarder, he was wide to the right.

Norm Johnson of the Seahawks had a chance to win the game with 9:48 left in overtime, but he missed a 40-yard attempt. It was wide to the left.

But the Eagles stayed close, pulling within 41-34 when Jason Cromer kicked a 42-yard field goal with 3:30 remaining in the game. The game appeared locked up when Eastern Washington had to turn the ball over on downs with 1:24 to go.

But 14 seconds later, Damon Daniels fumbled at Idaho's 33 and the Eagles got another chance. But the Vandal defense rallied and Mike Zeller ended the threat when he sacked Mark Tennesson at the Eagle 42-yard line.

“It's the same hamstring,” Dickerson said. “It didn't bother me until the last run. It feels just like a cramp. It happened on about the 27-yard try.”

Dickerson was the main spark as the Colts (4-3) held onto the ball in the second half. Cincinnati's sputtering offense managed just four field goals by Jim Breech, and now has failed to score a touchdown in seven quarters.

Dickerson carried 31 times in his 17th 100-yard game for the Colts — surpassing Lydell Mitchell for the club record. He enjoyed 40 points, more than he has been able to run unencumbered by the hamstring, which had him pondering retirement down the road this week.

“I've been hurt the last four weeks,” Dickerson said. “When I'm hurt, the game of football is hard to sustain in practice during the week. Today it felt pretty good.”

Not for Cincinnati. (4-3), which has lost two consecutive home games after winning 12 in a row at Riverfront Stadium the last two years.

## Friesz sets record for unbeaten Idaho

By DON PARKER  
The Associated Press

When Idaho's John Friesz hooked up with David Jackson on a 55-yard flea-flicker, he passed his way into the Big Sky record books.

The play pushed him past fellow Vandal Ken Hobard, whose 9,300-yard career passing total had stood as the highest-ever since 1983. Friesz rolled up 400 yards in Idaho's 41-34 victory over Eastern Washington Saturday, placing his total at 9,563 career yards. 5th in Division I-AA and 14th for the NCAA.

His NCAA ranking puts his total beyond

that of such college quarterbacking luminaries as Jim McMahon and John Elway.

Idaho remains unbeaten in the Big Sky, an honor the Vandals continue to share with Boise State as the Broncos prevailed over Montana State, 37-10. Northern Arizona's Gregg Wyatt also passed Hobard's record, but he stayed in Friesz's shadow and the Lumberjacks fell to second-place Montana, 38-14.

Nevada Reno blew out Weber State 47-15, and Idaho State's players took a break as the Bengals were idle.

Friesz continued what is becoming a familiar pattern of first-half domination,

throwing for 334 yards and three touchdowns to give Idaho a 35-21 lead at the break.

But the Eagles stayed close, pulling within 41-34 when Jason Cromer kicked a 42-yard field goal with 3:30 remaining in the game. The game appeared locked up when Eastern Washington had to turn the ball over on downs with 1:24 to go.

But 14 seconds later, Damon Daniels fumbled at Idaho's 33 and the Eagles got another chance. But the Vandal defense rallied and Mike Zeller ended the threat when he sacked Mark Tennesson at the Eagle 42-yard line.

## World Series held 'til Friday

By RICHARD JUSTICE  
The Washington Post

OAKLAND, Calif. — Resumption of the World Series was delayed again Sunday when it was announced that Game 3 will be played Friday, instead of Tuesday as had been planned.

San Francisco Mayor Art Agnos and Baseball Commissioner Fay Vincent announced their decision after meeting late Saturday and again Sunday morning. Although Agnos said “the city is returning to normal,” he told Vincent that playing Tuesday is “logistically impossible.”

He said he had several concerns, including the completion of repairs at Candlestick Park, but that by far the biggest obstacle is what officials believe will be massive traffic problems this week.

City officials are braced for the worst on Monday when San Francisco's full work force returns to work for the first time since last Tuesday's earthquake collapsed part of the Bay Bridge.

That has thrown the area's transportation system into disarray.

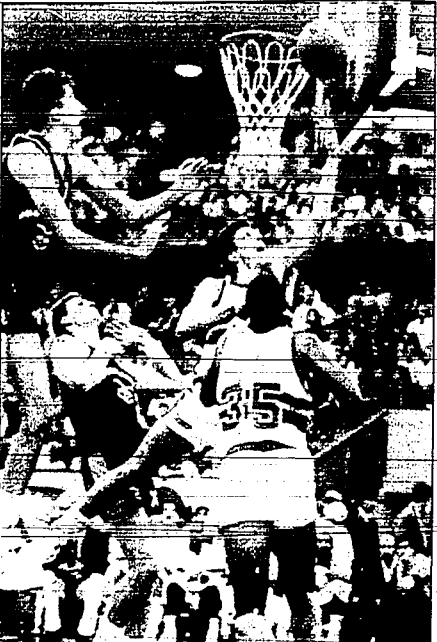
Nuggets escape upset-minded Yugoslavs to win McDonald's Open crown, 135-129

ROME (AP) — Doug Moe just figured the scoreboard was wrong. There was no way his Denver Nuggets could win the McDonald's Open 135-129...

highest scorers often are, known for their fast break-oriented offense. But the Yugoslavs showed they, too, can run and shoot...

victory over Barcelona in the consolation game. The Nuggets, who led by one point at midway, built up a 15-point lead midway through the third quarter.

left in the palace. Denver scored nine straight points at the end of the quarter to go ahead 35-30. After a free throw by Tim Kempton, Davis hit two jumpers to give Denver its first lead...



Nugget Todd Licht's has about to score while Jerome Lane looks on

Cutting

Continued from Page C-2 in rth Futurity for three-year-olds. The non-pro scores came out with Arave and his horse, Doc Set, on top...

Russ Miller, an Idaho Falls cowboy, had a hard-fought victory over Smith, a dual winner earlier, as Miller won the ICHA derby for four-year-old horses.

Only one Utah broke into the top scores as Lawson Hadlock, a hand from Hooper, Utah, finished in first in the Futurity Open. Hadlock rode Doc Granola Bar for a score of 144 and first place prize money of \$1,416.

\$1,701. Leo Woodbury from Star was second and Las Vegas' Leonard Rice was third.

in the competition, there were a total of 40 riders, 91 horses and almost 300 works, the shows in which the horse and rider participate.

Scores and Stats

Football

N.F.L. standings

Table showing NFL standings by conference (AFC, NFC) and division (East, West, North, South).

Table of scores and statistics for NFL games, including team names, scores, and key statistics like touchdowns and passes.

Table of scores and statistics for CFL games, including team names, scores, and key statistics.

Table of scores and statistics for college football games, including team names, scores, and key statistics.

Table of scores and statistics for high school football games, including team names, scores, and key statistics.

Table of scores and statistics for soccer games, including team names, scores, and key statistics.

Sunday's Games

List of football games scheduled for Sunday, including team matchups and game times.

Table of scores and statistics for Sunday's football games.

Table of scores and statistics for Sunday's football games.

Table of scores and statistics for Sunday's football games.

Table of scores and statistics for Sunday's football games.

Table of scores and statistics for Sunday's football games.

Monday, Oct. 30

Monday, Oct. 30. Minnesota at New York Giants, 7 pm.

Table of scores and statistics for Monday's football games.

Table of scores and statistics for Monday's football games.

Table of scores and statistics for Monday's football games.

Table of scores and statistics for Monday's football games.

Table of scores and statistics for Monday's football games.

Wednesday, Oct. 31

Wednesday, Oct. 31. New York Jets at Cincinnati Bengals, 12:30 pm.

Table of scores and statistics for Wednesday's football games.

Table of scores and statistics for Wednesday's football games.

Table of scores and statistics for Wednesday's football games.

Table of scores and statistics for Wednesday's football games.

Table of scores and statistics for Wednesday's football games.

Thursday, Nov. 1

Thursday, Nov. 1. Houston Oilers at Cleveland Browns, 12:30 pm.

Table of scores and statistics for Thursday's football games.

Table of scores and statistics for Thursday's football games.

Table of scores and statistics for Thursday's football games.

Table of scores and statistics for Thursday's football games.

Table of scores and statistics for Thursday's football games.

Friday, Nov. 2

Friday, Nov. 2. Pittsburgh Steelers at Oakland Raiders, 12:30 pm.

Table of scores and statistics for Friday's football games.

Table of scores and statistics for Friday's football games.

Table of scores and statistics for Friday's football games.

Table of scores and statistics for Friday's football games.

Table of scores and statistics for Friday's football games.

Saturday, Nov. 3

Saturday, Nov. 3. Tampa Bay Buccaneers at Miami Dolphins, 12:30 pm.

Table of scores and statistics for Saturday's football games.

Table of scores and statistics for Saturday's football games.

Table of scores and statistics for Saturday's football games.

Table of scores and statistics for Saturday's football games.

Table of scores and statistics for Saturday's football games.

College standings

Table showing college football standings by conference (SEC, ACC, etc.).

Hockey

Table showing hockey standings by division (Eastern, Western).

Big High Conference

Table showing Big High Conference football standings.

CAMPBELL LEAGUE

Table showing Campbell League football standings.

Big W Conference

Table showing Big W Conference football standings.

Today's Games

Table showing today's basketball games.

Basketball

Table showing basketball standings by conference (NBA, ABA).



# Legals/Classified

## Legals- Selected offers 002-007

LEGAL NOTICE LEGAL NOTICE LEGAL NOTICE LEGAL NOTICE LEGAL NOTICE LEGAL NOTICE LEGAL NOTICE LEGAL NOTICE

### DIRECTIONS FOR VOTING

1. Move the Red Operating Lever to the Right.
2. Turn down a Voting Pointer over the name of each candidate you wish to vote for. LEAVE THE POINTERS DOWN.
3. To vote for PERSONS NOT NOMINATED, lift slot covers at foot of machine above positions and WRITE IN NAMES.
4. Move the Red Operating Lever to the Left.

CITY OF TWIN FALLS, STATE OF IDAHO, GENERAL MUNICIPAL ELECTION DATE NOV. 7, 1999



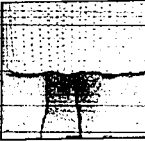
The Voter Moving the Red Operating Lever to the Right.

Each candidate's voting lever is located just above the name; a voting lever must be turned down over the name of the candidate for whom you wish to vote. Leave voting lever down.

The machine is so arranged that you can turn down only the proper number of voting levers for each office.

No votes are registered until the curtain lever is moved to open the curtain, and so you can make as many changes as you desire while the curtain lever is at the right side.

No one will know how you have voted because the movement of the curtain lever returns the voted voting levers to the unvoted position before the curtain begins to open.

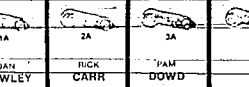


The Curtain Closed. Voter Inside Voting.

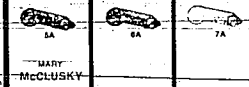
### OFFICES

### CANDIDATES

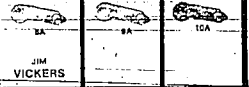
FOR OFFICE OF COUNCILPERSON  
FOUR YEAR TERM  
SEAT ONE (1)  
VOTE FOR ONE (1)



FOR OFFICE OF COUNCILPERSON  
FOUR YEAR TERM  
SEAT FIVE (5)  
VOTE FOR ONE (1)



FOR OFFICE OF COUNCILPERSON  
FOUR YEAR TERM  
SEAT SIX (6)  
VOTE FOR ONE (1)



### Attention, Voters!

Familiarize yourself with this diagram and directions for operating the voting machine. It will assist you in voting and save time on election day.

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**002 Lost & Found**  
Found: abandoned female Spaniel/Cocker mix, missing eye, brown, white, will give away. Call 734-2274.

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### 006 Personals

**006 Personals**  
**ALCOHOLICS ANONYMOUS**  
Call 733-8300

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**007-Jobs of Interest**  
Need: One to cover Glenn's Ferry area and one for Edon, Hazelton and Mott. Call Mike, 733-2848.

### 007-Jobs of Interest

**007-Jobs of Interest**  
Green Giant We have an opening for a Factory Mechanic. Full time position. General Maintenance and Electrical skills desired.

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D

When it comes to your life, who are 'they' to say?

THEY say the price of gasoline will go up. THEY say it will come down. THEY say that it's going to rain. THEY say it's not going to rain. THEY say it's going to be a hot summer. THEY say it's going to be the coolest summer since '98. THEY say the Democrats will pick up their seats in the House in the next election. THEY also say the Republicans will win by a landslide. THEY are the world's greatest authority, the most vocal majority in the world. Yet nobody knows who THEY are.



So says Mary Z. Gray, author of the book 'Ah, Bewilderness.' Gray admits to being confused because, not only are the THEYS of this world anonymous, THEY always seem to be contradicting each other.

What's more, THEY seem to be experts in everything: THEY say that if you go by air you can get there faster. THEY say that if an appendix ruptures you can get real sick. THEY say they're not sweating that style anymore. THEY say the proof of the pudding is in the eating.

Who are THEY? Gray asks. 'Some secret source of inside information? Some majestic tribunal judging all things, passing down edicts on matters they know nothing about, acting as self-appointed final arbitrator on morals, manners, grammar?'

Says she: 'I confess that I had trusted the authority of 'they' for many years until my little girl, a freethinker, questioned the omnipotence of whoever determined the rules of grammar and language. 'Me and Roger...' she had started to say before I interrupted her with a correction. 'Roger and I.'

My tiny preschooler pursed her lips, stared at me, and then questioned: 'Who says I have to say, 'Roger and I?' Why can't I say, 'Me and Roger?'

'Because it's wrong. There are rules for the right way to say things. Who makes them up? Where are these people? I'd like to meet them,' she said very seriously.

'I'd never thought of it that way before,' observes Gray. 'That's the spirit we should all cultivate. It would save us from being taken in by THEY and their fool sayings, or their arbitrary rules for what's right or wrong. 'Me and Roger...'

Another thought occurred to this discussion of the THEYS apply to your life? First, most people's lives are governed extensively by internalized pronouncements and edicts from 'tribunals' whose members are nameless and faceless. The THEYS lurk in the background, never identifying themselves, yet they can profoundly affect your behavior. For example:

You may act as if there is only one acceptable mode of dress and follow the dictates of fashion (what THEY say) so you can fit in. You may become uncomfortable when things are out of order (THEY say, 'A place for everything and everything in its place').

See LARSEN on Page D2

Suicide a widespread problem among the elderly

By JULIE FANSELOW Times-News writer

TWIN FALLS — In a society that glorifies youth and throws away anything it no longer deems useful, maybe it's not so shocking to hear that suicide is widespread among older Americans.

Suicides by teen-agers have always merited big coverage in the media and plenty of attention from parents and peers. But suicide among older Americans is rarely given much attention, despite the fact that more older people than teens kill themselves.

According to a recent story by The Associated Press, in 1986 — the most recent year for which national figures are available — the U.S. suicide rate was 12.8 per 100,000 people. For those 65 and over, the rate was 21.6 per 100,000.

The National Center for Health Statistics, which compiles data from death certificates, reported 2,146 suicides among people 19 and younger in 1986, and 6,275 in the 65-and-over group.

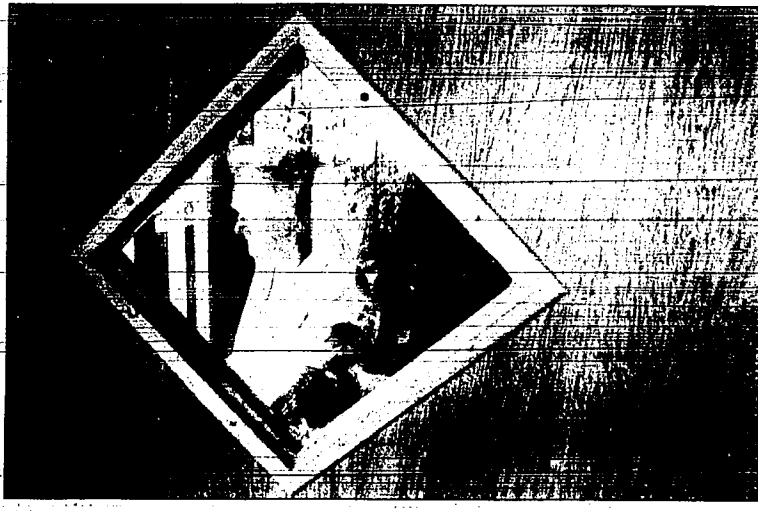
And, in 1986, Idaho ranked seventh in per capita geriatric suicides, with 34 such deaths. Nevada had the highest rate that year, followed by Arizona, California, Colorado, Vermont, New Mexico and Idaho, according to Dr. John L. McIntosh, a psychologist at Indiana University who specializes in the elderly. Massachusetts, with a rate of 9.9 per 100,000 people, was the nation's lowest.

The Gem State may rank even higher now in seniors' suicides, for there were 44 elderly suicides in 1987, and 41 in 1988, according to the State Department of Health and Welfare. Idaho has an estimated population of 115,000 people 65 and over.

In the Magic Valley, a total of 24 suicides were recorded in 1988, with five among people 65 and over. There was one geriatric suicide each in Blaine, Gooding, Jerome, Minidoka and Twin Falls counties, and none in the age group in Camas, Cassia and Lincoln counties.

News of Idaho's high level of senior suicide takes most by surprise. 'I'd like to know where the sociologists come up with their figures,' says Tom

See SUICIDE on Page D2



Senior citizens are often at a time of losses, which can lead to depression and occasionally, to suicide

Signs can indicate suicide possibility

The Associated Press

RICHMOND, Va. — The elderly rarely communicate suicidal intentions and, unlike the young, usually act once they decide to kill themselves, says Dr. Mary Miller, a gerontologist who has written about late-life suicide.

Most aged suicidal people truly want to die, and indications an elderly person is thinking about suicide should be acted upon immediately, says Miller, of San

Diego. Among the 'red flags' that doctors and family members and friends should recognize:

- Expression of feelings of hopelessness or worthlessness.
-Statements like 'My family is better off without me,' or 'I want to end it all.'
-Diagnosis of a serious diagnosis of terminal illness, or a recent move.
-Neglecting self-care, including failure to take prescribed medication.
-Suddenly putting personal affairs in

order, including giving away money and possessions or making changes in wills.

- Sudden interest or disinterest in religion.
-Scheduling an appointment with a doctor without having an obvious physical complaint.
-Unusual behavior such as buying a gun or stockpiling medication.
-Mood or behavior changes, including hostility, withdrawal and severe depression.

Tanning may be leading to skin cancer epidemic: Experts

By BRENDA C. COLEMAN The Associated Press

CHICAGO — A skin-cancer epidemic may be emerging because people insist on suntanning despite the dangers, say researchers who have found soaring rates of two of the most dangerous types of skin malignancies.

Annual cases of a type of skin cancer called squamous cell carcinoma increased 2.6 times in men and 3.1 times in women during the 27-year period from 1960 to 1987, researchers found.

Squamous cell carcinoma is one of the commonest skin cancers, occurring in thousands of people each year. Usually starting as a scaly patch on the lip, ear or hand, it grows, spreads and even causes death if untreated.

'Squamous cell skin cancer clearly seems to be related to skin exposure — it is more common among fair-skinned individuals, especially those with frequent or long-term exposure to sunlight,' the researchers said.

Their findings, based on a tracking of 300,000 members of the Kaiser Perma-

nente prepaid health plan in the Portland, Ore., and Vancouver, Wash., areas, are the first systematic report over time of squamous — scaly — cell skin cancer.

The researchers also looked at a deadlier skin cancer — malignant melanoma — and found that its incidence rose 3.5-fold and 4.6-fold among men and women, respectively, during the same period. The rising incidence of melanoma has been well documented in previous research, they said.

Malignant melanoma, which often starts in an existing mole that becomes enlarged, is the kind of cancer that is most likely to spread and kill. Many factors are believed to have contributed to the increased rates of melanoma, with greater exposure to sunlight being only one, the researchers said in their report in the Journal of the American Medical Association.

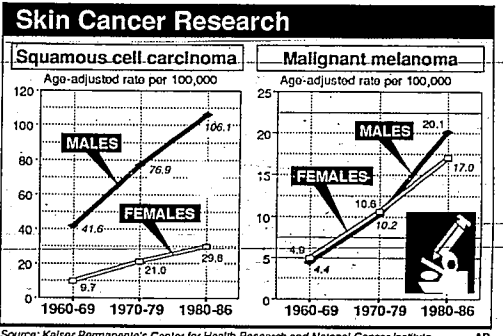
But 'both malignancies are considerably more common in this population than we expected based on previous reports from the general population,' said the authors, Dr. Andrew G. Glass of Kaiser Permanente's Center for Health Research in Portland, Ore., and Dr. Robert N. Hoover of

the National Cancer Institute in Bethesda, Md.

However, while cancers involving the head and neck or the extremities increased

at parallel rates for both types of cancers, the occurrence of melanomas on the trunk of the body rose much faster, the re-

See SKIN on Page D2



Source: Kaiser Permanente's Center for Health Research and National Cancer Institute

Looking good

Create colorful costumes just in time for this Halloween

Halloween just isn't the same anymore. Remember when you could cut two holes in a sheet to be a ghost or just rummage through dad's old stuff for the ultimate hobo outfit? Now, Halloween is as exciting as a Broadway show, complete with a wide range of costumes from serious to silly, from comic strip characters to classic creatures. If you sew, or would like to try, Simplicity Pattern Company offers a selection of over 60 Halloween costume patterns, with something for everyone, no matter what your skill or budget.

This year, Simplicity's famous character costumes hail from hit movies, TV shows and popular comics. Everyone's favorite cantankerous cat, Garfield, is stitched up for kids sizes 3-14. Fans of Star Trek, The Next Generation can choose a replica of their favorite uniform. Jim Henson's Muppet Babies have elaborate headpieces and charming costumes that are as fun to make as they are to wear.

If you are the traditional type, there are sends of scary looks in easy to sew #304. The frightening favorites include a Bride of Frankenstein, male and female devils, a ninja warrior and vampires. Whatever costumes you choose to sew, Simplicity advises you to keep your trick-or-treater safe by avoiding very long or loose-fitting costumes and adding reflective tape wherever possible. Keep in mind that all fabrics are not flame retardant. Take extra care near lighted jack-o-lantern and candles. A few precautions taken when sewing your costume

See LOOKING on Page D2



Baby Miss Piggy and Baby Kermit are a darling duo for children at Halloween

Quick takes

Empathy Belly hit with dads

By the Los Angeles Times

It's the dream of many expectant mothers (and some fathers, for that matter): If only he could REALLY know what it felt like to be pregnant.

Now it's possible, sort of, thanks to prenatal counselor Linda Ware and her Empathy Belly, a 35-pound 'pregnancy simulator' she developed after six years of research and field testing.

The Belly makes a man look and feel like he's eight months along. A rib belt with Velcro straps constricts his lungs, a weighted pouch rests uncomfortably on his bladder and lead balls press into his sides to mimic fetal kicks.

To make the experience more authentic, Ware has the newly empathetic fathers-to-be perform a few household tasks while wearing the Belly.

'I'm not trying to make fun of men,' Ware told Savvy Woman magazine, noting that many men actually enjoy their brief stint at pregnancy.

But, she added, most men't wait to get it off. And their partners say they're more considerate afterwards.

today have smoke detectors, as many as half may be useless because the batteries are either old or missing.

As a result, they say, many of us are without the first and most important line of defense against fire — a defense the IAFC says can double the chances for surviving a fire by providing early warning and escape time.

To help you remember to maintain your smoke detector, IAFC and the American Burn Association have endorsed the 'Change Your Clock, Change Your Battery' fire-safety program sponsored by the Eveready Battery Company. The program encourages people to adopt a new safety habit: changing the batteries in your smoke detectors every year when you change your clocks back from daylight-saving time (which happens this year on Oct. 29).

Said Chief Jim Esiepp, IAFC president: 'The simple act of changing the batteries in smoke detectors is the single most easy and accessible way of making a difference in the number of deaths and injuries caused by fire.'

Smoking facts worth a look

Some smoking statistics from the American Cancer Society and the American Lung Association, courtesy the Hope Health Letter (Kalamazoo, Mich.):

Hospitals across the country are becoming smoke-free; when smokers are admitted, they must become instant ex-smokers. The U.S. Department of Agriculture spent \$279 million on its tobacco price-support system in 1987, the last year for which figures are available. Over the

See TAKES on Page D2

Check smoke detector often

CALLBACK — A quick quiz: When was the last time you changed the batteries in your home's smoke detectors? According to the International Association of Fire Chiefs (IAFC), although 80 percent of homes

# Suicide

**Continued from Page D1**

Barnes, who heads up the District V Adult Services program at the Idaho Department of Health and Welfare.

Barnes says he hasn't heard of a single geriatric suicide in his year-and-a-half on the job. He points to the Magic Valley's strong heritage of family and religious values as helping prevent suicides among seniors.

But in many area social service professionals who work with the elderly say older Idahoans could be considered at risk for suicide, and for several reasons.

Marcie Donner, projects director for the Area Office on Aging, says the independent spirit embraced by Westerners could be the undoing of some seniors who are feeling suicidal.

"To ask for help," she says, "is almost like a cardinal sin." Many people look at assistance programs as "handouts," she adds. "People don't realize they've worked for it, or they deserve it by virtue of being a human being."

Janice Stone, ombudsman for the Office on Aging, says Idaho has nurtured a culture "of going out on the prairie to die. But I think that era is leaving us. People in the workforce now are more attuned to counseling and support groups."

"There is a stigma attached to sui-

**Our actuarial charts say you're only supposed to live a certain number of years. The government says you can only work so long. We've mentally castrated our senior citizens. These people have experienced the real world. They can share some wisdoms on life. We don't use the resources of our senior citizens like we need to.**

— Paul Reynolds

Chapel says such an occurrence is not uncommon.

"They may just literally die of a broken heart," he says.

Another problem, many experts agree, is America's preoccupation with youth and vigor.

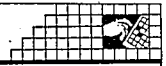
"I think we are a throw-away nation," says Stone, adding that many older people think they fit into that category. "What the nation needs to do, she says, is realize the many contributions older Americans can make. "Many of these people are just getting up to full steam."

"Our actuarial charts say you're only supposed to live a certain number of years," says Reynolds. "The government says you can only work so long. We've mentally castrated our senior citizens."

"These people have experienced the real world," he adds. "They can share some wisdoms on life. We don't use the resources of our senior citizens like we need to."

Is it possible that some deaths attributed to "natural causes" are actually suicides? Are some senior citizens killing themselves, whether by taking too much medication, not enough medication—or by another "passive" means? Are some vehicu-

## To do for you



"To Do for You" is a calendar listing health-related activities, events and education. Information should be submitted by Thursday for publication in the following Monday's Reach section. Mail notices to The Times-News, P.O. Box 48, Twin Falls, 83303, or deliver to our office at 132 Third St. W.

**Exercise class begins new session**

TWIN FALLS — The city-sponsored "Bodies in Motion" exercise class will begin a new seven-week session today. The class will be held from 5:45 p.m. to 6:45 p.m. Monday through Thursday at the Robert Stuart Junior High gym. Cost is \$25 per person and \$35 per couple with the first class free. All ages and fitness levels are invited to attend as working at your own pace is stressed. Members may register at the class. For more information, call Jacqui Schneiderman at 733-4796.

**Childbirth refresher class beginning**

TWIN FALLS — A prepared childbirth refresher class for persons who have previously taken a prepared childbirth course will be from 7 p.m. to 9 p.m. today at the Magic Valley Regional Medical Center. Women's Health and Education Center conference room, second floor.

Childbirth preparation and medical center procedures will be reviewed in a film, a discussion on sibling adjustment and a tour of the labor/delivery unit will be included.

The fee is \$5 and participants must pre-register by calling the Women's Health and Education Center at 737-2900, weekdays between 9 a.m. and 4 p.m.

**Smoking cessation program starting**

TWIN FALLS — A Smoking Cessation Program is scheduled to start this month at the Magic Valley Regional Medical Center. Two free introductory sessions will be held today and Wednesday at 7:30 p.m. in the third floor conference room.

Anyone interested may attend either free session to learn more about the MVRMC Stop Smoking Program. For more information call the Women's Health and Education Center at 737-2900, weekdays between 9 a.m. and 4 p.m.

**Aerobics, tumbling programs offered**

JEROME — The following aerobics and tumbling programs will be offered by the Jerome Recreation District and will begin on the specified dates or when 10 participants have pre-registered at the recreation district. To register, please call 324-3389 or stop by the Jerome Recreation District office at 229 East First.

Sarah Grill is the instructor for an aerobics class offered at 9 a.m. The class will begin Oct. 30 and will be held Monday, Wednesday and Friday. The fee is \$18 for six weeks.

The second session of the 4 p.m. aerobics class instructed by Tammy Boer, who just completed a comprehensive IDEA fitness seminar in Nashville, Tenn., will begin Oct. 30. Class will be held Monday, Wednesday and Thursday at the aerobic center, 302 East Main. The fee is \$18 for six weeks and pre-registration is required.

Suzie Homan is the instructor for the senior citizen aerobics class. All exercises are done to music and are held at 11 a.m. Monday, Tuesday and Thursday beginning Oct. 30. To register, please call the Jerome Recreation District at 324-3389. The fee is \$10.

The Fee-Wee Tumbling class is offered to children 3 years old through kindergarten at 4 p.m. on Wednesdays at the Jefferson School cafeteria. Kim Woodbury is the instructor for this 6-week class beginning Nov. 1. The fee is \$5. Pre-registration is required. Class is limited to 12 participants.

**Jerome County flu clinics announced**

JEROME — The Jerome Public Health Department has set the dates for the Flu Clinic in Jerome County. Shots will be 55¢ each. If you have any questions, please call 324-7566. The schedule is as follows:

- From 1 p.m. to 3 p.m. Nov. 3 at the Eden Senior Citizens Center.
- From 9 a.m. to noon Nov. 6 at the Jerome Community Conference Room.
- From 1:30 p.m. to 4 p.m. Nov. 6 at the Jerome Senior Citizens Center.

**CSI offers ski tuning workshop soon**

TWIN FALLS — The College of Southern Idaho Continuing Education Division is offering a Ski Tuning Workshop from 7 p.m. to 9 p.m. Nov. 7 and Nov. 9 in Room 116 of the Canyon Building. The fee is \$5 and instructor Claude Hinkle will cover binding maintenance and adjusting, ski maintenance, base repairs, hot waxing, filing and other ski-care techniques. For more information or to pre-register, call 734-0269.

## Takes

**Continued from Page D1**

past eight years, the government's buy-out of tobacco surplus totaled \$1 billion.

- Half of the high-school seniors who smoke say they began by age 14.

**Cancer brochure free**

Known as the silent or ignored male disease, prostate cancer is the most common male tumor and the second leading cause of cancer death among American men, according to the Prostate Cancer Education Council (PCEC). But, although the disease strikes 103,000 men each year and kills 28,500, a recent PCEC survey shows awareness of prostate cancer among men is low.

A new brochure, "Prostate Cancer: Some Good News. Men Can Live With" dispels the myths and offers information. Call NCI's toll-free hotline, 1-800-4-CANCER or write to Prostate Cancer Council, JAF-Box 888, New York, NY 10116.

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## Skin

**Continued from Page D1**

searchers said.

"These observations are consistent with the impression that the rising incidence of both malignancies may be attributable to increased voluntary exposure to the sun," said the researchers.

"They found 2,453 cases of invasive skin cancers among members of

the health plan.

Glass said the study examined health-plan members in Portland and Vancouver because they were the only groups for which records had been kept on squamous cell skin cancer.

The American Cancer Society has estimated that half of all people who live to age 65 will have skin cancer

at some point in their lives and predicted malignant melanoma will kill 6,000 people this year.

"The rising incidence of squamous cell cancer illustrates the limited ability of human skin to tolerate ultraviolet radiation," said an editorial accompanying the study.

"As individuals and as a society, it is only prudent to take precautions

to save our skins," added the editorial, by Dr. Martin A. Weinstock of Brown University in Providence, R.I.

He called for preservation of the Earth's ozone layer, which blocks harmful ultraviolet radiation, and early detection and treatment of skin cancers, as well as increased public awareness and use of sunscreens.

## Larsen

**Continued from Page D1**

- You may limit yourself to traditional gender roles in your primary relationships because THEY say things like "Men take out the garbage; women do the dishes."
- You may walk into a room and worry about what THEY are thinking about you.
- You may follow certain traditions and rules simply because they are established - not because they make sense or are useful.
- You may deny yourself the good things in life - roses, facials, or whatever - because "THEY" say if you do something for yourself you're be-

ing selfish.

- You may apologize excessively for almost everything or constantly think you need to explain yourself - because THEY might think you did something wrong.
- Following the vague edicts of the THEYS of this world comes from not having a good sense of what you WANT, and WISH FOR, and NEED. From not believing you are complete enough to do your own thinking. And from not believing that you are entitled to make choices for yourself.
- You don't need hundreds of vague authorities in your life to tell you what to do. You need to trust your

own judgment. You are in charge. You need to make the decisions. You have a right - perhaps even an obligation - to make those decisions for yourself.

When you think THEY try to attach names and faces to these people. Ask yourself, "Who am I trying to please?" "Who am I allowing to have power over me?" "Whose edict am I following without doing my own thinking?"

Test out how YOU feel by replacing THEY with I. "I feel (think) (want) (wish) (believe) (value) (choose)...." If it is good between the judgment of others and how you REALLY feel inside,

you'll know it and you can embrace that judgement as your own. If not, you can discard the judgment and search further to discover or develop your own position.

If you're going to use the THEYS, use them to your advantage. As one woman put it, "If you can always find a THEY SAY that matches exactly with what YOU want to do!"

JoAnn Larsen is a Salt Lake City family and marital therapist. Her column appears every Monday in Reach.

## Looking

**Continued from Page D1**

will insure a safe and Happy Halloween.

quire from two to six buttons. If the buttons you like are too pricey, think about using those from a blazer you no longer wear.

The bolero jacket, another fashion favorite this season, is also fairly simple to sew. No buttons or button-

holes to worry about, no lapels to fuss over, and the yardage is minimal.

Another make-it-yourself accessory is one of those wonderfully warm wool wraps, either a large square or triangle or a long stole. A lot of fab-

ric is required, but you should be able to come in at under \$100.

Now, take the money you've saved and buy a stick-pin for your vest or splurge on a belt in leather or a wild animal print.

**Fashions are affordable**

The Associated Press

NEW YORK — A lot of this season's fashion accessories are affordable — especially if a sewing machine is close at hand.

Vests are everywhere — in department stores, specialty shops, boutiques — in tapestry, suede, men's suiting fabrics. A Liz Claiborne tapestry vest at one Fifth Avenue store had a \$68 tag on it — including pattern, fabric and lining, you could make your own for less than half that.

Two easy Vogue patterns, 7573 at \$8.50 and 7335 at \$6.95, and Simplicity's 9373 at \$7.95 have four vest styles each to choose from. With 60-inch fabric, you'll need about three-quarters of a yard without nap for a size 10.

Remember that notions will add to your cost. Some patterns require fusible interfacing. Some styles need two D-rings for a back belt, others suggest braid trim. Almost all re-

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# Premenstrual syndrome has treatments, though cause unknown

By Newsday

Premenstrual syndrome has numerous treatments even though doctors still don't know its exact cause. The good news for women who suffer from PMS is that experts say a regular program of exercise can relieve many of its physical and emotional symptoms.

Most premenstrual symptoms, called "mood swings," include moodiness, increased appetite, bloating and breast tenderness. While PMS has similar symptoms, what sets it apart is the severity of those symptoms.

"Although there are more than 70 different treatments for PMS, the experts say, many of which are contradictory, untested, expensive or have unknown long-term effects, exercise is often recommended."

"Regular exercise has very real benefits for women with PMS," said Dr. Jon Ulljoy, a San Francisco sports medicine physician and psychologist who is also a world-ranked masters distance runner.

"Regular exercisers may have some sort of bloating and sluggishness in premenstrual days, but the mood problems are often eliminated," Ulljoy believes that it's the profound effect that exercise has on the hormones of the brain, uterus and ovaries that brings about these psychological changes.

Dr. Jerilyn C. Prior, an associate

## Emotional, not physical symptoms spur search for help

By Newsday

"Most women can tolerate PMS symptoms such as bloating, breast tenderness and constipation, but what really causes them to seek medical help is when they develop emotional symptoms," says Dr. Sally K. Severino, a psychiatrist at New York Hospital-Cornell Medical Center. "They don't like being

irritable, angry, depressed or anxious, and they want help."

"It's important for women to know that PMS is a recognized symptom, that it's cyclic, and that it improves with certain forms of therapy," says Dr. Michelle Warren of St. Luke's-Roosevelt Hospital Center in Manhattan.

Although there is no specific treatment for PMS (placebo work

in many cases, Warren notes), and the scientific explanation for PMS is still vague, Warren believes an expert should still be consulted for help.

"PMS falls on the edge of science," she says, "and we're in an area where people are doing a lot of research. If you think that you have PMS, it's best to consult a PMS specialist, someone who's usually a reproductive endocrinologist. Most major hospitals will be able to make recommendations."

The Melpomene Institute, a center for research and public education on the health concerns of physically active women, has a PMS information packet available for \$7.50. For requests or further information, write the Melpomene Institute, 2125 E. Hennepin Ave., Minneapolis, Minn. 55413.

"Exercise isn't harmful for someone with PMS and it can help relieve water-retention problems and improve self-esteem," she says.

Women with PMS who don't exercise will, for the most part, experience a beneficial response from exercise, says Dr. Michelle Warren, the head of reproductive endocrinology at St. Luke's-Roosevelt Hospital Center in Manhattan. Warren's approach to PMS is to look for possible hormonal imbalances. If appropriate, she offers hormonal treatment and recommends exercise. "I tell my patients to perspire for twenty minutes, three to four times a week. The resulting improvement is probably linked to endorphins and an improved sense of self-esteem," Warren says.

The medical experts conclude that the type of aerobic exercise performed seems to have no bearing on the amount of relief from PMS symptoms. If you like to run, bicycle, swim or take aerobics classes, then do so. "What's extremely important, they say, is that the exercise be consistent, every week, with allowances for how you feel."

"Don't think you have to push yourself through a tough workout if you don't feel that good," cautions Ulljoy. "Don't be so tough on yourself. There are times when it's just better to go easy or else take a rest."

professor of endocrinology at the University of British Columbia, also recommends a conditioning exercise program not only because of its effect on hormones, but also because exercise reduces fat levels, a key in relieving PMS symptoms.

In a controlled six-month study of three groups of women, Prior found that breast and fluid-related symptoms were reduced in formerly sedentary women who started to run a mile a day. The reason? Most likely, she theorizes, because the hypothalamus, the site in the brain where premenstrual symptoms originate, may have been suppressed by exercise and resulting weight loss.

A case in point is that of Justice Malinski, a 41-year-old Oak Park, Ill., biochemist. Two years ago, the demands of graduate school, coupled with a sore knee, forced her to stop running. She usually ran 50 miles a week. When she stopped exercising, Malinski developed the symptoms of PMS. "My body seemed out of control, and I only had one week of good health a month," Malinski recalls now.

"Fourteen days before my menstruation my mood changed from euphoric to paranoid, fatigue, water retention and bloating—it was difficult bending down to tie my shoes because of the fullness in my middle, and I was easily irritated," she remembers. "I also had an extreme craving for good food but could never satisfy it. The worst symptom,

though, was breast tenderness. They would change size, and I would often wake in the middle of the night in pain."

As the months passed, Malinski desperately sought solutions. She took doses of vitamin B6 for a while, ate several small meals during the day and eliminated fats, refined sugars and caffeine from her diet. Nothing worked.

"The emotional component was terrible," she says. "I was often angry and when little things started to bother me, I had to constantly force myself to breathe in and breathe out through my anger."

"This spring, her knee (stabilized) Malinski joined a group of women who go for one long run a week

and average 11-16 miles each workout. The effect on her PMS symptoms was miraculous, she says.

"My weekly run was enough to completely eliminate all of my breast tenderness as well as reduce much of the water retention and bloating," Malinski says. She is convinced that exercise was the only reliable treatment for her PMS symptoms.

"For most women with PMS, exercise is one of the first interventions I would recommend," says Dr. Sally K. Severino, an associate professor of psychiatry at New York Hospital-Cornell Medical Center in White Plains. Severino's new book about PMS, "Premenstrual Syndrome: A Clinician's Guide," has just been

## Valley happenings

**CSI students sponsor blood draw**  
TWIN FALLS — The College of Southern Idaho Student Senate is sponsoring an American Red Cross blood drawing from 10 a.m. to 2 p.m. Friday in the east cafeteria of the Taylor Administration Building. The quota is 120 units, and community members are invited to join CSI students and employees in the drawing.

**Kimberly UMC holds turkey dinner**  
KIMBERLY — The United Methodist Church will hold its annual Turkey Dinner and Country Store from 5 p.m. to 8 p.m. Friday at the church, 205 Madison St. E. Take-outs are available.

**Bible study meeting in Burley**  
BURLEY — The Mini-Cassia Christian Singles will hold a non-denominational Bible study at 7:30 p.m. Friday at First Baptist Church, E. 16th and Hiland streets. Call 678-2896 or 678-5407 for more information.

The Times-News welcomes news of community events. Send material to Times-News Valley Happenings, Box 548, Twin Falls, ID 83023. Please submit news at least a week in advance and include a phone number where you can be reached.

## The Gap goes own fashion way

Los Angeles Times

SAN FRANCISCO — If it's hot, they don't want it.

Take those trendy, spotted leopard styles, for instance. Way too fashionable. At the Gap, where the notion of "your style, our classics" has practically reached art form status, executives elected to bypass the animal-print look this fall. Despite the fact that they correctly figured such clothes were sure to be some of the country's hottest sellers.

Ditto for screaming neons — just too hip (not to mention obvious) for the Gap.

So the Gap's got its managers suddenly falling into the Gap, lapsing up its less-is-more, all-American basics? After a decade of dress for excess, in everything from Barbie-doll petticoats to perfume bottle

## Americans will soon work out less, experts claim

WASHINGTON (AP) — Exercising Americans — older, slower, and shorter on time — will still be working out in the 1990s, but not as hard as they used to, experts say.

They forecast less stressful sports for middle-aged Baby Boom bodies, and more home exercise equipment to let busy two-income families fit more workout into their shrunken leisure time.

sport, increased from 9.8 million participants to 12.2 million in the same period.

However, running, an intense activity, had fallen from 24.3 million participants in the 1985-87 surveys to 22.9 million in 1988. Exercise with weight equipment has dropped from 33 million to 28.9 million.

He predicts cycling and walking will become more popular.

Also, he says, sales of home exercise equipment such as stair-climbing machines and treadmills will increase, fed partly by a crunch on free time.

McCarthy terms it "the mellowing of the market," and says it will contribute to a slower growth rate in the club field. In the past five years, club memberships have grown from 10 to 10 percent a year, he says — but he predicts the rate will slow to 3 to 8 percent in the '90s.

The result, he says, will be the closing of badly managed, poorly located or insufficiently equipped facilities.

But he says exercise will continue to be a part of many lives. And he predicts clubs will try to fill it by segmenting, developing into what he calls "amenity clubs" in corporate offices, parks, hotels and resorts.

"Most of the sports showing increases are lower-impact by nature or socially oriented," says Glenn Bischoff, a spokesman for the National Sporting Goods Association, an organization of retailers and suppliers. "This is directly reflective of the fact that the population is growing older."

"Running has lost its fashionability," says Susan Kalish, executive director of the American Running and Fitness Association of Bethesda, Md. "I thought running was no longer the cool thing to do about five years ago."

The sporting goods industry official predicts that prices will fall, as the industry tries to meet demand. Market reports currently show the average price of a treadmill, for instance, below \$470, he says.

Just the same, fitness will find fertile soil in some growing segments of the population, says Keith Wardell, senior vice president of National Decision Systems, a demographics company's Vienna, Va., office. The company sees a sharp rise among, for instance, high-income young families moving into new Sunbelt suburbs.

Bischoff says there will be more golf and cross-country skiing, continuing current trends.

Golf, which averaged 19.6 million participants in surveys in 1985-87, is expected to 22.7 million in 1991, says the trade group, based in the Chicago suburb of Mount Prospect, Ill.

And, she says, distances will shorten as aging runners back away from tackling marathons.

Fitness sports of the 1990s will be family-oriented, Bischoff says.

A health club industry official agrees that the '90s will be marked by slackerism, although he says he doubts that people will forego club membership because they've bought a few pieces of home equipment.

"People are getting less compulsive about exercise," says John McCarthy, executive director of IRSA — The Association of Quality Clubs, in Boston. "Three or four years ago, people would get frantic if they couldn't get into their aero-

## Bartons grand reopening set

JACKPOT — The grand reopening for Bartons Club 93 is set for Friday, Saturday and Sunday.

Under the current renovation program, a new wing has doubled the size of the structure. An entirely new exterior appearance incorporates the old structure and new addition. The new casino offers increased slot and keno areas and live-action games.

The overall cost approaches \$4 million with new additions of the Pair-

## Vision therapy teaches brain new tricks with vision

BEND, Ore. (AP) — It's a treatment that doesn't involve drugs, surgery or side effects. It's cheap and short term. And, in Deschutes County, it's helping some first-time juvenile offenders feel, for the first time, a flush of personal power and success.

The treatment is vision therapy: a series of eye exercises that teach the brain new tricks with necessary visual gymnastics naturally, as their nervous system matures. But in almost a fifth of the general population — and 40 percent to 60 percent of the delinquent population — the system system doesn't develop as it should.

searchers have explored a link between vision disorders and delinquent behavior.

The theory is that many students with vision problems become angry and discouraged. No matter how hard they try, they repeatedly fail at schoolwork. They may vent their frustration aggressively or seek attention and belonging in ways that are illegal.

"It's hard to explain to parents, because the kids test 20-20 and don't have an eye sticking out here" — optometrist Carl Ryan points to his ear — "but their eyes don't work together worth a darn."

July 1980 — the findings were dramatic: Of 1,000 juveniles examined, more than 90 percent had problems with the visual skills needed for school work, such as reading. Their average age was 16.2 years, but they read at the level of a fifth-grader, or 10-year-old.

"Reading's a disaster," said Kaseno while in Portland last December. "You re-read, you skip lines, you lose your place. And comprehension gets fractured in the process. You can't do pencil and pa-

per work."

But after 24 or more sessions of vision therapy, the juveniles' reading levels rose an average of three years. After leaving — the juvenile hall, the vision-therapy teens seemed less prone to getting in trouble, too. The usual re-arrest rate in San Bernardino County, six months or more after release, is 50 percent to 60 percent. For those who completed vision therapy, the re-arrest rate was only 10 percent.

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# Oldster wants to lay down the law for serving on a jury

**DEAR ABBY:** I've been reading your column in the New York Post since you started writing. I'm 88 years old, and have been an American citizen since 1930, and have worked as both a musician and printer over three years ago. I'm now retired and collect Social Security and other pensions.

Now, my reason for writing: I feel that I, and other senior citizens, are being discriminated against because a New York law prohibits men and women who are over 70 from serving as jurors. Last year I applied for jury duty in the Brooklyn Supreme Court and was rejected because of my age. Isn't that outrageous? Surely I don't need the \$12 a day it pays.

When a man such as the late Claude Pepper could function brilliantly in the U.S. Congress until his untimely death recently at



**Abigail VanBuren**  
Dear Abby

age 88, why should citizens be deprived of serving as jurors simply because they are more than 75 years old? I am sure there are many others like me who could prove, by a physician's certificate if necessary, that they could perform as efficiently as younger people. I am all my 55 years of being an American citizen. I have never missed voting, Abby. Please help us older folk.

— SAMUEL PEVSNER

**DEAR MR. PEVSNER:** I called upon Sidney D. Rosoff, Esq., my trusty New York legal eagle. His reply, in part: "Dear Abby: You will be pleased to learn that by amendment of the New York State Judiciary Law in 1987, effective Sept. 1, 1987, they deleted the provision that a juror had to be less than 70 years of age. (There were obviously others who felt the same as Mr. Rosoff — that 'the riper the fruit, the sweeter it is'.")

"Mr. Pevsner can therefore refer the jury clerk to the provisions of Section 510 of the New York State Judiciary Law if the issue arises the next time he is called. We have been advised by the County Clerk's office that it is now their policy that those prospective jurors over age 70 who receive notice of jury service will be permitted to serve at

their option." So, relax, Sam. You're still eligible for jury duty.

**DEAR ABBY:** I've never seen this discussed in your column, but I can't believe I'm the only one who has ever had this problem — woman or man.

My husband and I had a very happy marriage. When he died, it was too soon, all ways is — but I'm learning to live without him. No moping, no whining; I manage to lead a busy, pleasant family and social life.

After a while, acquaintances and relatives began urging me to date. (There is no pressure in their plans.) I don't want to "date" and have said as much. Still, they give my telephone number to "likely prospects," so when I'm called, I make excuses. I have my

hands full fielding approaches without this. I'm at a loss to know how to handle the situation—Any help?

— CONTENT ALONE

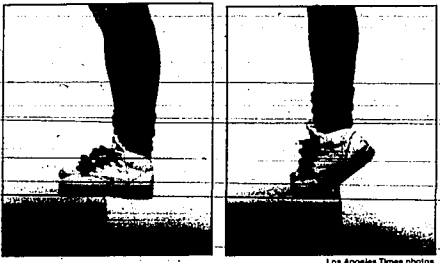
**DEAR CONTENT:** Your signature is the perfect response. "Thank you, I'm content alone."

The facts about drugs, AIDS, and how to prevent unwanted pregnancy are all in Abby's new, expanded booklet, "What Every Teen Should Know." To order, send your name and address, plus check or money order for \$3.50 (\$4 in Canada) to Dear Abby's Teen Booklet, P.O. Box 447, Mount Morris, Ill. 61054. (Postage is included.)

## Exercises counter effects of heels.

High heels can give women's legs a shapely look. They make the legs appear long, lean and curvaceous.

As with most things in life, there is a trade-off. The price for wearing high heels can be shorter Achilles tendons and calf muscles that are more developed than the muscles in



Los Angeles Times photos

This exercise is helpful for those who wear high heel shoes

**Bodylessons**

the shin area. Both of these can lead to greater susceptibility to injury.

Obviously, when the Achilles' tendon shortens, it is more likely to be painful when you stretch it while running or walking. In severe cases it might even tear. When the calf muscles are more developed than the shin muscles you are much more likely to experience "shin splints," a pain felt along the front of the lower leg.

In spite of all the articles written by medical doctors and feminists condemning high heels, however, most women will continue to wear them. One way to minimize the effects of not wearing high heels all the time—wearing flat shoes, slippers, aerobic-shoes or other sports shoes allows your calf muscles and tendons to stretch to their normal length.

If you have been wearing high heels for a long time, you may find switching to lower shoes causes some discomfort while muscles and

tendons stretch. Be gentle, give them some time to stretch and feel comfortable, before you go rushing off to play tennis, or run, or even for a brisk walk.

Here is a good exercise to help stretch the calf muscles and Achilles' tendons.

Stand on the balls of your feet on the edge of a block, step or curb. Use a rail or wall to balance yourself.

Raise your heels so you're standing "tip-toe" on the balls of your feet. Hold momentarily, then carefully lower; so your heels are lower than the step. Hold the stretch for several seconds.

Do 10 repetitions, then repeat as desired.

As you have probably figured out by now, well-developed and toned muscles always look good. When you start a program of walking, aerobic dance, tennis or swimming, you'll find just about any activity that involves your legs will improve the shape of your calves, whether you are wearing high heels or not.

Judi Sheppard Misselt is the owner of *Interzicre*. Her column appears every Monday in *Reach*.

## Study: Sleep, mind problems linked

**CHICAGO (AP)** — More than a third of the millions of Americans who suffer from serious sleep disturbances may also have psychiatric difficulties, including depression and panic attacks, a study indicates.

Researchers who analyzed data on 7,954 people found that 40 percent of those with insomnia and 46.5 percent of those who sleep excessively, a condition called hypersomnia, also had psychiatric problems.

Psychiatric problems included major depression, anxiety disorders such as phobias and panic attacks and alcohol abuse, the researchers reported in a recent edition of the *Journal of the American Medical Association*.

About 6 percent of the general adult population suffers from serious sleep disturbances, the lead researcher, Dr. Daniel E. Ford of Johns Hopkins Hospital in Baltimore, said in a telephone interview.

Ford was with the National Institute of Mental Health, which did the study.

Ford said it was not always clear whether the psychiatric disorders caused the sleep disturbances or vice versa.

However, follow-up interviews a year after the initial screening indicated that subjects with sleep disorders were much more likely to develop new mental disorders, especially depression, than non-sleep disturbed subjects, the researchers said.

For example, people who had insomnia at both the first and second interviews were almost 40 times more likely to develop major depression than those who didn't, the study found.

Insomniacs also were more than six times as likely to develop anxiety disorders and more than twice as likely to start abusing alcohol as peaceful sleepers.

Ultimately, answering the question of which comes first will require an intervention trial, in which you try to see if treating the sleep disorder reduces the number of people with anxiety or depression, Ford said.

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The disturbance must have been present for two or more weeks; it must have prompted the subject to seek professional help or to take medication; and it must have interfered with the subject's life "a lot," he said.

Ford said the connection between sleep disorders and psychiatric disturbances isn't appreciated.

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The South Central District Health Department has set times for special influenza vaccine clinics in the Magic Valley. Clinics will begin the end of October and continue through November.

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Only those individuals listed below are recommended to have the influenza vaccine. These individuals are at increased risk of severe complications from an influenza infection. Individuals who provide direct care for persons at risk are included due to their potential for spread of disease to high-risk individuals.

Those recommended for the vaccine are: Adults and children with chronic disorders of the pulmonary or cardiovascular systems; persons age 65 or over; adults and children who require regular medical follow-up for diseases such as diabetes, kidney failure, or cancer; children age 6 months to 18 years who are receiving long-term aspirin therapy.

The following is a list of special influenza clinics. Vaccines will also be given at the regularly scheduled immunization clinics in each area after Nov. 1. For your convenience,

- the phone number of the county office in charge of the clinic is listed.
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  - Cassia County, 678-8221
    - 9 a.m. - 11:30 a.m., Oct. 30, Burley health department
    - 10 a.m. - noon, Nov. 1, Albion senior citizen center
    - 10 a.m. - 11 a.m., Nov. 2, Mallard-Raft River Electric Co.
    - 9 a.m. - noon, Nov. 3, Burley senior citizen center
    - 1 p.m. - 3 p.m., Nov. 3, Oakley senior citizen center
    - Gooding County, 934-4522
      - 10 a.m. - 6 p.m., Nov. 7, Gooding health department office
      - 10 a.m. - noon and 1:30 p.m. - 4 p.m., Nov. 8, Wendell American Legion Hall
  - 9 a.m. - 2 p.m., Nov. 9, Gooding senior citizen center
    - 9 a.m. - noon, Nov. 14, Hagerman senior citizen center
    - 9 a.m. - noon, Nov. 21, Camas County Sheriff's office
      - Jerome County, 324-7565
        - 1 p.m. - 3 p.m., Nov. 2, Eden senior citizen center
        - Lincoln County, 886-7663
          - 12 p.m. - 4 p.m., Nov. 6 and Nov. 9, Richfield senior citizen center
          - 1 p.m. - 5 p.m., Nov. 13, Shoshone health department office
          - Minidoka County, 436-7185
            - 9 a.m. - noon, Oct. 27, Rupert senior citizen center
            - Twin Falls County, 734-5900
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Appointments will be scheduled from 9 a.m. through 3 p.m. The clinic will be held at the Magic Valley Speech and Hearing Clinic located at 414 N. Lincoln, #2, Jerome.

The purpose of the screening is to identify children who may have delays in physical development, language, speech, motor and self-help skills. Vision and hearing will also be tested where possible. Parents of children showing delays in any area tested will be referred to appropriate sources for professional help.

Parents who suspect their children may be delayed in one or more of the areas to be tested are urged to participate in this special screening, as treatment is usually far more effective when problems are identified at an early age.

Since the screening will be by appointment only, parents are urged to call the Child Development Center, 734-9773, between 8 a.m. and 5 p.m. daily for an appointment time.

**Carmels!**  
Carmels!  
Plain Carmels \$5.25 lb.  
Plain with nuts \$5.75 lb.  
Chocolate Covered \$5.55 lb.

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M-F 9:30-5:30 Sat 10:00-5:00

**BUY IT! SELL IT! 733-0626**

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In the old days, when they talked about meat substitute, they meant hamster.

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Ninety percent of success is showing up.

Nostalgia fondly recalling when a soda cost a dime. Reality: remembering how often you couldn't afford one.

You can afford expert maintenance care for your car.

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or call 734-3383

**Technics**

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**FREE DIGITAL PIANO ORGAN SYNTHESIZER CONCERT**  
OCTOBER 26, 1989 7:30 PM

Lori Frazer at BLUE LAKES MALL  
**TECHNICS (A Division of Panasonic Corp.) WILL BE DEMONSTRATING THEIR DIGITAL PIANOS, ORGANS, and SYNTHESIZERS**

FREE refreshments will be served  
Register at the Concert to WIN \$50 worth of FREE MUSIC  
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**Rx Magic Valley Regional Medical Center**  
Prescription for Good Health

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One night class for those who have previously taken a prepared childbirth course. Fee: \$5. Call 737-2900 to pre-register.
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You may schedule a mammogram (\$68) following your appointment. If you are 45 years of age or older and this is your first mammogram, you may qualify for a free x-ray. Call the Women's Health Center for information at 737-2900.
- Free Blood Pressure Screenings in Our Emergency Department** \* Any Time of Day or Night. Just ask at the Emergency Department registrar's desk.
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A 4-week course for family members or friends who give care in the home to others. Fee: \$20 (all session). Pre-registration requested. Call the MVRMC Senior Connection at 737-2065.
- Advanced Cardiac Life Support** \* November 3 & 4, 8 a.m. - 4:30 p.m., 2nd floor conference room.  
Fee: Physicians \$100; Others \$80. Pre-registration required. Call 737-2900.



# Oldster wants to lay down the law for serving on a jury

**DEAR ABBY:** I've been reading your column in the New York Post since you started writing. I'm 88 years old, have been an American citizen since 1930, and have worked as both a musician and printer until three years ago. I'm now retired and collect Social Security on a union pension.

Now, my reason for writing is feeling that I, and other senior citizens, are being discriminated against because a New York law prohibits men and women who are over 75 from serving as jurors. Last year I applied for jury duty in the Brooklyn Supreme Court, and was rejected because of my age. Isn't this outrageous? Surely I don't need the \$12 a day it pays.

When a man such as the late Claude Pepper could function brilliantly in the U.S. Congress until his untimely death recently at



**Abigail VanBuren**  
Dear Abby

age 88, why should citizens be deprived of serving as jurors simply because they are more than 75 years old? I am sure there are many others like me who could prove, by a physician's certificate if necessary, that they could perform as efficiently as younger people. In all my 55 years of being an American citizen, I have never missed voting. Abby, please help us older folks.

—SAMUEL PEVSNER

**DEAR MR. PEVSNER:** I called upon Sidney D. Rosoff, Esq. — my trusty New York legal eagle. His reply is in part:

"Dear Abby: You will be pleased to learn that by amendment of the New York State Judiciary Law in 1987, effective Sept. 1, 1987, they deleted the provision that a juror had to be less than 76 years of age. (There were obviously others who felt the same as Mr. Pevsner — that 'the riper the fruit, the sweeter it is.')

"Mr. Pevsner can therefore refer the jury clerk to the provisions of Section 510 of the New York State Judiciary Law if the issue arises the next time he is called. We have been advised by the County Clerk's office that it is now their policy that those prospective jurors over age 70 who receive notice of jury service will be permitted to serve at

their option." So relax, Sam. You're still eligible for jury duty.

**DEAR ABBY:** I've never seen this discussed in your column, but I can't believe I'm the only one who has ever had this problem — woman or man.

My husband and I had a very happy marriage. When he died, it was too soon — it always is — but I'm learning to live without him. No mooping, no whining. I manage to lead a busy, pleasant family and social life.

After a while, acquaintances and relatives began urging me to date. (There is no pressure from close friends, who simply include me in their plans.) I don't want to "date" and have said as much. Still, they give my telephone number to "likely prospects," so when I'm called, I make excuses. I have my

hands full fielding approaches without this. I'm at a loss to know how to handle the situation. Any help?

**CONTENT ALONE**

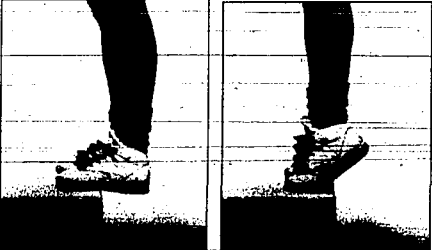
**DEAR CONTENT:** Your signature is the perfect response. "Thank you. I'm content alone."

*The facts about drugs, AIDS and how to prevent unwanted pregnancy are all in Abby's new, expanded booklet, "What Every Teen Should Know." To order, send your name and address, plus check or money order for \$3.50 (\$4 in Canada) to: Dear Abby's Teen Booklet, P.O. Box 447, Mount Morris, Ill. 61054. (Postage is included.)*

## Exercises counter effects of heels

High heels can give women's legs a shapely look. They make the legs appear long, lean and curvaceous.

As with most things in life, there is a trade-off. The price for wearing high heels can be shorter Achilles' tendons and calf muscles that are more developed than the muscles in



Los Angeles Times photo

### Bodylessons

the shin area. Both of these can lead to greater susceptibility to injury.

Obviously, when the Achilles' tendon shortens, it is more likely to be painful when you stretch it while running or walking. In severe cases it might even tear. When the calf muscles are more developed than the shin muscles you are much more likely to experience "shin splints," a pain felt along the front of the lower leg.

In spite of all the articles written by medical doctors and feminists condemning high heels, however, most women will continue to wear them. One way to minimize the effects of it is not to wear high heels all the time. Wearing flat shoes, slip-ons, aerobic shoes or other sports shoes allows your calf muscles and tendons to stretch to their normal length.

If you have been wearing high heels for a long time, you may find switching to lower shoes causes some discomfort while muscles and

**This exercise is helpful for those who wear high heel shoes**

tendons stretch. Be gentle; give them some time to stretch and feel comfortable, before you go rushing off to play tennis, or run, or even for a brisk walk.

Here is a good exercise to help stretch the calf muscles and Achilles' tendons.

- Stand on the balls of your feet on the edge of a block, step or curb. Use a rail or wall to balance yourself.
- Raise your heels so you're standing "tip-toe" on the balls of your feet. Hold momentarily, then carefully lower, so your heels are lower than the step. Hold the stretch for several seconds.
- Do 10 repetitions, then repeat as desired.

As you have probably figured out by now, well-developed and toned muscles always look good. When you start a program of walking, aerobic dance, tennis or swimming, you'll find just about any activity that involves your legs will improve the shape of your calves, whether you are wearing high heels or not.

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## Study: Sleep, mind problems linked

**CHICAGO (AP)** — More than a third of the millions of Americans who suffer from serious sleep disturbances may also have psychiatric difficulties, including depression and panic attacks, a study indicates.

Researchers who analyzed data on 7,954 people found that 40 percent of those with insomnia and 46.5 percent of those who sleep excessively, a condition called hypersomnia, also had psychiatric problems.

Psychiatric problems included major depression, anxiety disorders such as phobias and panic attacks and alcohol abuse, the researchers reported in a recent edition of the Journal of the American Medical Association.

About 6 percent of the general adult population suffers from serious sleep disturbances, the lead researcher, Dr. Daniel E. Ford of Johns Hopkins Hospital in Baltimore, said in a telephone interview. Ford was with the National Institute of Mental Health, which did the study.

Ford said it was not always clear whether the psychiatric disorders caused the sleep disturbances or vice versa.

However, follow-up interviews a year after the initial screening indicated that subjects with sleep disorders were much more likely to develop new psychiatric problems, especially depression, than non-sleep disturbed subjects, the researchers said.

For example, people who had insomnia at both the

first and second interviews were almost 40 times more likely to develop major depression than those who didn't the study found.

Insomniacs also were more than six times as likely to develop anxiety disorders and more than twice as likely to start abusing alcohol as peaceful sleepers.

"Ultimately, answering the question of which comes first will require an 'intervention' trial, in which you try to see if treating the sleep disorder reduces the number of people with anxiety or depression," Ford said.

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Ford said the connection between sleep disorders and psychiatric disturbances isn't appreciated.

"Only about 30 percent of the people that had sleep disturbances that saw a general physician said they discussed their mental health condition," he said.

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with automatic car wash  
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**Lori Frazer** at BLUE LAKES MALL  
**TECHNICS** (A Division of Panasonic Corp.)  
WILL BE DEMONSTRATING THEIR  
**DIGITAL PIANOS, ORGANS, and SYNTHESIZERS**

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