

The Times-News

Twin Falls, Idaho/87th year No. 89

Monday, March 20, 1992

\$1.25

Good morning

Today's forecast:
Fair with west winds 5 to 15 mph and highs in the mid-60s. Tonight increasing cloudiness and lows in mid-30s.
Page A2

Magic Valley

Changing Basques

Idaho's second-generation Basques are becoming more, not less, interested in the culture of their homeland on the Iberian Peninsula, says a Boise State University expert in their culture.
Page B1

Rockin' chair's got me

Nothing, says Times-News columnist Steve Crump, is quite as depressing as an aging rock musician.
Page B1

Sports

Couples charges

Fred Couples fires a 9-under-par 63 to pull to within four strokes of the leader, Nick Faldo in the Players Championship.
Page D1

Gold medalist leads worlds

Kristi Yamaguchi waltzes into the lead in the World Figure Skating Championships with the same music she used at the Olympics — "Blue Danube."
Page D2

Features

Into the fire

Volunteer firefighter Teddie Morton finds her work demanding and exhausting. But she loves it and wouldn't have it any other way.
Page C1

Surviving winter wilderness

A group of fourth-graders in Colorado participated in an outdoor education program designed to teach winter and avalanche safety. According to columnist Reed Glenn, program directors hope to offer the class again next year.
Page C4

Opinion

Waiting for the truth

Citizens concerned about how state officials handled the Amanda Hostetler case may need to be patient about learning the facts, today's editorial says. But they shouldn't let the issue fade away.
Page A6

What makes H. Ross run

You don't have to be a genius to understand the Perot Phenom. The major-party candidates are as appealing as broccoli, a columnist writes.
Page A6

Business

High-tech specs

A Ketchum company has seen the future, and it's dark — the state-of-the-art sunglasses the company produces.
Page E1

Raid on California

Times-News business columnist Craig Lincoln says people such as Twin Falls Economic Development Director Dave McAlindin are finding more and more receptive listeners in Orange County, an area where many businesses are looking to leave.
Page E1

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Please recycle this newspaper

'We wish we had a second chance'

Accident swept 'miracle baby' from parents' lives

By Kirk Mitchell and Phil Sahm
Times-News writers

TWIN FALLS — After three miscarriages and years of disappointment, Julie and Rick Lang finally had a baby in February 1990. Six-pound, 9-ounce Steven was born by Caesarean section and named after Julie's fighter-pilot father, who died in the Vietnam War.

First in a series



Who's watching your children?
Page B1:
• Day-care regulations
• A child's tale
• State monitoring

"He was our miracle baby," said Rick Lang, who works at the city of Twin Falls' maintenance shop. Steven was the Langs' last chance; when he was born Julie also had a tubal ligation, making it impossible for her to have another child. Steven brightened their lives for 4½ months.

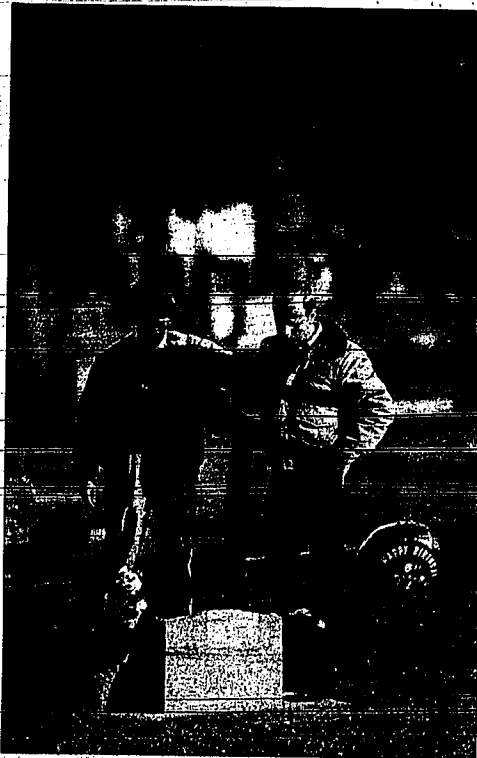
But the miracle ended June 28, 1990, when Steven accidentally suffocated at a baby sitter's house.

In a state that some say has the weakest day-care laws in the country, the Langs say Steven should not have died. Idaho should require the basic training for day-care workers that might have prevented their tragedy, they say. Steven's baby sitter, Kathy Garrison, 310 Westwind, agrees that a more knowledgeable baby sitter would never have made the mistake that led to the boy's death.

The Langs had found Garrison through a newspaper ad after taking Steven to another baby sitter whose care they did not like. Garrison, Julie Lang said, seemed just about ideal.

"She was just like another mother to him," she said. "She is a very beautiful person. I remember how (Steven) would smile when he would see her."

On the day Steven died, Garrison laid him down on a twin bed for an afternoon nap. She placed him on a small blanket



Julie and Rick Lang visit the grave of their son on what would have been his second birthday. He accidentally suffocated while at a baby sitter's house.

and carefully arranged a buffer of other blankets around Steven so that he wouldn't fall off the bed.

But when she checked on him a few minutes later, Steven had squirmed to the head of the bed and was wedged between the wall and the mattress.

His face was gray, covered by the blanket and pressed against the bed.

"It's still like it happened yesterday," Garrison said.

She ran outside and yelled for her husband, who was playing basketball with their son across the street.

While her husband called the ambulance, Garrison tried to revive Steven. Help arrived a couple of minutes later.

Julie Lang was working at her job as a legal secretary when a police officer walked in and told her that Steven was in the hospital.

"My heart was pumping like crazy," she said. "I just wanted to get over to him."

When Lang arrived at the Magic Valley Regional Medical Center, doctors were working feverishly to save her son. They restored his heartbeat, but he never opened his eyes again.

"I was conversing with Steven, telling him to hang on," Julie Lang said. "It's like he was being ripped away from me."

Steven was flown to Primary Children's Medical Center in Salt Lake City.
Please see BABY/A2

State official blames escape on conditions at county jail

By H.R. Weikel
Times-News correspondent

JEROME — A state official who inspected the Jerome County Jail days before a jailbreak blames the escape on conditions at the facility.

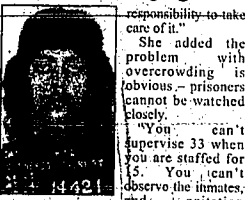
"I found severe overcrowding," said former Twin Falls County Commissioner Judy Felton, president of the Idaho Jail Standards Committee. "Personally, I believe that directly ties in with the escape."

Gilbert Cisneros escaped March 21, after sawing his way out of the jail and eluding an officer on foot. As yet, law enforcement authorities have not been able to locate him.

Four days before — on March 16 and 17 — Felton made a routine preliminary inspection of the facility. A more thorough annual inspection is set for June 17.

Felton added while the maximum capacity at the jail is 15, it was holding more than twice the number of prisoners or 33.

"Prisoners were sleeping on the floor," she said. "Any time I see that, it sends up a very large warning flag. I considered contacting the commissioners, but when I read the figures in the newspaper, I knew the commissioners had the figures. It's their



Cisneros not unusual," she said.

Felton suggested commissioners consider including funds in next year's budget to hire temporary personnel to work during peak periods when inmate populations are up. Transporting and housing prisoners in other county jails was another option she said could be considered, adding, though, that is a costly alternative.

Felton praised Sheriff Larry Gold and the commissioners for improvements made in the jail. She said the outdoor recreation area, library and education programs were excellent additions to the jail.

"Jerome county should be commended," she said. "They didn't call me up and say 'stay away,'" she said.



Los Angeles County USC Medical Center and others face overcrowding problems that have put many emergency rooms on the critical list.

Patients often prescribed neglect at emergency rooms

The Associated Press

LOS ANGELES — Two days before Christmas, an elderly man with heart problems languished for eight hours on a gurney in America's busiest emergency

room, his covers falling to the floor, his head up out of reach.

The 82-year-old patient's vital signs had been taken only twice since he arrived. He hadn't been hooked up to a

Please see EMERGENCY/A2

Continued from A1

voter anger is flaring among people of all ages, regions and walks of life and proving a potent and unpredictable force at the polls.

President Bush calls it a "screwy year." And Jerry Brown couldn't be happier that it is — against all odds, he and his anti-politics campaign are allies in the Democratic presidential race.

Despite a huge lead, Democratic front-runner Bill Clinton has every reason to be worried now that he's in a head-to-head showdown with Brown. For all his efforts to run as a outsider, this year Clinton may be a little too adept a politician for his own good. Practiced and polished, he leaves many audiences leaping what they've heard but — wary as they are of politicians — suspicious of the candidate they've heard it from.

"I just can't believe all these promises anymore," says 20-year-old Jason Harris of Hartford, Conn., a student at Atlanta's Morehouse College. "Some of its sounds so good. But promises always sound good. Most of these guys are just full of it."

Emotions expressed by dozens of voters interviewed as the primary campaign has unfolded over the past three months range from disaffection and disenchantment to disaffection and downright disgust.

Some begin crying, telling of lost homes or college funds raided to pay the mortgage. Some become furious at what they view as inaction by Bush or Congress — or both — as the economy has declined, health care costs exploded and hard work brought fewer rewards.

"He's the zig-zag man," Eric Reese, an Army officer from Albany, Ga., says of Bush — the candidate he voted for in 1988. "He'll say or do anything to save himself."

Many angry voters like Sosnowski, fear that they are letting their children down. They turn their anger on the government.

"This is going to be a generation that hasn't benefited what our parents gave us," says Sosnowski. "Everyone is now panicked just trying to hold onto what we've got, and we're not getting any help."

Years of working in New Hampshire's mills are reflected on Gerard Rheum's rugged face and rough hands. Now that he is retired, though, he wonders aloud whether it was worth much.

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Continued from A1

"Everything is made in Japan," says Rheum. "We can't do anything right anymore and all these burps want to do is raise their pay. I wish somebody would please stand up for America."

Although the reasons for the anger vary, distrust of politicians is a common thread in a state-to-state quilt of angry voters' interviews. Among these people, Congress equals contempt and Washington is a dirty word.

"They did nothing," Michigan retiree Bob Culhane says of Congress when the savings and loan crisis came up. "They always do nothing — except take care of themselves. I'd like to replace the whole damn Congress."

Randy Sedler moved from Toledo to Detroit recently, one of the lucky ones who found a job as a production manager at an auto parts plant after his factory shut down.

"Most of my friends weren't so lucky," he says. "Nobody is doing anything to help the economy. These guys are all just worried about themselves. Who the hell do they think they are?"

One day recently, Clinton and Brown were seated near each other at a New Haven, Conn., campaign stop when Cassandra McCoy spoke of a sacrifice she blamed on the politicians — the death of her son during a spree of inter-city violence.

"Melvin was my only child," she said. "I'm not here for a political thing. I'm not running for president."

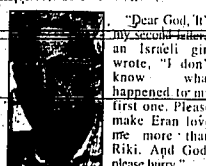
She was trying to deliver a message, one echoed by angry voters everywhere who believe they have been abandoned by the people they've sent to city halls, state capitals and faraway Washington: "We need the mayor, we need the president and we need those folks up in Hartford to come here and give us a hand."

package containing an anti-tank bazooka and more than six pounds of explosives. They were being returned anonymously to a defunct army address by a soldier who had stolen them.

Among the hundreds of letters that have ended their journeys at Ben-Meir's table were missives addressed to The Jewish Priests, The Spymaster of Israel, Virgin Mary; King and Queen of Israel and The Other Side of the Pacific.

Most contain requests; political advice or messages inspired by the Bible.

Some people write often.



Ben-Meir
addresses are sent back, but must go to the furnace.
During the gulf war, an Israeli boy wrote to Saddam Hussein, Bunker 33, Room 12, Missile Street, Baghdad,

"Dear God, It's with this request: 'Please don't ruin Iraq, but the boy's wish came true. By the time the Jewish festival of Purim arrived, the Scud missile barrages had stopped."

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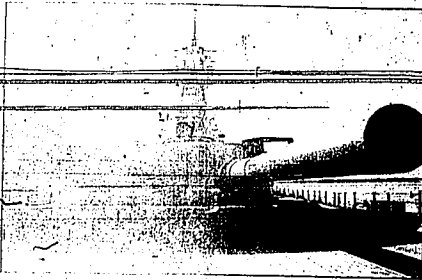
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Nation

USS Missouri ready for decommissioning

LONG BEACH, Calif. (AP) — The USS Missouri, the Navy's last battleship, sits in its funeral berth, its 16-inch guns capped, hatches bolted shut and test clocks showing the ship was there war.



A similar pattern of 16-inch guns of the USS Missouri.

The "Mighty Mo" will be decommissioned probably last time in a ceremony sure to draw tears from three generations of seamen expected to attend.

"It's a very sad ceremony and the worst part is when the flag comes down," said Tom O'Malley, who served on the Missouri in the Korean War. "It's like a funeral. The captain walks off and then there's nothing."

The Missouri, whose guns are mounted in World War II and the Persian Gulf War, is the last of four Iowa-class battleships to be built by the U.S. defense industry. With a crew of more than 1,000 and the \$87-million ship cost more than \$200 million a year to operate.

The battleship, towed recently to Pier Six at Long Beach Naval Station, was bound for the Navy's Inactive Ship Maintenance Facility in Bunker Beach, Wash., to be mothballed there until it rejoined the fleet in 1995.

The windows of the bridge are sealed shut. Paper sacks cover a radio set, fuse boxes and telephone sets. The brass steering wheels are gone. "She's a true proud ship and

son's starboard side. Flames and smoke were sucked down vents, but there was little damage and few injuries.

waterline when her left wing hit the hull and she cartwheeled into the gun mounts," said S.M. Smith, a machinist's mate who had fought the fire. "We just reacted without thinking and put the fire out," said Smith, 69, of Jacksonville, N.C. The crew later gave the pilot a burial at sea.

On Sept. 2, 1945, Japanese Foreign Minister Mamoru Shigemitsu signed the surrender document ending World War II on the Missouri in Tokyo Bay. The ship was flying the flag that waved over the U.S. Capitol the day Pearl Harbor was bombed.

The Missouri next saw combat in the Korean War, bombarding shore targets up and down the Korean peninsula. "We ran almost an 8-to-5 type of war," said O'Malley, 59, of Torrance. "They couldn't touch us with their shore batteries."

The Missouri was first decommissioned Feb. 26, 1955. It was modernized and recommissioned on May 10, 1986. The battleship was dispatched in 1987 to escort Kuwaiti tankers through the Persian Gulf.

After the gulf war, its final mission was to sail for the 50th anniversary commemoration of the Pearl Harbor attack.

Bail granted for AIDS-infected molester

PHILADELPHIA (AP) — Authorities have released on bail a man with AIDS who is charged with molesting hundreds of boys and young men to visit his condominium in a fashionable neighborhood and have sex with him.

AIDS telephone hot line were updated after the arrest of a man known as "Duke E." who was announced Friday. A police mug shot of the man was released, and a local television station said some callers recognized the man as someone they knew more than a decade ago as Fast Eddie.

One of the suspect's lawyers on

Philadelphia police officials confirmed that Steve Lacheen, confirmed that Saturday at Savitz's 23rd-floor condominium in a high-rise near Rittenhouse Square. No one was allowed into the building without a tenant.

Lacheen, Savitz's lawyer, said Saturday that reports of the arrest were feeding "the frenzy of AIDS hysteria."

"This is being pumped-up and exaggerated because the headlines say AIDS carrier," he said. "So far there have been allegations of a sexual nature, none of which could have created any danger to anyone." Lacheen said that the charges he knew of consisted of two incidents of touching and one of oral sex.

Wisconsin pounded Iraqi forces with one-ton shells. The Missouri fired more than 125 tons of ordnance over a two-hour period Feb. 25, 1991.

Christened in Brooklyn on Jan. 29, 1944, by Margaret Truman, daughter of then-Sen. Harry S. Truman of Missouri, the Missouri was the last U.S. battleship ever built.

The vessel joined the Pacific fleet in December 1944 and earned battle stars for action off Iwo Jima, Okinawa and Japan. In April 1945, a Japanese kamikaze pilot crashed his Zeg into the Missouri's

Secretary, principals use hotline to help parents

WASHINGTON (AP) — Education Secretary Lamar Alexander, who for months has used a special hotline to talk with experts about how to improve schools, will chat with parents this week.

Alexander will be among more than 150 principals from 30 states and the District of Columbia taking part in the toll-free National Principals' Hotline at the National Association of Elementary School

Principals conference in New Orleans this week. Alexander, who is also principal of the school he runs in Atlanta, will be one of the speakers at the conference.

Now in its third year, the hotline was created to aid parents who might feel intimidated by school officials or shy about asking of their questions. Bilingual principals and translators will interpret for Spanish-speaking parents.

Last year, Jean Leone, principal of Little Elementary in Tampa, Fla., talked with a South Carolina woman who was concerned that her child missed the date for being old enough

to enter school by only two weeks. Leone told the parent "that children need time to be children, so don't rush them along."

Bronx, Wis., principal of West Side Elementary in Powell, Wyo., explained to an Ohio third grader why a teacher isn't necessarily being mean when she calls on him when his hand isn't up. Ninety principals answered 750 calls last year.

Shuttle crew measures star, Earth light

CAPE CANAVERAL, Fla. (AP) — Atlantis' astronauts measured light from shooting stars and Earth's gleaming half Saturday, midway through the first shuttle mission devoted to environmental research.

The crew of six men and one woman was rooting to stay up an extra day, and it appeared NASA would grant their wish. Flight directors said they would decide Sunday whether to extend the mission.

The astronauts have been treated with energy since reaching orbit Tuesday. Returning Thursday, instead of Wednesday depended on whether they could save enough power which they did.

After going through all the work and all this effort, an extra day is a big thing," astronaut Michael Smith said in a preflight interview. "It will represent more than 10 percent of the mission."

Florida investigators try to dispel rumors

GAINESVILLE, Fla. (AP) — Investigators searched painstakingly for clues Saturday in the swampy woods where the body of a missing college student was dumped.

They also worked to dispel rumors that more graves have been unearthed. "We have no evidence or reason to suspect there are other bodies buried in that area," Alachua County Sheriff's spokesman Spencer Mann said. "The media is doing all the speculating at this point."

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Nation

Defector enlists American's help to secure Cuban family's freedom

PERRINE, Fla. (AP) — A MIG pilot fighting for the freedom of his family a year after he defected from Cuba has enlisted the daughter of an American pilot shot down during the Bay of Pigs invasion 31 years ago.

Maj. Orestes Lorenzo started Americans when he landed his MIG-23 at Boca Chica Naval Station on March 20, 1991, the first such defection by a Cuban pilot since the 1960s.

Now, Lorenzo is frustrated by the price exacted in his homeland. The Castro government refuses to allow his wife and two young sons to leave.

"I am both upset and optimistic," Lorenzo, speaking mostly in English, which he didn't know a year ago. "I don't think my family should be punished."

At that, the Cuban turned to Jan Weinger, an Alabama native who shares much with the Communist-raised, Russian-trained Lorenzo. "I know he's in the fight of his life," she said.

Mrs. Weinger, whose husband, Mike, is an F-16 fighter pilot in the Air Force reserve, joined Lorenzo's quest to bring his family to the United States after her years-long effort to learn the fate, and recover the body, of her father, Pete Ray.

She was 6 in 1961, when she saw him for the last time. He was one of four Alabama National Guard pilots killed in the CIA-backed effort by armed exiles to overthrow Fidel Castro's fledgling government at the Bay of Pigs.

Little information was available about Ray's secret mission and Mrs. Weinger vowed to learn what happened.

She spent her college spring breaks in Miami, not at the beach but on Little Havana streets pleading to talk to anyone who knew her father. Later, she lobbied congressmen, flew to foreign embassies, sent telegrams to Havana and talked to any journalist who would listen.

Finally in 1979, Ray, his shot-up body frozen by the Cubans, was returned to Alabama for burial.

Mrs. Weinger was in New York for an anti-Castro rally in January when she heard Lorenzo tell his story to the crowd. Soon, she and her husband met Lorenzo for dinner.

"Jan came in at a point when it



Cuban MIG pilot Maj. Orestes Lorenzo, right, has asked Janet Weinger and his cousin Paul Gomez for help to regain his family, shown in photo.

seemed we were running around in professional committees and United Nations officials, Miami radio stations have played tapes of his wife, Vicky, and sons, Reynald, 10, and Alejandro, 5, talking to him by telephone.

WANTED

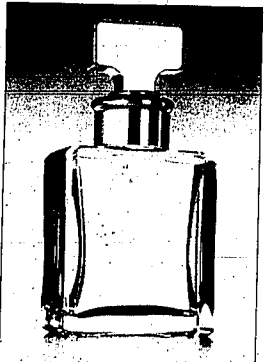
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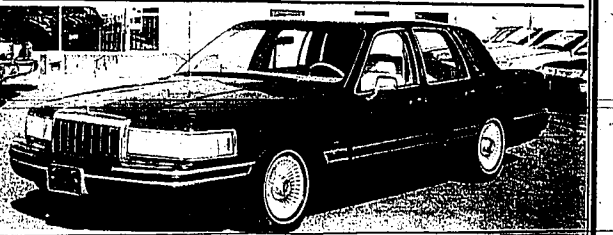
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The BONMARCHÉ

Opinion

Editorial

Inside story about Amanda case may be slow in coming

If Magic Valley residents have been expecting a public baring of the Department of Health and Welfare's soul, they're in for disappointment.

An ad hoc investigative committee's report, due any day now, probably won't explain the death of Amanda Hostetter to anyone's satisfaction.

"At least, the portions released to the public won't."

We reached that conclusion after talking with Steve Woodworth, the regional Health and Welfare director. It's a disappointing conclusion, but it shouldn't be surprising.

After 2-year-old Amanda died in January, allegedly beaten to death, lots of folks demanded to know why. Why did the state officials who are supposed to protect children from abuse let Amanda down? Why, after reportedly visiting the child's home four times in a year in a half, did they fail to recognize a tragedy in the making?

We and others called for a public airing of Health and Welfare's handling of the case. And, for a while, it looked as though the 11-member committee headed by Jerome County Sheriff Larry Gold would meet the challenge.

But that expectation probably was naive.

Child protection work falls under the strictest of confidentiality rules. Officials are severely constrained in what they divulge about individual cases — even cases that already have received extensive publicity.

The pending criminal cases against Amanda's mother and the mother's boyfriend further hinder public discussion. Satisfying public anger about Health and Welfare's behavior could make the prosecutor's job more difficult.

That's not to say the Gold committee's findings will be worthless. They may yield valuable observations and recommendations about Health and Welfare's general practices.

One committee member is a ranking Health and Welfare official from Boise; he's in a position to make

those observations and recommendations count.

Unfortunately, Woodworth failed to make the committee's limitations clear when he appointed it. He also was late to recognize that angry citizens, such as the Friends of Amanda activist group, would smell whitewash in the committee's structure.

(Several committee members have ties to the child-protection establishment; worse, the committee reports to Woodworth. If Woodworth hoped the investigation would appease his department's critics, he miscalculated.)

Gold hasn't helped the committee's credibility by being coy with information about it. A recently as a week ago, he was pretending not to know who appointed him.

Woodworth says he wishes he could air the case and get it over with, but he can't. But he says much of the relevant information may come out in the criminal trials.

Maybe so. Citizens who want to know the truth about the Amanda case probably should exercise some patience. Let's see what the trials reveal.

Let's also remember that defendants Jodie Hostetter and Donnell "Bud" Stadelcy retain their right to be regarded as innocent. It's probably premature to ask why the state failed to prevent Amanda's murder, when no jury has ruled that any murder took place.

But patience is not the same thing as resignation. Concerns about confidentiality and about pre-trial publicity must not smother legitimate questions about Health and Welfare's handling of this and other cases.

Once the trial is over, Health and Welfare should face some pointed questioning — perhaps by the state board that oversees it, or by a blue-ribbon panel appointed by the governor, or by a legislative study committee.

One way or another, the case demands independent review. Not for Amanda's sake, but for the sake of children throughout the state.



WHY H. ROSS PEROT IS A VIABLE PRESIDENTIAL ALTERNATIVE...

Just a normal, down-home billionaire

His plain as an unpainted board-fence. He twang sounds like a steel guitar in a country-western joint. His haircut looks like an \$8 clip you get in a barber shop with spittoons on the floor and a tractor calendar on the wall.

But, hey, H. Ross Perot is rich — make that \$3 billion rich — and if he wants to run for president, who cares?

Well, a lot of Americans suddenly care intensely.

They're burning up phone lines, hitting the streets with petitions and hanging out painted bedsheets. "Ross Is My Hero."

Let's talk semi-seriously here. Can an offbeat Texas billionaire running as a third-party independent win the White House? No — but who knows?

Can this same straight-talking, throw-the-trash-out Texan galvanize millions of disaffected Americans, scare the dickens out of both mainstream parties and rattle the establishment like a fambourine?

Dern toin', podnah. While play-it-by-the-numbers journalists were trolling the primaries with Bill Clinton, Jerry Brown and George Bush, the Perot Phenomenon hit America like a cyclone going through a used car lot.

People are jamming Ross Perot's 800 numbers, hustling to put him on 50 static ballots. Never mind Washington dweebs who say Perot has no shot.

Doesn't take genius to figure out the Perot Phenom. Voters look at the '92 presidential choices as B-team mediocrities, appealing as a dish of broccoli. They're fed to the gazelles with political pap. But they switch on TV and wow, this homespun, look-you-in-the-eye tycoon cuts through the bull and blather. Jackpot.

I've been collecting Perotisms — he's been on every TV show but Home Shopping Network lately — to hear why the Perot cult has become a bonfire.

On his potential campaign: "I won't be surrounded by speechwriters."

Sandy Grady
cosmetologists, handlers ... No soundbites, no no-nonsense shots to keep you feeling good through the election.

On being president: "Anybody intelligent enough for the job wouldn't want it ... But if somebody as blessed as I am isn't willing to pick up a shovel and clear out the barn, who will?"

The tax system: "Throw it out. Start with a blank sheet of paper."

Eliminating Washington perks: "Let everybody go to the airport, get in line, lose their luggage, eat a real meal and get a taste of real life."

The Gulf War (which he opposed): "Only in America can you have a war where generals and politicians are the heroes. We rescued the emir of Kuwait. If I knock on your door and say 'I'd like to borrow your son to go to the Middle East so this dude with 70 wives can have his throne back, you'd hit me in the mouth!'"

On photo ops: "If you read to school children with enough TV cameras around, you've fixed the schools."

Abortion: "A woman's decision."

Exit polls: "I'd make them criminal offenses."

On whether running a business prepares him to be president: "Compared to whom?"

On his vice-presidential choice: "I want somebody who understands economics. I won't reach for an empty suit to go to funerals and play golf."

Clearly, Perot is the ultimate wild card. Here's a guy who started a computer company on \$1,000 and sold it to General Motors for \$2.5 billion, who ran his own commando raid to rescue hostages in Iran, and who created a Texas firestorm by proposing that high school football players — outrageous! — should get passing grades to play.

The Perot Mania is fed by cut-the-nonsense candor, television and technology. It began Feb. 20 when CNN talk-show host Larry King, listening to Perot complain about politics, asked why Perot didn't run for president. By golly, maybe I will, said Perot. His office phone lines went berserk, he installed a Jerry Brown-styled 800 number.

"We're getting 90,000 calls an hour," Perot said Thursday. "Something's happening in grass-roots America."

He's modest. Folks at MCI who operate Perot's 800 number say they had 165,000 calls in one 90-minute period. While Perot was on "Donohue," 18,000 calls poured in at the same time.

When I tried Perot's 800 number, a smooth-voiced guy said, "Thanks for calling the Perot Petition Committee," and asked me to push 1, 2 or 3 to sign a petition, get Perot's media schedule or speak to a volunteer. Doesn't sound like Amateur Hour.

Let's say Perot's legions, raw to politics, get his name on 50 state ballots. Another Lost Cause? Independent candidates are against-the-grain longshots — George Wallace drew 13.5 percent in 1968 and John Anderson only 6.6 percent for his 1980 revolt.

But in this cynical, volatile climate, I suspect Perot could be a flame in the political gas tank. You can bet Bush's honchos are sweating — Perot would strip them of Texas. But Clinton could also be hurt by Perot's outsider pitch.

Everybody who likes a freebie has to admire Perot's vow to stick his own \$100 million into a campaign. "But I'd want them to put in \$5 so they have skin in the game," he says.

Anger, one-liners and a big checkbook. Perot sounds ready when you are, America.

Sandy Grady is Washington columnist for the Philadelphia Daily News.

The Times-News

Stephen Hartgen Publisher
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The members of the editorial board and writers of editorials are Stephen Hartgen, Clark Walworth and Steve Crump.

In 1990s, ignorance about sex can be death sentence

I am saddened as I continue to read letters promoting the opinion that "sex education doesn't work" and also feel gratitude that I can't teach in a school system where the parents are concerned, progressive and supportive.

There is no easy solution to the problem of sexual pressures, teen pregnancies, AIDS and other sexually transmitted diseases. We can place the blame on schools, homes or churches, but of what value is that? Not dealing with the problem is certainly no solution!

Filer seventh- and eighth-graders (and parents) just completed an extensive five-week course on human sexuality that was designed to help adolescents make positive choices about values (honesty, responsibility, respect, self-control, promise-keeping, equality), about life and sexuality. Yes, we discussed everything from self-esteem to sexual abuse to birth control!

Believe it or not, these kids are facing a tremendous amount of sexual pressures, and I believe that the only way we can make a difference is to join together (parents, schools and churches) and not place blame or fight one another. What we teach at school does not have to be in conflict with church or home.

I would like to share a few anonymous statements from parents that were given to me at the conclusion of the course:

- "It is a needed class and only enhances what we do at home."
- "I wish more parents would have participated. Those not attending don't know what they have missed!"
- "What would I change? Make it mandatory for all parents!"
- "The parent sessions opened up communication for both my daughter and I."

Sharon Lutkehus Reader comment

And here are some responses from students:

"I thought this class was wonderful because it taught us how to say 'no.' It also taught us the consequence of making the wrong choice."

"I think this is a good class to teach at school because some kids' parents don't talk to them about this."

"I have learned a lot and brought me and my parents closer together."

"I have learned all about myself and teens having sex. It will help me to make good or better choices in the future than if I would not have taken this sexuality class."

"I found my parents didn't have a course like this and would have liked one."

"I have more respect for myself and other people's wishes now. I'm a very encouraged teenager to choose abstinence."

"I have learned that I can say no to sex and that I can speak my feelings."

"The best thing about the course was that we learned real facts about sex and diseases — not just things our friends have dreamed up."

Sharon Lutkehus is a health education instructor with the Filer School District.

Letters

Library card is worth the cost

When I moved to Twin Falls three years ago, my rental home was just two blocks from the library. I was thrilled, and I spent many evenings strolling over to browse among the stacks and borrow books.

Later, I moved several miles out of town and learned I would have to pay for the privilege of borrowing materials from the library. In all the places I'd lived before, I'd only once before heard of having to pay for a library card. But I paid my fee gladly, and I consider it one of the best bargains in town.

On a recent library visit, I borrowed two books and a compact disc. The books were both larger format photography volumes and would probably cost about \$40 each, and the CD would have set me back about \$16. Of course, I cannot keep these materials forever, but had the library not been here — had I had to purchase these materials — it would have cost nearly \$100.

As a newly self-employed, home-based businessperson, I'm finding the library even more valuable. I spend hours each week doing research in the library, and I even occasionally meet a client there. I have reaped the benefits of my annual \$64 fee many times over.

I can sympathize with newly arrived County resident, Lisa M. Wilkes, who was shocked to be asked to pay for a library card. She must realize, however, that Twin Falls City residents are also paying for their library privileges via property taxes (which are, of course, passed on to renters by landlords). The \$64 annual fee for non-city residents is an average of what city residents pay to operate the library and help retire the library expansion bonds.

I know \$64 is a lot of money for a budget-conscious family to fork over at once. But the library will accept two semi-annual payments of \$32 for patrons who prefer that arrangement.

When you think about it, \$64 a year is not a lot of money for access to the area's best collection of books, music, periodicals, paintings and educational videotapes. What does it cost to keep your kids in sneakers or Nintendo games each year? How much is your golf club membership or monthly cable TV payment?

I've seen and used many libraries, and we have a pretty good one here in Twin Falls. At \$64 a year, it's worth every penny.

JULIE FANSELOW
Twin Falls

Niagara Springs power plants?

There will be a hearing Monday, March 30, in the Gooding Grand Hall at 1 o'clock in the afternoon and again at 7 in the evening for you people who work and can't appear in the afternoon. The hearing officer will rule on the two power plants at Niagara Springs, the amount of water they will use and the point of diversion of the water for the two plants.

We the public did suffer from a decision from the Department of Commerce that was to take the legislative bill that was passed in 1971 to protect the springs and move the boundary from below the bridge to clear up all the top of the spring to where the water first comes out of the wall and there is a 2-inch pipe that goes to a domestic use. By using that point as the first diversion, they now will protect about the top 3 feet and not all the water below that comes out of the spring.

I'm sure that wasn't the intent of the legislators when they passed what was the spring protection bill. So the Supreme Court does have the final say. But so does the Water Resources Department have that say when it comes to deciding on applications and permits from Niagara Springs.

Remember clear back in 1988 when we were having the hearing on the parks minimum flow? When I was questioning Earl Hardy as to what he proposed doing at the Niagara Springs site, I asked him if he didn't propose to do the same thing that had been done at Crystal Lake — to tear up the springs, gouge out the wall and put the flow in concrete for fish.

His answer was, "Yes, that's right." It was then I asked him, "Mr. Hardy, do you sleep nights?" I got a reprimand from the hearing officer but that's, I'm sure, the way all of us in southern Idaho feel about those things.

I don't believe he can get it done. Those are the drawing card for the state park down there. Go see them and the improvements that the Parks Department has done. Go on upstream and see what they've done at Crystal Lake. Then ask yourself if this is something that we should join the fight on, or should we let it be destroyed by one greedy businessman from Boise who I'm sure is a millionaire. He's the second largest commercial fish raiser in the valley.

All our other springs have been destroyed for fish and money. Aren't the people who live here to have a say as to what's going to be left for them?

There's a vehicle we can use and it's called "public interest," but it means just that.

BOB BURNS
Woodrill

Opinion

Can Clinton escape Arkansas?

Once upon a time there was a very rich man named Winthrop Rockefeller who decided to make amends for his dissipated playboy life by devoting his time and his money to trying to bring a dirt-poor Southern state — Arkansas — into the 20th century.

He brought more than 600 new businesses to Arkansas, served two terms as governor and spent \$3.5 million of his own money on the state. Yet, when the favored legislators and their wives to his estate, they rewarded him by stealing more than \$3,000 in furs and other souvenirs from his guest house, including a Steuben glass egg.

Rockefeller was only one of several prominent politicians (Wilbur Mills and William Fulbright are two others) who, over the years, couldn't manage to transcend Arkansas. Will Bill Clinton likewise be dragged back, one way or another, into the muck of the Mississippi delta?

It's already happening and it's bound to get worse unless he starts paying attention to the way politics is usually run in the southern state. Can look to Americans who don't live in places where everyone knows everyone else. For all the care with which Clinton has planned this campaign, neither he nor his staff has been able to explain the incessant outpouring of sludge oozing out of Little Rock.

**Elaine Ciulla
Kamarck**

In the course of this campaign, Clinton's attempts to manage Gennifer Flowers himself resulted in a series of embarrassing taped phone conversations that left those who wanted to believe him wondering.

Next came the leaked draft letter and the implication (unfounded) that somehow Bill Clinton had done something wrong. Then came stories of the Clintons' involvement in a failed land deal that would have been unremarkable except that the developer ended up being the owner of a failed savings and loan.

This was followed by stories about Hillary's law firm doing business with the state. In New York, she could have had her pick of law firms that did no state business. In a state with a population the size of Brooklyn, that's impossible.

And last week we heard stories about Bill Clinton's relationships with a chicken-processing magnate who dumps waste into Arkansas streams and a businessman who won state contracts under the Clinton administration while his other business was cocaine.

In all these stories, there is no smoking gun. You sometimes have to read them more than once to figure out that Clinton himself has done nothing illegal.

What does emerge, however, from their cumulative weight is a picture of a man in charge of a state that resembles, in some ways, a Third-World country. Mind-numbing, mostly rural poverty exists alongside a handful of extremely rich people who form a small and interconnected elite.

The Clintons have been at the center of that elite for a decade. They are likely to know all those good or bad — who have ever had more than a dollar in their pocket. Presidential campaigns get in trouble for having too many home-state politicians running the show. Clinton's top campaign staffers are, with one exception, non-Arkansans. They can't defend their boss where he needs it most — explaining his and Hillary's role in the insular world of Arkansas business and politics.

Jerry Brown is turning this world into a political Peyton Place in order to prove his point about the corruption of the political system in Connecticut.

where exit polls said seven in 10 voters agreed with Brown, it worked. Clinton's hold on the nomination is not jeopardized by this week's events, but his chance in the general election is.

Comparing his own campaign against Clinton to the likely Republican campaign against Clinton, Jerry Brown said: "This stuff we're doing now is spring training."

Elaine Ciulla Kamarck writes for Newsday.

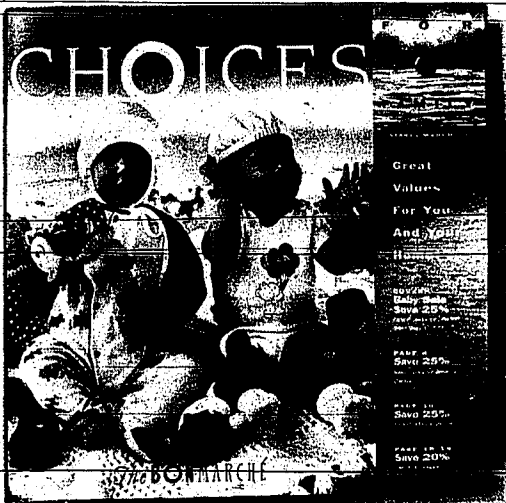
For all the care with which Clinton has planned his campaign, he hasn't been able to explain the incessant outpouring of sludge oozing out of Little Rock.

Doonesbury

BY GARRY TRUDEAU



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Our Choices insert in today's paper has 20 pages filled with spring fashions and housewares, all at terrific savings and values.

The **BONMARCHÉ**

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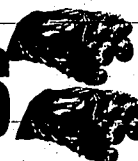
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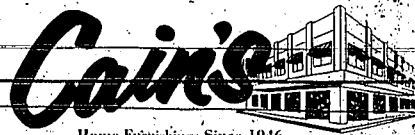
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How to feel incompetent for \$19.95

The surest way I know to feel like a wimp is to buy one of those macho, do-it-yourself books.

Come on, you've got a half dozen on your bookshelf: "Catch More Fish," "Winning Tennis Through Intimidation," "Build Your Own New Home in a Weekend," and "Have Time Left Over to Go Elk Hunting on Sunday Afternoon."

They're inevitably written by a guy with patches on the elbows of his corduroy jacket and a pipe that he never seems to light. His smug message, invariably, is that only an idiot could screw up the task you've paid him \$19.95 to describe — and that you probably qualify.



Steve Crump
Don't ask me

I got one of those books for Christmas that purports to teach you how to tie flies.

"Anyone who can tie his shoelaces can tie flies," it says. "If you can't do a respectable Royal Wulff, you probably wear loafers anyway."

Sitting in the waiting room of a quick-lube station the other day — and feeling guilty for not changing my own oil — I came across a book entitled "Get Fit (Or Else)!"

To it, Hulk Hogan's bigger brother describes how you can learn to bench-press a Buick in about as much time as it takes most people to open a bag of Doritos.

"By Day 7, you should be able to do 35 reps. By Day 14, you should have mastered double leg curls. And within a month of the time you begin the program, you'll be able to walk into a biker bar, find the guy with the most tattoos and call him 'Tinkerbell!'"

This more-competent-than-thou phenomenon isn't new, of course. The same guy who thinks you should be able to learn to hang-glide on your lunch hour probably had a junior high PE teacher like Mr. Waxworthy.

Mr. Waxworthy, to say it plainly, wanted no sissies in his class. He was convinced the Marines had gone soft and dismayed when the Royal Navy banned flagging.

"By the time you're 14, you'll be men," he used to scream at us as we struggled through the 10,000-meter duck walk. "If you get to be 14."

Actually, Mr. Waxworthy was at his menacing best when he said very little.

In gym class, we had this rope that ran ceiling to floor that we were required to climb in 10 seconds. Mr. Waxworthy would stand at the bottom, clipboard in one hand, stopwatch on a string around his neck.

He'd stare at the face of his watch as you clamored up the rope, then level a withering stare as you slid back down.

The closer to the floor you got, the redder his ears would get.

"Crump, that's about the silliest, silliest excuse for peccolateral development I've ever seen. You've been in my class a bleeping seven months and you haven't learned a bleeping thing. It's about time I turned in my bleeping clipboard and got a bleeping job teaching little old ladies to mug bleeping pinty-waists like you, with their bleeping handbags."

At that point, inevitably, Jeff Mickelson would snicker, and Mr. Waxworthy would halt, stock still.

He'd fix each face in the line of sweaty adolescents with his gaze until it landed on Jeff.

At that point, he'd stride slowly to the big wooden locker underneath the basketball backboard, open the padlock and remove a volleyball.

At that point, everybody's heart would stop.

Mr. Waxworthy would single out the seven members of the football team who were in this class and hand each a ball. Then he'd motion everybody else except Jeff toward the bleachers.

"Dodgeball, boys," he'd say with a smile. Then he'd blow his whistle and head for his office.

The object of dodgeball is to leave the concave impression of a volleyball on the side of the head of the luckless wretch who doesn't have the ball.

To this day, Jeff Mickelson has cauliflower ears and a very nervous laugh.

And Mr. Waxworthy? He's long since retired and has opened a martial arts school. I hear his Kung Fu-for-seniors class is a big hit.

Steve Crump is The Times-News city editor.

Are day-care rules too weak?

Some feel more regulation would lead to false security

By Kirk Mitchell and Phil Sahn
Times-News writer

Who's watching your children?



TWIN FALLS — In Idaho, a person who runs a home-based business needs a license to cut hair, but not to take care of half a dozen children.

That riddles advocates of tougher day-care regulation, who say kids can't speak for themselves and deserve state protection.

Opponents of more regulation counter that adding new laws would only give parents a false sense of security and could end up pricing small day-care centers out of an already low-paying business.

Everybody agrees that Idaho is among the nation's least-regulated states when it comes to watching people who watch children.

That situation is just fine with state Sen. Denton Darrington, author of the state's first mandatory child-care licensing law.

Darrington, a Republican from Declo, wrote the current law in 1987. It was a "minimal" bill that struck a compromise between day-care providers who wanted no new rules and people who sought comprehensive regulation, he said.

"It has been an excellent law for a (rural) state like Idaho," he said. "We need to regulate for the health and safety of people and not beyond that."

Sharon Bixby, president of the Idaho Child Care Resource Referral Network Association, isn't so sure.

"We're really putting children at risk," she said. "We may be damaging kids."

What is certain is that complaints about day-care centers are rising along with the demand for day care.

More single parents

The number of single-parent households in Twin Falls County increased 30 percent in the 1980s, according to the Census Bureau. In the Magic Valley, the number of complaints

about day-care centers to the Idaho Department of Health and Welfare doubled in 1991, to 26.

A three-month investigation by The Times-News turned up a number of incidents:

In March 1989, a child drank a caustic substance at a Twin Falls day-care center. The same facility lost its day-care license for repeatedly taking more children than city fire inspectors allowed.

In the summer of 1991, a youngster fell into an irrigation canal containing a few inches of water near the Immanuel Lutheran School day-care center. Marlene Hubach, the day-care director, said the center hasn't fenced the canal yet.

This past New Year's Eve, a Twin Falls child was injured by a fire. Please see LAWS/B3

Complaints fly; owner alleges harassment

By Phil Sahn and Kirk Mitchell
Times-News writers

TWIN FALLS — Seven-year-old Larry Buss bears the scars of a morning at day care.

Three years ago, Larry, then 4, drank standing water from a backed-up drinking fountain at Children's Village day-care center. He spat it out, but not before a caustic substance in the water — his mother says it was drain cleaner — scalded the back of his throat and burned his lips.

His lips remain swollen today. That is not the only incident involving Children's Village. In the past three years, a number of parents have filed complaints about the center and its owner, Gail Pufahl, to the state Department of Health and Welfare.

December 1991: The Twin Falls City Council revoked Pufahl's city day-care license. The Idaho Department of Health and Welfare had taken her state license a month earlier. Department workers say Pufahl was taking care of more than the 13 children her license allowed.

November 1991: Angelina Rendon's parents found an inch-long cut on her lower back after the 2-year-old spent the day at Children's Village. Her mother, Patricia, an emergency room nurse, said the cut looked like it was inflicted with a scalpel.

Rendon filed a complaint with Health and Welfare and workers there referred the matter to Twin Falls police.

November 1991: A woman complained to Health and Welfare that while picking up her 6-month-old granddaughter a month earlier, she had waited 15 minutes for a day-care worker to come to the center's main floor. Two children on that floor were unattended the whole time, she said in a complaint filed with the department. The woman said she found her granddaughter crying and sitting unrestrained in a car seat on the kitchen table.

October 1991: A woman complained to Health and Welfare that her son said Pufahl struck him. The boy also said that Pufahl made him watch over other children. The woman told department workers that, while picking



Larry Buss drank a caustic substance from a fountain while at the Children's Village day-care center, according to his mother Marty.

up her son, she saw a 9-month-old girl fall and hit her head and that none of the day-care workers helped the crying child, a written complaint stated.

March 1991: A mother complained to Health and Welfare that her son fell down a flight of stairs at Children's Village and suffered a concussion. The woman said another child at the center had pushed her son down the stairs. She did not, however, take her son to a doctor. Health and Welfare records state:

Pufahl told The Times-News that the child was crawling upstairs, slipped and

fell backward two stairs. The stairs are heavily carpeted and the child did not appear to be injured, she said.

Oct. 12, 1990: An infant boy was taken unconscious from the center and later died in Salt Lake City of what doctors said was an illness similar to Sudden Infant Death Syndrome.

Although Children's Village has not been blamed for the death, the center was unlicensed at the time. The baby was found in an upstairs bedroom that city fire officials later declared off-limits.

Please see CHILD/B5

State spends 13 hours checking day care

By Kirk Mitchell and Phil Sahn
Times-News writers

TWIN FALLS — Wendy McGrath single-handedly oversees Magic Valley's 83 licensed day-care centers.

It isn't a tall order. McGrath is the Magic Valley day-care licensing coordinator for the Idaho Department of Health and Welfare. Because Idaho's day-care laws are so weak, her licensing duties take up only an average of 13 hours a week, she said.

She spends most of her time on other duties.

Her job doesn't permit her to visit centers in a more friendly advisory role — visits during which she might pass along ideas to improve care, McGrath said.

Idaho law used to allow random visits, during which state workers shared ideas with day-care operators. But that changed in 1987.

Under a new law passed that year, Health and Welfare gained enforcement power but lost the right to make random visits, McGrath said.

"The concern was how much were you going to let Health and Welfare meddle in the operation of day-care centers," said McGrath.

McGrath's job could — and should — entail much more, McGrath said.

Idaho day-care laws, the laxest in the country, don't even allow McGrath to make random visits to day-care centers, McGrath said.

Under a new law passed that year, Health and Welfare gained enforcement power but lost the right to make random visits, McGrath said.

Please see STATE/B2



McGrath

Basque culture in Idaho enjoys renaissance

By Steve Crump
Times-News writer

Perspectives

Q & A on the News

Most of Idaho's 20,000-plus residents of Basque extraction are descendants of people who came to the state before the death 17 years ago of Francisco Franco, the Spanish dictator who repressed the Basque culture for 40 years.

But far from fading, Idaho's Basque culture is enjoying a renaissance, says Pat Eiter, professor of education at Boise State University and one of the founders of BSU's campus in San Sebastian, Spain. And most of that Renaissance is being fueled by second-generation Basques who want to learn more about their culture.

He talked last week about the new face of Basque in Idaho.

parents' language and culture. We have a Basque Center in Boise, and it's the kids who are going there to learn the language.

Q. Well, the average Irish American may be conscious of his heritage, but he doesn't learn Gaelic.

A. That's true, but the ties of Basques to the seven (Basque) provinces (in France and Spain) remain close for a number of

reasons. In the years since Franco died, there's been a flowering of Basque culture in Spain and France and a lot more communication between emigre Basques and the people who live in the seven provinces. Then, too, Irish was never really a working language in the recent memory of the Irish. People from the Basque country continued to speak it, although almost every Basque is bilingual.

I think the process of assimilation will make fewer American Basques of the future as interested in their culture and language as they are now. But I don't think it will ever get to the point where that identity is lost. Most of them will, eventually, be like Irish-Americans, whose only tie to the old country is drinking green beer on St. Patrick's Day.

Q. The economy of Idaho Basques for 80 years was shepherding. Now most of the sheep are gone. How has that changed Basque culture in Idaho?

A. Well, most Basques walked away from shepherding a generation or more ago when the big sheep operations began to disappear, primarily in the Magic Valley. From Rupert and Burley to King Hill, and

Glenns Ferry, the economy for years was basic sheep, and there are still Basques in those areas. There used to be three or four Basque boarding houses in Twin Falls alone. But they assimilated and moved to other things.

"Initially, a lot of them went to work in sawmills, pulling green chain. Now they're in every profession you could name."

Q. But that hasn't changed the strong Basque self-identity?

A. "No. Throughout the Basque community, there are still a lot of people who have memories of that culture and ties to that tradition, and as I said, a lot of their kids want to know more about it."

Q. To the point of going to Spain to study it?

A. "Absolutely. There are hundreds of people in Idaho who speak the language, and many more who study the culture. The estimate is that from 5,000 to 8,000 Basques that are clearly identified through the Basque Center or through their communities. If you take into account Basques who have intermarried, there may be many more."

Wendell City Council rejects resident's bid for water service

By Staff Writers
Times-News Correspondent

WENDELL — Resident Judy Wahler asked for city water service to her property, but the Wendell City Council turned her down.
Wahler, who lives just outside the city limits, asked for the water for her horses, adding she would be building a house sometime this year.
But because of drought conditions, city officials said they couldn't afford to provide her with the service.
"Water is at a premium," Mayor George Benson said. "If we comply with this request to tie into city water we would have to honor any other such requests, and we just can't do it."
"We receive state and federal grants that have certain rules and regulations our city must follow if we are to continue receiving these grants which we need."

There may be a shortage in Wendell's irrigation water this year.
"Due to the weather conditions this winter, the Northside Canal Co. tells me it's a serious possibility," Meyer said.
If the shortage happens, then Meyer will have to adjust the time used to water each city lot.
"And in that case, we must leave this time situation up to the irrigator's judgement to regulate the shortage of water," Benson said. "I'm sure our residents will cooperate with Meyer to make the necessary adjustments."
In other business, city attorney Craig Hobby is working on a new ordinance, limiting backyard livestock in the city.
He said he will provide more information at next month's meeting.

State

Continued from B1

State Rep. Ron Black, R-Twin Falls, who heads the Legislature's day-care subcommittee. But making random visits under the old law also helped the department uncover problems, like a Twin Falls day-care center operating in 1985 that stacked cribs like bunk beds, McNevin said.

One toddler was too tall to stand in his crib.
McNevin found him hunched over, clutching the rails and banging his head on the side.
Black agreed that periodic unannounced visits are needed to prevent obvious abuses such as operators taking three times as many children as they are licensed to care for, or punishing children by placing them in closets.
"It probably is an issue we need to address at the next session (of the Legislature)," Black said.
But unless a proposed law specifically outlines what such random visits would entail, it would have a tough time passing, he said.

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"It probably is an issue we need to address at the next session (of the Legislature)," Black said.
But unless a proposed law specifically outlines what such random visits would entail, it would have a tough time passing, he said.

Death notices

Jean Holmes
BURLEY — Jean Holmes, 68, of Burley, died Friday, March 27, 1992. Burial in the Burley Memorial Hospital in Burley.
The funeral will be 10:30 a.m. Tuesday at the Joseph Payne Memorial Chapel, 221 W. Main in Burley, with the Rev. John I. Watts officiating. Burial will follow at the Pleasant View Cemetery in Burley. Friends may call from 4 to 8 p.m. Tuesday at the funeral home.
Monday and until 9:45 a.m. Tuesday at Payne Mortuary.

Ralph W. Cox
KIMBERLY — Ralph W. Cox, 80, of Kimberly, died Saturday, March 28, 1992, at the Magic Valley Regional Medical Center in Twin Falls.
The funeral will be at 4 p.m. Monday at the White Mortuary in Twin Falls.

Monday at White Mortuary in Twin Falls. Interment will follow at Sunset Memorial Park in Twin Falls. Friends may call from 4 to 8 p.m. today at White Mortuary.
A full obituary will appear in Monday's Times-News.

Services

Nancy Perry, of Albion, 1 p.m. Monday, Albion LDS Ward Chapel, (Albion Mortuary of Rupert).

Howard William Gerrish Sr., of Twin Falls, 1 p.m. Monday, Reynolds Funeral Chapel.

Stephen Hartwell, of Burley, 10 p.m. Monday, Burley LDS Stake Center, 2050 Normal Ave., (Payne Mortuary).

Ray Harding
GOODING — Ray Harding, 83, of Gooding, died Saturday, March 28, 1992, at the Gooding County Memorial Hospital.
The funeral will be at 2 p.m. Tuesday at Demaray's Gooding Chapel. A full obituary will appear in Monday's Times-News.

Henny Wavra, formerly of Twin Falls and Buhl, 1 p.m. Wednesday, Farmer Funeral Chapel in Buhl.

Lloyd E. Palmer, 11 a.m. Saturday, Arleta Ward LDS Church, 3025 S.E. 73rd in Portland, Ore., (Mount Scott Funeral Home of Portland).

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Hospitals

MAGIC VALLEY REGIONAL MEDICAL CENTER
Admitted
Laura Abreu, William Heinemann and Jackie Richter, all of Twin Falls; Patricia Falconburg of Shoshone; Cynthia Falconburg of Jerome; Bridget Jennings of Buhl; Patricia Richter of Kimberly; Bridget Jennings of Bliss, and Jane Snows of Corvallis, Ore.
Released
Wayne Reeves, Bonnie Stevens and daughter and Shanna Baker and daughter, all of Kimberly; Jessica Cind and daughter, Buhl; Julie Moore and son of Filer, Archie Langley, Neva Tanner, Lester Reinke and Hazel Coleman, all of Twin Falls; Serena Lopez and Joanna Martinez, both of Rupert; and Paul Barkes of Hagerman.
Births
Daughters were born to Laura Abreu of Twin Falls; Tony and Margaret Bozotto of Shoshone; James and Cynthia Falconburg of Jerome; and Bridget Jennings of Bliss. Sons were born to Jeffrey and Kim Harper of Paul; Ronald and Jackie Richter of Twin Falls; and Michael and Carol Webb of American Falls.

CASSIA MEMORIAL HOSPITAL
Admitted
Patricia Esparza, Ginger Pockel and Teresa Suits, all of Burley; Louise Ducker of Paul; Michael Driemel of Declo; Pippa Ann Keel, Kay Phillips and Rees Gibbons, all of Rupert; and Edwin Farnsworth of American Falls.
Released
B. Chloey Banner, Lee Fowler, Lawrence Friedrich, Richard Gibson, Alice Gault, Janet Hartwell, Alton Jensen, Larry Johnson, Robert Judd and Arlene Willenborg, all of Burley; Jackie Harris of Malta; and Ben Monk of Declo.
Births
Bohies were born to Dr. and Mrs. Charles Suits of Burley; and to Mr. and Mrs. Alejandro Ortega of Rupert.
MINIDOKA MEMORIAL HOSPITAL
Admitted
Michael McCauston of Rupert.
Released
Chris Bortz, Nancy Peterson and Elias Paz, all of Rupert.

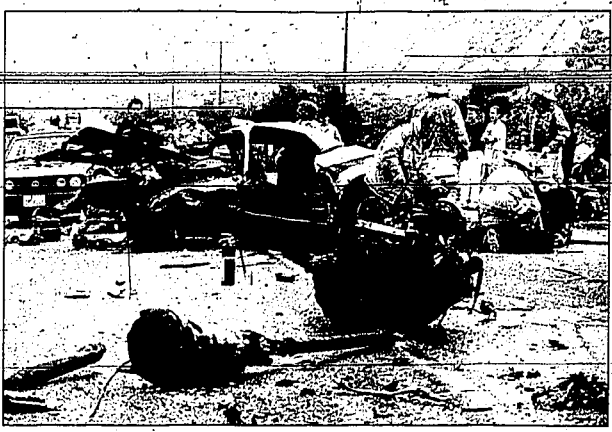
Obituaries

William C. Pryor
BUHL — William Curtis Pryor, 85, of Buhl, died Saturday, March 28, 1992, at Harrah's Nursing Home in Buhl.
He was born Dec. 26, 1906, in Palisade, Neb., the son of Clyde and Ellen Pryor. He married Fanny Scofield in 1926 and they were later divorced. The family moved to Buhl from Colorado in 1937. Curtis worked for the Buhl Police Department and the Twin Falls County Sheriff's Department for nearly 30 years. He married Elsie Hains on Feb. 7, 1956.
He is survived by his wife of Buhl, two daughters, Mary Lou Pierce and Dorothy Moon, both of Buhl; three sons, Gay, Wayne and Robert Hains, both of Buhl; and John Hains of Downey, Calif.; a stepdaughter, Marjory Chessmore of Buhl; stepmother, Doris Pryor; and two half brothers, Leonard and Clifford Pryor, all of Pasco, Wash.; two half sisters, Ardoreen Brand of Bremerton, Wash., and Kay Tramhain of Alaska, one brother, Darwin Pryor, and four sisters, Pauline, Wilma, Hannah and

Vernice R. Gallier
MALTA — Vernice Rosa Gallier, 75, of Malta, died Saturday, March 28, 1992, at her home in Malta.
She was born Feb. 16, 1917, in Malta, the daughter of Samuel and Vernice O'Leary Smith. She married Foy R. Gallier on Dec. 9, 1933. They lived in the Malta area. He died Sept. 19, 1959. She was a member of the LDS church.
She is survived by three sons, Earl Gallier of Burley, Hugh Gallier of Latah Falls, and Lynn Gallier of Phoenix, Ariz.; two daughters, Mrs. Ralph (Virginia) Williams and Mrs. Kerry (Rose Anna) Robinson, both of Malta; two brothers, Samuel Smith and Robert Smith, both of Malta; three sisters, Nail Dredge of Hagerman, Beth Dredge of Preston and Helen Bortz of Burley; and 16 grandchildren, nine great-grandchildren. She was preceded in death by one daughter, two sisters and one brother.
The funeral will be at 10:30 a.m. Tuesday at the Malta LDS Church with Bishop Val Anderson officiating. Burial will be at the Valley View Cemetery in Malta.

Leona H. Fuller
TWIN FALLS — Leona W. Garton Hann Fuller, 97, of Twin Falls, died Saturday, March 28, 1992, at the West Magic Care Center.
She was born March 22, 1895, in Jamison County, Kan. She married Fay H. Hann in Harrisonville, Mo., on Dec. 23, 1914, and he died on July 2, 1958. She later married Jack Fuller and he predeceased her in death.
She was an active member of the Twin Falls First Baptist Church and a past worthy matron of Twin Falls Lodge No. 29 Order of the Eastern Star.
Survivors include three sons, Lloyd (Lolly) Hann of Twin Falls, Lloyd (Piscalia) Hann of Burley and Larry (Sherry) Hann of Boise; two daughters-in-law, Joan Hann and Cora Hann, both of Portland, Ore.; two stepchildren, Wayne Fuller of Sacramento, Calif., and Mrs. Clyde (Norma) Crispin of Pann Valley, Calif.; eight grandchildren; 20 great-grandchildren; and three great-great-grandchildren. She was preceded in death by her husbands; 10 brothers and sisters; and two sons, Kenneth and Gordon.
The funeral will be at 11 a.m. Tuesday at the Twin Falls First Baptist Church. Interment will follow at the West End Cemetery in Buhl. Friends may call from 4 to 8 p.m. Monday at White Mortuary in Twin Falls. The family suggests memorials to the Twin Falls First Baptist Church, 91 Shoshone St. E., Twin Falls, ID 83301.

Fatal accident



San Bernardino County Fire Department paramedics treat a victim of the six-car, head-on accident Saturday afternoon that killed four and injured seven people in the Mormon Rocks section of the county.

State

Continued from B1

House speaker blasts congressional candidate

BOISE (AP) — Idaho House Speaker Tom Boyd has interjected himself into the 2nd District congressional campaign, questioning the honesty of Ada County Commissioner Gary Glenn.
Boyd, R-Geneseve, said Friday that Glenn "inappropriately" drew the House into the GOP primary race between Glenn and Boyd's counterpart, Senate President Pro Tem Michael Crapo, R-Idaho Falls.
Glenn countered that Boyd was acting as a "hit man" for Crapo, whom he faces in the May 26 Republican primary.

"There was no intent to mislead," Glenn said.
In a letter dated Wednesday and handed out Friday by Crapo's campaign manager, Boyd takes issue with Glenn's distribution of a letter by former state Rep. Roy Brackett, a Twin Falls cattleman, signed a letter on his old House of Representatives stationery on Glenn's behalf. The letter, sent to cattlemen, asks them to contribute to Glenn, a former executive vice president of the Idaho Cattle Association.
"If you haven't donated yet to Gary Glenn's campaign, let me tell you why you should," Brackett wrote. Brackett did not return phone calls to his home Friday.
Boyd blasted Glenn for the letter's failure to mention Brackett's retirement from the House six years ago.

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Briefly

Missing Wendell children found safe

GOODING — Four Wendell-area children reported missing Friday night were found safe Saturday morning in an alley here.
The four, ages 8, 9, 10, 11, ran away from home Friday afternoon, according to a statement released by Gooding County Sheriff Robert Aja, prompting an all-night search by Wendell police and Gooding sheriff's deputies.
Searchers didn't find the foursome, who had headed into the desert near Wendell, until they reached Idaho Highway 46. There they caught a ride to Gooding, where they were found about 9:30 a.m.
None of the youngsters was injured, Aja said.

Financial Directions

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Only a pitiful \$25,244.
Of course, taxes are one of those unavoidable things of modern life. But did the state and federal governments in the second example really rake it in? No. In the taxable example, the taxing authorities get only \$13,004 total taxes.
It's ironic, if the government lets citizens defer, taxed on growth, it can actually fore much better in the long run. After all, the tax bite on \$1,048,576 at 34% is \$356,000! Everybody benefits when money is allowed to grow, sheltered from the destructive forces of taxation!
Nctus You Can Use Managing opportunity cost is your biggest shortcut to wealth. —James R. Love
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GOP senatorial candidates to speak

TWIN FALLS — The three Republican candidates for the U.S. Senate will speak to the Twin Falls County Republican Women Monday.
Boise Mayor Dirk Kempthorne, Boise stockbroker Milton Erhart and Boise real estate agent Rod Beck are all scheduled to speak to the GOP women's luncheon at noon at the Canyon Springs Inn.
Cost of the lunch is \$6.50. Reservations can be made by phoning Carol Newcomb at 734-2885 or Donna Scott at 733-7449.
Compiled from staff reports

Services

Stephen Hartwell, of Burley, 10 p.m. Monday, Burley LDS Stake Center, 2050 Normal Ave., (Payne Mortuary).

Services

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afterloss. Questions & Answers on recovering from grief

Q. My husband died eighteen months ago. Lately my friends keep trying to "set me up with a nice man." I have no desire to date. Is there something wrong with me?
A. Your friends mean well but either they are not reading you correctly or you are giving them mixed messages. In our culture, there is a tendency to assume that anyone who prefers to be coupled, if your friends are married, they may want the same for you. They may feel that you are somehow stuck in the past and a new relationship would propel you through your grief. Taking full responsibility for our behavior means to learn to communicate accurately. Tell your friends how you are feeling about dating again. Perhaps you feel it would be disloyal to your deceased husband the guilt that evokes makes you very uncomfortable... maybe you feel vulnerable in social situations. You may not be confident enough yet to take the risk of rejection or of being hurt by what you will find in the dating scene today.
Talk this over with a good friend. If you can find a bereavement group or a widow/widowers club you'll find the peer support very helpful. Dating is a very personal matter. Some women think they are nothing without a man. Thankfully you do not measure your validity in this way. Learning to be alone, getting in touch with who you are and what you want is a far more satisfactory effort than seeking a relationship you are not ready for.
*Questions asked during bereavement counseling are answered here by the editor of AfterLoss, the monthly grief-recovery newsletter. For your free copy of AfterLoss or the new booklet, Grief Is a Process, Not an Event: Questions & Answers on Grief Recovery, just call or stop by.

Reynolds Funeral Chapel
A member of the AfterLoss Family of Funeral Homes
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Magic Valley

Laws

Continued from B1
Falls day-care center operator allowed a child to hold that she broke his leg.

her day-care license and is receiving counseling.
Twin Falls police are investigating an allegation that on Jan. 2, a baby-sitter's husband molested a 3-year-old girl left in her care.

In June 1990, 4-month-old Steven Lang died at the Twin Falls home of a baby-sitter, suffocating between the mattress of a bed and a wall.

Supporters of regulation see such incidents as evidence of gaping holes in Idaho's child-care laws. Idaho requires child-care businesses with between seven and 12 children to receive a certificate.

To qualify, the day-care operator must have a fire inspection and a criminal background check for three years in the county where the center is located. An operator can be exempted from the background check, however, if he's lived in his county for three years.

Day-care centers with 12 or more children must also be licensed, which requires all the certification steps, and a health inspection. Also, a licensed center must have one adult present for every 12 children.

'Parents beware'

But a state license is not stamp of approval, said Anne McNevin, Magic Valley program manager for Health and Welfare's Child and Family Services.

On the contrary, although most day-care centers are high-quality businesses, it's a parents-beware market, she said.

The state's criminal-history provision is vulnerable to abuse, said Scott Johnson, a Health and Welfare worker.

A criminal could lie about his record and his residency, and the department wouldn't check his story, he said.

But it's Idaho's high adult-to-

child ratio for day-care centers that concerns many child-care reformers, including those who labeled Idaho's day-care regulation as the nation's worst.

"It's impossible for one adult to provide adequately for 12 children, and 12 infants in particular," said Barbara Willer of the National Association of the Education of Young Children.

Idaho's rules are especially bad because they allow the same adult-to-child ratios for infants and for older children, she said.

The idea of one baby-sitter evacuating 12 infants in a fire is "scary to contemplate," said state Rep. Barbara Chamberlain, a Democrat from Ppst Falls who advocates tougher child-care regulation.

Chamberlain proposed a package of tougher regulations in last year's session, but ran into a "firestorm of opposition," she said.

Rep. Ron Black, R-Twin Falls, doubts lawmakers will require small home-based day-care centers to obtain licenses or tighten adult-to-child ratios anytime soon.

The House's Health and Welfare Committee doesn't want to saddle day-care centers with further ratio restrictions unless evidence proves them necessary, he said.

"We don't find any indication where it has been a problem," said Black, a former day-care center owner who now heads the committee's day-care subcommittee.

Costly regulation

Della Jolley, a Pocatello day-care center owner who led the 1987 drive against regulation, said she approves of the current law because it "didn't change anything—and it just made it so we could say we were licensed."

The 1-to-12 adult-to-child ratio is adequate, she said. Children can become "paranoid" if they receive too much one-on-one attention, she said.

Cost and overregulation are two practical reasons for Black's concerns about new standards, he said.

Lower adult-to-child ratios or

tougher licensing laws for home-based baby-sitters could push the price of child care out of reach for single parents, he said.

A Boise-city ordinance that limits the adult-to-infant ratio to 1-to-6 has increased costs so that few centers there accept infants, Black said.

"There is a fine line between keeping kids safe and making day care affordable," he said.

Chamberlain is pushing for less-sweeping changes this year in the hope of getting the Legislature to pass something.

Lawmakers approved her bill to establish a statewide register of people convicted of child-abuse crimes and to expand the list of crimes that would prevent someone from obtaining a day-care license. The new list would include murder, lewd conduct with a minor and injury to a child.

Gov. Cecil Andrus is expected to sign the bill Monday.

Another proposal, backed by the House and Senate earlier this month and signed into law by Andrus last week, will give a 25 percent refund on day-care license fees if 50 percent of a facility's workers were trained in first-aid and cardiovascular pulmonary resuscitation.

'Big Brother' bill?

But Chamberlain's other proposals aren't doing as well. One bill would require criminal background checks for all day-care workers — including, in some cases, children of day-care operators who help in the family business. The bill passed the House, but is stalled in the Senate Health and Welfare Committee.

Chamberlain's proposal to expand Health and Welfare inspections to oversee diaper changing and good sanitation died in the House on a tie vote earlier this month.

Rep. JoAn Wood, R-Rigby, called

it a "Big Brother" bill. "We got along raising babies for years without anyone telling us how to change a diaper or wash our hands," she said.

Rep. Celia Gould, R-Buhl, said health inspectors already oversee sanitation. Increasing the law's detail would not increase protection and may give parents a false sense of security.

"It was actually a feel-good kind of thing — to make people feel we're regulating when we really aren't," she said. "You can put those things in the code, but it is impossible to maintain and oversee the law."

"It boils back down to parents," Jolley said. "They are the best inspectors. A good place stays in business, and a bad place won't stand the test of time."

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Gem geographers go on to nationals

BOISE (AP) — Nearly 100 Idaho students traveled the globe without leaving Boise at the state championships of the National Geographic Bee.

National Geographic Society President Gilbert M. Grosvenor was on hand Friday. He said geography is more than memorizing maps; it's information about other cultures and how the world lives.

Jetta Hatch, 13, of Blackfoot took top honors. She hopes to be Idaho's second consecutive national winner. David Stillman of Craigmont won last year competition, sponsored by the National Geographic Society and Amtrak.

Miss Hatch defeated Michael Beitia, 13, of Caldwell in a tension-filled tie-breaking round. The question that tripped Beitia was what former Soviet republic is the location of the Crimea, where former Soviet President Mikhail Gorbachev was held during the 1991 coup attempt.

The answer: the Ukraine. Hatch remained calm throughout the finals at Boise State University. The geographers were quizzed on

geographic formations, the names of cities, nations and states, national parks, as well as regional culture, religion and history related to geography.

"It's interesting to know things about the world," she said after claiming victory. "It's more interesting than algebra."

The competition took 68 questions to whittle the field down to the two top winners. Gov. Cecil Andrus, who served as the moderator, demonstrated the difficulty of the questions after stumbling a bit over the pronunciations of some places.

"Geography is the fabric around which other subjects are woven," Grosvenor said. "If you don't know where you are, you're nowhere."

The society has formed an alliance of educators and others to increase the depth and detail of geography instruction in school classrooms that more than 400 Idaho educators and citizens have joined.

Americans' lack of knowledge about the cultures of other nations inhibits our ability to compete economically in the global marketplace, Grosvenor noted.

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Magic Valley

Child

Continued from B1

for dry cleaning use. The bedroom lacks fire exits.

March 8, 1989: A week before Larry Buss drank the caustic water, Anne McNevin, program manager for Health and Welfare's Family and Children's Services Division, wrote to the Twin Falls, County prosecuting attorney, asking her to charge Children's Village with running an unlicensed day-care center. No prosecution occurred.

Feb. 14, 1989: Thirty-one days before Larry's accident, Health and Welfare wrote Children's Village and urged Pufahl to get licensed.

Health and Welfare workers also have received complaints that Pufahl continually took in more children than the 13 she was licensed to watch. Department workers have said that they wanted too many children on several occasions.

Of the Magic Valley's 83 state-licensed day-care centers and an unknown number of unregulated ones, most operate without state intervention. Health and Welfare received only 26 complaints about day care in all of 1991.

In that context, the number of complaints against Children's Village is "unusually high," McNevin told *The Times-News*.

Harassed by state?

Pufahl, cradling a small boy in her lap during a recent interview, said she has run day-care centers for 17 years because she loves children. "And I love what I'm doing."

Some parents who have taken their children to Pufahl say she can be wonderful for them. In a January appeal hearing when Pufahl asked to get back her state day-care license, Diana Pauls of Gooding told a Health and Welfare hearing officer that there is no place she'd rather leave her kids for day care.

"Gail loves the children. ... It's like Grandma," Pauls said.

Pufahl contends that Health and Welfare workers have harassed her and distorted the facts about her. Her problems stem from 1977, when she was working with a group of people fighting a move to license day-care centers in Idaho, she said.

In 1977, Health and Welfare workers obtained an injunction to stop Pufahl from watching children in her Polk Street home.

Health and Welfare workers say Pufahl has violated her day-care license numerous times by taking in too many children. That issue and other problems - not political persecution - are why she has attracted their attention, they say.

Health and Welfare records show that Baxter wrote back to McNevin, saying she could not have filed a complaint. McNevin wrote to the police, but no charge was ever filed.

A caustic mouthful

One problem that escaped Health and Welfare's attention was Larry Buss' accident on March 15, 1989. Larry's mother, Marty Buss, did not file a complaint with the department, and when Pufahl's insurance company settled the claim to pay the medical bills, Buss let the matter drop, she said.

But she hasn't forgotten the incident.

She contends that Pufahl's employees used drain cleaner to unclog a drinking fountain drain on the night of March 14. The next morning, the drain still was clogged and more drain cleaner was added to the water, Marty Buss contends.

But the doors of the room leading to the fountain were not locked or closed, she said. Although a day-care worker was taking more children than the 10 that her license then allowed.

Health and Welfare workers say Pufahl has violated her day-care license numerous times by taking in too many children. That issue and other problems - not political persecution - are why she has attracted their attention, they say.

Doctors there told her Larry likely would have died had drain cleaner entered his stomach, she said. Reports of two doctors say that Larry drank something caustic that burned his mouth, lips and tongue.

When Buss refused to pay Children's Village for that day's fees, the center sued her for payment, Buss contends.

Court documents show that in

October 1990, Children's Village

she did not pay for a month's day-care services. Buss told *The Times-News* that she produced canceled checks showing she had paid for every day's care except the day that her son drank drain cleaner.

Buss said she told the judge she would rather go to jail than pay for that day. Records show that the court denied the Children's Village claim.

In a recent interview, Pufahl vaguely recalled the incident. But she remembered the substance not as drain cleaner but as a cleaning product for removing calcium buildup.

Pufahl did not recall that Larry was seriously injured.

"It wasn't a big deal," she told *The Times-News*.

Licensing troubles

At the time of Larry Buss' accident, Children's Village was not licensed.

Idaho law lets anyone take care of up to six children without being licensed. To care for seven to 12 children, a day-care center must be certified, which requires a fire inspection and a criminal background check if the facility owners have not lived three years in the county where the facility will be run.

To take care of 13 or more children, a center must be licensed, which requires the fire inspection and a health inspection, as well as a criminal background check if residency requirements are not met.

Health and Welfare records show that the department warned Children's Village to get licensed a month before Larry Buss' accident. From February 1989 to late 1991, Health and Welfare sent Pufahl and Children's Village several letters warning that the facility needed a license.

On March 8, a week before Larry Buss' accident, McNevin wrote to County Prosecutor K. Elten Baxter, asking her to prosecute Children's Village for running an unlicensed day-care center.

Health and Welfare records show that Baxter wrote back to McNevin, saying she could not have filed a complaint. McNevin wrote to the police, but no charge was ever filed.

Some parents who have taken their children to Pufahl say she can be wonderful for them. In a January appeal hearing when Pufahl asked to get back her state day-care license, Diana Pauls of Gooding told a Health and Welfare hearing officer that there is no place she'd rather leave her kids for day care.

McNevin, saying she could not have filed a complaint. McNevin wrote to the police, but no charge was ever filed.

Sometime after April 1989, Pufahl moved the day-care center from 461 Locust Street to her house at 369 Polk Street. She eventually was licensed to run the facility there, but the license lapsed in May 1990, according to Health and Welfare records.

On Sept. 26, 1990, Health and Welfare again wrote to Pufahl, urging her to get licensed. But Children's Village remained unlicensed three weeks later, when another accident befell a child at the center.

Forbidden territory

On Oct. 12, 1990, 5-week-old Christopher Miller was taken unconscious from Children's Village.

Christopher's mother, Nancy Brown, told *The Times-News* she had been taking him to Children's Village for three weeks when she found him that afternoon in Pufahl's upstairs bedroom, face-down on a water bed.

"I turned him over and he was all blue. He wouldn't wake up," Brown said.

Christopher died the next day at Primary Children's Medical Center in Salt Lake City, according to the autopsy. The doctor who performed the autopsy ruled that Christopher died of an event similar to Sudden Infant Death Syndrome, an unexplained illness that kills sleeping infants.

No one has blamed Children's Village in the death. But city fire-safety standards dictate that Christopher shouldn't have been in the upstairs bedroom where his mother found him.

When Pufahl finally received a permanent license in April 1991, a city fire inspector declared the upstairs bedrooms and sub-basement off-limits for day-care use.

Pufahl told *The Times-News* that because she was not licensed when Christopher was found unconscious, she could not have known that the bedroom would have been off-limits.

But 5th-District-Court records

show that fire officials told Pufahl in 1977 that the upstairs bedrooms were off-limits.

The court record also states that each time Health and Welfare workers went to Pufahl's facility in 1977, they saw children sleeping upstairs.

Pufahl received a license for the Polk Street facility in April 1991, according to Health and Welfare records. Complaints from parents and department workers did not stop after she became licensed.

Mysterious cut

One complaint involved Patrice Rendon's 2-year-old daughter, Angelina. Rendon remembers the shock of coming home Nov. 8, 1991, and changing Angelina's diaper.

"There was fresh blood all over her clothes," Rendon said.

Angelina had a deep cut just above her pants on her back, she said.

"It was just like it was filleted open ... with a scalpel," said Rendon, who said she has been a surgical nurse and seen many cuts.

Unlike most accidental cuts, which leave jagged tears and a flap of skin, her daughter's wound was straight and smooth, Rendon said. The cut had stopped bleeding but still was moist and appeared to have happened three or four hours earlier, she said. It hadn't been cleaned or dressed.

The wound could have taken a couple of stitches, but because of its location and the fact that the blood was dried, Rendon decided not to take Angelina to the hospital.

In a recent interview, Pufahl said she knew that a child had gotten a "scratch," but said she did not know where or when it happened.

Rendon reported the incident to Health and Welfare. Workers there said the complaint was valid and referred Rendon to Twin Falls police.

Detective Ron Roberson confirmed he has looked into an allegation of a child being cut at a day-care center, but he would not say which center or confirm the child's identity.

Too many children?

Parents and Health and Welfare

workers are not the only ones who have been dissatisfied with Pufahl's work. One woman who says she worked for Pufahl told *The Times-News* that the day-care center often took more children than it was licensed for.

"I knew we had a lot of kids in there, more than we should have," Cindy Hadley said. She added that there were as many as 40 children at the day-care center at a time.

When Pufahl was licensed to run the Locust Street facility, fire officials restricted its total occupancy to 36, including day-care workers.

Hadley said that because so many children came to the center, Pufahl enforced a curious rule: Infants were to be left alone so the workers could watch the older children.

"We weren't allowed to mess with the babies. We were not allowed to hold them," Hadley said. Babies cried for long periods without being changed or picked

up, she said.

Pufahl called that accusation "ridiculous."

Workers take more care and attention a lot of times than the ones who can walk around," she said.

Nancy Brown said that before Christopher fell ill she had not been displeased with Pufahl's care of her son. "She was a good babysitter," Brown said.

However, like Health and Welfare workers and Hadley, Brown said Pufahl was taking care of too many children.

"She was running a kids factory," Brown said.

Although Pufahl lost her state and city licenses, late last year for taking in too many children, she still cares for children, under the rule that lets unlicensed sitters, watch up to six youngsters.

Twin Falls city records show that on Feb. 2, 1992, Pufahl applied for a fire inspection to obtain a certificate to take care of up to 12 children in her Polk Street home.

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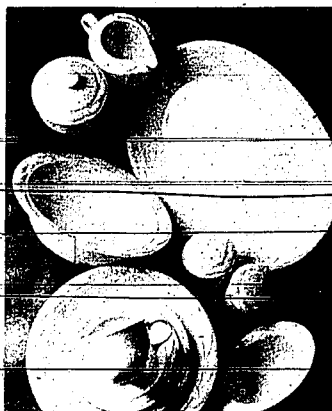
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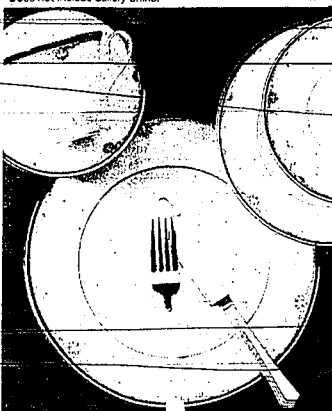
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Features

Taking the heat

Kimberly mother works as firefighting lieutenant

L Teddie Morton still remembers a fire that haunts her. Frank Earl Taylor, 60, apparently had tried to escape from a bedroom window in the Kimberly house fire that claimed his life.

Taylor's death — in June two years ago — was the first such death in Kimberly's history.

The Arizona man — who died from smoke inhalation — was found by rescue workers, his body covered with third-degree burns and lying on the floor of the home at 239 Chestnut St. N.

Morton, a Kimberly firefighter, had come across Taylor's body after she and her partner were working the fire from the outside. Unable to enter from the front of the home because of the shooting flames and smoke, they moved around to a window on the side of the house.

"My partner was in front of me on the hose when he suddenly left," Morton recalled. "I moved up to the front and was working the room in a circular pattern. The smoke and flames cleared, and the body was there in the room."

Nearly overcome with shock, Morton pulled herself together and stayed on her hose.

"I fell to pieces after someone relieved me," she said. Today, Morton refuses to talk about the tragedy in detail, and her eyes well with tears when she recalls it.

But the incident didn't deter the 3-year firefighter with Kimberly's volunteer force from serving her department.

She says the volunteer duty is demanding and exhausting and means she often has to juggle a job and four children to handle a call for a fire.

Morton, in fact, remembers her first call in which she worked inside a home, quelling flames with her hose with the fire at her back.

"It was very hot — the fire was right there. You could feel it right through the clothes. I was very conscious of everything around me," Morton said.

The 36-year-old Kimberly woman will say today that what drew her into firefighting is the rush-of-adrenaline while fighting a fire — or what she calls a constant fear of the unknown.

"Every fire is different," she said. "Each one has its moment." And Morton has done well for herself.

She was promoted to lieutenant in November of last year, making her the first woman to hold an officer's position in the Kimberly department.

Please see FIRE/C2



Above, at a birthday party for her daughter Robyn, left, Teddie quietly relays a message to son Tracy. A mother of four, she often has to do some juggling before going to a fire. Right, Teddie enjoys the camaraderie of Blaine County firefighter Rose Earl. Earl was spending a weekend training with the Kimberly crew.



Top right, firefighter Teddie Morton plays with Lady, a Dalmatian she and her husband rescued from the city dog pound. Top left, Teddie, right, and trainee Jim Hayes make their way through a smoke-filled house. Center, the physical strain of her work shows on the face of the 5-foot-5-inch Kimberly volunteer firefighter. The air tank she carries on her back weighs about 60 pounds. Above, safety officer Morton checks the face mask of husband Jerry. He serves as assistant fire chief.

Photos: Mike Salsbury
Story: Sheila Jokumsen

Help children confront their worst fears

By Barbara F. Metz
Boston Globe

Have you ever worried because your child seems to be a bundle of fears? For many kids, the list of what they dread seems never to end. Consider these entries from one mother's journal:

"Age 3: afraid of the dog next door." Months later, "The dog no longer bothers him but he covers whenever he hears a siren." "Age 4: afraid of monsters." "Age 5: frightened of thunder; afraid one of us is going to die." "Age 6: afraid of insects and afraid of dogs (again)."

The first thing to know about a child's fears is that they are real, even when the fear centers on something unreal, like a monster. The second thing to know is that they are normal.

Fear is part of our human equipment, beginning at birth with a universal fear of falling. Other fears pop in and out of childhood — the most fearful years tend to be 4, 5 and 11 — and some people continue to be fearful even into adulthood.

"Fears are a sign of growing," says psychologist Stephen Garber. As a child moves from one stage of development into another, he grows out of old fears and into new ones.

"As the world unfolds, there's something new to be afraid of until

you learn skills to cope with it," says Garber, who is director of the Behavioral Institute of Atlanta, which has an anxiety and phobia clinic. He has known children to have as many as nine fears at a time, all of them within the range of normal development.

It's also normal for a fear to disappear and then resurface in a different form at a different stage of development, as it did for the child chronicled in his mother's journal.

"The 3-year-old who is afraid of dogs could be afraid because the animal is bigger than he is, moves quickly and barks unexpectedly," he says. "At age 7, that same child is afraid of dogs because he's learned that certain dogs can be dangerous. They can attack," Schachter, "is the author of a useful book, 'When Your Child is Afraid' (Simon and Schuster, 1988).

As much as fears are a product of a child's developmental stage, they also are a product of the imagination, according to psychiatrist Manuel D. Zane, director of the Phobia Clinic at White Plains Hospital Center in White Plains, N.Y., and a pioneer in the study of phobias. He is also an associate clinical professor of psychiatry at New York Medical College.

"As parents, we need to accept that a child's imagination is so strong that it affects body sensations

and that it can be more powerful, more real than the real world," Zane says. As a result, the worst thing a parent can do is not take a fear seriously.

Responses like "You're not afraid," "Don't be a wimp," "Don't be silly" belittle a child and cut off aren't helpful include using adult logic to talk a child out of her fear, forcing her to confront what she's afraid of or trying to negotiate a higher level of tolerance.

"You can't talk children out of a fear," Garber explains. "You have to teach them by experience."

The first thing a parent should do is acknowledge the fear, according to psychologist Rachel Klein, a professor at Columbia University. "You're really afraid of that monster! Where is he hiding?"

Schachter cautions not to overdo sympathy. "Too much attention provides reinforcement to the fear and becomes a way to get your attention," he says. For instance, the day after a child expressed a fear of a burglar, it would be overdoing it to ask, "Are you still worried about that burglar? I just read in the newspaper about a burglar that got caught."

When a child's fear is based on something real, be truthful: "Yes, dogs sometimes can hurt people." Don't leave it at that, though. Continue with: "Most dogs aren't dangerous, but you can learn to tell

which ones are. Here are some hints: Don't pet a growling dog. If his tail is wagging, he's probably friendly."

Schachter says creative handling of a fear can help a child move through a developmental stage. The example he offers is of 4-year-olds who are afraid of monsters.

The best skills from an ability to ward off impulses and fearful thoughts. They just don't have the equipment to do that yet, so they project these bad thoughts onto a monster. If a parent can help the child conquer the monster — using an empty aerosol spray can as "anti-monster spray" — is one thing Schachter suggests — it also helps her come to understand she can control her impulses and fearful thoughts.

Zane says the key to helping a child conquer a fear is teaching him to distinguish between feelings that come from what he imagines and from what is real. "He needs to be able to say to himself, 'I can feel this; but it isn't real,'" Zane says.

Saying, "Go back to sleep! I already told you, there's no bogeyman," is something Zane regrets having said to his own children, who are now grown. Years of research has provided him with a better answer for parents to use today:

"There is no danger to you from what you are imagining, even though you feel there is."

How to talk about things that go bump

Boston Globe

you get your body used to cold water a little at a time.

cope with things that go bump in the night:

- Phobias are fears that become so intense they interfere with a child's day-to-day functioning. Most children with phobias need professional help. The sooner they get it, the easier it is to treat the phobia.
- A typical child's fear may last several weeks, even a month or so. It's going out of hand if it is intensifying, rather than waning.
- Help a child cope by asking her to rate the fear. "Are you filled with fear up to your knees? Up to your stomach? Up to your neck?" Ask her to show you with her hands (a la "How Big is the Baby?") how big her fear is.
- Teach a child slow easy breaths to help him relax. Teach him to talk to himself to calm down: "It's OK to be scared. Everybody is scared of something." Teach him to face his fear a little at a time, the way

fears is to see peers cope. Comparisons aren't helpful — "Billy isn't afraid of that dog" — but non-judgmental comments can be — "Let's watch how Billy deals with this dog."

- Separation anxiety and fear of being abandoned is one of the most common childhood fears, and it resurfaces at different ages. It is often at the root of what gets called school phobia, especially for children around the age of 11.
- A child may be traumatized if a fear materializes — for instance, if a dog actually bites him. Consult your pediatrician.
- Young children have fears of very specific things — the doctor, animals, thunder, bad thoughts, a specific place, that Mom or Dad will die. By 8 or 9, fears revolve around issues — failure, criticism, being late, being alone. In preteen years, they are largely social: being unpopular, being kidnapped, getting a disease or fear of crowds.

Service news

TWIN FALLS — Marine Lance Cpl. Michael C. Steen, son of James J. Atwood of Twin Falls, recently received a Meritorious Mast.

Steen was cited for outstanding service while assigned with Marine Corps Security Force Company, Naval Submarine Base, Kings Bay, Ga.

A Meritorious Mast is an official recognition from a Marine's commanding officer for superior individual performance. It is issued in the form of a bulletin published throughout the command, and a copy is entered in the Steen's permanent service records.

A 1989 graduate of Twin Falls High School, he joined the Marine Corps in May 1989.

GOODING — Navy Petty Officer 3rd Class David W. Harden, son of Sharon N. Wiltsch of Gooding, is currently in the Persian Gulf aboard the aircraft carrier USS America, homeported in Norfolk, Va., and is in the middle of a six-month deployment.

A 1987 graduate of Gooding High School, he joined the navy in April 1988.

TWIN FALLS — James H. Siplon, son of Donald L. and Darine K. Siplon of Twin Falls, has been

Fire

Continued from C1

As a lieutenant, Morton has three other firefighters under her command. "They are my guys," she said. "I tell them when a scene is not safe. It's a family; we have squabbles; you have to work them out."

While the Idaho Fire Marshall's office does not keep records of numbers of female firefighters in the state, it reported only one female firefighter ranked higher than Morton — a female fire chief in Challis.

For Morton, firefighting is a family affair. Her husband, Jerry Morton is assistant fire chief for the city. Toddie and Jerry Morton even own a Dalmatian dog named Lady, which they rescued from the city dog pound.

Indeed, it was Jerry Morton who took his wife to her first fire.

"It was a live burn practice in Hansen," Morton said. After getting a chance to enter the burning house, Morton caught the fire bug.

"I loved it; I went in twice," she said.

And Jerry Morton didn't deter his wife from entering what could be considered "man's work." When Morton broke the news of her interest in joining the force, Jerry was honestly pleased.

promoted in the Air Force to the rank of captain.

He is an acquisition project officer at Hanscom Air Force Base in Massachusetts. He is a 1983 graduate of Twin Falls High School and is a 1987 graduate of Utah State University in Logan, Utah.

GOODING — Army National Guard Jamie A. Holland, son of Jeanne Schultz and Jim A. Holland, both of Gooding, has completed the heavy-wheel vehicle mechanic course at Fort Jackson in Columbia, S.C. The soldier is a 1991 graduate of Gooding High School.

TWIN FALLS — Navy Seaman Apprentice Don D. Borg, son of Don and Gail Borg of Twin Falls, recently graduated from Basic Electronics Technician School. A 1991 graduate of Twin Falls High School, he joined the Navy in June.

FILER — Jeffery N. Miller, son of Neal and Diane Miller of Filer, recently enlisted in the Air Force's Delayed Enlistment Program, according to SSGT Tom Borders, Air Force Recruiter in Twin Falls.

Upon successfully completing the Air Force's six-week basic military training at Lackland Air Force Base near San Antonio, Texas, he is scheduled to receive technical training in the Law Enforcement

man's job," she said. "By the same token, once you are accepted, it's good. Sometimes the guys want to go to it for you. It has been a challenge, but it's been fun."

Kimberly Fire Chief Rob Vawser, whose wife, Paula, has been on the force five years, has nothing but praise for Morton.

"Toddie is a hard worker," he said. "If they (women) can do the work, they can be on my department."

Morton uses her experience to educate children about the dangers of fires. She teaches fire safety in grade school classes around the area and hopes to someday put together a puppet show centered on fire safety for children.

Her firefighting career often means sacrifice or giving up family time — including finding a baby sitter at the last minute to be with her children. But Morton says it just comes with the job.

"I do what I have to," she said. "I am a firefighter."

scheduled to receive technical training in the General Aptitude Index School.

Miller is scheduled to graduate this year from Filer High School. He will be earning credits toward an associate degree in applied sciences through the Community College of the Air Force while attending basic and technical training schools.

TWIN FALLS — Clinton J. Marshall, son of Jacqueline Marshall of Twin Falls, recently enlisted in the Air Force's Delayed Enlistment Program, according to SSGT Tom Borders, Air Force Recruiter in Twin Falls.

Upon successfully completing the Air Force's six-week basic military training at Lackland Air Force Base near San Antonio, Texas, he is scheduled to receive technical training in the Law Enforcement

SHOSHONE — James R. Messick, son of Mr. and Mrs. Larry Messick of Shoshone, recently enlisted in the Air Force's Delayed Enlistment Program, according to SSGT Tom Borders, Air Force Recruiter in Twin Falls.

Upon successfully completing the Air Force's six-week basic military training at Lackland Air Force Base near San Antonio, Texas, he is scheduled to receive technical training in the Law Enforcement

Magazine focuses on West, travel

The Times-News

Travelin' is a magazine devoted exclusively to exploring the backroads and byways of the West.

"We're not about expensive cruise lines, fancy resorts or well-known tourist attractions," said Russ Heggen, the magazine's publisher. "Instead, we search out the people and places off the beaten path that make living and traveling in the West such a special experience."

The bimonthly magazine will celebrate its second anniversary with the May/June 1992 issue. It covers the 13 western states and western Canada and focuses on a wide range of travel adventures for

people who like to "get off the beaten path and poke around a little."

It is a magazine designed for people who jump in the family car or RV and explore the West during an afternoon, a long weekend or an extended journey.

In the March/April 1992 issue, a feature story on Idaho is entitled "The River of No Return." It focuses on seeing Idaho's scenic backcountry by rafting the quiet pools and frothy rapids of the Salmon River.

"We don't promise to have a big story on every area in every issue," said Gary Turley, the magazine's managing editor. "but we consider it our obligation to include a good balance.

he is scheduled to report June 3 to begin basic training at Fort Sill, Okla.

Jordan has committed to eight years of service in the Reserve, six years in the active Reserve and asked for advanced individual training as a Medical Supply Specialist.

When Jordan completes both basic and advanced training, he will be assigned to the 145th Medical Unit (Support Maintenance) in Texarkana, Texas.

TWIN FALLS — Anthony Eugene Jordan, a junior at Eastern Hills High School in Fort Worth, Texas, and son of John Jordan of Twin Falls and Velma Jordan of Fort Worth, has joined the Army Reserve under its Delayed Training Program and asked for its Split Option. This means that he can take his basic training during the summer between his junior and senior years and finish with advanced individual training in the summer after he graduates.

Staff Sgt. William W. Gibbs of the Army Recruiting Station in Fort Worth, who recruited Jordard, says

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He added that Idaho will probably be featured often with stories about Moscow scheduled for the upcoming May/June issue. He also said Idaho will definitely be included in each issue's calendar of activities.

A subscription to Travelin' costs \$17.95 a year; for a free sample copy of the magazine, write Travelin' magazine, P.O. Box 23005, Eugene, Ore. 97402. Or call toll-free 24 hours a day: (800) 345-9828.

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Sean Griffith improves park as part of earning Eagle Scout award

Sean Griffith, a member of Troop 67, Boy Scouts of America, is an Eagle Scout. The son of Brock and Kathryn Griffith of Twin Falls, Sean worked with the Twin Falls County Parks Department to improve picnic equipment at Murtagh Lake for his service project. The Robert Stuart Junior High School student is active in band and sports, is a member of the Order of the Arrow and is an acolyte at his church. He holds the office of quartermaster in Troop 67.



Griffith

Spotlight on the valley

made a donation of his own — \$1,000 to Access 90's Trails Inc., which sponsors trails for the physically challenged. The next trail ride will be held at Federal Gulch in the Ketchikan Ranger District in July.

Another citizen with the community in mind is Lucille Willard, who presides over an LDS Relief Society. The group recently donated 40 quilts to the Magic Valley Manor in Wendell. Church members tied the quilts, hand fashioned by church members.

The Minidoka Food Service Association

In Twin Falls, an elementary school is on the move. The Inmanuel Tigers recently traveled to the 30th Lutheran Elementary School Tournament in Portland. Those winning awards in music were Daysha Franz, Louis Bokma, Christina Sievers and Erin Gibson. In art, winners were Alan Church, Erik Heidemann, Christina Sievers, Riali Switzer, Jedd Van Houten and Brandy Venetian.

Other students representing their school were Becky Tunn, Cary Shouse, John Deener, Rob Dunn, Mike Crump, Lee Heitricks, Ben Kaldewey and Lisa Detweiler. The Inmanuel girls' drill team and cheer-

leading squads won first place, the girls' basketball team finished second and the boys' basketball team finished fourth.

Meanwhile, at area high schools, two seniors from Valley High School spent five days with second-graders at Eden Grade School, teaching them self-esteem and communication skills obtained through an FHA Child Development class. Xavria Schwarz and Amanda Pennington plan to do similar work in the future.

Another high school student, Sergio Martinez, the son of Mr. and Mrs. Gustavo Martinez of Picabo, has been chosen by the Idaho Migrant Council to attend Space Camp in Alabama. The Carey High School student will travel south in July. Ruben Rivera, an instructional aide at Cuyeg School, has been selected alternate adult to the camp.

VISTA volunteer L. Joan Cochran has agreed to work with the South Central Com-

munity Action Agency's Community Improvement program. Cochran completed four days of Standards and Training Academy in Boise. During his stay at the academy, Fuller studied ethics, Idaho law, investigation, physical fitness, first aid, firearms and other law enforcement skills.

Kimberly Fire Chief Robert Vawser has been accepted for the National Fire Academy Volunteer Incentive Program in Emmetsburg, Md. Vawser will study Community Fire Protection; Master Planning.

Students from the University of Idaho who are student-teaching this spring include Kim Nelson of Hansen and Shannon Albright Kelly of Kimberly, both teaching in Washington. Tim Hardy of Richfield is teaching at Burley Senior High School.

The Times-News welcomes items about area residents who receive honors or recognition. Send information to The Times-News, Spotlight column, P.O. Box 548, Twin Falls, ID 83403.

Patience, study, planning can boost chess tournament success

By Earl McClellan
Special to The Times-News

Chess

"Patience is a virtue." I don't know who gave me this advice, but I was probably not paying any attention to them. Otherwise, I would not be in the position that I am in today.

Three years ago I was rated at 1100 and this year I am rated at 1100. There are many reasons for such a lack of progress, but the two most important are (1) I don't take my time while playing tournament games — ergo, I have no patience and (2) I don't study enough to improve my knowledge of the game.

In tournament games, your most gain-

ing move is a pawn up with a rook on the seventh rank. A Rook 18, Qx4, c5 19, Rxc2, f5 20, Nf2, Qg5 21, Nf3, Bc6 22, Bx6, Rxc6 23, Rxc6, Bx6 24, Qx2, h7 25, h3, Kh7 26, g3, Bp6 27, f4, Qh6 28, Rxc2, Qf7 29, Qx5, Qd7 (Black has consolidated his position fairly well, but now he gets his queen out of position and suffers the consequences.) 30, Nf3, Qd1 31, Nf1, Qh5 32, Qx7, Bx8

notice that the MVCC will be sponsoring the South Central Regional Scholastics. It will be held in the Desert Building at the College of Southern Idaho April 4. Registration is at 8 a.m. with starting time is at 9 a.m. Entry fee is \$3.50 and refreshments are \$2. If you have any questions, contact Barry Eacker at 733-6188. The top two winners will be sent to Boise and will take on the other finalists from the rest of the state.

Our game this week features 2 "C" players, Hosca Bradbury (white) and Barney Grack (black). Watch for lots of traps and pins. Barney played a very solid game un-

til move 30 when a positional error cost him more than just position.

1. e4, e5 2. Nf3, Nf6 3. Nc3, Bb4 4. Bc4, Bxc3 5. dxc3, d6 6. Bg5, Nbd7 7. Qc2, h6 8. Bxf6, Na6 9. O-O-O, h6 10. Bc5, Nc4 11. Rxd5, Bc7 12. Ra2, O-O 13. Qc4, Kh8 14. Nxe5! (Notice the pin on the pawn at d6 by the rook on d2.) Qe7 15. Nf3, Bxc4 16. Rf1, d5 17. Qxd5! (If black captures the

queen, white is a pawn up with a rook on the seventh rank.) R1c8 18. Qx4, c5 19. Rxc2, f5 20. Nf2, Qg5 21. Nf3, Bc6 22. Bx6, Rxc6 23. Rxc6, Bx6 24. Qx2, h7 25. h3, Kh7 26. g3, Bp6 27. f4, Qh6 28. Rxc2, Qf7 29. Qx5, Qd7 (Black has consolidated his position fairly well, but now he gets his queen out of position and suffers the consequences.) 30. Nf3, Qd1 31. Nf1, Qh5 32. Qx7, Bx8

33. Qx7, Qg4 34. Qxb6, Qh3 35. Qx5, Bg6 36. Qd6, Qh2?? (With his position in a shambles, Black makes a final blunder.) 37. Qxg6, Kx8 38. Qxf4, Kh7 39. Qxf4, Kx8 40. Nxf5, Kf8 41. Qx7, R-Resigns

The Magic Valley Chess Club meets from 4 to 10 p.m. every Saturday at the Twin Falls Salvation Army Building, 348 Fourth Ave. All ages are welcome. For more information, call Dan Looney at 734-7291 or Barry Eacker at 733-6188.

Center will offer Conversational Spanish II

PAUL — A non-credit Continuing Conversational Spanish II class being offered by the College of Southern Idaho, Mini-Cassia Enrichment Program.

The six-session class is set for 7 to 9 p.m. Wednesdays, April 1 to May 6, at the West-Minico Junior High School. Kevin Jamsworth will instruct this class, the second in a se-

Enrichment courses begin soon at CSI

TWIN FALLS — Several adult enrichment courses are starting soon through the College of Southern Idaho Continuing Education Division.

A Pottery course is set for 6:30 to 9 p.m. Tuesdays, March 31 to May 19, at the Art Complex. Fee for the seven sessions is \$35 plus \$10 for clay.

Beginning Typing/Keyboarding is offered for 9 a.m. to 10:30 a.m. Saturdays, April 4 to May 2, in Aspen 131. Cost is \$25.

Dog Obedience: Beginning and Intermediate is scheduled for 6:30 to 7:30 p.m. Tuesdays and Thursdays, April 14 to May 7, on the grounds east of the Expo Center. Cost of the eight sessions is \$25.

For more information, call 733-9554, Ext. 270, or register in the Taylor Building Records Office.

Senior calendar

Twin Falls Senior Citizens Center 616 Eastland Drive

All dinners at noon. Suggested donation \$1.75

Monday: Baked potato bar
Tuesday: Sweet and sour chicken
Wednesday: Barbecue on a bun
Thursday: Cook's choice
Friday: Spaghetti with meat sauce
Saturday: Pancake breakfast
Sunday: Center closed.

Activities
Library, Pool Room, and Bargain Center with cards, games, color television and movies. Open weekdays from 9 a.m. to 3 p.m.

Monday
Crafts and quilting from 9:30 a.m. to 2 p.m.
Bingo at 6:30 p.m.

Tuesday
Tax help from 9 a.m. to 3 p.m. Make appointment. Bingo at 1 p.m.
Wednesday

Crafts and quilting from 9:30 a.m. to 2 p.m.
Thursday
Friday: Spaghetti with meat sauce
Saturday: Pancake breakfast
Sunday: Center closed.

Ageless Senior Citizens 310 Main St. N., Kimberly

All dinners at noon.
Monday: Spaghetti
Wednesday: Pork ribs with sauerkraut

Crafts and quilting from 9:30 a.m. to 2 p.m.
Thursday
Tax help from 9 a.m. to 3 p.m. Make appointment. Bingo at 1 p.m.
Friday: Crafts and quilting from 9:30 a.m. to 2 p.m.
Saturday
Breakfast from 8 a.m. to noon at center! Pancakes or biscuits and gravy will be available. The cost is \$2 each. Everyone is welcome.
Sunday
Center closed.

Burley Senior Citizens E. Highway 30, Burley

All dinners at noon. The cost is \$2.
Monday: Meatloaf
Tuesday: Barbecued spare ribs
Wednesday: April Fool's Day
Thursday: Chicken fried steak
Friday: Roast beef

Activities
Tuesday
Ceramics at 1 p.m.
Wednesday
Band practice at 1 p.m.
Thursday
Crafts at 1 p.m.
Friday
Bingo at 11:55 a.m.
Pinschke at 1 p.m.
Saturday
Baron of Beef dinner at 5 p.m. at center. The cost is \$5 per plate. Make reservation.

Center sponsors readiness class

TWIN FALLS — The College of Southern Idaho Center for New Directions has scheduled a "Program for Education/Employment Readiness" class for 9 a.m. to 4 p.m. Tuesdays, Wednesdays and Thursdays, beginning this Tuesday to April 30 at the center.

The PEER program includes personal discovery, communication techniques, self-management techniques, career exploration and information returning-to-school.

The cost is \$210, but scholarships are available. To register, call the center at 736-0070 or 733-9554, Ext. 468.

Anniversary

TWIN FALLS — Robert and Dorothy Tilton of Twin Falls will be honored at an open house April 5 in observance of their 50th wedding anniversary.

Friends and relatives are invited to call from 2 to 6 p.m. at the Twin Falls Senior Citizens Center.

The couple were married April 5, 1942, in Lowell, Mass. They have lived in Twin Falls for the past three years. He worked as a mail carrier for the Postal Service, retiring 10 years ago. She is a homemaker.

The event is being given by their friends.

The Tiltons



Dorothy and Robert Tilton

Engagements

Luper-Hill

JEROME — Larry and Brenda Luper of Jerome announce the engagement of their daughter, Jeanne Lari, to Scyler R. Hill, son of Larry Hill of Halley and JoAnn Kimber of Grouse Creek, Utah.

Luper is a graduate of Jerome High School. She is employed at Green Acres Pet Center and A Pet's Place in Twin Falls.

Hill is a graduate of Burley High School. He is employed at Twin Falls Truck and Equipment.

The wedding is planned for April 11 at the First Baptist Church in Jerome.

King-Conover

TWIN FALLS — Ron and Carolyn King of Twin Falls announce the engagement of their daughter, Melissa, to Michael R. Conover, son of Ray and Carol Conover, also of Twin Falls.

King is a graduate of Twin Falls High School and is currently attending Ricks College, majoring in sports medicine. She was a member of the Sawtooth County Clorgers for five years and was also an instructor.

Conover is also a graduate of Ricks College, majoring in mechanical engineering. He served a mission for the LDS Church in the Netherlands Amsterdam mission.

Duncombe-Kemp

TWIN FALLS — Gordon and Mary Duncombe of St. Michael, Minn., announce the engagement of their daughter, Gina to Cameron D. Kemp, son of Dale and Jackie Kemp of Twin Falls.

Duncombe is a graduate of Ricks College and is currently attending Utah Valley Community College in Orem, Utah.

Kemp attended Ricks College. He is part owner and manager of the Subway Sandwich in Rock Springs, Wyo.

The wedding is planned for May 8 in the Salt Lake City LDS Temple. A reception will be held from 7 to 9

Weddings

Brant-Leathers

BOISE — Janet Maureen Brant and Creag Leaton Leathers were married Feb. 29 at the Blue Lagoon Marina in Boise.

Officiating was Judge Terry McDaniel. The bride was given in marriage by her grandfather, Maurice Klaas of Twin Falls.

The bride is the daughter of Sue Klaas of Jerome and parents of the bridegroom are Archie and Sue Leathers of Redmond, Wash.

Bridesmaids included Kathleen Fisher of Boise and Jennifer Bartlett of Twin Falls, sisters of the bride.

Dave Cryer of Boise, friend of the bridegroom, served as best man. Gus Gustaves, friend of the bridegroom, was groomsmen and Christopher Gustaves, godson of the bridegroom, was ringbearer.

The bride is a graduate of Jerome High School and Boise State Uni-

Janet and Creag Leathers



versity. She is employed as an X-ray technologist at Physicians Immediate Care Center.

The bridegroom is a graduate of Capital High School and attended BSU. He is employed at Costco Wholesale in the security department.

The newlyweds reside in Boise.

Buffington-Gwin

BUHL — Paula Buffington and Donovan Gwin were married Feb. 15 at the Church of Christ in Buhl.

Officiating was Don L. Wilson. The bride is the daughter of Paul Buffington and Gaille Blevins and stepfather, Dennis Blevins of Twin Falls, and parents of the bridegroom are Stan and Janis Hurd of Filer.

Jessica Hurd, sister of the bridegroom, served as the bride's maid of honor. Brittany Buffington, daughter of the bride, was the flower girl.

Bun, Buffington, both of Twin Falls, and grandfather of the bridegroom, Melvin, also of Twin Falls. Grandparents of the bridegroom include Melvin and Jeanne Fisher of Hansen, Ralph and Janette Hurd of Wendell and Reba Gwin of Jerome, and great-grandmother, Gerie Fisher of Payette and Agnes Sexton of Jerome.

A reception will be held following the ceremony. Serving were Lor-

Janet and Creag Leathers



erine Edmonds and Lori Richards, friends of the bride and bridegroom, and Sandra Golsy, aunt of the bride. Gift attendants were Andrea Golsy of Boise, cousin of the bride, and Nicole Proestio of Hansen, friend of the bride.

The bride is a graduate of Hansen High School and the College of Southern Idaho nursing program. She is employed by Dr. R.D. Swartling at Twin Falls Orthopedics.

The bridegroom is a graduate of Filer High School. He is engaged in farming, working for Reger/Vincent in Filer.

The newlyweds reside in Filer.

Center sponsors readiness class

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Brides To Be

Congratulations on your upcoming wedding.

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Philanthropist believed himself a custodian, not owner, of wealth

DEAR READERS: If he had lived a few years ago, a reporter asked Phillips why he chose a career that earned him millions of dollars and then turned around and gave it away. Phillips replied, "I don't like the word 'give.' I say, 'share.' A hairline separates people who make good and people who don't — and those who make it should help the ones who don't, because they are the custodians of worldly goods, not the owners."

So, Dear Readers, whatever fame and glory I have achieved as "Dear Abby" must take a backseat to the pride I have in being a Phillips. Thank you, Morton, for marrying me in 1939.

Phillips laid the financial foundation for Mount Sinai Hospital, the first hospital in the Twin Cities with Jewish doctors on its staff. He set up the John Najarian chair in surgery at the University of Minnesota, and helped finance one of its main medical buildings, the Phillips-Wangenstein Building, to honor his friend, Dr. Owen Wangenstein. He was instrumental in starting the Albert Einstein College of Medicine at Yeshiva University in New York.

He helped establish the Jewish-Christian Learning Center at the

University of St. Thomas in St. Paul and endowed a chair of Jewish Studies at St. John's University in Collegeville, Minn.

"Phillips was honored last May for a million-dollar gift to the U.S. Holocaust Memorial Museum being built in Washington, D.C. That gift culminated Phillips' lifelong dedication to sharing his wealth."

"Phillips was 24 years old when he came to the United States with his family from Russia. By the time he was 7, he was selling newspapers, making 50 to 80 cents a day to take home to his family. But he never went home without stopping at a

baratory to buy day-old bread for the poor and hungry men he saw on the street.

"Thomas P. Cook, a longtime friend, said, 'The amount of charity in his heart was unbelievable.'"

"It was a major contributor in establishing Courage Center in Golden Valley, Minn., a rehabilitation center for persons with physical disabilities — as well as the Wellness Center for Independent Living in Los Angeles, Calif. His philanthropic emphasis on the handicapped was prompted by his daughter, the late Helen Wein, who was a quadriplegic as a result of polio.

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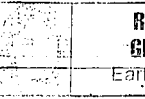
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Colorado 4th graders learn survival skills for winter wilderness

A DIFFERENT SORT OF SKI SCHOOL: A group of mountain dwellers in Colorado fourth graders hopefully won't ever see less than the winter wilderness — but if they do, they'll know what to do.

All 84 fourth-graders at Nederland Elementary School — located in the mountain town near Denver at around 8,200 feet — participated in a new outdoor education program offered free of charge by the Eldorado Ski Area's Nordic Center on Jan. 26. The program taught the kids about winter survival, avalanche safety, ecology, history and geography, but they also learned how to ski.

Eldorado's Nordic ski instructors took the kids down "Dead Man's Gulch" to see the historic grave site of some early Colorado explorers. John Charles Fremont's man made an early — and fatal — expedition in the area. Kids played special bingo games to learn the names of trees, birds and animals. The Ski Patrol talked to the children about weather, avalanches and how to react.



Reed Glenn Eartright

... survival. Kids even learned how to use Eldorado's Nordic trail system. "Eldorado's Return" is the name of the area. Before even the trail came to the area, it was a cattle ranch. The kids didn't know what a tractor or a Ski Lift Ranger was. The kids learned about local history. The kids about local history. The kids about local history.

BUG-PROOF PANTY HOSE: Kanebo, a Japanese textile and cosmetics company, has invented bug-resistant pantyhose. The stockings are woven with chemical-containing fibers that give off a scent repulsive to insects and harmless to humans. Self magazine reports.

PANTY HOSE DESTROY OZONE LAYER: In the same issue of Self magazine, University of California at San Diego researchers say that pantyhose may be indirectly threatening the environment. Production of adipic acid, commonly used to make Nylon, emits nitrous oxide, which is harmful to the ozone layer. Manufacturers are working to eliminate the emission of that by-product.

BUGGED BY TERMITES? Speaking of bugs, termites cause about \$1 billion of damage to homes and buildings in the United States each year. In the early 1980s the Environmental Protection Agency banned chlordane, the most widely used termiticide. This chemical was replaced by two less

harmful — but still toxic — chemicals. But now, exterminators have developed several non-toxic alternatives for controlling termites. Unlike earlier techniques that created a barrier of toxic chemicals around the foundation of a house, the new technique is to inject the chemicals directly into the termite colony.

Pre-construction treatment is one environmentally benign and effective way to control termites in the Northeastern United States. The wood surfaces are treated with sodium borate, a boric acid-type compound that poisons only termites and roaches — no other creatures.

Metal shields set on top of the masonry foundation and below the sill is another pre-construction method for termite prevention.

Nematodes wage biological warfare on termites, says James Traniello, a biology professor at Boston University. These small roundworms penetrate the termites' bodies and are carried back into the colony, where they destroy more of the insects. Nematodes

can be purchased commercially and are mixed in water that is then poured into a trench around the house.

Another approach is wood treated with a slow-acting toxicant, which the termites ingest; then take back to the colonies where they exchange food with the other insects. Eventually the poison spreads throughout the colony — kind of like the "nuclear winter" concept.

But, says Traniello, the best defense against termites is proper grading and drainage around homes. Some 90 percent of infestations come from contact between wood, where termites feed, and the moist soil where they nest. Getting rid of these conditions is a good way to avoid the problem altogether.

Reed Glenn writes a weekly column on environment and health for the *Boulder, CO Daily Camera*. Send your comments to: Reed Glenn, Daily Camera Newspaper, P.O. Box 391, Boulder, CO 80306.

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Planet will benefit if motorists employ suggestions that save fuel

By Bill Laitner
Knight-Ridder News Service

"Americans can't possibly worry about cars that waste energy and pollute."

"Not with a recession out who cares if Pat Buchanan drives a Mercedes right?"

So says a popular national environmentalist magazine. It says that despite such cynicism, motorists should buy a new paperback called "The Green Commuter: A Guide to Driving Safely and Saving Money."

... for the other. Chances are that you're not alone. The book is available for \$3.95. It's a good idea to have a copy of it. It's a good idea to have a copy of it. It's a good idea to have a copy of it.

DON'T TOP OFF THE TANK: Stop pumping gas when the pump nozzle first clicks off. If you try to squeeze in another half gallon, you can foul the air and your engine. That's because gasoline expands as you drive, so a tank filled to the brim may spill fumes and perhaps even liquid gasoline. It may also vaporize fumes and foul your car's vapor recovery system.

MAINTAIN YOUR CAR: When your car is out of tune and spluttering along, you punish both the air and your wallet. An out-of-tune car wastes gasoline, strains its battery and other components and can be unreliable. All the while it spews pollution.

Smart maintenance includes top-quality parts, which stay on your car and out of landfills longer. Good candidates? Platinum spark plugs and the best tires you can afford.

Speaking of tires, the estimates are vast for how much gas we'd all save

and air pollution we'd prevent — by simply checking tire pressures as often as we get a car wash. The tread would last longer, too, reducing the monstrous scrap-rate for worn-out tires.

AVOID SHORT TRIPS: During a typical 20-mile drive, half the hydrocarbons are emitted during the first three or four miles. Cold engines don't burn gasoline completely, and catalytic converters don't start working until heated to hundreds of degrees.

So, some of the most effective ways to cut pollution — not to mention increase your miles per gallon — are to lump errands into one longer trip, stock up when you shop, and walk or bike wherever you can.

DON'T DRIVE ALONE: It's very inefficient — and lonely. Carpooling requires no investment or new technology yet offers a huge instant payback. I know. You're asking "Why me?" Because if not you, who?

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Somebody needs you

The Raptor Rehabilitation Center Inc., a non-profit organization based in Glens Ferry, needs astroturf, plastic construction material, and other construction materials. For more information, call 366-2979 or 366-2304.

The Silver Sage Girl Scout Service Unit No. 49 needs administrative volunteers, leaders and jobs. If you can help, call 324-3522 or 343-9623.

The Sawtooth Chapter of the American Red Cross is asking for donations of handback and paper back books for a used book sale to be held in the spring. Books should be brought to the chapter office, 118 Shoshone St. E. in Twin Falls, or call 733-6464 for pick up.

The Twin Falls Senior Center needs volunteers to help in the dining room, reception desk, and in the main center. If you can donate a few hours any day of the week, call Betty Jo Olson at 734-5084.

The College of Southern Idaho Reitzinger Center needs handback tables and chairs, dressers, chest of drawers, coffee tables and end tables, table lamps, televisions and radios in good working order, toasters, fridges, coffee pots, teapots, wastebaskets, soup pots, skillets, pots and pans, blenders, blenders, glasses, cups, knives, can openers, kitchen towels, silverware, bedding, pillows, tablecloths, bath and hand towels.

The Health and Welfare Department is seeking homes for boys ages 14 to 18 who are unable to return to their parents' home. Call Nancy Clark at 734-4080 or Bill and Carol Williams at 837-6124.

The Jerome Community Action Agency needs a freezer in store food for low-income families for the northern county. Call Georgetown Whitehall at 324-8856.

Baby cribs, baby clothes, and baby furniture are needed. Please drop off items at St. Vincent de Paul at the South Central Community Action Agency. For more information, call Barbara Freeman at 733-9351.

Anyone wishing to help sponsor a youth to Camp Tawakoni, a summer camp to be held in the South Hills for youth kindergarten through 4th grade, should call Aida Carter at 734-2825. Volunteers are also needed to be counselors, cooks, help with crafts, etc. Call Bobbi Weir at 324-3121.

The Senior Companion Program

has openings for active persons 60 or older who are low income and who would enjoy working 20 hours a week at either St. Benedict's Family Medical Center in Jerome or at the Magic Valley Regional Medical Center in Twin Falls. The program pays a small tax-free stipend, travel reimbursement, provides an annual physical, and covers participants with accident, liability and excess auto liability insurance. Call Marie Donner at 736-2122.

Volunteers are needed in Gooding and Wendell to help tutor in the literacy program. No experience is necessary and training and material will be furnished. If you can give a few hours per week, call Sally Bergstrom at 934-8302 or 934-4089 for more information.

Volunteers are needed to help in the College of Southern Idaho literacy program. Volunteers to help with reading or math are needed. All material is furnished by CSI. Call Rosemary Evans at 736-2122 or Ruth Scott at 733-9554, ext. 417.

Volunteers are needed to deliver

meals to homebound senior citizens. Mileage reimbursement is provided. Call Ann Graetz at the Senior Citizen Center at 734-5084.

If you need a volunteer, call Rosemary Evans at the College of Southern Idaho, 736-2122, to have it appear in this column.

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Del Batters	Chuck Harper
Jim England	Yolanda (Stocking) Kunder
Susan (Greenup) Bliven	Mike Stoddard
Bill Rogers	Patty (Switzer) Dohsner
Mary Ann (Carter) Reardon	Diane (Schrank) Kephart
Jim (Everett) Mitton	Shawn Ryan
Cindy Nielsen	Patricia (Roehl) Flores
Virginia (Fucker) Nichols	Ralph Smith
Susan (Sandau) Nelson	Sandia (Sharp) Hansen
Allen Snow	David Steele
Don Brewster	Paula (Ash) Woody
Brad Bybee	Carolyn George
Cathie (Caughey) Call	

Please call Tom Mikezell at 733-1559

The class of 1972 will hold an organizational meeting Tuesday, March 31st. The meeting will be held at Dunkin's on Main Street, 7:30 p.m. Please all who are interested attend.

School lunch menus

BLAINE COUNTY
Menu for Carey School only; all other Blaine County schools are on spring break.
Monday and Tuesday: Cook's choice.
Wednesday: Taco salad bar or turkey pocket sandwich, mixed vegetables, fresh apple quarters, oatmeal cookie and milk.
Thursday: Salad bar or Weiner tots, green salad, pineapple tidbits, cinnamon sticks and milk.
Friday: Supreme nacho bar or chili, crackers, fresh vegetable sticks, fresh peas, surprise dessert and milk.

BLISS
Monday: Vegetable soup, open-faced sandwich, peach and milk.
Tuesday: Hot turkey sandwich, winter blend vegetables, applesauce, chocolate chip cake and milk.
Wednesday through Friday: No menu given.

BURLEY JUNIOR HIGH
Choice of salad-bar with sandwich or soup or sandwich bar every day.
Monday: Cheeseburger or burrito or hamburger, lettuce fries, no-bake cookie and chocolate milk (soup is clam chowder or turkey noodle, sandwich is deli turkey).
Tuesday: Chik niks, tater tots, chilled sandwich, fries, apple, nut cup and chocolate milk (soup is turkey noodle, sandwich is deli ham).

Wednesday: Hot combo or huge sandwich, fries, apple, nut cup and chocolate milk (soup is cheesy ham and potato; no sandwich, choice is beef nuggers).
Thursday: Baked potato special, turkey gravy, ham, cheese, fruit, cup, hot roll and milk (no soup, sandwich is cheeseburger).
Friday: Pizza or cheese square, buttered corn, orange and milk (soup is vegetable beef; no sandwich, choice is burrito).

CASSIA COUNTY ELEMENTARY SCHOOLS
Monday: Cheesy burrito, green beans, fruit, Jell-O, cookie and milk.
Tuesday: School choice.
Wednesday: Sloppy joes, fries, carrot sticks, nut and raisin cup and milk.
Thursday: Baked potato special, ham, and gravy, fruit, hot roll and milk.
Friday: Baked beans and franks, vegetable sticks, fruit cup, whole wheat roll and milk.

CASTLEFORD
Breakfast: Milk served with all meals.
Monday: French toast.
Tuesday: Pancakes.
Wednesday: Scrambled eggs.
Thursday: French toast.
Friday: Biscuit.

Lunch: Self-serve salad bar and milk served with all meals.
Monday: Spaghetti.
Tuesday: Dagwood sandwich.
Wednesday: Turkey gravy over mashed potatoes.
Thursday: Ham and cheese sandwich.
Friday: Tuna salad boogie sandwich.

DIETRICH
Monday: Chicken patty, mashed potatoes, green salad, hot roll, fruit and milk.
Tuesday: Turkey noodle soup, mixed vegetables, cake, fruit and milk.
Wednesday: Enchilada, refried beans, fruit cobbler and milk.
Thursday: Grilled cheese sandwich, fries, pickles, fruit and milk.
Friday: Hot dog, baked beans, fruit, Jell-O, green salad and milk.

FILER
Monday: Cheeseburger, fries, cookie, fruit and milk.
Tuesday: Pizza, green beans, pudding, fruit and milk.
Wednesday: Chicken nuggers, potatoes, gravy, roll, fruit, cookie and milk.
Thursday: Pig-in-a-blanket, tater tots, fruit, cookie and milk.
Friday: Sloppy joes, mixed vegetables, fruit, chocolate cake and milk.

GLENNS FERRY
Monday: Chili dogs, peas, chocolate cake and milk.
Tuesday: Ravioli, tossed salad, bread sticks, gingerbread and milk.
Wednesday through Friday: No menu given.

GIBBONS ELEMENTARY AND PRAIRIE MIDDLE SCHOOL (GOODING)
Monday: Salad bar or corn dog, fried carrot sticks, apple crisp, fruit and milk.
Tuesday: Potato bar or chili, coleslaw, cinnamon roll, fruit and milk.
Wednesday: Meat and cheese sandwiches, orange juice, fresh vegetable sticks, bread sticks, ice cream and chocolate milk.
Thursday and Friday: No lunch.

GOODING HIGH SCHOOL
Salad bar or main menu and potato bar or pizza available on alternating days.
Monday: Chicken nuggers, potato wedges, vegetables, hot-roll, fruit and milk.
Tuesday: Hamburger, fries, fruit and milk.
Wednesday: Chicken nuggers, whipped potatoes, fruit, biscuit and milk.
Thursday and Friday: No lunch.

HAGERMAN
Milk served with all lunches. Chocolate milk available for 25 cents.
Monday: Finger sticks, mixed vegetables, cinnamon apples and hot roll.
Tuesday: Chicken nuggers, choice of vegetable, sliced peaches and cinnamon roll.
Wednesday: Coney Island hot dog, tater tots, fruit and pudding (high school only, conferences at elementary).
Thursday: French green salad, carrot sticks and applesauce.
Friday: Chicken-sandwich, tater bucks, fruit and peanut butter bar.

HANSEN
Monday: Corn dog, fries, buttered corn, sliced peas and milk.
Tuesday: Pizza, tossed green salad, peaches and milk.
Wednesday: Cook's choice.
Thursday: Sloppy joes, tater tots, cheese, sliced peaches, pineapple and milk.
Friday: Tuna salad, cheese, vegetable sticks, sliced apples and milk.

IDAHO SCHOOL FOR THE DEAF AND BLIND
Breakfast: Choice of juice, fruit, hot or cold cereal every day. Milk served with all meals.
Monday: Eggs, toast and muffin.
Tuesday: Sausage gravy over biscuit.
Wednesday: Meat, toast and muffin.
Thursday: Toast and muffin.

Friday: Sausage in hotcake or waffle.
Lunch: Salad bar and milk served every day.
Monday: Ravioli with meat, sauce, broccoli, fruit Jell-O and raisin bar.
Tuesday: Chicken or fish and vegetable and fruit rollup.
Wednesday: Baked potato, buttered corn and orange slices.
Thursday: Cheeseburger, spiced curly fries and cranberry pie.
Friday: French dip sandwich, potato salad and apricots.

IMMANUEL LUTHERAN CHURCH SCHOOL
Monday: Corn dog, potato, planks, milk, fries, fruit, pumpkin bread and milk.
Tuesday: Tuna and noodles, baking powder biscuits, buttered peas, fruit and milk.
Wednesday: Beef and cheese taco, fruit, pudding and milk.
Thursday: Baked potato bar, long bread, fruit, cake and milk.
Friday: Turkey sandwich, carrot sticks, fruit, peanut butter cookie and chocolate milk.

JEROME ELEMENTARY SCHOOLS
Monday: Hamburger, pizza, tossed green salad, fruit, oatmeal cookie and milk.
Tuesday: Hamburger gravy over mashed potatoes, mixed vegetables, hot roll, peanut butter, fruit, yellow cake and milk.
Wednesday: Sloppy joes, tri-taters, fruit, peanut butter cookie and milk.
Thursday: French dip sandwich, macaroni salad, fruit, applesauce cake and milk.
Friday: Seaburger, tater tots, fruit, chocolate chip cookie and milk.

JEROME JUNIOR AND SENIOR HIGH SCHOOLS
Menu has choice of salad bar, soup and sandwich bar, self-serve bar, mainline (diced), hamburger sandwich, curbside items, hamburger and mainline, served with french fries and fresh fruit. Milk served with all meals.
Monday: Hot dog and raisin cookie.
Tuesday: Tater and strawberry short-cake.
Wednesday: Spaghetti and applesauce cake.
Thursday: French dip sandwich and cinnamon crispie cookie.
Friday: Chickenburger and marble cake.

KIMBERLY
Monday: Burrito, hashbrowns, corn, breaded, fruit Jell-O and milk.
Tuesday: Salad bar or Chicken nuggers, sweet and sour sauce, mashed

potatoes, gravy, peas, brownie, roll and milk.
Wednesday: French dip, sandwich, fries, carrots, pudding and milk.
Thursday: Pizza, tossed salad, green beans, peach half and milk.
Friday: No school.

MINIDOKA COUNTY
Breakfast: Corn dog, cinnamon toast, mixed fruit and milk.
Tuesday: Egg, muffin, fruit, peanut and milk.
Wednesday: Cheese toast, peas and milk.
Thursday: Cereal, cinnamon toast, peaches and milk.
Friday: Pancakes with syrup, ham slice, pineapple and milk.

Lunch:
Monday: Beef-a-roni, green beans, applesauce, french roll and milk.
Tuesday: Turkey gravy over whipped potatoes, carrot sticks, apple slices, hot roll and milk.
Wednesday: Turkey and cheese sandwich, tater tots, carrot sticks, peaches and milk.
Thursday: Beef and cheese taco, buttered corn, chilled peas, fruit and milk.
Friday: Tuna salad sandwich, tossed green salad, fresh fruit and milk.

MURTAUGH
Monday: Hamburger, fries, fruit and milk.
Tuesday: Macaroni and cheese, salad, little smokies, roll, fruit and milk.
Wednesday through Friday: No menu given.

RICHFIELD
Breakfast: Juice and milk served every day.
Monday: Cereal and muffin.
Tuesday: Pancakes.
Lunch:
Monday: Nachos with cheese, tomato soup, crackers, peas and milk.
Tuesday: Hamburger, fries, pineapple hotdog, ice cream and milk.
Wednesday through Friday: No menu given.

TWIN FALLS
Breakfast served daily at all schools.
Elementary:
Monday: Hamburger deluxe, fries, banana half and milk.
Tuesday: Beef and bean burrito, vegetable sticks, chilled peaches, muffin and milk.
Wednesday: April Fool's surprise menu.
Thursday: Beef and cheese pizza, tossed green salad, diced peas, chocolate or vanilla pudding and milk.
Friday: Shred ham or tuna sandwich, tater tots, fresh apples, cinnamon crispie

cookie and chocolate milk.
Junior/Senior high: Choice of salad bar or mainline, juice, everyday. Only the main dish is listed. Complimentary items same as elementary. Milk served with all meals.

VALLEY
Monday: Crisp burrito, hashbrowns, green beans, fruit, peanut butter bar and milk.
Tuesday: Chicken sandwich.
Wednesday: Cook's choice.
Thursday: Beef lasagne.
Friday: Deli sandwich.

WENDELL
High school only has a submarine sandwich option available daily.
Monday: Corn dog, fries, carrot sticks, apple crisp, fruit and milk.
Tuesday: Taco, buttered corn, chocolate pudding and milk.
Wednesday through Friday: No menu given.

bles, whole wheat roll, chilled peaches and milk.
Friday: Cheese salad, meat, cheese, pickle spear, bread sticks, banana and milk.

School lunch menus are printed as a public service. To have the lunch menu breakfast menu if desired printed with the menus in Sunday's paper, send the menu to The Times-News, P.O. Box 548, Twin Falls, ID 83303, or fax it to 734-5538, attention: Lunch Menus. Deadline is noon Friday for publication Sunday.

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- Dirt-finger headlight
- Cord reel rewind control
- Brushed edge cleaning
- Comfort grip with fingertip controls

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HOVER® Brush Vac™ Heavy Duty Handheld Cleaner

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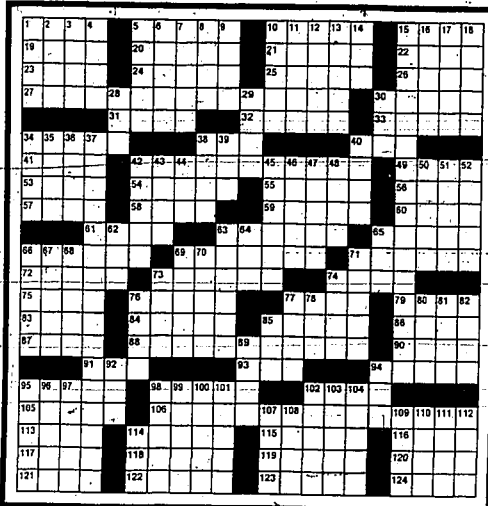
Crossword/people

THE Sunday Crossword

CODE
By Norma Steinberg

Edited by Herb Ettenson

- ACROSS
- Thin man's wife
 - Cavalry sword
 - Piece of garlic
 - Clammy
 - Sound for attention
 - Accustom to
 - Itchy condition
 - Frankenstein's helper
 - Ceilan, for one
 - Marilyn's real name
 - Sleazebag
 - Trevino's warning
 - RAPSRENT
 - Hair styles
 - Forecast ones
 - Author Bret
 - Whorewithal
 - Garden implement
 - Make a good grade
 - Jolt
 - Loneliness note
 - OG
 - Sch. subj.
 - Squad
 - Lecherous
 - Swards
 - contendere
 - Drains of strength
 - Chi-chi
 - Moroccan capital
 - Tiny bits
 - Sea birds
 - Don't — my parade
 - Actor David
 - Pill
 - Life prosprver
 - Fat-topped hills
 - Sharp-tasting
 - Wielded an opea
 - Roseanne — Arnold
 - Night light
 - Oscar or Cornet
 - Wing
 - Gun, Bradley
 - Nudge
 - Amazarr
 - Incant group
 - Thousand: prof.
 - The King
 - ALDAS
 - Author Baginold
 - Fast plane
 - Checkup test
 - Some NCOs
 - One of fifty
 - Survive up
 - Surface ice mass
 - Mauron or John
 - IERT
 - Lead to be
 - Early Irishman
 - Philinary, for one
 - Think tank output
 - God of love
 - Oil, as a lamp
 - Move effortlessly
 - Singy
 - Rec rooms
 - Attitudinizes
 - Plastic wrap



- Long division word
- DOWN
- NEA agent, for short
- Klut's exclamation
- Singer McEntiro
- Rival meeting
- Muscular power
- Battery terminal
- Pesprandial sounds
- Ms Bombeck
- Thing up
- The good dishes
- Inner surface
- Without
- Medical composition
- Founded, abbr.
- OSTERS
- Gr. marketplace
- Dimwit
- Full court
- Word before wilkers
- "O! — I Sing"
- Dr's. gp.
- Gols
- bargaining
- Memo on a memo: abbr.
- MELDAS
- Rooney or Griffith
- Wagg
- Make witty remarks
- Loo or Lou
- Regatta needs
- Payment on savings: abbr.
- Develped
- Maurice-of-the stage
- Automaton
- Ugly Duckling, eventually
- Shoreline
- Pop standard
- Pries curiously
- Blushing
- Survive up
- Reverent respect
- Group's pronoun
- Pla. city
- Infant oak
- Mope about
- 69 Joins
- Peruvian
- Donuded
- Rover's pal
- au rhum
- Electrical
- Bosst
- OPEC commodity
- Chin. dynasty
- Touched ground
- Gats
- Too bad!
- Bambal
- ...against a — of troubles
- Chess pieces
- Planted
- Vollat
- Hank of Homer
- Ev's hoard
- 111 Poeshy
- Poring prodrom
- Dictator's aide
- Elvhalions
- Clanetist Shaw
- Takes five
- Krapk
- Ronstadt of song
- 104 Post Nash
- Omelet
- proposition
- Short skirt
- 110
- 112
- 113
- 114
- 115
- 116
- 117
- 118
- 119
- 120
- 121
- 122
- 123
- 124

Poker dealer leaves life behind

NORTH LAS VEGAS, Nev. (AP) — By all accounts, Domer Ringuette was a pillar of his Massachusetts hometown. He owned a convenience store, published a weekly newspaper and was campaigning for alderman, until he disappeared.

Rumors flew when Ringuette abruptly left Chicopee, Mass., in August that he was fleeing loan sharks or joining a Mayan cult. He wasn't, and didn't.

The 53-year-old simply chased a dream: casino dealer.

"Since I was a kid I've wanted to be a poker dealer in Las Vegas," he said in a recent interview. "Finally I decided I was going to do it and here I am."

Ringuette told no one of his plans when he piled some belongings into his 1984 Lincoln Continental and left the blue collar town of about 57,000 in western Massachusetts.

He left behind businesses and rental property.

Just picked up and left," Ringuette said. "I had already talked myself out of it a couple of times, but I finally did it. If I had waited and tried to sell my businesses it would have taken too long and I would have never done it."

An employee of his free weekly newspaper went to Ringuette's house only to check on him and found only an ironing board. Before leaving, Ringuette told a friend she could have his furniture.

While townspeople puzzled about his disappearance, Ringuette was taking a roundabout trip to this gaming town, visiting friends in New York and New Orleans and a daughter in Texas. Although he was an avid gambler and card player as a

youth, Ringuette needed a \$300 course at a gaming school to freshen his poker skills. He learned enough to land an entry-level job dealing seven-card stud at the Poker Palace, a workingman's casino where a \$10 buy-in gets a player a seat and \$2.98 buys a steak dinner.

Sitting in the Poker Palace on Tuesday, Ringuette flipped cards through a smoky haze of 1977 tableful of loggard mid-afternoon poker players. He makes \$4.25 an hour plus tips.

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Condoms used in Harvard exhibit

CAMBRIDGE, Mass. (AP) — Underneath the painted gaze of clergymen whose portraits line the paneled walls of Harvard Divinity School, there is another kind of artwork on exhibit: Colorful objects, tiny sculptures and even a doll in the image of C. Everett Koop, the former surgeon general — all made of condoms.

"The idea is to move away from the embarrassed, secretive, forbidden kind of association to making (condoms) acceptable," said the artist, Karen Norberg, a psychiatrist and director of child-psychiatry consultation at Boston City Hospital.

Putting condoms on display as art, she

said, "pushes things as far as possible in the opposite direction."

But the divinity school has kept the exhibit, titled "Sacred Condoms," largely out of public view. The exhibit, which closes Friday, hasn't been publicized and has been open only 90 minutes a day for two weeks, mostly while the university is on vacation.

Andrew Rasanen, a divinity school spokesman, said the exhibit was used in teaching students at the non-denominational school how to counsel people about sexuality.

"We're really hoping that this doesn't turn into a huge public event," said Rasanen.



This C. Everett Koop doll was made with condoms.

Gas station held up at banana point

The Washington Post

A Prince-William County, Va., gas station attendant was held up early Wednesday morning.

At banana-point.

A suspect was nabbed a few minutes later at a second gas station nearby, where he had stopped to fill his tank.

In the car, police said, they found some clothing the holdup man was said to have worn and the smoking banana.

It was slightly overripe, officers said.

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Watch for our special Easter page welcoming those seeking a place to worship. It may be the start of a special and lasting relationship.

Advertising Deadline: Wednesday, April 8

Publication: Tuesday, April 14

Churches, if you are interested in being on this page please contact Billie at the Times-News, 733-0931, ext. 208, for more information.

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Libya cries victim of U.S. terrorism

THE HAGUE, Netherlands (AP) — Libya went on the offensive at the World Court on Saturday, suggesting it had been a victim of U.S. terrorism and accusing Washington and London of trampling international law.

But the United States counter-attacked, detailing evidence to link Libya to terror bombings in Western Europe, Britain, for its part, scoffed at the notion that the Tripoli government was fit to judge the guilt or innocence of suspects in the 1988 bombing of Pan Am Flight 103 over Lockerbie, Scotland.

Libya is seeking an emergency injunction against the United States and Britain to prevent sanctions or the use of force to "win" the extradition of the two Libyans suspected in the Pan Am bombing.

A World Court ruling is expected in about three weeks, although the 16-judge court, a U.N. body, has no enforcement powers.

Libya has denied involvement in the Pan Am bombing and told the court it is unconvicted of the guilt of the suspects. It claims it has already complied with international law by investigating them.

The United States, Britain and France are promoting a U.N. air and trade embargo against Tripoli to force surrender of the suspects. The sanctions are expected to be imposed by the Security Council this week.

The third and final day of hearings at the U.N. judicial body was given over to rebuttals. Libya led off and the United States and Britain followed.

The State Department's top lawyer, Edwin D. Williamson, claimed Libyan diplomats ordered a 1986 bombing of a Berlin discotheque patronized by American soldiers.

He also said the World Court had no jurisdiction in the dispute over the Lockerbie suspects.

He claimed Libya's effort to seek a World Court ruling "springs from its inability to convince the council that it has ended its support for terrorism," he told the court.

Lawyers for Libya said any conflicting signals from Tripoli on the issue of the suspects were due to Western threats.

"Peace of mind can hardly be expected from a rabbit facing the hunter's rifle," said Jean Salmon, a Belgian lawyer for Libya.

The two Libyan suspects, both identified by the West as intelligence agents, are wanted in the United States and Britain in the December 1988 bombing of Flight 103, which killed 270 people. The West is also seeking four other Libyans suspected in the 1989 bombing of a flight which killed 171 people died.

At Saturday's hearing, Libya equated 1986 U.S. bombing raids on Tripoli and Benghazi — which were in retaliation for Libyan involvement in terrorist acts in Germany and Italy — with the Pan Am bombing.

Most of the 15 investigators left Israel early Saturday, sources at Israel's Ben Gurion International Airport said.

The Americans didn't show their findings to the Israeli Defense Ministry, said ministry spokesman Danny Naveh. He said he didn't know whether the conclusions would later be shown to Israel or published.

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PARIS (AP) — The civil service minister quit the Cabinet on Saturday, protesting suggestions by Socialist Premier Edith Cresson that he gain a regional council presidency by colluding with the far-right National Front.

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The chain of events has placed Mrs. Cresson's job in jeopardy. There is speculation that a Cabinet shakeup could come next week, and it is increasingly rumored that the unpopular prime minister could fall victim.

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Party says Major's bid lacks 'razzmatazz'

LONDON (AP) — With the deadlock continuing in the opinion polls, members of the ruling Conservative party grumbled Saturday that Prime Minister John Major's campaign lacked "street fighters" and "razzmatazz."

While prominent Tories expressed their dissatisfaction with the run-up to the April 9 election, Major faced an ugly scene in Luton, north of London, where he tried to draw out jeering from 50 protesters screaming "Tory scum."

Major braved the group, shouting to them and to the rest of a large crowd: "You see the face of hatred there. No mob taking to the streets is ever going to stop us coming out and talking to the ordinary decent people."

Opposition Labor leader Neil Kinnock, celebrating his 50th birthday on the campaign trail in Prestwick, Scotland, received a warmer reception at a housing complex for the elderly.

Residents presented Kinnock with a cake with five Labor red candles and the words "To Neil, it's time for the Labor Party's color, blue is the Conservatives."

Major celebrates his 49th birthday on Sunday with his wife Norma at the prime minister's country residence, Chequer.

His low-key manner and "nice guy" image haven't helped his party move ahead in the opinion polls. Neither has a defensive Conservative campaign, which has contrasted sharply with Labor's confident offensive.

The Conservatives are looking vulnerable largely because of a deep recession that brought 9.4 percent unemployment and a record number of home repossessions and business failures.

The two main parties have been running neck-and-neck in the opinion polls for weeks. A British Broadcasting Corp. poll late Saturday showed Labor with a 39 percent lead, the Conservatives with 37 percent, and the centrist Liberal Democrats with 19 percent.

The poll was calculated by taking a weighted average of recent surveys.

There was a margin of error of plus or minus 2 percentage points.

The result included polls that were conducted by Harris for the Observer, ICM for the Sunday Express, and by NOP for the Mail on Sunday, between March 26 and March 28.

"It is time to let loose the Tory street fighters.... We have got to sharpen up our words and get into the war," said Kenneth Warren, a Conservative legislator.

Conservative legislator Teresa Gorman, fighting to retain her Billericay seat, told BBC radio: "We have a territory to tell and we are not telling it. We want more razzmatazz."

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British Labor Party leader Neil Kinnock cuts his 50th birthday cake with wife, Glensy.

Cabinet minister quits after colluding claims

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Israel-China missile swap lacks evidence

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Revolt contests regional plans

DIYARBAKIR, Turkey (AP) — The 35-year-old Kurdish rebellion that has boiled over in southeastern Turkey challenges a government eager to project itself as a Western power in the region.

Internationally, Turkey is maneuvering to profit from its strategic importance after the disintegration of the Soviet Union. Its allies see Turkey as a bulwark against the spread of Muslim fundamentalism and Iranian influence in the former Soviet central Asian republics.

The government says it will crush the insurgency, but even so, dissident Kurds might obtain concessions.

"Turkey will solve the Kurdish issue and will separate it from terrorism," said Sefer Tashan, director of the Foreign Policy Institute, a private think tank in Ankara. "Turkey will deal with terrorism by force and deal with the Kurdish issue in a democratic matter."

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Welcome divorced people, Pope urges

VATICAN CITY (AP) — Pope John Paul II on Saturday urged the church to be more welcoming to Catholics who have divorced and remarried.

But the pontiff reiterated Catholic policy banning such people from receiving Communion.

"Men and women who live in irregular situations... need spiritual assistance and the full aid of the church's affectionate care — above all, those people who have divorced and remarried," the pontiff told a group of visiting French bishops.

"I encourage pastors to welcome people living in such situations," the pope said.

He added, however, that "this cannot be achieved outside the framework established by the law and the magistrature of the church, because the church is the guardian, not the master, of the sacraments instituted by Christ."

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Looneybugs

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THE CUTTING EDGE

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Today
1:30-3:30-5:30-7:30-9:30

World



Alexandra residents look at one of two victims of township violence Saturday north of Johannesburg.

Hundreds attend funeral as more die

ALEXANDRA, South Africa (AP) — Hundreds of African National Congress supporters marched through the tense township of Alexandra on Saturday to bury victims of political violence as police and soldiers patrolled nearby.

Police said at least three more people died Saturday in attacks linked to the feud between the ANC and the rival Inkatha Freedom Party.

One victim was found in the middle of the road in a shack area known as "Beinn" for its violence.

Newspapers anchored with bricks covered the man's body.

Tony Ruthford of the Alexandra Peace Group, an independent organization monitoring township violence, said residents he spoke to blamed the latest attacks on men living in a nearby Inkatha workers' hostel. Roads in the area were blocked by burning barricades, and police and soldiers in armored vehicles cruised the area.

Alexandra, in northern Johannesburg, has been the site of several violent clashes recently between shack-dwellers and hostel residents.

Judge rejects stringent military service law

JOHANNESBURG, South Africa (AP) — In a decision that could affect thousands of South African men, a judge has ruled that failure to register for the draft is not a criminal offense.

The judge on Friday upheld the acquittal of Peter auf der Heyde, 30, who was charged in May 1991 with not signing up for military duty.

Auf der Heyde said Saturday that although he was pleased, the decision came too late for many men who fled South Africa to avoid military service.

"Obviously I'm very delighted," auf der Heyde said in a telephone interview from Durban. "But at the same time I'm sad it took them

so long ... because I think had it happened a few years ago, there would have been a viable option for the thousands of South Africans who had to leave because of military conscription."

The Defense Force Act says all white males must register for two years of military service and periodic call-ups, but it does not stipulate a penalty for failing to comply.

Citing what he called the "sluggishness" of the Judge G. Leveson of the Rand Supreme Court in Johannesburg agreed with auf der Heyde's lawyers, who said the law amounted to a duty and that breach of duty was not a criminal offense.

Fighting prompts emergency in Moldova

KISHINEV, Moldova (AP) — Moldova's president on Saturday imposed a state of emergency in the former Soviet republic after weeks of fighting between Romanian loyalists and Slavic separatists.

President Mircea Snegur's decree ordered police and army troops to "liquidate and disarm the illegitimate armed formations" in the breakaway Trans-Dniester republic in eastern Moldova. "As God is my witness, I never wanted bloodshed, (but) the hour has come when we can no longer make order in our own house," said Snegur, who did not specify if or when an actual attack was planned.

Snegur offered amnesty to militiamen but pledged to prosecute Trans-Dniester president Igor Smimov and other separatist leaders, whom he labeled "terrorists."

Leaders in Trans-Dniester and in another separatist region responded by declaring their own states of emergency. Sources in Trans-Dniester also reported clashes in several areas, including the key city of Dubossary, but the reports could not be immediately verified.

The developments followed a month of escalating violence in Trans-Dniester, a strip of land between Moldova and the Ukraine. About 40 people have died in the violence.



Moldovan police take cover on the front line with Trans-Dniester during recent fighting. The Moldovan government is battling armed factions from the breakaway Trans-Dniester region.

Trans-Dniester's mostly Russian and Ukrainian population of 600,000, voided in December to secede from Moldova.

The Slavs oppose Moldova's Romanian-language proficiency requirements and fear Moldova will eventually unite with Romania, which controlled all of Moldova except Trans-Dniester before World War II.

resolved "through peaceful means," said the report.

The emergency decree followed a buildup by separatist forces.

Trans-Dniester Defense Minister partial mobilization of the Slavic population began three days ago, and 1,000 volunteers were being trained. The militia and supportive units of Russian and Ukrainian Cossacks previously numbered only about 4,000, he said.

Responding to the decree, Smimov announced he would mobilize the population in the separatist region "to repel" an expected "armed aggression."

Smimov also imposed a curfew from 10 p.m. to 6 a.m. and put an estimated 15,000 militiamen and civilian volunteers on alert.

Another separatist group, the Turkic-speaking Christian minority of Gagauz in southern Moldova, also reacted to Snegur's decree by declaring an emergency—and threatening a "sharp rebuttal" to any Moldovan attack, the Russian news agency Interfax reported.

The Moldovan state of emergency took effect at 8 p.m. and continues indefinitely. The decree says borders will be tightly controlled to prevent the entry of more Cossacks or other "mercenaries."

Tunis quietly crushes Islamic fundamentalists

TUNIS, Tunisia (AP) — While Muslim radicals marched to the brink of power in Algeria next door, Tunisia crushed its own fundamentalists with a campaign of mass arrests and police torture in which some prisoners died.

President Zine el-Abidine Ben Ali's government says the crackdown was necessary to keep the militant An-Nahda movement from overthrowing him and starting a civil war.

Critics contend that the repression enabled Ben Ali to stall democratic reforms and destroyed what respect the police had for civil liberties.

"The Islamic question has poisoned the general political atmosphere," said Mustapha Benjaafar, secretary-general of the Movement of Socialist Democrats, a centrist opposition party.

The U.S. State Department and Amnesty International claim Tunisian authorities arrested from 4,000 to

8,000 people in the latest campaign against An-Nahda, starting in early 1991.

Most were released eventually, but the Tunisian Human Rights League believes about 800 remain in jail, many without charges. The State Department and Amnesty reports say police regularly tortured An-Nahda suspects and as many as seven died in custody.

An investigating commission set up by Ben Ali concluded that some abuses did occur and at least three people died "under suspicious circumstances."

Tunisia, a pro-Western country, between Algeria and Libya, resents the foreign criticism. Officials say seven deaths is a small price for averting the fate of Iran or a confrontation like the one in Algeria.

"A fundamentalist movement can't be brought into the mainstream," said Saïd Chabane, Ben Ali's adviser on human rights. "All political Islam

is, by nature, extremist. It is faith, and therefore can't be discussed."

The government said in a communique Saturday that it was prepared to cooperate with Amnesty in investigating allegations of mistreatment.

The report: "Tunisia is always ready to cooperate with Amnesty... The stakes are too high for this sort of matter to be taken lightly," it said.

Both democracy and Islamic fundamentalism are on the rise in Africa. In Tunisia and Algeria, former French colonies, mixtures of the two have proved volatile.

After independence, Algeria was bankrupted by three decades of Marxist rule.

Bourguiba welcomed foreign investment and ran an open economy based on oil and tourism.

After deposing Bourguiba, then 84, on grounds of senility in 1987, Ben Ali promised democratic reforms and freed political prisoners.

Among the prisoners was Raïd Ghannouchi, a schoolteacher who became the An-Nahda's leader and accused the United States of "deceit." He vowed to repeal Tunisia's anti-polygamy statute and its abortion laws, among the most liberal in the Arab world.

The Tunisian constitution forbids political parties based on religion, so An-Nahda established semi-clandestine networks in poor neighborhoods and universities.

It ran candidates as independents in parliamentary elections in January-February 1989. The ruling Constitutional Democratic Rally won all the seats, but An-Nahda got 15 percent of the vote.

Expedition readies to track Big Foot's European cousin

PARIS (AP) — A spirited 72-year-old doctor and a filmmaker are teaming up for a summer expedition to track the Almasty, or Snowman of the Caucasus, a huge, hairy beast with glowing red eyes, the hominoid cousin of Yeti and Big Foot.

Dr. Marie-Jeanne Koffmann, a French-Russian surgeon, mountaineer and scholar, has been on the Almasty trail for more than two decades and has collected more than 500 eyewitness accounts and a plaster-cast footprint of the "forest man of the Caucasus."

She traveled on horseback through the remote mountains between the Black and Caspian Seas, talking to

villagers who had seen the mysterious beast.

When she first began, the forest was rich with wildlife — bears, foxes, wolves, tigers, leopards, gazelles, hyenas, many of which have since disappeared.

Although skeptical at first, she soon became convinced that the Almasty was another in the vast array of species that named the Caucasian wilds.

Retiring in France on a tiny Soviet pension, she never dreamed that one day she'd have the money to mount a full-scale scientific search.

But then, she had not counted on Sylvain Patix.

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What's Coming This Tuesday In Chat!

- Cindy Crawford & Richard Gere: expecting?
- Alex Haley honored with new generation of "Roots."
- David Copperfield's amazing magic
- Dr. Ruth on "getting older"

All this and more in Tuesday's Chat!

Chat! Just another reason to subscribe to The Times-News.

No democracy here, Saudi king declares

ABU DHABI, United Arab Emirates (AP) — King Fahd of Saudi Arabia, in an interview published Saturday, ruled out the adoption of Western-style democracy, saying it was not compatible with his country.

The monarch also denied that his recent tentative move toward democratization was dictated by international pressure—in the aftermath of the Gulf War.

"The democracy systems prevailing in the world are systems which in their structure do not suit this region and our people," the king said in the interview published in Abu Dhabi's Al-Itihad newspaper and the Kuwaiti daily Al-Sayassah.

"Our nations in their makeup and characteristics are different from those of that world, and we cannot import a method that others use to apply to our peoples," he said.

After the Gulf War, some Western critics questioned why they should defend Arab monarchies where democracy is non-existent.

Saudi Arabia is a member of the Gulf Cooperation Council, a 10-year-old alliance that includes the United Arab Emirates, Bahrain, Qatar, Oman and Kuwait. Of the six, only Kuwait has an elected parliament but it does not allow political parties.

The Kuwaiti parliament has been disbanded since 1986, although for a new one are scheduled for October.

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Sports

Morning line

Sportslate

Today

College baseball
CSI five team single elimination tournament. First round at Frontier Field, Col vs. Treasure Valley at 11 a.m., Al West, Falls High School, Edmonds vs. Walla Walla at 11 a.m., Al West, The Canyon Springs Amateur.

Sports on TV

10 a.m. — Channel 7, 38, NBA basketball, Spurs at Pistons
11 a.m. — Channel 6, 55, World League Football, San Antonio at Birmingham
11 a.m. — Channel 13, Auto racing, NASCAR Winston Cup at South 500
11:30 a.m. — Channel 12, NCAA Basketball Tournament
Noon — Channel 3, NHRA, Johny Hancock Northwest Nationals
Noon — Channel 2, Women's tennis, Hardcourt Championships
3 p.m. — Channel 12, Yachting, America's Cup Challenger's semifinal
5:30 p.m. — Channel 8, NBA basketball, Hawks at Celtics
10 p.m. — Channel 13, Tennis, Davis Cup, U.S. vs. Czechoslovakia

Briefly

Baseball sign up starts for Jerome youngsters

JEROME — All Jerome youth who wish to play baseball or softball during the 1992 season will need to register March 30-April 10. Registration will be taken at the school for Jerome during the week of April 6. Anyone missing registration at school will need to call the Jerome Recreation District at 324-3390 no later than April 10.

Men's city basketball league tourney establishes brackets

TWIN FALLS — The Twin Falls Parks and Recreation department have announced the brackets for the upcoming men's city basketball league tournament. Following is a list of first round games.

A league — Key Bank of Idaho vs. Crandall Service at 7 p.m. Monday; Idaho Tile and Marble vs. Falls Brand/Rice Hardware at 7:50 p.m. Monday; the winner of Key Bank/Crandall Service vs. First Federal Savings at 7 p.m. Wednesday; and the winner of Idaho Tile and Marble/Falls Brand vs. BUCK Oil at 7:50 p.m. Wednesday. All A league games will be played at O'Leary Jr. High in the large gym.

B league — S & G Produce vs. Donnelly Sports at 7:30 p.m. Monday at Robert Stuart; Dietrich/Ranches vs. The Medicine Shoppe at 9:10 p.m. Monday at Robert Stuart; RWG Farms vs. The Toy Shop at 7 p.m. Monday at O'Leary Small; Norco Windows vs. Caribou Const. at 8:40 p.m. Monday at O'Leary Small; Kimberly Nurseries vs. Idaho Power at 8:20 p.m. Tuesday at Robert Stuart; Leslie Davis & Sons vs. Canyon Motors Subaru at 7 p.m. Tuesday at O'Leary Large; Community Merchants vs. Norman Supply at 8:40 p.m. at O'Leary Large; and the winner of S & G Produce/Donnelly Sports vs. Window Welder/Family Physical Therapy, Clinic at 7:50 p.m. Tuesday at O'Leary Small.

C league — Running Rebels vs. T2R Mechanical at 8:20 p.m. Monday at Robert Stuart; Clear Springs Trout vs. WDCI at 8:40 p.m. Monday at O'Leary Large; Will's Motors vs. Showwells at 7:50 p.m. Monday at O'Leary Small; Evan's Grain vs. Anderson's IGA at 7:30 p.m. Tuesday at Robert Stuart; Hardee's/CAY Little Caesars Pizzeria at 8:10 p.m. Tuesday at Robert Stuart; Shelby's Shake Out vs. Amalgamated Sugar at 7:50 p.m. Tuesday at O'Leary Large; T.F. Merchants vs. DGS Motors/Smith's Food King at 7 p.m. Tuesday at O'Leary Small; and the winner of Running Rebels/T2R Mechanical vs. Tolman TV at 8:40 p.m. Tuesday at O'Leary Small.

Compiled from staff reports



Scott Erling begins today's play at the Canyon Springs Amateur with a two-stroke lead.

Rupert's Erling grabs early lead in local tourney

The Times-News

TWIN FALLS — Scott Erling of Rupert fired a 32 on the front nine at the Canyon Springs golf course along with a 37 on the back to take a two-stroke lead in the Canyon Springs Amateur Saturday.

The only other golfer to shoot under par was Barry Espil of Twin Falls who carded a 71. Terry Spackman and Bret Rupert were one behind with a 72. Jason Meyerhoffer rounded off the top five in the championship flight with a two-over par 74.

Erling took an early lead in the tournament and maintained on the back nine to hold off all challengers.

Meyerhoffer, a favorite in the tournament, fell back after three-putting three holes on the back nine.

In the first flight Jim Thompson shot a 72 putting him in first place with a net score of 62.

A highlight in the tournament was an eagle two on number four by Craig Falco said Steve Meyerhoffer, the tournament coordinator.

Meyerhoffer said he expects a few players to make some runs today.

Scott Erling, Barry Espil and Bret Rupert will be in the last group teeing off today at 1:16 p.m.

Results:
Championship Flight — Scott Erling 69, (32 front nine); Barry Espil 71, Bret Rupert 72, Terry Spackman 72, Jason Meyerhoffer 74.

First flight — Jim Thompson 62, Roger Harris 64, Ed Harper 66.

Second flight — Scott Standley 64, Don Bond 64, Tom Wray 66, Earl Molyneux 66, Ray Jenco 66.
Third flight — Kevin Holcomb 63, Sean Standley 65, John Mee 65.

CSI stomps Edmonds 14-5, edges closer to baseball tournament win

By Mike Maller
Times-News sports editor

TWIN FALLS — College of Southern Idaho gave itself a little bit easier shot at winning its own baseball tournament by hammering Edmonds Community College 14-5 Saturday night.

CSI needed the win over the Tritons to take the second seed into today's five-team, single-elimination finals.

Tourney results — D2

The Golden Eagles, 3-1 in the tournament so far, play fifth-seeded Treasure Valley at 11 a.m. at Frontier Field today. Edmonds has the No. 4 seed and faces No. 3 Walla Walla at 11 a.m. at Twin Falls High School.

Lassen, which went 4-0 in round robin play, meets the Edmonds-Walla Walla winner at Frontier after the completion of the first round. That game's survivor takes on the CSI-TVCC winner for the championship afterwards.

At stake for CSI and Edmonds Saturday was a chance to win the tournament in two games or the necessity of two wins just to get to the finals.

"It's pretty tough. Nobody wants to play three games," said CSI Coach Jim Walker.

Four Edmonds' pitchers presented the Eagles with 15 bases on balls. With 17 hits, CSI didn't need a lot of



Nate Tabbs of CSI reaches for home plate as he scores a run in a fifth-inning rally against Edmonds. College Saturday night.

and Nick Dorick's sacrifice fly put CSI on the scoreboard in the top of the third. After that, the Eagles scored at least twice in each inning. "I've always felt we could score runs," Walker said. "I wasn't sure about the pitching."

Jason Fuller started for CSI and held the Tritons in check while the Eagles built a 10-1 lead. He struck out eight and walked four in five and one-third innings to get the victory.

"Those balls were ropes all over the field," Coach Walker said. "The 15 walks show a little discipline at the plate."

The Eagles led five runners on base without scoring in the first two innings. Craig Sands' sacrifice bunt

Duke cinches Final Four with last-second basket

The Associated Press

NCAA tournament

Christian Laettner played the perfect game, and so did Indiana. Laettner hit a turnaround jumper from the foul line as the buzzer sounded Saturday, giving top-ranked and defending champion Duke a 104-103 overtime victory over No. 6 Kentucky and a fifth consecutive trip to the Final Four.

The East Regional champion now goes to Minneapolis to face fifth-ranked Indiana, which used a textbook display to rout No. 4 UCLA 106-79 in the West Regional final.

The other Final Four pairing will match the winners of Sunday's regional finals — Michigan vs. Ohio State in the Southeast and Cincinnati vs. Memphis State in the Midwest. Laettner grabbed a length-of-the-court pass from Grant Hill with 2.1 seconds left, dribbled once while pivoting away from Kentucky's Devon Feldhaus and launched a shot that swished through as the buzzer sounded in Philadelphia.

It capped an amazing per-

formance by Laettner, who made all 10 of his shots from the field and all 10 of his free throws. He finished with 31 points and became the tournament's career scoring leader.

It also was the second time Laettner has sent Duke to the Final Four with a buzzer-beater. In 1990, his leaping, 15-foot jumper beat Connecticut 79-78 in overtime at the East Regional final.

"I can't believe it happened to me twice in a career," Laettner said as he was mobbed by

Please see NCAA/D2

Rivals buck CSI from awards

By Ron Gates
Times-News writer

TWIN FALLS — Unlike many team sports, there is no homefield advantage in rodeo.

Utah Valley Community College crowned three individual champions and shared team roping laurels in sweeping both the men's and women's portions of the College of Southern Idaho's 16th annual Intercollegiate Rodeo Saturday.

The two-day, three-performance rodeo — the fifth in a series to decide the Rocky Mountain Region team titles — saw CSI keep pace with the Wolverines through Saturday's matinee performance only to fall out of contention in the finale.

The Golden Eagles, who finished 2-3-4 behind Weber State's Sean Stokes in the bareback average, appeared to have clinched at least two events when Oakley cowboys Mike Poulton, in calf roping, and Brandon Bedke, the latter with the Wolverines through Saturday's matinee performance only to fall out of contention in the finale.

Poulton, though, could only watch as Utah Valley's Roy Brown, later named all-around cowboy, eclipsed the leading mark, tying his calf in 9.4 for the victory.

"That's rodeo," Poulton said. "He's a tough competitor and we've had some good battles."

Utah Valley's Mike MacFarlane needed nothing more than a 4.6 to edge Bedke and, with his CSI competitor hazing for him, got just that to nip Bedke 10.1 to 10.2 for first in steer wrestling.

CSI's Cam Cooner, the regional leader in saddle bronc, and versatile Ivan Bruisedhead suffered more than their share of bumps and bruises — in both Saturday performances, but was not the major factor that hurt the team according to CSI Coach Shawn Davis.

"They had a really strong start,"



Ivan Bruisedhead of CSI holds on in the saddle bronc event for a score of 56.

said Davis after watching his men all-around cowgirl, helped the team ahead and fall back, nobody up in front responded with the knockout punch that would keep Couples from his long-shot hopes of winning Sunday.

Nick Faldo, whose last history was in the Irish Open last June in Killarney, played a flawless round in his own right to end up with the lead at 13 under par 67-203. Phil Blacklock (68-204), British Open champion Ian Baker-Finch (68-205) and Davis Love III (71-206) are the only other players in front of Couples, who went from an overnight tie for 54th to a tie for fifth.

"The man's so hot he's wearing asbestos shorts," said Faldo.

Said Baker-Finch: "I wasn't surprised. He's playing great. He's swinging great. He was 7 under par and I was still eating lunch in the locker room. I think he was 8-under when I went to the range."

Couples simply said, "It was an unbelievable day."

He had nine 3s and a deuce on that magical scorecard.

Please see RODEO/D2

Couples charges, sneaks up on Players leaders

Boston Globe

PONTE VEDRA, Fla. — Just to shake up the troops in Saturday's third round of The Players Championship at The Tournament Players Club at Sawgrass, Fred Couples went out before any of the leaders had even walked to the first tee Saturday and put a course-record 63 on the leader board. It shook 'em up.

He needed a birdie on the 16th hole Friday just to make the cut of 144, but suddenly, there he was one shot out of the lead by early afternoon with a 9-under figure of 207. Since this became a day to surge ahead and fall back, nobody up in front responded with the knockout punch that would keep Couples from his long-shot hopes of winning Sunday.

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Sportsquote

“ 1. Get rid of the National Invitation Tournament. 2. Reduce the dunk to one point. 3. Stop nit-picking CBS for its inability to please all of the basketball nuts all of the time.”

Newspay's Stan Isaacs offered these improvements for March Madness

Inside

Scores and stats D2
Pre previews D3
Pro baseball D4-6

American League team capsules



West

Texas Rangers
 Home: Arlington Stadium.
 Manager: Bobby Valentine.
 1991 Record: 85-77, 3rd.
 Key Arrivals: Dickie Thom, shortstop; Popular Prospect: Monty Farris, second baseman-outfielder.
 Outlook: There's plenty of hitting here. Start with Rafael Palmeiro (.322), Julio Franco (.341), and Ruben Sierra (.307, 25 HRs, 116 RBIs). As usual, the Rangers' chances depend on the health of the rotation of Nolan Ryan, Jose Guzman, Kevin Brown and Bobby W. They need to need Jeff Russell in the bullpen.
 Key Stat: The Rangers draw an average of 4,000 more fans in Ryan's home appearances than they did in other home games. He made 20 of his 27 starts last season at Arlington Stadium, including 10 of his last 12.

Chicago White Sox
 Home: Comiskey Park.
 Manager: Gene Lamont.
 1991 Record: 87-75, 2nd.
 Key Arrivals: Kirk McCaskill, pitcher; Steve Sax, second baseman.
 Key Departures: Melido Perez, pitcher.

Seattle Mariners
 Home: Kingdome.
 Manager: Bill Plummer.
 1991 Record: 83-79, 5th.
 Key Arrivals: Kevin Mitchell, outfielder.
 Key Departures: Bill Swift, pitcher; Mike Jackson, pitcher; Dave Burba, pitcher; Alvin Davis, first baseman-DH; Scott Bankhead, pitcher; Rob Murphy, pitcher.
 Popular Prospect: Dave Fleming, pitcher.
 Outlook: Ken Griffey Jr. and Mitchell in the same lineup should make many pitchers shudder at the thought. To contend, however, new manager Bill Plummer needs big seasons from Tim Lincecum, Pete O'Brien and Jay Buhner. The Mariners rotation is decent with Randy Johnson, Eric Hanson and Russ Swan. As spring training draws to a close, the Mariners still don't know who their fifth starter will be. The candidates are Mike Banninger, Clay Parker and Rich Del-

Oakland A's
 Home: Oakland Coliseum.
 Manager: Tony La Russa.
 1991 Record: 84-78, 4th.
 Key Arrivals: Randy Ready, infielder.
 Key Departures: Mike Gallego, infielder.
 Popular Prospect: Todd Van Poppel, pitcher.
 Outlook: The A's have a top-of-rotation to answer in 1992, and most of them depend on whether Mark McGwire, Dave Stewart (.111) and Bob Welch (.142) can rebound. Shortstop Walt Weiss and third baseman Carney Linares are coming off serious knee in-

juries. Reliever Dennis Eckerley started to show signs of age last season.
 Key Stat: Oakland's bullpen had the highest ERA in the league (4.74) along with the league's sports home-run rate (one every eight innings). Eckerley and Gene Nelson combined to allow 23.

Minnesota Twins
 Home: Metrodome.
 Manager: Tom Kelly.
 1991 Record: 95-67, 1st.
 Key Arrivals: Bob Kipper, pitcher; John Smiley.
 Key Departures: Jack Morris, pitcher; Dan Gladden, outfielder; Denny Naylor; Junior Ortiz, catcher.
 Popular Prospect: Pedro Munoz, outfielder.
 Outlook: The Twins are right back in the running with the acquisition of Smiley. The heat of the offense returns with Kirby Puckett, Kent Hrbek, Chili Davis, Brian Harper and Chuck Knoblauch, but losing Dan Gladden will hurt a little at the top of the order. The rotation of Scott Erickson, Kevin Tapani, Smiley and per-haps David West should be OK — as long as Erickson is healthy.

California Angels
 Home: Anaheim Stadium.
 Manager: Buck Rodgers.
 1991 Record: 81-81, 7th.
 Key Arrivals: Van Hayes, first baseman-outfielder; Hubie Brooks, outfielder; Alvin Davis, first baseman-DH; Chuck Cim, reliever; Don Robinson, pitcher.
 Key Departures: Wally Joyner, first baseman; Kirk McCaskill, pitcher; Dave Winfield, outfielder; Kyle Abbott, pitcher; Ruben Amaro Jr., outfielder; Dave Gallagher, outfielder.
 Popular Prospect: Lee Stevens, first baseman-outfielder.
 Outlook: GM White Herzog was hoping to start the 1992 season with a rotation of Tim Lincecum, Todd Van Poppel, and lost Jovoy to free agency. It wasn't a good offseason for the Angels. Gary Gaetti and Lance Parrish have to pro- duce for California to contend. Pitching remains strong, but it need better No. 4 and No. 5 starters to make Gene Autry a world champ.

Cleveland Indians
 Home: Cleveland Stadium.
 Manager: Mike Hargrove.
 1991 Record: 97-105, 7th.
 Key Arrivals: Jack Armstrong, pitcher; Scott Scudder, pitcher; Derek Lilliquist, pitcher; Kenny Lofton, outfielder; Dave Rohde, infielder; Dennis Cook, pitcher; Brook Jacoby, infielder.
 Key Departures: Greg Swindell, pitcher; Jesse Orosco, pitcher; Eddie Taubensee, catcher; Willie Blair, pitcher.
 Popular Prospect: Jim Thome, third baseman.
 Outlook: After losing 105 games in 1991, the Indians know things can't get much worse. There will be a lot of changes, starting in the infield where Thome, Mark Lewis and Reggie Pat-

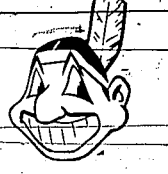
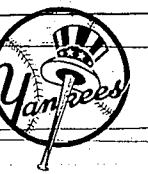
Milwaukee Brewers
 Home: County Stadium.
 Manager: Phil Garner.
 1991 Record: 83-79, 4th.
 Key Arrivals: Jesse Orosco, reliever; Bruce Ruffin, pitcher.
 Key Departures: Dale Sveum, infielder; Willie Randolph, second baseman; Chuck Crim, reliever; Gary Sheffield, infielder.
 Outlook: Same old story with the Brewers — pitching. Ted Higuera is recovering from a tom rotator cuff. If he can't make it back, new manager Phil Garner's rotation figures to be Chris Bosio, Bill Wegman, Jamie Navarro, Dan Plesac and Eldred. The Brewers are counting on outfielders Greg Vaughn and Darryl Hamilton for continued improvement. Hamilton hit .311 and caught 123 the team with 27 homers and 98 RBIs last season.
 Key Stat: The Brewers were 40-19 in their last 59 games.

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Kansas City Royals
 Home: Royals Stadium.
 Manager: Hal McRae.
 1991 Record: 82-89, 5th.
 Key Arrivals: Wally Joyner, first baseman; Kevin McReynolds, outfielder; Greg Jefferies, infielder; Keith Miller, infielder; Chris Gwynn, outfielder; Bob Melvin, catcher; Neal Heaton, pitcher.
 Key Departures: Bret Saberhagen, pitcher; Danny Tartabull, outfielder; Todd Benzing, first baseman; Bill Pecota, infielder; Storm Davis, pitcher; Kirk Gibson, outfielder.
 Popular Prospect: Harvey Pulliam, outfielder.
 Outlook: Manager Hal McRae has a lot more offense provided the loss of Tartabull. Jefferies proved to be a clubhouse problem in New York but may have less tension without all the bohemian media attention. Even without Saberhagen, pitching should be OK with Mike Boddicker, Tom Gordon, Kevin Appier, Mark Gubicza and Mark Davis.
 Key Stat: George Brett's batting average decreased 74 points from a .329 mark in 1990, the largest drop of any player who qualified for the batting title.

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 Key Departures: Wally Joyner, first baseman; Kirk McCaskill, pitcher; Dave Winfield, outfielder; Kyle Abbott, pitcher; Ruben Amaro Jr., outfielder; Dave Gallagher, outfielder.
 Popular Prospect: Lee Stevens, first baseman-outfielder.
 Outlook: GM White Herzog was hoping to start the 1992 season with a rotation of Tim Lincecum, Todd Van Poppel, and lost Jovoy to free agency. It wasn't a good offseason for the Angels. Gary Gaetti and Lance Parrish have to pro- duce for California to contend. Pitching remains strong, but it need better No. 4 and No. 5 starters to make Gene Autry a world champ.



East

Toronto Blue Jays
 Home: SkyDome.
 Manager: Cito Gaston.
 1991 Record: 71-91, 5th.
 Key Arrivals: Jack Morris, pitcher; Dave Winfield, outfielder.
 Key Departures: Tom Candiotti, pitcher.
 Popular Prospect: Derek Bell, outfielder.
 Outlook: The Blue Jays remain the team to beat in the AL East, and the addition of Morris might finally mean a pennant. If Dave Stieb can overcome his back problems, the Blue Jays may even pull away. Look for Winfield to join the Carter-Roberto Alvarez-Kelly-Gundter and John Olerud in having big seasons for the Jays. Also look for at least 4 million in attendance at the Sky-Dome, Toronto recently drew 40,000-plus for an exhibition game.
 Key Stat: Morris will set a major league record when he makes his 13th consecutive opening-day start. He led the record last season set by Robin Roberts (1950-61) and Tom Seaver (1968-79).

New York Yankees
 Home: Yankee Stadium.
 Manager: Buck Showalter.
 1991 Record: 71-91, 5th.
 Key Arrivals: Danny Tartabull, outfielder; Mike Gallego, infielder; Melido Perez, pitcher.
 Key Departures: Steve Sax, second baseman; Pascual Perez, pitcher; (drug suspension).
 Popular Prospect: Gerald Williams, outfielder.
 Outlook: The Yankees are trying to make a trade offering Jesse Barfield for Mel Hall for some much-needed pitching help. Pat Kelly moves in at second base, while Tim Lincecum remains a question mark. The Yankees are counting on Tartabull for at least 100 RBIs, and his presence should help Don Mattingly.

Boston Red Sox
 Home: Fenway Park.
 Manager: Butch Bost.
 1991 Record: 84-78, 2nd.
 Key Arrivals: Frank Viola, pitcher.
 Key Departures: Steve Lyons, infielder-outfielder.
 Popular Prospect: Scott Cooper, third baseman.
 Outlook: After Roger Clemens and Frank Viola, new Red Sox manager Butch Hobson doesn't have much pitching depth. The batting order is made up of a lineup of Wade Boggs, Jody Reed, Ellis Burks, Jack Clark, Mike Greenwell, Mo Vaughn, Phil Plantier, Tony Pena and Luke Rivera.
 Key Stat: Clemens is the first pitcher in the league history with a .600 winning percentage and 200 strikeouts for six years in a row.

Baltimore Orioles
 Home: Oriole Park at Camden Yards.
 Manager: Johnny Oates.
 1991 Record: 67-95, 8th.
 Key Arrivals: Eric Hartzel, pitcher; Steve Davis, pitcher; Rick Sutcliffe, pitcher.
 Key Departures: Bob Melvin, catcher.
 Popular Prospect: Mike Mirmiran, pitcher.
 Outlook: The Orioles are trying to regroup after losing 95 games in 1991. Their improvement will depend on young pitchers Ben McDonald, Masayoshi, Arthur Rhodes, and Bob Mizek. Masayoshi is having a great spring training. If the young pitchers come through and Glenn Davis stays healthy, look for the Orioles to make a major improvement.

Detroit Tigers
 Home: Tiger Stadium.
 Manager: Sparky Anderson.
 1991 Record: 84-78, 2nd.
 Key Arrivals: Dan Gladden, outfielder; Mark Carreon, outfielder; Tony Castillo, reliever.
 Key Departures: Paul Gibson, reliever.

Cleveland Indians
 Home: Cleveland Stadium.
 Manager: Mike Hargrove.
 1991 Record: 97-105, 7th.
 Key Arrivals: Jack Armstrong, pitcher; Scott Scudder, pitcher; Derek Lilliquist, pitcher; Kenny Lofton, outfielder; Dave Rohde, infielder; Dennis Cook, pitcher; Brook Jacoby, infielder.
 Key Departures: Greg Swindell, pitcher; Jesse Orosco, pitcher; Eddie Taubensee, catcher; Willie Blair, pitcher.
 Popular Prospect: Jim Thome, third baseman.
 Outlook: After losing 105 games in 1991, the Indians know things can't get much worse. There will be a lot of changes, starting in the infield where Thome, Mark Lewis and Reggie Pat-

Milwaukee Brewers
 Home: County Stadium.
 Manager: Phil Garner.
 1991 Record: 83-79, 4th.
 Key Arrivals: Jesse Orosco, reliever; Bruce Ruffin, pitcher.
 Key Departures: Dale Sveum, infielder; Willie Randolph, second baseman; Chuck Crim, reliever; Gary Sheffield, infielder.
 Outlook: Same old story with the Brewers — pitching. Ted Higuera is recovering from a tom rotator cuff. If he can't make it back, new manager Phil Garner's rotation figures to be Chris Bosio, Bill Wegman, Jamie Navarro, Dan Plesac and Eldred. The Brewers are counting on outfielders Greg Vaughn and Darryl Hamilton for continued improvement. Hamilton hit .311 and caught 123 the team with 27 homers and 98 RBIs last season.
 Key Stat: The Brewers were 40-19 in their last 59 games.

Kansas City Royals
 Home: Royals Stadium.
 Manager: Hal McRae.
 1991 Record: 82-89, 5th.
 Key Arrivals: Wally Joyner, first baseman; Kevin McReynolds, outfielder; Greg Jefferies, infielder; Keith Miller, infielder; Chris Gwynn, outfielder; Bob Melvin, catcher; Neal Heaton, pitcher.
 Key Departures: Bret Saberhagen, pitcher; Danny Tartabull, outfielder; Todd Benzing, first baseman; Bill Pecota, infielder; Storm Davis, pitcher; Kirk Gibson, outfielder.
 Popular Prospect: Harvey Pulliam, outfielder.
 Outlook: Manager Hal McRae has a lot more offense provided the loss of Tartabull. Jefferies proved to be a clubhouse problem in New York but may have less tension without all the bohemian media attention. Even without Saberhagen, pitching should be OK with Mike Boddicker, Tom Gordon, Kevin Appier, Mark Gubicza and Mark Davis.
 Key Stat: George Brett's batting average decreased 74 points from a .329 mark in 1990, the largest drop of any player who qualified for the batting title.

Minnesota Twins
 Home: Metrodome.
 Manager: Tom Kelly.
 1991 Record: 95-67, 1st.
 Key Arrivals: Bob Kipper, pitcher; John Smiley.
 Key Departures: Jack Morris, pitcher; Dan Gladden, outfielder; Denny Naylor; Junior Ortiz, catcher.
 Popular Prospect: Pedro Munoz, outfielder.
 Outlook: The Twins are right back in the running with the acquisition of Smiley. The heat of the offense returns with Kirby Puckett, Kent Hrbek, Chili Davis, Brian Harper and Chuck Knoblauch, but losing Dan Gladden will hurt a little at the top of the order. The rotation of Scott Erickson, Kevin Tapani, Smiley and per-haps David West should be OK — as long as Erickson is healthy.

California Angels
 Home: Anaheim Stadium.
 Manager: Buck Rodgers.
 1991 Record: 81-81, 7th.
 Key Arrivals: Van Hayes, first baseman-outfielder; Hubie Brooks, outfielder; Alvin Davis, first baseman-DH; Chuck Cim, reliever; Don Robinson, pitcher.
 Key Departures: Wally Joyner, first baseman; Kirk McCaskill, pitcher; Dave Winfield, outfielder; Kyle Abbott, pitcher; Ruben Amaro Jr., outfielder; Dave Gallagher, outfielder.
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National League team capsules



The Associated Press

Atlanta Braves
 Home: Atlanta Fulton County Stadium.
 Manager: Bobby Cox.
 1991 Record: 94-68, 1st.
 Key Arrivals: Steve Lyons, infielder-outfielder.
 Popular Prospect: Mark Wohlers, reliever.
 Outlook: With Tom Glavine, Steve Avery and John Smoltz likely to get better, the Braves have a good chance to repeat if Terry Pendleton, Sid Bream and David Justice stay healthy. The Braves also have Alvaro Pena in the bullpen from the start of the season. He appeared in 15 games with Atlanta and saved 11. There are doubts Pendleton can repeat his MVP season of .319, 22 homers and 86 RBIs, though.
 Key Stat: Smoltz was 2-11 last season before the All-Star break and 12-2 after that.

Los Angeles Dodgers
 Home: Dodger Stadium.
 Manager: Tommy Lasorda.
 1991 Record: 93-69, 2nd.
 Key Arrivals: Eric Davis, left fielder; Tom Candiotti, pitcher; Todd Beitzinger.

The Associated Press

Chicago Cubs
 Home: Wrigley Field.
 Manager: Jim Lefebvre.
 1991 Record: 77-83, 5th.
 Key Arrivals: Mike Morgan, pitcher.
 Key Departures: Rick Sutcliffe, pitcher.
 Popular Prospect: Gary Scott, third baseman.
 Outlook: Jim Lefebvre starts his first season as manager of the Cubs with the task of putting together a decent pitching staff, no easy job with Chicago. Maybe things will be better this year since the Cubs aren't being picked to win the division by most. A 15-20 win season from Morgan is a must. The Cubs never took advantage last season of having former MVPs Ryne Sandberg, Andre Dawson and George Bell in the lineup.
 Key Stat: Reliever Dave Smith was the first pitcher in major league history to lose as many as six games while pitching fewer than 34 innings. His 1989 record matched the Cubs' franchise record for most losses in a winless season, set by Dick Drott in 1960.

Pittsburgh Pirates
 Home: Three Rivers Stadium.
 Manager: Jim Leyland.
 1991 Record: 98-64, 1st.
 Key Arrivals: Kirk Gibson, outfielder; Terry Nungie, pitcher.
 Key Departures: Bobby Bonilla, right fielder; John Smiley, pitcher; Bob Kipper, pitcher; Bill Landrum, pitcher.
 Popular Prospect: Midge Cummings, outfielder.
 Outlook: It will be impossible to fill the

West

first baseman; Rudy Seanez, reliever.
 Key Departures: Eddie Murray, first baseman; Mike Morgan, pitcher; Tim Belcher, pitcher; John Wetteland, pitcher; Chris Gwynn, outfielder.
 Popular Prospect: Eric Karros, first baseman.
 Outlook: Davis and Darryl Strawberry are finally together. Whether that's a good thing remains to be seen. Strawberry says all is well and is looking for big things. Kal Daniels moved from outfield to first base.
 Key Stat: Bret Butler led the league in runs scored for the second time in his career, becoming the first player since Arky Vaughan to lead the NL in that category as a member of two different clubs. He also led the majors with 61 infield hits last season.

Cincinnati Reds
 Home: Riverfront Stadium.
 Manager: Lou Piniella.
 1991 Record: 74-88, 5th.
 Key Arrivals: Greg Swindell, pitcher; Tim Belcher, pitcher; Bip Roberts, infielder-outfielder; Dave Martinez, outfielder; Scott Bankhead, pitcher; Scott Ruskin, reliever.

East

hole left by Bonilla's signing with the Mets, but the Pirates still figure to challenge because of a starting rotation headed by Doug Drabek, Zane Smith and Randy Tomlin and solid defense. The Pirates still may trade Barry Bonds if they can't agree on a long-term deal. Maybe Atlanta or the New York Yankees for plenty of prospects.
 Key Stat: Bonds' .097 average (6-for-62) last season with runners in scoring position in late-inning situations is the worst of any NL hitter since the statistics were first charted in 1975 by the Elias Sports Bureau. He is 0-for-22 the last two seasons with runners on base in the NL playoffs.

New York Mets
 Home: Shea Stadium.
 Manager: Jeff Torborg.
 1991 Record: 77-84, 5th.
 Key Arrivals: Bobby Bonilla, right fielder; Eddie Murray, first baseman; Willie Randolph, second baseman; Bill Pecota, infielder; Bret Saberhagen, pitcher; Paul Gibson, reliever; Dave Gallagher, outfielder.
 Key Departures: Frank Viola, pitcher; Kevin McReynolds, outfielder; Gregg Jeffers, infielder; Keith Miller, infielder; Hubie Brooks, infielder; Mark Carreon, outfielder.
 Popular Prospect: Todd Hundley, catcher.

Philadelphia Phillies
 Home: Veterans Stadium.
 Manager: Jim Fregosi.
 1991 Record: 78-84, 3rd.
 Key Arrivals: Kyle Abbott, pitcher; Ruben Amaro, Jr., outfielder; Barry Jones, reliever; Mariano Duncan, infielder; Dale Sveum, infielder.
 Key Departures: Von Hayes, first baseman-outfielder; Bruce Ruffin, pitcher;

liever.
 Key Departures: Eric Davis, outfielder; Jack Armstrong, pitcher; Scott Scudder, pitcher; Kip Gross, pitcher; Randy Myers, reliever.
 Popular Prospect: Reggie Sanders, outfielder.
 Outlook: Many consider the Reds favorites in the West because of a rotation of Jesse Rijo, Tom Browning, Belcher and Swindell. The Reds are concerned about Rob Dibble's sore right shoulder. If Dibble is sidelined, Norm Charlton could emerge as the stopper in the bullpen. Sanders has been impressive in spring training.
 Key Stat: The 1991 Reds were only the fourth team in major league history with a shortstop (Larkin) and a third baseman (Sabo) who both had slugging averages of .500 or higher.

San Francisco Giants
 Home: Candlestick Park.
 Manager: Roger Craig.
 1991 Record: 75-87, 4th.
 Key Arrivals: Bill Swift, pitcher; Mike Jackson, pitcher; Dave Burba, pitcher; Chris James, outfielder.
 Key Departures: Kevin Mitchell, pitcher.
 Popular Prospect: Royce Clayton, short-

stop.
 Outlook: With slugger Kevin Mitchell gone, first baseman Will Clark (.301, 29 HRs, 116 RBIs) and third baseman Matt Williams (.344 HRs, 98 RBIs) will be counted on to hit even more home runs. The middle infield could have a new look with Royce Clayton at shortstop and John Paterson at second.
 Key Stat: Bud Black and John Burkett led a beleaguered pitching staff with three complete games each.

San Diego Padres
 Home: Jack Murphy Stadium.
 Manager: Greg Riddhough.
 1991 Record: 84-78, 3rd.
 Key Arrivals: Randy Myers, reliever; Craig Worthington, third baseman; Gary Sheffield, infielder.
 Key Departures: Bip Roberts, infielder-outfielder.
 Popular Prospect: Darrin Walters, catcher.
 Outlook: There are too many holes in the Padres' lineup to think they will play much above .500 ball. There's Fred McGriff, Tony Gwynn, Benito Santiago and a lot of inconsistent hitting after that. Sheffield may help.
 Key Stat: Gwynn is trying to become the first NL player since Stan Musial

Randy Roudy, infielder; Dickie Thorn, shortstop; Darrin Fletcher, catcher.
 Popular Prospect: Andy Ashby, pitcher.
 Outlook: GM Lee Thomas made some nice pickups over the winter, such as Duncan and Abbott. But the key to the Phillies' chances is keeping Len Dykstra healthy. Already there have been some injuries and sore arms, including ace left-hander Terry Litta.

Montreal Expos
 Home: Olympic Stadium.
 Manager: Tom Runnels.
 1991 Record: 71-90, 6th.
 Key Arrivals: Gary Carter, catcher; Ken Hill, pitcher; John Wetteland, pitcher.
 Key Departures: Andres Galarraga, first baseman; Barry Jones, reliever; Dave Martinez, outfielder.
 Popular Prospect: Bret Barberie, third base.
 Outlook: To even stay close, the Expos need healthy seasons from pitchers Brian Barnes, Mark Gardner and Chris Nabholz. Tim Lincecum is unhappy about his move from third to first to give Barberie a chance. The outfielders of Ivan Calderon, Manjus Grison and Larry Walker combined for NL-high average of .281.
 Key Stat: Montreal saw 28-61 in the East Division and 43-29 against the West last season. If not for a 4-14 record against New York, the Mets might have finished last.

(1941-58) in 4-11 (.300) or better in 10 straight seasons.
 Houston Astros
 Home: Astrodome.
 Manager: Art Howe.
 1991 Record: 65-97, 6th.
 Key Arrivals: Eddie Taubensee, catcher; Willie Blair, pitcher; Pete Incaviglia, outfielder; Doug Jones, reliever; Incaviglia and Jones were signed to minor league contracts.
 Key Departures: Keny Lofton, outfielder; Dave Rohde, infielder.
 Popular Prospect: Jeff Juden, pitcher.
 Outlook: The Astros tied a club record

with 97 losses in 1991, but that's also the number Atlanta lost in 1991. So there's always hope. The big experiment of the new owners is moving catcher Craig Biggio to second base. Houston is rebuilding with youth and the infield is actually quite good with Rookie of the Year Jeff Bagwell (.294, 15 HRs, 82 RBIs) at first, the transferee Cedeno at shortstop and Ken Caminiti (13 HRs, 80 RBIs) at third.
 Key Stat: The last-place Astros were 37-44 at home in 1991 and a miserable 20-53 on the road. Because of the GOP convention, Houston has a 26-game, 28-day road trip scheduled to start in late July.

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Far-fetched changes loom for opening day

The Associated Press

Welcome to baseball, 1994. Frank Thomas, coming off his Triple Crown season of 54 home runs, 158 RBIs and a .363 average, is cut by the Chicago White Sox in spring training. They claim they can't afford him.

The Florida Marlins, fresh from winning the World Series in their first year with a lineup of Barry Bonds, Cal Ripken, Wade Boggs and Ruben Sierra, fire manager Don Baylor. He didn't win big enough and becomes the 25th manager to get the ax.

Commissioner Tom Seaver, after seeing only 4,398 fans show up at Candlestick Park for the playoffs, announces that no more games will be shown on free TV. From now, everything goes on pay-per-view, at \$5.95 a pop.

Far-fetched, for sure. But as baseball approaches opening day 1992 after more changes than ever, how far?

Bill Landrum, Pittsburgh's save leader for the last three years, was suddenly let go this week. He was due to make \$1.7 million and the Pirates, after trading Bobby Bonilla to a free agency and trading high-priced John Smiley, said he cost too much.

"I'm released and I'm out of a job and I shouldn't be," said Landrum, who filed a grievance.

Jim Lefebvre, whose record improved in all three years he managed Seattle, was fired after guiding the Mariners to their first-ever winning season, which still left them in fifth place. A total of 13 teams have switched managers since last April, the biggest turnover in history.

"Management isn't going to be as patient anymore," Kansas City's Hal McRae, who replaced John Walton last summer, said.

"There are millions of dollars at stake, and people want to see results right away."

There was a happy to see 10,000 empty seats at Three Rivers Stadium last October for Game 7 of the playoffs between Atlanta and Pittsburgh. In a recession-ravaged town, \$40 was a lot to ask for a ticket.

'Anyone thinking there's a solution that will keep revenue at its current level isn't in touch with reality.'

Commissioner Fay Vincent

"With the economy the way it is, we all have to be responsible and sensitive to those people who don't have jobs," said agent Jim Turner, who represents Ryan Sandberg, Joe Carter and several other top players.

Sandberg is among the lucky ones. He is the highest-paid player in baseball with a contract that calls for \$7.1 million per season. Then again, anyone in the major leagues this year will be doing OK — for the first time, the average salary will reach \$1 million.

How long the spiral will continue is not known, but a good guess is not long at all. Because after the 1993 season, the \$1.1 billion TV contract that baseball signed with CBS and ESPN will expire and that, more than anything in recent times, will alter the whole picture.

"Anyone thinking there's a solution that will keep revenue at its current level isn't in touch with reality," commissioner Fay Vincent recently warned, and this time all sides listened.

As it stands now, each team gets about \$1 million per year from the network television contract. Estimates on how much each club will get from the next pact range as low as \$7 million, and that may not come until after another round of bitter negotiations between players and owners.

Baseball's big worry about the imbalance between big and small market teams — and the need for revenue sharing — is already being felt. Just look at where the top free agents wound up — Bonilla, Danny Tartabull and Eddie Murray in New York, Tom Candiotti in Los Angeles, Frank Viola in Boston and World Series MVP Jack Boston and Dave Winfield in Toronto.

See where some of best players went in trades — Eric Davis to Los Angeles and Steve Sax to New York and Steve Sax to Chicago. Who did Milwaukee get? Jesse Orosco and Bruce Ruffin.

Meanwhile, the days of big-money backups seem to be over. The New York Yankees recently cut Alvaro Espinoza and Kansas City released Kevin Seitzer this week, and more millionaires likely will follow in the next few days.

Of course, the rich teams were not the only ones to get richer. The Mariners, who begin this season not knowing who will own them next year or where they will be

playing, made a big deal to get Kevin Mitchell.

The Cincinnati Reds, anxious to achieve the success they had in 1990, traded for Greg Swindell, Bip Roberts, Tim Lincecum, Dave Martinez and a few others.

The Kansas City Royals, still singling from the free-agent signings of Mark and Storm Davis, traded for Kevin McReynolds and Greg Jefferies and signed Wally Joyner.

The Minnesota Twins, either unwilling or unable to come up with enough money to keep Morris at home, traded for Smiley, a 20-game winner who will cost them more than \$3 million.

"It's not often you get a chance to repeat as World Series champions," Twins general manager Andy Alder said. "This was an opportunity that presented itself, and we took it."

A year after the Twins and Braves brought in a lot of new talent and became the first teams to go from worst-to-first, other clubs are trying to copy the formula.

The Mets, who also added Willie Randolph and Bill Pecota, the Reds, and the Royals completely revamped their lineups. So much so that they almost look like rosters of teams, with a collection of rent-a-players instead of a nucleus built around home-grown prospects.

That may be the way to go for another year or two, or at least until the money runs out. It won't make it any easier for fans to build up loyalty toward substitutes. 25 players happen to land in their cities, but it might produce a pennant.

Just who will be managing those teams is another question. Firings came fast and furious in the last year, with 14 managers losing their jobs. In the previous two seasons, a total of nine teams made changes.

Quick trivia: Name the men managing Milwaukee, Seattle and the Chicago White Sox. Score one point for Phil Garner, two for Bill Plummer and three for Gene Lamont.

Not that firings haven't been common in the past. There were 12 managers who began 1982 in new dugouts.

And in 1976, when there were just 24 teams, 12 managers started the season with new clubs.

When this season opens April 6 with games at Baltimore's new Oriole Park at Camden Yards and other sites, it will mark the last year with only 26 teams.

The Marlins and Colorado Rockies join the National League in 1993, unlike past expansion teams, they'll have an opportunity to be good from the start because they can buy up free agents, with next year's pool possibly including Doug Drabek, Kirby Puckett, Bonds, Ripken, Boggs, Sierra and David Cone.

Cone is one of several players who will start this season mired in legal battles.

He's been sued by three women for alleged sexual harassment three years ago, while three of his New York Mets teammates, identified by their lawyers as Dwight Gooden, Vince Coleman and Daryl Boston, have been accused by a woman of rape last spring.

ORIOLE PARK

Fields best of the brightest, offers age-old nostalgia

BALTIMORE (AP) — Carved out of the neighborhood where Babe Ruth dodged traitor officers and developed his impressive style, Oriole Park at Camden Yards is an old-time stadium with new-age amenities.

Ruth would have loved the new home of the Baltimore Orioles, a throwback to the days when baseball was played on an asymmetrical grass field. He would have been tempted to be the first to plunk a home run off the 94-year-old warehouse that stands beyond rightfield, a distant 460 feet from home plate.

Oriole Park doesn't have a space age roof, but its basement houses huge clubhouses and a slice of the concession network. It's got 72 skyboxes, yet offers a great view of the skyline. Rightfield ends with a 25-foot scoreboard, a feature common in many old parks, but in centerfield there's a huge TV screen that shows all the replays.

"The best of the old, the best of the new," said Joe Spear, the chief architect of the project.

The architectural style is right out of the 1930s. A cast iron fence surrounds the stadium, and steel trusses conjure up memories of older parks that have long since been demolished. There's plenty of brick and dozens of windows so fans can peer out into the city below.

The playing field is surrounded by arches, and at the end of each row of dark green seats is the logo of the 1890s Baltimore Baseball Club. The centerfield scoreboard, although thoroughly modern, is topped by a clock with scrolled lettering that spells O-R-I-O-L-E-S.

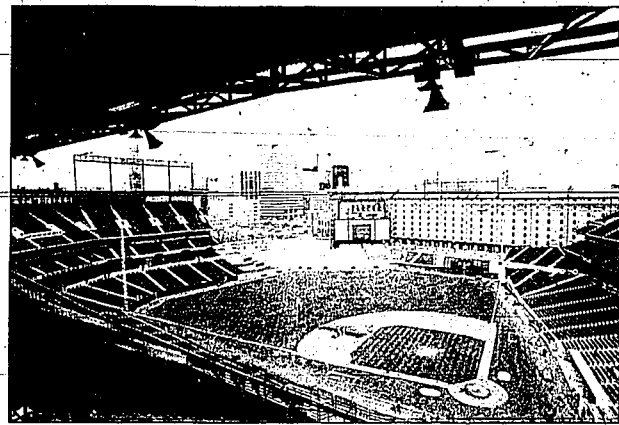
To each side is a weather vane — with spinning Orioles warblers. No detail has been overlooked. Ivy will eventually work its way up the centerfield wall, and even the ushers add to the overall effect: their uniforms consist of orange bow ties, striped white shirts and black button-down sweaters with the 1890 team emblem over the heart. Handlebar-mustaches are optional.

Walking through the ramp that leads to the seats, one would almost expect to see the vendors selling peanuts for a nickel a bag. Down on the field, players in baggy, wool uniforms would be crowning ground and playing pepper.

"It's how baseball ought to be played — in the sunshine and on the grass," said Orioles president Larry Lucchino.

The stadium, which will hold its first game this Friday, is a culmination of an idea that first materialized more than a half-decade ago. Now, after years of preparation and at a cost of \$106.5 million, it is about to become a reality.

"Seeing this finally happen is



The interior of the Oriole Park at Camden Yards in downtown Baltimore is still an old-fashioned with plenty of brick and steel surrounding a grass field with asymmetrical dimensions. Upper right, the homplate entrance to the park.

'It's how baseball ought to be played — in the sunshine and on the grass.'

Orioles President Larry Lucchino

like giving birth," declared Herb Blodgett, executive director of the Maryland Stadium Authority. "It's been 5 1/2 years since the beginning and slowly but surely it's taken shape. I can't think of a better place to watch a ballgame, and I think the people of Baltimore will agree."

For one thing, the fans will be about as close to the action as any spectators in the league. The third base coach will be able to hear every ornerly word from the guy in the box seats because there isn't much room in foul territory.

"One thing is for sure, the people in the box seats had better be paying attention," Spear said. "They need to watch the game or they could get bonked by a foul ball."

Said Belgrad, "You feel like you're part of the action, not just someone watching players play."

The configuration of the playing field was dictated by the site,

which was fashioned into the neighborhood within existing streets. When Ruth was a kid, he lived at the site that is now shallow centerfield at Oriole Park.

The playing field measures 335 feet to the foul pole in left-center at the deepest point in left-center and 319 feet to the line in right.

The short distance to rightfield is compensated by the large scoreboard, which is 100 feet wide and part of the playing field.

Beyond that is the warehouse, built by the team as the longest building on the East Coast at 1,016 feet. It has been refurbished and now houses the Orioles offices. In addition to serving as a target for left-handed power-hitters, it is a landmark that is an integral part of the stadium's identity.

"Like the green monster on Fenway or the ivy-covered walls at Wrigley, the wall of the warehouse will become instantly recognized as part of the Baltimore stadium," Spear said. "It lends a lot of personality."

The design for the stadium was borrowed from places such as Fenway Park — Wrigley Field — and Ebbets Field — but in concept only.

"It's tough to make a direct comparison," Spear said. "We looked at so many different parks ... we

were very careful not to copy any one, but to take the best of each and blend that into the design where it was appropriate."

All that's left is to fill the ballpark with memories, much like the Orioles' old home, Memorial Stadium. Cal Ripken, Baltimore's outstanding shortstop, has already taken a step in that direction.

Last year, upon winning the American League MVP award, Ripken held a news conference in the stands at the new stadium. Then he ran out to assume his position at shortstop in what was intended to be the perfect photo opportunity.

"At first it started out as an obligation, but going down, that was my first real view of the new ballpark from a baseball and functional perspective," Ripken said. "Memorial Stadium had so much history to it — Brooks Robinson making a diving stop, Jim Palmer pitching in the World Series — you can feel when you go out there."

"At Camden Yards, when I went out there it was a pretty sterile feeling because there had never been any baseball played there. That's what really builds the character of a ballpark. But it was nice to know that I was going to be a part of it from the start."

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Business

A clear view of success

Recession looks less likely here

Idaho may just skip this recession. In the Idaho Division of Financial Management's March newsletter was a nugget of information that may answer the big question about our economy: Are we going to join the national recession? The Cleveland Federal Reserve Bank recently found a close relationship between the declining non-agricultural employment and state recessions.



Valley ventures
Craig Lincoln

The bank also found that the first states to enter a recession are the last to come out. In other words, the first states to participate in a national recession are the last to recover.

Here's what that means. The national economy probably is spattering its way to a recovery. We haven't fallen into one yet. Non-agricultural jobs are still being created. So it's possible we may be able to sit out this recession.

A little publicity from unexpected corners helps, too. A California group called Greener Pastures Institute last week called Idaho its "Western State of the Year." The institute liked the state's low car insurance rates, per capita income growth, clean air, low taxes, and open spaces. And that's from an institute that helps Californians escape to — you guessed it — greener pastures. About 25 percent of institute's clients are interested in moving to Idaho, director Bill Seavey said.

More than 50 California companies have shown interest in Twin Falls, Economic Development Director Dave McAlindin said. Those companies responded to ads in Los Angeles-area business journals tooting its own horn.

Nevada, Utah, Oklahoma and other states and cities have full-time recruiting offices in the Los Angeles area, according to a story in the Los Angeles Business Journal.

Although economic recruiting is a hot line of interest — but few successes, one move to Jerome — Spens Manufacturing — was noteworthy enough to get a mention in a Los Angeles Business Journal story.

"Big metropolitan areas are not the only recruiters," the story said. "With just a \$50,000 annual marketing budget, the Twin Falls Economic Development Office was able to lure the company (Spens), which was swayed by the prospect of dramatically lower operating costs and better air, housing and commute times, said development office Director Dave McAlindin."

The Los Angeles-area is a business-recruiting "playground," says Los Angeles Business Journal Associate Sales Manager Laura Lentz.

Environmental issues, workers compensation problems and bureaucratic bungling have caused business dissatisfaction. Movers and shakers in the area are working hard on business retention.

"If you lived here, it would not be an odd phenomenon to you," she said.

Ketchum log furniture has gone cosmopolitan.

American Log Furniture Co.'s handcrafted furniture will be featured in Cosmopolitan's April issue in the magazine's monthly "Cosmo Tells All" feature. A picture of the furniture with the Sawtooths in the background spurred 200 readers to call the Ketchum company.

The April/May issue of Log Home Living included some of Great American's furniture in a photo feature. And several pieces of the Idaho furniture will be on display in a window at Charles Kaufman & Son, a 17-year-old store selling English saddlery and fine apparel at Park Avenue and East 29th Street in Manhattan.

Owner Dave Carter started the business in 1984 as an outgrowth of his construction company. Each piece of furniture is assembled from Rocky Mountain lodgepole pine and is lovingly crafted by hand.

To see it yourself, go to the company's showroom at 260 Northwood Way, Ketchum, just off of Saddle Road.

Have a business tip? Call Business Reporter Craig Lincoln, 733-0931, extension 231.

By Barbara Neiwert
Times-News correspondent

KETCHUM — A Ketchum company has seen the future through a glass darkly. Dark as the state-of-the-art sunglasses lens Sport Visions of Sun Valley Ltd. produces in this resort community.

After five years in the business, the small, quiet company has found its niche in the marketplace by producing a quality product and offering it to an upscale market, according to owner Bud Feltman.

"From developing sunglasses programs with Smith (Goggles) over the past years, I just decided we'd start our own company and do it the best it could be done — take lens technology to new levels that nobody had done before," Feltman said.

Feltman just received patent approval for his Q-series, a soon-to-be-released plastic lens that will offer a two-year scratch-resistant guarantee — a major breakthrough in optics, he said.

"Our premium lens, the Q-series, is the only lens in the world that combines every major protective and performance feature in one lens," he said.

Safely encapsulated within the structure of the lens are polarization and 100 percent protection from ultra-violet rays, as well as photosensitivity and reflective coatings.

The lens also incorporates a unique anti-reflective, color-enhancing filter system on the back lens to reduce bounce-back reflection.

SV/SV is marketed through an exclusive selection of stores in upper-end resort markets and some metropolitan areas.

Ski resorts represent just one of the potential markets, with golf, beach, tennis and fishing resorts also to be targeted.

Nearly 400 retailers carry SV/SV's line of sunglasses and sportswear, primarily in the United States but with outlets expanding in the Pacific Rim countries and Canada.

Plans are in the works to eventually export products to Europe and back to Japan where the lenses are manufactured.

The company is growing by leaps and bounds, Feltman says.

"Even with last year's economy, we ended up tripling our sales," he said, although he declined to reveal gross sales figures.



AMERICAN DREAMERS
An occasional look at Magic Valley entrepreneurs.



ANDY ARENZ/THOUGHTWORKS

Owner Bud Feltman sees a bright future for his firm's new Q-series, a plastic lens with a two-year scratch-resistant guarantee.

"We had a 300 percent increase over last year and we anticipate a least tripling sales again this year for another 300 percent increase."

The increase in consumer acceptance is one factor leading to more recognition that SV/SV is the leader in sunglasses technology, says general manager Bill Couch.

Last fall, "Outside" magazine chose SV/SV's product line as of the outstanding products for 1991.

And retailers are pleased with the glasses' popularity with customers.

"They're very well received and probably the leader among other premium priced sunglasses," says Paul Potters, owner of Shades-of-Sun Valley, a small shop in Giacobbi Square that sells only sunglasses.

While SV/SV's line of sunglasses products are not cheap — they range from \$85 for minimal frame sunglasses to \$275 for prescription bifocals — they are

Nearly 400 retailers carry SV/SV's line of sunglasses and sportswear, primarily in the United States but with outlets expanding in the Pacific Rim countries and Canada. Plans are in the works to eventually export products to Europe and back to Japan where the lenses are manufactured.

substantially lower-priced than their competitors, such as Serengeti's Strata or Revo, Feltman says.

The Strata costs \$300, compared to \$150 for SV/SV's Kalahai model, but does not come close in quality, Couch says.

For instance, Ray Ban manufactures polarized sunglasses or photosensitive glasses, but they don't have one model that incorporates all protective features, Couch explained.

"We do the best stuff in the world so it makes us expensive, but we're value oriented," Feltman said, explaining that the performance of the features included in the sunglasses are worth the expense.

The sunglasses block not only damaging ultra-violet rays, but also UVC rays bombarding the earth's surface with the thinning of the ozone layer, Couch said. SV/SV has also developed a new frame design with springs built into the temple stems of the glasses.

The Euro/Flex frames flex two ways, opening and then closing securely to prevent sliding or slippage during active sports.

The hand-finished gold springs of the Euro/Flex design give the frame a more stylish look, Feltman said. The sunglasses line had previously offered only sporty options, he said.

Many steps are involved in order to produce the sunglasses. From the time the frames are molded and the final coatings put on the lenses, they must pass through seven different factories scattered around the world.

The frames and lenses are then shipped to Ketchum where they are assembled and shipped out again for distribution.

Operating with a five-person staff in their Ketchum office, Feltman has a handful of salesmen sell his products throughout the states and their other markets.

Mr. Clean heads reorganized Drexel



AP PHOTO

John Sorte comes from a military family but prefers the low-key approach as he prepares to lead Drexel Burnham Lambert Inc. back from bankruptcy.

The Associated Press

NEW YORK — John Sorte was ready to quit.

It was May 1990, and Drexel Burnham Lambert Inc. had completed its embarrassing descent into bankruptcy court.

One of three directors of Drexel's legendary corporate finance department, Sorte already had stayed two months after the bankruptcy filing to close down the 10-person operation.

He had interviewed for jobs at other Wall Street firms but first planned to take the summer off, booking a trip to the Grand Canyon with his 8-year-old son.

It was time to move on. Sorte had ridden the Drexel roller coaster — up as the firm broke the mold in the mid-1980s investment world, and down as it became mired in criminal investigations.

He was there for the first-ever junk bond-financed takeover, Coastal Corp.'s 1985 raid on American Natural Resources Co. He took part in other big deals: tiny Mesa Petroleum's brass bid for Unocal, Carl Lincoln's run at Phillips Petroleum.

Amid the braggadoocio of Drexel in the mid-1980s, however, Sorte was modest, thoughtful and level-headed. When the

Please see SORT/E4.

At a glance

Here is a look at John Sorte, chief executive of Drexel Burnham Lambert Inc., who is staying to head the firm's bankruptcy-court successor, New Street Capital Corp.

NAME: John Follett Sorte

AGE: 46

BORN: Boston

PERSONAL: Married, three children. Enjoys skiing.

EDUCATION: Bachelor's and master's degrees in chemical engineering, Rice University; MBA, Harvard Business School.

CAREER: Joined Shearson, Hammill & Co. in 1972 in corporate finance department. Moved to Drexel corporate finance in 1980. Named head of energy group, 1984; held other posts until named chief executive, 1990.

OTHER: The son of an Air Force colonel, Sorte comes from a military family. He grew up in the United States and Europe. His grandfather was Follett Bradley, a three-star general who served as FDR's emissary to Stalin.

Have a vision, develop goals to help achieve it

Spock and Captain Kirk knew their mission.

"To explore strange new worlds; to seek out new life and new civilizations; to boldly go where no man has gone before."

Like Star Trek's federation, many organizations have discovered how crucial it is to know where they are going. Vision and mission statements are sprouting up everywhere.

While a mission statement answers why, a vision speaks to the future.

James I. Marzes says, "A vision is a consciously created fantasy of what we would ideally like the organization to be, a waking dream."

"Ask employees about that dream and they will often tell you it's a dream all right, a very bad one."

Conflicts between competing functional areas for limited resources are everyday happenings. If no vision is in place it is



Succeeding
Judy M. Robinett

every individual or group for itself.

It's a dangerous way to operate, known as suboptimization. Drexel expert Peter Drucker says, "The only things that evolve by themselves in an organization are disorder, friction and malperformance."

Having an overall mission and vision focuses the company on what quality guru Dr. Joseph Juran calls "the vital few."

The concept of the vital few acknowledges reality. People aren't good trying to accomplish more than a few goals in any given time period. As Bill Copeland

said, "if you chase two rabbits, both will escape."

Problem solving, decision making, and action items can be broken into the vital few. Those crucial items with the biggest payoff.

But ferreting out the real stuff from trivial fool's gold is difficult.

An excellent way to find the biggest bang for the buck is to gather data, and graph it in a simple bar chart. This method quickly shows where the greatest opportunity lies.

The "vital few" idea is a new twist on an old concept developed by Italian Economist Vilfredo Pareto. It is known as the 80/20 rule or Pareto principle. It says 80 percent of your trouble comes from 20 percent of your problems.

The good stuff or solutions also fit into this rule. For example, 20 percent of the cows give 80 percent of the milk with

highest milk fat. Twenty percent of your customers purchase 80 percent of your products.

It is amazing how many problems and solutions fall under this rule.

But if you don't know why you are in business or what your dream is, no amount of prioritizing will help you move in the right direction.

Why are you in business? Ask your employees. Many businesses are stunned to find their employees don't know the answer. Do yours?

Judy Robinett of Twin Falls heads the total quality management programs for Magic Valley Regional Medical Center. She has a master's degree in economics and a bachelor's degree in psychology. Questions about management and business can be sent to her care of The Times-News, P.O. Box 548, Twin Falls, 83403.

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Wayne County, Mich., Deputy Sheriff Kevin Losen checks his patrol car radar homing device that picks up signals from stolen cars fitted with transmitters.

Auto security industry starts catching up to sophisticated thieves

DETROIT (AP)—The really important thing when a car is stolen may not be knowing when it's being ripped off, but getting it back intact.

That's giving rise to some pretty sophisticated electronic devices aimed at retrieving the vehicle before it gets to a chop shop.

One of those systems is made by Lohack Corp.

David Manly, a vice president in the Needham, Mass.-based company, likes to tell the story of a Florida motorist who used to keep his sports car chained by its bumper to two palm trees in his yard each night.

One morning he noticed the rear bumper was chained where the front bumper was and there was a note on the windshield: "When we want it, we'll come back and get it."

Manly says car-shattering alarms and metal shields that fit across steering wheels are a mere annoyance for today's sophisticated thieves.

Sides of auto-theft retrieval devices accounted for about \$3 million of the \$365 million spent on auto security systems in 1982, said Ed Hester, vice president of the durable goods division of the Freedom Group, a Cleveland-based producer of industry research reports.

But Hester predicts the overall auto security market will approach \$600 million by 1994, with 17 percent annual growth. He said sales of retrieval systems should grow at a 38 percent annual rate.

Five-year-old Lohack provides on-board equipment to transmit a signal to police agencies for around \$600. About one in four car thieves has been caught with a hot car because they didn't know about the transmitter, Manly says.

Manly has had a big success rate, says Bob Weiss, a Los Angeles Police Department officer. "We've discovered in the last year that we don't have enough of the tracking units because of the cars' downtime."

Forty-seven of 48 police departments in Los Angeles County as well as the sheriff's department and the California Highway Patrol

make up a network of Lohack users that has recovered 75 of 85 Lohack-equipped stolen cars. In all but one case, Weiss says, the cars had only minor damage.

"The county loses about 129,000 cars and recovers 114,000 a year," Weiss says.

Police agencies require that a vehicle be reported stolen before they activate their tracking equipment.

Some Lohack competitors operate by continuously tracking movement of the car. Any unauthorized movement prompts a call to police from a central command.

Code-Alarm Inc., of Madison Heights, Mich., began selling its Intercept system last year. It includes an alarm and a cellular phone, which automatically dials the Intercept control center if the car is moved without its key or if its alarm is bypassed. With the phone, the system costs about \$1,400 for installation and a \$15 monthly service fee.

International Teletrac Systems Inc., of Inglewood, Calif., sells a system that combines the homing device with the centralized tracking system using its own frequency and towers it has constructed. It sells for \$899 with a monthly \$15 fee.

The retrieval systems have substantial up-front costs, but many insurance companies will provide discounts on premiums ranging from 5 to 35 percent, depending on the state and the mix of anti-theft equipment installed.

Lohack, Code-Alarm and Teletrac all guarantee at least a partial refund of the cost of their tracking devices if the car is stolen and not recovered in a certain period of time.

Lohack uses testimonials of customers whose cars were stolen and recovered in its advertising.

Peter Bernson, who owns two video rental stores in the Boston area, had his Camaro convertible stolen and recovered in January, 1990. "It was in the hands of three people who were about to make it into about 18,000 pieces," says Bernson.

The car was recovered with only minor damage and police made two arrests.

Kit helps modernize your kitchen lighting

Q. I want to improve the lighting and the general appearance of my kitchen without major remodeling. I want it to be inexpensive, yet efficient. What do-it-yourself lighting options do I have? C.D.

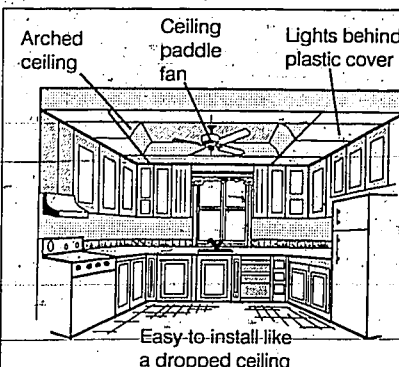
A. Providing efficient and effective lighting for a kitchen can be somewhat tricky. Kitchen lighting needs vary from very bright for food preparation to dim for dining.

One very attractive and efficient do-it-yourself lighting kit creates an arched kitchen ceiling. It starts about 9 inches below your ceiling at the cabinet tops. Then it tapers up to your existing ceiling in the center creating an arched or domed appearance. It is as easy to install as a standard dropped ceiling and makes your kitchen look more modern.

You can mount lights all around behind the translucent dropped area near the cabinets. This provides very even and bright light and makes it appear as though the entire ceiling is lit. You can install several switches to turn on only as many lights as you need.

A ceiling paddle fan is often mounted in the center of the arch against your existing ceiling. Therefore, it is recessed up in the arched area. The fan is attractive and it circulates the cool air in the summer. In the winter, reverse the fan rotation so the air flows upward. This gently circulates the hot air along the arched ceiling and down to the floor.

Fluorescent lighting, either in wood-trimmed fixtures that mount to your ceiling, or in the arched ceiling kit, provides the most efficient lighting.



Do-it-yourself lighting kit is efficient and attractive.

The light produced by many of the new fluorescent lights approximates standard incandescent light bulbs.

With fluorescent fixtures, you can install special "full-spectrum" lights that some people believe reduce winter depression. These fluorescent lights give off a full spectrum of light, similar to natural sunlight.

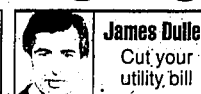
Another energy efficient and attractive option is using halogen bulbs. These bulbs are more efficient than conventional incandescent bulbs. You can dimmer switches

with them to vary the lighting intensity.

This is particularly effective with do-it-yourself track lighting that is focused on various areas of your kitchen. Once you install the track, you can snap in just a few or many individual lights as your needs require.

You can direct bright higher-wattage halogen lights toward food preparation areas. Lower-wattage lights can be directed toward your kitchen table or dining area.

You can write to me for UTILITY BILLS UPDATE No. 324 listing ad-



James Dulley
Cut your utility bill

dresses and telephone numbers of manufacturers of the do-it-yourself arched ceiling lighting kits, full-spectrum fluorescent and halogen lights, and product information and specifications. Please include \$1.50 and a self-addressed BUSINESS; SIZE envelope to James Dulley, The Times-News, 6906 Royalgreen Dr., Cincinnati, OH 45244.

Q. Would you explain why setting my thermostat lower in the winter and higher in the summer saves much energy. Doesn't it just save when you first heat up or cool down your house? H.R.

A. You can realize substantial savings by setting your thermostat lower in the winter and higher in the summer. The indoor-to-outdoor temperature difference is the driving force for energy loss or gain. For example, in the winter, a house at 75 degrees loses heat faster (Btu per hour) through the walls than a house at 68 degrees. In order to maintain a higher indoor temperature, your furnace has to run longer to replace lost Btu's of heat.

"Cut Your Utility Bill" appears in The Times-News every Sunday. Please address questions to James Dulley, The Times-News, 6906 Royalgreen Drive, Cincinnati, Ohio 45244.

Only certified personnel can test sprinkler back-flow

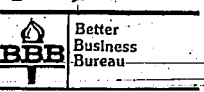
Better Business Bureau

Q. A couple of days ago, a gentleman came to my house. He proceeded to tell me that a new city ordinance was passed concerning sprinkler systems' back-flow valves. He said they need to be tested once a year for back-flow protection. This test would only cost \$20. Is this whole story true?

A. Yes, this is true. I contacted the Boise Water Corp. and was told that this test is mandatory for all sprinkler systems. Only certified personnel can perform this test and they are charging between \$15 and \$50. We suggest that you check with different companies about their rates and call your local Better Business Bureau for a reliability report on their business.

Q. In recent weeks I've received two lottery offers. One from Hong Kong and one from the South Pacific. The last one has a top prize of \$25 million and says you have a better than 1 in 4 chance of at least winning something. They list monthly prizes of cash and trips to the South Pacific until the main drawing. I don't believe in these huge odds because so many people enter. But if I don't take a chance, I can't win. Right?

A. Wrong! If you do take a chance in a foreign lottery, you can't possibly win. In our office, we have lotteries from Australia, Canada, Mexico, Hong Kong and the South Pacific Island of Vanuatu (formerly the Hebrides). Thanks to all of you who sent these scams to us instead of



make sure your company fulfills state licensing requirements?

• Are the lawn care professionals able to answer all of your questions?

• Is the company a member of a trade association with a consumer-oriented code of ethics? Many states have turf associations or companies may be members of the Professional Care Association of America or the International Society of Arboriculture. (If they offer tree and shrub care.)

• Have you sought references from other customers?

• Have you checked with the BBB for a report?

• Has the company provided you with a written agreement or simply contacted you by telephone? If you accepted service over the phone, did you get a follow up to confirm details?

• Will the service be seasonal? Will the company confirm this in writing or by telephone each winter?

• Do you know how to cancel the agreement?

• How will you be notified whether or not products need to be watered into the sod? Will the company give you other suggestions on how to improve the effectiveness of their service? How will the company instruct you by mail or by phone?

• Can the company explain what each application is targeted for? • As a precaution, keep yourself, your family and pets off the lawn during an application and until the turf has dried.

copy of this brochure, please send 50 cents and a self-addressed, stamped envelope to the Better Business Bureau, 1333 W. Jefferson, Boise, ID 83702.

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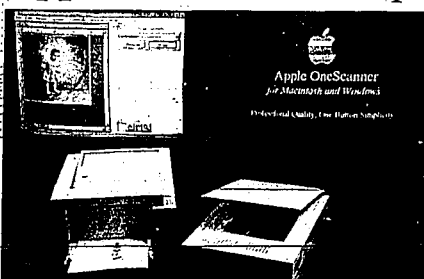
• If you would like to receive a

Q. I put some clothes on layaway in town and when I went to pay it off and received my merchandise, I found that it was not the items I had originally given the salesgirl. I didn't want the clothing since it wasn't what I had picked out, but the store refused to give my money back. Can they do this?

A. The Idaho Consumer Protection Regulations states that on layaway plans it shall be deemed to be an unfair and deceptive act or practice for a seller, in conjunction with a layaway transaction, to fail to actually lay aside the specific goods chosen by the buyer, or exact duplicates, unless a clear and conspicuous disclosure to the contrary is made to the buyer.

The Times-News is a member of the Better Business Bureau of Southwestern Idaho and publishes this weekly column as a community service. General business inquiries or complaints may be made by calling 1-800-339-8737; for inquiries involving automobiles, call 1-800-632-7864.

Apple shows off laser printer that connects to IBM compatible



Apple Computer introduces the new OneScanner, right, and Personal LaserWriter NTR, left, that can work on rival machines.

Motorola to build in China

HONG KONG (AP)—The American electronics giant Motorola Inc. will build a \$120 million factory in northern China to manufacture semiconductors, cellular phones and other products, company officials said news reports said Friday.

Pancy Wu, a Motorola spokeswoman in Hong Kong, said Motorola (China) Electronics Ltd. would be a wholly-owned subsidiary in Tianjin, a large industrial city less than 100 miles from Beijing.

The factory is the latest in a string of investments by China. Foreign investment in the Communist coun-

try jumped 76.9 percent in the first 10 months of last year to \$4.96 billion and is expected to rise this year.

Knight-Ridder News Service

The name Apple Computer most often conjures up images of its flagship Macintosh computer.

But in the past year, Apple has quietly put more emphasis on its far less flashy laser printer business, significantly boosting its market share.

Tuesday, the company will expand its laser printer line even further, but this time out of its \$2,199

Apple will introduce the \$2,199 Personal LaserWriter NTR, a four-page-per-minute model that can be directly connected to both Macintoshes and IBM-compatible computers running Microsoft Windows.

While analysts said the printer it-

self was an "incremental" addition to the company's growing printer line, they said it was an indication of Apple's intention to be a more significant player in the growing but highly competitive PC printer market.

Apple's imaging products busi-

ness—including laser printers, an ink-jet model, scanners and related products—accounts for about 15 percent of Apple's revenues, in excess of \$1 billion annually, chairman John Sculley said last week.

Last year, the company introduced a flurry of new models,

REAL ESTATE UPDATE

Richard G. Irwin
IF THE IRS CALLS

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THE LIGHT TOUCH
by Curtis Smith

Little boy showing report card full of zeroes to parents: 'They ran out of stars. Now they're giving out moons.'

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Business briefs

Touted management technique on tap

TWIN FALLS — The latest yet oldest successful management philosophy will be explained in detail at a series of teleconferences starting this week.

The Twin Falls Area Chamber of Commerce and others are sponsoring the interactive teleconferences on total quality management — a management philosophy that was successful in Japan and is being implemented by several U.S. companies.

The five teleconferences are scheduled through May 7 and feature some of the top experts in the field, including W. Edward Deming and Peter Drucker. Deming implemented total quality management in Japan shortly after World War II, and it has been credited for much of the country's economic success.

The first of five teleconferences is on Tuesday. To register or for more information, call the chamber at 733-3974.

Twin Falls man heads GM department

DETROIT — A Twin Falls native has made his way to the top of General Motors Corp.'s North American Passenger Car and Truck Planning.

David K. Brown was recently named general director of car and truck planning. He will be responsible for North American vehicle and capacity planning, and will report to Jay L. Stark, executive director for Worldwide Product Planning.

Brown was born in Twin Falls Nov. 7, 1948. He received a bachelor of science degree in mechanical engineering from General Motors Institute in 1973, and a master's degree from Purdue University in 1973. He has worked for General Motors since 1969.

Learn how to compete with discounters

TWIN FALLS — The Idaho Department of Commerce has scheduled a workshop for small retailers who are competing with mass discounters and warehouse stores.

"Retail Strategies: How to Compete in the '90s," is scheduled for 1:30 p.m.-4:30 p.m. April 9 at the College of Southern Idaho. Steven Torok, a national recognized authority on discount retailing, will speak at the conference. A conference in Burley is scheduled for 1:30 p.m.-4:30 p.m. April 8 at the Best Western Burley Inn.

"This workshop will help small retail businesses prosper alongside mass merchandisers and will focus on developing strategies for creating a competitive advantage," department Director James V. Hawkins said.

Reservations must be made through the Twin Falls or Burley chambers of commerce. The workshop costs \$10.

For more information, contact Celeste Beica of the department at 334-2470.

Compiled from wire reports

Minidoka irrigators eye water supply

The Times-News

Here's a summary of Saturday's edition of Magic Valley AG Weekly:

Until the A&B Irrigation District deep well pumps are turned on this spring, the 1992 water outlook will be uncertain.

Chances are the district will have trouble supplying water to the 67,000 acres of Minidoka County farmland irrigated by the wells, A&B Manager Virgil Temple said.

"We're quite concerned about that," he said.

"The capacity of some of our wells dropped off drastically last September. I don't know yet what that means this spring... Probably all of our wells are going to be producing less water than last irrigation season," he said.

"The problem is a declining water table. The pumps that bring water up from the wells must work harder as groundwater level drops lower."

Farmbeat

Some irrigators in the eastern reaches of the Magic Valley who rely on surface water from the Snake River and its reservoirs could also see reduced water supplies this year.

The unseasonably warm, dry weather has farmers out in the fields getting a jump on spring work.

Dave Carter, director of the USDA's Agricultural Research Center in Kimberly, says bean growers are better off enjoying the sunshine for now.

"Farmers' get too anxious, particularly in a spring like this," Carter said. "They should let things sit there and give their equipment a rest."

Tradition, Carter said, leads many farmers into the field for unnecessary tillage runs before the beans are planted.

It also prompts farmers to irrigate bean acres before planting, another practice Carter said he has found unproductive.

"We've had at least a dozen trials where we planted them, dry and watered them up," the USDA soil and water scientist said. "We've never had any problems."

Given a choice, Scott said Diana Breeding would just as soon raise llamas than anything else on their farm.

"I can go out and have a horrible day at work and come back with these llamas," Scott said. "One little one comes up and nuzzles me and my troubles melt away."

The Breedings also produce potatoes, beans, wheat and alfalfa hay on their 1,200-acre spread east of Murtaugh. But over the past four years, they have moved steadily into the llama business, increasing their herd from five to 29.

And they are not alone — a growing number of Idaho farmers and ranchers are putting aside more pasture for llamas.

The Best of the West Western Idaho Llama Association has attracted 55 members statewide since its start in January 1991, and Carroll Burtzoff, the association's secretary, estimated the state's llama population rose from a mere handful 10 years ago to about 800 now.

More than 1,000 FFA members are expected in Twin Falls this week for the annual Idaho FFA Convention scheduled at the College of Southern Idaho in Twin Falls Wednesday through Friday.

During the three-day convention, FFA members and delegates from across the state will gather to conduct business and honor fellow members for their outstanding achievements.

This year's convention will feature Wesley Barefoot, Eastern Region vice president, of Dunn, N.C., as a keynote speaker. Other guest speakers include Derece Hurtgen, state FFA advisor.

Hagadone, ski resort reach pact

COEUR D'ALENE (AP) — Hagadone Hospitality Co. will continue to oversee the Silver Mountain Ski Resort in Kellogg for another two years under terms of an agreement with the city.

An original three-year management contract between Hagadone Hospitality and the city of Kellogg would have expired in April.

But a series of contract changes — the latest made last August — gives Hagadone Hospitality affiliate American Management Co. operational control of the ski resort until August 1994.

The company has managed the city-owned resort since 1983 without charging a fee. Under contract terms, however, compensation for the next two years can be negotiated after August 1992.

Kellogg merchants generally credit Hagadone Hospitality with making Silver Mountain a well-known tourist destination. But some fear the company will channel skiers and summer tourists to the Coeur d'Alene Resort at the expense of Kellogg's hotels and retail shops.

Hagadone Hospitality owns and operates the lakeside resort, an upscale shopping mall and golf course, as well as Coeur d'Alene's Holiday Inn.

A developer who has considered building a budget hotel in Kellogg said he's been cautioned by local officials that he may lose business to the Coeur d'Alene Resort.

"I'm told that Silver Mountain employees have been instructed to tell (customers) to stay in Coeur d'Alene," said Ken Schlemmer, who has purchased rights to the Super 8 franchise in northern Idaho's Silver Valley.

Pat Deneen, a Kellogg restaurant and lodge owner, said many local businessmen complain that Hagadone Hospitality treats business that should stay in Kellogg.

"The perception of the town folks is that Hagadone is siphoning off people from Kellogg to Coeur d'Alene," Deneen said. "But that's wrong. The real problem is that Kellogg doesn't have enough hotels to efficiently market itself as a destination ski area."

McDonald's employees flip for boss' study incentives

RENTON, Wash. (AP) — For 17-year-old Mike Lucas, work at McDonald's is more than just taking orders for Big Macs and french fries. It's a chance to hit the books.

Lucas, a senior at Kenning High, takes advantage of an unusual perk offered by his boss — study work and get paid for it, too.

He and other employees in high school can come in an hour before or stay an hour after their regular shift to study of do homework. They get paid for that hour just as they would if they were flipping hamburgers. "I love it. It's great. I get my homework done because they make sure you do it. Otherwise, I'd be home watching TV or something," Lucas said.

The dining-room study hall is the brainchild of Pat Newbury, a 51-year-old ex-Marine who started the program a few months ago at his four McDonald's restaurants in suburban Renton, south of Seattle.

"The benefits my employees get are much more than a salary," he said recently. "The far more important benefits are the skills that they learn that they'll be able to take with them."

It's one of several tools Newbury uses to encourage his young employees to do well in school.

McDonald's already has an employee-incentive program — Golden Achievers — that lets workers earn points for such things as perfect attendance, length of stay and birthdays. The points can be cashed in for merchandise from catalogs.



AP photo

Renton, Wash., high school seniors, from left, David Ortman, Mike Lucas and Rachel Sharpe, study before their shift begins, but are already drawing their normal pay.

Newbury puts his spin on the Golden Achievers program a few years ago. He awards points for good grades — 1,000 points, or roughly \$10, for an A, 500 points, or \$5, for a B. And the points are worth twice as much if they are redeemed for college books and tuition.

Anne Boden, a 21-year-old nursing student at Bellevue Community College, saved up \$150 in points that she used to help pay

for spring-quarter tuition. Lucas has racked up about \$80 for college since he started working at McDonald's a little over six months ago. He uses the paid study hall about four days a week, and his father, Dale, said his son uses his homework faster.

"Kids today have radios and TVs going on when they study," the elder Lucas said. "When they study at McDonald's, they don't have all these distractions."

Tradewinds

Keith and Nancy, Cotton owners of Keith's Kleen-Kars in Burley have been awarded the Idaho Independent Auto Dealers Association's "Quality Dealer of the Year" award. It is the highest honor given by the association, and is based on business practices, involvement in community affairs, and other criteria.



Cotton



Cotton

Teresa Chatwin, new-car sales manager, won first place in the district for beating Mazda sales objectives.

Ron Reese of Mr. Steam Cleaning and Restoration of Hailey has been named to a position on the Carpet and Upholstery Cleaner's Institute, Division Advisory Board.

Reese also recently attended the annual meeting of the Association of Specialists in Cleaning and Restoration International.



Cravens



Johnson

Employees at Chris Jordan Mazda VW Audi gathered in several awards recently. Business Office Manager Dick Goetsch was given the Business Management Award by Volkswagen.

placed first in the Mazda District for the year, in the top five in the Northwest region for the fourth quarter and won Diamond Chapter membership in the Mazda Office Manager's Guild, the highest national award offered to Mazda business office managers.

Service Manager John Fry was awarded first place for customer satisfaction by Volkswagen and Audi. Service Advisor Dave Keener achieved Silver Chapter recognition in the Mazda Service Advisor's Guild.

Parts Manager Roger Pierson was awarded membership in the Gold Chapter of Mazda's national Parts Manager's Guild.

The Twin Falls City fire department recently announced several promotions.

Gary Cravens, with 18 years of experience, has been promoted to captain.

Steve Johnson, with 16 years of experience, has been promoted to driver/operator.

Dick Capps, with seven years of experience, has been promoted to driver/operator.

GM to relocate Mexico plant

Knights-Ridder News Service

DETROIT — Bowing to pressures from the Mexican government, General Motors Corp. will move its truck assembly plant out of Mexico City within three to five years.

GM plans to spend \$400 million to build a new truck plant in Mexico, a move that has riled members of the United Auto Workers. Caught in a massive downsizing of its North

American operations, GM so far has spared its facilities in Mexico while axing 14 assembly and component plants in the United States and Canada.

Mexico, with its \$3-an-hour labor rate, appears to be profiting from the downsizing. Last month, GM announced it would close its engine plant in Moraine, Ohio, and move production to a facility in Toluca, 100 miles west of Mexico City.

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Sorte

(Continued from E-1)

government closed in and Drexel pleaded guilty to six fraud-related felonies in 1980. Sorte emerged unscathed.

It was so clean, in fact, that he led the team negotiating Drexel's settlement of civil fraud charges with the Securities and Exchange Commission. Six weeks before the firm's financial collapse, Sorte was named to the life. Sorte was appointed to the firm's executive committee.

Now, with Drexel in Chapter 11, Sorte felt he had done all he could.

Drexel executives had other plans. And two years later, Sorte is still at Drexel, preparing to steer the tiny, post-bankruptcy successor to the Wall Street legend. "For those of us who are still here, we feel like we've got the Good Housekeeping Seal of Approval. We've helped to clean up the mess that others created."

Spoken and direct, Sorte, 44, is a Wall Street antipity. In several interviews — including a long session in bankruptcy court moments after Drexel's reorganization received clearance earlier this month — Sorte was attentive and patient. He comes from a

military family, but he's no Patton as a manager, associates say.

Neat, graying hair. Pinstripe suits and simple-pattern ties. A quirky smile. Nothing flashy. "He is very analytical and very low key, in comparison to some of the characters who populated Drexel in the past," said Alan Miller, Drexel's lead bankruptcy lawyer. "That was important in communicating to the creditors a different image from the old

firm. Those qualities are a big reason Sorte was chosen to direct Drexel's wind down, working out of a cubicle amid Spartan surroundings in a downtown office building that is one of the few reminders of Drexel's lost power.

During the bankruptcy's first weeks, many Drexel officials and creditors felt the firm and its \$2.5 billion in assets should simply be liquidated. By May 1990 it had become clear the company needed to stay alive if creditors were to get back much money. Drexel's law firm, Weil, Gotschal & Manges, agreed. But Drexel needed someone to steer it through the bankruptcy. "That person had to be unimpaired

by the scandal, calm enough to handle contentious proceedings, well-liked enough to persuade others to stay on a sinking ship."

Chief executive Frederick Joseph was too tarnished for the job, bludgeoned by many Drexel employees for the firm's collapse and saddled with legal problems of his own.

Sorte fit the bill. On May 29, 1990, he was named Drexel's chief financial officer to lead the father-son Grand Canyon vacation.

"I wish I had a divine mission. Sorte would be Drexel's representative to lawyers for about 8,000 angry creditors. He also had to persuade the 220 people left at Drexel (down from 10,500 at its peak) to remain through the bankruptcy with no promise of a job afterward, caretakers in a dying enterprise."

Thanks to the confidence Sorte inspired, more than 95 percent of Drexel's creditors approved a bankruptcy reorganization providing at least 50 cents for every dollar owed. To maximize Drexel's assets, a small firm was created to manage about \$415 million in hard-to-sell junk bonds.

That also needed a manager. So Sorte is extending his stay at Drexel even longer to

head the entity, dubbed New Street Capital Corp. He is being paid \$520,000 a year, low by Wall Street standards.

A self-described military brat, Sorte's father, Martin, was an Air Force colonel. His grandfather, Pollen Bradley, was a three-star general in World War II and then-President Franklin D. Roosevelt's secretary of state.

Sorte was born in Boston and grew up in Ohio, Virginia, France, Germany and Albuquerque, N.M., where he attended high school. He received bachelor's and master's degrees in chemical engineering from Rice University. While managing the school's radio station, Sorte decided he wanted to "run things," and he went on to Harvard Business School. After two summer jobs with Texaco Inc. in New Orleans, Sorte was hired by Joseph at the firm Shearson, Hammill & Co.

He moved to Drexel in 1980, joined there by Joseph, who went in 1974.

Sorte said he no idea people around him were breaking the law. When Drexel hired mergers and acquisition specialist Dennis Levine, in 1985, Sorte immediately put the

new star on the high-profile Chase Eastman takeover deal.

Within three days, Levine was buying ANR stock, a blatantly illegal act. A year later, Levine was arrested for that and other trades, triggering the insider trading scandal that eventually would topple Drexel. The six

guys were such a crook that he started doing this two weeks into a new job at a new firm on a great deal," Sorte said. "I was more than willing and happy to tell the SEC everything I knew because I thought the guy ought to be shot."

Sorte was stunned even more when it became apparent that Michael Milken, the firm's all-powerful junk-bond financier, had broken the law. "I never imagined that Mike Milken needed to cheat," Sorte said.

"A few people screwed up a great thing we had going," he said. The Drexel story was populated mostly by intense, smooth-talking, larger-than-life figures. During the boom years, Sorte was more an effective manager than a tough or creative dealmaker, former colleagues say.

Ask A Professional

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My question is:

Physical Therapist

Q. My shin has been hurting lately. It began four weeks ago when I started an exercise program. My exercise consists of running and aerobics. The pain seems to be getting worse and it is a very localized spot on my lower leg bone. What do you think it could be?

A. My guess is you would be in luck with a physical therapist. There is a specific fracture of the tibia bone which is your lower leg bone. Any pain that is localized and gets worse with exercise alerts us to the suggestion of a stress fracture. A stress fracture occurs when repetitive pounding positions gradually stress the bone enough that a small crack begins to form. Stress fractures can be treated with a few weeks of rest and then a gradual program of getting back into impact gradually. You do not want to let a stress fracture get entrenched as it may get worse.

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Speech/Language Specialist

Q. What are the educational requirements to be a speech pathologist?

A. In order to practice in speech pathology in Idaho a master's degree is required along with a month clinical fellowship association. Most masters programs in this profession require 2-3 years post graduate study.

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A. Generally speaking, if \$10,000 up to \$100,000 is available mutual funds are appropriate. Larger sums permit a more personalized or tailored approach by one or more independent managers. My part, as broker, is to provide literature, prospectus, and documented track records. Your part is to provide information such as this: Approximate investments dollars. When? For what purposes? What profits do you place upon current income, stable income, or growing income? What are your expectations for growth of your capital over one, three, five, ten or more years based upon the generally rising markets of these past six years? Remember, investments, like good wine, take years to ripen and to enjoy.

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Photographer

Q. Last week we talked about the subject when deciding to have a photo enlarged. This week we will discuss composition.

A. Composition is the placement of the subject in the photo image. Remember that the subject does not always have to be in the middle of the print. Follow two vertical and two horizontal lines equal distance from the sides of the print. This divides the print into thirds. For best results, the subject should be placed at the intersections of these lines. For example, if a subject is placed directly in the middle of a print it shows little or no movement. If placed closer to the top edge of the image, it will show movement across the picture and has more of an impact upon the viewer. This can be done by cropping the enlargement or by cutting that in the image rather than making the enlargement for the mat. For more information about choosing an enlargement of an older photo, stop in, and see any of the photo professionals at 50 Minute Photo.

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Insurance Specialist

Q. Prior to purchasing a new vehicle, should I call my insurance agent to see what the premium on this particular vehicle will cost me?

A. Yes, your agent can help you select an auto that has lower rates due to crash testing, safety devices and engine speed.

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Interior Designer

Q. We're purchasing carpet for our home. Should we run one color throughout or does it matter if we select several colors?

A. The main areas of your home will definitely look larger and flow from room to room if one color is selected, or the carpets are blended. Areas of your home such as bedrooms or office areas can accept other color but use common sense in color selection, texture, and color line. The life span of carpet is usually many years; this should always be a strong consideration when selecting your carpet.

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Real Estate Specialist

Q. In tax-free property exchanges, I understand there are new rules. Please bring me up to date.

A. There is no such thing as a tax-free exchange, only deferred taxes. You are referring to IRS Internal Revenue Code Section 1031 tax deferred exchanges. Briefly, the rules established are: (1) the property must be held for productive use in a trade or business or for investment; (2) the property received must be of like kind in the property exchanged; (3) the transaction must be completed within 180 days after the transfer of the exchanged property has been transferred. See your CPA for complete details. Magic Valley Realty is now the Idaho State agent for title accommodations. Call us for more information.

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Pet Care Specialist

Q. I have no other option-how can I chain my dog up safely?

A. I prefer a vinyl coated cable to chain, it is just as strong and more humane for the dog. Larger dogs should always be tied with a tension spring on one end of the tie-out to prevent breakage. Begin by fitting your dog with the correct size and style of harness. Clear the area of any obstacles so the dog cannot get tangled. Make sure your tie-out cable has swivel at both ends. The dog must have free access to enough water and shelter. If you observe the dog until you are certain it is safe to leave it alone. NEVER leave the dog unattended for long periods of time!

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Attorney

Q. What is probate in Idaho?

A. Probate is the process necessary to transfer title of the assets of a deceased to heirs or devisees. Probate is not a nightmare or an expensive process, because Idaho has the Uniform Probate Code. Attorneys cannot, by statute, charge a fee of a percentage of the estate. Probate can be avoided by funding a living Trust during lifetime.

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 831 East Avenue
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Outdoor Gear Specialist

Q. I'm not very active or sports oriented - Do you have anything for me in your store?

A. Yes! A lot of my clothing such as Patagonia, Woolrich & Royal Robbins, for example, are for everyone with shorts, skirts, pants, shirts and knits. I also have a lot of gift ideas for graduation. Mother's and Father's Day and for the person that is traveling. Almost everything is 100% cotton & doesn't shrink or require a lot of ironing. When you support a local business, such as mine, you are supporting our community. Local business such as Spouts Country pay local taxes, provide jobs for friends & neighbors & support Patagonia & Royal Robbins give 10% of their gross profits to many environmental oriented groups around the world. We at Spouts Country really care about our customers. Shop locally if you really want to make the most of your shopping dollar. There's no place like downtown & locally owned businesses.

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INCORPORATING STANDARDS AND GUIDELINES FROM AMENDMENT NUMBER 2 OF THE HUMBOLDT NATIONAL FOREST AND RECREATION MANAGEMENT PLAN... On March 19, 1992, Jeridgo District Ranger...

LEGAL NOTICE

boundary descriptions, Rule 15 and 1. pertaining to door controlled hunt area descriptions; Rules 15.2 and 15.3 pertaining to elk controlled hunt area descriptions; Rule 15.4 pertaining to...

101 LOST & FOUND

HOUSD FOUND NEWS TWIN FALLS ANIMAL SHELTER Found: 1. White Bernese M. brown & black. 2. Spaniel X, black male. Adoption: 1. German Shepherd, black & tan. 2. Shihite Hoocher X, pup. 3. Spaniel Dachshund X, pup. 4. Cock-a-poo Bull, female pup. 5. Spaniel X, black & white. 6. Spaniel Dachshund X, pup. 7. Black & white female. 8. Bassett Hound-colored female. 9. Also nice adult cats & kittens for adoption.

107 SPECIAL NOTICES

USE BOLD IN YOUR AD. It really draws ATTENTION. Only \$25 per word. Call The Times-News Customer Service Dept. for your BOLD classified ad today! 733-0931

107 SPECIAL NOTICES

GOLAY BROTHERS Homes that measure up! We build, remodel & repair your home, farm, ranch or business. Complete landscaping services. 324-7492 or 324-2266. Home cleaning, 734-8543. Interior exterior painting. FREE estimates! 733-8513. Lawn mowing, hedge trim, pruning, & light haul. Call 736-9193. Lina's Beauty Salon: Quality service at affordable prices! Grand opening 3/24-4/2. 324-7492 or 324-2266. Home cleaning, 734-8543.

107 SPECIAL NOTICES

SPRING SPECIAL! Save 20% "Paint Repair" Rebond! Fix-up, reasonable. Sprinkler systems, lawn irrigation, and a good Rain-road to work, outdoor lighting. All phases of custom landscape construction. Call Brian, 736-2788. THE LANDSCAPE CO. Tree & shrub trimming. Power raking, stump grinding. Call 734-5727. You grow a man, I mow a farm. Grow a man, I mow a farm. Lawn care, 733-7532. Looking for live-in job taking care of elderly lady or couple in TF area. Have good references. Call 733-3557.

113 CHILD CARE SERVICES

J&C Nursery: Taking full-time children, 6 days a week, 7 am to 5 pm. Weekdays and Sat. Call 734-1028. Will babysit evenings & grocery/shopping, all ages. Call evenings, 733-3950, ask for Kena. 201 ADMINISTRATION MANAGEMENT: Management team needed to fill opt. manager position for Casa Del Prado Apis, Jerome, ID. Interviews to begin April 2. Send resume, references, phone number, & work background information to: Property Management West, PO Box 757, Hailley, ID 83333. By March 31. MANAGER TRAINEE: Opportunity for a career minded individual interested in a management position with one of the largest consumer lending organizations. -to qualify you must possess a sales-oriented personality, excellent communication skills, the ability to apply comprehensive training programs in credit, sales, collections and administration. Attractive starting salary & benefits package. If interested please call 733-8405, 10am-6pm, Mon-Fri. SITE DIRECTOR - L. For the Silver & Gold Center in Eden, Idaho, equal opportunity employer. Applications are available at the Eden Senior Center, 9am to 4pm, Monday-Friday.

202 ADULT CARE

Full-time position for nurses-aid, day. Call Blura Gables, 733-2513 between 8am & 3pm. FT summer irrigator for 160 acres. Fax: Write to: Box 93556, The Times-News, PO Box 548, Twin Falls, ID 83303. Wanted: Experienced milk milker. Call 543-8977. Wanted: Experienced farmhand to move pipe & farm equipment & food call. Pol. required. 829-5558. Wanted: Full-time impator for -Filler area, April 1 thru harvest, excellent salary for the right person. Only experienced need apply. References checked. Call 326-4510 or 326-3227.

206 MEDICAL/DENTAL

CNA & NA Skilled long term care facility is inviting interested nurses aides to come & join our team for the job training & to take advantage of CNA & LPR certification. We are looking for an RN to fill this very demanding but rewarding position. The individual must possess outstanding nursing skills and have experience in Medicare and long term care. If you enjoy a challenge and are dedicated please apply at Herald's Nursing Home, 820 Sprague, Bluff, ID 83316 or call 543-6401. EOE/Handi. EMERGENCY ROOM STAFF NURSE: Need RN with minimum 6 mos experience for evening position in 24 hr emergency room. Must have charge nurse experience. Approximately 16 hrs per week. Apply: Human Resources - Cassia Memorial Hospital and Medical Center, 2303 Park Avenue, Burley, ID 83318. EOE 1-678-4444. Immediate openings for registered CNA's, Salary \$5.50 per hour. Apply in person to Jewel at Magic Valley State, 200 2nd Ave. S., Twin Falls, ID 83338. OFFICE NURSE: Full-time for a very busy physician clinic. Send resume to clinic: 500 5th Street, Jerome, ID 83338. OR RN: Seeking a full or part-time experienced circulating OR RN. Excellent benefits, competitive salary. Write or call: Human Resources Dept., Magic Valley Regional Medical Center, PO Box 409, TF, ID 83303-0409 or 733-2008. EOE

LEGAL NOTICE

LEGAL NOTICE YOU ARE FURTHER NOTIFIED that the Idaho Fish and Game Commission (Commission) will hold its quarterly meeting beginning at 8:30 a.m. at Idaho Department of Fish and Game, 1008 Broadway Street, Boise, Idaho, commencing at 9:30 a.m. PUBLISH: Sunday, March 29, 1992.

LEGAL NOTICE

LEGAL NOTICE YOU ARE FURTHER NOTIFIED that the Commission proposes to adopt amendments to the following Rules: IDAPA 13.1.1 pertaining to resident disabled person's permits; Rule 7.1 pertaining to blind person's permits; Rule 7.4 pertaining to landowner permit conditions; and Rule 7.10 pertaining to number of landowner's permits. (IDAPA 13.1.1), specifically Rules 2 and 2.1 pertaining to landowner's permits; Rules 3 and 3.1 pertaining to tags and permits; Rule 4.3 pertaining to controlled hunt eligibility; Rule 4.4 pertaining to controlled hunt applications; Rule 8 pertaining to identification of sex, size, condition in possession and during transport or shipment; Rule 10 pertaining to unlawful methods of hunting; Rule 13 pertaining to mandatory check and report requirements; Rule 13.1 pertaining to deer seasons; Rule 13.2 pertaining to elk seasons; Rule 13.4 pertaining to antelope seasons; Rule 13.7 pertaining to black bear seasons; Rule 13.8 pertaining to mountain lion seasons; Rule 14 pertaining to game management

101 LOST & FOUND

ALCOHOLICS ANONYMOUS HOTLINE-733-0122 A problem is not a problem when shared. Mental Health Assoc. 5pm-7am, 24 hours on weekends. The Book of Mormon: Another Witness for Christ? A Mormon General Authority discovered that the Book of Mormon is not divine. For a free copy of this pamphlet, contact: Dr. H. Roberts, write: Dept. 444, through The Mormon Family, 5000 East Dr. Boy 6656, Boise, ID 83709.

105 PERSONALS

SINGLE? 35-65? Non-smoker? Like to dance? Take lessons? Meet with us to start a new CW Dance Club, Thurs, 4:20, 6pm, DAY Hall, Shoup & Harrison.

107 SPECIAL NOTICES

CREATIVE METAL Ornamental iron work, specialty 17 yrs exp. 734-4329, message. Cut your mortgage by 1/3. Pay your home off in 20 years instead of 30 without raising your payments. Amazing record record! See your details. Call 736-6003 ext 103. DUL-Midwesterner, Pokony Dolores Kevin M. Rogers, Attorney at Law, 324-4355. Experienced house cleaning, TF area. Blonda 733-1403. Exterior & interior painting, 734-5267. MR PAINTER 734-2762. FENCE! FENCE! Spring fencing special! -For top soil, call 734-2762. Const. 733-9063 Michael. Garden reticulating, lawn mowing & spraying. 326-4631. KEN'S LANDSCAPING & SMITH'S LAWN MOWING: Lawns & Gardens - Shrubs & Palms - Cement Work - Fencing - Gutters - Welcome! Call 64-4136.

107 SPECIAL NOTICES

WEDDING & PROM DRESS Rentals & Sales 234-4446. Invitations 733-8938. COMPUTER CONSULTING - 1 WAUWATONIA, 324-4446. HOWARD JACOBSON, 324-4446. BANKRUPTCY Stop foreclosures, repossessions, suits, garnishments & other collection action. Free telephone consultation - Appointments scheduled in Twin Falls. Wm H. Mulberry Attorney at Law, P.O. Box 88, Rifle, Idaho 83443 1-800-548-2166. Big West Lawn Service: Professional lawn services & clean up. Senior citizen's 20% discount. 324-8124. CREATIVE METAL Ornamental iron work, specialty 17 yrs exp. 734-4329, message. Cut your mortgage by 1/3. Pay your home off in 20 years instead of 30 without raising your payments. Amazing record record! See your details. Call 736-6003 ext 103. DUL-Midwesterner, Pokony Dolores Kevin M. Rogers, Attorney at Law, 324-4355. Experienced house cleaning, TF area. Blonda 733-1403. Exterior & interior painting, 734-5267. MR PAINTER 734-2762. FENCE! FENCE! Spring fencing special! -For top soil, call 734-2762. Const. 733-9063 Michael. Garden reticulating, lawn mowing & spraying. 326-4631. KEN'S LANDSCAPING & SMITH'S LAWN MOWING: Lawns & Gardens - Shrubs & Palms - Cement Work - Fencing - Gutters - Welcome! Call 64-4136.

107 SPECIAL NOTICES

CHRISTIAN day care 2 1/2 yrs. & up. Call 734-3693. Babysitting in my home, w/ J.T.C. lunches provided. Call Ken, 733-4974. Child care, FT, part-time & weekends. Great rates. Lots of TLC. 733-0150, Shawna. Child care openings. Mon-Sat. Meals and snacks included. Call 736-1823. when you have cats around your home you no longer need, advertise them.

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Employment-Employment

206 MEDICAL/DENTAL
PARA-PROFESSIONAL
 position available to work with profoundly retarded children. Training provided, educational opportunities available, excellent pay incentives. Call Teresa at 934-5603, Green Acres Training Center.
PROFESSIONAL RN and LPN's:
 Recruiting licensed staff with professional assessment, documentation and supervisory skills in long term care. Must be ambitious, self-directed, and extremely competent team leader with goal to provide high quality care to long term care residents. Apply at Harrell's Nursing Home, 820 Sprague, Buhl, EOE/DFW.
 Placing an ad in this classified column is a piece of cake. Call 733-0931.

206 MEDICAL/DENTAL
 Progressive LTC is looking for a full-time LPN. Come join our team! GREEN ACRES CARE CENTER, 934-5603.
RADIOLOGY TECHNOLOGIST
 The radiology department at Mercy Medical Center in Nampa, Idaho has full time and part time openings available for radiology technologists. hours will vary, must be registered. Call Human Resources, 208-463-5800. EOE.
RN
 Recruiting a qualified individual for staff development and infection control. Must be self-motivated with good leadership and organizational skills. Apply at: Harrell's Nursing Home, 820 Sprague, Buhl, ID. EOE/DFW.

206 MEDICAL/DENTAL
RN RELIEF
 Change your needed work and day shift roller. Must have excellent supervisory & assessment skills. Apply at Harrell's, 820 Sprague, Buhl, ID. EOE.
RN's - LPN's
 FT positions avail. 3-12 hour shifts paid for 40 hours. Night shift differential. PT nurses also needed. Excellent salary and benefits. BURLY CARE CENTER, 878-9474.
IN ACUTE CARE/HAILEY HOSPITAL
NURSES-AIDE - Full time, experience necessary, certification preferred. Contact Karen Morrison, Associate Director of Nursing, 788-2222 ext. 27. A friendly progressive atmosphere offering competitive wages and excellent benefits. Healthcare the career for the 1990's.

207 OFFICE/CLERICAL
WOOD RIVER MEDICAL CENTER in the beautiful Sun Valley resort area has immediate openings in its Blaine Manor long term care facility.
RN - Full time, day
PN - Part-time, nights
 Contact Tina Brown, Director of Nursing, Blaine Manor, at 788-2222, Ext. 677, P.O. Box 927, Hailey, ID 83303.
CUSTOMER SERVICE REPRESENTATIVE
 The Times-News Customer Service Department has two immediate openings for part-time customer service representatives. They will be responsible for assisting customers with classified advertising, subscription starts and stops and various other office duties. These persons should have excellent communication skills including demon-

207 OFFICE/CLERICAL
 Customer Service Manager, PO Box 548, Twin Falls, ID 83303. No phone calls, please.
 Loan Secretary/ New Accounts Position. Full-time, Boise, Idaho. Call Bill Daniels, 789-9555.
OPtomotric assistant needed:
 Will train in all areas of the office. No experience necessary. Send resume to: Box 93108, % The Times News, P.O. Box 548, Twin Falls, ID 83303.

207 OFFICE/CLERICAL
 Part-time Dispatcher wanted, good phone etiquette, will deal with customers, includes some driving. Call 733-2346.
 Secretary for property office in Hazelton, Wood Posted 5.1 proficiency required, dictaphone and construction experience preferred. Reply with resume & salary requirements to: Kia-West Energy Company, P.O. Box 7867, Boise, ID 83727, EOE.
Secretary's Day
 April 22, 1992
 Win a secretary for the day and give yours the DAY-OFF! Send us your business card. The drawing will be held Friday, April 17. American Temporary Services, 1025 Shephard St., N. Ste #3 Twin Falls, 734-6452.

208 - PROFESSIONAL
7TH ANNUAL EDUCATOR'S CAREER FAIR
TEACHING JOBS. Over 200 school districts from 12 states including Alaska and Hawaii, interviewing at the Idaho State Fairgrounds, 9:00 a.m. - 5:00 p.m. on March 30, 1992.
Mental Health Specialist
 Apply to: Idaho State Department of Health Services, Dept. NP16, Missoula, MT 59812, or call 406/243-2369 beginning March 30, 1992.
Psychology
 Mental Health Specialist/psychology graduate, or equivalent work exp. Background in chemical dependency &/or nursing helpful. Contact Personnel, Canyon View Hospital, 225 1/2 3rd Ave. W., Twin Falls, 734-8760.
 One call - we'll do it all! Classified: 733-6626.

208 - PROFESSIONAL
DEVELOPMENTAL SPECIALIST
 \$12,35-\$16,56/HR. D.O.E. Idaho's Dept. of Health & Welfare seeking professional to plan/monitor students with developmental disabilities. Bachelors or Masters Degree in Special Education, Psychology or related field required; specialized training or experience in developmental disabilities required. Excellent benefits package including health insurance at \$4-mo. employ, \$37.98-mo-family. Contact Steve Gessner, Dept. of Health and Welfare, 945 W. 1st. N., St. Anthony, Idaho 83447. (208)624-3744. EOE/M/F/H/V/C/VET

208 - PROFESSIONAL
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 • No Job Too Small
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 Wedding, birthday, anniversary, holiday, business advertisement. Unique and affordable.
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Employment-Employment

208-213

The Times-News CUSTOMER SERVICE

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SELL IT! BUY IT! A Times-News Classified Will Fill Every Need 733-0931

SELL IT! BUY IT! A Times-News Classified Will Fill Every Need 733-0931

208 PROFESSIONAL ASSISTANT ACCOUNTANT Magic Valley processing company seeking accountants to assist the controller in all duties...

MUSIC TEACHER Small independent school in Sun Valley, ID seeks a part-time elementary music teacher for the 1992-93 school year...

ADVERTISE YOUR SERVICE SPECIALTY IN THIS DIRECTORY Your ad will reach 22,000 readers every day...

208 PROFESSIONAL SCIENCE/TECHNOLOGY TEACHER: Small independent school in Sun Valley, ID seeks a part-time elementary science and technology teacher...

209 RESTAURANT/ LOUNGE Cook needed: Sportman River Resort, 3 of Hagerman Rd., Hagerman, ID. Experienced waitperson needed...

210 SALES FABRICLAND Immediate opening for sales personnel. Must be able to work weekends. Selling experience preferred...

211 TECHNICAL AD DESIGNER Part-time position for advertising & ad ideas for team of outside sales people...

212 TRADE Plumbing & line running service person needed. FT position. Must be able to train the right person...

213 MISCELLANEOUS OPPORTUNITIES Need experienced millwright helpers for repair of used equipment...

THE ACES ON BRIDGE BOBBY WOLFF 'The time which we have at our disposal every day is elastic; the passions that we feel expand it; those that we inspire contract it; and habit fills up what remains.' - Marcel Proust. South's play at trick two determines the fate of today's game...

The Times-News CLASSIFIED ORDER FORM

If you are unable to call or come by The Times-News office, simply clip and mail this order form to our classified department so that we can get your ad started without delay.

- Please print clearly with dark pencil or pen
There are approximately 23 characters (including blank spaces) per line.
Please pay according to rate schedule which is printed below.

Please run my ad in classification # for days. (Print one character per space please, including blank spaces.)

Established garment company has opening for 1 salesperson in Twin Falls and surrounding area. High commission earnings between \$300 & \$600+ per week...

EXCELLENT OPPORTUNITY for the right individual to learn the professional retail automotive business. Excellent working facilities, professional training...

Immediate opening at our parts counter for experienced salesperson. Call for interview or send resume to Sub Instrument Co., PO Box 307, Buhl, ID 83316.

Pay Schedule table with columns: Number of Days, Charge per line. Rows: 1-3 days (\$2.85 per line), 4-7 days (\$4.40 per line), 8-15 days (\$7.50 per line), 16-30 days (\$13.50 per line).

lines x \$/line = Subtotal. For each Sunday insertion, add \$1 if ad is 5 or less lines; add \$2 if ad is 6 or more lines.

The Times-News CUSTOMER SERVICE P.O. Box 548 Twin Falls, Idaho 83303

213 PROFESSIONAL SALES POSITIONS Leading to Manager-Trainee Positions 13 openings now exist for men and women with a large Fortune 500 International Organization...

AREA MANAGER Develop the Twin Falls area. Must have sales & management ability. Compensation of up to \$60K. All re-qualifiers want you to qualify...

DRIVERS IMMEDIATE OPENINGS! WE GET YOU HOME! We offer: Drive 48 states on our 14' 2" trailers (14 days out & 2 days home)...

DRIVER WANTED Dry box, running 48 states, top pay. CDL & 3 yrs over-the-road exp. 438-5667.

Floor Maintenance position. Must have experience. Apply person only, at West Magic Care Center, 9 a.m. - 3 p.m., Mon.-Fri., at 640 Star Ave., West Twin Falls.

Full-time experienced person with some diesel background. Call Calvin at 624-4455.

Long haul truck driver wanted: Flatbed, 48 states, pre-employment, non-drinker, must be DOT approved with CDL, 3 years minimum experience, good exp. resume to: PO Box 660, Twin Falls, ID 83303.

210 SALES Are you one of the leaders in your sales field? Would you like to make the kind of annual income you deserve?

210 SALES SENIOR SALES REPRESENTATIVE We offer a base plus commission, a car allowance and bonus. Benefits include dental & medical. Only career oriented-motivated, aggressive professional need apply.

212 TRADE Plumbing & line running service person needed. FT position. Must be able to train the right person...

213 MISCELLANEOUS OPPORTUNITIES Need experienced millwright helpers for repair of used equipment. Wages starting at \$9.51 per hour. Applications are being taken through Job Service, Twin Falls, ID: 736-3000. EOE.

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212 TRADE Plumbing & line running service person needed. FT position. Must be able to train the right person...

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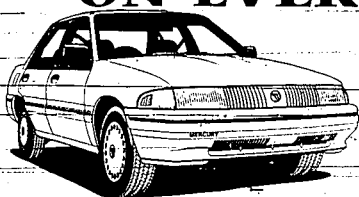
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FOR PEOPLE WHO THINK THERE'S MORE TO LIFE THAN A PAYCHECK. If you're a young man or woman looking at a humdrum future, there's a challenging alternative: the Army. Not just the more than 200 skills to choose from, but the lifestyle. The chance to travel, to become fit and trim and exercise your mental muscles, too. To do things you didn't think you could do. To be proud of yourself and your country.

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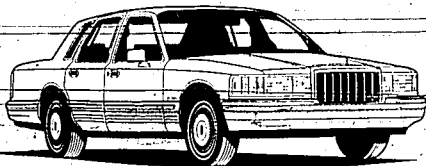
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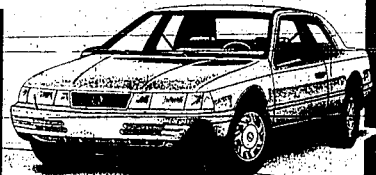


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PARK RANGERS
 Game wardens, security, maintenance, etc. No experience necessary. For info call 219-735-7000 ext 5118 7am/7pm, 7 days per week. Optional loc \$34.95.

Part time dishwasher, day & evening shifts. Approx 16-20 hours/week. Contact Loraine at Mountain View Care Center, 500 Park St., Kimberly, 423-5591.

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WANTED! Active family able to provide long term foster care to an intelligent, talented 15 year old with emotional problems. Training and reimbursement provided. For more information, contact Carol Layne at 324-8144.

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 We buy notes & real estate contracts. Cash Finance, 1-800-995-4809.

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 Wanted: \$15,000 short term loan, \$1800 interest for 4 months, secured by equity in real estate. 856-2420.

Would like to borrow any amount of money up to \$40,000.9 month maximum. Long on security, short on cash flow. Secured by cattle & wheat, 12% interest paid monthly or 14% interest paid at maturity. Legal contract furnished by borrower. Write to Box 96217 Times-News, PO Box 248, TF, ID 83303.

301 BUSINESS OPPORTUNITIES

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305 CONTRACTS AND MORTGAGES

CONTRACTS, TRUST DEEDS purchased, whole or part. West One Bank 385-7610 or 283-7653 or 1-800-772-4566.

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 3 bedrooms, 2 baths, walk-in closet in master, central air, fireplace, double garage with opener, patio, sliding glass doors, Div. oven, range & disposal, fenced lawn, 1360 sq ft. Parrish/Robert Stuart area. \$79,900. Call 733-7373.

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COUNTRY FEELING!
 Great family home on quiet Kimberly street bordered by farm fields. Beautiful landscaped deck for entertaining, modern kitchen with built-in appliances, breakfast bar. This 3 bdrm, 1 1/2 bath home has two-car garage & won't last long, so hurry! \$61,500. Call (509) 733-6596.

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EXECUTIVE HOME
 Over 2000 sq ft., 4 bdrm., 2 bath, beautiful oak kitchen built-ins, AC, 2 fireplaces, R/V pad, boat pad, kennel, 2 car garage, playroom with built-in desks & shelves, dance floor, warm family room, living room, redwood fenced - a great place to relax on 22' x 27' carpeted & covered patio looking onto the rock water fountain & fish pond or sit in the large hot tub just off the patio. Your lawn maintenance is a breeze because around the concrete borders are the trees & shrubs while the automatic grinder system waters for you. \$119,900. Shown by appointment only 734-8730.

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BEST DEAL ON MARKET
 Lovely custom-built brick 2000 sq. ft. home with spacious interior, 5 1/2 story, 3 bdrms, 2 baths, fireplace, lg. windows, 20x20 living room, vaulted ceilings, covered patio with fenced yard. Located in Rupert, \$9,500. Call 226-7180 after 5:00 p.m. for appt.

BRICK BEAUTY
 3 bedroom, office bedroom, 1.75 bath. Never gas furnace and air conditioner. Gas stove hookup and water heater. Fireplace and good stereo. Fruit trees, garden area and auto. Sprinkler system. \$79,750.

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BEAUTIFUL, SPACIOUS
 country home on 10 acres. Mature landscaping with overgrown, second house - is a model, several nice cut buildings, corals and up to 30 more acres of land available with view overlooking Cedar-Draw. \$160,000. Call Jahn or Steve 734-0400, #91-327.

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Retooling, tractor mounted, garden, small lots. Call Vernon Adams, 423-5357.

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BEAUTIFUL 3900 sq ft. 5 bedroom, 2 1/2 bath, large master suite, formal living and dining rooms, air conditioning, fireplace, large deck, fenced yard, 2 car garage with built-in storage, unfinished basement. Excellent northeast location. \$205,200. 734-6099.

2 STORY CONDO - Now carpet, new flooring in both rooms, new window coverings, new kitchen - 2 bedrooms, 1 1/2 baths, cozy fireplace plus well maintained grounds. Call Colleen Brown at 733-8268 or 733-3202. #10-92

502 HOMES FOR SALE

4 bdrm, 2 1/2 bath home with heat pump, Country oak kitchen, formal living room with wood stove, covered deck and underground sprinklers all on 2 acres. Call Bonnie Parsons CR6, #91-231.

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The most discriminating buyer. Elegantly appointed & lovingly maintained, 4 bdrm, 3 1/2 bath, brick home. Gracious formal dining room, stop saving appliances kitchen, relaxing family room, 4 fireplaces lush walled to wall carpeting throughout - 1000 sq ft. - small barn, tack shop, pole-lined pasture. For a private tour of this beautiful home call Janet Hartman, \$299,000. #01-92.

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This home is irreplaceable inside & out & tastefully decorated. There are two spacious bedrooms with ample storage, skylight & fireplace in living room, breakfast bar, built-in china hutch, You'll love the over-sized one-car garage with work.

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 Loaded 91 Sunbird #06623-0 SAVE BIG \$8994	 Extra Sharp 90 Storm #24037-1 Sporty \$6999	 Economy Plus 90 Prizm #22050-1 Air & Auto \$7444	 Roomy 4dr 86 Celebrity #06500-1 \$3984	 Sporty 4 dr 88 Shadow #21042-1 Clean, Car \$4288
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Real Estate/Sale-Real Estate/Sale

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<p>502 HOMES FOR SALE</p> <p>CANYON VIEW Lovely 2 bdrm, 2 bath contemporary home, on 1/2 acre, near townhome shop, west of Jerome Golf Course. 157.</p> <p>ROBERT JONES REALTY 733-0404 or 1-800-262-5001 EXT. 1211</p> <p>BY OWNER: Very nice 4 bdrm, 1 1/2 bath home, 4 car garage, wood stove, new carpet. All on 2 acres. \$89,900. 734-2344.</p>	<p>502 HOMES FOR SALE</p> <p>CALL US OR WE CAN HELP YOU! 1 bdrm, \$15,000 to 4 bdrm, 2 bath, new assumable loans. Gaylo, 733-1666 or Pam 734-7606</p> <p>MOUNTAIN VIEW REALTY 1216 Filor Ave. East 734-1888</p> <p>BY OWNER: Very nice 4 bdrm, 3 bath home, partially finished basement, wood stove, plenty of room for RV parking, 2 car garage & heat pump. \$99,900. 734-6976</p>	<p>502-HOMES FOR SALE</p> <p>BY OWNER 3 bdrm, 2 baths, lawn fenced backyard, 2 car garage, abundant RV parking, beautiful landscaped on 2 1/2 lots. Located on a very quiet dead-end street. Commercial zoning. \$62,500. Call after 5 pm or weekends 734-4782.</p> <p>BY OWNER Beautiful spacious home in NE TPI 5 bdrm, 3 bath, lg. deck & hot tub on 1/2 acre. \$125,000. 734-4120 or 734-9075</p> <p>Think classified when you place your ad in classified. Call 733-0931.</p>	<p>502 HOMES FOR SALE</p> <p>FAMILY DELIGHT Spacious 6 bdrm, 4 bath home on 1 acre, new steel siding, fruit trees, garden area. Just 1.5 miles from Twin Falls.</p> <p>ROBERT JONES REALTY 733-0404 or 1-800-262-5001 EXT. 1211</p> <p>\$445 For Your Home Equity Valley area. Call 324-5924</p> <p>If classified advertising didn't exist, someone would invent it. Call 733-0931.</p>	<p>502 HOMES FOR SALE</p> <p>COUNTRY FEELING 3 bdrm, split level with fantastic view in Twin Falls area. Attached 18x25 garage. Large living room and family room with fireplace. Asking \$87,400.</p> <p>CENTURY 21 GOLD TEAM REALTY 191 Addison, Twin Falls, 739-3836</p> <p>Each office independently owned & operated. Classified for people everywhere! 733-0931.</p>	<p>502 HOMES FOR SALE</p> <p>ALL THE SPACE YOU WOULD WANT - 5 bdrms, 2 baths plus plumbed for a third bath. Family room, laundry, 2 car garage plus LARGE 24'x30' SHOP WITH 8' DOOR. For more information call Dick or Carolyn Noh at 1-800-646-4688 or 733-5336. #16-82</p> <p>THREE M REALTY 733-5338</p>	<p>502 HOMES FOR SALE BUILD EQUITY</p> <p>By putting your own finishing touches to this GREAT FAMILY HOME in excellent East side area, 4 bdrms, 2 baths, family room, covered deck, 2 car garage. \$64,500. Call Bobb Kolley 733-2365 or 733-6482.</p> <p>COLDWELL BANKER WESTERN REALTY 733-2365 Independently owned & operated.</p>
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1988 NISSAN KING CAB 4X4
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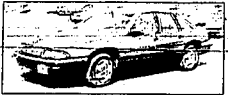
1983 FORD BRONCO 4X4
#22079-1, XLT, A/T, V-8, A/C
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1984 CHEVY CAMARO
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1987 PLYMOUTH CARAVELLE
#25018-1; Looks & Drives Like New
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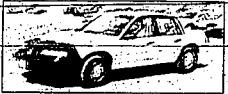
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#06579-0, A/T, V-6, Tilt, A/C, Cruise
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#389398, A/T, Loaded, Only 22,000 Miles
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502 HOMES FOR SALE HOME FOR SALE: Change of plans. New home in NE one, Monticello & O'Leary district...

502 HOMES FOR SALE SIMPLE ASSUMPTION On this EXCELLENT duplex INVESTMENT near college...

502 HOMES FOR SALE ROCK GARDEN CONDO - \$73,000! 2 bedrooms, 2 baths, 1550 square foot...

502 HOMES FOR SALE Spacious and unique brick home on 1 1/2 acres with nice views of the S. Hills...

502 HOMES FOR SALE TREAT YOUR FAMILY To this super sharp home. Features include 3 bedrooms, 2 baths, nice carpeting...

502 HOMES FOR SALE UNIQUE OPPORTUNITY 2 homes 1 lot, 3 bedrooms, 2 bath, spacious living room...

503 BUHL/FILER HOMES 4 bdrm, 2 bath well kept home. Good neighborhood, close to schools...

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IMPRESSIVE 5 bedrooms, 3 1/2 bath, marble entry, oak kitchen...

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IT'S A WINNER 2 closed well maintained duplex located in 700 block of 6th Ave...

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SABALA REALTY 733-4321

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JUST RIGHT FOR YOU! Just listed, 4 bdrms, 2 bath, fireplace, large dining room...

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AMERICAN REAL ESTATE & APPRAISAL 734-5650

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LOOK WHAT \$42,000 CAN BUY!! 2 bedroom home on large lot. Noat & clean with woodstove and a patio plus fenced yard...

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THREE M REALTY 733-5338

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NEAT AS A PIN Attractive 5 bdrm, 2 bath, brick home on .88 acres...

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Miscellaneous-Recreational

911-903

THE TIMES NEWS CUSTOMER SERVICE CLASSIFIED 733-0931 RECREATIONAL BUY IT - SELL IT - FIND IT

811 FURNITURE AND CARPETS
Antique sofa chest, \$375...

817 MISCELLANEOUS FOR SALE
Wanted: Alice Chalmers tractor...

818 MUSICAL INSTRUMENTS
Baldwin piano, like new...

823 VARIETY FOODS AND SERVICES
Grain fed beef, ready to butcher...

824 VIDEO ENTERTAINMENT & TELEVISION
10 ft. satellite dish...

825 WANTED TO BUY
Wanted: Mini 14 or 30...

827 GARAGE SALES
Child's bike, size 5-10 girl's clothes...

830 FLEA MARKETS
HUNT BROTHERS FLEA MARKET - ESTABLISHED...

801 ATVs AND MOTORCYCLES
1996 Kawasaki Ninja 250...

MOVING SALE: C Couch, loveseat, \$200...

FREE: Semi loads of pallets for all uses...

820 PETS AND SUPPLIES
1 1/2 year old Chow, female...

825 WANTED TO BUY
10-12 inch combination plane/shaper...

827 GARAGE SALES
Wanted: 4 wheel to 1991...

801 ATVs AND MOTORCYCLES
Honda 110 ATV 3 wheeler...

802 BICYCLES
Lloyd's & 1 girl's Diamond-back BMX...

803 BOATS AND MARINE ITEMS
12 Starcraft aluminum boat...

812 HEATING & AIR CONDITIONING
3 ton carrier heat pump with thermostat...

814 JEWELRY AND FURS
WEDDING SET, brand new...

815 LAWN & GARDEN
1991 JD walk behind deck mower...

822 TOOLS AND MACHINERY
225 amp Miller portable welder...

827 GARAGE SALES
Wanted: 4 wheel to 1991...

803 BAZAARS AND CRAFTS
CANDLEWICK CAPTAIN Coat and Umbrella...

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1996 Kawasaki Ninja 250...

IF YOU'RE AFTER EXCEPTIONAL VALUE... 1992 PONTIAC GRAND AM \$10,892... 1992 GMC X-CAB 4X4 SIERRA \$16,744... 1992 NISSAN SENTRA-XE \$10,545... 1992 GMC 4X4 SIERRA \$12,882... OPEN TODAY NOON TO 5 PM! 1992 NISSAN HARDBODY... \$500 FREE Accessories Direct From Nissan... FINAL WEEKEND! \$7618* ONLY THESE WEEKEND SPECIALS ARE FOR YOU! Gary's 1427 Blue Lakes Blvd. N. WESTLAND 733-1825 Motors

CLASSIFIED CRAFTS A Feature of This Newspaper... CANDLEWICK CAPTAIN Coat and Umbrella... ONE SIZE FITS ALL... CLASSIFIED CRAFTS 63003

ROY RAYMOND FORD/MITSUBISHI

TOTAL INVENTORY REDUCTION SALE

Our new construction slowed our sales, now we're overstocked & must move 75 new and used cars & trucks by Monday night...NO GIMMICKS - NO GIVE AWAYS!!

Picks Are Easy/Marked Good For The Road/In The Window!

OPEN TODAY NOON TO 5 PM!

Only The Values We Will Not Be Undersold

FABULOUS FORDS!

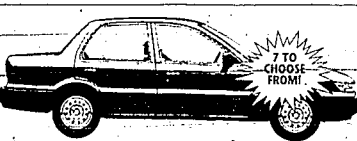

<p>1992 FESTIVA</p>  <p>ECONOMY AT MPG HWY. SAVE OVER \$2000</p> <p>NOW ONLY \$3995 AFTER REBATE</p>	<p>1992 ESCORT 2 DR.</p>  <p>BACK TO SCHOOL. SAVE OVER \$1800</p> <p>NOW ONLY \$7788 AFTER REBATE</p>	<p>1992 CROWN VIC.</p>  <p>LOADED WITH LUXURY. SAVE OVER \$4100</p> <p>NOW ONLY \$18,692 AFTER REBATE</p>	<p>1992 RANGER SPORT</p>  <p>V-6 POWER. SAVE OVER \$2700</p> <p>NOW ONLY \$9497 AFTER REBATE</p>	<p>1992 F-150 XLT 4X4</p>  <p>LOADED WITH OPTIONS! SAVE OVER \$4400</p> <p>NOW ONLY \$14,996 AFTER REBATE</p>	<p>1992 CONVERSION VAN</p>  <p>BRAND NEW DESIGN FOR '92. SAVE OVER \$6300</p> <p>NOW ONLY \$21,996 AFTER REBATE</p>
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MARVELOUS MITSUBISHIS!

<p>1992 MIGHTY MAX</p>  <p>WHERE QUALITY & VALUE MEET. VALUE PRICED!</p> <p>NOW ONLY \$7488</p>	<p>1992 ECLIPSE SPORT CPE.</p>  <p>LOVE AT FIRST SIGHT! NEW STYLING FOR '92!</p> <p>NOW ONLY \$12,797</p>	<p>1992 GALANT 4 DR.</p>  <p>NEW STYLING FOR '92! RETAIL \$14,743</p> <p>NOW ONLY \$12,996</p>	<p>1992 MONTERO RS 4X4</p>  <p>OUTDOOR READY! LOADED WITH A/T, V-6, MORE!</p> <p>NOW ONLY \$21,795</p>
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FANTASTIC FACTORY REPURCHASES!

Used Vehicles, Purchases Through Factory Authorized Sales, Rentals, Lease Returns & Company Vehicles All Available For Immediate Delivery!

<p>1991 MITSUBISHI MIRAGE 4 DOOR</p>  <p>A/T, A/C, AM/FM CASSETTE, LOADED WITH OPTIONS! SAVE \$4000 OVER NEW!</p> <p>NOW ONLY \$7977</p>	<p>1991 FORD TAURUS GL 4 DR. SEDAN</p>  <p>V-6, A/C, Pwr. Windows & Locks, Cruise, Tilt & More! SAVE \$7200 OVER NEW!</p> <p>NOW ONLY \$11,977</p>
---	---

CHOOSE FROM ANY OF THESE USED CARS & TRUCKS & WE WILL GUARANTEE YOU AT LEAST \$1000 FOR YOUR TRADE!

-CARS-		-TRUCKS-	
1979 FORD MUSTANG 2 DR. #32153	\$1995	1984 CHEVY CELEBRITY WGN. #32128	\$4995
1973 MERC. MARQUIS 4 DR. #32167	\$1995	1987 PLY. HORIZON 4 DR. #39586	\$4995
1979 MAZDA GLC 4 DR. #32097	\$1995	1986 PLY. COLT VISTA #32076	\$5495
1973 CHEVY IMPALA 2 DR. #32141	\$1995	1988 CHEVY CELEB. WGN. #C-685	\$5895
1982 CHEVY CITATION 4 DR. #32063	\$1995	1985 OLDS DELTA 88 2 DR. #32162	\$5995
1982 V.W. RABBIT 4 DR. #32158	\$2995	1987 DODGE 600 SE 4 DR. #32117	\$6495
1982 SUBARU GL #32176	\$2995	1987 FORD TEMPO 4 DR. #32169	\$6495
1984 NISSAN SENTRA WGN. #32122	\$3395	1987 NISSAN SENTRA SE 4 DR. #32086	\$6995
1983 BUICK PARK AVE. 4 DR. #32116	\$3995	1987 V.W. JETTA 4 DR. #32129	\$6995
1986 FORD LTD 4 DR. #32125	\$3995	1990 PONT. LEMANS 4 DR. #32100	\$7995
		1968 FORD F-150 #42016	\$1995
		1971 DATSUN PICKUP #42033	\$1995
		1976 FORD F-150 S.C. #41939	\$2495
		1984 FORD F-100 #41944	\$2995
		1983 DODGE RAMPAGES #41998	\$2995
		1984 CHEVY S-10 S.C. 4X4 #42023	\$3495
		1967 JEEP CJ-5 4X4 #42009	\$3995
		1978 FORD BRONCO 4X4 #41955	\$4995
		1983 GMC CK1500 #41956	\$4995
		1984 FORD BRONCO II 4X4 #41943	\$5995
		1985 DODGE RAM 50 4X4 #42024	\$6995
		1984 FORD F-150 4X4 #41974	\$6995
		1989 DODGE D-50 #41926	\$6995
		1989 FORD RANGER #41924	\$7995
		1989 FORD RANGER #41890	\$7995
		1984 FORD BRONCO 4X4 #42003	\$7995
		1989 DODGE COLT VISTA WGN #41964	\$8995
		1991 FORD RANGER #41995	\$8995
		1990 JEEP COMANCHE #41976	\$8995
		1987 CHEVY ASTRO VAN #41973	\$9995

BRING US YOUR BEST DEAL...WE WILL SAVE YOU MONEY!



ROY RAYMOND MITSUBISHI



1243 Blue Lakes Blvd. N, Twin Falls
 Monday-Friday 8 am-8 pm
 Saturday 9 am-6 pm
733-5110

IF YOU DON'T COME SEE US...WE CAN'T SAVE YOU ANY MONEY!

903 BOATS AND MARINE ITEMS
19 Bayliner Capri, full bow...

909 SNOW VEHICLES AND EQUIPMENT
1991 Trail Rider, low miles...

1002 AUTO PARTS & REPAIRS
High performance 350, Chevy...

1007 TRUCKS
1987 Ford PU truck, rebuilt engine...

1008 4X4 TRUCKS
1989 Ford, 4x4, truck, 6.9 diesel...

1024 BMW
1986 325 BMW 1 owner, excellent...

1027 DODGE
1985 Dodge Daytona, grey, 2.2 liter...

1061 MAZDA
GREAT GRADUATION GIFT! 1981 Mazda B17...

1076 PONTIAC
Must sell! '90 Sunbird LE 2.0...

904 CAMPER AND SHELLS
10' camper, top box, stove, hot water...

910 SPORTING GOODS
1987 Kawasaki jet ski, good 2 place...

1003 AUTOS-OTHER
Stock car Complete, needs work...

1005 ANTIQUE AUTOS
1930 Ford Coupe, nice and shiny...

1009 KIA
1981 Ford, 6 cylinder, new motor...

1028 CADILLAC
1979 Cadillac coupe DeVille, runs great...

1028 CHEVROLET
1978 Camaro LT, for sale or trade...

1062 MERCEDES BENZ
1978 450 SEL, silver Mercedes Benz...

1084 SUBARU
'81 Subaru 2 dr, runs good, 41,000 miles...

1972 Coleman tent trailer, 10' x 12'...

1978 K1, 8 1/2, 5 cu. ft. motor, self-contained...

1991 8 in. Glasstite, Fibre Ford Taurus PU...

1985 Honda Civic, 4 door sedan, 100,000 miles...

1988 Jeep Cherokee, Laredo, excel. cond...

1980 Chevy Chevette, 4 spd, new tires...

1983 Mustang convertible, 61,000 miles...

1988 Nissan Maxima wagon, excellent condition...

1989 Volkswagen Jetta, 100,000 miles...

1985 Ford Bronco, 4 door, 100,000 miles...

1989 Chevy Malibu station wagon, excellent condition...

1990 Ford Taurus LX, 100,000 miles...

1988 Isuzu Trooper II, 4 door, 100,000 miles...

1989 Suburban, white, loaded, excel. cond...

1989 Chevy Malibu station wagon, excellent condition...

1989 Ford Taurus GL, loaded, low miles...

1989 Chevy Malibu station wagon, excellent condition...

1989 Volvo DL wagon, loaded, 82,000 miles...

1985 Roadrunner camper, stove, ice box...

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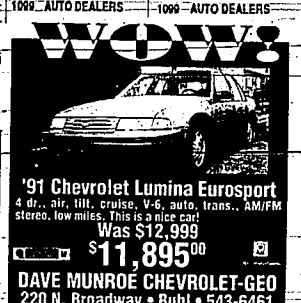
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1989 Volvo DL wagon, loaded, 82,000 miles...



'91 Chevrolet Lumina Eurosport 4 dr, air, hill cruise, V-6 auto, trans., AM/FM stereo, low miles. This is a nice car!

Was \$12,999

\$11,895.00

DAVE MURPHY CHEVROLET-GEO

220 N. Broadway • Buhl • 543-6461

After hours call Dave 543-9220 • John 734-2458

THINKING OF BUYING A CAR OR TRUCK??
We can help save you more money than you ever thought possible on any make or model without setting foot on a showroom floor!

Circle T, Inc.
Call 734-5110

OPEN TODAY 11:00-5:00

Introducing... The All New 1993 JEEP GRAND CHEROKEE



- Just look at these features...
• Standard Driver's Air Bag & Std. 4-wheel ABS - Unibody Construction
• Std. 4.0 liter 6-cyl. 100 H.P. • Most Innovative Warranty Coverage!
• Choice of three 4WD systems, Command Trac, Select Trac, Quadra Trac
• Quadracoil (front & rear) suspension
• Unique Anti-theft system with Optimal Key Reader System • Remote Keyless Entry
• Most Front & Rear Shoulder Room in its Class
• Among the Largest Cargo Capacities in its Class
• Std. Roof Rack, Rear Window, wiper/washer, remote fuel filler door
• Std. 23 gallon Fuel tank is largest in Class • Lowest curb weight
• 3-year/36,000 miles Bumper to Bumper or
• 12 month - 12,000 Bumper to Bumper 7 year - 70,000 miles Power Train Coverage.

Come in today and test drive the All New JEEP GRAND CHEROKEE!!

ATHAM logo with '49 DOWN PAYMENT' and 'IN YOUR TOTAL DOWN PAYMENT' text. Below the logo is the address: 512-2nd Ave. S., Twin Falls, Idaho • 733-5776.

CHRYSLER • PLYMOUTH • DODGE • JEEP • RAMBLER • SEBRING
512-2nd Ave. S., Twin Falls, Idaho • 733-5776

1992 AUTO MARKETPLACE

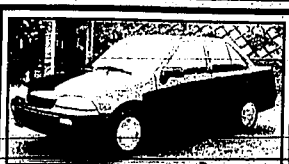
OPEN TODAY ONLY FROM 10:00 A.M. - 5:00 P.M.



1992 SUZUKI SWIFT GA
3 DOOR. Stock #5W168. 5 speed, cloth seats, back window defroster, 3 year/36,000 mile warranty, electronic fuel injection.

ONLY \$5588 OR
\$49 down \$109⁰⁰ mo.

*Sale Price \$5,588 plus tax and title. Units subject to prior sale o.a.c. Tax, title and freight are included in the monthly payment. 10.26% APR. \$49 down. 72 monthly payments - no balloon payments.



1992 SUZUKI SWIFT GA
3 DOOR. Stock #5W173. 5 speed, cloth seats, back window defroster, 3 year/36,000 mile warranty, electronic fuel injection.

ONLY \$6388 OR
\$49 down \$129⁰⁰ mo.

*Sale Price \$6,388 plus tax and title. Units subject to prior sale o.a.c. Tax, title and freight are included in the monthly payment. 11.52% APR. \$49 down. 72 monthly payments - no balloon payments.



1992 DODGE D-50 P.U.
Built by Mitsubishi - Imported for Dodge

ONLY \$7278 OR
\$49 down \$139⁹² mo.

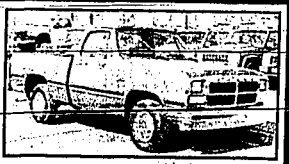
*Sale Price \$7,278 plus tax and title. Units subject to prior sale o.a.c. Tax, title and freight are included in the monthly payment. 9.69% APR. \$49 down. 72 monthly payments - no balloon payments.



1992 DODGE SHADOW
Stock #W335. 2.2 EFI, 5 speed, cloth seats, owners choice protection program, radial tires, sporty fun transportation.

ONLY \$7588 OR
\$49 down \$149⁰⁰ mo.

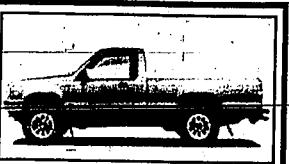
*Sale Price \$7,588 plus tax and title. Units subject to prior sale o.a.c. Tax, title and freight are included in the monthly payment. 10.46% APR. \$49 down. 72 monthly payments - no balloon payments.



1992 DODGE D-150 1/2-TON P.U.
Stock #T181, T188 & T246. Deluxe cloth, 5 speed manual trans, 3.9 magnum V-6, sliding rear window, body side molding.

ONLY \$9988 OR
\$49 down \$199⁸⁹ mo.

*Sale Price \$9,988 plus tax and title. Units subject to prior sale o.a.c. Tax, title and freight are included in the monthly payment. 11.14% APR. \$49 down. 72 monthly payments - no balloon payments.



1992 DODGE PW. RAM 50 4x4 P.U.
Stock #T135, 2.4 MPI, 5 speed transmission, auto locking hubs, full size spare, double wall steel bed.

ONLY \$10088 OR
\$49 down \$199⁰⁰ mo.

*Sale Price \$10,088 plus tax and title. Units subject to prior sale o.a.c. Tax, title and freight are included in the monthly payment. 10.60% APR. \$49 down. 72 monthly payments - no balloon payments.



1992 PLYMOUTH COLT VISTA
Stock #V-41. 1.8 MPI, 16 valve 4 cylinder, 5 speed transmission, cloth seats, Customer Preferred Group 21B.

ONLY \$10688 OR
\$49 down \$209⁰⁰ mo.

*Sale Price \$10,688 plus tax and title. Units subject to prior sale o.a.c. Tax, title and freight are included in the monthly payment. 10.27% APR. \$49 down. 72 monthly payments - no balloon payments.



1992 PLYMOUTH LASER
Stock #P1-15. 1.8 MPI, 5 speed transmission, cloth seats, AM/FM cassette, Customer Preferred Group 21B.

ONLY \$10688 OR
\$49 down \$209⁰⁰ mo.

*Sale Price \$10,688 plus tax and title. Units subject to prior sale o.a.c. Tax, title and freight are included in the monthly payment. 10.27% APR. \$49 down. 72 monthly payments - no balloon payments.



1992 SUZUKI SIDEKICK 4x4
4 DOOR. Stock #5S1-233. Cloth seats, 5 speed, 1.6, 16 valve, fuel injected, AM/FM cassette, power mirrors, full size spare.

ONLY \$10888 OR
\$49 down \$219⁰⁰ mo.

*Sale Price \$10,888 plus tax and title. Units subject to prior sale o.a.c. Tax, title and freight are included in the monthly payment. 11.32% APR. \$49 down. 72 monthly payments - no balloon payments.



1992 DODGE DAKOTA 4x2 CLUB CAB
Stock #T-168, T-174, T-206 & T-248. Deluxe cloth interior, 5 speed manual transmission, Sport Advantage Pack 23B.

ONLY \$10988 OR
\$49 down \$219⁹⁵ mo.

*Sale Price \$10,988 plus tax and title. Units subject to prior sale o.a.c. Tax, title and freight are included in the monthly payment. 11.34% APR. \$49 down. 72 monthly payments - no balloon payments.



1992 JEEP WRANGLER 4x4
Stock #2WR-89. 2.5 EFI, 4 cylinder, 5 speed transmission, djiff top, power steering, real seat.

ONLY \$11388 OR
\$49 down \$229⁰⁰ mo.

*Sale Price \$11,388 plus tax and title. Units subject to prior sale o.a.c. Tax, title and freight are included in the monthly payment. 11.30% APR. \$49 down. 72 monthly payments - no balloon payments.



1992 DODGE DAYTONA ES
Stock #2D-51. 2.5 4 cylinder, EFI, ES decor pkg, sun lover, air, defroster, floor mats, power locks & mirrors, AM/FM cassette.

ONLY \$11988 OR
\$49 down \$239⁰⁰ mo.

*Sale Price \$11,988 plus tax and title. Units subject to prior sale o.a.c. Tax, title and freight are included in the monthly payment. 10.98% APR. \$49 down. 72 monthly payments - no balloon payments.



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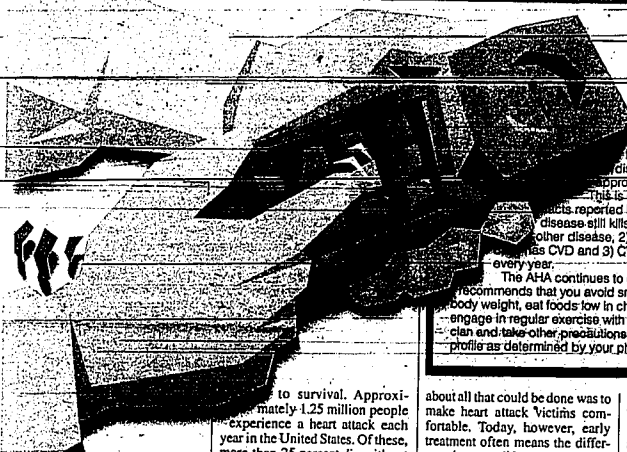
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HEALTH SCENE

Journal of Good Health & Good Health Care



Heart attack signs? Act!

Call out or phone for help—but act!

"A heart attack can strike anyone, anywhere, anytime," the American Heart Association warns. Early treatment is the key

to survival. Approximately 1.25 million people experience a heart attack each year in the United States. Of these, more than 25 percent die without reaching a medical facility. Americans, it seems, are prone to procrastinate. Some people, for example, waste precious time worrying about the embarrassment or cost of an ambulance ride and hospital visit should chest pain prove to be something as simple as indigestion.

But when a heart attack occurs, it's not a good time to deny the symptoms or attribute them to something else. Here are the warning signals of a heart attack as described by the heart association:
■ Uncomfortable pressure, fullness, squeezing or pain in the center of the chest lasting for two minutes or longer.
■ Pain spreading to the shoulders, neck or arms.
■ Severe pain, light-headedness, fainting, sweating, nausea or shortness of breath.

A heart attack can occur without all of these symptoms being present. If you experience some of these warning signs, call for help immediately.

Time is precious

Taking a walk-and-see attitude toward chest pain might have been appropriate 30 years ago, when

about all that could be done was to make heart attack victims comfortable. Today, however, early treatment often means the difference between life and death.

Take a CPR class. Call 737-2007.

One of the most exciting treatments available is thrombolytic therapy—a way to reduce the chances of death from heart attack by intravenously injecting a drug that dissolves the clots responsible for heart attack. As the blockage dissolves, blood flow is restored to oxygen-starved portions of heart muscle. Often, extensive damage can be avoided.

The 1991 Proceedings of the National Heart, Lung and Blood Institute Symposium reported favorably on thrombolytic therapy—if given in time. One study (GISSI-1) reported 47 percent reduction in mortality when therapy was given within one hour of symptoms. Another study (ISIS-2) reported 60 percent reduction. Both studies have been published in the British medical journal *The Lancet*.

Chest pain must be treated as a medical emergency. It requires rapid

Good news...

The American Heart Association reports that from 1987 to 1989 the age-adjusted death rate from cardiovascular disease—which includes heart attack, stroke and related disorders—has been cut by approximately 30 percent.

This is good news in the light of three statistics reported by the AHA: 1) cardiovascular disease still kills more Americans than any other disease, 2) one out of every four Americans has CVD and 3) CVD costs the nation \$100 billion every year.

The AHA continues to emphasize prevention and recommends that you avoid smoking, maintain a desirable body weight, eat foods low in cholesterol and saturated fats, engage in regular exercise with the consultation of your physician and take other precautions indicated by your CVD risk profile as determined by your physician.

analysis, decision and treatment. Time is precious—from recognition of the symptoms to diagnosis and treatment at the hospital.

Family plays crucial role

The majority of individuals experience heart attack at home and in the presence of one or more family members, who can help to shorten delays in seeking medical care if they also understand the symptoms of a heart attack.

If a member of your family has a history of cardiovascular disease—such as myocardial infarction, congestive heart failure, angina or hypertension—experts recommend that an explicit plan be made about when and how to access health care if a cardiac event occurs. This plan may include the number of nitroglycerin tablets to take, if prescribed, before seeking further help. The family physician may also recommend aspirin to reduce chance of further clotting, in coronary arteries.

If the person becomes unconscious, cardiopulmonary resuscitation, or CPR, can help keep him alive until emergency personnel arrive. Many emergency medical crews come equipped with life-saving drugs and defibrillation equipment.

The point is, know in advance what steps to take—and when and whom to call for help. Then act!

How Healthwise Are You?

- An effective way to cut chances of death from heart attack is to dissolve the blood responsible for it.
 - True
 - False
- Never give your child aspirin unless the doctor prescribes it.
 - True
 - False
- The proper way to lift a heavy object is to bend at your
 - Waist
 - Knees
- Prenatal care should begin during the
 - first trimester of pregnancy.
 - Second
 - Third
- Gestational diabetes occurs only during
 - first trimester
 - second
 - third
- More than
 - one-third of Americans suffer a heart attack every day.
 - 1,000
 - 2,000

ANSWERS:
1. a. True
2. a. True
3. b. Knees
4. a. First
5. c. Third
6. a. 1,000

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- Heart pain 7

HEALTH UPDATES



Linda Barnes, R.N.



Bev Heltz, L.P.N.



Julia Vera, R.N.



Kelly Edwards, R.N.



Susan Bradley, R.N.



Barb Madden, R.N.

Nurses comment on nursing in story below.

MVRMC's clinical practice model improves nursing

MVRMC has implemented a nursing clinical practice model (CPM) to provide a framework for the delivery of professional nursing services. The intent is to give the customer (patient) expert, holistic, individualized, planned care and to offer nurses joy in their work.

Following are some comments about the CPM and its impact on nursing from the nurse's viewpoint:

"The CPM provides the framework to look at each patient as unique and individual, to identify and plan quality care using autonomous decision making, to develop accountability with other practitioners, and to find joy and satisfaction in work through shared governance."

—Linda Barnes, R.N.
Nursing Administration

"It's great! It will give us continuity of care and we'll be doing more of what the patient needs."

—Bev Heltz, L.P.N.
Medical Floor

"I'm excited to have the CPM. I feel it gives us the tools to do holistic nursing and to enrich our profession."

—Julia Vera, R.N.
Pediatric Unit

"I feel the model enhances the nursing care and gives us the opportunity to meet needs that were sometimes overlooked."

—Kelly Edwards, R.N.
OB Unit

"I've been in nursing for a long time, and it's like coming home, doing what I was trained to do 25 years ago—taking care of the whole patient."

—Susan Bradley, R.N.
Pediatric Unit

"My favorite definition of 'nurse' has always been 'patient advocate.' I think the CPM will enhance and integrate nurses' skills, theory, practice and caring to help make each of us the best patient advocate we can be! I am proud to be part of MVRMC, where progressive ideas such as the CPM create an atmosphere of professional excellence."

—Barb Madden, R.N.
Surgical Floor

Talking phone book provides health tips

MVRMC encourages you to use a new service we provide to help you find easy access to health information. "Health to You," part of the Frontier telephone directory distributed in the Magic Valley, makes it possible for you to find informative health tips just by dialing your phone.

"Health to You" is not intended for self-diagnosis, nor should it be considered a substitute for professional medical care.

Located at the front of the "talking phone book," the MVRMC section includes topics such as cancer, diabetes and the heart, plus information of specific interest to seniors, women and children. When you dial the number listed, you will hear accurate, current information about that topic. We also list phone numbers to reach offices at our medical center; should you have further questions.

Remember, "Health to You" is not intended for self-diagnosis, nor should it be considered a substitute for professional medical care; its purpose is to increase awareness and knowledge of health issues.

Give this service a try and let us know if it fits your needs by calling Community Relations at 737-2167.

HEALTH CLIPS

Fifteen million young people are at high risk of heart attack. If even one parent has a blood cholesterol concentration of 240 milligrams per deciliter or higher, the child runs a high risk of heart attack before age 30, according to experts with the National Cholesterol Education Program. The same is true if one of the child's parents or grandparents developed coronary artery disease before age 55. Headed by pediatrician Ronald M. Lauer, M.D., of the University of Iowa, the NCEP panel estimates that nearly 15 million young people—almost one of every four children and teenagers in the United States—may be at high risk of heart attack. The panel recommends a blood cholesterol test for anyone in this high-risk category. If your child is 10 or older and a cholesterol test places him in the very high-risk category, a physician may prescribe cholesterol-reducing drug therapy.

Oats are back! Eating oatmeal or oat bran does lower cholesterol levels, according to a study headed by Michael H. Davidson, M.D., of the Rush-Presbyterian-St. Luke's Medical Center in Chicago. The study, published in the *Journal of the American Medical Association*, found that the more you eat of the low-fat cholesterol—with protein, within limits and up to a point—



One proviso is that you already have to be eating a low-fat diet. One limit is that the hypocholesterolemic—blood cholesterol lowering—activity is not great. And the point beyond which the coveted activity seems to stop is 2 ounces—that is, you get some cholesterol reduction from eating the first ounce of oatmeal, more from the second, but little if any from the third.

Test may reveal new risk factor for heart attack. Each day heart attack strikes more than 2,000 Americans who had not previously exhibited any of the known risk factors, such as high cholesterol levels, high blood pressure, smoking or obesity. Now, a test of blood and urine may reveal a new risk factor—high blood renin activity. Renin is an enzyme that begins a chemical chain reaction, ending in higher blood pressure. Developed by Jean-E. Sealey, D.Sc., of Cornell University Medical College, the test was used in an eight-year study of 17,747 New York City workers with mild to moderate high blood pressure. The study, published in the *New England Journal of Medicine*, found that patients with "high renin" suffered twice as many heart attacks as "normal-renin" patients and three times as many as "low-renin" patients.



Health and financial issues are the major concerns of people over 65, the fastest growing age group in the country, according to the Consumer Information Center.



A new booklet, *Health Care and Finances: A Guide for Adult Children and Their Parents*, covers such issues as insurance, Medicare, Medicaid, long-term care, wills and annuities. For a copy, send your name, address and 50 cents to: Health Care and Finances, Consumer Information Center, Department 441X, Pueblo, CO 81009.

Be even more valuable to your employer

Ask not what your company can do for you—at least in terms of your health—ask rather what you can do for yourself.

When you do something for your health, you also do it for your company and your boss. That is the viewpoint of a growing number of companies as stated in a recent report, *Building a Healthier Company*, prepared by the American Association of Fitness Directors in Business and Industry, the President's Council on Physical Fitness and Sports, the Blue Shield Association and the Blue Cross Association.

More and more bosses are realizing that healthy employees:

- Get more out of their personal and business lives.
 - Enjoy life more.
 - Have a better attitude toward work and play.
 - Have a happier home life.
 - Have less illness and fewer accidents.
 - Miss fewer days of work.
 - Enjoy their work more.
 - Cope with stress better.
 - Take care of themselves.
- By following good health habits, getting enough rest, exercising and eating the right amounts of

the right foods, employees do better.

The report cited a study of male NASA employees aged 35 to 55.

Two hundred and fifty-nine of these men exercised three times each week for one year.

Half reported better job performance. Almost all felt generally better. Eighty-nine percent found their stamina improved. Forty percent slept more soundly. Sixty percent lost weight. Many cut down smoking or quit. Half paid more attention to what they were eating.

In another study, 847 New York state employees who engaged in a

five-year exercise program enjoyed reduced disease risk factors, health problems and absenteeism.

The best part is that you don't

have to wait for your company to initiate a health improvement program. You already have options. Look around your community to see what programs, classes or support groups are available. Some examples are those dealing with smoking cessation, low-impact aerobics, stress management, weight loss, nutrition and cholesterol, alcohol and drugs, massage therapy, sleeping disorders and assertiveness training.

MVRMC FOUNDATION

1991 Recognition Dinner held

The MVRMC Foundation recognized several donors at its Annual Recognition Dinner held recently at the hospital. The annual dinner is to acknowledge the many donors who have assisted the Foundation during the year.

Florence Romans, of Twin Falls, once again was the "Foundation-Supporter-of-the-Year," having provided the greatest number of gifts during 1991. A dedicated employee of MVRMC, Romans is a frequent visitor to the Foundation office, giving memorial gifts in honor of relatives, friends and hospital acquaintances. She tied for this same award in 1990. Thank you, Florence, for your support of the Foundation and the hospital!

The "Volunteer of the Year"

award was a difficult choice this year due to the extraordinary gifts of time and energy given to the Foundation by both a Festival of Trees Committee and by an individual. Therefore, the "Volunteer of the Year" award was given jointly to both the 1991 Festival Underwriting Committee and to John W. Roper, Chairman of the Foundation Membership Committee.

The Festival Underwriting Committee was chaired by Gregory J. Kadlec, M.D., who was instrumental in making this year's Festival the most successful yet. Dr. Kadlec was able to triple the budgeted amount of financial underwriting for the Festival, while Underwriting team members Judy Kadlec and Marcy Kern gathered

commitments from throughout the Magic Valley for a strong showing of trees and wreaths at last December's Festival.

Roper led a campaign to raise funds for the Southern Idaho Regional Cancer Center by enlisting donors to support the Cancer Center's Wall of Honor and raising approximately \$40,000 over a three-week period.

Volunteer efforts on behalf of the MVRMC Foundation, such as those shown by Roper and the 1991 Festival Underwriting Committee, are genuinely appreciated. Their efforts will be reflected in the greater financial support the Foundation will be able to provide the hospital's health care programs, and thus the Magic Valley community.

Foundation receives grants

The MVRMC Foundation was the recipient of several generous grants during the first quarter of 1992. The grants and the donors were as follows:

■ \$500 was received from The Amalgamated Sugar Co. on behalf of their employees, and was given as a general support grant for the Magic Valley Regional Medical Center and its programs.
■ \$1,767.23 was received from the Twentieth Century Club to support capital needs of the Canyon Villa Housing Project. The housing project is a five-unit apartment complex close to the hospital, that is utilized by cancer patients

and their families while undergoing outpatient treatment at the Southern Idaho Regional Cancer Center.

■ \$10,000 was received from the Olive Smith Browning Charitable Trust for support of the Nursing Continuing Education Endowment. Only the interest from endowment gifts is used for the designated program. The original gift remains untouched so that it may generate earnings, thereby benefiting programs long into the future.

■ \$3,820.07 was received from the MVRMC Auxiliary in support of the 1991-Festival-of-Trees. The

Auxiliary operated both the Festival Dell and a raffle to raise the funds. Proceeds from the 1991 Festival are designated for the 12 area Quick Response Units and for the Southern Idaho Regional Cancer Center.

The MVRMC Foundation is appreciative of all of these donors who help make possible the continuation of the Foundation's efforts to support MVRMC's health care programs.

For further information concerning the various programs supported by the MVRMC Foundation, please contact the Foundation office at 737-2480.

FOUNDATION NEWS

Estate planning questions?

Do you wish you knew more about making or changing your will, or what the procedure is for setting up a trust? Then make plans to attend the Foundation's Estate Planning Seminar on Wednesday, April 29, at the MVRMC Second-Floor Conference Room.

The use of wills and trusts, living wills and probate procedures will be discussed by speakers Jeff Rolig, an attorney with Hepworth, Nungester and Lezamis, and Peter Toti, the Twin Falls Manager of West One Bank Trust Department.

A question-and-answer session will also be held to allow individuals to ask questions particular to their own situations. There is no charge for the seminar, which will be held from 2 to 4 p.m., but seating is limited. Please call 737-2480 if you would like to attend.

Foundation assets top \$1 million

The MVRMC Foundation has reached a milestone in its short history by surpassing the \$1 million mark in total assets.

The Foundation also reported that a total of \$430,905 was raised from all sources in 1991. A total of \$172,181 was expended in support of medical equipment purchases and health care programs. An additional \$101,574 was added to investments. The Foundation wishes to thank all of the supporters and donors who have made the past year a successful one!

For additional information or questions concerning the Magic Valley Regional Medical Center Foundation, please contact MVRMC Foundation Director Larry Baxter, 737-2480.

Giving through memorials

We all know someone special—someone we have admired, respected and loved. Relationships like these are priceless, and honoring the people who make them possible can be especially gratifying.

People in all walks of life have found in charitable gifts a special way to commemorate a loved one. By giving in memory of others, you fund a cause in which you believe, while creating a thoughtful remembrance.

A memorial gift lives in many ways. Through services and programs that benefit others, memorials enrich the lives of the countless people who are served by such gifts.

People who give for memorials are not necessarily wealthy by most standards. Most cannot afford to part with large amounts of money or other property, which may be needed to support themselves and their families.

But many are pleased to find they can still give substantially. There are a variety of ways to create a lasting memorial without jeopardizing either income or security.

For example, you may give a home or farm, and enjoy the use and earnings of the property for life. At death, the property is used to create a lasting remembrance in honor of a friend or loved one.

Bequests can be designed to provide lifetime income for a survivor or temporary support for a child, grandchild or other family member. Then, a gift is received by the institution in memory or in honor of that person.



Auxiliary President Virginia Becker is shown presenting Foundation Director Larry Baxter with a check for \$3,820.



The MVRMC Foundation recently received a grant from the Twentieth Century Club in support of the Canyon Villa Housing Project. Larry Baxter, Foundation Director, is shown receiving a check from 20th Century members (from left) Carmá Smith, Lucille Jacobson, Judy Squire and Norma Prestidge.

New Board members and officers elected

Six new Board members have joined the Magic Valley Regional Medical Center Foundation Board of Trustees. The new members are Wilma Eaton; Sue Summers; John McCain, M.D.; Lance Closs; Carl Stones, M.D.; and Charles Watt, all of Twin Falls. Three other individuals were re-elected to the Board for additional terms. They are Earl Haroldsen, John W. Roper and Robert Seibel. Gordon Cleggmann also joined the Foundation

Board in November 1991. All new board members will serve three-year terms of office and will join the Foundation Board in providing direction for the Foundation's fund-raising efforts in support of the medical center.

During the Foundation's annual meeting held Feb. 12, the following new officers were elected to the Foundation's Board of Directors:

President: Russell Kvanvig

Vice President: Ben Katz, M.D.
Treasurer: Earl Haroldsen
Secretary: Paul Reynolds
Members at large: John Roper, Gordon Glasmann and James Spafford, M.D.

Appreciation was extended to outgoing President Elaine Phillips, as well as to outgoing Board members Patricia Fisher and John Bingham. All three individuals have served on the Foundation Board since at least 1986.

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MAGIC VALLEY REGIONAL MEDICAL CENTER



'Hello, Doctor, I think I'm pregnant!'

Without prenatal care, your
low-risk pregnancy could turn
out decidedly high-risk

First she called her parents. Then, still giddy, she dialed her mother-in-law, sister-in-law, two grandmothers, four uncles and six cousins. Next she rang nine of her four college roommates—women she had not seen in a decade.

In a little less than four hours, the normally reserved Kathleen Hanson spoke to 49 people in 19 states. "I went from 'A' to 'Z' in my address book," she confesses. "I wanted the entire world to know that I was pregnant."

The 34-year-old mom-to-be, however, had yet to place the call most vital to her and her baby's well-being—the one to her physician to arrange for prenatal care.

"Scheduling regular doctor's appointments throughout pregnancy is arguably the most crucial step you can take to protect the health of you and your developing baby," says Michael Socol, M.D., associate professor of obstetrics and gynecology at Northwestern University.

In fact, without professional care even a low-risk pregnancy can become a high-risk pregnancy. Consider the following advantages of regular prenatal care:

Normal birth weight. Women who do not obtain prenatal care are three times as apt to deliver dangerously underweight babies as those who begin care during the first trimester, the National Commission to Prevent Infant Mortality reports. And babies who weigh less than 5.5 pounds at birth are 40 times as likely to die in the first month of life as babies who weigh more than 5.5 pounds.

Close monitoring. The 12 to 14 doctor's visits that good prenatal care generally entails allow physicians to closely monitor maternal and fetal health and to intervene quickly if problems arise.

Two-way communication. Prenatal checkups enable health care professionals to provide personalized counseling on nutrition, smoking, alcohol and other drug use during pregnancy. Without this guidance, pregnant women may inadvertently expose their infants to numerous risks, from unsafe drugs and medications to protein-deficient diets.

The sooner the first prenatal visit takes place, the better. "It is during the first stages of fetal growth that a baby's brain and vital organs are formed. To safeguard your baby during this most vulnerable time, visit your doctor as soon as you suspect you have conceived," says Yvonne Thornton, M.D., associate professor of obstetrics and gynecology at Cornell University.

"This advice is crucial even if you've already had a worry-free pregnancy. 'Never assume that because you've had one smooth ride, you'll have another,'" cautions Northwestern University's Dr. Socol. "That is dangerous, faulty thinking. No two pregnancies are ever identical."

Not is their medical management. Your treatment will vary depending on whether a chronic health problem, such as diabetes, or an unforeseen complication, such as heavy bleeding, makes your pregnancy high-risk.

Even if your pregnancy is blissfully uneventful, you can still count on these common denominators:

A comprehensive first visit. During your first visit, you will be meticulously examined. An internal exam will help confirm your pregnancy. Expect a complete physical to uncover any potentially symptomless diseases that could jeopardize the health of you and your baby. A battery of tests will determine your blood type, screen your urine for the warning signs of diabetes, evaluate your risk of cervical cancer, and check for infection and high blood pressure.

Your doctor will also calculate your due date—your bonus for submitting to numerous tests. Remember, however, that this is only a well-informed guess.

Nutritional protection. Your doctor may prescribe a daily vitamin supplement—a dietary "safety net"—to ensure that you and Baby both get all the nutrients needed. Under no circumstance, however, is your prenatal vitamin a substitute for eating well.

More visits as you approach D-day. In all likelihood, expect to see your doctor monthly until your 28th week of pregnancy. Then your schedule will probably switch to two visits monthly until the last month, when weekly visits are the norm. Increasingly frequent appointments will allow your doctor to detect possible problems, such as a breech presentation, right up to the moment of delivery.

Counseling on safe weight gain. At every visit, you will step on your doctor's scales. If you gain too

much weight, you run a slight risk of developing gestational diabetes, a form of diabetes that attacks only pregnant women. If you don't gain enough weight, you run the risk of giving birth to a premature or seriously underweight infant.

For optimal results, aim for a gradual increase of between 25 and 35 pounds if you are of normal weight at the start of your pregnancy. Women who are underweight should strive for a gain of 28 to 40 pounds, according to the American College of Obstetricians and Gynecologists. Overweight women should restrict their gain to roughly 15 to 20 pounds.

Help on the homestretch. During the last three to four weeks, your doctor will determine your baby's position. At this stage, most babies have settled into a head-down position—the correct position for birth.

To make the most of each visit, never hesitate to question your doctor about any aspect of your pregnancy. When will you feel the first flutter of fetal movement? Why does morning sickness frequently persist for the entire day?

Effective prenatal care involves much more than simply showing up at your doctor's office to hear your baby's heartbeat," says David Nagay, M.D., Ph.D., associate professor of obstetrics and gynecology at the University of Maryland School of Medicine. "It involves active, two-way communication between patient and practitioner."

Equally essential: effective care hinges on every woman's willingness to protect the tiny human being developing inside of her. Says Dr. Nagay, "To reduce her risk of delivering a premature, underweight infant, the pregnant woman who smokes must stop." Similarly, for the entire nine months of her pregnancy, she should avoid alcohol and any other drug—including over-the-counter drugs—not prescribed by her physician. And she must, of course, make every calorie count.

And what about Kathleen Hanson, the mom-to-be who wanted the whole world to know she was pregnant?

She was indeed savvy enough to make the vital call. In fact, just two weeks after her first missed period, she was at her doctor's office being examined and congratulated and leaving behind her obligatory urine sample.

Months later, right on time, weighing in at 8 pounds, 7 ounces, her reward, a healthy son, greeted the world with a mighty cry.

Baby Your Baby

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Some symptoms may signal an emergency

1. Excessive fatigue and sudden food cravings are symptoms that go with the territory of being pregnant. Certain other symptoms, however, are not routine and warrant a prompt call to your physician. According to a national sampling of obstetricians, these include the following:

Bleeding—particularly if it's heavy or coupled with abdominal or back pain; bleeding and cramping early in pregnancy may signal a miscarriage.

Sudden gush of fluid from the vagina. This indicates that the amniotic sac has ruptured.

Absence of symptoms normal to pregnancy. You are no longer tired; your breasts stop hurting; your nausea suddenly disappears.

Absence of fetal movements for 24 hours or more from the sixth month on.

Severe pain in the lower abdomen, frequently beginning on one side, during early pregnancy. This

is the classic indication of an ectopic pregnancy—where the baby develops outside the uterus. Such a pregnancy can threaten your life.

Rapid weight gain of more than 2 pounds that is not tied to excessive eating, severe swelling, especially of the hands and face; blurred vision; or any headache that persists for two to three hours.

Each of these symptoms may signal preeclampsia—pregnancy-induced high blood pressure.

In addition, from the fourth month on, be aware of the warning signs of preterm labor. These include any sensations between the knees and chest—such as menstrual-like cramps or lower back pain—that last for 30 seconds to two minutes and occur four or more times in one hour. If you experience them, lie down on your side and drink four or five glasses of water. If the symptoms do not subside in a half-hour, call your physician.

These steps help to monitor the health of your pregnancy

To monitor Mother's and Baby's health, physicians frequently recommend a wide array of prenatal tests. Among them:

Urinalysis. This test screens your urine for three things that should not be present: bacteria, protein and sugar. Bacteria can signal the presence of a urinary tract infection, which, left untreated, can progress to a serious kidney infection. Protein is another warning sign of possible UTI and of abnormal kidney function. And sugar in the urine can warn your doctor that you may have diabetes.

Hemoglobin screening for anemia. This simple blood test will determine if you have adequate stores of iron. While all moms-to-be are

vulnerable to iron-deficiency anemia, those who have had several babies in quick succession are especially susceptible.

Rubella immunity. Blood drawn from your arm during your first prenatal visit will be analyzed to determine if you have immunity to rubella, the medical term for German measles. A pregnant woman who contracts rubella may deliver a baby born with serious birth defects, including deafness and mental retardation.

Vaginal culture. Your doctor will use this culture to be certain that you are not infected with gonorrhea. If you are, you will be promptly treated with antibiotics to protect your baby from the risk of a serious eye infection.

Hepatitis screening. This blood test will determine if you are a silent carrier of hepatitis who might unwittingly pass on the disease to your baby during delivery.

Ultrasound. This screening test uses sound waves to produce a picture of your fetus. Your doctor may order ultrasound for a host of reasons. For instance, it may be used to verify your due date, to determine the sex of the fetus, to detect the presence of more than one fetus, to verify a breech presentation or to determine the causes of bleeding early in pregnancy.

Glucose screening. Sometime near your 28th week of pregnancy, expect to undergo a glucose toler-

ance test. Its purpose: to detect gestational diabetes. Roughly 9 percent of all pregnant women who were not previously diabetic will fall prey to this condition, which usually disappears after delivery.

Alpha-fetoprotein screening. This relatively new blood test measures alpha-fetoprotein, a substance produced by a fetus. Elevated levels of this protein in your blood may indicate that your baby suffers from a deformity of the spinal column or abdominal wall. Abnormally low levels of AFP may mean that your baby faces an increased risk of Down's syndrome.

Sources: The American College of Obstetricians and Gynecologists; March of Dimes Birth Defects Foundation

BACK CARE

Try getting your back in shape

Disabling, expensive back pain strikes millions of people yearly. Here are some tactics to prevent it.

You bend over to lift a grocery bag out of the car and, igh, a sharp pain brings you to your knees. There goes your back.

An estimated 80 percent of Americans will suffer low-back pain at least once during their lives. At any given time, 31 million Americans—about one in eight—are having an episode on their hands," says Stephen Hochschuler, M.D., a spine surgeon and chairman of the Texas Back Institute in Plano, Texas, and author of *Back in Shape* (Houghton Mifflin, 1991). "Next to the common cold, back pain is the most frequent cause of absenteeism at work."

Dr. Hochschuler cites insurance industry statistics: The National Safety Council reports that the cost of each disabling back injury can be as much as \$18,000. The Bureau of Labor Statistics says lost workdays per 100 full-time workers rose from an average of 62 in 1981 to 80 in 1989.

As serious as these statistics sound, most back-pain sufferers are not incapacitated by their episodes. Often, back pain is temporary and doesn't require extensive medical care. The danger: Once you've had one bout of back pain, you're up to five times more likely to have a recurrence.

The key is to focus on prevention. Dr. Hochschuler says, "You can boost your odds of avoiding painful, disabling injury through a three-part strategy that includes these suggestions:

- Exercises to strengthen and stretch muscles that support your back.
- Aerobic exercise to build your cardiovascular endurance and promote overall conditioning.
- Attention to correct body mechanics—posture, balance, daily body movements—to minimize pressure on your back.

Back on track

The human back is an amazing, intricate blend of strength and flexibility.

While the name "backbone" implies that the spinal column is a single bone, it actually consists of 24 connected bones stacked atop

one another like checkers. Called vertebrae, these bones are separated by spongy pads called disks. Sometimes these disks break down, and the thick jellylike material inside them seeps out to press against a nerve. The result is what's commonly called a herniated or slipped disk.

While disk problems afflict millions of Americans, they're not the culprits in the vast majority of back-pain cases, Dr. Hochschuler says. More commonly, the problem is strained back muscles or ligaments.

How can simple strain cause disabling back pain?

The spine is not held in a straight line but actually curves forward in an elongated S-curve and requires an extensive network of muscles and ligaments to support it. Without this support we would collapse, says Willibald Nagler, M.D., professor of physical and rehabilitation medicine at Cornell University Medical College.

Education can reduce on-the-job injuries

Pain commonly results when back and hamstring muscles grow too tight, making them prone to strains and spasms, or when stomach muscles grow too weak and flabby, creating an imbalance that places extra stress on the back.

Firm stomach muscles are a key to a healthy back, Dr. Nagler says. Abdominal muscles help control the position of the pelvis and influence the amount of arch or sway in the low back. You also want to strengthen extensor muscles, the main lifters of the back, and various leg muscles that share lifting duties with the back.

Building stronger muscles is one-half of an exercise program; making muscles more flexible and limber is the second goal. Stretching exercises are like a lubricant for the spine, Dr. Hochschuler says. Supple, stretched muscles are less prone to strain and tear.

If you're out of shape, start slowly and gradually increase your exercise level each day. Expect some initial discomfort, but if you experience outright pain, back off.

Consult your doctor or physical therapist to make sure you're exercising correctly.

Aerobics

You can protect yourself even further by staying in good overall shape through aerobic exercise. But some sports are riskier than others and can do more harm than good. Jogging and other high-impact activities pound away at

back muscles, placing you at risk of injury.

Walking, bicycling and other low-impact activities are better choices. And swimming is one of the best choices for back-pain sufferers, says Jay Caligwa, M.D., director of the Alaska Sports Medicine Clinic in Anchorage. Water supports body weight and provides a protective cushion during exercise. The sidestroke and backstroke are easier on the back than the breaststroke or the crawl.

Whatever exercise you choose, learn proper techniques to minimize the chance of back injury. Before you begin working out, be sure to warm up with five minutes of activity to get your blood circulating through cold muscles. Stretch before and after sports activities to prevent injury and soreness.

Good habits

In addition to exercise, correct body positions and movements will help guard against injury, says Arthur White, M.D., a spine surgeon and medical director of the SpineCare Medical Group in Daly City, Calif. He offers these tips:

Lift correctly. The proper way to lift a heavy object is to bend at your knees, not at your waist, and to use the muscles in your legs to help bear the burden. Face the object and hold it close to your body as you lift.

Stand tall. Your back will benefit from good posture—head up, shoulders back, stomach and buttocks tucked in. A tight stomach tilts the pelvis and flattens the way in the back, providing support.

Avoid standing in one position for longer than a few moments. If you have to stand for prolonged periods, shift your weight from one foot to the other.

Sit pretty. Sitting puts more stress on the spine than standing. Sitting slouched is even worse.

Sit all the way back in a firm chair with a supportive back. Move your chair up close to your work. Feet should rest flat on the floor with knees slightly higher than hips.

Sleep well. Most back experts think a firm mattress is best. Some people, however, claim to get relief from back pain with a waterbed or air mattress. The least stressful position for sleeping is on your side with knees and hips pulled up.

Back pain often is a cumulative problem, Dr. Hochschuler says. While it may appear that sudden movement causes injury, the real culprit usually is years of wear and tear, lack of exercise and bad habits.

Launching preventive strategy now can help you avoid back problems later. The alternatives are not pleasant and include lost work, disabling pain and major surgery.

Exercise defeats the back blues

Stephen Hochschuler, M.D., orthopedic surgeon with the Texas Back Institute and author of *Back in Shape* (Houghton Mifflin, 1991), suggests five exercises that can help alleviate back pain.

Abdominal curl-up: Lie flat on your back. Bend knees and keep the soles of your feet flat on the floor. Put your hands behind your neck and slowly sit up, contracting your stomach muscles. Try to touch your left elbow to your right knee and vice versa—but don't worry about actually touching your knees. Your goal is to flex and strengthen muscles of the abdomen and trunk. Hold for five seconds and repeat five times to each side. Several times.



Double-knee bend: Lie on your back, legs flat on the floor.

Clasp hands behind thighs and bring both legs up toward your chest. Hold five seconds.

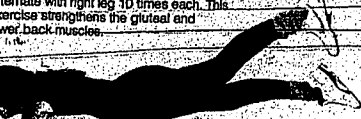
Lower legs one at a time.

Repeat five times to increase flexibility of the buttock muscles and stretch the lower back.



Hip extension: Lie flat on your stomach and raise your left leg, keeping it straight. Hold for five seconds and lower it.

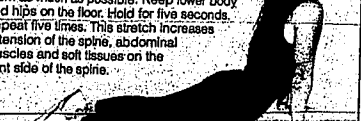
Alternate with right leg 10 times each. This exercise strengthens the gluteal and lower back muscles.



Spine extension: Begin flat on your stomach. Place your palms on the floor near your shoulders.

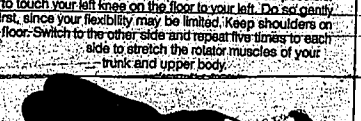
Push up with your arms, straightening them as much as possible. Keep lower body and hips on the floor. Hold for five seconds.

Repeat five times. This stretch increases extension of the spine, abdominal muscles and soft tissue on the front side of the spine.



Trunk rotator: Lie on your back with arms at four o'clock. Bend knees and bring feet up as close to your buttocks as possible.

Try to touch your left knee on the floor to your left. Do so gently at first, since your flexibility may be limited. Keep shoulders on the floor. Switch to the other side and repeat five times to each side to stretch the rotator muscles of your trunk and upper body.



School for backs

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DIABETES

Diabetes can attack the mom-to-be

Simple blood sugar test reveals gestational diabetes, a rare disease that complicates pregnancy

Just because she's pregnant the expectant mother already faces a host of extra health care concerns. Then her doctor tells her she has gestational diabetes—a form of diabetes that develops only during pregnancy.

So she finds herself paying strict attention to her diet, monitoring the level of sugar in her bloodstream and perhaps even learning to give herself daily injections of insulin—a hormone normally manufactured by the pancreas.

Body cells depend on insulin to help move glucose from sugar out of the bloodstream and into the cell, where it can be converted to energy. Diabetes develops when the body doesn't produce or falls to properly use insulin.

While nobody knows for sure what causes gestational diabetes, hormones secreted by the placenta—an organ that develops along with the baby in the uterus to establish a lifeline between mother and baby—appear to play a role. Human placental lactogen, which helps prime the breasts for feeding, and other placental hormones counter the effect of insulin.

Gestational diabetes typically does not lead to birth defects. The disease doesn't appear until long after the baby's organs are formed. But the newborn does face a number of health risks if gestational diabetes is poorly controlled.

A gestational diabetes baby can grow too large too fast during pregnancy. Extra sugar in the mother's bloodstream goes through the placenta and into the developing baby's bloodstream. When "fed" this extra glucose, a baby tends to get big and fat. If the baby gets too big, normal delivery may be difficult, and a delivery by cesarean section may be necessary.

Mothers with gestational diabetes also face an increased risk of health problems. These include pregnancy-induced high blood pressure, sometimes referred to as

toxemia or preeclampsia. Proper diagnosis and care make the difference. Monitoring blood sugar levels and injecting insulin when necessary may be challenging, but guidance from a team of health care professionals can help both Mom and Baby stay healthy.

"A lot of new information has to be mastered," says Steven G. Gabbe, M.D., a member of the American Diabetes Association's council on diabetes in pregnancy. "This is where the team approach is important."

An estimated 3 percent of all pregnant women experience gestational diabetes, according to the ADA. These women are seldom tipped off by any outward signs.

A blood sugar test, usually performed between the 24th and 28th week of pregnancy, helps a physician determine whether a woman has gestational diabetes.

Our diabetes discussion group meets monthly. Call 737-2903.

"Without identification of the problem, we can't give appropriate therapy," says Dr. Gabbe, professor and chairman of the department of obstetrics and gynecology at the Ohio State University College of Medicine.

Women at increased risk are those who have a family history of the disease and those who have already had the disease.

For the vast majority of gestational diabetes, diet control is the only treatment necessary, Dr. Gabbe says. A few women must give themselves insulin injections during pregnancy. The goal: Keep blood sugar levels near those of people who don't have diabetes.

The main problem for gestational diabetes is an above-normal



This mom-to-be takes care of herself by getting a blood test.

mal rise in blood sugar levels after meals, Dr. Gabbe says. To help combat this, gestational diabetes avoid concentrated sweets, cut back on fats and, often with the help of a dietician or nutritionist, build their meal plans around complex carbohydrates. These include high-fiber foods such as whole-grain bread, pasta and beans.

Gestational diabetes should entail regular meals. Dr. Gabbe also recommends a bedtime snack to keep blood sugar levels where they should be throughout the night.

Women with gestational diabetes must periodically check their own blood sugar using a simple self-monitoring procedure. The woman records and relays the results to her health care team. The information is used to plan and evaluate care.

Exercise can help. Low-impact activities, such as walking and swimming, can benefit any woman during pregnancy. For the gestational diabetic, exercise has the

added benefit of helping decrease blood sugar levels by making body cells more sensitive to insulin, according to the ADA.

Studying the effects of exercise on women with gestational diabetes, researchers at the University of Southern California followed two groups of women who initially required insulin injections, as well as dietary changes to control their blood sugars. One group kept using insulin, while the other group replaced insulin with exercise—riding a stationary bicycle for 45 minutes three times per week. The two groups were similar in their ability to properly control blood sugar levels.

"To be able to simplify the therapy of women with gestational diabetes is a tremendous benefit," says Raul Aral, M.D., professor of obstetrics and gynecology at the USC School of Medicine and the study's principal investigator.

The research has long-reaching implications for gestational dia-

betes. Many eventually develop type II, or non-insulin-dependent, diabetes.

"Behavior modification during pregnancy could benefit these women for the rest of their lives," Dr. Aral says. Diet and exercise are keys "to the treatment" of type II diabetes, which often strikes overweight people 40 and older.

The ADA recommends yearly blood sugar tests for women who have had gestational diabetes, with the first test no more than three months after pregnancy.

Most women with gestational diabetes can look forward to a successful pregnancy, spontaneous labor and vaginal delivery, according to the ADA. But the disease should not be taken lightly.

"The overall picture today is excellent if women get the right care, but these are still high-risk pregnancies," Dr. Gabbe says.

A variety of medical professionals can help gestational diabetes and their babies. The health care team may include a diabetes specialist such as a diabetologist or endocrinologist, a dietician, a nurse-educator to provide insight on managing diabetes, and others who join the primary physician or obstetrician.

Their efforts will be wasted, however, without help from the team's star player: Mom.

"You can have the most skilled group of health care providers, but if the patient is not motivated and does not carry out her part of the health care program, you won't succeed," Dr. Gabbe says.

And Dad can help. He can assist Mom in testing her blood sugar levels and help her learn how to inject insulin if it is prescribed. He can be active in meal planning and provide a morale boost by not eating the foods that the mother can't have.

"It's extremely important that the patient be supported, because she has a difficult regimen to follow," Dr. Gabbe says.

Birth defects 8 times more likely if mother has type I diabetes

Many women with insulin-dependent diabetes aren't in touch with their disease—or with their doctors.

That worries Gwendolyn S. Norman, B.S.N., M.P.H., and other health professionals who help guide women through diabetic pregnancies.

People with type I diabetes, which most often strikes before age 30, need daily insulin injections to allow their bodies to properly use sugar in the bloodstream for energy. This form of the disease is different from gestational diabetes, which occurs only during pregnancy, and type II, or non-insulin-dependent diabetes, which usually affects those 40 and older.

Evidence indicates that poorly

controlled blood sugar levels in pregnant women with type I diabetes can trigger birth defects, stillbirths and complications with delivery. A study by the Centers for Disease Control in Atlanta found that babies born to such mothers were eight times more likely to have major birth defects.

Norman, perinatal research nurse coordinator in the department of maternal fetal medicine at Hutzel Hospital in Detroit, surveyed 20 pregnant women with type I diabetes. More than half said they had not planned their pregnancies. While most of the women said they knew that consistently high blood sugar levels could harm their unborn children, less than half were even in the

ballpark when it came to identifying levels that would be acceptable prior to conception.

For diabetic women of child-bearing age, regular care beginning with preconception and throughout the pregnancy is essential, Norman says. "Obstetrical care and management have dramatically improved over the years. And as ways have been developed to maintain near-normal blood glucose levels in the pregnant diabetic, it is now possible for infants of diabetic mothers to be just as healthy as infants of non-diabetics," Norman says.

Excellent management of diabetes once the mother learns she is pregnant is important to avoid complications, Norman says. But

it's best to establish "tight control" prior to conception and maintain that control throughout pregnancy.

A baby's organs are formed during the first eight weeks of pregnancy, the period in which researchers link high blood sugar levels to birth defects. This is why diabetic women should seek pregnancy counseling and use an effective birth-control method until their blood sugar levels are under tight control, Norman says.

In addition to staying in tune with a team of specialists, pregnant diabetes have to take an active role in their own care, Norman says.

Changes that occur during pregnancy may make it necessary to increase the number of daily insu-

lin injections. Pregnant diabetes may also need to self-monitor blood sugar levels more often. Balancing diet and exercise are also essential.

"In the past, the diabetic woman spent a great deal of her pregnancy in the hospital for regulation of her blood sugar," Norman says. Now simple at-home blood glucose monitoring and close cooperation with physicians can help change that scenario if no other complications arise.

"Some women can now go through their entire pregnancies without being hospitalized, depending on their condition and the type of relationship they have with their health care providers," Norman says.

MAGIC VALLEY REGIONAL MEDICAL CENTER

Chaplains meet spiritual needs

Most people go to the hospital for physical healing, not for spiritual support. Yet chaplains often provide an added and welcome dimension to the care a person receives while in the hospital.

"Off-healing is to take place: the patient's physical, psychological and spiritual needs must be met," says Sr. Nora McHugh, a Sister of Mercy and head of pastoral care at St. Joseph's Hospital and Medical Center in Phoenix, Ariz. "It is the job of the chaplain to help meet spiritual needs."

Catherine Long, staff chaplain for the Harris County Hospital District in the Houston area, says that hospitalization, even for something minor, seems to raise people's consciousness of spiritual matters.

"We all have some sort of a belief system that helps us make meaning of life and death," Long explains. "When you're ill, or when someone you love is ill, that belief system is on the line." A chaplain works within that belief system to help a person get through the crisis.

"Our job isn't to preach, to convert or to judge. We help patients and their families get in touch with their own resources, whatever those resources may be."

Sr. McHugh agrees. "I'm a Catholic nun, but that does not mean I work only with Catholic patients. I work with and

respect all faith groups." The mission of the chaplain, she says, is basically quite simple: "We're all here for one reason—that's to take care of the patient and his family."

When patients or family members need spiritual support, they can ask to see their own religious leader. Or, in many hospitals, they may have the option of seeing a chaplain who works for the hospital.

Chaplains usually receive special training in clinical pastoral education in addition to schooling in theology and belief systems, although some chaplains may be laymen. Chaplains may be ordained by their faith group, and may carry some form of endorsement from a religious organization.

There are several organizations of chaplains nationwide. Some reflect the membership of a particular faith group or denomination, while others, such as the College of Chaplains, are ecumenical.

"Our job isn't to preach, to convert or to judge. We help patients and their families."

"One of our purposes is to certify competence of hospital chaplains to the public, religious communities, doctors and medical institutions can rely on



A chaplain helps the patient get in touch with his own resources.

chaplains as professional, credible members of the health care team," says Arnie Jensen, executive director of the College of Chaplains, which represents 50 faith groups and 2,300 chaplains in the United States. "Hospital chaplains not only minister to the spiritual needs of patients and family, but they also minister to staff and to the institution itself. It's often the hospital chaplain who helps an institution define its mission and convey that mission to the public," he says.

Some people are surprised

that chaplains are part of the staff in public hospitals, Long says. However, using public funds to pay for chaplains in taxpayer-funded hospitals has withstood challenges, with courts consistently ruling in favor of the chaplaincy. According to the spiritual needs of patients and their families is accepted as part of standard medical care," Long says.

"Chaplaincy in a hospital is seen by the courts in much the same way as chaplaincy in the military—it's a necessary part of taking care of people."

Pastoral care team

Our pastoral care team members are:

Marge Ashenbrenner

John McKinley Jr.

Anna Jensen

Beulah Archer

John Schaeffer

Wayne Nigh

Gerry Hill

Terry Miller

Ray Doane

Mary Kelley

Imogene Aldritt

Dale Walker

Vern Bishop

Jimmy Winkle

Ray and Bonnie

Barness

John and Becky

Spafford

Dale Finley

Art Freund

Ted Mancini

Damon Wright

Revis Turner

Ann Weld-Martin

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HEALTH SCENE

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John Blingham

Administrator

Suzanne Summers

Vice President

Community Relations/Marketing

Jeanette Lytle

Publications Editor

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Magic Valley Regional Medical Center phone directory

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Patient Information	737-2121	Women's Health & Education	737-2900
Billing Information	737-2152	Home Care Services	737-2500
Patient Registration Admissions	737-2120	Senior Connection	1-800-649-9798
Patient Rooms	737-2-Room Number	Information and Referral	737-2065
Administration	737-2100	Foundation	737-2480
Nursing Administration	737-2150	Southern Idaho Regional Cancer Center	737-2441

IPA

Velmanette

Montgomery is a New York State Senator. But before that she was a teacher, then the director of a day-care center. When its funding was threatened, Montgomery considered politics for the first time. "I wanted to make a difference in policy toward children," she said, "so I decided to get involved." Today, she is running for her fifth term.

THE WHITE HOUSE ISN'T THE ONLY OFFICE FOR GRABS THIS YEAR

Why Do You Run Office?

**A SPECIAL REPORT
BY COLIN GREER**

INSI

SUNDAY, MARCH 29, 1992

The Times-News

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Velmanette
Montgomery with
her son, William
Montgomery
Walker, now 5.

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Personality Parade

Want the facts? Opinion? Truth? Write Walter Scott, Box 5001, Grand Central Station, New York, N.Y. 10163-5001. Full name will be used unless otherwise requested. Volume of mail makes personal replies impossible.

Q What's happened to Grace Kelly's oldest child, Princess Caroline of Monaco, since the death of her husband? I heard she's been spotted running around with a new beau—a French movie star. Any truth to the rumor?—Vandee Grisham, Sarasota, Fla.

A Caroline, 35, lived in virtual seclusion for a year after the death of her husband, Italian businessman Stefano Casiraghi, in a boat-racing accident in 1990. She cropped her hair, lost weight and spent more time with her three children—Andrea, 7, Charlotte, 5, and Pierre, 4. Caroline's much-noticed friendship with French actor Vincent Lindon, 29, actually began before her husband's death—although friends insisted at the time that it was merely platonic. Now that the princess has emerged from mourning, however, insiders say her relationship with Lindon is picking up a royal head of steam.



James Spader with wife, Victoria: No more spoiled yuppies

Q James Spader is one of our most underrated actors. Can you tell me about his personal life and how he got started?—M.U., Columbus, Miss.

A A prep-school dropout, James Spader left his native Boston for New York City, where he loaded railroad cars and did other odd jobs while performing with the Actors Studio, Marion Brando's old alma mater. Spader made his screen debut at age 21 in "Endless Love," went on to appear in "Pretty in Pink" and "Wall Street" but didn't break out of his image as a spoiled yuppie until the film "sex, lies and videotape." Now 32 and living in Los Angeles, Spader has been married to the former Victoria Kheel since 1987. They have a son, Sebastian, 2.

Q Do all fetuses share the mother's blood supply, or is it only Magic Johnson's wife, Cookie, and her fetus? Was I taught wrong, or did you goof in your answer printed on Jan. 26, about the chances that Magic's unborn child could also be infected with AIDS?—Bela K. Berry, Charleston, W.Va.

A Mother and fetus, as you were taught, do not "share a blood supply"—but, according to Dr. James Nachman of the American Society of Pediatric Hematology/Oncology, nutrients and oxygen from the maternal blood pass by diffusion into the fetal bloodstream in the placenta. "There is a mixing of nutrients, viruses, even cancer cells from the mother's blood and that of the fetus," he explains. "Therefore, the AIDS virus can pass from mother to fetus. If the mother is HIV-positive, there is a 20% to 30% chance the child will become infected."

Q I realize many rock stars of my youth are reaching middle age, but I was told Bonnie Raitt just turned 60. I say that's wrong by at least 15 years. So who's right?—Kevin Chapman, St. Louis, Mo.

A You are, Ms. Raitt, who recently won three Grammy awards, is a youthful-looking 42.



Bonnie beams at Grammys

Q Whatever happened to Lawrence Welk and his band? And how about Guy and Raina, who were part of his television family and always seemed like such a devoted couple?—H.P., Pilot Grove, Mo.

A Lawrence Welk, 89, laid down his baion 10 years ago and now owns a \$100 million real-estate and resort empire in Southern California, catering to the same senior citizens who once swayed to his champagne music. According to a spokesman, Welk plays a bit of golf and spends time with his 10 grandchildren and one great-granddaughter. The moralistic bandleader, who once fired a female performer for "showing too much knee," would no doubt disapprove of Guy and Raina. They divorced five years ago. Incidentally, he has no comment on the controversial Welk museum in his native North Dakota, whose federal funding was blasted by President Bush as an example of pork-barrel excesses.



Guy and Raina with Welk on old TV show: He'd disapprove



Caroline with Stefano in 1990 and French beau, Vincent (r)

Q Mike Tyson's rape conviction surely will go down in the record books as the most costly jury verdict in sports history, since it costed the expected \$100 million match between Tyson and champ Evander Holyfield. With so few ranked contenders left in the heavyweight division, what's Holyfield going to do next?—T. McCarthy, Chicago, Ill.

A Evander Holyfield, 29, has chosen to defend his title on June 19 against ex-champ Larry Holmes, now on the comeback trail. At 42, however, Holmes is more of a geriatric curiosity than a pugilistic threat to Holyfield, and no one expects Leaden Larry to draw his big gate as Iron Mike.

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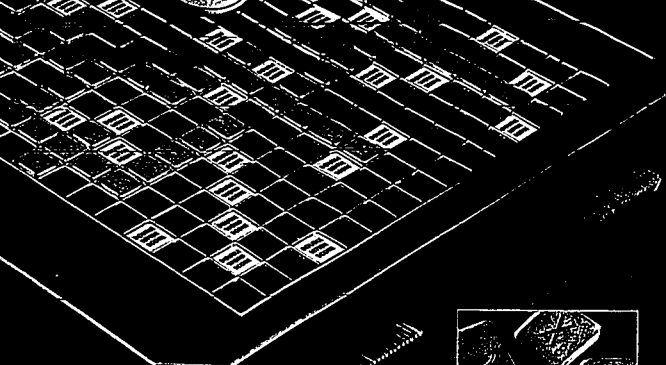
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Hundreds of opportunities exist, from coast to coast, for those willing to throw their hats into the ring

Why You Should Run Too

BY COLIN GREER

WHAT DO A PLUMBER, A NURSE, a teacher and a lawyer have in common? Lynn Taborsak, Anne Rudin, Velmanette Montgomery and Bob Long are all "ordinary" citizens—just like your neighbors, friends, parents and co-workers—who ran for public office and won.

Statistics show that more and more Americans are disillusioned with the political process. (Only 50.1 percent of those eligible voted in the 1988 Presidential election.) The feeling that "Nobody cares" quickly turns into "Why bother?"

Fortunately, there has been another kind of response from citizens who care about their communities. These people are saying: "If you don't like what the politicians are doing, run for office yourself." And they have.

How they got started. "I was represented for 10 years by someone who didn't represent me very well," says Lynn Taborsak, 48. "And if he didn't represent me very well, then there was a great likelihood he didn't represent my neighbors very well either. I had to run. You either stop complaining or you run for office—I couldn't stop complaining."

Taborsak—a wife, mother and journeyman plumber—ran in the Connecticut State Representative primary in 1984 and defeated a five-term incumbent endorsed by the Democratic Party: "This isn't an aristocracy," says Taborsak, who now represents 20,000 people in her district. "It's still very much a process open to people who have ideas and work hard and can reach people."

Anne Rudin is very articulate, and you realize she has clear ideas about things. "I was interested in political events," says Rudin, who made a decision to become a nurse in the eighth grade, "but I was not a participant: I was too busy with my studies and my job. I also lived in a city where citizen involvement was not easy. The system didn't seem open to me."

Rudin, now 68, went on to teach nursing at Temple University in Philadelphia. When she and her husband, a psychiatrist, moved to California, she continued teaching until the birth of her first child. "I didn't have an economic need to work," she explains, "so I stayed home and took care of the children. That's when I got involved in the community." Her community work led her to the League of Women Voters in 1953. "I wanted to see women's



AMY MCGOON

Was represented for 10 years by someone who didn't represent me very well," says Lynn Taborsak—a wife, mother, journeyman plumber and, since 1985, a State Representative from Danbury, Conn. "I had to run. You either stop complaining or you run for office. I couldn't stop complaining."

names on ballots," she recalls. "But I thought running was somebody else's job. It came as a shock when somebody suggested me. It had never crossed my mind."

Rudin ran for the Sacramento City Council in 1971 against two incumbents. She beat one in the primary and the other in a runoff election, becoming the first woman to sit on the City Council since

the 1950s. In 1983, she became mayor of Sacramento. "It was her concern for the welfare of children that led Velmanette Montgomery from education to politics.

The first step on that road was running for the Brooklyn (N.Y.) Community School Board. As a teacher, she says, "I had worked with parents, and I had some constituency. I saw an unrecog-

nized array of people who would work for my campaign, and so I decided to go

incumbent on the St. Paul City Council decided to run for another office, lost and tried to run for re-election to the City Council. "I jumped into the race thinking it was an open seat," recalls Long. Then only 29 years old, he won by a margin of 183 votes out of about 12,000.

"I don't know how to run a campaign." All the candidates relied heav-

ily on those closest to them. "You run with your family and

shops given by the Board of Elections and Board of Education in New York and studied their election materials. "They really gave you a road map to run for the school board," she says. In addition to friends and neighbors, she also drew on an army of co-workers in community organizations and parent groups.

Sixty percent of Lynn Taborsak's support came from women's groups. "We had a tremendous grass-roots effort—lots of door-to-door"—she says. Her whole

How To Run For Office

If you think you'd like to run for public office, here's some advice for putting together a successful campaign—provided by Marc Caplan of the Northeast Children Action Resource Center.

1. Understand why you want to run. You need to be clear as to why you wish to hold office, and what you will do to make a difference in people's lives.

2. Be sure you're ready. Running for office is a major step. You may need to move around your job schedule or take vacation time. Certainly you must work through any potential strains on your family life. If you anticipate these things, life down the campaign road will be much smoother.

3. Assess which office you want to run for. Pick an office you really want and have a chance of winning. Can you make an effective case as to why the person who now holds that office should be replaced? Would a Democrat have a chance to win? A Republican? Who are your potential opponents, and what are their strengths and weaknesses?

4. Learn about community issues. You don't need to become an instant expert, but you need to have a basic knowledge about what's important to the voters you want to represent.

5. Identify issues you care about and seek activity on them. Get involved in community and civic groups working on the issues that interest you. Consider going door-to-door with a petition. Write letters to the editor. Speak up at hearings of the City Council or Zoning Board or State Legislature.

6. Contact the political party of your choice and community leaders. Unless you run as an independent, you'll need the support of a political party.

Approach party leaders and discuss your political candidacy. Become active in party activities. Also talk to community and organization leaders.

7. Write a campaign plan. You'll have a much greater chance of success if you have a road map of how to run your campaign. Enlist the help of experienced political hands. Here is where political coalitions are helpful.

8. Form an advisory committee. Identify a small group of close friends who are able to offer ideas and make decisions about campaign activities.

9. Build a list of supporters. Make a longer list of friends and associates who can work on your campaign. They don't have to be "political"—you'll be surprised how many social friends will become dedicated campaign workers.

10. Identify how you can raise money. Evaluate the amount you'll need to run a reasonable campaign. After putting together a list of potential contributors, develop a realistic plan to raise that money.



ARNIE RUDIN (top), 68, Mayor of Sacramento.

Former job: Nurse.
TOM NOVICK (l), 35, Oregon State Representative.
Former job: Business manager, distillery company.

BOB LONG (r), 32, St. Paul City Councilmember.
Other job: Lawyer.



ALVIN HOLMES (l), 51, Alabama State Representative.

Other job: Realtor.

DAVE JONES (r), 40, Utah State Representative.

Former job: Manager, interior design company.



ahead and run."

After serving as a member of the school board for three years, Montgomery ran for the New York State Senate in 1984. She won. Montgomery is now preparing to run for her fifth term. "I didn't doubt I could do the job," she says.

Bob Long, 32, grew up in a rural Minnesota town where his father was the chief psychologist at the state hospital. "My dad influenced me to be thinking about a helping profession," Long says, "but I had no idea that I would wind up helping people through enacting laws." Long took a year off from college to work as a carpenter and earn money to go back to school, but then he decided to work as an aide in a St. Paul Congressional campaign. "I turned out to be a lousy carpenter," he says. "God didn't give me the hands to be a carpenter—but he gave me a mouth."

The experience got him interested in politics. After graduating from college and then law school, Long worked for a year with the attorney general. Then an



friends," explains Bob Long. "You have to have 100 percent family support. That's a prerequisite—especially after the election is over." Long still speaks with excitement about his own campaign. "There was no TV advertising, no sound bites," he recalls. "I started door-knocking on March 4th and continued to November 4th. Forty thousand people live in my ward, and I personally went to every door. Twice." Velmanette Montgomery took work-

family pitched in as well. "There is a downside to all this," Taborsak admits. "The kids got hurt in the early days. You get attacked by opponents and critics, and the kids are very sensitive. But they also take a lot of pride in the fact that our community supports me so strongly."

And what happens when you win? "For about the first six months of my first term, I felt like a stranger in Albany," recalls Velmanette Montgomery. "I felt like I didn't belong. That lasted a while—just because I came from such a different life and had so little of the experience of most of my new colleagues. I remember walking through the corridors of the Statehouse about the beginning of my second year and suddenly thinking

continued

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BEVERLY HOLLINGWORTH, 56.
 -New Hampshire State Senator.
 Other job: Caterer.

WHY YOU SHOULD RUN/continued

"Gee, I feel good about being here."
 "Will I ever see my family again?"
 "Time away [from the children] is hard," admits Taborsak, who attends 16-hour assembly sessions. "though we've found our way pretty well. It's funny how that works. I have a letter from my daughter, who was coming up for her junior prom during a tough, long legislative session. She put this letter on our refrigerator door, and it said, 'I've found four dresses I like, but they all have problems. I need you! Do you leave for Hartford before the Mall opens?' She drew the dresses and signed, 'HELP!'—Talk to me in the morning," Taborsak laughs. "So I'm a mother as well as a blue-collar member of the General Assembly."
 Staying in touch. When the assembly is not in session, Lynn Taborsak continues to do plumbing; most recently, she worked on a sewage plant. "It's a wonderful way to find out what's on people's minds," she says. "My plumbing work reminds people that you don't have to be unointed from on high to run for office."
 "I can't go to the incinerator or the laundry without someone wanting to talk to me," says Velmanette Montgomery. "I try to be responsive, because I am their senator. I want people to feel that that makes such a difference."

Regular contact with their constituencies helps these "ordinary" politicians stay in touch, but they assert that they also have given serious thought as to how to stay uncompromised by power.
 "You have to be vigilant to avoid it," says Bob Long. "I proposed that the City Council of St. Paul become a part-time body. We have to avoid the career-politician syndrome and find ways to keep elected officials in touch with the people. For me that means not making a career out of a single political office."
 "My constituents are my base, my strength," declares Montgomery. "I'm not in the pocket of any interests."
 "I think there are two schools of thought," says Taborsak, "one being that the only route to public office is acquiring IOUs to partisan camps or influential

special-interest groups. The ultimate price of that kind of politicking is always compromise. As a progressive, I don't owe my election or re-election to either of these groups."

You can do it too. "So many of my family and friends have become involved in politics since I ran for office," says Montgomery. "When people have felt a little relief—it they see that some little thing is happening—they feel there's hope." Anne Rudin often visits Sacramento schools to share her ideas about government. "I want the children, especially the girls, to grow up knowing that ordinary people can be mayors," she says. "If people don't care about what's going on around them, things are going to happen that they won't be able to live with. People can control their environment to a certain extent." Rudin offers this advice: "Begin with your own universe—your neighborhood, your school district. Even the smallest groups know that they can effect change."

Bob Long believes his recently passed proposal to elect the St. Paul City Council membership from full-time to part-time will make it possible for more people to run and, at the same time, keep their regular jobs—since they might not get re-elected for a second or third term. "The Jeffersonian form of government still exists at the local level," says Long. "It's the government level closest to the people, and people still make a difference. In Congress, they've become so far removed, they don't have much accountability. Locally, you just walk into their office and pound on the table and say what a lousy job they're doing. I see myself as a citizen legislator, close to the people."

For more information on how you can run for office, write to any of these non-profit and nonpartisan groups for help: Partnership for Democracy, Dept. P, 2335 18th St., N.W., Washington, D.C. 20009; Western States Center, Dept. P, 522 S.W. Fifth Ave., Suite 1390, Portland, Ore. 97204; or Northeast Citizen Action Resource Center, Dept. P, 32 Grand St., Hartford, Conn. 06106.

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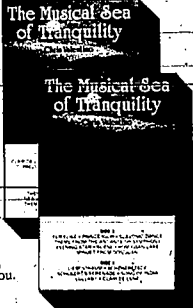
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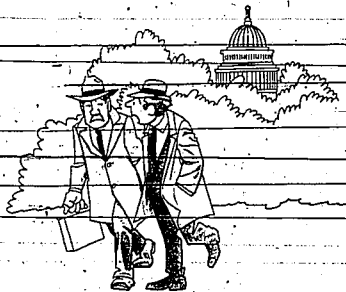
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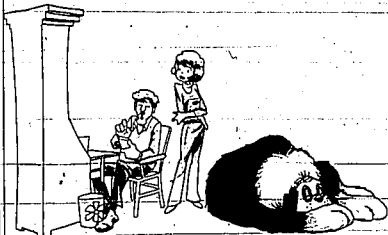
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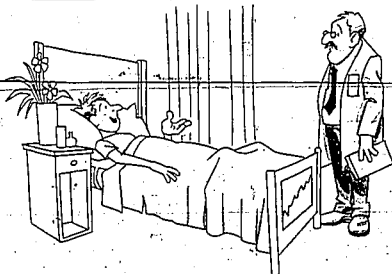


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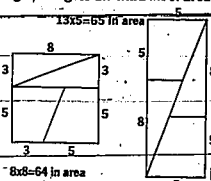
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BY MARILYN VOS SAVANT



A friend gave me a version of the drawings below and explained that by cutting the square along the lines

indicated and rearranging the pieces into the rectangle on the right, one gets an extra bit of area.



If this was a three-dimensional figure with a height of one inch, there would be, of course, an added cubic inch of volume. My friend hopes to perform this trick someday with a block of gold and increase his wealth. All the math says that it works, but there is no way that he will end up with more gold—or is there?

—L. Paul Dickerson, Warronton, N.C.

I hope you guys haven't been planning on this for your retirement.

The pieces in the figure on the left look close enough to the pieces in the figure on the right to fool the eye. They're even close enough to fool the hand. If you try to duplicate them two-dimensionally on a one-inch scale, piecing them together, they appear to fit. But they don't. You must do it extremely carefully to find a long narrow gap between them, a gap that would fill—you guessed it—about one square inch.

My class has just finished learning about mythology. Almost all the gods in mythology are immortal, so why are some young-looking and some old-looking? When do immortals stop aging?

—Susan Jeroslow, Austin, Tex.
 Perhaps because myths are intended to instruct, most of the gods and goddesses stop aging at the point

when they are at the height of the power (or quality) they are meant to represent. Gods of strength, for example, look younger; goddesses of wisdom look older.

My son-in-law and I disagree about the lottery. He thinks the odds of winning are just as good when you pick the numbers in sequence (1-2-3-4-5-6) as they are scattered (3-6-15-20-39-43). But I've played the lottery for many years, and I've never seen six numbers drawn in sequence. Please settle our dispute.

—Richard J. Ciesielski, Fort Wayne, Ind.

The odds are the same. The reason people remember fewer winning "sequence" numbers is that, depending on the lottery rules, there usually are fewer of them than there are "scatter" numbers. However, when you buy a lottery ticket with a scatter number, you don't get all the scatter numbers; you only get one. This means that while the odds that some scatter number will be chosen are greater than some sequence number, the purchaser of a particular scatter ticket doesn't get those same odds.

Here's a way to illustrate it. Let's say there are six numbers in the lottery and two numbers on a ticket, all sold. The tickets would look like this, with the sequences starred:

- 1/2* 2/1* 3/1 4/1 5/1 6/1
- 1/3 2/3* 3/2* 4/2 5/2 6/2
- 1/4 2/4 3/4* 4/3* 5/3 6/3
- 1/5 2/5 3/5 4/5* 5/4* 6/4
- 1/6 2/6 3/6 4/6 5/6* 6/5*

There are twice as many scatter numbers (20) as there are sequence numbers (10), but picture them all (30) written on slips of paper and dropped into a box. The chances of picking any one ticket are still one in 30.

Why does the international Date Line follow such a crazy route? Why isn't it a straight north-south line?

—Richard Zollweg, Laguna Beach, Calif.

For the same reason that the dividing lines around time zones aren't always straight up and down. It makes life more difficult for people when boundaries go right through cities or states unnecessarily.

so the lines deviate around them as much as possible. And there's no loss in precision. One-hour time zones are completely arbitrary, so the places that have the most accurate time are in the middle of the zones anyway. In other words, people close to opposite sides of the same boundary aren't really an hour apart in time. Minutes is more like it.

I was taught that it was good to be a discriminating person. Why does the word also mean something bad?

—Hilly Jones-Bangert, Knoxville, Tenn.

Because there's a difference between discriminating *among* and discriminating *against*.

Not long ago, you printed a letter from a girl who said her philosophy teacher gave a test that consisted of one question: "Why?" I liked your disapproving answer, but I'm surprised you didn't mention that the story is an urban myth.

—Tister Keane, Brooklyn, N.Y.

It's no myth—as you'd know if you read my mail. Many people wrote to relate their own distressing experiences taking this "test."

Some had answered "Because" and received no credit because the answer was "Why not?" Others had answered "Why not?" and received no credit because the answer was "Because." One person answered "Just because," which earned her only partial credit. But all had one feeling in common: They hoped their teachers saw my column that week. (And a few were going to forward it to them, "just to be sure.")

Why do women give abusive men another chance to become nicer, but they don't give men who they think are too nice (and whom they commonly refer to as "wimps") another chance to become meaner?

—Leo Ortiz, Mesa, Ariz.

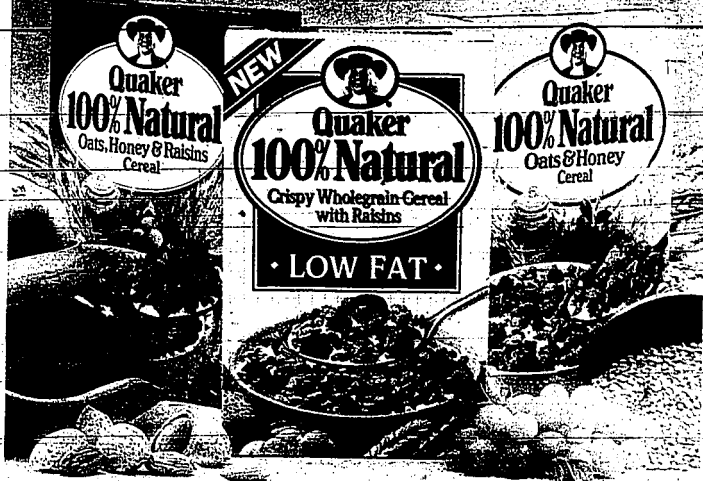
You've got me. I wouldn't give either of them another chance.

ANSWER TO LAST WEEK'S BRAINTEASER: They're your aunt and uncle. Your aunt is the one who "is not your uncle." (Please, no booging!)

If you have a question for Marilyn vos Savant, who is listed in the "Guinness Book of World Records Hall of Fame" for "Highest IQ," send it to: Ask Marilyn, PARADE, 750 Third Ave., New York, N.Y. 10017. Because of volume of mail, personal replies are not possible.

PARADE MAGAZINE • MARCH 29, 1992 • PAGE 11

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Craig T. Nelson, star of ABC's "Coach," spent years fleeing from failure, family and himself—until one night...

I Decided To Let Myself Change

I DON'T WANT TO BE known as a recovering alcoholic, although I used alcohol and drugs most of my life," said Craig T. Nelson, star of the ABC sitcom *Coach*. "It was how I kept any one from getting close and hurting me. I thought all talented people lived like that, from Boudelairre to Spencer Tracy. But I wasn't able to have a coherent thought. I was insane."

Today, after eight sober years, the 47-year-old actor and two-time Emmy Award nominee has found success with his top-10 series—and, maybe, he has discovered something more.

I talked with Craig T. Nelson during a taping of *Coach* in Hollywood. While his on-camera character often drops the ball, Nelson is charming, intelligent and clearly in control behind the scenes.

As Hayden Fox, the coach of a fumbling college football team, Nelson plays a man forced to reevaluate his "macho" attitudes when his daughter, whom he hasn't seen in 16 years, enrolls at the same Minnesota university. The character, in one way, parallels Nelson's life: "I wasn't much more of a dad to my kids than Coach is to his daughter," he said. "I participated a little more, but badly."

And, like Nelson, Coach Fox has shown a capacity for growth since the show was first telecast in 1989. "Hayden has changed a lot," he said. "He's definitely not me—he's an anachronism—yet I find his growth varies according to how I'm feeling. When I'm having a bad day, nothing much happens. When I allow myself to relax, he gets changed and grows. I guess it reflects what's going on in my life."

Craig T. Nelson grew up in Spokane, Wash., where his father was in business. "My dad was a drummer for Bing Crosby before he became a businessman," the actor said. "In fact, Bing introduced him to my mother. She was a dancer. On Sunday mornings, she'd make pancakes, and we'd listen to jazz. My father would



"I wasn't much more of a dad to my kids than Coach is to his daughter. I participated a little more, but badly... Coach is definitely not me, yet I guess he reflects what is going on in my life."

sit there in his pajamas and make me beat out the rhythms to records."

"To me it was like being in school," Nelson added, "but it made him feel so good: It would be run until he'd get loaded, drinking from a big jug. Then he'd get mean. I grew up in an alcoholic family, but they were great, loving people."

Nelson carried on the tradition, starting to drink when he was only 13. At 19, after flunking out of Central Washington University and Yakima Valley Community College, he married an ex-classmate "to get out of Spokane" and moved to Phoenix. He went to work for his father-in-law, loading chemicals into crop dusters.



Nelson cheering on the team on *Coach*, with Bill Fagerbakke (r) and TV fiancée, Shelley Fabares. Left: Relaxing in Malibu.

"By then I knew I wanted to be an actor," he said. "I had gotten a non-speaking part in *A Midsummer Night's Dream* in Seattle, and I was hooked. When I told my mother, she said: 'Why are you trying to kill your father and me?'"

Nelson enrolled in the drama department at the University of Arizona—but again he didn't graduate. Instead, after a couple of years, he moved once more, this time to Los Angeles. He got a day job as a credit analyst at a bank and began studying acting at the Oxford Theatre at night. There, in 1969, he met Barry Levinson, who would go on to direct such films as *Diner*, *Rain Man*, *Avalon* and *Bugsy*.

"I had done some theater, and Barry was a playwright," Nelson said. "Soon he asked me if I wanted to write some comedy routines, so we could make some money," he recalled with a laugh. "I gave up a \$300-a-week job to make \$90 writing for a local live TV show."

Eventually, the two joined forces with another writer, Rudy De Luca, and landed jobs writing for *The Tim Conway Show*. However, it wasn't the break Nelson was hoping for. The show lasted less than one season.

"As soon as *Conway* was canceled, I quit," he recalled. "I decided to take a

B Y G A T L B U C H A L T E R

part I'd been offered in the horror film *Return of Count Yorga*. Three days later, Rudy came to tell me that he and Barry had been hired to do a show in London. I just cried. That's exactly what I wanted to do. I could have studied at the Royal Academy. Instead, I was living in the [San Fernando] valley, too poor to even get drunk.

"Then, a few years later, Rudy opened *The Comedy Store*—it was incredible because anyone could perform there, so it was anything, but static. But after 2½ years, I had done a *Mary Tyler Moore Show* and a pilot with John Ritter. I had a wife and two kids. I thought, 'It's not happening.' I was going nuts."

Nelson's response to his situation was to make another move. He packed up his family in their VW van and bought 40 acres of land near Mount Shasta in Northern California.

"I was living in a trailer until my family refused to stay," he said. "So I got a book on how to build a log cabin.

I sawed down trees and used a horse to drag them up the hill. It rained day after day. It was sickening. There was no electricity, just mud and water, and more water. I was the spoiled little boy living in the grounds. My attitude was, 'I'll do it, but I won't be happy with it.'"

The two-story log cabin became a work in progress for more than two years. During that time, the family went on welfare and used food stamps.

"I was so angry because I couldn't make more than \$3000 a year as a junior, carpenter and surveyor. But it wasn't the money, or lack of it, that kept Nelson unhappy."

"At night I'd come up the path to the cabin, and I'd look over the brow of the hill, and the stars would be arching across the sky," he recalled. "The kerosene light would be flickering within the house, and I'd hear my wife playing the piano and the kids singing. It was everything I ever wanted, and all I could think was 'Why can't I be happy?'"

"Why can't I be happy? I just wanted to go to 11 and get loaded."

In 1978, with his marriage failing, Nelson was on the move again. While his family remained in the cabin, he packed up his knapsack and hitchhiked back to Los Angeles. For the next few years, Nelson supplied support checks and sometimes visited his children, but he stayed in Los Angeles, where he finally had found work.

"I did documentaries about people who lived in the woods," he said with a laugh. In all, he produced 52 episodes for the series *American Still*, which was

syndicated. More important, Nelson rekindled his friendship with Barry Levinson, who offered him a part in *...And Justice for All*, for which Levinson had written the screenplay.

Nelson hasn't stopped working since, appearing in such films as *Poltergeist*, *Poltergeist II*, *Silkwood*, and *Turner & Hoach*, and on television's acclaimed but short-lived series *Call to Glory* (now being shown on a cable network). By then he had been sober for several years. "It was doing a play in New York," he recalled. "It was a 2½-hour play, and one night, during a rehearsal, I had a blackout. I woke up at the curtain call. I didn't even remember finishing the play. That was on January 29th of 1984. I haven't had a drink since then."

"That was the turning point in my life—when I learned to uncover, discover and discard all things. Basic elements such as love, trust and integrity remain constant, but you can't hold on to concepts. You must allow yourself to

change, to re-evaluate things. That way life continues to reveal itself to you."

This new understanding, he said, helped him reconcile with his children: Tiffany, 24, who is married and the mother of two; Christopher, 21, a construction worker; and Noah, 15, who lives with his mother but spends his vacations with Nelson. "I had so much guilt about leaving them, and they were so resentful that I left," he said. "It was hard to go to the place where we could talk. Finally, when I got sober and began to know myself—and deal with the guilt and anger within me—I was able to tell them why I left."

Nelson remarried four years ago. He had met Doria Cook—a tai chi instructor, artist, film editor and his "best friend"—in 1978. Today, they live in Malibu on nearly three acres overlooking the Pacific Ocean.

Typically, although Nelson continues to stay sober and handle his success well, he still isn't sure he is where he belongs. "It's nice that the series is successful," he said, "but I don't even know if I want to stay in the business."

For Craig T. Nelson, the true test of his recovery may come when he has to deal with failure, and whether he runs away from it. In one important way, however, he believes he has changed: "Thank God," he said, "I finally realized that pain may be mandatory, but suffering is optional. I'd been lying on that suffering far too long." ■

50 WAYS TO MEET PEOPLE AND MAKE FRIENDS

(Special) Do you ever have trouble meeting people and making new friends? Are you sometimes unsure of what to say when starting a conversation? Do you ever have trouble keeping a conversation going in a stimulating way? Most people experience problems from

time to time: After all, conversation skills are not taught in schools. Yet being able to talk to anyone and make friends is crucial to success in personal relationships, business and on the job.

A new book, *How To Meet People And Make Friends*, reveals the simple techniques that can be used by anyone to become more popular, more confident, more successful and happier in life. Here's a few facts covered in this book:

- The 3 best ways to start a conversation.
 - The secret of being totally relaxed while talking to anyone—even total strangers.
 - How to unlock the real you and make people like you.
 - How to never feel unsure, self-conscious, or uncomfortable while having a conversation.
 - How to know the right time to start a conversation.
 - 6 secrets to keeping a conversation going.
 - How to start a conversation with anyone—even celebrities or the President.
 - 5 secrets to making people want to talk to you.
 - How to get people to open up to you (even shy people).
 - 50 tips to improve your conversations.
 - How to always know the right things to say at the right time.
 - The best way to end a conversation.
 - How to make sure you remember a person's name.
 - How to use humor in a conversation.
 - How to tactfully change the subject.
 - How to ask the right questions at the right time.
 - How to use eye contact.
 - How to use body language that can draw people to you like a magnet.
 - How to never have a dull moment at social gatherings.
 - How to silence a non-stop talker.
 - Why you should take the initiative in talking to people.
 - How to never feel out of place at a social function.
- This book is being made available for only \$12.95 (plus \$3 postage and handling). To order send name and address with payment to: United Research Publications, 249 South Highway 101, Dept. RM-03, Solana Beach, CA 92075. You can return the book within 30 days for a refund if not 100% satisfied.

HOW TO COLLECT \$\$\$ FROM UNCLE SAM

Cash In On Government Giveaway Programs

A NEW BOOK WRITTEN BY A former Federal investigator tells how every American can collect their share of the \$250 billion that will be handed out this year by Uncle Sam. The book explains how to collect social security before retirement, small business loans, income supplements, education benefits, farm loans, unemployment, job training, even welfare and food stamps. Here are just a few facts covered:

- How 39 million Americans collect monthly benefit checks from one program alone.
 - How almost 3 million children get monthly benefit checks.
 - How eligible couples collect up to \$1100 a month to supplement the family income.
 - How to qualify for disability pensions (over 3.5 million collecting but thousands more eligible).
 - How to know when to quit work and start collecting monthly retirement benefits.
 - How you may be cheating yourself out of cash benefits rightfully due you.
 - How to collect unemployment benefits even if you quit your job or were fired.
 - How to get free legal assistance.
 - How to get a good-saving federal job.
 - How to get a \$50,000 loan to start your own business. (It's simple and the book tells you exactly how to do it!)
 - How to collect a \$250,000 loan to buy a farm, or ranch, including livestock and equipment.
 - How to collect a \$27,000 loan for a mobile home, including lot.
 - How to collect a \$15,000 loan for home improvements.
 - How to collect over \$400 a month to attend college, trade school or get on-the-job training.
 - How to get free medical coverage, including eye glasses and dental care.
 - How to collect hundreds-of-dollars a month to pay your apartment rent, including utilities.
 - How to get up to a \$100,000 small business loan, even if you are poor and unemployed.
 - How to obtain thousands of dollars in free Federal services.
- With the help of this book, many families are now living more comfortably. Although the book *How To Collect Big Dollars From Uncle Sam* could mean thousands of dollars to you, it is being offered at only \$12.95 (plus \$3 postage & handling).
- Order from: R. Emil Neuman 249 South Highway 101; Dept. RC-02, Solana Beach, CA 92075. You can return the book within 30 days for full refund if not satisfied.

Intelligence Report

Because of volume of mail received, Parade regrets it cannot answer queries

More on "Mongoose"

Robert Maheu, who worked for the Central Intelligence Agency and the mysterious Howard Hughes, reveals how he served as a matchmaker between the CIA and the Mafia in a new book, *Next to Hughes*, coming April 22 from HarperCollins and co-authored by Richard Hack. "Maheu says he recruited the

mobsters Sam Giancana and Johnny Roselli in 1980 to help with a secret CIA plot to shoot Fidel Castro, his brother Raul and the Cuban revolutionary leader Che Guevara. The plot was linked to "Operation Mongoose," the covert name for the Bay of Pigs invasion—which some, in turn, have linked to the murder of JFK.

The CIA wanted a gangland-style hit, writes Maheu, and decided to let the mobsters do it—taking advantage of their grudge against Castro for forcing them out of Havana's casinos. Giancana mixed the gunman plan as too dangerous, however, and suggested poison instead. CIA chemists then concocted a "capsule the-size of a pea, which released botulism into any liquid," says Maheu. He passed the pills to Giancana and Roselli, who were to hand them over to a Cuban contact.

But someone got cold feet, so "Castro never drank his mickey," concludes Maheu—who, at 74, is one of the few people still alive who knows the inside story of Operation Mongoose.



Robert Maheu: Secrets to tell about CIA

Next for Nicholson



Papa Jack with Rebecca Broussard and ElHo Lorraine before arrival of her baby brother

Jack Nicholson is due back home in Los Angeles before April 18, when his daughter, Lorraine, celebrates her second birthday. The actor also will get to see more of his new son, Raymond. After the birth last month, proud Papa Jack, 54, could only visit briefly with baby and mother, the actress, Rebecca Broussard, 29, before returning to Pittsburgh to work on the film *Hoffa*.

Nicholson stars as Jimmy Hoffa in the picture, which traces the tough Teamsters boss from 1935 to 1975, when he disappeared—presumably

a victim of the mob and rumored to be buried in New Jersey. Danny DeVito plays Hoffa's henchman and also sits in the director's chair.

The diminutive DeVito has shrouded his film in secrecy as the shooting shifts from Pittsburgh to Detroit to L.A. He reportedly even jotted on the script: "This is not to be copied or circulated. To do so will result in very unpleasant repercussions involving Italians from New Jersey."

The sinister screenplay is by David Mamet, whose father was a Chicago labor lawyer and knew the real Hoffa.

Royal Romance Doomed, On the Screen and Off

Nearly 40 years ago, Britain's Princess Margaret, then 22, revealed her affection for a divorced officer, Group Capt. Peter Townsend, by picking a piece of fluff from his jacket as the cameras rolled during the coronation of her sister, Queen Elizabeth. From then on, the romance was doomed. Under pressure, the princess put duty first and gave up the commoner.

In 1953, Paramount released *Roman Holiday*, with Audrey Hepburn as a princess who falls in love with a commoner but puts duty first and gives him up. Sound familiar?

Gregory Peck—who played the commoner, an American correspondent—recently told a reporter: "After that picture, I ran into Princess Margaret on three occasions, and each time she said, 'That picture was about me, wasn't it—my romance with Peter Townsend?' Peck's coy reply: 'Could be, could be.' Unfortunately, says a Paramount spokesman, the film's director and scriptwriter—William Wyler and Dalton Trumbo, respectively—"are the only two people who would truly know, and both have died."

Hepburn went on to win an Oscar for *Roman Holiday*, her first starring role. And in 1960 Princess Margaret went on to wed the photographer Antony Armstrong-Jones, a commoner, whom she later divorced.



Margaret and Peter: Subjects of classic film?

What War in the Gulf Did to Prices at the Pump

As the war wound down in the Persian Gulf last year, there still were questions about how Iraq's invasion of Kuwait would affect the cost of gas. In fact, it actually dropped in 13 of 18 key cities around the world, according to a study comparing prices at the pump in December 1990 and December 1991.

Here are the figures in U.S. dollars per gallon for the least-expensive gas available at the time (non-diesel), as compiled by Runzheimer International, a management consulting firm based in Rochester, Wis.:

Location	12/90	12/91
Atlanta	\$1.28	\$.98
Anchland	2.42	2.02
Bogotá	.53	.59
Caracas	.25	.29
Dublin	4.17	3.85
Frankfurt	2.91	3.29
Hong Kong	3.42	3.34
Jerusalem	2.74	2.72
Johannesburg	2.14	1.92
Kingston	1.60	1.32
London	3.11	3.22
Mexico City	.91	1.35
Milan	4.86	4.69
New Delhi	2.53	2.14
Paris	4.02	3.66
Tokyo	4.45	4.27
Toronto	2.13	1.74
Washington, D.C.	1.47	1.16

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(By Frank K. Wood)

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FC&A, a Peachtree City, Georgia, publisher, announced today that it is practically "giving away" an all-new set of "347 Woodworking Patterns."

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- Victorian ladies and stylish gents.
- Rack up your spices, spice up your den.
- Holders for candles, napkins and canes.
- Folk art, Shaker art, modern art, too.
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- Downtop decorations, welcome signs.
- Whizzing whirligigs, models of planes.
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- Summer garden helpers, lawn deco art.
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All orders mailed by April 24, 1992, will receive 50 special, seasonal, woodworking patterns as a free gift, guaranteed. Order right away!

You Can Eat Well On A Budget

Nutritious doesn't necessarily mean expensive. The Secretary of Health and Human Services shares some advice inspired by his childhood.

Smart choices with food dollars and sense can pay off in a longer, healthier life, says the author.



GROWING UP IN RURAL Georgia, I remember that food was a favorite topic of conversation. We talked about food like we talked about the weather. People shared food from their gardens and farms—so here were gifts of vegetables, fruit, milk—even hams. For me and my brother, Walter, homemade ice cream was the top treat. And, like most kids, we complained about eating squash, broccoli and other "strange" vegetables. "Lovingly, our wise mother told us, 'You'd better eat right—you are what you eat.' She was right! As a physician,

I have observed that diet and lifestyle are the most important factors in promoting health and preventing disease. Yet many Americans eat and drink their way into sickness or premature death.

In a recent study by the American Dietetic Association, 25 percent of those surveyed said healthy eating "takes too much time." But I contend that it is just as easy to prepare a healthy meal as an unhealthy one. My typical breakfast consists of a small glass of grapefruit juice,

bran flakes with skim milk, and coffee. Requires little preparation and has few calories and fat.

The study also revealed that 38 percent of Americans think a healthy diet means giving up their favorite foods. Not so! You still can enjoy your favorites, albeit in moderation and balanced with healthy foods. For example, I occasionally eat red meat and fried foods. I will have a glass of wine, but not too often. Like many Americans, my Achilles heel is ice cream. I've asked my wife, Ginger, to help me with some restraint on that one.

Today, we know that a high-fiber diet of fruits, vegetables and grains can cut the risk of stomach, bladder, colon and prostate cancers. We also know that less than 30 percent of daily calories should come from fat. Yet many Americans still consume too little fiber and too much fat.

Let me suggest some simple changes that will pay high health dividends: First, cut the fat—especially the kind in meat, milk and saturated oils used in fried foods and desserts. And try to eat at least five servings of fruits and vegetables each day.

Our bodies need a variety of foods to get our daily requirements of vitamins,

BY LOUIS W. SULLIVAN, M.D.

IN STEP WITH:*

BY JAMES BRADY

Patty Duke

WHEN PATTY Duke played Helen Keller onstage at the age of 13 in *The Miracle Worker*, the dean of Broadway critics, Walter Kerr, wrote: "She is a very great actress who only happens, at the moment, to also be a child."

Neither Mr. Kerr nor anyone else then knew the child was being exploited by adults into near-suicidal depression, something about which Ms. Duke has written movingly in a best-selling autobiography, *Call Me Anna* (her real name).

BRADY'S BITS

I asked Patty, who is such a powerful actress herself, about Maureen Stapleton, who played her dying mother in *Last Wish*.

"I've wanted to work with her since I was 12," Patty said.

"She is absolutely fascinating. We didn't discuss it [death and dying]. Mo, she comes to work and—boom! She does it. There's no method acting, but we see both actresses, and there's some Celtic communication between us." I also asked how Patty's own mother felt about the moral issue of a living will.

"She expressed to me that she loved me but was doing it [leaving a living will] because of her fear of pain, her fear of being a burden."

Duke played Helen Keller onstage at the age of 13 in *The Miracle Worker*.

Walter Kerr, wrote: "She is a very great actress who only happens, at the moment, to also be a child."

Neither Mr. Kerr nor anyone else then knew the child was being exploited by adults into near-suicidal depression, something about which Ms. Duke has written movingly in a best-selling autobiography, *Call Me Anna* (her real name).

She is still a great actress who appeared recently in *Last Wish*, an ABC movie. "You know me," Patty said. "I'm queen of the TV movies; Someone counted up, and I've done 42 of them. I just worked on one [*Grave Secrets*], a true story of a residential development built in Texas on what was a slave cemetery, with weird illnesses, bizarre creatures and things that go bump in the night."

"When she isn't working, Patty and her husband, Michael Pearce, live in northern Idaho, up near the Canadian border. They met in 1985 when she was filming at Fort-Benning, Ga., and Mike was an Army sergeant. "We're Idahoans now," she said, "up there full-time for a year. No, I'm not a skier, but it's beautiful,

and he's a country boy." Patty said her two sons by the actor John Astin "are both off on their own now—Sean developing a nice acting career, and Mackenzie studying." Mike has two daughters.

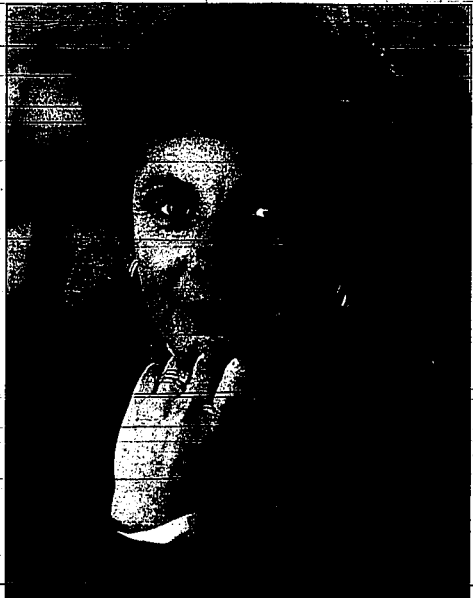
Patty will be seen this spring in a film called *Prelude to a Kiss*, with Meg Ryan and Alec Baldwin; and her second book, *A Brilliant Madness*, comes out this summer. It's about how family and friends can deal with manic-depression, which

Patty "was diagnosed as having at age 36 and which she described as the 'illness of genetic imbalance of the brain that manifests itself in aberrant behavior, ranging from spending sprees to suicide.'"

This obviously is not escapist fare. Nor was *Last Wish*. Based on the real story of the author Betty Rollin (played by Duke) and her dying mother (Maureen Stapleton), it delved into the controversy of whether letting terminally ill people die is a legal option. "My own mother was very ill when we were making the movie," Patty said, "and I got a little choked up at the time. But she's just fine now."

"I have a living will myself," Patty added. "I've discussed it with Michael and the kids. In Idaho, you go into a stationery store and buy a form, [for a living will], and you check off a box: Cut off my food, cut off my water. Then you have it witnessed and notarized, and put it away in a drawer. I could take it out and tear it up. But right now, I wanted to have this option without committing some crime." **D**

James Brady's new book, "*Fashion Show*"—published this week by Little, Brown—is a comic novel about fashion magazines.



Patty Duke is a brilliant and serious actress, sufficiently ego-proof to crack, "You know me—I'm queen of TV movies."

James Brady's new book, "*Fashion Show*"—published this week by Little, Brown—is a comic novel about fashion magazines.

BORN: Dec. 14, 1946, in New York City.

PERSONAL: Married to Harry Falk Jr., 1965-70. Married to John Astin, 1973-85; two sons. Married Michael Pearce in 1988.

THEATER: Includes *The Miracle Worker*, 1959.

FILMS: Include *I'll Cry Tomorrow*, 1955; *Somebody Up There Likes Me*, 1956; *The Miracle Worker* (Oscar), 1962; *Valley of the Dolls*, 1967.

TV SERIES: Include *The Patty Duke Show*, 1963-66; *It Takes Two*, 1982-83; *Hail to the Chief*, 1985.

TV MOVIES: Include *My Sweet Charlie*, 1970; *The Miracle Worker*, 1979; *The Women's Room*, 1980; *Last Wish*, 1992.

AUTHOR: *Call Me Anna* (with Kenneth Turan), 1987.

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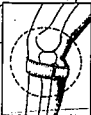
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LYNN MINTON REPORTS:

Fresh Voices®

What do you want in a girlfriend?

A 14-year-old girl from Oregon asked our readers: "Does your girlfriend have to be pretty and thin? Does any girl you ask out have to be popular and perfect?" Here's what some boys said:



"The truth is that if

you want guys to notice you, you have to use your looks until a guy knows you well enough to appreciate what else you have. Even then, it will help if you have something going for you in terms of looks.

"Having said this, I have a few thoughts for all the girls who think that guys are so superficial and just interested in girls with perfect bodies—which they only want for one thing—and 'why can't they appreciate us for our minds?'"

1. I don't see too many of you trying to attract guys with your minds.
2. Why do most of you not give much attention to the guys who might appreciate more than your looks? We're out there. You just have to look—and be willing to make the first move."

—Neil Berkowitz, 15, Springfield, Va.



"The girl I love is willing to listen to what I have to say, she is the most comforting human being to be around, and she loves me

for who I am. In my eyes, she is the prettiest woman I have ever seen—but that doesn't mean as much to me as the 'willing to listen' part, and that's the honest-to-God truth."

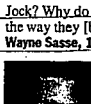
—Jason Tagel, 17, Plymouth, Wis.



"I wouldn't go out with the most popular or perfect girls, because they're usually stuck-up snobs.

Some guys may go out with a girl for her looks, but what matters is her personality.

"I have a few questions for you girls: Why does your boyfriend have to be really muscular and cute? Does any guy you ask out have to be Mr.



Joek? Why do you judge guys by the way they [bench] press?" —Jason Wayne Sasse, 17, Saginaw, Mich.



"When I first saw my girlfriend, the thing I noticed was her smile. She wasn't the most popular girl in school. A lot of people said she wasn't that pretty, and she had a boy's name. Even she said that. But as far as I was concerned, she was the most beautiful girl I had ever seen.

"When you find someone you really care about and want to be with, it doesn't matter what anyone else thinks of them or what they look like. And if you really like that person, they'll always be beautiful and popular as far as you're concerned."

—Phil Trapp, 17, Nazareth, Pa.



"The girl I love does not resemble a glamour queen or a model. But she makes me feel special and whole.

She's not perfect, but this doesn't matter to me, because she is perfect as she is, in her own special way."

—Gary Amnett, 20, Caldwell, N.J.



A bad habit

"One of the worst bad habits a person of any age can have is putting himself down. I used to do this quite

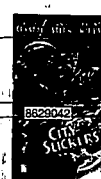
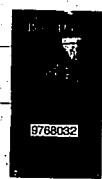
often, but even close friends got tired of hearing you. And other people may not share your negative opinion until they hear it from you so much that they end up believing it! A person should give others a chance to like him by accepting himself." —Jennifer Briley, 17, Mesquite, Tex.

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The Heart 430-259 | REMY ROBERTY 431-016
The Heart 431-016 | THE HEART 429-307
The Heart 429-307 | THE HEART 429-307
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