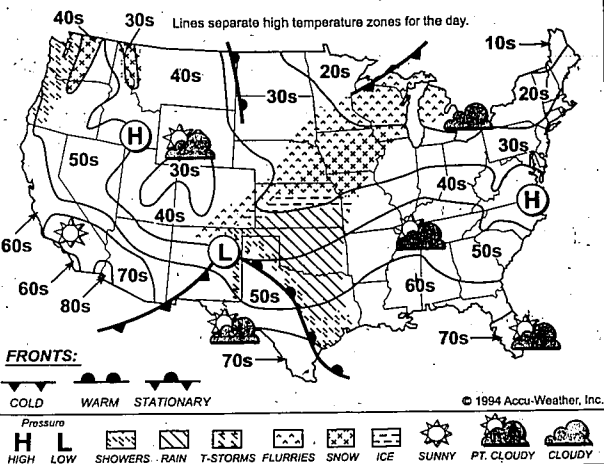


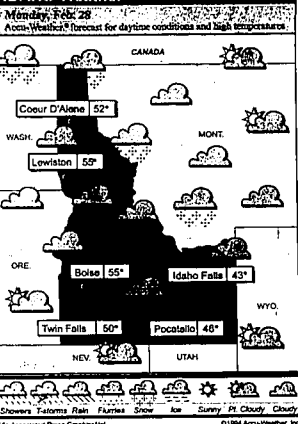
Weather

NATIONAL Weather

The Accu-Weather® forecast for noon, Monday, Feb. 28.



IDAHO Weather



Weather summary

The National Weather Service reported another wet day for much of Idaho. Sunday was wet over much of Idaho with snow in many valleys. By mid-afternoon, most of the rain and snow had ended except in parts of the southwest and north. High pressure building in from the southwest will begin to dry out most of Idaho for the next few days. But the north will have another day or so of wet weather this week. The highest temperature in the state Sunday was 53 degrees at Caldwell. Ketchum reported the lowest at 21 degrees. Elsewhere in the nation Sunday, the highest temperature was 81 degrees at Lake Havasu City, Ariz., and Lansing, Mich., reported the lowest temperature at -20 degrees.

Visible planets

Morning: Jupiter, Mercury, Mars, Saturn
Evening: Venus

Northern states mark record lows from New England

The Associated Press

A wave of cold air rolled across the northern states from the Rockies to New England on Sunday, dropping temperatures to record lows around the Great Lakes. Strong northwesterly winds buffeted the Northeast as arctic air blew in, keeping afternoon temperatures in the teens and single digits in some areas. Temperatures early Sunday dipped below zero in northeastern Montana, North Dakota, northern Minnesota, the upper Mississippi Valley, the lower Great Lakes and northern New England. Temperatures fell below freezing as far south as northern Texas, Louisiana, Mississippi, Alabama and northern Georgia. Record lows for the date included 16 below zero at Belvidere, Ill.; 14 below at Flint, Mich.; 12 below at Grand Rapids, Mich.; 14 below at Jackson, Mich.; 20 below at Lansing, Mich.; 13 below at Madison, Wis.; 15 below at Marquette, Mich.; 15 below at Muskegon, Mich.; and 15 below at Rockford, Ill., the National Weather Service said. South Bend, Ind., tied its record at 4 below. Lansing's previous record of 13 below had stood since 1868.

Temperatures

	Max	Min	Pcp
Albuquerque	66	34
Atlanta	55	28
Boston	26	9
Chicago	27	-5
Dallas	50	35
Denver	52	21
Des Moines	28	7	0.1
Detroit	25	-2
Honolulu	61	63
Houston	61	46
Indianapolis	32	10
Kansas City	37	14
Las Vegas	70	53
Los Angeles	67	56
Memphis	48	28
Miami Beach	80	65	.27
Milwaukee	27	6
Minneapolis	20	2
New Orleans	59	41
New York	27	12
Omaha	29	15
Phoenix	75	50
Pittsburgh	24	5
Portland, Me.	23	5
Portland, Ore.	47	39	.24
Reno	55	42
St. Louis	34	17
Salt Lake City	32	21
San Francisco	62	51	.28
Seattle	51	42
Sofia Springs	38	31
Sun Valley	mm	21

Twin Falls

	Max	Min	Pcp
Spokane	33	30	.05
Washington	31	18
Yesterday	58	27
Last year	58	27
Normal	48	25
Sunset today	8:26 p.m.		
Sunrise tomorrow	7:15 a.m.		
Lunar phase	Last quarter		
March 4; new March 12; first quarter March 20; full March 27.			

Forecasts

Twin Falls, Burley, Rupert, Jerome and Gooding: Today and Tuesday partly cloudy. Highs today near 50 and Tuesday in the mid to upper 50s. Lows tonight near 30. Winds today from the south 15 mph.

Camas Prairie and Wood River Valley: Today and Tuesday partly cloudy. Highs today 45 to 50 and Tuesday 50 to 55. Lows tonight in the mid-40s.

Extended forecast: Southern Idaho - Wednesday and Thursday partly sunny and warmer with patchy morning valley fog. Lows upper 30s and 40s. Highs 50s and a few lower 60s wet. Friday increasing clouds and not as warm with scattered showers. Lows 30s. Highs upper 40s and 50s.

Northern Utah and Nevada: Utah - Today partly cloudy. Highs in the mid-40s to mid-50s. Tonight fair. Lows in the 20s. Tuesday sunny and warmer. Highs in the 50s.

Elko County - Today partly cloudy. Snow level near 6,000 feet. Warmer with highs in the 50s to lower 60s. Tonight partly cloudy north. Fair central. Lows in the 20s to lower 30s. Tuesday mostly sunny and warmer. Highs in the mid-50s to mid-60s.

Seastrom

Continued from A1

"We want to be in line with the other employers around here," he said. Seastrom Manufacturing makes small washers, electronic components and other machine parts. The company's catalog has 550 pages with more than 55,000 items listed, although Seastrom said there are really only a few basic products that come in varying shapes and sizes. "We have inexpensive products, so we sell a little bit to a lot of companies. Every manufacturing company you've ever heard of has bought our products," Seastrom said. "Our products help assemble other people's products." Seastrom said his company's products are considered high quality and have high prices compared to competitors. So cutting costs for Seastrom

Manufacturing is important.

The company spent three years looking for a new, less-expensive home. At Seastrom and his family liked the Twin Falls area. "We're not the kind of company where the owners can live where they want and let the company run itself. So Twin Falls was a good match for the company as well as a good match for us," Seastrom said. Still, Seastrom and his family spent 33 months deciding to move to Twin Falls. "Small companies don't move quickly. Some do but it can be careless. It took three years because it did," he said. "We were basically ready six or eight months ago. But with my father passing away last summer that really threw a wrench into the moving plans." But Seastrom took over the compa-

ny and made the decision to move. Seastrom Manufacturing was started in his grandfather's garage as a small tool making shop. The company then grew up with the emerging Southern California aerospace industry as a supplier. The company has diversified so that 95 percent of its products are shipped to various American manufacturing companies, including the car makers. The remaining 5 percent of sales are abroad, particularly in the Far East. Seastrom has been with the company full-time ever since he graduated from the University of Southern California in 1983. He started in the maintenance department and worked his way up. "I'd like to do what my father and grandfather did, and that was grow a quality company."

Russia

Continued from A1

But Sen. Dennis DeConcini, D-Ariz., said "I'm not sure all the agricultural credits that I don't think they're going to pay back is in our interests." Sen. Mitch McConnell, R-Ky., said proposed U.S. aid to Russia - \$900 million is pending for the fiscal year starting next Oct. 1 - should undergo a complete review in the aftermath of Ames' arrest last week. Perhaps proposed U.S. aid would be better spent on former Soviet republics, said McConnell, ranking minority member on the Senate Appropriations subcommittee on foreign operations. "Whatever Yeltsin wants is our

policy. I think that's really naive," said McConnell. In the spy case, DeConcini said the Senate Intelligence Committee which he chairs is looking into how Ames spent \$1.5 million - allegedly supplied by his Russian handlers - without being detected by the CIA. "You can get to greed ... by having a declaration of income and balance sheets every year" for CIA assets, said DeConcini. McConnell spoke on ABC's "This Week With David Brinkley." DeConcini said he plans to introduce legislation giving the CIA

broad latitude to delve into the financial backgrounds of its employees. Former CIA director Robert Gates put part of the blame for the Ames case on Capitol Hill, saying members of Congress in 1990 refused to give the CIA authority to look at credit reports on employees. DeConcini acknowledged that recommendations for permitting financial background checks on CIA employees were made in 1986, 1990 and 1991, but "never materialized into legislation." Ames had been head of the CIA's counterintelligence branch for the Soviet Union and Russia, allegedly working as a double agent since 1985.

Clinton

Continued from A1

The FDIC also concluded this month that it could find no evidence of a conflict in the Madison case. The government had taken control of Madison after it failed in 1989 and had hired Mrs. Clinton's firm to sue Madison's former accountants for negligence and breach of contract. The case was handled by Rose partner Webster Hubbell, now the No. 3 official in the U.S. Justice Department. Four years before the contract was awarded, Rose firm lawyers, including Mrs. Clinton, worked for Madison in regards to its failure on a state regulatory matter. But it was a second matter in the Madison case that caught the attention of regulators. FDIC lawyer Paul A. Jeddoloh wrote Breslaw in a June 8, 1989 memo that Hubbell's father-in-law, Seth Ward, had extensive financial dealings with the S&L and had recent-

ly won a \$447,000 judgment against it. In addition, Hubbell's brother-in-law, Seth Ward II, has also sued Madison, Jeddoloh noted. "I offer this information because there appears to be a conflict in representation and a question of loyalties. Mr. Hubbell may or may not be able to compromise our interests in the Seth Ward matter" in which the FDIC was appealing the judgment, the memo said. On Aug. 10, 1989 a federal credit specialist, Ken K. Schneek, wrote an FDIC official that in the suit against the Madison accountants, information on the institution's practices would be made available to Hubbell. "To believe that none of this information will make it back to his family is naive," the letter said. "I do not know whether or not any information upcoming will be damaging. However, I would like someone with a wide

scope of authority to review the situation and possibly eliminate this conflict." Breslaw, the FDIC attorney who received the warnings, rejected them, writing a regulator in charge of Madison that it was "important to keep things in perspective." She said Hubbell was not representing his in-laws against the government and was "involved only in an indirect way" in working for government regulators. Another partner in the Rose firm was the primary lawyer in representing the government, Breslaw said. Under the regulations in place at the time, regulators could disqualify a contractor if they learned of an actual conflict - like a law firm helping sue bank or S&L officials they once represented. Today, the conflict scrutiny includes an examination of both actual and potential conflicts.

Voucher

Continued from A1

About a third of the pupils participating in the program last year failed to return to one of the dozen schools that accept choice pupils. By comparison, 25 percent to 30 percent of children in the public system change schools every year, Witte said. On a contract with the Wisconsin Department of Public Instruction, Witte has studied the voucher schools each year since they opened in 1990. Wisconsin lawmakers have requested a fourth evaluation to help them decide whether choice schools have been successful and whether the program should be expanded. State Rep. Annette "Polly" Williams, who sponsored legislation to create school vouchers, pointed out that the program is only in its fourth year. "Some of these children are two or three years behind their classmates (academically)," said Williams, a

Democrat who represents parts of Milwaukee's inner city. "So you can't see a big change academically in just three years of the program." The voucher program was started on the heels of reports that Milwaukee's public school system was failing. In the 1989-90 school year, the high school dropout rate was 14.7 percent. The grade-point average for all high school students was 1.60 on a 4.0 scale, a D-minus average. The average for black students was numerically worse 1.31, also a D-minus average. Problems continue in the public school system. Today, the grade-point average for all public high school students has risen slightly, to 1.76, a D-plus, but the dropout rate by last year had risen to 17.4 percent.

Idaho road report

The state road report was unavailable at press time Sunday.

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Allen Wilson, circulation director
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Clark Walworth, managing editor
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Peter York, advertising director
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Nation



A train carrying chemicals derailed and exploded Sunday morning in Burlington, N.D. A father and son were critically injured and more than 1,500 people were forced from their homes.

Train with chemicals explodes, injuring 2

BURLINGTON, N.D. (AP) — A train carrying chemicals derailed and exploded in flames Sunday, injuring a father and son and forcing more than 1,500 people from their homes.

Twenty-six cars of the 59-car Canadian Pacific Railroad train derailed about 6:15 a.m., said CP spokesman John Bergene.

"It sounded like a snowplow and train and an airplane all going by at the same time," said Jay Stevens, captain of Burlington's volunteer fire department.

One car believed to be carrying propane exploded, said Ray Lambert, the deputy state fire marshal. Burning propane was leaking from a hole in the car during the afternoon, Fire Chief Don Schmitz said.

Firefighters, staying back at least 300 feet, were spraying about 800 gallons of water per minute trying to keep the flames from spreading to another tanker containing a load of toluene, a flammable solvent, Schmitz said.

The toluene tanker was "basically empty," Lambert said, "but even an empty car has a certain amount of

chemical residue that still makes it a danger."

Schmitz said the outer shell of the toluene tank had ripped open.

Bergene said authorities were trying to determine what kind of chemicals the train was carrying.

Firefighters could not immediately get close enough to read labels on all the cars.

A lot of the information we had was what we could see at 1,000 feet through binoculars," Lambert said.

Ward County Sheriff Vern Erick said 16-year-old Chad Yale was critically burned when he tried to leave his mobile home near the railroad tracks. He was flown to a burn hospital in St. Paul, Minn., and was listed in critical condition.

The boy's father, Rodney, 44, was hospitalized in stable condition in Minot. Two other family members were unhurt but their mobile-home was destroyed, authorities said.

A nursing supervisor at Trinity Medical Center said nine or 10 others were examined and released.

Baltimore blaze guts row house, killing 9

The Washington Post

BALTIMORE — Nine people, including seven children ages 8 months to 11 years, died in a blaze that gutted a crowded row house late Saturday night and early Sunday in Baltimore's most lethal fire in more than a decade.

Three occupants escaped, one a 2-year-old boy who was tossed from a second-floor window by his mother to a neighbor below.

Flames and dense smoke trapped the victims, many or all of whom were asleep, on the second floor of the narrow, brick row house in a rundown blue-collar neighborhood two miles west of Baltimore's Inner Harbor. The fire raged up the building's only stair-

way from the ground floor.

Fourteen people lived in the cramped, early 20th century row house. It was the deadliest fire in Baltimore since 1982, when 10 people died in a house fire, officials said.

Both Mayor Kurt L. Schmoke and Fire Chief Herman Williams Jr. visited the scene early Sunday. They expressed concern about a recent increase in fatal fires in low-income neighborhoods, where faulty wiring and heating systems often exist.

The blaze brought to 25 the number of fire-related deaths in Baltimore this year. In January, seven children died in a fire a mile away in a row house across the street from Maryland Gov. William Donald Schaefer's Baltimore home.

Girl pleads guilty to killing cousin when she was 3

CINCINNATI (AP) — A 12-year-old girl turned herself in for the death a decade ago of a 13-month-old cousin and has been charged with murder so she can get help, police said Sunday.

"This was just a mechanism to get her into the system," police Sgt. Bob Disbennett said Sunday. "We don't anticipate her going to jail."

"They're not here to crucify a 12-year-old who committed a crime when she was 3," he said. "This is a situation where they try to get this girl the help she needs."

The girl admitted to the crime on Friday and turned herself in on Saturday to face the murder charge, placed under a category of juvenile delinquency.

The girl, whose name was not released, was 3 years old at the time of Lamar Howell's death.

Police and the Hamilton County coroner originally had determined that the boy accidentally drowned in a bucket of bleach and water on July 22, 1984, while playing with his cousin.

Police believe they know the motive, but would not discuss it, Disbennett said. He also would not say why the girl decided to go to police.

Experts to study tests' ethics

The Baltimore Sun

The historian specializing in human experiments sees an opportunity to restore confidence in government science. The law professor cautions that radiation experiments of 40 years ago be reviewed in the context of their time. The radiologist wonders if it's possible to determine just how much the patients of yesterday knew about the medical procedures they underwent.

Over the next year, these and other bioethicists, historians, law professors and nuclear medicine specialists on a presidential committee will serve as America's conscience on a subject that has brought into question ethical standards of research conducted half a century ago.

What began as an Albuquerque, N.M., reporter's search for the identities of 18 patients injected with plutonium in 1948 has mushroomed into a massive hunt for government files on federally funded radiation research that occurred over three decades.

The task facing the Advisory Committee on Radiation Experiments is daunting as the massive documents search under way in the basements, archives and warehouses used by six federal agencies.

As many as 800 people may have been involved in the experiments between 1944 to 1974. And it is the job of the 15-member panel to determine whether the experiments on America's so-called "nuclear guinea pigs" had a "clear medical or scientific purpose" and met the ethical standards of the time.

The committee members — all leaders in their fields — will decide whether the researchers involved informed patients of the medical procedures and risks involved, consistent with the standards of the time.

Was there medical follow-up? Were patients harmed? Should they or their families be compensated for any injury? These key issues have shaped the inquiry so far.

"I think it's a remarkable undertaking," said panel member Susan E. Lederer, a historian of human experiments who teaches at the Milton S. Eisenhower Medical Center of Pennsylvania State University. "It is a history that has been largely unwritten — a subject that has had the least attention of all ... (The review) would be a tremendous service to the families of people who have been used, if only as a means of restoring confidence in government science."

A tremendous service, perhaps, but a time-consuming and potentially expensive review of experiments as diverse as: the irradiation of the testes of 64 inmates at a Washington state prison between 1963 and 1971; the 1949 release of radioactive gases into the air over Richland, Wash.; the injection of plutonium into 18 hospital patients between 1945 and 1947.

"We have a responsibility to all the people who served as subjects in the studies in question. We have an obligation to do right by them," said Dr. Ruth R. Faden, the panel chairwoman and a professor at the Johns Hopkins School of Hygiene and Public Health.

"We have an obligation to be fair to the (research) investigators. And we also have the overriding obligation to the American public to assure that this is a serious, independent investigation that will be conducted with the utmost integrity."

Poor Delta residents feel neglected after storm that left them powerless

CLARKSDALE, Miss. (AP) — More than two weeks after an ice storm devastated Mississippi's northern Delta region, many feel doubly powerless — still without electricity and frustrated by a sense of national neglect.

"I ain't begging, but I need some food," said George Jones, a 77-year-old retired farmworker who supports a household of 11, including children and grandchildren, on less than \$1,000 a month. "Surely, some of those good people are going to come out of Washington directly to check on us. They go around to everywhere else, don't they?"

"It's been real hard, especially at night," said Joyce Talbot, facing temperatures below 30 this weekend while she and six children she raises have no power. "It gets terribly cold, and we just get all bundled up and try to stay warm together."

The ice disaster doesn't compare to Hurricane Andrew, the Los Angeles earthquake or the Midwest floods, but it appears overwhelming in America's poorest state.

"We'll come out of it all right," said a bitter Dodie Daneshow, who runs a retirement center for 92 elderly residents who temporarily moved in with relatives or hospitable local residents. "But this just shows us again that we're on our own."

The Feb. 9-11 storm coated the region with up to 6 inches of ice. Power

lines sagged and broke, utility poles splintered and thick oak and cypress limbs snapped with rifle-like cracks.

More than 200,000 customers lost power and thousands probably will remain without electricity into the middle of March.

Crews from other states have arrived to help workers on 14- to 16-hour shifts at small rural utilities that lost as many as half their utility poles.

"We had a crew from Tallahassee that had worked after Hurricane Andrew and they came in, hitched up their belts and said this looks like Homestead, Fla., all over again," said Marvin Caraway, Clarksdale's utilities director.

Restoring power goes slowly because communities and rural homes are miles apart, said Judy Beets of the Tallahatchee Valley electric cooperative. Farmers with tractors have been pulling utility trucks through muddy fields to reach poles.

Thousands of people depend on meals and water provided by the Salvation Army and American Red Cross, assisted by Southern Baptist Convention volunteers. But some scattered communities haven't been reached yet by food deliveries.

In a Catholic-run medical clinic in Tutwiler, a town of 1,300 people 20 miles from here, Sister Anne Brooks said there has been a steady stream of patients ill from contaminated water or

spoiled food. Burns and house fires are common from candles or defective gas heaters used for light and heat.

President Clinton last weekend declared 26 Mississippi counties federal disaster areas, making local governments and some nonprofit organizations eligible for federal aid on 75 percent of their disaster needs.

On Saturday, Agriculture Secretary Mike Espy returned to his home state to pledge administration support. He rejected a suggestion that waiting more than two weeks for the first high-level visit from Washington was an indicator of neglect.

"What would you rather have, aid or the person? We sent the aid," Espy said.

Espy's visit came after a personal appeal from his older brother Henry, mayor of this hard-hit city of 22,000 people.

Henry Espy said he realized that with the Midwest, Northeast and Washington itself pounded by a severe winter this year, the ice storm that also hit Kentucky, Tennessee and Arkansas has drawn scant attention.

"Nobody thinks about the South having an ice storm," Henry Espy said. "They just don't comprehend this. We don't comprehend this here."

"These people don't have the bootstraps to pull themselves up by," said George Walker, chief executive officer of Delta Wire Corp., which employs 120 residents.

NOTICE

The Almay Oil Control liquid makeup advertised in this week's Target supplement is not available due to manufacturer's recall. We regret any inconvenience this may have caused.



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Nation

Congress likes Clinton health goals, not plan

WASHINGTON (AP) — Congress finally tackles health-care reform this week, but it's increasingly unlikely that President Clinton's 1,342-page version will survive.

The Clinton goal of universal insurance coverage, guaranteed minimum health benefits and keeping costs down are still alive. Congress may ultimately grant some of his wishes, but not via the route he's recommended.

The first subcommittee chairman to delve into the issue, for example, says he'll be starting from scratch — not from the voluminous White House bill.

And though the administration vision is still driving the health-care discussion, its pleas and courtships have brought few outright endorsements of the plan. Organized labor, which pledged \$10 million last week to support it, is a notable exception.

It's been a long road from the frenzied all-nighters held by Hillary Rodham Clinton's health care task force to Rep. Pete Stark's statement last week that when his panel begins work Tuesday, it will put aside Clinton's bill and write its own.

"The sheer complexity of this plan makes simple answers very difficult, and that makes it very hard to sell," said Republican pollster Bill McInturf.

The most common complaints are that it is bureaucratic and complicated; heavily-handed in its requirements that employers pay for insurance and that consumers form purchasing alliances, that premium hikes be capped, even that medical schools train a certain number of specialists.

The mandatory alliance in particular have very few supporters at this point. The employer mandate is also under siege, prompting deputy treasury secretary Roger Altman to defend it Friday in a Washington Post opinion piece.

The president meanwhile is determinedly highlighting the more appealing aspects of the plan, from preventive care for kids to long-term

care and drug benefits for the elderly. This week the theme will be reassurance, the peace of mind Clinton says his plan would bring to those at risk of losing insurance coverage along with their jobs or health.

At the same time the administration is dismissing the significance of Stark, a maverick Californian who heads the health subcommittee of the House Ways and Means Committee. Stark is expected to produce a bill that expands Medicare to cover the indigent and uninsured.

The White House considers that approach unacceptable, saying it would have to be financed by a tax hike. Clinton said last week such a bill couldn't clear the full Ways and Means Committee.

But since no other congressional panel has started writing a health-care bill yet, even an unacceptable bill in play constitutes progress.

"Somebody has to get the ball rolling. Stark's doing everybody an enormous service by trying to get a bill out of his subcommittee ... which meets the president's goals even if it's not consistent with the president's means," said Martin Corry, director of federal affairs for the American Association for Retired Persons.

The Clintons have said from the start that they are not married to the specifics of their bill, despite the time and energy that went into its preparation.

In part that process was a response to congressional leaders who had asked Clinton to tell them exactly what he wanted to do. And some analysts, unhappy Republicans among them, believe the scope and depth of Clinton's plan are helping keep his goals alive.

"No one can argue with the seriousness of this legislation," said former Ohio Gov. Dick Celeste, chairman of the Democratic Party's National Health Care Campaign. "If the president had not come forward with a follow-up and mature concept, he would have been dead on arrival on health care reform."

End of trial signals bureau change

Los Angeles Times

WASHINGTON — The verdicts in the Branch Davidian trial were a painful final chapter of a difficult year for the federal Bureau of Alcohol, Tobacco and Firearms — a year officials say has brought a good deal of soul searching and changed the nature of the agency.

A jury in San Antonio, Texas, on Saturday acquitted 11 cult members of the most serious charges against them — murder and murder-conspiracy — in the deaths of four ATF agents in the failed assault against the group's compound. Five Davidians were convicted of voluntary manslaughter. Two were convicted on weapons charges.

With the trial's outcome behind them, officials say they view today as a symbolic turning point for the ATF. It is the first anniversary of the bloody siege in Waco, Texas, that left the agents and six Davidians

dead, and it is the day that the agency will assume broad new responsibilities as the Brady gun-control law takes effect.

"The most important firearms regulation law in a quarter of a century will go into effect, and ATF is central to the success of the new law," said Ronald K. Noble, who oversees the bureau as assistant Treasury secretary for enforcement.

Moreover, the ATF has won a budget increase from the Clinton administration at a time when other agencies are struggling under severe cuts. It is also a central part of a recently announced effort by the Treasury Department to dramatically tighten regulations on gun dealers, and it is moving into new technologies that could revolutionize the way in which evidence of gun-related crimes is collected.

And if cigarette taxes rise as a result of the administration's health care reform effort, the ATF is also

likely to face new challenges in preventing smuggling.

But less than five months ago, the very survival of the agency was in question.

For years, it had been seen by other law enforcement agencies as second-rate, with agents who lacked the training, breadth and polish of their counterparts in the FBI and the Internal Revenue Service.

Vice President Al Gore, seeking ways to make government more efficient, called last fall for merging the agency's functions into the FBI.

Meanwhile, a blistering Treasury Department report on the botched raid in Waco had alleged that individual ATF officers had tried to cover up their mistakes, that they had not given sufficient consideration to less confrontational options, that they had relied upon obviously flawed intelligence and that they had failed to coordinate and organize their operations properly.

If so, one of the main jobs ahead for the ATF is rebuilding its credibility.

For starters, new top management has been brought in and officials said the agency has revamped its training and its procedures in crisis situations. Its new director, Secret Service veteran John W. Magaw, has likened the process to the rebuilding effort undertaken by the Secret Service in the wake of the 1963 assassination of President Kennedy.

Meanwhile, the ATF received credit for helping to track down the defendants in last year's World Trade Center bombing in New York.

The agency has also benefited from the recent political surge behind the crime issue that led Congress last year to enact the Brady measure, which would require background checks on handgun purchasers and impose a five-day waiting period on gun sales. Virtually all enforcement of the new law will fall to the ATF.

Koresh's mom says he's returned in her dreams

CHANDLER, Texas (AP) — A year ago, on a misty Monday morning, the mother of doomsday prophet David Koresh returned to her East Texas home and found a chilling message.

"They shot me and I'm dying," Koresh said in a call recorded on his mother's answering machine. "But I'll be back real soon, OK?"

Koresh, born Vernon Howell, did in fact die at Mount Carmel, the Branch Davidian compound outside Waco. But not until fire engulfed the compound, 51 days after the Feb. 28 gun battle that left him wounded and 10 dead, including four federal Alcohol, Tobacco and Firearms agents.

A year after the shootout, a quietly defiant Bonnie Haldeman still defends her son and says he is back, if only in a series of vivid dreams.

"I'm all right, Mama," David told her in one dream, she said, adding: "I'm not too big on dreams, but when they are so real ..."



Bonnie Haldeman
Still defends prophet son
She insists the raid on the cult compound was a travesty rivaled only by

the murder trial of 11 cult members. "Justice prevailed, in one sense," she said after a jury acquitted them of murder and murder conspiracy charges Saturday in San Antonio. The charges, she says, were "a joke — a cruel joke and a bad joke."

And, she maintains, the April 1993 inferno that destroyed Mount Carmel could have been averted. Koresh and 78 of his followers died in the blaze, some by gunshot.

"I think if they had waited, two weeks at the most, every one of them would have come out of there," she said.

"I knew the majority of the people who died in that fire ... all those children and young people. If they had known what was going to happen, they wouldn't have stayed in there."

"They couldn't get out," Mrs. Haldeman contends. "They didn't see those fires. I'll go to my grave swearing on that."

She is still upset that the FBI denied her requests to see her grandchildren or speak with her son during the standoff.

Could she have prevented the tragedy?

"I don't think I could have prevented it," she replied after a long, thoughtful pause. "I do wish I had been given an opportunity to try."

Before the jury's verdict Saturday, Mrs. Haldeman insisted none of the Davidians were conspirators.

"The conspirators were the FBI and the ATF, or whomever, that spent eight months — eight months — planning on going in there and killing those people," she said.

"Why should these 11 people pay?" she wondered. "These people lost their families and everything they have and they're still having to sit in jail and go through this."

When Mrs. Haldeman learned of the acquittals, she broke into tears and cried: "God bless them jurors!"

Brady law takes effect in 34 states, territories

The Washington Post

WASHINGTON — The lives of millions of handgun buyers will change today as the Brady law's five-day waiting period and background-check provisions go into effect.

Thirty-four states and territories, including Alabama, Mississippi, North Carolina and Kansas, must comply with the new law, according to the Bureau of Alcohol, Tobacco and Firearms. The law is expected to be challenged this week in a legal battle initiated by the National Rifle Association, which claims the measure is unconstitutional. The District of Columbia, Maryland and Virginia are among 20 states and territories that are exempt because they have more stringent laws or similar measures already in effect. The District bans handgun sale and possession. Virginia has a state background check and seven-day waiting period.

Under the new law, federally licensed gun dealers are required to notify the chief law enforcement officer of the area where the potential buyer resides. That official is to make a "reasonable effort" to determine if the potential buyer is a convicted felon, mentally unstable or otherwise

ineligible to buy a gun.

The Brady law, named for former White House press secretary James S. Brady, who was wounded during the 1981 assassination attempt on President Ronald Reagan, is the most far-reaching gun control measure approved in at least a decade.

The waiting period will be dropped after five years, when a national computerized instant-check system is scheduled to be operational. Congress has allotted \$200 million to help states update and automate their criminal records for their system.

The Justice Department, meanwhile, has released a report detailing the growing role of firearms in crime. Although the overall violent crime rate declined in the last decade, the rate of offenses committed with pistols and revolvers rose from 9.2 percent in 1979 to 12.7 percent in 1992, the report by the Bureau of Justice Statistics shows. From 1987 to 1992 an average 858,000 rapes, robberies and assaults with firearms of all types were committed annually.

The report also noted that a nationally representative sample of state inmates showed that among prisoners with prior adult criminal records, 23 percent said they bought their weapon from a retail store.

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Farrakhan defends speech, attacks Jews, Arabs, whites

Newday

CHICAGO — Nation of Islam leader Louis Farrakhan lashed out at Jews, Arabs, whites and mainstream blacks Sunday as he defended his organization and the widely condemned speech of his former spokesman, Khalid Abdul Muhammad.

In his speech, before about 14,000 supporters at the Chicago Pavilion on the Chicago campus of the University of Illinois, Farrakhan appeared to abandon the moderate posture he has adopted in recent years to form relationships with civil rights and elected officials.

"You thought Farrakhan would lay down to be friends with some Negroes," Farrakhan said to his critics. "By the grace of God I would never compromise the truth to be your friend. To hell with your friendship. It's not worth it."

Farrakhan also charged that Jewish groups and the news media had tried to damage his ties with mainstream black leaders by unfairly drawing attention to Muhammad's speech.

On Sunday, Farrakhan spoke warily of Muhammad, an aide he demoted Feb. 3 as national spokesman in the aftermath of a Nov. 14 speech widely condemned for its racist, anti-Jewish and anti-gay content.

"My brother, Khalid, he's a warrior, he's a fighter for his people," Farrakhan said. "He is not the most diplomatic brother but he's a fighter." Muhammad was seated in the first row of the pavilion.

Neither Farrakhan nor Muhammad were available Sunday for comment.

"This is not a ministry of rage. This is a ministry of love and divine truth," said Farrakhan in his speech, waving a copy of last week's Time magazine, which featured a cover story about him. "Why don't you tell the truth ... What got you enraged is that Farrakhan is becoming the rage of black people, that black people are lifting their hearts to their brother."

Farrakhan spoke at the annual Saviours Day assembly of the Nation of Islam, marking the birth of the late Wallace Fard, an Arab immigrant who in 1930 is credited with inspiring the late Elijah Muhammad to form the Nation of Islam.

Farrakhan spent nearly two hours expounding on the organization's theological tenet that blacks were the earth's original people, and that the whites were the product of a botched experiment by a mad black scientist. The Nation of Islam believes that blacks will one day rule the earth.

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Arafat says crackdown not enough

TUNIS, Tunisia (AP) — Seeking to capitalize on the worldwide outcry over the Hebron mosque massacre, Yasser Arafat said Sunday that Israel's pledge to crack down on Jewish extremists was not enough and demanded international protection for the Palestinians.



Arafat

The Palestine Liberation Organization chairman left the door open for resuming peace talks with Israel, despite pressures to quit in protest over the slaying of 39 worshippers on Friday.

But he said that if the talks resumed, the focus would shift to the need for removing 144 Jewish settlements before the implementation of the Sept. 13 Palestinian self-rule accord.

Friday's bloodbath plunged Israel and the occupied West Bank and Gaza Strip into chaos: By Sunday, the death toll from the massacre and subsequent rioting had climbed to 65 with about 360 wounded.

The Israeli Cabinet on Sunday ordered the arrest of Jewish extremists and vowed to disarm hard-core settlers in a move designed to lure Palestinians back to the negotiating table.



An Israeli soldier, right, runs past two Jewish settlers, one shooting at Palestinians, in Hebron, on the Israeli-occupied West Bank. The settlers went on a rampage in the town Sunday.

Wave of arrests follows killing

JERUSALEM (AP) — In a bid to smother a wave of Arab fury following the massacre at the Ibrahim Mosque, Israel's Cabinet on Sunday ordered the arrest of Jewish extremist leaders and said it will disarm hard-core settlers in the occupied territories.

Environment Minister Yossi Sarid also announced that authorities will release some 800 to 1,000 Palestinians held in Israeli prisons.

Earlier, the army sealed off the occupied West Bank and Gaza Strip

for an indefinite period, blocking more than 1 million Palestinians from entering Israel.

An army spokesman said the clampdown launched late Saturday was to prevent Arab attacks in Israel and anti-Arab attacks by Israelis.

The actions by Prime Minister Yitzhak Rabin's Cabinet, which had been expected, were announced amid a third day of violence throughout the occupied territories.

The unrest again spilled over into

Jaffa near Tel Aviv and other normally peaceful Arab towns in Israel.

Thirty-nine Arabs were killed by a lone Jewish gunman who opened fire on kneeling worshippers in the mosque in Hebron on Friday.

Another 24 have died in the subsequent unrest. Sarid said that the 14-man Cabinet voted unanimously that the extremists "will be forced to disarm" and that legal authorities were "instructed to examine the possibility of outlawing these extremist groups."

White House calls Iran worst worldwide 'outlaw'

The Washington Post

Fifteen years after the Iranian revolution, the religious regime in Tehran remains so hostile to U.S. interests that it has in many ways become international Public Enemy No. 1 for the Clinton administration.

According to administration officials, the Iranian government foments terrorism, threatens its neighbors, condones drug traffickers, routinely assassinates political opponents abroad, is in league with North Korea and is working hard to acquire nuclear weapons — all in direct conflict with U.S.

foreign-policy objectives.

In addition, U.S. officials say Iran is the only nation working actively to subvert the peace agreement between Israel and the Palestine Liberation Organization, which the Clinton administration supports.

As a result, Iran tops the administration's list of "rogue countries" to be targeted by a proposed new international agreement limiting the export of sensitive technologies. The Clinton administration routinely opposes efforts by debt-ridden Iran to obtain international loans and is trying to persuade allied nations to limit their trade with Iran.

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Chuch bomb kills 9, injures 60 in Lebanon

JOUNIEH, Lebanon (AP) — A bomb exploded in a packed Maronite Catholic church Sunday, killing nine worshippers and wounding at least 60 as they lined up in front of the altar to take Communion, police and witnesses said.

The carnage at Notre Dame De La Delivrance could have been far worse — a larger bomb was found inside the church's organ and defused.

The bombing, hard on the heels of the massacre of Muslims at a mosque in the Israeli-occupied West Bank, underlined scope of the region's religious animosities and the threat they pose to the Middle East peace process.

It also marked a setback for Prime Minister Rafik Hariri's efforts to restore law and order after the 1975-90 civil war that made his country notorious for violence.

There was no immediate claim of responsibility for the explosion in the Zouh Mikael neighborhood of Jounieh, 12 miles north of Beirut.

Police said the bomb was made up of two mortar shells connected to a detonator and placed under a table supporting an icon of the Virgin Mary.

The blast sent the congregation of about 250 people storming hysterically out of the church, passed pools of blood and piles of glass shards and broken pews.

"There was a lot of screaming as icons fell off the wall, benches broke into pieces, bibles were shredded with pages flying all over the church hall," said Associated Press reporter Bahjat Jabber, who was attending the service.

The dead included a 4-year-old girl. Pieces of human flesh, torn clothes and shoes were still scattered across the blood-soaked carpeting several hours later.

The blast blew off the lid of the church organ, revealing an even larger ordinance hidden inside the instrument. Police experts defused the second bomb, made of four mortar shells connected to a single detonator.

President Clinton drew a connection between the Lebanon bombing and the attack by a Jewish settler that killed 39 Muslims in Hebron on Friday and started a bloody rampage between Arabs and Jews in Israel and the occupied territories.

"The extremists have a common purpose: to promote division, strife and war. They must and will not be allowed to succeed," said Clinton.

Hariri inspected the damage and said the explosion was "a plot ordered from abroad."

Hariri, a Sunni Muslim, supports the deployment in Lebanon of 40,000 Syrian troops, which is condemned by Maronites, the country's largest Christian sect.

The million-strong Maronite community saw their traditional hold on political power erode during the country's civil war. They are the main losers in a 1989 Arab League-brokered peace treaty that ended the war.

Information Minister Michel Samaha was more explicit. "It is not a coincidence that whenever Israel finds itself isolated ... it resorts to such harsh actions," he said.

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Opinion

Other view

Spying?! The U.S.?! They must be kidding

Are we alone in finding a degree of naïveté, even implausibility, in the indignation being expressed in some quarters in Washington over what is shaping up as the most damaging spy case in recent years?

Knowledgeable government officials actually profess to be shocked — shocked! — that in the post-Cold War era Russia's depleted but still obviously very active spying services would continue to conduct operations abroad, specifically against the world's only remaining superpower, as our political leaders like to say. That is some thumb-in-your-eye thanks after all this country has done for President Boris Yeltsin and his predecessor ... the economic aid, the political support, not the timely warnings we provided (based, of course, on our own intelligence work) about the plots that were hatched against them. Moscow, they say, really ought to apologize and summon home those of its embassy officials who were involved in this disgraceful business.

Let's get real. The Cold War may be over, but intelligence gathering and spying go on. The Russians and others do it to us and, as former CIA Director Robert Gates noted the other night, we do it to them, because "it's important that we know what they're up to." That the Soviet KGB and its successor agency in Russia were apparently able, beginning in 1985, the first year of Mikhail Gorbachev's "perestroika," to put on the payroll a mid-level but very well-plugged-in CIA official is plainly a matter of political embarrassment and profound frustration. But any top government officials who were genuinely surprised by what was revealed this week are guilty of world-class disingenuousness.

For the Clinton administration, which inherited this scandal, exposure of a 31-year employee of the CIA as an alleged spy adds enormously to the difficulties it already faced in winning even continuing support in Capitol Hill for aid to Russia. Combined with our recent doubting-thanks events — the triumph of political extremists in last December's legislative elections, the virtual abandonment of reforms by Yeltsin's new

government — the case of Aldrich Ames, who was arrested along with his wife on espionage charges, can only be expected to lower expectations that closer ties and greater cooperation with Russia can soon be achieved.

That response is understandable. It also ought quickly to yield to calmer second thoughts. Spying, however odious it may be, remains a fact of international life. It happens sometimes even among the oldest or best of friends, as cases a few years back involving French and Israeli espionage against the United States show. Anger is a warranted reaction. But it would be foolishly self-wounding to let the Ames case deflect Washington from pursuing policies toward Russia that serve U.S. national interests. When all is said and done, it remains vitally important for America and the West to go on doing what they can to encourage the evolution of a Russia based on political pluralism and a free-market economy.

Meanwhile, the mess left by the Ames case has to be cleaned up. The full extent of the harm done to U.S. agents and interests over the seven or eight years when pure-gold information was being sold to the Russians has to be evaluated. So too do the internal security procedures for CIA employees. The second rule in spying, after don't get caught, is don't draw attention to yourself. Yet in their spending habits, the Ames-led trail of glaring obviousness.

Throughout the period of alleged spying, says the government, the Ames' expenditures exceeded their income by more than \$1 million. Did no one at the CIA whose job it is to take note of such conspicuous consumption — the \$540,000 home, the \$40,000 car, the \$500,000 in credit-card charges — wonder where all the money could be coming from?

President Clinton has praised the counterintelligence work done to break this case. No doubt the praise is deserved. But still to be explained is why, given the Ames' remarkably showy lifestyle, it took so long for the bloodhounds to get on the trail.

— Los Angeles Times

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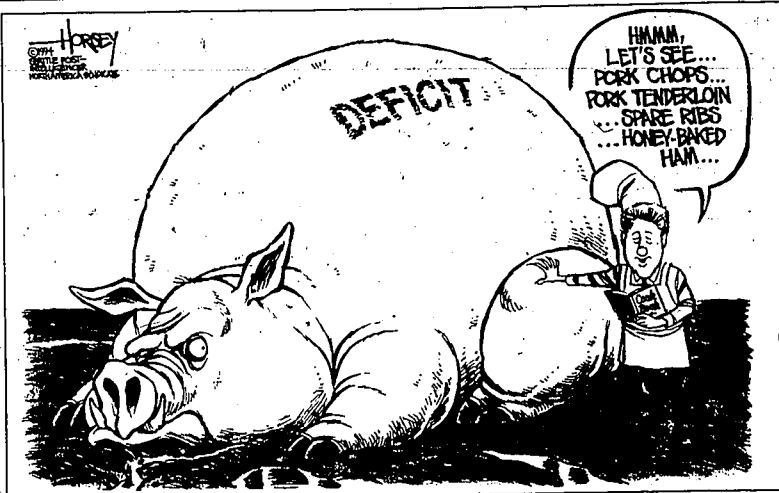
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Because of space constraints, please limit letters to 400 words. Longer letters will be shortened. The Times-News reserves the right to edit all letters.

We look forward to hearing from you!



Letters

Unborn babies are just like us

Today, I'm writing to call for a drastic measure — a measure sure to be unpopular in some circles. I'd like to see some editorial board guidance on some of the front-page stories I'm seeing in The Times-News. One day, I read "Doctors save baby in womb." Then a couple of days later, I read "Man accused in abortion doctor's death stands trial." Perhaps a line or two from the board on why both doctors are considered heroes, albeit by different groups, would be illuminating.

I would also like editorial guidance on the radically different treatment of the unborn babies by the heart surgeon and by Dr. Gunn, the abortion doctor. Was the baby saved by inter-uterine heart surgery intrinsically more valuable than the babies aborted by Dr. Gunn? What would make one baby more valuable than another? Race, religion, hair color?

I believe I have a clue: Attitude. If you feel a baby in the womb is wanted, then it is indeed valuable and worth protecting. But if you feel the baby in the womb is an inconvenience, then it is not valuable and not worth protecting. Here's where a clever editorial board could take an idea and run with it. This attitude test (already applied to unborn humans to confirm or deny their humanity) could easily be used in other areas in which we face moral quandaries.

Imagine what would happen if, in the distant future, scientists and medical doctors made a startling discovery. This being that unborn babies are genetically, medically and biologically human beings — just like us only smaller. Would doctors like Dr. Gunn be thought of as heroes by future generations?

Perhaps the editorial board can put an end to confusion here and now. If it could ask some of our local doctors to write a column to reassure me and others that unborn babies are not human beings, don't have a beating heart and don't feel pain when aborted, this evidence would truly ease my mind about the confusion surrounding stories about unborn babies in The Times-News.

MICHAEL HAVENER
Twin Falls

Keep wolves out of Idaho

Wolf kill helped diminish a caribou herd of 11,000 in 1989 to 3,500 in 1992 in part of Alaska.

It is my understanding that the Fish and Game Department of Alaska will try to kill off 75 percent of the wolf population in this area for the next three years.

There is virtually no domestic livestock in Alaska. Therefore, wolf killings are not a problem. However, in Minnesota, nearly \$27,000 per year is being spent for livestock killing and damage. In Montana, nearly \$19,000 per year is spent for wolf control. In 1991, Congress provided special funding for wolf control in Montana. One wolf will eat 9 pounds of food per day, mostly meat. This equals two adult deer per month. How many newborn fawn deer, elk or domestic livestock equal two adult deer? Alaska has about 7,000 wolves. Multiply this number by two adult deer, and it equals 14,000 deer per month or an equivalent in other animals.

Wolves are known to kill much more for fun as scavengers at garbage dumps and prey on salmon at spawning areas. Also, wolves will kill coyotes and domestic dogs. Although wolves take the weak and the young first, they are very aggressive killers, being very capable of killing adult deer, caribou, elk and domestic livestock one-on-one.

Wolves weigh an average of 80 to 110 pounds with a length that spans up to 6 feet. It will be only a matter of time before an innocent camper, hiker or hunter is either killed or severely injured by an aggressive wolf.

The very best reason I have found for the wolf recovery program is popularity of wolf art, wolf photography, wolf postcards, wolf souvenirs for sale and wolf stories in books. From 1963 to 1980, 38,500 people attended public wolf howls. With 7,000 wolves in Alaska and adding wolves in Minnesota and Montana, it is hard to believe that they should remain on the endangered species list.

Do we here in Idaho want to have the same mess by building up the wolf population, only to kill them off in a few years to protect yet another species?

CLAIR TESTER
Malta

Writer lacks buzzard knowledge

The Feb. 20 Associated Press story, "200 bold buzzards terrorize county," shows how media ignorance encourages the public to think erroneously.

The article's author obviously did no homework about buzzards or buzzards. His editor failed to verify alleged facts, thus continuing the string of ignorance. I disagree with many things about wildlife from the pens of The Times-News writers. The ignorance blares forth here, since it ran this AP article in spite of glaring inaccuracies.

Nature and buzzards belong to different scientific families. Buzzards belong to the family "Cathartidae," and buzzards or buzzards belong to the family "Accipitridae." The difference can be distinguished with a little education.

Buzzards and buzzards belong to different scientific families. Buzzards belong to the family "Cathartidae," and buzzards or buzzards belong to the family "Accipitridae." The difference can be distinguished with a little education. Buzzards, unlike other birds of prey, have featherless heads and often necks, like turkeys, so they won't dirty feathers as they dip their heads inside decaying animals. Buzzards have strong beaks and weak feet (because they don't carry prey). Some buzzards, including the black buzzard, will hunt small animals but most often feed on carrion. Because of their menu preferences, most buzzards, unlike other raptors, have a sense of smell.

Buzzards or buzzards, in contrast, are hunting birds, although they will feed on carrion during tough times. Buzzards of our area include red-tailed, swainsons, ferruginous and roughleg buzzards. They are fully feathered, some to their feet. Most have large, strong feet for capturing, killing and carrying prey. The article incorrectly calling buzzards buzzards opinionated a horrible picture of a lone duck (was it frozen into the pond as happens regularly) being killed by carnivorous birds. Many hunters and raptor enthusiasts would see nature happening.

Eagles, falcons, hawks and owls would also kill a duck or ducks sitting on a pond. (They will also kill children, but there is no record of even eagle killing children.) Are kill permits also being issued for their demise?

Death can be a gruesome sight, but these birds were given protection knowing their predation and place in the ecosystem is beneficial. All birds of prey are carnivorous. Most kill other animals (domestic animals should be confined during migration). The logic of this situation is escaping me. There is a society problem when kill permits are issued because birds of prey are hunting ducks.

PATRICIA SMITH
King Hill

Letters

School buses need safety belts

I'm puzzled by events of the last few years that center on restrictions for vehicle passengers. I noticed the Legislature has now made it more expensive to drive or be a passenger without a restraint. This is a fine move, but I wonder what message this gives our children.

When I put my grandson in a car, I put him in some sort of special seat as provided by law. If I give my granddaughters a ride to school, I must make sure they are belted. When they get off the school bus, they buckle up to go to the store. Not only is this the law but the state of Idaho, in its TV ads, tells me it is child abuse if I don't.

All fine and good — but when they are on the school bus, there is no restraint system at all. Figure that one out on my car. I've heard the usual, "It costs too much" and "It's too difficult to do." Come on!

We make snow at Sun Valley. We have computers that find bad spots in avalanches. We even spend a few million a year to make sure we all catch a fish. But we can't figure a way to put a \$15 seat belt in a school bus? What a message the kids get, i.e., we are interested enough in your safety to pass laws to protect you, but if it costs us a few dollars or is inconvenient, forget it.

Maybe we should have the police stop a few school buses and give tickets. Of course they won't do this because the Idaho Legislature has made buses exempt. Figure that one out, too.

KATHLEEN HAYES
Rupert

Officer too busy for student

On the evening of Feb. 17, my stepson had a homework assignment to be completed. This assignment was to investigate the different aspects of the profession of his choice. Since his

boy wants to become a police officer, this was his subject.

He chose to call Officer Jim Mildon, since he had become acquainted with Officer Mildon some six years previous. His admiration for this man was very high, and he considered him to be a friend both on and off duty.

My stepson called, identified himself, asked for a few moments of the officer's time, and explained his school assignment. At this point, Officer Mildon expressed his impatience of being inconvenienced "while on vacation" and his need to "leave for a security job."

Needless to say, this boy's vision of his friend and protector has been tarnished. I would think that in these times of juvenile crimes, i.e., drugs and alcohol abuse, use of firearms, runaways and violence, any police officer would be anxious and courteous to a young person reaching out by means of a non-violent behavior.

My stepson did complete his school assignment with the courteous assistance of Officer Gambrel.

Thank you, Officer Gambrel. You are truly a gift to the youth of the Magic Valley.

MELONIE THUREN
Hansen

Doom predictions not logical

It was disappointing to read the gloom-and-doom press release from David Pimental and the Worldwatch Institute on the front page Feb. 22.

Mr. Pimental regurgitates the typical apocalyptic scenarios of misery, disease, poverty and starvation that environmental fanatics have so effectively employed to captivate the media. Of course, his solution to all of these future hypothetical problems is to forfeit all of our property and liberty to his organization and United Nations bureaucracies to manage

and control every aspect of our lives.

Pimental's computer model predicting the eminent doom of the earth is not based upon historical evidence, reason or logic. A simple test for Pimental's theory would be to take it back 100 years and apply it to the future. Clearly his theory would have failed miserably to predict the phenomenal increase in standards of living, life expectancy, agricultural productivity or technological gains.

As Dixie Lee Ray has pointed out in her well-researched book, "Environmental Overkill," "Third World food production continues to rise twice as fast as its population... Every reputable study of the world's 'carrying capacity' has concluded that the world can feed its expected population growth." Mr. Pimental is either ignorant of these facts or chooses to overlook them.

If we are on the verge of running out of energy, why has the price of oil fallen to below \$15 per barrel? Prices reflect relative scarcity, not computer models based upon hysterical as-

sumptions. Because of gains in extraction technologies, virtually all natural resources have fallen in price over the last 100 years.

There have been a number of books recently published about the chicken-littleness of the environmentalism movement, including "Eco-Scam" by Ray Bailey, and "Apocalypse Not" by Ben Bolch and Harold Lyons. Anyone who is concerned about the difference between rhetoric and science when it comes to the environment should read these books.

Those who wish to control our liberty, freedom and property have found "protecting the environment" to be a good pretext to achieve their objectives.

GABE L. POOLEY
Sun Valley

Canadians like health program

The taxpayers can see by the size of the so-called windfall of unanticipated tax money in January the importance of getting that voted out in 1992, they could all get their fingers on a

raise for themselves, the legislators.

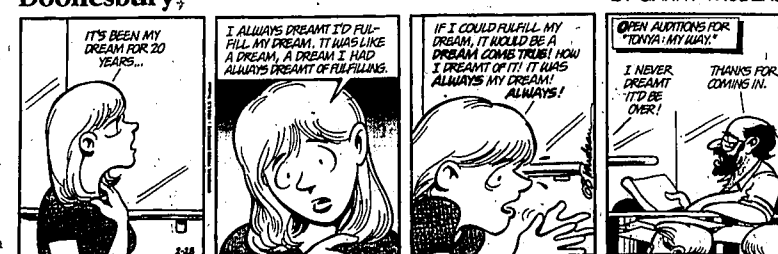
Mr. Stan Hawkins, keep up the request for reading every bill — if they have to eat breakfast in their chairs where they are. Remember, one honest vote can be a majority, and the majority of the people who read Wednesday's paper agreed with you.

We all remember the panel you faced alone in 1992. We the people are still here. We surely need a medical benefit program for everyone. The president's dental care part should be dropped to age 12 instead of 18 years old. Canada sends a check to every child under 12 years old on Jan. 1 or there close that can only be spent for that child's dental checkup.

Where did I get this information? I got it direct from Canadian winter visitors in Yuma, Ariz. If anyone wants their addresses in Canada, I can furnish them. Their comment was always, "We never want to give up our health program."

VIVIAN CANTRELL
Buhl

BY GARRY TRUDEAU



Vietnam, U.S. to start negotiations

HANOI, Vietnam (AP) — U.S. and Vietnamese negotiators open financial and political talks here today that could help lead to diplomatic relations between the two countries after nearly 20 years.

They are the first major political negotiations since the Paris Peace Agreement of 1973 that ended U.S. military involvement in Vietnam.

The negotiations were initially aimed at resolving U.S. financial claims against Vietnam dating back to the end of the war in 1975.

But they were broadened to include the timing of the opening of liaison offices by Vietnam in Washington and by the United States in Hanoi, and the functions of each. Vietnam's human rights record will also be discussed.

The talks come on the heels of the lifting of a 19-year U.S. economic embargo against Vietnam by President Clinton on Feb. 3. Clinton said the lifting of the embargo did not constitute a normalization of relations.

But both U.S. and Vietnamese officials said the two sides appeared to be moving in that direction. The liaison offices are seen as a transitional step.

The U.S. team is headed by James Hall, the director of the State Department's Office of Vietnam, Laos and Cambodia Affairs, and Ronald Bettauer, director of international claims and investment disputes.

The Vietnamese delegation is led by Nguyen Xuan Phong, acting director of the American Department, and Nguyen Qui Binh, acting director of the Department of International Law in the Foreign Affairs Ministry.

American claims against Vietnam total \$230 million. These are mostly U.S. business investments in South Vietnam that were seized by the communists North when it defeated the U.S.-backed Saigon regime in 1975. Occidental Petroleum Corp. is believed to be one of the largest claimants.

The agenda also includes the status of U.S. government buildings seized after the war, including 34 in Saigon — renamed Ho Chi Minh City by the communists — and two in Hanoi.

The negotiators also planned to discuss Vietnamese assets currently valued at \$290 million that remain frozen in the United States.

Alongside the talks, more than 100 U.S. specialists plus their Vietnamese counterparts are searching across the country for the remains of Americans missing in action from the war. The operation, ranging from the Chinese border to the South China Sea, began Saturday and will continue until March 22.

It is the first such operation since the U.S. trade embargo was lifted and the biggest since the end of the war, covering half of Vietnam's 50 provinces.

The United States lists 2,235 Americans unaccounted for, including 1,644 in Vietnam, 505 in Laos, 78 in Cambodia and 8 in China.

Arson causes theater fire; 8 men killed

LONDON (AP) — A fire that swept through a small pornography theater and killed eight men was deliberately set, police said Sunday. Flammable liquid was dumped in the ground-floor entrance of the four-story building, said Police Detective Superintendent John Chaplin. Flames swiftly climbed the stairs to upper floors where men were watching sex films.

"After initial inquiries police have now launched a murder investigation," Chaplin said.

Police are seeking a man who was seen running away from building and carrying a red petrol can around time fire broke out, he said.

Six men were found dead inside the building. Two more died later of injuries. Sixteen men were hospitalized, six of them in critical condition suffering from burns and smoke inhalation, hospital representatives said.

A stretch of street across from east London's historic Smithfield wholesale meat market remained cordoned off Sunday as police and fire investigators searched for clues.

Christopher Wood, a local resident, said there were two private cinemas in the building — one on the second floor and one on the third.

Valerie Martin, who also lives nearby, said she saw two young men laughing at the blaze and gave their descriptions to the police.

"You'd go to laugh at a fire like this," she said. "There were people all over the floor and they were really badly burned — their skin, their heads, their arms. It was really horrible."

Briefly

Muslim extremist leader dies in assault

ALGIERS, Algeria — The leader of a violent Muslim extremist group who was Algeria's most-wanted fugitive has been killed in a shootout, security forces announced Sunday.

Mourad Si Ahmed, head of the Armed Islamic Group, the most violent of the extremist Islamic groups waging a two-year-old insurgency against the government, and nine of his followers were killed in an assault on a building in Algiers on Saturday, according to the announcement.

No other details were given on the deaths of Ahmed, 29, and the others, or whether there were any government casualties.

The extremists are trying to destabilize the government through attacks on soldiers, intellectuals and foreigners.

Cambodia stages race to draw tourists

PHNOM PENH, Cambodia — A two-man team huffed and puffed to drive their pedicab 50 miles in four hours Sunday to win a competition conceived by the government to make potential tourists take more note of Cambodia.

Sixty teams entered the event to see who could take one of the vehicles — known as "cyclos" — the fastest in four hours.

Full-time drivers Ly Long, 24, and Sam Man, 24, switched places every half-hour during their laps around the track, which started at the Royal Palace and wound 1.5 miles around a park in the heart of the capital.

First Premier Prince Norodom Ranariddh waved the checkered flag at the finish line. Officials gave prizes — a trophy and \$400, a hefty sum for drivers who earn about \$4 a day ferrying customers.

Engine trouble downs military plane

CULIACAN, Mexico — The crash of a military plane searching for illegal marijuana plantations in northwestern Mexico has been blamed on engine failure, authorities said in reports Sunday.

All seven officers were killed when one of two motors failed as the small military plane flew over rugged mountains near Culiacan, about 640 miles (1,025 kilometers) northwest of Mexico City.

Eduardo de la Pena M. ink, a military commander, said the accident occurred late Friday about 11 miles (18 kilometers) east of Culiacan as the plane attempted to land at an airstrip.

The crew died instantly in the fiery impact and most of the bodies were badly burned, according to the official Mexico news agency Nopitex.

The commander told Nopitex that the plane was on a routine mission to spot marijuana and poppy plantations that are regularly fumigated and destroyed by helicopters fighting the war on drugs.

Compiled from wire reports

Residents in Bosnian town, skeptical of cease-fire, bolster sniper defenses

MOSTAR, Bosnia-Herzegovina (AP) — Residents of Mostar's besieged Muslim sector showed how much faith they have in a 2-day-old truce by strengthening defenses against snipers Sunday.

Two mortar blasts just before noon and sporadic gunfire throughout the day were all the evidence they needed that the truce with Bosnian Croats remained fragile.

"I am an optimist, but I don't think everything will stop so soon," said Smil Klancic, president of the Muslim sector of Mostar, the main city of southwestern Bosnia. "As far as I am concerned, there is no cease-fire here. Every day we have shelling and sniper fire. Every day we have injured people."

Rows of gray metal school lockers provided cover from distant gunners. Unconvinced the truce will last, many residents took advantage of the lull to fill the lockers with bricks and stones for more protection.

Still, it was quiet enough Sunday for residents to crowd the streets on a spring-like day. Children played. Mothers carried infants. Soldiers in camouflage fatigues flitted.

But most people remained wary, despite the start of peace talks Saturday in Washington on a U.S.-backed plan for a Muslim-Croat federation in part of Bosnia.

Bosnia's other cease-fire — between the Muslim-led government and Bosnian Serbs surrounding Sarajevo — also was strained. U.N. officials said three mortar rounds exploded on the east side and two on the west Sunday. Serb forces also accused government troops of extending their trenches provocatively.

In parts of the former Yugoslavia



Mostar, Bosnia-Herzegovina, strengthens forces Sunday as mortar blasts and gunfire ring out in defiance of a cease-fire.

republic not covered by truce accords, heavier shelling was reported, especially at Maglaj, a Muslim town under siege about 50 miles north of Sarajevo.

Although the truce in Mostar was tense, it appeared to be holding better than any other in nearly two years of war. Just last week, a dozen mortar shells rained down each day on the eastern half of Mostar, where an estimated 50,000 Muslims are surrounded by Croat troops.

People hope the relative peace will last, but after so many broken cease-fires, it is hard for them to believe this one will work.

"We used to live together for centuries, but there have been a lot of casualties. We don't know if we can live together again," said Ajvaz Avdo, who runs a soup kitchen feeding 1,800 people daily. Sunday's menu: bread and lentil soup.

"The food is better now because there are more aid convoys, but it is just enough to survive," Avdo said.

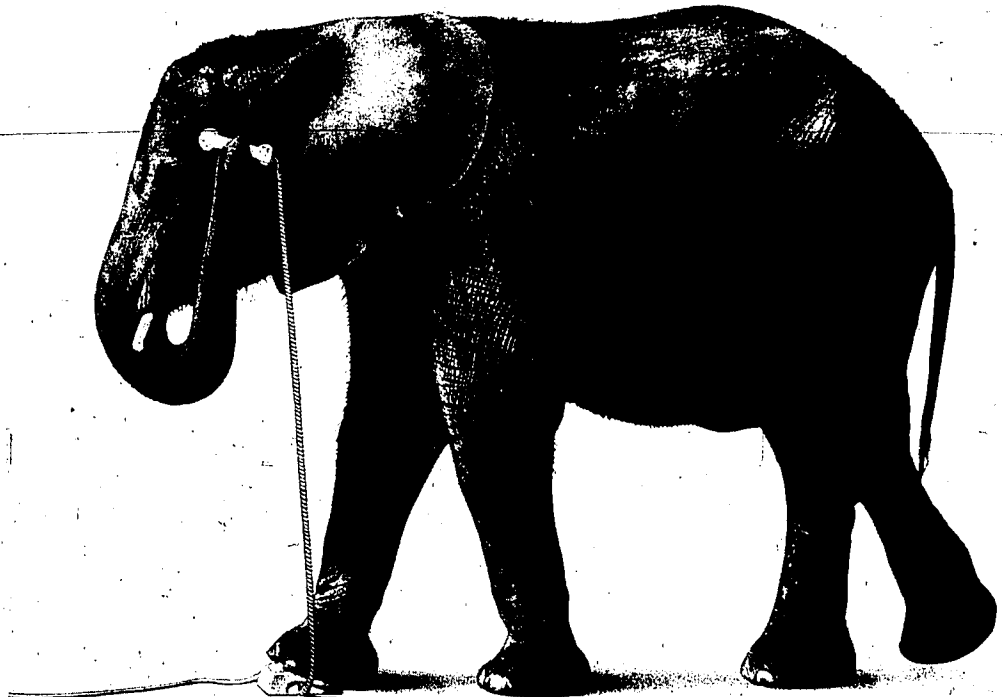
U.N. special envoy Yasushi Akashi, due to visit Mostar on Monday, will find a devastated city and appalling living conditions.

Many live underground, risk their lives for drinking water and have no electricity or heat other than from scarce wood. What little fuel makes it in goes to hospitals, water pumps and the generator for the lone radio station.

A different world is just 23 miles away in Croat-held Medjugorje, an important Christian religious and tourism site. Fresh fruit is for sale, restaurants have full menus and a service station sells premium gasoline for a normal European price.

The drive between the two winds through picturesque mountain scenes and forbidding evidence of war.

People have gotten so accustomed to war that they have forgotten what they can do in peace. "If the war stops, what can I do?" said Elvedin Leric, a 30-year-old soldier. "I haven't got civilian clothes. I only have a uniform."



Who could forget to dial 1+208?

Due to the increasing demand for new telephone numbers and area codes throughout the U.S. and Canada, people in Idaho will have to change the way they dial.

For all long-distance calls in the 208 area code that you previously preceded with a 1, you must now dial 1+208. Since you are already in the habit of adding a 1 before dialing long-distance calls within the 208 area code, this should be simple to remember.

There's no change in rates for these calls. And 911, local calls and long-distance calls to other area codes will not be affected by the new dialing plan. But anyone with preprogrammed Speed Calling numbers, modems, fax machines or other automatic dialing equipment will need to reprogram any 1+ numbers within the 208 area code.

For more information about 1+208 dialing, contact your local phone company.

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Loaded, Cummins diesel, low miles.
WAS '\$19995

\$16988



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Loaded, XLT.
WAS '\$19995

\$17988



1992 FORD F-150 SUPER CAB 4x4 PICKUP
XLT. Loaded, like new, red.
WAS '\$19995

\$18488



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Magic Valley

Around the valley

Child development clinic slated March 4

RUPERT — The South Central District Health Department has planned a Child Find Clinic for 9 a.m. March 4 at the Child Development Center in Rupert.

Vision, hearing, motor skills, speech/language and health assessment screenings will be done free on children up to age 3.

Parents or guardians concerned about their child's development can call Maxine at 436-7185 to make an appointment.

BLM seeks new management methods for Big Wood River

KETCHUM — The Bureau of Land Management is looking at alternatives for managing the Big Wood River near the Lake Creek Trailhead three miles north of Ketchum.

The river was rerouted during a controversial Highway 75 improvement project three years ago, flooding sections of the trail for long periods during spring runoff. Several citizens have complained about the trail closures and expressed concern about how an erosion-control pond at the site is filling with gravel, according to the BLM.

Public comment is requested on the issue by the Ketchum Ranger District of the Sawtooth National Forest and the Shoshone District of the BLM. An environmental assessment is being prepared by the BLM.

An issue paper describing the history and concerns associated with the river and pond is available from the Ketchum Ranger District or the BLM Shoshone District Office. Comments should be submitted by March 31 to Joe Russell, BLM Shoshone District Office, P.O. Box 2-B, Shoshone, ID 83352.

Have some free time? SNRA could use summer helpers

KETCHUM — The Sawtooth National Recreation Area is looking for volunteers to work full-time or part-time this summer.

Volunteer positions include: campground hosts, visitor center assistants, graphic artists, recreation facilities maintenance, trails assistants, and general office work. Students may volunteer to earn college credits.

Depending on the availability of funds, trailer space and subsistence may be provided for campground hosts.

For more information, contact: Dee Dee Chambliss, SNRA, Star Route, Ketchum, ID 83340; phone (208) 726-7672.

Boy, 14, gets driving lesson from school of hard knocks

TWIN FALLS — Teaching a 14-year-old how to drive has its ups and downs.

Nineteen-year-old Jesse Berry of Twin Falls found that out Sunday afternoon when he let Jason Perron test out his driving skills on a 1985 Toyota pickup. Perron drove off the right side of the road near the intersection of Pole Line Road East and Eastland Drive, overcorrected to the left, skidded and flipped the Toyota, according to an Idaho State Police dispatcher.

Neither Perron nor Berry was seriously injured. Citations are pending, the dispatcher said Sunday evening.

Compiled from staff reports

Twin Falls crime

A weekly look at the number of felonies reported to the Twin Falls Police Department and Twin Falls Sheriff's Department.



TWIN FALLS — Twin Falls law enforcement agencies reported the following crimes from last week:

	Last week	YTD
Twin Falls Police Department		
Car Burglaries:	10	92
Home Burglaries:	6	32
Total Burglaries:	16	148
Attempted Burglaries:	1	5
Grand Thefts:	7	39
Agg. Assault:	1	11
B&B Checks:	2	10
Fraud:	1	3
Total Felonies:	29	266

	Last week	YTD
Twin Falls Sheriff's Department		
Burglary:	3	20
Auto Theft:	1	3
Child Abuse:	1	2
Total Felonies:	5	46

Compiled from staff reports

Inside

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Impact fee idea poses dilemma

By Drew DeSilver
Times-News writer

BOISE — Many Idaho cities are looking at development impact fees to help them pay for the roadwork, sewer lines, police and fire protection and other public services required by rapid growth.

But Twin Falls City Manager Tom Courtney says the city should look carefully at whether impact fees would make affordable housing even scarcer than it is now.

"It would be a real dilemma for the city," Courtney said Friday.

He stressed that the current City Council hasn't discussed impact fees, and previous councils have given the matter only a cursory look. They haven't had to do more, because under state law only Ada County and governmental units within Ada County can assess impact fees.

But that may change. Earlier this week last week, officials of the Realtors' home-builders' and cities' associations agreed on a compromise bill to allow all Idaho cities and counties to assess impact fees on new development.

The measure also would permit school districts, highway districts and water and



Magic Valley Growth

sewer districts to impose impact fees, though school fees could not exceed one-half of 1 percent of a property's assessed value.

At first blush, Twin Falls looks like an ideal candidate for impact fees: Rapid population growth over the past few years has strained many city services, faster than increased property taxes have been able to catch up.

Impact fees also would take some of the heat off property taxes, consistently the least-liked of all taxes.

But Twin Falls also has a shortage of low- and moderate-income housing, and impact fees could, if high enough, drive even more people out of the local housing market.

"Particularly in this area, there's a problem with people qualifying for homes," said Courtney. "It may be that we'll have to shift part of our capital costs onto impact

Please see FEES/B2

City ponders fate of old buildings; meeting tonight

By Sean L. McCarthy
Times-News writer

TWIN FALLS — Many of the city's oldest buildings could be preserved through a 1991 uniform building code that would provide for their safe renovation.

Three years later, the City Council will consider adoption of that code in a 4 p.m. meeting today at City Hall.

The meeting is open to the public. Consideration of the Uniform Code for Building Conservation comes just as the city has begun to implement a plan for the regeneration of Old Town Twin Falls.

Old Town refers to the city's downtown, warehouse and Rock Creek Canyon districts.

The city has hired urban planners Tom Hudson and Ron Jelacio to help the city revitalize the Old Town districts.

Though the city operates with uniform

building codes, Twin Falls still lacks the UCBC, according to Dave McAlindin, supervisor of the city's building department.

"We have some fine, old buildings that are worth preserving," McAlindin said Friday. "The UCBC would provide a mechanism for the safe rehabilitation of those buildings."

The purpose of the code, written by an international conference of building officials, is "to encourage the continued use or reuse of legally existing buildings and structures."

In the past, developers sometimes chose to demolish old buildings rather than renovating them because the costs of renovation outweighed the costs of replacing the building.

The UCBC gives developers alternatives when remodeling old buildings for new uses, McAlindin said.

Please see CITY/B2



ANDY ARNDT/The Times-News

Delous and Winnie McGuire say they have done a lot of laughing during their 68 years together. Sharing the fun is one of their recommendations for a healthy marriage.

Couple still crazy in love after 68 years

By William Brock
Times-News writer

TWIN FALLS — Delous and Winnie McGuire have been married since 1926, and the trick to keeping the marital bond snug, Delous says, is maintaining a strong sense of authority.

"I've always had the last word," he explains, "and I've always said, 'Yes, dear.'"

The strategy must work because the McGuires celebrated their 68th year of

marriage Thursday. With a wealth of experience to draw from, they have firm opinions on what makes a marriage last.

Their recommendations:

• Talk about your problems and listen to one another.

• Raise your family in a loving, Christian environment.

• Do a lot of laughing and have fun together.

The fun began in Buhl on Easter Sunday, 1925, when McGuire's sister asked

Please see ANNIVERSARY/B2

Coming down



ANDY ARNDT/The Times-News

Habitat for Humanity volunteers Warren Wallace, front, and Charlie Lenkner bust up a barn south of Twin Falls on Saturday. Salvageable material from the barn and a house, donated by Amalgamated Sugar Co., will be sold to raise money for Habitat projects.

Idaho Constitution getting a close look this year

As one legislator commented during last week's debate on optional forms of county government, "There must be a virus in the air. Everybody wants to change the constitution."

No kidding. The optional-county government measure is one of 19 proposed amendments to the Idaho Constitution floating around the 1994 Legislature. The proposals range from fairly straightforward to a bit loopy.

So far, the House has approved three amendments by the necessary two-thirds vote and sent them to the Senate.

Permitting alternatives to the standard three-commissioner forms of county government.



Drew DeSilver On politics

• Requiring a three-fifths vote to raise income-tax or sales-tax rates.

• Recognizing the rights of crime victims.

The Senate has approved and sent to the House just one amendment, changing the title of the state auditor to state controller and removing his authority to audit state agencies. (Not exactly a barn-burner, that one.)

If any or all of these are passed by two-thirds of both chambers, they'll go on the November ballot, joining another amendment (creating an independent reapportionment commission) that was approved last year.

Some lawmakers are uncomfortable with all these changes. Rep. Judi Danielson, R-Council, in debating against the victims' rights amendment, called the constitution "a sacred document" that shouldn't be changed willy-nilly.

Well, it's a little too late for that. Since statehood in 1890, the Idaho Constitution has been amended 109 times. And as Rep. Elaine Hofman, D-Pocatello, noted, many

of those amendments weren't made exactly for lofty and noble reasons.

"Are lotteries more sacred than victims?" she asked. "Are mechanics' liens more sacred than victims? Environmental pollution control revenue bonds? Is legislators' pay more sacred than victims' rights?"

The framers of Idaho's Constitution certainly weren't all high-minded saints, either. Among other dubious provisions, the document they produced forbade Mormons and Chinese immigrants from voting.

Some of this year's other proposed changes to Idaho's basic law include:

• Using any future sales tax on services

Please see CONSTITUTION/B2

Fees

Continued from B1

fees, and we probably could justify a fairly high fee per lot, but you have to balance that against affordable housing."

In any event, the City Council would have to make the final decision on impact fees - assuming state law will be changed to let them.

The cities and the homebuilders withdrew competing impact-fee bills in favor of their compromise, which will be considered by the House Revenue and Taxation Committee.

The homebuilders' bill would only have applied to cities, coun-

ties and highway districts, and would have made them jump through several more hoops before they could impose impact fees.

Several cities have already imposed what amount to impact fees on their own authority. Realtors' lobbyist Mark Dunham said, and his group is ready to sue three of them unless the law is changed.

But the Realtors see impact fees as inevitable, and would rather help shape the law than fight it. The group helped the cities and the homebuilders reach their compromise.

A separate bill authorizing school districts to assess impact

fees is up for a vote Monday in the state Senate. That measure, sponsored by Sen. John Peavey, D-Carey, would allow fees of up to \$2.50 per square foot on new residential construction within the district.

"This is a good bill because it places some - not all - of the cost of growth on newcomers for which many of our new schools will have to be built," Peavey said. "That's not unreasonable."

The Realtors and homebuilders testified against Peavey's bill in the Senate Local Government and Taxation Committee.

Utah man hits jackpot in Wendover with \$15 worth of nickels

SALT LAKE CITY (AP) — A 47-year-old Heber City flight instructor plugged \$15 into a nickel slot machine in Wendover, Nev., and came up with a \$406,733 jackpot, one of the largest ever recorded in the border gaming town.

LeLond R. Rowser said he'll take his wife and six children to Disneyland, pay off a few bills and sock the rest of the money away for retirement.

Rowser hit the jackpot a Feb. 19 at the Stateline casino. Casino officials fold him the odds were about 10 million to one.

Rowser and three others had flown to Wendover in a small plane from the Heber City airport. He was in no condition to pilot the craft back home wheels lined up.

City

Continued from B1

Also on the council agenda today are appeals by two development groups for the reconsideration of their requests denied Feb. 22.

Stoneybrook Partners and DMC Productions lost zoning requests in 3-3 votes in last week's council meeting.

Stoneybrook wanted to zone 80 acres along Pole Line Road East for mixed commercial and residential uses, while DMC wanted to build homes as close as 50 feet from the south rim of the Snake River Canyon.

Voting "no" in both cases were Mayor Gale Kleinkopf and Council-

men Tom Condie and Jeff Gooding. Voting "yes" were Councilmen Chris Talkington, Lance Clow and Howard Allen.

Vice Mayor Art Frantz was in Boise attending legislative conferences and missed both votes.

Additional public hearings would be held should the council decide to reconsider the requests.

The council also will reconsider a Feb. 7 decision to extend Elm Street North from Cheney Drive to Lawndale Drive. The two residents on either side of the Elm Street right of way have protested that council decision.

Elm Street already will extend to

within 160 feet of Lawndale because of new development by the residents' northerly neighbor, Meldeo Inc.

Meldo wants the city to ensure that the company would be compensated if the right of way is vacated, according to a Feb. 25 letter to the council.

The city should "compensate Meldeo for its damages resulting from such change of the city's position," wrote Meldeo's attorney, Jeff Rolig.

"Meldeo will not agree to the council resolving this issue by forcing my client to construct an Elm Street North cul-de-sac on Meldeo's property," Rolig wrote.

Services

Paul J. "Bish" Bishop, of Gooding, 11 a.m. today, Demary's Gooding Chapel.

Virgil Kent Thompson, of Buhl, 11 a.m. today, First Christian Church, Buhl, (Farmer Funeral Chapel in Buhl).

E. Paul Swift, of Dietrich, 11 a.m. today, Dietrich LDS Church and burial at Shoshone Cemetery, (Demary's Bergin Chapel in Shoshone).

Zeffie Bird Sawyers, of Buhl, 11 a.m. today, Moffett's Memorial Chapel in Buhl.

Theda B. Thurston, of Wendell, 11 a.m. today, Hagerman Christian Center and interment will follow at Sunset Memorial Park in Twin Falls, (Reynolds Funeral Chapel in Twin Falls).

Sydale L. Simpson, of Twin Falls and formerly of Reno, Nev., memorial service, 11 a.m. today, Episcopal Church of the Ascension in Twin Falls. Interment at 1 p.m. Tuesday at Ely, Nev., Cemetery, (White Mortuary in Twin Falls).

Lawrence F. Heagle, of Hailey, memorial service, 1 p.m. today, Emmanuel Episcopal Church in Hailey, (Wood River Funeral Chapel in Hailey).

Donald Roy Beach, of Wendell, 2 p.m. today, Wendell LDS Church, (Demary's Wendell Chapel).

Ernest V. Clarkson, of Jerome, 2 p.m. today, Jerome 2nd Ward LDS Chapel on North Lincoln, (Hove-Robertson Funeral Chapel in Jerome).

Edward T. Johnson, of Twin Falls, 3 p.m. today, Reynolds Funeral Chapel in Twin Falls.

Edna Viola Henson, of Twin Falls, 11 a.m. Tuesday, White Mortuary in Twin Falls.

John "Junior" Lawrence, of Gooding, 2 p.m. Tuesday, Gooding United Methodist Church, (Demary's Gooding Chapel).

Albert LeRoy Wright Jr., of Hazelton, 2 p.m. Tuesday, White Mortuary in Twin Falls.

Death notices

Dollie Knopp
PAUL - Dollie Knopp, 77, of Paul, died Saturday, Feb. 26, 1994, at her home.

Funeral services will be held at 2 p.m. Wednesday, March 2, 1994, at the Paul Congregational Church with Pastor Vince Frank officiating. Burial will follow at the Paul Cemetery. Friends may call at Payne Mortuary from 2 to 8:30 p.m. Tuesday and at the church one hour prior to the funeral on Wednesday.

The family suggests that memorials be given to the Paul Congregational Church Memorial Fund or to a favorite charity.

Nancy V. Fritz
ALBION - Nancy Virginia Fritz, 83, of Albion, died Saturday, Feb.

26, 1994, at her home. Arrangements are pending and will be announced by Payne Mortuary in Burley.

Grace E. Lennan
JEROME - Grace E. Lennan, 98, of Jerome, died Saturday, Feb. 26, 1994, in Jerome.

Arrangements are pending and will be announced by the Hove-Robertson Funeral Chapel in Jerome.

Earl K. Evans
TWIN FALLS - Earl Keith Evans, 87, of Twin Falls, died Saturday, Feb. 26, 1994, at his home following an illness.

Arrangements are pending and will be announced by White Mortuary in Twin Falls.

Hospitals

MAGIC VALLEY REGIONAL MEDICAL CENTER

Admitted
Pamela Green of Kimberly; Laverne Duggan of Hagerman; Laurie Lancaster of Jerome; and Richard Schendel of Twin Falls.

Released
Pamela Green of Kimberly; Gina Jones of Filer; Darla Martin and Paul Wika, both of Twin Falls; and Velma Porter of Shoshone.

MINIDOKA MEMORIAL HOSPITAL

Admitted
Linda Wickel of Rupert and Catherine Martin of Buhl.

Released
Roxanne Coons, Jose Perez and Beki Artega, all of Rupert.

CASSIA MEMORIAL HOSPITAL

Admitted
Constance Hammond and Mary Harrison, both of Burley; and Dorothy Robinson of Oakley.

Released
Shade Beck, Kristin Robinson and Antonia Smith, all of Burley; Jeanette Bennett of Malta; Donald Hayden and Ana Hernandez, both of Heyburn; Margery Stronks of Rupert; and Laurie Webster of Paul.

Obituaries

James Anthony Boyer

TWIN FALLS - James Anthony Boyer, 50, of Twin Falls, died Saturday, Feb. 26, 1994, at Magic Valley Regional Medical Center.

James was born March 3, 1943, in Walsenburg, Colo., where he grew up and attended schools. He married Mildred Balles and moved to Twin Falls in 1966.

He is survived by his wife, Mildred; three sons, Earl Boyer and Joseph Boyer, both of Twin Falls, and James Boyer of Denver, Colo.; three daughters, Peggy Williams of Monroe, Iowa, Julie Montoya and Sarah Boyer, both of Twin Falls; mother-in-law Rose Balles of Twin Falls; two brothers, Bob Boyer of Walsenburg, Colo., and William Boyer of Colorado Springs, Colo.; six sisters, Stella Cates of San Diego, Calif., Elizabeth Vigil, Mary, Lou Mesias, Ruth Vigil, Susan Martinez and Mary Ann Pedraza, all of Walsenburg, Colo.; and Inez Chavez of Denver, Colo. James was preceded in death by his father, Earl, in 1966 and mother, Zola, in 1983.

A prayer vigil with rosary will be held this evening at 7 p.m. at Reynolds Funeral Chapel and a funeral mass will be celebrated Tuesday, March 1, 1994, at 11 a.m. at St. Edward's Catholic Church in Twin Falls with Fr. Robb Keller as Celebrant. Interment will follow in Twin Falls Cemetery. Friends may call at Reynolds Chapel today from 4 p.m. until time of the Rosary.

Robert J. Griffith

TWIN FALLS - Robert J. "Bob" Griffith, 71, of Twin Falls, died Saturday, Feb. 26, 1994, at Bridgeview Estates in Twin Falls.

He was born Sept. 28, 1922, in Twin Falls to James and Josephine Peterson Griffith. He served in the Army during W.W.II. He married Nelda Stagemeyer in 1951 and she

preceded him in death in 1978. He worked for Ora and Oran Jones leveling fields in the Twin Falls area and northern Nevada. He purchased a truck and did long haul trucking for many years, retiring in 1981. They purchased a motor home and traveled, spending winters in Yuma, Ariz. He never met a person who didn't like him. People always commented on what a nice man he was. He could sit and wait all day for you. He was very patient.

He is survived by his wife, his mother, Josephine Griffith of Twin Falls; six stepchildren, Kenny and Rose Stagemeyer of Twin Falls, Gary and Carla Rumlalt of Filer, and Bill and Patty Hodkins of Kimberly; eight grandchildren; one great-grandchild; two nephews, Jimmie Griffith and Tom Griffith, both of Twin Falls; a sister, Ann Cummings of Boulder City, Nev.; and a brother, Jim A. Griffith of Twin Falls.

He was preceded in death by his father and his first wife.

Funeral services will be conducted Tuesday, March 1, 1994, at 4 p.m. at White Mortuary with the Rev. Dale Metzger officiating. Burial will follow in Twin Falls Cemetery. Friends may call at White Mortuary Monday from 4 to 8 p.m. The family suggests memorials be given to Mountain States Tumor Institute, 190 East Bannock, Boise, Idaho 83712-6297, or the Twin Falls D.A.R.E. program. These may be left at White Mortuary.

Lloyd L. Holmquist

TWIN FALLS - Lloyd L. Holmquist, 86, of Twin Falls, died Saturday evening, Feb. 26, 1994, at West Magic Care Center following a short illness.

He married Martha Reed in 1991. He is survived by his wife, Martha of Twin Falls; three stepsons, Richard, Kenneth and Carl Reed;

one stepdaughter, Robin Tverdy; 11 stepgrandchildren; one step great grandchild and numerous cousins.

Private family memorial services will be held at a later date. Cremation took place at White Crematory and interment will be held at Sunset Memorial Park.

White Mortuary is in charge of arrangements. The family suggests memorials be given to the Twin Falls Public Library Foundation 432 2nd St. E. Twin Falls, Idaho 83301.

Kenneth W. Humphreys

PAUL - Kenneth W. Humphreys, 62, of Paul, died Friday, Feb. 25, 1994, at the LDS hospital in Salt Lake City.

He was born Sept. 19, 1931, in Jerome to William and Grace H. Humphreys. He served in the Navy during the Korean and Vietnam wars. He married Carlene Braga on June 19, 1954, in Elko, Nev. He served in the Naval Reserve for about 10 years. He belonged to the Veterans of Foreign Wars and the North-South Peruvian Horse Association. He worked for the Department of Transportation on the roving port of entry. He was a member of the Methodist church.

He is survived by his wife of Paul; a daughter, Terry of Jerome; a grandson, Cody of Jerome; and two sisters, Joan Cope of Seattle and Wilda Collard of Fremont, Calif. He was preceded in death by his parents and one sister.

The funeral will be held at 10 a.m. Wednesday at the McCulloch Funeral Home with the Rev. Rusty Hancock officiating. Burial will follow at 3 p.m. Wednesday in the Gooding Cemetery with military graveside rites. Friends may call at McCulloch Funeral Home on Tuesday from 6 to 8 p.m. and Wednesday prior to the services.

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7 pm TONIGHT

Cable 7 KAS 38



Magic Valley/West

Sun Valley ponders hiring Boise lawyer

The Associated Press

SUN VALLEY — Some city council members were a little concerned about the expense of Mayor Jo Ann Levy's proposal to hire a Boise lawyer as Sun Valley's city attorney. It will cost the resort city's taxpayers \$510 every time Michael Moore travels from his Boise office to Sun Valley for a council meeting or other city business.

That's on top of mileage reimbursement for the 300-mile round trip, a \$750 monthly retainer for one city council meeting per month, and an \$85-an-hour fee for all other services.

"I have a basic problem with the fact that a lot of money will be spent on non-productive travel time," Councilman Kevin Laird said during the council's initial meeting with Moore.

Laird said the city's plans to tackle the zoning section of its comprehensive plan could entail far more trips to the area than considered in Moore's proposed contract.

"Your reputation and credentials are impeccable," Councilman Dave Wilson told Moore. "But I envision more legal requirements than you've proposed here."

Ketchum lawyer Bruce Collier was Sun Valley's city attorney for five years, but he resigned after Levy was sworn into office last month to give the new mayor a

chance to appoint her own choice. Moore, whose firm, Moore and McFadden, focuses solely on municipal law, argued that more is at issue in the Sun Valley contract than the cost of his "windshield time."

"If that were the only consideration, then you would be better served to have someone local," he said. "But this is almost all of what we do. We can handle your legal requirements quicker, if not better, than someone doing it on a part-time basis."

— Councilman Kevin Laird

While Moore is a municipal bond expert, his partner, Mona Mack, is a specialist in land use planning and likely would take the lead as the planning and zoning commission and then the city council takes on the next step in revising the city's land use plan.

"I think that expertise would be essential as we go through the zoning section," Councilman Steve Luber said. "I don't want to reinvent the wheel."

Levy also said the fact that Moore and McFadden has no private clients would help reduce the possibility of a conflict of interest — a problem more common with part-time city attorneys.

The council appeared to be ready to approve hiring Moore, but it suggested coordinating city council and planning and zoning commission meetings and that his firm hire a local representative to help reduce the number of trips attorneys would have to make from Boise.

Hansen principal quitting at year's end

By Margaret Jones

Times-News correspondent

HANSEN — The School Board accepted the resignation of secondary principal Jim Clark this week.

Clark said he will stay until the end of his current contract. He has worked as secondary principal the past two years.

The board also accepted a proposed sexual harassment policy which has been under study this past month. This policy will replace the old policy and includes students, faculty and other employees.

Louise Baily and Amy King, representing the Hansen Parent Teacher Organization, told the board of several pledges of funds from area business' and residents to be used toward the purchase of a public address system for the high school gym.

The P.T.O. asked the district to match or contribute funds for this project. The board voted to pay half of the cost of the system, which is estimated to be \$2,900.

The group discussed the formation of a booster club which could help with projects for the school.

Permission was given for government teacher Brent Bjornn to take

the senior class to Boise to observe the legislature in session and visit the old penitentiary. The sophomore class will be allowed to sit windbreakers as a fund-raiser.

Ernie Beaver gave a report of her year as cheerleader advisor. She stated she was very proud of the girls' performance, and if an advisor is needed next year she would be happy to volunteer for the position.

Baily suggested a Pep Club be started to support athletic teams during the season.

Board chairman F.T. Freestone stated he had been approached by a patron asking that a wrestling team be started for interested students next year. Superintendent Dick Smith said he would look into rules regarding a team and report back to the board.

Clark announced the dates for upcoming events: a ski trip on March 11 at Magic Mountain; a smoker March 25 to raise funds for the basketball camp; scoliosis screening March 14; quarter tests March 16 and 17; parent-teacher conferences are March 24 and 25.

The eighth-grade IOWA basics tests will be given March 21, 22 and 23. The Junior-Senior prom is scheduled for April 23.

Gunmen fire at Black History Month celebration; 2 injured

PALM SPRINGS, Calif. (AP) — At least two gunmen opened fire with automatic weapons in a possible personal dispute at a Black History Month celebration, slightly wounding two people, including a 3-year-old.

More than 500 people dove for cover when long blasts of gunfire filled the Desert Highland Unity Center.

"It was like we were in the middle of a war," said Bernetta

Clayton, 35, of Palm Springs. Police said the shooting appeared to be a dispute between the gunmen. "It sounds like it might just be two people that didn't like each other and had weapons available and started shooting," said police Officer Don Fallon.

One man was arrested and held for investigation of attempted murder, assault with a deadly weapon, threatening a police officer and reckless driving, Fallon said.

City may build own link to info highway

Knight-Ridder News Service

PALO ALTO, Calif. — A few months ago, Palo Alto was so far behind in communications technology that Smau Valley President Harry Saal — one of the leading gurus of the emerging information superhighway — joked that he was thinking about moving to Cupertino, Calif.

Cupertino had a flashy new civic computer bulletin board called CityNet. Palo Alto City Hall didn't even have voice mail.

But now Palo Alto is about to consider the Big One of modern communications: building its own "communications utility" — a network of fiber-optic and coaxial cable that could put every home and business in the fast lane on the information superhighway.

"This will be one of the most important decisions we'll make," said Mayor Liz Kniss. Next month, the city council is expected to decide whether it is interested enough to study the issue further.

The potential of a city communications utility is vast. Doctors at the Palo Alto Medical Foundation and Stanford University Hospital could share X-ray images of patients electronically. Business people could come together in a video conference without leaving their offices.

Residents could connect their computers or television sets to the system, allowing them to register for classes, pay city fees or apply for permits and licenses electronically.

Establishing a communications utility could be like the city's fateful decision to start its own electric utility at the turn of the century — a move that has brought relatively cheap power to residents and businesses and vital revenue to the city.

Owning a communications utility wouldn't necessarily let Palo Alto offer services different from those offered by private companies. But it could make the services more affordable. It could guarantee that everyone is connected, not just the wealthiest consumers. It also could prove incredibly attractive to businesses.

Saal, whose job as head of Smau Valley is to promote an information

infrastructure in Silicon Valley, is watching closely.

"Frankly, the city until now has been behind, so the challenge is to leapfrog to the forefront," he said. "The city has the leadership, and at this point it's beginning to get the inspiration."

If Palo Alto goes through with it, the city will join a small group of municipalities developing their own fiber-optic systems — Seattle, New York and Austin, Texas.

With its tremendous capacity for carrying data, fiber optics is considered the asphalt of the information superhighway. A single strand the width of a human hair can transmit 2.5 billion bits of information a second — enough to transmit the entire Bible in seconds. It is millions of times faster than standard telephone wires.

Once private business lays its own fiber-optic network and starts offering services, there will be little incentive for the city to duplicate the effort and try to compete for customers, city officials say.

With Pacific Bell, Vcom, Telecommunications Inc. and a host of other cable, phone and software companies already testing advanced telecommunications systems around the Bay Area, it might seem pointless for Palo Alto even to consider starting its own.

But Palo Alto has an extraordinary trump card — city-owned utilities.

Owning utilities means owning the conduits through which power lines run. That means the city doesn't have to lease costly conduit space to string fiber optics around town.

In fact, the city can boost its budget by leasing the space to private companies. That already has happened: Digital Equipment Corp. has run fiber-optic cable through city conduits among its five downtown research and development facilities.

Santa Clara, Calif., another city that owns its own utilities, is also studying setting up a communications utility.

Although the idea is alluring, it poses major questions for policymakers.

"This will be so controversial, you can't imagine," Kniss said.

State schools reject 2nd Alice Walker story

SAN FRANCISCO (AP) — For the second time in less than a month, state education officials have banned a story by Pulitzer Prize-winning author Alice Walker from a statewide English test.

Walker's short story "Am I Blue?" was vetoed from this year's test because it was "anti-meat eating," Board of Education President Marion McDowell said at Saturday's edition of the San Francisco Chronicle.

Board members also vetoed excerpts from "An American Childhood" by Annie Dillard, another Pulitzer Prize winner, because its depiction of a snowball fight was "too violent," McDowell said.

Earlier this month, the Department of Education dropped Walker's "Roselli" after a conservative Christian group complained that the short story was anti-religious.

Officials say their decision was not influenced by the complaint. "Roselli" had been included in the 1993 test.

"It's absolutely outrageous," said Sheridan Blau, an adviser to the test development team. "It's an arbitrary

exercise of ill-informed power." The statewide English test is given in the spring to thousands of 10th graders to assess their writing and reading comprehension skills. Works to be included in this year's test were reviewed by board members in December.

McDowell said she and board member Kathryn Drennon vetoed "Am I Blue?" because it ended with a symbolic statement on animal rights that they considered "anti-meat eating."

"That could be rather disturbing to some students who would then be expected to write a good essay while they were upset," McDowell said.

AUCTION CALENDAR

through March 19, 1994

MONDAY, FEBRUARY 28th, 1994
Vada & Orin Freeman - Farm Machinery - Buell
Advertisement - February 26
MASTERS AUCTION SERVICE

TUESDAY, MARCH 1st - 10 A.M.
Henry Sabin Estate - Farm Equipment - Buell
Advertisement - Feb. 20, 27, 28
BILL DOWNS AUCTION SERVICE

WEDNESDAY, MARCH 2nd, 1994
Mariano Ruiz - Farm Machinery - Jerome
Advertisement - February 28
JMA AUCTIONEERS

THURSDAY, MARCH 3rd - 11 A.M.
Nelson Nelson - Paul, Idaho
Large Farm Equipment Disposal
Adv. Times News 3/1, 4, Weekly 2/26
MESSERSMITH AUCTION CO.

THURSDAY, MARCH 3rd - 1994
Mary & Jim Grimball - Farm Machinery - Twin Falls
Advertisement - March 1
MASTERS AUCTION SERVICE

THURSDAY, MARCH 3rd - 10 A.M.
Nay Equipment Co. - New & Used Farm Equipment - Richfield, UT
Advertisement, Classified #701, Feb. 27
TNT AUCTIONS

FRIDAY, MARCH 4th - 1994
C.C. Farm - Farm Machinery - DeBo
Advertisement - March 2
MASTERS AUCTION SERVICE

SATURDAY, MARCH 5th - 1994
Joanne & Dee Hephworth - Farm Machinery - File -
Advertisement - March 3
MASTERS AUCTION SERVICE

SATURDAY, MARCH 5th - 11 A.M.
Estel & Ruby Mein - Jerome, Idaho
Farm Equipment - Retirement
Adv. Times News 3/2, 4, Weekly 2/26
MESSERSMITH AUCTION CO.

SATURDAY, MARCH 5th, 1994
Lou Frisken - Household - Antiques - Shoshone
Advertisement - March 3
WERT AUCTION SERVICE

SATURDAY, MARCH 5th, 11:30 A.M.
Roger Paulsen - Farm Machinery - Shoshone
Advertisement - March 3
SULLIVAN AUCTION SERVICE

SATURDAY, MARCH 5th, 10:00 A.M.
Electrical Contractor - Equipment & Vehicles - Salt Lake City, UT
Advertisement - Classified #701
Times-News 2/27, 4, Weekly 3/5
TNT AUCTIONS

MONDAY, MARCH 7th, 1994
Wedding & Reception Decor Rental Business - Twin Falls
Advertisement - March 4
ALL AMERICAN AUCTION CO.

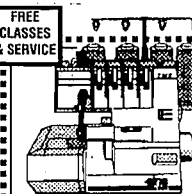
MONDAY, MARCH 7th, 1994
Marie & Rex Simpson - Farm Machinery - Buell
Advertisement - March 5
MASTERS AUCTION SERVICE

THURSDAY, MARCH 10th - 11 A.M.
Loren Bingham - Hazelton
Tractors, Trucks & Grain Equipment
Adv. Times News 3/3, 4, Weekly 3/5
MESSERSMITH AUCTION CO.

SATURDAY, MARCH 12, 1994
Ida Ranch Estate - Household - Real Estate - Jerome
Adv. - Marie Values, March 1, Classified #501, March 4 & 8, Times-News March 10
JMA AUCTIONEERS

TUESDAY, MARCH 15th - 11 A.M.
John Josephson - Aberdeen
Tractors, Trucks, Potato Equipment
Adv. Times News 3/13, 4, Weekly 3/5
MESSERSMITH AUCTION CO.

MARCH 16th, 1994
Antiques & Collectibles - Containers welcome - Filer Fairgrounds
Advertisement - March 13 & 17
ALL AMERICAN AUCTION SERVICE



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7:30PM

MURPHY BROWN
8PM

LOVE & WAR
8:30PM

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10:36PM

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Sports

Morning line

Sportsquote

66

They should find an island for you TV people. Then they could put the newspaper writers in a cave under the island.

99

— Bob Knight at the postgame press conference following Indiana's 106-56 loss at Minnesota

Briefly

Kerrigan describes her skating as 'flawless'

LAKE BUENA VISTA, Fla. — Nancy Kerrigan paraded before thousands of cheering fans at Disney World under a blizzard of red-white-and-blue confetti Sunday, then described her Olympic silver medal performance as "flawless."

"I know the judges are supposed to deduct for errors, and I'm not quite sure they did that because I was flawless," Kerrigan told reporters after the parade. "Oksana, although she's a great skater and real nice to watch... did have a couple of mistakes."

"I skated clean, and she had a few minor errors... they're supposed to take off points for that."

But Kerrigan said she was satisfied with her second-place finish in the figure-skating finals, narrowly won by Oksana Baiul of Ukraine. She refused to answer questions about her American rival Tonya Harding.

Kerrigan said she skipped the Olympic closing ceremonies to come to the Magic Kingdom "just to have fun and relax... I got tired of the cold weather, and there was a lot of pressure. I wanted to go somewhere warm."

Olympic television ratings soar over previous games

NEW YORK — Saturday's ratings for the Winter Olympics were up 41 percent over two years ago, leaving overall ratings 47 percent ahead of 1992 with one night remaining.

CBS' coverage got a 28.1 preliminary rating and a 42 share, Nielsen Media Research said Sunday. That compares to a 16.1 rating and a 28 share on the next-to-last night of the Albertville Games.

The overall average for 15 nights is a 28.1 rating and a 42 share, up from a 19.1 rating and a 30 share in 1992.

The rating is the percentage of television households in the United States, and each point represents 942,000 homes. The share is the percentage of televisions on at the time that are tuned to a program.

CBS' rating for Saturday was down 29 percent from the 43.9 on Friday night, when Tonya Harding and Nancy Kerrigan appeared in the women's figure skating final. CBS on Sunday estimated the audience on Friday night was 119,153,000, the eighth-highest for a program in the history of U.S. television.

Criticism flies as University of Maine faces NCAA violations

ORONO, Maine — The president of the University of Maine criticized a former official who accused the school's athletic director of trying to cover up violations of NCAA eligibility rules.

President Frederick Hutchinson accused former NCAA compliance officer Linwood "Woody" Carville of trying to deflect attention from his role in allowing five athletes to play without enough classroom hours.

"There is ample evidence that Woody is looking for someone else to share the blame," Hutchinson said at a news conference Sunday attended by about 30 coaches and athletic department personnel.

Compiled from wire reports

Sports on TV

Noon — Channel 13, Tennis, Newswatch Champions Cup
 5 p.m. — Channel 13, College basketball, Connecticut at Georgetown
 6 p.m. — Channel 31, NBA basketball, Cleveland at Chicago
 10 p.m. — Channel 13, College basketball, New Mexico State at UC Santa Barbara

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The Times-News

Thrill of victory



AP photo

Sweden's Peter Forsberg celebrates his goal that gave his team a 3-2 win over Canada for the gold medal in Lillehammer, Norway, Sunday. The game ended in a shootout after a 2-2 tie in regulation.

Tomba, Swedes thrill on final Olympic day

The Associated Press

LILLEHAMMER, Norway — The gold medal for drama went to the Swedish hockey team. The silver went to Alberto Tomba.

On the last event on the last day of a Winter Olympics so good it didn't want to end, the gold-medal hockey game went through 60 minutes of regulation... 10 minutes of overtime... a 10-shot shootout... and four more shots before Sweden prevailed over Canada, 3-2, Sunday.

It was Sweden's first hockey gold after 74 years of failure. On the last run of his Olympic career, on a mountain that ate up the world's best skiers, Italy's "La Bomba" provided his own rousing finish with a stunning medal in the slalom.

No, it wasn't a gold — that went to Thomas Stangassinger of Austria, the last man with a shot at Tomba. But the Italian ski great, using a spectacular second run on the Hafjell course, vaulted from 12th to second and claimed his fifth Alpine medal in three Olympics — three gold, two silver.

He missed the gold by .15 seconds. Tomba's tear through the snow was the first half of a blockbuster one-two finish to 16 days of unprecedented Olympic success — financial, athletic and televised.

Part II came when Peter Forsberg tucked the puck past Canadian goalie Corey Hirsch during an extended shootout to win the gold medal in hockey. It provided a fitting end to a Games where "the closest finish ever" replaced "citius, altius, fortius" as the Olympic motto.

A change of mind by any one of nine judges would have reversed the positions of gold-medal figure skater Oksana Baiul of Ukraine and silver-medalist Nancy Kerrigan of the Stoneham, Mass.

Markus Wasmeier won the giant slalom by .02 of a second — the closest Alpine race in Olympic history.

The 20-kilometer men's biathlon ended with Sergei Tarasov winning by 3.4 seconds; the 7.5-kilometer women's biathlon finished with Myriam Bedard ahead by 1.1 seconds. Both set records for the closest Olympic race.

The luge run hosted its closest competition ever, when Georg Hackl of Germany won by .013 seconds. The two-man bobsled had its second-closest finish ever, a Swiss victory by .05 seconds.

Lillehammer's Games transcended the Tonya Harding debacle to become one of the most memorable in history. Before any athletes had left the Olympic Village, Lillehammer was already set as a candidate for the 2010 Olympics.

"I'm all for the idea, and personally I

Please see OLYMPICS/B8

Buhl native to take helm of Bruin football team

The Times-News

TWIN FALLS — Mark Schaal, a Buhl product by way of Boise State, is expected to become the new Twin Falls football coach sometime in the coming week, the Times-News learned Sunday night.

Schaal would move up from an assistant's position, having worked the past five

years under recently-retired Jon Jund. Schaal was an all-state running back at Buhl when Jund was head coach there. He accepted a football scholarship to Boise State.

When he resigned, Jund had recommended the head job be filled from within the system. Three coaches reportedly applied for the position.

Barkley, Oakley sit out Sun win

The Associated Press

PHOENIX — Whether it was anger or strategy, Charles Barkley's slap in the face of New York's Charles Oakley got the Phoenix Suns going Sunday.

Barkley and Oakley, two All-Star forwards, were ejected after the incident, and Kevin Johnson took over in the fourth quarter as the Suns pulled ahead to pin a fourth straight loss on the Knicks, 92-78.

Johnson scored 10 points during a decisive 14-1 run in the final period, but didn't want to take any bows.

"They missed a lot of shots, got in foul trouble early, and that allowed us to take them to the basket," said Johnson, who had 12 of his 29 points and four of his five rebounds in the fourth quarter.

Barkley slapped Oakley with 45 seconds to go before halftime, and Oakley missed a retaliatory swing. Oakley left the game with five rebounds, while Barkley had seven rebounds and seven points.

Cedric Ceballos had 16 points and 12 rebounds, leading the Suns to a 51-39 edge on the glass. He said Barkley may have slapped Oakley to fire up the Suns, whose 107-87 loss to Utah on Friday night marked their lowest point total this season.

"I don't know if it was deliberate, but Charles is a team player. He'll do whatever it takes to help the team," Ceballos said.

Barkley said he wanted to let Oakley, who wrapped him up on the baseline, know that he shouldn't hold.

"I think the ref over-reacted," Barkley said.



AP photo

Phoenix forward Charles Barkley is ejected in the first half of Sunday's game with New York after a fight with the Knicks' Charles Oakley, who also was thrown out.

Oakley said Barkley told him he wasn't serious.

"I don't joke around like that on the court. If he called me before the game, I could joke around, but during the game I like to try to be serious," Oakley said.

The game was tied 68-68 before Ceballos

Please see SUNS/B6

Norwegians can party as well as they can ski

By Ann Killian

Knight-Ridder News Service

LILLEHAMMER — So there I was, in minus-13 (that's Fahrenheit, folks) weather with 150,000 of my new, closest friends, dancing to the theme from "Ghostbusters" and cheering wildly for Vegard Ulvang.

That's what three weeks in Norway will do to a person.

A month ago, I didn't know who Ulvang was. Couldn't imagine watching cross-country skiing. Didn't know that I would be doing anything in minus-13 weather besides running for cover. And knew only that Norway had a lot of snow, hence Norway was hosting the Winter Olympics.

Norway not only hosted. It won the gold. Literally. In the XVII Winter Olympics, Norway won 26 medals, more than any other country. And Norway's 10 gold medals were second only to Russia's eleven.

But more memorable than their winter-sports prowess, will be the Norwegian people's ability to throw the biggest, coldest party ever.

Top this Atlanta.

In the months leading to the Games, there was a lot of talk about the dark, somber Scandinavians, jokes about how they were ordering Olympic smile braces — hooks in their mouths that would actually force Norwegians to smile.

Never saw them. They didn't need them. "All the smiles even surprised me," said Gerhard Heiberg, president of the Lillehammer Olympic Organizing Committee.

These are the friendliest, most polite people in the world, even to journalists. At 4 a.m. they found transportation for weary Californians, whose deadlines fall shortly before dawn, transportation back to little wooden cabins. They stayed calm in the face of hundreds of riotous reporters anxious to get tickets for Tonya and Nancy.

Before the games everyone was worried about how such a small town could handle the crush of fans, and they handled it orderly and beautifully.

Norwegians gave thousands to Olympic Aid. They made these the Green Games, politely placing little notes in everyone's

Please see PARTY/B8

World watches 'magic games' end

The Associated Press

LILLEHAMMER, Norway — They were declared the "Magic Games," and few would disagree.

Trolls and sprites from Norway's folklore, and skiers and skaters from across the world took one last curtain call in the Lillehammer snow as the Olympics came to a dazzling end at closing ceremonies Sunday night.

Fireworks burst over the illuminated ski jumps, torches lit up the hillsides, and 40,000 spectators held aloft a twinkling sea of tiny flashlights, compensating for the snuffing out of the Olympic flame.

Josef Anton Samaranch, president of the International Olympic Committee, called the people of Norway "the real winners of these magic Games."

"You have presented to the entire world the best Olympic Winter Games ever," he said.

The crowd cheered lustily at Samaranch's praise, then boomed when he pronounced the Games over. No one wanted them to end, and the Norwegians sang one last impromptu round of "Victory Is Ours," the chant with which they feted their parade of medalists during the 16 days of competition.

More Olympics — B8

The ceremonies ended with a portrayal of Norwegian tales of good prevailing over evil. There were video clips of the Games' most memorable moments, a look ahead to 1998 and a remembrance of Sarajevo — the war-ravaged host of the 1984 Winter Games.

Gold medal winners mingled with also-runs as the athletes streamed informally into the arena, snapping photographs, waving to friends. Some danced with the children who formed Olympic rings on the ski jump hill, then danced with organizers who tried to usher them away.

The U.S. flag bearer was Dan Jansen, still savoring the gold medal he won here after failures in three previous Olympics. Many of his teammates waved small U.S. flags.

The program opened with video highlights featuring medalists including Jansen, Bonnie Blair, Oksana Baiul, Jayne Torvill and Christopher Dean.

As in the opening ceremonies on Feb. 12, the festivities was muted briefly when Samaranch evoked the sufferings

of Sarajevo. He visited the Bosnian capital during the first week of the Games, just as prospects for an end to its siege were brightening.

"After many horrors, the situation now seems to be improving," he said. "Let us hope that this true — to which, in our very limited way we may have contributed — let us hope that this true will turn into lasting peace."

Pocket flashlights issued to the spectators bore the inscription "Remember Sarajevo!"

In the end, attention shifted to the next Winter Games host — Nagano, Japan.

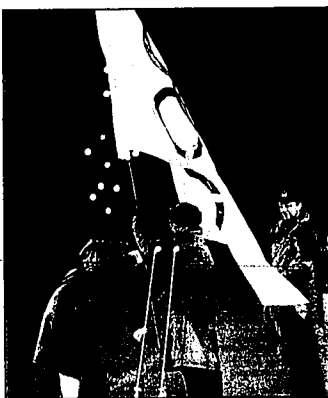
The arena darkened, except for the pinpoints of lights held by the spectators, and a Japanese snow queen entered to the strains of a Japanese folk song.

Samaranch paid tribute to Norwegian fans for their good sportsmanship and to the organizers, particularly for their environmental awareness.

"You have also demonstrated that the Olympic Winter Games can be staged perfectly in a small community," he said.

The ceremonies marked the launch of an environmental expedition that will travel to Nagano during the next 18 months. The group will use no mechanical

Please see FINALE/B8



AP photo

IOC President Juan Antonio Samaranch, center, passes the Olympic flag to Nagano mayor Tsukuru Tsukada during the closing ceremony of the XVII Winter Olympics in Lillehammer, Norway, Sunday. Lillehammer Mayor Audun Tron is at right.

Gophers devastate Indiana

MINNEAPOLIS (AP) — There were no outbursts, no tirades, not even a mild flare-up from Bob Knight, who was witnessing the low point of his 22 years in Indiana.

There was simply resignation — a weary, a slump there, an occasional hiccup covering his eyes — as his No. 12 Hoosiers lost 106-56 to No. 20 Minnesota, their worst defeat in 89 years.

The nationally televised loss was the biggest for the Hoosiers since a 66-12 defeat at Ohio State on March 12, 1995 and their second worst ever. Before Sunday, Indiana's lifetime losing margin in its modern history had been 44 points, coming in 1969 against Purdue.

"It isn't how they played today, it's how the team played from this point on," said Knight, whose worst loss before Sunday came in Indiana's 83-52 defeat at Michigan in 1986. "Any time you play you have to learn something... I don't know how much of an obstacle we were."

And who could have predicted it? The Hoosiers (17-6 overall, 10-4 Big Ten) were riding a three-game winning streak and had hopes of overtaking Michigan for the Big Ten title. Minnesota (19-9, 9-6) seemed to be slumping after losing two straight lastweek games.

But the Gophers received a career-high 35 points from Voshon Lenard on 13-of-17 shooting and the 32 assists was a school record. Minnesota had six players in double figures, hit 11 three-pointers — another team high — and shot 64 percent in Gophers' biggest Big Ten victory.

"Nobody can predict a game like this," said Minnesota forward Ray Carter, who scored 10 points after getting benched in his team's 85-68 loss Wednesday to Michigan State. "But we got beat by 46 at Bloomington once and that always stuck in the back of our minds."

The game stayed close until midway through the first half, when Minnesota turned a six-point lead into a 32-point halftime margin thanks to crisp passing, torrid shooting and plenty of miscues by the Hoosiers.

Indiana trailed 25-19 with 10:07 left in the half before unraveling. Minnesota launched runs of 13-0 and 15-3 en route to scoring 31 of the final 36 points of the period.

Arriel McDonald began the tear with 10 points, then after his two straight layups and Chad Kolander got a dunk. After another basket by Carter, Lenard capped the sport with a monster slam that put the Gophers up 38-19.

College basketball

"Everybody came out and played exceptionally well," Lenard said. "I think you have to play almost a personal game to beat a team like Indiana."

The Hoosiers went 3 of 12 to close the half. They got their last field goal of the period with 4:42 remaining, then had four of their 11 first-half turnovers and two air balls.

"The game was over after about 10 minutes," Knight said. "They did the things they are capable of. There are some things that happened early in the game that just eliminated us."

No. 2 Duke 59

No. 8 Temple 47

DURHAM, N.C. — On the day they retired their number, Grant Hill came up with the big plays and No. 2 Duke beat No. 8 Temple 59-47 Sunday, the Blue Devils' 88th consecutive victory at home over a non-conference opponent.

Hill, the senior swingman who was a member of the consecutive national championship teams in 1991 and 1992, finished with 13 points, but it was the other factors of his game which led Duke (21-3) to its fourth straight victory.

Hill's first field goal the second half was a 3-pointer with 11:44 left that gave the Blue Devils a 43-34 lead. He only had one more field goal and two more free throws, but he blocked a shot by Rick Brunson with 2:40 left and then his bullet pass to Cherokee Parks for a dunk with 1:44 to play, and only one second left on the shot clock, gave Duke a 55-45 lead.

Temple (20-6), which closed out its regular season with consecutive losses, struggled from the outside against Duke's man-to-man defense. The Owls' big three — Aaron McKie, Brunson and Eddie Jones — went 1-for-18 from 3-point range. McKie had 13 points, Brunson 11 and Jones nine, but the second time this season Jones had been held below double figures.

Derrick Battle led Temple with 14 points, only the second time this year one of the three perimeter players was not the high scorer.

Antonio Lang led Duke with 16 points and Chris Collins had 13, all but one 3-pointers.

Hill has become the eighth player in Duke basketball history to have his number retired and the third from the recent national championship teams, joining Christian Laettner and Bobby Hurley.

Hill missed 1:25 of the first half when he was cut under his left eye in a scramble for a rebound. He played the rest of the game with a large band-aid over the cut.

The last time Duke lost at home to a non-conference opponent was Jan. 12, 1983 when Louisville beat the Blue Devils 91-76.

George Washington 77, No. 11 Massachusetts 66. WASHINGTON — Yinka Dure and Kwame Evans each scored 24 points and George Washington defeated No. 11 Massachusetts 77-66 Sunday.

George Washington (16-9, 8-7 Atlantic 10) won its seventh straight game-Massachusetts (23-6, 13-2) had won four in a row.

The Colonials took the lead for good five minutes into the game. They shot only 11-for-31 in the first half, but still led 26-21 at the break.

After George Washington's lead grew to 49-38 with 12:52 remaining, the Minutemen rallied briefly, pulling within 54-47 on Donta Bright's free throw with 7:05 left to play. The Colonials, however, responded with nine straight points.

Bright led Massachusetts with 17 points. Mike Williams added 15 points and Lou Roe had 12.

No. 7 Kentucky 80, Georgia 59. LEXINGTON, Ky. (AP) — Seventh-ranked Kentucky ran off 18 straight points to open the second half, 14 off nine consecutive turnovers by Georgia, and rolled to an 80-59 victory over Georgia.

Kentucky (22-5, 11-3 Southeastern Conference) avenged a 94-90 overtime loss at Georgia, pulled into a first-place tie with Florida in the SEC Eastern Division. The teams met Wednesday night in Lexington.

Georgia (12-14, 6-8) battled Kentucky — first to a 30-30 standoff in a physical first half. Kentucky shot only 33.3 percent in Georgia's 30-6.

But the Bulldogs unraveled under Kentucky's full court pressure, turning the ball over on its first nine possessions as the Wildcats went up 44-30 on Rodrig Rhodes' three-point play three minutes in.

Georgia's Charles Claxton missed two free throws and Jared Prickett hit a three jumper to increase the margin to 16 points.

Georgia turned the ball over again, and Rhodes capped Kentucky's run with two free throws for a 48-30 advantage. Rhodes scored eight points in the run.

New Jersey cruises to victory

EAST RUTHERFORD, N.J. (AP) — Chris Morris scored a season-high 27 points, and New Jersey held Dallas to 12 points in the second quarter en route to an easy 117-90 victory Sunday.

The Nets were for the 15th time in 21 games and denied the Mavericks their first three-win road trip since March 1990: Dallas finished 2-3 on its five-game, seven-day trip.

Jamal Mashburn's 32 points led Dallas, with 22 coming in the fourth quarter when the game already was decided.

The Mavericks led 24-23 early in the second quarter, then missed 26 of their next 34 shots over the ensuing 19 minutes, during which they fell behind 66-38.

Magie 114, Hornets 103. ORLANDO, Fla. — Shaquille O'Neal, playing on a sore knee, had 21 points, 11 rebounds and five blocks as Orlando defeated Charlotte for its seventh straight victory.

The loss was the fifth straight and 13th in 14 games for the Hornets, who were led by Dell Curry with 26 points. Frank Brickowski, playing his first game for Charlotte since being acquired from Milwaukee, had 23.

The Magic were ahead most of the game, leading by as many as 15 in the second half. The Hornets closed to 100-95 with 4:30 left in the game, but an 8-1 run, keyed by six points from Anthony Bowie, kept Orlando in control.

Timberwolves 107, Warriors 100. MINNEAPOLIS — Isaiah Rider scored 25 points and Minnesota won its 11th straight game.

"This is the slowest start we've had with hitting in a while," said CSI Coach Jim Walker. "I think we're a longball type of club, but I think they're trying to produce it instead of letting it happen."

Walker reported that walks by the pitching staff are down from past seasons.

Also down are errors and mental mistakes in the field.

"The one consistent thing we've done all year is play good defense," Walker said.

The probable starters for the two seven-inning games are Kevin Shafer and Christian Nickum or Art Dillshay.

CSI travels to Treasure Valley Friday and Saturday for doubleheaders with the Chukars and Spokane Falls Community College.

The Eagles return to Ontario, Ore., March 11 for the TVCC invitational.

The next home game for CSI is Tuesday, March 15 against Utah Valley State College.

Webster scored 14 points in the fourth quarter as the Warriors closed to 97-93 with 2:59 to play, but Minnesota's Doug West hit three baskets down the stretch, and the Wolves held on to win for only the second time in 14 games.

First half scores: 23-23, 23-23, but only 8-for-20 from the field for the Warriors, who lost for the third straight time after a six-game winning streak.

Phoenix won \$159,500 in fines. Phoenix won that game 121-92.

No more than three points separated the teams in the first quarter, which featured eight lead changes and six ties and ended in a 26-26 deadlock.

Phoenix led 45-38 at halftime and opened a 48-38 lead with its first basket of the third quarter, a 3-point by Ainge.

The Knicks closed to 50-47 with a 7-0 run capped by Charles Smith's 17-foot baseline jumper with 8:31 left.

Dan Majerle put Phoenix ahead 57-50 with his third 3-point in three tries, but New York came back to pull within three on four more occasions in the third quarter.

Hubert Davis made two 3-pointers in 62 seconds early in the fourth period, tying the game 68-68 with the second.

CSI baseball opens home slate

The Times-News

TWIN FALLS — College of Southern Idaho will play its baseball home opener against Treasure Valley Community College at Frontier Field at 1 p.m. Tuesday.

The Eagles, 4-4 after a pair of road games, find themselves in the opposite position of their norm at this time of the year. Right now, the CSI hitters are struggling, while the pitchers and defense seem to have their act together.

Suns

Continued from B5 converted a free throw and Johnson scored the next 10 Suns points, boosting them into a 79-69 lead with 4:57 left. Danny Ainge's 3-point 18 seconds later gave Phoenix a 13-point advantage.

John Starks sank a pair of 3-pointers with 4:16 and 2:57 to play — one for the Knicks, but Johnson sealed the victory by rebounding a 3-point miss by Starks and making two free throws, giving Phoenix an 87-76 advantage with 1:16 remaining.

"We played our game until the fourth," said Patrick Ewing, who had 29 points and 17 rebounds for the Knicks. "There is a lot to get away from."

The Knicks' four-game losing streak has allowed Orlando to get back into the Atlantic Division race. New York leads the division by 1 1/2 games.

The Suns have won nine straight home games.

The meeting was the first for the teams in Phoenix since last March 23, when a brawl followed Greg Anthony's dash from the bench in street clothes to punch Johnson, who had floored Dave Rivers on a pick.

Johnson, Anthony and Rivers were suspended afterward, and the NBA levied \$159,500 in fines. Phoenix won that game 121-92.

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Scores and stats

Basketball

NBA standings

EASTERN CONFERENCE

Atlantic Division

	W	L	Pct.	GB
New York	23	12	.658	0
Orlando	20	15	.571	3
Charlotte	18	17	.512	5
New Jersey	16	19	.452	7
Philadelphia	15	20	.432	8
Washington	10	25	.286	13

Central Division

	W	L	Pct.	GB
Chicago	21	13	.618	0
Cleveland	21	13	.618	0
Indiana	18	16	.529	3
Charlotte	20	14	.588	1
Atlanta	17	17	.500	4
Detroit	13	21	.382	8

Western Conference

Midwest Division

	W	L	Pct.	GB
Houston	18	14	.563	0
San Antonio	16	16	.500	2
Utah	17	15	.529	1
Denver	17	15	.529	1
Portland	16	16	.500	2
Pacific Division	16	16	.500	0
Seattle	18	14	.563	0
Phoenix	17	15	.529	1
Portland	16	16	.500	2
Los Angeles	15	17	.463	3
Sacramento	15	17	.463	3
LA Clippers	10	22	.310	8

Sunday's Games

Late Games Not Included

Atlanta-Charlotte, 7 p.m.

Minnesota 107, Golden State 100

Phoenix 107, Sacramento 100

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Dodgers show off young pitchers

The Associated Press

On the day when Hall of Famer Sandy Koufax began working with the Texas Rangers, a new pitcher for the Los Angeles Dodgers made quite an impression.

Chan Ho Park, a 20-year-old rookie from South Korea, faced major league hitters for the first time and overpowered them for two innings Sunday at the Dodgers' intrasquad game in Vero Beach, Fla.

Park did not give up a hit and struck out three. His fastball has been clocked above 90 mph.

Also pitching for the Dodgers was Darren Dreifort, their No. 1 draft pick last June. He gave up one run on one hit in two innings.

"I thought Chan Ho Park and Darren Dreifort were exceptional," manager Tom Lasorda said. "Dreifort really threw the ball better than what the results indicate. I was very impressed with them."

"Chan Ho threw the ball great. They both showed a lot of poise out on the mound," he said.

Orel Hershiser and Tom Candiotti each pitched two scoreless innings. Tim Lincecum had a two-run homer and Brett Butler had a two-run triple.

Koufax, who spent his entire career with the Dodgers, started a weeklong stint with Texas as a volunteer throwing coach. He went to the Rangers' camp in Fort Charlotte, Fla., as a favor to manager Kevin Kennedy, a former coach and player in the Dodgers' system and a friend since 1962.

"I'm going to do the best I can to help," Koufax said. "It all depends on the situations. If I see something, I might suggest it. It might work, it might not work."

Koufax, 58, started out by watching film with Bruce Hurst.

"I just wanted to see how he uses his lower body or his hips to take some of the strain off his shoulder," Koufax said. "I want to make it as simple as possible."

Hurst, a left-hander like Koufax, is trying to revive his career with the Rangers following rotator cuff surgery.



Colorado pitcher Kent Bottenfield pitches batting practice at spring training in Tucson, Ariz., Sunday. Bottenfield broke a bone in his left hand the second day of spring training, but has not missed a day of practice.

"You listen to him because of who he was and what he knows," said Hurst, who signed a minor league contract with the Rangers. "A guy who you want that many games certainly knows something about pitching."

Brady Anderson and Mike Devereaux listened when Baltimore

manager Johnny Oates announced a decision about the outfield for this season — Anderson will shift from left field to center and Devereaux will move from center to right. As a result, rookie Jeffrey Hammonds will play left.

"I think Brady can play center as

well as Devo, but I don't think Devo can play left as well as Brady," Oates said.

"The idea was to get Hammonds in left," Oates said. "Brady is going to a position he's most comfortable with; Hammonds is going to a position he's most comfortable with, and Devo used to be a right fielder. This total configuration should be our strongest."

Devereaux wasn't too thrilled about the switch, but said he will not cause trouble.

"(Oates) and I have different views. I feel it's a demotion," Devereaux said. "I played center field the last few years, and I think I'm a better center fielder. But if it makes us a better ballclub by me moving to right, I'll do what's best for the team, and I'll do the best possible job I can do."

Anderson, one of Devereaux's closest friends, was reserved in his reaction.

"It's just the way it is," Anderson said. "Wherever (Oates) told me to play, I'll just keep my mouth shut and play — and Devo will do the same."

A former Orioles player, Glenn Davis, is hoping to find any spot on the New York Mets. Davis, signed to a minor league contract, has his sights set on first base.

"I feel great and did a lot of conditioning work over the winter," he said. "I think I have a really good opportunity here with the Mets."

Davis is coming off a three-year stay in Baltimore where he was slowed by an assortment of injuries, playing just 30 games in 1993 before his release on Sept. 8. He averaged 28 home runs and 85 RBIs between 1985-90 for Houston.

Davis is competing against Joe Osak, who led the Mets in hitting last year at .284, and rookie Alan Zinter at first base.

"He appears ready to go physically," manager Dallas Green said. "We need some time to find out where his tools are. We will try to play him as much as we can to allow him to show us where he is."

Gretzky hunts goal record as NHL hits home stretch

The Associated Press

As teams jockey for playoff position, Wayne Gretzky has moved into position to break the NHL goal-scoring record.

That's the most compelling individual story as the league heads into the final quarter of the season.

With 22 games to go for the Los Angeles Kings, Gretzky needs only five goals to break Gordie Howe's career record of 801. Gretzky, who leads the NHL with 107 points on 32 goals and 75 assists, is on course for his 10th scoring championship.

"Except for Gretzky's exploits, the Kings have been a disappointment this season after reaching last year's Stanley Cup Finals. With 50 points in 62 games, they are 10th in the Western Conference, five points behind expansion San Jose for the eighth and final playoff spot.

As surprising as the Kings' slide has been the rise of the Sharks, and the success of other expansion teams in this Year of Parity.

Among the biggest surprises have been the first-year Florida Panthers, who after 61 games were in a heated three-way battle with Atlantic Division colleagues Washington and Philadelphia for the last two playoff spots in the Eastern Division.

The Mighty Ducks, of Anaheim, this season's other expansion team, have been almost as competitive. They're currently only two points behind San Jose for the final playoff spot in the West.

In all three cases, good goaltending and a disciplined defensive style — hallmark of this NHL season — have been key factors for the Panthers, Ducks and Sharks.

Most every team boasts a superb goaltender: Witness this year's All-Star Game, where Buffalo's Dominik Hasek was left off despite leading the league statistically.

The New York Rangers headed into the final quarter with the best record in the NHL, in large part thanks to goaltender Mike Richter. Richter — who had a club-record 20-game unbeaten streak earlier — is off track to break Eddie Giacomin's club record of 37 victories.

Of course, winning the regular season championship won't guarantee the Rangers anything. Historically, teams that win the President's Trophy don't usually win the Stanley Cup, as the Cup-starved Rangers proved two seasons ago.

Among the other teams in the Atlantic Division, the New Jersey Devils are having the best season in their history. It would be even better if they could beat the Rangers. So far, they're 0-5 against the Atlantic Division leaders.

Boston, Montreal, Pittsburgh and Buffalo in the Northeast Division are other leading Eastern contenders, all of them virtually assured of a playoff berth.

In the West, Detroit, Toronto, Dallas, Calgary, St. Louis, Chicago, Vancouver and San Jose would be the playoff teams should the post-season begin today.

If nothing else, the final weeks of the regular season will be emphasized by tighter officiating. That's the result of a league directive to on-ice officials following a general managers meeting in early February.

"We are asking on-ice officials to enforce the rules in the book," said Brian Burke, NHL senior vice president and director of hockey operations. "The general managers expressed their concerns to us and this directive reflects those concerns."

League officials are concerned about restraining fouls — hooking, holding and interference. They feel they have slowed down the game and not allowed the skill players to skate as freely as they would like.

International team breaks Americans' grip on Cup

SARASOTA, Fla. (AP) — The United States' six-year hold on the Senior Tour's Chrysler Cup ended Sunday when the International team scored a two-stroke victory.

The International squad hung on to win after losing most of a 12-stroke lead after the first day and beginning Sunday 10 shots in front.

"I looked up and we were only four in front at No. 12," South African Simon Hobday said. "That's when the first ice cubes went down my back. I knew they'd come at us."

With each eight-man team scoring its five lowest rounds of each day, the U.S. made its move on the strength of a final-round 66 by Al Geiberger, a 67 by Tom Weiskopf, 68s by Dave Stockton and Jim Colbert and Mike Hill's 70.

George Archer had a par 72 and did not contribute to the final day's score, but finished the 54-hole event at 13-under 203 and won the individual title by defeating Hobday with a birdie on the first playoff hole.

The International team got a 67 from Gary Player, 69s from Bob Charles and Hobday and 71s from Bruce Devlin and Graham Marsh. It finished with a 1,022 total, 58-under, for the three days.

"I'm delighted for the team and the future of this competition," Charles said after his birdie

on the 18th hole provided the final two-stroke margin. "It was grinding out there coming down the last few holes. When the margin gets that narrow, the swings start to tighten up a little."

For both squads, Shortly after Stockton — the first U.S. player off in the morning — birdied the 18th hole to post his 68, the Americans were within one stroke of the lead. But the comeback failed, as the par-5, 525-yard 15th hole at the Tournament Players Club at Prestancia took a toll on the Americans.

First, Weiskopf made a bogey when he found water going for the green in two with a 3-wood, and moments later on the same hole Archer hit his tee shot into bushes and also took a bogey.

Meanwhile, Hobday, playing with Archer, birdied 15 and 16 to stop the threat.

"If I had to do it over again, I'd still do it the same," said Weiskopf, playing in his first event in six months. He finished tied for third with Charles at 205.

Each member of the winning team collected \$25,000. The U.S. players got \$12,500 each. The individual championship earned Archer an additional \$50,000. The U.S. now leads the series 7-2.



Steve Lowery hits out of the rough on the 16th hole during the third round of the Buick Invitational Saturday in La Jolla, Calif. He finished second to Craig Stadler.

Stadler nips Lowery by a stroke at Buick

SAN DIEGO (AP) — Finally, at age 40, Craig Stadler took a triumphant stroll up the 18th fairway of the course he played as a youngster.

Waving a club to acknowledge his first PGA victory before a hometown crowd, Stadler strode onto the final green to nail down a one-shot victory Sunday over Steve Lowery in the Buick Invitational.

"It was really special at 18," Stadler said of the roars from the gallery. "It's great to win in your hometown. I've had so many chances and played here for so

many years. I let the gallery down a little down when I bogeyed, but they got me back up again."

The valiant-moustached Stadler, a winner 11 times in his career and one of the tour's more popular players, shot a closing 6-under-par 66 to finish at 20-under at Torrey Pines, where he had played daily as a high school golfer.

He came to the final green with a two-shot lead over Lowery. Lowery birdied the hole and Stadler missed a 24-foot birdie try, but it didn't matter, as Stadler had only to tap in for the victory.

Lowery began the final round one shot in front of Stadler, David Tomes, Ronnie Black and Kirk Triplett.

Lowery shot a 68 to finish second, the highest finish of his more than five years on the tour.

Phil Mickelson, the defending champion, made a bid with a closing 64, but finished third at 18-under. Hal Sutton came in fourth at 16-under and Mark Carnevale was another shot back in fifth.

Stadler took the tournament lead for the first time with a 20-foot putt for an eagle on the ninth hole

Sunday, vaulting over Lowery, who parred the 18, and Sutton, who was bad gone to 17-under.

"After I made the 3 at No. 9, I felt like a world-beater," Stadler said. But he had some doubts a few holes later.

After building his lead to two shots with another birdie on No. 10, Stadler slipped back into the tie at 18-under with Lowery at 18-under with a bogey on the 14th hole. Stadler rallied then, with birdies on Nos. 15 and 17 to open a two-shot pad. Sutton dropped back with bogeys on Nos. 12 and 13.

Wallace dominates Goodwrench 500 field

ROCKINGHAM, N.C. (AP) — Does this scenario seem familiar?

Rusty Wallace crashes in the season-opening Daytona 500 and comes back a week later to win the Goodwrench 500 at North Carolina Motor Speedway — the same as in 1993 when Wallace went on to win a series-leading 10 races and give eventual champion Dale Earnhardt a run for the big money.

This time, the 1989 NASCAR Winston Cup champion won in a Ford after his Penske Racing South team changed over from Pontiac during the week. Clearly, Wallace knows how to win at Rockingham, wherever car he is driving.

"I told everybody, 'Man, we could probably win in a Jaguar,'" Wallace said. "It's the race team, not the car."



Wallace

lot of power. I don't think I've ever put my foot in that much power."

"We did it. A lot of people said we were making a mistake (switching to Ford). I made this move because I wanted to have a little better power plant and a little better aerodynamics. Pontiac is still a good car."

"I wanted to dominate. I wanted to lead all the laps and do it in a big way, but I'd like to thank all the fans for sticking behind me. I know they probably had some concerns."

Asked if he was worried when a late caution flag allowed the other leaders to get one last shot at him, Wallace said: "We had such a big lead all day, I didn't care. Every time I looked behind me, I couldn't even see the second-place guys. 'Ford is strong.'"

Daytona 500 winner Sterling Marlin couldn't mount a serious challenge, finishing second for the 10th time in his career, his Chevrolet Lumina trailing Wallace's Thunderbird across the finish line by 5.15 seconds.

"Rusty was just too much for us today," Marlin said.

Rick Mast was the only other driver

on the lead lap at the end, with Mark Martin and Ernie Irvan finishing fourth and fifth. Dale Earnhardt, who was running second as late as 478, had to pit on lap 482 because of loose lug nuts on his left front tire and wound up seventh.

Martin led several times and was among the leaders until his crew gambled and brought Martin into the pits for fresh tires on lap 458. That put him a lap behind and cost him any chance of winning when a caution flag came out 11 laps later, allowing the other leaders to pit under the yellow without losing position.

Wallace averaged 125.239 mph as he collected \$50,385 for his 32nd career victory.

It was an unusually caution-free race for Rockingham, with only five yellow flags for a total of 38 laps.

World Cup coming, but Americans say 'So what?'

NEW YORK (AP) — With the World Cup about four months away, only 20 percent of Americans even realize it's being played in the United States.

A Harris Poll released Sunday said only 25 percent of Americans know that the World Cup involves soccer and just 18 percent are aware it will be played in 1994.

Fifty-three percent of Americans said they aren't interested in watching a World Cup game on television, and 62 percent said they have no interest in attending one of the games.

The survey of 1,252 adults was conducted from Feb. 2-6 and has an error margin of 3 percent.

Soccer officials' last week expressed approval for the job they've done in promoting the World Cup, which will be played in nine cities from June 17 to July 17.

Alan Rothenberg, chairman of the U.S. organizers, said it was unrealistic to expect more coverage without a major national league. Joao Havelange, the head of soccer's world governing body, said in December he was happy with any improvement.

It appears all of the approximately

3.5 million tickets for the 52 games will be sold, but a large percentage was designated for foreigners and insiders in the U.S. soccer community.

The 20 percent who are aware the tournament is in the United States represents an increase — up from 13 percent in a similar Harris Poll last October. The 18 percent who know the World Cup will be played in 1994 was up from 11 percent in October.

The 25 percent figure of those who are aware the World Cup involves soccer is up from 21 percent last autumn. Those not interested in watching games on television decreased 2 percent and those not interested in attending games declined 7 percent.

Those very interested in attending a game rose to 15 percent from 10 percent, and those very interested in watching a game on television rose to 17 percent from 13 percent. Just 9 percent of women know the World Cup will be played in the United States and will take place this year. Just 12 percent of women are aware the World Cup involves soccer.

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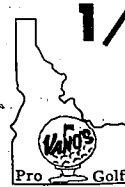
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Norwegians deservedly proud of Olympic show

LILLEHAMMER, Norway (AP) — More than 100,000 high-spirited fans clanging cowbells and carrying flags rushed like a gigantic human train Sunday along the banks of the Nordic ski trail of the men's 50-kilometer race.

Every racer, regardless of nationality, heard shouts of "hey-yahs" and saw fluttering flags from start to finish.

There were noisy outbursts for the lesser known skiers and thunderous clamors for the Norwegians and for Vladimir Smirnov, the winner from Kazakhstan.

"We cheer them all, no matter what," said Norwegian Arnhild Larsen, who — along with about 20,000 others — camped in snow near the trail. "We want them all to have an equal chance."

The Norwegians had extra reasons to cheer on the last day of the Games. They finished atop the medals table with 26, including 10 gold. And their Games, a national obsession in this country of 4.3 million, ended as smoothly as they began.

"When we got it, we knew it would be a good Games," said a proud Else May Bye, who camped out in the snow.

Only 31,000 people can fit in the Birkenbeier Ski Stadium in the hills above Lillehammer. So they and the others became "the people in the woods," camping for free along the ski trail, in keeping with Norwegian tradition.

Thousands of Norwegians and others — in bright snowsuits, furs and almost every insulating fabric in existence — marched and skied intrepidly across the snow to reach the trails.

Some weaved through tents, and skirted the



Vikings were loose on the streets of Lillehammer, Norway, Sunday as the nation and thousands of foreign visitors celebrated the end of a memorable Olympics.

three-bedroom igloo that Tore Nordahl-Pedersen and his two children shared for a week with his brother and his children.

"Look at all these people in our garden," he joked. Their garden, carved in the snow, included

a staircase trod by migrating fairs.

Jan Egil, a 16-year-old member of the family, called his week at the igloo as the best of the Games, "Unbelievable. Incredible. Wonderful."

Nearby, 19-year-old Kathrine Luitand of Oslo,

wriggled out of a tiny pup tent she shared with three others.

"It was really cold. I was in the middle and my feet were cold, my toes were cold and I couldn't move because it was so crowded," she said. "But I think it was worth it."

Kate Molitor, a 20-year-old exchange student, also tried a night in a tent at minus 9 degrees Fahrenheit.

"It was a bit of a shock, coming from Australia," she said. During the 2000 Summer Games in her home town of Sydney, she said, fans can sleep on the beach.

She brought a big Australian flag, unsure if there would any Aussies to cheer. It didn't matter, since she planned to cheer "Norwegians and anyone else."

That's exactly what she and everyone else did.

"Hey-yah, hey-yah, hey-yah."

It didn't matter who. Norwegians cheered Swedes, their arch rivals, and Swedes cheered Norwegians.

"Smirre, Smirre. Smirre," they cheered for gold medalist Smirnov, an underdog Norwegian took to their hearts.

Shouts of "Vegard" greeted national hero Vegard Ulvang of Norway as he hurried around the track.

A mummur raced through the crowd.

"Bjorn is coming."

Five-time Olympic champion Bjorn Dahlie of Norway was coming.

"Hey-yah Norge. Hey-yah Norway," they roared.

As the fans awaited the next racers, they tapped to warm their feet.

Nagano prepares for 1998

LILLEHAMMER, Norway (AP) — Japanese organizers of the 1998 Nagano Games have one big worry: Lillehammer will be a hard act to follow.

"I don't think any other country could do as well as Norway does in filling the stadium with people," Yushiro Yagi, secretary of Japan's ski association, said Sunday. The crowds of thousands of cheering, flag-waving, cowbell-clanging Norwegians

"made a positive mood, so we could avoid becoming nervous," said Manabu Horii, a bronze medalist in men's 500-meter speed skating.

"I hope at Nagano, the people will cheer us as the Norwegians cheered us," Horii said.

Matching the enthusiasm of Lillehammer "is my most basic concern right now," Yagi said.

Very few people in Japan know about bobsled and luge racing, freestyle skiing and biathlon, said Takanori Kono, who won a gold medal in the Nordic combined team event and a silver in the individual.

Games offered glimpse of future Finale

LILLEHAMMER, Norway (AP) — Many of the superstars of Lillehammer won't be back for another Olympics, making room in 1998 for the cluster of young skaters and skiers who sparkled here.

Their names, for the most part, aren't widely known. But Jure Kosir could be the next Alberto Tomba. Franziska Schenk the next Bonnie Blair.

Pint-sized Todd Lodwick could set a new U.S. standard in a sport few Americans follow — the Nordic combined.

There may be some familiar faces in the future of women's figure skating.

Gold medalist Oksana Baiul will be only 20 when the Winter Games begin in Nagano, Japan. Bronze medalist Chen Lu of China will be 21 and graceful sixth-place finisher Tanja Szewczenko of Germany — who started skating at 2 — will be 20.

Yet they will seem like old-timers compared to one of their likely challengers — 13-year-old Michelle Kwan, who almost made the U.S. squad this year as a stand-in for Tonya Harding.



Idaho's Picabo Street is among the young U.S. stars that emerged in the 1994 Winter Olympics.

All three of the men's medalists could be back — Russia's Alexei Urmanov, 20; Canada's Elvis Stojko, 21, and France's Philippe Candeloro, 22.

In speed skating, many of the Lillehammer medalists plan to retire,

notably Blair, 29, and Dan Jansen, 28. The Nagano races should be wide open.

Watch out for several young German women, such as Schenk, 19, who took a bronze here in 500 meters; Annie Baier, 21, who won silver in the 1,000; and Claudia Pechstein, 22, winner of the 5,000. Pechstein's chief rival in the distance races could be Russia's Svetlana Bazhova, 21, who won the 3,000 meters here.

Norway's triple gold-medalist, Johann Olav Koss, will be 30 in 1998 and has indicated he won't be back. But Russia's Alexandr Golubev, 21, probably will — he won the 500 meters here.

Foremost of several teen-age stars in Alpine skiing was Italy's Isolde Kostner, 18, who placed third in the women's downhill and super-giant slalom.

Two more bronze medals were won by 18-year-old Slovenians — Katja Koren in the women's slalom and Alenka Dovzan in the combined.

"This is the team of the future," said Jaroslav Kalan, head of the Slovenian women's program.

Continued from B5

call help in their 10,000-mile trek, traveling on skis, sailboats and four sleds which were pulled into the arena Sunday night by 40 dogs.

The masters of ceremonies, as at the opening, were actress Liv Ullmann and explorer Thor Heyerdahl, known for his voyage across the Pacific aboard the raft Kon-Tiki.

Also back for a return engagement

were the veterans — mysterious supernatural creatures of Norwegian folk legend, some friendly, some mischievous. This time they were attacked by more than 100 "fosseggrins," or evil spirits, swooshing down the ski jump hill through clouds of sparks.

But bursts of light dispersed them, and the friendly veterans occupied the battlefield.

Then, as the spectators raised their

lights, Ullmann and Heyerdahl recited the Declaration of Human Rights.

"All are born free and equal in dignity," Ullmann said.

The Olympic flame, which for 16 days had blazed on a hillside above Lillehammer, was then extinguished.

"But we know this flame will never die," Heyerdahl said. "It will burn forever — in different places around the world."

Olympics

Continued from B5

"I'm all for the idea, and personally I hope Lillehammer will apply again," IOC president Juan Antonio Samaranch said.

The Norwegians would agree.

Hosts of their first Games since 1952, Norway collected 26 medals — their best showing ever. The country itself fared even better; with its snow-covered landscape, gorgeous venues and manic fairs, Lillehammer won the hearts of all who visited.

"The people here were unbelievable toward all the athletes from all the countries," said speedskater Dan Jansen, who finally found his version of the Holy Grail after four Olympics: a gold medal.

Jansen's gold helped boost the United States to its highest winter medal total ever, 13. Tomba's medal was the last of Italy's 20 medals, its best ever. And Canada's hockey silver gave them a team record of 13 medals, too.

The Germans, best with 26 medals in Albertville, finished second with 24 here. The Russians collected 23 medals to place third, but their three decades of hockey dominance ended when — for the first time — they left without a hockey medal.

More countries won medals than ever before in the winter: 22, up from 20 in Albertville.

The Sweden-Canada hockey game capped a day when Germany-2 won the four-man bobsled and Vladimir Smirnov of Kazakhstan took the 50-kilometer cross-country. The whole shebang ended Sunday night with a 90-

minute closing ceremony beneath the illuminated ski jumps at Olympic Park. Before a fireworks show ended the evening, Samaranch announced that Norway had "presented to the entire world the best Olympic Winter Games ever."

But the focus was on the Swedes, who ended a run of 74 years of Olympic hockey incompetence, and on Tomba.

"It's incredible!" Tomba said. "Six is good enough. I am not at all disappointed that it was not gold."

Few left these Games disappointed. The Olympics offered an indelible image before they officially started: A ski jumper, sailing 1,000 feet above downtown Lillehammer, carrying the Olympic torch.

There were more over the next 16 days: Norwegian speedskater Johann Olav Koss smashing three world records for three gold medals in eight days. Russia's Lyubov Egorova running her medal streak to nine in nine races before her first Olympic loss. Italy's 43-year-old Maurizio De Zolt winning a cross-country gold. Switzerland's Vreni Schneider becoming the Olympic's No. 1 women's Alpine skier.

Throw in America's Bonnie Blair, who said goodbye to the Olympics with — what else? — another victory in the 1,000 meters.

She has more golds (five) than any female U.S. Olympian, and more winter medals (six) than any U.S. athlete.

Blair said, it was a mixed bag for the Americans. They set an all-time best winter mark of 13 medals —

most on the strength of its much-maligned ski team and its much-ignored short-track speedskating team. Each took four medals.

Skiier Liz McIntyre surprised with a freestyle silver. Tommy Moe established himself as a force in the ski world with a gold and a silver, while 22-year-old Picabo Street won silver in the women's downhill.

But there were disappointments. The U.S. huge team was shut out. The figure skating team won a single medal, Kerrigan's silver, its worst showing since 1972. The four-man bobsled team botched its shot. The hockey team's eighth-place finish was its worst ever.

And, last but not least, the U.S. Olympic Committee blinked first in its battle of nerves with Tonya Harding, letting her skate after she threatened a \$25 million lawsuit.

"I personally do not believe this is a story that's ended," USOC executive director Harvey Schiller said. Investigations by an Oregon grand jury and the FBI continue.

The Tonya-Nancy saga boosted CBS' television ratings to Super Bowl-like numbers. At its peak, 126 million Americans tuned in — and the spillover numbers wound up benefiting the other athletes, too.

"As far as the ratings go, it's great for all of us," Jansen said. "Ironically, the situation with Nancy and Tonya had something to do with it. ... The incident was unfortunate, but I think it increased the ratings."

CBS Sports boss Neal Pilson could not have said it better.

Hey mon!

Jamaican bobsled team slides out of oblivion, into 14th

LILLEHAMMER, Norway (AP) — They're not a joke anymore, mon.

The Jamaican bobsled team raced away from the movie and the reggae and the T-shirt sales and the Calgary crash and into Olympic respectability Sunday. They finished 14th in the four-man competition, beating a string of more established sleds, including the United States.

"It's been a lot of hard work and very few believers," driver Dudley Stokes said. "It's been hard, but it's been worth it."

As they came up the braking area for the last time, Kingston Watt, the No. 2 man in the sled, banged on Stokes' helmet like a bongo drum. Nelson Stokes, Dudley's brother and No. 3 man, got out of the sled and spread his arms wide in celebration, then hugged Jamaicanbobsled federation president Leo Campbell.

It was the best finish by far for the Jamaicans against world-class competition. They beat Austria, 1, France-2 and France-2 and the best American sled — by a mere .01 seconds — in 3 minutes, 29.96 seconds.

It was so good, nobody on the Jamaican team knew what their previous best was. Jamaica finished 25th in Albertville two years ago.

"This is very gratifying," said George Fitch, the Jamaican coach, with idea of a Jamaican bobsled team in August 1987 "after some bad Jamaican rum."

Stokes and his mates made their first Olympic appearance in Calgary



A jubilant Jamaican bobsled team glides to the end of the four-man bobsled track after their third, and fastest, run put them ahead of the Americans by 38 hundredths of a second.

six years ago, flipping over and failing to finish.

But they sure got attention, from the T-shirts and reggae tapes they made and sold to raise money to the mere fact that, hey, these guys were from JAMAICA!

For Fitch, who spent \$90,000 of his own money to get the team to

Calgary, Sunday's result was sweet.

"I knew I could put together a legitimate Jamaican bobsled team because of the two things Jamaica has: speed and power," he said. "This is clear-cut evidence. We're beating traditional bobsled teams. For the cynics and the nay-sayers, it's time to eat crow."

Awards in the order are made to diplomats, artists, teachers and other Norwegians for exceptional services. Actress Liv Ullmann is a knight, first class.

MIXED FEELINGS: Gerhard Heiberg, head of the Norwegian committee that organized the Games, said he had mixed feelings about how the medals were divided.

"As a good organizer, I would have liked to see each nation take gold. We had 61 events and 67 nations, so that might have been possible," Heiberg said.

Ceremony flagbearers were gold

LILLEHAMMER, Norway (AP) — Count the flag bearers in Sunday's closing ceremonies at the Winter Games and you had a gold-medal lineup.

Dan Jansen carried the American flag and Viktor Petrenko the Ukrainian flag. Neither are expected to compete at Nagano, Japan in the next Winter Olympics.

Myriam Bedard, the double-gold medalist in the biathlon, took the Canadian flag in.

Among the other medal winners who had the honor were France's figure skating bronze medalist Philippe

Candeloro, Russia's pair gold medalist Sergei Grinkov and Austria's Emese Hunyady, Hungarian-born but proud to be a speedskating gold medal for her new country.

ROYAL TREATMENT: King Harald V has cited three Olympic organizers with honors in the Royal Order of St. Olaf.

Gerhard Heiberg, president of the Lillehammer Olympic Organizing Committee, was made a commander in the order. Managing director Henrik Andenes and Pjetter Roaningen, his deputy, were made knights, first class.

Party

Continued from B5

room, asking us to turn out our lights. They even made plates we could eat. A little bland, but indistinguishable from the many snacks available for only \$15 or \$20.

And the Norwegians are obedient, too. The organizers of the games asked them to walk to events to keep traffic at a minimum. They did so happily, no matter how cold it was. On any given day, you could spot huge trails of Norwegians hiking or skiing through the woods to a competition. Try to imagine Americans doing that.

The fact that Norwegians all speak English was a big plus for all us foreigners. And the amazing thing was that after three weeks, they weren't even sick of us.

"We don't want it to end," said Eli, one of my new friends who volunteers at the Main Press Center, our back home from Hjem.

Well, we may all be here. Lillehammer is considering bidding for the Winter Games in 2010. They can see the vote. They're the perfect Winter Olympics country. While most of us grit our teeth for winter, Norwegians revel in the season. The colder it gets, the happier they get, singing songs, dancing to rock and country music. They even have their own version of the Laker Girls, young women in bulky sweaters and Levis who dance a pre-event polka.

They love winter sports. They camped out in the cold to watch cross country. Saturday night, helicopters in

the area counted what they estimated were 10,000 bonfires in the woods.

The next morning the gates to the cross-country stadium opened at 7 a.m. in freezing temperatures. Hundreds of people were waiting. Three hours later, when some of us reporters arrived, they were singing, dancing and happy.

Ending the Games at cross-country skiing, and the grueling 50-kilometer race, was a fitting place to say goodbye to Norway. Sunday, the Americans were embarrassed when their bobsleders were disqualified for cheating, the Swedes were thrilled when they won a hockey gold medal in an incredible final, and the Norwegians went to cross-country.

Three-time speedskating gold medalist Johann Olav Koss may be king, sex symbol and Norway's Olympic hero, but cross-country skiing truly is the country's obsession. Probably because it's tougher. Not on the athletes but on the fans.

Speedskating is held inside. You can see the athletes for the entire race. But at cross-country, the race begins and the skiers disappear. And 100,000 Norwegians happily and patiently wait for them to return. Two hours later —

These Games began with an image of national hero Ulvang crying, his tears prompted by a question from an American journalist who asked Ulvang about the brother who has been missing in the snow since October. Norway wept with him. Norway loves Ulvang.

And even though Ulvang won no individual medals, and finished a dis-

appointing 10th in the final race Sunday, Norway still loves him.

"Here in Norway, if you are a good athlete and don't get to the top all the time, then you get even more popular," said Norwegian broadcaster Arve Fuglum. "He will be popular anyway."

They are good sports, fair and supportive. That's why, while the Americans were piled up at figure skating like cold salmon at a Norwegian buffet, the hosts couldn't care less. They don't like anything judged so subjectively.

"In a country one goes from point A to B the fastest," Fuglum said. "It is simplest to understand. And we are a simple people."

Sunday, the simple people — the 32,000 in the stadium and the 110,000-plus who lined the course, applauded and cheered every skier who came by, from the winner Vladimir Smirnov of Kazakhstan on down.

"I needed a cupcake out there," said Justin Wadsworth, the highest U.S. finisher, at 35th. "It was an incredible feeling — like floating on air."

Ben Husaby, who finished 53rd, agreed.

"They're so fair, so knowledgeable and so understanding," Husaby said. "No one likes to finish in the middle of the pack. But they made you feel special no matter what."

Norway made us all feel special. Adio Norge. Og takk.

Ann Kilborn is a sports columnist for the San Jose Mercury News.

Features

Anger always self-defeating in marriage

Anger — as a prevalent emotion in a marriage — has never been known to make a relationship better.

To the contrary, anger is a force conducive to love that drives partners to become adversaries, rather than advocates. And anger erodes the good will so vital to make the marriage work and flourish.

"In a marriage, good will is always being put to the test. Always!" says Bonnie Maslin, author of "The Angry Marriage." "An angry marriage, in particular, erodes the spirit of good will spouses feel toward one another. If good will is the glue that keeps couples together, there's nothing like angry frustration to make couples feel as if they are becoming unstuck."



JoAnn Larsen
Psychology

"Good will is not an inexhaustible commodity in a marriage; it can be used up," Maslin continued.

"Most often it goes little by little. ...When we love someone, we don't just wake up one morning and discover it has disappeared overnight. Rather, in an angry marriage, it is a slow and often imperceptible process. Because of this, couples may fail to tune in and see it happening. They miss the signs and signals. The very things that could alert them to the possibility that anger is starting to weaken the fabric of their marriage may happen so gradually that they fail to gain their attention — until it is too late."

It is destructive, rather than constructive, anger that shapes the course of a failing marriage. "Constructive anger doesn't threaten good will," Maslin said. "It allows people to express negative feelings without attacking. Constructive anger communicates, informs, notifies. As a result, couples not only survive constructive anger, they even benefit from it because its aim is to open up channels between a husband and wife, not close them."

On the other hand, "Destructive anger attacks. It's a weapon, not a tool; it has the effect of tearing down a partner and a partnership rather than creating a means of communication. Destructive anger wounds. Its aftermath is hurt, harm, and even hate, rather than greater understanding and empathy."

"Regrettably, far too many couples see destructive anger as normal and acceptable, without realizing it is ripping apart the very foundation of their love."

How do you know if you are in an angry marriage — a relationship in which chronic anger becomes its most defining characteristic?

Ask yourself these questions:

1. Do you easily let off steam?
2. Does your antagonism escalate?
3. Do you angrily blame your spouse (and excuse yourself)?
4. Do your battles always take the same form?
5. Do you drag old grievances into a current fight?

Please see LARSEN/C2

Shopping as an outlet

You can save money at outlet mall, but not on everything

By Cathy Walworth
Times-News correspondent

BOISE — Watch your pennies, and your dollars will take care of themselves, the old adage says. But if you watch them here, you'd better bring your own lunch.

You can buy everything from pots and pans to lingerie at three-month-old Boise Factory Outlets, but you can't buy a hamburger.

"We're expecting McDonald's," manager Thane Fisher said. "And in our second phase we're looking at something different from McDonald's."

Still, it's a safe bet that most of the shoppers who come to Idaho's first factory outlet mall, located along Interstate 84 east of here, aren't looking for the cuisine. Factory outlets are the second-fastest-growing sector in American retailing, after wholesalers, and Idaho has never had more than an appetizer.

There are outlet stores scattered around the state — Twin Falls' Grocery Outlet, for example — but not in a concentration like the 24 stores at Boise Factory Outlets. Ten or 11 more are on the way, Fisher said.

And the Boise outlet mall is only the beginning. Similar facilities are on the drawing boards in at least a half dozen other Idaho cities, including part of the proposed Crossroads Ranch development near the intersection of I-84 and U.S. Highway 93 in Jerome County.

"Ninety percent of our tenants are national (brand-name) wholesalers," Fisher said, and "able to pass savings along to the consumers because of better (profit) margin that ordinary goes to the vendor."

Cape Isle Knitters, a subsidiary of Van Heusen, the shirt-maker, sells sweaters comparable to those shoppers can find in L.L. Bean, J. Crew, Eddie Bauer and J.C. Penney, assistant manager Barbara Ayling said.

"You can wash everything in our store in warm water, and put them into the dryer to pull out most of the moisture," Ayling told a browsing shopper. "You can expect to save from 25 to 50 percent off retail in our store," she said.

Ayling said all merchandise is new — never "seconds" — and you can take it back and get your money back if you're not happy with what you buy.

Potpourri fragrances greet visitors at the door of Welcome Home. Linens and laces are stacked high, and brass and crystal accessories glint from their shelves. Alice Rolfe, assistant manager, says her shop offers savings of 50 to 70 percent off retail.

"We're friendlier than the other malls," store manager Judy Simmons said. "We greet each customer."



Currently 24 stores are operating at Boise Factory Outlets, above, selling everything from housewares to underwear. The specialty shops, like The Sweatshirt Company, below, draw customers with slashed prices.



Jewelry Liquidators won't give you a box with your ring in it if you don't need one, said Faye Williams. They cut costs by doing without frills, she said, such as boxes, gift-wrapping and sizing. They also offer a 5 percent discount for cash.

"We pay the sales tax if you pay cash," she said.

The store is locally owned, Williams said, and will soon be a "national franchise," with three more stores in California. Its inventory comes from excess local inventories, bankruptcies and closeouts, she said.

Famous Brands Housewares offers a boxed set of 18 Libbey Octane glasses for \$14.97. That's a little less than the nearby Libbey Glass store offers a similar product.

But not everything in the mall is a great deal. Passing by a shoe store, shoppers could read large signs advertising shoes for "\$69.95 and \$89.95."

At Corning Revere, shoppers can expect a good return on their pennies if they don't mind discontinued patterns and colors. The store was offering a 13-inch-by-9-inch baking pan on sale for \$4.99 and two 6-ounce Pyrex clear custard cups for a dollar.

Fisher says the mall's stores cut prices because they "cut out the middle man," or distributors, as well as offering "return" and last-year's merchandise.

"That's where you see the 70 percent savings," he said. "On last year's merchandise."

Local sellers say they win service, selection battle

By Cathy Walworth
Times-News correspondent

TWIN FALLS — You can save money on some items at a factory-outlet store, says the manager of Twin Falls' largest shopping center, but it's often stuff you wouldn't buy anywhere else.

"It depends on what you want," said Don Chandler, manager of the Magic Valley Mall. "Usually factory outlets carry exclusive, high-end things that you couldn't otherwise afford. They target the higher end."

Most Magic Valley shoppers "aren't into the \$100 shirt," Chandler said. "We're probably more into the \$30 or \$40 shirt, so if you want those (more expensive) brands, that's where you've got to go to get them."

Chandler points out that shopping at home renders service to shoppers.

"If my \$40 shirt from The Bon doesn't wash up right, I can take it back, but you never know with an outlet store, especially when they're so far away."

Jeanne Wilson, executive director of Twin Falls' downtown Business Improvement District, agrees that service and unique merchandise are two of local merchants' strong points.

"Our stores select quality products," Wilson said. "They're individual, so you don't go to a party and see a hundred other people in your dress. We take pride in our individuality. You just don't find a downtown like Twin Falls."

What's the difference between an outlet and a wholesaler?

By Cathy Walworth
Times-News correspondent

TWIN FALLS — Where on the food chain do a "factory outlet" store and a "wholesaler" store fit in?

"It all depends on how many people you want to support between the manufacturer and the consumer," said Neils Knowlton,

manager of Twin Falls' Costco, a national wholesale chain.

The primary cost of widgets, for example, is what the manufacturer paid for widget parts, and the hourly wage he paid an employee to make it.

The manufacturer sells the widgets to a distributor, and the distributor in turn puts a modest mark-up on the cost to support him-

self. The distributor sells the widgets to the retail store at that rate.

The retail store adds its mark-up and offers widgets to the retail-paying customer.

"We all only make about 1-2 percent (profit) when it's all said and done," Knowlton said. Retail and other stores must pay for their "salespeople, lighting, carpet, advertising, oak, mirrors — they gotta pay

for that. I don't believe any business is running outrageous margins to pad their pockets, but they're charging what they have to make money."

Knowlton explained that Costco asks the widget-maker itself to give it the best price — the one without the incentives offered to retailers and distributors.

Please see OUTLET/C2

Inside

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Looking good

Suit separates not cheap suits any more

Orange County Register

Some men can walk into a store to buy a classic 100 percent wool suit, and if they're lucky, hemming the pants is the only alteration needed. But men whose measurements don't match those of standard size ready-to-wear by several inches have difficulty finding an off-the-rack suit jacket and trousers that don't need substantial adjustments.

Enter the concept of suit separates — an old idea that has new life, thanks to technology. A man who wears a size-42 long wool suit jacket but has a slim 32-inch waist no longer has to have the matching 34- or 36-inch pants altered drastically.

The bottom line: Suit separates mean never having to say "I'm hard to fit."

Several manufacturers offer wool suit separates.

This fall, suit maker Hart Schaffner & Marx is launching a small collection of 100 percent wool suit sep-

arates at \$395 and higher. The separates will be part of the Austin Reed line.

Since 1991, Brooks Brothers has offered wool basic suit separates for \$395 in its Basic Wardrobe Collection. In 1992, Brooks introduced seasonal suits for \$495 in its Fancy Wardrobe Collection.

The 500 Fashion Group introduced Suits a la carte in June. Customers can buy a 100 percent worsted wool suit for \$255 in three labels: Botany 500, Bert Pulitzer and Bernhard Altman.

Haggen Apparel Co. started with blends in suit separates 11 years ago. Last year, it began to offer pure wool suits for \$235.

When offered as separates, jackets are grouped separately from trousers, then arranged by fabric, color and size. Men can look first for a jacket and then, matching pants. The selection will vary from store to store, but suit separates share some features of suits that are sold as a set:



Photo courtesy: Hart's Fashion Association

Suit separates, with easy-to-go hemmed pants, are shaking their cheap-suit image.

The suits are usually in a 9- or 9½-ounce worsted wool, a year-round fabric. Some manufacturers

Please see SUITS/C2

Health notes

KILLER CATS? Millions of the nation's 57 million house cats may harbor bacteria that could kill their human masters. In healthy people, the bacteria are harmless. But in anyone whose immune system is weak — including the elderly and individuals carrying the AIDS virus — the germs cause severe fever, skin lesions and other symptoms that could be fatal if not treated with antibiotics, says a report in last week's *Journal of the American Medical Association*. The threat is from a microbe called *R. henselae* that is transmitted to humans by a cat's bite or scratch. The same microbe apparently causes cat scratch fever, which afflicts about 22,000 Americans each year with a low-grade fever. Cats that carry the disease do not get sick.

CHIPPING AWAY: Women, your metabolism may run one cookie slower than men's. Women run more to fat than men do, and a new study offers a possible reason — females burn fat more slowly, by a rate equivalent to a chocolate chip cookie a day. That's about 50 calories, which may not seem to be a lot, but it adds up over a lifetime, says researcher Eric T. Poehlman of the Baltimore Veterans Affairs Medical Center. However, he adds, exercise can increase metabolic rate 15- to 20-fold, which would "eat up that cookie and then some."

MUSCULAR PRESIDENCY: Want to work out like the Clintons? According to U.S. News & World

Report, fitness experts recently advised the first lady to work out for 30 to 45 minutes five days a week on either a treadmill or stairclimber, and to do an upper-body routine three days a week. As for the President, the experts suggested that he perform an upper-body routine every other day, in addition to the jogging he already does.

POSTPARTUM EXERCISE: Speaking of exercise, a new study says women can safely take up moderate (emphasis on the word "moderate") to get back in shape after childbirth, even if they breast-feed their babies. The report in the *New England Journal of Medicine* found that sensible workouts did not diminish mothers' milk production, as some had feared, as long as women continued to eat properly.

A TOUGH SELL: Celebrity Connections owner Barry Greenberg recently ran a want ad for a name celebrity with a non-cancerous prostate problem to make personal appearances and to serve as a paid spokesman for a drug company in Variety. No one answered. Perhaps, Greenberg told *Premiere* magazine, it's because "there seems to be some correlation between enlarged prostates and sexual dysfunction." Even so, he's still confident of finding a taker. "Let's just say if Sean Connery or Joe Pesci turned out to have a prostate problem, my clients would be the happiest guys in the world."

Compiled from wire reports

Child abuse prevention class set at CSI

The Times-News

TWIN FALLS—The Child Development Program at the College of Southern Idaho will present a one-credit course on recognizing child abuse. The class will meet from 7 to 8:50 p.m. Mondays, beginning today through April 25 in Aspen 150 at CSI.

Steven Craig will instruct the class. He has developed and directed programs in community

mental health, child and adolescent inpatient and outpatient psychiatry.

Craig has worked extensively in play therapy with children and has treated many victims of child abuse.

The fee is \$45 plus the text, "Just Before Dawn," which is available at the CSI Bookstore at \$21.95. For more information, call 733-9554, extensions 147 or 148.

Outlet

Continued from C1

"Costco doesn't advertise," Knowlton said. "We run off low margins — our average mark-up is 6 to 8 percent. We also don't get into that allowance (advertising allowance) from the manufacturer, or rebates. We take all that stuff and take it right off the top and (make them) give it to us for the lowest price."

"At an outlet, you're going to find customer returns, markdowns and seconds — a combination of a lot of

things," Knowlton said. "Costco doesn't carry seconds and is not a clearing house."

Knowlton said outlets get their merchandise from the manufacturer "with a teeny flaw or something they're being trying to clear out."

Knowlton suggests that wherever you shop, you should take a calculator and a list of current prices of goods you're interested in. Otherwise, you'll never know whether you really got the best deal, he said.

Suits

Continued from C1

have heavier-weight fabrics for winter. Fabrics are mostly traditional: solid navy, navy pinstripe, solid gray, gray pinstripe and a Prince of Wales or glen plaid. However, some brands might include more adventurous colors such as olive or taupe.

Haggard, for example, offers 20 fabrics in 100 percent wool, including houndstooth and a plaid. Jacket collars usually are notched, but in some cases, peaked lapels are available; as well as single-breasted or double-breasted versions.

Pants can be plain-front, single, double- or triple-pleated. Often, the pants are not finished, but a few manufacturers offer finished hems, even cuffed ones, in a variety of in-seam finishes.

When a customer can get a finished pants hem and perfectly fitting jacket sleeve length, he can take the suit with him, said Allan Burks, senior vice president of marketing, Haggard Apparel Co., which provides plain-hemmed or cuffed pants.

"There's this perception in the marketplace that you can't get a

quality suit with finished bottoms," Burks said. "That's malarky."

The introduction of suit separates was delayed until manufacturers could develop fabric technology with high-quality results and strategies to sell these separates.

Hart Schaffner & Marx, in particular, waited for cost-effective fabric technology, said Ken Hoffman, president and CEO. Jackets usually are cut from one bolt of fabric and trousers are cut from another, he said.

With even the slightest difference in color or pattern between the two bolts, it is impossible to get a perfectly matched suit.

"One of the things that prompted us to enter the suit separates business was that Burlington Industries has perfected the cut situation in producing a three-piece or a two-piece suit that matches perfectly."

Stores faced another problem. With separates, retailers must carry more jackets and pants to meet the needs of hard-to-fit customers than with nested suits.

Some stores make this work by

Americans find drug bargains in Mexico

TIJUANA, Mexico (AP) — Eleanor Hope used to come to Tijuana to buy silver jewelry, big pottery vases and leather purses. Now she focuses on antibiotics.

"They're the real bargain in Mexico," the Los Angeles-area nurse says. And, with two grown children and no way to pay for prescription antibiotics if they get sick, Hope needs bargains.

"They're so much cheaper here, it's amazing," Hope said, gesturing to racks of drugs at a small "farmacia," or pharmacy, just blocks from the U.S. border.

"With the prices they charge in the U.S., a normal person can't even afford to buy antibiotics," Hope said.

Like a growing number of Americans — especially elderly people on fixed incomes — Hope has discovered a land of cheap, legal prescription drugs just over the Mexican border.

The reason is price controls — a hotly debated issue surrounding President Clinton's health care reform plan.

Mexico mandates the price that companies — Mexican, European or U.S. — can charge for medical drugs sold within its borders. The United States does not.

And so, Dr. Cary Present in Pasadena has pointed some of his pa-

tients to Tijuana's "farmacias" when they needed the drug Tamoxifen after surgery for breast cancer.

He's not altogether happy about it. Patients can get a lot more from a U.S. pharmacist than just medication, said Present, the head of the American Cancer Society in Los Angeles.

"The pharmacist can go over your drugs, make sure you have no adverse interactions, recommend when you may need to see your doctor, make sure there's no possible side effects," Present said.

"The problem is the drug companies charge a very high price on some of their products. When you've got someone who can't afford that price, but needs the drug, what are your choices?" he asks.

First, Present checks to see if a U.S. drug firm will provide the drug at a reduced price for an indigent patient, he said. If not, he tells the patient to go to Tijuana and look for a U.S.-made drug.

"It's the same drug, often made by the same company, for a price that's about two-thirds less," Present said.

Other times, the patient is not necessarily indigent, but their health coverage won't cover prescription drugs.

That's the problem for both Hope's children, and for San Diego

retiree Don Moore, who buys drugs including cyclops for his elderly mother.

"It's just terrible, the prices in the U.S.," said Moore, shopping in Tijuana.

Two "very small" bottles cost \$4.10 in Mexico, compared to \$30 in the U.S., he said.

"I checked all this with her ophthalmologist and said, 'Is there any difference?' He said no, so what's the danger?" Moore asked.

Medicare does not pay prescription drug costs incurred by the nation's 36 million elderly and disabled recipients. Elderly people buy about one-third of the \$51 billion sold in outpatient drugs in the United States each year.

Under Clinton's reform plan, the federal government would begin paying for some part of those drug benefits in 1996. Until then, an elderly person with arthritis, for example, pays for the drugs.

U.S. health officials warn that many of the consumers who head south may not have enough knowledge to safely buy drugs without a

prescription. Elderly people, especially, may be confused by the different dosages that drugs sometimes are sold in, in Mexico, Food and Drug Administration spokeswoman Laurel Eu said.

"A person who is older may have more than one medication," she said. "It's important to be monitored by a doctor and talk to your pharmacist."

The FDA does not prohibit what Moore and Hope are doing, Eu said. But it does warn that it can't guarantee the safety of drugs sold in Mexico.

U.S. Customs' regulations mandate that Americans can bring back only a three-month supply for personal use, and that a prescription must be used, said spokeswoman Bobbie Cassidy.

But in practice, many Mexican pharmacies don't ask for the prescription. And customs agents are so busy they have little concern for anything other than steroids.

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Larsen

Continued from C1

6. Do you hang on to your anger?
7. Does your anger derail your passion for your partner?

Suppose you conclude you have an "angry" marriage, then what? The next step, Maslin says, is to assess whether you or your partner exhibit one of six anger styles.

These include:

- Venters, or people who manage anger by letting it "all hang out."
- Provokers, or people who deliberately antagonize others;
- Enactors, or people who substitute action for anger;
- Displacers, or people who direct their anger at outside enemies rather than at a partner.
- Symbolizers, or people who symbolically express their rage — often using their bodies to signal their ire.
- Suppressors, or people who avoid conflict at all cost.

If you spot any of these patterns, the trick is to trade in your angry marriage for an adult marriage. That's a marriage in which you and your spouse consciously elect the option of "civilizing" the relationship and of developing new and mature ways of relating to each other.

Here is but a small sample of the advice Maslin offers to help your marriage "grow up" when either of you fit the venter anger pattern:

First, you might consider delaying a response until your wrath ebbs and you can, instead of launching an attack, express your hurt.

"Thoughtful silence is a venter's most powerful agent of change," Maslin said.

Second, you can commit to any of these new behavioral options:

- I don't have to act on my impulse.
- I don't have to say what's on my mind at the moment.
- I don't have to be rude.
- I don't have to keep fighting.
- I don't have to answer an accusation.
- I don't have to throw up the past.

- I don't have to raise my voice.
 - I don't have to threaten.
 - I don't have to respond in kind.
- The bottom line, Maslin says, is to opt "to say no to your angry marriage and yes to your love."

And to your future together.

Joanne Larsen is a Salt Lake City marital counselor. Her column appears on Mondays.

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Fitness and Your Health

One of the responsibilities of our chiropractic office is to emphasize the importance of being physically fit. Especially when many of today's lifestyles include little if any exercise. Even those involved in hard, manual labor or strenuous sports activities who believe that they are fit, may not be using all the muscles needing physical stimulation.

All of the body's muscles need frequent use if they are to acquire and maintain good balance, coordination, strength and endurance. Muscles enable us to move by moving joints. As the joints move, ligaments, cartilage, membranes and tendons also get the exercise so important to their well being.

The basis for chiropractic care lies in the spine. When nerves are pinched or irritated due to a vertebral misalignment, pain and discomfort may become an every day affair. That's why regular exercise is recommended as a means for strengthening spinal muscles and preventing spinal misalignments. Well-toned muscles will maintain the balance, stability, flexibility and extend-ability which are the trademarks of a fully functional spine. Until weak muscles are made stronger the back remains vulnerable to muscle spasms, disc degeneration, irritated nerves and pain.

We warn patients that flexibility exercises cannot achieve the same goals as chiropractic spinal adjustments. Stretching involves entire sections of the spine, not individual joints. Joints that are mobile will move during a specific exercise and those which have lost their mobility will not. This will make the problem worse since it's the compensating joints which will be doing the work, not those that need mobilizing. Once we have properly mobilized the spine, we believe that exercise is a key element for maintaining proper function.

A case example, a middle-aged gentleman consulted my office with acute lower back pain limiting all ranges of motion. His history revealed years of intermittent episodes of disabling back pain. After a series of treatments his pain was gone and he was back performing all his routine daily activities. Recommendations were made to continue with maintenance care and follow a program of exercises designed to keep his spine flexible. Because of his long history of spinal pain, he decided to follow through with the program recommended. The stability he gained has improved his spinal health and has been free of back pain for several years.

Recommendations for the proper exercises are given for specific needs not only during treatment but for keeping fit after treatment has been completed. Maintaining optimum spinal function plays a key role in our health.

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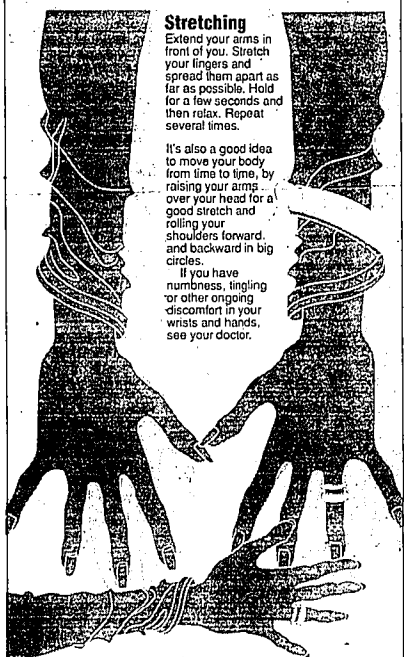
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the lesson page

Reduce wrist strain

When your wrists and hands are tense, they feel stiff and sore. You can release that tension, and help prevent repetitive strain injury—known as RSI—by exercising your hands at least once an hour. Three simple exercises help drain tension out of those tendons:



Stretching

Extend your arms in front of you. Stretch your fingers and spread them apart as far as possible. Hold for a few seconds and then relax. Repeat several times.

It's also a good idea to move your body from time to time, by raising your arms over your head for a good stretch and rolling your shoulders forward, and backward in big circles.

If you have numbness, tingling or other ongoing discomfort in your wrists and hands, see your doctor.

Rotating

Keep your fingers relaxed and your elbows still. Rotate your wrists by first turning your palms up, then down. Do it slowly, five times.



Shaking

Let your hands dangle, then shake them loosely—first up and down, then side to side. Keep it up until the tension goes away.

SOURCE: Krames Communications

Detrol Free Press, KRT Intographics

Sweet memories are antidote for bitterness

DEAR ABBY: Your advice to "Depressed Daughter" was commendable. I could have used your help 14 years ago when I faced a similar situation.

I too, loved my mother — to the point of leaving a teaching position in another city and returning to York, Pa., after my father died and Mother became ill. When I arrived, I found a woman I no longer knew. She had become bitter and angry. She criticized every member of our family, made derogatory remarks about my husband whom she had formerly adored, got into fights with the neighbors, and isolated herself from the world. I was at my wit's end.

After many months of frustration and many prayers, I hit upon an idea. We had a serious talk, and I told her how much I had always admired her, and how proud I was that she and Dad managed to raise a family of 10, despite hard times.



Dear Abby
Abigail
VanBuren

I reminded her of the many challenges she met in her life — and how she triumphed over all of them. I also reviewed all the sacrifices she had made for her children. Then I suggested she write the story of her life, and tell others how she came to be the wonderful mother I once knew.

Abby, she immediately started making notes, and eventually, not only did she write her memoir — it was a masterpiece! The whole family was mightily impressed. We plan to have the manuscript copied so it can be passed on to future generations.

My dear mother, Goldie Porta, died almost 10 years ago, and I can honestly say that the years we spent together enriched my life and made me a better person.

Thank you for giving me a chance to possibly help someone else who is going through a depression. You may use my name.

— GWENDOLYN I. COTE
DEAR GWENDOLYN: What a wonderful idea you had; not only did the project you suggested to your mother inspire her to focus on something positive, it provided a lasting legacy for your family.

DEAR ABBY: I am currently serving a two-year sentence for cocaine possession with intent to sell.

I am 34 years old and started smoking pot about 20 years ago. That supposedly innocent drug led me down the path to where I am now.

I would like to say that there is nothing innocent about marijuana. It fogs the mind and impairs your thinking. I firmly believe that if I hadn't started smoking pot, I never would have tried cocaine.

I'm married with two children. I had a good white-collar job, a home in the suburbs and a clean record. Now, everything I've worked for is at risk because of my stupidity.

For those of you who are not involved with drugs, please don't even try them. It's not worth it.

While incarcerated, I enrolled in a drug rehabilitation program, and I have cleaned up my life. I have been clean for over a year now, and it's the smartest move I ever made.

DEAR INMATE: If your letter keeps only one person from trying drugs, it's well worth the space. Thanks for the testimonial.

Canyoneering enthusiasts combine river rafting, mountaineering backpacking

Arizona Republic

Some outdoor enthusiasts adore backpacking. Others prefer riding a rubber raft through raging rapids. Still others find happiness in scaling sheer, rocky cliffs.

And then there is Richard D. Fisher, who enjoys all three forms of outdoor recreation rolled into one sport known as canyoneering.

"I guess you could say canyons are an obsession of mine," says Fisher, a 41-year-old resident of Tucson, Ariz. "I love them even though they can be so rough to navigate sometimes that I think I'm crazy."

If there is any doubt about Fisher's obsession with canyons, a quick check of his resume should eliminate it. Since 1980 when he first explored West Clear Creek on Arizona's Mogollon Rim, Fisher has made countless trips to some of the most remote canyons in the world.

His trips have been chronicled by such magazines as Arizona Highways and Outside, and he has published five books loaded with photographs he took on his excursions.

Among his favorites are an extensive system of canyons in southern Bolivia, some of them resembling the red-rock canyons of Sedona, Ariz., and Utah, and Copper Canyon in northwestern Mexico, which he visits about 10 times a year.

Most recently, Fisher has focused his energies on exploring the mysterious Namche Barwa Canyon in Tibet, considered one of the world's last unexplored regions. For the past 100 years, the canyon has been rumored to be the deepest gorge on Earth. However, because no Westerner had been to the canyon since 1920, the rumor had never been confirmed.

That all changed when Fisher, after 10 years of trying, received permission from the Chinese government to explore Namche Barwa in 1992. He made his first visit to the canyon that fall, the first time an American has explored the gorge.

He subsequently led an expedition into Namche Barwa in April 1993, fighting torrential rains and landslides

but still managing to push farther into the canyon than a competing American team backed by National Geographic magazine.

Fisher led a third expedition to the canyon in October.

Measurements taken during the expeditions confirmed to Fisher that Namche Barwa is indeed the deepest canyon in the world, with a depth between 15,891 and 19,386 feet at its deepest points. By comparison, Fisher said, the Grand Canyon is 4,682 feet deep. Peru's Colca Canyon, previously identified by National Geographic as the deepest, measures 10,500 feet.

National Geographic has yet to acknowledge Fisher's measurements, but The Guinness Book of Records plans to record the Namche Barwa area as the world's deepest.

Canyons didn't always fascinate Fisher, a longtime backpacker who graduated from the University of Arizona in 1976. But once he got a taste of canyoneering through many trips to the canyons of the Mogollon Rim, he became hooked on what was then a little-known sport.

Canyoneering, which has since become popular in Arizona and other Western states that are blessed with numerous canyons, is a hybrid of several sports — mountaineering, river rafting and backpacking, as well as swimming and canyoning.

"When I became a canyoneer, which took years, I began reading the writings of John Wesley Powell," Fisher says. "He was the father of canyoneering."

In 1869, Powell led the first successful expedition to raft the Colorado River through the Grand Canyon.

Fisher and his wife, ultramarathon runner Kitty Williams, have brought attention to the Tarahumara's plight by twice bringing a group of them to Colorado to compete in the Leadville Trail 100-Mile Run.

It is not unusual for Tarahumara runners to cover such long distances during their intertribal races. The difference is that they wear handmade

huarache sandals instead of expensive running shoes and they kick a small ball while they run.

Although the Tarahumara runners didn't fare well in the 1992 Leadville race, they placed first, second and fifth in 1993. The winner was 55 years old.

Fisher says that the runners have become spokesmen for their people and that their appearances at American races have increased awareness of their plight.

Runner's World magazine published a major story on the Tarahumara in December.

"They have been opposed to logging in the region for 25 years, but nobody listened to them before," Fisher says. "And few people on this side of the border had even heard of them. Now people are listening."

As his interest in canyoneering intensified, Fisher began visiting Mexico's Copper Canyon, which actually is a series of five canyons, each at least as deep as the Grand Canyon.

While most tourists are content to peer into the canyon from the top, Fisher prefers backpacking into the remote depths of the gorge where few Americans venture.

He has become a champion of the canyon's native Tarahumara Indians, whose subsistence lifestyle and ancient culture are being endangered by logging and tourism.

"When I first started visiting, I was amazed," Fisher says. "It was like stepping into the 1880s. I had never dreamed that you could live that way in the modern world."

Because of the remote location of their villages, running long distances is common among the Tarahumara. It is a popular tradition for villagers to run against one another in long-distance races through the mountains.

Fisher and his wife, ultramarathon runner Kitty Williams, have brought attention to the Tarahumara's plight by twice bringing a group of them to Colorado to compete in the Leadville Trail 100-Mile Run.

It is not unusual for Tarahumara runners to cover such long distances during their intertribal races. The difference is that they wear handmade

Estrogen may fight female stress

The Washington Post

Estrogen may buffer young women against mental stress just as it appears to protect them against cardiovascular disease until menopause, a team of researchers from the University of Buffalo believes it has shown. By buffering against stress, they say, estrogen may protect the heart.

The researchers, headed by cardiovascular pharmacologist Bong Hee Sung, gave 10 pre-menopausal women, 10 pre-menopausal women taking oral contraceptives, 10 post-menopausal women and 10 young men a series of mental stress-inducing arithmetic tests. These tests, such as counting backward from 100 by sevens, or from 300 by 17s, are known to raise blood pressure in some people.

Sung's group found that the blood pressure of the post-menopausal women rose 21 percent, nearly twice the overall rise in the other women and the men.

Pre-menopausal women had the smallest increase in systolic pressure — the top number in a blood pressure reading — 5 percent compared to 11 percent in the men. The diastolic increase was approximately the same in both groups.

Sung said the results led researchers to conclude that "hormones, particularly estrogen, can influence the body's response to stress, and that the higher blood pressure rise among post-menopausal women when subjected to stress may be a factor in this group's increased risk of developing cardiovascular disease."

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Children test confused parents to their limits

If I were allowed but three words to say to America's parents, they would be, "STOP ACTING CONFUSED!"

When our children, now 25 and 21, were much younger, my wife and I acted confused. We didn't know we were acting confused, but we were. We thought we were being "nice," or "respectful," or "democratic," or some such thing, but in fact we were acting confused.

When one of the kids did something we didn't approve of, we'd say something like, "We'd rather you didn't do that" in this pleading, smarmy tone of voice. Or, equally whiny, "Please don't do that! We're asking you nicely now, so please don't, OK?"

If we wanted one of them to do something, we'd broach the subject by asking, "a) 'Would you be willing to do something helpful for Mom and Dad?' or b) 'It would be really nice, and we'd really, really appreciate it if you would ...' or c) 'How about if we make a deal? If you'll ... then we'll ...' or d) 'Do you think you could stop what you're doing for a few minutes and help us with the housework?'"

When none of the above-mentioned approaches prompted them to instant cooperation, we'd get frustrated. "What do we have to do to get you to listen?" we'd whine. "What does it take to get you to pitch in and be even the slightest bit helpful around here?"

Then we'd get mad. Then we'd yell. Then we'd feel bad because although we'd get them to do what we wanted, they'd done it with this hangdog look that spoke of a major drop in self-esteem, and so, fearing that we'd inflicted lesions on their psyches, we'd apologize and ask them to please overlook our loss of composure, that we were having a "bad day" or some such thing and really, we're not mad at them, we were really mad about something that happened at work and we were just taking it out on them and hey! we got an idea, let's all go out for some ice cream or something and just relax OK?



Parenting
John Rosemond

Confusion. It reigned over the Rosemond household when our children were young. We'd refuse a request, the child in question would become visibly upset, and we'd act as if the child's distress was indication that our decision had been wrong. So, we'd start doing what I now call the "tantrum dance." We'd shift from one figurative foot to the other, trying to find a "solution" to the problem we'd created. The more we danced, the more our decisions displeased the children, and the more vocal they became about their displeasure. And the more we danced.

We described the children as "strong-willed," and "argumentative" and "stubborn" when in fact they were just doing what children do when their parents act confused. They were testing, which is to say they were demanding to know just exactly where we stood concerning rules and expectations. Was obedience an option? Was everything, in the final analysis, done or not done at their pleasure? Were we asking or telling? What?

It was not until we took a stand and maintained it in the face of their displeasure, no matter how great, that they stopped being so "stubborn" and "argumentative." When we stopped second-guessing ourselves, when we stopped trying to be "psychologically correct" in every decision we made, when we stopped trying to make them happy and instead did what we felt was best for them and the family, that's when the kids started being a pleasure to live with.

John Rosemond is a family psychologist in private practice in North Carolina. Questions of general interest may be sent to him at *John Rosemond, P.O. Box 32188, Charlotte, N.C., 28232*.

Knight-Ridder Newspapers

The faces of spring are dewy and fresh; soft but sexy; iridescent but subtle.

What does that mean for your makeup collection?

Spring cleaning. Go through your lipsticks. Toss out those dark, matte colors, such as port, burgundy and sherry. But save the true reds. Ditch the muddy browns. But save the coral-browns and pinkish-browns.

Before you invest in a wrinkled linen suit, a silver kilt, an apron dress or a baby doll frock, the cheapest, easiest way to update your style for spring is with a tube of lipstick — \$12 if you splurge. Pink tones, please.

Now check out your blushes, foundations and eye shadows. If they all are matte on your skin, you need to replace at least some of them.

We know you've spent the last couple of seasons muttering the makeup mantra: matte, matte, matte. Stop it. The rules have changed for spring.

So we asked several makeup artists for tips on how to create the spring face.

What do you need? Perhaps more important, what should you avoid?

Skin

Use a light hand with foundation.

That's true for most seasons, but it's never been more true than for spring, when faces should be lighter and more natural-looking.

How much makeup is too much? Generally, if you can see the makeup on your face, you've gone overboard. Think of makeup as enhancement, not camouflage. For most women, a nickel-sized dollop of foundation is plenty for the entire face.

Again, forget the notion of a completely dry, matte finish. For spring, makeup should look dewy, even slightly moist. Think healthy glow.

Begin with a foundation that's right for your skin — oil-based, water-based, pore minimizer, whatever. You can apply powder to take the shine off your nose, but otherwise, you can probably skip the powder.



Photo courtesy: Tele-press Associates

Freshness and subtlety are the hallmarks of this spring's look in makeup.

If you have dry or combination skin, try a cream blush. If your skin is oily, opt for powder blush with slight iridescence. In either case, go for pinkish tones. (When makeup folks say pink, by the way, they mean brown-roses and brown-corals, not bubble gum pink.)

Remember this rule for spring: "Everything in moderation," says Todd Skog of Salton Kennice Bashir in Birmingham, Mich. "I like a woman's own beauty to show through rather than trying to be someone that they're not."

That's what I'm most excited about. I mean, seeing (supermodel) Linda Evangelista without makeup on is a big deal. A lot of people don't really know what a turning point that is in fashion and makeup. Like with freckles. Now you see freckles on models when before you always covered them up.

Eyebrows

Perhaps last year you plucked your brows to within a sliver of their lives to achieve that ultra-thin, ultra-defined, ultra-arched brow. Hope they grow back. Quick.

For spring, brows are still defined and arched, but not nearly so thin. They're somewhere between a Brooke Shields' caterpillar look and a '40s glamour puss look.

"I think really well-groomed brows are always important," says Wendy Whitelaw of Lori Karbel in Birmingham. "They define the face."

Brush out the eyebrow, says Hanan Ajluni of Hanan Cosmetics in Beverly Hills, Mich. Define them with a powder or a pencil. Then "clean up" the brow line, but don't pluck with abandon. That means plucking out stray hairs that grow below the brow arch or between the brows. But leave natural fullness intact.

Eyes

This is the one area where the spring face veers off from its natural, fresh-faced direction. Eyes are the place for drama.

The big buzz this season is about kohl, a look with origins in Egypt, where women used a kohl powder to draw a dark line around the eye. That's not to say the goal is to look like Cleopatra.

For spring, kohl refers to a soft — and yes, slightly greasy — eye pencil. Runway faces featured dark, smudged, kohl-rimmed eyes paired with soft lips.

Makeup artists recommend handling kohl with care. Draw precise circles around your eyes and you'll wind up looking like a raccoon. Smudge the kohl too much and you'll look like you were on the losing side of a fist fight.

Hanan advises drawing only a thin line across the top of the eye, then smudging it slightly. Whitelaw thinks rimming the entire eye is OK, but adds these words of caution: Use a brown or brown-black pencil; pure black is just too harsh.

Line the top eyelid from the inner corner to the outer corner. Line the bottom eyelid only from the middle of the eye to the outer corner. Smudge both lines.

"Don't go too close to the nose," Whitelaw says. "That gives a tense expression and the look should be very soft."

For an even more dramatic look, you could line the bottom inside of the eye from the inner corner to the outer corner. But some experts say lining the inside of the eye makes you more susceptible to eye infections.

Also, not everyone should participate in the kohl trend.

"On too-small an eye, it'll close

the eye up and make it look even smaller," Skog says.

As for eye shadow, now is the time to try iridescent shades rather than matte ones.

Mascara is still part of the spring face, but a light sweep will usually suffice.

With all that kohl rimming the eyes, heavy-duty mascara is hardly crucial for a dramatic look.

Lips

That super-matte look, the one that meant lipstick had to be scrubbed off with a washcloth, is over.

Lips should look moist. While no one is advocating goopy lip gloss that smells like strawberries, sheen is hot. Newer matte lipstick formulas are creamier and don't make the lips look or feel dry.

Hanan offers something she calls "veils." These are lipsticks with translucent color that can be worn alone or over another, more opaque, color to add a bit of sheen.

"We've seen matte for so long that a lip with a little shine is sexy," Skog says, pointing out that fashion is "getting back to glamour and sex, with hemlines going up, plus we're seeing pumps again and heels again." The drawback: you'll have to reapply a creamy lipstick more often. But, Skog says, "it's kind of sexy to pull out that lipstick and compact and reapply it." Colors? Pinks: Think mauves, purples and browns with pink undertones. If you have darker skin, think about cherry reds.

A few favorites of the experts: Coffee Bean by Revlon; Amber by Kiehl (available by special order through Barneys New York); Purity by Poppy (a new line available at Barneys); and Toasted Pink by Bobbi Brown Essentials, available at Neiman Marcus.

With dramatic eyes, you should avoid super-pale lips in favor of some color balance on your face, Hanan says.

But — and this is the tricky part — you don't want perfect balance. Don't do dark-rimmed eyes paired with shellacked lips, or you'll look like RuPaul.

And ... tick-tock, tick-tock, RuPaul is over.

Chemical remedies, exercise can aid aging skin

The Hartford Courant

A few years ago, when Ralph Williams noticed the faintest hint of crow's feet around his eyes, he was amused. At last, he was beginning to look like his father, whom he'd always considered distinguished.

"I expected my face to wrinkle," said Williams, 52. "My father had these wonderful creases around his face where even if he wasn't smiling, you knew he would soon because his face had folded that way."

But when Williams began noticing a deep and multi-creased wrinkle across his lower chest, he got a little worried.

"My wrinkles didn't bother me, but on my body," said Williams.

Williams' wrinkles have been a long time coming. And like a lot of the members of the baby-boom generation, for whom getting older is just now beginning to be a reality, he's confused by all of the things he's read and seen about the treatment and prevention of wrinkles — those things he thought only old people got.

Not to put too fine a point on it, but wrinkled skin is like a tablecloth that doesn't fit so well anymore.

If Williams was so inclined, he could take steps to smooth out that

tablecloth. There are dermabrasion, chemical peels, face lifts, eyelid surgery and, in the past five years, several chemical treatments that bypass traditional surgery as a means of eliminating wrinkles.

The compound Retin-A reverses sun-damaged wrinkling, said Robert Greenberg, a Vernon, Conn., dermatologist. The compound — which has been used for treating acne for 25 years — thickens the skin and enables the outer layer to retain moisture. When a patient stops using the ointment, the wrinkles reappear.

"We haven't been (prescribing) Retin-A long enough to answer

whether it's permanent," said Greenberg. "It does stimulate the epidermis."

According to the American Academy of Dermatology, the other wonder ointment of late — alpha hydroxy acids — falls somewhere between a drug and a cosmetic. It has a similar effect as Retin-A and appears to have a permanent effect on wrinkles. Studies are ongoing. While some products sold over the counter claim to contain alpha hydroxy acids, the academy recommends that people concerned with their skin see a doctor for an evaluation first.

But if you're looking for youth in an over-the-counter bottle, give it up. According to the academy, most moisturizer molecules are too large to penetrate the uppermost skin layer. They are temporarily beneficial in that they trap moisture on the skin with a layer of oil. After a few hours, the lotion — and its effect — is gone.

While Williams figures he'll just settle quietly into his wrinkles, he would

not be the only man seeing a dermatologist for help. A few years ago, the skin trade dealt almost entirely with women, but Greenberg said men make appointments and end up talking about their wrinkles.

"Very commonly people bring it up in context of a visit for other reasons," he said. "They say, 'Oh, by the way, I appear to be wrinkling more quickly than my friends who are the same age.'"

Besides sun exposure, the biggest factors in the premature aging of skin are genetics, cigarette smoking, stress and poor dietary and exercise habits.

Besides the junk that cigarette smoking puts into your body — and skin, "the smoke on the skin is sort of like curing leather," said Richard W. Besidine, director of the Travelers Center on Aging at the University of Connecticut Health Center.

While it may be too late to prevent

wrinkles for some, surface skin damage can be slowed quite a lot by a regular regimen. While none of his customers come in specifically talking about wrinkles, Charlie Hall, program director at Bally's Holiday Matrix Center in West Hartford, Conn., said plenty come in talking about looking more youthful.

Weapons available in wrinkle war

The Hartford Courant

Unwilling to go down without a fight? There are some steps you can take to eliminate the wrinkles that are altering there.

Chemical peel, \$250 to \$3,600 — This works best on wrinkles around the mouth, forehead and eyes. A chemical solution is applied to the top layer of skin, which separates from the lower layer. The top layer reddens, and a subsequent crust is gone after several days. It can cause scarring, infection, abnormal pigmentation. The new skin — smooth and pink — appears after about two weeks. It is thought to be permanent.

Dermabrasion, \$350 to \$3,000 — This can eliminate or reduce wrinkles on the upper or lower lips, as well as scarring from chicken pox or superficial acne. A rotary instrument sands irregularities from the skin. It can cause infection and scarring. The swelling that follows disappears

after four to five days. It is thought to be permanent.

Blepharoplasty (eyelid surgery), \$2,500 to \$5,000 — This removes excess wrinkles on upper lids and bags under the eyes. After a local or general anesthetic, an incision following natural lines is made on the upper or lower eye lids. Excess skin, fat or muscle are removed, and the cut is sutured. The sutures are removed after a few days. The patient can expect swelling or bruising for two to three weeks. A possible side effect: The upper eyelid may not close completely or normally for up to a year. Upper eyelid surgery lasts 10 years; lower eye surgery should be permanent.

Lift, \$5,000 to \$15,000 — This is exactly what it's called. After an anesthetic, incisions are made inside the hair line and temples, in front and around the earlobes, and to the back of the ear into the lower scalp. Tissue and fat are then removed from the neck, the skin is

pulled tight and the incision is closed with sutures. It can cause infection, hematomas (blood under the skin) or nerve injury (though rare). It lasts five to seven years.

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Men, brace yourselves, Wonderbra will soon invade U.S.

I wish to discuss a serious threat to our national security now being posed by a foreign brassiere.

It's called the "Wonderbra." I found out about it via an article in The New York Times written by Emily Prager, who comes right out and states that she does not have any cleavage ("I have no cleavage" are her exact words).

This is why she was interested in the Wonderbra, which is apparently a legend in the fashion community. It has been manufactured and sold for over 30 years in Great Britain, where it is extremely popular because it makes women appear to have a larger, more uplifted set of fashion accessories. (The article doesn't say, how the Wonderbra works, or who invented it. Maybe, after World War II, Great Britain was able to obtain the



Dave Barry
Humor

services of German scientists who had been working on the Nazis' top-secret Atomic Brassiere Project.

The Wonderbra is not yet sold in the United States, but it will be soon, so Emily Prager got hold of one and took it out for a test drive. Her goal, which she freely admits, right in The New York Times, was to get men to talk to her breasts—not in the sense of walking up to them and saying, "Hi! How do you breasts like this weather we're having?"; but in the sense of talking to her while looking down at her breasts, the way guys often do, as though the

breasts had urgent safety information written on them. Emily Prager wanted this to happen.

This is why life is so complicated for the 1990s. On the one hand, if you do look at a woman's breasts while you talk to her, she could conclude that you're a Neanderthal testosterone-oozing slimborg or a U.S. senator, and she could call the police, and you could end up being arrested for Sexual Harassment and Being A Creep. On the other hand, if you don't look at her breasts, it could turn out that she's a reporter for The New York Times, and you are actually hampering her efforts to carry out her journalistic duties, which are protected by the U.S. Constitution, which means you could wind up in federal prison awaiting trial on charges of

Failure To Take A Gander. It is not easy being a guy.

Emily Prager did eventually get a man to talk to her breasts ("The Wonderbra and I had done our work," she reports). I am not surprised. Males have a lot of trouble not looking at breasts. What is worse, males cannot look at breasts and think at the same time. In fact, scientists now believe that the primary biological function of breasts is to make males stupid. This was proved in a famous 1978 laboratory experiment wherein a team of leading male psychological researchers at Yale deliberately looked at photographs of breasts every day for two years, at the end of which they concluded that they had failed to take any notes.

"We forgot," they said. "We'll have to do it over."

So we have three facts to consider:

1. Breasts make men stupid.
2. The Wonderbra makes breasts even more noticeable.
3. The Wonderbra is coming here.

This is very bad for the United States. Look at what happened to Great Britain. At one time, there was no Wonderbra, and Great Britain ruled the richest and most powerful empire on Earth. Now, there is a Wonderbra, and Great Britain is a pathetic shrunken nation with an economy based almost entirely on selling blurred photographs of Princess Diana working out.

Coincidence? I think not.

Imagine what will happen to this nation if large numbers of American women start using the Wonderbra. It will be catastrophic. The male half of the population will be nothing but

mindless drooling Zombies of Lust. Granted, this is also true now, but it will be even worse.

What can we do about this threat? A nuclear strike against Great Britain would probably be overreacting at this point. A better idea would be to send over a delegation of top leaders to look into the Wonderbra, so to speak, and if we don't hear from them in a week, then we launch a nuclear strike. That is my primary recommendation. My secondary recommendation is that this delegation, with all due respect, should not include the president.

Dave Barry is a humor columnist for the Miami Herald. Write to him c/o Tropic Magazine, The Miami Herald, One Herald Plaza, Miami, Fla. 33132.

Pick your prime caloric intake

Knight-Ridder News Service

In your search to develop a healthy, active lifestyle, you have started exercising regularly. Now you want to begin working on your diet to balance your caloric intake with the calories needed. How many calories do you need to maintain your current weight? To lose weight? How many calories do you need if you are exercising regularly?

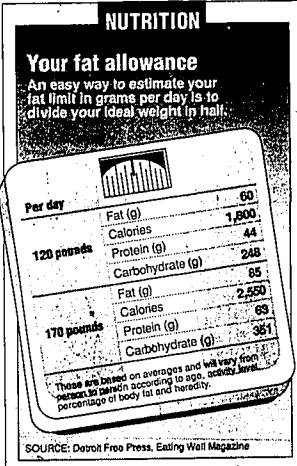
Basal metabolic needs. Your basal metabolic rate (BMR) accounts for approximately 60 percent to 70 percent of the calories burned every day. Basal metabolism includes such things as pumping blood, breathing and maintenance of body temperature. The body needs an amazing amount of calories just to carry on normal bodily functions.

There are many factors that can affect one's BMR. They include age, height, gender, dieting history, temperature of the environment and types of exercise performed.

To estimate your basal metabolic rate, multiply your weight by 10 calories per pound. For example, a 120-pound woman's BMR would be 1,200 calories. 120 x 10 = 1,200 calories.

Daily activity. In addition to fueling your BMR, your body also consumes calories with your everyday activities. Depending on your normal level of activity, your daily activity can consume a significant amount of calories. It is easy to see how a mail deliverer walking a route would use more calories than a secretary sitting at a desk.

To estimate the calories burned in general daily activity, add to your calculated BMR an additional 40 percent of your BMR for a sedentary lifestyle, 50 percent of your BMR for



exercise. A 150-pound individual burns 4.6 at low intensity and 10.9 at high intensity. A 180-pound individual uses 5.1 and 12.1, respectively.

On average, a 150-pound person burns approximately 500 calories per hour of moderate-intensity aerobic exercise. A 120-pound person burns about 400 calories for each hour of moderate exercise. Many of the cardiovascular machines in health clubs provide good estimates of total calories burned.

For the 120-pound woman who exercises at moderate intensity for one hour, an additional 400 calories are needed. Her total daily caloric consumption would be 1,800 calories plus the 400 for exercise equaling 2,200. Therefore, the 120-pound woman who exercises moderately for one hour each day would need 2,200 calories each day just to maintain her weight.

For a rough calculation of your daily caloric needs for safe weight reduction, subtract 20 percent of the total calories your body needs to maintain its weight.

For example, the 120-pound woman who needs 2,200 calories to maintain her weight would need 1,760 calories per day to safely begin her weight-reduction program. 2,200 — 440 = 1,760 calories

Daily calories minus 20 percent of daily calories equal the number of calories for safe weight loss.

Many of us think that to lose weight, we need to eat fewer calories. When we drastically cut our daily caloric intake, we can adversely affect our nutritional status and health. We need a regular diet to have the energy for work and exercise. Also, a day of fasting often leads to an evening of bingeing.

a moderately active lifestyle, or 60 percent for a very active lifestyle. For example, to estimate the daily calories a 120-pound moderately active woman would burn, add to her BMR of 1,200 an additional 600 (50 percent of her BMR). 1,200 plus 600 = 1,800 calories for moderate activity. Remember, your daily activity does not take into account the caloric needs for exercise.

Purposeful exercise. Physical activity can account for 20 percent to 30 percent of the body's daily energy expenditure. It is difficult to estimate caloric expenditure since it varies according to the type of exercise performed, the intensity, duration, and the individual's weight.

Studies have determined that a 120-pound individual burns 3.8 calories a minute during low-intensity and 9.2 calories during high-intensity

she'd whip up Kraft macaroni and cheese in her Crock-Pot.

And she stopped exercising, despite being a runner, golfer and ski team member at Ann Arbor (Mich.) Pioneer High School.

By the end of freshman year, Hamilton's weight grew from 125 to 140 pounds. A summer of exercise helped take the pounds off, and better eating habits have kept Hamilton, who is 5-foot-3-inches and now a senior, at a stable weight.

What happened to Hamilton happens to many college students, who pile on an extra 10, 15 or 20 pounds as dormitory dwellers.

Hamilton and some other victims of the Freshman 15 are interviewed about their fatty eating habits in a new nutritionally sound book by two Michigan authors, "The Student Body" (Berkley Books, New York).

The authors, Jill Brown and Jane Myers, did their research by visiting college cafeterias across the country. They counted fat grams along the way, noting, for example, on a visit to the University of Michigan's South Quad cafeteria such offerings as the egg salad croissant (a no-no at 40 grams of fat), hot beef and gravy sandwich (12 grams) and the spinach lasagna (25 grams).

Many women still fear 'the pill'

The Washington Post

More than half of American women believe using birth-control pills is a health hazard, but this is a sharp decline from eight years ago, when more than three-quarters held that view, according to a new survey.

The poll, conducted by the Gallup Organization for the American College of Obstetricians and Gynecologists, found that 54 percent of those surveyed said there are substantial risks, down from 76 percent in 1985.

ACOG calls oral contraceptives "very safe" and says serious problems related to birth-control pill use "are very rare." The most serious possible complication is development of blood clots, more likely in women who smoke heavily, have high blood pressure or high cholesterol levels, suffer from diabetes or are overweight.

Many of those surveyed believe birth-control pills increase the risk of cancer. In fact, said ACOG President Richard S. Hollis, birth-control pills prevent some cancers, including ovarian and endometrial. Only 6 percent of those surveyed were aware of that benefit. Nearly two-thirds said oral contraceptive use is at least as risky as childbirth, which bearing carries twice the risk of death, ACOG says.

Results were based on telephone interviews in August and September 1993 with 997 women 18 and older.

Eighty-six percent of those interviewed, and 91 percent using the pill, said oral contraceptives are not safe enough to buy without a doctor's prescription.

Early last year, the Food and Drug Administration said it would look into making birth-control pills available without prescription, but the idea was quickly put on a back burner.

'More than half of all pregnancies in the United States are unintended.'

— Richard Hollis, president, American College of Obstetricians and Gynecologists

If a birth-control-pill manufacturer applied to the FDA to have the contraceptive changed from prescription to non-prescription status, the FDA then would look into whether taking it over-the-counter could be done safely, said Carol Scheman, deputy commissioner for external affairs.

Scheman said such applications are confidential. The subject is controversial among physicians and family planners. Some say the pill is safe for over-the-counter sales, which they say would promote more effective birth control. Others say doctors need to screen women for risk factors before they take pills, even in the current low-dose forms.

Hollis called for more education about contraception, noting the high number of accidental pregnancies. "More than half of all pregnancies in the United States are unintended," Hollis said. "Although the level of understanding about contraception has improved over the last eight years, the medical profession still needs to do more."

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Book aims to keep students from majoring in fat

Knight-Ridder News Service

The Freshman 15 crept up on Carrie Hamilton.

Living away from home for the first time, the Western Michigan University student soothed some of her anxiety with high-fat food — and lots of it.

For breakfast, she'd eat scrambled eggs and a bagel with cream cheese. With her grilled cheese sandwich at lunch, she'd add a plate of french fries. Eies again at dinner with some fried chicken nuggets or spaghetti. While studying, she'd snack. And for a bad case of the late-night munchies,

she'd whip up Kraft macaroni and cheese in her Crock-Pot.

And she stopped exercising, despite being a runner, golfer and ski team member at Ann Arbor (Mich.) Pioneer High School.

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Extended evening hours on Wednesday's

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Magic Valley Regional Medical Center

- Free Breast Screening Educational Program. By appointment only. Call 736-1675. If you are a woman who is a resident of Idaho, 40 years of age or older, and have never had a mammogram, do not have insurance coverage for a mammogram, or have an unmet deductible of \$55, YOU qualify for a free mammogram under the MYRMC Mammography Grant Program. Limited number of grants available. Our facility is located in Professional Plaza, 526 Shoup Avenue West, Suite J. Call 736-1675.
- Childbirth Refresher Class • Monday, February 28, 7 – 10 p.m. To register, call 737-2900.
- Breast Cancer Support Group • Monday, February 28, 7 p.m., Prime Cut Restaurant. For information, call Char Basila-Davis at 737-2441 or Jody Craig at 733-3700.
- Arthritis Support Group • Tuesday, March 1, 7 p.m., Doctors Meeting Room. For information, call 737-2065.
- Big Kids Klub • Saturday, March 5, 10 – 11:30 a.m. To register, call 737-2900.
- CPR Class • Tues. & Thurs., March 8 & 10, 4 – 7 p.m. To register, call 737-2007.
- Childbirth Class • Wednesday, beginning March 9 through April 20, 7 – 9:30 p.m. Preregistration required. Call 737-2900.
- Cancer Support Group • Thursday, March 10, 7 p.m., Cancer Center Waiting Area. For information, call the Southern Idaho Regional Cancer Center at 737-2441.
- Cesarean Childbirth Class • Thursday, March 10, 7 – 9:30 p.m. Preregistration not required. For information, call 737-2900.
- First Aid and CPR FOR BUSINESSES. Call Jill Chestnut at 737-2906.

Making Magic Valley the healthiest place to live...

Comics

Peanuts By Charles M. Schulz

MARCI: I DON'T UNDERSTAND THE PROBLEM ON PAGE 362...

THERE IS NO PROBLEM ON PAGE 362, SIR... THAT'S THE INDEX...

PRETTY TRICKY, MA'AM!

Calvin and Hobbes By Bill Watterson

SHOULD I STAY INSIDE OR GO OUTSIDE?

IT'S AWFULLY COLD OUT, BUT I SUPPOSE I COULD BUNDLE UP. IT LOOKS WINDY, THOUGH, BUT STILL, I'D LIKE TO GO SLEEPING. THEN AGAIN, MAYBE I'D WATER STAY IN ON THE OTHER HAND.

GO OUT AND CLOSE THE DOOR!

THE MORE INDECISIVE I AM, THE FASTER THINGS GET DECIDED.

B.C. By Johnny Hart

I GOT A GREAT NEW ITEM HERE. WHAT SAY WE RUN IT UP THE FLAGPOLE AND SEE IF ANYBODY SAWIES?

DON'T BE A JERK. WE DON'T USE THAT OLD CORNBALL CLICHE ANYMORE.

SORRY.

PETER'S ADVERTISING AGENCY

Garfield By Jim Davis

ALL IS RIGHT WITH THE WORLD.

ARFIE

Hi and Lois By Chance Browne

WHAT ARE YOU PUTTING ON THE DINNER, CHIP?

"HEALTH FOOD HELPER"

IT SAYS ON THE BOX THIS STUFF CAN MAKE EVEN THE MOST NUTRITIOUS MEAL TASTE LIKE JUNK FOOD

The Wizard of Id By Brant Parker & Johnny Hart

AWK

THE KING IS A FINK!

WHO TAUGHT HIM THAT?

I MUST'VE PUT THE EDITORIAL PAGE ON THE BOTTOM OF HIS CAPE

Hagar the Horrible By Chris Browne

WHO GETS THE WHIPPED CREAM?

Beetle Bailey By Mort Walker

WELL, IT'S ALL CLEAN... SEE YOU LATER

WHERE ARE YOU GOING?

TO USE THE LATRINE NEXT DOOR

Frank and Ernest By Bob Thaves

CINEMA

2. "SLEEPLESS IN SEATTLE"

2. "HEARTLESS IN SAN FRANCISCO"

3. "LUCKLESS IN LAS VEGAS"

4. "CLUELESS IN WASHINGTON"

The Born Loser By Art Sansom & Cnlp

BRUTUS THORNAPPLE...

AN ORANGE BARREL ON THE INFORMATION SUPERHIGHWAY!

For Better or For Worse By Lynn Johnston

Blondie By Dean Young & Stan Drake

I'M AFRAID I HAVE TO LET MITCHELL GO

EW-W

WE HAVE TO CUT BACK, AND HES THE LAST ONE HIRED

Dennis the Menace By Hank Ketchum

THIS IS THE WORST PART ABOUT BEING A BOSS! IT JUST TEARS ME UP

I CAN'T EVEN BEAR TO BE HERE WHEN YOU BREAK THE NEWS TO HIM

The Family Circus By Bil Keane

"Here I am at my christening bein' held by my Fairy Godmother."

Sydney Omarr Horoscope

IF FEBRUARY 28 IS YOUR BIRTHDAY: Current cycle highlights business enterprise, marital status, ability to meet deadlines, possible addition to family. During March, success comes via unorthodox procedures featuring elements of timing, surprise. You are dynamic, attractive, self-indulgent at times, much aware of appearance, ability to entice members of opposite sex. September and October will be most memorable, profitable months in 1994.

ARIES (March 21-April 19): Priorities line up in order you prescribe. Focus on initiative, travel, communication, vulnerability to love. Marital status dominates. Libra involved, has these letters, initials in name: I and R.

TAURUS (April 20-May 20): Where there was darkness, there now is sunshine. Balance achieved between professional activities, personal desires. Financial status of partner, mate comes to light.

GEMINI (May 21-June 20): Focus on creativity, style, panache, physical attraction. Aquarius says, "At times I can hardly keep my hands off you!" Adhere to unorthodox procedure.

CANCER (June 21-July 22): Obtain hint by reviewing Gemini message. Diversify without scattering forces - accent humor, experimentation, participation in social studies group.

LEO (July 23-Aug. 22): Get "organized" for challenge, possible trip, test by one who holds you in highest esteem. Check references, guard position, don't be intimidated by one who knows price of everything.

VIRGO (Aug. 23-Sept. 22): Obtain hint from Leo message. Don't back down from termagant who is envious, resentful, surly. Read and write, submit ideas, keep health resolutions.

LIBRA (Sept. 23-Oct. 22): People "surround" you, relating questions, problems. Focus on beauty, flowers, luxury items, domestic adjustment. Taurus person has your best interests at heart.

SCORPIO (Oct. 23-Nov. 21): Mystery solved, relates to "back door" activity. Forces helps, has these letters, initials in name: Q, P, Y. Secret meeting takes place in library, institution, gallery.

SAGITTARIUS (Nov. 22-Dec. 21): Gift received, silver in color, represents token of affection, esteem. You'll win friends, money comes from surprise source. You'll be proclaiming, "This is my lucky day!" Capricorn involved.

CAPRICORN (Dec. 22-Jan. 19): Moon position highlights leadership, promotion, ability to overcome distance, language barriers. Love will not be a stranger - Aries, Libra persons request your counsel. Accent compassion.

AQUARIUS (Jan. 20-Feb. 18): Answer to question: Let go of status quo, make fresh start, imprint style. New enthusiasm, love on horizon. Travel figures prominently. Publishing project will succeed, distribution problem resolved.

PISCES (Feb. 19-March 20): Intuition "takes over." Don't shut out inner voice! Maintain aura of mystery, glamour. Aquarian featured, these letters, initials in name: B, K, T.

ACROSS

- 1 Resorts
- 5 Court attendants
- 10 Precipice
- 14 Protective covering
- 15 Venerate
- 16 European capital
- 17 Assert formally
- 18 Snare
- 19 Distinct entity
- 20 Take offense at
- 22 Educational meetings
- 24 Before
- 26 Frame of an auto
- 30 Magazine heads
- 34 Place for a chemist
- 35 Examinations
- 37 Narrow band
- 38 Island of oxia
- 40 Clubs and diamonds
- 42 Comfort
- 43 Stay away from
- 45 Maternity related
- 47 Decade number
- 48 Kind of tire
- 50 Poster
- 51 Haberdashery
- 52 Chum
- 53 Supernatural creature
- 54 Summer drink
- 58 Prisoner
- 62 Finish
- 63 Light wash
- 64 Rabbit
- 66 Food regimen
- 67 Horses
- 68 Flair
- 69 Sledge members
- 70 Winter fallout
- 71 Function

DOWN

- 1 Heavenly object
- 2 Repair roads
- 3 God of war
- 4 Binges
- 5 Larders
- 6 Fuss
- 7 Honking bird
- 8 Gaelic
- 9 Appeared
- 10 Dark-haired one
- 11 Haberdashery
- 12 Arabian ruler
- 13 Matched collections
- 14 Robin's home
- 23 Eye section
- 25 Published
- 27 Remove obstructions
- 28 Cut in two
- 29 Superior of a monastery
- 30 Large land holding
- 31 Give a speech
- 32 Ascended
- 33 Used up
- 36 Container
- 39 Landing places
- 41 Most hardhearted
- 44 College head
- 46 Ireland
- 49 Warning signals
- 51 One of a group
- 59 A Guthrie
- 60 Duck
- 61 Sea eagle
- 64 Witness
- 56 Timid
- 57 Watch face
- 59 A Guthrie
- 60 Duck
- 61 Sea eagle
- 64 Witness

Saturday's Puzzle Solved:

STASH AMAT CLEP
PAITA CODE HORSE
ALTER TROT LOJA
TEASPOON HELMET
SART ELL
BALLOT MORA PAR
ALIEN GIVEN AGE
SENT SPIED AREA
AGE FLIT BLED
LITS RILE SLEET
TOP RSTU
SHRIMP CLASSICS
TEAR ERTE HADES
LEAVE ROSE EVENT
PRES SEEP SEATS

Lunar terminator defines days

L.M. Boyd
What's what?

Here's how Benjamin Franklin stated one of his dilemmas: "It is ill nature to silence a fool, and cruelty to let him go on." Let's go on.

There are more beekeepers on the Yucatan Peninsula than anywhere else in the world.

Homing pigeons are so ignorant they'll fly through smoke, through gunfire, through exploding shells. The Army has been known to award medals to homing pigeons. Not for intelligence. For valor.

Q. What's the world's biggest employer?

A. India's railways. With about 1.5 million people on the payroll.

Evil your bones are 22 percent water. Or better be.

No, pack rats don't live in garbage dumps. Their household collectibles are just various, not filthy.

To do for you

Prepared childbirth class set today at MVRMC

TWIN FALLS — A prepared childbirth refresher class for persons who have previously taken a prepared childbirth course will be held from 7 to 10 p.m. today at the Magic Valley Regional Medical Center second floor conference room. The non-refundable course fee is \$15 and pre-registration is required. Childbirth preparation and medical center procedures will be reviewed.

A film, a discussion on sibling adjustment, and a tour of the labor/delivery unit will be included.

To register, call the MVRMC Education Department at 737-2900, weekdays between 9 a.m. and 4 p.m.

Aerobics class for senior citizens slated in Jerome

JEROME — A senior citizen aerobic class instructed by Susie Homan will be held at 11 a.m. beginning today at the Jerome Senior Citizen Center.

The class is held on Monday, Tuesday and Thursday and the fee is \$10 for a six-week session.

Learn about arthritis treatment at hospital

TWIN FALLS — The Arthritis Support Group will meet at 7 p.m. Tuesday at the Magic Valley Regional Medical Center Doctors Meeting Room, located in the basement cafeteria of the medical center.

Dr. Donald Pica will present the program on "Total Treatment of Arthritis."

Anyone with arthritis is encouraged to attend and participate in the free monthly meetings and family members and friends are also invited. The group usually meets at 7 p.m. the first Tuesday of each month at the medical center. For more information, call Becky Jensen at 737-2065.

Widowed services group schedules celebration

TWIN FALLS — Widowed Information and Consultation Services has planned its second anniversary celebration from noon to 2 p.m. Wednesday at the College of Southern Idaho Office on Aging. The anniversary cake was donated by Pastry Perfection. For more information, call 736-2122.

Free seminar on treating stress disorder planned

TWIN FALLS — A free professional education seminar, "The Diagnosis and Treatment of Post Traumatic Stress Disorder, Attention Deficit Disorder and Major Depression in Children and Adolescents" will be held from 10 a.m. to 2:30 p.m. Thursday.

Registration and coffee are at 9:30 a.m. at Weston Plaza Hotel & Convention Center, 1350 Blue Lakes Blvd. N.

The seminar is presented by Dr. Esther Spahr, medical director, adolescent services, Canyon View Hospital and Counseling Centers.

Teachers, counselors, health care providers, therapists, human service professionals and other individuals working with youth are encouraged to attend.

A lunch break from noon to 1 p.m. will be available for participants to independently network and pursue other activities.

For more information or to register, call 734-6760 or 1-800-657-8000.

Canyon View, CSI slate psychiatric ed program

TWIN FALLS — Canyon View Hospital and Counseling Centers and the College of Southern Idaho will sponsor a professional education program on "Assessment and Management of Psychiatric Emergencies and Aggressive/Assaultive People." The program will be held from 8:30 a.m. to 3:30 p.m. Friday at the CSI Aspen Building, Room 108.

Presenters will include counselors Pete Snyder and, Keith Stevenson and Linda Bleeker, a registered nurse. This program is available for individuals interested in learning more about how to deal with people experiencing psychiatric crisis and ways to manage physically or verbally aggressive people through verbal, non-verbal, and/or physical responses.

Registration fee is \$5 per person in advance and \$7 at the door or \$25 per agency for an unlimited participation. This fee will be donated to the Volunteers Against Violence. Comfortable clothing is recommended. To register or for more information, call 734-6760 or 1-800-657-8000.

Class teaches children to adjust to new siblings

TWIN FALLS — The Big Kids' Klub is a program designed to help children adjust to the idea of a new baby brother or sister. Sponsored by the Magic Valley Regional Medical Center, this series of classes will be held from 10 to 11:30 a.m. Saturday in the second floor conference room of the medical center.

The class is taught by Kristy Burkett, a registered nurse, who recommends that the "big kids" should attend during the mother's eighth month of pregnancy. She asks the children to bring a favorite doll or stuffed animal to the class.

Participation costs \$7.50 per child or \$10 per family. Since the class size is limited to 10, early pre-registration is advised. To register, call the MVRMC Education Department at 737-2900, weekdays between 9 a.m. and 4 p.m.

Series of prepared birth, parenting classes planned

JEROME — A four-week series of prepared-childbirth and parenting classes will be offered in March from 7 to 9:30 p.m. on Wednesdays

at St. Benedict's Family Medical Center Conference Room. The fee for the series is \$20.

Designed to prepare the expectant mother and her support person for an informed and rewarding birth experience, the classes emphasize changes during pregnancy, preparation for labor and birth and newborn care. Relaxation and breathing techniques are taught in each class with a full labor rehearsal in the last class. The second class in the series also serves as a refresher class for persons who have previously taken a prepared childbirth course. Also covered in the series are Cesarean births, breastfeeding, postpartum care, newborn care and a tour of the labor/delivery area.

Pre-registration is required. To pre-register or for more information, call the medical center at 324-4301.

To Do for You is a calendar listing health-related activities, events and education. Information should be submitted by Thursday for publication in the following Monday's Features section. Mail notices to The Times-News, P.O. Box 548, Twin Falls 83303, or deliver to our office at 132 Third St. W.

Osteoporosis preventable, but experts fear effect on baby boomers

Orlando Sentinel

Some older women with osteoporosis have lost so much spinal bone that their ribs are resting on their pelvis.

For others, a fairly strong sneeze or cough can cause a spinal vertebra to collapse.

Osteoporosis is a debilitating loss of bone that can lead to, among other things, an irrevocably curved spine — a dowager's hump — or a hip fracture requiring surgery and weeks of painful recuperation.

It's a disease that can be prevented in many people with the right combination of diet and exercise. But experts fear it could become one of the country's more devastating — and expensive — medical conditions as today's "baby boomers" reach their 60s and 70s.

Osteoporosis already affects 20 million Americans and costs the country \$10 billion a year. The National Osteoporosis Foundation forecasts that, by the year 2020, the annual bill may total \$62 billion.

"Osteoporosis is a huge public health problem — no question about it," said Dr. Mark Ettinger, a Stuart, Fla., physician who is using an experimental medication to try reversing at least a few of the disorder's disabling effects in his patients.

The condition is particularly troubling for women from about age 55 onward because the lack of estrogen production after menopause accelerates bone loss.

The bone loss is even more pronounced in women who smoke, drink, consume excessive amounts of caffeine. Race and body build are also factors. In every four white and Asian women develop the condition, especially those who are thin.

Mounting evidence indicates, however, that a combination of exercise and the replacement of calcium and estrogen can help preserve bone mass in post-menopausal women.

Exercise alone won't do it, according to studies conducted in Australia. Exercise and estrogen-replacement therapy work best, reversing some of the bone loss. Exercise plus 1 gram of calcium a day works almost as well as the estrogen regimen, which can have unhealthy side effects for some patients.

But childhood is the time to start building bones to protect against osteoporosis in old age, says Alice

About calcium

All calcium supplements are not equal. Ask your physician to recommend one that meets United States Pharmacopoeia (USP) standards. If you are unsure about a tablet, you can test how well it disintegrates in the body. Place it in 6 ounces of vinegar at room temperature. If it has not dissolved in 30 minutes it will not dissolve in your stomach.

The best natural sources of calcium are milk, cheese, yogurt, buttermilk and other dairy products. Other good sources include salmon, green leafy vegetables and tofu.

Here are some examples:

- One cup of yogurt: 415 mg
- One 8-oz. glass of whole milk: 300 mg
- One slice of Swiss cheese: 270 mg
- One cup of cooked broccoli: 178 mg

4 oz. of tofu: 154 mg

RECOMMENDED CALCIUM INTAKE

- Birth to 6 months: 400 mg/day
- 6 months to 1 year: 600 mg/day
- Children/Young Adults 1 to 10 years: 800 mg/day
- 11 to 24 years: 1,200 mg/day
- Adults: 1,000 mg/day
- Postmenopausal women: 1,500 mg/day
- Not on estrogen replacement: 1,500 mg/day

— Source: The National Osteoporosis Foundation

For more information on bone health, call the National Osteoporosis Foundation toll-free at (800) 223-9994 for a free copy of the book Stand Up To Osteoporosis.

MacMahon, a registered nurse and director of Florida Hospital's Center for Women's Medicine.

Bones are a complex latticework of calcium, phosphorus and other minerals. But the calcium is constantly leached away by the body for an array of biological functions, from maintaining the chemical integrity of cells to transmitting nerve impulses.

During childhood and young adulthood, bone formation outpaces this bone destruction. Once peak bone mass is reached, however — somewhere between the age of 25 and 35 — bone destruction begins to outpace bone formation.

And even though osteoporosis is most often associated with older women, it can occur in younger ones as well. The disorder is prevalent, for instance, in younger women who begin menstruation after the age of 15, experience irregular periods, or suffer from anorexia nervosa or bulimia.

Elite athletes, professional dancers and women who exercise excessively also can exhibit early signs of the bone-depleting condition.

MacMahon says children should get the equivalent of six to eight glasses of milk a day to ensure a sufficient calcium supply during

bone-forming years.

"It's like saving up for retirement, putting calcium in the bone bank," she said.

Unfortunately, figure-conscious teen-age girls tend to cut back dramatically on their milk and cheese consumption at a time when they should be consuming calcium to build bone mass.

To counter that tendency, nutritionists note that low-fat and skim milk are now readily available in supermarkets, along with calcium-rich foods such as nonfat yogurt, cottage cheese and fish.

Weight-bearing exercises help keep bones strong. MacMahon says. Overweight women, for example, rarely develop osteoporosis because the sheer weight of their bodies helps strengthen their bones (though doctors warn that obesity carries other health risks).

"Walking is the best exercise. It spares the joints and it is weight-bearing," MacMahon said.

As doctors learn more about treating the condition, they also are learning more about who is vulnerable.

For instance, many doctors once thought black women didn't get osteoporosis, said Dr. Tomas Bocanegra, clinical assistant profes-

sor of medicine at the University of South Florida in Tampa. It was considered a white woman's disease.

But Bocanegra believes osteoporosis simply may begin later in life for some black men. He is beginning a new study of bone density among post-menopausal black women to get an idea of the pervasiveness of the disorder.

And just as women begin losing bone mass with the loss of estrogen, so do men as testosterone levels decline. By old age, some men develop pronounced cases of osteoporosis that lead to fractures, especially of the hip.

Once bone destruction starts to outstrip bone formation, the architecture of a person's bones changes. They become softer, more porous and, eventually, more vulnerable to breaks.

Depletion of bone in the spinal column, for example, accounts for the loss of height typical among people with osteoporosis.

MacMahon and a growing number of other women's health specialists recommend that all women get a baseline bone scan at about age 35, so a physician can determine how much bone mass already may have been lost.

There are about a half-dozen methods that doctors use to measure bone mass, some more precise than others. They range from X-rays, which are useful only for revealing fractures, to specially adapted CT scans, to a relatively new bone scanner known as a DXA.

DXA is short for dual-energy X-ray absorptiometry, which can measure the amount of bone tissue in a hip or spine. It delivers a lower radiation dose than a chest X-ray and differs from conventional X-ray technology by aiming a pencil-thin beam at only the areas to be examined, said Joseph Hainberg, president of Bone-Bone Medical Imaging Inc., which offers DXA scans in Orlando.

"With DXA, you're not just taking a picture of the bone, you're measuring the density of the bone," Hainberg said. A primary benefit of DXA, he said, is that it delivers less radiation to patients.

Costs vary depending on the extensiveness of the screening. A

Osteoporosis myths

Orlando Sentinel

Here are some myths about osteoporosis and reasons why they don't hold up.

1. Osteoporosis is not serious enough for me to worry about.

Osteoporosis is serious because it progressively and irreversibly weakens our bones to the point that any movement, even a bump or fall, can cause a painful, debilitating fracture of the hip, spine or other bones. Chronic pain and disability can permanently change the way you live, work and enjoy your free time. One frequent outcome of osteoporosis is hip fracture, which each year causes 50,000 deaths, nearly as many as auto fatalities. In many of the victims the fractures cause blood clots, which lead to death. Others develop infections, mainly pneumonia, which affects the weakened elderly while they are hospitalized.

2. I am a healthy person. I do the right things. I am not at risk.

Unfortunately, we can't feel how strong our bones are. That's why osteoporosis is called a "silent thief." Without knowing it, you could be losing bone tissue, even if you think you're doing the right things, including exercise and eating a calcium-rich diet. Osteoporosis is increasingly widespread. One in two women and one in five men have a lifetime risk of developing frac-

tures from osteoporosis and experiencing the loss of vitality and independence that accompany this disease.

3. I am too young to worry about osteoporosis now.

It's never too early to prevent osteoporosis. Building strong bones and keeping them strong gives you a head start when bone loss occurs. The fact is that bone is a living, growing tissue that constantly rebuilds. Bone strength increases during our youth until "peak bone mass" is reached somewhere around age 35. After that, everyone gradually loses bone mass because more bone tissue is removed than generated.

When bone loss is excessive, such as when women lose the protective effects of estrogen after menopause, osteoporosis may develop. This is why women are at greater risk for osteoporosis and the fractures that accompany it.

4. It's too late for me to do anything about osteoporosis.

Osteoporosis is defined as excessive loss of bone tissue. Bones break when they become too thin and too weak. Although bone loss is irreversible, it's never too late to take steps to slow or stop the further loss of bone. The time to detect osteoporosis is before so much bone is lost that debilitating fractures occur.

thing," said Richard Gelula, associate executive director of the National Osteoporosis Foundation in Washington.

"Genetics are part of it, lifestyle is a part of it. There are some 75-year-old women with perfect bones and no evidence of osteoporosis. Others the same age may be extremely disabled."

The take-home message for everyone, Gelula said, "Eat well and get plenty of exercise. That's the best way to save your bones."

How to stock your medicine cabinet

Seattle Times

Cuts and burns and splinters. Headaches and tummy aches and twisted ankles. Everyday, minimergency parents face in raising their kids.

Simple pains can be treated at home, if you have the right stuff on hand.

The Children's Resource Center at Children's Hospital & Medical Center in Seattle recommends the following items be stored in a dry, secure, out-of-kids'-reach place — a locked wall cabinet is good. Remember that many over-the-counter preparations have a one-year shelf life and should be replaced regularly. You are likely to need:

ESSENTIALS

- A first-aid manual that is easy to use and includes guidelines for cardiopulmonary resuscitation and choking emergencies
- Thermometer
- Pain medication: non-aspirin (acetaminophen) medication is safest for children, aspirin for adults
- Antiseptic and antibiotic cream
- Ipecac syrup: a 1-ounce bottle per child under 5 years (used to induce vomiting when instructed by the

Poison Control Center or doctor)

- Adhesive bandages, several sizes
- Sterile gauze, 2- and 4-inch squares
- Adhesive tape, 1-inch-wide roll
- Tweezers, scissors, safety pins, needles and matches (for sterilizing)
- Small bar plain soap.

RECOMMENDED EXTRAS

- Anti-itch lotion and oral medication.
- Petroleum jelly for chafing.
- Antacid tablets or tablets for indigestion.

- Cotton swabs and balls
- Elastic roller bandage and cloth triangle bandage for sprains
- Alcohol wipes
- Motion-sickness tablets.
- Sunscreen.
- Insect sting treatment.
- Moleskin (for blisters)
- Hot water bottle
- Flashlight and extra batteries
- Tape pack (keep in freezer) or ice cubes in baggies. When all else fails, a bag of frozen vegetables such as peas also works.

CAR EMERGENCY KIT: A complete first-aid kit should be kept in a waterproof plastic box or bag in the car. In addition to the above items it

also should have lip balm, a pocket knife, sunscreen, waterproof matches, a whistle, a bottle of water, vital prescription medications, pocket space blanket, plastic garbage bags, emergency phone numbers, quarters for phones and some emergency food (candy bars, jerky, dried fruit, etc.)

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Remains of the Day PG 7:10-9:30
My Father the Hero PG 7:10-9:30
On Deadly Ground R 7:00-9:05
Call 324-8875 for showtimes.

TWIN CINEMA 9
Grumpy Old Men 13 7:30-9:45
Blask Check PG 7:30-9:45
Joe Venturi 12 7:30-9:45
Tomberline R 7:15-9:45
Mrs. Doubtfire 13 6:45-9:15
Blue Chips 13 7:00-9:15
My Girl 2 PG 7:30-9:45
In Name of Father R 6:45-9:15
On Deadly Ground 13 7:00-9:15
The Getaway R 9:00
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Have you juggled your 8 glasses today?

Water, that elixir of life, is the 'forgotten nutrient,' ignored in favor of soda, juice

Chicago Tribune

Hollywood loves water. There's the shower scene in "Psycho." Dustin Hoffman lounging in the pool in "The Graduate." Burt Lancaster and Deborah Kerr rolling around the beach in "From Here to Eternity." Charlton Heston parting the Red Sea.

Fun stuff, water, until you actually drink it. Then it's strictly a chore. Water is the "forgotten nutrient," lost in a sea of carbohydrates, proteins, fats, vitamins and minerals.

People turn their noses up at water even though it is the best thirst quencher," said Christine Palumbo, a nutrition consultant from Naperville, Ill. "It's not exciting, it's boring."

After all, who wants to drink water when there's coffee, colas, teas, juices, milkshakes, sports drinks, beers, wines, vodka tonics and margaritas out there? Even bottled water advertisements focus on lean bodies and high-energy activities, not how the product tastes.

'Many people forget water is actually a beverage.'

— Bonnie Lieberman, nutrition director

Water may be short on excitement, but it has long been necessary. It is involved in nearly every physiological process. It moves nutrients, hormones and antibodies through the bloodstream and lymphatic system. It rids the body of waste products. It is essential to cooling your body's core temperature, which would burn you up if left unregulated. We can't live much longer than three to five days without water.

The body of a typical adult contains 60 to 70 percent water. Babies are closer to 90 percent. Our brains are 90 percent water, while blood is 85 percent water. Muscles are 75 percent, the liver is 69 percent and even bones have 22 percent water.

OK, so we're walking aquariums. How much water do we really have to drink to stay healthy? Who's the wise guy who recommended drinking eight glasses of the stuff every day? Should we drink bottled tap water? Here's a healthy flow of answers.

Eight glasses a day ...

"Many people forget water is actually a beverage," says Bonnie Lieberman, director of nutrition at the Center for Science in the Public Interest in Washington, D.C. "But there anybody who drinks six to eight glasses of water every day?"

Nothing comes between Calvin Klein and his obsessions

Knight-Ridder News Service

SAN FRANCISCO — How does it feel to be the "most recognized designer in America?"

"I was shocked," says Calvin Klein of his reaction to a Fairchild Publications survey last fall naming him just that and trumpeting the fact across the front page of Women's Wear Daily.

It's hard to imagine shocking Klein, a man who has done more than his share of shocking America with everything from an adolescent Brooke Shields confiding that nothing came between her and her Calvins to a nude woman being nuzzled by three men in the original Obsession ads to rapper Marky Mark wearing Calvin Klein underwear while grabbing his crotch.

But his shock quickly turned to "delight," says the 51-year-old Klein, a man with much to be delighted about these days. A few weeks ago he became the first designer to receive in the same year outstanding design awards in both womenswear and menswear from the Council of Fashion Designers of America. He had won the Womenswear Designer of the Year accolade three times previously, in 1982, 1983 and 1986.

Last week he was given the Mary Ann Magnin Award, named after the founder of I. Magnin, at the San Francisco Museum of Modern Art's annual Valentine Ball, which is sponsored by the chain.

Some designers might feel awards and attention are additional pressure, but Klein dismisses the notion. "I put pressure on myself. It doesn't come from the outside, it's not what people expect of me as much as what I expect of myself and my company."

"I love what I do; I'm the luckiest

person in the whole world."

Even controversy doesn't get Klein down.

"Controversy seems to follow me," he acknowledges with a grin. "I don't set out to make things controversial. I want to tell the story of what the fragrance is and what the clothes are about. I try to work with the best photographers, and I like the advertisements to be creative. I'm not afraid to take risks, and it stirs up the emotions. Sometimes people get upset. It tends to be a surprise to me."

Klein is particularly surprised at criticism that he's promoting anorexia through the use of waif models such as Kate Moss, who is featured prominently and unclothed in his current Obsession fragrance ads.

"There's something about thinness that appeals a lot of people," he says, pointing to the controversy surrounding Twiggy more than two decades ago.

"With Kate it's genetic. The kid eats like crazy; we'd all like to eat like her. It's her age and genetics."

"What upsets me more was how no one said anything during the excess period of the '80s when women were doing things to their bodies that were frightening. Distorting their bodies through plastic surgery — breast implants, liposuction. It was all so unnatural. I would not use any of the models who were destroying their bodies."

While Moss is very much the model-of-the-moment and Klein made her so, he points out that in the past two years he has also made a point of using models that are older and not as thin. Models such as Lauren Hutton, Rosanna Vela and Patti Hansen have appeared in his shows and ads.

People do seem to drink that amount of fluids in a day."

Just who started this eight-glasses-a-day dictum is unclear. But among nutritionists and dietary historians quizzed, Paul Thomas of the National Academy of Sciences in Washington, D.C., had the best explanation.

His organization's Food and Nutrition Board publishes the country's official Required Daily Allowances. The first RDAs edition in 1943 had no mention of water. Two years later, the second edition changed that.

"A suitable allowance of water for adults is 2.5 liters (83 ounces) daily in most instances," the book states: "An ordinary standard for diverse people is 1 milliliter for each caloric of food. Most of this quantity is contained in prepared foods."

Somewhat, the final sentence was lost in the translation. Most doctors and nutritionists say we don't need to drink every one of those eight glasses of water if we eat the proper foods.

Fruits and vegetables, known in some circles as "live" foods, contain structured or intracellular water that is more biologically active than even distilled or spring water.

Replenishing your body's water with these foods is better than chugging from your water bottle all day.

Most vegetables and fruits, for example, are at least 85 percent water. Even potatoes and bananas check in at 75 percent. In contrast, the typical hamburger is 55 percent water, with the bun at 36 percent.

Nonetheless, a good number of nutritionists and diet authors since World War II have recommended we drink roughly a half-gallon of water each day.

A typical person expends about 2,200 calories per day through normal activities, including breathing," explains Palumbo, who also is on Hincley & Schmitt's Scientific Advisory Board. "She needs three quarts of water, but not all from drinking it."

Say you get about 1 1/2 quarts from your diet and another half-pint from produce in the body's metabolic processes. That leaves 48 ounces, or six 8-ounce glasses of water. Throw in another two glasses in case your diet is lacking, or for hot days, and you're there.

Water break No. 1 ...

Some fun facts to impress your friends around the water cooler.

There is no water on the moon, which is why it has so many craters. When megatons of space matter were flying around megacenturies ago, the Earth had its own share of pockmarks, which later were mostly smoothed out by oceans, rivers and streams. Mars and Venus also have no seas or rainfall, making it unlikely

ly there is any form of life on either planet.

The good, the bad ...

The eight-glasses-a-day movement picked up momentum in 1967 when Dr. Irwin Stillman published his first diet book, "The Doctor's Quick Weight Loss Diet." In it, he urged dieters to drink eight 10-ounce glasses of water each day along with a high-protein, no-carbohydrate diet.

The book sold more than 7 million copies in paperback and 5 million in hardcover. In his next book,

'Perhaps the best reason to drink water is to avoid drinking too much of the bad-caffeine, fats, sugars and sodium found in other beverages.'

— Lieberman

Stillman conceded that his followers could include other allowed beverages—coffee, tea, diet sodas, club soda—in the daily count.

"According to most nutritionists, coffee and sodas aren't good substitutes for water. These caffeinated drinks act as diuretics, drawing water from your system at advanced rates. Alcohol has the same effect."

Milk, juices, carbonated waters and club sodas are acceptable substitutes though you want to be careful about what else is contained in such beverages. For example, fresh apple juice is concentrated with natural sugar.

"Perhaps the best reason to drink water is to avoid drinking too much of the bad-caffeine, fats, sugars and sodium found in other beverages," Lieberman said.

Bathroom break No. 1 ...

Let's get right to the heart of the bladder. If you're drinking all this water, when would you ever quit making pit-stops?

"People need to be sensitive to their own bodies and their ways," Palumbo said. "The keys are frequency and color of urination. You want to urinate every 2- to 3-hours with a good stream and a light yellow color, the shade of lemon juice.

If your urine is dark yellow and less frequent, it's likely you are not drinking enough water or fluids. If you drink a lot of water on an empty stomach, you may have to go once and then maybe 20 minutes later."

Go with the flow ...

Our internal thirst mechanism, the hypothalamus, regulates body temperature. It deteriorates with age, making it important for elderly people to drink more water. The hypothalamus is not that efficient in any case. When you become aware of thirst, it is usually after you need the water.

This is most true when exercising or doing heavy work, according to William Evans, director of the Noll Human Performance Laboratory at Penn State University. He suggests drinking extra water, especially on hot days.

"Drinking plenty of water is probably the best way to enhance exercise performance," said Evans, who has advised pro sports teams and the military on nutrition matters. "Dehydration can affect how fast you run or bike or ski. As you get older, you will be more prone to dehydration injuries."

Palumbo says the human flow of water may account for some cravings throughout the day.

"When you are lethargic and think you need something to eat, maybe you just need something to drink," she said. "My clients who drink more water become accustomed to it. They find they need it more to keep feeling good."

Water break No. 2 ...

The Earth's available fresh water represents about one-half percent of its supply. About 97 percent of the planet's water is saltwater and another 2 percent is locked in ice caps and glaciers. Vast reserves of fresh water are under the Earth's surface, but much of it is too far from the surface for cost-effective tapping.

The U.S. uses 1,300 gallons of water per person each day—most of that is used for agriculture. For example, to produce a pound of meat requires an average of 2,500 gallons of water—or about the amount used by the typical family for an entire month of household purposes.

Our daily consumption is five times as much as the average daily

per capita consumption of a European country and much more than developing nations.

We don't use much of that water for drinking. According to Beverage Industry magazine, annual per capita consumption of tap water was 34.1 gallons in 1992. The figure is actually up a half-gallon after a 20-year downturn from 1970 to 1990.

Observers attribute the increase to the economic times: 180 glasses of tap water still cost only a penny—and to Perrier's benzene scare in 1990.

To a growing number of water drinkers, it is worth the extra money to buy bottled water. Americans averaged 9.9 gallons of the stuff in 1992, three times the amount we drank in 1982 but still far behind the 48-gallon yearly count per person for soft drinks.

The watershed question ...

Is it OK to draw from the tap or should you buy bottled water?

"In my opinion, our water has always been safe," said Roger

'Drinking plenty of water is probably the best way to enhance exercise performance.'

— William Evans, Penn State University

Seiburg, manager of the Division of Public Water Supplies for the Illinois Environmental Protection Agency. "If anything, it has gotten better. Technology is more advanced, so we can test for more contaminants and clean them up."

Those contaminants have some fearful names: pathogens, trihalomethanes, lead, radon, arsenic. The federal EPA has been aggressive about testing for lead in our drinking water. It has been found at unsafe levels in many communities throughout the country. Lead poisoning is most harmful to children under 8, and can cause problems with pregnancies.

On its third attempt since April 1992, Chicago finally passed the EPA's lead test last fall. Taking samples from the required highest-risk locations, the city's water was found to have 14.4 parts of lead per billion, just under the 15-parts stan-

dard. Given the samples were drawn from the worst-case conditions, city officials said most of our water would be near the minimum detectable level of 5 parts per billion.

Chicago, which draws its water from Lake Michigan, also supplies water to nearly 120 suburbs. Each one has to test their own water to meet EPA standards. More than half of all area towns, including those supplied by the city, have failed EPA lead tests from time to time in recent years.

Municipal water purification plants are not the problem. Lead leaches into drinking water through main distribution lines or household plumbing made with lead pipes, particularly if the water has been standing for several hours. Deteriorating lead solder on plumbing fittings is another trouble spot. In 1986, Congress banned the use of lead in plumbing in almost all cases.

Water break No. 3 ...

Some historians say lead poisoning explains the fall of the Roman Empire, theorizing the population went slightly crazy from the effects of drinking water tainted with lead.

"Everybody is looking for one single reason why it fell," said Eugene Borza, professor of ancient history at Penn State. "Of course, it's more complex. There were all kinds of administrative and economic factors. It's an easy theory. Lead is bad and Romans had it in their water."

If only they'd known ...

Guess the Romans didn't know about phosphates. Chicago is now adding phosphates to its water, due to the earlier lead-test failures. The phosphates coat the inner piping and prevent the water from mingling with lead.

According to JSC Group's environmental consultant Johanna Platt, putting phosphates in the water is a "great first step." But she acknowledges it will be some time before the minerals can take hold.

Platt said there is a simple solution for anyone concerned with lead or other contaminants coming from the tap. Run your water for a minute or two, letting it become fully cold. This eliminates any standing water, though that may be hard to do in a high-rise.

"Never use hot water for drinking or cooking," Platt said. "It leaches lead more easily."

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Americans still living from check to check

Associated Press Writer

CHICAGO — When John Harrington hears the pundits crowing about the booming economy, he can offer proof, too. It's right there in his paycheck, summed up in one word: overtime.

Five extra hours, maybe 10 a week, if he's lucky. An extra day's pay won't make his family rich, but it's a notch up on their security ladder — and that's good enough for the veteran truck driver.

"Everything looked dismal three, four years ago," Harrington says. "Now, I'm more optimistic. I read the newspapers and see all the positive things. If people are buying and spending money, then I'm working. That's the bottom line."

It hasn't been that way very long. About 2½ years ago, the trucking company Harrington had worked for since he was 18 closed — just two months after he and his wife, Ellen, bought a new house.

What followed was a domino-like procession of trouble.

Nine months without a job. Savings depleted. Two mortgages to meet, one from their former house. And a new worry: health insurance. Harrington's mother-in-law made the \$250 monthly payments.

"At first, he said, 'I'll be working in a month,'" Mrs. Harrington recalls. "One month went by. Then another. And another. I thought the economy must be really bad. Everything is not going to be as easy as I thought it was."

Harrington was determined to stay in trucking even though deregulation during the '80s had bankrupted companies and forced thousands onto the unemployment rolls. At age 43, he had 20 years invested in a Teamsters pension and wasn't about to change professions.

"I was locked in," he says. "It's almost stupid to walk away."

Harrington eventually found temporary work at Carolina Freight Carriers Corp.; he was hired full time in February 1993. He says he earns more than \$15 an hour, still short of union scale.

Though it's slightly more than his previous salary, the cost of living has soared and the Harringtons, like many other blue-collar workers across America, feel as if they're running in place.

"If we're making progress, it's minimal," says the ruddy-faced, mustachioed Harrington.

The Harringtons and their two daughters, 16 and 10, live modestly in a ranch-style home on the city's South Side — a Democratic, blue-collar bastion — about a mile from Comiskey Park, home to the Chicago White Sox.

Mrs. Harrington works part time as a secretary and travel agent to make ends meet. Their money disappears fast: \$100 a week for their 16-year-old's Catholic school tuition; \$100 a week for gas and lunch for her husband. Then, the mortgage, food, clothes and heat.

Rent from two tenants who live in their former home, a building with two apartments, helps out. Still, it's a scrimp-and-save world.

"We keep thinking we're going to have extra money," Mrs. Harrington says. "But without any savings — we live from check to check. It seems like we're starting all over."

Harrington has begun putting aside \$20 from each check to build new savings, and he hopes his new job will restore the family's sense of security.

But they've postponed big purchases. Harrington drives a 1983 Ford pickup truck; his wife has a 1978 Mercury.

Harrington is bracing for contract talks this spring, hoping there won't be concessions, but he's not expecting a raise, either.

Mostly, he yearns for stability.

"I think the company is going to be around for awhile," he says. "If they aren't, we'll just deal with it when the time comes."

On the day he opened up shop, John Wilson's frame of mind about his prospects as the owner of a small business could be likened to



his experience as a diehard Atlanta Braves fan — high hopes and depressing reality. "I had gotten everything all set up — the letterheads, the forms, the business cards. I was ready," he recounts in the office of Wilson and Associates — the office being an upstairs room in his suburban Atlanta townhouse.

Twelve hours and dozens of "no's" later, Wilson's mood had declined.

"You think you've got it all together, then you see it isn't going to come easy. You come from up here," he says, stretching his arms high, "then, right to the bottom."

Wilson and Associates re-manufactures worn-out computer laserprinter cartridges so they can be used again.

That first evening, Wilson switched on a tiny TV on his work table and followed his baseball team while he worked on cartridges. The Braves lost and were a seemingly insurmountable nine games behind the first-place San Francisco Giants.

"I started just when the Braves were starting their big comeback," says Wilson, grinning below a Braves pennant on his office wall.

The Braves went on to catch the Giants in a dramatic race. Wilson, meanwhile, built up his business.

"We're chugging along. I've learned to ride that emotional roller coaster," he says, six months later. "The economy's getting better. I'm not fearful about the future anymore."

At 27, Wilson is fulfilling one goal by owning his own business. He hasn't given up on another — to be a millionaire by the time he's 30.

"I've made it through some rough times," says Wilson, who moved here from southern New Jersey out of high school. He's "never not been working," but has often used odd jobs to get by, earning as little as \$9,000 a year.

He's worked for \$5 to \$6 an hour off and on for years as a parking lot attendant. He's risen at 3 a.m. each day to load United Parcel Service delivery trucks, has been in the vending machine business, has been a photocopy repairman, and a copier salesman.

Wilson learned a couple of years ago about re-manufacturing the cartridges that enable computer users to print out files. He compares it to rebuilding an auto engine.



Evalynn Kling makes \$7 an hour as a secretary in Olympia, Wash. Although the job is temporary, after nine months of unemployment, she is happy to be working at all. John Wilson runs a laserprinter cartridge remanufacturing business out of his suburban Atlanta home.

New cartridges can run in the hundreds of dollars. He overhauls them and sells them back to their owners for half the cost of a new one.

Although he has larger competitors, Wilson sees the field, less than a decade old, as one suited to a small operation.

"They can't serve a client the way I can," he says. "I pick up and deliver myself, and I have a quick turnaround time."

The garrulous Wilson spent half a year preparing to open, investing \$10,000 from his savings and friends' loans. He also began lining up customers, some at the parking lot.

His clients include advertising agencies, law firms, accountants, brokerage firms and government agencies.

Despite the name of his business, Wilson's

only associate so far is his wife, Felicia, who keeps the books.

He rises at about 7 a.m. each weekday, showers and dresses, then walks upstairs and shuts the door to his office, in which a packed shelf contains such books as "Getting Business To Come To You" and "The Small Business Survival Guide."

He then uses his car to make pickups and deliveries in the morning, and spends afternoons on the telephone in his office. He ranks backlogs to "turn the maybe's into yes's," and even those filed as "cold" will hear back from him by letter. After an evening break, he works on cartridges.

All told, he puts in 60 to 70 hours a week.

Wilson retails about 75 cartridges a month,

which pays the bills and has made him feel encouraged about expanding.

He expects to run ahead of his two-year plan in terms of moving his office from his home and hiring an employee. He's soon going to expand his soliciting by mail and try newspaper advertising.

And he and his wife are so encouraged that they have other expansions in mind.

They plan to buy a new, larger home this summer and, at year's end, he says, "We're going to start trying to get pregnant."

As a girl, Evalynn Kling imagined that life as a grown-up would be like playing Jane Cleaver in a never-ending episode of "Leave It to Beaver."

"I'll be married by age 25," she remembers dreaming. "I'll have started a family. I'll have a cat and a dog. I'll have a man taking care of me."

Fast forward to 1994, and turn off the TV.

Kling is 28 now. She has no husband, no kids, no pets, no house with a picket fence. Just a tiny apartment, a \$7-an-hour secretarial job, and a pile of bills. Her job is temporary, but after months of unemployment, she's glad to be working at all.

"Life isn't the fairy tale we were taught to expect," she says. "It's a struggle to survive."

Like many Americans who have weathered tough times recently, Kling views reports of economic recovery with a wary optimism. Yes, she's working. Yes, things are looking up. But while the bills are getting paid, anxiety remains.

Kling's troubles began in 1990, when she was an administrative assistant for the Weyerhaeuser Co. Hard times in the timber industry forced the shutdown of her division, which refurbished and sold used logging equipment.

Since then, she's had four short-term jobs, interspersed with seven months of unemployment in 1992 and three months in 1993.

Unemployment was something new for Kling, a high school graduate with one year of community-college secretarial training.

Well-spoken and well-mannered, a bright and attractive woman with long brunette curls, Kling is eminently employable, says Debra Dyjak, head of the temporary help agency Kling contacted in January.

"She's got some nice office skills. She's gone to school," Dyjak says. "She should have a job."

Kling agrees emphatically. Being jobless left her feeling embarrassed, rejected and depressed. Her whole body ached the first time she walked into the unemployment office.

She hit the job search hard, leaving resumes at 10 to 20 offices a week. When nothing came through, she turned to temporary office work.

The work has been steady — penny-pinching government agencies and businesses increasingly are turning to temps — but there's no security for Kling, and the pay varies. Anything less than \$7 an hour won't pay the rent, but she sticks it anyway.

"I'd still rather work," she says. "It makes me feel more useful working for less money than not working at all."

Months of unemployment have drained her savings, and she has no medical insurance. She drives a 1981 Honda Civic with 150,000 miles on it. She clips coupons for groceries. The kitchen counter in her one-bedroom apartment doubles as a table for her sewing machine, which she uses to sew her own clothes.

She once used a Visa card for emergency expenses — a flat tire here, a broken radiator there — but now, able to pay less than \$50 a month toward the \$1,200 balance, Kling has cut up her card and pays cash for everything.

She still allows herself dreams, but they're more modest now. She hopes to find a permanent job, one that would allow her to attend night classes and get a college degree.

"I want to get somewhere in my life," she says. "It's not going anywhere as long as I keep running into these dead-end jobs."

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\$2.75/line, 10 days, for items priced up to \$1000
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17 days regular price? days free on items for sale. Cannot be used with other discounts or real estate for sale ads. Weeks must run consecutively.

• Senior Discount - 25% off regular open rates
• Student Discount 25% off regular open rates rates
• Memorial Notices 12 lines, 1 day, \$8.50
• Wanted to Buy: 5 lines, 30 days, \$5.00

• Free Ads - Lost & found & items to give away, 3 lines, 3 days
• See order form for our open rate

• Get details on specials by calling a Times-News Customer Service Representative.
• Please check your ad the first day it appears. In case of error, report it to the Customer Service Department to receive an adjustment.
• The Times-News reserves the right to censor, reclassify or reject any classified advertisement not meeting the standards of the publisher.

The Times-News CUSTOMER SERVICE
CLASSIFIED • 733-0931 • 24 HOURS
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BPOC PROPERTY & CREDITORS • 24 HOURS

100 ANNOUNCEMENTS	300 FINANCIAL	600 REAL ESTATE/RENT	800 MISCELLANEOUS	900 RECREATIONAL
101 Legal Notices 102 Automobiles 103 Lost & Found 104 Real Estate 105 Real Estate 106 Real Estate 107 Real Estate 108 Real Estate 109 Real Estate 110 Real Estate 111 Real Estate 112 Real Estate 113 Real Estate 114 Real Estate 115 Real Estate 116 Real Estate 117 Real Estate 118 Real Estate 119 Real Estate 120 Real Estate	301 Business Opportunities 302 Money to Loan 303 Money Wanted 304 Investments 305 Contracts & Mortgages 306 Business to Business 307 Financial Services 308 Real Estate 309 Real Estate 310 Real Estate 311 Real Estate 312 Real Estate 313 Real Estate 314 Real Estate 315 Real Estate 316 Real Estate 317 Real Estate 318 Real Estate 319 Real Estate 320 Real Estate	601 Apartments 602 Furnished Houses 603 Unfurnished Houses 604 Real Estate 605 Real Estate 606 Real Estate 607 Real Estate 608 Real Estate 609 Real Estate 610 Real Estate 611 Real Estate 612 Real Estate 613 Real Estate 614 Real Estate 615 Real Estate 616 Real Estate 617 Real Estate 618 Real Estate 619 Real Estate 620 Real Estate	801 Automobiles 802 Bicycles 803 Books & Crafts 804 Business Equipment 805 Cameras/Photo 806 Computers 807 Crafts 808 Crafts 809 Crafts 810 Crafts 811 Crafts 812 Crafts 813 Crafts 814 Crafts 815 Crafts 816 Crafts 817 Crafts 818 Crafts 819 Crafts 820 Crafts	901 ATVs/Motorcycles 902 Bicycles 903 Books/Accommodations 904 Campers/Trucks 905 Camper/Equipment 906 Camper/Trucks 907 Camper/Trucks 908 Camper/Trucks 909 Camper/Trucks 910 Camper/Trucks 911 Camper/Trucks 912 Camper/Trucks 913 Camper/Trucks 914 Camper/Trucks 915 Camper/Trucks 916 Camper/Trucks 917 Camper/Trucks 918 Camper/Trucks 919 Camper/Trucks 920 Camper/Trucks

Employment-Employment

208-213



BUY IT - SELL IT - FIND IT
CLASSIFIED 733-0931



Classified Hours

Monday thru Friday deadline:
8:00 a.m. - 3:00 p.m.
for next day publication

Sunday ad deadline:
Friday 5:00 p.m.

Monday ad deadline:
Saturday 10:00 a.m.

Weekday office hours:
8 a.m. - 5:30 p.m.

Saturday office hours:
7 a.m. - 10 a.m.

Sunday Circulation only 7 a.m. - 10:00 a.m.

212 TRADE

STYLIST

Are you established with a clientele or just beginning? At Hair Trends, we can accommodate you by offering a hourly wage, plus retail service commission, paid vacation, holiday, profit sharing and 401K. Dental available with many other benefits to enhance your career. Call today for confidential education and career opportunities 733-5646.

We are now taking resumes & job applications for dump truck drivers, equipment operators, & laborers. Send resumes to Valley Paving, PO Box 775, Bellevue, ID 83413 or see us at our office, St. Hwy 75, 4 mi. S. of Bellevue, from 8am-4pm.

Writers wanted: Residents of Rupert: Do you like talking to people? Do you think you can write news items for The Times-News? Send a resume and writing samples to: N.S. Niekirk, Editor, Regional Editor, The Times-News, PO Box 548, Twin Falls, ID 83303; or call 733-0931, ext 204.

213 MISCELLANEOUS OPPORTUNITIES

A Huffy Company, Washington Inventory Service, is looking for part-time employees to assist in local inventories. Beneficial Yes, we offer medical insurance and a 401 K Retirement package for all of our part-time employees. We use high-tech equipment and offer paid training, travel and lodging. For those interested in working in other areas that we service. Need a flexible schedule? No problem! Morning, Evening and/or weekend hours available. Visit Job Service in Twin Falls for an application or for more information call our Boise office at: 377-5330.

Car wash attendants needed at Oasis Pump & Wash, 1135 Blue Lakes Blvd N. CASHIER, mature, dependable, evenings. Work 'N' Get 1188 Blue Lakes N. Commission sales positions available in lawn & garden, hardware, & sporting goods. Please apply in person at Sears, Macy's Valley Mall, EOE-W-M.

213 MISCELLANEOUS OPPORTUNITIES

Entrepreneurs, business builders needed to launch company in region, excellent training and on-going support, upward mobility, benefits available. FT or PT. Call 734-9834.

213 MISCELLANEOUS OPPORTUNITIES

Production Assistants needed. College education not required, but helpful. Please apply in person Monday-Friday, 8am-5pm at Jerome Chassis, 47 W. 100 S., Jerome.

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Production Assistants needed. College education not required, but helpful. Please apply in person Monday-Friday, 8am-5pm at Jerome Chassis, 47 W. 100 S., Jerome.

TWIN FALLS JUNIOR CARRIER ROUTE AVAILABLE

Route 701
300 3rd Ave. E.
100 7th St. N.
100-200 Addison Ave. W.
100-400 Heyburn Ave. W.
300-800 Main Ave. N.
200-800 Main Ave. N.
200 Ostrander St. N.
100-200 Richardson Dr.
100-200 Shoup Ave. W.
100-200 Washington St. N.
Route 712
100-700 2nd Ave. E.
100-200 2nd St. E.
100-200 3rd Ave. E.
100 5th St. E.
100 6th St. E.
100 7th St. E.
100 8th Ave. W.
100-300 Blue Lakes Blvd.

If you live by any of these streets and would like to deliver papers for The Times-News call 733-0931 ext. 203

208 PROFESSIONAL

DIRECTOR OF MAINTENANCE

Seeking responsible, highly motivated person with excellent communication skills, computer skills, & supervisory experience & maintenance. Salary \$26,000+. Send detailed resume, including references, to arrive by March 15th to: Min Home School District 193, PO Box 1390, Mountain Home, ID 83647. Phone 208-587-2590.

Sales Managers wanted to sell multi-media computers. Great commissions. Set your own schedule, full or part-time. Call 734-2226.

The Jerome School District will be accepting applications for an Alternative School Parenting Teacher (must hold a valid Idaho Home Ec. Certificate) and an Alternative School English Teacher (must hold a valid Idaho Certificate). These positions begin March 7th, 1994 and run through June 2, 1994 on Monday, Tuesday, Wednesday and Thursday nights from 3:00 p.m. to 10:00 p.m. Applications are also being accepted for an Alternative School Building Aide. This position begins March 7, 1994 and runs through June 2, 1994 on Monday, Tuesday, Wednesday and Thursday nights from 3:00 p.m. to 10:15 p.m. The aide will monitor halls, restrooms, etc. and will work part-time in classrooms. To apply contact Linda Adams at 324-2392 or Karen Fralry or Shirley McCracken at 324-8528 during regular business hours. Applications may be picked up at 107 West 3rd, Jerome, Idaho 83358. Jerome School District is an Equal Opportunity Employer.

210 SALES

ADVERTISING SALES

We're expanding our marketing team & are looking for an individual experienced in sales & statistical research. Excellent working conditions, progressive compensation package & benefits. Advertising & marketing degree preferred. To apply send resume & cover letter to: The Times-News, Attn: Peter York, PO Box 548, TF, ID 83303-0548.

LUMBER SALES

Computer sales person wanted, building material knowledge preferred. Contact Jerry at 733-2910.

SALES OPPORTUNITY

Progressive consumer electronics company is seeking one or two energetic, enthusiastic salespeople. Electronics experience a plus but not necessary. Please send your resume to: Box 95029, The Times-News, P.O. Box 548, Twin Falls, ID 83303.

Small doordozing and janitorial supply company

seeks sales person. Must be self-starter, full or part time. Send resume to: Air-Master, 7872 W. Power, Boise, ID 83703.

THE MOST successful telemarketing is looking for self-motivated individuals who WANT to work with the greatest telemarketing company in Twin Falls.

212 TRADE

DRIVERS

1 year of OTR. Dick Simon Trucking 1-800-727-5065

DON'T MISS THIS OPPORTUNITY!

WE'RE RECRUITING MAR 1ST & 2ND OASIS TRUCK STOP

9:00 A.M. - 6:00 P.M.

Gary's Westland Hyundai can put you in the Driver's Seat - For Less!!!

\$8994 Compare the Value!



4 DR., Front Drive, Drivers Air Bag, Remote Trunk Release, Free 2 Year Scheduled Maintenance.



1990 GMC 3/4 TON SUBURBAN
#43238-8
One Owner, Clean
\$17,993



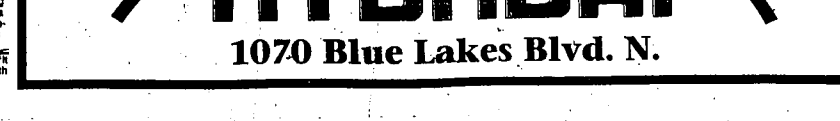
1987 PONTIAC GRAND AM
#44012H
A/C, Stereo, Nice Car
\$4777



1991 SUZUKI SIDEKICK 4X4
#07282H0
Low Miles, Auto, Trans, Sharp!
\$8775



1989 BMW 320i
#07357-0
Sunroof, AC,
\$11,225



1990 FORD PROBE
#07262-1
A/C, Automatic, Stereo
\$6333



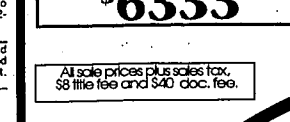
1989 ISUZU TROOPER 4X4
#07362-0
AC, V-6
\$10,957



1991 CHEVY BLAZER
#07337-0
Loaded with Every option
\$16,277



1988 JEEP WRANGLER
#07370-0
Sharp, V-6 Hardtop
\$9373



1989 CHEVY 1 TON DUALY
#07365-0
454, Clean, Loaded!
\$14,833



1990 FORD PROBE
#07262-1
A/C, Automatic, Stereo
\$6333



1990 GMC 3/4 TON SUBURBAN
#43238-8
One Owner, Clean
\$17,993



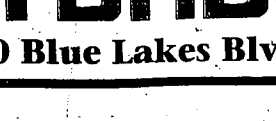
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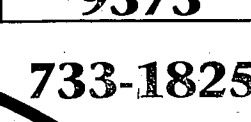
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#07365-0
454, Clean, Loaded!
\$14,833



1990 FORD PROBE
#07262-1
A/C, Automatic, Stereo
\$6333

RESTAURANT
Shar's
OF TWIN FALLS
SHAR'S RESTAURANTS are growing by leaps & bounds creating many opportunities for people everywhere in our organization. If you enjoy our unique approach to quality food & service, flexible working hours and good pay, come talk to us!
We will start interviews on Friday, February 11, 8 a.m. to 5 p.m. and open Monday, March 7th.
We offer a full range of benefits including:
• Vacation Pay • Health & Dental Plan
• 401K Savings Plan • Employee Discounts
• Rent Increase Program
Full and Part-Time Opportunities Available:
HOST/HOSTESS • WAITER/WAITRESSES
COOKS • DISHWASHERS • BAKERS
JOIN OUR CREW!
Apply in Person:
1601 Blue Lakes Blvd. N., Twin Falls, Idaho 83301

GARY'S WESTLAND HYUNDAI
1070 Blue Lakes Blvd. N.
733-1825
All sale prices plus sales tax, \$8 title fee and \$40 doc. fee.

Looking for over the road drivers, good pay and benefits, new equipment. Call Ken 634-4451.

Plumber-Journeyman long or short term 1-503-598-4788

PTSI 48 state carrier based in Boise, looking for qualified owner operators of flat bed equipment, fast pay, good benefits. Call 1-800-288-0113, Bud Deane.

Solid company needs full & part time reps, international food science, with growing monthly sales, seeks energetic, upward mobility, benefits available. Call Chris for more info. 734-8684.

Get something to sell? Sell in the low-cost way... with classified. 733-0931.

Miscellaneous-Miscellaneous

811-825

- 811 FURNITURE AND CARPETS**
4 piece wood furniture set, \$109. Includes bed frame, \$25. 736-8557
6' hutch, 4 drs, 5 drawers, bookshelf upper, all, back w/extra shelf, \$200. 736-8557
8' dresser, 6 drawers, center dbl drs, birch w-oak class, \$200. Call 734-4728
Beautiful oak trim country couch, excel cond, original \$900, asking \$475. All in good cond. Call 734-4728
1/2 size portable dishwasher, excellent condition, transferable warranty, \$200 or best offer, 423-6076
Twin size pillow top mattress & box spring, set in plastic, \$125. Call 734-8881
Wood grain home entertainment center, like new, \$100 or best offer. Call 733-0915, ask for Keith
- 817 MISCELLANEOUS FOR SALE**
Upright piano, \$300; table & chairs, \$75; davenport, \$25; 38" Dodge PU rear window, \$65-825-511, 324-5036
Used heavy salon equipment, hydraulic chair, shampoo bowls, etc. 733-2225. Call 734-4728
Used corrugated tin, 1500 sheets, 20' x 1000 used poles, 5-7' 22' long. Inquire only if interested in 500 pieces or more. Call 532-4554 after 6pm
Used water softeners for sale. From \$150. 733-1027
World Book Encyclopedia, full set, \$200-offer. Set of 10 Bible stories books, \$50-offer. Western style leather jacket, \$75-offer. 735-8292 leave message
- 818 MUSICAL INSTRUMENTS**
Oak Studio piano, must sell, \$750. Call 678-2717
ORGAN - Yamaha Electronic F-15, excel cond. Beginning course books, bunch, 1 finger chords, custom voices, auto rhythms, only \$1200. 734-2988
Piano: Whitney, by Kimball, upright w/wood, very good cond, \$750. 436-5184 a/c
Quality pro sound piano, both whole sale, 678-2717
Restored Pianos 733-2005
Wurlitzer spinet piano. Maple wood finish. Perfect works, excel cond, \$800. Call 324-7913
- 819 OFFICE EQUIPMENT**
Copiers for sale. Large collection of recent copiers. All state of the art, 1 year warranty available. Call 734-9988
- 820 PETS AND SUPPLIES**
Antique oak chairs, set of 6, \$600. Blue porcelain wood cook stove, \$450. Spiral piano, made by Baldwin, \$500. Nintendo system, 17 games, \$200. Call 326-4348, 326-5348
Camper shell fits 89 GMC up, 3500, shoot a 357 magnum in shotgun \$21.95, 311 Austin room trailer \$12,500. 734-4147
Goats to sell, 733-7538
Due to illness, must sell! Some no quon size 71 inch water bed, exc cond, \$300 or offer, 734-0292
Early US stamp & baseball card collection, must sell, \$500 takes all, 736-0970
Exercise bike, juicer, battery charger, men's dress pants, 423-3717
Free pullets. Call 733-0931. The Times News, or stop by the office between 8 am and 5 pm, 132 2nd St. W.
Hammock's double trees, a few antiques, 678-5738
Heavy duty curtain panels 5 ft. x 20 ft. \$40 ea. Good for rooming pens, lining or food lots. Call 1-800-654-4564 to see when truck will be in your area. Visa/Master Card accepted.
Homestead quilting frame, Hintonberg design, made of hardwood maple, 33" quilt poles, adjusts in height & tilt, like new, 1 yr old, \$250. Call 834-8169 after 7pm
Masco & gray handknit king-sized bedspread & pillows, \$135; hanging light fixture, \$50; oak & pine wall hanging, \$50; Dhruvy rug, \$40. Take all for \$250. 734-6542
New DP Megaflex, home gym w- stair stepper. HomeMaster 170 exercise bike, like new, \$43-689
Sealed, factory inclose in assist 1900 treadmill, used little, recently serviced, \$400. Call 734-8036
Seven- 12 5x15x33 BF Goodrich mudder radials with 5 white spoke rims, (5 hole Ford) lots of rubber, \$125. 886-2904
- 821 MISCELLANEOUS FOR SALE**
Free: Purified Cockatoo, 1 Spanish, 13 wks old. Cute as a bug's ear! 734-5369
Lab puppy AKC yellow, good hunting & family dogs, well trained, wormed & shots. 678-2717
Pomian lama CFA reg 2 yr old, shaded mocha, d/c-lav, very friendly, \$75. 637-4548
Old coffee grinder, old butter churn (any kind), old photograph, any pottery. Call 734-6915
Plastic & metal radiator for 1987 American-made Renault Alliance Lion. 4 cyl has no AC. 734-2387
- 822 TOOLS AND MACHINERY**
Elite Industrial quality vertical, cal-horizon band saw, 30 top pass, both still in case, 324-4386 or 734-7185
Twin cylinder Wisconsin engine, \$300. Call 934-5632 evenings
- 823 WANTED TO BUY**
Computers, printers, anything electronic. NOT WORKING OR WORKING. 733-6760. Will pickup free. No 80s travel trailer wanted. 22 or 24 ft. in good condition. Call 733-0456
Need: Motorcycle helmet with face guard, good cond. for youth. 326-3145
Old coffee grinder, old butter churn (any kind), old photograph, any pottery. Call 734-6915
Plastic & metal radiator for 1987 American-made Renault Alliance Lion. 4 cyl has no AC. 734-2387
- 824 VIDEO ENTERTAINMENT & TELEVISION**
10" Channel Master satellite dish, \$400. Call 934-5370
Harmon Kardon amp & CD player, dual cassette player, JBL speakers, like new, \$1200. Call 326-4443 or 326-5348
Wanted dead or alive. TV, VCR, & JVC. TV Dealer, 734-9188
- 825 WANTED TO BUY**
Wanted to buy: Mazda or Ford Courier pickup for parts. 734-0324
Wanted to buy: 289 or 302 motor & 4 wheel trans to fit Mustang, good cond, can trade for 170 motor or pickup, & reasonably priced. Call 733-8838 anytime.
Wanted to buy: 6' disc to fit 1952 Ford 8N tractor with 4 cyl hitch, 768-4265
Wanted: Chiropractors traction table, old radial engine for model airplane, low priced 22 rifle for young man. 734-6219 best to call between 7-8 am.
- 826 WANTED TO BUY**
Wanted: 1940-41 Willys coop or truck. Also 1984-1993 metal Texaco gas station professional cars. Call 673-4277
Wanted 20-25 gal aquarium tank or larger. Minimum dimensions: 25x13x16 1/2. 733-4523
Wanted: 2 axes to build hay trailer. Call 543-6263
Wanted: 2 tons of organically grown barley seed. Certified as #1. Must please. Call 678-5717
Wanted: 351M, 460, 429 460 Ford engine, in good running cond. 837-4776
- 827 WANTED TO BUY**
Wanted: Disk harrow, 4' wide, 3 point hitch, 250 lb maximum. 543-6152
Wanted: Double wide, 2 or 3 bdr. (depending on price). Needed for senior couple. Will have it moved. Call 324-5504 evenings
Wanted: Fax machine doesn't have to work. Call 733-9444
Wanted: Good condition motorcycle parts, size 38 and boots-size 13 or 14. Also wanted '85 Ford F-250 body. Call 837-6278
Wanted: Good elide projector, 326-4735
- 828 WANTED TO BUY**
Wanted: Indian motorcycles or parts. Basket cases ok. Call Dennis (208) 344-2714
Wanted: Large hardwood farm table with 4 to 6 chairs, extra heavy antique. 857-2247
Wanted: Mandolin. Also looking for piano. Call 538-5227 even.
Wanted: Mature healthy goats. Call 934-5580 early a/c or even.
Wanted: Old antique type sports memorabilia for all types: Baseball, football, basketball, boxing, fishing, etc. 734-9753
- 829 WANTED TO BUY**
Wanted to buy: Birds, cages, especially breeding pairs. Reasonable. 436-8063
Wanted to buy: Gun safe, 18 gun or larger. Must have combination lock on it. Call 734-7039
Wanted to buy: Honda 110 & Honda 90 Trail motorcycle for parts. Call 734-0722
Wanted to buy: Little Heron, male, Pater Pat & Lady & The Tramp videos. Call 734-1206
Wanted to buy: old cranberry glass, pebbles, & other quality old glass ware. Call 733-6346

Gary's Westland "CAN DO" it!

1994 NISSAN 4X4 PICKUP



Was \$15,444
4 at this price
NEW 1993 NISSAN MAXIMA SE



Was \$22,990
Gary's Westland Motors Price Only \$17,982

NEW 1993 NISSAN ALTIMA GXE



Was \$16,199
Gary's Westland Motors Price Only \$13,996
3 at this price

1994 NISSAN SENTRA 2 DR. XE



Was \$12,929
Gary's Westland Motors Price Only \$10,988

NEW 1993 NISSAN 4X2 KING CAB



Was \$16,745
Gary's Westland Motors Price Only \$13,496

1994 NISSAN PATHFINDER XE



Was \$22,174
Gary's Westland Motors Price Only \$19,681



1989 CHEVY 1/2 TON 4X4
#07045-1. Great Work Truck
\$9988



#42067-1, 4.0 6 Cyl, Auto, Loaded
\$11,488



1988 FORD SUPER CAB
#43219-1. XLT, Auto, A/C, Cruise, Tilt
\$9488



1989 NISSAN 5-10 PICKUP
#43171-1. Showroom Sharp
\$10,988



1989 CHEVY 5-10 PICKUP
#42054-1. S-10, AM/FM Cassette
\$5488



1989 FORD SUPER CAB 4X4
#45034-1. XLT, Lariat, V-8, Only 31,000 MI.
\$13,988



1983 PONTIAC TRANS AM
#45062-1. V-8, 5-Sp, T-Tops
\$3988



1988 PLYMOUTH COLT WGN.
#42013-2. A/C, AM/FM Cassette
\$2988



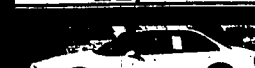
1992 CHEVY CAVALIER Z-24
#34096-1. Fast and Loaded
\$11,688



1993 OLDS CUTLASS SIERRA
#07276-0. V-6, Auto, A/C, Tilt, Cruise
\$10,788



1993 OLDS 88 ROYALE
#07341-0. Fully Equipped, Just Like New
\$19,968



1993 OLDS 88 ROYALE
#07341-0. Fully Equipped, Just Like New
\$19,968

THE ACES ON BRIDGE™ BOBBY WOLFF

"Of sentences that stir my bile,
Of phrases I detest,
There's one beyond all others vile:
He did it for the best."

— James K. Stephen.

Success of today's game rests with the play from dummy at trick one. South has three choices: He can finesse the queen, he can win the ace or he can duck completely. Which of these is best?

The worst choice is to finesse dummy's club queen, hoping West has led from the king. It loses to East's king and the club returns to South with no chance. He loses two diamonds and four clubs for down two.

A better choice is to play dummy's club ace at trick one, start the trump suit, to beat the game. East must make two good plays. First, he must jettison his club king under the ace and then he must rise with his diamond king on the first diamond lead from dummy. When it holds, he leads a club and West clears the suit for one down.

South's best choice is to duck the first club completely. If West continues, dummy's ace snatches East's king and South can safely establish his diamonds. Even if East takes the first diamond, he will have no club to lead, and declarer loses only three tricks.

NORTH 2-8-A

♠ K J 4
♥ K 7 4 2
♦ A Q 6 5
♣ A Q 6 5

EAST

♠ 10 9 5 3 2
♥ Q 9 8 6
♦ K 6
♣ A 2

SOUTH

♠ A Q 7
♥ A 10 9
♦ Q J 10 9 8
♣ A 3

Vulnerable: Both
Dealer: North
The bidding:
North East South West
1♣ Pass 1♥ Pass
1♥ Pass 3NT All pass
Opening lead: Club Jack

LEAD WITH THE ACES

2-8-B

South holds:

♠ K 7 3
♥ 8 7 6 4
♦ K 5
♣ 8 7 5 3

East South West North
1♣ Pass 3♦ Pass
3♦ Pass 4NT Pass
4NT Pass 6♦ All pass

ANSWER: Diamond five. Try to convince declarer that the diamond five is a singleton. Perhaps you will score both kings.

Send bridge questions to The Aces, P.O. Box 1281, Dallas, Texas 75215, with self-addressed, stamped envelope for reply.

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1427 BLUE LAKES
BLVD. N.
GARY'S WESTLAND
Motors
733-1823

ROY RAYMOND SAYS...

PRICED RIGHT-RIGHT NOW!

VALUE PRICED CARS!

1989 FORD MUSTANG #47113A



WAS \$4995

NOW ONLY **\$4992**

1990 FORD T-BIRD #F112630A



WAS \$7995

NOW ONLY **\$6776**

1991 MAZDA 626 #E052400A



WAS \$10,995

NOW ONLY **\$9576**

1992 MIT. DIAMANTE #J002482A



WAS \$19,995

NOW ONLY **\$18,897**

1987 FORDTEMPO

PA45888A **\$2893**

1987 CHEVY SPECTRUM

KAT2880B **\$2988**

1987 MERCURY SABLE

33273A **\$3862**

1986 SUBARU WAGON

KAT5845A **\$3973**

1990 CHEVY METRO

P3010A **\$3986**

1993 FORD FESTIVA

W242451A **\$4976**

1990 PONTIAC LeMANS

47004A **\$4963**

1989 BUICK SKYHAWK

39864B **\$5777**

1989 FORD ESCORT

PA28113A **\$5872**

1987 HONDA CRX

PO05163A **\$5893**

1989 BUICK REGAL

P3024A **\$5978**

1991 FORD TEMPO

3322A **\$5988**

1989 MERCURY SABLE

P308B **\$6862**

1986 BMW 535

J001278F **\$6871**

1990 FORD PROBE

UA41325G **\$6963**

1990 CHRY. LeBARON

47295B **\$6981**

1991 MIT. MIRAGE

PA12245G **\$6996**

1990 FORD TAURUS

ZK42091A **\$7786**

1992 OLDS. CIERRA

A11045A **\$8996**

1991 HONDA ACCORD

UA17128A **\$10,777**

1992 FORD CROWN VIC

P3067 **\$10,972**

1992 FORD T-BIRD

P3100 **\$11,586**

1992 NISSAN STANZA

P3106A **\$11,981**

Splash

ONLY 24 MONTHS

4 YEAR SUPER VALUE!

9 AT THIS PRICE!

\$0 CASH DOWN!

\$169*

JUST ARRIVED! COME SEE!

ROADSIDE ASSISTANCE

ABSOLUTELY FREE WITH EVERY NEW FORD CAR OR TRUCK YOU PURCHASE!!

FLAT TIRE! Roadside Assistance will be there to change your tire for you!
DEAD BATTERY! Roadside Assistance will give your vehicle the jump starts it needs.
LOCKED OUT! If you are locked out, call us. We will get you in fast!
OUT OF GAS! Roadside Assistance will bring you gas to get you back on the road.
 Every New Ford 3 Year/36,000 Mile Warranty Bumper To Bumper

NEED A TOW? With Roadside Assistance you're covered for even non-warranty related tows like accidents and getting stuck in the mud or snow.

THE PERFECT BALANCE BETWEEN

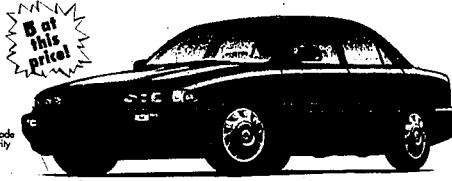
"WANTS" AND "NEEDS"

1994 GALANT S

*Air Conditioning *Cassette Stereo *5 Speed Overdrive Transmission *Dual Air Bags *Front Wheel Drive *More!

\$179*

PER MONTH



5 at this price!

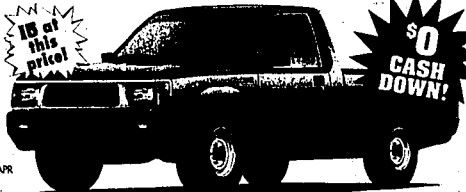
*24 lease payments of \$179 per month plus sales tax, \$750 cash or trade down, \$10,302.50 lease and value. First payment & refundable security deposit due on delivery.
 THE SMART WAY TO DRIVE A NEW GALANT!

1994 MIGHTY MAX

*Tilt *Deluxe Cloth Interior *Dual Sport Mirrors *Fuel Injection *5 Year/60,000 Mile Warranty *ZERO DEDUCTIBLE!

\$139*

PER MONTH



15 at this price!

\$0 CASH DOWN!

*Sole price \$7995 after rebate. ZERO CASH DOWN, 7.65% APR. 72 payments of \$139 per month. Tax & title not included.

VALUE PRICED TRUCKS!

1988 CHEVY S-10 PU #J818044A



WAS \$4995

NOW ONLY **\$3877**

1986 CHEVY S-10 PU #P3070B



WAS \$6995

NOW ONLY **\$5888**

1992 MIT. MONTERO #A13665A



WAS \$15,995

NOW ONLY **\$13,762**

1991 CHEVY S-10 BLAZER #47025A



WAS \$15,995

NOW ONLY **\$14,987**

1976 DODGE RAM CHARGER

33275A **\$2469**

1984 JEEP WRANGLER

LB19783A **\$3978**

1987 DODGE D-150 RAM

K443593A **\$3991**

1987 FORD RANGER

47158B **\$3993**

1984 GMC S-15 PU

K403608B **\$4667**

1987 DODGE DAKOTA

K443592A **\$4886**

1990 FORD F-150

L436808A **\$5981**

1992 FORD RANGER 4X2

UA17140A **\$6761**

1991 CHEVY PICKUP

PO09805A **\$6777**

1987 CHEVY S-10 BLAZER

Y002367A **\$6883**

1988 FORD RANGER

47292E **\$6963**

1988 FORD AEROSTAR

W107417A **\$6999**

1987 FORD F-150

47243A **\$7777**

1990 FORD F-150

DA14565A **\$7983**

1988 CHEVY CK2500 4X4

KAT5876A **\$8771**

1990 FORD F-150 4X4

KAS7341A **\$8996**

1990 CHEVY C2500

LA14113A **\$9888**

1990 FORD RANGER 4X4

CA04749B **\$9996**

1989 FORD F-150 4X4

KAT3197B **\$10,696**

1989 FORD F-150 X-CAB 4X4

KAS6328A **\$10,886**

1991 FORD F-150 X-CAB 4X4

KAM656A **\$10,977**

1990 FORD F-250 4X4

CA35163A **\$12,886**

1991 FORD F-250

LA31009A **\$12,999**

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March 5th & 6th
Sat. 9-6 & Sun. 9-4
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Try a low cost classified ad
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907 HOT TUBS AND POOLS

Altafay, 12' x 12' hot tub, no
rain, 1st cost \$17,000.
1989 Yamaha XT 350, street
legal, trail ready, \$17,500.
Suzuki Quad Sport 4
wheeler, \$15,500. Both
clean, mechanically excel-
lent. Call 436-5181.

908 MOTOR HOMES AND RV'S

1985 Winnebago class A, 27'
ft., immaculate, with many
amenities, priced right.
733-2921.
1988 Ford motor home, 23'4",
fully equipped, 736-7264.
1990 Pace Arrow 37', clean,
loaded, 324-4703
or 324-4364.

903 BOATS AND MARINE ITEMS

14 ft 1976 blue Chrysler fish-
ing boat with motor, tilt lift
trailer, 734-2087.
18' aluminum boat with 65hp
Johnson & Shp Evinrude,
EZ load lift, lots of extras,
\$6900. Call Bob Richards,
weekdays 9-5, 324-8827.
1989 Supra, red & white, 164
hp, mint cond.
\$15,900. offer, 378-0538.
Ski Nautique, show room
quality, loaded, barefoot
board, heater, spare prop.
only 211 hours, \$15,500.
\$34,297. evenings only.

904 CAMPERS AND SHELLS

Alumi Tack Cover for 8'
pickup box, rolls up when
not in use, 6 months old,
\$450. 672-4265.
Long bed camper shell 60" x
76" long, \$75. Call 934-
5832 evenings.
Why run all over town when
you can locate parts for
automobiles in the classified
ads? Call 733-0931.

906 GUNS AND RIFLES

LAST CHANCE
Cott Family AR mags, mini
14 mags, & 10-22 mags.
Starline 3mm below point.
Call 733-6481.

909 SNOW VEHICLES AND EQUIPMENT

For sale: '93 Wadcat, \$4800.
'92 EXT Arctic Cat, \$3800.
Both excellent, low miles,
436-4581.

910 SPORTING GOODS

DP start stopper, with elec-
tronics & Power 150 rowing
machine. Excellent condi-
tion. \$250. 734-0481.

911 TRAVEL TRAILERS

1989 Kilt 15' travel trailer,
good cond., \$1000 or best
offer. Call 734-8299.
1984 28' Freeway Regal, rear
bed, monitoring system,
exc cond, stored inside,
\$2250. 723-4012.
1988 24 ft, Yukon Wilder-
ness, excel cond., many
extras, call after 6pm week-
days, anytime weekends.
733-2035.
1988 Malibu Sprinter 16',
Bambini oak interior finish.
New tires, fully sold-out.
Call 734-4147 or 733-7107.
9305 mobile home, to be
moved, \$750. 675-5211.

909 SNOW VEHICLES AND EQUIPMENT

1990 red Exciter, Komplex
long track, hot grip, ad
skins, for shoes, pointed,
runs great, \$3250. Call
229-8516.
1993 Polaris XLT SKS,
piped, exc. condition,
\$4995. Call 734-8072.
21 1980 Trail Fra, good run-
ning cond, \$800 for both or
best offer. Call 324-3747
after 5:30 or 324-4301 ext
229-8516.
2 snowmobiles, excellent
condition, low mileage, with
trailer, must sell. Make of-
fer. Call 734-3213.
79 Arctic Cat B T100, excel-
lent condition, \$1700, or best
offer. Call 734-3213.

912 UTILITY TRAILERS

3 axle equipment trailer,
\$800. Call 686-2289 or
886-2911. Over 6000
miles.

1002 AUTO PARTS & REPAIRS

15' chrome wheels with spin-
ners, good condition, \$400.
Call 733-3321.
1978 Chevy Monza, parts
car, Make offer, 733-5174.
1979 Ford PU frame, cab,
hood & misc. Call
733-2167 for details.
1980 Olds Cutlass, 261 mo-
tor, 350 trans, lots of other
parts. Also 4 Dunlop tires
with Olds wheel, less than
1000 miles, \$150. Call
733-7615.
216.5-9.50 studded snow
tires. Call 423-4321.
350 Chevy short block fac-
tory rebuilt, \$500 ex-
change. Good prices on
others. Highway 30 Auto
Parts, 734-7090.
(4) 222-75R15 GENERAL
high performance tires, like
new, \$200 or best offer.
734-4373.

1003 JAPANESE ENGINE & TRANSA

350 Chevy \$489, 302 Ford
\$489. Many more in stock.
Call Number 1 Auto Parts,
324-8721.
Ford 390 engine, also bolt
housing, front drive line,
grill for 73 Ford PU. Best
offer. After 6pm 324-4351.
GM small block RV cam and
lifters, 12,000 miles, \$100.
Call 678-4265.
JAPANESE ENGINE &
TRANSA 4x4 specials
1-800-355-3742.
New 91 GMC wheels, \$100.
Call 326-4127.

1004 AUTOS-OTHER

1980 Buick Regal, runs
good, \$400; 1982 Ford
Exciter, needs engine,
\$1000. 687-8189.
IMCA race car, complete roll-
er, good working chassis,
less engine & transmission.
Call 624-7262.
It's easy to advertise in classi-
fied. Just call 733-0931.

1005 ANTIQUE AUTOS

1934 Chevy Sedan, day
pheny 324-9242 or eve-
ning 324-5271.
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pala Chevy. Call 352-4275.

1005 ANTIQUE AUTOS

1957 Buick Wildcat, 1900 or
earlier, good condition, \$450.
Call 423-5493.
1988 Ford 1/2 ton, AC,
camper shell, runs good,
good tires, \$1000 or best
offer. Call 733-9416.
1978 Datsun, longbed pick-
up, with shell, very good
unit, 68,000 miles, \$2200.
Call 734-3933.
1986 SEMS & HEAVY
EQUIPMENT
14' dump box with PTO &
pump, \$1800. 734-7039
1987 Freightliner, 318 D,
15 sp, 4000 lbs, 1988
168' wheel base, \$2000.
Maha 645-2233.
1972 Peterbilt cabover,
absolutely sound,
good truck, \$5100.
736-0788 or 328-3262.
1974 Wilson grain trailer, B-
train 22', all aluminum, new
roll over tarp & brakes.
Asking \$1500, 738-4060.
1977 Peterbilt cabover, 350
Cummins, lake brake, 10
speed, \$5000, 40' stretch
trailer, needs dock, \$3000.
Call between 9 am - 5 pm
ask for Loren, 543-5698.
1987 International cabover,
big, 1000, Call 351-
1285 or 524-4454.
21977 Marquiza & 11982
Knight, metal potato trail-
ers, 2 axle, board pullers,
large & electric meter
good rubber, asking \$8500
each. Call 537-7800.
No Ad Solicitations.

1006 SEMS & HEAVY EQUIPMENT

350 Cat crawler with back-
hoe, blade and bucket,
\$9500. Call 886-2289 or
886-2911. Even & Wanda.
Case 580C backhoe with
blade and bucket, 1 cu
yd loader, \$21,500.
Call 324-4489.
Case W-14 loader, 1978
Ford F-150, 302, 1978
Electric Forklift, exc. cond.,
\$1895. 734-4147.

1007 TRUCKS

1983 Datsun PU, diesel, low
miles, \$200. 326-8189.
1988 Chevy 1/2 ton, AC,
camper shell, runs good,
good tires, \$1000 or best
offer. Call 733-9416.
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1008 4X4

1978 & 1979 Subaru Brats, 4
speed, both have camper-
shells, 324-5392.
1981 Chevy crew cab, big
block power, with running
boards & rail caps. Must
see to appreciate! \$5000.
324-2873 after 5pm.
1983 Blazer, 5.2 diesel,
runs good, \$3000. Call
734-8452 or 734-8822.
1984 Ford F150, 4x4, 4 sp,
4 cylinder, Must sell
\$3000. Call 788-3167,
after 5pm.
1989 Chevy 510 Blazer
Sport 4x4, clean, \$8750.
733-4075.
1990 Toyota 4 Runner, 5 spd
SR5, running boards, fully
loaded, Call 734-3068.
1991 Chevy Silverado, 3/4
ton, 4x4, short box, low mi-
lage, 727 sold 324-8259.
1991 Dodge Cummins Tur-
bo, 4x4, 240, \$16,000.
1988 Isuzu, 65,000 miles,
runs good, \$2500. 324-
5033 ask for Dick.
1989 F-150 Ford Lariat, long
box, 4x4, 74,000 miles,
69,000 miles, \$3000 or best
offer. Call 324-5110 or
734-8167.
1989 F-350 Ford, crew cab,
2 wheel drive, 511 AT, new
factory paint, 62,000 miles,
\$6750 or best offer. Call
324-5110 or 734-8167.
1991 Mazda extended cab, 5
spd, AM/FM cassette,
36,000 miles, \$7800, 324-
5554 before 2pm.
1992 Dodge Ram 50, under
8000 mi, like new!
Call 733-8356.
'84 Ford 1 ton truck, dump
bed (PTO), stock racks,
oak stake racks, new en-
gine, paint, tires & brakes,
etc. totally restored, \$5200.
733-1333 days & evenings.
1987 Ford F-150, 463,
AT, PS, PB, AC, dual
tanks, excellent condition.
Runs great! \$3500 or best
offer. Call 734-9274.
1986 Dodge work truck, with
rack, \$1350. 734-1941.
'81 Ford pickup with utility
body. Call 733-3065 or
734-7768.

1008 4X4

1958 Willys Jeep, body good
condition, needs parts,
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1007 TRUCKS

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1989 F-150 Ford Lariat, long
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69,000 miles, \$3000 or best
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1989 F-350 Ford, crew cab,
2 wheel drive, 511 AT, new
factory paint, 62,000 miles,
\$6750 or best offer. Call
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1991 Mazda extended cab, 5
spd, AM/FM cassette,
36,000 miles, \$7800, 324-
5554 before 2pm.
1992 Dodge Ram 50, under
8000 mi, like new!
Call 733-8356.
'84 Ford 1 ton truck, dump
bed (PTO), stock racks,
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733-4075.
1990 Toyota 4 Runner, 5 spd
SR5, running boards, fully
loaded, Call 734-3068.
1991 Chevy Silverado, 3/4
ton, 4x4, short box, low mi-
lage, 727 sold 324-8259.
1991 Dodge Cummins Tur-
bo, 4x4, 240, \$16,000.
1988 Isuzu, 65,000 miles,
runs good, \$2500. 324-
5033 ask for Dick.
1989 F-150 Ford Lariat, long
box, 4x4, 74,000 miles,
69,000 miles, \$3000 or best
offer. Call 324-5110 or
734-8167.
1989 F-350 Ford, crew cab,
2 wheel drive, 511 AT, new
factory paint, 62,000 miles,
\$6750 or best offer. Call
324-5110 or 734-8167.
1991 Mazda extended cab, 5
spd, AM/FM cassette,
36,000 miles, \$7800, 324-
5554 before 2pm.
1992 Dodge Ram 50, under
8000 mi, like new!
Call 733-8356.
'84 Ford 1 ton truck, dump
bed (PTO), stock racks,
oak stake racks, new en-
gine, paint, tires & brakes,
etc. totally restored, \$5200.
733-1333 days & evenings.
1987 Ford F-150, 463,
AT, PS, PB, AC, dual
tanks, excellent condition.
Runs great! \$3500 or best
offer. Call 734-9274.
1986 Dodge work truck, with
rack, \$1350. 734-1941.
'81 Ford pickup with utility
body. Call 733-3065 or
734-7768.

1008 4X4

1978 & 1979 Subaru Brats, 4
speed, both have camper-
shells, 324-5392.
1981 Chevy crew cab, big
block power, with running
boards & rail caps. Must
see to appreciate! \$5000.
324-2873 after 5pm.
1983 Blazer, 5.2 diesel,
runs good, \$3000. Call
734-8452 or 734-8822.
1984 Ford F150, 4x4, 4 sp,
4 cylinder, Must sell
\$3000. Call 788-3167,
after 5pm.
1989 Chevy 510 Blazer
Sport 4x4, clean, \$8750.
733-4075.
1990 Toyota 4 Runner, 5 spd
SR5, running boards, fully
loaded, Call 734-3068.
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5554 before 2pm.
1992 Dodge Ram