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Good morning

Today's forecast:
Mostly cloudy with a slight chance of afternoon rain showers. Southeast winds 5 to 15 mph. Highs 55 to 60 degrees. Lows 40 to 45.

Page A2

Magic Valley

Morningside didn't cheat

Morningside Elementary earned its high schoolwide scores on the Iowa Tests of Basic Skills, says a state official.

Page B1

Board may seek money

The Twin Falls School District may ask voters for more money this year.

Page B1

Mini-Cassia

To build, or not to build

Voters in Cassia County will decide today on a \$21.9 million school bond issue. Polls open at noon.

Page B3

Sports

Tourney time

The College of Southern Idaho should be at full strength for its national basketball tournament opener today.

Page C1

Still wondering

Michael Jordan practiced again with the Bulls, but he's not saying whether he'll play in the NBA again.

Page C3

Opinion

Chicken Little, phone home

No, the country is not collapsing, today's editorial says.

Page A6

Money

Micron heads for Utah

Micron Corp. chooses a Lehi, Utah, site for its semi-conductor plant, ending a selection process that once considered 13 sites including two in the Magic Valley.

Page B5

Nation

Republicans eye Medicare

Medicare, federal retirement benefits, and farm programs could be targeted for a half-trillion dollars in savings, according to a draft report from a Senate Republican task force.

Page A3

Highway reopens

A single highway leading to California's Monterey Peninsula reopens as the state braces for another wave of storms.

Page A4

Bailey for the defense

F. Lee Bailey launched into an intensive cross-examination of Detective Mark Fuhrman at the O.J. Simpson murder trial Monday.

Page A4

Idaho

Music in the courtroom

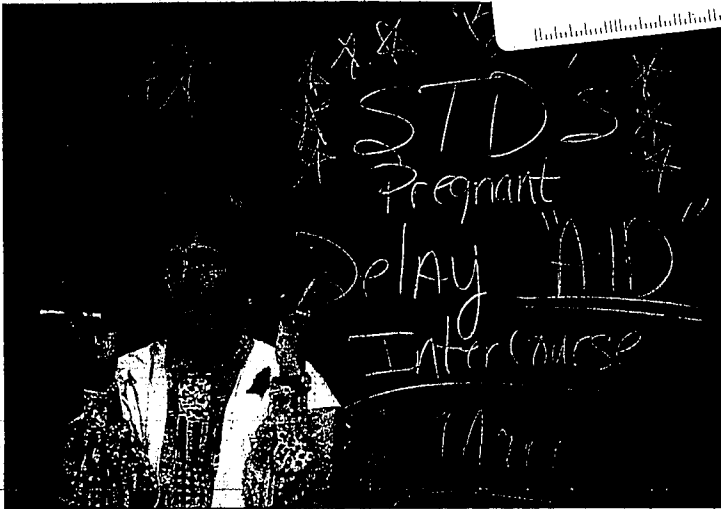
Convicted slayer Thomas Eugene Creech has a chance to display his guitar talents in his fourth sentencing hearing.

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DUDDY CHARLES MANNING/The Times-News

Nancy Kunau, lecturing to students at West Minico Junior High, has found sexually active teens often suffer from depression and other problems.

Learning about sex

School district tries to stop diseases

By Julie M. McKinnon
Times-News writer

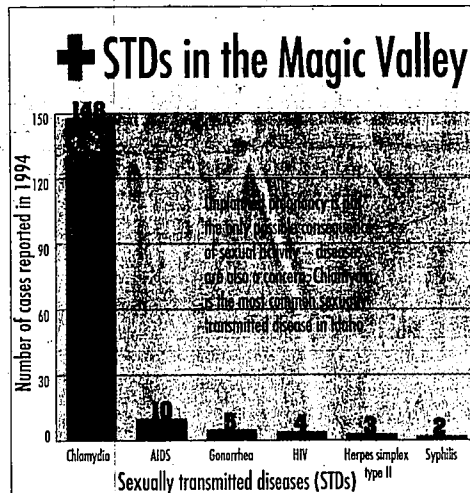
PAUL - If you were a seventh grader, would you define "virgin" as:
a) A person who hasn't had sex yet?
b) A person who doesn't take sexual risks?
c) A person who is too scared to have sex?

"B" is the definition Nancy Kunau and Wendy Merritt teach West Minico Junior High students. Their lessons focus on the consequences of sexual activity, including getting diseases such as AIDS. "Sex was never meant to happen with lots of people. It was meant to happen with one special partner," district nurse Kunau recently told Merritt's health class. "That's why right now in your life, sexual activity has to be delayed."

"It has nothing to do with being scared or chicken. It has to do with self respect."

From 1989 to 1993, Minidoka County had the third highest rate of teen pregnancy among 15- to 17-year-olds in Idaho. The county's public school district, Minico, also is the only Magic Valley district with its own school nurses.

And registered nurse Kunau said she is more concerned about students getting sexually transmitted diseases - AIDS, chlamydia, syphilis, gonorrhea, herpes -



than she is about student causing pregnancies. A 1980 graduate of Minico Senior High School, Kunau said four of her former schoolmates have died of AIDS. "We're not going to lose teen-agers to pregnancies. We're going to lose teen-agers to AIDS," Kunau said.

Minico programs

The Idaho Department of Education mandated in 1990 that schools must have health curriculum discussing sexually transmitted diseases, with an emphasis on AIDS and HIV, the virus that causes the disease.

Please see SEX/A2

New Mormon president says he'll 'carry on'

The Associated Press

SALT LAKE CITY — For the first time in more than 21 years, a Mormon Church president stood before a room full of reporters Monday and answered questions about a faith that is doubling in membership every 15 years.

One day after his ordination as the 15th president of the Church of Jesus Christ of Latter-day Saints, Gordon B. Hinckley said the chief challenge facing the 9 million-member religion is explosive growth, especially abroad.

"But what a remarkable and wonderful challenge that is. And I'm grateful ... that because of the faithfulness of our people in the payment of their tithes and offerings, the church has had the means to provide that which is needed to accommodate this growth," Hinckley said.

The 9 million-member church, founded in 1830 in upstate New York, will soon have a majority of its membership outside the United States. Faithful members pay 10 percent of their income to the church, which doesn't report its income but is con-



Hunter



Monson



Faust

sidered among the wealthiest religions per capita in the world.

The 84-year-old Hinckley is arguably the most experienced and vigorous Mormon leader to become "prophet, seer and revelator" since Spencer W. Kimball in 1973. Kimball was the last to hold a news conference.

Indeed, compared to his recent predecessors, Hinckley appeared robust. "I spent one night in the hospital in my life. I was past 75 when that occurred.... That doesn't mean that I'm ready to run a 100-yard dash," he quipped.

Hinckley announced he had appointed Thomas S. Monson and James E. Faust as his first and second counselors, respectively, in the governing First Presidency.

Monson, 67, is the senior apostle and next in line to be president. He has served as second counselor in the First Presidency since 1985 and was ordained an apostle in 1963.

Faust, 74, a lawyer and former Democratic member of the Utah House of Representatives, said in response to a question that he has long since "risen above" partisan politics.

Faust is fifth in seniority in the church's Council of the Twelve Apostles and vice chairman of the board of the church-owned Deseret News newspaper. "Boyd K. Packer, next in seniority behind Monson, will remain acting president of

PAVING northeast Twin Falls

Officials look for ways to unknit Blue Lakes traffic

By Sean L. McCarthy
Times-News writer

TWIN FALLS - Two sets of local officials are trying to figure out how to funnel increasing numbers of motorists around the northeast section of the city.

A list of possible new roads that could disperse traffic from the Perrine Bridge on the south side of the Snake River Canyon will be presented Thursday to the City Council.

The council meeting will begin at 4 p.m. Thursday at City Hall and is open to the public.

A belt route also is being considered that would allow motorists to bypass Blue Lakes Boulevard and Eastland Avenue by looping around the city's northeast border. But that route is still in its preliminary stages, according to Twin Falls Highway District officials.

"We're just in the process of going over the possibilities," said Twin Falls Highway District Commissioner Doug Howard.

Howard said Monday that the highway district probably will set hearings in late April for residents to comment on plans for a northeast belt route.

"No routes have been selected or dis-

Please see PAVING/A2

Federal court to settle issue of proposition

The Associated Press

LOS ANGELES — A federal judge refused Monday to dismiss four lawsuits seeking to overturn a voter-approved law that denies almost all services to illegal aliens, and refused to allow the issue to be decided in state court.

U.S. District Judge Mariana R. Pfaelzer issued her ruling on Proposition 187 without comment. She said she would make her reasons public in writing later this week. She has scheduled a Sept. 5 trial date on the issue.

"We are pleased with this decision, and are ready to go to trial," said Mark Rosenbaum, legal director of the American Civil Liberties Union of Southern California.

Assistant Attorney General Charlton Holland III declined comment.

Holland had argued in court that the fate of Proposition 187 should be decided in a state rather than a federal court because it is a state law.

Approved by 59 percent of the voters last November, Proposition 187 seeks to deny almost all state services to illegal aliens, including all public education and non-emergency health care.

In December, Pfaelzer issued a preliminary injunction barring enforcement of all but two provisions of the measure: one prohibiting illegal immigrants from receiving higher education and another banning the sale and use of false immigration documents.

the Twelve. Monson is the titular head of that body, which advises the First Presidency.

Hinckley succeeded Howard W. Hunter, 87, who died March 3 after serving just nine months, the shortest presidency in church history.

With Marjorie, his wife of nearly 58 years, and five children in attendance, Hinckley said he did not anticipate making any dramatic changes in direction. "Procedures and programs may be altered from time to time, but the doctrine remains constant," he said.

On other matters: • Hinckley said the church would continue to buy up farmland — it has large agricultural holdings — "as a possible hedge against the day of adversity, should that day come."

• He said scholars and dissidents who had been excommunicated for their writings would be welcomed back. However, Hinckley said matters of ecclesiastical discipline are up to local leaders and the First Presidency has to remain aloof because it is the final avenue of appeal.

Senate GOP lists savings of \$500 billion in benefits

WASHINGTON (AP) — Senate Republicans on Monday unveiled options for saving money by braking Medicare's growth, giving states more power over Medicaid and welfare, and trimming other benefits.



Dole



Greenspan

Included is a plan for altering the way the government calculates inflation, a change that would shrink cost-of-living increases to beneficiaries of many programs, including Social Security.

The suggestions, compiled by a Senate GOP task force seeking savings in the mammoth programs, would cut projected spending by nearly \$500 billion over five years. They would affect tens of millions of Americans and, if pursued, ignite a bitter political struggle with Democrats, advocates for seniors and others who have long defended the targeted programs.

"Hopefully, these proposals will not cause a buckling of political knees, but rather help pave the way to better programs, smaller and more efficient government, and a balanced budget," said the draft report of the task force headed by Sen. Judd Gregg, R-N.H.

The immediate response offered by Martin Corry, chief lobbyist for the American Association of Retired Persons: "You can expect to see strenuous objections."

The plans, being studied by Senate Majority Leader Bob Dole, R-Kan., and other party leaders, inject the Senate into the GOP deficit-reduction effort the House has so far dominated. Republicans controlling both chambers say they will produce plans this spring paving the way to a balanced budget by the year 2002.

They also provide the first specific.

look at how Senate Republicans might trim benefit programs, which comprise half the \$1.5 trillion budget and are its fastest-growing component. House committees have so far approved cuts in welfare, school lunches and food stamps.

Greenspan was asked to find \$385 billion worth of benefit savings over five years. Instead, he found reductions ranging between \$475 billion and \$495 billion. In an indication of how politically sensitive the proposals are, task force members suggested that in the end, only the amount absolutely needed would be approved.

One of the most controversial proposals would change the way inflation is calculated. — Federal Reserve Chairman Alan Greenspan and other experts say the current system overstates the inflation rate by up to 1.5 percentage points. But others say the plan would simply let Republicans lower benefits while blaming bureaucrats.

The idea would save the government money because there would be lower yearly cost-of-living increases in payments to beneficiaries of many programs. In addition, tax brackets which are reset for inflation annually would rise more slowly, causing more people to pay higher tax rates and boosting

revenue collections. This change would raise an extra \$64 billion for the government over five years, about one-third of it coming from lower cost-of-living adjustments for Social Security recipients.

Greenspan says current cost of living calculations — while overstating inflation in general — actually understate the situation faced by the elderly, who spend more for medical care than other people do.

Other suggested savings include: Medicare: The current system would be preserved, but those choosing to use it would face higher costs. Higher-income people, for example, would pay bigger monthly premiums. In addition, a new "Choice Care" system would offer managed care. Under it, seniors would receive federal payments for care, varying by region, and could keep 75 percent of anything they don't spend. Five-year savings: \$100 billion to \$120 billion.

Medicaid: Provide block grants to the states and limit its growth, now 10.5 percent, to 4 percent annually. States would be given flexibility to design their own programs. Five-year savings: \$115 billion.

Welfare: Block grants to the states, slow its growth by at least \$40 billion over five years. Change Supplemental Security Income program, providing aid to elderly, blind, disabled poor by tightening eligibility, denying benefits to drug addicts, alcoholics, others. Five-year savings: \$89 billion.

Federal retirement: No annual cost-of-living increases for civilian or military retirees exceeding yearly Social Security increases, boost contributions by federal workers. Five-year savings: \$17 billion.

Clinton names Marine chief

WASHINGTON (AP) — President Clinton is turning to a veteran of the Persian Gulf War, Vietnam and Washington strategy sessions to lead the Marine Corps for the next four years, Pentagon officials said Tuesday. Clinton was expected to name Lt. Gen. Charles C. Krulak, 53, as his choice to succeed Gen. Carl Mundy Jr. as Marine Corps commandant, the officials said, speaking on condition of anonymity. Mundy retires July 1.

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High court allows public comment on rules

WASHINGTON (AP) — The Supreme Court is amending its rules, and for the first time it is giving the public — lawyers, convicts and others — a chance to comment on the changes. Court clerk William Suter released copies of the proposed new rules Monday, and announced that the court "will entertain public comment" until April 28. The proposed effective date of the new rules, guidelines that govern how high court cases are filed and argued, is July 3.

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FDA approves eye laser to polish the cornea

WASHINGTON (AP) — The Food and Drug Administration has approved an eye laser that polishes the cornea to improve vision and prevent the need for many corneal transplants.

Summit Technology Inc. announced Monday the approval of the nation's first excimer laser to treat corneal scars and other diseases. Experts predicted it could be used to treat between 10,000 and 25,000 Americans this year, and could eventually prevent

many of the 40,000 corneal transplants performed every year.

"Literally thousands of patients will be spared conventional invasive eye surgery," said Dr. Carmen A. Pufflaffo, chairman of ophthalmology at Tufts University School of Medicine.

The laser uses a cold beam of ultraviolet light to vaporize cells in the cornea, the clear covering of the eye. Each laser pulse evaporates a microscopically thin layer of cornea tissue. It treats scars,

deposits and corneal diseases that impede vision, and can correct the corneal irregularity that often prevents people from wearing contact lenses.

For example, tens of thousands of people have corneal scars that aren't very deep but prevent them from seeing because the scars are opaque. They typically seek a corneal transplant, which can fail if the donor cornea doesn't properly attach, explained Summit President David Muller.

Postal Service to change post card, business rates

WASHINGTON (AP) — Mailing a post card would cost an extra penny — 21 cents — under a new rate proposal the Postal Service outlined Monday.

The package of pricing changes is aimed mostly at businesses. It's designed to speed delivery of the nation's mail by encouraging high-volume mailers to prepare their cards and letters in advance for machine sorting. The cost of mailing a private letter, which increased to 32 cents in January, would be unchanged.

But individuals who mail picture post cards would be affected.

Postal officials said post cards were included in the reclassification plan because more of them are mailed by businesses than individuals. Also, existing post card rates don't reflect the cost of delivering them, said Frank Heselon, the product finance manager.

The reclassification plan is designed to give discounts to business mailers who take steps to make the post office's job easier — such as spraying a bar code onto each letter.

Volume mailers who spray bar codes on their first-class letters could save about two cents per letter, while those who sort letters but don't add bar codes would pay 2½ cents more than now.

Postal officials plan to file their plan for mail reclassification with the Postal Rate Commission on March 24. Business mailers — including catalogs, companies, magazines, newspapers and companies that advertise by direct mail — expect to spend months submitting material and testimony to the independent commission, which must review any rate changes and can recommend changes.

McBride to head Common Cause

WASHINGTON (AP) — Common Cause has chosen its longtime organizer and lobbyist, Ann McBride, as its president, succeeding Fred Wertheimer, who is leaving after 24 years.

McBride has been on the staff of Common Cause since 1973 and has been its senior vice president since 1984, lobbying, directing issues research and organizing grassroots field efforts.

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Horizon Air

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Nation

Bailey implies Fuhrman put blood in Bronco

LOS ANGELES (AP) — F. Lee Bailey launched a rapid-fire barrage of challenges and insinuation against a key police officer Monday, promising he would show jurors Detective Mark Fuhrman planted a bloody glove at O.J. Simpson's estate out of racial hatred and a lust for personal glory.

Bailey lobbed explosive suggestions at Fuhrman, asking whether he had seen "a couple of gloves" at the murder scene before removing one and whether he had "wiped" the bloody glove inside Simpson's Bronco to frame the former football star for the slayings of his ex-wife and her friend.

Fuhrman firmly denied the assertions and smiled slightly at Bailey's efforts to implicate him in a frame-up.



O.J. Simpson defense attorney F. Lee Bailey cross-examines Los Angeles Police Detective Mark Fuhrman Monday.

At one point, he described how he was directed to move up toward the

crime scene alone and peer at victim Ronald Goldman's wounds through a fence. Asked if he saw anything else, Fuhrman said, "No."

"How about a couple of gloves, detective?" Bailey smarted, his voice booming. "Did you see a couple of gloves?"

"No," Fuhrman replied. "I saw one glove."

Fuhrman told Bailey he didn't elaborate about the glove and cap near Goldman's body because he had already testified about those items.

As for Bailey's claim that Fuhrman was consumed with anger over losing control of the biggest case of his career to "the big boys from robbery-homicide," Fuhrman said calmly, "I was disappointed in losing a case that looked very interesting and very complex."

Bailey repeatedly cut off Fuhrman's

answers with new questions. The judge cautioned the attorney several times to let Fuhrman answer the questions.

A clearly cautious Fuhrman held his ground and made only one concession at the outset of cross-examination: He was unsure if he'd ever been in the same room with a woman who accuses him of uttering racial remarks so virulent they sent her fleeing in tears.

"I do not recognize this woman as anybody I have ever met," Fuhrman said as a photo of Kathleen Bell was flashed on a 7-foot-high screen.

But he acknowledged he had frequented a Marine recruiting station where Bell says the encounter occurred. When a woman was present once, Fuhrman said, he paid no attention to her.

Asked if he was sure that woman and Bell were not the same person, Fuhrman answered, "I'm not sure. I just do not know Miss Bell."

"So you may have seen Miss Bell and you're now unable to recollect that? Is that so?" Bailey pressed.

"No," Fuhrman replied. "I didn't pay any attention to the female that came into the recruiting office."

Bell says she met Fuhrman at the Marine office, where he denounced interracial couples and said he would like to burn all "niggers."

At the subdued start of his cross-examination, Bailey appeared to be calmly and methodically stalking prey, asking questions about Fuhrman's schooling and police experience. Fuhrman, cool but rigid in the witness chair, refused to be cornered.

Paratroopers capture ridges across Rhine

Knight-Ridder News Service

British Field Marshal Bernard Montgomery's plan for crossing the Rhine river in March 1945 was code named "Varsity."

"Like all of Montgomery's plans, it mastered all the forest that could be brought to bear, including an airborne assault behind the German lines to disrupt defenses, and seize key terrain. However, after the failure of the "Market-Garden" airborne operation to capture the Arnhem bridges across the Rhine in September 1944 and the virtual destruction of the British 1st Airborne Division in the attempt, the new plan was less ambitious.

The U.S. 17th Airborne and British 6th Airborne divisions would drop east of the Rhine, but still within range of friendly artillery support.

The American paratroopers would seize Diersfordt ridge and bridges over the IJssel River north of the town of Wesel. They would then expand back westward to meet the British 15th "Scottish" Division and 6th Guards Armored Brigade which would be attacking directly across the Rhine.

The British parachutists would drop north (to the left) of the Americans. Wesel would be stormed in a surprise night assault by the 1st British Commando Brigade.

The 17th Airborne had been fighting in Luxembourg when pulled out of the line in February to prepare for the jump. Months of ground combat had reduced its strength by 4,000 men and there weren't enough reinforcements to bring it back up to full strength. There were other shortages. In order to master the required airlift capacity, instructor pilots, training crews and even student pilots were pressed into service.

The Americans took off the morning of March 24 from 12 airfields around Paris while the British paratroops flew from England. Over a thousand fighter-bombers flew ahead to attack the German defenses while another 900 fighters flew escort for the transports. The British ground attack had started before dawn.



The Americans started their jump eight hours later, at 10 a.m. It took almost three hours for the "skytrain" to unload all its passengers over the targets. Then 250 heavy bombers, acting as cargo carriers, dropped supplies to both divisions.

The Germans responded with heavy flak. The enemy had been expecting an airborne assault, but fortunately the Allies came down north of the main German concentrations. Still, many of the landing zones were "hot" and the paratroopers and glider infantry were in combat the instant they hit the ground.

The 465th and 466th Parachute Field Artillery battalions had to unlimber their 75-mm pack howitzers under fire and blast their way out of their landing zones before they could provide support to the parachute infantry regiments.

At a landing zone of the 507th Parachute Infantry Regiment, the Germans swept the field with machine-gun fire.

Pvt. George Peters made a one-man charge at the gun and its supporting riflemen. Halfway across the field, he was hit by a burst of fire. He got back up and continued forward. Another burst tore into him, and this time he could not get up — so he crawled forward. With his last dying strength, he threw grenades that wiped out the machine-gun and drove back the enemy infantry. The rest of his squad was thus able to move. Peters won the Medal of Honor.

The Americans were able to link up with the advancing British and Montgomery was finally across the Rhine in strength.

More storms soak Northern California

MONTEREY, Calif. (AP) — A new round of storms hit Northern California on Monday, swamping the nation's "salad bowl" and keeping thousands from their homes, even as a single highway reopened into the cut-off Monterey Peninsula.

"It's going to be kind of yucky all week," National Weather Service forecaster Miguel Miller said.

Rain returned after a dry Sunday that marked a break from the storms, which have been blamed for at least 12 deaths statewide. James Bailey, assistant chief of the state Flood Operations Center, put the damage at \$2 billion.

Floodwaters that closed all roads into and out of the scenic Monterey Peninsula for nearly 24 hours receded enough on Monday to allow the reopening of Highway 68. A 14-mile backup formed during the morning rush hour. The other main route, Highway 1, remained closed.

About 100,000 people live on the 20 or so square miles of the hilly, wooded Monterey Peninsula, long one of California's most popular tourist attractions.

Growers inland, in one of the world's richest farming regions, expected huge losses. The Salinas River, washed away about half the area's spring lettuce crop, a loss of \$500 million or more, said Mike Antle, vice president of harvest for Tanimura & Antle. Strawberries and artichokes were also damaged.

Just up the coast, Castroville and a portion of Moss Landing were evacuated Sunday night as floodwaters forced raw sewage to back up and flow onto streets.



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3. Northside Center, 202 4th Ave. East, Gooding
4. Fox Building, Main Street, Hailay

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Astronaut 'is ready for flight

BAKONUR, Kazakhstan (AP) — American astronaut Norman Thagard promised Monday to observe cosmonaut traditions as the first American riding into space aboard a Russian rocket.

Standing behind a glass partition protecting him from germs, Thagard, like dozens of cosmonauts before him, told Russian space officials Monday that he was ready for his mission.

Following tradition, he told reporters he was not the least bit nervous about this morning's

launch and that it will be "a real thrill" to soar into orbit from the same pad that sent the first human into space. The rocket will dock with the Russian space station Mir.

"It's a tremendous opportunity, and I'm very pleased to have had it," Thagard said. He also made a promise — to reporters, not space officials — to follow all cosmonaut customs before and during flight. That includes unloading on a tire of the bus that will transport him and his two Russian crewmates to the launch pad.

Since the world's first spaceman — Yuri Gagarin, relieved himself before climbing aboard his rocketship in 1961 — all cosmonauts — men and supposedly women, too — have followed suit at the Baikonur Cosmodrome in central Asia.

Thagard and cosmonauts Vladimir Dezhurov and Gennady Strekalov will spend two days in orbit before their Soyuz capsule docks with the space station Mir, Russian for peace. It will be cramped inside the capsule, but Thagard, at 5-foot-9-inches, expects it to be "quite comfortable," at least for him. "I'm almost the perfect size for that vehicle," he said.

Only three others have been launched in both U.S. and Russian space ships, two Russians and a German. Thagard's trip is part of a space cooperation agreement between the two countries that is supposed to lead to the construction of an international space station beginning in 1997. Four other NASA astronauts will follow Thagard to Mir over the next three years, getting there on NASA's space shuttle Atlantis.

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It's now that equinox time of the year when the earth starts its 23 1/2 degree tilt in the other direction — also known as the beginning of spring... and in celebration, prices of fresh things are tilting downward at Swensens. Savor the Equinox Excitement at Swensens's & SAVE!!!

SEEDLESS GRAPES
Red Flame or Thompson Green
79¢ LB.

FRESH CALIFORNIA ASPARAGUS
99¢ LB.

FRESH CALIFORNIA STRAWBERRIES
1 PINT CUP **88¢**

FRESH BROCCOLI Large Bunch!
79¢ EACH
FRESH MANGOS Tropical Delight!
69¢ EACH

SNOW WHITE CAULIFLOWER
49¢ LB.

GREEN or PURPLE CABBAGE
3 LBS. FOR \$1

ICEBERG LETTUCE
2 \$1 HEADS FOR

COOL, CRISP CELERY
39¢ LB.

WESTERN FAMILY CORNED BEEF BRISKET **\$1.59 LB.**
BAR-S EZ SLICE BONELESS HAM **99¢ LB.**
BONELESS BARON OF BEEF ROAST **\$1.69 LB.**
BEEF - LEAN & TENDER! CUBE STEAK **\$2.49 LB.**
BONELESS BEEF SHOULDER STEAK **\$1.99 LB.**
FALLS BRAND 2 LB. PKG. WIENERS OR FRANKS **\$2.99 EA.**
FALLS BRAND FAMILY PAK PORK LOIN CHOPS **\$1.59 LB.**
FALLS BRAND CENTER CUT PORK LOIN CHOPS **\$1.89 LB.**
CACHE VALLEY "NO LABEL" CHEESE 5 VARIETIES **\$1.79 LB.**

COKE PRODUCTS
• REG., DIET, CAFFEINE-FREE
• SPRITE • DR. PEPPER
• A & W ROOT BEER
12 Pack, 12 Oz. Cans **\$3.79**

DIET COKE
Includes Diet Br. Pepper, Diet A & W Root Beer, Diet Sprite
6 Pack, 12 Oz. Cans **\$1.59**

RUFFLES POTATO CHIPS
14 Oz. Bag **\$1.99**

MAMACITAS TORTILLA CHIPS
14 Oz. Bag **\$1.09**

ORVILLE REDENBACHER MICROWAVE POPCORN
3 Envelope Pack **2 FOR \$3**

JIF PEANUT BUTTER
18 Oz. Jar **\$1.69**

WESTERN FAMILY ANGEL FOOD CAKE MIX
16 Oz. Pkg. **\$1.39**

WESTERN FAMILY REAL CHOCOLATE CHIPS
12 Oz. Milk or Semi-Sweet **99¢**

WESTERN FAMILY REAL EGG NOODLES
8 1/2 Oz. Bag **\$1.19**

KELLOGG'S BITE-SIZE FROSTED MINI WHEATS
24 Oz. **\$3.09**

KELLOGG'S COCOA KRISPIES
15 Oz. **\$2.99**

FRESH from SWENSEN'S BAKERY
MAPLE or CHOCOLATE BARS
4 for \$1.00
WHEAT or CRACKED WHEAT BREAD 1 Lb. Loaf **89¢**

FROSTED CARROT CAKE
\$2.49 EACH

WESTERN FAMILY ORANGE JUICE
12 Oz. FROZEN CONCENTRATE **69¢**
CASE OF 24: \$16.56

WESTERN FAMILY CORN FLAKES
18 Oz. BOX **99¢**

WESTERN FAMILY FROZEN VEGETABLES
• Peas
• Corn
• Mixed Veg.
2 Lb. Pkg. **\$1.44**

EGGO WAFFLES
Buttermilk or Home Style
BIG 16 1/2 oz. Pkg. **\$1.99**

TOTINO'S PIZZA
4 FOR \$5

DARIGOLD SOUR CREAM
Reg. or Nonfat Pint **69¢**

BOUNCE FABRIC SOFTENER
40 Sheets **\$1.99**

DAWN DETERGENT
Big 42 Oz. **\$2.19**

PURINA CAT CHOW
3 1/2 Lb. Bag **\$2.99**

FRISKIES CAT FOOD
5 1/2 Oz. Cans **10 FOR \$3**

LONG GRAIN RICE
20 Lb. Bag **\$5.99**

WESTERN FAMILY DETERGENT
10 Lb. Bucket **\$3.69**

WESTERN FAMILY DETERGENT
10 Lb. Bucket **\$3.69**

KLEENEX
280 Count **\$1.39**

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SOUTH PARK | WEST 3 POINTS | RUPERT, IDAHO | PAUL, IDAHO
PRICES EFFECTIVE TUESDAY THRU MONDAY

BUMBLE BEE TUNA
6 1/2 Oz. Can Oil or Water **59¢**

SWENSEN'S COUPON
NALLEY'S POURABLE 24 OZ. SALAD DRESSINGS
50¢ OFF WITH THIS COUPON
\$2.19 WITH COUPON | \$2.69 WITHOUT COUPON
Good Only at Swensens's March 14-21, 1995

Idaho

Briefly

Adoptive parents seek parental rights

BOISE — Federal law never said the rights of a South Dakota tribe outweigh the rights of an individual Indian boy adopted by a Canyon County couple, the boy's attorneys contend. They argued the case of Casey Swenson before the Idaho Supreme Court Monday. Gov. Phil Batt made a brief appearance in the court before the hearing, saying he was a friend of the Swenson family. Casey was born in 1989 and placed with Leland and Karla Swenson of Nampa almost immediately after the delivery. He is the natural son of Jeff Not Help Him, a member of the Sioux Tribe. The natural mother, a white woman, consented to terminate her parental rights. But when the Swensons sought to terminate Not Help Him's rights, the tribe intervened.

High school students collect old tires

NAMPA — Southwestern Idaho high school students are asking motorists to roll or bounce in their old tires in a collection project to improve the environment. The state Division of Environmental Quality has been involved with Wilder High School students for three years through a mentoring project. So mentor Kirby Farmer links up with Wilder students and other communities to get the Waste Tire Collection Day rolling this coming Saturday with Wilder, Homedale, Parma, Notus and Marsing high school students. The project is part of a national movement to find better uses for old tires that have accumulated since landfills stopped taking them in 1991.

Forest Service ends island permits

PRIEST LAKE — The U.S. Forest Service is unfairly singling out six residents by not renewing their permits for summer homes on two Priest Lake islands, based on an outdated study, Dick Russell contends. Russell, a retired Spokane, Wash., firefighter, filed suit Feb. 14 seeking an injunction to prevent the Forest Service from taking action until the case is heard. The Forest Service wants to make more public recreation space available on the lake, so is not renewing the permits for six cabins on national forest land.

Oregon pilot lands airplane on I-84

BOISE — Alan Scheidegger's Piper airplane did not even sputter when it died between Boise and Mountain Home Sunday night. He had run out of gas. The 48-year-old onion salesman landed the four-seat, single-engine airplane on Interstate 84 next to the Black's Creek rest stop. No one was injured. Scheidegger was flying alone on his way from Salem, Ore. to Sun Valley, but when he reached Mountain Home, he thought storm clouds looked menacing and he decided to turn back to Boise. That is when the plane ran out of gas, and he tried landing the plane in the westbound lanes.

Caldwell group to erase gang markings

BOISE — The GANG is coming to Caldwell — Group Against Neighborhood Graffiti, and it leaves clean walls in its wake. Teams of volunteers, including people from the Caldwell Chamber of Commerce and the Caldwell Police Department, will start painting over graffiti. "We have a lot of tourists that come to town and inquire about the area, and a lot of people are really concerned about moving here because they want to leave the graffiti behind," said Lila Fladwood with the Chamber of Commerce. "Even our chamber building had graffiti on it once."

Compiled from wire reports

Slayer will get chance to practice guitar

BOISE (AP) — In an unusual development in a death penalty sentencing hearing, convicted slayer Thomas Eugene Creech will be given a chance to practice on the guitar to display his musical talent. Creech went before 4th District Judge Robert Newhouse to be sentenced for the fourth time for killing a prison inmate nearly 14 years ago. Three times previously, Newhouse has sentenced Creech to death, but federal and state appeals courts have overturned all the sentences.

Bourne said he didn't want the process to drag on for days or months while Creech practices on the guitar. Creech, 44, a native of Ohio, has spent most of his adult life in prison in Idaho, most of the time under death sentence.

He was first sentenced to death in the middle 1970s for shooting two men in Valley County. Idaho's death penalty law was ruled unconstitutional and Creech was resented to life imprisonment. In May, 1981, he pleaded guilty to hitting another prison inmate in the head with a stocking filled with batteries, killing him. The court battles have been going on since.

Newhouse denied the defense's request for a jury to rule on issues of fact and to advise the judge whether to impose the death penalty again. The judge said the Idaho Supreme Court has many times upheld the Idaho law allowing judges to sentence in death penalty cases. Creech's partner, John Adams, asked Newhouse to suppress recordings of Creech's telephone conversations and his letters. "Prison officials are not exempt" from the law forbidding the interception of private communications, he said.

Indian tribes want judge to rule on water rights

TYHEE (AP) — A water rights dispute on 47,000 acres of agricultural land between Blackfoot and Pocatello pits the Shoshone-Bannock Tribes against hundreds of non-tribal irrigators. If the tribes win their case before 5th District Judge Daniel Hurlburt, their water right would be declared the oldest in the entire Snake River Basin. They see that as fair because their nomadic ancestors have lived there for thousands of years. If approved, the tribal right would date back to the 1867 treaty with the U.S. government. It would supersede an 1891 right the tribes have shared with off-reservation farmers for generations from the federally developed Fort Hall Irrigation District.

Osborne said the Sho-Bans' new agreement accommodates non-tribal water users by increasing the amount those people are entitled to from Blackfoot Reservoir to 25,000 acre-feet. Floyd Johnson, chairman of the non-reservation members of the Fort Hall Irrigation District, doesn't see it that way. He calculated that if the 1990 agreement were in effect during the drought year of 1994, non-reservation irrigators would have run out of water Aug. 8, two months sooner than crops require.

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But the judge's decision also would leave off-reservation farmers who belong to the district with the same 1891 water right obtained by their great-grandfathers. Hurlburt is expected to rule on the Shoshone-Bannocks' case as part of his ongoing adjudication work, in which he will set the priority of about 150,000 water rights in the Snake River Basin. The tribes want him to approve their 1990 Fort Hall Water Agreement. Tribal Chairman Marvin Osborne said the document is a way for the Shoshone-Bannocks to reaffirm what the 1867 treaty acknowledged: they have priority claim to basin water.

Osborne disputes Johnson's contention non-reservation users would run out of water sooner in a dry year than they would under the present arrangement. "It's really our first-in-time, first-right priority water right under our treaty," Osborne said. "It gives us the opportunity to utilize water we're entitled to. We have a treaty right. They don't have a treaty right."

PLAN NOW FOR YOUR SECURITY attend the Women's Financial Information Program April 6 - May 18 • 4:00 - 6:30 p.m. West Minico Jr. High School Cost: \$20.00 • Limited to 60 participants For more information call: Cassia County Extension Office (208) 678-9461 or Minidoka County Extension Office (208) 436-7189 Sign Language Interpreter Available University of Idaho Corporate Extension System / AARP

COMING THURSDAY MARCH 23, 1995 9th Annual Latham Mini Rodeo AT THE CSI EXPO CENTER REGISTRATION IS AT 5 P.M. AT THE EXPO CENTER CONTEST IS AT 6:00 P.M. AT THE EXPO CENTER EVENTS For Ages 4 and under, 5-8 years, 9-12 years Stick Horse Barrel Racing Goat Tagging Team Roping • Bull Riding All competitors receive a free ticket to the Saturday afternoon, March 25, 1995, performance of the 19th Annual Rocky Mountain Regional N.I.R.A. Rodeo held March 24th and 25th at the C.S.I. Expo Center. The top four contestants in each event will compete in the pre-rodeo entertainment championship finals at 7:30 p.m. on March 24th and 25th at the C.S.I. Expo Center. CHAMPIONS WILL RECEIVE TROPHY BUCKLES!!! You're Invited To The 19th Annual ROCKY MOUNTAIN REGIONAL N.I.R.A. RODEO March 24 & 25 at The EXPO Sponsored by LATHAM MOTORS EVENTS SPECIAL EXHIBITION by World Champion Bull Fighter Lloyd Ketchum Friday, March 24, Only at 8 p.m. Featuring rodeo participants from 10 intermountain colleges. Performances: Friday, March 24 at 8 p.m. Saturday, March 25 at 2 p.m. Saturday, March 25 at 8 p.m. For more information on both the Mini Rodeo and the 19th Annual Rocky Mountain Regional N.I.R.A. Rodeo, contact Shawn Davis at 733-9554, ext. 320, or call Latham Motors at 733-5776. All contestants must have liability release signed by parents or guardian for competing.

ANDREW'S Hallmark GRAND RE-OPENING MARCH 16-19 Join us and our "Special Guests" for our Ribbon Cutting Ceremony at 10 am on the 16th •FREE Balloons •Special Prices Throughout The Store Register to Win One of Four \$50 Gift Certificates BUY ONE CARD GET ONE FREE (With this coupon) Limit one per customer. Free card to be of equal or lesser value. Not good with any other offer. ANDREW'S Hallmark Magic Valley Mall 734-0335

Valley life

Valley happenings

Class will focus on makeup, wardrobe

JEROME — The Jerome Recreation Center is offering a Makeup and Wardrobe Enhancement class from 7 to 8:30 p.m. Tuesdays, March 14, 21 and 28 at the center, 2444 S. Lincoln. Cost is \$25 (\$30 for out of district). For more information, call 334-3389.

Retired federal employees group to meet

TWIN FALLS — Chapter 1959 of the National Association of Retired Federal Employees will hold its monthly luncheon meeting at 11:30 a.m. Wednesday at North's Chuckwagon on Kimberly Road. A speaker from the Living Independence Network Corp. will be featured, and State President Jerry Benedict will discuss the federation convention planned for May. For more information, call Bud Ruffing at 733-5231.

High school students invited to free lunch

GOODING — Gooding High School students are invited to a free lunch from 11:45 a.m. to 12:25 p.m. Wednesday at the Trinity Episcopal Church on the corner of Seventh Avenue and Idaho Street.

American Legion unit meets Wednesday

TWIN FALLS — American Legion Auxiliary Unit 7 will meet at 1:30 p.m. Wednesday in the meeting room of the Our Savior Lutheran/Valley Christian Church, located on the corner of Heyburn Street East and Maurice Street. Past National Auxiliary President Norma Brown of Filer will be the featured speaker. He will discuss 75 years of the American Legion Auxiliary. For more information, call Phyllis Gerber at 733-8989.

Historical Society to meet Wednesday

TWIN FALLS — The Twin Falls County Historical Society will meet at 7:30 p.m. Wednesday at the Health and Welfare Building on Pole Line Road. Robert Myrdal will present a program on "Twin Falls, The Middle Gem." The public is invited.

The Times-News welcomes news of community events. Send material to The Times-News Valley Happenings, PO Box 548, Twin Falls, ID 83303-0548. Please submit news at least a week in advance and include a phone number where you can be reached.

Compiled from wire reports

Abuse victim advises to get on with life

DEAR ABBY: This is in response to "Aching in Atlanta," who told her family, after her father died, that he had molested her when she was 5 and 6 years old. Her family disowned her for having revealed this.



Dear Abby
Abigail VanBuren

Abby, I don't believe the family should have disowned her, but the deed is done and it's time she got over it. She should ask her family to forgive her for having caused them so much pain.

When I was a child, my father did some things to me he shouldn't have done, but I forgave him, and moved on. He has since died, and I would never burden my poor mother with such disturbing news.

Please do not use my name if this is published.

—NAMELESS

DEAR NAMELESS: Why should the victim ask the family for forgiveness? Forgiveness implies wrongdoing. In order for the victim to be healed completely, the record should be set straight.

Almost always, when a family member who was molested as a child later finds the courage to reveal it, other family members come forward with similar stories. And this begins THEIR healing.

Sadly, when the truth is revealed, it is not unusual to learn that the other parent had been aware of what was going on, but failed to protect his or her child.

DEAR ABBY: In response to "Livid in Salem, Mass.," who was fed up with people who put their children on their answering machines: All I have to say is, she and the other women in the office need more adversity in their lives.

If their biggest problem is having to

listen to small children sing before they leave a message, they should get down on their knees and thank God.

After the death of my 11-month-old son six years ago, I learned not to sweat the small stuff.

As the perceptive author and minister Robert Fulghum said: "One of life's best coping mechanisms is to know the difference between an inconvenience and a problem. If you break your neck, if you have nothing to eat, if your house is on fire — then you've got a problem. Everything else is an inconvenience. Life is inconvenient. Life is lumpy. A lump in the oatmeal, a lump in the throat and a lump in the breast are not the same kind of lump. One needs to learn the difference."

Abby, I am constantly learning. You may sign my name.

—PEGGY HART,

BEL AIR, MD.

DEAR PEGGY: I, too, am constantly learning. Thank you for reminding me of something I knew, but need to be reminded of from time to time.

There are many who will read this and appreciate the reminder.

DEAR ABBY: Hooray for Mom and Pop who want to change their 21-year-old employed daughter rent. Where else is she going to get room and board for \$50 a week?

I would take it one step further and charge her for electricity, water and telephone, too.

If money is not the issue to the parents, they should put it into a savings account and give it to her as a nest egg when she's ready to go on her own.

Too many parents enable their children to mopech well past the age when they should be self-sufficient. Consider birds — their moms kick them out of the nest as soon as they're old enough to fly.

—GEORGE L. SCHMIDT, PALM BEACH GARDENS, FLA.

DEAR GEORGE L. SCHMIDT:

Those mama birds are wise, enough to be owls. I wonder where the demeaning expression "birdbrain" came from.

5 generation celebration



WENDELL — The family and friends of Pearl Mattice of Wendell gathered recently to celebrate her 100th birthday. In each of the three photos above, featuring five generations, Mattice is seated in the center front, with her daughter, Vera Breeding of Rupert, on the right and her granddaughter, Donna Monroe of Salmon, on the left. Right, pictured left to right in the back row are Mattice's great-granddaughter, Ernestine Kossakowski, and her great-great-granddaughter, Barbara Kossakowski, both of Jackson, Wyo. Ernestine is Monroe's daughter and Breeding's granddaughter. Center, Mattice's great-granddaughter, Sharon Hayes of Shelley, is on the left in the back row. Great-great-granddaughters, Kayla Hayes (right rear) and Ashley Hayes (left front), are the fifth generation. Sharon is also Monroe's daughter and Breeding's granddaughter. Left, Jimmy Monroe, a great-great-grandson, is pictured on the left in the back row. His father and Mattice's great-grandson, Jim Monroe, is on the right in the back row. One of Mattice's great-great-granddaughters, Stephanie Monroe, is on the left in the front. Jim Monroe is the son of Donna Monroe and the grandson of Breeding. He is from Idaho Falls.

Some married men still mess around

Newday — Dip into the personals these days, and you'll notice a remarkable phenomenon: husbands openly advertising for lovers.

Though married women occasionally place ads, too, for every "hot housewife" looking for love, dozens of MM (married men) are seeking "afternoon delight," "daytime friendship" or a "no-strings-attached, discreet relationship," beyond the one they already have.

What's going on? It might not actually be new, but simply a matter of potential adulterers being more bold and brazen than ever before, according to Kathryn Thornton, vice president of advertising sales at the Village Voice weekly newspaper in New York City.

Some publications won't take ads from married men, she says, but that's not foolproof. Thornton, who used to handle classifieds at two New Jersey papers, says that married men whose ads are refused simply hang up, wait a few minutes and dial back to place a

revised version omitting that information.

"Many papers think that they are going to monitor their ads, but it isn't really possible," she adds. "My philosophy is that you are better off being upfront, so that the person responding to the ad is not caught unaware."

Like the Voice, most publications do weed out certain kinds of undesirable advertisers. But to give a few examples called from recent personal ads in different papers, it's easy to find MMs — most of them clearly no longer newlyweds — claiming, for example, to be "stuck in a barren relationship," or "searching for like-minded women to share a passion that's missing from our marriages."

But what a woman answering the ad might get could be far less enticing than what she envisioned. Men who cheat are not always just looking for new sex partners, says Atlanta psychiatrist Frank Pittman. In a recent issue of *New Choices for Retirement Living Magazine*, Pittman writes that two-timers might really be more comfort-

able on the couch than in bed.

"When middle-aged men go missing around," Pittman says, "they're really looking for new partners, they're looking for reassurance of their potency, for someone who will make them feel wonderful. They expect it to be outpatient therapy."

"The psychology of men who betray," says author Rosalind Miles in "Love, Sex, Death and the Making of the Male" (Summit, 1991), "is usually explained in terms which flatter the male, implicitly defend his right of conquest, or invite us all to stare the nudge-and-wink assertion that boys will be boys: 'I've got a very strong sex drive, I'm still a bachelor-playboy at heart, it's only natural, it's quite separate from my marriage, and what my wife doesn't know won't hurt her, it's all part of today's climate, and besides, I love women.'"

But, she adds, adultery is dynamic wildlife to explode: "In the nature of things, even the most discreetly conducted extramarital relationship cannot be guaranteed to remain secret."

The right tactics can put time on your side

Knight-Ridder News Service

—"Yeah, right." That is the most common initial response to that suggestion. But you can do it. To help, ask: "What can I do less of?" "What can I do without?" "What would happen if I stopped doing this?" Many of our actions are habit and rituals that we really don't need.

2. Use transition periods effectively — these are the times between finishing one activity and starting another. Others are the times between waking up and getting up and the time between getting to the office and starting something productive. Don't ritualize and don't procrastinate.

3. Avoid self-sabotaging behavior — few of us would do it consciously, but it happens. If we fail to plan, we sabotage ourselves. Self-deception about ability or responsibility is sabotage. And when we work on someone else's goals or their plans for us instead of our own, we undermine our own agenda.

Here are three final tips for effective use of your time:

1. Plan at the end of today for tomorrow and get right to work upon arriving in the morning.

2. Be in control of the telephone. Keep a 3 minute timer at your desk. Get organized before you call.

3. Keep a phone log and day, date and time all entries. Use different colored ink for different days on the same entry to give depth.

Be a miser with your time — it is the universal measurement for your life. Strive for balance between the parts of your life and moderation in your discipline and actions. Priority analysis pinpoints your chosen destination. Goals chart your course. Time Tactics improve your effectiveness and efficiency at following your course and arriving at your destination.

Integrate these three tools with a

Secretaries Day WIN!
April 26, 1995

Win a secretary for the day and give yours the DAY OFF! Send us your business card. The Drawing will be held Friday, April 21.

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Comics

Peanuts
By Charles M. Schulz

SO I HAD TO TELL THE TEACHER THAT I JUST DIDN'T KNOW.

MAYBE SOME QUESTIONS DON'T HAVE AN ANSWER.

LIKE WHAT?

LIKE DID JESUS EVER OWN A DOG?

Calvin and Hobbes
By Bill Watterson

I AM NOT SCARED OF THIS BALL.

AAA!

AAA!

B.C.
By Johnny Hart

WHAT'S THIS?

OH, THAT. THAT'S JUST THE... EJECTOR BUTTON.

Garfield
By Jim Davis

I CAN WAIT, BIRD.

SOONER OR LATER, YOU GONNA COME OUT OF THERE AGAIN.

Hi and Lois
By Chance Browne

THROW AWAY YOUR TROUBLES.

RECYCLE ALL YOUR DREAMS.

SINGING GARBAGE-MEN! WHAT A GREAT IDEA!

I THINK I HEAR THE SOUND OF A RATE INCREASE.

The Wizard of Id
By Brant Parker & Johnny Hart

INFLATION IS UP... UNEMPLOYMENT IS UP... THE CRIME RATE IS UP...

WHAT ABOUT GRAFT?

THAT'S UP TOO.

EVERY CLOUD HAS A SILVER LINING.

Hagar the Horrible
By Chis Browne

WHO'S AT THE DOOR, HELGA?

A BILL COLLECTOR.

TELL HIM TO COME BACK NEXT MONTH.

WHY DON'T YOU TELL HIM?

Beetle Bailey
By Mort Walker

WOULD YOU LIKE SOME PEPPER, SIR?

NO THANKS.

ARE YOU SURE?

Frank and Ernest
By Bob Thaves

P.S. 40

FOR SOMEBODY WITH A MASTER'S DEGREE IN EDUCATION, SHE SURE ASKS A LOT OF QUESTIONS!

The Born Loser
By Art Sanson & Chip

LOOK, THE SENIOR PICTURE OF YOUR EX-BEAN, ED SULLUMPH! LUCKY YOU DIDN'T END UP WITH HIM, EH?

AND JUST WHAT IS SO WRONG WITH ED SULLUMPH?

HE'S GOT A HOME THAT'S MOBILE AND A CAR THAT ISN'T!

For Better or For Worse
By Lynn Johnston

IT'S RAINING CATS AND DOGS!

YEAH!

WOW!

Blonde
By Dean Young & Stan Drake

DING DONG! DAGWOOD! WHO'S AT THE DOOR?

DING DONG! ALEXANDER! SEE WHO'S AT THE DOOR!

DING DONG! COOKIE! SEE WHO'S AT THE DOOR!

Pickles
By Brian Crane

DID YOU REALIZE THAT BY THE AGE OF 17, CHILDREN WILL BE GIVEN 200,000 ALTS OF VIOLENCE ON TV?

THAT'S WHY IT'S IMPORTANT THAT WE HELP A NEW SHOW TAKE OVER ENTIRE WEEK WITHOUT TELEVISION.

WELL, I NEVER WATCH SHOWS THAT HAVE A LOT OF VIOLENCE.

YOU DON'T THINK FOOTBALL, BASKETBALL AND HOCKEY HAVE A LOT OF VIOLENCE?

OH, I THOUGHT YOU MEANT TV VIOLENCE.

Dennis the Menace
By Hank Ketcham

NON SAYS I WAS BORN AT 3:30 IN THE MORNING! WHAT WERE YOU GUYS DOING UP AT THAT HOUR?

The Family Circus
By Bil Keane

FASTEN YOUR SEAT BELTS.

"Why does your car talk in that funny voice?"

ACROSS

- Change gears
- Phooey!
- Aploco
- Diminish
- gradually
- Wasting and
- Genuine
- Yah's boat
- over the rainbow
- Monstrous
- Detested
- Not slack
- Shirley or Casey
- Embodiment
- de-sac
- Riccord again
- Do nothing
- Kind of exam
- Disapproving cry
- Enthusiastic
- Chen one
- Cause to think of
- Ham and...
- The best policy
- Rome's river
- Sprint
- Horses
- Of many uses
- Steno's
- specially
- Stomach crisis
- Deported
- If not
- Flaunt
- Special event
- Conclude
- Perceived
- Make extremely happy

DOWN

- For men only
- Add color to
- facio
- Not material
- Oak's summit
- Of-color
- Concerning
- Duration
- Compass pt.
- From
- Mountain ridge
- Remedies
- Pay attention
- Unbroken
- Time, Next Year
- Pitcher
- God of love
- France, in
- Father
- Native of California; abbr.
- "A — of Two Cities"
- Average grade
- Conclude
- Rid
- Calcity
- Whitpool
- Not very many
- Thorax
- Material for paving
- Mr. Porot
- Make better
- Calcity
- Western lake
- Manacles
- Flat cap
- Not very bright
- Took off
- Italian family
- July good...
- Notion

Yesterday's Puzzle solved:

F	I	R	D	A	T	E	D	A	T	E	S	U	I	T
E	D	A	M	L	E	V	A	N	T	O	I	O		
A	L	S	O	L	I	T	A	M	I	N	I			
R	E	P	E	R	I	T	C	A	P	I	T	A	L	
D	E	F	I	C	I	T	I	L						
A	L	A	R	I	A	N	T	R	I	A	N			
L	I	D	O	B	A	B	E	D	O					
A	D	D	E	R	E	T	E	R	E					
D	E	M	O	N	E	R	E	T	E					
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C	O	A	T	T	I	A	R	A	R	I	A			
E	M	I	T	O	L	D	E	N	E	O	E			
D	E	L	I	Z	E	R	E	S	E	T				

Sydney Omarr Horoscope

IF MARCH 14 IS YOUR BIRTHDAY: You have writer's signature. You possess curiosity of investigative reporter. You are dynamic, flirtatious, romantic, revel in change, travel, variety of sensations. Gemini, Virgo, Sagittarius persons play interesting roles in your life. You have unique talent for bringing order out of chaotic situations. You are the administrator who tests rules and puts them in action. Your commute cycle includes publishing, advertising, marital status.

ARIES (March 21-April 19): You asked for it! Request granted in connection with home beautiful, proof of love, luxury and art, marriage. Music in your life, be receptive, but not gullible.

Taurus (April 20-May 20): Define terms, streamline procedures, get rid of superfluous material. Focal point will be familiar ground, home, relations with re-calcitrant family members.

GEMINI (May 21-June 20): What escaped will be recaptured. Includes career opportunity, money, love. This could be marked your comeback day. Focus on relatives who desire your company on short trip.

CANCER (June 21-July 22): Fast money goes fast! Promise of quick riches are empty — check source material, be wary of references, signatures, long-term potential. Missing document found — talk about it!

LEO (July 23-Aug. 22): Another Leo states, "I was hanging around here — let's get going on our own!" Cycle high for adventure, discovery, excitement of romance. Imprint style, best to work alone despite claims.

VIRGO (Aug. 23-Sept. 22): Family dispute really not your business — rise above petty claims, annoyances. Bottom line is money, possessions, who owns what and what to do about it.

LIBRA (Sept. 23-Oct. 22): Musical ability, dancing, social studies figure prominently. Moon position highlights desire, popularity, ability to win friends and influence people. Showmanship brings desired results.

SAGITTARIUS (Oct. 23-Nov. 21): Problem actually belonging to others will be thrown in your lap — check mathematical equations, don't give up something of value for nothing.

SCORPIO (Nov. 22-Dec. 21): Focus on change, variety, ability to keep plans flexible. Written notice received concerning travel. Job application — member of opposite sex to you a flirt.

CAPRICORN (Dec. 22-Jan. 19): Emphasis on domestic adjustment that could include lifestyle, change of residence, marital status. Scenario includes flowers, music, gifts representing symbol of love.

AQUARIUS (Jan. 20-Feb. 18): Escape hatch! Refuse to be imprisoned by ideas long outmoded. Pursue legal rights, you'll win case in dramatic manner, perhaps in court. Partnership offer, valid — scrutinize it.

PISCES (Feb. 19-March 20): You win battle! You were pressured, challenged, older individual expressed doubt concerning experience — nevertheless you win.

Camel, elephant are different

When riding either a camel or an elephant, don't confuse the two. A camel lurches forward and backward. An elephant rocks from side to side.

Bamboo sometimes blooms out so much seed, it covers the grove floor knee deep, and the bamboo is fatally weakened. This is said to be what happened a few years ago when China's loss of bamboo endangered the survival of the pandas.

Q. When were homosexuals first called "gay"?

A. In the mid-1930s. Earliest known printed reference listed the term as prison slang, but it was well-known in musicians' vernacular. A century earlier in England, female prostitutes were so labeled.

Sherlock Holmes could team a lot about people from casual observation, but his creator, Conan Doyle, admitted he could not, at least not invariably. Said he: "The most winning woman I ever knew was hanged for poisoning three little children."

Q. What was the "homelose" called before they were called the homeless?

A. Countless names, and they all became derogatory in time. For instance, "hobo," short for "hob boy," initially as innocent as "cowboy," became offensive. So certainly did bum, tramp, drifter. Not until the 1970s did "homelose" take its turn. Language scholars expect it to wind up in the unacceptable list, too.

L.M. Boyd
What's what?

"Pioneer" traces back to an old French word for "foot soldier."

Q. How come you can't take snapshots of the Mona Lisa in the Louvre?

A. Ultraviolet light from flashbulbs can damage the work. In time, The Louvre has mounted a glass baffle in front of the painting to deflect such rays. It's transparent to you and me but not to cameras. Film comes out blank.

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Jordan watch still on

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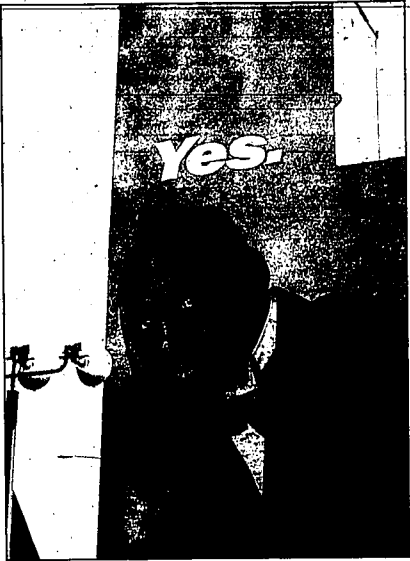
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"And I said, 'Yeah, if you think you're gonna play ball, you probably should come and work out.' He said, 'Well, I'll be there.'" Bulls coach Phil Jackson said.

So, does Jordan's attendance mean that the world's most famous ex-minor league ballplayer is ready to return to roundball?

"No," Jackson said. "That means he's still pursuing whatever his decision is to make on this."

In other words, the only game Jordan is playing these days is the waiting game. Reports last week that Jordan would hold a news conference Monday brought more than 100 reporters to the Bulls' practice center. They came from daily newspapers and weekly magazines, from radio stations and television networks, from the Windy City to the Big Apple and beyond.



The word 'yes' has been added to the Michael Jordan photo of a man's clothing ad painted on the side of a Chicago building Monday.

Jackson gave them about 10 minutes of his time. A few players offered a few comments. Jordan? As Jackson said, "He came and practiced and played well. And he went home."

Rams' move is no sure thing

PHOENIX (AP) — The Rams' road to St. Louis from Southern California is liable to be long and tortuous.

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It sure was. For while Tagliabue was talking about the complexities of the NFL's decision to grant or not to grant permission for the Rams to switch cities:

- Missouri Atty. Gen. Jay Nixon was preparing a lawsuit to be filed in the event the NFL blocks the move.

- John Shaw, the Rams' president, was restating his position that the team's move is totally justified, financially and otherwise.

- And traditionalist owners continued to make it sound like it would be nothing but heresy to move the Rams from the Los Angeles area, their home since

1946. "Stability has been a major part of this league," said Wellington Mara of the New York Giants, the league's senior owner, at the same time declining to say how he might vote on the move.

That is part of the complexity. While Tagliabue said his reservations were not entirely financial, money remained at the heart of the issue, particularly television money.

Fox, which carries NFC games, based its \$1.58 billion four-year payment on getting the conference in the form Tagliabue described as "the most attractive package in sports." But he noted that if the Rams moved from the nation's No. 2 television market to No. 18 in St. Louis, its percentage of television homes would drop from 58 percent to 52.5.

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Shaw, meanwhile, seemed to remain adamantly opposed to turning over to the league any revenue

from the personal seating licenses. Tagliabue and some owners have contented that the PSLs, which are essentially payments by fans for the right to purchase tickets, are ticket-revenues and thus to be shared.

But Shaw disagreed, saying the money belonged to FANS Inc., the St. Louis group that wooed the Rams.

"We don't have the right to that money. It's their money," he said. "It hasn't really been a precedent of this league to share other peoples' money. If that's a new precedent, we'll deal with it, I guess."

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Hazardous stretch doesn't slow Iditarod leader

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Swingley, from Simms, Mont., checked into Koyuk at 2:10 a.m. Alaska time. Koyuk is 171 miles and an 8-hour mandatory rest stop from the finish line at Nome.

Defending champion — Martin

Buser left Shaktoolik around midnight for the 58-mile run, putting him at least four hours behind the leader.

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Labor

Continued from C1
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CSI

Continued from C1
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If CSI stays in the winner's bracket, it will play at 5:30 p.m. (MST) Wednesday and 6 p.m. Friday with the final at 7:15 Saturday. The other possibilities in the consolation bracket would include 2:30 p.m. Wednesday; 11 a.m. Friday noon Saturday. Those times will change if CSI wins a game, then falls into the consolation bracket.

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\$5,000 to \$49,999	5.20%	5.30%
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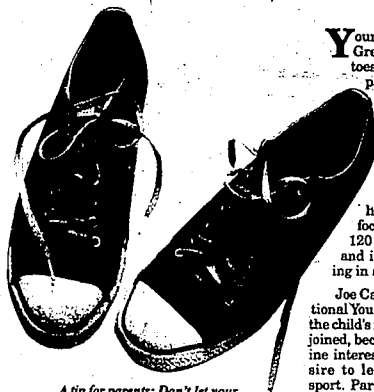
In this Issue

- ▶ Finding the Right Sports Program for Your Child
- ▶ Teen-age Dating
- ▶ Preschool Activities
- ▶ "I don't wanna eat no peas!"
- ▶ Sleep Disorders



"That's my kid out there!"

Finding the **Right Sports Program** for Your **Child**



A tip for parents: Don't let your first post-game question be "Did you win or lose?" Ask instead, "How did you do today? Did you have fun?"

Your child has asked to join a youth sports program. Great! In a nation with far too many couch potatoes, physical activity as an important, ongoing part of life needs to be promoted early and encouraged. As a parent, you want to make sure your children join a prime program where they can have fun as they develop their athletic abilities. How do you go about finding the right sports program for your budding athlete?

"Start with the kids," advises Bobbi Conner, host of "The Parent's Journal," a radio program focusing on parenting issues heard nationwide on 120 public radio stations. "Cue into their talents and interests and their enthusiasm for participating in sports."

Joe Campbell, Missouri state coordinator for the National Youth Sports Coaches Association, adds, "Find out the child's reasons for joining the team — because a friend joined, because he has a genuine interest in sports or a desire to learn more about a sport. Parents should discuss this before putting kids in a sports program."

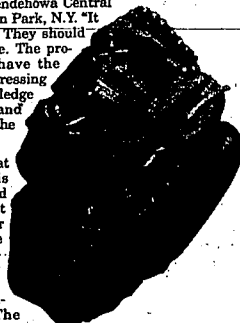
An ideal program, besides being age-appropriate, gives the child the best opportunity to experience what it's like to be part of a team, to

work with others, to win — and to lose. "When you put your kid in a program, watch their reaction and behavior," said Brent Steuerwald, a former coach and physical education teacher who is now athletics director at Shenendehowa Central School in Clifton Park, N.Y. "It should be fun. They should gain experience. The program should have the youngster progressing in skills, knowledge about sports, and appreciation of the sport."

"Look at what the program is about," said Campbell. "Is it recreational or competitive? Are there mandatory playing rules? Minimum participation rules? The program should be instructional and fun."

Close observation is essential when you're deciding among programs. "Start by checking the coaches," Conner said. "Look for a team sport where the coach understands kids, is enthusiastic and supportive, and understands how to teach skills. Ask other parents what the coach is like. Look for a coach who works with each individual child, and also a coach with a positive attitude."

Coaches are by far the most important component of any good sports program. "The coach should



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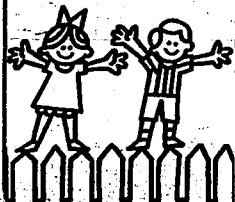
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have the welfare of the child first and foremost," said Vern Seefeldt, director of the Institute for the Study of Youth Sports at Michigan State University in East Lansing, Mich. "His goal should be to improve the physical and social skills of every athlete on the team."

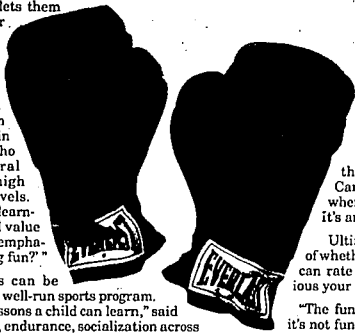
"Coaches should help kids be as good as they can be," Steuerwald added. Many experts stress the need for coaches to be well-trained, educated, and certified.

Before the playing season begins, coaches should meet with parents and clearly outline their objectives and goals. The coaches should also listen to parental concerns and work through those with the parents. The lines of communication between parent and child, coach and child, and parent and coach must be kept open.

"I wish parents would be committed," said Steuerwald. He urges parents to "come to the games, meet the coaches. Talk to them, ask them questions. You have to watch." Showing up for your children's games and practices lets them know you support their activities.

"Parents should be supportive of their child," added Jody Brylinsky, assistant professor at Western Michigan University in Kalamazoo, Mich., who has coached several sports at both the high school and college levels. "They should assist in learning, be a resource, and value what their child does, emphasizing, 'Are you having fun?'"

Many benefits can be gained from a well-run sports program. "There are different lessons a child can learn," said Brylinsky. "Teamwork, endurance, socialization across gender and racial lines."



Almost 50 Percent of Youngsters' Sports Injuries Are Preventable

More youngsters are participating in organized sports programs. And more youngsters are sustaining injuries in the process. However, almost half of the injuries received by children and adolescents while playing organized sports are preventable, according to Dr. Angela D. Smith, a vice president of the American College of Sports Medicine in Indianapolis, Ind. A well-planned training routine can be the key to preventing overuse injuries, she says.

"The training program should have gradual increases in difficulty and intensity," said Smith. It should also include gentle warm-ups, appropriate stretches for flexibility, and a cool-down period. "Weight training for strength is safe for kids as long as it is carefully supervised," added Smith, who practices at Mount Sinai Medical Center in Cleveland, Ohio.

A lack of overall fitness is one reason there has been increased occurrence of injury in young athletes. "More young people involved in sports have probably been inactive before they started playing," said Smith. "Their young bodies are relatively unfit." Concentrating on general fitness before participating in a sport will help reduce the possibility of injury. For more information, contact the American College of Sports Medicine, P.O. Box 1440, Indianapolis, Ind. 46206-1440 or phone (317) 637-8200.

"They learn discipline, that good things come from hard work," said Campbell. "It should be an environment where kids aren't afraid to make mistakes, it's an opportunity for learning."

Ultimately, your child is the best indicator of whether a program is a good one or not. You can rate its effectiveness by noting how anxious your child is to go back and try it again.

"The fun has to be there," said Campbell. "If it's not fun, the kids won't come."

"Youth sports is a great way for kids to grow

and develop," he added. "It can keep them away from bad influences. What I see every day is kids with too much unsupervised, unstructured, discretionary time on their hands. Keep them more involved in more positive activities. Make youth sports a family event."

— Tanya Tyler

For information about educational programs for coaches, contact the National Youth Sports Coaches Association, 2611 Old Okeechobee Rd., West Palm Beach, FL 33409, phone (407) 684-1141.

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"I don't wanna eat no peas!"



How to deal with a picky eater

In almost every home where a meal is being served, there's probably a child who isn't eating it. One pushes her food around the plate in endless circles without tasting a single bite. The toddler wants to eat only macaroni and cheese for breakfast, lunch, and dinner. Another child refuses to eat if the mashed potatoes are touch-

ing the carrots.

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.....
A parent's worry that his or her "picky eater" isn't getting enough nourishment doesn't always have a solid base. Most children really do eat as much as they need to keep alive and healthy. For reassurance, parents should review the child's diet with their pediatrician.

To parents who want to make sure their children eat a healthy, well-balanced diet, including vegetables, meat, and grains, a "picky eater" can be very frustrating. The parents are afraid the child will grow up deprived of essential vitamins and minerals — if he grows up at all.

The phrase "picky eater," however, is relative. "It's a lay term," said Dr. Terry Hatch, associate professor of pediatrics at the University of Illinois in Urbana. "Lots of times a picky eater is a child who isn't eating as diversely as the parent desires."

Dr. Jeffrey Brown, a pediatrician in Rye Brook, New York, who also serves as a spokesperson for the American Academy of Pediatrics, believes the problem stems from a misconception of the way children eat. "At 16 to 18 months, children eat a lot of small, frequent meals. They usually eat one big meal a day, and that can vary — it may be breakfast one day, dinner the next. That's their eating pattern."

Children experience rapid growth in the first year, explains Dr. Mary Ann Beattie, a pediatrician practicing in Wichita, Kan. After that, there is a normal decrease in growth and weight gain. The child may not be very interested in eating. Now mobile and eager to explore, the toddler doesn't want to waste time at the table eating. This disinterest earns the child the title of "picky eater."

A parent's worry that his or her "picky eater" isn't getting enough nourishment doesn't always have a solid base. Most children really do eat as much as they need to keep alive and healthy.



"In the toddler years, kids are very, very active," said Hatch. "They don't seem to eat a balanced diet, but they do so over a period of time."

Since an active toddler has little patience to sit through a meal, eating on the run is often the best way to ensure that she receives proper nutrition. Beattie suggests having a variety of good, nutritious finger foods readily available, including fruits, vegetables, and cereal.

"Try to aim for balanced foods relatively low in fat," Brown advises.

When is it necessary to be concerned? "Parents should worry when children look sick," said Brown. "In general, when kids look well, they're OK." If a child isn't growing properly over time or loses weight, the pediatrician should be consulted.

.....
 Parents can use several strategies to lessen mealtime stress and help their children become better eaters. Experts advise that parents:

- **PRESENT A VARIETY** of foods in small amounts rather than a plateful. The child can always ask for more.
- **OFFER A NEW FOOD** along with a familiar one.
- **TRY NOT TO PUSH DISLIKED FOODS.** Respect preferences and refusals. "All kids have foods they don't like because of color, appearance, smell, texture," said Hatch. "Some people are very reactive to different tastes."
- **DON'T INSIST ON A CLEAN PLATE AT EVERY MEAL.** When the child is finished, let her leave the table.
- **LET YOUR TODDLER EAT** what you know he enjoys, within guidelines of good nutrition.

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Teen-age dating

Communication is important when teens enter the world of dating



Your teen-ager is suddenly spending hours on the telephone, emerging from his/her room either in ecstasy or despair. The combing of hair and the choosing of wardrobe are raised to an art form; preening before the mirror is now an all-consuming activity.

It's the most poignant sign of all that your youngster is growing up: The opposite sex, formerly considered "yucky," has been discovered.

Certainly it's a special time, magical and unrepeatable. So how come your own reaction is: Aaaaarrrrrggghhh!?

Despite what your teen may think, it's not that you don't remember what it's like to be young. Perhaps you remember too well. Today's teen-agers face the same issues your generation wrestled with (developing personal standards, understanding the other sex) along with some grim new realities (AIDS). All at a time when they seem least equipped, mentally and emotionally, to handle it.

How is a parent to know if his or her teen-ager is ready for dating? Since readiness varies widely, experts say you must

rely on your own standards along with old-fashioned parental instinct to decide.

"I think parents should probably have some overall guiding values about dating and what they think is appropriate in terms of age," said Dr. William Turner, a family therapist and professor in the University of Kentucky's marriage and family therapy program. "I think those need to be communicated often and fairly early in the child's adolescence."

Parents also need to understand the reasons why their teen-agers want to date, one therapist suggests.

Positive friendships at an early age, as well as role modeling from the parents, are two ways in which youngsters learn to relate to the other sex.

"Make sure you have a good understanding about what's going on with your kid at that moment," said Dr. Donald Cohen, a family therapist in Weston, Conn., and host of the cable television show "Kids Are Talking."

"If they're doing something just to fit in, and their true self is not ready, they're doing it for reasons that have to do more with not being left out."

"It's nice when you see kids going out as a group, where it's not like dating, but they're all going out together," said Cohen. "Where I live, kids in the fifth and sixth grade might go on a 'date' to the fair. But what I find really healthy is, they're more like friends. They really are not thinking in terms of boyfriend/girlfriend."

Positive friendships at an early age as well as role modeling from the parents are two ways in which youngsters learn to relate to the other sex. But parents are also well advised to discuss these matters with their youngsters.



HOW CAN YOU TELL IF YOUR TEEN NEEDS HELP?

Sometimes it is hard for parents to tell if their teenager's behavior is part of a normal phase of development or warning signs of emotional or psychological problems, or involvement with alcohol or drugs.

The following are some of the common signs an adolescent is having difficulty:

- | | |
|---|------------------------------|
| — Sudden drop in school grades | — Angry outbursts |
| — Loss of interest in normal activities | — Difficulty concentrating |
| — Truancy/Absenteeism | — Crying spells |
| — Changes in eating and sleeping habits | — Disciplinary problems |
| — Dropping favorite school activity | — Memory problems |
| — Becoming withdrawn/non-communicative | — Change of friends |
| — Marked personality changes | — Threats toward self/others |
| — Talk of death/suicide | — Giving away possessions. |

If you have noticed some of these signs in one of your teens or are concerned about other behaviors, you will be able to have your teen evaluated by a mental health professional. Assessments are provided immediately to respond to emergencies or appointments can be scheduled for each teen through Canyon View Hospital and Counseling Centers.

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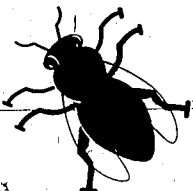
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Experts agree that the peer pressures connected with dating start as early as the sixth grade. Nearly every adult would consider that age too young for dating but not for friendships. Friends of the opposite sex can help a child develop mature, respect-based dating relationships later on.



Teen-agers certainly have a lot of confusion about boy/girl relationships in general. . . They don't know a lot about one another, actually," said Richard Reichert, an education consultant for the Catholic Diocese of Green Bay, Wis., who has written extensively on dating.

"They operate on a lot of stereotypes and misinformation. They really need to be helped to understand the other sex," he said.

Parents are rightfully concerned that the onset of dating may mean the onset of sexual activity. The pressure on teen-agers to experiment can be enormous. For this reason, you must be sure your youngsters clearly understand the facts about sexual intercourse, pregnancy, and disease.

Introducing the subject will not make your children more curious and apt to experiment — just the opposite. According to Planned Parenthood's guide, "How to Talk With Your Child About Sexuality," youngsters whose families discuss sexuality openly and honestly tend to postpone their first intercourse.

"I don't think we've ever done a very good job in American society of talking about sexuality and preparing the next generation for sex," said Turner.

"It's almost as if we expect teens to just to pick it up. Typically, they gain a lot of their information from their peers, who really don't know what they're talking about, or from sources that don't necessarily hold the values that the family has."

Parents should make their values clear to their youngsters, regarding not only sexual behavior but also alcohol and drug use, sanctioned and non-sanctioned activities, and the proper way to treat others.



"Even though the children might know it's something that the parents don't approve of, they still might do it if there's not a direct message that says, 'You can't do this,'" Turner said.

"Parents need to be clear in their role. They are there to be in charge of their child's life. . . I think parents need to have a certain amount of flexibility," but they need to be there to guide their children."

Guiding your child through the pitfalls of dating could be compared to learning geometry — everything builds on what came before. So if you want your teens to listen to you, you can't wait until they're teens to start talking.

"It's an ongoing kind of dialogue you have with your child that's important from very early on," said Cohen. "So when that time really does come, you're like a conscience, and your kid hopefully has incorporated some of your value system."

Teen-agers are synonymous with rebellion. Since they are testing their wings and their independence, they are less receptive than younger children to direct control. But there's a paradox: While they may seem to be striving against you at every turn, what they often crave most is guidance.

"Adolescents want to function somewhat as adults, but they really don't have the full mental and physical capacity to do that," said Turner. "So at the same time they're striving for independence, they're also saying, 'I need some guidance, I need some structure — and I need you to do that for me.'"

— Mary Hackworth

Need help in teaching your children about sex? Many religious organizations produce sexuality education materials and programs for their members. Ask your clergy member about these. Or try your local bookstore or library.

Planned Parenthood Federation of America, Inc., publishes pamphlets for parents that include "Human Sexuality: What Children Should Know and When They Should Know It," "How to Talk With Your Child About Sexuality," "How to Talk With Your Teen About the Facts of Life," and "How to Talk With Your Child About AIDS." The book *How to Talk with Your Child about Sexuality* treats the topic comprehensively. For information, contact the Planned Parenthood center nearest you.

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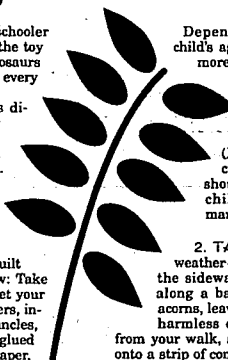
From sidewalk chalk to a bottle full of bubbles, here are some things to do when "there's nothing to do"

What do you do with your preschooler when there's nothing to do? When the toy box or videos of coveting purple dinosaurs have lost their lure and you've read every Spot book in the house?

Whether you're faced with this dilemma or simply want to teach your preschooler a few simple skills and encourage creativity, we've compiled a list of playtime ideas to help you out.

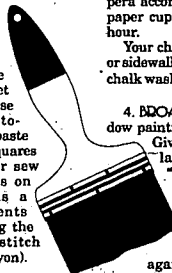
Enjoy the activities with your child and be sure to provide adequate supervision to prevent accidents and provide encouragement.

1. QUILTING BEE. Make a family quilt without taking a stitch. Here's how: Take squares of construction paper and let your child draw pictures of family members, including grandparents, aunts and uncles, even pets. The pictures can then be glued onto a larger piece of construction paper, and voila — a miniature "heritage quilt," suitable for framing. Use an inexpensive, store-bought frame, or glue to posterboard and cover with clear contact paper.



Depending on the child's age, you can get more elaborate. Use actual photographs to paste onto the squares of paper or sew the squares on. (Note: this is a chore parents should do, letting the child trace on stitch marks with a crayon).

2. TAKE A WALK. If the weather outside isn't too frightful, hit the sidewalk with your child. Take along a basket and let him collect acorns, leaves, sticks, rocks, and other harmless objects. When you return from your walk, stick these little treasures onto a strip of contact paper for a mural. To keep your child from straying or getting bored, fashion a bracelet out of a strip of clear contact paper. Let her stick found objects to the bracelet as you stroll along.



3. CHALK THIS UP. Make your own sidewalk chalk — the big chunk chalk you can also buy at a toy store. All you need is some powdered tempera paint, plaster of Paris and 3- to 5-ounce paper cups. Mix together water and enough plaster of Paris to make a paste about the texture of brownie mix. Add tempera according to the shade of color you want. Fill paper cups. The concoction dries in about half an hour.

Your child is now ready to decorate the driveway or sidewalk. No worries about mess because sidewalk chalk washes off with a hose or the first rain shower.

4. BROAD STROKES OF FUN! House and window painting don't have to be confined to laborers. Give your child a bucket of clear water and a large paint brush. Let her go outside to "paint" the house, steps, sidewalk, or garage with water.

Painting window panes is just as simple and painless. Using fingertips or liquid tempera, let the child dip his hands into paint, then press the palms against the windowpane in his room. The prints look decorative when dried and wash off easily.

5. THE MESSIED THE MERRIED. Fingerprinting without fingerprints is easy — if you have instant chocolate pudding, shaving cream, or ready-whipped topping on hand. Add food coloring to the shaving cream or whipped topping. (Shaving cream isn't toxic, but it tastes yucky enough to deter those curious little taste buds!) Trays, including the plastic variety that meat comes in, make excellent palettes for your young Van Gogh.

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If the little one doesn't want to touch icky-gooey stuff, put your homemade or store-bought fingerprint into a square plastic bag that zips shut. Reinforce the entire mess with plastic tape. Show the child how to make unusual designs and creations by squishing the bag on a flat surface.

6. AND AH-ONE, AND AH-TWO. There goes the bubble machine! Even 2-year-olds can do this, although they'll have to be shown how to blow instead of suck. Using a 2-liter plastic soda bottle, add enough water and dishwashing liquid to reach the top of the dark plastic portion. Punch a small hole in the clear plastic, about 3/4 of the way up the bottle. Leaving the cap on the bottle, poke a straw into the liquid and show the child how to blow. The bottle should fill up with bubbles.

7. MODEL BEHAVIOR. Playdough is a terrific tactile medium. It helps develop those little finger muscles that will soon be used for writing. An older preschooler may even begin making ABC's from playdough. Here's a good recipe:

- 3 cups flour
- 1 1/2 cups salt
- 3 tbsp. oil
- 2 tbsp. cream of tartar
- 3 cups water

Mix together and cook over very low heat until no longer sticky to the touch. Store in a plastic bag in the refrigerator. Allow to warm up before using. Add flour if it's sticky.

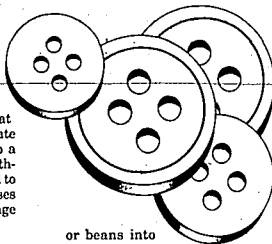
8. DRESS-UP BOX. Classic dress-up is a favorite of most children. Trying on

adult hats, ties, scarves, shoes, or jewelry gives your youngster the opportunity to practice adult roles. This is also a great time to encourage appropriate behavior and manners. Keep a cardboard box of grown-ups' clothing in the back of a closet and add to it from time to time with purchases from a secondhand store or garage sale.

9. LIFE'S A BEACH. The nearest beach doesn't have to be any farther than your kitchen or basement floor. For an indoor sand box, put sand from a lumber yard into a large metal or plastic wash tub. For practice in pouring, measuring, and building, throw in some plastic measuring cups and spoons, empty yogurt or cottage cheese containers, a sieve, or anything else that strikes your little one's fancy. Keep the mess to a minimum by placing the sandbox on newspapers or an old plastic shower curtain.

10. OUT OF SORTS! Sorting activities provide important pre-math opportunities for children under 5. These activities can be as simple or as complicated as your child can handle. For example, the 2-year-old might put all the apples in one sack and the oranges in another. Dropping clothespins into the top of a gallon milk jug is a good way to increase the toddler's finger dexterity.

A 5-year-old can sort buttons, beads, bottle caps,



or beans into egg carton compartments. Cleanup time can serve as a great sorting occasion at any age. Have the child put all toy cars into one bucket, all blocks into another, and so on.

—Sharon Reynolds

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(Note: Thanks to Betty Denny, director of the Midway College Early Childhood Center, and Karen Ginger, Early Childcare, Family Care Center, in Lexington, KY, for their help in compiling these ideas.)

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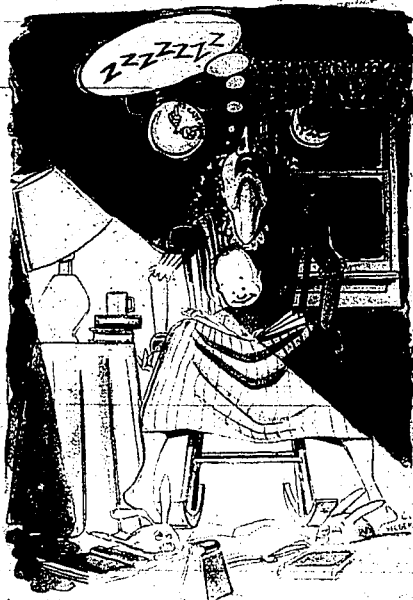
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If your child is having trouble sleeping or going to sleep, chances are you're just as tired as he is. In fact, the most obvious symptom of sleep problems in children is probably tired parents.

"What tends to bring the parent in to see the pediatrician is that the parent can't sleep through the night," said Dr. Donald Shifrin, a fellow of the American Academy of Pediatrics and a practicing pediatrician in Bellevue, Wash.

"What we usually see is that when there are tired, unhappy parents, we may indeed have tired, unhappy children as well."

But what's really going on here? Although poor sleep can sometimes have medical causes, the most common sleep problems are based on poor habits.

"It's normal for kids to wake up five, six, seven times a night," said Dr. Jerry Rosen of the Minnesota Regional Sleep

Disorders Center at the Hennepin County Medical Center in Minneapolis. "It's perfectly normal to wake up that often, but some kids who've been conditioned to need a parent to transition back to sleep find it very difficult to return to sleep."

In addition, some toddlers form the habit of falling asleep in front of the television or while playing in the living room. When the child wakes up in his bed, he can't get back to sleep because he's used to falling asleep elsewhere. Falling asleep in his bed doesn't feel "normal" to him; falling asleep in front of the television does. The child has learned to associate sleep with conditions other than being alone in bed.

Parents commonly think the child's wakings are the problem, Rosen said. They usually succeed only in reinforcing the pattern by repeating the same actions — rocking, feeding, holding, or allowing the child to get up and play — that created the problem in the first place.

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Developing healthy sleep habits requires a consistent plan and cooperation from both parents to make it work.

Although the frustration a child can have parents literally walking the floor, there is a way out. Many sleep specialists recommend a method based on the work of Dr. Richard Ferber, author of *Solve Your Child's Sleep Problems*. Ferber's method is disarmingly simple, but it requires perseverance, firmness, and the ability to let your child cry without immediately rushing to his side (the hardest part for many parents).

"The first step is that parents need to understand what the problem is," said Rosen. "Once they understand that the waking up is normal, but the problem is that the youngster isn't able to fall asleep by himself, then the intervention makes lots of sense."

In Ferber's plan (suitable for all children over 6 months), the parent feeds the child well before bedtime, so that sleep is not associated with eating. After the child is put to bed in his own room, the parent leaves. If the child has been used to rocking and feeding at bedtime, he will probably cry. Ferber recommends that the parent wait five minutes before returning briefly to reassure the child — without picking him up or holding him. If the child continues to cry, the parent returns for two- to three-minute visits, but at successively longer intervals. Eventually, the child tires of this routine and falls asleep on his own.

It's important for parents to respond to the child's cries because young children often fear separation from their parents above anything else. Coming back briefly reassures the child "that you haven't left town," Rosen said. At the same time, decreasing the frequency of the visits weans your child gradually from associating you with sleep.

When practiced consistently, the program works over 90 percent of the time, Rosen said. "And most kids are better within a week." Other children may need more time.

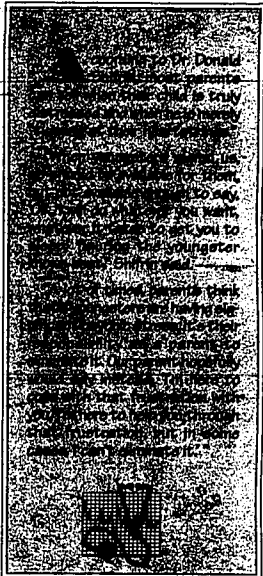
Regular bedtime habits are an important part of any program to correct poor sleep associations. "Regularity of habits includes a good bedtime ritual of at least 15 to 30 minutes, whether it's reading stories in a quiet manner, quiet talk, soft music, or a warm bath. It's a wind-down period," said Shifrin.

Once the ritual is completed, your child should be ready for sleep. If she tries to cling to you, she may need additional calming. Come back to her room briefly if she cries or calls out, but don't prolong the visit — be calm but firm. If you must go back more than once, remember to wait five minutes longer between each visit — time yourself if you have to. Each night, make the time before the first visit five minutes longer than on the previous night.

"Good sleepers are made, not born," Shifrin said. Developing healthy sleep habits requires a consistent plan and cooperation from both parents to make it work.

"Your job is to get the child ready to go to sleep and drowsy and relaxed. Their job is to go to sleep," Shifrin said.

— Mary Hawkworth



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