

Good morning

Today's forecast:

Mostly sunny. Highs 85 to 95. West winds 5 to 10 mph. Monday night clear. Lows in the 50s.

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Local

Little Wood water quality

Grazing will be scrutinized and roads closed in the upper Little Wood River drainage next year to keep soil out of the water.

Page B1

Oral history sought

Volunteers for the Twin Falls Library Foundation are trying to record an oral history of the town from the 1920s to the 1940s.

Page B1

Sports

Regatta winds down

Sunday's racing brought three days of powerboat racing to an exciting end at the 1995 Idaho Regatta.

Page B4

Demet wins again

Dede Demet won the final stage of the PowerBar Invitational Sunday and with it the event's overall title.

Page B4

Health & Fashion

The athletes' way

Getting in shape takes more than working hard; it requires eating smart.

Page D1

Opinion

Keep casinos out

Blocking casino gambling in Idaho was the right decision in 1992, and it's still right, a guest editorial says.

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Idaho

Sign of the times

Simple anti-social behavior is being blamed for the theft and vandalism of county road signs in Idaho.

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Nation

A human face

Attorneys for accused Oklahoma City bomber Timothy McVeigh released photos and video of the suspect to try to show the human side of him.

Page A3

Confessions of an ex-juror

A dismissed juror from the O.J. Simpson murder trial has written a book on his experience as a member of the jury.

Page A4

World

War and remembrance

South Korea observed the 45th anniversary of the start of the Korean War Sunday.

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Haitians head to polls

The voting got off to a slow start during Haiti's first free election in five years.

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U.N. at 50: Critics call for changes

Los Angeles Times

UNITED NATIONS — In 1945, when senators Tom Connally, a Texas Democrat, and Arthur Vandenberg, a Michigan Republican, left Washington to serve as delegates to the San Francisco conference that created the United Nations, their colleagues could not contain their enthusiasm.

Democrats and Republicans applauded lustily, hugged the two senators and wished them well. It was "a sudden stirring of emotions such as the staid old chamber had seldom witnessed," Vandenberg wrote in his diary.

Now, as San Francisco celebrates the 50th anniversary today of the signing of the U.N. Charter, Congress is in a surly mood about the United Nations. Republicans who control both the Senate and the House want to slash U.N.

funding and limit its ventures.

Hopes that the anniversary would provide a time for self-congratulation and excited planning have been dashed by the failures of peacekeeping in Somalia and Bosnia-Herzegovina. Instead, a defensive, unsettled feeling prevails at the United Nations, powered partly by anger over its use as a scapegoat, partly by fear over what Congress might do.

Academics and public-spirited citizens are proposing a host of changes for the United Nations in its second 50 years. Only last week, both a Ford Foundation committee and a European-based commission recommended creating a U.N. rapid-reaction force consisting of 10,000 volunteers who could rush to global trouble spots.

But Congress has always resisted financial support for a standing U.N. force under the di-

rection of the secretary-general. And in the wake of the United Nations' recent travails, Congress is looking to pare back, not expand, the world body, which gets 25 percent to 31 percent of its funds from the United States.

San Francisco will try to recapture some of the old atmosphere when President Clinton and U.N. Secretary-General Boutros Boutros-Ghali join the commemoration in the same opera house where the U.N. Charter was signed half a century ago.

They face a formidable task. The almost naive enthusiasm with which Americans regarded the United Nations in 1945 has given way to a more skeptical — some would call it realistic — view of what the world body can accomplish.

When the conference opened April 25, 1945, San Francisco was still on a

wartime footing. Although the war in Europe was winding down and would end in less than two weeks, war continued to rage in the Pacific.

"The conference didn't seem like such a big deal because the war with Japan was not over," recalled Los Angeles Times Washington correspondent Ronald J. Ostrow, who served as a 13-year-old Boy Scout running messages to the American delegates. "The thing we really focused on in San Francisco was the war with Japan. I would wake every morning to 'whuup-whuup whuup-whuup' — the sound of the heavy steel anti-submarine nets opening to let a ship into the bay. And there were still anti-aircraft guns on Marina Boulevard." The impetus to create the United Nations came largely from Roosevelt.
Please see U.N./A2

Heres come the judge



Judge John Varin, who presides over the valley's juvenile crime cases, wrestles with a long drive as well as stretching funds to launch a new justice system.

Keeping an eye on the kids

Judge leads valley toward juvenile-justice reforms

By Liz Wright
Times-News writer

FAIRFIELD — Judge John Varin puts 2,000 miles under his tires every month, as he drives his white Subaru Justy across the Magic Valley to preside over juvenile crime and punishment.

On the long road home to Fairfield at the end of the day, Varin often thinks about the juvenile-justice reforms enacted by the Legislature. With his help, six Magic Valley counties are trying to stretch limited dollars to create a new juvenile-justice system, to replace state programs that will end this fall.

"It is just a huge, huge change," Varin said. "This is by far the most massive functional change. In the past, it has been sort of

an evolution. This one is really just starting over."

The counties will start treating and tracking young criminals by Oct. 1, when the Idaho Department of Health and Welfare gets out of the business of rehabilitating juveniles. Hoping to be tougher on youthful crime, lawmakers have created a Department of Juvenile Corrections. "The worst thing that could happen is if our bark was worse than our bite," Varin said.

The reforms won't work without enough programs and detention beds, Varin said. His biggest concern so far has been programs for sex offenders and kids addicted to drugs and alcohol, he said.

One of the greatest changes locally is a 24-bed, minimum-security dormitory to be

ing built in Twin Falls. That will free space for violent offenders at the 12-bed Snake River Juvenile Detention Center next door, he said.

Varin was appointed to the bench about a year and a half ago, for the sole purpose of presiding over the valley's juvenile cases. Now he is also helping Twin Falls, Jerome, Gooding, Lincoln, Camas and Blaine counties prepare for the transition from state to county control.

He meets with state officials and passes information to county commissioners, school officials and others. He also has researched local rehabilitation programs that will effectively help kids turn their lives around.

"John is a very good listener," said Twin

Please see JUDGE/A2

Budget plans threaten final resting place for waste

Associated Press Writer

WASHINGTON — Already decades overdue and more than \$4.2 billion spent, a proposed national burial ground for highly radioactive nuclear waste in Nevada is in danger of itself being buried — by federal budget cutters.

Second of series

For years the government has tried to find a permanent resting place for an expected 86,000 metric tons of deadly spent fuel from the nation's civilian nuclear power reactors.

Hundreds of tons of additional wastes, including large quantities of plutonium from the defense nuclear weapons program, also await a place to be buried.

But the Energy Department program, which has focused on a site at Yucca Mountain northwest of Las Vegas, has floundered for years and critics say the government is no closer to building the repository today than it was in the mid-1960s when the search for a location began.

The House, in crafting its seven-year blueprint for balancing the federal budget, dramatically cut spending for the Yucca Mountain project, providing only enough to put it into cold storage. The Senate provides some additional money, but the

program's future remains tenuous. Even some of the Yucca Mountain project's supporters, who still have a 2010 target for getting it built, give it only a 50-50 chance.

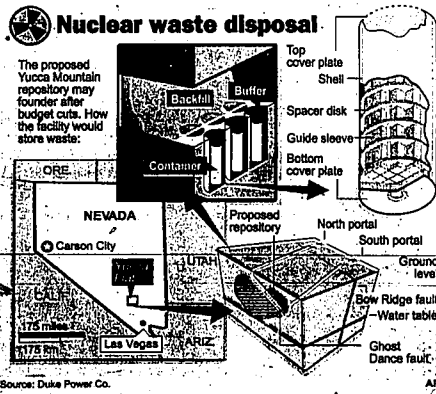
"A repository will never be built at Yucca Mountain," declared Sen. Richard Bryan, D-Nev., who has called the plan ill-conceived, mismanaged, and troubled by technical and scientific uncertainties.

Congress increasingly is shifting its attention to finding a temporary above-ground waste storage facility. Two key House chairmen — Reps. John Kasich of the Budget Committee and Robert Walker of the Science Committee — suggested it might be wiser and cheaper to concentrate on the interim above-ground site where spent fuel could be held for 100 years. Bills have been introduced in both the House and Senate to put a temporary storage site in Nevada.

The political turmoil has sent tremors through the Energy Department's Yucca Mountain project office in Nevada where a huge boring machine — at the cost, by some estimates, of \$60,000 a foot — is digging a massive tunnel into the desert rock.

The tunnel, now more than 650 feet deep and 25 feet across, is designed as an underground laboratory to help determine if the rocky region can hold the nuclear material for tens of thousands of years. If congressional budget cutters prevail, the work

Please see WASTE/A2

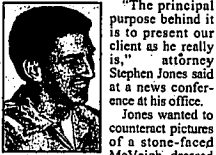


Source: Duke Power Co.

Attorneys show human face of suspect

Lawyers release photographs, video of Timothy McVeigh

ENID, Okla. (AP) — Trying to put a human face on the man charged with killing 168 people in the Oklahoma-bombing, Timothy McVeigh's attorneys released photos and videotape Sunday showing him smiling and relaxed.

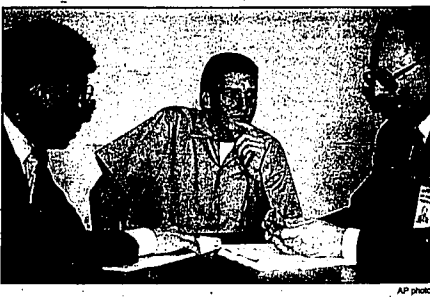


McVeigh

"The principal purpose behind it is to present our client as he really is," attorney Stephen Jones said at a news conference at his office. Jones wanted to counteract pictures of a stone-faced McVeigh dressed in an orange prison jumpsuit, as he was led from jail two days after the April 19 bombing of the federal building in Oklahoma City.

"The FBI wants to present him as they see him. I want to present him as he really is," Jones said. "The public is entitled to know more about Mr. McVeigh than the government has released anonymously."

The 13 photographs taken last week from prison show a grinning, youthful-looking McVeigh in short-sleeved khaki shirt and pants.



Accused Oklahoma City bomber Timothy McVeigh, center, talks with attorneys Stephen Jones, right, and Robert Nigh during a meeting Thursday at the El Reno, Okla., Federal Prison. This was the first time McVeigh had been photographed since April 21, when he was transferred from the Noble County Jail in Perry, Okla.

The video, released earlier Sunday to CNN, shows similar images of McVeigh sitting at a table and talking with his lawyers, even laughing at one point. It has no audio. The news conference came a day after Newsweek released excerpts of an interview with McVeigh from the federal prison in El Reno. The interview Thursday appears in Monday's issue.

Newsweek said McVeigh wouldn't answer directly when asked if he bombed the federal building in Oklahoma City.

"The only way we can really answer that is that we are going to plead not guilty," McVeigh said.

Jones said Sunday that he instructed McVeigh not to say whether he committed the bombing.

Pressed for his personal reaction to the bombing, McVeigh told the magazine he was "horrified" by images of the children killed.

"It's a very tragic thing," he said. McVeigh and Terry Nichols are the only two people accused in the bombing, which killed 168 people and injured more than 500. Both are held without bail under a federal anti-terrorism law that carries the death penalty. McVeigh did not attend Sunday's news conference.

McVeigh's attorney said he gave the 70-minute interview to Newsweek because of his respect for contributing editor Col. David Hackworth, whom Jones called a hero to so-called military "grunts."

"Hack wrote him and said that he wanted to talk with my client, soldier-to-soldier," Jones said.

Jones also released about 40 pages of excerpts from McVeigh's military record. The excerpts cover positive remarks from trainers and other supervisors who recommended him for routine commendations.

"McVeigh displayed all the skills, knowledge and attributes of an excellent leader throughout the program of instruction," Staff Sgt. Brad Jenkins wrote of McVeigh's performance in noncommissioned officer's school at Fort Riley, Kan., in 1990.

"Throughout the course, he displayed an enthusiastic attitude and a willingness to help his peers whenever necessary," said Jenkins, who was one of McVeigh's instructors.

Liddy receives award along with protests

HOUSTON (AP) — G. Gordon Liddy received his free speech award from fellow talk hosts in a ceremony marked by protest over the decision.

"Shame, shame," yelled Gloria Allred, a board member of the National Association of Radio Talk Show Hosts, as Liddy approached the podium Saturday night.

She then walked out in protest of Liddy's much-publicized on-air comments on how to gun down federal agents.

"He's not a hero. He's not a role model," Allred said earlier. "It didn't take any courage for him to say what he said."

Liddy, a 64-year-old former Watergate burglar now heard on 262 stations nationwide, told the group "you have shown great courage to expose yourself to the kind of criticism you have received to give me this award."

Liddy said he felt singled out when President Clinton chastised conservative talk radio shows for "hateful speech" following the Oklahoma City bombing.

The group said last month that the decision to honor Liddy was

"not a judgment of his opinions, but rather a show of support for his right to express them."

Liddy has been critical of the 1993 federal raid on the cult compound in Waco, Texas, and once counseled listeners to use "head shots" if agents invaded their homes because "they've got a vest underneath."

After the Oklahoma bombing, Liddy said experts had told him shooting for the head was a bad idea because heads are hard to hit. "So you shoot twice to the body, center of mass, and if that does not work, then shoot to the groin area."

Earlier Saturday, Rep. Richard Gephardt urged the radio hosts to skip the presentation.

"We certainly do not honor the First Amendment by honoring explicit calls to violence and bloodshed," the House minority leader said. "That is why this organization's decision to give its freedom of speech award to G. Gordon Liddy is not only wrong, but outrageous."

Last year's winner was then-New York Gov. Mario Cuomo.

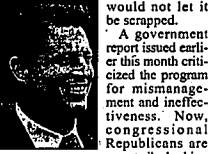
Gore defends free vaccinations for children

WASHINGTON (AP) — The nation's poor record in child immunization makes it essential that the government continue offering free vaccines, Vice President Al Gore said Sunday, responding to a report that Republicans hope to kill the program.

"It's troubling to see the United States way down the list of countries around the world in terms of vaccinating children against diseases?" Gore asked on ABC's "This Week With David Brinkley."

"That's something that cries out for a response," Gore said.

Gore said the administration would be willing to make changes to improve the Vaccines for Children program established by President Clinton in 1993, but



Gore

would not let it be scrapped.

A government report issued earlier this month criticized the program for mismanagement and inefficiency. Now, congressional Republicans are reportedly looking into dismantling it and letting the states run vaccine programs.

Rep. Scott Klug, R-Wis., was quoted by The New York Times on Sunday as saying that while immunizing children is a national priority, "this is the most bizarrely man-

aged, poorly conceived government entitlement program there has ever been."

One idea for replacing it is to provide block grants to the states and let them devise their own vaccine programs, he said. Republicans are pushing similar block grants for welfare, crime prevention and health services to the poor.

Sen. Dale Bumpers, D-Ark., a leader on child immunization issues, also told the Times that he would be willing to eliminate the program and replace it with an unmitigated disaster from the inception," he said, because it proceeded from the assumption that cost was the main barrier to immunization.

The General Accounting Office

study issued earlier this month said the program, expected to cost \$457 million this year, was not likely to block outbreaks of vaccine-preventable disease.

It found no evidence that the cost of vaccine for parents was a major barrier to timely immunization, and suggested a better, less costly strategy would be to concentrate on the missed opportunities for immunization when poor children get care from Medicaid, public health clinics and other providers.

Studies have concluded that up to half of all American children are not fully immunized from such diseases as measles, diphtheria, mumps, whooping cough and tetanus when they reach the age of 2.

Gas prices down 1st time in more than 3 months

LOS ANGELES (AP) — Gasoline prices fell nearly a penny per gallon during the past two weeks, the first nationwide drop in more than three months, an industry analyst said Sunday.

The average price of gasoline, including all grades and taxes, was 127.7 cents per gallon, according to the Lundberg Survey, taken Friday of 10,000 stations. That price represents a decline of 0.89 cent from the last survey, taken on June 9, said analyst Trilby Lundberg.

"Prices rationally could slip a bit further," Lundberg said. Gas prices are still rising in a few Midwest cities but most metropolitan areas have seen prices fall or stabilize, she said.

Thousands take part in New York gay pride parade

NEW YORK (AP) — Tens of thousands of people, from men dressed as fairies on stilts to Buddhists to police officers, celebrated their homosexuality and mourned losses to AIDS as they marched Sunday in the annual gay pride parade.

No arrests were reported in the parade, down Fifth Avenue as rumors that marchers might disrobe in front of St. Patrick's Cathedral proved groundless.

One woman did briefly bare her breasts but wasn't arrested. Two men on a float dressed as a gay net but kept their shorts on; they seemed to particularly relish performing in front of about 15 counter-demonstrators, including neo-Nazis shouting "Sieg heil" and giving the Nazi salute.

Some marchers chanted "shame, shame" as they passed the Roman Catholic cathedral, the focus of gay protests because of Cardinal John O'Connor's past condemnations of homosexuality.

But shortly before the parade started, the cardinal delivered a conciliatory sermon at St. Patrick's.

"Most people whose sexual orientation differs from the majority are good, decent people who try to live responsible lives. They have their struggles as we all have our struggles," O'Connor said from the pulpit.

The Catholic League for Religious and Civil Rights had asked city officials to move the parade route so marchers wouldn't pass the cathedral, saying they would commit acts offensive to churchgoers.

Mayor Rudolph Giuliani refused to overrule the police permit for the march and participated in the parade. Police sealed off the sidewalks in front of the cathedral.

Olympic diving champion Greg Louganis, who had a public hearing last year and more recently disclosed that he is HIV positive, helped lead the parade as a grand marshal.

"There are no more secrets. They're seeing me as the whole people," Louganis said before the parade. "I hid for a long time and I felt like I was living on an island with barely a phone. This disclosure has been wonderful because it's the kind of my ticket off the island."

Clinton denounces GOP budget cuts

LITTLE ROCK, Ark. (AP) — President Clinton denounced GOP budget cuts at a newly renovated low-income apartment project Sunday, calling it the kind of "practical partnership" Republicans want to dismantle.

Wrapping up a three-day visit to his home state, Clinton praised the 45-unit Mahlon Martin Apartments in downtown Little Rock as "a concrete, specific example of what I have been trying to say to the American people now for two and a half years."

There has been a heavy political undercurrent to Clinton's trip, which included \$1 million re-election fund-raisers here and in New Jersey. And Sunday was no exception.

"These facilities ... are going to give homes to working people who don't have enough money to get by," Clinton said as he joined Arkansas Gov. Jim Guy Tucker and local officials in a ribbon-cutting ceremony in a parking lot out-

side the two refurbished brick apartment buildings.

"The real heroes in American society today are the people who get by every day, work a full week, raise their kids the best they can, and do not have enough money to get by," he added.

Clinton was leaving Arkansas later Sunday for San Francisco, where he was to participate in a ceremony on Monday marking the 50th anniversary of the United Nations. He goes to Portland, Ore., on Tuesday for a regional economic conference.

The 45-unit, \$2.7 million apartment renovation was a joint effort of local, private and federal funds, including a \$655,000 loan from the community development block grant program.

Complaining that Republicans are seeking to eliminate the program, Clinton said "it's threatened today in Washington. I hope we can save it."

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Nation

Ousted Simpson juror's book details life inside

LOS ANGELES (AP) — Thrown into the pressure cooker of life as a juror in the O.J. Simpson trial, Michael Knox found that the assumptions about race relations didn't apply anymore. A black juror can fairly judge a black defendant, says Knox, who is black. And black jurors don't all think alike, as pundits looking at the black-majority Simpson jury have implied. After 50 days on the jury, Knox was dismissed in March for undisclosed reasons. He says he thinks it was because he didn't reveal his arrest a decade earlier for kidnapping a former girlfriend; he was never charged in that case. In a book due out this week, Knox says the Simpson jury was marked by black-against-black animosity, complicated by gender, class and personality clashes. "I never saw any deliberate racial attacks by white jurors or deputies against any black jurors," Knox wrote. "In my experience, the white people who were on that jury bent over backwards to be friendly. I know that some African-Americans will be angered by my statement, but that's how I saw it." Another dismissed black juror, Jeannette Harzis, had claimed the deputies showed favoritism toward white and Hispanic jurors. His 298-page "The Private Diary of an O.J. Juror" is published by Dove Books and co-written by Mike Walker, the same National Enquirer columnist behind Faye Resnick's tell-all book. Resnick described Simpson's volatile relationship with his wife, Nicole Brown Simpson, and concluded that Simpson killed her and Ronald Goldman. Knox is the first of the 10 dismissed jurors to publish a book. Portions of the book are excerpted

in People magazine. A complete copy was obtained by The Associated Press. The serious subject of race permeates every part of the book; race shaped the way jurors saw each other, themselves and the black celebrity defendant, Knox says. Knox admired Simpson, but nonetheless felt the evidence was leaning against the former football star. He scolded anyone for thinking a black juror doesn't have the brains or moral backbone to render a fair verdict. And as dysfunctional as the Simpson jury is, Knox believes the panelists will reach a verdict. "Unless there is an eleven-hour plea bargain made," Knox wrote, "O.J. Simpson will be convicted of murder." The 47-year-old courier for Express admits he withheld information on his juror questionnaire about his arrest in the early 1980s for kidnapping a former girlfriend. He said he was drinking one night and began "stewing" after the girlfriend called an old boyfriend. "In the heat of my rage, I grabbed Clare, shoved her into my car, and drove off with her," he wrote. No charges were filed, he said. He even has a picture of the woman in his book. Although he was dismissed before prosecutors presented physical evidence, Knox spent enough time in the jury box to form strong opinions about the justice system and what he describes as the folly of sequestration. "Don't sequester jurors," he said. "People have better judgment than lawyers and judges think." Knox tells of constantly being watched by deputies, of having no locking chain on his hotel room door, of having to be searched on the first day of sequestration.

Gramm on Sherman-like march

By Jill Lawrence The Associated Press

Analysis

WASHINGTON — The transition to a Republican Congress has been easy for Sen. Phil Gramm. He's still saying no, just as he did when Democrats ruled Capitol Hill and he was not yet a presidential candidate. This year lawmakers in his own party are feeling the brunt of Gramm's mix of persistence, absolutism and ambition. The Texas Republican is on a Sherman-like march across the new legislative landscape. He has vowed to bury GOP budget and welfare bills if they aren't changed to suit him, and this week led the Senate filibuster against Dr. Henry Foster's nomination as surgeon general. "I think we can serve the public interest by saying no," Gramm said Wednesday in Foster, echoing the argument he used during the 1994 health-care debate. Republicans ended last year in a frenzy of obstructionism, guessing correctly that voters either wouldn't care or would blame the Democratic majority for whatever didn't get done. Most of them changed their approach when they took over both chambers this year. Gramm, however, has settled on a neo-obstructionist strategy that's having its greatest impact on Senate Majority Leader Bob Dole — the front-runner for the GOP White House nomination that both men covet. At this point the GOP presidential race is essentially a competition to attract conservative primary voters. Dole, R-Kan., is trying to protect his right flank against incursions by Gramm and others, while at the same time meeting his responsibilities as a congressional leader. The Foster nomination, sidetracked by controversies over abortion and credibility, exposed the two men's presidential rivalry unusually baldly. When Gramm vowed to filibuster, Dole said he might not bring the nomination to the floor. "This is a game of one-upmanship"

firm Sen. Christopher Dodd, D-Conn., between "candidates for an office that won't be decided for 18 months." Senate Minority Leader Tom Daschle, D-S.D., said Dole was "under extraordinary pressure" to keep the nomination off the floor and "showed some statesmanship" in letting it come up. Gramm, unencumbered by leadership obligations, is in the same spoiler's role he played in last year's health care debate. At the time, against pollsters' advice, he led a GOP charge to kill the whole issue. Countless times he labeled President Clinton's massive reform plan "deader than Elvis" and swore it would pass "over my cold, dead body." Ultimately Congress passed nothing at all — a devastating setback that has haunted Clinton and the Democrats ever since. Past glories were on Gramm's mind Wednesday when he blasted a Republican welfare reform bill and said only dramatic changes would win him support. "You're never didn't get done," Gramm warned. He claimed backing from some 20 GOP senators and asserted "there is no possibility" the welfare bill could pass in its current form. Gramm is also bucking his party on its budget. "I will stop it cold," he has said, if it doesn't contain a variety of tax cuts approved by the House but resisted by senior Senate Republicans intent on deficit reduction. "I can't believe that Senator Gramm wants to kill a balanced budget. We'll just have to wait and see if he really wants to do that. End of statement." Senate Budget Committee Chairman Pete Domenici, R-N.M., a close Dole ally, barked at a reporter when Gramm first made his threat. Domenici and other leaders bypassed Gramm, an economist and Budget Committee member, when the budget a negotiating team to reconcile the House and Senate budget blueprints. They said the idea was to keep



Sen Phil Gramm, R-Texas, prepares for Wednesday's debate on the nomination of Dr. Henry Foster as surgeon general.

Gramm's presidential prospects may be uncertain and his colleagues may snub him. But increasingly he has the air of a man secure in his niche and his influence. The week's events led Daschle to wonder aloud: "Who's setting the agenda here?"

High school program sparks new attitude

VALLEJO, Calif. (AP) — Big Dre was on his way to becoming a statistic — a black youth, barely graduating from school and headed for a minimum wage job and maybe even jail. "I wanted to be Mr. Thug Gangbanger," said Andre Royster, whose handle comes courtesy of his 6-foot-7 physique. But Royster's dreams of life as a thug began fading the day he bumped into his friends heading to the Tanner Project, an afterschool program. Admittedly, Royster initially wanted to join the project after hearing that there were 20 girls and just four boys in the group. And while Big Dre advanced his social skills with the two female friends he met that year, the Tanner Project also gave him something he wasn't expecting. "It put the future on my mind," said Royster, 24, a graduate of Morris Brown College in Atlanta and now a food service director for Fine Host at Texas College. "They kind of gave me the tools that made me the man I am today." Royster is one of the first products of the Tanner Project, a direct support program in Vallejo that has been going for black Vallejo high school students. He is not an isolated success: In the past five years, all Tanner seniors have enrolled in a four-year college. The project is named after former Assemblywoman Shirley Tanner, who worked to help increase high school graduation and college acceptance rates for ethnic minorities. It began as an SAT preparation program funded by the state Department of

Education, but soon blossomed into a full-service program. Funding now comes from donations and fund raisers. Each fall, students must apply to the program and, if they participate, attend a series of seminars. Tannerites, as they affectionately call themselves, make a commitment to show up every Monday night, help organize fund-raisers and open their mind to learning. Students receive career and personal counseling, SAT preparation and the previous year's skills. They discuss cultural awareness and meet with guest speakers ranging from the mayor to doctors to teen-age parents. "This whole thing is like a gang. There is a bonding that goes on between the students and teachers. That's the glue that holds it together," said Willie Atkins, director of Tanner. And like any gang, they watch each other's back. "If you don't come, people will be like, 'What's wrong with you? How come you aren't going to Tanner?'" said Ezekiel Griffin, 16. Unlike street gangs, however, Tannerites are armed with books,

not guns. Their heads are filled with knowledge, not drugs. "I think if anything, it makes us role models," said Nicole Mitchell, 15. "In Tanner, you're taught to be serious about your school work, about your goals in life. ... I think that a lot of people in our role models because we're actually doing something other than getting into trouble." Just 33 percent of black high school graduates, and 36 percent of Hispanics enrolled in college in 1993, compared with nearly 42 percent of white high school graduates, according to the American Council on Education. So to show Tannerites the possibilities, they are taken on a tour of 15 historically black colleges. "They've never seen so many African American students involved in the learning process," Atkins said. "They find a whole school of teachers who care if they succeed. And that we don't have them in our system, just not enough of them." Among the estimated 120 Tanner students this year, 26 are seniors. All are college-bound. Rashaad Colbert passed only two classes in the 9th grade and

had a 1.6 GPA. This fall, he's heading to Southern University in Baton Rouge, La. to study computer science — taking a 3.0 GPA and loads of determination with him. The best lessons from Tanner, Colbert says, are how to prioritize time and focus goals. "We know there's a time to play and a time to be serious," he said. Tracie Hall, 16, says her attitude toward school has changed dramatically from the days when she used to rush to finish her homework while riding the bus to school. "You have to take pride in what you're doing. All the grades ... count now. You can't mess around now," Hall said. How right she is. In one year, four students were kicked out, including Andre Royster, who started water balloon fights, was adamant about wearing dressy clothes during the college tour and teased other students. Royster pleaded to return. The second time, it wasn't about meeting girls. It was the whole idea of being around positive people who wanted to do more than graduate high school and live in Vallejo, Royster said. People like Virginia Brooks, a 9th grader at Solano High School and first-year Tanner student. "I want to beat the statistics ... proving that people of my race can come up, can beat the statistics, can beat all the negativity," she said. Even if there is a road block, instead of just stopping, building a wall, I'm going to build a bridge so I can work over that and keep going."

'I think if anything, it makes us role models. In Tanner, you're taught to be serious about your goals in life. ... I think that a lot of people think of us as role models because we're actually doing something other than getting into trouble.'

— Nicole Mitchell, 15.

Study: Republican victory reflects shift in South not national trend

WASHINGTON (AP) — Voter turnout rose slightly in almost every region in November 1994, according to a study that suggested the Republican capture of Congress reflected a Southern shift toward the GOP, not a national trend. The report by the Committee for the Study of the American Electorate also found that increasing numbers of voters registering as independents. "What we are seeing is disengagement rather than realignment — a turning away from both major political parties," said Curtis Gans, the group's director. "The future trend is toward disengagement and non-participation." In 1994, when Republicans wrestled control of the House and Senate from Democrats, 75,114,722 Americans voted, a turnout of just 38.8 percent, up 2.3 percentage points from 1990. Looked at in terms of the population of eligible voters, Republicans won support of 19 percent, Democrats of 16.6 percent. Turnout was up in every region except New England and the farm states. The rise was driven by hotly contested races in some areas, such as the battles for Senate seats in Tennessee and Virginia. There were also substantial turnout increases in many of the most populous states, including Florida, Michigan, New York and Pennsylvania, the report said.

Police angry over Cincinnati's response to videotaped arrest

CINCINNATI (AP) — As news footage rolled of police officers kicking a black suspect in the ribs, menoring the Rodney King beating and its riotous aftermath haunted this city. City Manager John Shirey's decision to discipline the three officers involved may have quelled tensions in the black community, but it left police feeling angry and abandoned. "It's the toughest decision I've had to make here," said John Shirey, who took the job 19 months ago. "An incident like this ends up being almost totally consuming." It was up to Shirey to decide if police overstepped their bounds when officers on two white and one black arrested 18-year-old Pharon Crosby while breaking up a disturbance at a downtown bus stop April 25. A passing WLWT-TV news crew caught the officers on tape kicking the suspect in the ribs and spraying him with a chemical irritant. The station played parts of the

tape on newscasts for days. Nearly two weeks later, the same day Crosby was indicted for assaulting the officers, Shirey recommended that the city's safety director suspend one of the white officers and the black officer for five days each. He asked that the third be reassigned and get counseling. On June 14, some 250 uniformed officers marched through the streets in protest. Twenty-nine officers in one precinct called in sick one day that week. "Shirey didn't deal fairly with the officers," said Sgt. Paul Hillmer, police chief of the Fraternal Order of Police local. "He left us in a position where we now have to question our training." Officers said the three face punishment for doing just what their trainers taught them — including kicks to the ribs. Crosby, who has pleaded innocent and was not seriously hurt in the incident, refused to be interviewed.

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About 10,000 veterans and anti-communists rally in Seoul, Sunday, commemorating the 45th anniversary of the start of the Korean War.

S. Korea commemorates war

SEOUL, South Korea (AP) — On the 45th anniversary of the start of the Korean War, South Korea held emotional rallies Sunday to honor the dead, North Korea stepped back from a threat to annul the armistice that ended the war.

And a ship filled with emergency aid left the port of Tonghae on its way to North Korea, the first such aid from South Korea. Officials said they hoped the shipment would help thaw decades of Cold War chill.

"The ship, laden with our hope and love, sails toward new horizons in inter-Korean relations," said Prime Minister Lee Hong-ko Lee. "This is but a small new beginning in the long road toward unification."

Japan also has promised rice to North Korea, but news reports said their talks hit a snag Sunday after

Japan asked North Korea to promise it wouldn't sell the rice abroad or use it for the military.

North Korea said it already promised in a letter to Japanese lawmakers to use the rice to feed civilians, the Asahi newspaper reported in its Monday editions.

Japan said it could supply 300,000 tons of rice, but North Korea cited a previously unreported agreement that it said promised 1 million tons, the newspaper said.

The two Koreas have never signed a peace treaty, and are still technically at war. The armistice has kept a tense peace, with 2 million troops deployed along both sides of a demilitarized buffer zone 2 1/2 miles wide.

North Korea, which told U.N. officials last week that it would annul the armistice, appeared to take

a step back from its threat Sunday, instead warning of renewed hostilities unless the armistice is replaced with a peace treaty.

"The situation urgently demands that a new peace mechanism be set up on the Korean peninsula so that arms buildup and recurrence of war may be prevented and a durable peace and security be preserved," said an article in North Korea's official Communist Party newspaper, Rodong Sinmun.

North Korea has long sought direct peace talks with the United States, but Washington has insisted any talks be held with South Korea, which North Korea calls a U.S. puppet.

Meanwhile in South Korea, 5,000 veterans and relatives of war victims gathered at the national cemetery Sunday to pay their respects to the

dead. Another 10,000 people attended a rally at a Seoul stadium to honor those who fought, pledging to protect South Korea against future invasions.

"The first rice shipment was to have left South Korea on Saturday, and would have arrived on Sunday, North Korea unexpectedly delayed the shipment, leading to speculation that it wanted to avoid the humiliation of having the rice arrive on the anniversary of the start of the war."

The Korean War began June 25, 1950. North Korea maintains troops attacked from the south, but most historians agree that it was North Korea that launched the attack and started the three-year war.

U.S. forces led an international contingent under the U.N. flag against the North and its ally, China.

Death toll in Pakistan terror campaign nears 75

KARACHI, Pakistan (AP) — Militants waging a terror campaign against civil Muslims and the government killed 33 people Sunday, firing grenade launchers and burning several buildings in Pakistan's financial center.

Police said several victims had been tortured, their throats slit and their legs and hands tied. "These people are being executed. It's frightening," said Karachi Police Commissioner Zia-ul-Islam.

A 45-year-old woman and her two teen-age sons were killed when militants fired a grenade launcher at a police station, missed their target and hit their nearby house, eyewitnesses said.

"Their bodies were completely smashed," said a shaken neighbor, Kamran Rizvi. "It was horrible."

Three teen-age boys were injured in the same attack.

The rampage by the militant

Mohajir Qaumi Movement has killed nearly 75 people since Thursday night. Over the past five weeks, more than 300 people have been killed in Karachi in fighting between Muslim factions and attacks on security forces and police.

At a news conference Sunday, Police Chief Shoabuddin lashed out at residents of this sprawling Indian Ocean port city. "People are just sit-

ting back-like spectators not lifting a finger to help the police," he said.

More than 80 members of the security force have been killed in the past five weeks.

Most of Karachi, a city of 12 million people, was shut down again Sunday. The Karachi Stock Exchange and other financial institutions remained closed Sunday, a working day in Muslim Pakistan.

18 young people killed as freight cars hit train

PRAGUE, Czech Republic (AP) — Three runaway freight cars loaded with wood and scrap metal rolled down a hill and smashed into a train packed with youths headed to a dance, officials said Sunday. Eighteen people were killed.

The crash occurred Saturday evening near the small town of Otpravod, about 60 miles east of Prague. Four helicopters took medical and rescue workers to the scene.

"I got out of the helicopter, and my legs started shaking," Dr. Miroslav CTK said. "Unfortunately, we had very little to do, mostly dispose of dead bodies."

Reports said the cars were decoupled during switching in the town of Cachnov, about 2 1/2 miles from the crash, then rolled down a

long hill toward Otpravod.

Jaroslav Kocourek, an official at Czech railways central office in Prague, said the cars may have been going as fast as 60 mph when they slammed into the train. They struck the front of the train and rammed almost head-on through it.

The train was single car that combined a locomotive and passenger seats, connected to a mail car. It was carrying young people from neighboring villages heading to a dance.

Seventeen people died in the accident Saturday, and one more died of injuries on Sunday. Five other people were injured and remained in serious condition, the CTK news agency said.

Officials said two railroad employees were probably among the dead, but identification of the bodies was proceeding slowly.

16 dead after jetliner skids off wet runway

LAGOS, Nigeria (AP) — A jetliner on a domestic flight skidded off a rain-soaked runway at Lagos airport and burst into flames, killing as many as 16 people, aviation officials and news reports said Sunday.

The Russian-made TU-134 was flying from the north-central city of Kaduna when it touched down at Lagos on Saturday, skidded off the runway and into a field. Moments later, an explosion engulfed the plane in flames, witnesses told the Sunday Times newspaper of Lagos.

Russia fires at rebels, denies truce violation

VEDENO, Russia (AP) — Russian commanders said Sunday their forces attacked rebels in southern Chechnya, but they insisted it was not a violation of a week-old truce intended to bolster new peace talks.

They said the attack was permissible because it targeted fighters loyal to rebel commander Shamil Basayev, who led a recent assault and hostage-taking in southern Russia.

The artillery guns were used to suppress incessant armed resistance of Basayev's armed group and detain the terrorists," a Russian command spokesman said in remarks reported by the ITAR-Tass news agency.

"The Chechen side was notified about the possibility of such acts during the talks in Grozny on June 23," said the spokesman, whose name was not given.

The attack occurred Saturday near the mountain village of Dalgoo, 35 miles southeast of Grozny, the Chechen capital. There was no immediate comment from Chechen leaders.

Russian officials have pledged to track down Basayev. Chechen negotiators agreed last week to turn him

over, but said later they doubted they could.

Residents of Vedeno, a former rebel base just west of Dargo, said they heard artillery and machine-gun fire Saturday night and Sunday morning. They also reported seeing a Russian jet on a bombing run.

"There's your cease-fire for you," said villager Vakha Sayidov, pointing at a Russian tank and rocket launcher rumbling through Vedeno. "Until now, how many peace proposals have I heard of? They've done nothing for us."

Peace talks began last Monday at the demand of Basayev, whose gunmen attacked the southern city of Budyonnovsk and seized about 2,000 hostages June 14. He released the hostages and escaped with his men into the Chechen hills Tuesday after winning Russian concessions.

Scores of people were killed or wounded in the raid and attempts by troops to storm a hospital where the hostages were held.

Since then, Russian and Chechen negotiators have tentatively agreed to plan elections and extend the cease-fire. Talks are to resume Tuesday.



Haitian President Jean-Bertrand Aristide shows his ink-stained thumb proving he voted Sunday in legislative and municipal elections.

Haiti elections start slow

PORT-AU-PRINCE, Haiti (AP) — With longer lines at water taps than ballot stations, Haiti's first free election in five years got off to a slow start Sunday.

Some polling stations were shut with no officials in sight when voting was supposed to start at 6 a.m. At others, people were unpacking stacks of ballot papers while lines of a dozen or more voters waited patiently outside.

Campaigning for the U.N.-supervised vote, which will pick 101 national legislators and 2,000 local officials from more than 10,000 candidates, was largely free of violence.

Supporters of President Jean-Bertrand Aristide are expected to sweep the balloting, as he did in

1990 in Haiti's first democratic elections. The voting Sunday is a prelude to a December presidential election.

Some 10,000 polling stations were set up throughout the country, monitored by 1,000 international observers and U.N. troops and police. Election officials plan to dip voters' fingers in indelible ink to prevent them from voting twice.

Results aren't expected for eight to 10 days because the ballots have to be counted by hand.

Confusion reigned at many polling places. In Carrefour, just west of the capital, a gunman attacked a voting station, wounding an electoral worker, said Alexandre Gerin, a spokesman for the Electoral Council.

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State's rights not rebellion, governors say

PARK CITY, Utah (AP) — Efforts by Western governors to wrest control of their respective state's destiny from Washington should not be seen as a rebellion and is not intended to inflame militant anti-government rhetoric.

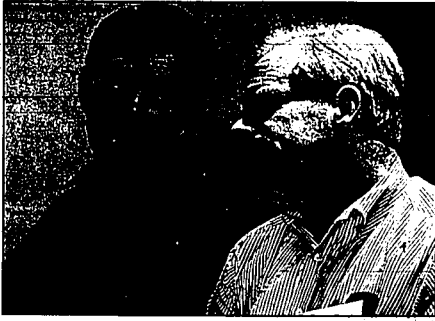
"You will hear none of that rhetoric at this conference, nor will you hear it from governors of Western states," Utah Gov. Mike Leavitt said Sunday as he opened the annual meeting of the Western Governor's Association in Park City.

The theme of the two-day conference is "A stronger voice, a better balance, a West that works." Eleven of the association's 18 governors are attending, along with the premier of Manitoba, Canada. Leavitt, the association chairman, said he's trying to restore the balance of power between the states and federal government.

"We want to make sure we're not branch managers of the federal government, that we're partners in the process," said Nebraska Gov. Ben Nelson; the WGA vice-chair.

What the governors will be talking about is money.

Leavitt, Senate Budget Chairman Sen. Pete Domenici, R-



Arizona Gov. Fife Symington, right, talks to Utah Gov. Mike Leavitt, during the Western Governors' Association meeting. N.M., will find himself on the hotseat as governors attempt to assess how badly states will be nicked by Congress's plan to balance the federal budget in seven years. "We don't want to see the federal

budget balanced and ours busted," said Nelson.

The governors want assurances that they won't wind up facing what Leavitt says is a "worst-case scenario," in which the federal government "sends fewer dollars, but does not give us the flexibility to make programs work on a more efficient basis."

"If we end up with the same set of regulations, or a different set of strings tying our hands in order to be able to make the kinds of changes necessary to make things work, it's a big problem," Leavitt said.

Colorado Gov. Roy Romo pointed out that nine of the 10 fastest growing states are in the West. He worries that Congress, when setting the level of funding, won't take into account the burgeoning populations in Colorado or the surrounding states.

Additionally, he said, many Western states have been more "frugal" than those on the East Coast when it comes to per capita Medicaid and Medicare expenditures. Romer worries that Congress won't take that into account when it begins setting expenditure levels for the states.

County commissioners agree to return taxes

LEWISTON (AP) — Nez Perce County has agreed to return about \$220,000 in taxes collected by mistake from residents of Lewiston, Lapwai, Culldesa and Peck.

The tax, levied against property, was assessed from 1988 through 1993. The county commissioners were made aware of the unjustified tax about a year ago and decided to stop levying it, but publicly agreed to return the money only after the Lewiston Tribune asked questions.

Commission Chairman Earl Ferguson said Friday the money was not refunded earlier because of "problems common to mankind and the very nature of government."

"I will be the first to admit that this problem should have been corrected within the last 10 or 12 months," he said. "However, the pressure points get the attention."

"I have no explanation why a levy was imposed upon the residents of any incorporated area for subsidizing the solid waste fees of the residents in the county," Ferguson said.

Even though the total amount collected is \$219,666, individual refunds will be relatively small.

In 1993, for instance, a homeowner with taxable property valued at \$50,000 would have paid less than \$5 to that account.

Almost all the money that will be returned was collected from Lewiston: of the \$219,666 collected in error, \$216,959 came from Lewiston.

The money was taken in for solid waste disposal. Nez Perce County, however, does not provide that service in the four cities.

Rural residents are assessed an annual fee, currently \$186, for disposal.

That is not enough for all expenses, however, and the difference is made up through a levy on property.

Sign stealing, vandalism takes big chunk out of Idaho budget

IDAHO FALLS, Idaho (AP) — Soft Spot. Thumper Lane. No Dumping. Bone Road. Bump.

Bonneville County street sign supervisor Ken Chalkley cannot say why, but he ducking a bit when he talks about how these county road signs are repeatedly plucked from their posts by thieves.

"In a way it's funny," Chalkley said. "But it's not. It's costing taxpayers a lot of money."

disrespect for authority, and signs represent authority. They tell you where to go, what to do."

Dalling said not all sign stealers are rebels. Some are just looking for kicks. Signs with girls' names are a big hit.

"For some odd reason, girls' name seem to trigger some (stealing) instinct in some people," he said.

Stealing or vandalizing road signs in Idaho is a misdemeanor, Dalling said.

"Anything that was standing got hit."

Cost for a new road sign runs about \$38. If the post is broken, that's another \$28, plus labor.

The problem isn't unique to county road signs.

Wally Bunnell, an engineer on the Targhee National Forest, said his forest spends about \$20,000 a year replacing signs, and 90 percent of the problem is vandalism.

"We'd rather spend that \$15,000 or \$20,000 maintaining roads," said Bunnell.

But instead of filling in potholes and grading rocky roads, forest employees spend a lot of time pulling down messed-up signs. Rifle and pistol shooters are largely to blame.

"It's a target, and the signs you see shot up (often) will have a picture on it like a cow or a deer," said Dee Sessions, spokesperson for the Targhee.

'I just call it anti-social behavior. I think there is a growing disrespect for authority, and signs represent authority. They tell you where to go, what to do.'

— Ken Dalling, Bonneville County street sign supervisor

Lots and lots of money.

In the past three years, Dalling said he has spent \$38,000 repairing and replacing stolen and vandalized street signs.

This year, he put \$30,000 aside to replace worn out and damaged county road signs. He expects to spend at least one-third of it replacing stolen signs and those hit with bullets, eggs, spray paint and even acetylene torches.

That's money any county department head would likely drool over, considering the new county commission's pledge to cut department expenses to the bone.

"It's a lot bigger bucks than you would think," said Bonneville County Commissioner Cliff Long. That \$38,000 could have been used to help fix up some of the county's nastiest roadways, he said.

Most call the problem vandalism. Not Dalling.

"I just call it anti-social behavior," he said. "I think there is a growing

"I'd just like them to know that those signs are put up to maybe save their friends' lives, or their parents' (lives)," he said. "It's really hurting the public."

"Of course, I don't see the thrill in shooting a sign, you can't take it home and eat it."

Dalling said he suspects much of the damage is caused by teen-agers or young adults, and he said they most would stop if they knew how dangerous the pranks can be.

"I'd just like them to know that those signs are put up to maybe save their friends' lives, or their parents' (lives)," he said. "It's really hurting the public."

Depot workers not surprised by hit list

SALT LAKE CITY (AP) — Workers at Defense Depot Ogden are disappointed but not surprised by the ax fall on their proud employer.

"I don't think the commission could have weighed in everything," said Maureen Woodard of Plain City, standing on her bright-yellow modified forklift that moves through rows of 30-foot-high shelves filled with parts. "This is an excellent depot. We take great pride in our work. That's why we've kept our error rate so low."

It was that kind of pride that kept DDO's 1,100 workers hoping against hope that some unforeseen development would spare them from an inflexible victim to the Defense Base Closure and Realignment Commission's hit list.

But the military distribution center didn't survive. Up to 900 jobs could be lost when DDO closes. A mobile hospital unit will remain in Utah, possibly at Hill Air Force Base.

Harry Moore ambled over to Woodard's machine, which he had helped decorate with basketball

cards of Larry Bird.

He blames President Clinton directly for the closure decision.

"Utah was the only state where Clinton finished last, and he had it in for us," said Moore, who also is survived because I'm older, but a lot of people here can't."

"I can't," added Jody Facey, "because I'm a single parent and I have no family here so it's all up to me to put food and drink on the table for my four kids."

Her luck has been bad lately.

She used to work at Hill, but was laid off there in a reduction in force. She went to Tooele Army Depot. Same thing. "And now here. People here keep saying to me 'Where are you going next. We don't want to go there,'" she said.

Facey plans to start looking for a new job soon, even though the depot probably will not close for 14 years or more. "It's time to get out of government," she said, "but it will be hard to find wages like we're used to. When you go from \$13 an hour

to \$5 or \$8, that's a big impact."

In another part of the massive warehouse, Jerry Burns found solace in the fact that at least the uncertainty is over.

"Now I don't have to worry and worry and worry," said the 55-year-old packer of materials shipped "around the world." "Before, we were kept in limbo, not knowing what was going on."

Burns is going to wait until closure is imminent before seeing what jobs are available, but knows that at this age, the options may be limited.

"It's a strike against me," he said. "Even though they say there's no age discrimination, there is."

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Former senator, board member lead UI search

MOSCOW (AP) — Two University of Idaho graduates in former U.S. Sen. James McClure and state Board of Education member Roy Mosman will lead the search for a new president there.

"This demonstrates a top-level commitment from the board that finds a truly comforting, encouraging message to the campus," interim Idaho President Tom Bell said Friday after Board President Curtis Edton named the two committee co-chairmen. It will be up to McClure and Mosman to choose the other members. Mosman said he will make sure they include representatives from the general public.

"From my view, the job of president is at least half working with the public," Mosman said.

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<p>Stock #173D</p> <p>1987 CHRYSLER NEW YORKER</p> <p>WAS \$6995 \$4988</p> <p>\$0 down \$149⁰⁰ mo.</p>	<p>Stock #187D</p> <p>1989 PONTIAC 6000</p> <p>WAS \$6995 \$3988</p> <p>\$0 down \$119⁰⁰ mo.</p>	<p>Stock #242E</p> <p>1988 MITSUBISHI MIRAGE</p> <p>WAS \$4995 \$2488</p> <p>\$0 down \$99⁰⁰ mo.</p>	<p>Stock #100</p> <p>1992 FORD AEROSTAR</p> <p>WAS \$12995 \$10488</p> <p>\$0 down \$229⁰⁰ mo.</p>	<p>Stock #444</p> <p>1989 PLYMOUTH VOYAGER</p> <p>WAS \$5995 \$3988</p> <p>\$0 down \$119⁰⁰ mo.</p>	<p>Stock #145T</p> <p>1993 DODGE GRAND CARAVAN</p> <p>WAS \$16995 \$13988</p> <p>\$0 down \$299⁰⁰ mo.</p>
<p>Stock #149Z</p> <p>1993 PLYMOUTH VOYAGER</p> <p>WAS \$15995 \$11988</p> <p>\$0 down \$259⁰⁰ mo.</p>	<p>Stock #406</p> <p>1993 MERCURY VILLAGER</p> <p>WAS \$19995 \$16988</p> <p>\$0 down \$339⁰⁰ mo.</p>	<p>Stock #1155</p> <p>1994 DODGE CARAVAN</p> <p>WAS \$18995 \$15988</p> <p>\$0 down \$299⁰⁰ mo.</p>	<p>Stock #1115</p> <p>1994 PLYMOUTH VOYAGER</p> <p>WAS \$17995 \$14988</p> <p>\$0 down \$289⁰⁰ mo.</p>	<p>Stock #181D</p> <p>1989 COLT VISTA</p> <p>WAS \$6995 \$3988</p> <p>\$0 down \$119⁰⁰ mo.</p>	<p>Stock #1207</p> <p>1993 FORD AEROSTAR EXTENDED WAGON</p> <p>WAS \$20995 \$16988</p> <p>\$0 down \$349⁰⁰ mo.</p>
<p>Stock #1478</p> <p>1993 JEEP CHEROKEE SPORT</p> <p>WAS \$19995 \$16988</p> <p>\$0 down \$339⁰⁰ mo.</p>	<p>Stock #1083</p> <p>1994 NISSAN PATHFINDER 6 Cylinder</p> <p>WAS \$23995 \$19988</p> <p>\$0 down \$379⁰⁰ mo.</p>	<p>Stock #133Z</p> <p>1994 JEEP CHEROKEE COUNTRY</p> <p>WAS \$21995 \$18988</p> <p>\$0 down \$359⁰⁰ mo.</p>	<p>Stock #1020</p> <p>1992 FORD EXPLORER 4x4</p> <p>WAS \$18995 \$15988</p> <p>\$0 down \$299⁰⁰ mo.</p>	<p>Stock #1011</p> <p>1993 JEEP GRAND CHEROKEE</p> <p>WAS \$22995 \$18988</p> <p>\$0 down \$379⁰⁰ mo.</p>	<p>Stock #1171</p> <p>1991 JEEP CHEROKEE LIMITED PACKAGE</p> <p>WAS \$17995 \$14988</p> <p>\$0 down \$319⁰⁰ mo.</p>
<p>Stock #1283</p> <p>1993 JEEP CHEROKEE 4x4</p> <p>WAS \$17995 \$14988</p> <p>\$0 down \$299⁰⁰ mo.</p>	<p>Stock #1199</p> <p>1994 MAZDA EXT. CAB 4x4 P.U.</p> <p>WAS \$17995 \$14988</p> <p>\$0 down \$279⁰⁰ mo.</p>	<p>Stock #1239</p> <p>1988 FORD RANGER PICKUP</p> <p>WAS \$5995 \$3988</p> <p>\$0 down \$119⁰⁰ mo.</p>	<p>Stock #1131</p> <p>1987 CHEVROLET 4x4 PICKUP</p> <p>WAS \$7995 \$5988</p>	<p>Stock #1254</p> <p>1988 NISSAN EXT. CAB 4x4 P.U.</p> <p>WAS \$9995 \$6988</p> <p>\$0 down \$169⁰⁰ mo.</p>	<p>Stock #1567</p> <p>1993 DODGE 1/2 TON 4x4 P.U.</p> <p>WAS \$15995 \$12988</p> <p>\$0 down \$279⁰⁰ mo.</p>

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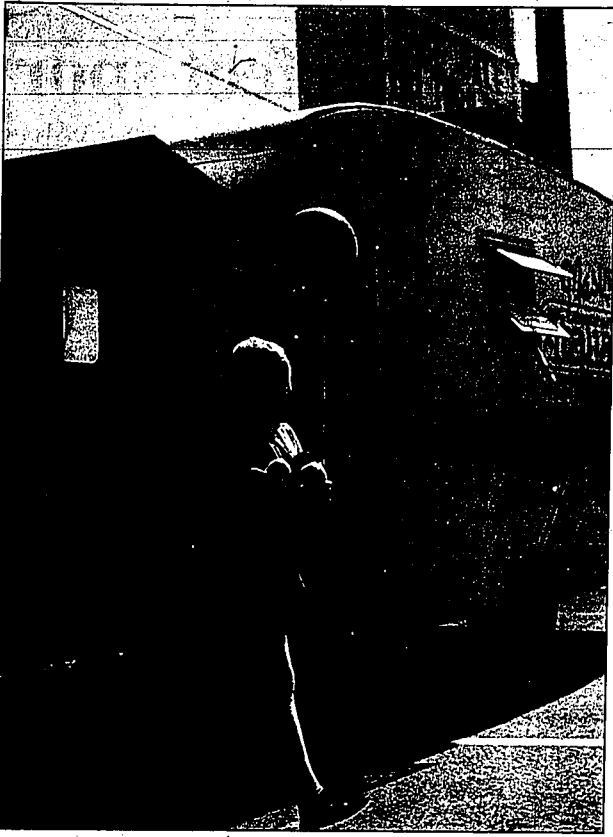
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Magic Valley

Nice ice



Danielle Bryan, 8, stops at Mortinson's Italian Ice in Burley Friday for a quick refresher.

Appraisal value of hospital equipment totals \$119,000

By Jennifer Bunch
Times-News writer

BURLEY - The appraised value of Cassia County-owned equipment at Cassia Memorial Hospital, including an ambulance, totals \$119,000.

The appraisal comes as a result of a lawsuit filed last year against the county and Utah-based Intermountain Health Care, the non-profit corporation that operates the hospital. The lawsuit brought into question the county's dealings with IHC and how tax money was used to help fund hospital operations.

The values of each item has been listed by the county in a legal notice of these, though commissioners have yet to make a formal decision on how they will dispose of the equipment.

"It's less than I anticipated," Commissioner Paul Christensen said.

The county hired AC-Med, a Sandy, Utah, company that deals in new and used medical equipment.

"These people are in the business and they do this sort of thing along with selling equipment," Christensen said.

The value of the ambulance, bought in 1990, was appraised at \$15,000. IHC said it contributed \$27,000 toward its purchase.

In a letter to Cassia County Prosecuting Attorney Stephen Bywater, AC-Med's president Ann Cummins explained the method of appraisal. Items were appraised according to age, appearance, ability to function, technology and availability, Cummins wrote.

was listed as purchased within the last five years and still maintains a good value were listed as a secondary market dealer asking price. The rule was generally used throughout the process, however, many items over five years old and past ten have a questionable market value, and as a result, were given a low appraisal value," Cummins said in the letter.

Some medical and non-medical equipment is so obsolete that it was given a zero value, Cummins explained.

Truman Bradley, who filed the lawsuit against the county and IHC with Burley attorney Donald Chisholm, said they will take the list at face value. Chisholm said they didn't call anyone in to do an independent appraisal, so again they will have to take it at face value.

Keebler prepares to close Jerome building

By Virginia S. Garber
Times-News writer

JEROME - Keebler Co. will pull its distribution center out of Jerome within a year, but local stores should notice no change in service.

"It will be business as usual," distribution center manager Todd Graff said.

After five years of operation in Jerome, the cookie and cracker manufacturer announced its decision to close the Jerome center as part of a larger company reorganization called Project Breakthrough, Graff said.

Graff said the closure is a cost-cutting measure representative of a larger business trend - "re-evaluating current systems to be more profitable and competitive."

A Salt Lake City distribution center will take over deliveries to the 70 stores within Jerome's current service area - bordered by Baker, Ore., to the west, Pinedale, Wyo., to the east, Salmon to the north and Twin Falls to the south.

The Jerome warehouse employees only three people, and Graff said Keebler may have positions open for them elsewhere when distribution ceases in Jerome.

"We've been treated very well here - too bad we have to leave the area," he said.

Spokespersons for Keebler's corporate office were unavailable for comment Friday.

Erosion

Continued from B1

"These are areas that are right in the creeks," he said. "They're basically unsuitable to drive a vehicle through."

The roads will be downgraded to motorized trails, which will enable snowmobiles, motorcycles and all-terrain vehicles to continue using them.

Other changes will include relocation of a campground at Copper

Creek - which is prone to flooding - to higher ground, and construction of a horse transfer station near the Garfield Ranger Station. About 10 miles of steep trails will be rebuilt to reduce the gradient and add more switchbacks, O'Farrell said.

There haven't been many fires in the upper Little Wood area in recent years, so small open stands - totaling no more than 1,000

acres - will be slashed or burned to enhance the diversity of local vegetation, O'Farrell said.

Much of the area is still in the running for Wilderness Area status, so the Forest Service will not permit the changes to jeopardize the area's wild nature, he said.

"We are not doing anything that will harm the Little Wood area for wilderness," O'Farrell said.

Time

Continued from B1

Now, however, her fears are more serious. The future of the young people in the community is one of her greatest concerns. She laments the recent shooting of a local school boy. "This is a terrible thing, and I can only hope that something can be learned from it."

Pinkston also noticed a marked change in her students' abilities to express their ideas in art. Again blaming the adverse effects of television, she never stopped trying to make them try. And though it was a struggle to get her students to produce as much in freehand drawing, artwork remained an essential part of her curriculum.

But it paid off. Throughout her years as a teacher, her classes became famous for their "Family Portraits." These were, in turn, displayed for all to see. And at the mercy of 5- and 6-year-old hands, family members, and sometimes family secrets, were easily distinguishable.

Still, according to Pinkston, the positives outweigh the negatives. Today's educational opportunities far exceed anything she ever dreamed of. She credits more money for education and help from

grants for technology - money that was not available while she was working in the school system. She sees computer literacy as prerequisite to survival in most fields of education, as well as a work place.

Meanwhile, Pinkston's four-year term as mayor ends this year. She has not said if she will seek reelection. She was serving on the City Council when council members urged her to run for mayor, and she was elected in 1990.

It has not always been a paying job, but it now pays \$50 a month, she said. She is concerned that no young people seem interested in running for mayor.

Though the job is not stressful - she presides over council meetings and signs payroll checks - there are times that she finds it an unpleasant task to operate smoothly with the small amount of revenue available to the city.

"And when you deal with the public, you just can't please everybody," she said.

But when asked to compare the position of mayor to that of a classroom teacher, she said: "How can you compare anything to a classroom full of first-graders?"

Record

Continued from B1

Shotwell has found his knowledge, and that of others she's interviewed, valuable. She found the reason behind the Twin Falls airport's name - Joslin Field. Ray Joslin was the first local airman killed during World War II, and when the new airport went up, it was named after him.

She has also interviewed women who pioneered special education in Twin Falls - teaching young polio victims as they lay in iron lungs.

Volunteers have interviewed five early settlers and are interested in at least seven others, said Library Foundation director Merlene York. Once the interviews are done, they'll be transcribed.

Linda Morton-Keithley, coordinator for the State Historical Society's Oral History collection, said a couple of dozen communities throughout the state have collected oral histories or are doing so.

In the Magic Valley, the town of Hansen has completed a project, and Buhl is conducting interviews with Basque settlers. Taped interviews are also available on the Hagerman Fossil Beds and Craters of the Moon national monuments.

By the end of the summer, Morton-Keithley hopes to publish a reference book of oral history projects throughout the state.

"It's part of history, it's part of where we've been, and I think people have to know that," she said.

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AUCTION CALENDAR through July 6 1995

MONDAY, JUNE 26, 1995
Household - Pickups - Antiques
Advertisements - June 22
ALL-AMERICAN AUCTION COMPANY

MONDAY, JUNE 26, 1995
Knox Mini Storage
Unpaid Storage Items - Buhl
Advertisements - June 24
MASTERS AUCTION SERVICE

TUESDAY, JUNE 27, 5 pm
Household - Tools - Antiques
Consignment - Wilcoxon - Jerome
KLAAS AUCTION BARN

THURSDAY, JUNE 29, 1995
Margaret Slinking Estate
Household - Twin Falls
Advertisements - June 27
MASTERS AUCTION SERVICE

SATURDAY, JULY 1, 8:30 pm
Donoho & England - Farm Equipment
Shop Equipment - Furniture
Miscellaneous - Collectibles
Advertisements - June 29
WALL AUCTIONEERS

SATURDAY, JULY 1, 11 am
Household Items - Tools - Motor Vehicles
Farm & Construction Equipment
Consignments - Wilcoxon - Jerome
THE AUCTION EXCHANGE

THURSDAY, JULY 6, 5 pm
Coble Living Estate
Household - Wendell
Advertisements - July 4
WEY AUCTION SERVICE

Rupert's Annual JULY 4TH CELEBRATION

RODEO-JULY 3rd, 8PM
MUTTON BUSTIN' - 7:30PM
July 3 - Minidoka County Wranglers, Princess Coronation
July 4 - Cassia County Mounted Posse, Queen Coronation
Family Night - July 5 - Special Family Reduced Rate Package
Available at Rocky Mountain Real Estate Brokerage - 436-9429
Advanced, Reserved Grandstand Tickets Also Available at Rocky Mountain Real Estate Brokerage - 436-9429

ROYAL WEST AMUSEMENT CARNIVAL - JUNE 29-JULY 4
Minidoka County Fairgrounds • Advance All-Day Ride Passes Available at Mini-Cassia Chamber Office at 324 Scott Ave., Rupert

JAIL & BAIL-JUNE 30, 10AM-6PM
City of Rupert Park Gazebo • Local Cancer Society Fundraiser

ENTERTAINMENT - JULY 1
Minidoka County Fairgrounds
\$1.00 Donation Admission Requested

STREET DANCES-JUNE 30 9-11:30PM
Rupert Square - \$1.00 Donation Admission Requested

HORSE RACING-JULY 1-4, 2PM
Minidoka County Fairgrounds • Admission - \$2.50 12 Under Free

DUTCH OVEN COOK-OFF-JULY 1
Starts 10am • Judging at 9pm in Rupert Square

ROYALTY COMPETITION
Horsemanship June 26, 6:30pm, Minidoka County Fairgrounds
Modeling & Speaking; July 1, 5pm, Rupert Square

CHRISTMAS IN JULY BREAKFAST
June 30 6am to 10am, Rupert Square Annual Fundraiser for Christmas City Lights, Adults - \$3.50 • 8 Under \$2.00

RUPERT ALL-STAR BASEBALL TOURNAMENT
June 29-30, July 1 - Big Valley Park, Rupert, 3 Divisions

PARADE-TUESDAY, JULY 4, 11AM
Theme: Remember When
Local Entertainment in the Gazebo after Parade

Sports

Morning line

Sportsquote

66

He'll never count my change.

99

- George Foreman, after saying Don King will never promote one of his fights

Briefly

King Hill golfer scores first ace in Fairfield

FAIRFIELD - Mari Simmons of King Hill registered her first hole-in-one while playing at the Soldier Mountain Resort Golf Course Sunday.

Simmons, playing with Shirley Peterson, Dee Kissick and Kathy Wachter, accomplished the feat on the par 3, 102-yard seventh hole.

St. Louis picks announcers for this season's Rams games
ST. LOUIS - The St. Louis Rams have chosen veteran announcer Gary Bender and former Rams wide receiver Jack Snow as their radio broadcast team.

Bender has done play-by-play and Snow will do color commentary this season on KSD-AM and FM, the Rams announced Friday. The radio station had previously won broadcast rights for the Rams, who will be playing their inaugural season in St. Louis after moving from Los Angeles.

Bender has done play-by-play on cable network TNT's Sunday night football telecasts. He also has broadcast ABC Monday night baseball and covered the NBA for CBS. Snow is a former All-Pro receiver who was part of the Rams' broadcast team last season.

Rhoden cruises to Celebrity Golf Classic title with 68
OCEANSIDE, N.Y. - Former major league pitcher Rick Rhoden shot a 68 Sunday to win the Celebrity Golf Classic by six strokes over another former pitcher.

It was the third tour victory this season for Rhoden, who finished the three-round event at 8-under 208, ahead of Shane Rawley, who like Rhoden, played for the New York Yankees, among others. Rawley shot a 70 Sunday. Hall of Fame catcher Johnny Bench and Los Angeles Kings center Dan Quinn tied for third, 13 shots back.

Russian IBF champ pounds Mayweather on Sunday
NEWCASTLE, Australia - Kostya Tszyu, a Russian who became an Australian citizen last month, retained his IBF junior welterweight title Sunday with a unanimous decision over former champion Roger Mayweather.

Tszyu was making the first defense of the title he won from Jake Rodriguez in Las Vegas in January.

Tszyu raised his record to 15-0 with 11 knockouts. Mayweather, 35, fell to 53-12. He once held the WBA super featherweight and WBC light welterweight titles.

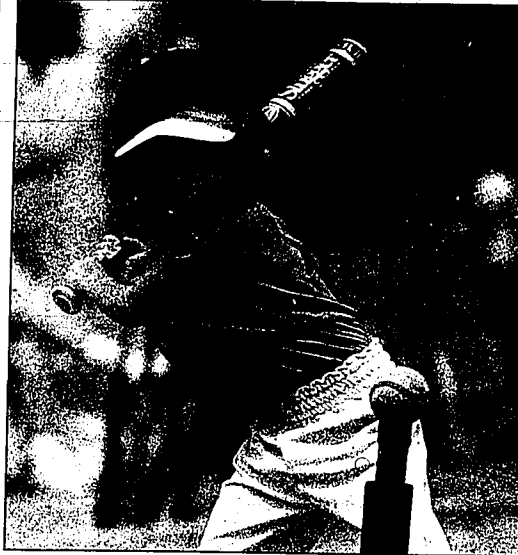
The judges scored the fight 119-109, 118-110 and 118-100 in the 12-round at Newcastle Entertainment Center.

Full-page advertisement declares Shaq-Hakeem war
Shaquille O'Neal, in a declaration straight out of a pro wrestling script, says he wants Hakeem Olajuwon.

In a two-sentence letter, printed as a full-page ad in the sports sections of Monday's editions of The New York Times and USA Today, the Orlando Magic center insists he is not through with Olajuwon.

The letter reads: "Hakeem - The series may be a done deal, but it ain't over between you and me. Sure, you're pretty good with your team behind you, but I want you one on one." The letter ends with O'Neal's signature - "Shaq."

Compiled from staff and wire reports



Cory Cook has the look of a determined slugger at the plate.

Demet earns overall title in bike race

The Associated Press

KUNA - After taking the leader's jersey on Saturday, Dede Demet of Team Saturn knew the 1995 PowerBar International Women's Challenge overall title was her's to win and did just that on the final day by taking second, in Sunday's 23.4 mile TCI Boise to Kuna Individual Time Trial.

Going into Sunday's race, Demet's lead over teammate Jeanne Golay was 1:17 seconds with Lithuanian Edita Pucinskaitė, who had the leader's jersey since stage one, 1:48 back.

Pucinskaitė, not known as a time trialer, fell behind early and was caught by Demet just over nine miles into the race. Pucinskaitė started two minutes ahead of Demet.

"I passed Edita (Pucinskaitė) early on which was definitely a positive sign that I was having a pretty good ride," said Demet, who is originally from Milwaukee, Wisconsin. "I am totally psyched. This is probably the biggest win of my career. I am just really happy to win this event."

Demet has competed at the Women's Challenge since 1990 finishing runner-up in 1991.

Team Saturn won the team competition with Laura Charameda of Team Timex-Cannondale the sprint champion, Susan Palmer of Team Brugger Bagels, the mountain champion and Golay taking the overall points competition.

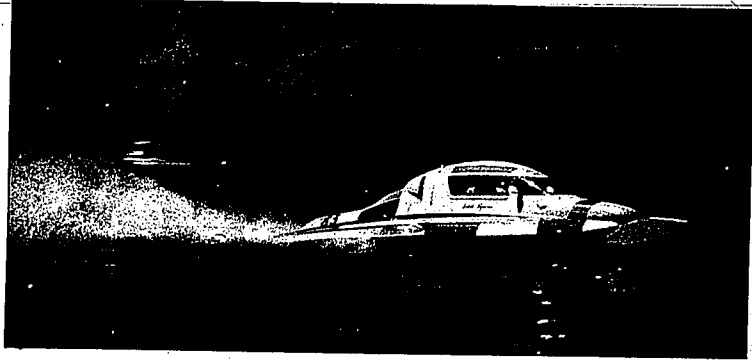
"We have a really strong team," said Demet.

"Saturn has four of the best riders in the world. Our biggest strength is we are cohesive and work well together. All four of us had a shot at winning (the overall) heading in. It was a matter of how the race played out." Team Saturn finished with three of the top four riders overall.

PISCATAWAY, N.J. - A year after beating Colombia in one of U.S. soccer's greatest triumphs, the Americans played a boring scoreless tie against the Colombians on Sunday in the finale of the U.S. Cup '95 tournament.

However, the result was enough for the Americans to win the fourth team tournament after earlier victories over Nigeria and Mexico. When the U.S. and Colombia met June 22, 1994, the Americans won 2-1 before 93,194 screaming fans in the Rose Bowl and virtually clinched advancement to the second round of the World Cup. Less than two weeks later, a Colombian fan killed defender Fabio Escobar in retaliation for a defensive blunder.

Speed demon



Dutch Squires of Lakewood, Colo., raced his 2.5 litre Hydrofoil to the finals championships both days at the 1995 Idaho Regatta.

Faulkner, Ceccarelli end Idaho Regatta on winning notes

By Kevin Miller Times-News writer

BURLEY - Gordon Jennings would have rather had no luck than the bad luck he had at the Idaho Regatta.

Jennings watched \$20,000 and a probable shot at a mink coat washed away by penalties and broken engines Sunday in the final day of racing.

Jennings apparently won the Coca-Cola Super Sloop Shoot-out, crossing the finish line over 200 feet ahead of the competition. Following the race, however, judges penalized Jennings one minute for jumping the start, costing him \$10,000 in prize money.

Two races later, Jennings was leading the K-Boat Regatta for two years, but made a stunning reappearance in 1995. Tustison dominated the nine-foot field, finishing 16 seconds ahead of the pack Sunday with a near-record time of 3 minutes, 41.63 seconds.

"We were going for the mink in that last race," Tustison said.

law, was the benefactor of bad luck in both races.

"I hate winning that way, but I'd rather be lucky than good," Faulkner said.

Faulkner, the youngest racer in Burley, swept the K-Boat finals for the weekend and walked off with Sunday's super stock flag.

The two-man crackerbox boat team of driver Steve Tustison and mechanic Mike Becker won the 1995 Faulkner Memorial Cup and Moyle Mink Trophy, both given to the racer who comes closest to the American Power Boat Association's published time record for their respective class.

The crackerbox class was absent from the Idaho Regatta for two years, but made a stunning reappearance in 1995. Tustison dominated the nine-foot field, finishing 16 seconds ahead of the pack Sunday with a near-record time of 3 minutes, 41.63 seconds.

"We were going for the mink in that last race," Tustison said.

Despite a weekend of bad luck, Jennings was awarded the Governor's Cup, given to the Faulkner Trophy runner-up.

Pro stock racer Marty Ceccarelli nearly finished a close second to Jennings in the tousy luck department. Ceccarelli, who lost Saturday's pro stock final after leading the entire race due to a faulty engine oiling system, had his boat die again just as he crossed the finish line in Sunday's final.

"On Saturday, Ceccarelli prophetically said, 'We either win or we break down.' Sunday he did both.

Ceccarelli, thinking he had one more lap to race, pounded his fists in frustration against his steering wheel when he broke down.

"This place has plagued you for years. It's nice to finally leave here with something," Ceccarelli said.

Billed as Idaho's largest professional sporting event, the Regatta was rewarded with sunshine and its largest class of racers ever.

U.S. wins Cup tourney Sampras opens defense of Wimbledon title today

The Associated Press

PISCATAWAY, N.J. - A year after beating Colombia in one of U.S. soccer's greatest triumphs, the Americans played a boring scoreless tie against the Colombians on Sunday in the finale of the U.S. Cup '95 tournament.

However, the result was enough for the Americans to win the fourth team tournament after earlier victories over Nigeria and Mexico. When the U.S. and Colombia met June 22, 1994, the Americans won 2-1 before 93,194 screaming fans in the Rose Bowl and virtually clinched advancement to the second round of the World Cup. Less than two weeks later, a Colombian fan killed defender Fabio Escobar in retaliation for a defensive blunder.

This time, the passion was missing - and so were Colombia's best players, forwards Faustino Asprilla and Adolfo Valencia. The 36,126 fans at Rutgers Stadium were mostly

behind the Colombians, who had the better of the play and finished the tournament 1-0-2.

Goalkeeper Brad Friedel made several good saves for the Americans, and defender Mike Burns headed away Jorge Bermudez's shot that was headed into the net in the final minute.

Rene Higuita, playing just his second game in goal for Colombia since a jail stay in early 1994, had only one tough test, stopping a shot by Claudio Reyna in the final minute of the first half.

This tournament was the major soccer event of the year in the United States, and averaged 26,689 fans per game. That was nearly half the 74,794 average for the U.S. Cup '93 tournament, but that field included traditional soccer powers Brazil, England and Germany.

With the U.S. team not due to start World Cup qualifying until September 1996, the Americans are relaxed, playing with an attacking style.

The Associated Press

WIMBLEDON, England - Amid the chaos of construction, giant cranes looming over the courts and the concrete and steel innards of a future stadium exposed, Wimbledon's tradition goes on unperturbed Monday when Pete Sampras takes Centre Court.

At precisely 2 p.m. on the first day of The Championships, each June, "weather permitting," the arrival of the defending men's champion heralds a fortnight of tennis like nowhere else in the world.

Not a ball has been struck on Centre Court since Sampras won the title for the second straight year last July, beating Goran Ivanisevic in straight sets on that tattered, brownish lawn. Now, though return-

ing second-seeded behind Andre Agassi, Sampras still receives the honor of opening play on the same court, velvety green again, with a weather forecast of warm sunshine.

Sampras' opponent is Karsten Braasch of Germany, notable mostly for his quirky, jerky service motion. Horace Grant-type goggles, and his bad luck in draws; Braasch drew Agassi in the first round of the French Open.

London's legal sports books installed Sampras as the 10-11 odds-on favorite to win his third straight Wimbledon with Novy I Agassi next at 9-2. But since the final a year ago, Sampras has struggled on and off the courts. While Agassi won the U.S. and Australian Opens, Sampras struggled first.

Please see WIMBLEDON/B8

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The Times-News

Health & Fashion

More northern exposure for Dave

It's time for Part Two of my two-part series on the exciting, dramatic and — above all — tax-deductible Alaskan Adventure trip I took earlier this spring.

As you recall, in Part One I recounted the events of my first day in Alaska, doing which virtually nothing happened. This leads us to:

DAY TWO — I woke up in a nervous mood, because I knew this was the way the day I would boldly leave the hotel altogether and be armed with nothing stronger than Certs-brand breath mints — face a polar bear. This can be extremely dangerous. Polar bears are ferociously aggressive meat-eating hunters that weigh upwards of 1,000 pounds and can run down a horse; the only real hope I had for surviving this encounter was the fact that this particular polar bear lives in the Anchorage Zoo.



Dave Barry
Humor

It frankly struck me as pretty strange that Anchorage even bothers to have a zoo, seeing as how, as I noted in Part One of this series, there are already plenty of large and sometimes hostile animals wandering around the city loose. You could easily have a situation where you're unable to go to the zoo to see the moose or bears because there was a non-zoo, freelance moose or bear standing on your patio.

Fortunately, I had no trouble getting to the zoo, and I soon found myself face-to-face with the zoo's star polar bear, Binky, who, in terms of size, is basically a Winnebago motor home with teeth. Binky became a major news item in Alaska last year when, on separate occasions a few weeks apart, he attempted to eat two people. The victims, both of whom survived, had climbed over two fences to get close to Binky's cage. One of them was an Australian tourist, who said she climbed the fences because she wound up with her leg in Binky's mouth. I saw a videotape of the attack, taken by another zoo visitor; showing several men beating on Binky with sticks through the cage bars, trying to make him let the woman go. You can tell that this woman is thinking: Next time, I am definitely going to Disney World.

If there is one fundamental, unifying principle of human psychology, it is that everyone, everywhere, regardless of age, gender, religion or ethnic origin, hates tourists. So when Binky chewed on one, he instantly became a major celebrity, like Kato Kaelin, but with a higher IQ. Alaskans fell in love with a freeze-frame video picture, taken by a local-TV news cameraman, showing Binky wandering around the cage, looking a little wistful ... with the Australian woman's sneaker in his mouth. Entrepreneurs put this image

Please see BARRY/D2



BUDDY CHARLES MANING/The Times-News

Dr. David McClusky, left, has more than just professional experience in the ins and outs of sports nutrition. His son, John, is a place kicker on the Army football team.

By Denise Turner
Times-News writer

TWIN FALLS — When Dr. David McClusky talks about sports-nutrition, everybody listens. Because he practices what he preaches — and he can prove it.

Case in point: John McClusky, David's son, a placekicker on the football team at the U.S. Military Academy at West Point, N.Y.

"I go and talk to athletes, and they ask me questions because I am presumed to be an expert," said David McClusky, team physician for Twin Falls High School, "but to have your son respect you is really important, and he is an example that it can be done."

John McClusky grew up in a family of athletes: His dad had excelled in football, basketball and track at Twin Falls High School ("but my sons are better than I was"). His older brother, who just graduated from college and is checking out medical schools, played soccer and football.

John started out playing baseball, soccer, basketball and football, but football soon snatched up most of his time.

John's mother learned to cook for her household of male athletes.

"Mom knew we needed skim milk, non-fat dairy products, lean meat, lots of pasta and rice," said John, now 19. "It depends on what sport you are in, because some burn more energy than others, and each body type is different, but generally, you eat more carbohydrates and protein and not much fat."

David McClusky concurs.

The right stuff

Knowing how to eat can provide an athletic edge

"John has heard my preaching," he said. "The basics are carbohydrates, protein, fats, minerals, vitamins and water."

He added, "All of those things, high school athletes can get with well-balanced meals."

According to David McClusky, fat calories should be less than 30 percent of total calories in the athlete's diet, with protein clocking in at 10 to 15 percent of the calories and the rest being carbohydrates. In addition, female athletes have to be careful about calcium and iron, with some needing supplements of these two elements.

The carbohydrates provide energy for working muscles, helping the brain and nervous system function properly and helping the body use fat more efficiently. Complex carbohydrates such as bread, pasta, cereal, fruits and vegetables are especially good.

Vitamins and minerals are essential for

all-around good health, and fluids help the athlete avoid dehydration. Protein builds and repairs body tissues, including muscle.

But some athletes have the wrong idea about protein, David McClusky said. "Some are always thinking they need to take in more protein," he explained, "but too much protein can result in dehydration."

McClusky is not a proponent of protein power meals or athletic drinks. He would rather see the athlete eat a well-balanced diet with lots of water, he said. Son John doesn't completely agree.

"They give you Gatorpro at West Point," John said. "It's hard to drink large amounts of water. But, if you are thirsty and you drink something sweet, you can drink tons of this."

He continued, "My dad is not big on the supplements and drinks, but they can be beneficial if used correctly because it's

Going for the gold?

Thinking of going for the gold? Athletes have to eat right. Here are some tips from Registered Dietitian/Nutritionist Janel Paul of Twin Falls.

- Drink lots of water.
- Consume more carbohydrates, less fat.
- Select well-balanced meals from the basic food groups daily. Athletes on a training diet should have at least four servings from the milk group, two from the meat group, eight from fruits and vegetables, and eight from breads and cereals.
- Avoid crash diets.
- On the road, avoid fried foods, choose milk and juice over soft drinks and bring fruit from home for dessert.
- Avoid overeating before competitions.
- Don't skip meals.
- Steroids, which can cause acne, stunt growth and alter sex organs, are dangerous and should be avoided.

tough to eat a perfect diet every day."

Since anything other than water is more highly concentrated and can cause problems with dehydration, David McClusky recommends that those who drink a glass of Gatorpro also drink a glass of water.

At West Point, John McClusky doesn't have to think about all of this

Please see DIET/D2

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Looking good

Nature prints harvest fashion from the past

Dallas Morning News

This spring and summer, prints from nature are as beautiful as the flora and fauna that inspire them. Potted blooms decorate a bell-shaped skirt by Gucci. Butterflies and ladybugs add whimsy to Versace gowns and swimsuits. Lime green and hot pink florals are favorites of Todd Oldham. And petals of every variety perk up inexpensive blouses and skirts at trendy boutiques from Wet Seal to Contempo Casuals.

Whether they decorate couture dresses or affordable mall fashion, nature-inspired prints are the look of the moment. Part of the reason for the popularity is that modern designers are nostalgic for vintage fashion.

"It could be '40s or it could be '70s," says Cynthia Rowley, who sent bold butterfly prints and daffodil designs down the runway. "There's a certain romance that goes along with a lot of prints. So many people say, 'Oh, I had a dress like this, or I had a shirt like this.' People remember the good times in their lives by certain prints."

Please see NATURE/D2



Cindy Crawford sashays down the runway in a flower print dress from designer Todd Oldham.

Health notes

DOCOPHOBIC: More than 9 million American men — about one out of 10 — have gone at least five years without visiting a doctor, according to a national survey reported in Men's Health magazine. The most common reasons given by men for not seeing a doctor for a routine checkup include cost (64 percent); lack of time (37 percent); the belief that only sick people go to the doctor (36 percent); a general distrust of physicians (27 percent); and the belief that doctors "wouldn't be able to cure them" anyway (19 percent).

SLEEPY WINNERS: Experts say most people get sleepy in the afternoon and will take a nap if the opportunity presents itself. But a new study shows that those who eat lunch will nap up to three times longer than people who skip lunch. Specialists at the Sleep Disorders Institute at the St. Luke's Roosevelt Hospital Center and Columbia University College of Physicians and Surgeons in New York spent 24 days examining the afternoon napping habits of 21 men aged 18 to 30. The research team found that all the men voluntarily took naps, except for three of the nine, who skipped lunch. However, the lunch-eaters usually slept for more than 90 minutes while the lunch-skippers who did nap snoozed for half an hour. The amount of calories ap-

peared to make no difference.

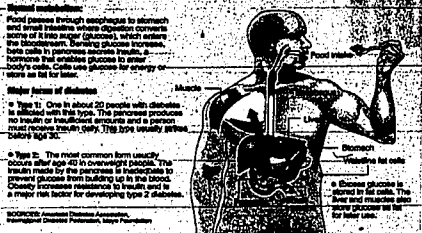
TRULY HOMEBOUND: A survey of nearly 900 elderly people who live at home found that four out of 10 can't always afford to go to the doctor and don't have a way to get there even if they had the money for the visit. Also, half of the people said they couldn't afford the medicines they need, according to the answers given by 867 people who receive Meals on Wheels help in seven Florida counties.

BUCKLE UP: Car crashes kill or disable more children in the United States than any other cause of injury. Choosing a car seat is the first step to traveling safely with your infant or child. There are many sizes and styles available, ranging from car seats for infants to booster seats for older children. The "best" car seat for your baby is one that is appropriate for your child's size and weight, fits in your car and is convenient so it will be used on every trip. The American Academy of Pediatrics has published a pamphlet to help parents select and use car seats. For a free copy, send a self-addressed, stamped business-size envelope to: American Academy of Pediatrics, Dept. C ("1995 Family Shopping Guide to Car Seats"), P.O. Box 927, Elk Grove Village, Ill. 60009-0927.

Compiled from wire reports

Diabetes and metabolism

Diabetes is a dysfunction in metabolism, the way your body uses food. As a disease in which the body does not produce or respond to insulin, a hormone that is essential for energy production and growth.

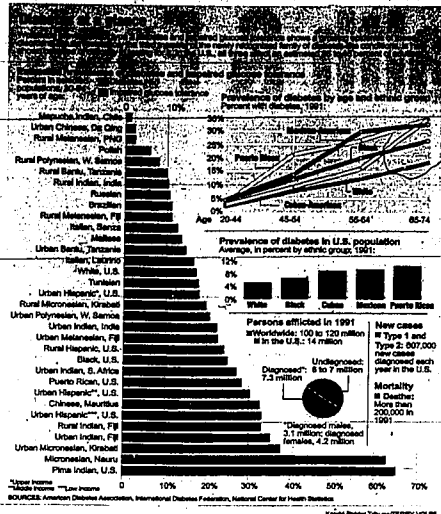


Cells may hold key to diabetes treatment

Knight-Ridder News Service

MIAMI — First came kidney transplants; then livers, hearts, lungs and bone marrow.
But what about specific cells? Could donor cells be pumped into the bloodstream, and then travel to the right places and take over for cells whose malfunction causes deadly disease?
The answer, according to diabetes researchers at the University of Miami, is that, yes, it appears to be possible.
They are among 500 doctors meeting this week in Miami Beach to compare preliminary results of groundbreaking work in transplanting insulin-producing cells to diabetes.

ulin, but less than before, said Ricordi, a pioneer in islet-cell transplants. There are still questions about how successful such transplants ultimately will be.
But his promise is that it could provide a cure for diabetes, said Ricordi — IF islet-cell transplants can be fine-tuned enough so that recipients produce the right amounts of insulin on their own.
Depending on which type of the disease they have, diabetics either cannot produce insulin, or their bodies cannot metabolize it. Insulin is the hormone that regulates blood sugar levels. It is produced in the pancreas by the islet cells. In diabetics, fluctuations in blood sugar wear away at organs and can lead to blindness, organ failures and death.
Diabetes afflicts an estimated 14 million Americans and accounts for an estimated \$1 of every \$14 spent on health care in the United States. An estimated 160,000 people will die in the United States this year as a result



Diagnosed diabetes, 2.1 million; undiagnosed, 7.2 million. Mortality rate, 100 in 100,000 per year. Source: American Diabetes Association, International Diabetes Federation, National Center for Health Statistics.

Diet

Continued from D1
too often. Athletes at large colleges are plugged right into the computer — height, weight and fat measure. They are then given a prescription, with the diet that's right for them.
The football players at West Point even eat at a different time than everyone else, and are given more calories and carbohydrates.
John is content to let someone else do the cooking.
"I know how to cook easy things," he said, "but I can't prepare a turkey for Thanksgiving or anything."

Off-duty, John occasionally eats fast foods ("like Subway a lot"), but mostly, he sticks to a diet that would make any athletic director proud.
A typical day's menu for him might include corn flakes with skim milk and three servings of nonfat yogurt for breakfast, a turkey sandwich (hold the mayo) for lunch and chicken pasta (just noodles, no butter or sauce) for dinner. He likes cereal bars between meals.
John works out 1 1/2 hours a day, five days a week at school, alternating activities like aerobics, running and skipping rope. In high school,

he lifted weights two hours a day. He is 5 feet 11 inches tall and weighs between 185 and 195 pounds. His biggest temptation is cheese.
"I love it," he said, "but it's bad for me."
David McClusky has always told his son that the best time to eat a meal is right after you exercise, because the body is most efficient then and can take protein and carbohydrate and use them up, no for store them as fat. He's also told his son there are no shortcuts to athletic success.
"There is no question that you can get an advantage by taking steroids or certain drugs, but the advantage you gain is abnormal, and those are disease states in most people and could be devastating," he said. "You may run faster, but you pay the price later."
Instead, McClusky contends, athletic success, like much of our success in life, is a matter of good old-fashioned hard work.
"Good things come, but it's not easy," he said. "There are no shortcuts."
Back to the gym, John.

Barry

Continued from D1
on T-shirts, which still sells by the thousands, along with all other Binky merchandise (one woman showed me a pin she was wearing — a little white polar bear with a little silver sneaker in its mouth).
Binky was sleeping when I arrived, but after about a few minutes he got up and started engaging in routine bear behavior such as yawning, pacing around, diving in his pool, phoning his agent, etc. I could not help but notice that Binky's cage still is not particularly well protected; it would be pretty easy for a tourist to hop over the two low fences, get to the cage and become Purina Bear Chow. It's almost as though the zoo wants this to happen (NEXT TOURIST FEEDING: 3 p.m.).
The staff did not get anywhere near Binky, because I wanted to stay in peak, non-mauled physical condition for the strenuous activities scheduled for the final day of my Alaska Adventure, also known as:
DAY THREE — The big event of Day Three was a helicopter tour of some glaciers, arranged by — speaking of getting chomped by bears — Anchorage Daily News columnist Craig Medred, who, as you recall from Part One of this series, is an outdoor reporter suggested that he makes Dave Crockett look like Martha Stewart.
After receiving a safety briefing from our pilot, Lamont DeGavere, we took off from the Anchorage airport and headed for the mountains. I am not a religious person, but as I viewed the spectacular panorama of breathtaking scenery below, I could not help but ask myself: "What the heck kind of pilot is named 'Lambert'?"

An excellent pilot, as it turned out. Lambert gave us a terrific tour, swooping along mountain peaks and valleys, giving us all kinds of fascinating information about glaciers, which are — forgive me if I get technical for a moment — giant walls of ice caused by geology. At one point, we landed on a rocky outcrop next to a particularly scenic glacier, and there, many miles from the nearest convenience store, we had lunch. As we sat there, contemplating one of the most overwhelmingly beautiful views I've ever seen, Craig said something — call it an insight; call it a revelation — that struck a responsive chord deep in my soul.
"I had this flight billed to The Anchorage Daily News," he said. "but they don't know about it yet."
That's the kind of bold, "candor" spirit that makes Alaska what it is today, and if you're the kind of person who enjoys nature, I urge you to visit "The Land of the Midnight Sun" so that you can experience, first hand, the mountains, glaciers, the rivers and — above all — the zoo. Binky's getting hungry.
Dave Barry is the humor columnist for the Miami Herald.

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Hi, I'm Dr. Dave Conrad. You may find this surprising, but I used to dislike chiropractors. Now I am one. Obviously something had to happen to change my point of view. I believe that many of you people out there may suffer needlessly, now or in the future, because you have misconceptions about chiropractic. Why don't you let me set the record straight for you. Attend one of our weekly public information presentations, or come in for a complimentary consultation. It doesn't cost anything to find out if chiropractic might be right for you.
Dr. David B. Conrad
CHIROPRACTIC PHYSICIAN
1296 Addison Avenue East
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Strength training can aid elderly

Knight-Ridder News Service
Several recent studies have concluded that strength training can benefit people well into their 90s, perhaps helping them not only to remain healthy, but independent as well.
"It's important for self-care tasks," says William Haskell, an exercise physiologist and deputy director of the Stanford Center for Research in Disease Prevention. "Things like getting up out of your chair, getting out of a bathtub, carrying things."
Loss of strength also may be a factor in falls that injure the elderly, Haskell says.
"If we throw our bodies off balance, we don't have the strength to catch ourselves," he explains. "So a slight stumble translates into a serious fall."
Just joining a gym and learning to use weight machines isn't the only way to start strength training.
"Our suggestions are to use objects around the home to start a resistance program," says Haskell. "You can use your own body weight as resistance. You can do modified push-ups with your knees on the floor."
You can also use a paperback book or a sock filled with sand as a weight. Haskell suggests experimenting with different weights to find the right one. If you can do 10 or 12 movements without "a great deal of fatigue," you probably need to lift a thicker book or put more sand in your sock. Choose a weight that causes your muscles substantial fatigue when you move it 10 or so times.

Nature

Continued from D1
Anna Sui also favored retro florals and fruit prints in her spring show. She took '30s designs by French artist Christian Baud (including one pattern that shows a woman with a hat transforming into a small bouquet) for vintage-looking skirts and blouses. Constructed '40s dresses had a geometric cherry print, and a friend's Hawaiian shirt collection served as Sui's inspiration for slacks, a friend's Hawaiian shirt collection served as Sui's inspiration for slacks, a friend's Hawaiian shirt collection served as Sui's inspiration for slacks, a friend's Hawaiian shirt collection served as Sui's inspiration for slacks.
She, too, thinks that absence makes the new appeal stronger. "You haven't seen prints for awhile, and when you start seeing them again, they look fresh."
"My eye always goes to a floral print," she said. "I like to hold myself back from doing them every season. Betsy Johnson and Norma Kamali always do really beautiful floral prints. I think it's a woman thing."
As a fashion motif, florals are perennial — a Metropolitan Museum of Art exhibit called "Bloom," running through Aug. 20, is devoted entirely to flowers in fashion. From English rose embroidery of the early 17th century to 21st-century-style-lace embedded with leaves, the exhibit shows how florals keep evolving with the times. More than 80 mannequins wear floral — a Hubert Givenchy bolero that resembles an unfurling rose, for example, and a '60s daisy print dress by Mary Quant.
Versatility adds to the appeal of floral prints. "They're so feminine," says Rowley. "In the spring you just feel like that. And it can be interpreted in different ways. A floral print can look great for evening or daytime."
What changes from year to year is the kind of pattern, the flower in question and the garment shape. Florals can be quite literal — Christian Lacroix's appliqued gowns or Chanel's trademark camellias — or more abstract, as in Christian Dior's '50s New Look dresses that merely suggested a flower shape through tiny waist and voluminous skirts.
Fussy lace and appliques are not part of the current incarnation. "Tiny flowers on simple, flowing slip dresses were the rage last year. This season, clothes are more structured, blooms are bigger, and butterflies, Hawaiian tropics and fruit designs are vibrant rather than shy."
Designers predict more of the same for next year — and then some. "By next spring, floral prints will be a little more graphic, a little brighter and more country-clubish like Lilly Pulitzer and the Brady Bunch," says Rowley.
Sui agrees. "It will be very bold. The floral (next year) will be very graphic and geometric."
"Over the last few years you saw a lot of ditsy flower prints, and for spring '95, you see much bolder flowers," says Marie-Helene Miller, who creates floral lingerie for Bamboo. "For spring '96, it's going to be butterflies and fruit prints together with floral. It's always changing a little bit. It's always an extension of the classic."

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To do for you

Fibromyalgia group to meet Tuesday

TWIN FALLS — The Fibromyalgia Outreach's next meeting is set for 7 to 8:30 p.m. Tuesday at the Health and Welfare Building on Pole Line Road.

Alzheimer's support to gather Tuesday

TWIN FALLS — The Alzheimer's Family Support Group will meet at 6:30 p.m. Tuesday at BridgeView Retirement Center in the private dining room.

For more information, call Donna Behunin at 736-3933.

Birth prep program now open for all

TWIN FALLS — The third class of each Childbirth Preparation Program is available to anyone wishing to learn more about Cesarean deliveries. The class for the current class is scheduled for 7 to 9:30 p.m. Wednesday.

There will be a labor rehearsal, plus instruction covering medications, hospital procedures and non-conforming labors. The non-refundable course fee is \$15.

For more information about where this class will be held, call the Magic Valley Regional Medical Center Education Department at 737-2900, weekdays between 9 a.m. and 4 p.m.

Meeting will focus on Alzheimer's videos

BURLEY — The Mini-Cassia Alzheimer's Dementia Family Support Group will meet at 2:30 p.m. Wednesday at the Burley Public Library.

We will be viewing two more videos in our Managing and Understanding Behavior Problems in Alzheimer's Disease and Related Disorders series. Specifically we will be viewing "Managing Personal Hygiene: Bathing and Dressing" and "Managing Difficult Behaviors: Wandering and Inappropriate Social Behaviors."

For more information, call Maureen Magee at (208) 436-6420.

Seminar deals with handling anger

TWIN FALLS — A seminar on Dealing with Anger Problems — A Solution Focused Four-Session Group is set for 7 to 8:30 p.m. July 3 at the Falls Professional Center, Suite 3, (across Falls Avenue from Hastings), 1139 Falls Ave. E.

Instructor will be Howard Carroll, M.Ed., Licensed Professional Counselor. The fee is \$10 for the four-week course. Classes are limited to the first 15 people who register and pay their tuition.

For more information, call Carroll at 734-1330 or 1-800-388-3761.

Group for falls in divorce will meet

TWIN FALLS — DivorceCare, a special help seminar and support group for people experiencing divorce and separation, will be held at 8 p.m. on Wednesday evenings beginning July 5 at the College of Southern Idaho Shields Building, Room 109. The cost is \$10 and includes a workbook.

DivorceCare features nationally recognized experts on divorce and recovery topics. Seminar sessions include "Facing Your Anger," "Facing Your Loneliness," "Depression," "New Relationships," "Kid/Care" and "Forgiveness."

The seminar is sponsored by the Clover Trinity Lutheran Church. For more information, call 326-4950.

To do for you is a calendar listing of health-related activities, events and education. Information should be submitted by Thursday for publication in the following Monday's Health & Fashion section. Mail notices to: The Times-News, P.O. Box 548, Twin Falls, ID 83303, or deliver to our office at 132 Third St. W.

Difference in sunscreens, moisturizers? Not much



Cosmetics Q&A
Paula Begoun

Q. For the past two months I have been on a rather fascinating journey in an effort to find the right cleanser and moisturizer for my face. Just recently I found a new product to guide me on my journey — your book "Don't Go To The Cosmetics Counter Without Me." Rand McNally couldn't have done a better job. Thank you for your many years of research and for your dollars earned. I was really pleased with myself for having come to many of the same conclusions as you. However, I have ended up with an extremely unconventional product for my moisturizer: Jergen's Advanced Therapy Light Care, which is actually a body moisturizer. It feels terrific as both an all-day and a nighttime lotion, leaving my skin soft, smooth, and not the least bit greasy. If you feel using this product is not a good idea, could you let me know what products would be similar. You also stress the importance of a high SPF in a facial moisturizer. Is there a product with a good SPF that I could use

with the Jergen's product or one I could use alone?

A. The Jergen's Advanced Therapy Light Care isn't really all that light, but it is still excellent for dry skin. The only difference between moisturizers or sunscreens labeled for the body versus the face is usually marketing. For the most part, a product's SPF value and/or the way it feels on the skin, as you've already discovered, is the only real consideration for using it on any part of the body. However, some body and face products contain coloring agents you shouldn't use near your eyes. This Jergen's product doesn't contain coloring agents, so it should be just fine around the eyes and completely fine

on the face. You could wear an additional sunscreen under the Jergen's, but why use two products when you only need one. You may want to try one of Jergen's SPF 15 moisturizers. The ingredient lists are similar. That doesn't mean you will like it as much (sunscreens on the skin can be tricky) but it is a good place to start. You can continue to use the Jergen's Advanced Therapy Light Care as your nighttime moisturizer.

Q. Your advice always comes at just the right time. I bought several trial sizes of two Kiss My Face products: I would appreciate your opinion before I buy the larger size. I have oily skin and wonder if they would be good for me.

A. If you want to buy products that could cause breakouts or worsen oily skin, you have found them. Surely the Kiss My Face products you sent me were not advertised for someone with oily skin? These products are best for someone with very dry skin. The second ingredient in the Cleanser's ingredient list

is isopropyl myristate, notorious for causing blemishes. The third is sesame oil, which is a potential allergen. This product would be a real problem for almost every skin type I can think of, and as a cleanser can leave skin feeling greasy. The Scrub is OK, but may be too abrasive for sensitive skin types. The All Day Moisturizer doesn't contain a sunscreen, so it isn't good for all day. What it does contain is sesame oil and isopropyl palmitate, which are definite problems for someone with oily skin. The All Night Moisturizer is good for someone with extremely dry skin. It contains mostly water, several plant oils, thickeners, vitamins A and E, and preservatives. It also contains minuscule amounts of plant extracts. These products are definitely not for your skin type.

Paula Begoun is the author of several books on cosmetics, including her second edition of "Don't Go To The Cosmetics Counter Without Me" (Beginning Press; \$13.95).

Critics question if gallbladder surgery is overused

The Washington Post

Gallbladder surgery has become more common since a simpler method was introduced in 1989, which has raised the question of whether it may be overused.

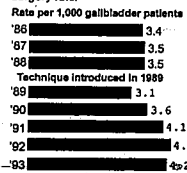
A new study looked at the surgery rate among Medicare patients in Pennsylvania between 1986 and 1993. It was stable until 1989 and then jumped 22 percent after introduction of the new, less invasive method. The increase was particularly sharp for patients with uncomplicated gallstone disease and those undergoing elective surgery.

The new procedure, called laparoscopic cholecystectomy, uses a scope inserted into the abdomen through a tiny cut rather than a large open incision. It has a lower mortality rate and is less costly. The patient suffers less pain, stays in the hospital less time and recovers more quickly.

All of those reasons probably helped increase demand for the operation, lowering the "clinical threshold" for gallbladder surgery, the authors concluded. "Of course, misperceptions about serious com-

Gallbladder surgery

Use of a less invasive surgical procedure for gallbladder removal, laparoscopic cholecystectomy, has increased the surgery rate.



SOURCE: American Medical Association

KRT Intergraphics/KUN TIAN

Advocates of laparoscopic cholecystectomy and physician zeal about a new technology — the so-called technological imperative — also may have played a role, they added.

The study was unable to determine whether the popularity of the scope surgery caused the clinical

threshold to be lowered "too much, too little or the prescriber's correct amount." Another critical unanswered question, they said, is whether increased laparoscopic gallbladder surgery is appropriate even if it doesn't extend life expectancy in patients.

The study was conducted by researchers at the University of Pennsylvania School of Medicine. Their findings appeared last week in the Journal of the American Medical Association.

Two experts warned in an accompanying editorial that the apparent cause of the new surgery may tempt doctors and patients "to relax the threshold too far in some cases." Gallstones, they noted, are a relatively benign condition that sometimes becomes serious.

It's important that physicians and patients not be tempted into doing surgery just because the surgery now seems easier and because the patient has some symptoms that "might be related

to gallstones," wrote David F. Ransohoff, of the University of North Carolina at Chapel Hill, and Charles K. McSherry, of Cornell University Medical College in New York.

Cholecystectomy was the third most common non-obstetrical operation in American hospitals in 1991, the latest year for which complete statistics are available, according to the American College of Surgeons.

Post-stroke treatment provides best way to outstanding recovery

The Washington Post

WASHINGTON — When Silver Spring, Md., jazz pianist and stroke patient Reuben Brown transferred himself from his wheelchair to his bed for the first time a few weeks ago, he said, "I felt this freedom, this overwhelming hope."

Brown, 55, had a stroke three months ago — a loss of blood to the right side of his brain that left the left side of his body severely affected. He spent a couple of weeks in Holy Cross Hospital for acute care and the next month at the National Rehabilitation Hospital. Now, home but in therapy, he said, "I know I can beat this thing."

Last month Brown, aided only by a cane, painstakingly made his way to the microphones at a press conference to endorse a new clinical practice guideline from the Agency for Health Care Policy and Research (AHCPR) on post-stroke rehabilitation.

Therapists, is crucial and must start at an early stage after the stroke, according to the guideline. These professionals should help the patient or the family ensure that the rehabilitation is coordinated and that the patient gets access to appropriate therapy.

"We found that people did best when the care they needed was carefully matched to the services available in their community," said Glen E. Gresham, professor and chairman of the Department of Rehabilitation Medicine at the State University of New York at Buffalo. Gresham was co-chair of the stroke panel. The important thing, he said, "was that the stroke survivor's abilities and disabilities had to be objectively assessed. And then, as a result of that assessment, stroke survivors had to be directed to the place with the right combination of services for their needs."

Stroke rehabilitation is a complex and wide ranging subject and the members of the AHCPR panel that developed the guideline are among the first to concede that many of the rehabilitation therapies that have grown up over the last half-century are based as much on belief as on scientific studies. Treatment varies greatly among patients, ranging from admissions to rehabilitation hospitals to therapy at home. But said James P. Adams, a neurology professor at the University of Iowa, "We hope this will be a clarion call to say we need further research, to determine which is the best rehabilitation approach for which patient with which kind of problem."

Adams noted that "stroke patients are a very heterogeneous group with a number of clinical variables — the severity of the stroke, the cause of the stroke, other illnesses present, the age of the patient, for example, all of which are important as far as strategies to improve recovery."

The guideline does not have a simple regimen for all patients, but instead offers a broad outline for rehabilitation. Initial assessment by health care professionals, including doctors

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- Arthritis Support Group & Lupus Support Group Potluck Picnic, * Tuesday, June 20, 6:30 p.m., Rock Creek Park. For information, call 737-2050.
- Infant CPR Class * Tuesday, June 20, 7 - 9:30 p.m. No charge. No preregistration necessary. For information, call 737-2900.
- Sex, Drugs, and OSHA: an orientation to federal regulations about safety and health at the workplace for employees * Wednesday, June 21, 7:30 a.m. - 12 noon, Canyon Springs Inn. Reservations required by calling 733-3974.
- Childbirth Refresher Program * Wednesday, June 21, 7 - 9:30 p.m. Preregistration required. Call 737-2900.
- Breast Cancer Support Group * No meetings in June or July. Regroup in August.
- CPR Class * Tuesday & Thursday, June 27 & 29, 6:30 - 10 p.m., 5th West Conference Room. To register, call 737-2007.
- Big Kids Klub * Saturday, July 1, 10 - 11:30 a.m. To register, call 737-2900.

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In-laws keep knocking at door, ruining couple's right to privacy

DEAR ABBY: I am 25 years old and have been married for a year, and I desperately need you to elaborate on the advice you gave that 68-year-old widow signed "Too Much Attention, Portland, Maine." She was irritated by unannounced visitors — family members who pop in without calling first.



Dear Abby
Abigail VanBuren

You advised her, "When you desire privacy for any reason, pull down your shades, lock the doors and don't answer your doorbell." My question is: When you lock your door, pull down your shades, and your in-laws ring your doorbell every few minutes for an hour, then what?

(Believe it or not, this has happened to us.) My husband and I have such different work schedules that time together is scarce, and very precious. His parents call frequently, but never before they pop in. He has asked them to please call before dropping in to no avail, and he's too gentle-hearted to keep pressing the issue. When we want time together alone, we feel we must leave town, which can be costly.

Abby, please help a Southerner in distress.
NEEDING PRIVACY
DEAR NEEDING: You need more than privacy; you need the

courage to do what is necessary to regain privacy like newlyweds need — and desire.

Read my lips: Tell your in-laws that unless it's an emergency, please don't persist in ringing the doorbell because you could be napping or whatever. If they are so insistent by the media, before that, they ignore your request, let them ring, let them ring, let them ring! DEAR ABBY: I am tired of all the bad press rotwellers are subjected to by our media. A few years ago, pit bulls were being ranked over the coals by the media, before that, it was Doberman pinschers, before that, German shepherds. The list goes on and on. Rarely do you hear about the heroic deeds of those intelligent dogs.

My 67-year-old widowed mother would be lost without her rotwellers. DEAR ABBY: I am tired of all the bad press rotwellers are subjected to by our media. A few years ago, pit bulls were being ranked over the coals by the media, before that, it was Doberman pinschers, before that, German shepherds. The list goes on and on. Rarely do you hear about the heroic deeds of those intelligent dogs.

My 67-year-old widowed mother would be lost without her rotwellers.

Abbie Mae, Dukem Jeddallah, George and Grace.

DIANE LOUISE THOMSEN; ELGIN, ILL. DEAR DIANE: Yours is one of many letters I have received in defense of rotwellers. Read on for another letter praising them:

DEAR ABBY: I read your column about rotwellers. I have a 6-year-old rotweiler named Ellie. Ellie is a loving, 110-pound creature who will kiss on command and will high-five anyone who asks! Although I live in the country now, she was well-socialized in Atlanta. She has always loved children and will play Frisbee with anyone who's interested.

Most people fall in love with her gentle, show-stealing qualities. I raised her to be a gentle companion, and she is quite simply the best dog I have ever had!

Anyone can make an animal (or person) mean. It is humans who do this, so please don't judge this wonderful breed by the few who make headlines.

SHEILA MARY HOFFMAN ELLIAY, GA. DEAR SHEILA MARY: I'm trying to be fair and nonjudgmental, but my mail concerning rotwellers is running about 50-to-1 against the rotwellers. Sorry.

When child's health is on line, worried parents can get jumpy

Orange County Register

Does this happen to you? You take your little one to the pediatrician for a checkup, a shot or a prescription. Then you get home and realize you had questions you wanted to ask but forgot or were too rushed or didn't feel comfortable asking.

Well, get out pad and pencil and start making your list. We decided to ask a few questions ourselves and talked to several of the doctors — all are from the Orange County, Calif., chapter of the American Academy of Pediatrics.

Here's what we wanted to know: What are the most common problems that prompt a call or an office visit? What health problems are parents most likely about — or worry too much about? Here's what the doctors had to say:

Illnesses. It's a source of panic that tends to cut across all cultural lines. Nothing sounds a parent's alarm louder than a worrisome thermometer reading. "Fever is the thing that frightens parents the most," said Dr. Alberto Gedissman, a Santa Ana, Calif., pediatrician and head of the Orange County chapter of the American Academy of Pediatrics. "In all cultures their reaction is the same."

But a fever is not necessarily a symptom of something serious, said Gedissman, who counsels parents to look at the whole child. Sometimes a child looks OK and feels OK but is warm to the touch. That's the kind of fever you typically don't need to fret over too much, Gedissman said. His advice: First try a little acetaminophen. Wait a day and if there's no improvement, call the doctor.

But if the high temperature is matched by a loss of appetite and lethargy, then you want to reach the doctor right away and get some advice, he said.

Sore throats and rashes are other tough calls for parents. If they are not attended by fever, don't consider it an emergency. You can wait a day or two before reaching for the phone, Gedissman said.

Behavioral problems. Aside from illnesses, behavioral problems rank at the top of the list of parental concerns.

"The No. 1 thing I hear is, 'My kids aren't eating enough,'" said Dr. Thanh-Tham Nguyen, a staff pediatrician at Children's Hospital of Orange County.

But children's appetites are prone to go up and down. They eat in spurts. If they are active, alert and growing at their own pace, there's no need to worry.

The worst thing to do? Try to force a child to eat, Nguyen said. "That will make it into a war, and they won't enjoy mealtime."

Instead, she suggested, try trickery. Got a picky eater? Chop

up some veggies and sneak them into that hamburger patty. Tear up bits of fish and put it into a favorite soup.

Just don't indulge their desire for juice or junk food. No snacks. That way if they get hungry, they'll eat what you put on the table, Nguyen said.

Accidents. Heard the old saying "an ounce of prevention is worth a pound of cure?" Never more true than when a child's safety is at stake, the doctors said.

Some of the more common preventable accidents: Babies tumble off a bed or a couch when left unattended; Children choke on peanuts, popcorn, nuts, raisins and hard candies. Children aren't strapped into high chairs or shopping carts and fall while trying to climb out.

Babies are burned while being held in the arms of someone cooking at the stove. Children are burned by hot curling irons left sitting on a vanity table.

"We see so many burns from curling irons," Gutrecht said. "It should not happen."

After 'fat gene' discovery, people wonder if chubby kids stay that way

The Washington Post

Are chubby children destined to become fat teen-agers who grow up to be obese adults? This is one of the many unanswered questions raised by the recent discovery of two obesity genes.

Two genetic scientists announced that a human fat gene, discovered last December, does not communicate to the brain that the body has eaten enough. A second team of researchers reported the discovery of a previously undetected gene in mice that causes fatness by slowing energy metabolism, causing weight gain without large increases in food consumption.

While the precise implications of these discoveries are uncertain, research suggests that the problem of childhood obesity, which has escalated alarmingly in the past two decades, reflects a complicated and still poorly understood mix of genetic and environmental factors. Weight control experts say that while fatness in infancy does not predict excess fat later in life, overweight at later stages of childhood becomes an increasingly accurate predictor.

"All the data does suggest that obesity tracks across age groups," said Leonard H. Epstein, a pediatric obesity researcher who is professor of psychology at the State University of New York at Buffalo. "The important factors are the age of the child and the degree of obesity in the child and in other family members."

Studies have found that 40 percent of fat 7-year-olds will grow up to be overweight adults, while 70 percent of overweight children between the ages of 10 and 15 will become fat adults. Numerous researchers have found that obesity runs in families: A child with two fat parents has an 80 percent chance of being fat as an adult; the risk is cut in half if only one parent is obese. By contrast, a child of two normal-weight parents has a 14 percent chance of growing up to be fat.

The discovery of the obesity genes adds to the findings of population studies that the tendency toward obesity is inherited. Even so, environmental factors — such as the time spent watching television, parental feeding styles and attitudes toward weight-play a critical and possibly decisive role.

Increasingly, researchers are studying parental feeding behaviors and their relationship to obesity in children and adolescents. "There's ample evidence that fatness is

genetic," said Elynn Satter, a Madison, Wis., family therapist and dietitian who has written several books about children and food. "But many times parents and others interfere with a child's normal regulatory processes and make the child fatter than he or she otherwise might be."

All the data does suggest that obesity tracks across age groups.

Leonard H. Epstein, Researcher and professor at State University of New York in Buffalo

that placing children on restrictive, low-calorie diets without a compelling medical reason and a doctor's supervision is particularly harmful because it can permanently stunt growth.

"Infants are born with the ability to regulate their caloric intake," said Joanne Ikeda, a dietitian at the University of California at Berkeley, who treats overweight children. Ikeda cites studies that demonstrated that babies who were fed concentrated formula drank less, while those given diluted formula consumed more to compensate. "This ability to regulate intake extends to the preschool years and varies tremendously from meal to meal," she added.

"Where now kids lose this and start responding to external cues, we don't know."

The loss of that ability may mark the beginning of a pattern of overeating that can last a lifetime.

"It's a very interesting area," said Epstein, who is conducting a study of children's regulatory abilities. "You have to figure that if young kids can regulate their eating and adults can't — and adults are notoriously poor at it — something has happened along the way."

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THEISEN MOTORS
IN THE NEWS
1995 HONDA ODYSSEY
The Honda Odyssey entered the U.S. as the most car-like vehicle in the minivan market. After testing the vehicle, automotive reporters praised the Odyssey for its four-door configuration, ride and handling, standard safety features, clever seating and interior amenities. Articles gathered from around the nation include the following highlights:
Somebody's done it: made a minivan that drives just like — not almost like — a car. —USA Today
And Honda — as it has done so many times in the past — refused to accept shortcomings as insuperable compromises, and took all the time needed to get it right. —Los Angeles Times
Speed-sensitive, power rack-and-pinion steering along with standard four-wheel disc brakes with anti-lock combine to make this sit-close-to-car driving as I've experienced in a minivan. —New York Times Syndicate
Honda enters the minivan market with the Odyssey, a vehicle that won't take a back seat to competition. In fact, its back seat runs circles around the competition. —The Washington Times
Still, the Odyssey seats six or seven adults in pretty good comfort because Honda is an ace at space utilization. —Chicago Sun-Times
The handsome Odyssey looks and hauls like a regular minivan, while riding and handling better than any minivan I've been in. —The Philadelphia Inquirer
One truly unusual feature is storage for the third row of seats — it can be folded down so it disappears into the floor, providing a flat storage area. Consider it the Houdini of seats. —The Cleveland Plain Dealer
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Comics

Peanuts By Charles M. Schulz

YOU'RE EMOTIONALLY BANKRUPT... SCOTT FITZGERALD WAS EMOTIONALLY BANKRUPT... WE'RE ALL EMOTIONALLY BANKRUPT...

Calvin and Hobbes By Bill Watterson

DARN! RAIN.

B.C. By Johnny Hart

I SHOULD HAVE KNOWN BETTER THAN TO PLAY "GO FISH" WITH HIM.

Garfield By Jim Davis

I'M A REGULAR HERE

Hi and Lois By Chance Browne

SOMETIMES I FEEL LIKE SOMETHING IS MISSING FROM MY LIFE! I FEEL THAT WAY ALL THE TIME, TOO BUT I DID FIND THAT EXTRA SET OF CAR KEYS BEHIND THE REFRIGERATOR TODAY!

The Wizard of Id By Brant Parker & Johnny Hart

WHO IS MISTER BIG AROUND HERE? YOU'RE NOT GOING TO BELIEVE THIS...

Hagar the Horrible By Chris Browne

I GET NO RESPECT! EVERYWHERE I GO PEOPLE CALL ME A BARBARIAN! MR. BARBARIAN WOULD BE NICE!

Beetle Bailey By Mort Walker

THAT'S NICE, BEETLE. SAYING YOUR GOOD-NIGHT PRAYERS? NOT EXACTLY. I'M PRACTICING TO GET OFF GARBAGE DUTY TOMORROW.

Frank and Ernest By Bob Thaves

COURT DID YOUR LAWYER GIVE YOU SOME BAD ADVICE? NO. HE SOLD IT TO ME.

The Born Loser By Art Sanson & Chip

THORNAPPLE OF ALL MY EMPLOYEES YOU ARE THE MOST TRUSTWORTHY AND LOYAL... AND YOUR PERSONAL HYGIENE IS COMMENDABLE! GEE, CHIEF, COMING FROM YOU, THAT'S HIGH PRAISE, INDEED! WELL, ENJOY IT, BECAUSE NOW WE'LL BE GETTING TO YOUR MENTAL CAPACITIES!

For Better or For Worse By Lynn Johnston

HE SCRATCHED THE DOOR. HIM OUT NOW HE'LL THINK SCRATCHING IS OK!

Blondie By Dean Young & Sibb Luke

WHAT'S THE MATTER, MR. BEASLEY? I COULDN'T GO BACK TO SLEEP LAST NIGHT AFTER I DREAMED YOU HAD FLATTENED ME TODAY! BUT HE WALKED RIGHT PAST... WHY ARE YOU UNHAPPY? BECAUSE HE RUINED MY WHOLE NIGHT FOR NOTHING!

Pickles By Brian Crane

HOW MUCH FOR THIS GARAGE? TWO DUCKS. I'LL GIVE YOU TWO DUCKS FOR IT. TWO DUCKS, HUH? WELL, OKAY, I'D LOVE TO WANT QUALITY MEASUREMENTS. YOU'VE GOT TO BE PREPARED TO PAY FOR IT.

Dennis the Menace By Hank Ketcham

PURRING IS KINDA LIKE SMILING OUT LOUD!

The Family Circus By Bil Keane

"Purring is kinda like smiling out loud." "Bless my usual gang, plus my new friend Sage."

ACROSS

- 1 Camel feature
- 5 Valuable possession
- 10 Popular drink
- 14 Continent
- 15 — Bath
- 18 Wicked
- 17 Vend
- 18 Crown
- 18 Walking stick
- 20 Minute
- 22 Compartments
- 23 — for safekeeping implement
- 25 Legation
- 26 High school student, maybe
- 27 Exotic laborer
- 33 Diva's song
- 34 Bring about
- 35 — Babe
- 36 Jacques
- 37 Glow
- 38 Glides over
- 39 Legendary bird
- 40 Spare
- 41 Waste
- 42 Those qualified to vote
- 44 Solidly
- 46 Carry
- 49 Fearful one
- 51 Shade of purple
- 55 Rara —
- 56 Angry
- 59 — negative occasion
- 60 Transient
- 60 Work of fiction
- 61 Journey
- 62 Fight in
- 63 Moving parts
- 64 Warmth
- 10 Obtain
- 11 Ellipse
- 12 Force
- 13 Bar drinks
- 21 Dove's cry
- 22 Favor
- 26 hangout
- 28 Cavalry weapon
- 27 Firm of movies
- 28 Family circle member
- 29 Put on weight
- 30 In the altogether
- 31 Best class
- 32 Ascended
- 34 Grasp
- 37 Tongue-lashing
- 38 Power
- 40 Heavenly object
- 43 Pure
- 44 Rude homes
- 45 Dined
- 47 Spud

Sydney Smart Horoscope

IF JUNE 26 IS YOUR BIRTHDAY: Many consider you "powerful." You seldom do things halfway — it is hot or cold, all or nothing, where you are concerned. You handle responsibility, are capable of bringing order out of chaos. You are family-oriented, have success in dealings with "executive types." Current cycle relates to revision, motivation, sale or purchase of property, public appearances, marital status. Major project completed in July, you'll travel and could be "readily in love."

ARIES (Mar. 21-April 19): No Blue Monday! Spotlight on flexibility, versatility, excitement of discovery. Popularity surges upward — you'll be sought after for participation in political, charitable campaigns.

TAURUS (April 20-May 20): Facts prove you were right all along — you'll be rewarded for tenacity. Focus on payments, collections, ability climb high.

GEMINI (May 21-June 20): Individual who spreads chance in effort to dispel gloom is exposed. Cycle continues high, you'll win friends and influence people. Imprint style, refuse to budge from principles.

CANCER (June 21-July 22): Attention revolves around mothers, wives, girls, restoration of domestic harmony. Libra native declares, "When I'm with you I feel all is right with the world!"

LEO (July 23-Aug. 22): Opportunity exists to gain wider audience, to "exercise" psychic faculties. Time on your side, don't rush, play waiting game.

VIRGO (Aug. 23-Sept. 22): What eluded you is now available, awaiting your signal. Focus on responsibility, pressure of deadline, strong love relationship. Cancer native confides, "You are the master!"

LIBRA (Sept. 23-Oct. 22): People confide in you, you're trusted and some confide, "I do love you!" Check Cancer overconfidence. Emphasize universal appeal, overcome distance. New love on horizon — current relationship revitalized.

SCORPIO (Oct. 23-Nov. 21): Test the waters! No need to hold back, survey proves this is right for you. Check your handling sources. New love on horizon — current relationship revitalized.

SAGITTARIUS (Nov. 22-Dec. 21): Division of property featured — refuse to give an iota more. Language of reading. Focus on close relationship, including partnership, marriage. Cancer, Capricorn persons in picture.

CAPRICORN (Dec. 22-Jan. 19): Check Sagittarius message. Read, advertise, get message across. Basic issues give an accurate view of your situation. "You're in my favor. Scorpio declares."

AQUARIUS (Jan. 20-Feb. 18): Same position highlights creativity, originality, flirtation that lends spice to your life. Your "secret" sex life is your "guiltless." Be cooperative, not glib. Libra involved.

PISCES (Feb. 19-March 20): Emphasis on written word. Language of love, obligations. You'll receive "guarantee" that you're on right path. Strong clear of family dispute relating to finances.

Saturday's Puzzle solved:

AMOR EPOY CLOD
AMOR EVADIE HARI
PEBO LENDS IRAN
ANYWHERE TANAALLE
LET IT BE
RETIRE DEBIT
ALONE BOLD IRAD
DONG ALTER TBA
APE STEED BEBE
REDEY DEITER
DEBITE PENTAGON
RITOT TRALS QAOA
ERIE GAOLE OVEER
WEED PROS NEED

48 Barrel 52 Be brave
49 Baking chamber 53 English essayist
50 Claret 54 Entranced
51 Volcanic output 57 Fish eggs

Burmese fighters weren't spies

The Kachin Rangers of old Burma served on the side of the Americans during World War II. But pervers as spies. Their code of personal honor wouldn't let them be informants. As fighters, they were fierce, and were paid not in money, but in these four things: silver, cloth, medicine, and raw opium.

No. 1 is native to Australia.

Q. What stopped aircraft makers from turning out those two-wing planes?

A. All-weather flying... Struts and wires of biplanes are too large.

Forgot to tell you the wrinkles on an Asian elephant's trunk don't go as far up as the wrinkles on an African elephant's trunk.

World War II wasn't generally called by that name until Time magazine printed the term in 1939.

Item No. 774B in our Love and Wisdom file is the enduring observation of that long-ago lady, Fanny Brice: "Love is like a card trick — once you learn how it's done, you can't be fooled any longer."

So hungry were the French during the Franco-Prussian War of 1870 that they ate the animals in the Paris zoo.

Q. No, and they don't sweat, either. No thermostats. A snake exposed overnight to 100-degree sunshine is a dead snake. With some exceptions, maybe.

As your blood is loathed of its oxygen, it turns a dark purplish hue. Look at your arm. Those blue veins close to the surface are abundant, channeling your blood back for more oxygen.

You can draw a platinum wire so fine that an ounce of it could stretch from New York City to Omaha.

Q. What's the typical temperature during an average warm summer day in Antarctica?

A. About 1 degree F.

LM. Boyd What's what?