

Good morning

Today's forecast:
Sunny with highs in the upper 80s. West winds 5 to 15 mph. Clear in the evening with lows 45 to 55.

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Magic Valley

Long lost bench

The memorial bench of the Twin Falls High School class of 1936, which disappeared years ago, has been found.

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Community airport

Through efforts of community members the Glenns Ferry airport has been kept open and improved over the years.

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Sports

Pigskin practice

On the first day of full-gear football practice, area high school teams have high hopes for the new season.

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State senior golf

A couple of local favorites took first round leads into the Idaho Senior Open golf tournament in Burley Sunday.

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Health & Fashion

Now hear this

Ear candles, a low-tech answer to a perennial problem, are gaining devotees.

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It won't kill you

A new study says job stress doesn't contribute to heart disease.

Page D1

Opinion

Birth of a controversy

Will welfare reform prompt more abortions? A guest editorial looks at the question.

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Idaho

More than just coffee

You can get more than just rest and something to drink when stopping at a rest area.

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Cleaning the Snake

Researchers are studying the Middle Snake River and helping to develop a management plan to clean the troubled river.

Page A7

Nation

Tightened security

Security was stepped up at New York City's three major airports following a threat of a "suicide massacre" by Islamic terrorists.

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Seeking compromise

A lawmaker from North Carolina wants President Clinton to compromise on his anti-tobacco drive.

Page A3

World

Saddam's future

Could the reign of Iraqi leader Saddam Hussein be coming to an end?

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Hostage killed

A separatist group killed one of the five tourists kidnapped last month.

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We print on recycled paper. Please recycle it again.



Home care by registered nurse Trish Heath allows 91-year-old Alex Alberdi to stay at home instead of going to a nursing home.

Health care at home

Home health services let patients receive care without leaving home

By Julie M. McKinnon
Times-News writer

TWIN FALLS — For 33 years, Alex Alberdi never took a vacation while working his Jerome farm. The Basque man was well into his 80s before retiring and taking a relaxed trip back to Spain.

But after 91-year-old Alberdi was hospitalized for pneumonia a couple of years ago, his health started to fail. The circulation in his right leg worsened, and he wasn't seeing Dr. Randall Skeem as often as the Twin Falls internist would have liked.

When Skeem suggested Alberdi go to a nursing home, Alberdi and his wife, Terry, balked. But the Alberdis agreed to Skeem's next idea. Last October, having registered nurse Trish Heath of Magic Valley Regional Medical Center's Home Health Services care for Alex Alberdi in their Twin Falls home.

"I can't help (him) myself," said Terry Alberdi, who doesn't drive and so can't take her husband to the doctor.

"She changed my life. This home care is the best for old people."

Home health

Providing health care to people who want to stay in their homes is nothing new: Several agencies, some of which are connected to hospitals, operate in the Magic Valley.

In 1971, St. Benedict's Family Medical Center in Jerome opened southern Idaho's first hospital-based home health service to professionally care for patients and educate them and their families.

Medical center behind transitional care trend

By Julie M. McKinnon
Times-News writer

TWIN FALLS — Magic Valley Regional Medical Center helped start a recent Idaho trend to care for patients discharged from a hospital-plus bring in-home, transitional care units.

In addition to caring for more patients in their own homes, changes at the Medical Center include a shift to transitional care for those patients not quite ready to go home or to a nursing home.

The hospital took 20 of its 165 beds — about two-thirds of which typically are empty now — and started a transitional care unit for those patients. About 90 percent of the unit's patients need physical therapy, and their average length of stay is 11 days.

"We are here to make the transition between the hospital and home better," said the unit's assistant director, registered nurse Karla Barth. "We're not here for long-term care."

Even if patients exhaust their Medicare coverage in traditional hospital beds, Medicare will reimburse the transitional care unit for 100 percent of

charges for the first 20 days because it is a different type of care, Barth said. Nearly all patients in the unit are elderly, she said.

"Economically, it is better for the hospital, but it is also better for the patients," Barth said.

West Valley Medical Center in Caldwell was the only Idaho hospital that had a transitional care unit before the county hospital and Idaho Falls hospital opened theirs. A couple of other Idaho hospitals have opened such units since.

Magic Valley Regional Medical Center's transitional care unit also gets reimbursed by insurance companies. The unit, however, does not accept Medicaid patients if that's their primary payment method, Barth said.

The unit has an average of 12 patients. That number has been as low as five and then gone back up to 18 in a week, Barth said.

"At times we have wished we had more bed space," she said. "People who probably would have gone to nursing homes and stayed in nursing homes go home now."

But more than a decade ago, Medicare started reimbursing hospitals a fixed price based on diagnosis. Since then, some insurance companies have fixed prices — a tent of managed care — or otherwise changed reimbursements.

Those different reimbursement methods have caused patients to be discharged

from hospitals sooner than before — and to leave hospital beds empty.

To care for those patients and get business, hospitals in Idaho and nationwide have started to boost their home-health efforts. Medicare and insurance companies reimburse for home-health services.

Please see HOME/A2

Perot lays down the law to both GOP, Democrats

The Washington Post

DALLAS — Ross Perot Sunday laid out the terms for what he called a "second Contract With America," a tough package of campaign finance and political reforms, and said the willingness of the two political parties to enact the proposals swiftly would determine his own actions in the 1996 elections.

Wrapping up a three-day issues conference that drew nearly 4,000 United We Stand America members from around the country, Perot remained coy about his 1996 intentions, calling life in the White House "a hitch in Hell." But he claimed his political presence is still needed to keep the parties honest. "I would like to go away," Perot said on NBC's "Meet the Press." "But if I go away, the odds we'll get these reforms are zero."

Perot's supporters spent the day intensively debating whether to convert their movement into a third political party, and while Perot refused to encourage moves in that direction, he would not close the door on doing so in the future. "Our organization won't want to do this unless it's really the best answer for our country," Perot said.

Perot said the best thing for the country would be quick action on reforms to tighten

restrictions on lobbying and diminish the influence of money in politics.

Addressing the conference at its concluding session, Perot called for the two political parties to live up to the promises that many of the speakers had made here on Friday and Saturday. He said his reform proposals would establish "the highest ethical standards" for both the White House and Congress, which he said would mean "no more gifts, no more cash, no more junkets, no more nothing."

He dismissed calls by President Clinton for a bipartisan commission to study campaign financing, saying the public already knows what the problems are. Instead, he demanded new laws requiring candidates to raise their money at home, rather than from contributors outside their state or district and eliminate so-called soft money raised by the parties.

He proposed a ban on lobbying for foreign companies or governments by former federal officials and a lifetime ban on acceptance of gifts by former federal officials.

He called on Congress to approve a balanced budget amendment "with alligator teeth" and called for revamping the federal tax system to require a vote by the people before tax rates could be raised — all designed, he said, to sharply limit spending by the government.

Baseball icon Mickey Mantle dies of cancer at age 63

The Associated Press

DALLAS — Mickey Mantle, the baseball icon with the easy smile and awesome swing who played and partied with equal gusto in his heyday with the New York Yankees, died Sunday of rapidly spreading liver cancer.

The 63-year-old Hall of Famer died at 1:10 a.m. at Baylor University Medical Center, about 40 minutes after waking briefly and holding hands with his wife, Marilyn, and son David.

Cancer had spread to all of Mantle's vital organs two months after he received a liver transplant, Dr. Daniel DeMarco said. "I think Mickey was ready to go," DeMarco said. "At one point, he said 'What are we waiting for?' That was a day or so ago."

Mantle had been given two weeks to live without the transplant, made necessary by cancer in a liver already damaged by 40 years of alcohol abuse and hepatitis. But soon after the operation, doctors found the cancer had spread beyond the removed liver. Had they found it earlier, they said, they would not have allowed the transplant.

Gaunt and frail, Mantle acknowledged



See more on the life of Mickey Mantle — B4

Mantle

— that he had squandered his talents and warned admirers that he was no role

"God gave me the ability to play baseball. God gave me everything," he said. "For the kids out there ... don't be like me." But when it came to baseball, it would be hard for any youngster not to want to play like "The Mick." Blond, handsome, graceful and muscular, No. 7 was the thought of Mantle's Dimaggio in center field at Yankee Stadium.

In New York, fans gave Mantle a two-minute standing ovation at the stadium. Flags flew at half-staff and highlights from Mantle's career were played on the scoreboard. The Yankees wore black arm bands and some had Mantle's number written on their caps.

Recalling V-J Day 50 years later

Los Angeles Times

Finally, the end was at hand. Hitler and Mussolini had been dispatched. Sixty-seven Pacific islands, from Tarawa to Okinawa, had been retaken by the Americans, inch by bloody inch. Hiroshima and Nagasaki lay in ruins.

See more on V-J Day — C1

Fifty years ago Monday, Japanese Emperor Hirohito addressed his nation over the radio and, without ever mentioning the word surrender, said Japan would fight no more. Two weeks later, on Sept. 2, 1945, Japanese foreign minister Mamoru Shigemitsu, wearing a top hat, morning coat and striped pants, hobbled up the starboard gangway of the U.S. battleship Missouri, anchored in Tokyo Bay. He leaned on a black cane, balancing unsteadily on the peg-leg he acquired after a terrorist bombing in Shanghai. Gen. Douglas MacArthur, silent, motioned him curtly to a table.

Gen. Hsu Yung-chien of China looked at Shigemitsu and spit into his handkerchief. Shigemitsu leaned over the table. His cane clattered to the deck.

"The Japanese delegates," MacArthur said, a slight quaver in his voice, "will now sign the instrument of surrender."

And with a stroke of the pen, the most destructive, deadly war the world has known was over. It was a war that united America in spirit and purpose as surely as Vietnam would tear it asunder. It was fought on the homefront, as well as on the battlefields of Europe and Asia, and in the end it would change the face of society and the world forever.

America had erupted in great spontaneous celebrations on Aug. 14, the official day of Victory over Japan — V-J Day, Sept. 1 in the United States and Sept. 2 in Japan — brought a more subdued, reflective response. Here is how some Americans remember that two-week period 50 years ago when Western Union had delivered the last of its telegrams that began: "Regret to inform you your (fill in blankson or husband)."

"I came home from Europe in June and I was in L.A. on V-J Day," said cartoonist Bill Mauldin, 74. "I don't remember a lot about it, except I was overwhelmed by domestic difficulties. I was in the throes of separating from my first wife. I think I took V-J Day pretty calmly. I remember going into a bar, but I'm not sure I got drunk."

Sgt. Mauldin — creator of the bearded, scruffy, unsmiling dogfaces, Willie and Joe — had come home, rich and famous, at the age of 23 with a Purple Heart and a Pulitzer Prize. Willie and Joe were neither gang-bro nor particularly patriotic. They just wanted to go home. When Gen. George Patton was asked what he thought of Mauldin's cartoons, he replied: "I've only seen two of them and I thought they were lousy."

Had his editor at Stars and Stripes not stepped in, Mauldin planned to kill Willie and Joe on the last day of the war, probably with a shell that exploded on their foxhole. Instead, under pressure from the syndicate that distributed his cartoons to more than 300 newspapers, he brought them home, gave them a shave and put them to work as civilians in a gas station. But "I really didn't know who they were any more. They lost their identity."

Please see V-J DAY/A2

Weather

IDAHO Weather

Monday, Aug. 14
Accu-Weather forecast for daytime conditions and high temperatures

Accu-Weather's Forecast

Idaho forecasts

Magic Valley

Today sunny. Highs in the upper 80s. West winds 5 to 15 mph. Tonight clear. Lows 45 to 55. Tuesday partly cloudy. Isolated thundershowers. Highs around 90.

The ultraviolet index forecast is eight, a high exposure level in the 70s.

Extended regional forecast

Wednesday partly cloudy. Slight chance of showers and thundershowers. Lows 45 to 55. Highs 75 to 85.

Thursday breezy and cooler. Mostly cloudy with a chance of showers and thundershowers. Lows 45 to 55. Highs mostly in the 70s.

Friday fair and continued cool. Lows in the 40s, Highs in the lower 70s to lower 80s.

Wood River Valley

Today sunny. Highs in the upper 70s. Tonight clear. Lows 35 to 40. Tuesday partly cloudy. Isolated showers and thundershowers. Highs around 80.

Treasure Valley

Today sunny. Highs in the upper 80s. Northwest winds 5 to 10 mph. Tonight clear. Lows 50 to 55. Tuesday partly cloudy. Highs around 90.

Northern Nevada

Today sunny and warmer. Highs in the mid-80s to mid-90s. Tonight fair skies. Lows in the mid-40s to mid-50s. Tuesday sunny. Breezy west in the afternoon. Highs in the upper 80s to upper 90s.

Northern Utah

Today mostly sunny. Highs in the 80s to lower 90s. Tonight fair and warmer. Lows in the 50s to middle 60s. Tuesday partly cloudy and warmer. A slight chance of afternoon thundershowers. Highs in the 90s.

Wednesday partly cloudy with a slight chance of afternoon showers and thundershowers. Lows in the 50s. Highs 85 to 95.

Thursday and Friday partly cloudy and a little cooler with a chance of showers and thundershowers. Lows in the 50s. Highs 85 to 95.

The ultraviolet index forecast is nine, a high exposure level.

Idaho weather summary

The National Weather Service provided the following synopsis of Idaho weather:

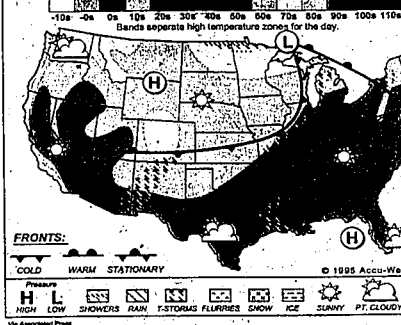
A cold front brought unusually cool temperatures and gusty winds to the southeast portion of the state on Sunday.

But high pressure was expected to continue to build from the west, bringing mostly clear skies and diminishing winds.

Afternoon high temperatures generally were in the 60s in the north and the lower to mid-70s in the south. The warm spot at 3 p.m. MDT was Malad at 81 degrees, while the cool spot was Pullman at a cool 60 degrees.

NATIONAL Weather

The Accu-Weather® forecast for noon, Monday, Aug. 14.



Temperature extremes

Idaho: High, 81 degrees at Malad. Low, 60 degrees at Mullan.
Nation: High, 116 degrees at Lake Havasu City, Ariz. Low, 32 degrees at Truckee, Calif.

For up-to-the-minute weather information

Tune to the National Weather Service radio band at VHF-FM 162.4 or 162.55 MHz or call 423-4423.

National temperatures

City	Max	Min	Fcp
Albuquerque	95	70
Atlanta	98	83
Boston	86	68
Chicago	96	77
Dallas	94	75
Denver	94	79
Des Moines	94	73
Detroit	94	73
Honolulu	90	75	.04
Indianapolis	94	78
Kansas City	93	75
Las Vegas	106	87
Los Angeles	90	67
Memphis	97	78
Miami Beach	95	74
Milwaukee	94	74
Minneapolis	88	70	1.04
New Orleans	92	75
New York	91	74
Oklahoma City	92	88
Omaha	100	77
Phoenix	109	88
Portland, Me.	93	74	.02
Portland, Ore.	92	51
Reno	92	51
St. Louis	97	81
Salt Lake City	85	67
San Francisco	86	68
Seattle	72	50
Spokane	71	41	.05
Washington	95	78

Fire danger index

Today's fire danger index for southern Idaho: For forest land, moderate. For range land, high. Be careful with fire.

Almanac

Idaho

City	Max	Min	Pcp
Boise	71	46
Burley	74	51
Fairfield	71	39
Gooding	71	39
Hagerman	76	52
Idaho Falls	71	48
Joromo	71	47
Lewiston	76	47
Malad	81	50
Malta	76	50
McCall	m	m
Pocatello	75	51
Timmon	m	m
Stanley	m	m
Sun Valley	m	m

Twin Falls

Year	xx	xx
Yesterday	71	46
Last year	69	58
Normal	90	52	.01

Precipitation

Month to date:
Normal mo. to date:	14
Water year to date:	14.72
Normal year to date:	9.34

Comfort factors

Humidity at noon:	26 percent
Burninator at noon:	50.02
Polen count:	56 - high, con-
stating mostly of chonopods	
and stinging nettle.	

Skywatch

Sunset today 8:41 p.m.
Sunrise tomorrow 6:44 a.m.
Lunar phase: Full, Aug. 10; first quarter, Aug. 17; new, Aug. 25; last quarter, Sept. 2.
Visible planets: Morning, Saturn. Evening: Mars, Jupiter, Mercury.

Faulkner spends 1st full day at Citadel V-J Day

CHARLESTON, S.C. (AP) — Shannon Faulkner rose to a rap on her barracks door at The Citadel at 6:10 a.m. Sunday and spent her first full day on campus taking personality and writing tests and attending chapel.

Federal marshals shadowed her movements and video cameras monitored the hallway outside her third-floor barracks room, Ms. Faulkner is the first woman cadet in the history of the 152-year-old publicly funded military college, which fought to keep her out.

Late in the day, the 20-year-old junior said a private goodbye to her par-

ents, Ed and Sandy Faulkner.

Citadel President Claudius Watts said he didn't know whether other cadets would ignore Ms. Faulkner.

"I cannot legislate friendship, I cannot legislate respect," Watts said.

"She can earn my respect. She obviously believes in what she's embarked on and she should get credit for that. I don't agree with her position," he said.

Chaplain Charles Clanton urged the 400 incoming cadets to help each other but did not mention Ms. Faulkner.

"With God's help you're all going to succeed," the chaplain said.

"You're going to help each other out. You will do some bonding here which will help you the rest of your life."

Ms. Faulkner took a personality test designed to help develop study habits and met with academic advisors Sunday, the second day of an orientation for incoming students. Formal military training begins Monday in what is known among the freshmen as "hell week."

Although not in uniform and not marching, Ms. Faulkner walked around campus with other members of India company, and sat together with them in the dining hall.

Continued from A1

as soon as the war was over. They were a flop at home and I stopped drawing them."

Except for appearing at the funerals of Gen. George Marshall in 1959 and Gen. Omar Bradley in 1981, Willie and Joe were not seen again in a Mauldin cartoon.

The Washington Post wanted me to come up with something for the V-J anniversary," said Mauldin, who has been retired since his 1946 Willys jeep slipped off a hoist and crushed his drawing hand three years ago at his Santa Fe, N.M., home. "You know, I couldn't come up with a single idea that I thought was worthy or viable. I finally told them I wasn't going to do it. That was a relief. The war is over. I want it behind me."

'Rosie the Riveter'

At home "Rosie the Riveter" — Lockheed Aircraft's buxom, blond-haired, covenell-clad heroine, pictured on posters across the country — became the symbol of the civilian contribution to the war effort. Some 6.5 million American women went to work driving steam rollers, garbage trucks and taxis, building tanks, airplanes and jeeps, working in the timber forests as lumberjacks, tallymen and whistle punks.

Another 265,000 women served in the U.S. Armed forces.

Mildred Prizta, 75, of Tinley Park, Ill., outside Chicago, recalls "I'd never worked before the war." But in 1942, with her husband in the Navy in England, a new baby to care for and her mother and two sisters, one an invalid, living at her home in Blue Island, Ill., she went to work building cranks for airplanes at the nearby Wyman and Gordon plant. She worked 8 p.m. to 11 p.m. shift and earned \$1.09 an hour, wrestling steel bars off skids and into place to be sawed in half. It was dangerous work that resulted in serious injuries to several women who dropped the skids.

"V-J Day? Oh, yes, I remember it," she said. "Maine was home, readying for the Pacific. I'd never had lunch. I think. We were in the house and we

Nazi's death camps at Dachau and Buchenwald

got the news Japan had surrendered. We cried, we hugged. Bells were ringing. Everyone went outside and everyone was hugging. There was this feeling, this big terrible war, it's over. There was a real cohesiveness in the nation, with everyone working for a shared goal. There was a feeling this is going to be a wonderful world, and it was."

After the war she turned her husband's Navy whites into coveralls for her sons. Next year Maine, a retired steel-plant inspector, and Mildred, who devoted her post-war work not to cranks but to raising three children and caring for her invalid sister, will celebrate their 55th wedding anniversary.

Stunned surprise

The day was hot in St. Louis and blue-collar communities, men sat in their undershirts and women wore their hair up in curlers. Martha Gellhorn remembers that image distinctly from her husband, Ernest Hemingway, Gellhorn — who worked for Collier's magazine and was one of World War II's most distinguished correspondents — had come home from Europe after V-E Day, May 7, 1945, to visit her mother and was preparing to leave for the Pacific to cover the war with Japan.

"I ran up and down the street, going porch to porch, asking, in a stunned sort of way, 'What do you think?' she said of the day Japan surrendered. "Everyone was as bewildered as I was. What they said was, 'Well, our boys will come home now.' But the astonishment, indeed the fear, they felt was something like mine. One bomb after all these bombs! What could it be? What I remember from the war's end was a feeling of stunned surprise."

Gellhorn had traveled wartime Europe as a gypsy, shunning the journalist pack, never bothering to get press credentials from the U.S. Command, and reported often from the front lines. She was with the first group to enter the

Lessons learned?

"Has the world learned from World War II?" asked Dr. Josef Gerster, 71. "Unfortunately I don't think so. Look at the turmoil in Yugoslavia, the old manual portable typewriter she carried around the world.

Gerster, a private in the German Army, fought in North Africa and Italy before being captured by Canadian soldiers in November 1945 and sent to a prisoner of war camp in Atlanta, Neb. He was prepared for harsh treatment — and convinced Germany would win the war.

By V-J Day, 400,000 Germans, 50,000 Italians and 3,900 Japanese were being held in U.S. POW camps from Houston, Maine, to Douglas, Kan., to the wheat fields of Virginia, picked pens in upstate New York, sewed U.S. Army uniforms in Maryland.

Gerster worked in his camp's hospital lab. "Most of the prisoners went out during the day to work on farms and they usually cooked them a big meal at the end of the day, even though fraternizing wasn't permitted. The town donated musical instruments — a grand piano, violins, cellos — so we could have an orchestra. We couldn't believe it.

Gerster has no recollection at all of V-J Day. "I think it was just another work day," he said. In January 1946, the prisoners of Camp Atlanta were shipped to San Francisco for repatriation to Europe. Gerster remembers the beauty of the Golden Gate Bridge and the city shimmering by the bay. "I turned to a fellow prisoner and said, 'When we get free, we've got to come back to America one day to visit.'"

Home

Continued from A1

which are cheaper than hospital stays.

"The hospitals are trying to deliver care in the most efficient manner," said Idaho Hospital Association President Steven Millard. "It's an attempt to provide a continuum of care."

"The reimbursement system demands the most efficient delivery of health care."

hospital long ago passed its estimated 5,000 visits this year.

At St. Benedict's, Home Health Services has had a 5,000-visit increase in business since 1992, and health-care providers now make about 12,000 visits a year, said Director Merrilee Stevenson.

Cassia's Hatt said home-health visits starting increasing there about five years ago.

It also was about five years ago that doctors began realizing the benefits of home health and using the services, Dr. Skeem said.

"The nurses do a great job of finding problems before people end up in the emergency room," he said. "It certainly makes my job a lot easier."

St. Benedict's Stevenson said part of the reason home health visits have increased is because more patients and families are requesting the help.

Along with more people finding out about home health services, more agencies also are opening, Skeem said. Because the nurses find problems before they become serious, that may be another reason why the hospital has had fewer patients the past few years, he added.

"It's an idea that's been around for a long time, but there weren't nurses available, there weren't agencies available, and we just didn't

have options for the most part," said Skeem, adding he uses home health services five to 10 times more than he did 10 years ago.

At home

Besides being economically efficient, home health agencies allow people such as Alex Alberdi to stay at home.

"We find that patients just recover better at home," said Teresa's Hatt, clinical coordinator for Home Care Services at Cassia Memorial Hospital and Medical Center in Burley.

"We're seeing a lot more acute patients in the home than we used to."

Heath, Alberdi's nurse, said she has been in home health two years, and she makes two to three times more visits than when she started.

Magic Valley Regional Medical Center's Home Health Services estimates it will make more than 11,000 visits next fiscal year, which starts Oct. 1, said Director Marlys Massey.

That estimate, Massey added, is conservative. The Twin Falls county

has options for the most part," said Skeem, adding he uses home health services five to 10 times more than he did 10 years ago.

Advertising

Peter York, advertising director
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Allen Wilson, circulation director
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A security guard instructs an unidentified man to move his car from a terminal parking lot at John F. Kennedy International Airport in New York Sunday. Drivers heading into the area's three major airports faced increased scrutiny as federal authorities imposed the highest security alert since the Gulf War amid reports of a planned 'suicide massacre' by Islamic terrorists.

3 New York airports tighten security amid terrorism threat

NEW YORK (AP) — The highest security alert since the Gulf War was imposed at the area's three major airports Sunday amid reports of a planned "suicide massacre."

The measures included closing at least one rooftop parking lot, possible car searches and towing of vehicles left unattended outside terminals at Kennedy International, LaGuardia and Newark airports, officials said.

The actions were based on information from law enforcement agencies, the Federal Aviation Administration said in a statement. The agency wouldn't provide further details about the security measures or any threats.

FBI spokesman Joe Valiquette also would not comment Sunday.

However, car and truck bombs, sometimes set off by suicidal drivers, are a favored method of some Middle East terrorist groups.

According to one published report, the FBI learned that Kennedy Airport was a specific target of Islamic terrorists. The airport is a main entry and departure point for thousands of visitors to the United States.

Newspaper, quoting officials speaking on condition of anonymity, said the FBI had received detailed intelligence that two militant groups — the Palestinian Hamas and the Iran-backed Hezbollah, or Party of God — were planning a "suicide mas-

sacre" that could come at any time.

On Wednesday, Transportation Secretary Federico Peña announced new airport precautions nationwide to "deter possible criminal or terrorist acts."

Peña also didn't give specifics, but factors that may have played a role in the decision include the recent U.S. detention of Mousa Abu Marzuk, alleged to be an Islamic terrorist leader, and the New York trial of 11 people on charges of conspiring to plot terrorist acts.

D. Joy Faber, a spokeswoman for the Port Authority of New York and New Jersey, which operates the three airports, said there was no telling how long the measures would remain in effect.

Tobacco-state lawmaker warns Clinton to compromise on issue

WASHINGTON (AP) — President Clinton was more interested in "making a big political splash" than making good public policy in his drive to regulate teen smoking, a tobacco-state lawmaker said Sunday.

Trying to force a concessions from the White House, Rep. Charlie Rose, D-N.C., accused the president of targeting the tobacco industry "more for political reasons than from practicality of solving the problem."

He was among the guests on ABC's "This Week with David Brinkley" who debated administration proposals, including bans on vending machines and cigarette brand name sports sponsorships and severe restrictions on tobacco advertising.



Rep. Charlie Rose Wants concessions

Tobacco companies and advertising interest groups filed lawsuits last week to challenge the measures.

Defending the White House plan, Food and Drug Commissioner David Kessler said the administration wants to reduce the access and appeal of cigarettes to youngsters.

"These are dangerous products and people do become addicted," he said. "The proposals would become regulations if they survive a 90-day public comment period."

Rose suggested that Congress will fight the regulations, and urged Clinton to use the 90 days to iron out compromise legislation with tobacco interests.

"If anybody thinks this Congress is about regulating ... nicotine in cigarettes, they've forgotten what happened last November," Rose said.

To counter the regulations, Congress could gut the FDA budget, pass laws taking cigarettes out of Kessler's jurisdiction or pass a watered-down version of Clinton's plan without giving authority to FDA.

But Rose said Clinton can get much of what he wants through

compromise legislation that averts FDA control. Industry groups have said they prefer that tobacco continue to be regulated by the Federal Trade Commission.

"I agree with a lot of what the president wants Dr. Kessler to do," Rose said. "I just don't want Dr. Kessler to do it."

The White House doubts that the tobacco industry could be trusted with voluntary compliance, though Clinton left the door open to compromise Thursday.

"It is far better to start right now ... than to wade through all this litigation" that regulation would bring, Clinton said in announcing his proposals.

Republican presidential hopeful Pat Buchanan, speaking Sunday on CBS' "Face the Nation," called Clinton's decision another example of intrusive federal government.

"Get big government, national government, out of it," said Buchanan, a former two-pack-a-day smoker. "Let this be done at the state and local level by the people themselves, but get the feds out of it."

Though Clinton's stance will hurt him in tobacco states, political

aides think the general public is supportive of anti-smoking measures, especially those aimed at children.

"Unfortunately, the half of the White House that recommended the political trial of taking on the industry, causing lawsuits, stalling this for three or four years and making a big political splash, won out," Rose said.

He said Clinton could be hurt politically — "especially if by election time next year we're not doing anything but fussing."

The president said Friday he would look into the possibility of ending the tax deduction for cigarette advertising. In a sign of his eagerness to avoid FDA regulation, Rose did not rule out the idea Sunday.

"Everything's on the table," he said.

Eliminating the deduction only on cigarettes would be unfair, countered John Fithian, counsel for the Freedom to Advertise Coalition. Appearing on ABC, Fithian said that would amount to censoring speech.

Kessler argued that cigarette companies seduce children with sexy, splashy ads.

"We send very mixed signals to our children," the FDA chief said. "We tell them it's dangerous, then they see these ads that are glamorous. We tell them it's addictive, but they're walking around with the names of these products on shirts and hats. We tell them these products will kill them, but we have sporting events in their names."

The administration points to polls showing 30 percent of 3-year-olds and 90 percent of 6-year-olds can identify Joe Camel, the cigarette ad icon.

Fithian responded, "Children also recognize Snoopy and the Peanuts characters that are used to advertise Metropolitan Life ... but they are not rushing to buy life insurance."

Experts fear drug may discourage healthy lifestyles

Los Angeles Times

Arguably no trend is easier to predict than the future craze for leptin, the newly discovered hormone that regulates body fat so dramatically that obese laboratory mice given injections of it shed a third of their weight in two weeks.

The obese mice, weighing three times the norm — comparable to a 500 pound man — were born with a genetic defect that kept them from producing the hormone. In studies conducted in three separate laboratories, obese mice that received leptin injections soon started eating less, moving around more, generating more heat, and otherwise adjusting their thermostats to burning fat.

Those findings, announced two weeks ago, were hailed and hyped nationwide, offering new evidence for the widespread hope that being fat is not the result of too much of a good thing, but too little.

And with a vividness that few novelists and historians muster, the scientific research helps explain a modern American dilemma, what might be called the Predicament of Plenty. The voracious appetite and fat-grabbing metabolism of human beings, biologists say, evolved eons ago, when famine was a constant threat and making the most of every hard-won morsel made good physiological sense. But now a pizza is never more than a phone call away, and our extraordinary ability to store calories as fat seems a curse.

It has long been assumed that science's ultimate contribution to gustation was going to be the miracle-a-pill. "According to that school of thought, people in the future would be too busy to eat and too intellectual to mind doing so."

Now we know that that was a vision only a brainiac could love. To judge from the interest in leptin, what a people really want is a meal-on-a-plate, followed by a pill that lets them have dessert.

But that updated scenario creates nearly as many problems as it would appear to solve, researchers say. Scientists, psychotherapists, and others are debating the possible uses and abuses of a powerful hormone that shows promise of hastening the disappearance of humanity's least popular tissue.

King of deadbeat dads due to appear in court

NEW YORK (AP) — Jeffrey Nichols is king of the deadbeat dads, owing more than a half-million dollars in support for his three children.

He's tried to hide himself and his money in Florida, Vermont and Canada, and set up a bank account in the Bahamas.

He even denied fathering the daughter and two sons born during the 16 years he lived with his ex-wife.

While there are 7 million cases of parents failing to pay court-ordered child support, Nichols is one of an elite 77 deadbeats whose offenses are so egregious that the federal government has intervened.

He was arrested on a federal warrant last week at his home in Charlotte, Vt. But he was allowed to go free and he's supposed to bring himself back to Manhattan for a federal court hearing today.

"I've heard of people owing a few hundred thousand," said

Elaine Fromm, president of the Organization for the Enforcement of Child Support. "But a half-million? This is the biggest."

Nichols' ex-wife, Marilyn Nichols Kane, says his behavior nearly put her on welfare.

"There was a time when I was six months in arrears on rent and he was keeping the cash reimbursements for the children's medical expenses," she recalled. "He'd cashed out our life insurance policies, dissipated our retirement funds and taken our car to Canada." She is now happily remarried and has a career in real estate. "I feel lucky that I had the strength to go on," she said.

Nichols, an investment adviser on commodities and precious metals, walked out on her and the children in Manhattan in 1990.

She tracked him to Florida, Ontario, then to Vermont. He had his clients wire payments to a bank account in the Bahamas.

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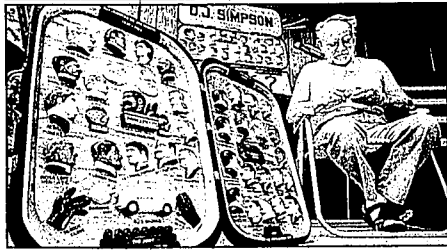
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Nation



Above, Joe Hrovat displays his carvings inspired by the O.J. Simpson trial while working on No.-108 of his collection. Below is Hrovat's rendition of Simpson.

O.J. case shapes art for Wisconsin man

WEST ALLIS, Wis. (AP) — Joe Hrovat sees O.J. Simpson's murder trial as an opportunity to sharpen his skills.

As he watches the trial on television, he sketches the faces and then carves small profiles of the defendant, judge, lawyers and witnesses.



'Faces are the hardest thing to do.'

— Joe Hrovat, carver

After eight months, what started as a way to practice woodcarving has turned into a collection of 107 pieces, some representing evidence introduced at the trial.

Hrovat exhibited his carvings at the Wisconsin State Fair last week. "Some women walked by and said, 'The O.J. trial. We're sick of it."

Fuhrman tapes cause stir in Simpson trial

LOS ANGELES (AP) — For months, the word has gone unspoken in the O.J. Simpson trial — the racial epithet so offensive that it is usually referred to in court only as "the n-word."

Now the word, which Detective Mark Fuhrman denied using during the past decade toward blacks, is about to surface in court on a series of audiotapes which legal analysts expect to turn the tide for Simpson.

Some go so far as to predict the "n-word" could translate into the "n-word" — acquittal.

"I think it will be the most important defense evidence," said University of Southern California law professor Erwin Chemerinsky.

"This material, in tandem with the recent scientific testimony, could actually produce an acquittal for O.J. Simpson without his having to take

the stand," added Southwestern University law professor Robert Pugsley.

Legal issues, including admissibility, remain to be resolved. But the appearance of the tapes seven months into testimony has all the earmarks of a Perry Mason twist in Simpson's lengthy murder trial.

The defense discovered them as the result of an anonymous tip from someone who knew that a screenwriting professor in North Carolina had interviewed a number of Los Angeles police officers for a script she was writing on tensions within the department.

Laura Hart McKinny refused to turn over the tapes voluntarily, but after a cross-country legal battle an appeals court last week ordered their disclosure and ruled that McKinny must testify.

Chef goes from White House to big house

LORTON, Va. (AP) — Giving a prison inmate a knife is usually a good idea, but William E. "Dad" Smith does it all the time.

He hands them eggbeaters, frying pans, measuring cups, eggs, butter and flour, too.

Smith, the White House chef to presidents Truman and Eisenhower, has transformed a cafeteria-style food preparation course at the District of Columbia prison in suburban Virginia into a classroom for haute cuisine.

The program gives inmates a marketable trade, a taste of success and the incentive not to return. One-third to one-half of the inmates who pull time at Lorton are likely to return. But only one of Smith's alumni is back behind bars, the rest work in restaurants, universities and country clubs.

Smith's classroom is a busy, hands-on laboratory dedicated to gastronomic delights, where his pupils readily seek his advice on such dishes as fish, Chicken Marco Polo, rice and strawberry shortcake.

"Hey, Dad, you want us to fillet the fish?" asks David Covington, aspiring chef and convicted armed robber.

"Not yet, it's too early," Smith replies.

Smith is an ex-Navy cooking instructor who will be obeyed. Take food from the kitchen back to a cell, and you're out of his course. He once made an inmate bake a cake six times because he knew the student didn't follow procedures precisely.

"I do give them any breaks at all, if a guy cannot conform to my standards, I don't need him," he said.

But those who heed and learn from Smith have an ally who will



William 'Dad' Smith, a former White House chef, has transformed Washington, D.C., prison cooking program from cafeteria fare to culinary arts.

Frizzell Williams was one of Smith's first students in 1984.

"We stayed with Dad because of what he teaches us — not only the culinary (classes), but he also teaches us about life, how to be responsible men," said Williams, up for parole in 1997.

"He used to come down here on weekends for no pay to teach us," Williams said. He said Smith also has paid for food and books out of his own pocket.

Smith didn't seek the job, and he earned twice as much as a country club chef. But now he prefers it to chatting with Harry Truman in the White House kitchen, he said.

"It's more rewarding," Smith said, "because you can see the fruits of your labor."

He also said he's not afraid at Lorton: The word is out that any inmate who hurts him will be sorry.

"If I'm here by myself, somebody will come by every 15 min-

utes or so to check, see if I'm all right," he said.

Smith has about 25 students in each of two classes, a one-year and a three-year course, and there is a two-page list of inmates awaiting entry. (No wonder: In addition to catering a few special events, the cooks get to eat the food they make.)

By the end of the three-year program, inmates have spent 218 hours baking, 300 hours of cake decorating, 708 hours on meat-cutting and 316 hours on accounting, and have learned French terms for food.

They also have learned how to handle a knife to someone: handle first with the flat part of the blade against the hand. Smith requires inmates to sign out for the knives, and they are under strict lock and key when not in use.

The program wouldn't work without donations. Smith's highest annual budget has been \$3,000, compared to the \$6,000 it takes for one student to go through a complete course on the outside.

Smith scoured the inmates' white chefs' uniforms from Walter Reed Army Hospital, and much of the equipment is donated.

Smith is grooming inmate Daoud Mujahid to take his place. Mujahid, who watches carefully for the inmates preparing Chicken Marco Polo, couldn't boil an egg when a murder conviction sent him to Lorton in 1977.

Smith wants to retire this year and take a long fishing trip with his grandchildren and great grandchildren, but he has a list of projects to finish.

And he also wants to start a separate cooking program for the district's female inmates, and a chef's school on the outside — for unwed mothers, senior citizens and people looking for a new career.

Defense attorney Johnnie Cochran Jr., who heard a sampling of the tapes, called them "chilling."

Cochran and his colleagues have argued from the outset that Fuhrman's deep hatred for black people motivated him to frame Simpson for the murders of his ex-wife Nicole Brown Simpson and her friend Ronald Goldman.

It was Fuhrman who reported finding a bloodstained glove on a path, behind Simpson's house hours after the June 19, 1994, slaying.

Fuhrman testified that he had not spoken the offensive epithet in the past 10 years, in this exchange with defense attorney F. Lee Bailey:

"And you say under oath that you have not addressed any black person as a nigger or spoke about black people as niggers in the past 10 years, Detective Fuhrman?" Bailey asked.

"That's what I'm saying, sir," Fuhrman replied.

The McKinny tapes, made between 1985 and 1994, purportedly include Fuhrman's voice saying that word 27 times. Fuhrman's lawyer has said the detective was acting in the role of consultant on a fictional work and was not speaking for himself.

The prosecution mounted a bitter battle at the beginning of the trial to exclude the tapes, and entirely, Chemerinsky noted, and prosecutor Chris Darden himself thought that allowing testimony as to epithets could be decisive.

The prosecutor argued that black jurors would be so inflamed by the word that it could cloud their judgment on charges against Simpson. Currently, nine of the 12 jurors are black.

Los Angeles. His activism began two decades ago with the founding of a political action committee for gay, lesbian and women's rights in the city.

In 1978, he founded The Experience, a community-based workshop that inspired people to reveal their homosexuality to family and friends, said Ward.

He moved to Santa Fe in 1988 — the same year he co-founded National Coming Out Day with Jean O'Leary of Los Angeles, Ward said. National Coming Out Day is observed annually on Oct. 11.

Gay rights activist dies from AIDS complications

TESQUE, N.M. (AP) — Robert H. Eichberg, the psychologist who co-founded National Coming Out Day and wrote a popular book on how people reveal their homosexuality, has died of complications of AIDS. He was 50.

Eichberg died Friday at his home in Tesque, just north of Santa Fe. Eichberg's book, "Coming Out: An Act of Love," has become required reading for friends and family of gays and lesbians, said Lynn Sheppard, president of the Santa Fe lesbian, gay and Bi Pride Committee.

"If you care to have any relationship with gay people, his book is essential," said Sheppard. "It accurately describes the process that gay and lesbian people go through in their coming out."

"His whole life's work was about bridging the gap between gay and non-gay communities, allowing people to discover who they are, and really encouraging them to go out and do something with that knowledge," she said.

Honey Ward, a friend and colleague, said Eichberg helped "thousands of people — people

who had literally lived lives of quiet desperation, people who thought their lives were not going to get any better, people who thought they would always be second-class citizens."

In an interview with The Associated Press in 1993, Eichberg said "Most people think they don't know anyone gay or lesbian, and in fact everybody does. It is imperative that we come out and let people know who we are and dispense them of their fears and stereotypes."

Eichberg was born in Brooklyn in 1945 and lived most of his life in

Jury may soon get to decide lawmaker's fate

CHICAGO (AP) — Sexual abuse charges against U.S. Rep. Mel Reynolds could go to the jury this week without a single defense witness to counter allegations that he had sex with an underage campaign worker.

Reynolds says he wants to testify, but defense lawyers haven't decided whether to call him or his wife, Marisol, as they work to save the 43-year-old congressman from prison.

"Everybody wants to get up on the stand and say they didn't do it — the jury wants to hear that," Reynolds' attorney, Sam Adam, said after three weeks of prosecution evidence.

But putting the two-term Democratic lawmaker on the stand also would open him to brutal cross-examination.

The defense expects to present its side this week, and the case could go to the jury as early as Wednesday.

After the weeks of humiliating testimony, including a taped phone conversation containing frank sexual references, Reynolds' political future hardly seems an issue anymore.

His term is up next year and a newspaper poll of his 2nd Congressional District found only 15 percent of voters believe he should be re-elected. A challenger already is running for his seat.

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God takes on the godfathers

A core of priests enter the front lines of the war against the Mafia

PALERMO, Sicily (AP) — They found the dead junkie across the street from the Rev. Paolo Turturro's church. He was from another neighborhood, and the body hadn't been buried here by accident.

A lamb's head trickled blood on the Rev. Gino Sacchetti's doorstep: "You'll end up the same way," said the attached note.

The Rev. Gregorio Porcaro, an assistant pastor transferred from one of the city's poorest neighborhoods after his pastor was murdered, awoke to find his Peugeot a burned-out shell.

This is life on the front line of the war against the Mafia.

After decades of Church silence — and sometimes worse — a core of priests has emerged who quietly, and sometimes loudly, fight Cosa Nostra on its own terms.

These priests number about a dozen and mostly work in Palermo. They publish anti-Mafia newsletters, organize demonstrations, open schools, help to set up businesses.

They work in devastated neighborhoods that are Mafia breeding grounds, where unemployment is over 50 percent, where World War II bomb damage remains evident in the piles of rubble, empty lots and walls sheared off at jagged diagonals.

Many of these men of God travel with a police escort.

It's clear that arrests of big bosses and drug seizures alone will never wipe out a criminal enterprise that is woven into much of Sicily's social fabric.

Along with economic revival, jobs for the young and a truly functioning government, lawmen and social observers say Italy has to end the silent complicity that allows the Mafia to flourish.

In traditionally religious Sicilian society, priests can play a powerful role.

In November, at a national church conference in Palermo, the Sicilian dioceses plan to push for a Church-wide commitment to combating the Mafia.

"Anti-Mafia priests have been very important because they mobilized parishes," says the Rev. Bartolomeo Sorge, who runs a Jesuit political science institute in Palermo.

They represent a sharp challenge to Cosa Nostra by "removing the moral consensus of the people-toward the Mafia," he said.

The night of Sept. 15, 1993,



The Rev. Gregorio Porcaro stands with children following Mass. When Father Porcaro's car was burned, police believed the Mafia was telling him not to fight them like his predecessor, who was slain.

showed just how serious the Mafia takes the challenge.

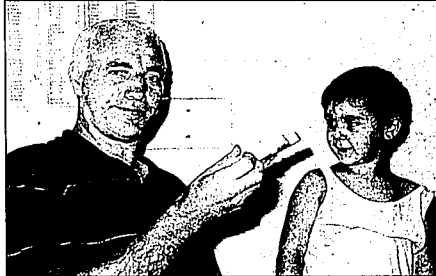
As the Rev. Giuseppe Puglisi was walking toward his front door, someone shot him fatally in the neck.

Just before his death, Puglisi had stepped up his anti-Mafia preaching after Pope John Paul II used a trip to Sicily to issue a ringing condemnation of the Mafia.

The grisly message didn't work. "The killing of Don Puglisi brought a new examination of conscience" among clerics in Sicily regarding the Mafia, said the Rev. Cosimo Scordato, rector of San Francesco Saverio church.

Scordato, a bearded theologian, runs a social center out of the church in the impoverished Alberghina district, where he pushes for economic recovery.

His efforts have brought forth a trattoria, a coffee bar and a travel agency in the deserted square in front of the church. Most successfully, a new association hires local youths to give tours through the historic neighborhood.



The Rev. Paolo Turturro, left, has started a program exchanging violence-related toys for others as a way to fight the Mafia. Six-year-old Paolo, right, gives up a toy gun for a soccer ball.

Not everyone is convinced the anti-Mafia priests have much effect. "If there's a good priest who succeeds in convincing kids to play ball

and leave the streets, that's positive," said Capt. Davide Bossone of the Carabinieri paramilitary police in Palermo.

Bosnians advance as safe area shelled

SARAJEVO — Bosnia-Herzegovina (AP) — Government troops inched forward in central Bosnia on Sunday, chipping away at rebel-held territory while Serbs struggled to hold their ground and cope with a sudden flood of refugees.

Serbs fought back on other fronts, firing artillery that killed three people in the U.N.-declared safe areas of Sarajevo and Tuzla.

In Sochi, Russia, Foreign Minister Andrei Kozyrev said he and U.S. officials narrowed their differences in talks on a new approach to ending four years of war in former Yugoslavia. Both sides are pressing for a meeting between the presidents of Serbia, Croatia and Bosnia.

Offensives by allied Croatian and Muslim-led Bosnian government forces beginning Saturday in southern and western Bosnia appeared intended to keep the Serbs off-balance.

Last month, Croatian troops captured two important towns in western Bosnia, and followed up their victory by crushing Serb forces that had held large stretches of southern Croatia for the past four years.

Fighting continued Sunday. Bosnian army troops were taking ground around Donji Vakuf and appeared to be trying to cut a main road, said a U.N. spokesman in central Bosnia, Maj. Greg Thomson.

Donji Vakuf would be a stepping stone to the bigger town of Jajce, and ultimately to the Bosnian Serb stronghold of Banja Luka, about 45 miles north of Donji Vakuf.

Thomson reported hundreds of shells were being fired towards Donji Vakuf. Sources said the Bosnian army was moving slowly, apparently meeting stiff resistance.

Croats opened an offensive across the Bosnian border towards the Serb-held town of Trebinje on Saturday, as well. It was unclear whether they were advancing, but Serbs around Trebinje responded by unleashing an artillery barrage on the Dubrovnik area that sent residents fleeing to shelters. The historic old town of Dubrovnik was not hit.

Doctors said they have received 16 wounded in the Dubrovnik hospital since the fighting started. Bosnian Serbs claimed to have broken through Croat lines around

Trebinje. They also said they had blasted the attack around Donji Vakuf and were close to recapturing Bosansko Grahovo, one of the two western Bosnian towns that fell to the Croats last month. None of the claims was confirmed.

More than 100,000 Serb refugees have flooded out of Croatia and western Bosnia in recent weeks, and tens of thousands headed to Serbia. But the government decided this weekend not to allow any more soldiers from the defeated Croatian Serb army to cross the border, leaving them in Bosnia where they could be used to bolster Bosnian Serb forces.

The result was a backup of 5,000 cars, trucks and tractors on the approach to Serbia stretching for up to 12 miles, said Fernando Del Mundo, a spokesman for the U.N. High Commissioner for Refugees.

Western and children were refusing to move across the border without their husbands and fathers, he said. Del Mundo said U.N. field officers were negotiating with Yugoslav border officials to allow the backed-up refugees through. He said the U.N. refugee agency was "extremely alarmed" by the situation, which he described as "potentially explosive."

Some 600 refugees were moved by train over the weekend to Prizren, in the tension-filled Kosovo province of Yugoslavia.

Donji Albanians, who make up 90 percent of Kosovo's population, accused authorities of attempting to change the region's ethnic composition by settling thousands of displaced Serbs there.

Ethnic Albanian leader Ibrahim Rugova described the government's move as a "most serious and risky provocation."

In Sarajevo, two people were killed by shells fired by Bosnian Serbs, the Health Ministry said. Ten Serb mortar rounds landed near a U.N. observation post just outside the capital late Saturday. The recently deployed rapid reaction force, sent to secure the land route over Mount Igman into Sarajevo, responded with 16 heavy mortar rounds that silenced the Serbs, said U.N. spokesman Jim Landale.

Three shells hit Tuzla, the largest government-held city outside Sarajevo, killing one woman and wounding several people.

Israel approves more autonomy for Palestinians

DURA AL-QARA, West Bank (AP) — Israel's Cabinet approved an agreement Sunday with the PLO on expanding Palestinian autonomy in the West Bank, as two weeks of protests by Jewish settlers against the plan turned deadly for the first time.

Witnesses said settlers opened fire on Palestinians who ransacked their camp on a rocky West Bank hilltop, killing 22-year-old Khairi al-Qaissi. Settlers denied they caused his death.

In Jerusalem, the Cabinet approved an agreement under which Israeli soldiers would withdraw in stages from much of the West Bank no later than July 1997. The vote was 15-1, with two ministers abstaining.

Some ministers criticized the pact, working out last week in 20 hours of meetings between Foreign Minister Shimon Peres and PLO chairman Yasser Arafat, as forcing Israeli troops to withdraw too quickly from the West Bank, occupied since 1967.

Major gaps remained over sharing the West Bank's water and how to provide security for Hebron, where 450 Israeli settlers live among 80,000 Palestinians.

Environment Minister Yossi Sarid, a peace negotiator and outspoken dove, maintained the West Bank autonomy was in line with the September 1993 Israel-PLO accord. But he agreed that "although officially there is not going to be a Palestinian state, as far as I can judge the situation, it is a Palestinian state."

Sarid said Israeli and PLO delegations were resuming talks Sunday night in Taba, Egypt, on a detailed accord.

Sunday's shooting was the first serious violence since settlers began their campaign against West Bank autonomy. The settlers, claiming a withdrawal would put them in danger, are demanding a national referendum on any agreement with the Palestine Liberation Organization.

Since the protest began, police and soldiers have dragged hundreds of settlers off West Bank hillsides, where they have established makeshift neighborhoods in defiance of both the Palestinians and the Israeli government.

Gunmen kill at least 14 at Colombian dance hall

BOGOTA, Colombia (AP) — Unidentified gunmen opened fire in a dance hall in a strife-ridden region of northwest Colombia, methodically killing at least 14 people, some as they tried to run out the door.

Authorities said they had no clues as to who was responsible for the massacre Saturday night in Chigorode, a town in the banana-growing Umba district. But they said it was likely connected to the political violence that has plagued the region.

As young men and women, many of them workers in the banana fields surrounding the town, drank and danced at the Aracatazco bar, assailants armed with assault rifles walked inside and opened fire.

"They didn't say a word. They just began shooting. Even the bar owner was killed," Army Col. Manuel Perez told The Associated Press in a phone interview from the army's 17th Brigade, which is investigating the massacre.

Gunmen were reportedly posted on streets outside to kill anyone trying to escape. It was unclear if anyone survived. Perez denied radio reports saying the gunmen had a list of names of their intended victims.

"It's a horrible thing, to see all the bodies strewn about the floor," a local priest, Luis Carlos Sanchez, said.

A police officer in Chigorode said 18 people were killed in the bar and outside. But Perez said four of those deaths appeared to be unrelated.

Authorities suspected that either right-wing paramilitary groups, which target suspected guerrilla sympathizers, or leftist rebels were responsible for the killings, army officials said.

Leftist rebels have been fighting the government in Colombia for more than three decades. Paramilitary groups began forming in the early 1980s in many rural areas to protect landowners from leftists pushing for more equal distribution of the nation's resources.

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Opinion

Other views

Pro-life view misstates ties between abortion, welfare

The serious effort in Washington to reform the welfare system has drawn fire from an unexpected quarter: a faction of conservative pro-lifers.

For the record, many pro-life groups support real welfare reform, but a vocal minority has raised a warning. The concern of this faction of pro-lifers is that, by cutting benefits to single mothers, welfare reform will encourage poor women to seek more abortions. It's a theme that has been joined by such groups as the U.S. Catholic Bishops.

It's a concern that shouldn't be shunted aside. Abortion is a social problem all its own with even such pro-choice defenders as President Clinton and first lady Hillary Rodham Clinton expressing concern about the large number of abortions — about 1.5 million — performed in the United States each year.

As it turns out, opponents of abortion need not worry that welfare reform will spur more common use of the practice. If anything, welfare reform will help to cut the number of abortions.

Despite the reasoning cited by wary pro-lifers, the relationship between welfare payments and abortion is complex and indirect. Indeed, the statistical evidence suggests that high welfare payments go hand in hand with a high abortion rate.

Economists Lowell Gallaway and Richard Vedder of Ohio University recently looked at the abortion rates in all 50 states and the District of Columbia, and compared them with the average AFDC welfare payments in each state. In a report published by the Institute for Policy Innovation in Texas, they found a direct correlation between the two. In the 11 states (including D.C.) with the highest rate of abortions per 1,000 live births, the average monthly AFDC payment in 1992 was \$452. In the 10 states with the lowest abortion rates, the average payment was \$288. If low welfare payments encouraged women to seek abortions, the correlation between welfare and abortion should be the opposite, as these figures show.

In fact, welfare encourages the sort of irresponsible behavior that leads to pregnancies outside of marriage, which are the most likely to end in abortion. The welfare-state culture feeds the abortion culture.

Congress should charge ahead with major welfare reform — for the sake of taxpayers as well as lower-income Americans whose lives have been distorted by the perverse incentives of government income redistribution. The abortion issue is one more reason to favor welfare reform, not to oppose it.

—Colorado Springs Gazette Telegraph

The skinny on fat is simple: Lots of food and little exercise

Last December, Rockefeller University, with much hoopla, reported findings that seemed to link obesity to a gene. Researchers found a mutant gene in some mice that failed to produce a certain hormone, leptin, which tells the rodents when they've had enough food.

The human problem, apparently, is in the different ways in which the brains of different people process the message of hunger. So now researchers hope to develop a hormonal medicine to reduce, or even cure, obesity by telling the brain when an individual has eaten enough. Something tells us that the lucky pharmaceutical firm that comes up with this pill could expect to get a hefty price without much complaint!

But let's not get our hopes up. There are at least several genes related to fitness, and the hormone that researchers have found reduces obesity in some mice might not work on humans, or at least might not work alone. A cocktail of hormones and other substances might be needed. And what about side effects?

Anyway, if obesity is so much a matter of genetics, how come there are far fewer fat

people on the streets of Europe, the ethnic homeland of most Americans? And it's interesting that in 1962, about 24 percent of Americans were overweight; now it's 33 percent.

Sorry, but the main reasons that so many Americans are fat are simple: They eat too much and exercise too little in a culture that celebrates instant gratification. Ironies abound. Health club members drive, don't walk, two blocks to get a quart of milk. Or use the elevator instead of the stairs to climb two floors.

Too many Americans are physically lazy. That, and the towering piles of food — especially fatty fast foods — they consume, explains obesity far more than do genes, which can, after all, be offset to some extent by knowledge and willpower (or is that genetic, too?).

Meanwhile, as the American weight-loss industry swells to an obese \$50 billion, on an ever-growing heap of "miracle cures" (including — yikes! — tapeworms), waistlines keep expanding, too.

—Providence Journal-Bulletin

The Times-News

Stephen Hartgen Publisher Clark Walworth Managing editor Allen Wilson Circulation manager Peter York Advertising director

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

Letter

Ivins doesn't represent Idaho

Molly Ivins does not represent Idaho, and I can't figure out why you keep printing her. Her article, "Will the wolf go the way of the doo bird?" shows her ignorance of the Constitution. Nowhere does it say taxpayers should pay to preserve animals, and frankly, I am sick and tired of paying such high taxes to preserve parks when we could sell them to private citizens that could take money for admittance and be a lot more efficient and preserve the animals.

Then she goes on about the Environmental Protection Agency and how it is losing money. Well, Molly, if you want to bankroll the EPA, that's fine with me, but stay out of my pocketbook. I think it is about time we get rid of the EPA. All it does is make stupid laws and codes that no one on earth can follow.

Then she says the parks are going to be sold off like government bases. Well, by heck, it's about time to sell them to states and local interests. They will be managed better.

Then she goes on about the resource bill that would turn 270 million acres to cattle

ranchers. Well, Molly, do you eat beef? I know I do, and I don't want to see beef prices jump to \$500 a pound because of government regulations.

Then you say the hunters, the fishermen don't get their way. I know a few ranchers and they are hunters and fishermen. They don't want to kill the land; they want it green and good so their cows can eat and get fat. Molly, if a cow can get fat off the land, don't you think a deer could get fat?

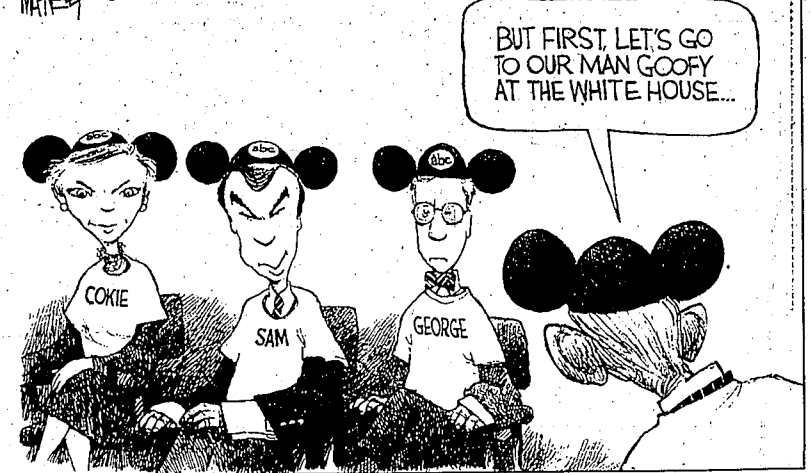
Then she goes on about how fragile the West is. Well, I don't know about the rest of you, but I am sick and tired of these eastern liberal knotholes telling us we must save the West and keep Idaho picture perfect. No, we don't!

Molly, turn the parks over to private companies, then my tax dollar does not have to go to some stupid park that I have never seen.

Molly, if you want to bankroll the EPA and the national parks and buy the cows at such high prices, go right ahead, but stay out of my wallet!

MATT JENSEN
Twin Falls

MEATY Chicago Tribune



Toll-free calling benefits rural residents

The response to my letters to the editor in *The Times-News* on the subject of obtaining toll-free telephone service throughout our immediate valley has been tremendous. The people have been so enthusiastic to see something started, the response has been almost overwhelming.

Our goal is to include all the counties of Lincoln, Gooding, Jerome and Twin Falls.

A public meeting will be held in the conference room of the KMYT station on Wednesday, Aug. 16, at 7:30 p.m. We have invited the Idaho Public Utility Commission to attend.

Twenty-eight years ago, a group of five of us farm wives from southern Jerome County formed a committee, and we succeeded in getting Metropac, toll-free calling for most of the communities in our immediate valley. This was an optional service that customers could subscribe for or not.

Back in those days, a lot of us were still on four-party lines, so when we made a call, the

Reader comment Jean Duffek

operator asked us for our number. This we had for a few months. Surveys made by Mountain Bell discovered that in some areas, certain numbers were credited with 30 or more hours in a 24-hour period. There had been a rate increase. One customer would subscribe, then neighbors and friends would give their number to the operator. So the Public Utilities Commission and Mountain Bell held another meeting in Jerome to explain the situation. We could all see they had a valid point.

Then Metropac offered us two choices. We could subscribe to either one or three hours a month toll free at an additional rate, then charged a low rate for overtime, which was a lot better than when we began.

But in the years since, Metropac has been changed several times until now we are down

to only saving 2 cents or less a minute, which is something but not much.

In other areas in Idaho, Boise and Idaho Falls have a greater calling area. In this area, Eden, Hazelton, Filer, Hollister, Rogerson, Buhl and Castleford can't even call their own county seats. I understand that Filer Mutual is in the process of joining US West, so this plan now could include Filer, Hollister and Rogerson.

A very large percentage of the area people already go to Twin Falls for medical services as well as most of their other purchase and business deals. This would also be beneficial to everyone who has a fax machine as well as people with on-line computer service.

We want every community in this area to be well-represented. We plan to circulate petitions in every community, and we need lots of help. I hope a lot of you will come early in order to get everyone registered.

Jean Duffek is a Jerome resident. People interested in this issue can call her at 324-2269.

Media mergers raise issues for TV news

How much news coverage of the controversy about the use of nuclear power to generate electricity can we expect from America's three leading television networks when two of those networks are owned by the corporations that also are the nation's dominant manufacturers of commercial nuclear reactors?

Will CBS, likely to be owned by the Westinghouse Electric Co., be reluctant to explore whistle-blowers' reports that federal funds are being misused at Hanford and Savannah River reservations, the Waste Isolation Pilot Project and West Valley Demonstration Project — all managed for the U.S. Department of Energy by Westinghouse subsidiaries?

How enthusiastic will ABC, owned by the Walt Disney Co., be in exploring accusations by Senate Majority Leader Bob Dole, R-Kan., and other opponents of the entertainment industry is subsidizing family values when Disney's film studios are producing motion pictures whose raw content tests the limits of propriety?

Will NBC, owned by the General Electric Co., become more aggressive in its news cov-

Robert Walters

erage of Washington's longest-running scandal — defense contractors' schemes to bilk the federal government — when GE itself has a record of repeatedly defrauding the Pentagon?

These questions are no more convoluted than the relationships emerging from the latest round of mass media mergers. They reach well beyond the conventional concerns about the concentration of economic power and the control of information by fewer yet larger owners.

The three major television networks are widely perceived as media used to deliver entertainment programming. But the ABC news slogan — "More Americans get their news from ABC News than from any other source" — identifies another dimension. Millions of people believe they receive all the news they need (or want) through the networks' half-hour evening news programs and their "infotainment" offerings ranging from early morning shows to prime-time "magazine" programs.

In an earlier era, the networks were stand-alone companies whose owners were willing to spend whatever was necessary to support a news operation whose losses were offset by profits from entertainment programming.

Now, however, the networks' news divisions are not only expected to be "profit centers," but they're subsidiaries of companies that produce a wide range of goods and services. As a result, they're in danger of being manipulated into promoting corporate agendas.

It's fashionable to assess the latest round of mergers as part of the new convergence of interests between information and entertainment providers. But it's equally pertinent to view the new arrangements in more traditional terms — relating to the very real risks that the integrity of once-independent news-gathering organizations will be sullied by pressure to advance their owners' corporate interests.

Robert Walters is a Washington, D.C.-based journalist. He wrote this commentary for the *Los Angeles Times*.

Letters

Divergent views air needed ideas

The letter of Mr. H.L. Holmes of Higgarman should not go unchallenged. In *The Times-News* of Aug. 8, he blasted *The Times-News* for including the Molly Ivins column in the opinion page.

Apparently Mr. Holmes is a believer in censorship of ideas foreign to his own ideology. Democracy demands the right of minorities to express their ideas. True, liberals are a minority in Magic Valley. That is the reason our only paper should publish some liberal opinions.

Airing various ideas is necessary if growth and positive change are to take place. If Mr. Holmes is unable to appreciate the wit and wisdom of Molly Ivins, that is his problem. I could do without the carping of Cal Thomas. Ivins is a nice counterbalance for Thomas.

It is possible, that as a fallible human being, Mr. Holmes has some opinions that are wrong. ELIZABETH ROWLAND
Twin Falls

Keep banks, insurance apart

Once again Congress is considering legislation to deregulate the banking industry. That may be good news for banks, but is it good news for consumers?

A bill now before the House would allow banks and insurance companies to merge with one another in a holding company arrangement. This may not seem like much, but under existing federal law there are strict prohibitions against such affiliations.

Without appropriate firewalls between banking and insurance, mingling these two essential industries could jeopardize the assets of policyholders and depositors. And given the huge assets at their disposal, banks could easily dominate the insurance marketplace, squeezing out small insurance agencies and reducing the choices available to consumers.

I worry the most about the banks using their newfound insurance powers to coerce borrowers into buying from them. It would be very easy for a loan officer to suggest to someone anxious to have his loan approved that he should consid-

er purchasing insurance through the bank. Such tie-ins hurt consumers because they don't get to change to shop for the best coverage.

For example, many consumers are told which they apply for a loan they must take out credit life insurance. What they don't know is that the expense as it should be. The Consumer Federation of America estimates borrowers are overcharged \$1 billion annually for credit insurance.

Letting banks sell insurance also poses privacy concerns and possible conflicts of interest. Will banks be allowed to share confidential information about their customers with insurance affiliates? That wouldn't be fair to consumers or to insurance agents who don't have access to such privileged information.

I hope that in the end the House will vote to drop the affiliations provision. Banking and insurance should remain separate.

JANET R. BOYD
Public Relations Chairman
Southern Idaho Life Underwriters
Twin Falls

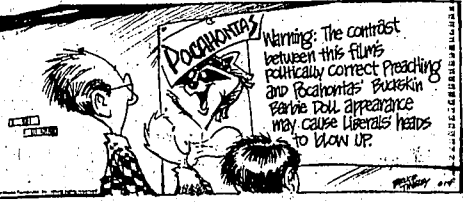
Doonesbury



By Garry Trudeau



Mallard Fillmore



By Bruce Tinsley

More than just rest available at road stops

COEUR D'ALENE (AP) — Like the coffee, stories flow freely at the Huetter Rest Area.

War stories, hard-luck stories, travel tips and just "shootin' the breeze."

Many motorists initially are a little wary of the signs: Free coffee and cookies. Donations free will. Sounds too good to be true.

But smiling faces inside a small concession trailer or behind a table reassure them. They accept a cup of coffee or punch and choose a cookie from a well-stocked tray.

Few pass up the offer; those who do miss out on a touch of western hospitality.

"We're just here to socialize, to help people and to promote good will," said Don Crain of the Marine Corps League, one of many organizations who "work" the Huetter rest stop one or more weekends a year.

He won't disclose how much money it nets, but admitted the endeavor is worthwhile to support

league projects that include holiday food baskets for needy vets, a picnic for VA Hospital patients and funds for Kellogg High School's Marine ROTC rifle team.

"It's not big money, but it helps," Crain said. "You meet a lot of interesting people."

Tommy Thompson, Coeur d'Alene, finishes the sentence, "People who just want to get out of the car."

They're tired of talking with their husband or wife." Volunteers hear stories about perfect vacations and vacation disasters. Some compare military service, or other common denominators in life experiences.

Most travelers drop a handful of

change in the donation jar; once, one traveler drank a cup of coffee, went to his car and returned with a \$50 bill, saying, "I'm a former Marine."

Those who don't donate are treated as courteously as those who do. Motorists who have a flat tire or dead car battery usually find a helping hand.

"The truckers really like us because of the coffee situation," Crain said.

One time, a trucker has knocked on the trailer at 5:30 a.m., asking if the coffee is ready. Although 6 a.m. is the official opening time, an early bird usually finds a cup waiting.

"I think the police appreciate peo-

ple doing it because it gets a lot of sleepy drivers off the road," Crain said.

That is precisely why the Idaho Department of Transportation allows nonprofit organizations to work the rest areas.

A typical summer weekend will find a church group, a softball team, young gymnasts, American Legionnaires, the VFW, the Eagles Lodge or even parents of graduating seniors serving coffee and cookies at Huetter.

John Huber, ITD traffic technician, said the rules are few: everything has to be on a donation basis; the group is asked to commit to 16 hours, but is allowed to cut back when daylight hours are shorter.

Some serve coffee 24 hours a day. Volunteers can give out travel information at Huetter to westbound travelers but must refer inquiries from eastbound motorists to a paid state employee.

'We're just here to socialize, to help people and to promote good will.'

— Don Crain, Huetter rest stop volunteer

8 appointed lawmakers represent quarter of state

BOISE (AP) — Republican Gov. Phil Batt has left a fourth of all Idahoans represented by a state lawmaker they did not elect.

Eight of Idaho's 105 legislators — representing 274,000 of the state's people — have been appointed to replace elected legislators who have gone to work for Batt.

Batt named each of their replacements — he is one of nine governors who have that power. Most states either hold special elections or leave the job to county commissions.

Leaders of Idaho's Democratic party say Batt's reliance on legislators means Idaho should turn to special elections, too. The governor said he is open to that idea, and has pledged to raid the Legislature no more.

"The voters deserve to have some say in who represents them, and I think this process becomes somewhat of a popularity contest at the central committee level," Idaho Democratic Party Executive

Director Cathy Fuller said. "Eight is the most unelected legislators Idaho has ever had at one time. It also is the highest in the region."

A veteran state legislator himself, Batt said he turned to the Legislature because that's where the state's Republican politicians flourished under 24 years of Democratic govern-

ment. "If you look at the people who have been appointed to fill the vacancies, on balance, the philosophical mix is not all that different, and, on balance, the experience mix is not all that different," Stapulis said.

Republicans scoff at complaints that the appointments are unfair, saying their party's legal precinct captains — who nominate finalists to the governor — represent the rank and file voters in their own districts.

Political historian Randy Stapulis is betting that the appointed Republicans will act pretty much like those they replaced.

Researchers work on cleaning Middle Snake

POCATELLO (AP) — Idaho State University ecology professor Wayne Minshall is studying the Middle Snake River from Milner Reservoir near Twin Falls to King Hill where plants are so thick that ducks can walk across the river.

The river's troubles are many. It has no fast flow of water and sediments are accumulating. Boats get stuck. Fishermen hook weeds instead of fish. The only fish have been planted — there are no native fish.

Minshall along with University of Idaho's Mike Falter, Department of Fisheries and Wildlife, have been asked by the Environmental Protection Agency and the Department of Environmental Quality to study the river and help develop a management plan.

The river has been used for many years, but recently agricultural and industrial uses have placed severe restrictions on recreational uses. The EPA and the DEQ have declared release of wastes into the river must be severely reduced and the river cleaned up.

The researchers have been monitoring basic biological and environmental conditions dealing with nutrients and carbon in the river to develop a plan to correct the problems.

To develop a management plan from their measurements, scientists are unable to conduct experiments on-site because of the large size and complexity of the river's ecosystem. They are developing a computer-based model to represent the operation of the ecosystem.

Judge confirmed at last minute

The Associated Press

After eight years, 6th District Judge Lynn Winnmill of Pocatello will leave the state bench to become Idaho's newest federal judge.

Months after he was nominated by President Clinton, Winnmill was confirmed by the U.S. Senate Friday. It almost didn't happen. Idaho senators Larry Craig and Dirk Kempthorne worked throughout the day with GOP leader Sen. Robert Dole to get Winnmill confirmed before the Senate took its summer adjournment.

The voice vote confirming Winnmill and several other judges was the last action taken Friday afternoon.

"I'm obviously extremely pleased and grateful," Winnmill said. "I'm very appreciative of the president's confidence in my ability and the support I received from Sen. Larry Craig and Sen. Dirk Kempthorne."

Winnmill said he expected to assume his federal position as quickly as he receives the paperwork from the White House. A formal investiture ceremony will be held later.

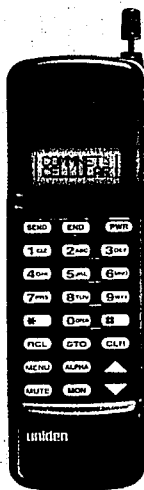
Winnmill was in private law practice at Pocatello for 10 years before being appointed a district judge by then-Gov. Cecil Andrus in 1987. Three times he was nominated by the Idaho Judicial Council for a position on the Idaho Supreme Court.

Winnmill said he will notify the Judicial Council and Gov. Phil Batt that he is resigning as soon as he receives the commission.

The governor will appoint a replacement from a list of nominees from the Judicial Council.

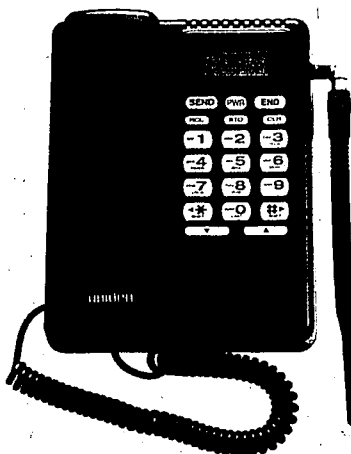
"Lynn Winnmill is the right person for this job," Kempthorne said. "He received the highest marks possible from both the state's judicial community and those from his community."

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World

Iraqi departures may be end for Saddam

Chicago Tribune

WASHINGTON — Is it the beginning of the end for Saddam Hussein? For it is unclear if these defections were precipitated by a wider internal struggle.

But as White House and Pentagon officials assess evidence of Iraq's internal turmoil this weekend, the imminent fallout from the defections is twofold:

The flight of two of Hussein's sons-in-law with their families to Jordan raises the possibility of renewed military tension in the Middle East, even as it is likely to provide new insight into the extent of Iraq's military recovery from the Persian Gulf war.

For the moment, the United States must be careful not to antagonize or allow Hussein to create some excuse for a distracting military action, Clinton administration officials say.

Given Saddam Hussein's record and his pattern of behavior," said White House spokesman Mike McCurry, "it's very smart for our forces to be prudent in the coming days."

In the immediate aftermath of the defections this week, there have been some "preparatory" moves reported at Iraqi military garrisons near Baghdad, with units taking tanks and artillery out of sheds. But the Pentagon and the State Department said there is no indication yet if that is a precaution against internal unrest or preparation for a military excursion.

In Jordan, where King Hussein's regime fears a possible backlash from his warring, wounded neighbor, U.S. intelligence officials are helping their Jordanian counterparts debrief the prized defectors.

U.S. officials are reluctant to describe how valuable the defections may be to intelligence analysts but they are eager to learn more about Iraq's possible concealment of weapons and if there are any programs to manufacture stocks of gas or biological weapons.

Since the end of the Persian Gulf war four years ago and the imposition of international sanctions against the Iraqi regime, Hussein has ruled over a deteriorating economy and an increasingly frustrated populace.

Hussein's inner circle.

Anytime there have been suspected mutinies or rumored coup attempts, they have been heavily put down. So Hussein is busy building palaces.

Hussein is not easily overthrown, as President Clinton's predecessor, George Bush, discovered during and following the Persian Gulf war. A strong figure from his youth, Hussein rules not by popular mandate but through the efficiency of his secret police and his personal reputation for ruthlessness.

Hussein has fostered his own personality cult and, more importantly, surrounded himself with Baathist Party loyalists and members of his own Takriti clan, who owe their allegiance and power solely to Hussein.

The defectors, Lt. Gen. Hussein Kamel Hassan and his younger brother, Lt. Col. Saddam Kamel Hassan, are married to two of Hussein's daughters. The two brothers come from another clan but the same one as Hussein's father. One was in charge of rebuilding Iraq's military infrastructure and the other was reportedly responsible for Hussein's personal guards.

Along with 15 to 30 aides, children and Iraqi military men, the defectors traveled over 600 miles of desert road in a caravan of official government cars, all Mercedes sedans.

After a long talk with King Hussein on Thursday night, Clinton made a second call Friday. The president repeated his pledge to the king that the U.S. would protect Jordan from possible retaliation from the Iraqi dictator, who has ruled with absolute power since 1979.

Heading into the weekend, there was no evidence of new Iraqi military movements toward Jordan or against the Kurdish population in northern Iraq. Nonetheless, State Department spokesman David Johnson told reporters that Hussein's record "makes it prudent to prepare for such threats."

Last October, when Iraqi troops moved more of Hussein's elite Republican Guards closer to the

Iraq map, facts

While Iraq crumbles under the weight of U.N. sanctions, Saddam Hussein is busy building palaces.

■ Area: 167,823 sq. miles (about twice size of Idaho)

■ Population: 19.8 million

■ Life expectancy: 66 years

■ Illiteracy: 40 percent

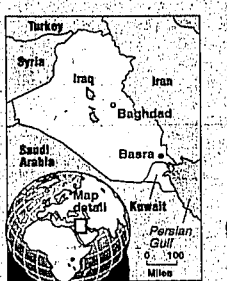
■ Ethnic divisions: 75 to 80 percent Arab; 15 to 20 percent Kurdish, 5 percent Turkoman, Assyrian or other.

■ Government: Republic. Political parties and activity are severely restricted.

■ Religion: 60 to 65 percent Shiite, 32 to 37 percent Sunni, 3 percent Christian or other.

■ Who can vote: Everyone 18 and older

■ Economy: Oil used to provide 95 percent of foreign exchange earnings. Now oil exports are less than 10 percent of pre-war levels.



Map details: Agriculture: Only 12 percent of land is arable. Media: 13 TV stations, 17 radio stations — all government-run.

Kuwait border, Clinton put American warships on high alert and ordered 4,000 U.S. troops into Kuwait, warning Hussein not to misjudge American will or American power.

During the last three days, the president and U.S. government spokesmen all attributed the latest defections to the deteriorating conditions within Iraq and splits within Hussein's ruling clique.

In the first Iraqi reaction statement to the loss, Deputy Prime Minister Tareq Aziz declared Hussein's ruling clique.

"Any interpretations linking the 'escape' of Hussein Kamel and conditions in the country are mere deceptions ... or wrong conclusions without any weight."

"Hussein Kamel occupied an important position in the state when he was part of it and loyal to it and its leader. ... When he betrays his country

and leader and flees he loses all weight and any influence in the state's affairs."

The State Department spokesman said the defecting general's post gave him a unique and valuable position to report to the United Nations on Iraq's compliance or non-compliance with bans on nuclear, chemical and biological weapons.

Jordan's King Hussein rejected an attempt by Saddam's eldest son, Odaï, to secure the return of the defectors. Odaï returned to Baghdad after a polite but tense 10-minute meeting Thursday, Jordanian officials told the Reuters news agency.

The defecting general was responsible for equipping Iraq's war machine that invaded Kuwait in August, 1990 and was driven out the following February.

Iraq's former intelligence chief, Maj. Gen. Wafiq Samarra, said in neighboring Damascus, Syria, that the Iraqi army was in confusion after the defections.

"Reports coming to us from Iraq indicate there is disorder and confusion in the army and among the people, especially in Baghdad," said Samarra, who rebelled against Saddam and joined the opposition in exile eight months ago.

'Hussein Kamel occupied an important position ... When he betrays his country and flees he loses all weight and any influence in the state's affairs.'

— Tareq Aziz, Iraq's deputy prime minister

Kashmiri group kills 1 of its 5 hostages

SRINAGAR, India (AP) — A Kashmiri separatist group decapitated one of the five tourists it kidnapped last month and threatened Sunday to kill the others — an American and three Europeans — in two days unless India frees 15 jailed militants.

The headless body of Hans Christian Ostro, 27, of Oslo, Norway, was discovered Sunday in Seer, a village 30 miles south of the Himalayan region where the five were last seen. The name of the militant group, Al-Faran, was carved on his chest with a knife, police said.

Ostro's head was found later in a different spot in the village.

"We have killed the hostage because the government has failed to accept our demands," said a note found in Ostro's shirt pocket — from the Al-Faran militants.

If the 15 jailed militants are not

released in 48 hours, "the other hostages will meet the same fate," the note said, according to police.

India previously has refused to consider a swap, but a spokesman declined to comment Sunday when asked after the killing whether that remained India's policy. "These are sensitive things," said Ram Mohan Rao, of the Kashmir state government.

Two Americans — Donald Hutchings, 42, of Spokane, Wash., and John Childs, 41, of Simsbury, Conn. — were the first to be kidnapped on July 4. Childs escaped four days later — the same day Ostro was taken.

At the U.S. Embassy, spokesman Joe Bookbinder said: "We understand that the body has been positively identified as the Norwegian. We are deeply concerned and appeal to

Al-Faran again for the immediate and unconditional release of the hostages."

Officials at the Norwegian Embassy in New Delhi were unavailable for comment Sunday, an operator said.

The other hostages are Paul Wells, 23, of London; Keith Mangon, 33, of Middlesbrough, England; and Dirk Hasert, 26, of Erfurt, Germany.

For five years, Muslim militant groups have been fighting for the independence of Jammu-Kashmir, the only Muslim-majority state in mostly Hindu India. At least 12,000 people have been killed.

The kidnapping of the five hostages was the fourth time in the last year that Westerners had been taken captive in Jammu-Kashmir. All the other captives were freed unharmed.

Judge puts neo-Nazis in jail for a week

BERLIN (AP) — A judge ordered neo-Nazis jailed for a week after police foiled their rally to mark the eighth anniversary of the death of Hitler deputy Rudolf Hess.

The skinheads were rounded up by police, who stopped cars and boarded trains to snare neo-Nazi youths headed to a banned rally in Frankenberg, 100 miles south of Berlin.

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Defections reveal nation's weakness

By Mary Curtius Los Angeles Times

Analysis

JERUSALEM — The defection of senior Iraqi officials to Jordan this past week could well be the critical show of weakness in dictator Saddam Hussein's regime that American officials have prayed and plotted for since the 1991 Persian Gulf War.

When he led a convoy of armored units across the Iraqi desert and into Jordan Tuesday, Lt. Gen. Hussein Kamel Hassan, architect of Iraq's military machine, revived the dream of shattering the Iraqi regime's core and creating an alternative strongman for Iraq, analysts said.

"This is the most interesting wrinkle we have seen," said Richard Haass, who served as President Bush's adviser on Middle East affairs on the National Security Council during the 1990-1991 Gulf crisis. "It is all good news, even though it has taken four or five years longer than we had hoped."

By Friday, U.S. intelligence officers reportedly had made contact in Jordan with Hassan and his brother, Lt. Col. Saddam Kamel Hassan. Saddam Kamel commanded the Iraqi dictator's presidential guard. The brothers are married to Baghdad and Rama, two of Saddam Hussein's daughters; their wives followed their husbands into exile.

Iraqi opposition leaders said Hussein Kamel was already telephoning members of the opposition in the region and offering to build a coalition to overthrow his father-in-law.

Hussein Kamel is expected to be a gold mine of information about Iraq's weapons system, because he was the key arms- and technology-procurer for the regime as it built up its war machine in the 1980s. He is thought to know more than almost anyone else in Iraq about the regime's nuclear, chemical, biological and missile programs.

At the same time, some analysts believe he also is the first Iraqi to join the opposition who might some day be capable of replacing Saddam Hussein.

"He has less blood on his hands than other members of this family," said Amatzia Baram, chairman of the department of Middle East history at Bar Ilan University and a specialist on the Iraqi regime. "He is certainly not a democratic creature, but he would be better than anyone else in that family, from the perspective of the Americans."

Even as it crushed Saddam Hussein's regime in Kuwait in February 1991, the Bush administration was casting about for likely replacements for Saddam Hussein. The administration was always bedeviled by obstacles: Saddam Hussein's seemingly impregnable personal security forces, his grip of terror on much of Iraq, the disarray of the Iraqi opposition and the likelihood that the collapse of his regime could lead to the break-up of ethnically and religiously riven Iraq.

Bush officials always hoped that someone from within the regime, a Sunni Muslim, who, like Saddam, would be from the majority Sunni Muslim community of Iraq, would strike down the dictator and seize power. Such a person, it was thought, could halt the worst excesses of Saddam Hussein's regime, repair Iraq's tattered relations with the world and still hold together the nation.

Shortly after Hussein Kamel's defection was revealed Thursday, President Clinton publicly praised Jordan's King Hussein for granting Hussein Kamel and his entourage — said to number as many as 30 officers, aides, wives and children — asylum.

Clinton warned Saddam Hussein to make no threatening moves toward Jordan and said that the United States was ready to come to its defense.

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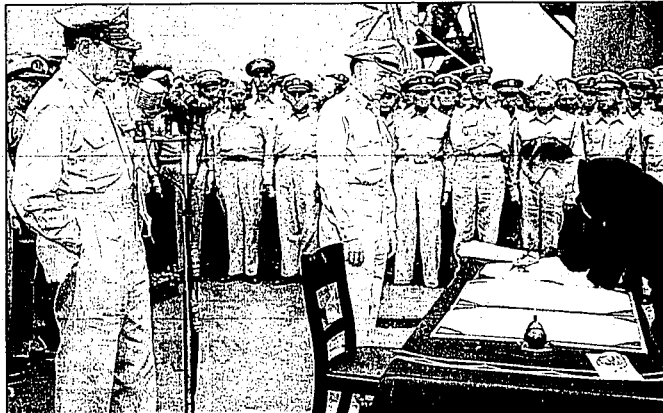
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AP photos

Victory over Japan

America celebrated when the war ended 50 years ago



Above, a crowd in New York's Times Square on Aug. 14, 1945 celebrates the announcement of Japan's surrender. At left, Gen. Douglas MacArthur, left, and Lt. Gen. Richard Sutherland, center, watch as Japanese Foreign Minister Manoru Shigemitsu signs surrender documents aboard the USS Missouri on Sept. 2, 1945.

Knight-Ridder News Service

The United States had been at war for three years, eight months and seven days. Somehow, it seemed even longer. When peace came, it was as if a deep, chronic pain suddenly stopped hurting. It took a moment to accept that, at last, it was gone.

And then America exploded with joy. Fifty years ago today, Aug. 14, 1945, the Empire of Japan notified the Four Powers — the United States, Britain, China and the Soviet Union — that it would accept terms of complete surrender. The worst catastrophe in human history — the Second World War, in which tens of millions of people from 51 warring nations had died of battle wounds, deprivation and murder — was over.

"It was such a great relief, a feeling of thankfulness that our men won't be killed anymore," recalled Beverly Blackway, now of the Johnsville section of Warminster, Bucks County, Pa., whose husband-to-be was off in the Navy.

Blackway, 18 at the time, was working behind the soda fountain at Powell Drug Store in Abington at 7 p.m. when, after a long day of rumor and expectation, President Harry S. Truman announced that the Japanese really had given up.

"Within a minute, the word had flashed across the news wires and was being broadcast on radio. Blackway ran out to the sidewalk, where a Greyhound was passing by on Old York Road. The people on the bus were letting out a cheer.

"That gave me goose bumps," she remembered. Suddenly, she craved to party. "Mr. Powell gave us each \$5 after we closed, which was a lot of money in those days."

She persuaded her brother, a veteran of Omaha Beach, to charter a car and some friends on a bus trip to Center City, Philadelphia, where real partying was going on.

"At one time between 9 and 10 o'clock," the Evening Bulletin reported, "Market Street throngs were packed so tightly shoulder to shoulder that only a tank could have driven through them. A slow drift with the logjam was the only way to escape it."

The authorities had ordered bars closed the moment that peace was announced, but homemade wine and beer appeared from cellars all over the city. Mayor Bernard Samuel personally sounded the air-raid siren in the City Hall tower — 12 blasts of 30 seconds each.

More than 200 people were treated at hospitals for injuries in the mayhem. One man, at 24th and Montrose Streets in South Philadelphia, fired six shots from a .38-caliber pistol into the pavement. The fragments wounded a woman and five children.

The celebration was far wilder than when Italy surrendered in September 1943; wilder than when the Germans surrendered in May 1945. It was wilder even than when World War I came to an end in 1918.

Of 161,112,566 Americans who served in the war, 294,597 had died in battle. An additional 113,842 had failed to return home because of accident or disease, and 670,846 had been wounded. In addition, thousands of civilian merchant seamen had lost their lives during the Atlantic U-boat war, in which 3,843 Allied merchant ships were sunk.

Along among major belligerents, Americans had not had their homeland invaded or their cities bombed. But there was hardly a family that had not lost a son or a brother, a cousin or a nephew.

And now the war was over! Ended! Finished! Kaput! The atomic bomb had done it.

Gen. Douglas MacArthur, who on Sept. 2 would formally accept the surrender on the deck of a battleship anchored in Tokyo Bay, believed that, in absence of the A-bomb, the Japanese might have preferred national suicide to surrender.

Only this "new and most cruel bomb," as Emperor Hirohito called it, could ever have overcome the shame that Japanese felt at giving up, especially while two million of their soldiers remained at arms, MacArthur thought. It provided them a way to quit and "save face," he told aides.

On Aug. 6, an atomic bomb had been

dropped on Hiroshima, destroying the city. Three days later, a second bomb fell on Nagasaki. That evening, Japan began to seek a means of surrender.

It had taken two bombs, not one, to convince Japan that its position was hopeless, said Stanley Weintraub, a Pennsylvania State University professor and author of a new book on the final months of the war: "The Last Great Victory."

It was such a great relief, a feeling of thankfulness that our men won't be killed anymore.

— Beverly Blackway, Warminster, Pa.

'We emerge from the war the Midas of nations. While other countries rise from the ruins appalled by their poverty, we are baffled by our wealth.'

— I. F. Stone

could never surrender if it meant that the emperor had to abdicate, he thought.

"In August of 1945, the emperor of Japan was a demigod; he literally was worshipped," Weintraub said.

In prior decades, the emperor's political power had been restrained somewhat; the country was now dominated by generals and admirals. But no one dared dispute Hirohito when he spoke.

And now he did so. He rebuked the hardliners, saying that continuing the war could only mean Japan's destruction. Hirohito said he feared for the Japanese people and their culture.

There was no longer a need for a council vote. It only remained for the government to contact the victors and see what could be done to preserve the throne.

The Allies, in their Potsdam Declaration, had left the door open for Hirohito to remain. They had demanded the unconditional surrender of Japan's military forces, but pointedly had said nothing about the emperor.

It would take a few days to sort out details, during which the world public became aware of the peace overture from Japan. Each day, the papers were full of speculation on when peace would come.

The Allies, in their Potsdam Declaration, had left the door open for Hirohito to remain. They had demanded the unconditional surrender of Japan's military forces, but pointedly had said nothing about the emperor.

On the day of surrender, Hirohito himself delivered the news to his people in a radio broadcast.

"He had never spoken in public," said Weintraub, "and his voice did not seem imperial. It was thin and weak. But those who heard realized that this was the emperor and the war was over."

"We, the emperor," Hirohito began, "have ordered the imperial government to notify the four countries, the United States, Great Britain,

China and the Soviet Union, that we accept their joint declaration. To continue the war under these conditions would not only lead to annihilation of our nation, but the destruction of human civilization as well."

Japan had never surrendered in any war. Now, enemy forces would be coming to occupy the homeland. Other things would change, too. The emperor no longer would be considered divine. And the Japanese people, Hirohito said, were no longer to consider themselves "superior to other races, fated to rule the world."

"The United States that emerged from World War II was also vastly changed, a nation far mightier than the one attacked by Japanese aircraft at Pearl Harbor on Dec. 7, 1941.

In less than four years, one America — economically depressed, inward-looking — had disappeared. Another America — an economic colossus and world superpower — had emerged.

Journalist I. F. Stone wrote: "We emerge from the war the Midas of nations. While other countries rise from the ruins appalled by their poverty, we are baffled by our wealth."

The enormity of the American accomplishment in winning the war could hardly be overstated. The United States had fought two wars simultaneously on opposite sides of the globe, one 3,000 miles away in Europe, the other 9,000 miles away in Asia.

It was a victory not only of American courage but also of American industry. Adm. Isoroku Yamamoto, commander of the Japanese Combined Fleet, had feared that if Japan failed to knock out the U.S. Pacific Fleet in one blow at Pearl Harbor, it would succeed only in awakening a sleeping American giant.

"The war rescued the country from the Great Depression," said Russell F. Weigley, a Temple University history professor. "It put money in people's pockets, and the prosperity was linked to a sense of national purpose."

Looking back 50 years later, it is possible to see that while the end of the war heralded a period of great prosperity for America, it marked the start of prolonged and continuing decline for old cities of the Northeast and Midwest.

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Stock #37V-246
1995 DODGE FULL SIZE CONVERSION VAN
 Air conditioning, tilt wheel, cruise control, cassette, All The Candy.
 \$0 down \$369.00 mo.
Units subject to prior sale or lease. O.A.C. cap cost \$14,885. First payment and security deposit due upon inception \$217.00. 48 month closed end lease totaling \$19,340. Option to purchase at lease end for \$16,921.6. Tax and title not included in monthly payments. Dealer retains rebate.

LEASE IT FOR ONLY 24 MONTHS
 Stock #10149
1995 DODGE INTREPID
 Cab forward, air conditioning, tilt wheel, cruise control.
 \$0 down \$275.00 mo.
Units subject to prior sale or lease. O.A.C. cap cost \$12,263. First payment and security deposit due upon inception \$150.00. 24 month closed end lease totaling \$1,600.00. Option to purchase at lease end for \$13,699.97. Tax and title not included in monthly payments. Dealer retains rebate.

LEASE IT FOR ONLY 24 MONTHS
 Stock #37C-49
1995 DODGE CIRUS
 Air conditioning, tilt wheel, cruise control.
 \$0 down \$259.00 mo.
Units subject to prior sale or lease. O.A.C. cap cost \$11,788. First payment and security deposit due upon inception \$172.00. 24 month closed end lease totaling \$1,716.20. Option to purchase at lease end for \$17,274. Tax and title not included in monthly payments. Dealer retains rebate.

LEASE IT FOR ONLY 24 MONTHS
 Stock #30C-101
1995 JEEP GRAND CHEROKEE
 Laredo Package, power windows & door locks, air conditioning, tilt wheel, cruise, cassette.
 \$0 down \$369.00 mo.
Units subject to prior sale or lease. O.A.C. cap cost \$17,688. First payment and security deposit due upon inception \$172.00. 24 month closed end lease totaling \$1,716.20. Option to purchase at lease end for \$17,274. Tax and title not included in monthly payments. Dealer retains rebate.

Stock #37C-223
1995 DODGE HIGHRISE TOP MINI CONVERSION VAN
 Air conditioning, tilt wheel, cruise control, cassette, rear air conditioning.
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Units subject to prior sale or lease. O.A.C. cap cost \$13,885. First payment and security deposit due upon inception \$181.71. 48 month closed end lease totaling \$17,840. Option to purchase at lease end for \$16,921.6. Tax and title not included in monthly payments. Dealer retains rebate.

Stock #37-010
1995 DODGE CUMMINS DIESEL 3/4 TON PICKUP
 SLT, loaded, air conditioning, tilt wheel, power windows & door locks.
 \$0 down \$459.00 mo.
Units subject to prior sale or lease. O.A.C. cap cost \$18,854. First payment and security deposit due upon inception \$181.71. 48 month closed end lease totaling \$18,854. Option to purchase at lease end for \$16,921.6. Tax and title not included in monthly payments. Dealer retains rebate.

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Health & Fashion

It's time to take family life seriously

In an era in which outside forces continue to erode the family base, and in which the stresses on parents are so keen that family life becomes secondary to other pressures, it is well to look at ways of putting your family in focus and investing time in strengthening family relationships.

Here are just a few possibilities:

- **Organize a family calendar.** Hold a meeting with your family, say on Sunday night, and pencil in on the calendar the commitments for the week ahead. Use large X's to draw blocks of time that are reserved for the family and make these times sacred and untouchable. Plan ahead for family vacations or weekends to spend together. Think about doing something each week you've never done before.



JoAnn Larson
Psychology

- **As parents, squeeze in special moments throughout the day and week.** They could be a quick trip for a root beer float, a spontaneous picnic in the back yard or park, a "nature" ride to see something special, a trip to feed the ducks, a walk outdoors to see the stars and the moon, or the like. Nurture your children's sense of wonder and curiosity by providing them with such outside activities as hiking, camping, or going to nature preserves.

- **Touch your children.** Just a hug as you go by, a tousle of the hair, an unexpected "I love you." Hold your child's hand as you're walking in the mall, or if a child is young, take advantage of opportunities to hold the child on your lap when you're sitting. Reinforce your child's reaching out to you in the same manner: "I love it when you come up and hug me. I can especially feel your love for me when you do that."

- **Make dinnertime a family affair.** Demise of family meals has been among the costs of the stress and pressure of the '90s.

- **Use driving time together in the car.** Use the most concentrated time that parents often have with their children to talk over the day's activities and problems or to laugh and have fun together.

- **Spend time with children at their bedsides.** Tuck them in, snuggle and go over your children's day. For the younger children, read stories. Tell stories about yourself, other family members, ancestors, or your own children when they were younger are especially appealing. Make bedtime a ritual that children can depend on. Once in a while, have your children tuck you in, participating in all the rituals but in reverse.

- **Show appreciation.** Eliminate any patterns of fault-finding and belittling and replace them instead with responses that give family members credit for what they are doing.

- **Invest time, energy, and spirit in your family.** Define your family as coming first in your life. Talk about commitment and promoting each other's welfare and happiness as being one of your family's major values. As parents, show that commitment through the time you devote to your family and how you make choices in favor of the family over less important things.

Please see LARSEN/D2

Now hear this

Despite skepticism from doctors, ear candles catch fire

By Cathy Walworth
Times-News correspondent

TWIN FALLS — Your mother would be horrified.

"Never put anything smaller than your foot in your ear," she'd say. You could hear her if you didn't have that glob of wax in there. Since some people maybe never heard a word Mom said anyway, sticking the pointy end of a flaming candle into their ears seems to be all the rage these days.

"It's a pleasant sensation," said Debbie Wilson of The Health Food Place, one of the Twin Falls stores that sells ear candles. "Many people have used them to clear wax out of their ears that's been in there forever," she said. "It's kind of a tornado effect," Wilson explained.

The hollow, rolled paraffin wax candle, or cone, marketed by Dyna-Pro of Ogden, Utah, sells for \$1.39. At about 12 inches long and as big around as your finger, it's designed to stick the pointy end in your ear. You light the other end and lose the earwax, according to converts. "People who have worn hearing aids didn't have to wear them anymore," Wilson said.

Those claims don't impress the local medical community. One Twin Falls ear, nose and throat doctor, who declined to be identified for print, said he didn't want anything to do with the subject. He referred questions to the American Academy of Otolaryngology in Alexandria, Va.

A spokesman there also declined comment.

The candles create a vacuum that, in theory, can dislodge the wax and draw it into the ear cone.

Whether or not they work as advertised, there's certainly a market.

Earwax, which is substance secreted by the glands in the outer one-third of the ear canal, can accumulate to the extent that it clogs in the ear channel and in some cases becomes impacted. It's a significant problem for perhaps one adult in five.

The standard medical procedure is to remove soft wax by

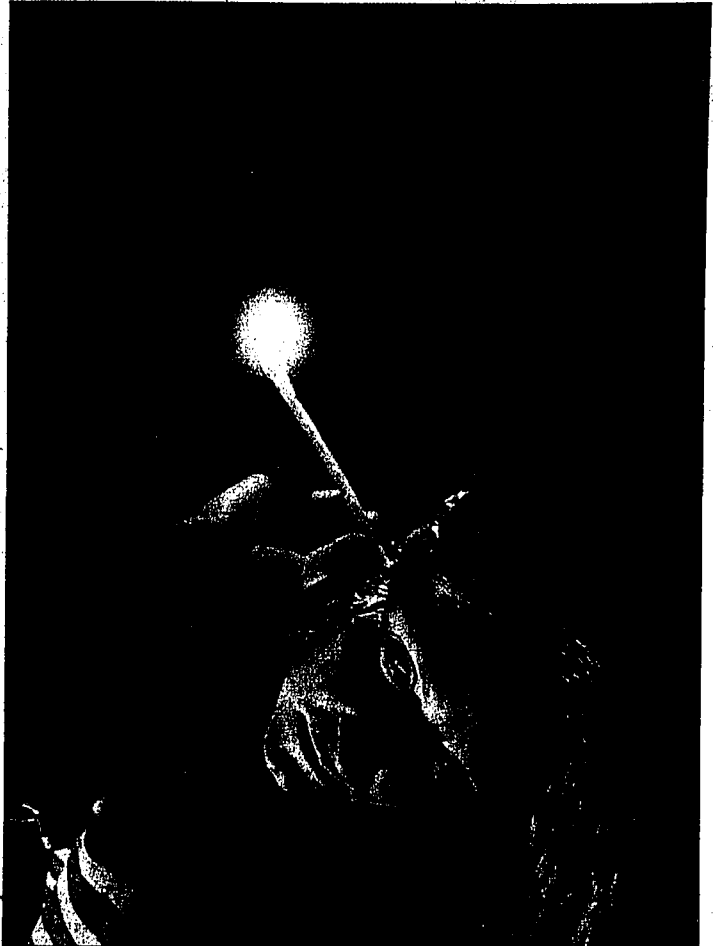


Photo Illustration/MICHAEL SALSBURY

Ear coning is described as an 'ancient art' by its promoters.

gently injecting water into the ear, but in severe cases, it must be removed with a tool called a curette.

That can be a painful process, and there are literally dozens of home remedies that purport to do the job more easily.

Keith Owen, a Twin Falls advertising sales representative, said an office mate waxed poetic on the advantages of using one's ear as a Menorah.

"He went on and on," Owen said. "He said he could hear better, the wax was out of his ear. ... It was a while before Owen and another worker decided to

try the candles.

"I thought I'd try it in the privacy of my own home," Owen said, "and was talking to someone in the office about it."

Next thing they knew they, "Lit them up in the office. We locked the door."

"You look kind of funny with your head bent over like that," Owen said. "But you should try it. Just for heavy cleaning. I'm a firm believer in it now. Two thumbs up."

Study shows job stress won't cause heart trouble

The Washington Post

Don't blame heart disease on job stress.

A team of researchers from Stanford and Duke universities reported last week that they found no correlation between heart disease and on-the-job strain.

"We were so surprised by the findings that we re-did the analysis several different ways," said the study's lead author, Mark Hlatky of Stanford University School of Medicine. "The findings came out the same way no matter how we checked." Researchers have long theorized that work-related stress is a risk factor for heart disease, the same way that obesity, sedentary living, high-fat diets and smoking are. But the scientific data to support that be-

lief have been mixed. Scandinavian researchers who developed a way to scientifically measure job stress found office strain linked with heart disease. But a team of researchers who conducted the Honolulu Heart Study using the same techniques as the Scandinavian team found no evidence of work-related stress and heart disease in a group of Japanese-American men.

Critics of both studies point out that neither took into account confounding factors or used a common test to confirm the extent of heart disease in participants.

To answer the question more definitively, Hlatky and his colleagues at Stanford teamed with researchers at Duke University Medical Center. They studied nearly

1,500 men and women, average age 52 years, who were believed to have heart disease and were referred by their physicians for angiography. This common test involves inserting a tiny catheter through an opening in the femoral artery in the groin and threading it up into the vessels supplying the heart. Doctors then inject a dye that can help pinpoint narrowing or blockages in coronary vessels as seen by X-ray.

The angiography test results, considered the gold standard for heart-disease diagnosis, showed that 922 participants had significant coronary artery disease. About 200 participants had insignificant disease and 363 people in the study had normal coronary arteries.

When researchers matched reported

work stress with diagnosis they found that job strain "was actually more common in patients with normal coronary arteries than in patients with insignificant or significant disease," the team reports in the August 1 issue of *Circulation*, the journal of the American Heart Association.

An additional statistical analysis showed that job strain was not linked to coronary disease or to chest pain. Nor was it a good predictor of future heart attacks or death from heart disease, the study found.

"There is a presumption that if you develop heart disease, it is related to your job," said Hlatky, associate professor of health research policy at Stanford. "But we found no relationship between job stress and atherosclerosis."

Inside

- Dave Barry D2
- Dear Abby D3
- Comics D6

Looking good Customer dissatisfaction up, sales down in fashion

Newsday

If you've read the fashion press lately, you might conclude that industry types are routinely swathed in black — not to be chic, but because they're in mourning.

And the soon-to-be dearly departed is fashion itself. While pundits differ in their diagnoses, the symptoms are obvious — and ominous. Department stores are desperately slashing their prices to woo tight-fisted shoppers, who in turn are so confused by fleeting trends and bored with the sameness of apparel that they are leaving racks jammed with unsold merchandise.

Formerly trend-obsessed women are thumbing their noses at designer dictates. (Do you know anyone who tottered around in stilettos and slit-toe pumps this spring?) And the F-word is even getting a bad rap.

Please see SALES/D2



AP photo

Far-out fashion isn't selling these days. This tutu, shown at a fashion show in Jakarta, Indonesia, last week, is from Indian designer Manish Arora.

Health notes

EPILEPSY FINDING: Like a bucket brigade with too few pails to put out a fire, the brains of some people with epilepsy might be unable to deliver enough of a key chemical to shut off seizures. So says a new Yale University study on humans and in rats that suggests that in a common form of epilepsy, the brain has too few of the brain structures that pour out the shut-off substance.

BAT YOUR VEGGIES: Reducing your cholesterol is not enough to gain all the coronary health benefits that come with eating a low-fat Mediterranean or Japanese diet heavy in fish, fruit and vegetables. The nutritional value of such a diet — high in beta-carotene and vitamins C and E — also is important in reducing heart disease, researchers report in the *Journal of the American Medical Association*.

"The main push now is to eat a diet with a lot of fruit and vegetables," said Mark A. Kantor, a food and nutrition specialist at the University of Maryland.

IN BLACK AND WHITE: Now everyone else can see what color-blind people do — or don't — see. French scientists have developed a computer program that shows three different versions of color-blind vision. "Our algorithm should be of value to

those who prepare display screens and color-coding systems for the public," the researchers write in the *science journal Nature*.

A NEW WRINKLE: Tired of those unsightly crow's-feet or frown lines? A dose of botulinum, a researcher says. Alastair Carruthers, a University of British Columbia dermatologist, says he is successfully and safely erasing wrinkles by injecting a minute amount of the toxin that causes botulism into the nearby muscle.

BAH, HUMBUG: The proposition that physical activity might be bad for your mood is almost blasphemous in this age of exercise correctness. After all, studies have repeatedly shown that a program of regular exercise generally improves mental health in people with elevated anxiety or depression, with benefits often comparable to those obtained with psychotherapy. People who are already happy do not generally get happier with exercise, but many psychologists believe regular workouts in these people serve a protective function, keeping depression at bay.

Compiled from wire reports

To do for you

Magic Breathers meet Tuesday

TWIN FALLS — The Magic Breathers' Club will meet from 2 to 3:15 p.m. Tuesday at 998 Washington St. N. (on the College of Southern Idaho Campus behind the Office on Aging in the Senior Annex Building).

Janet Williams will speak on laser lung surgery and Audrey Ross, business manager at St. Benedict's Family Medical Center will speak on the Medicare update.

The room is heated and/or air-conditioned for your comfort. The meeting area is wheelchair accessible and accommodates oxygen units. If a member to arrive should ask someone in the office to open the annex room.

The MBC is a support group for people with respiratory disease. Family and friends are welcome. The club is sponsored by the American Lung Association of Idaho and receives additional support from local hospitals and oxygen-medical supply businesses. For more information, call Patsy at 734-6330 or 734-6482; Murdo at 734-6507, John at 733-8376 or Flo at 733-8532.

Parkinson's group sets potluck

TWIN FALLS — The Magic Valley Parkinson's Support Group will hold their annual potluck at 6:30 p.m. Tuesday at Harmon Park (there are two long sheltered picnic tables on the side of the park that faces Harmon Park Ave.).

Fried chicken will be provided. Please bring your own table service, beverage and appetite. For more information, call Susan at 734-4793 or Diana at 734-6657, evenings.

Alzheimer's supporters will meet

TWIN FALLS — The Alzheimer's Dementia Family Support Group will meet from 10 to 11:30 a.m. Wednesday at the Office on Aging, 998 Washington St. N. in the Senior Annex

building, located on the College of Southern Idaho campus.

Terry and Deb Sisco, owners of "Care-Trak Inc." will be talking about a monitoring and locating system for wanderers that will help caregivers keep track of their loved ones.

For more information, call Janice Stone, Marcie Donner or Sandy Keavan at 736-2122.

Birth class focuses on C-section

TWIN FALLS — The third class of each Childbirth-Preparation Program is available to anyone wishing to learn more about Cesarean deliveries. The date for the current class is scheduled for 7 to 9:30 p.m. Wednesday in the Center for Continuous Learning (modular building at back of the north parking lot) at the Magic Valley Regional Medical Center.

There will be a labor rehearsal, plus instruction covering medications, hospital procedures and non-conforming labor.

The non-refundable fee for the class is \$15. For more information, call the Education Department at 737-2900, weekdays between 9 a.m. and 4 p.m.

Program deals with safety rules

TWIN FALLS — An employee orientation to federal regulations about safety and health at the workplace is scheduled for 7:30 a.m. to noon Wednesday at the Canyon Springs Inn.

Topics to be covered include general and electrical safety, hazard communication standards, noise exposure, injury prevention, blood-borne pathogens, discrimination and sexual harassment, and the drug-free workplace. Reservations are required. To register, call 733-3974.

These orientation programs on federal regulations for the workplace are sponsored by the College of Southern Idaho, Magic Valley Regional Medical Center, and the Twin Falls

Area Chamber of Commerce. For more information, call Jill Chestnut, Occupational Health Coordinator at the Magic Valley Regional Medical Center at 737-2906.

Seminar topic is bi-polar disorders

TWIN FALLS — A seminar on "Recognizing and Treating Bi-Polar Disorders," sponsored by Canyon View Hospital and Counseling Centers will be held from 7 to 8:30 p.m. Thursday at the KMVT Community Room, 1100 Blue Lakes Blvd.

Learn how to recognize the symptoms of bipolar disorders and mania. Medical and counseling techniques and methods that have been successfully used to treat bi-polar disorders will be discussed. Ways to minimize the negative effects from this illness for the individual as well as for other people will be reviewed.

The seminar is presented by Kayne Kishiyama, M.D., Psychiatrist. The seminar is free. To register or for more information, call 734-6760 or 1-800-657-8000.

Alzheimer's group meets Aug. 23

BURLEY — The Mini-Cassia Alzheimer's Dementia Family Support Group will meet at 2:30 p.m. Aug. 23 at the Burley Public Library.

A pharmacist from Payless Drug will give an answer to any questions you may have regarding drugs and medications as it relates to the Alzheimer patient.

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

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.

Members of extended family feel strong link

DEAR ABBY: I appreciated the letter you printed about how people deal with tragedy, but one of the letters left me wincing.

While I don't mean to diminish the writer's pain, I noticed that she referred to her imprisoned son as "my adopted son, Fred." How sad that she still feels it necessary to make that distinction.

Many members of our extended family, as well as my husband and I, have "adopted" as well as "biological" children and nieces. I don't ask me which ones were adopted, I would have to stop and think a minute.

You would be amazed at some of the questions I have been asked of the oldest strangers. For example:

"Is she one of your natural children?" (None of our children is unnatural.)

"Have you met his mother?" (Yes, I look at her in the mirror every day.)

"Couldn't you have any children of your own?" (They are ALL our own.)

"Aren't you worried about how she'll turn out?" (No more than we worry about any of our children.)

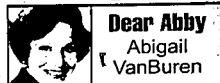
"Why did his mother give him away?" (How noisy and rude!)

In our family, if you're parent-adopted, you have the same status in much the same way — they are all lifetime, permanent commitments. No one has any guarantees that children who are born into their family are going to turn out OK.

Also, all children (adopted or not) have questions about where they came from, and we respond to all the questions honestly. God had a number of interesting ways of bringing children into our family, and we accepted them all without question.

Perhaps some people who read this will stop and think before making one of those thoughtless comments. You may print my name.

— KRISTI WOOD, PARIS, TEXAS
DEAR KRISTI WOOD: Right



Dear Abby
Abigail VanBuren

on! You have a healthy attitude from which many can benefit. Thanks for a valuable letter, and for allowing me to use your name.

DEAR ABBY: I have been reading your column all my life. D.W. Hyatt's letter infuriated me. He said: "It's about time we men stopped coddling women. When we do, maybe men will live as long as they do!"

I am 54 years old, and come from an old-fashioned family where the womenfolk waited on the menfolk, and girls went to college only to find a husband. We received little encouragement to become anything other than housewives and mothers.

Today, my daughter's husband does the cooking because he does it better, and my son, believe it or not, does all the ironing in his family for the same reason.

Women's lib is about equality and having the right to choose whether it be going to war for one's country, working in construction or driving a truck.

I have never known a woman who was coddled. We all work as hard, or harder, than men in general. Perhaps we live longer because most women have love and compassion in our hearts instead of bitterness. Also, God chose US to have the babies, you know.

— EQUALITY FOR ALL, LINWOOD, N.J.

DEAR EQUALITY: Try not to date personally Mr. Hyatt's put-down of women. People who carry the burden of anger at such a large segment of the population are to be pitied. In succeeding generations, sexual stereotypes will fade; your son-in-law and son are examples of the fact that it's already happening.

Acrylic nails: The controversy continues

DEAR PAULA: As a 28-year veteran of the professional beauty industry, I was appalled at your answer to Jan in regard to acrylic nails. Your answer should have been researched in order to give her complete, correct information. This research would have prevented the biased personal opinion and myths that was offered to her.

You stated that chemicals in acrylic nails can cause allergic reactions. Any product not applied correctly or professionally can result in too much product getting on the skin. Proper usage can prevent this.

You also said that acrylic nails can damage the real nail. The material itself does not damage the natural nail; what does the damage is pulling the acrylic nail off the nail, which pulls up part of the actual nail. The use of drills also can result in damage.

Another inaccuracy of yours was the statement that acrylic nails can cause fungus infection. The fungus infects themselves, not the acrylic nails. Fungus or, more like



Cosmetics Q&A
Paula Begoun

ly, bacteria infection occurs because of improper salon sanitation and improper preparation of the nail plate.

Lastly, you said that fake nails no matter how well done, always look fake. Nail technicians themselves have proliferated this myth. A properly designed nail will not look fake.

As for your opinion that fake nails are a fad, fashion trends, the fact is that acrylic nails as a fashion statement have grown (in popularity) since they came about in 1977. — Marli, Houston, Texas

DEAR MARTI: Why does everyone seem to think that when I disagree with them, my opinion is uninformed? My opinion on acrylic nails is supported by countless dermatologists and cosmetic chemists

in other articles and research papers. My critique of these products is hardly the first of its kind, just the first one you may have read.

My research into the ingredients in acrylic nails in any proportion you like, and you still are going to end up with possible allergic reactions. Acrylics by their very nature are potential allergens. Nail polish can also cause allergic reactions, for the same reason. The ingredients can be absorbed through the nail bed and cause allergic reactions.

The other problems you mentioned, peeling the nail and drying that causes damage, are valid too, and I failed to mention them in my article. Thank you for bringing them to my attention.

You are right that the product itself does not cause fungus infections. If my article implied the ingredients were responsible, I stand justly corrected. The acrylic nails prevent proper ventilation of the nail, allowing fungus and bacteria to grow. Because bacteria and fungus sit on the skin naturally, and

because no matter how well you clean the nail, bacteria and fungus can appear in seconds, picked up from the rest of the body or from the air, there is very little that can be done to prevent contamination.

There are indeed fake nails that don't look all that fake, but come on — for the most part, you can always tell when someone has fake nails; at least I can.

You and others may consider fake nails a continuing fashion trend, but this is one of those rare areas where the fashion magazines and I agree. Long fake nails have been out for a long time, and I have heard that from several nail artists who specialize in fashion photography for magazines. (One appeared with me on the "Oprah Winfrey Show" and told everyone the same thing on national television). Regardless, I can still think of a lot better things to do with \$1,000 every year than my nails.

Paula Begoun is the author of several books on cosmetics.

Infant blindness cases rise; ed funds face cuts

Los Angeles Times

Advances in neonatal medicine over the past decade have allowed doctors to save growing numbers of very premature infants.

But some of those surviving babies are part of a far less publicized trend: an alarming rise in the numbers of blind children.

Doctors say retinopathy of prematurity (ROP) — a condition in which abnormal blood vessels and scar tissue grow over the retina of a very premature and tiny infant — is the primary cause of the increase.

Besides ROP, very premature babies can become blind because of cortical visual impairment, a condition in which the brain has been damaged and cannot interpret visual information. Cortical visual impairment is often associated with other disabilities, such as cerebral palsy.

"What we see is the success of our medical care system keeping alive people," says Corinne Kirchner, director of programs and policy research for the American Foundation for the Blind. "The question now is: OK, how do we incorporate blind people in this society?"

And just when the increase in infant blindness is being recognized as an unfortunate outcome of advanced neonatal care, lawmakers in Washington have voted to slash funds set aside to educate blind children — including reading materials and teacher training.

Parents of these children and special-education teachers are incredulous that funding for such things as Braille textbooks and teacher training may be cut at a time when the numbers of blind children are increasing.

"We are very alarmed," says Susan LaVenture, executive director of the National Association for Parents of the

Visually Impaired. "Forty years of building up services for the blind will be diminished by these cuts."

Blindness in infancy and childhood is still a relatively rare disability. According to the American Printing House for the Blind, 53,576 American children under age 18 are legally blind. That figure is growing about 3 percent per year, says Dr. Tuck Tinsley, president of the printing house, a government-funded institution that supplies virtually all educational materials for the blind.

Previous decades have brought about temporary surges in childhood blindness, Tinsley notes — including a swell of premature babies born in the

late 1940s and early 1950s who were over-treated with oxygen in incubators. In the '80s, the once cocaine epidemic led to another crop of blind children.

But, Tinsley says, "Retinopathy of prematurity is the thing today causing the increase.

These are children who wouldn't even have survived a few years ago." Directors of blind children's centers in Phoenix, San Francisco, Boston, Los Angeles and other cities report increased enrollments because of ROP.

It is not official tracking or registry of blind children nationwide, so the increase cannot be officially verified.

"The scientific studies that actually prove the increase haven't been done," says Dennak L. Murphy, executive director of San Francisco's Blind Babies Foundation, which has maintained one of the most accurate and long-running registries of blind children in the nation.

Retinopathy of prematurity usually occurs in babies born at 26 weeks gestation — more than three months premature — and weighing less than two

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MEDICAL PLANNING
Part VII - Estate Recovery Claims

QUESTION: My father died several years ago in a nursing home while receiving medical assistance. My mother passed away recently and the State has made a claim for reimbursement against my mother's estate for medical expenses paid on behalf of my father. Is the State's claim valid?

Very likely, the State's right to claim reimbursement for medical monies is supported by statute. The states are mandated by federal law to seek reimbursement.

The States' power to claim reimbursement broadens every several years with new legislation plugging old loopholes.

Still, uncertainty abounds on how general grants of reimbursement rights apply to the highly varied and complicated fact and financial circumstances of deceased persons' estates.

For example, is the separate property of a surviving spouse's estate liable for portion of the surviving spouse's estate liable? Future court cases will decide.

Special exceptions exist for dependent children and handicapped survivors and stay the State's hand for a period of time. Overall, State reimbursement claims are valid. Future litigation will decide the exceptions to this general rule.

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Author: Vitamins can stave off Father Time

Knight-Ridder News Service

Wanted: a miracle. Why? because who the heck wants to get old?

And barring a miracle, we're all growing older at the same rate — one day at a time.

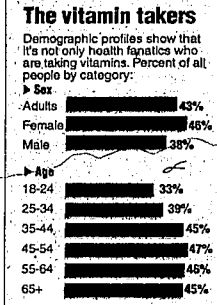
But now comes nutrition columnist and bestselling author Jean Carper with her miraculously titled new book, "Stop Aging Now!" (HarperCollins, \$24).

Hmmmmmm. What a proposition.

The author of '89's "The Food Pharmacy" and '93's "Food — Your Miracle Medicine" is now touting vitamin supplements as the next best thing to a big gulp from the Fountain of Youth. To hear her tell it, key workaholic vitamins unclog arteries, fight cancer, clear the brain, boost the immune system and set your VCR.

OK, she didn't say they'd set your VCR. But Carper points to piles of research and concludes that even a healthy diet can't stave off Father Time, so it's better to take supplements and be safe rather than sorry — and sick.

"Yes, I fear aging — or rather the image of aging — your mind goes, the body gets decrepit," says Carper. "That image is fearful to



everyone." She does as she says, shoring up her low-fat, high-fiber diet with 10 vitamin supplements daily. At 65, she looks and feels fit, considering she's on a frantic 12-city book tour.

Ironically, Carper once wrote that a balanced diet made vitamin supplements extraneous. Now, she regrets. And she insists no vita-

Carper's advice on how to eat to stay young

Knight-Ridder News Service

1. Eat fruits and vegetables. This suggestion is most important because these foods provide the most antioxidants.

2. Eat fish two to three times a week, especially fatty fish such as salmon, mackerel, sardines, tuna and herring. They have the most anti-aging omega-3 type fatty acids.

3. Drink tea. Antioxidants again. Carper sips 12 cups daily.

4. Eat soybean-based foods, such as soy milk, tofu and miso at least two to three times a week as possible cancer deterrents.

5. Don't pig out. Eat only enough calories for proper growth and good nutrition.

6. Restrict the wrong fats. Avoid cell-damaging fats such as meat and dairy fats and polyunsaturated fats and partially hydrogenated fats in margarines, some

vegetable-oils and processed foods. Use olive oil, canola oil and other monounsaturated oils.

7. Go easy on meat. Restrict portion and cook it in ways to avoid creating free radicals. Carper says cooking at high temperatures — frying, grilling and broiling — releases chemicals linked to heart disease and cancer. She suggests poaching and microwaving.

8. Don't drink alcohol in excess. If you do drink moderately, make it red wine. Grapes contain antioxidants.

9. Curb sweets. Don't eat excessive amounts of sugar or other carbs including fructose, which raises insulin levels, damaging arteries and possibly promoting cancer.

10. Eat garlic. It's one of the most ancient, respected carriers of various antioxidants, which studies suggest inhibit cancer and the clogging of arteries.

Health problems lurk in cool pools

The Baltimore Sun

Brennan Kelly, age 84, was having a swell summer of swimming, swimming and more swimming at the pool near his home in Owings Mills, Md., until some water got trapped in his left ear. Before long, he had a full-fledged case of swimmer's ear, and the king of pain slay brought him into his parents' room at two o'clock in the morning.

"It was like nerve-racking," he says.

Shortly afterward, his sister Casey, age 64, discovered she had a case of swimmer's ear, like a little white ball or a cavity or something — on her foot. It turned out to be a plantar wart.

And their mother, Laufie Kelly, received another lesson in the flip side of summer fun. Although living pool-side can bring relief from the sweltering heat, it may also bring families to such health woes as swimmer's ear, plantar warts and impetigo.

Between Brennan's ear, Casey's wart and 10-year-old Tyler's painful ingrown toenail, Mrs. Kelly spent an awful week "relaying to the doctor's office and spending half the day there worried and upright," she says. "When it rains, it pours."

The good news is that pool-related caraches, warts and skin infections are easily treated. Here are descriptions of these common conditions, how they are treated and how they can be prevented:

Swimmer's ear

Some people have difficulty getting water out of their ears after they swim because of the shape of their ear canals or excessive ear wax. Residual water can provide the perfect breeding ground for bacteria or fungus, which cause the ear to feel blocked, then to itch and then to hurt — real bad.

And scratching the ear or sticking objects into it — Q-Tips, hairpins — to relieve the itching and blocked sensation only makes matters worse. Bacteria and fungi love to establish a "beachhead" in broken skin.

"Just a little bit of water in an ear is remarkably irritating," says otolaryngologist Dr. John Ruth of Union Memorial Hospital in Baltimore. "You can't see your ear and your sense of balance is off. But the skin in the ear canal is not used to being touched. What you think would be a gentle manipulation could be a skin breakdown."

Once the infection is under way, you must visit a physician for prescription ear drops that usually stay out of the water for a couple of days. The average infection tends to last

from three to seven days. Sometimes an ear is so swollen, as it was in Brennan Kelly's case, that the doctor will insert a wick in it to keep the ear canal open enough to allow the drops in.

In rare instances, an outer ear infection becomes life-threatening: in some elderly people, diabetics and people whose immune systems are compromised by chemotherapy or such conditions as AIDS, the physicians say. In these cases the infection can penetrate the bone which surrounds the ear canal and requires aggressive therapy such as antibiotics administered intravenously.

Children who suffer from middle ear infections are no more likely to get swimmer's ear than those who don't, says otolaryngologist Karl Diehn of the Greater Baltimore Medical Center. However, those children who have had tubes inserted into their ears need to take special precautions against getting water into their ears.

To prevent swimmer's ear, try using such over-the-counter products as Swim-Ear, made from a solution of boric acid and alcohol, to keep the water after you swim, Diehn says. Some swimmers find that ear plugs and/or swim caps help keep their ears drier.

People are no more likely to get swimmer's ear at an indoor pool than an outdoor pool, Ruth says. However, infection is more likely from any water that is not treated with chlorine — such as ponds or lakes — and from private pools that are not carefully monitored. Toddlers can pick up infections from playing in plastic baby pools where the water is not regularly changed.

Even those people who wouldn't be caught dead at a pool can get swimmer's ear. Heavy sweating during hot, humid weather, long sessions in a hot tub and showering can also cause water to get trapped in the ears.

And doctors caution against overuse of ear cleaning.

"The most common reason for infection is the use of Q-tips or bobby pins (to clean the ears), which traumatizes the skin and allows an

infection to start," Ruth says. "People talk about chemicals in the pool, but the reality is that a lot of external otitis is caused by germs which people already have on their own skin," says Diehn. "If you get moisture in the ear, then it provides culture medium so the bacteria grow."

Warts

Swimming pool pavements — and locker rooms — are known for accommodating the viruses that cause plantar warts and the fungi that cause athlete's foot.

The most common way to get plantar warts, those often painful warts on the soles of your feet, is to walk around barefooted at a swimming pool, gym or locker room, says podiatrist Marc Lenet, chief of podiatry at Liberty Medical Center and the University of Maryland Medical Center, both in Baltimore. The virus that causes warts can exist on the ground.

"The foot is made up of concave surfaces — like the arch — and convex surfaces like the heel and the ball." The pores of the skin dilate and contract so that when you're walking with that kind of foot surface, you get a suctioning effect and can pick up all kinds of organisms on the ground that will embed in the skin cells.

Because of the force of the body's weight, plantar warts on the feet embed into the skin while warts on other parts of the body remain more elevated. Podiatrists and dermatologists can remove plantar warts by using chemicals to burn them off, by surgically removing them or by using a laser treatment.

Lenet tends to treat more children than adults for these warts — "There's a certain resistancy an adult may have over a child" — but says that adult cases can be more difficult to eliminate and that they have a higher degree of recurrence.

Lenet describes the customary plantar wart as a discreet, painful area that will sometimes show little dots within the lesion and is usually well-circumscribed.

min company paid her to. Rather, Carper, whose life revolves around academic conferences and medical databases,

changes her beliefs as new research emerges. Which is constantly.

Yesterday's magic pill was out bran. Today it's folic acid. Tomorrow it's ... who knows. But the more contradictory research emerges, the more people want straight, simple answers about what they should, and shouldn't, eat.

Problem is, there aren't any. And that's the weakness in Carper's message — it's too simplistic, too optimistic, says John Reimer, a family physician and president of the Consumer Health Information Research Institute in Kansas City, Mo. He hasn't read her latest book but is familiar with her earlier work, which he labeled "a mixture of science, hype and hope."

Foods are complex substances that interact in ways not perfectly understood, he says. In addition, many research studies are suspect.

But even if research is rock-solid, Carper's conclusions are not, says Pamela Starke-Reed, director for the office of nutrition at the National Institute on Aging.

"It's the false promises she extracts from research that worry me," Starke-Reed says. "She says that by eating appropriately, you can stop aging. Well, nothing

stops aging — other than dying."

In Carper's view, aging is a disease you can delay or even reverse. She's not talking about wrinkled skin or graying hair. She means halting degenerative diseases such as cancer, diabetes and strokes.

Her thinking follows the "free radical" theory, which says that we age when our cells, which are body's building blocks — are permanently damaged by chemical particles called free radicals. These free radicals are simply molecules missing an electron and desperately trying to steal one from the next happy molecule.

Think of these free radicals as the wild-eyed terrorists in a Steven Seagal flick, constantly attacking from all sides.

Over time, damage accumulates. Degenerative disease sets in. The good-guy cells give up and die.

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CALENDAR of EVENTS

- **Breast Screening Educational Program.** By appointment only. Call 736-1675. Are you a woman who is a resident of Idaho? Are you 40 years of age or older? Have you never had a mammogram before? Do you have no insurance coverage for a mammogram, or have an *unmet deductible* of \$60? If you can answer yes to all these criteria, YOU qualify for a free mammogram under the MVRMC Mammography Grant Program. Limited number of grants available. Our facility is located in the Professional Plaza, 526 Shoup Avenue West, Suite J. Call 736-1675.
- **No Arthritis Support Group & Lupus Support Group Meetings in July & August** • For Information, call 737-2050.
- **Cancer Support Group** • No meeting for August, but come to the regular meeting scheduled for September 14. For information, call the Southern Idaho Regional Cancer Center at 737-2441.
- **Babysitter Certification Class** • Tuesday, August 15, 8 a.m. - 4:30 p.m., Center for Continuous Learning (located at the back of our north parking lot). For students 11 years old and up. Cost: \$11. Limited enrollments. Call Dottie Miller at 737-2006 to register. Office hours for this phone number are restricted, so please leave a message.
- **Sex, Drugs, and OSHA: an orientation to federal regulations about safety and health at the workplace for employees** • Wednesday, August 16, 7:30 a.m. - 12 noon, Canyon Springs Inn. Reservations required by calling 733-3974.
- **Cesarean Childbirth Class** • Wednesday, August 16, 7 - 9:30 p.m., Center for Continuous Learning (located at the back of our north parking lot). No preregistration necessary. For information, call 737-2900.
- **Infant CPR Class** • Thursday, August 17, 7 - 9:30 p.m., Center for Continuous Learning (located at the back of our north parking lot). No charge. No preregistration necessary. For information, call 737-2900.
- **CPR Class** • Saturday, August 19, 8 a.m. - 4 p.m., 5th West Conference Room. To register, call 737-2007.

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Comics

Peanuts By Charles M. Schulz 8-14

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Calvin and Hobbes By Bill Watterson

B.C. By Johnny Hart

Garfield By Jim Davis

Hi and Lois By Chance Brown

The Wizard of Id By Brant Parker & Johnny Hart

Hagar the Horrible By Chris Browne

Beetle Bailey By Mort Walker

Frank and Ernest By Bob Thaves

The Born Loser By Art Sansom & Chip

For Better or For Worse Elizabeth We Can Hear That Music Right Through Your Head—Does He Know How Loud It Is?

Blonde By Dean Young & Stan Drake

Pickles My Daughter Met A Nice Young Man The Other Day... Hope She Didn't Meet Him At One Of Those "Singles Bars, You've Come Here Before There...

Dennis the Menace By Hank Ketcham

The Family Circus By Bill Keane

ACROSS

- 1 Shirt with force
- 2 exclamation
- 10 Religious group
- 14 Nero's garb
- 15 TV sound
- 16 Lily plant
- 17 Always
- 18 Consumers
- 19 Social visit
- 20 Outdoor living area
- 23 Overstating
- 24 Islands: Fr.
- 25 Fish eggs
- 26 Meal
- 27 Santa's herd
- 34 Mexican friend
- 35 Formal dances
- 36 Numerical prefix
- 37 Fined
- 38 Kitchen features
- 39 Lachorous man
- 40 Dined!
- 41 Adolescent groups
- 42 Scottish clergyman's abode
- 43 Reply
- 45 Goes by
- 46 Connecting word
- 47 So unsuccessful
- 48 Critical reports
- 52 Lit
- 55 Portent
- 57 Sily
- 59 Hair color
- 60 Count colorize
- 61 Fragrant wood
- 62 Home for bees
- 63 Makes a mistake
- 64 Beards
- 65 On one's— (air)
- 8 Cable
- 9 Boy features
- 10 Holy
- 11 Deah
- 12 Robby drink
- 13 Flotea
- 21 Too
- 23 Long periods of
- 26 Tracking device
- 27 Act the ham
- 28 Fragrances
- 29 Cattle ranch
- 30 Lodge members
- 31 Short jackets
- 32 Pub club
- 33 Ceremonies
- 35 Storage drawers
- 39 Lunch lam
- 39 Out-fashioned illumination
- 41 Used up
- 42 Control
- 44 Enamels
- 45 Calling devices
- 47 Last
- 48 Want by car
- 49 Arabian ruler
- 50 Turn suddenly
- 51 Snicker— (word of old)
- 53 Group of three
- 54 Roof feature
- 55 Colors
- 56 Fruit drink

Saturday's Puzzle solved:

EDIDA FARGO EMIRI
DEAL FIGER WANO
ALTERNATED IRIS
MIXED INTO THE
WATER FIARNS
BALINE PINNACLE
ALAND FENCE RAP
MINE OLITER RICO
BLANCHE HILTO
ABNEATAT JUDGE
ORIDS PERK
HAIJNO POST IAR
ALTA OBLITERATE
RAILROAD ANON
LEBT ENIER MEMO

Sydney Omarr Horoscope

IF AUGUST 14 IS YOUR BIRTHDAY: People are often astounded by variety of your intimate knowledge. You read, write, communicate and know how to put on a show. You are vital, refuse to buckle down to routine that smacks of mediocrity. Gemini, Virgo, Sagittarius persons play exciting roles in your life. Current cycle highlights initiative, originality, fresh start in new direction. Love relationship revitalized. September features reward for creative endeavors. Temporary confinement conserves energy; you'll conquer world.

GEMINI (May 21-June 20): Lights, camera, sound of music—exciting scenario, you'll be in your element. Fun on charm, win friends, influence people, you'll rise to heights you never suspected could be reached.

CANCER (June 21-July 22): Focus on reading, writing, teaching, maintaining emotional equilibrium despite exciting filiation. Promotion due, Aries involved, original idea gains recognition.

LEO (July 23-Aug. 22): Study Arles message. Focus on entertainment, foreign currency exchange, ability to dance to your own tune. Domestic adjustment includes possible change of residence.

VIRGO (Aug. 23-Sept. 22): Reduction of legal bill possible—press your case. Financial status of one who pleads poverty will be exposed. Attention revolves around exchange of money, payment for services.

LIBRA (Sept. 23-Oct. 22): You could talk of the town. Those who opposed you secretly admire you—tabes could turn. Opposition miser, you'll ultimately be declared the winner. Traditional.

SCORPIO (Oct. 23-Nov. 21): Long-range prospects become crystal clear—love relationship could take you overseas. Basic issues involved, including employment. Let go of proposition, situation, strategy you own.

SAGITTARIUS (Nov. 22-Dec. 21): Come up for air! Let go of status quo, stress originality, fresh approach restores energy. Don't hold breath too long—renewed.

CAPRICORN (Dec. 22-Jan. 19): Check mathematics, remember that figures don't lie but liars figure. Review accounts, check intangibles. Cancer native involved in your marital state.

AQUARIUS (Jan. 20-Feb. 18): Unorthodox approach necessary, capitalize on elements of timing/surprise. Sense of motivation, direction restored. Do things your way!

PISCES (Feb. 19-March 20): Take initiative in connection with financial arrangements. Ascend diversity, make inquiries, reject superficial responses. Don't tolerate unnecessary delay—say, "Let me see the books!"

Aerophobes dislike open windows

L.M. Boyd What's what?

Always among those who hold meetings are some who want a window open and some who want a window closed. What you call the open-window people is not in the big book at hand, but the word for those closed-window people is "aerophobic"—meaning "afraid of drafts."

An old Michigan law once stipulated married couples would either live together or go to jail. Well? Tough decision?

Q. How is carbonation in a drink measured?
 A. By "gas volumes" — how much gas a liquid will absorb at 68 degrees F. in atmospheric pressure. The ginger ale standard is four times as much gas as liquid, Cola, three and a half to one. Root beers, three to one. Typically, "An asterisk has no laws."

The Haratin women of southern Morocco think it next to incenent to go out without their jewelry. They wear it, according to correspondents, even when they plow fields.

"A husband," said the journalist Ho-

ten-Rowland, "is what's left of the lover once the nerve has been extracted."

The police station in Carribelle is a town of about 1,300 in Florida's panhandle — is a telephone booth.

An astonishingly swift scanner now reportedly can capture a bullet's flight path and compute within hundredths of a second its point of origin. Developers at the Lawrence Livermore labs aren't talking much about it.

In the 1920s, broadcast studio technicians feared their delicate microphones might not deal well with sudden surges of song. So they asked a singer of the day named Vaughn de Leath to keep her voice low and gentle. She did so, and created the oldtime style, popularized later by Bing Crosby and others, called "crooning."