

Low clouds keep shuttle on pad

CAPE CANAVERAL, Fla. (AP) — For a record-tying sixth time, NASA delayed the launch of space shuttle Columbia on Sunday because of thick, low clouds that just wouldn't budge.

Shuttle managers said they would try again Thursday, at the earliest. Launch controllers waited as long as possible to send Columbia and its seven astronauts on their way, but finally gave up early in the afternoon. By then, it was getting dark at the emergency landing strips overseas and the weather at the launch site was not improving.

Commander Kenneth Bowersox and his crew waited in vain more than five hours for the sky to clear. "Thanks a lot guys," said launch director James Harrington. "We gave it the college try, but the weather beat us this time."

NASA sent the astronauts to the pad an hour later than planned to extend the launch window into the afternoon. But it didn't help: A cold front stalled over the Kennedy Space Center and kept a cloud cover overhead.

Columbia — NASA's oldest shuttle — tied its own record for launch scrubs. A satellite-delivery mission by Columbia was delayed six weeks before finally getting under way in January 1986, almost a month late. This science mission already is three weeks late.

NASA cannot launch Columbia before Thursday because of a military rocket launch scheduled for Tuesday. The Air Force, which tracks all launches for safety purposes, needs one to two days between flights to modify its systems. If the unmanned rocket launch slips to Wednesday, then Columbia's seventh launch try will slide to Friday, said shuttle launch manager Loren Shriver.

Columbia's repeated delays have disrupted NASA's flight schedule for the rest of this year, if not longer. NASA had hoped to launch Atlantis on Nov. 1 to the Russian space station Mir; that docking mission now has been delayed at least one week, if Columbia isn't aloft by next



Shuttle commander Ken Bowersox leaves the 'Astro-Van' Sunday afternoon after NASA scrubbed the Columbia's launch for a record sixth time. NASA will try again Thursday, at the earliest.

Sunday, its mission will be bumped for the 16-day laboratory-research mission. Hurricane Opal forced a postponement as did a slew of mechanical breakdowns.



U.S. senators, clad in helmets and flak jackets, arrive at Sarajevo airport Sunday for a four-hour visit. They did not comment on their reason for the visit. The group includes senators Ted Staines, R-Alaska; Daniel Inouye, D-Hawaii; John Glenn, D-Ohio; Kaye Bailey Hutchinson, R-Texas; Olympia Snowe, R-Maine; Jeff Bingaman, D-New Mexico; and Craig Thomas, R-Wyoming. U.S. Ambassador to Bosnia John Menzies is in coat and tie at left.

U.S.-brokered truce takes hold as Bosnia fighting ebbs

BANJA LUKA, Bosnia-Herzegovina (AP) — Fighting ebbed Sunday in northwestern Bosnia, where up to 50,000 exhausted Serbs were struggling to survive after fleeing advances by government and Croat forces.

In a bitter twist in the 3½-year-long war, many of the refugees are now at Omarska, site of one of the most notorious prison camps set up when Serb rebels overran much of Bosnia in 1992.

A field hospital was being treated both civilians and soldiers wounded in the latest fighting. Aid workers say some older refugees are dying, apparently exhausted after being uprooted by rapid shifts in front lines in northern Bosnia in the past six weeks.

The U.S.-brokered truce that started Thursday was largely observed throughout the country, U.N. officials said Sunday. The Muslim-led Bosnian government claimed on Saturday that it was halting its offensive, and reports Serbia had to threaten to send in the Yugoslav army.

A mechanized Croatian army unit, including 22 tanks, was crossing from Bosnia back into Croatia on Sunday, U.N. spokeswoman Leah Melnick said in Zagreb. In addition, more than 2,500 crack Croatian troops moved away from positions along Bosnia's northern border with Croatia on Saturday, he said.

Government army commanders met for five hours in the Bosnian capital late Saturday and dispatched a senior officer to the bitterly contested northwest, apparently to ensure that government troops there observed the truce, army sources said.

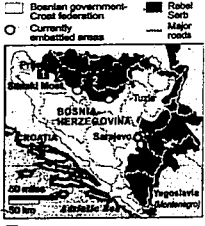
Bosnian Serb military sources cited by the Belgrade news agency Tanjug, however, claimed fierce fighting continued in the northwest Sunday, including government shelling of Serb-held Prijedor. There was no independent confirmation.

Muslims and Croats in the northwest have a powerful motive to keep fighting: revenge for reported Serb atrocities during the Serb takeover of the region in spring and summer 1992.

John Sparrow of the international Red Cross said Saturday that some of the Serb refugees were living in a mine that served as a Serb detention center in 1992, but most are in the open.

Prison camps such as the one at Omarska provided the world with some of the most gripping images of alleged Serb atrocities in the war. Footage of emaciated Muslim prisoners and reports of mass

Possession of Bosnia



The United Nations confirmed the fall of Sarajevo to government and Croat forces. Fighting continues as government and Croat soldiers advance toward Prijedor.

Serbs are expelling the last Muslims and Croats from their territory around Banja Luka. At the same time, an estimated 30,000 to 40,000 Serb refugees are on the run in northwestern Bosnia following the government-Croat advances of the past week.

AP/WIDE WORLD

'They have lost everything, they have lost hope. They are saying enough is enough, and they are giving up the ghost.'

— John Sparrow, Red Cross on Serb refugees

killings focused outrage at the Serbs and helped spur calls for international action to stop the war and punish war criminals.

Sparrow said he had no exact figures on how many of the Serb refugees have died.

"Some of them have been uprooted three or four times as the front lines have come and gone," Sparrow said. "They have lost everything, they have lost hope. They are saying enough is enough, and they are giving up the ghost."

Aid agencies have very few supplies stockpiled in the nearby Serb stronghold of Banja Luka. Refugees have flooded the city since early August, when Croatia retook most Serb-held land and sent more than 100,000 Serbs fleeing into neighboring Bosnia.

In mid-September, government and Croat forces started taking large chunks of Serb-held land in

Bosnia, triggering a second Serb exodus. The Red Cross has handled 130,000 more refugees in northern Bosnia since then, Sparrow said.

The disarray has caused rifts among Serb leaders over the U.S.-led peace process. The current truce is supposed to last 60 days, ushering in peace talks in the United States on Oct. 31 that Washington hopes will lead to an international peace conference. President Clinton is ready to dispatch up to 25,000 U.S. troops as part of a much larger NATO-led force to enforce the peace.

The Serbs held the upper hand throughout most of the war, controlling about 70 percent of the country until recent government and Croat offensives tore large chunks of territory from them.

Many Serbs are angered at the losses, and Bosnian Serb leader Radovan Karadzic insisted Sunday that the rebels would not recognize any change in front lines since Sept. 8. That was when the warring sides agreed in principle to a plan leaving Bosnia as one state but roughly splitting the territory between a Muslim-Croat confederation and the Serbs.

Karadzic spoke at a meeting of the self-styled Bosnian Serb assembly, where he also promised to call account commanders who had abandoned their positions.

The exact position on the ground now is unclear, since the government has refused to allow U.N. monitors into territory taken by Muslim-led and Croat forces last week. All three warring parties agreed late Saturday to hand in maps giving their positions, and promised to allow the United Nations free access soon, U.N. spokeswoman Sochacki said.

Aid workers have reported up to 6,000 expulsions of Muslims and Croats from Serb-held territory in the past week. There have been reports of draft-age men separated from their families, killings, robbery and rape.

Bosnia's war erupted in April 1992, when armed Serbs rebelled against a Muslim-Croat vote to secede from Serb-led Yugoslavia. Some 200,000 people are believed dead or missing.

Report: Fake money drives out U.S. bills

WASHINGTON (AP) — High-quality counterfeit \$100 bills, believed made in Syria or Lebanon, have become so common throughout the former Soviet Union, Europe and the Far East that banks increasingly won't accept the big American bills, the New Yorker reports.

U.S. officials suspect the counterfeiters are trying not just to make money but to destabilize the U.S. economy, the magazine said, quoting a Boston federal prosecutor familiar with the investigation.

Reports of such a counterfeiting ring first emerged in 1992 from a House Republican task force. But that report said the operation was based in Iran, not Syria or the Syrian-controlled Bekaa Valley of Lebanon.

U.S. Treasury officials have played down the reports because of fears they could shake confidence in American currency, widely used around the globe, the New Yorker reported in its Oct. 23 edition, on sale Monday. Treasury officials did not return calls on Sunday.

Last month, when Treasury Secretary Robert Rubin introduced the first major redesign of American currency in 65 years, he said it was prompted by future counterfeiting threats, not a current problem.

But counterfeit \$100 bills have become so widespread in Russia that German banks will no longer accept them from Russians, a top Russian Central Bank official told State Department officials.

WE'RE LISTENING . . .

The Idaho State Department of Education invites you to come to a public input session

on Monday, October 16th from 2:00 P.M. - 7:00 P.M. at the Weston Plaza, 1350 Blue Lakes North, Twin Falls

to receive public testimony on goals for education, technology, and curriculum in Idaho's Public Schools.

For more information, contact: Robert Watson, State Department of Education (208) 334-3300 ext. 109

Oktoberfest

Authentic 6 Course German Dinner

\$21 Person

Fri. & Sat., Oct. 20 & 21

Reservation Required

UPTOWN

117 Main Ave. East • 733-0200

Would you like to be a JUNIOR VOLUNTEER?

To find out how, join us at

4 p.m., Thursday, October 19

MVRMC Cafeteria

(located on the basement level)

What will be happening?

- Explanation of the program
- Applications distributed
- Set up training dates

You must:

- Be 14 years old
- Have parental permission
- Have record of immunizations for measles
- Purchase a junior volunteer cobbler apron

Making Magic Valley the healthiest place to live.

MAGIC VALLEY
REGIONAL MEDICAL CENTER

650 ADDISON AVE. WEST • TWIN FALLS, IDAHO

"NAME THAT BAGEL"

WIN \$50 Gift Certificate

GRAND OPENING DRAWING

We want to introduce you to all of our fresh gourmet bagels made daily. However, we have so many, we can't name them all. So, from Oct. 15-19 we'll introduce you to a few of our personalities and ask that you Name That Bagel. Be creative, there are no wrong answers, and you could win \$150 worth of merchandise from the Shops at the Magic Valley Mall during our Grand Opening Friday and Saturday, October 20-21.

Drawing Details: 5 different bagels will be "introduced" in The Times News from Sun., Oct. 15 - Thur., Oct. 19. Complete one entry form for each day at D'Elites by Sat., Oct. 21 at noon. The drawing will be held that afternoon & the winner will be notified.

Shops at Magic Valley Mall at the corner of Polk and Blue Lakes Blvd. N

D'Elites BAGEL BAKERY

Nation

GOP presidential contenders woo Florida voters

The Baltimore Sun

WEST PALM BEACH, Fla. — Sen. Phil Gramm turned up here the other day for a breakfast with 150 Florida Republicans...

Lamar Alexander spent a couple of days in the state last week, and Senate Majority Leader Bob Dole popped in, as he does most weekends these days.

All this attention from three prominent presidential candidates, and an occasional foray by Patrick J. Buchanan, suggests that something big is in the wind here a full five months before Florida Republicans will vote in a primary to choose delegates to the party's nominating convention.

In fact, all this is directed at a straw poll — but in this case one of the pollsters considers the Big Endicott. It will be held Nov. 18 when about 3,500 delegates gather in Orlando.

The event is being run by Jeb Bush, who lost a gubernatorial election last fall but clearly intends to run again. His intention,



he said, is to energize the party with new supporters. To that extent, he has succeeded. More than 11,000 Florida Republicans threw their names into the hat for the 2,700 delegate seats awarded in 67 counties last month.

The candidates responded with a rush to win their favor. "We've achieved our objective of putting our party activists in a privileged position," Bush said.

What makes the Florida poll so attractive to the candidates is, of course, the prospect of media attention — both nationally and in

a critically important vote-rich state — and the likelihood that the results will be taken more seriously than the stakes would justify.

At the last such convention in 1987, 267 media credentials were issued.

Or, as Dole said recently, "Whoever does well is going to have what we call momentum."

The candidates themselves seem to be causing excitement. Dole has said he won't be the front-runner for the nomination if he loses here.

Gramm, who already has won nine straw polls that received less attention, predicted that spring that he would win here.

And Alexander, the former governor of Tennessee, says he will prove to his straw voters that he should be taken seriously. No one knows how the delegates will

vote. Dole has an advantage because about 800 of the 3,500 delegates are party officials, officeholders, big contributors or people chosen by party officials — in short, the establishment Republicans with whom he is leading everywhere at this stage.

And the Dole campaign is credited with having a sophisticated organization that benefits from the experience of, among others, Richard Pinsky, the political director who worked for the Robertson campaign eight years ago.

As he demonstrated here, Gramm strikes a responsive chord in many Florida Republicans with his focus on tax cuts.

But the Texas senator's highest card may be his reputation for uncompromising conservatism. His audience cheered when he talked about "people who do the work and pay the taxes and pull the wagon in America" and declared: "I wouldn't want the government we have in Washington, D.C., even if it were free."

Gramm contrasts himself with Dole by suggesting that the majority leader has made too many compromises. "I know who I am," he said. "I know what

I believe in. I'm not afraid to stand up on 'n spot issue where I know I'm right even if it's not popular."

Alexander is making an intensive effort here in what he sees as a chance to rise but of the second tier of candidates to which he has been relegated on the basis of national polls. The Evers, his campaign director here, said the Tennessee Republican has made about 20 visits to Florida this year and met with delegates from about 15 counties.

But strategists estimate that at least 40 percent of the delegates are uncommitted, many because they've decided they like the idea of being wined, breakfasted and wooed by the candidates. Said the Dole campaign's Pinsky: "There's definitely movement from the committed column to the uncommitted column."

On the face of it, the prize here — a day or so of glory on the evening news — wouldn't seem worth the shoe money that money candidates will spend in the next month on mailings and telephone canvasses. But, as Bob Dole said, on Nov. 18 someone "is going to have what we call momentum."

On the road with first lady

Latin America trip offers chance to show interests

Knight-Ridder News Service

SALVADOR DE BAHIA, Brazil — It was a fleeting moment, but one that revealed a side of the inimitable Hillary Rodham Clinton.

In a cramped hotel in Managua, a group of Nicaraguan peasant mothers who have received tiny loans to build businesses proudly told the first lady of the self-confidence they have gained.

And then, they asked her: tell us about the women in India you met in April.

It was an instant of great global sisterhood that so moved the first lady that she summoned a White House photographer to snap a picture of the Nicaraguan women, a small half-way around the world to the Indian women who also were finding independence because of loans they had gotten.

"I could hardly catch my breath," Clinton said later. "The idea that they were finding common ground as they attempt to live their lives with dignity and pride — it was very moving to me."

Watching Hillary Clinton on her six-day four-nation Latin American goodwill swing offers a rare glimpse into this intensely private woman who is both respected and reviled in her own country — a complicated person hard to know only through her public appearances on the national stage.

In the past year, since the Republicans took over Congress, Clinton is showing herself in more traditional settings as she visits schools and health clinics and holds tea with professional women. Publicly, at least, she seems less focused on passing legislation and takes pains to make political points carefully.

For example, after watching a lively circus program in Salvador de Bahia that builds self-esteem in street kids, she was careful not to directly blast Republicans who want to cut foreign aid that helps fund that program and others she has seen in Latin America. "I don't think it is a waste of time for the United States to walk away from the accomplishments and achievements that working together we have helped to bring about," she said. "And I hope that both our government and our people and our private sector will recognize how wonderful it is."

This is Clinton's fourth international trip this year to trumpet the



First lady Hillary Rodham Clinton thanks 7-year-old Isa Maria following the performance by her young circus troupe Sunday in Salvador de Bahia, Brazil. The circus is part of a program that promotes literacy and health programs for abandoned Brazilian street children.

message that women across the world need "tools of opportunity" — access to health care, education, credit, jobs and the political arena.

Critics would dismiss her sojourn as "soft stuff" lacking the substance of reshaping the health care system which she unsuccessfully tried to do last year. Or they might view this as another attempt by Clinton to act more traditional as the 1996 campaign begins.

But her defenders say the issues Clinton is talking are crucial to strong families and communities. They also say these issues are hardly new to her, that she has devoted much of adult life to working on them.

On the trip you see glimpses of Clinton as the poised, practiced politician and public speaker. At a luncheon at the elegant presidential palace in Santiago, Chile, visitors committed a faux pas by delivering

the same just as Clinton was giving her toast. The waitress froze, realizing the blunder. But Clinton never missed a beat. It turned out the waitress was television models with no experience serving food.

In other moments you see Clinton, the experienced mother, as she soothingly rubs the tummy of a six-month-old infant in a poor health clinic where she is learning about the well-baby program. Or you see her stroke the shoulder of a Brazilian girl who broke down and cried over a recent gift of computers from the State Department to a community program here.

"We have watched her in a color manner for so long," said newspaper, 66-year-old Margarita Claudia Freire. "I do not know this girl possible."

Perot party idea not dead yet

SACRAMENTO, Calif. (AP) — Despite a slow start, Ross Perot's campaign to organize a new political party for the 1996 presidential election still has a shot at winning a spot on California's ballot.



Perot aides critically predict victory, and even critics of the Texas billionaire warn against underestimating him in the dash to next week's deadline.

"He's got the money to make it succeed, and their voter registration cards are out there," said Bob Mulholland, former political director of the California Democratic Party. "Mr. Perot has shown the ability to motivate people before," said Republican Bill Jones, California's chief elections officer.

"It is conceivable that it is still possible. But it is a short time frame." Veteran California campaign consultant Ken Khachigian, a political adviser to two GOP presidents, said Perot's late start on launching the new party could cost it a spot on California's ballot.

"I really believe he has finally overstretched. You can't dismiss it, but I don't see it succeeding (in California)," Khachigian said. "I'm not sure that would stop him nationally, but it would be a big black eye."

Verney said failure to make the California ballot would not stop the Perot effort but "only embold-

en the national movement to keep going."

The next big deadline for Perot after California is Ohio, where his party is just getting started on collecting the signatures of 33,463 registered voters by Nov. 20 in order to qualify for the ballot.

In Maine, the only other state, with a 1995 deadline, canvassers were kicking off an effort this weekend to collect the 25,565 signatures needed by Dec. 14.

Perot won 19 percent of the popular vote for president as an independent in 1992 in a self-financed \$66 million campaign. He has neither declared nor ruled himself out as a possible nominee of his new party.

But Mulholland predicted the party would go nowhere without Perot as its nominee.

"I don't know of anyone else who can become the Reform Party nominee who's got the money to run himself, and there's no one else who can raise the money," he said, noting that Perot can't give any other candidate the millions that he could spend on his own campaign.

While registering more than 89,000 voters in a new party in less than a month is unprecedented in California — the previous record was two years for the Green Party — it is not impossible.

King beating officer set to leave prison

LOS ANGELES (AP) — Former Sgt. Stanley Koon, sentenced to 30 months in prison for the 1991 videotaped beating of Rodney King, will be released Monday to a federal halfway house.

Koon has been serving his sentence at the Sheridan Federal Correction Institution about 30 miles southwest of Portland, Ore.

He will go to a halfway house in Burbank, 60 miles east of Los Angeles, to serve the remainder of his sentence, which expires Dec. 14, said Ira Salzman, Koon's lawyer. The name of the halfway house wasn't disclosed.

Former Officer Laurence Powell, also sentenced to 30 months, left prison Sept. 26 for a halfway house. He will be released Dec. 13.

Last month, the U.S. Supreme Court agreed to hear appeals by Koon and Powell.

Advertisement for Subway featuring 'SUB SANITY FREE', 'LATE NIGHT LAUNDRY', and 'SUB' logo.

Advertisement for TASTERS Specialty Market featuring beverage and grocery items like Cider Tea, Low Fat Potato chips, and Honeycomb.

Advertisement for OPEN HOUSE For People with DIABETES, featuring Dr. Lubomir Valenta MD and a meeting on Oct 16, 1995.

Advertisement for DAISY'S Old Time Confections featuring Weekly Specials like Half Handmade Sandwich and Medium Root Beer Float.

Anything good on TV for kids?

Some 'educational' shows don't meet FCC mandate, critics say

WASHINGTON (AP) — Which of the following TV shows are educational?

- a) "NBA Inside Stuff," a behind-the-scenes look at NBA players and coaches.
- b) "Free Willy," an animated series about a 12-year-old named Jesse and his friend, a three-ton whale named Willy.
- c) "Beakman's World," in which an actor and two sidekicks explain scientific concepts.
- d) "The Magic Adventures of Mumfie," about a lonely castaway character who sets out to find friends.

Answer: All of the above, according to the major broadcast networks. ABC airs "Free Willy," CBS does "Beakman's World," NBC does "NBA Inside Stuff" and Fox offers "The Magic Adventures of Mumfie."

The shows, network executives say, satisfy their obligations under a 1990 law to put on programs that serve the educational and informational needs of children.

But Kathryn Montgomery, president of the Center for Media Education, and other critics don't think programs like "NBA Inside Stuff" and "Free Willy" meet those needs.

As federal regulators consider adopting tougher rules, the debate over children's television has largely centered on whether the government should require TV stations to air a minimum amount of educational shows. But what is educational?

The Federal Communications Commission, which is responsible for making sure broadcasters comply with the law, says educational and informational programs are shows that further "the positive development of children 16 years of age and under in any respect, including the child's intellectual/cognitive or social/emotional needs."

Videos, "Mighty Morphin Power Rangers" and even "Yogi Bear" as educational.

"The FCC has failed to provide a definition to give guidance to broadcasters," FCC Chairman Reed Hundt admits.

But the agency is considering adopting a clearer and tighter definition of what constitutes an educational program. Industry and public comments on this and other proposals are due to the FCC on Monday.

"Unless the FCC adopts tougher rules, you are going to see more shows move into pro-social themes, what I call 'lite educational programs' — they qualify but they are not really educational," Montgomery said.

CBS President Peter Lund agrees. "You need a clearer definition because look at the disparate number of programs classified as educational... that are not educational or informational," he said in an interview.

However, other network chiefs interviewed saw no need for a clearer definition.

NBC President Robert Wright: "I think the definition is broad enough today. ... When you get a definition too tight, too narrow, what generally happens is you get a show that parents love and kids aren't interested in."

Chase Carey, chairman of Fox Television, said: "I can't figure out how you'd say it — what is educational — to put it in a set of definitions. The risk with a formula like 'here are the five tests and I comply' is that you end up with something that kids probably won't watch."

The FCC and critics believe the proposed definition does not violate broadcasters' First Amendment rights.

"The FCC can and should spell out what educational need is satisfied. So when they say more education is designed to demonstrate life in the 21st century we can say that's preposterous," said activist Peggy Charren, president of Action for Children's Television and a leading force in the enactment of the 1990 law.

Children who watch "Free Willy" can learn about environmental concerns, which under the FCC's existing definition would be furthering a



ABC's kids' show 'Free Willy,' an animated series about a 12-year-old and his whale friend, rates as an educational program, according to the major broadcast networks. Others claim it doesn't meet requirements.

child's social needs, says ABC spokeswoman Janice Gretzmeier. In one episode, Jesse and Willy foil a bad guy who wants to do illegal strip mining on a special island where sick animals come to heal and extinct beasts survive.

Nine-year-old Humara Mayrant of Washington, who wants to be a veterinarian, says she learns a lot from the show. "The soda can things (plastic rings) you're not supposed to put in the water because they could get stuck on a turtle or something and they can't breathe and die."

An environmental specialist and an oceanographer work with producers on the show, which is geared to children ages 2 to 11 and is part of the network's two hours of week of educational children's shows.

"NBA Inside Stuff" is part of NBC's 2½-hour weekly block of children's programs. Like the rest of

NBC's children's programs, it is geared to teen-agers. The show serves their informational and social needs with sports news and features, said NBC spokeswoman Deborah Thomas.

The Magic Adventures of Mumfie is part of the three hours a week of children's shows Fox provides and is targeted to preschoolers.

On one show, Mumfie and three cartoon friends set out to find a magic cloak. The network says this helps children deal with such issues as friendship, sharing and teamwork.

Old-timers stay, despite mine fire

CENTRALIA, Pa. (AP) — Like a geriatric militia, the few old residents of this town are fighting to stay in their homes, though they sit atop a smoldering mine fire that could burn for a millennium.



Mervine

"You think this is America, but it's not," said Dave Lamb, owner of the only business left, an auto repair shop.

"If they can just take your home away for no reason, it might as well be Russia."

The state has ordered the 46 holdouts, mostly retired couples or widows and all that's left from the 1,100 who lived here in 1980, to move out. Geologists say they're in danger because the fire that's been feeding on the vein of coal below the town for 33 years is leaving great empty caverns behind.

"Every body that's here now is going to fight until the end. If not, they would have given up a long time ago," said Mayor Lamar Mervine, a retired miner.

Residents claim that state bureaucrats are conspiring with a company that wants the town cleared out so it can mine the coal, then open a landfill. The borough owns the mineral rights to the coal below it.

years, until all the coal is burned," he said.

Hundreds of families sold their homes in a \$42 million federal buy-out offered in 1983.

The authority condemned all the houses in 1992. The residents claim that was unlawful, but lost another round this month when the Pennsylvania Supreme Court refused to hear their appeal.

Their lawyer, Lewis Kates, declined to discuss what the next move might be until the borough council decides on its next step.

"The average age of my clients is 81," Kates said. "I don't understand why the government would let these people live out their days where they have always lived."

The entire town is in danger of collapse, Spielman said. The main road into Centralia is closed because a 60-foot hole lies just below its bed.

"As the coal burns, those pillars of coal that held up the surface no longer exist," he said.

Geologists tell us they will continue to happen all over town."

Barbara Kenenitz doesn't buy it: "If there was danger here, we'd see smoke or flames. The only danger is from the government. Who is the government anyway? I thought it was the people."

Study: Nutrition labels may hurt

BATON ROUGE, La. (AP) — Nutrition labels on food might actually be worsening Americans' diets as people who make low-fat choices do some of the time overcompensate by eating too much food at other times, a researcher said.

"There's no question people are doing that," said Richard Mattes, a nutrition professor at Purdue University.

Low-fat foods are presumed to be potentially beneficial for people trying to lose weight and cut the risk of disease. However, researchers

have not adequately studied the implications of providing nutrition information, Mattes said.

He studied 17 men and women who were given a fixed meal at lunch, then asked to keep a record of what they ate the rest of the day. When they were told the lunch was a low-fat meal, they increased their consumption during the rest of the day, Mattes found.

When told it was a normal lunch, they ate less during the rest of the day, though the content of the lunch didn't change.

Anti-regulation authors contend GOP lawmakers going too far

WASHINGTON (AP) — The Republican-led Congress is going too far with radical proposals to roll back environmental laws, authors of books critical of government regulation said.

"The regulations are not perfect. They need to be rationalized," said Gregg Easterbrook, author of "A Moment on the Earth."

"But what is happening in Congress now, especially in regard to environmental law, is an indiscriminate attack on all regulations, both good and bad. That is very foolish," he told reporters.

"Regulatory reform badly done — will give regulatory reform a bad name."

Easterbrook joined forces this past week with Phillip K. Howard, author of "The Death of Common Sense"; Tom Peters, author of "In Search of Excellence"; and David Osborne, co-author of "Reinventing Government."

"We all are authors of books expressing skepticism regarding government regulation, but we are not skeptical about the need for strict protection of the environment," they said in a written declaration.

Republicans, and some conservative Democrats, will suffer politically if they continue pressing reforms to undo environmental gains made

over the past 25 years, Easterbrook, Howard and Peters warned during a news conference near the White House.

"I've been because I'd hate to see the Republicans get a bad name," said Howard, a corporate lawyer from New York City whose best-seller asserts that "government accomplishes almost nothing."

"Americans do not want a death sentence for environmental law. If the Republicans try to impose one, it will be bad for the Republicans," he said.

"They are correct in targeting many laws as needing reform," said the authors of the Endangered Species Act, wetlands protection and others, but the reforms that are needed are not abolitions," Howard said.

While Easterbrook often is pitted against Westerners, the authors said disagreements over the environment is more generational than regional.

Peters said he spends half his time in "red-neck Vermont" and half in "new-age California."

"You'd have to be an idiot not to realize the American public is strongly behind dramatic improvements in environmental quality," Peters said, adding that if not for the interest in the O.J. Simpson case, "I think it would be the No. 1 issue."

Easterbrook has written on envi-

ronmental issues for Newsweek and The New Republic. His book is highly critical of "fashionable environmental doomsaying on the left" and accuses conservationists of exaggerating threats to the planet.

A New York Times review of his book in April said environmentalists would hate it while backers of the GOP Contract With America would embrace it partly because it contends environmental problems are disappearing faster than rain forests.

"The reason the environment is getting better in the Western world is because we have regulations, emission controls starting in approximately in 1970 with EPA," Easterbrook said Friday.

GOP-backed proposals to gut the Endangered Species Act have little scientific backing, he said. "I don't think much of it is intellectually well-grounded. I think it is just visceral politics."

Easterbrook singled out a proposal by Sen. Slade Gorton, R-Wash., that would give the secretaries of agriculture and interior broad new authority to decide to let species go extinct.

"Slade Gorton's bill is a goofy one," he said. "It proposes each incoming presidential administration be able to go through the list and pick and choose which species it wants to protect."

Don't let them hit the road without a helmet.

If children have wheels they need helmets.

Medical Service Bureau of Idaho, Inc.

BlueShield of Idaho

1-800-632-2022

BOISE LEWISTON COEUR D'ALENE IDAHO FALLS TWIN FALLS

Drawing by Kirk, age 9

WE'RE LISTENING

The Idaho State Department of Education invites you to come to a public input session

on Monday, October 16th from 2:00 P.M. - 7:00 P.M. at the Weston Plaza, 1350 Blue Lakes North, Twin Falls

to receive public testimony on goals for education, technology, and curriculum in Idaho's Public Schools.

For more information, contact: Robert Watson State Department of Education (208) 334-3300 ext. 109

Opinion

Other views

Congress should defy AARP and adjust index for COLAs

If the White House and Republicans fail to reach a compromise soon over how to balance the budget, much of the blame will fall on self-interest groups such as the American Association of Retired Persons.

The powerful seniors lobby vowed last week to fight the idea of slowing the growth in Social Security benefits as a budget-balancing tool, warning that thousands of widows and older single women would be pushed into poverty if such cuts were made.

AARP's alarms are exaggerated, and President Clinton and Congress should summon the courage to defy the group and scale back the annual cost-of-living increases for retirees.

The move would save billions of dollars and give budget negotiators wiggle room to find a meaningful, equitable compromise. Instead of painful spending cuts falling disproportionately on the poor, it would ease some of the pressure to make deep cuts in Medicare, food stamps and other programs and spread the burden of budget-balancing more broadly and evenly.

But Clinton and Congress should make this change not just because it's an easy way to get their hands on a pot of money and avoid hard choices, but because it's the right thing to do.

Cost-of-living adjustments are designed to protect retirees and taxpayers against inflation, but most economists agree the gov-

ernment is too generous because the consumer price index overstates price increases. They don't agree on how much, as estimates range from 0.7 to 2 points a year.

Senate Majority Leader Robert Dole of Kansas and Democratic Sen. Daniel Patrick Moynihan of New York, among others, contend cost-of-living adjustments should be reduced, with Moynihan calling for lowering the CPI by 1 percentage point. That, whines AARP, would cost seniors \$7 a month next year and, because of compounding, about \$90 a month in 10 years. Adjustments should be based on professional studies, not political expediency, it adds.

But a major overhaul of the CPI would take several years. Meantime, a downward adjustment is justified. It wouldn't distinguish between a poor retired widow and a millionaire one (only a means test would do that), but it would begin to trim welfare for minimal harm on a few.

Clinton and Congress should stand up to AARP and adjust the CPI, but be honest about why they're doing it. It isn't a technical fix but a fair way to begin to reduce entitlements and ease the pain of balancing the budget by shifting scarce resources to those most in need. If that is accomplished, everyone will benefit.

—Chicago Tribune

Engineering competition is best for Idaho's students

Nothing would improve the poor rankings of two University of Idaho engineering programs faster than some healthy competition. But first, U of I and the state's other universities need to be freed from their rigid role and mission statements.

The State Board of Education is considering doing just that. It is pondering a consultant's report that calls for allowing the universities to provide students with programs in the communities where they live and work, including an engineering school run by Boise State University.

To his credit, board member Tom Dillon will propose that BSU be given control of the cooperative engineering program it runs in Boise and the U of I.

Competition between the two schools can encourage excellence. In order to attract students to its campus, the U of I would have to offer outstanding programs to have students want to put a U of I degree on their resumes.

That is why students are attracted to such

out-of-the-way colleges as Dartmouth in New Hampshire. A BSU program likewise would have to seek excellence.

Without competition, programs can take students for granted and scholarship can become lazy. Perhaps that is why academics around the nation gave poor ratings to the U of I's doctoral programs in chemical and electrical engineering.

Those programs were ranked as "marginal" for the "scholarly quality" of the faculty and "not effective" in educating research scholars or scientists.

If rigid educational roles based on geography continues to stifle the quality of change, then Idaho can expect the quality of its universities to suffer.

By giving the universities the power to adapt their missions to the demands for better service, the Board of Education will have put them on the road to excellence.

—The Idaho Statesman, Boise

State must decide how much punishment it can afford

What common sense can't do for prison sentences in Idaho, impending bankruptcy can do. Finally, official Idaho is going to take a look at alternatives to spending millions more on prison construction.

Gov. Phil Batt is creating a task force to study how to avoid the multimillion-dollar cost of prison construction facing the state under current sentencing practices. Commissioner Director James Spalding estimates that, without any changes, the capacity of the Idaho prison system will have to be virtually doubled in six years.

There is no way to do that without short-changing other government operations including higher education and the public schools. Realistically, you can only tax people so much. If prisons soak up more and more of that money, education and other services will get less and less.

Is this level of expenditure on prisons truly necessary? That is what the Batt task force will explore. But the answer is already pretty obvious. Idaho has decided to jail a higher percentage of criminals for longer

periods of time. That is proving to be a mighty-expensive decision. It might be cheaper to pay criminals not to commit crimes than to house as many of them for as long as Idaho now does.

Indeed, it would be cheaper to put them through college. And that would probably more to abate crime than this constant construction of cages.

Idaho has to pick and choose, deciding how much punishment it can afford. That committee of Batt's will undoubtedly be looking into some less costly and more creative alternatives such as electronically monitored house arrest and more work release programs with the same bucks serving more than one prisoner per day.

Idaho can do better than this burgeoning economic disaster. The state is squandering resources on a money pit. That is money that is more urgently needed by other public services and by the taxpayers who must pay these huge, unnecessary bills.

—Lewiston Morning Tribune



Letters

Decency isn't in free market

I am compelled to respond to David Woodhead's Oct. 6 letter. His letter concerned the movie "Showgirls" and similar films that contain explicit sex scenes and the local theaters to show every type of movie available and let viewers determine what they want to see.

This opinion reflects the basis of what America was built on — free enterprise, i.e., if you open the markets to free enterprise, then the best merchant will make the most money, the best products will sell in abundance, the true champions will always win. It sounds so good — what could be wrong with that?

I think the past 50 years have shown us what is wrong with that. A complete free-enterprise system only works if all the parties involved have a sense of decency and do not want to hurt others. Otherwise, the free-enterprise system can encourage monopolies that consequently hurt everyone.

How does this correlate with the local theater offering every kind of movie available? One choice I have made is that I will not give any of my money to a business that promotes that which I believe is demeaning to our society. I believe that pornographic films certainly fall into that category. In fact, most of the R-rated films of today have potential to corrupt our society. So I choose not to go see any of them. I wouldn't expect the movie theaters to show them because the content that I consider immoral may not be so to other people.

NC-17 or X-rated movies, however, most definitely have a degrading effect on human beings. The most corruptible effect they have on an individual is the way watching them tends to desensitize one. In doing so, they gradually rob a person of his sense of right and wrong and make him crave something even more sensational, something even more evil.

If the local movie theater offered movies such as "Showgirls", I, for one, would cease to go to local movies. Otherwise, my money would be supporting the business that promoted that which I know is wrong.

I applaud Mr. Roper's decision to keep a little decency in his choices for the Magic Valley's movie offerings.

The only truth in this world in which we all can align our values is found in the word of God. Truth is not relative to what everyone else does or what the masses conform to. Truth simply is.

TAMMY BECKER
Jerome

can build their own facilities.

The hospital controls the ambulance service in the county and unless you call on one, you don't know it could cost more than \$800 to transport a patient to the hospital emergency room. Minimum charge is \$267.50 plus \$6.89 per mile. These costs drive up insurance, Medicare and Medicaid costs. In some cases, a patient is charged \$800 for a two-hour stay in the same-day surgery plus the doctor's fees. A large share of the hospital income comes from Medicare and Medicaid.

The hospital has overcharged patients to nearly \$15 million in excess funds in addition to the required reserve funds required to pay the bonding. These funds belong to the county and citizens of Twin Falls County.

I take issue with *The Times-News*' statement that the hospital is well-run. If they delve into the operations, they will find it is understaffed with licensed personnel and overstuffed with administration. John Bingham is not an administrator but a builder and remodeler who is paid nearly \$200,000 and the vice president of finance is paid nearly \$120,000.

Medicare and Medicaid are changing and the hospital needs to prepare to trim their sails and cut costs. It has announced it will keep the same rates next year to appease people. Big deal! It should cut rates. I feel the commissioners have lost control and the only way to regain control is to give some strong directions or to appoint a new hospital board. They should prohibit the building of a doctors' complex and future expansion of capital improvement without approval of the commissioners and/or the citizens of Twin Falls County.

FRANK IRETON
Twin Falls

courtroom. He very likely would never have seen the light of the following day. And in this particular case, real justice would have been served.

Unless the malignancy within our criminal justice system is ended, unless the ever-growing cancerous tissue within the law profession is cut out, the morals of legitimate law enforcement will atrophy. I good officers and agents will disappear, the system will crumble into anarchy, and the new breed of "jackbooted federal thugs" will step in to rescue us into subserfdom.

But, maybe that's the plan. "When liberty destroys order, the hunger for order will destroy liberty" (Will Durant).

JACK LINTELMANN
Mountain Home

Arts patron was true asset

I was deeply moved at the sudden passing of Mary Jane Kinney, one of Idaho's true crusading pioneers in the arts. Mary Jane and Jim Kinney were close friends of my parents, but I knew and appreciated another side of this marvelous lady. While the arts and Idaho have received so much negative press lately, I wanted to share some positive memories of Twin Falls that Mary Jane helped make possible.

I remember as a small child my mother walking with my sister, brother and me from our home on Stone Avenue to the public library across from City Park. These are very potent memories because they evoke the sights, sounds and smells of all four seasons in my home town.

Those many precious walks ended with a prize — a new book to explore. At bedtime as my mother read to us from the library books we had borrowed, our imaginations soared beyond the world we knew and loved. We were, indirectly, experiencing the warm and generous spirit of Mary Jane Kinney.

Years later as a Twin Falls High School student, I marveled at the artistry of the Joffrey Ballet right at the College of Southern Idaho! How could such a famous company visit my little town? It was a magic gift to the community and, I thought, a very special gift to me. Again, the spirit of Mary Jane Kinney was at work.

For many years, I have lived away from Twin Falls. I have, happily, made my living in the professional theater, as a teacher and actress and, lately, as a development director for a wonderful Baltimore Institution, Center Stage. My Idaho roots have remained important to me. I still see myself as a kid from the desert who grew up far, from the great museums, orchestras and theaters of the world but who experienced the joy and life-affirming beauty of music and dance and theater. Mary Jane Kinney introduced me to the art in myself. I suspect — I know — there are many people whose lives were enriched, directly and indirectly, with her creative energy.

Mary Jane, you often said, "I'm not important, it's the artists we want to publicize." For all those artists and for kids from the desert past and present and for my daughter who understands the real spirit of Idaho — not the negative image we sometimes see in the papers but the independent, gentle, generous Idaho you showed the world — thank you, Mary Jane. You are so important. We miss you.

MARILYN POWEL
Baltimore, Md.

The Times-News

Stephen Hartsen
Publisher

Clark Walworth
Managing editor

Ty Randall
Circulation director

Peter York
Advertising director

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

Justice system needs reform

In view of the incredibly angry backlash of non-justice Americans, some O.J. jurors are now attempting to justify the stupidity of their racist vote. Has it finally dawned on those jurors that their verdict has only succeeded in setting back race relations in this country? That it has succeeded in destroying what progress has been made over the past years? Do they know just how much damage they have done? Do they know how much bitterness they have created?

Do Johnnie Cochrane and the Dream Team realize what they have done? Do they care? Certainly their courtroom capers have confirmed that which most of us have known all along — that trial lawyers don't give a rip about true justice.

Dream Team lawyers are now beginning to appear on TV, trying to salvage their image in the eyes of the public, trying to preserve their integrity — what little of that which is still intact. They would have us believe that greed, egocentricity or ambition are not the driving forces. They would try to convince viewers that they sincerely believe O.J. Simpson did not murder Nicole Brown and Ronald Goldman. Hogwash!

Ron Goldman's father was right. The evidence was overwhelming. Unless you have undergone a frontal lobotomy, or you need one, you know O.J. did it. God forbid that lynching would ever return to this country, but 70 years ago O.J. would never have seen the inside of a

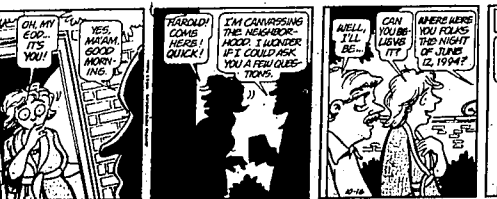
More must question hospital

It appears very few citizens are interested in the county's Magic Valley Regional Medical Center, or at least they are not getting involved in the county's largest asset. Only one board member seems to lay it on the line.

Larry Braga, certified public accountant, has questioned the wisdom in building an \$8 million doctors' complex, which will take 17 years to make a return on the investment if it is filled. No private investor would consider an investment such as that. Drive down Martin Street and see the buildings doctors have built or Fiber Avenue and see Dr. Grefenson's new building; you will have to agree doctors

By Bruce Tinsley

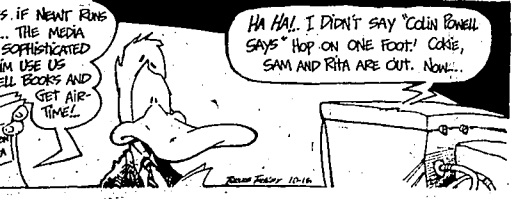
Doonesbury



By Gary Trudeau



By Bruce Tinsley





Members of an elite Russian anti-terrorist squad jump into a hijacked bus on a Moscow bridge Sunday morning to subdue an unidentified gunman and release South Korean tourists.

Russian police free hostages, kill gunman; tourists resume trip

MOSCOW (AP) — Russian commandos stormed a tour bus near Red Square early Sunday and killed a gunman who had taken 25 South Korean tourists hostage. The tourists, shaken but healthy, left for Germany to continue their vacation.

Police found a homemade bomb hidden on the gunman's body and a loaded pistol in the bus, Russian news agencies said. The gunman had brandished an AK-47 assault rifle when he seized the bus.

Police said the gunman was Russian, but he was not immediately identified.

He boarded the bus Saturday evening, telling the tourists they were hostages and ordering them to draw the curtains, one of the

hostages, Yun Dong-hyuk, told the South Korean news agency Yonhap.

Dozens of police officers ringed the bus for 10 hours while officials negotiated with the gunman. Police snipers crouched on a Kremlin tower. Ambulances and fire trucks were also at the scene.

The gunman initially demanded \$10 million, but later lowered the demand to \$1 million. He released the hostages in groups until just four tourists and the Russian bus driver were left.

ing windows as stun grenades exploded with scaring flashes.

The gunman was killed and the five hostages were hustled from the bus to the South Korean Embassy looking shaken and dazed. They left Sunday for Frankfurt, the next scheduled destination on their trip.

"They were very upset, but they were all healthy," said embassy spokesman Lee Yang-Hun.

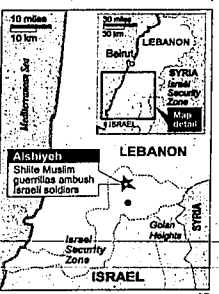
The incident in the heart of Moscow shocked many Russians and illustrated the escalating lawlessness that has gripped Russia. The Kremlin, which houses President Boris Yeltsin's offices, is one of the country's main tourist attractions and the area is heavily guarded.

Israeli soldiers killed in S. Lebanon ambush

MARIJAYOUN, Lebanon (AP) — Iranian-backed guerrillas killed six Israeli soldiers in an ambush in south Lebanon on Sunday. The bloodiest attack this year raised fears of Israel retaliation along the last active war front with its Arab neighbors.

At least one Israeli soldier was also wounded in the attack, which took place in the same central area of the Israeli-occupied border zone where three soldiers were killed Thursday.

The Shiite Muslim Hezbollah claimed responsibility for both attacks. Two of their guerrillas were killed in clashes Friday.



Newspaper: Bombings won't stop

PARIS (AP) — Algeria's most radical armed group has threatened more bombings in France — including one at the Eiffel Tower — and drawn up a hit list of French journalists, a newspaper reported Sunday.

The weekly journal *Le Dimanche* quoted the head of France's police union, Jean-Louis Arajol, as saying he received information indicating that new terrorist attacks were being planned against the Eiffel Tower, the Place de la Concorde and major department stores in Paris.

The newspaper said it had learned from unidentified sources that the Armed Islamic Group had also drawn up a list of mostly French television journalists targeted for assassination. The names of the journalists were not disclosed.

Lebanese security sources said Sunday's dawn ambush wiped out an Israeli patrol on a narrow road near the village of Aishiyeh. The guerrillas detonated a roadside bomb, then raked the Israelis with rocket-propelled grenades and automatic weapons fire.

Israeli artillery shelled suspected guerrilla hideouts and infiltration trails in ravines near the attack, the sources said, speaking on condition of anonymity.

Medical evacuation helicopters picked up the casualties.

Lebanese security sources said six soldiers were killed and two wounded. But in Jerusalem, Israel's military headquarters said five were killed instantly while a sixth died of wounds later. It said only one soldier was wounded and his condition was serious.

The escalating hostilities of the past few days threatened to boil

over into a major military collision. A similar rash of deadly guerrilla attacks in July 1993 triggered a weeklong Israeli air, sea and artillery blitz against guerrillas in which 147 people, mostly Lebanese civilians, died.

Fearing an escalation, witnesses said Arab residents of Ain El-Tineh, about a mile north of the occupied zone, closed shops and schools, and took refuge in underground shelters or fled north.

Hezbollah leaders warned after Friday's attack they were ready to fire rockets on northern Israeli towns if the Israeli army targets Lebanese civilians. Security sources said Hezbollah placed its fighters on alert in the region Sunday.

Report: Powell, royal family related

LONDON (AP) — Colin Powell is related to the British royal family and many other European royal houses as well as several former U.S. presidents, including George Bush, Burke's Peerage reported Sunday.

In Washington, Powell spokesman Bill Smullen said he "wouldn't put much stock" in the reports.

In "My American Journey," his autobiography, released in September, Powell wrote about an aunt and uncle named Coote.

Iraqis cast ballots for leader

Pro-Saddam propaganda swamps polling places

BAGHDAD, Iraq (AP) — Iraqi voters swamped with pro-Saddam Hussein propaganda for weeks appeared to guarantee their leader a landslide victory early Monday in the nation's first presidential referendum.

Saddam was the sole candidate in Sunday's referendum, which Washington has dismissed as a sham.

Shortly after midnight, the Iraqi government announced on national television that Saddam had swept three of the country's 15 districts, winning every vote in one of them and 99 percent in the other two.

Although final results won't be announced until later Monday, heavily armed Baghdad residents — civilians and soldiers — began celebrating immediately by firing their guns into the air.



For weeks, Iraq's state-run newspapers, television and radio stations inundated voters, urging them to vote for Saddam. On Sunday, the campaign moved to the polling stations. Outside a school in downtown Baghdad, seven large posters told people to vote "yes" for the man who has ruled since 1979 without ever facing a general election.

Voters walking toward open ballot booths saw more large pictures of the president inside the school, some with the slogan "Long Live Saddam Hussein."

At one point, 25 women and children marched through the balloting room, ululating, clapping, carrying Saddam posters and shouting: "Yes, Yes, for Saddam Hussein."

Saddam's first wife, Sajida, and his daughter, Hala, cast votes at a school in Baghdad to show their support. Hala is the only one of Saddam's three daughters by Sajida still in Baghdad. The other two, Raghda and Rana, fled to Jordan with their husbands Aug. 8, a defection that rocked the beleaguered Baghdad regime.

Saddam's supporters worked hard to make polling places even as far away as Karbala, a holy Shiite Muslim city in southern Iraq with a tradition of dissent, resemble campaign rally sites.

Iraqi girls check their papers before voting Sunday during a referendum on the leadership of Iraqi President Saddam Hussein. Analysts say Saddam is holding the vote in an effort to show the world he remains popular, despite problems in the country.

logical and nuclear weapons programs were larger and more advanced than U.N. inspectors realized. That forced Iraq to release many documents confirming his claim.

Rolf Ekeus, the U.N. arms expert in charge of scrapping Iraq's weapons of mass destruction, told the world body last week that Saddam's government has repeatedly misled U.N. monitors.

Krzysztof Pioninski, the ambassador at the Polish Embassy in Baghdad, which represents U.S. interests in Iraq, believes the embargo has left many Iraqis nationalistic.

That was evident Sunday.

"This referendum has shut all the mouths in the West that are antagonizing Iraq and Saddam, our beloved president," antique salesman Ali Shadhan, 45, said after casting his ballot in downtown Baghdad.

logical and nuclear weapons programs were larger and more advanced than U.N. inspectors realized. That forced Iraq to release many documents confirming his claim.

Rolf Ekeus, the U.N. arms expert in charge of scrapping Iraq's weapons of mass destruction, told the world body last week that Saddam's government has repeatedly misled U.N. monitors.

Krzysztof Pioninski, the ambassador at the Polish Embassy in Baghdad, which represents U.S. interests in Iraq, believes the embargo has left many Iraqis nationalistic.

That was evident Sunday.

"This referendum has shut all the mouths in the West that are antagonizing Iraq and Saddam, our beloved president," antique salesman Ali Shadhan, 45, said after casting his ballot in downtown Baghdad.

The paper ballots said: "Do you agree that Saddam Hussein should be the president of the Republic of Iraq for another seven years?" Voters used pens to mark "yes" or "no."

Few voters bothered to fold their ballots as they carried them into another room and placed them in a wooden box. The many ballots that

logical and nuclear weapons programs were larger and more advanced than U.N. inspectors realized. That forced Iraq to release many documents confirming his claim.

Rolf Ekeus, the U.N. arms expert in charge of scrapping Iraq's weapons of mass destruction, told the world body last week that Saddam's government has repeatedly misled U.N. monitors.

Krzysztof Pioninski, the ambassador at the Polish Embassy in Baghdad, which represents U.S. interests in Iraq, believes the embargo has left many Iraqis nationalistic.

That was evident Sunday.

"This referendum has shut all the mouths in the West that are antagonizing Iraq and Saddam, our beloved president," antique salesman Ali Shadhan, 45, said after casting his ballot in downtown Baghdad.

Sen. Nunn: Cult sought Japan takeover

WASHINGTON (AP) — The Japanese cult leaders held responsible for a nerve gas attack on a Tokyo subway were recruiting Russian nuclear scientists as part of a scheme to eventually take over the Japanese government, Sen. Sam Nunn said Sunday.

"It is out of James Bond," the Georgia Democrat said, claiming that the Aum Shinri Kyo group was producing chemical and biological weapons and possessed a Russian helicopter and two drone aircraft capable of delivering those weapons.

Nunn, senior Democrat on the Senate Armed Services Committee

logical and nuclear weapons programs were larger and more advanced than U.N. inspectors realized. That forced Iraq to release many documents confirming his claim.

Rolf Ekeus, the U.N. arms expert in charge of scrapping Iraq's weapons of mass destruction, told the world body last week that Saddam's government has repeatedly misled U.N. monitors.

Krzysztof Pioninski, the ambassador at the Polish Embassy in Baghdad, which represents U.S. interests in Iraq, believes the embargo has left many Iraqis nationalistic.

That was evident Sunday.

"This referendum has shut all the mouths in the West that are antagonizing Iraq and Saddam, our beloved president," antique salesman Ali Shadhan, 45, said after casting his ballot in downtown Baghdad.

and a leading expert on national security issues, sent investigators to Tokyo and Russia this summer to look into the cult thought to be behind the nerve gas attack last March that killed five and sickened more than 5,500. "They in effect were a doomsday-type cult that was projecting Armageddon between Japan and the United States," Nunn said on CBS' "Face the Nation."

He said they had a shadow cabinet corresponding to positions in the Tokyo government and were "planning on essentially taking over the Japanese government."

Nunn said the group, which had

Pakistani army officers arrested for allegedly plotting revolution

ISLAMABAD, Pakistan (AP) — Thirty-six army officers have been arrested on suspicion of plotting an Islamic revolution in Pakistan, a senior government official said Sunday.

The official, who spoke on condition of anonymity, said the highest-ranking of the 36 officers was a brigadier.

A spokesman for Prime Minister Benazir Bhutto confirmed that several officers had been arrested and were being questioned, but said no charges had been filed.

"The prime minister ... does not want to say anything (more) because she does not want to compromise the investigation," said Farhanullah Babar.

Civilian governments in Pakistan keep a close eye on the army, which

has ruled the country for 25 of its 48 years.

Ms. Bhutto's first term ended abruptly in 1990 after only 20 months in power after she fell out with the army over attempts to place the military under the civilian government's control.

Her father was overthrown in a 1979 coup, then hanged two years later. His successor, Gen. Mohammed Zia-ul-Haq, introduced harsh Islamic laws during his 11-year rule before he was killed in a mysterious plane crash in 1988, paving the way for more elections that put Ms. Bhutto in power.

The United States has been pressuring Ms. Bhutto to crack down on Islamic militants, and the arrest of the officers could be an attempt to satisfy Western demands.

PUBLIC MEETING

PROTECTING OUR NATIONS' CHILDREN

SERVICES TO INDIAN CHILDREN AND THEIR FAMILIES IS THE THEME OF A PUBLIC MEETING. TOPICS INCLUDE HOW TRADITIONS CAN BE RESPECTED IN FOSTER CARE, CHILD PROTECTION AND ADOPTIONS. SHARE YOUR IDEAS:

DATE: OCTOBER 18, 1995
TIME: 7:00 P.M.
PLACE: DEPT. OF HEALTH AND WELFARE
601 FOLELINE ROAD
TWIN FALLS, IDAHO

The Events of the Century Come to Life This Week on Idaho Public Television...

IDAHO PUBLIC TELEVISION

THE AMERICAN EXPERIENCE examines the "murder of the century" — the 1966 slaying of prominent New York architect Stanford White.

Murder of the Century
 Was it insanity or obsessive jealousy over the beautiful former Gibson Girl Evelyn Nesbit that led eccentric Pittsburgh millionaire Harry Thaw to pull the trigger slaying New York City's leading architect Stanford White? This special examines society's conflicts over morality and the event that led to the rise of the "yellow press."

Monday, Oct. 16 at 9 P.M.

THE AMERICAN EXPERIENCE is underwritten statewide by The Idaho Humanities Council.

FRONTLINE begins 14th season with Waco probe

Waco — The Inside Story
 FRONTLINE examines the behind-the-scenes record of the 51-day standoff between David Koresh's Branch Davidians and the FBI. It reveals previously undisclosed conversations between Koresh and federal negotiators, and insider accounts of the dynamics within the FBI and the Justice Dept.

Tuesday, Oct. 17 at 9 P.M.

...if IPTV doesn't do it, who will?

Idaho/West

Parting images for eternity

Paid obits bring spark to increasing number of papers' obituaries pages

SALT LAKE CITY (AP) — There are hundreds of ways to die. And apparently even more ways to tell the world about it.

"Late Saturday evening a new star began burning brightly in the skies over Kansas and Missouri," is how one recent obituary began on the revamped obituary page of The Kansas City Star.

"AIDS, that's what did him in," related another in The Salt Lake Tribune and in the Desert News last month.

Such obituaries, florid or poetic, moving, or witty, are appearing in growing numbers of U.S. newspapers, which have stopped treating the deaths of all but the famous and infamous as news.

While economics are fueling the trend — more are dying at a time of soaring newspaper costs — many newspapers that now charge survivors to place obituaries have realized a bonus: The writing is more interesting than the facts-only obits penned by morticians and journalists.

A woman who wrote her own obituary in the Cache Citizen in Lewiston, Utah, said, "My greatest accomplishment was in making a decent and honorable man out of my husband."

Yet another woman wrote her obituary in the Desert News: "I died today, Jan. 11, 1992, at the age of 38. Awfully young, don't you think?"

Writers get creative

Some examples from Utah newspapers:

"He had his own ideas and some worked."

"He paid his bills on time, never cheated a soul."

"He devoted his retirement years to amassing a fortune of four dollars and thirteen cents."

desire to treat all equitably that prompted The Salt Lake Tribune and Desert News to turn the writing over to survivors 19 years ago, said Tribune Publisher Dominic Welch. He is president of the company that handles advertising for both newspapers.

"It was a fun decision. Economics were a minimal part of it," said Welch. "People read the obits now more than ever."

A local funeral director estimates most families pay \$200 for a one-day obit, though some pay as much as \$1,000 for three days. Most opt for pictures at \$10, and some even run two pictures, pairing photos of the deceased when young and aged, or before and after chemotherapy.

Mark Shenefelt, assistant managing editor at the Standard-Examiner in nearby Ogden, said the obituaries are not as good from a factual standpoint as they were before the paper

turned them into ads five or six years ago. For instance, families often do not mention the cause of death.

But, he notes, the obits have grown more interesting. "Over the years I've seen that people are doing their own thing more and more," Shenefelt said.

The Post Register in Idaho Falls, Idaho, began charging a \$25 clerical fee (\$40 with a picture) in July to partially offset the rising newspaper costs, said Mei Mei Chan, executive editor.

But a news clerk still edits what the funeral homes provide. Survivors can pay classified advertising rates to write their own, but few have done so.

Some editors say they resist the charge to paid notices.

Indeed, said he doubts many editors have suggested "charging for news" and instead have been pressured by their publishers and accountants.

"It seems to me one of the duties of a newspaper is to write about the rites and rituals of its communities," said Joe Distcheil, editor of the Huntsville Times in Huntsville, Ala.

John Ferre, a University of Louisville communications professor, has been researching the history of obituaries.

He bemoans the formula obits that became standard in daily papers by the end of World War II and are still common in many papers.

"All they say was that you or I existed. They don't say anything about what made us good, what made us bad," Ferre said.

But while the paid obituaries have



This is a recent obituary page from the Salt Lake Tribune. Newspapers are increasingly charging readers to place obituaries, a move that means revenue for the papers and more interesting reading.

more personality, Ferre said, it's a shame newspapers can't do them for free. "The one time you get mentioned is when you die, and how did you get that? You had to pay for it. There's something too bad about that."

Nonetheless, those who pay the bills are trying to get their money's worth, inventing hundreds of ways to say goodbye.

"I love you dearly, you old poop," wrote one woman at the end of her husband's obituary.

"We hope you find Heaven easier than you could find the airport," a family told their father, recently departed.

One man ended his own obituary thus: "Sayonara, aloha, hasta la vista."

Judge holds evidence of victims' character

LEWISTON (AP) — Evidence of the character and past bad acts of Ronald and Lucille Bingham will not be admitted as Kennedy D. Arrasmith's trial for their slayings, a judge has ruled.

But Arrasmith's 16-year-old daughter will be allowed to testify about the alleged sexual torture she suffered at the hands of the Clarkston, Wash., couple, 2nd District Judge Ida Leggett decided Friday.



Arrasmith, 16, is the daughter of the slain couple. She testified in court that she was sexually abused by her parents for more than 20 years. Bingham served 18 months in prison for a 1984 rape conviction.

The ruling essentially guts Arrasmith's planned defense.

There is no defense. They denied one way round "he said in an interview from the Nez Perce County Jail. "The only way I'll be able to survive this is if the people on the jury see through the prosecutor's horrible scheme to allow these kind of moments to survive in our society."

Arrasmith, 44, a Somerside, Wash., truck driver and former Asotin County, Wash., sheriff's deputy, will be tried against News 6 on two counts of first-degree murder for allegedly killing the Bingham on May 17 outside a Lewiston auto repair shop.

Bingham was shot 23 times as he lay under a truck and Mrs. Bingham was shot six times in the back as she apparently attempted to flee.

Arrasmith contends the couple sexually tortured his daughter for several weeks last spring, but that authorities did nothing about it after being informed of the alleged crime.

He also wanted to present evi-

dence that the Bingham had a history of sexual abuse of children dating back more than 20 years. Bingham served 18 months in prison for a 1984 rape conviction.

Attorney Craig Mosman told Leggett on Thursday that he planned to rely for Arrasmith's defense on a state law that no one can be put in legal jeopardy for protecting himself or his family by "reasonable means necessary or by coming to the aid of someone he believes is in imminent danger or is the victim of a heinous crime."

Mosman said after Friday's ruling that he and his co-counsel would explore their options, which could include an immediate appeal. He said the Idaho self-defense law has never been tested in any state court.

"It either means what it says or you ignore it," Mosman said. "It's meaningless to say. This is a self-defense statute, but by the way, you can't present evidence."

Arrasmith, who has not admitted killing the Bingham, said he would not plea bargain with Nez Perce County Prosecutor Denise Rosen.

Lost summons results in judgement

COEUR D'ALENE (AP) — A default judgment has been issued against Kocourek Casey after court records show she lost a summons in a civil case.

Court records show the summons was delivered to the courthouse on Sept. 11, but county officials failed to respond to a court order in a property dispute in Hayden Lake.

First District Judge Gary Hansen signed a default judgment against the county on Tuesday, but County Commissioner Bob MacDonald said the county likely will ask the judge to reconsider.

County Clerk Tom Taggart, whose office receives court summons, said he doesn't know what happened.

"I don't specifically remember that particular document being served," he said. "We can't figure out, based on our standard procedure of how we handle those types of actions, why it didn't get from here to there (the legal division) or why it was misplaced."

We just came up with 12 more reasons for having lunch with us!

1. **Asian Chicken Stir Fry** - Served with rice, topped with our special sauce and garnished with fresh vegetables.
2. **New Mexican Chicken** - Served with rice, beans, and our special sauce.
3. **Homemade Chicken Pot Pie** - Served with rice, peas, and our special sauce.
4. **Steak & Fries** - Served with rice, beans, and our special sauce.
5. **Spicy Chicken Wings** - Served with rice, beans, and our special sauce.
6. **BBQ Ribs** - Served with rice, beans, and our special sauce.
7. **Salmon Fillet** - Served with rice, beans, and our special sauce.
8. **Grilled Chicken** - Served with rice, beans, and our special sauce.
9. **Beef & Noodles** - Served with rice, beans, and our special sauce.
10. **Vegetarian Plate** - Served with rice, beans, and our special sauce.
11. **Seafood Platter** - Served with rice, beans, and our special sauce.
12. **Family Style Dinner** - Served with rice, beans, and our special sauce.

RS. 1000

1598 Blue Lakes Boulevard • 733-6400

The first 100 people to sign up for service beginning Monday, October 9 get a free phone. Call 1-800-COMMNET for details.

SUGGESTED RETAIL \$249

To First 100 People.

FREE

Get it Here.

665 Blue Lakes Blvd. North Twin Falls, ID 83301
(208) 736-2022 Fax (208) 736-2027

COMMNET ♦ CELLULAR Inc.
From the Mountains to the Plains.

County may thwart M's park plan

SEATTLE (AP) — The Seattle Mariners, having secured a legislative plan to build a new baseball stadium, still need to win over the King County Council — and that may not be easy.



They've given us a plan that is jeopardizing our financial integrity and our financial sanctity," council chairman Kent Pullen said Sunday of the \$320 million proposal.

playoffs could heavily influence the vote. "If the Mariners go on to win the American League championship and play in the World Series, the public pressure will be enormous," Pullen said.

Before the game Sunday, manager Lou Piniella was encouraged by the legislative action. "I think the city of Seattle has demonstrated quite well that it can and will support major league baseball," he said.

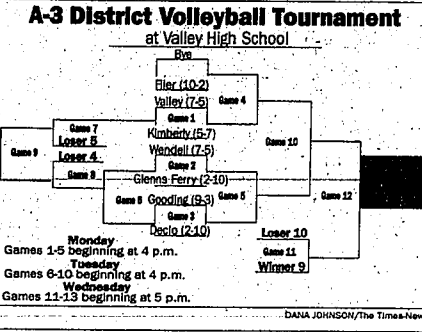
million of the cost of a new stadium. The state would grant the project a sales tax credit worth about \$59 million, and a state lottery game would provide another \$48 million over 20 years.



Don Bies of Seattle climbs from the trap at the 14th hole Sunday at the Raley's Senior Gold Rush in Rancho Murietta, Calif. He hit bunkers twice on the hole but still managed a one-stroke win over Leo Trevino.

Small schools hit postseason in volleyball tourney action

The regular season is over, and local high school volleyball teams will be trying to play their way into the postseason this week.



Broncos' coach wants win over old boss Davis

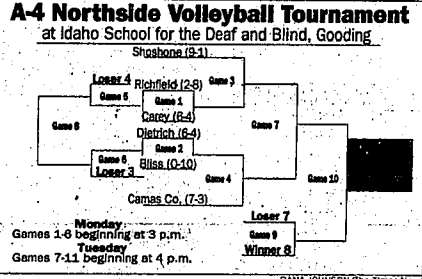
DENVER (AP) — Mike Shanahan is an X's-and-O's freak who will talk football freely but keeps his thoughts and emotions private — except when it comes to a certain former employer.

Bies edges Trevino to grab Gold event

RANCHO MURIETA, Calif. (AP) — Don Bies sank a short par putt on the final hole Sunday to win his first tournament since 1992, taking advantage of Leo Trevino's 18th-hole bogey to capture the \$700,000 Senior Gold Rush by one stroke.

Even today, I wasn't confident I could win. Bies, 57, entered the tournament in 49th place on the seniors money list this year.

Other first-round games have No. 3 Wendell against No. 6 Glenns Ferry and No. 2 Gooding against No. 7 Deelo.



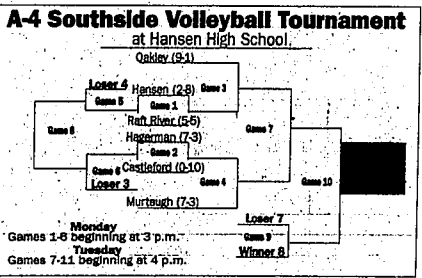
Monday night, they meet again, as Shanahan leads the Broncos against Davis' Raiders at Mile High Stadium.

Furyk finishes in flurry to win Vegas Invitational

LAS VEGAS (AP) — Jim Furyk, who last year led this tournament get away from him in the final round, came through Sunday with birdies on the 15th and 16th holes to win the Las Vegas Invitational by a shot over Billy Mayfair.

It's incredible," Furyk said. "It just hasn't hit me what happened yet. I can't tell you how happy I am."

The championship match will begin at around 7 p.m. Tuesday night. In the Southside sub-district, topscoted Oakley will be the team to beat.



Davis told Shanahan he would pay him his full salary if he didn't return to the Broncos.

Sorenstam caps rally with 40-footer for title

CHEJU ISLAND, South Korea (AP) — Annika Sorenstam, rallying from three strokes behind, forced a playoff with Laura Davies and then rolled in a 40-foot chip shot to win the first extra hole Sunday to win the World Championship of Women's Golf.

The victory brought Sorenstam \$117,500 from a purse of \$475,000 and reinforced her No. 1 standing on this year's LPGA earnings list, with \$452,724 from 17 tournaments.

Bakeley, Frank win 2-person best-ball

TWIN FALLS — Tracy Frank and Glen Bakeley shot a round of 62 at Twin Falls Municipal Golf Course Sunday to win the Budweiser two-person best ball tournament.

Margaret Ruppert and Wilma Shockey shot identical rounds of 73 to win the women's title over Virginia Undheim and Terri Taylor, who scored 76 each day.

Shanahan said Davis "doesn't really get into the X's and O's any more. I'm sure he did at one time, but he's so busy with so many different endeavors now, with lawsuits and whatever."

Twin Falls swim team wins high school meet

IDARO FALLS — The Twin Falls High School swim team won both the boys and girls divisions in a four-way meet here Saturday.

- 100 backstroke — 1. J. Bieri (1:05.56); 2. K. Bieri (1:14.74); 3. Lindsey May (1:51.89). 100 breaststroke — 1. McCale Ashenbrenner (1:25.24); 5. Paula Heistler (1:47.20); 6. Sindland (1:50.79); 8. Sage Eldredge (1:58.02). 200 medley — 1. J. Bieri, Miller, Durick, Crumrine (4:30.53); 3. Baldwin, Heatter, K. Bieri, Ashenbrenner (4:59.54).

Els outlasts Elkington at World Match Play

VIRGINIA WATER, England (AP) — Even Ernie Els couldn't find much to rave about after winning his second straight World Match Play title Sunday over U.S. PGA champion Steve Elkington.

Elkington, who overtook Els to win the U.S. PGA this summer after the South African led for the first three rounds, didn't mince words in describing Sunday's final.

Matt Haney picked up a pair of individual wins for the Twin Falls boys, in the 100-meter breast stroke and 500-meter freestyle.

No upsets, changes atop college football poll

The Associated Press

After a weekend with no major upsets, there were no major changes in The Associated Press college football poll.
Florida State was No. 1 in Sunday's media poll, followed by Nebraska, Florida, Ohio State, Southern Cal and Tennessee. That's the same order as last week.
Florida State, on top since the start of the season, received 38 first-place votes and 1,520 points after demolishing Wake Forest 72-13.

Nebraska got 16 firsts and 1,487 points after blanking Missouri 57-0.
Florida received three first-place votes and 1,421 points following a 49-38 victory over Auburn, which fell six spots to No. 13. Ohio State got five firsts and 1,388 points after beating No. 24 Wisconsin 27-16.
Southern Cal defeated Washington State 26-14, and Tennessee beat Alabama 41-14. The loss dropped Alabama nine spots on No. 21.
The top five teams are 6-0, while Tennessee, Wisconsin and Tech Tech, are 6-1. Rounding out the Top 10 were Kansas

(6-0), Kansas State (6-0), Colorado (5-1) and Michigan (5-1).
Kansas rose three spots after defeating Iowa State 24-7, while Kansas State remained No. 8 following a 23-17 win over Oklahoma State. Colorado and Michigan didn't play Saturday.
Northwestern climbed three places to No. 11 after beating Minnesota 27-17. Oregon was No. 12, followed by Auburn, Virginia, Oklahoma, Texas, Notre Dame, Iowa, Penn State, Washington, Alabama, Texas A&M, Stanford, Wisconsin and Tech Tech.

Grizzlies control Big Sky destiny

The Associated Press

Finally, even Montana coach Don Read can admit the truth: The Grizzlies are in the Big Sky Conference driver's seat.

"The way it is now, and the way we've wanted it to be, is we control our own destiny," he said following Montana's 24-21 squeaker over Northern Arizona Saturday in Flagstaff.
The Lumberjacks (5-2 overall, 2-1 in league play) provided the toughest Big Sky test for the Grizzlies (6-1, 3-0) so far this season. Trailing 14-3 at halftime, NAU rallied in the second quarter points to take a 4-point lead into the final period.
When Montana went ahead 21-18 on Jon Tuss' 1-yard plunge, the Lumberjacks kept the score on Kevin O'Leary's 28-yard field goal with 1:41 remaining.
It took another field goal, this one by the Grizzlies Andy Larsen with time expiring, to leave Montana the only unblemished team in conference play.
"Everybody was behind me on the team, telling me, 'You're going to make it,'" Larsen recalled. "This was my chance to come across and get open, I threw it and got hit. I didn't even get a chance to enjoy it," said Tuss, who was 10-of-19 for 107 yards and one interception.

for 220 yards, and Alfredo Anderson finished with 123 yards in the touchdown rushing. However, the Bengals lost two of four fumbles and had trouble finding the end zone.
"We made enough offensive mistakes for an entire season," coach Brian McNeehan complained.

In Ogden, Tony Hilde threw for two touchdowns and ran for a third to help the Broncos get their first win in four games. For the day 2005 was 17-of-26 for 215 yards. His 97 yards rushing led BSU.
"It's as big of a win as any there is," an elated Broncos coach Pokey Allen said. "It's bigger than Marshall last year (in the semifinal of the I-AA championship).
If you lose to Marshall, you go recruiting. If you lose to Weber State, you're history."
Wildcats quarterback Bryan Martin not only was intercepted three times — BSU would finish with four pickoffs, Jason Payne getting three of them — but was sidelined early in the third period with a bruised shoulder.
"That's the most embarrassed I've been since I can remember," coach Dave Arslanian lamented. "I should be embarrassed. I'm the head coach. I must be doing a lousy job because we weren't ready."
Eastern Washington coach Mike Kramer probably knows just how Arslanian feels. In Moscow, his Idaho just couldn't slow down Eagle quarterback Eric Hines. Hines threw for 308 yards and two touchdowns, then added two more with his feet as the Vandals surrendered a two-game slide. The win also stretched to 11 Idaho's consecutive victories in the Kibbie Dome. "This heats a lot of wounds," Hines said.
Idaho defensive end Barry Mitchell agreed, and even made a prediction of sorts: "This win sets the stage for how the rest of the season is going to go."



Scores and stats

Baseball

Playoff standings
LEAGUE CHAMPIONSHIP SERIES
Tuesday, Oct. 10
Saturday, Oct. 11
Wednesday, Oct. 12
Friday, Oct. 13
Sunday, Oct. 14
Monday, Oct. 15
Tuesday, Oct. 16

Sports on TV/Radio

Event	Television Station	Time
Pro football, Packers at Broncos	KOVN-Ch. 35-6	7 p.m.
Volleyball, Santa Barbara Classic	Play SportsCh. 84 (PIT)	9 p.m.
Lumberjack competition	ESP/Ch. 13	9 p.m.
Boxing	Press SportsCh. 84 (PIT)	9 p.m.

World Series
AL Championship Series
NL Championship Series

Baseball Scores
AL Central: Cleveland 5, Detroit 2
AL East: Tampa Bay 4, Boston 3
NL East: Atlanta 6, Philadelphia 4

AL box score

Team	W	L	Pct
Baltimore	53	72	.422
Boston	53	72	.422
Chicago	53	72	.422

Baseball Scores

Baseball Scores
AL Central: Cleveland 5, Detroit 2
AL East: Tampa Bay 4, Boston 3
NL East: Atlanta 6, Philadelphia 4

Football

NFL standings

NFL Standings
AFC East: Buffalo 7, Miami 6
AFC Central: Cincinnati 6, Pittsburgh 5
AFC South: Jacksonville 6, Houston 5

AP Top 25 college teams

AP Top 25 college teams
1. Florida State
2. Nebraska
3. Florida
4. Ohio State
5. Tennessee

NFL summaries

NFL summaries
Seattle 20, San Diego 17
Pittsburgh 20, Cleveland 17
Houston 20, Jacksonville 17

USA TODAY-CNN Top 25 college teams

USA TODAY-CNN Top 25 college teams
1. Florida State
2. Nebraska
3. Florida
4. Ohio State
5. Tennessee

NFL summaries

NFL summaries
Seattle 20, San Diego 17
Pittsburgh 20, Cleveland 17
Houston 20, Jacksonville 17

Las Vegas Invitational

Las Vegas Invitational
LAS VEGAS (AP) — First scores and prize money for the Las Vegas Invitational...
1. Tiger Woods
2. Fred Couples
3. Tom Lehman

World Championship of Women's Golf

World Championship of Women's Golf
1. Annika Sorenstam
2. Juli Inkster
3. Laura Davies

Senior Gold Rush

Senior Gold Rush
1. Tom Lehman
2. Fred Couples
3. Tom Lehman

Hockey

NHL standings

NHL Standings
Eastern Conference: Philadelphia 4, Pittsburgh 3
Western Conference: Detroit 4, St. Louis 3

After midnight, fans welcome Tarkanian

FRESNO, Calif. (AP) — Between yawns, the crowd chanted "Tark! Tark! Tark!" at 12:01 a.m. Sunday, as college basketball practice officially got underway, Fresno State welcomed its new coach, Jerry Tarkanian.
For more than a decade, Fresno State ignored Midnight Madness, the annual ritual featuring scrimmages and drills at the first moment teams can begin practicing for the season. This year, with the college basketball's most recognizable and controversial coaches to showcase, the Bulldogs didn't miss the opportunity.
Advised as a kind of "Tark After Dark," it was a hard-to-resist interest. The sold-out practice attracted 1,500 fans who paid \$3 each to cram into the wooden bleachers at Fresno State's practice gym.
Much of the celebration was an homage to Tarkanian who returned to coaching for the first time in three years.
Tarkanian never organized a Midnight Madness during his 24-year career at Long Beach State and UNLV, where he won a national title in 1990.
"I think it's a gimmick," he said. "You don't really get anything out of it. Basically, we'll get very little done in one practice."
But Tarkanian said the early-morning practice was a good way to introduce his team to the community and to fellow students.
"When you get new guys who were stars in their old towns, a lot of times they ask, 'What am I doing here?'" Tarkanian said.
"Invariably they get homesick. I think this is a good way for them to get reacquainted."
The presenting of the team was preceded by two hours of festivities in the Tarkie contest (three unconvincing entrants), a three-legged obstacle course race with the assistant coaches and a game between the dorms and the intermities and sororities.
At 12:45 a.m., after the women's team had scrimmaged, the men's team took the floor. The crowd, despite the late hour, stood and screamed as the public address announcer introduced Tarkanian:
"In his first season as coach and as a coach, Jerry Tarkanian is pleased to announce the arrival of Jerry Tarkanian, the announcer said.
During the team's 40-minute scrimmage, Tarkanian paced the sideline with his hands in his pockets while biting his lip. He didn't munch on his trademark white tow-



Jerry Tarkanian talks to Fresno State fans early Sunday morning on campus.

NBA preseason

NBA Preseason
Eastern Conference: Chicago 2, Miami 1
Western Conference: Minnesota 2, Portland 1

Transactions

Transactions
BOSTON RED SOX — Acquired Chris James...
NEW YORK GIANTS — Signed Dennis Hickey...

Basketball

Basketball
Fresno State welcomed Jerry Tarkanian...
Tarkanian never organized a Midnight Madness during his 24-year career...

Transportation

1020 AUTOS FOR SALE

CADILLAC '83 Coupe deVille, DODGE 82 coupe, Chevy 77 PU, AR good shape. 326-6886

CADILLAC Sedan Seville, 1988, excel cond, fully loaded, \$8385. 734-8376

CHEVY '72 PU, gray primed, \$1000. 733-1883

CHEVY '86 Wagon 78K mi, excel cond, excel tires. After 8:30pm 733-7867

CHEVY Cavalier '90, 2 dr., low mil., \$3250. 734-0566

CHRYSLER 5TH AVE '88, low mil., all the extras. 678-7887

DATSUN, 280 ZX, 1982, 100000 miles, excel cond. 734-6330 or 733-7158

DODGE '84 Charger 5 spd, Sun roof, stereo, 110000 miles. 733-2470

DODGE '88 Daytona Turbo Z, Stereo, Spd 2.2, T-Top, Fixed & after. One OF A KIND, Shelby design. \$4000. 733-8332

DODGE '91 Stealth RT \$13,800. 736-8705

DODGE Grand Caravan LE, 1990, LOADED, 100000 miles, excel cond. Call 734-1207 ask for Tamara.

FORD '88 Taurus GL, The Dr is buying a new car. LOADED! Excel cond. \$10,985 offer. 678-1024.

FORD 1975 LTD, 351 engine, asking \$5000. 734-8629.

FORD FAIRMONT '79" Ford Falcon new tires. \$800. Call 326-4413

FORD TAURUS '84, GL Wagon, fully loaded, 24K mi., \$14,000. Call evenings. 326-5917. A steal at this price.

GMC '83 Vandura Low mil. TV, VHS. All the works. 326-4798

GMC (Jimmy S-15), '84, good cond, \$5200. After 5pm week days 423-4772.

GMC Suburban, 1978, 454 AT, engine & transmission in real good shape. Body rough. Call 436-8323

GUARANTEED ADS

The Times News guarantees to sell merchandise, automotive in 7 days and real estate in 15 days or return the ad an additional 7 days at no additional charge to the customer. There is a \$3 extra fee for the guarantee package. Ads may be cancelled early for customer convenience but the charge will remain the same.

LINCOLN '83 Town Car 322, 4 spd., OO AT, full power, nice car. \$15000 offer. 735-0062

MAZDA 1983, GLC, 5 spd, AC, AM/FM cassette, locks and runs good. \$1500 offer. 733-7748 or 737-2910 Dalpon George,

MERCURY, 1977 Monarch, 4 door, low miles, one owner, excel condition, 903 Robertson, Buhi. 543-6159

MERCURY Sable Wagon '88, excel cond. \$2200 offer. 324-8617 even.

NISSAN 300ZX 2+2 '90 red, leather, stunning \$16,000 678-9029 Mike

NISSAN Maxima '91, load ed, CD, 5th, leather, AC, cassette, sunroof, PL, PW, cruise, 50K mi., \$12,500 offer. 734-2222

OLDS 1980 Delta 88, AT, 6 cyl, air, cruise, & more \$2295. Has new tires & new great. Call 423-4167 9:24-8878.

OLDS '85 Cutlass Supreme. Great cond. One owner. 125K miles. \$1800 offer. 735-0353

PLYMOUTH 1991 Sundance, 4 door, 5 spd., 55 K, stereo, cassette, exc. shape, \$4280. 736-4635

PONTIAC 6000 '86 4 door PS, AC, AM/FM Cassette, 5 new radial tires, \$2000. Call 734-7746

SUBARU 1981, GL 4 door, excellent condition. \$2500. Call 324-2965.

VOLVO, 245 wagon, 1979, excel transportation, new wheels and tires, \$500 or best offer. 326-4389.

VW '74 Bug, runs-needs minor work, \$650. 322-4764.

1020 AUTOS FOR SALE

VW '94 Jetta GLS, 12,000 mi. \$13,500 733-1472

VW 1971 Super Beetle, nice stereo, runs good. New tires and battery. \$1300 Call 734-5684.

PONTIAC, Fire 1984, SE, 84K mls. \$2100 or best offer. 734-3595.

1053 IMPORT & SPORTS CARS

BMW '88 325E 324-8788

MERCEDES 1988 560 SL, one owner, 84K, blue, excellent condition inside and out. A MUST SEE!! Arizona car. \$24,000! 208-733-0328 or 734-9880 leave message, or 423-9880.

MERCEDES '88 560SL Red exterior, black leather Red interior, hard & cloth top. Low mils. Only \$21,500. 208-725-4161 Sun Valley

1099 AUTO DEALERS

FAX YOUR AD

TIMES CLASSIFIED DEPARTMENT 208-734-5538

DICK DEY AUTO SALES

HAND-PICKED NEW ARRIVALS

1988 FORD TAURUS LX
Only 25,000 miles, Tons Cover, super shop. **\$7950**
.....SPECIAL PRICE

1988 FORD MUSTANG LX
Super shop, 30,000 mi, 800 stereo, 5 spd., 4 OL, 6 cyl. 4X4. **\$13950**
.....SPECIAL PRICE

1988 FORD MUSTANG LX
Super shop, 30,000 mi, 800 stereo, 5 spd., 4 OL, 6 cyl. 4X4. **\$18750**
.....SPECIAL PRICE

1988 FORD MUSTANG LX
4 Door, absolutely show room perfect, only 27,000 mi., loaded **\$17950**
.....SPECIAL PRICE

1988 FORD MUSTANG LX
Essential cab, 4X4, Silverado, 6.5 Turbo engine **\$20950**
.....SPECIAL PRICE

1988 FORD F350 XL
7.3 liter, one cab, Van Work conversion, 10,000 miles. **\$29950**
.....SPECIAL PRICE

Buy • Trade • Consign
643 2nd Ave. S. • 733-8844

FINAL CLOSEOUT - 1995 MAZDAS

JUST IN TIME FOR

HARVEST AND HUNTING

1995 MAZDA B2300 PICKUP

- Rear Step Bumper
- Rear ABS Brakes
- Passenger Side Mirror



was \$10,765
now \$8,977

1995 MAZDA MPV 4X4

- Power Windows/Locks
- AM/FM Cassette
- Rear Air & Heat
- Cruise & Tilt
- Loaded Air



SAVE \$4,000

1995 MAZDA B2300 4X4

- AM/FM Cassette
- Shift-on-the-Fly 4 Wheel Drive
- Sliding Rear Window
- 5 Speed
- Alloy Wheels



was \$16,325
now \$13,977

1995 MAZDA MX6

- Power Windows/Locks
- AM/FM Cassette
- Alloy Wheels
- Cruise
- Tilt Air



was \$21,620
now \$16,977

Actual vehicle may vary slightly from picture shown. Price does not include tax, title or \$12.50 Dealer Doc fee.

Chris Jordan Mazda

1534 Blue Lakes Blvd. N. • Twin Falls • 733-2954

ROY RAYMOND FORD/MITSUBISHI

95 MODEL CLEARANCE SALE

Our prices are slashed to their lowest this year as we try to clear the lot for the 1996's. If you want to save thousands on a brand new vehicle, come in today!

1995 MITSUBISHI MIRAGE 2 DR



YOUR CHOICE \$179* PER MONTH

Stock # 04086230

1995 RANGER XL



6 AT THIS PRICE

23 liter, painted rear step bumper, all season radials & handling package

*Sala price *9409 after rebate, plus tax, title & DDC fee of \$59*, *0 cash down, 72 payments of \$179*, 10.95% APR.

1995 MITSUBISHI MIGHTY MAX




6 AT THIS PRICE

Huge Payload Capacity, Double Wall Cargo Box, 2-Speed Intermittent Wipers, Adjustable Steering Column, Cloth Seat, Full Carpeting, Chrome Grill, Tinted Glass

YOUR CHOICE \$7995 After Rebate


1995 ASPIRE 3 DR



6 AT THIS PRICE

7.3 litre, 5 speed, rear window defroster #6163015, 6162162

1995 TAURUS LX



5 TO CHOOSE FROM!

Save 4000 in Roy Raymond & factory discounts and rebates.

LOADED


1995 MITSUBISHI GALANT-S



\$196

Automatic, AC, AM/FM cassette, Power windows, Power locks, Cruise

1995 CROWN VICTORIA



\$17,888

Cruise, power locks, illuminated entry, 4.6 V8, clear coat paint, power steering, power brakes, child safety locks, body on frame construction & more #X117759, X117767

HURRY IN NOW ... WHEN THESE VALUES ARE GONE, THEY'RE GONE!




IF YOU DON'T COME SEE US...WE CAN'T SAVE YOU ANY MONEY!

736-2480 • 1-800-473-5797

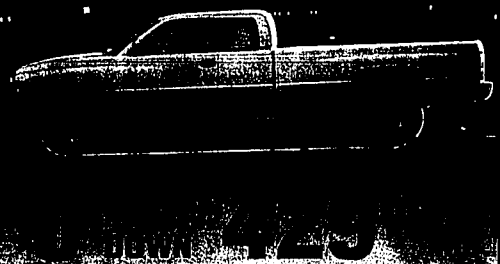
Weekdays 8-9 • Sat. 9-6

Prices good at our Buhl location, too! • 543-4318

Some equipment shown may be optional.

1243 BLUE LAKES BLVD. N. • TWIN FALLS, ID 83301

THE GOOD LOOKIN' TRUCKS ARE HERE AT LATHAM'S!!!



'96 MODELS IN STOCK NOW!



Units subject to prior sale. O.A.C. Tax, title fee (\$8.00) and Dealer DOC free (\$40.00) are not included in the monthly payment. 10.67% APR. No cash down. 60 monthly payments - no balloon payments. Stock #2043.

Units subject to prior sale. O.A.C. Tax, title fee (\$8.00) and Dealer DOC free (\$40.00) are not included in the monthly payment. 10.67% APR. No cash down. 60 monthly payments - no balloon payments. Stock #1727.

CHOOSE FROM ONE OF THE LARGEST SELECTIONS OF USED VEHICLES IN THE STATE!!!

- SPORT UTILITY • CONVERSION VANS • SPORTS CARS, INCLUDING CORVETTES
- BOATS • MOTOR HOMES • HEAVY DUTY TRUCKS • 4X4'S AND MUCH, MUCH MORE

ALL AT TOTAL DISCOUNT PRICES!!!

\$3988 or \$0 DOWN \$129 MO.

Units subject to prior sale. O.A.C. Tax, title fee (\$8.00) and Dealer DOC free (\$40.00) are not included in the monthly payment. 10.67% APR. No cash down. 60 monthly payments - no balloon payments. Stock #2043.

\$4988 or \$0 DOWN \$129 MO.

Units subject to prior sale. O.A.C. Tax, title fee (\$8.00) and Dealer DOC free (\$40.00) are not included in the monthly payment. 10.67% APR. No cash down. 60 monthly payments - no balloon payments. Stock #1727.

\$12988 or \$0 DOWN \$279 MO.

Units subject to prior sale. O.A.C. Tax, title fee (\$8.00) and Dealer DOC free (\$40.00) are not included in the monthly payment. 10.67% APR. No cash down. 60 monthly payments - no balloon payments. Stock #1727.

1993 DODGE SHADOW

NOW \$6488 or \$0 DOWN \$139 MO.

Units subject to prior sale. O.A.C. Tax, title fee (\$8.00) and Dealer DOC free (\$40.00) are not included in the monthly payment. 10.67% APR. No cash down. 60 monthly payments - no balloon payments. Stock #1567.

1993 HONDA CIVIC

NOW \$7988 or \$0 DOWN \$179 MO.

Units subject to prior sale. O.A.C. Tax, title fee (\$8.00) and Dealer DOC free (\$40.00) are not included in the monthly payment. 10.67% APR. No cash down. 60 monthly payments - no balloon payments. Stock #1567.

1993 HONDA CIVIC

NOW \$14988 or \$0 DOWN \$309 MO.

Units subject to prior sale. O.A.C. Tax, title fee (\$8.00) and Dealer DOC free (\$40.00) are not included in the monthly payment. 10.67% APR. No cash down. 60 monthly payments - no balloon payments. Stock #1567.

1993 DODGE W-150 1/2 TON 4x4 P.U.

NOW \$12488 or \$0 DOWN \$269 MO.

Units subject to prior sale. O.A.C. Tax, title fee (\$8.00) and Dealer DOC free (\$40.00) are not included in the monthly payment. 10.67% APR. No cash down. 60 monthly payments - no balloon payments. Stock #1567.

1994 DODGE 1/2 TON 4x4

NOW \$18988 or \$0 DOWN \$309 MO.

Units subject to prior sale. O.A.C. Tax, title fee (\$8.00) and Dealer DOC free (\$40.00) are not included in the monthly payment. 10.67% APR. No cash down. 60 monthly payments - no balloon payments. Stock #1567.

LATHAM'S

OPEN WEEKDAY

0 Down Delivers at Latham Motors Inc. Prices Effective thru Saturday, October 21, 1995

CHRYSLER • PLYMOUTH • DODGE JEEP • EAGLE • SUZUKI
510 2nd Ave. S. • Twin Falls, Idaho • 733-5776

Dealer Retains Rebates. All Units Subject To Prior Sale. Sale Price and Payments Do Not Include Sales Tax, Title Fee (\$8.00) or Dealer Documentation Fees (\$8.00).

Health & Fashion

Couch potato couture

Hatchet burying needs more than time

It is a simple truth that even the most begrudging grudge-holder must one day admit: Hard feelings are often hardest on those who harbor them — or will not — forgive. "Writer Sidney B." and Suzanne Sirring, authors of "Forgiveness: How To Make Peace With Your Past."

To begin preparation to forgive another, the Simons offer some preliminary observations:



JoAnn Larson
Psychology

• Whether your life needs a major overhaul or just some fine-tuning... it is time to accept that the pain is the pain. It is gone, and you can't get it back. To move on in your healing process; you must turn your attention to the needs you have now and how you will fill them now.

• You must make conscious, conscientious choices to advance the healing process.

• Be gentle with yourself. "Yes, you made a mistake... but you have punished yourself enough." Hanging on to your participation in past injuries serves no purpose in any way.

• Ask yourself, "Where would I rather be?" A healing vision is one that describes the positive attributes you want to develop, how you hope to feel, and what you wish to be able to have and do as a result of healing old wounds and completing unfinished business.

• With these points in mind, the Simons explain six stages of the healing process that can help you toward your journey to forgiveness and a better life. A sampling of the many strategies the Simons suggest are included:

• Denial. Open your suitcase full of hurts and identify the ones that cause the most discomfort and that you want to push down again as soon as you start thinking about them. These are probably the ones you have been denying for a long, long time.

• Now take out a sheet of paper and, looking back as far as you can remember, list everyone who has ever hurt you in any way. Mark with an asterisk (*) each person or institution you have not forgiven. Now, write a letter addressed to your self from someone who hurt you.

Your letter of apology, confirm — in writing — that you were hurt and that you are aware of that fact. You are not denying it anymore.

• Self-blame. As you leave the denial stage, you may begin to blame yourself in such ways as "Why is this happening to me?" "This wouldn't have happened if..." or "I should have done something to prevent it."

• In this stage, take out a sheet of paper, date it as you would a letter and open the letter with the following salutation: "Dear Self-Blaming Part of Me."

Addressing the voice inside you that

Please see LARSEN/D2



The sleeveless undershirt gets elevated status in Denzel Washington's movie, 'Devil in a Blue Dress.'

The sleeveless undershirt makes a comeback on the big screen

The Washington Post

The sleeveless undershirt — white, ribbed cotton — never looked so swell until Denzel Washington slipped it on.

This innocuous-looking garment is elevated to fashionable, sensual heights in Washington's new film "Devil in a Blue Dress."

Washington is Easy Rawlins, living in 1950s Los Angeles. He's hunched over a table at the neighborhood bar. With a cigarette hanging from his lips, he's scanning the want ads looking for a job to replace the one from which he was unfairly dismissed.

The camera takes him in: rippling biceps; an Army tattoo etched on his upper arm; a close-fitting, white, ribbed undershirt covering his torso. The contours of his body leave a flirtatious outline beneath the thin fabric.

Thus the A-shirt, couch-potato couture, is transformed into sexy underwear for men.

The A-shirt is short for athletic shirt. (That's the traditional name, but most know it as the tank top.) It's a man's undershirt with narrow shoulder straps that's often worn for sports. And indeed, this shirt is made for muscles, for the man who doesn't mind a garment that clings to his waist. And his chest. And his back.

There has always been a sexiness to the A-shirt, a sense of daring and a hint of danger.

But it has suffered for some time with image problems. The A-shirt has a reputation as the style of choice for older men, or fellas with a paunch or guys with a slouch.

It's also the shirt favored by tough or slightly crazy movie men. Think Robert De Niro in "Raging Bull," Bruce Willis in "Die Hard," Sylvester Stallone in "Rocky." Violent cinematic husbands often wear a beer-stained A-shirt while they knock the mistus around. Young men wear them in movies when they're members of gangs. Looking for the henchman in a film, we'd put our money on the man in the cheap, sleeveless undershirt.

The T-shirt and the V-neck are the more popular styles of undershirts, mostly because they offer more coverage and don't cling so unforgivingly to the body. The short sleeves conceal weak biceps, hands. Extra fabric around the torso makes up for all those missed appointments with the sit-up bench.

And as much as popular culture wound the reputation of the A-shirt, it turned the T-shirt into an icon. That short-sleeved, crew-neck top belongs to Marlon Brando in "The Wild One" and James Dean in "Rebel Without a Cause."

But now it seems that the A-shirt may finally get its due — with a little help from Hollywood.

Sharen Davis, costume designer of "Devil in a Blue Dress" says that after



Tough or slightly crazy movie men, like Bruce Willis in 'Die Hard,' also favor the sleeveless undershirt. He tried "about 15 shirts that had been specially made for Denzel. I found this one" at Saks Fifth Avenue that Donald Sutherland had told me about.

It is made by Zimmerli, the Swiss underwear company that hasn't changed the style or cut of their undershirts for more than 60 years. "These shirts are made of a spun cotton that looks and feels almost like silk," says Davis. "Even though they were pretty expensive (about \$70 each), they looked exactly like period shirts. We had to use them."

"I looked through a lot of old family photo albums of people who lived in South Central L.A., and there were tons of pictures of men in (shirts like these)," Davis says. "That's where I did my research, not by watching old films... This shirt really represented a working-class man who's relaxing at home."

In the world of Easy Rawlins, these ribbed A-shirts are worn by hard-working, honest men. They're guys who worry about being able to pay their mortgage on time, and who try their best to avoid getting involved in something that's not quite on the up and up.

"This A-shirt is worn by dignified men, gentlemen who are proud of their blue collar and who have earned their cold beer at day's end by the sweat of their brow."

Changes in fashion also may be giving the A-shirt an edge. Younger men are beginning to take it up, says a spokesman for Jockey.

That's probably because of the menswear industry's return to body-conscious clothes.

Magazines are photographing hip young actors in nothing but trousers and a sleeveless undershirt. Women are adopting the shirts as part of their workout uniform.

And when Easy Rawlins strolls proudly through his neighborhood, contented smile on his face, muscles long and lean, the shirt of ill repute has never looked so good.



The A-shirt is hero garb as Keanu Reeves fights a blaze in 'A Walk in the Clouds.'

Old is new again

By Steve Crump
Times-News writer

TWIN FALLS — If A-shirts are high-fashion, they're high-fashion on the cheap.

A package of three Jockey shirts sells for \$6.49 at Target in Twin Falls. That's \$2.16 a shirt.

At the Bon Marche, three Jockey Classics go for \$14.50 — \$4.83 apiece. That compares with \$9.99 at Target for three Jockey crew-neck T-shirts, or \$18 at the Bon for three Jockey Classics T's.

Still, the A-shirt, which predated the T by 20 years, has a way to go to catch up in the Magio Valley.

"It's are by far the more popular here," said Dennis Blevins, who manages the menswear department at Roper's in Twin Falls. "Some of the prints especially right now."

"But then Twin Falls is always a little behind the times in fashion." But not always. A check of Times-News files from 1949 showed Roper's was advertising sleeveless undershirts. For 50 cents.

Inside
Dear Abby
D2
Conics
D6

Looking good

Many fall fashions flatter all kinds of shapes

Providence Journal-Bulletin

If the fashion doesn't flatter you, let it go. That's the best advice from image consultants. But this season has some winners for most figures.

Glamour is the buzz word, as suited dressing and fitted looks take over the racks. Here are some examples.

• Thin belts worn with fitted jackets, a la the 1930s. This works well unless you have a big bust, thick waist or a bulging tummy.

• Slim-leg trousers are wonderful for just about all women, especially if worn with a heel.

• The dress for the season is the basic chemise paired with matching jacket. This is a most forgiving dress shape.

• Tailored pantsuits flatter many body types. The pinstripe patterns visible this year elongate the silhouette.

• There are more patterns around this season, as well as bright colors. But if neutrals work best for you, you'll find them, too. The season is also big on deep, rich clarets, hunter greens and eggplants, which are slimming for those with the coloring to support them.

• Chocolate brown is the "black" for the fall. It's a good neutral for those whose coloring falls into the winter palette.

• Fitted jackets are the shape of the season. They add more style to an ensemble than the oversized versions of the past few years.



Photo courtesy Metro Creative Graphics

Health notes

The skinny on sex

Is sex the best way to lose weight? Yes and no, says Ella Patterson in "Will The Real Women Please Stand Up," one of several new tomes on the A-B-C's of S-E-X. Regarding the slimming and toning qualities of close encounters of the sexual kind, Patterson tells the Fort Lauderdale Sun-Sentinel: "This is true if you skip meals and make love every 12 hours. If not, forget it. No one has been able to give accurate counts on calories burned during love-making."

A need to know

Women beware: Yeast used in baking can cause a certain type of yeast infection. That's according to a study at Temple University's Vaginitis Referral Center reported in the journal Obstetrics and Gynecology. The study found four women who developed saccharomyces cerevisiae vaginitis — one after she began kneading her own dough for bread, a second who sometimes ate unbaked dough for communion bread, a third who frequently used yeast for bread and pizza dough and a fourth whose husband owned a pizza shop.

AIDS reversal?

The encouraging news from the British medical journal The Lancet is that a child born infected with the HIV virus has not only survived for nine years but seems to have purged the virus from his body. The cau-

tionary news: Several cases of children being born with HIV infection but not having developed AIDS have been reported. But AIDS can have a very long incubation period and doctors are not yet sure whether the children are safe from the deadly syndrome.

Fore goodness sake

Health and science quote of the week: "We had to fill in the ovaries recently because people kept getting stuck in them." So said French golf-club director Florian Treves, talking to Newsweek magazine about La Salle, the world's first golf course whose design is based on the female body.

Call central casting

Every year, millions of Americans fracture a bone and must wear a splint or cast. Both splints and casts protect and support cracked or broken bones and the surrounding soft tissue. They also help reduce the pain and swelling that usually result from a fracture.

If you must wear a cast, allow yourself a few days to get used to it, and always follow your doctor's instructions before resuming your daily activities. For a free copy of the brochure "Cast Care," published by the American Academy of Orthopaedic Surgeons, send a self-addressed, stamped business-size envelope to Cast Care, P.O. Box 2058, Des Plaines, Ill. 60017.

Compiled from wire reports

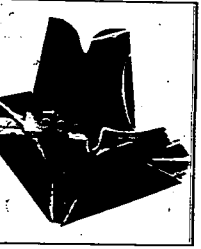
POOR COPY

Local art featured in Ketchum benefit

The Times-News



Sculptor LaVar Steel will display 'Alice and the Cool', a detail shown at left, in a benefit show in Ketchum. Above, this untitled wood-fired stoneware piece by Bill West will also be displayed at the show at the Kneeland Gallery.



Painter Mike Green and ceramic sculptor Jim Woods will also be on display. Left is shown 'Green's Still Life at the OK Center' acrylic on paper piece. A detail of Woods' 'Big Horn Sheep' Raku containers is featured at right.

KETCHUM — Four Magic Valley area artists have donated work for a benefit show, on exhibit today through Nov. 3 at the Kneeland Gallery, 271 First Ave. N.

Filled "West of Eden, East of Bliss" to represent where the artists live and work (Twin Falls and Jerome), the show symbolizes the ephemeral territory in which any artist must necessarily live and work. Sculptor LaVar Steel, painter Mike Green, and Jim Woods and Bill West, ceramic sculptors, will be donating money from sales to the Herrett Center for Arts and Science, located on the College of Idaho campus in Twin Falls.

Steel's sculptures are based on classical fantasy literature which he interprets and magnifies in a light and serene way. His "Alice and the Cool" alludes to Alice of Wonderland but is made of more than her dreams.

Green says his abstract paintings are "bright, rhythmic fields where shapes coalesce out of the boundaries among colors." His work is painterly, chromatic, subtle at the edges of raw paper.

Briefly

Environmental group plans 2-act play
KETCHUM — The Northwest Coalition for Alternatives to Pesticides is sponsoring "A Sense of Wonder," a two-act play based on the life and works of Rachel Carson.
The play will be performed at 7:30 p.m. Oct. 21 at the nextStage Theater in Ketchum.
For more information or to obtain tickets, call 1-800-880-6227.

Odmark's art to be shown in October.
KETCHUM — Gay Odmark's new canvas paintings and monoprints and paintings and wall totems by Deborah Putnoi are on display through Oct. 31 at the Gall Severn Gallery, 620 Sun Valley Road.
Odmark juxtaposes religious icons with everyday shapes so the images fit together like pieces of an emotional puzzle.

Her work is a walk in time as she explores her eastern beliefs about nature with those learned in the west.
Putnoi has just completed a master's degree at Harvard Graduate School.
Her paintings are like grids with fragmented text, and the wall totems continue the fragmented form as they represent the core samples of people's lives.
Works also reflect a connection to her Jewish heritage and her grandfather's survival of the Holocaust.
Gallery hours are 9 a.m. to 5 p.m. Monday through Saturday, noon to 4 p.m. Sunday and by appointment.
For more information, call (208) 726-5079.

Compiled from staff reports

Try a Times-News classified. You'll like it!
733-0931

Fun in the heartland of America

It was Saturday night in the heart land, which is where everybody goes after the day's festivities at the annual Broom Corn Festival in Arco, Ill. A group of us guys were standing around, shunting snippets of conversation over the din of the band, when we saw a man's naked rear end advancing toward us through the crowd. The owner of the rear end was walking backward and bending over, so we couldn't see his head or upper body — just a disembodied, naked butt shuffling our way.

Next to us, a group of women suddenly noticed the oncoming butt. To say they were startled would be an understatement.

"Look!" they gasped, pointing at the butt. "He's... He's... It's... It's OK!" we assured them. "It's only Ranger Reeder!"

Ranger Doug Reeder is a member of an organization I belong to, the World Famous Lawn Mower Precision Lawn Mower Drill Team. It was founded 15 years ago by some guys in Arco, a small central-Illinois town that each fall hosts the Broom Corn Festival, a celebration of the glory years when Arco was a leading producer of the corn used to make broom bristles.

The highlight of the festival is the Broom Corn parade, and the most elite marching unit in the parade, as measured in per capita consumption of leg-dwelling beverages, is the Lawn Rangers.

When you talk about dedicated service organizations — when you talk about decency, integrity and leadership — you are not talking about the Lawn Rangers. We are not one of those organizations — and he's a man thinking of our acquaintances, the Slimers — that try to justify their existence by occasionally doing something useful. What we do is push lawn mowers and carry brooms. At various points along the parade route, we stop and astonish the crowd by performing broom-and-lawn-mower maneuvers with a level of smooth precision that you rarely see outside of train yards.

I've marched with the Lawn Rangers in four Broom Corn parades now. My friends ask me why I keep going back, but when I try to explain it ("We're pushing lawn mowers, see, and we're wearing masks, and we're tossing brooms, and...") it just sounds stupid. This is, of course, because it is stupid. But it is more than



intense smile that would make him a prize recruit for the U.S. Postal Service, if you get my drift.

He is a legend among the Rangers. Each year — this is the highlight of the Business Meeting — he gets up a ladder, turns his back to the audience, and presents an EXTREMELY explicit dramatic rendition, using props, of a song or poem involving the word "moon." Each year his performance gets more elaborate: this year, it concluded with actual fireworks shooting out of a tube that was...

Well, I can't tell you where the tube was, except to say we were all amazed that Ranger Reeder did not require medical treatment. But he showed no ill effects, and was in superb form that night in the beer tent, where he continued to personify the "moon" theme by backing slowly through the crowd. Every now and then you'd look down, and there would be Ranger Reeder, serving as a proud symbol of Rangerhood, making the rest of us proud to be part of this crack (rim) short outfit.

For the next solid year, American voters are going to be relentlessly hounded by presidential contenders, all of whom are going to assure us that they represent mainstream, heartland values. I say to those candidates: Maybe not everybody in the heartland has exactly the same values. Maybe it would broaden your perspective to come to Arco next fall, march with the Rangers, hang out in the beer tent, watch Ranger Reeder in action.

He would make an awesome secretary of state.

Dave Barry is a humor columnist for the Miami Herald. Write to him c/o Tropic Magazine, The Miami Herald, One Herald Plaza, Miami, Fla. 33132.

Ann's Eyewear Boutique
To have that individual look for your whole family, buy your eyewear at Ann's Eyewear Boutique.
Personal Service • Quality workmanship and fit • Fashion eyewear for women, men and children. Specialists in analyzing face shape and color analysis. High fashion and unique eye wear.
In-store lab for faster service.
Our family policy is service above all.

Ann's EYEWEAR BOUTIQUE
691 Shoshone St., Twin Falls, ID • (208) 733-1067

LEATHERS PLUS...
BIKER COATS, VESTS & CHAPS
COATS... \$139.00
VESTS... \$65.00
CHAPS... \$129.00
LEATHERS Plus
America's Discount Leather Store
Magic Valley Mall • TWIN FALLS 734-1756

As Featured In This Health Section
Now Recharge Your Kids With
"Hip Hop Animal Rock"
Workout Video
A Great Gift!
Available Through 1-800-876-6279 Ext. 110
View Us On The Internet At
<http://www.earthlink.net/~crystal>

Estate Shape
Straight talk on wills, trusts, probate & estate planning
FAMILY HEIRLOOMS
QUESTION: How can I make sure that certain personal property items will get out to my loved ones after my death without listing each item in my will?
Idaho law provides an elegant solution: Simply say in your will that you will list such items on a separate sheet of paper.
Then, on a separate sheet of paper list each item and who you want it to go to. Sign and date the list.
You should only list tangible items of personal property like musical instruments, jewelry, china, firearms, photographs, furniture, and memorabilia.
You cannot list money, securities, evidences of indebtedness, documents of title, titled property (like motor vehicles), business property, and real or intangible property. These must be handled by your will.
You do not have to make the list out at the same time you sign your will. It does not have to be witnessed by anyone. And you can add to or change the list any time you want.
It doesn't get any easier than this!

Compliments
Voorhees Law Office
Pierce Street and Addison Ave. • 208 736-6000
Send your questions to: P.O. Box 2, Twin Falls, ID 83303

America's Vacation Store
Shop and Compare with Us
NO SERVICE FEES
TRAVEL AGENTS INTERNATIONAL
The Shops at Magic Valley Mall
1239 Pole Line Rd. E.
334-3113
1-800-648-3113

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.
- CPR Class * Tuesday & Thursday, October 10 & 12, 4 - 7 p.m., 5th West Conference Room. To register, call 737-2007.
- Breast Cancer Support Group * Monday, October 16, 7 p.m., Conference Room at the Twin Falls Clinic & Hospital. For information, call Char Basila-Davis at 737-2441 or Jody Craig at 733-3700.
- Prepared Childbirth Course * Tuesdays, October 17 - November 21, 7 - 9:30 p.m., Center for Continuous Learning (located at the back of our north parking lot). Preregistration required. Call 737-2900.
- PaceSetters Club (formerly the "Walkers Club") * Wednesday, October 18, 7:30 a.m., Magic Valley Mall Courtyard Area. Sponsored by MVRMC and the Magic Valley Mall. For further information, call the Senior Connection at 737-2065.
- Junior Volunteer Recruitment Session * Thursday, October 19, 4 p.m., MVRMC Cafeteria.
- CPR Class * Saturday, October 21, 8 a.m. - 4 p.m., 5th West Conference Room. To register, call 737-2007.

ST. BENEDECTS FAMILY MEDICAL CENTER
is pleased to welcome
Michael J. Farrell, M.D.
Board Certified Orthopaedic Surgeon
to the Fifth Avenue Surgery Clinic
at 128 West 5th Avenue in Jerome.
For all your arthroscopic, reconstructive surgery of the knee, hip, shoulder, and sports injuries in athletes of all ages - Dr. Farrell will see patients
Tuesday & Thursday mornings beginning October 3, 1995.
FOR APPOINTMENTS CALL: (208) 324-8831

Making Magic Valley the healthiest place to live.
MAGIC VALLEY REGIONAL MEDICAL CENTER
650 ADDISON AVE. WEST • TWIN FALLS, IDAHO

Common painkillers work, require caution

The Hartford Courant

They promise almost push-button relief — a way to "Nup" our discomforts when we haven't got time for the pain.

And by and large, over-the-counter pain relievers taken according to label instructions work and are safe. But there are risks for those with underlying medical problems and for habitual users.

"The idea that these drugs that are available over the counter are all very, very safe and can be taken with impunity is incorrect," says Dr. William Henrich, chairman of the department of internal medicine at the Medical College of Ohio in Toledo.

"Habitual consumption of any analgesic is not a good idea." (Those whose doctors prescribe long-term use of aspirin for chronic pain or to help prevent a heart attack are monitored for possible side effects.)

"Increasingly, we are being encouraged to medicate ourselves. Drugs once available only by prescription are now sold next to the M&Ms. The consumer, perhaps with advice from physician or pharmacist, has to make choices about such medications as pain relievers.

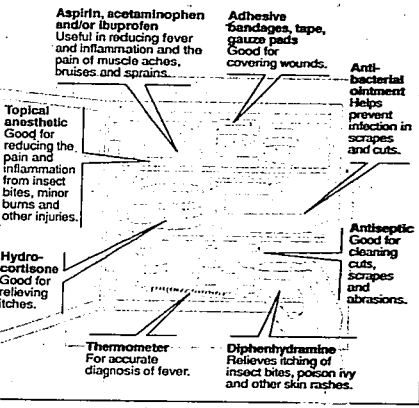
We pop tens of billions of pain pills every year — \$2.7 billion worth.

And most are advertised as basically risk-free products. More of these over-the-counter analgesics are available than ever before — naproxen sodium (sold as Aleve) went on shelves last year, and ibuprofen for children became available earlier this year.

Other nonsteroidal anti-inflammatory drugs (so-called NSAIDs, a category that includes ibuprofen

When reaching for relief...

Here's a list of recommendations from health professionals for the ideal medicine cabinet.



Springfield News-Sun, KRT Infographics/GREGG DeGROAT

and naproxen sodium) are expected to become available over the counter in coming years.

Among doctors, there is concern about whether consumers have enough label information to make the right choice and use the products wisely.

The concern has been prompted, most recently, by a nearly year-long debate over the merits of a medical study published just before last Christmas that seemed to show that long-term use of acetaminophen

(Tylenol is the best-known brand) increased the risk of kidney damage. (The risk doubled for those who took the drug at least once daily for a year or more.)

Overuse of drugs such as ibuprofen (Advil, for example) and naproxen sodium (Aleve) were also implicated. Occasional use of the drugs was deemed safe.

Nevertheless, other researchers and Tylenol's maker, Johnson & Johnson, sharply criticized the

study, noting that acetaminophen is the drug of choice for those who have early-stage kidney disease, so naturally there would be an association between acetaminophen use and people with kidney disease.

More than a dozen physicians and researchers met in New York in June to discuss the issue of over-the-counter analgesics and kidney disease.

Their conclusions will be released in early November at the National Kidney Foundation and American Society of Nephrologists (kidney specialists) meeting in San Diego.

But Henrich, who was chairman of the New York session, says some things can be said in advance: Acetaminophen remains the analgesic of choice for those with kidney problems; doctors want more specific warnings on labels; unsupervised habitual use will be discouraged; and the public will be urged to take particular care with "combination" over-the-counter drugs, such as Excedrin or Vanquish, which combine aspirin and acetaminophen with caffeine.

The biomedical brouhaha over acetaminophen is ironic because it has long been marketed as a safe alternative to aspirin, which can cause side effects ranging from upset stomachs to Reye's Syndrome, a rare but serious illness in children and teens.

For most people, these medicines are safe.

Anyone with a history of illness or who is taking other medication should check with a doctor before using an over-the-counter remedy.

The wary consumer should have some understanding of a nonprescription drug's action and side effects and read the label carefully.

Briefly

Breast cancer support group to meet

TWIN FALLS—The Magic Valley Breast Cancer Support Group will meet at 7 p.m. Monday in the conference room at the Twin Falls Clinic & Hospital. The group will be marking National Breast Cancer Awareness Month. For more information, call Char Basila-Davis, M.S.W., at the Southern Idaho Regional Cancer Center at 737-2800 or Jody Craig at the Twin Falls Clinic & Hospital at 733-3700, ext. 344.

Diabetes support group gathers tonight

TWIN FALLS—The Diabetes Education and Support Group will meet at 7 p.m. Monday at the Health and Welfare Building meeting room on Pole Line Road. There will be an open house to welcome Dr. Lubomir Valenta, board certified endocrinologist to the Magic Valley. He will be speaking on "Is Diabetes a single disease?" Refreshments will be served. Anyone who is impacted by diabetes is welcome to attend. Call Ann Bybee at 733-3700 or Barbara Holloway at 736-8336.

CSI North Side Center plans classes

GOODING—Two non-credit classes offered by the College of Southern Idaho North Side Center are set to begin soon. Genealogy will meet from 7 to 9 p.m. Mondays, Oct. 16 through Nov. 6, at the Wendell High School. Two final sessions are planned for 6:30 to 8:30 p.m. Nov. 13 and 20 at the Twin Falls Family History Library on Maurice Street. The fee is \$25. Reversible Living Trusts is planned for 7 to 9 p.m. Oct. 17 and 24 at the North Side Center. Students will learn how to evaluate the purpose and utility of a revocable living trust. Cost is \$10. For more information or to register, call 934-8678.

ISU offers class on stress management

TWIN FALLS—Registration is under way for a class on stress management offered by Idaho State University. Class will meet from 7 to 9 p.m. Tuesdays for eight weeks beginning Oct. 24 in the ISU Distance Learning Room at the College of Southern Idaho Evergreen Building. One credit is offered; undergraduate cost is \$78.50 and graduate cost is \$101.50. Mike Morris will be the instructor. The class will cover personal and professional stress and will have a strong emphasis on dealing with stress in a child's life. Morris holds bachelor of science and master of science degrees from Northern Illinois University and a Ph.D. from the University of Utah. He has been a physical and health education professor at ISU since 1976. For more information or to register, call 934-2101.

Compiled from staff reports

There are no cosmetics secrets

DEAR PAULA: Every time I think I can go a while without your objective feedback and advice, another advertisement or article promoting a new product that can cure my facial woes catches my attention and I feel myself being pulled back onto the cosmetic merry-go-round. There are a few products that I would love to hear your opinions on. They sound too good to be true, and even though the prices are out of my budget, I admit to being tempted. Please let me know what you think of Chanel Formule Intensive Day Lift Plus, Multi-Hydroxy Refining Lotion, SPF 8; Chanel Creme Parfaite Night Lift Plus, Multi-Hydroxy Overnight Refining Treatment; and Orlane Soin Hydratant Moisture Skin Care and Hydratant Riche, Enriched Moisture Care. — Sheryl, San Francisco

DEAR SHERYL: Keep a tight hold on your money, because there is nothing in the products you listed worth the expenditure. Your skin will not revert back to its youth. Actually, given the range of products you asked about, I wonder how any woman makes a decision between Chanel, La Prairie, Orlane, Yves St. Laurent, or any of the myriad other exorbitantly priced cosmetics lines. Does one company have elite scientists chained to their laboratory desks, creating miracles that no one else is privy too? What differentiates a \$50 product from a \$75 or a \$100 product? You already know what I'm going to say, don't you.

Cosmetic chemists generally work for several companies in the course of their careers, they are privy to independent as well as patent research, and they can freely analyze any product on the market. The bottom line is that there are no cosmetics secrets, there are no



Cosmetics Q&A
Paula Begoun

exclusive ingredients (all cosmetics ingredients are available to everyone), and the pricing of cosmetics is best described as capricious (whatever they can convince you to spend is fair game).

On to the reviews. Chanel Formule Intensive Day Lift Plus, Multi-Hydroxy Refining Lotion, SPF 8 (\$48.50 for 1 ounce) appears to be the best of all worlds: an AHA product with sunscreen plus a bevy of antioxidants and water-binding agents. On closer inspection, you begin to see why you should save your money. SPF 8 isn't adequate for protecting the skin from the sun; it's better than nothing, but for at this price you should be getting the best protection possible, and that's SPF 15. Unfortunately, sunscreens are incompatible with AHAs. AHAs are most effective with a pH between 3.5 and 4.5; SPF's don't work in that environment.

This product even contains salicylic acid (a beta hydroxy acid), which also has exfoliating properties, but there isn't much in here and I don't recommend salicylic acid for most, if any, skin types. The advertisement quotes test results that show an 83 percent reduction in dryness and a 68 percent improvement in smoothness.

Statistics like this are attractive, but entirely meaningless when it comes to making a decision about the value of a product. What the ad doesn't explain is how the tests were conducted. If you take a woman with very dry skin who has only been washing with soap and has not been using moisturizer,

and you put just about anything on her skin, her skin will definitely become smoother and less dry.

The last questions have to do with whether your skin needs all these water-binding agents. The answer is absolutely no. Does any one of these proteins, fatty acids, amino acids, or sugars work better than the others?

Chanel Creme Parfaite Night Lift Plus, Multi-Hydroxy Overnight Refining Treatment (\$68.50 for 1.7 ounces) is almost identical to the lotion above, minus the water and sunscreen. Why is it more expensive when fewer active ingredients are present? I imagine marketing is the best answer. The pH still isn't the best for optimal AHA results, and the salicylic acid can be too irritating for someone with dry skin. In short, there are better AHA products on the market.

Orlane Soin Hydratant Moisture Skin Care (\$45 for 1.7 ounces) contains mostly water, honey, silicone oil, several thickeners, plant oil, more thickeners, water-binding agents, mineral oil, vitamins B and E, preservative, and fragrance.

This is a good moisturizer for someone with dry skin. But is it worth the price tag? These ingredients aren't unique, and it isn't any better than a lot of other less expensive moisturizers on the market.

Orlane Hydratant Riche, Enriched Moisture Care (\$45 for 1.7 ounces) is almost identical to the product above, and the same review applies.

Paula Begoun is the author of several books on cosmetics, including "Don't Go to the Cosmetics Counter Without Me" (Bantam Press, \$13.95), a non-nonsense paperback guide to brandname cosmetics.

Light and Sound Cards create Halloween hilarity!
Add to your Halloween fun!
Hallmark Light and Sound Cards include werewolf howls, spooky laughter, and a talking toad!
\$3.95 - \$4.95

Hallmark

Kurt's PHARMACY
ON THE LYNNWOOD • 724-2277

Murdock Travel THE BARGAIN FINDER! 733-1668
800-992-1007
230 Shoshone St. East

FLY NON-STOP TO HAWAII
Oahu air only \$399 7 Nt. Plg \$499
7 night packages includes:
• Roundtrip airfare • 7 nights accommodations • Welcome drinks • Free car greeting • Transfers

VACATION IN SUNNY MEXICO
Funjet Vacations Puerto Vallarta \$199.95
Roundtrip Airfare from SLG

Mazatlan, Los Cabos and Cancun
Vacation Packages also available. Please call for details.

GET A MAMMOGRAM.
It can find breast cancer early enough to save your life.

You need to find it before you can feel it.

DR. DAVID B. CONRAD
CHIROPRACTIC PHYSICIAN
733-0444
1296 Addison Avenue East (Twin Falls Across from Albion) 733-0444

VERTICAL BLINDS
26" x 48" With Valance..... \$40.60
Equal Savings On Other Sizes
Sale ends 10/31/95
MAGIC BLINDS
The Blind Store
Brings You The Ultrasonic Process™ VIBRA CLEANING

October is Breast Cancer Awareness Month!
Mammogram Special \$60.00 for screening mammogram
October 1-October 31, 1995
ACR Accredited
For appointment or more information Call (208) 324-4301, Ext. 233

ST. BENEDICTS FAMILY MEDICAL CENTER
709 North Lincoln • Jerome

National Breast Cancer Awareness Month
National Mammography Day - October 19
To schedule an appointment or for more information, call Gooding County Memorial Hospital 934-4433 ext. 122

Special October Price \$60
Bring a friend for a mammogram and receive a discount certificate.

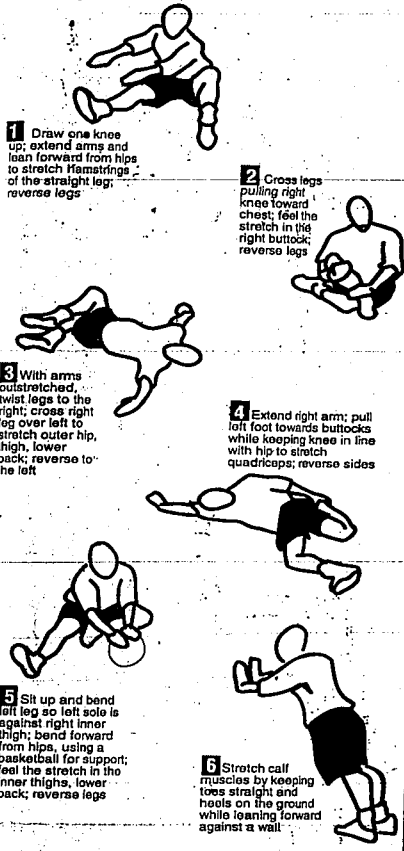
GCMMH is an ACR/FDA accredited facility.

Basketball stretches

This fast-paced, stop-and-start sport involves twisting, turning, sudden dashes and leaps on a hard court surface. Players need strength and flexibility, particularly in their hips, thighs, calves and midsection. Some basic stretches for loosening up before play:

Basketball's hip nature

Most of the stress of basketball's demanding twists and turns occurs in the hip area.



1 Draw one knee up; extend arms and lean forward from hips to stretch hamstring of the straight leg; reverse legs

2 Cross legs pulling right knee toward left; feel the stretch in the right buttock; reverse legs

3 With arms outstretched, twist legs to the right; cross right leg over left to stretch outer hip, thigh, lower back; reverse to the left

4 Extend right arm; pull left foot towards buttocks while keeping knee in line with hip to stretch quadriceps; reverse sides

5 Sit up and bend left leg so left sole is against right inner thigh; bend forward from hips, using a basketball for support; feel the stretch in the inner thighs, lower back; reverse legs

6 Stretch calf muscle by keeping foot flat and heels on the ground while leaning forward against a wall

SOURCE: The Wellness Guide to Lifetime Fitness; research by ROY GALLOP

Pop goes the Achilles'

Stretching can prevent painful injury in any sport

Chicago Tribune

The list is long and distinguished, with a particular emphasis on powerful men: Vice President Al Gore, Supreme Court Justice Clarence Thomas, Miami Dolphins star quarterback Dan Marino and his legendary coach, Don Shula, and pro basketball player Dominique Wilkins (now enjoying long sabbats in Greece), to name a few.

All have sustained a rupture of the Achilles' tendon, which connects the calf muscle to the heel bone. It is the strongest, thickest tendon in your body. The Achilles' is about 6 inches long and endures considerable stress as it works to absorb the shock of body weight landing on a heel.

Loading is part of jumping, lunging and even walking. Gore and Thomas both blew out Achilles' tendons playing pickup basketball with Washington pals. Marino went down while dropping back to pass, while Shula was simply walking to his office from the practice field. Wilkins tripped his tendon while planting his right foot as he approached the basket.

"You may be putting about 2½ to 3 times your body weight on the tendon and calf muscles as you land," says Frank Faila, a chiropractor and director of the Downers Grove Sports Medicine clinic. "The more body weight, the greater the torque, the greater the Achilles' and your muscles need to lengthen."

That's one reason men are more prone to Achilles' tendon ruptures. Another is the tendency to play "jump and cut" sports like basketball, racquetball, tennis and volleyball with misplaced competitive zeal.

"We see guys all the time who are older but play basketball and volleyball like they were 18. They join a league to get in shape, maybe lose some weight, but then get caught up in winning and losing. They try things the body isn't prepared to accomplish."

Indeed, research shows more than 60 percent of Achilles' ruptures are incurred by men in their 30s who have white-collar jobs and play the

Muscle soreness OK, but pain isn't

The Washington Post

People who a few months back were wondering "If summer comes, can fall be far behind?" are about to get their answer. And if they change sports with the seasons, sore muscles may have them groaning like pestilence-stricken graminians.

It's reckless to continue when pain is signaling injury. But soreness is usually something different.

Bob Cantu, chief sports physician at Emerson Hospital in Concord, Mass., and past president of the American College of Sports Medicine, said muscle soreness comes in two types. In aerobic exercise, "it's largely the buildup of (waste products) such as lactic acid that leads to soreness. Then there's the type of work that's not

aerobic, where there's actually breakdown of muscle."

The two sorts of exercise and of soreness "involve different types of muscle fiber," he said.

Aerobic exercise is activity that uses oxygen in the internal chemistry that powers the muscles. As the muscles work, metabolites — the waste chemicals produced by that process — can build up. (One shut down a muscle's ability to burn oxygen if it builds up to what's called the lactic-acid threshold.) That's why a cool-down period is so widely recommended at the end of a run, for example.

"After one has carried out the aerobic phase of an exercise program," Cantu said, "that activity should continue to be carried out (in a five or 10 minute cooling-off

period) of a mild, modest nature, to keep the blood flowing and away these metabolites that have been accumulating."

With non-aerobic exercise, soreness "actually represents a breakdown of muscle fiber and then a re-healing of it," he explained. "It's not a good idea to do that kind of activity involving the same muscles in a daily manner, because the muscle that was broken down the previous play will not be totally healed.... That's the theory behind working out two to three days a week in a weightlifting regimen."

Dallas Simons, a physical therapist and assistant athletic trainer at Herndon (Va.) High School, offered some thoughts on soreness. "Probably the best thing is to go back (the next day) to very light exercise and make those muscles start moving again...."

occasional game of basketball or racquet sports.

"The typical age range is late 20s to early 40s," says Dr. Charles Bush-Joseph, an orthopedic surgeon at Rush-Presbyterian-St. Luke's Medical Center in Chicago.

There are three categories of Achilles' injury: ruptures, partial tears and tendinitis. A complete rupture is usually accompanied by a loud popping noise, a sharp pain in the calf, almost as if you had been shot in the leg. Partial tears are painful and may even require a cast, but you won't hear the signature pop.

Tendinitis is a chronic condition of soreness in the Achilles' area.

A full rupture calls for a decision between surgery to repair the damage and letting nature heal the tendon and muscles while set in a cast.

"We usually recommend surgery to younger, more active patients," says Bush-Joseph. "You will only be in a cast for two to six weeks, compared to three months without surgery, so we can get the patients

into rehabilitation much sooner. There's also less chance of re-rupture."

Research shows surgically repaired ruptures have about a 2 percent chance of ripping again. In contrast, more than a third of those not fixed by the scalpel will snap a second time.

Most sports physicians will inform patients to anticipate a good six to eight months before they are back to normal. With a pro player like Marino, the concern is whether the leg will come all the way back to allow him to play at an elite level.

"You can lose up to 20 percent of the strength in the calf," says Bush-Joseph. "Marino tore his Achilles' in 1993 and was still limping a lot last fall. He looks more mobile this season."

Faithful stretching will help prevent Achilles' problems, says Chip Schaefer, the Chicago Bulls trainer who has watched over the valuable jumping legs of Michael Jordan,

Scottie Pippen and now Dennis Rodman.

"Stretching the calf muscles and Achilles' tendons is part of our daily routine," says Schaefer. "We never miss it, and we make sure to start out slow before going full speed in practice."

Schaefer suggests two basic calf stretches. Both involve resting your palms against a wall but not leaning too hard into it. First, straighten one leg back behind you with heel down to the floor. Feel the stretch in your upper calf muscle. Then bend the knee and feel the stretch in the tendon and lower calf. Repeat with the other leg.

Tendinitis is often a forerunner to an Achilles' rupture. Soreness in the tendon and muscles is your body's signal to slow down, maybe find some alternative exercise (swimming, cycling) until the pain subsides. Use your head to save your leg and forgo a place on a famous list.

Weight training: How much is really enough?

WASHINGTON (AP) — It would take a lot of time and effort if all a person had to do was rush into the weight room, rip through one set of exercises, and be done with it.

"And this may be all many people need, researchers say. One set can build as much strength as multiple sets for the first few months, they say. They're disagreeing, however, on whether multiple sets provide an edge after that."

"We were real surprised that one set was equal to three sets," said researcher Michael L. Pollock of the University of Florida. Pollock and his colleagues studied strength and muscle thickness over 14 weeks of exercise.

"One set is great to start with, and gets people used to weights," said researcher William J. Kraemer of Penn State University. "Then you need a higher volume."

Both researchers are writing reports to spell out their differing conclusions, which were presented in May at the

American College of Sports Medicine's annual meeting.

The Florida researchers' 14-week study looked at 48 people with an average age of 30. The subjects were split into three groups, one of which did no exercise, while the other two did exercises to flex and extend their legs at the knee.

Both exercise groups worked three times a week until they could do the exercise no more. One group did only one set — 8-12 repetitions of the exercise. The other did three sets of 8-12 repetitions, at lower weights.

Both exercise groups made gains in both strength and muscle size, but there was no statistically meaningful difference between them, said Pollock, director of the university's Center for Exercise Science.

The study did not address the needs of competitive athletes, who may benefit from extra sets, Pollock said. But it indicates that recreational exercisers who are working out for health and

enjoyment may not need the extra sets, he said.

"For general people in adult fitness, you get the same result in one-third the time," Pollock said. "Based on our study, I would recommend a one-set regimen."

Kraemer disagrees. Pollock's study did not run long enough to demonstrate that multi-set exercisers improve after 14 weeks of controlled workouts, he said.

Kraemer and his colleagues studied 24 competitive female collegiate tennis players, who were split into three groups and followed for five months.

One group did no exercise. The other two did total body workouts two to three times a week. Of the exercisers, one group did only one set of each exercise. The other did two to five sets with three amounts of weights.

On days with lighter weights, the women did 12-15 repetitions in each set before they could do no more; on days with heavier weights, they could

do 8-12 or three to five repetitions.

In the first four months, both exercise groups gained about equal amounts of strength, said Kraemer, director of research at Penn State's Center for Sports Medicine. After that, things changed, he said.

"The one-set women, once they got their strength increase at four months, they didn't get any at six or nine months," Kraemer said. The multi-set trainers, however, kept getting stronger, and wound up being able to hit their tennis balls harder, he said.

Doing multiple sets gives the body more opportunity to respond by building muscle, and varying between lighter and heavier weights allows enough time to heal from the strain of exercise, Kraemer believes. One set may not be enough stimulation for maximum benefit, he said.

However, trained athletes will eventually find their maximum even with multiple sets, and when they they can switch to single sets, Kraemer said.

DERMA CLINIC
specializing in skin care & electrolysis

A day spa.

Facials • Spa Treatments • Electrolysis

210 Main Avenue South
Twin Falls, ID 83401 • 863-2618

SWIMMING LESSONS

Offered from Infants to Adults
on Tuesdays & Thursdays

For more information contact:

THE CLUB

New Office Locations

FOG & WANKLE CLINIC

DOCTORS DAVID A. BLACKMER AND RICHARD M. ALLEN ARE PLEASED TO ANNOUNCE OPENING OF THEIR THEIR TWO NEW LOCATIONS.

TWIN FALLS
191 ADDISON AVENUE
733-3881

BURLEY
Cassia Regional Medical Center
Physicians Complex
1501 HILAND AVE. #E
678-1515

RECONSTRUCTIVE SURGERY

- INGROWN TOENAILS - PERMANENT CORRECTION
- HEEL / ARCH PAIN
- BUNIONS / BONE SPURS
- HAMMERTOES / ARTHRITIC FEET
- CORNS / CALLUSES
- NERVE TUMORS / BURNING FEET
- PLANTAR WARTS / SKIN PROBLEMS
- SPORTS INJURIES / ORTHOTICS
- FRACTURES / SPRAINS
- HOSPITAL & OFFICE SURGERY AVAILABLE

Movies 734-2400 or 324-8875

7:10-9:10
Pocahontas (R) 7:10-9:10
Adults \$2 for Pocahontas
Big Green (PG) 7:10-9:10
Jade (R) 7:00-9:15
Assassins (R) 7:00-9:15

7:15-9:30
Dangerous Minds (R) 7:15-9:30
Big Green (PG) 7:00-9:15
Big Green (PG) 7:00-9:15
Aurora (R) 6:45-9:30
Too Wong Foo (13) 7:00-9:15
Jade (R) 7:15-9:30
Strange Days (R) 6:45-9:30
Beastly Letter (R) 6:45-9:30
American Quality (13) 7:00-9:15

TICKET PRICES:
Adult Evening: \$5.50
Child 12 or Under: \$2.75

The Natural Way Health Store
17 Years Professional Experience.
Quality Products & Personalized Service

20% DISCOUNT
October 15th-31st

CAMAS GRAIN BULK FOODS AND SPECIALTY ITEMS

- Flours
- Rices
- Beans
- Oats
- Cereals
- Couscous
- Nuts & Seeds
- Raisins
- Grains
- Pasta
- Berries
- Wheat Berries

Sale Includes All Special Orders!

Downtown Twin Falls • 117 2nd Street West • 733-7735
Magic Valley's Complete Health Store

Comics

Peanuts
By Charles M. Schulz

ALL RIGHT, TROOPS, BEFORE WE START, ARE THERE ANY QUESTIONS?
WHY DON'T WE HAVE HORSES?
BECAUSE WE DON'T, THAT'S WHY!
OKAY, I'LL ADMIT IT.. IF WE HAD HORSES, WE COULD GALLOP..

Calvin and Hobbes
By Bill Watterson

HEY, NO TV UNTIL YOUR LEAF COLLECTION IS DONE.
WHAT'S THAT SUPPOSED TO MEAN? LET'S SEE IT.
I CAN'T SHOW YOU UNTIL LATER TONIGHT.
WHY NOT?
YOU SHOULD PROBABLY SIT DOWN.
MAN, SHE DIDN'T EVEN WANT TO HEAR ABOUT IT.

B.C.
By Johnny Hart

HEY, WILEY, WHEN IS YOUR HAPPY HOUR?
WHEN I CLOSE UP AND COUNT THE RECEIPTS.

Garfield
By Jim Davis

I FLIRTED WITH A PRETTY GIRL TODAY, GARFIELD.
OUR EYES MET. SHE SMILED SWEETLY.
THEN HER BOYFRIEND WOKED ME.
YOU'LL ALWAYS HAVE THE MOMENT.

Hi and Lois
By Chance Browne

I'M HUNGRY.
BUT YOU JUST FINISHED YOUR DINNER... HOW CAN YOU STILL BE HUNGRY?
MY SWEET TOOTH DIDN'T GET ANYTHING TO EAT.

The Wizard of Id
By Brent Parker & Johnny Hart

I TROUDED A DROP OF MY SWILL INTO THE KEYHOLE!
WHY DID YOU DO THAT?
TA-DAAA!

Hagar the Horrible
By Chris Browne

ARE YOU GETTING UP OR DO I HAVE TO MAKE YOU?
I HAD TO AND WHAT ARMY?
SEIZE HIM!

Beetle Bailey
By Mort Walker

WHAT IS THAT GRAY, RUBBERY STUFF? MEAT.
I FEEL BETTER WHEN HE CAN PIN IT DOWN TO A SPECIFIC FOOD GROUP.

Frank and Ernest
By Bob Thaves

PERSONNEL ARE YOU ABLE TO CONCENTRATE ON YOUR WORK?
MY MIND WANDERS A LOT BUT FORTUNATELY IT'S TOO WEAK TO GO VERY FAR!

The Born Loser
By Art Sansom & Chip

AH, THORNAPPLE... SAY, DO YOU HAVE A FEW MINUTES TO SPARE?
WHY, CERTAINLY, CHIEF!
THEN GET TO WORK!

For Better or For Worse
By Lynn Johnston

I THINK I'D GO AHEAD AND DO IT, LIZ.
IN A NICE WAY YOU HAVE TO TELL HIM YOU WANT TO GO OUT WITH SOMEONE ELSE!
I MEAN YOU'VE BEEN TALKING ABOUT BREAKING UP WITH ANTHONY FOR SO LONG. WE'RE NOW A COUPLE OF WEEKS. HE'S GOTTA KNOW!
I KNOW!
- AN' I'LL DO IT LATER.

Blondie
By Dean Young & Stan Drake

CAN YOU BELIEVE WE'RE ACTUALLY GOING TO SEE A MARRIAGE COUNSELOR?
I'LL BET THEY'VE NEVER BEEN A MORE WELL-ADJUSTED COUPLE THAN WE ARE.
AND YET... HERE WE WOULDNT BEEN GOING IF IT WERENT FOR OUR LITTLE PROBLEM.
MY LITTLE PROBLEM?
THESE WE GO (AGAIN)!

Pickles
By Brian Crane

TRY NEW SECURE EXTRA EXTRA DRY FOR THE MOST PROTECTIVE LASTING PROTECTION YOU CAN GET!
OUR HIGHWAYS ARENT SAFE. OUR PARKS ARENT SAFE. OUR GARAGES ARENT SAFE. OUR PARKS ARENT SAFE!
... BUT, BY BOLLY, UNDER OUR ARMS WEVE GOT COMPLETE PROTECTION!

Dennis the Menace By Hank Ketcham
The Family Circus By Bil Keane

Donald Duck
By Carl Barks

"HEY! SOUNDS JUST LIKE DONALD DUCK!"

Eat those hot chili peppers

Those who eat a lot of border food say the human mouth never becomes desensitized to chili peppers, and the scientists say they're right.

L.M. Boyd
What's what?

Sydney Omarr
Horoscope

IF OCTOBER 16 IS YOUR BIRTHDAY: You gain much via meditation; often you display extraordinary perception. Pisces, Virgo persons play significant roles in your life. Current cycle highlights possible change of residence, exciting relationship associated with travel, marital status, possible addition to family. You are willing to fight for justice; you love peace but not at any price. Before October is finished, arrangements will be made in connection with lifestyle, decoration, color coordination.

ARIES (March 21-April 19): Attention revolves around decisions affecting home, marriage, income. Musical intercourse tonight; brings needed relaxation, assurance of love.

Taurus (April 20-May 20): Element of deception involved; be alert, get promises in writing. Relative recently returned from trip verifies in legal terms, be wary of loquacious individual.

GEMINI (May 21-June 20): Cash on hand! Your credit tonight; trust you but please, the money! Obtain accounting, put on record value of possessions. Those at first resentful will eventually see things differently.

CANCER (June 21-July 22): Break away time! Opportunity beckons, far from home — Import-export activities should be pursued. Universal appeal, ability to overcome distance, language obstacles. Aries Involved.

LEO (July 23-Aug. 22): Right of way! People stand back for you, you exclude personal magnificence, seek approval. Take initiative; stress originality, independence, keep door open for romance.

VIRGO (Aug. 23-Sept. 22): Intuitive intellect dominates, follow hunch, be discriminating in taste for literature, art, entertainment. Your critical assessments will be sought; you might fear before the media.

LIBRA (Sept. 23-Oct. 22): Divinity! be involved in current affairs, don't take back seat to one who knows price of everything, value of nothing. Promotion, overdue, loom large. Sagittarius declares, "I'm with you all the way!"

SCORPIO (Oct. 23-Nov. 21): Individuals who are rejected you will welcome with open arms! Review, review, rebuild, do things your way. Taurus helps with legal affairs.

SAGITTARIUS (Nov. 22-Dec. 21): Debt you thought would never be repaid is given in surprising manner. Focus on variety, travel, writing, filtration that lends perspective.

CAPRICORN (Dec. 22-Jan. 19): Spotlight on home, music, reunion with loved one — Moon position coincides with credibility, reliability, reputation, marital status. Money that was withheld will be released — news!

AQUARIUS (Jan. 20-Feb. 18): Many owe you much but few are verbal. Be confident, know you are appreciated and love is not a stranger. Focus on fitness, employment, basic issues, care of pets.

PISCES (Feb. 19-March 20): If you thought you were going to be alone, were mistaken! People consult you, some are physically drawn to you, others seek security via guidance.

ACROSS

- 1 Across
- 5 Signs of sorrow
- 10 Kind
- 14 On the ocean
- 15 Morocco
- 16 Fencing sword
- 17 Kind of collar
- 18 Hot under the collar
- 19 Hairline feature
- 20 Relative
- 22 Greek letter
- 24 Biddy
- 25 Former WI congressman
- 28 Unknown person
- 30 Obliterated
- 34 Exam style
- 35 Long language: abbr.
- 36 Eat away slowly
- 37 Topper
- 38 Obtained from a specific source
- 41 Storage place
- 42 Male friends
- 44 Transgress
- 45 Religious group
- 46 Give a new title to
- 48 Flying hubs
- 49 Kind of candle or nose
- 50 Stop, to poets
- 53 Acquire knowledge
- 56 Slow down
- 60 Marine growth
- 61 Children of comics
- 64 Blind action
- 65 Open space in the woods
- 66 Harvest
- 67 In this place
- 68 Fished, in a way
- 69 Strong desires

DOWN

- 1 Barrel
- 2 — spuriante
- 3 Slant
- 4 Army title
- 5 Geometric figure
- 6 Work for
- 7 Lawyers' gp.
- 8 Appraisals
- 9 Russian plain
- 10 Intentional meeting
- 11 Ring stone
- 12 Nevada city
- 13 Adolescent
- 21 Brown boys
- 23 Fathomed
- 25 Killed workman
- 26 Start of pluxus or energy
- 27 Far from original
- 28 Gaseous element
- 29 Bit of corn
- 30 Ambitious
- 32 Court decree
- 33 Small
- 34 Post item
- 38 Devil
- 39 7
- 40 Matriculated
- 43 Tell a story
- 45 Wilcherair
- 47 Come out of
- 49 Post item
- 51 An Astaire
- 53 Whip
- 54 Sho. Fr.
- 55 Culture medium
- 56 Marquis do —
- 57 Swiss artist
- 58 Entailment
- 59 Sistas
- 62 Liquid measure: abbr.

© 1995 Tribune Media Services, Inc. 10/16/95

Saturday's Puzzle solved:

HAND GABE BRED
ALICE ADAPT NADA
TIDOL PATA TRED
LION GATE STATED
GONE BARE
BEWARE REELSDAD
ORATE FINDS ODE
ANNE GIBBE POFIF
RID GARDI SIAIDIO
DEBERTED BAREET
UREFO PUFFY
LOATE RAMONED
EDGORE NIAE FETIDE
LORE ARIE ANIL
TRAM LADEN LUTE