

Good morning

Today's forecast:
Sunny with highs around 50 with east winds at 10 mph. Tonight partly cloudy with lows in the mid- to upper 30s.
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Magic Valley

Whose car was stolen?
A Lincoln County deputy drove to Fairfield to seize a car after it was reported stolen in Shoshone, two Fairfield residents say.
Page A5

School bond issue election
Residents will vote on a \$2.5 million school bond issue on Thursday.
Page A5

Sports

Seeking the edge
The Atlanta Braves were hoping to turn the homefield advantage into a 2-0 against Cleveland before the first travel day of the World Series.
Page B1

Another NFL week
The 49ers proved they could survive very well without Jerry Young while the Jets proved that Miami is a pretty mediocre team without Dan Marino.
Page B1, 3

Health & Fashion

Eyes right
There's a greater variety of contact lenses than ever before, but not all of them are for everyone.
Page B1

Fun, fashion, finance
Four Twin Falls businesses are sponsoring a fashion show aimed at women who buy cancerwear.
Page B1

Opinion

Balance first, cut later
Cutting taxes while continuing to run up the federal debt makes no sense, a guest editorial says.
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Nation

Prisoners live it up
Not only have inmates filed by California prison, inmates cost taxpayers more than \$25 million in the last year, but some inmates say they're getting disability payments while in jail.
Page A3

West

Newt on balance
House Speaker Newt Gingrich urged Western GOP leaders that Republicans are ready to cut the budget. He also said he "probably" won't run for president.
Page A6

Idaho

Teaching comes first
An Idaho teacher kept the White House, inviting her to a Rose Garden reception for teachers, on hold while she finished giving a test.
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We print on recycled paper. Please recycle it again.

200 leaders gather at U.N.

The Associated Press
UNITED NATIONS — In the largest gathering of world leaders in history, kings, presidents and premiers marked the 50th anniversary of the United Nations on Sunday by demanding the organization change so it can fulfill the dreams of its founders.

But differences that long have divided the world's only truly global organization surfaced as 200 heads of state, prime ministers, foreign ministers and representatives of international groups began three days of speeches.

President Clinton, the first world leader to speak, listed his agenda as combating international terrorism, organized crime, drug smuggling and the spread of weapons of mass destruction.

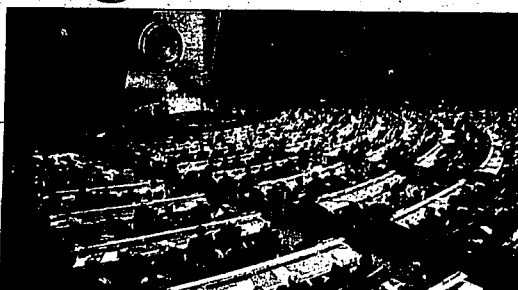
Cuban President Fidel Castro, who shed his trademark fatigues for a dark gray business suit, talked of the gap between rich and poor and domination of the United Nations by powerful countries.

"How long shall we wait for the democratization of the United Nations?" Castro asked, to enthusiastic applause, mostly from leaders of developing nations.

He said the "abuse of authority" wielded by the United States and the four other permanent Security Council members — France, Britain, Russia and China — has created "a new colonialism within the very United Nations." The Security Council is the only U.N. body that can pass resolutions binding all members.

Zambian President Frederick Chiluba said the Security Council should not serve as a sanctuary where the five permanent members because "high priests to the rest of the globe."

Please see LEADERS/A2



President Clinton addresses the special commemorative meeting of the General Assembly of the United Nations in New York Sunday.

Clinton calls for crackdown on drugs

Knight-Ridder News Service
UNITED NATIONS, N.Y. — President Clinton, in a major speech to the United Nations, called Sunday for a global crackdown on international drug and terrorism gangs, and backed his call up with stiff financial penalties aimed at the Cali, Colombia cocaine cartel.

Charging that "increasingly interconnected groups" are trafficking worldwide in drugs, crime, terrorism and weapons of mass destruction, Clinton outlined a series of steps for fighting back.

The first step came at midnight Saturday, when Clinton signed an executive order freezing all U.S.-based financial assets held by four individuals known as principal leaders in the Cali cartel, as well as assets held by 76 foreign businesses said to be front groups for the cartel.

In his speech, the president also strongly affirmed the United Nations' value to both the United States and the world, as the organization — under fire from the Republican Congress — celebrates its 50th anniversary.

Congress is trying to cut U.S. funding and is refusing to pay \$1.3 billion in back dues to the United Nations. But Clinton voiced confidence that America will meet its U.N. obligations in the end.

Couple file disability complaint

Deaf mom says doctor must provide interpreter

By Julie M. McKinnon
Times-News writer

—GOODING — Unlike some other deaf people, Cindy Martin can't read lips or written words very well. She is, however, adept at communicating with American Sign Language.

So when Martin started taking one of her children to a doctor more than a year ago because the girl's eye turned out a little bit, Martin needed an American Sign Language interpreter to understand what kinds of medical problems the girl had.

The Idaho School for the Deaf and the Blind arranged for an interpreter the first time Martin took Katrina, now 3, to the office of Drs. Scott E. Allan, Allan R. Frost and Robert C. Welch in Twin Falls. The Gooding school had referred Martin to the specialist.

But for subsequent office visits, their interpreter requests were refused, she and her husband, Richard, said Wednesday. And that violates the American with Disabilities Act, the deaf Gooding couple said.

"The deaf have trouble in the communication process already, but with doctors, that's an even different story," Cindy Martin said through a qualified interpreter. "I try, but it's hard."

"Not all the deaf have the same needs in the communications area."

On Oct. 12, the Martins filed a discrimination complaint against Allan, Frost and Welch with the U.S. Department of Justice. If the department brings a lawsuit against the doctors' office, it could be penalized up to \$50,000 for civil penalties; monetary damages also could be awarded to the Martins.

Repeated attempts to get the doctors' office to talk about the situation and its policy involving interpreters were rebuffed Thursday and Friday.

Unless it is an undue financial or logistical burden, doctors' offices must furnish auxiliary aids — such as qualified interpreters — when they are necessary to en-



After being denied an American Sign Language interpreter, Cindy and Richard Martin filed a lawsuit against the doctor who was treating their 3-year-old daughter, Katrina.

sure effective communication, according to information on the 1990 law. Interpreters typically charge \$20 to \$30 an hour, with a two-hour minimum fee. The Martins said they contacted the doctors' office two weeks ahead of time to make arrangements for an interpreter.

It is ultimately the decision of doctors' offices whether to provide interpreters or use other communication devices — such as pencil and paper — but the preferences of deaf people are supposed to be considered, according to ADA information. "In choosing among the alternatives, effectiveness should be a critical deciding factor," a fact sheet adds.

Before filing the complaint, Cindy Martin once again requested an interpreter and said she was going to file the complaint if one wasn't hired, the mother of four said.

The Martins said some of their family's doctors provide interpreters while others do not. Please see COMPLAINT/A2

The skyscraper becomes fallen icon in land of its birth

The Flacon Building of 1902 was New York's first real skyscraper — a triangular marvel, the photographer Alfred Stieglitz once wrote, that seemed to be moving up Fifth Avenue "like the bow of a monster ocean steamer — a picture of new America still in the making." Is the spire obsolete in middle-aged America?

The Associated Press
In this, the nation that invented the skyscraper, the tallest private building under construction is a pipework — just 30 stories.

But overseas, the sky is the limit. In Kuala Lumpur, Malaysia, the twin Petronas Towers are chomping to the heavens. Long ago, they surpassed the Wachovia

City or graveyard — A4
Corp. headquarters in Winston-Salem, N.C., the 30-floor skyscraper-in-the-making.

When the towers are completed next year — one already has passed 75 stories — they will be the world's tallest buildings, the first that title has passed overseas.

It probably will stay there. Ten years ago, the world's 10 tallest buildings were in three U.S. cities; as recently as 1989 there were a half dozen proposals to build the next world damp here.

But none was ever built, and today only 10 buildings over 20 stories are going up in the U.S. In fact, by the turn of the century, six of the world's 10 tallest are expected to be in Southeast Asia.

Has the American skyline topped out? Is the signal achievement of American architecture drifting toward its twilight?

"The skyscraper is an artifact of an era when technology was frail and transportation inefficient, and people had to be together to do their jobs," says David Birch, president of Cognetics, a Massachusetts marketing and economic research firm.

The need for new ones now is nil. There is no logical reason to ever build another Empire State Building."

Last year, in fact, Bethlehem Steel closed the mill that made steel for the Empire State 65 years ago, citing the decline in high-rise construction.

New America has so much vacant high-rise urban office space there probably will be

'Look this way!'

The Associated Press
UNITED NATIONS — No fledgling class of first-graders could have given a photographer a tougher job than the world leaders captured Sunday in a historic U.N. anniversary "class portrait."

The final product would make their mothers proud — a sea of smiles from a world of troubles. But it was hardly a trouble-free snapshot.

First, the half-dozen or so "no-shows" for the New York celebration threw off the intricate composition plans of photographer Paul Szuchow of Dallas.

He had to reposition the 300 that were left to get the perfect rectangular shape, official U.N. photographer John Isaac said.

Stipwork's assistants began bossing the big boss around. "Move to the right!" "This way here."

As the "this ways" and "that ways" wore on, President Clinton began joshing with those around him. France's Jacques Chirac began to smirk. Russia's Boris Yeltsin began to look mystified.

"Everybody's got to move a half-step this way," someone blurted.

Pakistan's Benazir Bhutto rolled her eyes upward.

"That's it ... Now, everyone remove their name tag and put it in your pocket."

As sari-clad women and African robe-clad men searched for a pocket, Skipworth announced, "That's it! ... The world thanks you. Look this way!"

Sue Smith, a big smiley-face banner was unfurled beneath the large-format camera, the ice was broken, and Skipworth had his once-in-a-lifetime shot: American and Iran, India and Pakistan, Afghanistan and Russia, Israeli and Arabs, all smiles, all at once.

Cemeteries attract those still living

The Associated Press

SALT LAKE CITY — Creepy? Kind of. Mysterious? Maybe.

Fascinating? Definitely. Cemeteries have long held a grip on the living, chronicling the past while warning of the future.

To some, their allure is chiefly a macabre one revolving around Halloween ghosts or supposedly haunted graves.

And to those who spend a great deal of time in graveyards — the sextons who mow the grass and cemetery officials — tales of the bizarre are not totally without foundation.

"As a folklorist, it's fascinating," says Barre Toelken of Utah State University. "What's being dramatized is a real sense of interaction between the living and the dead — the gateway from here to there. It's as close as we can come."

Brigham City's Cemetery Superintendent Cathy Wood says she feels a connection to the dead.

"There's definitely a presence in a cemetery of those that have gone. We feel it on a daily basis," she said. "I don't want to sound crazy to outsiders, but it's true."

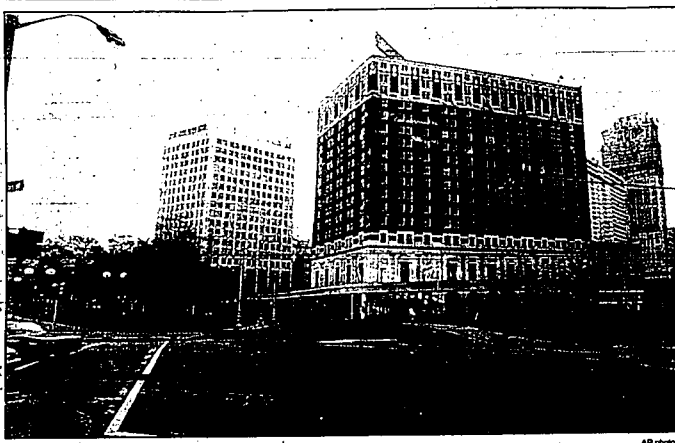
Many times, Wood has seen people in her peripheral vision while digging a grave. She tries to look and to one to the other. After she sees a picture of the person who has died, she realizes it's the same person she saw at the gravesite.

Sometimes new employees don't like it. "Oh, we lose one every three years or so," she said.

Carol Edison of the Utah Arts Council started exploring cemeteries while documenting a series of rubbings taken from old tombstones. Now, cemeteries are her first stop while traveling — whether she is in Italy or Fillmore.

"I think it's a universal fascination. I'm really a wimp and like a lot of people, death is a really hard thing to deal with. Having spent the last 15 years hanging out in cemeteries, it's helped me see the big picture — the reality of life is that there will be death."

Nation



Empty buildings, like the David Broderick Tower, David Whitney Building, the former Hilton Hotel and The Book Tower, dominate the skyline in downtown Detroit. The David Whitney Building does have some commercial tenants but is mostly vacant.

America's skyscraper cities turn to skyscraper graveyards

"Who knows," asked Richard Wright, "when some slight shock, disturbing the delicate balance between social order and thirsty aspiration, shall send the skyscrapers in our cities toppling?" Fifty-five years later, the high-rises are endangered — but not by social cataclysm.

DETROIT (AP) — The towers loom ahead as you drive down Woodward Avenue, rising out of the morning haze like the Rockies from the Plains. It is a thrilling sight; in places like this, Americans created the skyscraper city.

But as you drive closer you see windows dark or boarded or broken, and sooty facades and deserted doorways. Suddenly, you are not approaching a skyscraper city. You are whistling past a skyscraper graveyard.

The David Broderick Tower, 35 stories, is locked and empty, its elevators picked over by scavengers.

The Book Tower, 36 stories, is better known as a nesting place for falcons than businesses. Its facade is two-toned: a cleaning project was discontinued for lack of funds, leaving the top darker than the bottom.

The David Stott Building, 37 stories, had its electricity turned off last year after a former owner failed to pay the bill. Tenants took a collection to raise the caretaker's back salary; then they moved out.

The Penobscot Building, 47 stories, once the tallest outside New York and Chicago, is leasing space at bargain rates to a less genteel roster of tenants, including the public defender's office.

Most graveyards reek of the past, but this one feels like the future. In Detroit and the other cities of its birth, the pre-1940 skyscraper — a soaring testament to American optimism and confidence — is devalued and possibly endangered.

Most of the old towers fit one of three categories: vacant and closed; occupied by too few tenants paying too little rent to produce a profit; or profitable, but forced to accept tenants (such as public agencies) that make the building less desirable to corporations or big firms.

Slender where newer buildings are squat, sheathed in limestone or terra

cotta instead of steel and glass, prewar skyscrapers express man's primal urge to build toward the sky.

They are civic monuments, like the 12-story Sycamore Building (1922) in Terre Haute, Ind., and the 14-story Hersh Tower (1931) in Elizabeth, N.J.; Kansas City's 35-story old Federal Building (1932) and Cleveland's 52-story Terminal Tower (1930); and the world's tallest building for 40 years, the Empire State Building (1931).

They are also real places loved by real people.

People like Mike Kirk, an architect who worked on the 32nd story of the David Stott Building from 1983 to

1967, when its lot was selected for an even larger building, it became the tallest building ever demolished.

But now large numbers of such towers are falling into obsolescence or even dereliction, as their tenants move into the slew of office buildings started in the 1980s.

The new towers have what big business wants: big, open floors uninterrupted by columns, so space can be arranged and rearranged as needed; extra electrical capacity; efficient air conditioning and heating; fast, reliable elevators; handicapped access; spillover lobbies.

Most buildings designed before 1940 have too little continuous floor space and too many columns. Companies were smaller then, their workers needed less space, and small floorplates kept everyone close to the best source of light and air then available — the window.

So, although renovation typically costs half as much as new construction, sometimes it just seems easier to build new — even in Detroit, no one's idea of a magnet for development.

If these buildings are no longer viable as offices, there are three options: They can be converted for other uses; they can be closed until the market improves; or they can be demolished.

The most optimistic scenario calls for a gradual cycle of decline, in which cities lower tax assessments and landlords lower rents, opening towers to small business, government agencies and nonprofit institutions.

The least optimistic one involves wrecking balls and dynamite and an orgy of high-rise demolition. Robert Fitch, a critic of the "office economy," says the prewar tower reminds him of another building type — the tenement house, which was torn down in vast numbers in the '30s and never built again.

Camilo Jose Vergara, a photographer who says downtown Detroit "moves me like no other place," has proposed a most unlikely solution: a skyscraper museum.

He wants the city's abandoned high rises to be "stabilized and left standing as ruins: an American acropolis."

'(Skyscrapers) are architectural icons of a day that has past. They're gorgeous, but they have no function.'

— David Birch, head of a Massachusetts marketing and research firm

1992. He's standing in the three-story lobby, pointing out the elaborate grillwork, reminiscing.

"Everyone knew everybody," he says.

Then, as if to prove Kirk's point, a man in a uniform walks up, beaming. "Hey, Mr. Kirk!"

It's Don Rose, the caretaker who stuck with the building through its power cutoff. Now a new owner is trying to bring the building back, and Rose is on the team.

Built to last forever, some of these old towers may not last the century. "They're architectural icons of a day that has past," says David Birch, president of Cognetics, a Massachusetts marketing and economic research firm. "They're gorgeous, but they have no function."

In February, a New York judge took official notice of the change. He reduced the tax assessments of several prewar buildings that he described as "empty monuments to a time when downtown was a great financial center of the world. That time apparently has passed."

Skyscrapers have been demolished before. When it was completed in 1908, the 47-story Singer Tower in lower Manhattan was the world's

Feds probe MIT radioactive poisoning

The Washington Post

CAMBRIDGE, Mass. — Federal authorities are investigating a puzzling incident of radioactive poisoning in a laboratory at the Massachusetts Institute of Technology, a school spokesman confirmed Saturday.

The probe by the Nuclear Regulatory Commission is intended to determine how an MIT researcher ended up ingesting a small amount of the chemical phosphorus-32, a radioactive isotope of the common element phosphorus, which is widely used in safety matches, fireworks and fertilizers.

The researcher, whose identity is being withheld by the school, is an experienced, post-doctoral researcher, one of more than 1,000 specialists on

the MIT campus licensed to handle phosphorus-32.

The most puzzling aspect of the incident is the difficulty authorities are having in determining how the poisoning occurred. They are considering the possibility that it was an accident, an assault by a fellow researcher or self-inflicted.

"The problem is that we can't determine whether it was accidental or deliberate," MIT spokesman Ken Campbell said in a telephone interview. "I haven't heard of anything being ruled out."

The incident occurred on Aug. 14. Somehow, the researcher ingested a small amount of the radioactive material, about the size of a droplet and below the permissible level of 600 microcuries, according to Campbell.

Five days later, the researcher was in the lab again. Following usual safety protocols, he surveyed himself at the end of his work period with a Geiger counter. The machine indicated a detectable level of radiation.

The researcher promptly called MIT's emergency phone number, Campbell said, triggering an immediate inquiry by the school's radiation-protection office and campus police.

"He was taken to the MIT infirmary and released to go home," Campbell said. "He was subsequently examined several times by regular medical and environmental medical people. They found no physical health effects."

Campbell said all the other workers in the lab were examined, and none was found to have any "measurable radiation."

Shuttle crew experiments with water

CAPE CANAVERAL, Fla. (AP) — Space shuttle Columbia's chief scientist juggled cherry tomato-sized drops of water Sunday, as the rest of the crew tiptoed around to avoid spoiling the laboratory experiment.

Astronaut Kathryn Thornton used sound waves to bounce one drop at a time inside an enclosed chamber. The levitating drops quivered and at times flipped and spun based on the sound volume, alternating between spheres and ovals.

"It looks beautiful," a ground controller said.

The "beauty" was short-lived. Within an hour or so, the first drop splattered on the interior wall of the chamber. So it was on to a bigger drop No. 2.

"I'm having a lot of fun doing this," Thornton said on flight day three.

Scientists want to better understand how liquids behave in weightlessness in order to contribute to medical research on Earth; most notably in developing capsules containing insulin-producing cells for transplantation into diabetes patients.

In another fluid experiment, scientists working by remote control from Marshall Space Flight Center in Huntsville, Ala., applied electric charges to silicone oil surrounding steel and sapphire hemispheres aboard Columbia. By creating buoyancy forces similar to those on Earth and other planets or stars, researchers hope to learn more about ocean and atmospheric flows.

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Magic Valley

Around the valley

Council will consider request for beer license

TWIN FALLS—Old Town's new Twin Falls Brewing Co. will ask the City Council today for a license to serve beer and wine at 516 2nd St. S.

The council meets at 4 p.m. today in City Hall.

Council members will also consider renewals of liquor licenses for other Twin Falls businesses, and the reappointment of Fred Harder and Donna Brizeo to the Urban Renewal Agency and the Industrial Development Corp.

Workshop will address changes in employment rules

HAILEY—Changing employment regulations that affect employers will be the subject of a workshop from 1 to 3:30 p.m. Tuesday at the Hailey Public Library Community Room.

The session is designed for the owner, manager or supervisor of a small business with personnel responsibilities.

Molly L. Smith, principal of Molly L. Smith, Training and Consulting, will conduct the session. She has more than 17 years experience in the fields of human resources and Equal Employment Opportunity compliance.

Smith has served as a personnel director, an affirmative action manager and as a consultant to businesses on the east and west coasts. She has also provided internal responses to discrimination complaints. She holds a master's degree in government and a bachelor's degree in sociology.

She will answer questions about proof of legal immigrant status, when an injured employee can be laid off, when drug testing can be required, how long employer records should be retained, what questions to avoid in a job interview, maternity leave time and obtaining reference information from prior employers.

Cost of the workshop is \$65 which includes materials. People can register through the College of Southern Idaho Blaine County Office at 788-2033.

Gooding leads Magic Valley in saving trash from landfills

GOODING—Gooding County leads in the race to keep waste out of the landfills by putting trash back into use.

By filling recycling containers with newspapers, aluminum and tin cans, cardboard and junk mail during September, five counties saved 51,820 pounds of materials from being dumped in a landfill.

Gooding County recycled 22,860 pounds, Lincoln had 10,450 pounds, Jerome brought in 8,250 pounds, Minidoka County filled recycling bins with 5,290 pounds, and Cassia County had 4,970 pounds in one month.

Through a regional cooperative effort to manage reusable materials, bins to hold the products have been placed in Rupert, Paul, Jerome, Eden, Burley, Gooding, Wendell, Hagerman, Carey, Dietrich, Richfield and Shoshone.

Items that should not be placed in the bins are glass, plastic milk cartons, disposable diapers, hazardous materials, frozen food containers, tissues, napkins, paper towels and paper plates. Cardboard boxes should be flattened, said Barbara Morales, waste management coordinator.

For information call 432-9082.

Downtown businesses plan Halloween events Saturday

TWIN FALLS—Ghouls and goblins, get ready—downtown businesses will host Halloween events on Saturday.

The Mall Cinema will show a 50-cent movie—"The Amazing Panda Adventure"—at 10:30 a.m. Pick up movie coupons at downtown businesses.

A costume parade for children and local youth groups will begin at noon, and judges will choose the scariest, funniest and cutest costumes in front of Cain's Home Furnishings at about 12:15 p.m.

Pumpkin carvings can also win prizes for the scariest, funniest, most creative and best carved pumpkins. Bring your carved or decorated creations to the tables in front of the Twin Falls School District building beginning at 10:30 a.m.

From 1 to 2 p.m., merchants will hand out candy in downtown businesses to trick-or-treaters under 12.

For more information, call the Business Improvement District at 733-3434.

Compiled from staff reports

Police seize 'stolen' car in Fairfield

By Harvey Hines
Times-News correspondent

SHOSHONE—A Lincoln County sheriff's deputy drove 40 miles to Fairfield in a tow truck to seize a car after it was apparently falsely reported stolen in Shoshone, two Fairfield residents say.

Donal Marion and Nancy Graves, of Fairfield, say their car was seized by Ellis on Oct. 12—the day after the couple moved from Shoshone. The couple had threatened to file a lawsuit against Lincoln County Sheriff Steve Southwick and Deputy Kevin Ellis.

According to sheriff department records, Robin Blanc of Shoshone, filed a stolen vehicle report at 8:30 a.m. Oct. 12.

Blanc said he bought vehicle from a man, known only Harold, on Oct. 10. A "pink slip" produced by Blanc when he filed the stolen car report was dated Oct. 12, according to the sheriff's office records.

Marion said he and his fiancée, Graves, bought the car about four months ago from Penny Smalling, also of Shoshone.

In the evening of Oct. 12, Camas County Sheriff Harold Lee arrived in his patrol car at Marion and Graves's residence, and Ellis drove up in a tow truck, Marion said.

Ellis, who was wearing civilian clothes, said he was an off-duty sheriff's deputy, but he was there on official business, Marion said. Ellis then showed his badge and said they were suspected of stealing a car, Marion said.

Graves produced a bill of sale and an insurance card made out to Smalling, the person named on the bill of sale. Ellis decided the matter was civil and, therefore, the couple would not be arrested, Marion said. But he towed and impounded the car until the legal owner could be established, Marion said.

"This is like Gomer Pyle or Barney Fife,

rolling up in a tow truck to arrest us for something we didn't do, and because he couldn't arrest us, he arrested our car instead," Marion said.

Southwick, in an interview Wednesday, defended Ellis' decision to tow the vehicle. He said he asked Lee to arrest the suspects, if necessary, and impounded the car in Fairfield, but Lee told him he wouldn't do it.

Lee denied Southwick had requested his office handle the case, he said in a telephone interview Wednesday evening. If asked, he would have done it, Lee said.

Please see CAR/A7

Banner day



Trying to stay warm before the Red Ribbon Week kickoff run-walk race, 9-year-old Karl Anderson races through banners displaying the names of the area schools Saturday morning near the CSI Expo Center. Proceeds from the races went to the Boys and Girls Club of Magic Valley.

Batt placates Dems, public on waste

By Bob Fick
The Associated Press

BOISE—In just nine months, Republican Gov. Phil Batt has turned an electorate livid over nuclear waste into one seemingly numb to the fact that hundreds of new loads of radioactive material will be dumped in Idaho.

And in the process, Batt may have short-circuited one of the issues a decimated Democratic Party was hoping to use as leverage in the 1996 campaign.

"He did a masterful job in desensitizing the people," one Democrat conceded. But that does not mean the Democrats won't try to salvage something out of the nuclear waste agreement Batt signed with the federal government last Monday.

Their target appears to be Republican Sen. Larry Craig, and it will take extreme political skill to tar him sufficiently with the responsi-

Analysis

bility for more nuclear waste storage that he becomes vulnerable in his 1996 reelection run. Since October 1988, when Democrat Cecil Andrus halted shipments of some nuclear waste into Idaho, blocking more waste storage at the Idaho National Engineering Laboratory has been one of the few things most voters agreed on.

It was no different during Batt's first week in office when he decided to try to improve relations with the federal government by not staging a fight he knew he would lose. The government wanted Idaho to take eight shipments of naval nuclear waste.

Batt's office phones rang off the hook for days as hundreds of constituents from everywhere but the INEL enclave of Idaho Falls registered their outrage. It made Batt a

believer, and he took up the same hardened opposition against new waste shipments that Andrus had.

But ever the pragmatist, Batt realized early on that the Republican Congress would roll over Idaho—and its all-GOP delegation—to force shipments to resume.

While he kept the state's lawyers fighting in court to maintain the existing shipment ban, he started to subtly suggest that a small state like Idaho, as tenuous as it might be, may not have the juice to win in the end.

And at key points, Batt got help from some unexpected quarters. At first, the debate was over whether the state could keep a dozen or two shipments out of INEL. It slowly shifted to whether new shipments could be kept that low. And then Batt launched his secret talks with the government to see if he could salvage something for the state before it lost entirely.

Please see WASTE/A7

Wendell songwriter hits the road again

By Steve Crump
Times-News writer

WENDELL—For Ernie Sites, the cowboy's the thing. "That's basically why I do what I do," said Sites, a 42-year-old singer-songwriter who's as much at home in the world nowadays as he is at his ranch near here. "I'm interested in promoting the cowboy music and appreciation of cowboy heritage."

His latest project is a combination book and tape that a California publisher will soon issue, aimed at children. It's designed as sort of a musical oral history of the West, with a particular topspin that is typical of Sites.

"I was doing a show at a school back East, and after I sang a cowboy song, a kid shouted out, 'I'll bet you can't do it in rap.' So, I set my guitar down and did the rap version."

Sites is rapping and ropin' a lot these days. A fixture on the summer music circuit in southern Idaho, he also enter-



Sites

ains regularly at the Green Meadows Western heritage shows on the East Coast. And he just returned from a trip to Scotland, where he sang at a folkie festival.

"Scottish and Irish folk music has a lot in common with Western music," he said. "The tune to 'Streets of Laredo' is really an Irish ballad."

At various times, Sites has appeared on CBS, PBS and TNN, on stage in Branson, Mo., with Jim Stafford and Mo. Bandy, and with other C&W luminaries. He's also the author of an off-Broadway children's stage play, is a founding member of the Western Music Association and is a

Please see SITES/A7

Simpson case boosts career of author Ridley Pearson

By Steve Crump
Times-News writer

BELLEUEVE—Until June 13, 1994, forensic science was to mystery writing what fine print is to justice—decisive, perhaps, but rarely compelling.

The murders of Nicole Brown Simpson and Ronald Goldman changed all that, and ex-medical student Ridley Pearson was way ahead of the curve.

"This book has been selling fast, and I think O.J. Simpson is one reason," Pearson, a 43-year-old crime novelist who's lived in the Wood River Valley for the past 15 years, said in a telephone interview last week. He was in Baltimore as part of an East Coast tour to promote "Chain of Evidence" (Hyperion, \$22.95), his ninth novel. "The book is not about blood evidence, but it is about DNA and gene therapy, and right now people can't get enough of it."

"Quincy" notwithstanding, it was Pearson and novelist Patricia Cornwell who refined the use of the high-tech, frequently baffling meth-



Ridley Pearson, with a four-legged friend

ods of advanced forensics for the crime novel. It's a science that's evolving fast.

"The basis of this novel is the Human Genome Project, which maps DNA's double helix," Pearson explained. "The premise is

that it's possible to discover a gene responsible for human criminal activities."

But just now, everyone wants to know whether there was enough evidence to send Simpson to prison. "People have been sent to prison for life with evidence from a few drops of blood, and there was a lot more than that in this case," Pearson said. "I have to accept the fact that O.J. was found not guilty, but that doesn't mean he's necessarily innocent."

Pearson dealt with blood evidence in a couple of his earlier books, and he's not planning to revisit it soon.

"In the next few months, you're going to see all kinds of fiction on that subject," he said. "I'm not interested in being part of that."

What does interest him, he says, is telling a good story, and he finds them in the most mundane places. "I'm a great reader of newspapers, and I talk to a lot of people," he said.

"Chain of Evidence" is set in Hartford, Connecticut's capital and

Please see PEARSON/A7

Gingrich tells Western GOP he's ready to balance budget

LAS VEGAS (AP) — House Speaker Newt Gingrich told a conference of Western GOP leaders Sunday that Republicans are ready "to keep our word" on tax and budget cuts and that the coming days could pave the way for recapturing the White House in 1996.

Gingrich also said he will "probably not" seek the GOP presidential nomination himself. His remarks concluded a four-day meeting of the Western States Republican Leadership Conference that saw a parade of five GOP presidential candidates appealing for support.

"The House speaker likened the Democratic party to 'a large balloon losing air' and said it was no longer relevant even to its core constituencies.

He suggested the hundreds of thousands of black men who marched in Washington last week have more in common with Republicans.

"That march represented the collapse of the welfare state... And we ought to ask them to come join us," Gingrich said.

He also suggested that Republicans not let President Clinton renege on comments he made during the week that he raised taxes "too much" in 1993 or that a seven-year balanced budget was within the realm of possibility.

"We're going to give him a chance to show he's sincere," Gingrich said.

Major votes come up this week in Congress on veto-threatened GOP-sponsored packages of tax and spending cuts that Republicans say would balance the budget in seven years.

Clinton hinted last week that the tax increases of his 1993 budget package were a mistake although later back-



Speaker of the House Newt Gingrich closes the Western States Republican Leadership Conference 1995 Sunday in Las Vegas.

tracked from the statement. Gingrich said Clinton had put himself in a box.

"I can't imagine the president going on national television and saying, 'I just vetoed the balanced budget, I just vetoed welfare reform, I just vetoed the (GOP) Medicare (plan). I just vetoed your tax cuts. But I'm going to turn next year as the candidate of change,'" he said.

"He can't have it both ways. He's either an agent of change... or he's an agent of gridlock... But he will define himself for 1996 by what he does" on these issues, Gingrich said.

The House speaker received waves of applause and several standing ovations from the Republican activists from 13 western states.

The West is a crucial region for Republicans in 1996, even though Clinton did well here in 1992, carrying California, Oregon, New Mexico, Montana, Nevada and Colorado.

GOP leaders attending the conference said Democrats could not expect a repeat performance and that Clinton was widely unpopular through the region.

"Western conservatism in which we believe so strongly is now the prevailing philosophy in Congress," said Rep. Barbara Vucanovich, R-Nev. She said Republicans want to complete the job and return the White House to GOP control.

At the conference there was much criticism of Clinton administration attempts to impose stricter environmental and land-use control on ranchers, miners and loggers.

Nuclear waste trains expected to roll through Shoshone today

The Times-News

SHOSHONE — A train hauling used but still highly radioactive nuclear fuel to an Idaho storage dump is expected to roll through the Magic Valley sometime today or tonight.

The train is carrying six casks of spent fuel from American warships that have refueled at shipyards in Bremerton, Wash. The train left Friday on route for the Idaho National Engineering Laboratory, east of Arco.

The Snake River Alliance, a statewide nuclear watchdog group, says concerned citizens plan to greet the train when it passes through Shoshone. The shipments because at least three trains have derailed near Gooding and Shoshone in the past two years; none was hauling nuclear waste at the time.

The governor's office doesn't know, and federal officials aren't saying when the train will pass through the Magic Valley — but the alliance is tracking its movements with a network of volunteer spies.

For more information about the train's arrival, call the alliance at 725-7227.

Mackinac, another train — also carrying six casks of highly radioactive spent fuel — is approaching Idaho from the east.

That train's arrival at shipyards in Newport News, Va., on Thursday.

"The trains are the first of many that will deliver nuclear waste to the INEL during the next 40 years. They were authorized to enter Idaho under a recent deal between Gov. Phil Batt and officials from the U.S. Department of Energy.

The U.S. Navy has stored all of its used nuclear reactor fuel in Idaho since the 1950s.

Woman helps man escape, turns him in

MOUNTAIN HOME — An Elmore County jail inmate enjoyed a few hours of freedom Sunday until a woman — who helped him escape — turned him in to authorities.

Dorian C. McNatt, 20, escaped from the jail's exercise area sometime before 11:45 a.m., according to a prepared statement from the Elmore County Sheriff's Department. He was being held on charges of vehicle theft, obstructing an officer and contributing to the delinquency of a minor.

All off duty sheriff's deputies and the Mountain Home Police Department were summoned to search for the escaped prisoner.

The manhunt ended without incident at 2 p.m. when McNatt was found hiding in a vacant building seven blocks from the jail. The Sheriff's Department said a "female companion" helped him escape, but she later tipped off law officers to McNatt's hideout.

INEL receives health award

POCATELLO (AP) — The 1995 Innovations in Health Care Award and a \$1,000 check went to the Idaho National Engineering Laboratory Occupational Health Promotion Program to aid in the continuation of the program.

The honor was awarded by Idaho State University in conjunction with the 1995 Idaho Conference on Health Care recently held at the Idaho State campus.

How Idaho lawmakers voted

| House | | | |
|--------|-----|-----|-----|
| | | | |
| Yes | Yes | Yes | Yes |
| Senate | | | |
| | | | |
| Yes | Yes | No | No |

Source: State House Services

Westerners frustrated by federal public lands speak

LAS VEGAS (AP) — Western cattle ranchers, loggers and miners gave Republican strategists an careful this weekend as they expressed their outrage over public land policies they say are threatening their way of life.

"I remember when there wasn't a question about how you'd use natural resources," said Demar Dahl, a cattle rancher from Elko and past Republican candidate for the U.S. Senate. "Now we have two groups in this country who are in a contest to see whether we are going to continue to use our resources or how much are we going to use them."

Dahl and others attending the

Western States Republican Leadership Conference here said they are frustrated about having to fight for grazing permits for land that — in some cases — they have maintained for generations. Others said their livelihood is threatened by the logging restrictions and limitations imposed by regulations such as the Endangered Species Act during the past decade or two.

More than 100 Westerners packed an MGM Grand meeting room at the conference Saturday for the workshop entitled "Western Public Lands: The Future for the Natural Resource and Agriculture Industries." Several congressional

leaders were present as attendees passionately aired their views, frequently complaining about the indifference they believe the rest of the country has toward the West.

"Two weeks ago I was with a friend who is a big game outfitter out at Yellowstone Park and one of his competitors had just lost his arm in an encounter with a grizzly bear," said Diener Trute, chairman of the Wyoming Republican Party. "I cite that because in the East, they are not particularly concerned about what the wolves will do to the sheep herds — in the West.

Services

Arthur LeRoy Burch, of Oakley, 11 a.m. today, Oakley LDS Stake Center. Viewing, 10 to 10:45 a.m. today at the church. (Payne Mortuary in Burley).

Robert Blaine Williams, of Twin Falls, memorial service, 11 a.m. today, Blay Colonial Funeral Home, 2531 Kimberly Road in Twin Falls.

Charles A. Hobby, of Bliss, 2 p.m. today, Demaray's Funeral Chapel in Gooding.

Harley Brad Sizemore, graveside service, 2 p.m. today, Sunset Memorial Park in Twin Falls.

Jesse Wade "Nappy" Thompson, of Declo, 2:30 p.m. today, Payne Memorial Chapel, 221 W. Main in Burley. Friends may call from noon to 2 p.m. today at the funeral chapel.

Helen Sauley, of Twin Falls, graveside service, 3 p.m. today, Sunset Memorial Park in Twin Falls.

Memorial Park in Twin Falls. (White Mortuary in Twin Falls).

Michael Owens Ward, of Twin Falls, 1 p.m. Tuesday, White Mortuary in Twin Falls. Viewing, 4 to 8 p.m. today at the funeral chapel.

Ben W. Jacobs, of Portland, Ore., and formerly of Twin Falls, memorial service, 11 a.m. Wednesday, Willamette National Cemetery in Portland.

Dale E. Jack, of Eagle, memorial service, 1 p.m. Friday, Eagle LDS Stake Center, 2090 N. Eagle Road. Viewing, noon to 1 p.m. Friday at the church. (Relyea Funeral Chapel in Eagle).

Arrangements are under the direction of Demaray's Gooding Chapel.

Cloe Weech
HANSEN — Cloe Weech, 90, of Hansen and a longtime Rock Creek-area resident died early Sunday morning Oct. 22, 1995 at Bridgeview Estates in Twin Falls. Arrangements are pending and will be announced by Reynolds Funeral Chapel.

Hospitals

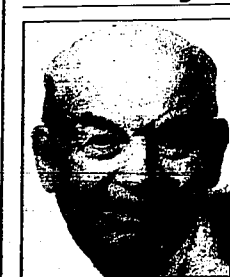
MINDOKA MEMORIAL HOSPITAL
Released
Mollie Carotta of Rupert

Death notices

Charles W. Huddleston
BLISS — Charles W. Huddleston, 83, of Bliss died Saturday, Oct. 21, 1995 in Boise.

Funeral services will be held at 11 a.m. Monday at the Hagerman Church of Jesus Christ of Latter Day Saints. Burial will follow at the Hagerman Cemetery. Friends may call at the church from 10 a.m. until service time.

Obituary



For obituary rate information, call 733-0931, extension 278

Murtaugh
Franklin Van Nebeker
Franklin Van Nebeker, 87, of Murtaugh died Saturday, Oct. 21, 1995 at Magic Valley Memorial Regional Center.

He was born Oct. 18, 1908 in Hyrum, Utah, the son of Wilford and Cynthia Benson Nebeker. He married Flossie Nollinger on April 18, 1944 in the Salt Lake City Temple. He had served a mission in 1940 in the Northern States Mission.

He is survived by his wife, three sons, Theron (Susan) Nebeker of Canby, Ore., Kelly (Lynn) Nebeker of Gooding, and Mark (Becky) Nebeker of Woodland, Calif.; two daughters, Relva (Bill) McGinnis of

Fairfield, and Janice (Randy) Niefengger of Woodland, Calif., a daughter-in-law, Tanya Nebeker of Spanish Fork, Utah; a son-in-law, Jessio Gifford of Rigby, 37 grandchildren and 9 great-grandchildren.

He was preceded in death by his parents, a sister, four brothers, a son, Van Nebeker, and a daughter, Delsa Mae Gifford.

Services for Frank will be held at 10:30 a.m. Tuesday, Oct. 24, 1995 at the Murtaugh LDS Church with Bishop Brent Stasny conducting. Friends may call at White Mortuary's Kimberly Funeral Chapel from 4-8 p.m., Monday, Oct. 23 and one hour before the service on Tuesday.

Burial will follow at Sunset Memorial Park.

On the agenda

Following is a list of governmental meetings that are scheduled this week in the Magic Valley. This list is compiled from advance schedules. The Times-News suggests that you confirm the information by calling the appropriate clerk's office before attending.

TODAY
Blaine County commissioners, 9 a.m., courthouse.
Cassia County commissioners, 9 a.m., courthouse.
Jerome County commissioners, 9 a.m., courthouse.
Lincoln County commissioners, 10 a.m., courthouse.
Minidoka County commissioners, 9 a.m., courthouse.
Twin Falls County commissioners, 8:30 a.m., courthouse.

TUESDAY
Wood River Medical Center Board, 5:30 p.m., medical center in Halley.

WEDNESDAY
Twin Falls County commissioners, 8:30 a.m., courthouse.
Cassia County Memorial Hospital Board, 5 p.m., hospital auditorium.
Hoyden City Council, 7 p.m., City Hall.
Twin Falls County commissioners, 8:30 a.m., courthouse.

THURSDAY
Bellevue City Council, 7 p.m., City Hall.
Gooding County Memorial Hospital Taxing District, 11 a.m., conference room at the hospital.
Hagerman Chamber of Commerce, noon.
Hagerman Senior Center.
Scott Central Community Action Agency Board of Directors, 7 p.m., Valley Vista Village, 653 Rose St. N., Twin Falls.
Twin Falls County commissioners, 8:30 a.m., courthouse.

FRIDAY
Twin Falls County commissioners, 8:30 a.m., courthouse.

This week at CSI

The following is a schedule of meetings and events that will take place this week at the College of Southern Idaho.

TODAY
Student Senate meets at 2 p.m. in the student conference room at the Taylor Building.
Overseers Anonymous meets at 3:30 p.m. in Desert 112.
Symphonic Band rehearsal will be held at 7:30 p.m. in Fine Arts 121.

TUESDAY
Military testing will be held at 6 p.m. in Shields 201.

WEDNESDAY
CSI jazz ensemble and jazz workshop will be held at 5 p.m. in Fine Arts auditorium.
CSI Drama Department presents "Holid Me!" at 8 p.m. in Fine Arts 119.

THURSDAY
Tax Symposium '95 will be held from 8 a.m. to 5 p.m. in Fine Arts auditorium.
Red Ribbon basketball scrimmage at 7 p.m. in gymnasium.
Magic Valley Youth Soccer Association meeting

will be held at 7 p.m. in Shields 118.
Magic Valley Chamber Orchestra will be held at 7:30 p.m. in Fine Arts auditorium.
CSI Drama Department presents "Holid Me!" at 8 p.m. in Fine Arts 119.

FRIDAY
Tax Symposium '95 will be held from 8 a.m. to 5 p.m. in Fine Arts auditorium.
State girls' high school A-3 and A-4 volleyball tournament will be held from 8 a.m. to 10 p.m. in the gymnasium.
CSI Drama Department presents "Holid Me!" at 8 p.m. in Fine Arts 119.

SATURDAY
Some volleyball tournament continues from 8 a.m. to 10 p.m. in gymnasium.
Military testing will be held at 10 a.m. in Shields 201.
CSI Eisenhower party will be held from 4 to 7 p.m. in the Taylor Building auditorium.
CSI Drama Department presents "Holid Me!" at 8 p.m. in Fine Arts 119.

SUNDAY
CSI Symphonic Band rehearsal will be held at 5 p.m. in the Fine Arts auditorium.

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Idaho/West

Photographer's life ends on violent note

PORTLAND, Ore. (AP) — Before his life came to a violent end, James Roark had gone from a talented, driven newspaper photographer with dozens of friends to a night cook fighting a long, lonely battle with alcoholism.

He was sober when the end came. A few minutes after he had left work at a Portland restaurant Sunday night, Roark was attacked and savagely beaten.

He died in a hospital Thursday of head injuries. He was 49.

"He was kind of a gentle, harmless sort of individual, just bumping along through life the best he could," said Bill Hubbard, owner of Poor Richard's Restaurant, where Roark had worked for 12 years.

Roark's friends in Los Angeles remembered a much more vibrant man.

As chief sports photographer for the Los Angeles Herald-Examiner, Roark took one of the most famous pictures of the post-Vietnam era. The 1976 photo, nominated for a Pulitzer Prize, showed Chicago Cubs outfielder Rick Monday grabbing an American flag from two protesters who were about to set it on fire.

In the early 1970s, the Herald-Examiner hired Roark as a copy boy just out of the Air Force. Photography was a passion, and he persuaded the photo editor to let him take some pictures. Soon, he got his chance.

In 1978, Roark was promoted to photo editor. He would work out and play basketball in the morning, drink heavily at lunch and often work long hours.

Dean Musgrove, now picture editor for the Los Angeles Daily News, was best man at Roark's wedding in 1979 and godfather to his two sons.

Roark lost his job when the Herald-Examiner closed in November 1989.



Harold Newell, left, and John Gordon of Poor Richard's Restaurant, page through clips of co-worker James Roark photo work. Roark, a former photo editor at the Los Angeles Herald Examiner and cook at the Portland, Ore., restaurant, died Thursday after a violent beating.

He stayed on a couple of months to help dismantle the paper, then left town.

"When the Herald closed, I think it really got to him and it drove him deeper into the bottle," said Michael Herring, former chief photographer at the Herald-Examiner. "He loaded his two kids and two dogs into a car and moved to Portland."

Roark loved cooking, and when he got to Portland he attended the

Western Culinary Institute, graduating in 1993.

But the drinking got in the way. Roark's first employer, a recovering alcoholic himself, fired Roark in 1993 because of his erratic behavior. Musgrove said. Roark went on a three-day binge and spent six months in a nursing home.

Early the next year, with Roark out of work, his wife took the boys, now 9 and 13, and returned to Sweden.

"We thought that maybe he'd hit his bottom and was ready to get some help," Musgrove said.

A short time later, Roark got the job at Poor Richard's. But he kept drinking, and he stopped answering letters from his mother and Musgrove.

"He really had a demon in him that he just couldn't get rid of," Musgrove said. "He had a lot of friends trying to help him, but he just wouldn't acknowledge it."

Moscow teacher heads to White House

MOSCOW (AP) — West Park Elementary School teacher Carrie Bitterwolf couldn't be bothered with a phone call on a recent Monday afternoon — her class was in the middle of a test.

"My students and my teaching is always my first priority," Bitterwolf said. So she had the person hold for several minutes until the test was completed.

But, when she finally took the call "I almost dropped the phone," Bitterwolf said.

It was the White House on the other end, inviting Bitterwolf to a Rose Garden reception for teachers who passed the National Board of Professional Teaching Standards certification. She left Wednesday for the weekend conference.

"I didn't know it was the White House, of course," Bitterwolf said. "But then again, we were right in the middle of the Iowa Tests of Basic Skills, and I would have put anyone on hold."

Bitterwolf has known about the conference to recognize the certified teachers for some time, but the White House reception is sort of a "joke and dream come true." The fifth-grade teacher worked with the national board to help set standards for the certification process.

"Every time our committee would meet, we'd joke 'See you at

the White House,'" she said. "So this is just wonderful."

Her students are possibly even more excited. "They're all thrilled," she said. "I haven't had time to get excited yet, I've been busy with school work."

Bitterwolf is the only teacher in Idaho to pass the certification test, but she's one of two Moscow teachers attending the conference, workshops and, of course, the White House reception.

Sue Hovey, a teacher at Moscow Junior High School, has been active in certification process since 1987 and served on the national board and its attending conference as a former board member.

"It's just great to finally see it all happening," Hovey said. "There were so many times during my eight years of planning and serving on the board that we thought it wouldn't happen, so it's wonderful to see our plans finally come together."

As for Bitterwolf, ever the teacher, she said she hopes to get access to a computer while in Washington, D.C., so she can e-mail information to her students to let them know what is happening. "And I'm sure a good part of Monday will be spent with the students 'debriefing' me on the trip, and all about the White House," she said.

'Every time our committee would meet, we'd joke "See you at the White House."

— Carrie Bitterwolf, Moscow teacher

Fossils of first known frog found on Navajo reservation in Arizona

PERENIX (AP) — In Navajo Indian legend, the frog is a deity who can make floodwaters recede and who plants maize in fertility.

For scientists, a frog discovered on the Navajo reservation in northeastern Arizona is providing something else: a window on evolution.

It was in Navajo territory that a team discovered fossils of what's believed to be the earliest known frog. The fossils date back 190 million years, said Neil Shubin, a paleontologist at the University of Pennsylvania who published his results in the British scientific journal Nature.

The long-ago leaper even has a Navajo name: Prosalirus bitis. The Navajo name means "to leap forward," and the Navajo bitis means "high over it."

The fossils shed light on how frogs evolved. Shubin said the hind limbs, which are longer than its forelimbs, point to one of the main factors in what makes a frog a frog — its leap.

"Even though this is the earliest frog, it was clearly a good jumper," he said. "It's a very unique and specialized design that didn't evolve overnight in a single step."

The remains were unearthed in a dig in 1981 in a layer of rocks known as the Kayenta formation that dates back to the Jurassic period. Also unearthed at the site in what's now a region of desert and cliffs were some of the earliest known mammals.

It took Shubin and a colleague nearly five years to sort out the clump of fossils that looked like "road kill" actually had remnants of four different frogs. From there, it took a few more years to date the frogs and determine the significance of the find, he said.

"When you pull things out of the ground, they don't look like much," Shubin said.

The discovery adds to the evidence that frogs are survivors.

The 190 million-year-old fossil takes the amphibian back to the age

when dinosaurs roamed the area, then a land of rivers, streams and lakes.

Frogs have made it through drastic climate changes and mass extinction. Only now has the frog come into a real threat — human activity, Shubin said.

"They survived climate changes so severe that it wiped out the dinosaur. Yet for some reason they're not able to cope with what's happening today," he said.

Michael Morales, a paleontologist at the Museum of Northern Arizona, where the fossils will eventually be sent, said there is another frog fossil that could be the same age or older. Its age hasn't been precisely determined, though, he said.

"The age is pretty clear on the one from Arizona," Morales said.

Paleontologists are confident of the found other fossils from the formation which also date to the Jurassic age, said Northern Arizona University herpetologist Kiisa Nishikawa.

For students, home is where the tests are

FARR WEST, Utah (AP) — Alan Griffin's sophomore social studies class will meet only once a semester. There are no set hours and no tests.

In fact, his students can participate in class wearing their pajamas or don't even have to come to school.

"This is a school where students choose to be," Griffin said.

As the Weber School District's distance learning coordinator, Griffin designed the class to be taken from home computers.

Once a week, students have a

chance to chat via a computer bill board with Griffin. Students can leave questions on Griffin's e-mail at any time and receive answers.

The class is made up of mostly high school students who are trying to get a jump on a higher school requirement.

Matt Beutler, a Wahkiakum ninth-grader, said he wanted to take the class because it was a new way of doing things and it got his required world civilizations class out of the way.

"I just work on it when I have time," he said.

Griffin circulated fliers advertising the class to all of Weber's junior high schools and hopes to eventually put the course on the Internet when students from across the state can take it for credit.

But educators are worried that it might be hard for students who don't have home computers to take the class.

As a result, some schools are offering computer time after school. Educators also hope more computers will be available next year to facilitate such classes and other high-tech training.

In Association with
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Money

Transport stocks buck rising trend

NEW YORK (AP) — Transportation stocks, long viewed as a bellwether for the equities market, have lately been lagging the Dow Jones industrials.

That has lit a caution light for some stock investors who worry that balky airline, trucking and rail stocks may be sitting down on the road to higher overall market valuations.

Low interest rates have thrown a party for the stock market to which transportation stocks were not invited, said Ed Lavamway, head stock trader at First Albany Corp.

"If interest rates rise, the net present value of earnings from a company fall, and vice versa," he said. "So it is a little troubling that the transports aren't confirming" the drop in interest rates since July.

The problem is noticeable to analysts who track transport stocks compared with industrials.

Since hitting a closing high of 1,997.14 on Sept. 15, the Dow Jones transportation index has slipped about 4 percent, closing Friday at 1,913.53. Over roughly the same time period, the Dow Jones industrial average held on to the more than 25 percent advance it has made since last November.

The Dow set a record closing high this past Thursday of 4,802.45, before backing down 7.59 points Friday to close at 4,794.86, up 1.08 for the week.

According to the venerable "Dow Theory," weakness in transportation stocks often precedes a drop in the entire stock market, so stock analysts are not taking this lightly.

Casino supplier staking future on deck shuffler

SPOKANE (AP) — Gamblers who track cards at the blackjack table can be a nightmare for casinos. A sharp player watching the shuffle can calculate when certain cards will turn up, gaining a slight advantage in a high-stakes game.

But Spokane businessman Randy Sines has had news for these wizards: They'll need a miracle to crack his Random Ejection Card Shuffle.

The inventor is beginning production in Spokane of a computerized card shuffler that he hopes will hit the multi-billion dollar casino industry. First-year revenue projections for the machine exceed \$5 million, he said.

Sines faced his first test in the commercial market this month when he displayed the shuffler and other inventions at the World Gaming Congress and Expo in Las Vegas. He's betting that the experts cannot crack his lightning-fast shuffler.

"It makes it extraordinary, we believe impossible, for any team to beat this shuffle," he said.

Sines and partners have formed a company, Casinoventions Inc., and are introducing a line of products, including a blackjack table that combines the world's most popular card game

with the lure of a slot machine jackpot.

But it's the shuffler that has made the greatest technological leap. Processing two to six decks of cards in 60 seconds, Sines said

'Scams are rare, but casinos are concerned about the legitimate expert player. They can take what appears to be small loopholes and turn them into dollars and cents.'

— Steve Forte, Las Vegas security expert

Steve Forte, a Las Vegas security expert and former professional gambler, has tried to break the random shuffler, but can't. The president of International Gaming Specialists and author of "Read the Dealer," has joined Sines to market the machine. "Scams are rare, but casinos are concerned about the legitimate expert player. They can take what appears to be small loopholes and turn them into dollars and cents."

his machine is seven times faster than shufflers currently on the market and virtually eliminates successful card tracking.

To create an unpredictable shuffle, Sines has loaded random number charts onto a computer chip and set it to change position of the card compiler once a second. With an infinite number of possibilities available, the shuffle of cards in the dealer's deck are nearly impossible to anticipate, Sines said.

The compiler merges the cards inside a table-top box that's smaller than a computer terminal. The unit sits next to the dealer, who can quickly dump played cards into the machine without losing playing time to reshuffle.

In Nevada alone, gamblers spend \$108 billion a year, with casinos raking in \$7 billion.

The shuffler is Sines' first invention since 1992, when he introduced the low-impact Mitt Rucker tennis racket, which uses tiny moving rockers to absorb the ball's shock.

He said the shuffler will cost \$1,000 to manufacture at Design Devices Inc. in the Spokane Valley. Casinoventions will lease the machine to casinos for \$15 per day or more.

Sines projects first-year distribution of 1,000 machines. Since most tables operate daily, he said revenue could reach \$5.5 million.

"We're at a pivotal point in our future," he said.



Randy Sines of Spokane, Wash., figures his Random Ejection Cards Shuffler can help casinos prevent sharp gamblers from tracking cards when they're manually shuffled.

Socially responsible funds pay off in many ways

Knights-Ridder News Service

LEXINGTON, Ky. — When "socially conscious mutual funds grew in popularity in the early 1980s, many financial skeptics rolled their eyes at what was perceived as another trendy byproduct of the environmental movement.

Fast-forward a decade. With more funds, more investors and more awareness, it is clear that socially conscious investing — also known as "socially responsible and ethical investing" — is here to stay.

But how has it fared?

The short answer is: Socially conscious funds fare like other mutual funds out there, with some turning in healthy returns and others lagging.

"It's not always been that great, but in general socially conscious funds do as well as some other funds," says Lexington investor Michael Fogler, who opposes companies that make military weapons, are affiliated with nuclear power or are polluters.

"I accept it (the possibility of small-

er returns) as part of the price of being clean with my money. ... But there are no virgins in this business," Fogler adds. "If you put a dollar bill anywhere it isn't 100 percent clean."

Fogler's response gives the longer answer of how socially responsible mutual funds perform: Investors say they are pleased they're achieving a second goal beyond profitability — that of investing with a conscience.

"It's good for personal investment and good for cars," says Jack Brill, co-author of the book "Investing From the Heart" and a San Diego financial consultant. "We call it a double bottom line."

To achieve those twin goals, socially responsible funds are typically screened to include companies that don't manufacture weapons, alcohol or tobacco products; businesses that are pro-environment; and companies that don't rely on or are involved with nuclear power.

Some funds also try to find "good corporate citizens," firms that treat their minority and female employees well.

However, among funds and shareholders there can be varying degrees of social responsibility.

Lexington investor Richard Franklin, an academic coordinator for Center, says he doesn't object to companies that make alcohol or tobacco products, but he is adamant about other issues. "I specifically try to stay away from weapons and defense-type companies. Also, I look at the way companies treat workers, specifically African-American and women workers. ... If I'm going to support something with my money I want to support good human relations."

Louisville financial planner Mary Becker takes an even broader view of socially responsible funds and includes Ginnie Mae bond funds (because they invest in homeowner mortgages) and municipal bond funds (because they invest in "people projects" such as libraries, parks and schools).

According to the Social Investment Forum in Boston, a national organization that promotes socially responsi-

ble investing, \$625 billion in assets are invested in socially responsible mutual funds.

At present, Brill estimates investors can choose from 40 socially conscious mutual funds, some too small to be included in the mutual fund listings of newspapers.

"Do they make money?" "I constantly bait the skeptics who say you can't make money on these," says Brill. "In the long term they do just as well."

Brill cites the Calvert Social Managed Growth Fund, which had a 10-year average annual return of 10.02 percent as of May 31. "If you take a balanced mutual fund, that's a very nice return and it has been socially responsible," he says.

Although Becker says her clients "feel individual actions have repercussions," she is quick to add, "I'm a financial planner, too, and you can't do that by just throwing money down the hole. I find socially screened funds do fulfill my requirements and certainly provide good returns."

Fogler, director of the Central

Kentucky Council for Peace and Justice, says he and his wife have just a few thousand dollars in a Working Assets fixed income mutual fund. Although it hasn't always performed as well as he would like, the returns are comparable to similar non-screened funds.

Another investor, Bud Wilder of Louisville, says he isn't aiming for an aggressive 20 to 30 percent return, but seeks a more conservative 10 percent return. He says he favors pro-environment companies and those firms that treat female workers well.

Wilder, a nurse, has a retirement nest egg of \$20,000 in the Domini Social Equity Fund and in his 403(b) retirement savings plan at work, which includes three socially conscious Calvert funds.

Like all mutual funds, socially responsible funds are subject to market fluctuations.

Witness Wilder's disenchantment with the Pax World Fund three years ago. "They weren't doing well," he says. "I pulled out. But now they're doing well."

Number of socially responsible funds from which to choose

- Knights-Ridder News Service**
- Calvert Group**
No alcohol or tobacco, gambling, nuclear power plant operators or significant weapons production.
Looks for companies that are pro-environmental, responsible corporate citizens abroad, those that produce useful and safe products and those with worker satisfaction.
- Angen, Praxair, Houghton Mifflin, Deere and Co., Kellogg Co., Microsoft Corp., Toys "R" Us, Albertsons, Whirlpool Corp.
- Calvert Social Investment Fund (moderately market or balanced) — 1982.
(Fixed income or equity) — 1987.
Calvert Capital Accumulation Fund (small-medium cap) — 1994.
Calvert World Values (global equity) — 1992.
Calvert Strategic Growth Fund (aggressive growth) — 1994.
About \$1.2 billion in assets in seven socially responsible funds.
170,000 shareholders.
- (800) 368-2748
- Domini Social Equity Fund**
No alcohol, tobacco, gambling, nuclear power and limited military weapons.
Seeks companies that are pro-environment, have strong employee relations, demonstrate commitment to women and minorities and good corporate citizenship.
- Nike Inc., Liz Claiborne Inc., Disney Co., Ameco Corp., Enron Corp., American Express Co., Coca-Cola Co., PepsiCo Inc.
- Domini Social Equity Fund (equity) — 1991.
\$3 million in assets
(800) 762-6814
- Parnassus Fund**
No alcohol, tobacco, gambling, weapons, nuclear power.
Looks for "Renaissance" companies with good environmental protection policy, effective equal employment opportunity and ethical business dealings.
- Genus Inc.; Borland International; Radius Inc.; Tandem Computers; Huff Corp.; Margaux Inc.
Parnassus Fund (equity growth) — 1985.
Parnassus Income Funds (balanced portfolio, or fixed income, or California tax-exempt) — 1992.
About \$275 million in assets
(800) 1500 shareholders
(800) 999-3505
- Fax World Inc.**
Aids liquor, tobacco and gambling and war-related industries.
Looks for "life-supportive goods and services" companies with sound environmental policies and fair employment policies.
- Hechinger Co.; H.J. Heinz Co.; Pet
- Inc.; Brookly Union Gas Co.; Merck & Co. Inc.; Acuson Corp.; Wal-Mart Stores Inc.
Fax World Fund (balanced) — 1971.
\$388 million in assets
(800) 767-1729
- Working Assets**
No alcohol, tobacco, nuclear power, animal testing, U.S. Treasury securities. Excludes most weapons/military contractors.
- Looks for companies with pro-environment, positive workplace, community involvement, research and development.
- Adobe Systems Inc.; BellSouth Corp.; Hershey Foods Corp.; The Gap Inc.; Kerkley Co.; Tandem Computers, Xerox
Working Assets Index Fund (equity index) — 1995
Working Assets Citizens Emerging Growth (aggressive growth) — 1994
Working Assets Citizens Global Equity (global) — 1994
Working Assets Citizens Income (fixed income) — 1992
Working Assets Money Fund (money market) — 1982
\$260 million in assets
30,000 shareholders
(800) 223-7010

AUCTION CALENDAR
through November 1, 1995

TUESDAY, OCTOBER 24 - 5 pm
Household - Tools - Antiques
Consolidated Woburne - Home
KLAAS AUCTION BARN

SATURDAY, OCTOBER 28 - 11 am
Russell & Mary Lindstrom - Household - Rupter
Advertisement - Oct 25

BILL ESTES & ASSOCIATES

SATURDAY, OCTOBER 28 - 1995
Jan-Wright and Friends - Household
Collectibles - Bull
Advertisement - Oct 26

MASTERS AUCTION SERVICE

THURSDAY, OCTOBER 27 - 11 am
Household Items - Tools - Motor Vehicles
Farm & Construction Equipment
Curtis Welcome - Jerome
THE AUCTION EXCHANGE

SATURDAY, OCTOBER 28 - 11 am
Edith Slutzman - Auto - Household
Antiques & Collectibles - Tools - Jerome
Advertisement - Oct 26
JMA AUCTIONEERS

MONDAY, NOVEMBER 1st 1995
Union Pacific Railroad & Bankrupt Paving Co.
Surplus Equipment - P.F.R. Vans, Pocatello
GREAT WESTERN AUCTIONS

SATURDAY, NOVEMBER 4th 1995
Jim Mosemeritt Estate - Farm Machinery
Household - Antiques - Collectibles - Jerome
Advertisement - Oct 26
WALL AUCTIONEERS

SATURDAY, NOVEMBER 4th - 10 am
McBride's Services - Trucks & Truck Parts
Tools - Shop Equipment - Office Furniture
Advertisement - Oct 26
Advisement - Oct 28, AgWeekly,
Nov 2, Times-News

MISSISSIPPI AUCTIONS
(Formerly MISSISSIPPI AUCTION CO.)

SATURDAY, NOVEMBER 4th, 1995
Cassia County School District - Surplus - Butry
Advertisement - Nov 2
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Briefly

Pope recalls anniversary with prayers
VATICAN CITY — Marking the 17th anniversary of his papacy, Pope John Paul II looked healthy and showed a sense of humor Sunday as he asked for prayers to continue his mission.
 The pope ended his customary Sunday public appearance in St. Peter's Square by remarking Oct. 22, 1978, the Sunday on which he was proclaimed bishop of Rome.
 "I entreat your prayers for the continuation of my ministry," John Paul told the cheering crowd after giving them his blessing.
 Earlier, the pope met with parishioners in a working-class neighborhood. The pope regularly visits parishes in Rome in his role as bishop of the Italian capital.
 After undergoing three operations since 1992, including surgery to remove a bowel tumor, the 75-year-old pope is closely watched for signs of frailty.

Top Iranian diplomat shot in Argentina

BUENOS AIRES, Argentina — Iran's top diplomat in Argentina was in satisfactory condition Sunday after being shot by gunman on a motorcycle as he was out driving with his family.
 The Iranian government blamed Israel for the Saturday attack on Abbas Ali Rajavi Yardi, charge d'affaires of the Iranian Embassy in Buenos Aires. Israel called the charge "ridiculous."
 Police said they did not know the motive for the shooting.
 Rajavi Yardi was driving with his wife and two children when a motorcyclist shot him through the car's open window and escaped. The diplomat managed to drive to a clinic, where he underwent chest surgery.
 The motive for the attack in Merca, a small port city about 60 miles south of Mogadishu, was not immediately clear.
 But an Italian Foreign Ministry official, Vincenzo Pedrone, said the clinic was in a particularly dangerous area. In addition, Somali factions are fighting for control of ports and airports, which they can use as a source of revenue by taxing ships and planes.
 Italian officials identified the dead doctor as Graziella Funagalli, who worked for the Italian religious organization Caritas. They said another Italian, Cristoforo Andreoli, a laboratory biologist, was wounded in the jaw.
 "Our advice (to the medical workers) was to abandon the post," Pedrone told Italian state TV.
 The Italian news agency AGI said Andreoli and seven other Italian health workers at the clinic would be flown to Nairobi, Kenya.

Attack on Somali clinic kills doctor

ROME — Gunmen killed an Italian doctor and wounded her colleague Sunday at a Roman Catholic clinic in Somalia, Italian news reports said.
 The Italian news agency AGI said Andreoli and seven other Italian health workers at the clinic would be flown to Nairobi, Kenya.

Ex-NATO leader reaffirms innocence

BRUSSELS, Belgium — Willy Claes acknowledged Sunday he committed an "error of judgment" in the bribery scandal that forced his resignation from NATO's top job. But he continued to insist on his innocence.
 In television interviews two days after he resigned as NATO secretary-general, Claes said he had no immediate plans to revive his political career and had no job lined up.
 "I need to rest a little, to reflect and try to regain some mental balance, but I do not believe in any involvement in the payment of bribes to his Socialist Party in return for government contracts."
 As Belgium's economics minister in the late 1980s, Claes helped ensure the Italian aircraft maker Agusta won a contract to supply helicopters to the Belgian army. Prosecutors allege he knew Agusta had paid bribes to the Socialist.

China detains dissident's wife after sit-in

BEIJING — Police detained the wife of political prisoner Chen Ziming after she and other family members staged a sit-in at a Beijing park Sunday to demand that he be released to seek treatment for cancer.
 Chen's sister, Chen Zihua, said Wang Zhonghui was taken from her apartment by uniformed police hours after the protest. A CNN cameraman and three Hong Kong reporters were detained for several hours and released.
 The family had applied to the city government for permission to stage a protest march on Sunday, but police told them their request had been denied and they would be arrested if they tried to march.
 "We can't march, but we can come to this park, spread some newspapers on the ground and stage a sit-in," said Chen's mother, Wu Yongfen.

PLO may lead Christmas in Bethlehem

GAZA CITY, Gaza Strip — The Palestinians are sending invitations for Christmas in Bethlehem after a top Israeli military official said the town would be under PLO rule in time for the holidays.
 A Palestinian official said Sunday that PLO chief Yasser Arafat would attend the festivities in Bethlehem, where the Bible says Jesus was born.
 "The Palestinian Authority sent invitations to Arab and European leaders to attend the Palestinian celebration for the first time under a Palestinian flag," said Palestinian spokesman Bahir Abu Khatab.
 The Israeli daily Haaretz said Arafat, a Muslim, hoped the Bethlehem appearance would give him international acclaim and also boost his popularity in the West Bank just weeks before Palestinian elections.
 Christmas celebrations in Bethlehem draw visitors from around the world. But crowds have grown smaller during the six years of a Palestinian uprising against Israeli occupation.
 Pilgrims had to pass through metal detectors to enter Manger Square and riot police were posted outside the Church of the Nativity.

Compiled from wire reports



President Clinton and South African President Nelson Mandela share a laugh during a meeting at the United Nations Sunday. The two leaders proclaimed relations between the two countries are in good shape, despite a disagreement over Iranian oil.

Mandela and Clinton meet, praise relations

UNITED NATIONS (AP) — In a warm greeting before reporters, President Clinton told South African President Nelson Mandela on Sunday that their countries' relationship is "in good shape."
 "I look forward to making it better," he said.
 Mandela, dressed in an African tribal shirt, replied with high praise for Clinton.
 "He has helped us to ensure that democracy in our country is deeply entrenched," Mandela said.
 The leaders were seated in straight-back chairs, almost armrest-to-armrest and flanked by their aides.
 Clinton said Vice President Al Gore's trip to South Africa next month signals "a high-level ongoing, significant partnership" between the two nations.
 Praising the former prisoner of apartheid, Clinton said, "He is a hero to so many people in our country because of his long fight for freedom and democracy and justice in South Africa."
 Mandela's story "embodies the best of what the United Nations is trying to do throughout the world," Clinton said.
 Despite the wealth of good feelings, the United States and South Africa disagree on at least one issue: Iran.
 Mandela's government has negotiated a lucrative deal with Iran to store Iranian oil. It involves a joint arrangement to market the oil.
 The deal is in danger of unraveling, however, because South Africa wants a bigger cut from oil sales.
 The Clinton administration is trying to organize an embargo against Iran. South African Energy Minister Pik Botha said recently that South Africa must make the best deal it can to raise money, and that the United States should get bigger countries, like Germany, France and Italy, to comply with the embargo first.
 Clinton's schedule included several one-on-one meetings with heads of states, including the prime minister of Slovenia and the prime minister of Ethiopia.

French, Algerian leaders cancel discussion at U.N.

PARIS (AP) — The presidents of France and Algeria abruptly canceled a meeting Sunday that had drawn terrorist threats from Islamic radicals.
 President Jacques Chirac of France and his Algerian counterpart, Liamine Zourel, had planned to talk while both were in New York to mark the 50th anniversary of the United Nations.
 The two leaders did meet briefly Sunday with U.N. Secretary-General Boutros Boutros-Ghali to lay out terms for the meeting. Zourel, however, insisted on opening the meeting to reporters and called the whole thing off after Chirac insisted on private talks.
 Islamic militants trying to topple Algeria's military-installed government were angered by the announced meeting, seeing it as a sign of French support for Zourel's administration and his candidacy in elections next month.
 The militant Armed Islamic Group of Algeria has lashed out at France for supporting its former colony. The group has claimed responsibility for eight bombings or attempted bombings that have killed seven people and wounded 160 in France since midsummer. It wants to overthrow the Algerian government and set up an Islamic state.
 Fearing another terrorist strike, police and soldiers rode shotgun on Paris subway Sunday and patrolled public squares around the French capital. At least 2,500 more troops were mobilized Saturday in Paris, pushing the nationwide total to 32,000.
 At one subway stop, police crouched to check under a bench, the muzzles of their submachine guns scraping the pavement.
 More than 30,000 people have died in Algeria in an Islamic insurgency that began in January 1992, when the government canceled elections that Muslim fundamentalists were winning. Violence has increased with the approach of the Nov. 16 first round of presidential balloting.

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British writer Kingsley Amis dead at age 73

LONDON (AP) — Sir Kingsley Amis, the prolific British writer, died Sunday at a London hospital. He was 73.
 Amis was admitted to University College Hospital last month following an accident in which he crushed some vertebrae. He was later transferred to St. Pancras Hospital, where he died, said a hospital spokeswoman, speaking on condition of anonymity.
 Amis achieved popular success with his first novel, "Lucky Jim," published in 1954, whose hero, a lower-middle-class radical lecturer with subversive attitudes was hailed as "an angry young man."
 He wrote more than 20 novels and six volumes of verse. In 1986, he won Britain's top prize for literature, the Booker Prize, for his novel, "The Old Devils."
 "I Like it Here," a xenophobic novel published in 1954 and set in Portugal displays Amis's deliberate cultivation, for comic effect, of a prejudiced and Philistine pose that was to harden into an increasingly conservative and hostile views of contemporary life and manners.

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World

Truce entices refugees to return home

SARAJEVO, Bosnia-Herzegovina (AP) — With Bosnia's truce finally holding, about 1,000 Muslim refugees boarded buses and trucks Sunday to return home to three front-line towns in the northwest.

Many were victims of mass expulsions 3½ years ago when rebel Serbs captured Sanski Most, Ključ and Mirkovlje Grad at the beginning of Bosnia's war. The towns were retaken this fall by Croatian and Muslim-led government forces.

The effort to resettle the towns, even though front lines remain nearby, is one of the strongest signs of confidence that an Oct. 12 cease-fire will hold.

A stable truce is considered crucial to U.S.-brokered peace talks to begin Oct. 31 at Wright-Patterson Air Force Base near Dayton, Ohio.

Fighting last week in northwest Bosnia threatened to undermine the peace effort, but guns have fallen mostly silent since Thursday when the warring parties agreed to redouble their efforts to enforce the cease-fire.

"The situation on the ground is quiet everywhere," U.N. spokeswoman Maj. Myriam Sochacki said Sunday.

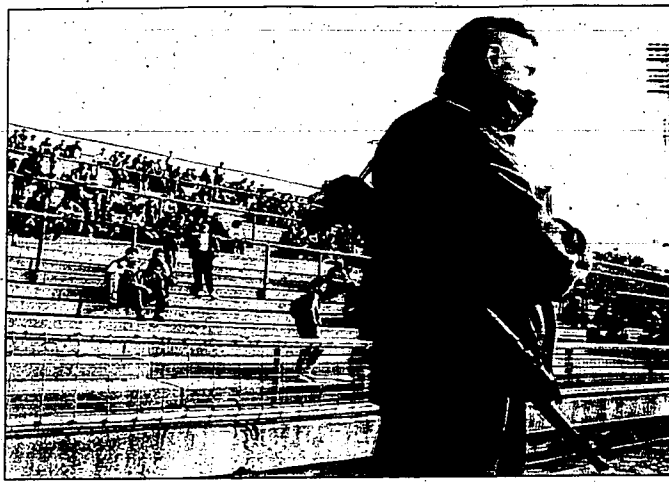
The Bosnian Serbs' self-styled assembly was to meet Sunday night in the northeastern Bosnian town of Bijeljina, apparently to map strategy for the peace talks.

There were reports that Serbs will press longstanding demands for access to the Adriatic Sea and control over part of Sarajevo, a demand the government has vehemently opposed. They also may be trying to resolve a leadership rift that emerged after recent battlefield losses to Croatian and government forces in northwestern Bosnia.

There was no immediate word on the returning Muslim refugees, who left the central Bosnian towns of Zenica and Travnik in about 20 buses, trucks and some private cars Sunday.

Many were up before dawn, leaving boxes and bags onto the vehicles as their children slept.

"I am going back home," said 65-year-old Hasija Jankovic as she loaded her belongings onto a bus in Zenica. She was bound for her house in Ključ, 60 miles to the northwest.



A Bosnian government soldier watches a Sarajevo city soccer league match Sunday afternoon. Two days of games have proceeded in Bosnia after the government lifted a ban on public gatherings.

"I don't know whether it is undamaged," she said.

U.N. officials have expressed growing concern about the fate of other Muslim and Croats purged from Serb-held areas of northern Bosnia in recent weeks. There have been reports of mass killings, rapes and robberies by Serb paramilitary groups.

More than 2,000 people are missing, mostly draft-age Muslim men forcibly separated from their families. Aid officials say there is evidence many have been killed or sent to do dangerous work on front lines.

In Sarajevo, a dozen officials from the World Bank, International Monetary Fund and other international organizations arrived Sunday to discuss postwar reconstruction.

"This is the best proof that the international community is serious about peace," said Bosnian Prime Minister Haris Silajdzic. "This was a good meeting." Silajdzic said he expects a financial aid plan and schedule for rebuilding Bosnia to be "an integral part" of any final peace settlement.

World Bank representative Kemal Dervis would not disclose specific financial figures but said officials were discussing "billions of dollars" in reconstruction projects.

In Washington on Sunday, Defense Secretary William Perry called Russia's unwillingness to serve under NATO command in Bosnia a major obstacle to plans for the proposed peacekeeping mission there.

The United States and its NATO allies want Russian participation in any effort to help enforce a peace agreement in Bosnia but not as an "independent military force," Perry said in an interview on NBC-TV's "Meet the Press."

"There is a major hangup," he said. Russian President Boris Yeltsin said Sunday that Russian troops would join in a peacekeeping mission, but not under a NATO command. But Perry and Summary of State Women (Christopher) were less sanguine.

"It's desirable for Russia to have a dignified, substantial role, but not one that would in any way impair the NATO command and control," Christopher said Sunday on CBS-TV's "Face the Nation."

Conductor leads benefit for cathedral

MOSCOW (AP) — Renowned conductor and former Russian dissident Mstislav Rostropovich returned this weekend to fight for a new cause — the costly and controversial reconstruction of Moscow's Christ the Savior Cathedral.

On Saturday, hundreds of wealthy and well-dressed Russians paid \$1,000 each to hear Rostropovich conduct and play cello in the Moscow Conservatory.

Officials did not say how much the concert raised. But all proceeds went to the cathedral, which was razed by Soviet leader Josef Stalin 64 years ago and replaced by an outdoor swimming pool.

Some hail its reconstruction as a symbol of Russia's rebirth, while others criticize it as a colossal waste of money. The church is expected to hold up to 30,000 worshippers when it is complete.

On Sunday, the 68-year-old conductor raised his baton at the construction site itself for a free concert.

More than 1,000 people, including Moscow officials and the church's construction workers, filled the cathedral's near-complete Lower Transfiguration Temple for the performance.

Construction, which has continued around the clock since it began last year, was halted during the show. But spectators still had to step around building equipment on the sprawling site on the Moscow River to reach the chilly temple.

Rostropovich called the concert a pair of symbolic bricks to be laid at the foundation of the sacred temple, the ITAR-Tass news agency reported.

Both concerts featured works by Haydn and Shostakovich, performed by the Young Russia State Symphony Orchestra and the Bolshoi Theater's string orchestra.

Before its destruction, the cathedral was the largest in Russia. Begun in 1837 to honor the 1812 victory over Napoleon, it took four decades to build.

In 1931, Stalin ordered it blown up to make room for a grandiose Palace of Soviets. But those plans spluttered and Stalin's successor, Nikita Khrushchev, turned the site into a public swimming pool.

The project is moving along with strong backing from the mayor, help from banks and business and a blessing of President Boris Yeltsin. Church leaders expect regular services to begin early next year.

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| \$ _____ Total Due | Company _____ |
| Enclosed | Contact _____ |
| Please bill my company | Address _____ |
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Scores and stats

Baseball

World Series box score

Red Sox 7, Yankees 2

| Red Sox | | Yankees | |
|---------|-----|---------|-----|
| Pitches | 117 | Pitches | 117 |
| Outs | 27 | Outs | 27 |
| Runs | 7 | Runs | 2 |
| Hits | 12 | Hits | 6 |
| Errors | 0 | Errors | 1 |

Pitching

| Pitcher | IP | H | R | ER |
|--------------|-----|---|---|----|
| Tim Lincecum | 5.0 | 3 | 1 | 1 |
| Tim Lincecum | 5.0 | 3 | 1 | 1 |

Regional Scores

AL EAST
Red Sox 7, Yankees 2
Orioles 1, Yankees 0
Blue Jays 5, Yankees 2

AL CENTRAL
Tigers 5, Indians 2
Cubs 6, White Sox 3
Royals 3, Athletics 1

AL WEST
Astros 4, Rangers 2
Mariners 5, Padres 2
Diamondbacks 1, Padres 0

NL EAST
Braves 3, Phillies 1
Pirates 1, Mets 0
Mets 3, Braves 2

NL CENTRAL
Cubs 6, White Sox 3
Brewers 5, Cardinals 3
Reds 3, Cardinals 2

NL WEST
Astros 4, Rangers 2
Mariners 5, Padres 2
Diamondbacks 1, Padres 0

Football

NFL standings

AFC NORTH
Pittsburgh 10, Baltimore 6, Cincinnati 4, Cleveland 2

AFC SOUTH
Jacksonville 5, Tennessee 5, Houston 4, New Orleans 3

AFC EAST
New England 9, Buffalo 6, Miami 5, Jets 4

AFC WEST
Denver 8, Kansas City 6, Oakland 5, San Diego 4

NFC NORTH
Green Bay 7, Detroit 6, Chicago 4, Minnesota 4

NFC SOUTH
Atlanta 8, Tampa Bay 7, Carolina 6, Panthers 5

NFC EAST
Dallas 8, Washington 7, New York Giants 6, Philadelphia 5

NFC WEST
Seattle 6, San Francisco 5, Arizona 4, St. Louis 3

NFL summaries

AFC EAST New England's Matt Cassel threw two touchdowns in the Red Sox's 20-14 victory over the Yankees on Monday night in the opening game of the playoffs. Cassel completed 25 of 38 passes for 336 yards and two touchdowns. The Yankees' Tim Lincecum pitched six innings, allowing three runs on three hits and three walks.

NFL The Pittsburgh Steelers defeated the Baltimore Ravens 27-17 in the opening game of the playoffs on Monday night. The Steelers' Ben Roethlisberger threw for 243 yards and two touchdowns. The Ravens' Trent Dilfer completed 24 of 38 passes for 243 yards and one touchdown.

AFC WEST Denver's Peyton Manning threw for 349 yards and two touchdowns in the Broncos' 24-14 victory over the Kansas City Chiefs on Monday night. Manning completed 23 of 38 passes for 349 yards and two touchdowns. The Chiefs' Warren Moon completed 20 of 31 passes for 248 yards and one touchdown.

Sports on TV

Television

| Event | Station | Time |
|----------------------------------|----------------------|--------|
| Football, Buffalo at New England | KVKV (ABC), Ch. 6/35 | 7 p.m. |
| Baseball, Red Sox at Yankees | KVKV (ABC), Ch. 6/35 | 7 p.m. |
| Baseball, Yankees at Red Sox | KVKV (ABC), Ch. 6/35 | 7 p.m. |
| Baseball, Yankees at Red Sox | KVKV (ABC), Ch. 6/35 | 7 p.m. |

College sports

AP Top 25 poll

The AP Top 25 poll is based on the Associated Press college sports editors' vote. It is based on the votes of 100 college sports editors from 50 schools. The poll is published every week, and is used to determine the national champion in each sport.

| Rank | Team | Points |
|------|----------|--------|
| 1 | Alabama | 100 |
| 2 | Ole Miss | 89 |
| 3 | Georgia | 87 |
| 4 | Texas | 85 |
| 5 | Arkansas | 81 |

Transactions

| Team | Player | From | To |
|-------------|--------------|------------|-------------|
| Atlanta | Greg Maddux | Free Agent | Atlanta |
| Los Angeles | Tim Lincecum | Free Agent | Los Angeles |
| St. Louis | Scott Rolen | Free Agent | St. Louis |

How Top 25 fared

| Team | Rank | Points |
|---------------|------|--------|
| Alabama | 1 | 100 |
| Ole Miss | 2 | 89 |
| Georgia | 3 | 87 |
| Texas | 4 | 85 |
| Arkansas | 5 | 81 |
| Florida | 6 | 78 |
| Michigan | 7 | 77 |
| Ohio State | 8 | 76 |
| Florida State | 9 | 75 |
| Virginia Tech | 10 | 74 |

How Top 25 fared

| Team | Rank | Points |
|---------------|------|--------|
| Alabama | 1 | 100 |
| Ole Miss | 2 | 89 |
| Georgia | 3 | 87 |
| Texas | 4 | 85 |
| Arkansas | 5 | 81 |
| Florida | 6 | 78 |
| Michigan | 7 | 77 |
| Ohio State | 8 | 76 |
| Florida State | 9 | 75 |
| Virginia Tech | 10 | 74 |

How Top 25 fared

| Team | Rank | Points |
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| Alabama | 1 | 100 |
| Ole Miss | 2 | 89 |
| Georgia | 3 | 87 |
| Texas | 4 | 85 |
| Arkansas | 5 | 81 |
| Florida | 6 | 78 |
| Michigan | 7 | 77 |
| Ohio State | 8 | 76 |
| Florida State | 9 | 75 |
| Virginia Tech | 10 | 74 |

Series

Continued from B1

Lofton, who singled and stole his fourth base of the series.

Lofton ended the seventh when he flipped back to the foul screen and caught a pop up by Belle off Pena with runners at first and third. Pena had faced Belle only once before, this year at Fenway Park, and gave up a long home run.

With Lofton clinging to their one-run lead, Manny Ramirez singled; willie one out in the eighth. But he strayed too far off first base and was picked off on a snap throw by Lopez from behind the plate.

The play became even bigger when Jim Thome walked on the next pitch. Wohlers replaced Pena as the retired pinch-hitter Paul Seay on a fly ball.

"That was a big out," Lopez said of the pickoff. "I saw Ramirez take a big lead and I gave (first baseman Fred) McGriff the signal and I threw him out."

Martinez allowed four hits in 5 2/3 innings. At 40, he was the oldest pitcher to start in a Series since Grover Cleveland Alexander in 1928.

Murray, who had seen plenty of Glavine in the past, put Cleveland ahead 2-0 with his home run in the second. After Belle opened the inning with a single, Murray hit the next pitch over the left-field fence.

Murray connected for his third homer of this postseason, and the fourth World Series home run of his career. While playing in the NL, Murray was 14-for-54 (.259) against Glavine without a home run.

At 39, Murray was the oldest player to homer in the Series since Joe Morgan in 1955 when working for NBC-TV's team—did it at age 40 in 1983.

Martinez escaped a bases-loaded lead in the first by retiring Ryan Klesko on a pop-up. Martinez hit Marquis Grissom with a pitch in the third and made a wild pickoff throw, setting up a sacrifice fly by Chipper Jones and an RBI single by Justice

Miami

Continued from B1

sacked by Marvin Washington at the Jets 47 with 5:32 remaining and was intercepted by Vance Joseph at the New York 20 with 2:24 left.

Victor Green led New York's second win in 13 games dating to a loss here 11 months ago to Marino and the Dolphins the "pig pass" by picking off a wide receiver, Kosar pass at the Jets 55 with 1:11 to play.

Jets defensive end Erik Howard said most teams have to make adjustments without their starting quarterbacks and sometimes they struggle.

"Maybe they weren't the same team, but we also weren't the same team they faced the first time around," Howard said.

"I wouldn't call it an embarrassment," said Miami linebacker Bryan Cox. "We just have to do a better job."

After being limited to just 67 yards in the first half, and with the crowd at Giants Stadium chanting for Glenn Foley to replace

Miami

Continued from B1

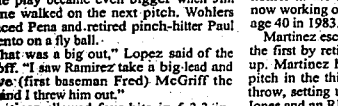
Brister with the Dolphins leading 9-0, the Jets suddenly got untracked.

Carter returned the second-half kickoff 57 yards to the Dolphins 36 and five plays later rookie Wayne Chrebet caught a 12-yard TD pass from Brister, who was playing with Boomer Esiason out with post-concussion problems.

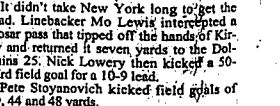
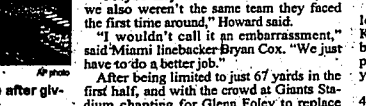
"Today, I think a people could see what I can do and what we can do when we don't make errors," said Brister, who was 15 of 26 for 152 yards and two touchdowns. "It was a lot of fun out there. Whoever said we can't and we can't; well, we did and we did it."

It didn't take New York long to get the lead. Linebacker Mo Lewis intercepted a Kosar pass that tipped off the hands of Kirby and returned it seven yards to the Dolphins 25. Nick Lowery then kicked a 50-yard field goal for a 10-9 lead.

Steve Statonovich kicked field goals of 49, 44 and 48 yards.



Dennis Martinez sits alone after giving up the homer to Lopez.





Duffy Waldorf chips from the fringe Sunday in San Antonio, one of the many shots that helped him win his first PGA Tour event at the Texas Open.

After 1st PGA win, Waldorf is no Duff-er

SAN ANTONIO (AP) — Duffy Waldorf won his first PGA title and runner-up Justin Leonard earned a chance to play for the big money next week. Waldorf shot a 7-under-par 65 Sunday for a six-stroke victory in the \$1 million Texas Open. His 20-under total earned him \$198,000. Leonard, who had a final-round 68, collected \$118,000 for finishing second and that moved him from 32nd into the top 30 on the money list for the year and into the select field for \$3 million Tour Championship to be held next week at Southern Hills in Tulsa, Okla. ...

Price isn't right enough as Scots win Dunhill

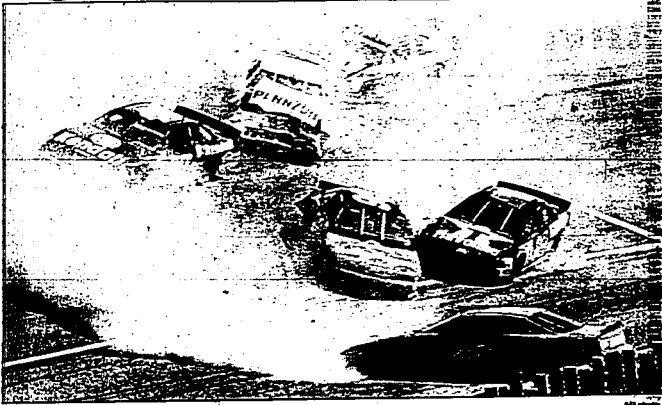
ST. ANDREWS, Scotland. (AP) — Andrew Coltart's ace and Sam Torrance's persistence earned Scotland its first Dunhill Cup in 11 years when it downed Zimbabwe 2-1 Sunday, spoiling a record-breaking effort by Nick Price. Price set the record for the best five rounds in one championship at the home of golf and still went home a loser. ...

Senior winner is quite Bland

LOS ANGELES (AP) — John Bland, a South African making his second appearance in the Senior PGA Tour, shot a 6-under-par 65 Sunday to win the \$800,000 Ralphs Senior Classic by a stroke. Jim Colbert missed an 8-foot birdie putt on the final hole that would have forced a playoff. ...

Earnhardt gains on Gordon at Delco

ROCKINGHAM, N.C. (AP) — Ward Burton celebrated his first Winston Cup victory, and Dale Earnhardt drew ever closer to Jeff Gordon in their championship duel. With NASCAR correcting its own error during a confusing late-race caution period, Earnhardt sliced 43 points off Gordon's series lead Sunday and is 162 points down two races remaining. ...



And you thought traffic was bad in your neighborhood. Bobby Hamilton, Mike Wallace, Dale Jarrett, Rich Bickle, Michael Waltrip and Ken Schrader all collide in the fourth turn Sunday at the AC Delco 400 in Rockingham, N.C.

Agent problems strike at TCU Padres give Robinson a chance to be GM

DALLAS (AP) — Pat Sullivan tipped Sunday around his decision to hold reunions back Andre Davis out of Texas Christian's game against Tulane, but emphasized the senior had not been suspended. ...

TCU officials became concerned when they learned recently that Davis had taken out a \$1 million insurance policy with Lloyd's of London before the 1994 Independence Bowl, the Fort Worth Star-Telegram reported Sunday, quoting "a source close to the situation." ...

The Houston Chronicle also reported Sunday that Newport is the agent. The Star-Telegram source said officials are checking into a trip to Houston and other gifts that Davis might have received from Oliver or the agent. ...

SAN DIEGO (AP) — Frank Robinson will soon find out if he has what it takes to be a general manager. A Hall of Famer who remains the only player to be named MVP in both leagues, Robinson will interview on Monday for the San Diego Padres' vacant GM job. ...

USC loss saves alliance from confusion

By Ray Farello Knight-Ridder News Service College football fans who are anarchists at heart, as well as the Ohio State Buckeyes and the Rose Bowl, all took his Saturday, and the masterminds of the bowl alliance rejoiced. ...

champion will have a blemished record. Clearly, that further diminishes Ohio State's hopes of finishing No. 1, as the Buckeyes edge closer to the fate Penn State met last year. After all, what's the likelihood that the three teams currently ranked ahead of Ohio State ...

Here are the most significant remaining games involving the four highest-ranked teams: No. 1 Florida State at No. 3 Florida on Nov. 25. Neither team faces a serious obstacle until the big game in Gainesville. ...

But Robinson, 60, doesn't see that as an impediment. "The way I look at it, I've spent over 42 years in the game, as a player, manager and as a front office executive," he said. ...

Houston shows NBA rules hoops world

LONDON (AP) — The best of the NBA is still a long way ahead of the best of the rest of the world. The Houston Rockets, back-to-back NBA champions in 1994 and 1995, underlined the continuing gap by outlasting a prestigious international field at the McDonald's Championship. ...



Hakeem Olajuwon (left), who did not play at the McDonald's Championship, Mario Elie (center) and Clyde Drexler hold the hardware that proves U.S. basketball is still the best in the world.

While the Australian and Italian teams stayed close for the first half, both games tumbled into routs once the Rockets picked up their fastbreak offense in the third quarter. With former Dream Teamer Clyde Drexler pushing the ball upcourt, soaring to the basket or dishing off to another player. ...

before the supremacy of a U.S. Dream Team or NBA champion will be challenged. "The gap is closing, but they don't have the depth to compete with American players," Rockets coach Rudy Tomjanovich said. ...

record 91 points in three games, including 34 against the Rockets. While acknowledging the superiority of the Rockets, he said Backster could have a chance against lower-level NBA clubs. "I know I've played on some teams in the NBA we could beat," he said. ...

of the Orioles from 1988-93. "I hope this doesn't have the type of backlash on it that people think," Robinson said of his friendship with Lucchino. "I hope it's because I think I have expertise to do the job, I wouldn't want to do it otherwise." ...

Focus

United Nations

'To unite our strength' after 50 years

Nations near agreement on wording of world body's birthday declaration

Newsday

UNITED NATIONS — On the eve of the 50th anniversary of its first session half a century ago, the General Assembly was close to victory. After 50 meetings (46 formal and four informal), negotiators for the United Nations' 185 members had nearly reached agreement Saturday on the wording of a somewhat innocuous declaration to be adopted Tuesday to commemorate the world body's birthday.

"There is almost unanimity on this," spokesman Joe Sills said Saturday. All that is needed, he said, was some final arm-twisting of a few countries concerned with the old standbys: "self-determination, decolonization and foreign occupation."

Saturday morning, Secretary-General Boutros Boutros-Ghali was able to raise a new flag, the product of compromise after tortuous negotiations between Greece and the neighbor it insists on calling the Former Yugoslavian Republic of Macedonia to avoid a dispute over who is the true inheritor of the name of the ancient nation. With the rain-soaked arrival by Saturday night of most of the more than 170 heads of state and government coming to New York to celebrate the anniversary, Sills' announcement marked one of the few predictable outcomes of this rare gathering of world luminaries, who arrive to find a United Nations facing financial

chaos and borrowing from itself to meet day-to-day expenses.

Unlike past sessions marked by a particular focus, such as crisis in the Middle East, this session has no overwhelming theme. Instead, focus is fragmented as world leaders rush to state their agendas in their allotted five minutes or meet discretely in what diplomats call "bilats," one-on-one meetings held out of the glare of the news media.

Here, based on interviews with diplomats and U.N. watchers, is a quick summary of some highlights:

- President Clinton, the first speaker to the United Nations Sunday morning, will hold separate bilateral meetings with the leaders of Russia and China. U.S. diplomats are hoping he will not be confronted by mounting criticism by other donor countries that — even with last week's, last-minute infusion of \$150 million — the United States still has a \$1.25-billion debt, which has thrown U.N. finances into crisis.

- Israeli Prime Minister Yitzhak Rabin and Palestinian Authority Chairman Yasser Arafat will be working the dinner and bilateral circuit. Arafat invited wealthy American supporters to a fund-raiser Saturday night at the Vista Hotel, across the street from the World Trade Center.

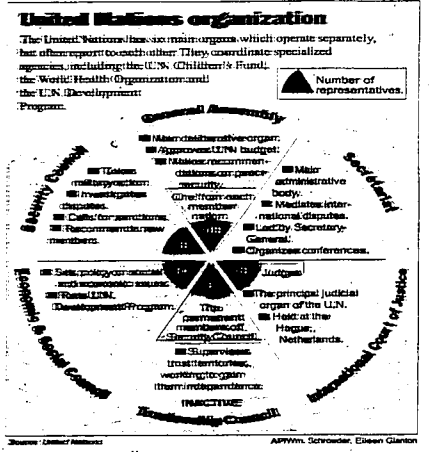
- Cuban leader Fidel Castro's aides were fielding an avalanche of requests for meetings, a key Cuban diplomat said. Castro was likely to hold separate meetings with U.S. businessmen, editors and close supporters, who are invited to a party Tuesday at the Cuban U.N. Mission, which is ringed by police barricades holding back angry demonstrators.

- Members of the 113-member Non-Aligned Movement, which met last week, are arriving with plans to assault the lock on the Security Council now held by permanent members Britain, France, the United States, Russia and China.

- With the United States reducing its financial support of the United Nations, Germany and Japan have been lobbying for permanent Council seats in exchange for their added support. But several non-aligned countries say they also want seats if the Council is expanded.

- Little is expected from a collection of some beleaguered states, whose leaders have either canceled their trips or cut them short. Most are sending their foreign ministers.

- State leaders from Italy, Egypt, Germany, Libya, Iran and its Persian Gulf neighbors are not attending.



UN's show features debate, clashes and the making of history

Scores of presidents and prime ministers will be in New York this week to mark the 50th anniversary of the United Nations. Here are some snapshots from a turbulent half-century at the world organization.

The Associated Press

UNITED NATIONS — "A sort of symphony of humanity" is how one poet imagines the United Nations. On this particular October day, however, the percussion has begun to drown out the strings.

Back among the "Us" in the General Assembly hall, as dumbstruck diplomats look on, the premier of a nuclear superpower is banging away at a desktop. With his shoe.

"Jerki!" "Stooge!" Nikita S. Khrushchev alternates the desk-thumping with a chorus of insults for the speaker, a Philippine delegate who described Eastern Europe as a colony of the Soviet Union.

Off-key notes soon arise from every corner. An American leaps to the Filipino's defense. A Romanian pounds his fist on the rostrum, denouncing the "slander." Finally, from the assembly's Irish president, a crescendo. He slams the gavel down to end the session, and it shatters into pieces.

Humanity, it seems, will never a Bach concerto make.

Now it's autumn in New York again, 35 years after Khrushchev's show-stopping performance, and a new generation of world leaders is gathering to pay tribute, on its 50th birthday, to the work-in-progress called the United Nations.

Bill Clinton, Boris Yeltsin and representatives of 183 nations will reaffirm the U.N. Charter's pledge "to unite our strength" for peace. In doing so, they'll walk the worn carpets and fill the cavernous hall where, as much as any spot on Earth, history has been made this past half-century, where war and peace have been voted up or down, where human tragedy is recorded in the cool prose of diplomacy, where even the absurd, on occasion, can find a stage.

The Soviet delegate has the floor, railing against an American proposal — a capitalist ploy, he's sure. Fishy. To make the point, he uses a quaint saying in Russian, some idiom about an orange tree, a backyard, Moscow. In his book, the English interpreter stops cold. A literal translation would be meaningless. Inspired, he reaches for Shakespeare: "Something is rotten in the state of Denmark!"

U.N. milestones

Some pivotal events, political and personal, in the 50-year history of the United Nations:

| | | | | | | | | | | | | |
|--------------------------------|---|--|--|--|---|---|---|---|--|--|--|--|
| 1945 U.N. is created | 1948 First U.N. observer mission is established in Palestine. | 1950 Security Council calls on member states to help southern Korea repel invasion from north. | 1961 Secretary-General Dag Hammarskjöld dies in air crash on mission to Congo. | 1966 Sanctions imposed on Rhodesia (now Zimbabwe) by Security Council. | 1967 Under Egyptian pressure, U.N. peacekeepers withdraw from Israel-Egypt confrontation line. War follows. | 1971 General Assembly seats People's Republic of China. | 1977 Security Council adopts arms embargo against South Africa. | 1980 World Health Organization reports smaltzox eradicated. | 1986 Kurt Waldheim, former Secretary-General, is separately indicted in Nazi army. | 1987 Treaty on the Protection of the Ozone Layer, first global environmental protection agreement. | 1992 Earth Summit's largest inter-governmental gathering in history. | 1993 Biggest U.N. field operation in history leads to elections in Cambodia. |
|--------------------------------|---|--|--|--|---|---|---|---|--|--|--|--|

mid-century modernism, stands sheathed in blue-green glass, a glass house whose residents happily throw stones — especially, for 40 years, the Americans and the Russians.

"All right, sir, let me ask you one simple question."

It is Oct. 25, 1962 — the Cuban Missile Crisis. The world holds its breath. In the hushed chamber of the U.N. Security Council, at the grand horseshoe table, the courtly U.S. ambassador, Adlai E. Stevenson, suddenly has steel in his voice.

"Do you, Ambassador Zorin, deny that the U.S.S.R. has placed and is placing medium and intermediate-range missiles and sites in Cuba? Yes or no? Don't wait for the translation. Yes or no?"

The Russian responds with scorn: "I am not in an American court of law."

"You are in the courtroom of world opinion," Stevenson shoots back. "I am prepared to wait for my answer until hell freezes over. And I am prepared to present the evidence."

At his signal, aides set up an easel with enlarged aerial photographs of missiles and sites.

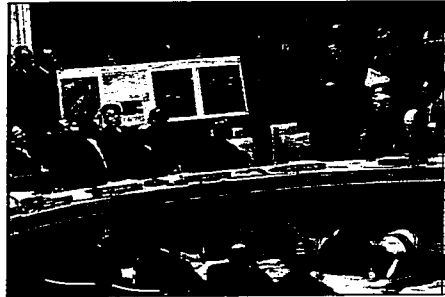
While the drama plays out on the ground floors, however, the history, so often, unfolds on the 38th, behind the picture windows of the secretary-general's offices.

During that fateful October of 1962, for example, U. Thant, the mild, meditative secretary-general from Burma, exchanged cables with Moscow and Washington proposing ideas to ease the tension, giving Khrushchev and President Kennedy a face-saving way out of their perilous showdown as private talks moved toward a solution.

At receptions, in hallways, in the back of meeting rooms, world powers find the United Nations a convenient crossroads in times of crisis.

When the Soviets blockaded Berlin in the early U.N. days, a chance meeting between the U.S. and Soviet ambassadors in the Delegates' Lounge opened a dialogue that ended the standoff.

By the late 1980s, under Javier Perez de Cuellar, the "SG" suite became a home office for peace. Envoys from Iran and Iraq shuffled in and out and reached a cease-fire in one of the century's bloodiest wars. Guerrillas and government negotiators



U.S. Ambassador Adlai Stevenson, far right, sits among launcing missiles in Cuba during an emergency session of the United Nations Security Council (Oct. 25, 1962, at the height of the Cuban Missile Crisis).

from El Salvador, in a 38th-floor marathon, settled their civil war on New Year's Eve 1991.

The restaurant nooks and hotel corners of high-rise Manhattan are ready-made for covert contacts with liberation groups, sworn enemies or shady go-betweens. But it's a dangerous game.

When Andrew Young's secret meeting with a PLO representative was uncovered in 1979, he had to resign as American U.N. ambassador. He delivered an emotional farewell to the Security Council.

"Ultimately," he said, "if we are to have peace in that region, people have got to approach each other as friends and as brothers."

For the United Nations, "that region" has always been the Middle East.

It is 1956, a Sunday morning, 2 o'clock. The British, French and Israelis have attacked Egypt.

In the General Assembly hall, weary delegates approve a U.N. peacekeeping unit and begin fishing out Dag Hammarskjöld, secretary-general, runs to American aide Ralph Bunche: "Now, corporal, go get a force together."

The soldiers Bunche scapes up from 10 countries become the first and only U.N. contingent, complete with a new symbol: To stand out from British troops in similar uniforms, Canadian peacekeepers paint their hel-

met photos seldom capture failure: Thant's no freeze-frame of U Thant in despair over his inability to stop the Vietnam bloodletting; of diplomats in dismay over the Yugoslav civil war; of powerful nations paralyzed as one tiny African land self-destructs. Rwanda, perhaps more than anything, has left a scar on the 50-year-old world body.

After the first day of genocide in 1994, the Security Council was gaveled into session for just four minutes, to issue a condemnation. That international inaction, spluttered on for weeks and months, as the bodies piled up. A half-million in the end.

An "idealist vs. realist" debate will long rage over the United Nations. One of the first U.S. ambassadors, Henry Cabot Lodge Jr., dismissed it as an "unwieldy debating society," and the U.S. criticism has only sharpened since, focusing on waste, ineffectiveness, Third World influence.

Defenders say U.N. achievements in development, emergency relief, health and education are often overlooked. Besides, they say, this is too strategic a crossroads to surrender in the struggle for world peace.

"If we did not have the present organization, we would have to find another one," Canada's Lester B. Pearson said on its 25th anniversary.



Palestine Liberation Organization leader Yasser Arafat clasps his arms over his head after winning U.N. recognition on Nov. 13, 1974.

Forget the issues, Dave Barry wants your vote

Several months ago I announced that I was willing to run for president of the United States and shoulder the immense crushing burden of accepting your cash contributions. Today I stand to reveal, in specific detail, exactly where I wish on the issues. Ready? Here we go:

I agree with Colin Powell.

I say this because, according to the polls, the American public is crazy nuts in love with Colin Powell, despite the fact that the average voter has no clue what he thinks about anything. Consider your own position: I bet you have positive feelings toward Colin Powell, but have you actually read his book? I didn't think so.

Perhaps it would surprise you to learn that, on page 23, the following statement appears:

"Everything was fine until 1953, when I was kidnapped by telepathic clams from another dimension."

And consider this statement, on page 159:

"One thing I definitely believe is, everybody should have sex with vegetables."

Is that the kind of person you want as your president? Me too!

Unfortunately, I made these quotations up. But my point is that the voters have no



idea what views Colin holds, and this is exactly why they like him. He doesn't bore them by droning about the issues. Voters hate issues; that's why they hardly ever vote. That's why all these other presidential contenders, with all their programs on this and their six-point programs on that, are having so much trouble getting anybody to pay attention to them. Look what happened to Pete Wilson of California, who sings the really high part in "Help Me Rhonda."

No, wait, that's Brian Wilson of California. Pete Wilson is the governor, and he wanted to be president, and he kept scheduling these major public events wherein he announced his candidacy; he'd give his Big Policy Speech, and then he'd get more and more groundswell of popular support, and ... and nothing happened. So Pete had to announce his candidacy again. He announced it about 37 times. He was getting desperate for votes. It reached the

point where he was appearing at birthday parties for preschool children, where he'd announce his candidacy, explain his policies, and make animal balloons. Finally Pete gave up and dropped out, although you parents planning preschool parties can probably still get Lamar Alexander.

You don't see Colin Powell and me stooping to that level. You see us staying up above the fray, acting statespersonlike, weighing our options, maintaining our dignity, and gratefully handing out Cabinet posts in exchange for cash contributions. Or at least I am... Colin has not reached that level of statesmanship yet. So if you were planning to send a contribution to him, just me instead, and if he gets into the race I'll make sure he receives every single penny that is left over at that point.

At the risk of sounding as though I am taking a position on an issue, I do want to say one thing. I am in favor of the elderly. You hear a lot of talk these days about how the government cannot afford to keep giving more and more billions of dollars in Medicare and Social Security benefits to the elderly, especially to the wealthy, golf-playing, boat-owning, Lincoln-driving, mansion-dwelling, servant-lashing elderly.

Well, here's what I say: I personally am well on my way to elderlyhood, and if I'm going to suffer from joint pain, gum disease, vision loss, irregularity, bladder malfunction, prostate disorders, hemorrhoidal swelling and an inexplicable fondness for "Murder, She Wrote," then by gosh I want money from the government.

At this point you're saying: "But Dave, the federal government is already running a horrendous deficit! Where's the money going to come from?"

Simple: We'll raise income taxes.

WAIT! COME BACK! I don't mean we'll raise income taxes on US. My plan is to raise income taxes on people in foreign countries.

Why would they pay? I can answer that question with three words: "Internal Revenue Service." You know those incomprehensible letters that you sometimes get from the IRS, saying that you owe them money?

And you know how you always pay the money, even if you have no idea why, because you're afraid that otherwise you'll be summoned to an audit and locked in a room with a beady-eyed, totally hairless IRS agent who will demand to see every financial document you have ever pos-

sessed, including losing Loto tickets?

Well, why wouldn't it take some fund-raising technique work on residents of other nations? We have the scariest IRS in the world, darn it, and I say we use it! We could have the IRS send incomprehensible tax-due letters to everybody in, say, France, and then we'd just sit back and watch the money pour in. I say any French person balked at paying, we would send an Air Force bomber over there, open the doors, and drop: an auditor. Just the sight of him, swinging from his parachute, holding his briefcase in one hand and his 147-volume set of the Simplified U.S. Tax Code in the other, should be enough to ensure total compliance. We would not necessarily even need the parachute.

That's where I stand on the issue of giving more money to the elderly without anybody you know having to pay for it, and I'm sure that I speak for Colin Powell when I say, "Speaking of money, for ease of bookkeeping, we prefer a larger denomination of bill."

Thank you, America, for being you.

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.

Valley happenings

Red Cross schedules blood drive
JEROME - The American Red Cross has scheduled a blood drive for 1 to 6 p.m. Thursday at the Moose Lodge on North Lincoln.

Blood types O negative and O positive are especially needed. Appointments are preferred. To make an appointment or obtain more information, call Jamie at 324-4124.

Fair presents community information
TWIN FALLS - A community information fair will be held from 1 to 6 p.m. Thursday at the Department of Health and Welfare Building, 601 Pole Line Road.

Approximately 65 agencies and service providers, such as Community Action, Boys and Girls Club, Health and Welfare and senior citizens programs, will be available to give information about their services.

Admission is free, and the public is invited. The fair is sponsored by the Department of Health and Welfare Regional Advisory Board. For more information, call 736-3024.

Lincoln County seniors plan dinner
SHOSHONE - Lincoln County senior citizens have planned their annual harvest dinner from 5 to 7 p.m. Thursday at the Golden Years Senior Center, 218 N. Rail St.

The menu features turkey and ham and all the trimmings, plus homemade pie. Prices are \$5.50 for adults, \$3 for ages 6 to 12 and \$2 for under 6. For more information, call 886-2369.

Rec district offers self-defense class
JEROME - The Jerome Recreation District is offering a women's self-defense course taught by Shepherd Reale.

Class will be held from 5 to 6 p.m. Thursdays for six weeks, beginning when 10 participants are registered. For more information or to register, call 324-3389 or stop by the recreation district office on South Lincoln.

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

Some shoppers don't wait until last minute

Knights-Ridder News Service

You think you're a shopper? Ha! Have you already placed your holiday catalog orders?

Do the deals at a major department store treat you like a sorcery sister?

If not, you've got nothing on Elena Hernandez. Her primary residence is in Coral Gables, Fla.; her second home is Bloomington's in The Falls.

"She's very popular here," says the store's public-relations director, Maria Gomez.

Easy to understand why. Except for a slight interruption five months ago — she had a baby girl — Miami native Hernandez has shopped Bloomingdale's nearly every weekend for as long as she can recall.

Hernandez and other "pros" already have made notable dents in their Christmas and Hanukkah lists. Their mantra: Shop early. Shop often. Keep a gift list at least in your head at all times — if not an actual written list in your purse, updated frequently for size — and, by all means, don't be shy about asking for discounts.

For Hernandez, time — or lack thereof — is critical. "I can't afford to miss a sale," she says. "I've dropped nearly \$600 on gifts in Bloomington's one recent Sunday in less time than it takes to drop clothes at the dry cleaner."

"When you don't have much time," explained Hernandez, 30, manager of a swimming pool supply company, you have to shop fast.

That is, while husband Fernando, a lawyer, can stay home with little Michelle.

And early, for the holidays. Not only does that guarantee the best selections, says Hernandez, it spares the savvy shopper any last-minute hysteria. It makes payments, too, seem more manageable.

"I think I've done enough damage for one day," she joked, leaving the store with her crystal boutique after placing a special order. "But I don't want the credit-card bills all coming in January, Yikes!"

Many stores have been ready and waiting for plan-ahead holiday shoppers for weeks.

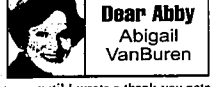
Man stands as objector to thank-you notes

DEAR ABBY: My purpose in writing you today is to play devil's advocate on behalf of the 8-year-old nephew of "To Bestow or Not to Bestow."

The nephew may have good reasons for not writing thank-you notes, unrelated to childish scrawls and unsophisticated manners. Like most men, he is already becoming suspicious of the motives of others, realizing that accepting a gift creates obligations that he may be unwilling or unable to fulfill.

I have not written a thank-you note for more than 20 years. The last one I wrote, to my mother-in-law, was so obviously contrived and painful that she replied with a gracious thank-you for the thank-you note; then she went on to say that I was relieved from writing further thank-you notes.

It is not that I don't know better. I do. My mother wrote mightily to make me write thank-you notes. When I was in college, my grandmother sent me a check for \$25, which my mother refused to pass on



to me until I wrote a thank-you note. Nearly 30 years later, that check remains uncashed. The embarrassment it has caused my mother was worth considering more than \$25. One should never threaten children — especially when the threat is more painful to the parent than it is to the child.

—ROBERT
IN BERKELEY, CALIF.

DEAR ROBERT: You may be the devil's advocate, but intelligent people have the right to disagree. Accepting a gift does create an obligation — the obligation to express appreciation for the time and thought that went into sending it. It needn't be anything fancy. It can be as simple as, "Dear (), Thank you for remembering my birthday. Your thoughtfulness is appreciated."

In thank-you notes, as in bestowing gifts, it's the thought that counts.

DEAR ABBY: I never dreamed I would be writing to Dear Abby, but I just read a letter in your column that caught my eye. A reader said, "I am retired, but I am not idle." That sounded like my life.

I was in business for 45 years, retired at 62 and loafed around for seven years. I went to too many cocktail parties and drank more than I should have. So I went back to work selling vacuum cleaners door-to-door at the age of 69. It was the kind of work I had done (and enjoyed) all my life.

At 80 years old, I quit, because driving 80 to 100 miles a day around the Twin Cities was stretching my luck.

My children said, "Thank God you quit working!" Well, two weeks after I quit the vacuum cleaner business, I went to work for Wal-Mart as a greeter. I meet a lot of nice people, keep in contact with the outside world and do something that makes me feel wanted.

Everyone should have a reason to get up in the morning! I feel blessed. You may use my name.

—CARL W. WAGENER
ST. PAUL, MINN.

DEAR CARL: I hope your letter inspires other seniors to follow your healthy example. You are indeed blessed.

DEAR ABBY: After 30 years, my address book is a mess, and I must face the task of making a new one. In thinking about this, I came up with an idea:

Please suggest to your readers that they include an unused address label along with their holiday greeting cards. The label can then be put directly in the address book, thus updating the book annually.

These labels would save time and prevent mistakes, such as transposing numbers, etc.

Thank you in advance, Abby.

—HILDEGARD COYNE,
ALBANY, N.Y.

DEAR HILDEGARD: Thank YOU. It is an excellent idea.

To do for you

District to start new session of aerobics
JEROME - New sessions of aerobics are scheduled to begin the week of Oct. 23. Class times available at 6 a.m., 4:30 p.m. and 6 p.m. Sessions run for six weeks, meet three days per week and the fee is \$20 (\$25 for out-of-district participants) per session.

To register, call the Jerome Recreation Department at 324-3389 or stop by the office at 2444 S. Lincoln.

Hospital offers childbirth refresher class
TWIN FALLS - A prepared childbirth refresher class for persons who have previously taken a prepared childbirth course will be held from 7 to 9:30 p.m. Tuesday in the Center for Continuous Learning (located at the back of the north parking lot at the Magic Valley Regional Medical Center). The non-refundable course fee is \$15 and pre-registration is required.

Childbirth preparation and medical center procedures will be reviewed. A film, a discussion on sibling adjustment and a tour of the labor/delivery unit will be included.

To pre-register or for more information, call the MVRMC Education Department at 737-2900, weekdays between 9 a.m. and 4 p.m.

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

Two films will be shown, "Alzheimer's Disease: Inside Looking Out" and "Voices of Caregiving: Insights from Along the Way."

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

Course covers birth basics for parents

TWIN FALLS - A prepared childbirth course will begin Thursday and continue through Nov. 30. The class will meet from 7 to 9:30 p.m. in the Center for Continuous Learning (located at the back of the north parking lot at the Magic Valley Regional Center). The non-refundable course fee is \$40 and pre-registration is required.

Designed to prepare parents for childbirth and early parenting, the course includes films, slides, labor rehearsal and relaxation techniques. The expectant mother is asked to wear comfortable pants and to bring two pillows. A support person is encouraged to attend.

To pre-register or for more information, call the MVRMC Education Department at 737-2900, weekdays between 9 a.m. and 4 p.m.

Sawtooth Red Cross will teach first aid

TWIN FALLS - The Sawtooth Chapter of the American Red Cross will offer an eight-hour course in Standard First Aid (first aid and adult cardiopulmonary resuscitation) from 9 a.m. to 4 p.m. Saturday. The course fee is \$35 and pre-registration is required.

Also being offered is a nine-hour class on Community First Aid and Safety (first aid and infant, child and adult CPR) from 6 to 10 p.m. Nov. 1 and 2. The course fee is \$40 and pre-registration is required.

To pre-register or for more information, call 733-6464 or stop by the American Red Cross office at 718 Shoshone St. E.

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

Product offers hope to women with incontinence

Knights-Ridder News Service

A disposable product — one-fifth the size of a tampon — effectively achieves dryness in four of every five women with urinary stress incontinence and significantly reduces symptoms in nearly all women, according to preliminary research presented last week.

The Reliance Insert blocks urine by releasing a tiny balloon that inflates when a woman inserts it into her urethra. A small opening in the balloon allows urine to pass, but it also occurs in younger people who develop weakened pelvic muscles after pregnancy, injury and various medical problems.

A recent study of 2,830 people ages 20 or older found that 60 percent of women ages 40 to 59 reported some urinary leaking, ranging from occasional to severe episodes.

Current treatments all have some drawbacks, said Dionko, a nationally recognized expert on urinary incontinence. He played a key role in the development of the Reliance Insert, which was issued in October, 1992. Half of the women followed in the Reliance study said they were unhappy with current treatments.

Only about 15 percent of women are cured and about half achieve better control of leakage through Kegel exercises, a technique to consciously build control of urine flow, he said.

Drugs work about half the time but significantly help limit problems in most women, he said.

Bladder suspension surgery, a last-ditch effort for severe problems, is 85 percent successful, Dionko said.

The drawbacks include temporary urinary retention, which in rare instances is permanent. It requires people to use a catheter to rid themselves of excess urine. One in 10 women need to have the operation again in two to five years because the problem returns, he said.

The drawback with the Reliance insert, Dionko said, is that women must have enough manual dexterity to insert the device, after instructions from a doctor or nurse.

"It's a little harder than inserting a tampon," he said, because the opening to the urethra is smaller than the vagina and "it's a bit less known to women."

Nearly two-thirds of the women in the research study reported a foreign body sensation from occasional to severe episodes.

Overall, about one in 10 women stopped using the insert after four months because of discomfort, side effects and other medical problems.

The side effects ranged from urinary tract infections in one-third of the women — often a one-time occurrence in the first four months of use — to itching, spotting and migration of the device into the urethra.

The five women in whom that problem occurred were able to remove the device themselves.

The study was based on 215 patients, 115 of whom used the device for four months, and 42 women who used it for a year.

To enroll in research projects studying the device, call 1-800-532-7917; 8:30-5 weekdays.

Financial-Instruction-Real Estate/Sale

905 CONTRACTS & MORTGAGES

\$5 TOP DOLLAR \$5 for contracts, mortgages. 208-734-8727
Buying Trust Deeds, Mortgages & Contracts. Call 736-1782 for quotes.
Classified... the solution to all your needs. 733-0931.

400 INSTRUCTION

401 SCHOOLS/INSTRUCTION
Ben Franklin Academy #118 taking enrollments 9-18 yrs. 736-8272-174-Trust.

500 REAL ESTATE /SALE

501 OPEN HOUSES
Please check your ad for corrections on the day that it runs, as the Times-News is not responsible for errors after that time.

502 TWIN FALLS HOMES

3 BDRM. home (2 up, 1 down), 1 bath, shop, close to public school & in high forested yard on 1/2 acre. 734-6805

TF - URGENT! Must sell owner relocating. NE 1/4 corner 4 bdrm, 2 bath on quiet oil-de-sac, 2040 sq ft, lots of improvements, must see. 734-6134/\$87,000 by owner.

TF Brick, 4 bdrm. Large family room, 1 3/4 bath. \$87,000. Call 699-6716

Has your camper been seeing more driveway than campsite? Sell it with a classified ad. Call 733-0931.

EQUAL HOUSING OPPORTUNITY

All real estate advertising in this newspaper is subject to the Fair Housing Act which prohibits discrimination on the basis of race, sex, religion, national origin, or handicap. The Equal Housing Opportunity Act prohibits advertising in this newspaper which includes children under the age of 18 living with parents or legal custodian, pregnant women, and people residing outside or children under 18.

BIG PRICE REDUCTION ON NEW HOMES

3 bedroom, 2 bath, small 1 1/2 bath, 2 1/2 bath, small dining and kitchen areas. Yard with trees, shrubs, etc. \$110,000.

301 Diamond Drive
Superb 4 level floor plan, high quality materials, 1 1/2 baths, 2 1/2 bath, 2nd floor office, 2nd floor laundry, 2nd floor storage, 2nd floor closet, 2nd floor balcony, 2nd floor deck, 2nd floor patio, 2nd floor porch, 2nd floor terrace, 2nd floor walkout. Was \$110,000 - Now \$99,000.

408 Diamond Drive
Superb 4 level floor plan, high quality materials, 1 1/2 baths, 2 1/2 bath, 2nd floor office, 2nd floor laundry, 2nd floor storage, 2nd floor closet, 2nd floor balcony, 2nd floor deck, 2nd floor patio, 2nd floor porch, 2nd floor terrace, 2nd floor walkout. Was \$110,000 - Now \$99,000.

1860 Tarpee Drive
Within one block of new 1 bedroom home features are large 2 car garage, oversized 2 car and 1/2 car garage, full 1 1/2 baths. Was \$129,900.

IRWIN REALTY
734-6500
OR TOLL FREE 800-658-3865

502 TWIN FALLS HOMES

GUARANTEED ADS
Buy the Guaranteed package and The Times-News guarantees to call your advertisement in 7 days and real estate in 15 days or we will return the ad and additional 7 day at no additional charge to the customer. There is a \$3 charge for the guaranteed package. Ads may be cancelled early for customer convenience but the charge will remain the same.

HOUSE ss

(Transition) 3 1/2 house like railway
3300 sq. ft., 4 1/2 baths, 40x16' ramp, oak flooring, 154'6" master bath. All calls considered. Call 734-800 msg.

505 GOODWENDALL HOMES

Wendell, Commercial Property approx 1 acre next to mobile home park. Great for storage units. \$49,500.

Beautiful 2 acre home on the Little Wood River just minutes from downtown Gooding. Set of house plans included. Just \$22,995.

Excellent 2 acre home just 2 blocks from downtown Gooding, four units like a mobile home provide very good income. In very good condition on 1/2 acre home park. Owner unit available, remodeled, possible owner carry. \$95,000.

27 Acres, 4 miles from Hagaman. Excellent location and water. Call for details.

NEW CONSTRUCTION

Starting at \$35,000 for 1500 sq. ft. 2 1/2 bath, 2 bath home, 4" walled ceilings, granite floor plan, conventional electric and gas. Owner top paint with 1992 sq ft and 1706 sq ft. also available. Call Ron Freeman for details 734-4208. #95-231824-254074.

\$148,500. Lifetime home w/financing & landscaping. This 4 bedroom, 2 1/2 bath home is immaculate. 2100 sq. ft. finished with a total of 2700 sq. ft. gives you plenty of room. Call Ron Freeman 734-4208 for your shopping. #95-342.

506 JOHNSON HOMES

2 homes on 2 acres, 20 mins East of Twin Falls. \$69,000-432-6834

509 SIOUX HOMES

SELLER motivated to sell home. 3 bdrm, 1 bath, corner lot, only \$50,800. Make offer. Jackson Realty, 886-2289

510 OUT-OF-TOWN HOMES

GLENN FERRY 4 or 5 bdrm, 1 3/4 baths, well in kitchen, basement, detached garage, fenced yard. \$70,000. 366-2540

512 FARM/RANCHES/DAIRIES

RANCHES
• 280 ACRES - 2 1/2 miles from the unique catches, Almo area.
• 800 ACRES - Summer ranch, beautiful mt. scenery, deer country.
• 374 ACRES - ranch, two miles from town.
• 280 ACRES - Small ranch with Snake River heritage and view of 3000 ft. Mt. St. Helens.

512 FARM/RANCHES/DAIRIES

1,000 acres potato farm or dairy sight. 600 mt. water. All crops. #95-0877

503 BURBANK HOMES

3 bdrm, 2 bath w/interior tile, 2400 sq. ft. Corner lot near schools. Mature landscaping, garage, carpet & guest house. By owner \$80,000. 543-4298.

512 FARM/RANCHES/DAIRIES

By OWNER, DAIRY for sale or lease w/option to buy. 600 head current capacity. Can exceed larger. Double 9 w/herringbone with rapid split. Heated pens, commodity stand, lots of cement and easy maintenance. Altn. 200 cows for sale. \$24-2298

512 FARM/RANCHES/DAIRIES

Blackburn Jerome & TF - 85 acres, 2 houses, corral, loading shed, 30' x 30' m N. of Gooding. Valued at \$5K sale for \$7K. 15K down, \$28/mo. 734-8834

513 ACREAGES & LOTS

20 acres prime building location South of TF. Beautiful view of valley. Owner will carry. 423-5526

512 FARM/RANCHES/DAIRIES

OWNER FINANCING Grade A dairy, single 3, 3 bdrm mobile on 6 acres, 3 mi N. of Gooding. Valued at \$5K sale for \$7K. 15K down, \$28/mo. 734-8834

513 ACREAGES & LOTS

2 bdrm home on 1.16 acre SE of Jerome, machine sheds, shop, barn, corral with loading sheds. Nice clean acreage. \$88,000. 324-4279 or 324-2191

513 ACREAGES & LOTS

10 acres South of TF with full TFC water shares, spectacular view, 3 bdrm, 2 bath (master suite w/ jacuzzi upstairs), fireplace, or, shop and 2 outbuildings, small orchard. MUST SEE to appreciate! \$169,500 - 733-0553

513 ACREAGES & LOTS

22.3 ACRES - 3 bdrm home in Buhi, good location for home business. REDUCED TO \$69,500. 2 ACRES - Ideal for horses, 3 bdrm, 2 bath home, new corral, 2 nice shops, park-like yard, west of Jerome.

513 ACREAGES & LOTS

40 AC/CREEK - \$29,900 Snake & Salmon River Area Beautifully wooded w/direct access to both rivers. Long mt. views, abundant wildlife & trophy fishing. Surrounded by 2.5 mi. of Natl. Forest & Hills Canyon recreation area. On yr. round road w/survey. Exact terms. Only one! Call owner now 208-839-2501 Twin River Ranch.

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ROBERT JONES REALTY
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1995 OLDS CUTLASS CIERA
#08106-0
\$13,441

1993 HONDA DEL SOL
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\$11,771

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\$8998

1991 TOYOTA CELICA GT
#53014-1
\$9999

1993 BUICK SKYLARK
#53065-2
\$8660

1991 OLDS SUPREME COUPE
#07781-0
\$10,990

YOUR CHOICE... \$10,990

1992 SUNBIRD CONVERTIBLE
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Vin #569084
\$14,441

1990 ISUZU TROOPER
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\$10,990

1989 FORD BRONCO XLT
#483008-2
\$9961

1994 TOYOTA 4RUNNER SR-5
#08144-0
\$21,990

1987 SUZUKI SAMURAI
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\$4495

1992 BUICK ROADMASTER
#51003-2
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1992 OLDS 98 REGENCY ELITE
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\$15,550

1992 GMC SAFARI VAN
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Gary's WESTLAND OLDSMOBILE • BUICK ISUZU
733-8721 / 1-800-824-1526
1310 POLELINE RD. E. • TWIN FALLS (ACROSS FROM MAGIC VALLEY MALL)

Real Estate/Sale-Real Estate/Rent

513 ACRES & LOTS
2 lots, Rusty Court, Quiet, no through traffic, \$18,000 each. Very desirable. Call 736-9447.

KIMBERLY 7 acres, 4 1/2 bath, brick house, shop & corral.
Call 423-5715.

LOTS... 2135 Oakwood
Ct. Affordable & desirable. Best location \$22,000 each. Call 736-8447.

MEANDER POINT
Canyon Rim. 3.3 acres 734-0822 or 736-8887

602 UNFURNISHED HOUSES
JEROME 2 bdrm, \$425/mo, no smoking/pets. Sandra 324-8756 or 324-8852.

JEROME 3 bdrm, 1 bath, garage, large fenced yard. No pets. \$650/mo + \$500 dep. Available Nov. 8th. 788-1073 evs.

Jerome 3 bdrm, 2 bath, mobile home in Village West. \$475/mo. No pets. 324-8903 or 788-4305.

JONES WE HAUL
Usually can move you ANYWHERE.
For less than renting a truck. Need loads to Call & Artz. **FREE ESTIMATES**
CALL 524-2482

604 UNFURNISHED APTS/DUPLEXES
2 bdrm. appliances, all utils. \$425. 734-5483.

Almost new Duplex w/garage, 2 bdrm., stove, DW, W/D hookup, \$575/mo. + dep. 736-0927

Charming 2 bdrm cond, close to CSI. \$485 + dep. no smoking. 734-5714

DELUXE Apt. \$495 dep. Refrig, W/D & Trash Pd. Refrig, w/ice maker, self cleaning oven, DW. Call 734-6181 or 734-7309.

West side of town - 2 bdrm main floor, appls., washer or dryer hookup, water/sanit incl., \$450 mo. **THE MANAGEMENT CO**
733-0739.

604 UNFURNISHED APTS/DUPLEXES
NE lovely area, Nice 2 bdm. brick, AC, car ports, yard, patio. No smoking or pets. Avail. 11/1. Lease, \$500. 734-0217

NE Nice, clean 2 bdrm apt. Washroom in basement. Ideal for a couple. No pets of any kind. \$550/mo + \$200 sec. dep. Call 733-5090

1, 2 bdrm. apts., \$336 & up, refurbished. DW & laundry facility. 2 & 3 bdrm. townhouses, W/D hookup, small yard & storage. All quiet & clean. No pets. 733-8500

1 & 2 bdrm apts. Laurel Park Apartments. 176 Maurice St. N. TF 734-4196

604 UNFURNISHED APTS/DUPLEXES
Extra nice apts!
Large 2 bdrm, stove, refrig, disposal, private W/D, off street parking downtown, no pets. \$500/mo + dep 734-5781 apt @ 4:30pm

2 - 2 bdrm. townhouses Garage w/opener, microwave, refrig, AC, DW, W/D hookup, gas heat, water, patio, private. No pets. Refs: 5575/5525 + dep. 734-7409

2 bdrm upstairs apt, gas heat W/D hookup, stove, refrig, 3935 utilities, water and trash furnished. 1 year lease minimum. No pets, no smoking. Call for appt. 734-2558

Clean, quiet, 1 & 2 bdrm apt. No smoking or pets. \$375/mo + dep 734-2822

2 bdm. apt. near Penton Elementary, laundry room, ample storage and closet space. \$425/mo + \$300 security, dep. Call for more info. 733-4330.

604 UNFURNISHED APTS/DUPLEXES
Clean, quiet, 2 bdrm. upstairs apt. Some utilities incl. No pets. \$400/mo. 734-6294 or 325-1127, leave message

1 bdrm \$300 + deposit. Economical utilities, newly remodeled. 733-3824.

\$500/mo. - All utilities incl. 2 bdrm, 1 bath apt. All appliances. Call 736-7484

2 bdrm. townhouse. \$450/mo. + \$225 dep., no pets. 738-2338

Clean 2 bdrm duplex. Carp. port. Utility Room. No pets. \$400/mo. 733-1221

605 ROOMS FOR RENT
Clean, affordable rooms. \$45/wk. 736-2431 or 731-2431 or 734-3540.

Flexible winter rates in Jerome. Some kitchenettes. Weekly rates \$125. Holiday Week \$24-29!

MOTEL 3
Rooms for rent: Low rates. Daily & weekly. Phones, microwave & refrig. Convential downtown location 733-8630.

Rooms for rent, \$80 per wk, microwave & refrig. util. paid, color cable TV, no pets. 1201 Kimberly Rd.

606 MOBILE HOMES
MOBILE HOME in RV Park. 2 bedroom, 1 bath, \$400/mo, plus deposit, water & sewer included. Call Steve @ Halvorn Realty. 734-4334.

Why rent? 3 bdrm. 2 bath, dbl. wide. \$500 down at \$385/mo. OAC Call Jeff Smith at 733-2224

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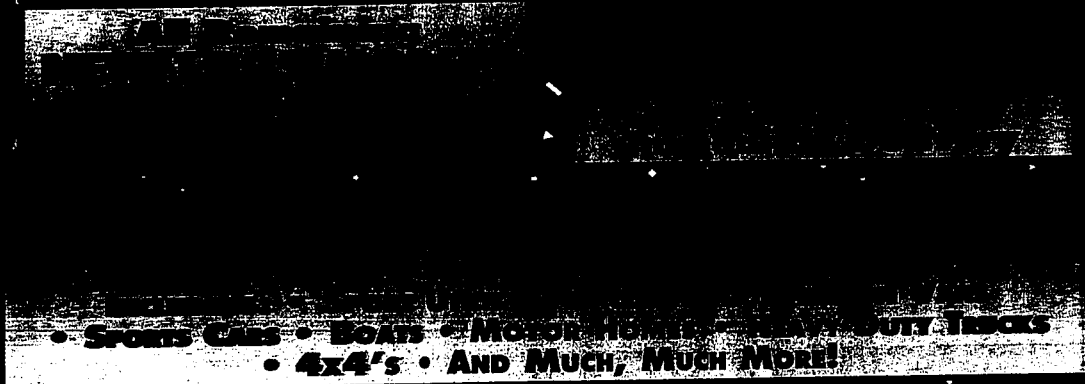
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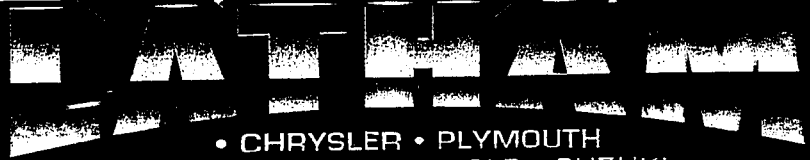
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Health & Fashion

Just forget about it; it's good for you

Dr. Sidney B. Simon and Suzanne Simon have written a book called "Forgiveness: How To Make Peace With Our Past And Get On With Your Life," which contains crystal-clear directions to help those whose hardships, pains, and repressed emotions from the past have grown too heavy to bear.

As they say, "We can put our emotional baggage aside — once we know there's another way to travel."

Illustrating the success of one person who had plenty to forgive (and demonstrating to the reader that forgiveness, even for the most grievous of acts, is possible), the Simons tell the story of Marie Balter, who was born to an unwed, alcoholic mother who would not take care of her.



Julie Larson
Psychology

Placed in foster care at age 5 and later adopted by a couple whose severe disciplinary measures included locking her in the cellar, by age 17, Marie was virtually paralyzed by depression and suffered muscle spasms, choking, hyperventilation and hallucinations, which doctors misdiagnosed, labeling her as schizophrenic.

In 1947, she was committed to a state mental hospital, where she experienced 17 years of utter hopelessness and despair. Finally, in the early 1960s, doctors reevaluated Marie's condition, assessing her as suffering not from schizophrenia, but instead, from depression and a panic disorder.

As a result, she was released from the hospital.

"At age 34," the Simons observe, "Marie had to decide what to do with her life, and she had every reason not to do much with it at all.

After all, she had been abandoned and almost locked away from the world, and robbed of 17 years of "normal" living. She had every right to feel angry, bitter, sad and hopeless; to take it easy and live day to day, expecting and settling for whatever she got.

But that's not what she did. Marie married, earned a bachelor's degree from Salem State College and a master's degree from Harvard. She worked with psychiatric patients, lectured, and wrote her autobiography, which in 1986 was made into a television movie starring Mario Thomas. Then in 1988, when Marie was 58 years old, she returned to the institution where she had been confined for so many years — not as a patient this time, but as the hospital's community affairs director.

"In an Associated Press article announcing her appointment, Marie Balter explained her triumph over enormous adversity in this way: "I would not have grown one bit," she said, "if I had not learned to forgive."

We all have been hurt in the past, some of us much more than others. For those whose hurts have significantly interfered with life's progress, the Simons' book "is about recognizing connections between the past and present, wrapping up unfinished business and putting it behind you once and for all... (and it) is about forgiving the people who hurt you, not as a favor to them, but so you can let go of the pain and get on with your life."

We can choose to forgive, the Simons emphasize, "or we can choose to believe that the people who hurt us should pay for the

Please see LARSEN/D2

Inside

Cosmetics Q&A
Lesson page

D3
D4

Making CONTACT with the right CONTACTS

By Cathy Walworth
Times-News correspondent

TWIN FALLS — Tired of seeing double, Thomas Young developed the first contact lenses in 1801.

Since those first, water-filled glass tubes, contact lenses have seen steady improvements and a growing number of fanciers. With just a couple of black eyes along the way.

But you could be your own worst enemy in the quest for good looks combined with good vision.

Though most eye-care professionals, as well as their myopic patients, rave about contacts, they're not quite for everyone. Recent studies show that a small percentage of contact wearers get eye infections.

That's because, researchers and doctors found, contacts shouldn't be left in the eyes overnight.

Extended-wear soft lenses were developed to be worn up to seven days without taking them out of the eyes. The supposed benefit would be less handling, which should mean less chance for infection.

Wrong, says Dr. Terry Trammer, optician for Mountain West Optical.

"There is an increase in infections if you don't clean them daily," he said.

"The longer they're in your eye, the quicker proteins in the eye build up, get on the lens and wears the lens out," Trammer said.

These protein molecules, he said, look like little bumps under a microscope, and when they adhere to a lens, they grind down the lens and feel rough and sandy.

Another downside to extended-wear lenses, according to the Contact Lens Council, is that although they correct most, they don't correct all vision problems, and are responsible for a higher incidence of corneal ulcers than daily wear contacts.

"Corneal ulcers can happen to anybody," Dr. Steven Snapp, another optician at The Eye Center, explained. You could get poked in the eye with a sharp stick, but

Please see CONTACTS/C2

Particles in the eye

Wear safety glasses when operating electric saws, grinding wheels or other power tools to protect eyes from flying particles.

Flush eye out with water if specks of dust or other particles lodge in it.

Have a physician remove glass, metal, wood fragments or any particle that sticks in the cornea.

Blows to the eye

Wear safety glasses when playing rough sports to prevent injuries caused by balls, rackets, hockey pucks or other equipment.

SOURCE: American Optometric Association; research by PAT CARR

Saving your sight

About 2 million eye injuries occur in the U.S. each year. Many eye injuries can be prevented. Some tips for preventing eye damage:



Chemical burns

Wash eye out with water; call a physician

Foolish behavior

Making: Never share eye cosmetics or moisten them with saliva.

Contacts: Before inserting lenses, make sure lenses and hands are clean; never moisten with saliva.

Sun lamps: Always wear special goggles to prevent burns.

For more information: Call the American Optometric Association (314) 991-4100

KRT Infographic

Who's who in the contacts world

All about contact lenses, from the Contact Lens Council, an industry trade group:

Rigid Gas Permeable lenses — Made of slightly flexible plastic that allows oxygen to pass through to the eyes, their benefits include crisp vision, ability to correct most vision problems, ease of care, durability and available in tints and daily-wear and extended-wear designs. Limitations: They require consistent wear to maintain adaptation and can slip off center of eye more easily than other types.

Daily-wear soft lenses — Made of soft, flexible plastics that allow oxygen to pass through to the eyes, their benefits include very short adaptation period, more comfortable and more difficult to dislodge than RGP lenses. Limitations are that they don't correct all vision problems, vision may not be as sharp as with RGP lenses, and they require careful cleaning and care.

Extended-wear soft lenses — Available for overnight wear, benefits are that they can usually worn up to seven days without removing and may be useful as a therapeutic device in certain eye diseases. Limitations are that they don't correct all vision problems, require more frequent office visits for follow-up

care, higher incidence of corneal ulcers than daily wear.

Extended-wear disposable soft lenses — These are lenses worn for an extended period of time, from one to six nights, then discarded. Benefits are that they require little or no cleaning and that they're available in tints and bifocals. Limitations are that they may not be as sharp as RGP lenses, don't correct all vision problems, are harder to handle and have a higher incidence of corneal ulcers than daily wear lenses.

Frequent and planned replacement soft lenses — These soft daily wear lenses are replaced on a planned schedule, usually every two weeks, monthly or quarterly. Benefits are that they assure fresh, clean lenses when replaced and are available in most prescriptions. Limitations: Vision may not be as sharp as RGP lenses, and they don't correct all vision problems.

Daily disposable soft lenses — Single-use lenses that are designed to be worn for a single day, they are discarded at night and replaced with a new pair. Benefits: No lens care is required, great for active lifestyles and may be better for allergic eyes. Limitations: They're more expensive, and they don't work on all vision problems.

Area careerwear show mixes fashion along with travel, finance

By Steve Crump
Times-News writer

TWIN FALLS — The idea of career-wear fashion show isn't new, but it's definitely found an audience here.

"As of Friday, I think we had about 68 confirmations" for Wednesday's "Fun, Fashion and Finance" show, said Dan King, who's coordinating the event. "We had so many people calling and offering to help, that I think we may do it quarterly."

King's employer, stockbroker Edward D. Jones & Co., is sponsoring the show along with Christine's Clothier, Desert Sun Travel and Hattech. Rosie Simcoe, who runs Desert Sun Travel, will be the narrator.

"We'll have career clothes, leather coats and evening wear," said Carol Collins of Christine's Clothier. The "It" include fashions from JH Collectibles and Karen Alexander, among other designers.

Careerwear is the second-fastest growing segment of the women's apparel market, according to the New York Daily News.

"The idea is just to show a variety of

Where to go

The 'Fun, Fashion and Finance' show is scheduled for Wednesday from noon to 1:30 p.m. at The White House, 365 Blue Lakes Blvd. N. Lunch will be provided. There is no charge, but reservations are required. Call 734-9106.

what's available," Collins said. "The models will be Suzie Ward, Lisa Donnelley, Margaret Burks and Lavon Bonar.



ANDY ARDIZZI/The Times-News

Carol Collins, left, and Louise Slater model work clothes that are solid investments for financially fashionable women.

Looking good

Petites find little selection at the store, says consultant

Knight-Ridder News Service

Whether you choose red or a less dramatic color for your wardrobe, fashion consultant Bernadette Giorgi has a few tips for petites who want to have a big impact.

"The days of the 'one little thing' are gone," she says. "Just because you're small doesn't mean you can't be sophisticated."

The monochromatic look is almost always the wisest choice for career dressing. "It's the best look for elongating and slimming the body. If you want contrast, put a darker color under the jacket."

Wear A-line skirts whenever you can. They are slimming as well as elongating.

Avoid mid-calf skirt lengths. They are not flattering to the leg, and tend to make the body look dumpty.

Do try new lengths, however. Just above the knee is perfect for petites. If you don't like shorter skirts, just below the knee also works well. Avoid pleats at the waist. The extra fabric tends to make the torso look heavier. A pleated blouse will work, though, "if it is a single pleat or a very soft, flat pleat," with no bunching at the waist.

Choose shirts that are not too boxy looking, nor too long.



The monochromatic look and knee-length style, like this ensemble from Oscar de la Renta, are two hallmarks of smart fashion for petites.

Photo courtesy Helen Christian Clothing

Health notes

Food on the brain I

Here's the dope on diets: Diets make you dozy, and they don't work anyway, British researchers report in New Scientist magazine. But they say it's the stress of dieting, rather than the lower food intake, that makes people forgetful and vague. "The effects are similar to anxiety," the study's leader says. "Constantly thinking about food and worrying about diet means that dieters don't have enough mental processing capacity to deal with tasks properly."

Food on the brain II

But overeating can make you forgetful, too. Responding to diet surveys, obese people often underestimate the fats they consume, says a report in the British Medical Journal. "We don't know if it's lying or a subconscious omission," a researcher said. "We just know obese people and weight-conscious people tend to give biased reports and they tend to be in the fat portion."

Fertility drugs and cancer

Good news, women: Australian doctors report they've found no link between the use of fertility

drugs and cancer. Several previous studies have indicated a link, although a tenuous one, between the use of drugs meant to stimulate ovulation and cancer, especially cancer of the ovaries. But this latest study, reported in the Lancet medical journal, found no such cause-and-effect. However researchers followed the test subjects for only one to 15 years, and say longer-term studies, using a broader base of women, are needed.

Something to sniff at

Hey, guys, maybe all those TV aftershave commercials showing gorgeous women draping themselves all over men with lean, clean shaves really were onto something. Synthesized human pheromones added to aftershave lotions increase the romantic attention men receive from women, according to a study by Winnifred B. Cutler, reproductive biologist and founder of the Athens Institute for Women's Wellness Research in Havertown. Her study, presented at a meeting of the American Society for Reproductive Medicine, measured such behavioral indicators as "Affection" (hugging and kissing) and "Sleeping Next to a Romantic Partner."

Compiled from wire reports

Contacts

Continued from D1
 most ulcers of the corneal surface are a result of sleeping with lenses in, he explained.
 "People who sleep in their lenses are about 10-15 percent more likely to have corneal ulcers than those who take their lenses out at night," Snapp said. "We don't recommend that our patients wear any lens overnight any more."
 For each successive night you sleep with the lens in, the risk goes up," Snapp said. "I love contacts. I think they work great, but I don't like people sleeping in them. We don't feel the risk is worth it."
 Infection occurs when the cornea is scraped, opening a door to bacteria and viruses that are already there, Snapp explained. "It's in the eye, in our lashes, on our skin all the time. It's just something we do with every day of our lives."
 But bacteria, fungi and scented eyes are only part of the problem. Lenses are covers: Some let more oxygen pass through to the eye than others, which is a good

thing. But when you sleep, the eye is covered with the additional air-tight layer of the eyelid. Not a good thing. Bacteria love anaerobic environments.
 Gas-permeable lenses allow more oxygen to reach the cornea than the old hard lenses that wouldn't allow any oxygen to pass through, or the newer daily or extended-wear lenses. They also allow a crisper vision, can correct most vision problems, last a year or two, and are available in bifocals.
 Rigid Gas Permeable lenses are made of a slightly flexible plastic that lets oxygen to pass through to the eyes. Because of their "slightly flexible" composition, they allow

the doctor to fit patients for astigmatic correction.
 "The RGP will actually change the shape of the cornea, rather than shape itself to the cornea," Tranmer said. They also must be cleaned properly every day.
 The Contact Lens Council recommends that lenses cases also be cleaned, rinsed and air-dried, since they can harbor bacteria nicely. Wash your hands before handling lenses with a non-perfumed hand soap, they say.
 Contacts stored for more than 12 hours should be cleaned, rinsed and disinfected. Never use saliva to clean lenses, or non-sterile homemade saline solutions.
 Good candidates for contact lens wear are people who don't mind

taking good care of them, Snapp said.
 "A good candidate is motivated, willing to clean and replace them, get checkups on time," he said. "Those things are critical because lenses differ from glasses in that they are medical devices, fitted to a part of the body."
 As easy as the cleaning routine is, most people get lazy and apathetic, Snapp said. "They figure as long as they're seeing OK."
 He estimates 50 percent of all contact wearers don't take care of them like they should. With those kinds of numbers of people neglecting their eye care, it's a wonder more don't suffer eye infections.
 "Overnight wear was for convenience," Snapp said. "But overnight-lenses got to be month-lenses."
 Still, removing and cleaning contact lenses may be a small price to pay for the inconvenience of pushing smudged glasses up your nose.

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- NO SERVICE FEES -

Survey finds Americans eat terrible diet

The Washington Post
 Nearly all Americans recognize the importance of eating a healthy diet, but only about a third say they are doing all that they could to eat a balanced diet, according to a national survey by the American Dietetic Association released last month.
 That's a 9 percent decline from a similar survey conducted by the ADA in 1991. Taste was a leading stumbling

block to eating a healthful diet; 36 percent of respondents reported that eating a healthful diet means giving up some of the foods they enjoy eating most.
 Time was another barrier. They simply didn't have enough hours in the day to carefully track what they eat, 21 percent of the respondents said. Another 21 percent cited contradictions in nutritional reports as one of the reasons they didn't eat a more-healthy diet. Nearly half of respondents characterized the

amount of nutritional information released in the past five years as "somewhat or very confusing."
 Yet despite their confusion, 71 percent of those polled said they read the revised food labels required by the Food and Drug Administration.
 Most liked the new labels and considered them an improvement. Nearly half found the label information easy to read, compared with 26 percent of those polled in 1993, before the new labels were instituted.

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Larsen

Continued from D1
 pain they caused, that they deserve to be punished, not forgiven. What's more, because they were angry and hurt, we felt obliged to mete out the punishment, which we do by not forgiving them, by continuing to resent them and snipe at them, by not speaking to them and generally refusing to connect them to the human race.

to wholeness. But first you must choose to change — to pack all your pain and burdens in your suitcase (that you'll unfold along the way) and get ready to travel the road to forgiveness.

Next week: The six steps to forgiving and healing.
 Joanne Larsen, who grew up in Kimberly, is a Salt Lake City family counselor.

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Such "grudges are like an emotional scab that we peel and rub and pick at until it becomes infected and poisons every corner of our lives. For one thing, holding a grudge consumes an enormous amount of energy. We use up our energy on vindictiveness, keeping score, and conjuring up ways to get even; we land a few punches and inflict a few wounds, lashing out at both the people who hurt us and those who just happen to be in the line of fire when we let loose. With so much of our time and emotional energy going into this seemingly endless cycle of pain, smothering rage, and subtle or not-so-subtle paybacks, we have little left for the good things in life and none at all to make ourselves and our circumstances any better than they are."
 "We may also bury our pain in alcohol or drugs; under mountains of work; or with food and "when the pain or emptiness returns — you simply take another dose of your preferred "painkiller" or "empress filler," traveling the same escape route again and again — and again... but unfortunately the path you choose is a dead-end street that (has) left you in the middle of nowhere saddled with unhealthy habits and even self-destructive addictions."
 Or, the pain you have buried can lead you to retreat from closeness, to build walls, to damage the relationships you do have, or even to repeat the past — abusing others as others have previously used you.
 But, say the Simons, there is a way out, and they offer six steps to the healing process and the journey

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FACE System offers customers nothing but expensive workout

DEAR PAULA: I am from Seattle and used to talk to you when I have my nails done at your cosmetics store years ago. I feel like I have known you for years. I have always respected your knowledge and would love to know what you think of this machine called the FACE System. It costs \$500 and is supposed to improve facial tone and increase blood flow to the face. It was supposedly developed by Dr. Albert Klugman from the University of Pennsylvania (the inventor of Retin-A). Doesn't that make this one more reputable? I hope you continue researching and writing. After all these years, you are still the only one I can turn to for objective information. —Laurie, Seattle

DEAR LAURIE: You had your nails done in my store! That was at least 12 years ago. Can you believe that much time has passed? I know I can't.

In regard to the FACE (Functional and Cosmetic Enhancement) System: This very pricey little machine is nothing more than a neuromuscular stimulator.

This type of machine has been around for many years as a way to prevent muscles from atrophying. It



Cosmetics Q&A
Paula Begoun

sends a mild electrical shock to a muscle, the muscle contracts, and once the voltage is turned off the muscle relaxes. In this way you "exercise" a muscle that would otherwise not get used.

These machines can have some benefit for certain muscle groups that don't get any exercise. According to the directions for the FACE System, you are meant to use this machine daily for at least six months, 40 minutes each day, and then three times a week for maintenance. Does that sound as absurd to you as it does to me? Unless you are unable to use your face, it probably gets plenty of exercise, and the muscles are as big as they are going to get or as big as you want them to get.

Their brochure trumpets such results as reduction in crow's feet, reduction in upper lid drooping, and improvement in the nasolabial folds, but I think it's a matter of the

skin being irritated and plumped up after being "shocked" by electrical charges for extended periods of time, over many months (and for the rest of your life, according to the brochure). After all, how much electrical shock can one face take without swelling up?

There seems to be little difference between this machine and repeated facial exercises (which have no benefit for the face; they've been around since forever and we still have wrinkles).

My strong suggestion is to save your money and time. Surely you have better things to do than put electrodes on your face for 40 minutes every night, such as exercising your whole body by going for a walk or bicycling, which will make you look healthy and beautiful all over. Just ask your doctor, I'm sure she'll agree, unless she's selling this machine.

Paula Begoun is the author of several books on cosmetics, including "Don't Go to the Cosmetics Counter Without Me" (Beginning Press, \$13.95), a no-nonsense paperback guide to brand-name cosmetics.

Detailed diet plan, exercise increased weight loss

BATON ROUGE, La. (AP) — Women in a weekly diet program lost 50 percent more weight, snacked less and bought more fruits and vegetables when given detailed meal plans and grocery lists, researchers report.

The researchers also found that women who were told to exercise in 10-minute bouts four times a day exercised more and lost more weight than women told to exercise for 40 minutes once a day.

Rene Wing, a psychologist at the University of Pittsburgh and one of the study's authors, described the findings Monday at the annual meeting of the National Association for the Study of Obesity.

The women given detailed meal instructions and shopping lists at their weekly weight-loss meetings lost about 26 pounds in 26 weeks, compared with a weight loss of 17 1/2 pounds in women who were told to exercise but were not given the same detailed eating instructions, Wing said.

A year after the study ended, both groups had regained weight, but the women who had received the meal plans were still about 15 pounds below where they had started, compared with about 7 pounds in the others.

"It's a dramatic difference in weight control," Wing said. "It also led to more regular eating" after the study ended. Women had more fruits and vegetables in their homes, and they were more likely to eat breakfast and lunch regularly and avoid snacks, Wing said.

The findings suggest that structured weight-loss programs are internally likely to be more effective than flexible plans, she said.

The researchers also experimented with actually providing boxes of food for the women each week, but that produced no additional benefits, Wing said.

Patrick O'Neil, a psychologist and director of the weight management center at the Medical University of South Carolina, said the study "clearly does show pretty convincingly that a more structure that can be provided to the weight manager — I don't like the word 'diet' — the better."

All of the women in Wing's studies participated in a 26-week series of weekly meetings aimed at changing their dieting and exercise behavior. They were told to eat 1,000 to 1,500 calories per day and exercise more.

They were also educated about nutrition and given advice to help with such problems as staying on diets during holidays and coping with non-dieting spouses. A total of 163 women participated in the study of meal plans.

In a separate study of 66 women also on the standard weekly program, Wing's University of Pittsburgh colleague, John Jakicic, told half of the subjects to increase their exercise until they were doing four 10-minute bouts per day. The other half were instructed to gradually increase exercise in a

single bout until it reached 40 minutes per day. Most of the women chose walking for their exercise.

The women who exercised in short bouts exercised more overall and lost about 20 pounds after 26 weeks

months. The women who were told to exercise in longer stretches lost about 13 pounds.

There is no question that exercise is probably the single best predictor of long-term weight loss," Wing said.

Researchers are gaining on curbing appetites

The Washington Post

Two research groups report new progress in understanding leptin, the appetite-suppressing hormone that made news last summer when a drug company said it hoped to market the substance as a cure for obesity.

In July, scientists reported that injecting leptin into fat mice suppressed their appetites and sped up their metabolism, slimming them down to normal weights in weeks.

Leptin is produced by fat-storage cells when they take in fat. Scientists suspected that leptin then traveled in the bloodstream and acted on the hypothalamus, the brain region that regulates appetite and metabolism. During fasting or starvation, when fat cells make no leptin, appetite increases and metabolism shifts to more efficient processes that conserve calories.

When food intake is ample, fat cells pour out leptin, suppressing appetite and speeding metabolism.

Now a French group, led by Johan Auwerx at the Pasteur Institute in Lille, has reported in the Oct. 12 Nature that food intake has a short-term influence on leptin production. When rats were deprived of food overnight, the amount of leptin in their blood dropped, but when the animals were fed next day, the levels rose to normal within hours.

Further study found insulin was a factor. After a meal, the body normal-

ly makes insulin, which all cells need to take in sugar. In fat cells, insulin also causes leptin production.

A second report in the same journal, by Thomas W. Stephens and colleagues at Eli Lilly and Co., confirms that leptin acts on the hypothalamus. They found that it binds strongly to hypothalamic cells but not to others.

So, as research stands now, this is the sequence of events: Food intake stimulates insulin production. Insulin makes fat cells produce leptin. Leptin makes hypothalamus cells stop producing neuropeptide Y. The lack of neuropeptide Y reduces appetite and increases the body's rate of burning calories.

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- Drug Free Work Place (presentation to help employers, managers and supervisors comply with their Drug Free Work Place policies, including training on new Dept. of Transportation regulations on employee alcohol testing) * Monday, October 23, 7:30 - 9:30 p.m. or Friday, October 27, 9 - 11 a.m., Center for Continuous Learning (located at the back of our north parking lot). No charge. For more information, call 737-2906.
- Childbirth Refresher Program * Tuesday, October 24, 7 - 9:30 p.m., Center for Continuous Learning (located at the back of our north parking lot). Preregistration required. Call 737-2900.
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- Sex, Drugs, and OSHA: an orientation to federal regulations about safety and health at the workplace for employers * Wednesday, October 25, 7:30 a.m. - 5 p.m., Canyon Springs Inn. Reservations required by calling 733-3974.
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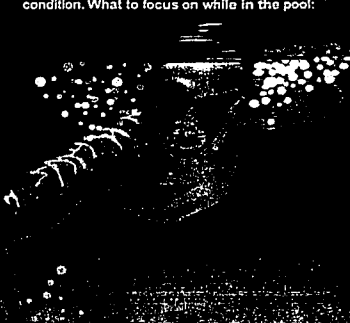
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the lesson page

Swimming workout elements

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■ **Maintain good stroke technique** What is your body position? How are your arm and leg motions? Where is your head?

■ **Enjoy!** You're doing something for yourself that's good and fun.

SOURCE: "Swimming for Total Fitness," Dr. Jane Kopeck, research by ROY GALLUP
KRT Infographics/LEE HULTING

Cancer survivors battle side effects of treatment

The Baltimore Sun

BALTIMORE — The first generation to survive childhood cancers in large numbers is discovering that some of the same treatments that destroy tumors with toxic force can cause serious side effects to surface years later.

As more children outlive their cancers, doctors are drawing links between curative therapies and delayed problems such as early puberty, sterility, stunted growth, learning disabilities and weakened hearts.

At the Johns Hopkins Oncology Center, physicians are taking a second look at cured patients to see if they are suffering long-term effects of treatment.

They have found people like Eric Kincaid, 26, of East Baltimore, who survived leukemia at 10 but quit school in the 10th grade because he couldn't concentrate and complete his work — the possible result of radiation treatments that targeted his brain.

Delayed side effects are a cruel blow for many people who ended years of surgery, chemotherapy and radiation believing the ordeal of cancer was over.

Learning the cause, however, can be strangely liberating.

"In a weird kind of way, it was gratifying, like turning on a light," Kincaid said. "At least I know it's not totally me."

As many as 10 percent to 15 percent of children who survive cancer suffer severe complications in the years that follow — while up to a quarter suffer mild to moderate symptoms, some studies show.

Radiation treatments that burn away brain tumors also can hinder learning, retard growth and spawn new cancers. One class of anti-cancer drugs can weaken the heart, placing patients at risk for heart failure as they age.

Some drugs damage sex organs, forcing youngsters to face the prospect that they will never conceive when they grow up.

This year, doctors and nurses at the Johns Hopkins Oncology Center have begun to track patients who were declared cured five, 10, even 20 years ago. Their goal is to document and help people overcome the delayed consequences of treatments — and to

fashion therapies that are less damaging but no less effective.

Hopkins has contacted 100 of the 700 people who have survived at least five years past therapy. Doctors and nurses are evaluating five new patients a week, and hope to see 200 survivors by year's end.

Many people are hearing for the first time that treatments that saved their lives might explain why they can't keep up in class or hold down a job.

"Some of the problems are subtle," said Dr. Cindy Schwartz, who heads the "late effects" clinic at the Johns Hopkins Oncology Center.

"Some of these children are not retarded, but school is a little more difficult for them. They were passed along in the school system. They were quiet and didn't get great grades, and they ended up not learning a lot."

Long-term effects weren't much of a problem in years past, when cancer simply killed the vast majority of its young victims. In the 1960s, for instance, doctors cured only about 10 percent of afflicted children.

The hallyhood War on Cancer has failed on many fronts — such as curbing breast cancer deaths — but it has scored shining victories against childhood leukemia and some solid-tumor cancers. Today, doctors estimate that two-thirds of afflicted youngsters will survive their malignancies.

Dr. Curt J. Civin, chairman of pediatric oncology at Hopkins, said he cannot credit revolutionary treatments. There have been few, but doctors have become more creative in deploying old drugs along with radiation and surgery.

Doctors, for instance, have learned to use chemotherapy drugs in combinations rather than singly.

This way, if a tumor becomes resistant to one drug, it might succumb to another before it gathers strength and grows.

"But these battles are being won with drugs that aren't very smart," Civin said.

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I have received extensive training aimed at getting people well (where prudent) without the use of drugs or surgery. I am also highly trained to know the limitations of my profession, and to make referrals to the appropriate type of doctor, when indicated. I feel strongly about treating patients the way I would want to be treated. That includes sending them somewhere else, if they could be better helped by someone outside my field of expertise.
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Fitness-in-a-bottle can cause danger

Knight-Ridder News Service

Fitness is often organized around competitive events or goals. This competition can take the form of an opponent or of personal improvements on records, times, etc. Because of this, ergogenic aids — performance enhancing products — are big business.

"Fitness-in-a-bottle" can not only be expensive and generally ineffective, it can also be dangerous.

Drugs used illegally or inappropriately to enhance performance are borrowed or purchased from prescription users, obtained by soliciting an unneeded prescription, or bought on the black market. Unfortunately, adverse secondary side effects are common. Similarly, if ergogenic aids are purchased on the black market, it is impossible to determine what has been added to the original product to increase profit for the seller.

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