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Good morning

Today's forecast:
 Partly cloudy with a slight chance of showers and thunderstorms. Highs in the lower 80s. Tonight partly cloudy with lows 45 to 55.

Local

Graffiti effort honored

Rupert has received an achievement award from the Association of Idaho Cities for its efforts to curtail graffiti.

A harrowing tale

A Buhl rancher who survived a harrowing infection, will tell his story on NBC's Oprah Winfrey Show at 4 p.m. Wednesday.

Sports



Blown away

Michael Johnson ran away with the 200-meter world record Sunday in the U.S. Track and Field Olympic Trials.

So close

John Cook came within an errant chip shot of tying the record for lowest-ever score in a four-round pro golf event.

Centre Court takes stage

The world's premier tennis tournament starts today with returning men's and women's champs in tough spots.

Health & Fashion

Managing cholesterol
 It's not just diet and lifestyles: Curbing cholesterol is a holistic effort.

Opinion

Bad for Idaho

A pair of destructive initiatives may show up on the Idaho ballot this fall, a guest editorial says.

Nation

Just go away

Greenville, Texas, residents are fed up with the tension, fires and visits from the Ku Klux Klan.

Uncontract with America

Congressional Democrats rolled out the "Families First Agenda," an election-year agenda Sunday which the GOP is dubbing the "Uncontract."

Inside

Section A	Section B
Weather.....2	Features.....1-7
National.....3,11	Dear Abby.....3
Local.....4	Movies.....5
Obituaries.....5	Comics.....6
Idaho.....6	Legal notices...7
Sports.....7-9	Classified...7-12
Opinion.....10	
World.....12	

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Award-winning officer



Sgt. Ron Taylor received a Silver Star Award from the state's Council on Domestic Violence for his work for the Blaine County Sheriff's Department.

Blaine County officer earns state honor

By Julie M. McKinnon
 Times-News writer

HAILEY - Drugs, alcohol and lack of communication often lead to family strife. So when Blaine County Sheriff's Department Sgt. Ron Taylor lectures about preventing substance abuse and crime, he's also trying to hinder domestic violence in the largely affluent Wood River Valley and elsewhere.

"Domestic violence is part of the job," said the former bull rider and ranch manager, selected by the state's Council on Domestic Violence for a Law Enforcement Silver Star Award.

"Everybody I teach eventually falls back into some home problem," Taylor added. "It doesn't make any difference who you are. Your culture and your lifestyle are not exempt when it comes to domestic violence."

Tuesday evening, Taylor will be one of

two law-enforcement officials receiving the Silver Star Award from Attorney General Alan G. Lance. Twenty-two people were nominated for the award.

Reports of domestic violence - an all-encompassing term Taylor said he doesn't like - are increasing dramatically in Blaine County. More people are aware of the help they can get from Advocates for Survivors of Domestic Violence, Taylor said, and more know law-enforcement agencies will respond to calls.

"They're handling them very well," said Taylor, who has responded to about 30 calls himself. "We do have a problem, and I'm glad we're working on it."

"Law enforcement has come a long ways in education. The sheriff's office works closely with the advocates organization, Taylor said, and officers follow up on how victims are doing. The county also has a new law preventing anyone arrested on domestic-violence charges from seeing the victim for 72 hours.

State legislation going into effect July 1 also will help law-enforcement officials deal with domestic-violence issues, Taylor said. More legislation may be on the way, he said.

By definition, a batterer is no longer just a person 18 or older. Those who batter women they know are pregnant can be fined up to \$1,000 and jailed up to a year, twice as much as normal. Other new laws help make clearer what law-enforcement officials can do.

"It's there. It's black and white. We know our boundaries," Taylor said. "I think the problem isn't going away."

"Domestic violence doesn't have to be punches. It can be verbal abuse."

Men also may be victims, even though they're not willing to report it, Taylor said. "I think it's macho," he said. "Men are victims of domestic violence. We're not exempt."

'Survival' expo draws far right

Dallas Morning News

ORLANDO, Fla. - The strains of patriotic music drew the crowd into the lecture hall.

Past the barkers, past the food stalls, past the self-help booths, several thousand people walked through the Central Florida Fairgrounds last weekend listening for the message they came to hear.

This is Preparedness Expo '96, a festival for the far right. Despite the fairlike atmosphere, there is no cotton candy. The topic is reclaiming life and nation from the forces that threaten - whether internal or external, natural or unnatural.

Hear retired Phoenix police officer Jack McLamb exhort the crowd to hug the "undercover officers" and mainstream reporters who sit beside them despite the work they unconsciously do to help the "New World Order."

Hear militia leaders John Trochmann and J.J. Johnson complain about how they helped get the Freeman out of their Montana compound yet continue to be demonized by the press.

Or-hour-the-speeches, messages of practitioners of homeopathic and holistic medicine, organic farmers, financial planners and tax advisers. The common theme: self-sufficiency.

Preparedness Expos are held several times a year in cities across the nation. One took place in Dallas last year, and another may return in 1997.

Expo founder Dan Chittock of Ogden, Utah, said he got the idea about eight years ago when a natural disaster made him realize his family would not be prepared to deal with an earthquake or tornado.

"I thought it would be a good idea to get ready and help other people prepare," he said.

Most vendors hawk products that appeal to survivalist instincts - water and air purifiers, preventive medicines and food storage.

But there are the more exotic vendors, as well - such as blow-gun distributors and financial advisers dealing with offshore investments. And the politically minded offerings.

Videotapes and cassettes abound on topics such as the impending takeover of the United States by the United Nations and the New World Order. President Clinton is assailed in some: Ruby Ridge and the Branch Davidian tragedies in others.

Before each political talk in the main "seminar" hall, Steve Vaus warms up the crowd.

The musician and songwriter begins with a medley of patriotic standards like "America

Please see RIGHT/2

Glenns Ferry's 'Santa Claus' works all year round



W.L. 'Whitey' Summers holds a length of aluminum pipe he cut up to recycle. Proceeds of this efforts go to programs designed to help the elderly.

By John Ruprecht
 Times-News writer

GLENN'S FERRY - W.L. "Whitey" Summers of Glenns Ferry plays the role of Santa Claus for the elderly of Elmore County.

But instead of making people happy just one night a year, Summers stays busy helping people and delivering produce to the elderly every day.

"I'm 75, and instead of sitting around here watching the busbyes, I like to go get exercise," he said. "I might as well be helping people."

Summers is best known for gathering produce from local farmers and delivering it to senior centers in Glenns Ferry, and Mountain Home, and to 40 or 50 local homes as well.

"I just think he's a wonderful person from many views," Elma Goodman of Glenns Ferry said. "Every week all summer long he brings us produce that would otherwise be lost."

Goodman said Summers doesn't bring the elderly just any kind of produce - he always tries to bring them what they want.

"I came home the other day and sitting on the kitchen table was a box with a tomato and sever-

The Summers File

EVERYDAY HEROES

- Age: 75
- Home: Glenns Ferry
- Profession: Retired antique dealer
- Born: Bertrand, Missouri
- Family: Wife, Mary, died in 1986; no children
- Church: None
- Hobbies: None
- Good deed: Delivers produce to 40 or 50 senior citizens in retirement centers and residential homes. Also set up Mary L. Summers Drug Pre-

al ripe avocados. I love avocados," said Goodman. "He's thoughtful with everyone like that."

Delivering produce isn't Summers' only act of goodwill. After his wife died in 1986, he established the Mary L. Summers Drug Prescription Fund which "pays 40 percent of the prescription drug bill for low-income seniors."

Please see SANTA/2

Maybe Americans expect leaders to be covered with dirt

By William Neikirk
 Chicago Tribune

Analysis

WASHINGTON - The scandal mill that operates full-time in this city is grinding out an impressive volume of noxiousness these days.

The discovery that FBI files of 408 Republicans suspiciously wound up at the White House was breathlessly magnified, without supporting evidence, into the proportion of another Nixon-style "enemies list."

The final report of the Republican majority of the Senate White-water Committee attacked the president, the first lady and several former and current administration officials as perjurers, obstructors of justice and cynical abusers of power.

This is a city steeped in overheated rhetoric stung with equal fervor from both sides of the political divide.

If you believe Democrats, Republican House Speaker Newt Gingrich of Georgia wants to deny Medicare payments to the elderly, put poor children on the street or in orphanages, and create bleak White House conditions in cities while cutting taxes for the wealthy.

A culture of nastiness and deliberate engendering is crowding out civility, fairness, reasoned deliberation and the public's ability to separate the truly horrendous

First Lady 'spoke' to dead while brainstorming

The Associated Press

WASHINGTON - Hillary Rodham Clinton consulted with a spiritual adviser who led her through imaginary conversations with her personal hero, Eleanor Roosevelt, according to a new book about the 1996 presidential campaign.

Mrs. Clinton's spokesman said Sunday there's "nothing new" about the consultations with author Jean Houston and an associate, Mary Catherine Bateson, that were described in "The Choice," a new book by Bob Woodward, an assistant managing editor at the Washington Post.

"These were people who were helping her laugh, helping her think," said Neel Lattimore, the first lady's spokesman. "These were not seances."

The White House, hoping to minimize possible

political damage like that done by word of Nancy Reagan's use of an astrologer, depicted the consultations as simple brainstorming sessions for Mrs. Clinton's book, "It Takes a Village."

Neither President Clinton nor the first lady commented on the book Sunday after morning church services.

But in her syndicated column on June 4, the first lady acknowledged she has had imaginary conversations with Mrs. Roosevelt, whom she called "someone I wish I could have talked to in person about the role of a first lady."

"I occasionally have imaginary conversations with Mrs. Roosevelt to try to figure out what she would do in my shoes," Mrs. Clinton wrote. "She usually responds by telling me to buck up or at least to grow skin as thick as a rhinoceros."

Weather

IDAHO Weather

Monday, June 24
AccuWeather® forecast for daytime conditions and high temperatures

Location	Forecast
Coeur D'Alene	72°
Lowiston	71°
Boise	72°
Idaho Falls	81°
Twin Falls	82°
Pocatello	84°

Idaho forecasts

Magic Valley

Today partly cloudy with a slight chance of showers and thunderstorms. Highs in the lower 80s. West wind 10 to 20 mph. Tonight partly cloudy. Lows 45 to 55. Tuesday partly cloudy. Highs in the lower 80s.

The ultraviolet index forecast is 5, a moderate exposure level.

Extended regional forecast

Wednesday partly cloudy. Isolated showers and thunderstorms mainly over the mountains. Lows in the mid-40s to the mid-50s. Highs 75 to 85.

Thursday mostly cloudy with scattered showers and thunderstorms. Lows in the upper 40s to the mid-50s. Highs in the mid-70s to the lower 80s.

Friday partly cloudy. A chance of showers and thunderstorms. Lows in the upper 40s to the mid-50s. Highs in the mid-70s to the lower 80s.

Wood River Valley

Today mostly cloudy with a slight chance of showers and thunderstorms. Highs in the upper 60s. Tonight mostly cloudy with a slight chance of showers and thunderstorms. Lows 35 to 40. Tuesday partly cloudy with a slight chance of showers and thunderstorms. Highs 65 to 70.

Treasure Valley

Today mostly cloudy with scattered showers and thunderstorms in the upper 70s. Northwest wind 5 to 10 mph. Tonight mostly cloudy with widely scattered showers and thunderstorms. Lows in the lower 50s. Tuesday mostly cloudy with scattered showers and thunderstorms. Highs in the upper 70s.

Northern Nevada

Monday partly cloudy windy and cooler. A slight chance of afternoon showers and thunderstorms. Highs in the mid-70s to lower 80s. Monday night mostly cloudy with a slight chance of showers. Lows in the 40s to 50s. Tuesday mostly cloudy with a chance of showers and afternoon thunderstorms. Highs in the 70s.

Northern Utah

Monday sunny and warmer. Southwest winds 10 to 20 mph. Highs 90-95. Monday night clear. Mid-50s to lower 60s. Tuesday partly cloudy with a slight chance of thunder. Highs in the afternoon. Highs mid- to upper 80s. Chance of rain is less than 20 percent Tuesday. The ultraviolet index forecast is 9, a high exposure level.

Idaho weather summary

An upper level low pressure area, centered along the Pacific Northwest, pushed clouds and moisture into Idaho on Sunday.

NATIONAL Weather

The AccuWeather® forecast for noon, Monday, June 24

FRONTS: COLD, WARM, STATIONARY

WEATHER: H (High), L (Low), S (Stationary), F (Front)

PRECIPITATION: H (High), L (Low), S (Stationary), F (Front)

TEMPERATURE: H (High), L (Low), S (Stationary), F (Front)

National temperatures

City	Max	Min	Pcp
Albuquerque	91	59
Atlanta	98	78
Boston	87	57
Chicago	79	58
Dallas	95	75
Denver	77	67	01
Detroit	75	55	20
Houston	91	73	20
Houston	75	75	12.25
Indianapolis	88	64	28
Kansas City	80	60
Las Vegas	100	70
Los Angeles	78	61
Memphis	81	77
Miami Beach	90	78
Milwaukee	66	51
Minneapolis	73	50
New Orleans	89	73	1.09
New York	81	65
Pittsburgh	81	76
Portland, Me.	72	56	46
Portland, Ore.	72	55	24
Portland, Me.	72	56	46
St. Louis	93	74
Salt Lake City	87	54
San Francisco	71	50
Seattle	62	51	53
Spokane	62	48	05
Washington	86	78

Almanac

Idaho		Twin Falls	
Max	Min	Pcp	Yester
82	43	82
78	53	Last year
87	81	Normal
85	80	82
80	50	80

Twin Falls		Precipitation	
Max	Min	Month to date	Normal
82	43	26	74
78	53	10.26	74
87	81	9.11	74
85	80	9.11	74

Comfort factors	
Humidity at noon	18 percent
Barometer at noon	29.85
Pollen count	19, mostly grass
Country grass	low
Country alfalfa	low

Skywatch	
Sunset today	9:19 p.m.
Sunrise tomorrow	6:01 a.m.
Sunrise tomorrow	6:01 a.m.
Lunar phase	First quarter, June 23
July 10, 30; last quarter	July 7, 26
July 15
Visible planets	Morning: Jupiter, Saturn, Mercury, Mars, Evening: None.

Temperature extremes

Idaho: High, 81 degrees at Burley and Malra, Low, 54 degrees at Milllan. Nation: High, 109 at Coolidge, Ariz. Low, 28 at Wisdom, Mont.

For up-to-the-minute weather information

Tune to the National Weather Service radio band at VHF-FM 162.4 or 162.55 MHz or call 423-4423. The Internet address for Idaho Transportation Department road reports is <http://www.state.idaho.us/dtd/rptdm.htm>

Fire danger

The fire danger index for south Idaho is high and very dry. For forest lands: No report available for today. For range lands: No report available for today.

Thunderstorm flooding kills 1 in West Virginia

The Associated Press

Heavy rain caused severe flooding early Sunday in the central Appalachians, killing one person in West Virginia. Rain also fell along the Gulf Coast and across the upper Great Lakes.

At least six people were killed in a flash-flood in a one-hour period, flooding roads in Cabell, Mason and Putnam counties.

At least 6 feet deep in low-lying parts of Cabell County, enough to wash away cars, said Bob Leg, assistant fire chief in Milton.

One woman drowned when her car was caught by flooding. Lower Creek and washed downstream near Milton, West Virginia. No other weather-related injuries were reported.

A flash-flood watch for most southern West Virginia counties was canceled as high water receded Sunday. However, more rain was possible, the National Weather Service said.

Thunderstorms also were likely across much of the rest of the Ohio Valley, including Ohio, Kentucky and Indiana, as well as likely to move into northern West Virginia. In the South, afternoon thunderstorms formed along the Gulf Coast, especially in Florida, Texas, and Louisiana, where 2 to 3 inches of rain was possible.

In the South, afternoon showers spread across northern Minnesota into parts of northern Wisconsin and northern Michigan.

Showers also were scattered across sections of Oregon and Washington as a strong low-pressure system moved in from the Pacific.

And overnight thunderstorms were possible from the Dakotas southward into Kansas and Missouri, with showers extending westward into eastern Colorado and Wyoming.

Much of the Northwest was dry and sunny, however, in contrast to severe thunderstorms that struck New Jersey on Saturday. High wind damaged mobile homes, and 22,000 customers were without power at some point during the storm.

Series of weak links put oxygen canisters on doomed flight

The Washington Post

WASHINGTON — Early on the afternoon of May 11, a baggage handler walked to a Miami airport gate and handed a cargo manifest to ValJet Airlines' first officer Richard Hazen. Where, the handler asked, did Hazen want a thousand pounds of company material loaded?

The 55-year-old former Air Force pilot, who was about to fly a DC-9 to Atlanta, where ValJet is based, looked over the list. According to the manifest, the material consisted of several aircraft tires and "8 boxes, six containers 'Empire 2'."

Laid it in the forward cargo hold.

Hazen told the baggage handler. It was a routine transaction, but with catastrophic consequences.

Although the National Transportation Safety Board still is investigating the crash of ValJet Flight 592 in the Florida Everglades, there is strong evidence that more than 100 hazardous oxygen generators in the five boxes, some of which were in a vicious fire that ultimately caused the DC-9 to plunge into the Everglades. Hazen and 109 others on board were killed.

This account of the journey of the oxygen generators from a repair facility at SalmeTech, which did work for

ValJet, to the cargo hold of Flight 592 is based on public statements of the safety board and sources close to the investigation, as well as sources close to the investigation.

Hazen's review of the cargo manifest just before takeoff apparently prevented the crash. But the cargo manifest gave the first officer little reason to object because the oxygen generators were mislabeled as empty.

The generators had outlived their shelf life, but they were hardly empty. Some of the generators still were loaded with sodium chlorate and iron powder, but without protective shields to prevent accidental igni-

Tiny museum protects flag soaked with Lincoln's blood

MILFORD, Pa. (AP) — For decades, skeptics scoffed at claims that a stained U.S. flag in a small, rural museum was used as a pillow for the bleeding head of Abraham Lincoln the night he was assassinated.

Now an amateur scholar says yes, indeed, it is the flag from Lincoln's box at Ford's Theatre. Other scholars agree.

The flag is at the tiny Pike County Historical Society museum, which draws only about 1,500 visitors a year in the foothills of the Poconos.

"You expect to find something like this in the Smithsonian or the National Archives," said Joseph Garrera, a part-time Lincoln researcher from Newton, N.J. "That's why no one believed it was in this small-town museum."

Garrera didn't believe claims about the flag at first. But after 400 hours of research, he produced a 2-inch-thick report concluding the flag was authentic.

He sent the report to some of the nation's top Lincoln scholars, who sent letters back agreeing with him, he said.

One of them is Wayne Temple, chief deputy director of the Illinois State Archives, who called it one of the most significant new Lincoln finds in decades.

"And it's a touching symbol," Temple said. "Here his head was lying on a folded flag of the union that was his life."

Garrera adds a cautionary note: "You can never be sure that any historical artifact is 100 percent authentic, but we are 95 percent sure that the flag is authentic."

The flag was given to the museum in 1954 by V. Paul Struthers, whose mother was a cast member of "Our American Cousin," the play Lincoln was watching when he was shot on April 14, 1865.

Struthers' grandfather also was an actor and a part-time stage manager at Ford's Theatre.

Garrera is convinced that Struthers had no reason to lie about the story. "This man saw the flag as practically a holy symbol," he said.

Garrera also discovered that at least two of the flags decorating the theater for speaking to the public were missing, and believes one could easily have been used to cushion the president's head.

Dirt

Continued from A1

from the hyped.

"That much of it is an act, played for effect to the TV cameras and print reporters who eagerly pass along the dirt, only makes the situation more troubling."

Today's media thrives on conflict and personality, and its prodigious hunger for scandal often overlooks coverage of complex topics such as the budget, health care, or health care. That Washington reporters snidely dismiss as "DIB" (dull but important).

The benefit of the doubt is a thing of the past in Washington. Every move is questioned; every character vulnerable to assassination.

This poisonous climate threatens the fundamental credibility of governmental institutions as official Washington paints itself with cartoon-character simplicity.

The rhetoric of political scandal is harsh, accusatory and simplistic. Gingrich said recently that Clinton leads a "dangerous" administration. Gingrich "shoots from the hip," gripes White House chief of staff Leon Panetta.

A quick scan of a week's worth of faxes to the media found one side accusing the other of being crude, arrogant, extreme, irresponsible, reckless and scandalous.

The acid mood in Washington has its roots in Watergate. The breach of public trust engineered by Richard Nixon and his lieutenants not only shook public confidence in the presidency and spawned a scandal that frequently overwhelmed consideration of budgets, laws and policy.

President Jimmy Carter's budget director, Bert Lance, was forced to resign after disclosure of his

Georgia bank dealings. Carter's brother Billy got into trouble for his links with Libya. The Iran-Contra scandal landed in some of Ronald Reagan's offices in prison. George Bush's chief of staff, John Sununu, resigned after charging the government for airplane rides while on personal business.

No one would argue that these incidents did not involve billions of dollars of the public trust. They are big, big or small, such controversies have had a corrosive effect on confidence in government and contributed to an anti-Washington mood in the country.

Americans have come to almost expect their leaders to be sullied with a layer of dirt. It just confirms their suspicions that politicians are venal lowlives.

Perhaps this is one explanation why the scandals rocking the Clinton administration have not made a greater impact with the public, and why Whitewater and the assorted womanizing scandals did not trip up Clinton when he ran for president in 1992.

So too, it could explain why the FBI files affair, despite raising troubling questions about the motives and competence of White House political operatives, may never trigger wholesale public outrage.

Recent surveys bolster that impression. A CNN/USA Today poll found that by 57 percent to 24 percent, Americans felt the administration acted improperly in obtaining the FBI files. Yet, they gave Clinton an A-point lead over Republican challenger Bob Dole.

Infusing government with an atmosphere of nastiness is bad enough. Having a public insensitive to actual wrongdoing is even worse.

That is the danger for American politicians: By

devoing so much time and talent to the negative, they have produced a "gotcha" culture.

This preoccupation with scandal consumes the energy and attention of presidents and the officials who work for them. It is destructive of the moral. And when an administration is under attack, it usually hinders down or strikes back.

The work of government is compromised, and the stature of the institution is diminished.

The Whitewater affair has been a difficult one for Republicans to capitulate on. Complex and damaging, it also turns largely on events that predated Clinton's presidency.

The president and his wife, Hillary Rodham Clinton, did not help themselves in the way they handled Whitewater, first downplaying it, then fighting the public release of documents pertaining to it.

"That made them vulnerable to charges of 'stonewalling' and 'covering up,' words familiar to anyone who knows the Watergate story. ANY of these usually hinders down or strikes back."

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The president and his wife, Hillary Rodham Clinton, did not help themselves in the way they handled Whitewater, first downplaying it, then fighting the public release of documents pertaining to it.

Right

Continued from A1

"This Land is the Beautiful" and "This Land is Your Land" — an ironic choice given the fact, politics of its composer, Woody Guthrie.

Vaas tells the audience of about 500 that he was dropped by a major record label in 1992 because of his politics, then launches into the song that got him in trouble.

It says, in part: "We need leaders who lead us, not stick us and bleed us, and send all our money abroad."

McLamb, the retired police officer, tells the cheering audience that he will continue to carry a concealed weapon without applying for the license that is required in many states.

"You're signing up, and they now know who has the guns," said McLamb, who leads the American Citizens and Lawmen Association. He lives in the same "constitutional covenant" in Idaho as fellow right-wing extremist and former Green Beret Col. Bo Grizz.

Johnson, who is starting a militia communications network in Georgia, appeared with Trochman, co-founder of the Militia of Montana. They called on the crowd to lay aside racial and religious differences to work together.

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Ty Randall, circulation director
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Santa

Continued from A1

"We're going to try to raise it to 50 to 60 percent," Sumner said.

"This assistance is urgent for several senior citizens who find necessary prescription drugs quite beyond their reach," said Goodman. "Truly it is life-saving."

Though Sumner's busy schedule keeps him away almost every day, he still finds time to pursue one of his favorite hobby: shooting pool.

"It was the second top shooter in a tournament last year with 10 teams," he said.

Nation

Burnout overtakes town

Residents agree that they have had enough

The Washington Post

GREENVILLE, Texas — The Ku Klux Klan arrived in this beleaguered town Friday night in dark business suits and fashionably it — no white robes and hoods for this modern-day chapter.

As residents watched with curiosity, anger and some amusement, Imperial Wizard Michael Lowe of the Knights of the Ku Klux Klan made his shrill plea from the steps of the Hunt County courthouse: Too bad about the two black churches that have burned down here in recent days; too bad about the hurt feelings that have washed over the community.

But the Klan had nothing to do with this tragedy, he said, and he urged the crowd of several hundred people not to lose sight of what he considers a crucial point.

"Anybody in America has a right to religious freedom," cried Lowe, a Waco resident who has become a high-profile spokesman around Texas for the Arkansas-based Klan group, launching into a long list of grievances against blacks. "(But) for some reason, they just cannot pull themselves up."

After two weeks of rising tensions, of uneasy sleep as a string of a dozen more suspicious fires burned into the night, residents of this town of 23,000 in the farm-lands east of Dallas agree they have had enough.

Outsiders — the Black Panthers last week, and various Klan groups, robbed or not — have seized on the publicity-making opportunities of the fires. And now townspeople have one thing to say to the interlopers: Go away.

"I wanted to see how ignorant these people really are," said Buddy Cooper, 23, a white factory worker, as he stood on the street corner listening to Lowe with Cooper's old high-school buddy, Asha Drennon, 22, who is black and serves in the Army. "We're not going to let this take over. We don't need this. We don't need people from Arkansas or wherever they're coming from to tell us what to do."

Three men — two whites and one Hispanic — were initially questioned in connection with the first church fire here, on June 9, at the predominantly black New Light House of Prayer but later were released without charges.

Southern blacks handling church burnings with dignity, determination

Fort Lauderdale Sun-Sentinel

KOSSUTH, Miss. — When Dorothy Gwyn saw the flames blazing through the tiny church sign'd known since birth, she began fussing and crying.

The tears streamed as she plucked the ashes of her chattered hymnals from the air and wondered what her missionary grandmother in heaven must be thinking.

But by the time she reached her second home church — set ablaze only 17 minutes after the first one the night of June 17 — Gwyn had no tears left.

She stared in silence at the smoldering building where she was baptized, her mama eulogized and her daughter married.

"That's when the Lord was dealing with me, you see," she said later. "He told me: 'You can't hate nobody for doing this. If you hate your enemy, you're

just as bad as them.' "See, they burned the building, but they didn't burn the church. We're the church, and we're still here. The church is in our hearts. And God is going to take care of us and give us a blessing even if we have to meet in some tent in that churchyard."

With dignity and determination, black folk throughout the South are battling one of the most widespread challenges to their civil rights since the Ku Klux Klan terror of the '50s and '60s.

More than three dozen arson fires of black churches are being investigated by teams of federal and local officials across the South. And in recent weeks, an alarming trend has emerged: Clusters of churches, instead of single buildings, have been destroyed by arsonists.

Now parishioners stand guard through the night outside rural churches, and police from the

Carolinas to well past the Great Smoky Mountains have stepped up patrols of churches.

Stopping the fires and catching the culprits has become the highest priority for federal investigators, who last week were given more than \$20 million by President Clinton and Congress for enforcement and detective work.

"This has got to stop," reads a billboard in the nearby town of Corinth, echoing Clinton's recent plea.

Investigators are examining the fires for any connections. Southern fire marshalls say church arsons are nothing new — they're just receiving extraordinary publicity, they say.

And despite the rash of black church fires, the experts say, white churches are historically just as likely to be torched.

But many in the black community say the motive behind the recent fires is unmistakable.

On the day of the fire, someone carved "KKK" into the greens at the city golf course, and spray-painted "KKK" on the concrete floor of a car-wash, but investigators said there was no evidence the Klan was responsible, and Klan members Friday denied any involvement.

"We don't burn crosses — we like the cross — and we don't burn churches," said Joe Alcock Jr., 29, rodeo clown who serves as deputy imperial wizard of a rival group, the True Knights of the Ku Klux Klan. He was in Greenville Friday night with other members to "check out the security" at Lowe's

"Come on over to the table, and let's get acquainted."

Many people in the crowd responded by chanting, "Go home! Go home! Go home!" A line of a dozen women, black and white, clasped hands and raised their fists in a show of unity.

Others held hand-printed signs aloft that summed up their feelings: "You Are Not Welcome Here." But several, including a young man wearing a Confederate flag draped across his shoulders, sauntered over to the table and returned with a handful of pamphlets.

The fires that have swept through Greenville, mostly involving abandoned

buildings and houses, have brought not only fresh wounds to the townspeople, but also stirred memories of an embarrassing past, when the

"Welcome to Greenville" sign near the downtown square also included the slogan, "Blackest Land, Whitest People."

No one can recall when the sign was taken down, but many residents said it remained a fixture until the early 1960s.

In 1982 the area suffered through its first huge media invasion when evidence was uncovered that an educated black man had been wrongly accused of a string of armed robberies in and around Greenville, perhaps because of his race.

"My parents might have had a few problems, but that was true anywhere in the South when they

'If the Indians had had immigrations laws, maybe they'd have a nation today.'

— Michael Lowe, Imperial Wizard, Knights of the Ku Klux Klan

rally. The True Knights are holding their gathering here next Saturday.

Throughout the South, dozens of communities like Greenville are trying to cope not only with the sorrow and dismay produced by the deliberate destruction of their churches in a rash of arson fires, but also with this sort of lingering aftermath — an intrusive media spotlight and the arrival of fringe groups who seem eager to capitalize on the events.

"Don't be afraid. Don't be intimidated," one of Lowe's assistants shouted to the crowd before the wizard stepped forward to speak.

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Magic Valley

Anti-graffiti campaign gains recognition

By Kevin Miller
Times-News writer

RUPERT — Claud Bowman hasn't had to break out his paint thinner and paint gun to defend his city against graffiti for some time now — but like a sentry, he's ready if needed.

The efforts of Bowman and others in Rupert who stood up to a menacing graffiti outbreak last year earned the recognition last week of the Association of Idaho Cities. Rupert won a 1995 achievement award from the association for its "aggressive program to alleviate a graffiti epidemic, preserving the safety, security and quality of life in the city," the plaque reads.

To combat graffiti, Rupert Mayor Dwinelle Alfred formed an ad hoc residents' committee and commissioned City Attorney Rick Bollar to author a graffiti ordinance that held parents accountable for their children's actions.

In addition, nearly 40 volunteers took a Saturday last summer to scrub Rupert's walls clean of graffiti, an activity Bowman undertook almost once a week for his neighbors during the worst of the graffiti attacks.

"After I cleaned off about a dozen of the darn things, I got so mad I just said we have to do something about this," Bowman said.



KEVIN MILLER/The Times-News

Graffiti is still on the walls in some Rupert neighborhoods, and Police Chief Kendall Warr warns that the city has to stay tough on vandalism. Rupert received an achievement award from the Association of Idaho Cities last week for its efforts to curtail graffiti.

His efforts, supported by the city's actions, helped arrest graffiti and earned Rupert statewide recognition.

"I do feel good about Rupert receiving the award," Bowman said. "But we have to stay on it. I don't want to let down on this."

because somebody is going to look up at us."

At least four other cities have contacted Rupert Police Chief Kendall Warr requesting his secrets to combating graffiti, he said. Perhaps the most important step was the passage of a graffiti ordinance that elevated the vandalism above other property crimes typically committed by juveniles.

Before the ordinance, graffiti was no more serious of an offense than breaking a window, and time-consuming investigations were rarely worth the effort.

"The option of that new ordinance has given us some latitude as far as being able to pinpoint some of the perpetrators," Warr said. "I think it has woken up some parents, letting them know that the community isn't messing around with this."

Civil suits against the parents of five convicted juvenile graffiti vandals were filed after the April 1995 emergency passage of Rupert's graffiti ordinance, seeking \$5,000 in compensation for property owners who were victims of vandalism.

Almost immediately, new signs of graffiti stopped appearing in Rupert. Since then, there has been a trickle of graffiti, causing Warr to warn others to stay on their toes.

"There's a lot of footwork still. It's going to take a continuous energy to keep it away," Warr said.

Around the valley

Democratic women host pot luck picnic

JEROME — The Jerome County Democratic Women's Club will host their annual pot luck picnic on Tuesday at 7 p.m. at Water Tower Park at the corner of Avenue B and South Fillmore Street in Jerome.

Invites include Democratic hopefuls Walt Minnick, who is running against Republican U.S. Sen. Larry Craig; John Seidl, who is challenging Republican U.S. Rep. Mike Crapo; and Michael Peck, who is seeking the state House seat vacated by retiring Republican Rep. Steve Antonette of Rupert. Peck will face Mitidoka County Commissioner John "Bert" Stevenson in the November election.

People are asked to bring their own plates and silverware and a covered dish.

Lane closures, flaggers affect area roads during repairs

BURLEY — Highways between Burley and Heyburn, and north of Hansen, will be "seal coated" with crushed rocks and liquid asphalt this week, the Idaho Transportation Department announced.

U.S. 30, from Y-Dell to Jensen, 84, and Idaho 24, from I-84 to Wayside near Heyburn, will be seal coated today and Tuesday. Idaho 50, from Hansen Bridge to north of I-84, will be seal coated Wednesday.

Motorists should expect some lanes to close, and flaggers will guide traffic. Gordon Paving of Burley is the prime contractor for the \$1.1 million project.

Construction on U.S. 30 should be cleared before fair

TWIN FALLS — Fairgoers should find construction work on U.S. 30 cleared in time for the start of the Twin Falls County Fair in late August, the Idaho Transportation Department announced.

Reconstruction of U.S. 30 from Filer to the junction with U.S. 93 is proceeding faster than expected, the department said.

The highway is being realigned and widened for one mile, to provide left-turn lanes and wider shoulders. Currently, traffic is using only the southern two lanes.

The fair attracts thousands of people each year, and one of its main parking lots is off U.S. 30.

Filer middle school asks help in moving to new location

FILER — Filer Middle School is seeking help in moving from its existing building to the old high school.

The move begins at 8 a.m. June 27 at the middle school. Students, parents and patrons are encouraged to bring pickup trucks and trailers to help. For more information, call Greg Lanting at 734-8623 or William Feusshrens at 326-5981.

39 illegal aliens arrested during worksite enforcement

HELENA, Mont. — The U.S. Immigration and Naturalization Service arrested 39 illegal aliens in a worksite enforcement operation last week in eastern Idaho.

The aliens were arrested in Rigby and Mackie Inn, a small town about 30 miles southwest of West Yellowstone, Mont., after employment records compared with Immigration Service data bases indicated the aliens had used counterfeit documents to gain employment.

The Immigration Service will be conducting similar operations throughout the remainder of the year. Most of the illegal aliens arrested during these operations will be processed for their voluntary return to Mexico, while some will be held for deportation proceedings, the service said.

Gooding roll over kills 1, injures a second person

GOODING — One person was killed and another injured Sunday when a pickup truck rolled off a Gooding County road.

J. Jesus Alvarado-Pina, no town available, died after he was thrown from the vehicle and it rolled on top of him. The driver, 23-year-old Jose Arturo Ferreira of Wendell, was flown to St. Alphonsus Regional Medical Center in Boise, where he was treated and released.

Apparently Ferreira drifted off the road at about 5:30 a.m., overcorrected, and rolled the pickup on Idaho State Police dispatcher said. He was also thrown from the vehicle.

The accident occurred at 3502 South, 1800 East in Gooding County.

Compiled from staff reports

Save the furniture



ANDY SAWYER/The Times-News

Sabrina Atkinson, 9, of Twin Falls pops a board into two to earn money for Twin Falls fireworks show. She and other members of the Intermountain Martial Arts raised around \$500 by breaking around 500 boards Saturday afternoon.

Frantic families? Curb kids

By Rebecca Tateoka
Times-News correspondent

HAZELTON — Think you'd win the Indy 500 because of all the practice you get racing your children from one activity to another?

Well, it's everything available to kids during the summer — and the rest of the year — it's easy for parents to run themselves ragged providing "opportunities" for youngsters.

Symptoms of Frantic Family Syndrome

- Parents spend more than an hour or so a week racing children from one activity to another.
- Family meals, which are hurried, are often purchased at drive-through windows, and rarely include every member of the family.
- Parents who visit 60 weeks a year feel obligated to take what little vacation they've earned where their children — who have earned nothing — want to go.
- Weekend activities are centered primarily around the children.
- Parental exhaustion on the part of the parents, along with the general feeling that the kids don't appreciate much of anything.

— Source: John Rosemond

"We see younger kids get signed up for more of these things," Eli Keightley of the Jerome Recreation District said.

On any given day during the summer, Kim Harper, a mother of five, can be found rushing between games, practices,

piano or violin or cello or flute lessons, and church activities.

She spent the past week in Salt Lake City for the Suzuki Music Camp, and the week before that shuttling a daughter to and from a volleyball camp while trying to go to her oldest son's softball game, which she missed.

"But you know, I'd rather have my kids busy than sitting at home," Harper said. "They need to get out and away from the phone. But then when they're all involved, that means I'm running here and there, getting haggard."

"When you have a kid who's a straight-A student, class president, playing sports, taking lessons ... where do you think they come from?" said Twin Falls psychologist Morris Morgret. "Highly motivated kids have highly motivated parents. These kids ... they feel the need-to-perform spectacularly at everything."

Children of highly motivated parents will not be able to put the brakes on too many activities, so it falls to Mom and Dad to talk with and learn about their children, finding specific interests and tastes.

"Parents really have to watch competitiveness," Morgret warned. "In many sports I see incredible driving, competitiveness, nasty, rude parents."

And that's really the crux of the question of summertime overload: Are parents doing all this for their kids, or for themselves?

"What sorts of pressures are you feeling from other parents, your extended family, and your children's school to keep yourself constantly busy in service to your children?" writes John Rosemond, a nationally syndicated parenting columnist. "Why is it important

Please see FAMILIES/A6

Water craft raises concern for swimmers

By Steve Koehler
Times-News correspondent

WENDELL — Workers in the Thousand Springs area are concerned that swimmers at the popular recreation site could be struck by personal water craft.

"Somebody could get hurt very easily," said Graham Solomon who works at the Idaho Power Co. Thousand Springs Power Plant. "A jet skier came through last weekend, and he was flying. And there were a lot of kids out there."

The swimming area adjoins the utility company's park, and is in the power plant's outlet, which flows between the mainland and the island that is part of the Nature Conservancy's Thousand Springs Preserve.

Preserve manager Mike O'Brien said personal water craft riders come up both sides of the island from the

Snake River and ride into the swimming area. He estimated some personal water craft speeds at 30 mph.

Apparently personal water craft riders are simply ignorant of the hazard, he said. The riders with whom O'Brien said he has spoken have been polite and left the area without controversy.

O'Brien said he has seen five to 10 personal water craft come into the swimming area in one day, the numbers may include several trips by the same rider.

Solomon is not against personal water craft, he said. But he figures a speed limit restriction wouldn't work because it would be hard to enforce. He would prefer that personal water craft be prohibited up into the power plant outlet.

O'Brien has sought a government solution to the problem but found the

Please see SWIM/A6

Motorcyclist injured, cited

The Times-News

TWIN FALLS — A motorcyclist was injured Saturday evening when he lost control of his motorcycle and wrecked it.

Milan Dunlap, 46, of Twin Falls was transported to Magic Valley Regional Medical Center, said Sr. Deputy Keith

Schmidt, of the Twin Falls County Sheriff's Department.

He had been heading west on 3300 N., just 1/2 mile east of Highway 93, when the accident occurred. He was not wearing protective gear and was cited for driving on a suspended license, Schmidt said.

Inside

Obituaries
Sports

A6
A7-9

Hospitals recognize the healing aspects of music

PROVO, Utah (AP) — Rosalie Pratt's promising career as a concert harpist and soloist at Lincoln Center came to a crashing halt in the 1970s when she was diagnosed with a rare skin disease. She would take her life.

One doctor advised her to simply give up music and apply for welfare assistance as she waited out her death. Instead, Pratt pursued a career in teaching music and listened to the soothing sonatas of Mozart, and to Beethoven when she needed to be "revved up."

There was no mistaking it, the music made her feel better. "This disease" has a terminal disease," said Pratt, who has scleroderma, which hardens the skin and connective tissues. "I've had it 26 years or more, and I think I've stayed alive in spite of what doctors have said because of biofeedback and music."

Hospitals across the state also are seeing the results of supplementing music with traditional medicine. Stroke patients unable to verbalize their thoughts can somehow sing brain injuries, accident victims with brain injuries are suddenly more responsive and other patients simply experience less pain.

When Pratt, a music professor at Brigham Young University, first began researching the subject some 20 years ago, information was not only hard to come by, but many physicians scoffed at the idea of connecting art and science.

Today attitudes are much different as doctors strive to treat the mind as well as the body. In fact, several hospitals in Utah now incorporate music into their patients' treatment. For the past three years, volunteer music students from Brigham Young University have performed for patients at Utah Valley Regional Medical as part of its Hospital Arts Program.

Music therapists are employed to work with patients at Salt Lake City's St. Mark's Hospital, Lakeview Hospital in Bountiful and Mountain View Hospital in Payson.

Utah State University is the only school in the state to offer a degree in music therapy, which requires

Research shows music helps variety of patients

PROVO, Utah (AP) — Music can contribute to the well-being of a variety of people — from children with attention deficit disorders to dental patients, researchers and students at Brigham Young University have found.

One study, conducted by music professor Rosalie Pratt and published in the winter 1996 edition of the *International Journal of Arts Medicine*, monitored the effects of music on 19 children diagnosed with attention deficit disorders.

Background music was played while children were asked to participate in concentration and visual tests. The session included the use of neurofeedback sensors, which measure brain waves. A person can learn to influence the measurements through relaxation or concentration. Music also seemed to help

children balance those brain-wave states, Pratt said. In addition, children who performed the tests while listening to music were better focused and seemed less impulsive than those who did not.

"A lot of people are finding that Mozart is helpful," Pratt said. "Now why would this be? There are several interesting reasons. One is that Mozart's music appears to come in sets of eight."

That order seems to provide an external auditory signal, which "appears to restore an internal rhythmic sense that has been for some reason mislaid or disconnected."

In fact, Pratt said, Mozart himself showed many of the characteristics associated with attention deficit disorder, according to research by Benjamin Siskin, an endocrinologist at Cedars-Sinai Medical Center.

Pratt teaches in BYU's master's program in music education, which she combines in music as it affects the human life process.

"Instead of reaching for a bottle of Tylenol or aspirin or Prozac, we're saying wait a minute I can handle this," in another way, said Pratt, who is certified in "biofeedback" and "neurofeedback."

Through sensors that measure the responses of a person's brain and can learn to influence the measurements with relaxation techniques, such as deep breathing or meditation, and even listening to music.

From Mendelssohn's symphonies to M.C. Hammer's rap, music therapists insist music can benefit almost everyone from preemie babies to Alzheimer's patients.

Cindy Shawcroft, a music therapist at Lakeview Hospital, said she with teenagers in the psychiatric unit to help them open up. She also encourages them to write their own rap music.

"This gives them control over a situation and control over their anger," Shawcroft said. "They are able to express themselves in a non-discriminating, non-hateful way."

She has used pop artist Rod Stewart's music with Alzheimer's patients.

"They have a blast," Shawcroft said. "But generally they prefer music from their past. It depends on the population and the individual. When I go into a patients room, I never know what I am going to go up against."

Arizona blazes force airlift of hikers from Grand Canyon

The Associated Press

Ten hikers were airlifted out of the Grand Canyon Sunday as firefighters continued to battle a blaze near there and several others in northern Arizona.

The Bridges Knoll fire on the Kaibab National Forest Sunday, 5,000 acres Sunday. A National Park ranger went into the canyon by helicopter Saturday to alert hikers about the blaze near the canyon's North Rim.

The hikers were lifted out by helicopter Sunday with no injuries or problems, said fire spokeswoman Teri Steilen.

"If they had come out of the canyon, they would have come out right in the fire," Steilen said. "They were very appreciative."

Park officials knew the hikers were on the trail because of permits issued for their hike. They also found seven vehicles parked at the trailhead near the fire, Steilen said.

There was no estimate on containment for the lightning-caused blaze, which started Thursday below the North Rim of the Grand Canyon. Winds reaching 40 mph whipped it out of the canyon onto forest land a day later.

On Saturday, strong winds created flames up to 100 feet high and forced some firefighting crews to retreat, said fire spokesman Ellis Richard. The blaze moved Sunday from fuel-rich areas of logs and thick woods to open grasslands where fuel is lighter, he said.

Meanwhile, the Hochdanz fire about 12 miles north of Flagstaff, which started Sunday, Sunday. Officials said the main route from Flagstaff to the Grand Canyon — U.S. Highway 180 — would be shut down if necessary.

Utah fires continue to burn

EURIEKA, Utah (AP) — A series of lightning-sparked wildfires continued to burn in west-central Utah, but officials reopened a state road closed for nearly two days, because of flames and smoke.

State Road 6 between Timnuc and Jericho in Juab County was opened Sunday. However, the Little Sahara National Recreation Area adjacent to the road remained closed. Fishlake National Forest spokeswoman Linda Jackson said Sunday.

The recreation area lies in the middle of what fire bosses have dubbed the "Little Sahara Complex," a series of more than a dozen wildfires burning within a pair of perimeters totaling more than 20,000 acres.

The largest single fire is about 8,000 acres and several may burn together in the next few days, Jackson said. High temperatures and low humidity were hampering firefighting efforts, she said.

In all, more than 200 firefighters and support personnel are fighting the fires, aided by helicopters and retardant-dropping bombers.

Homes in two neighborhoods have been evacuated because of the lightning-sparked fire, which started Thursday. There was no estimate for containment.

Firefighters across the country were being urged to fight the fires in northern Arizona. They include crews from New Jersey, Pennsylvania and Florida, Richard said.

The Pot fire on the Coconino

The fires were burning in grass, pinyon, juniper, sage and greasewood in a sparsely populated desert 55 miles south of Salt Lake City.

Crews were concerned about the existence of abandoned mine shafts that dot the area and were avoiding those stretches of land as they fought the fire through the night.

No estimated time of control or containment has been issued. Meantime, firefighters have decided to abandon the 3,200-acre Pole Creek Fire burning in heavy timber in the Fishlake National Forest west of Circleville, 180 miles south of Salt Lake City.

Kathy Jo Pollock of the Interagency Fire Center in Salt Lake City said natural barriers should prevent the fire from spreading. Crews will monitor its progress.

Pollock said the fire was raging inside that perimeter and it was determined that it would be too dangerous and costly to attempt suppression.

The fire started June 16 and could burn for several weeks. National Forest near West Clear Creek spread to 5,800 acres on Sunday. Some 80 homes have been evacuated in the area, but no structures have been lost so far, Richard said.

Firefighters were able to contain the Walnut Fire in Flagstaff on Sunday. The fire, believed to be of human origin, broke out Friday and forced two neighborhoods to be evacuated.

Services

Verla Hale Adams, of Oakley, 1 p.m. today, Oakley LDS Stake Center, Viewing, noon until 12:45 p.m. today at the church, (Hansen Mortuary Burley Chapel).

Elton Wayne Brown, of Paul, 2 p.m. today, Hansen Mortuary Rupert Chapel, 710 Sixth St.

Preston Lynn Mortensen, of Rupert, graveside service, 3 p.m. today, Rupert Cemetery, (Hansen Mortuary Rupert Chapel).

Ethel M. Moon, of Twin Falls, memorial service, 4 p.m. today, Brethren Church, 461 Filer Ave. W, Twin Falls.

Frances Electa Sharon, of Twin Falls, 10 a.m. Tuesday, White Lake LDS 6th Ward Chapel, 667 Harrison; burial, 4 p.m. Tuesday.

Joseph L. Van Leeuwen Jr., of Twin Falls, 10 a.m. Tuesday, White Lake LDS 6th Ward Chapel, 667 Harrison; burial, 4 p.m. Tuesday.

Death notices

Lana Parkhurst WENDELL — Lana Parkhurst, 41, a Wendell resident, died Sunday, June 23, 1996 at the University of Utah Hospital in Salt Lake City, Utah.

Funeral arrangements are pending and will be announced by Demary's Wendell Chapel.

HANS RUEBEN HAGEN HAZELTON — Hans Rueben Hagen, 88, of Hazelton, died Sunday, June 23, 1996 at Twin Falls Care Center; Arrangements are pending under the direction of White Mortuary of Twin Falls.

Lawrence W. "Larry" Hubson, of Nampa, 2 p.m. Tuesday, Southside United Methodist Church, 5420 Southside Blvd., Nampa, Viewing, 8 a.m. to 8 p.m. today and 8 a.m. to noon Tuesday, Alsip Funeral Chapel, 404 10th Ave. S., Nampa. Family with 11 great-grandchildren from 1 to 1:45 p.m. Tuesday at the church.

Irene Babcock BURLEY — Irene Babcock, 86, of Burley, died Saturday at the Parkview Rehabilitation Center in Burley. Arrangements are pending and will be announced by Payne Mortuary in Burley.

Paul, Lorrie Osterhout and Genevieve Wodkoff of Heyburn, Lupe Villasanor of Rupert and Emily Maestas of Albion.

Hospitals

MAGIC VALLEY REGIONAL MEDICAL CENTER — Released

CASSIA MEMORIAL HOSPITAL — Admitted

David Fenstermaker, Turley Hill, Viola Walker and Katrina Cottom, all of Burley. Released

Donald Henkel of Burley, Ladell Anderson of

Births — Child to Mr. and Mrs. Greg Stephens of Rupert and a child to Tracy Hill of Burley.

MINIDOKA MEMORIAL HOSPITAL — Released

Dale Butler and Eleanor Stoller of Rupert and Beverly Olson of Heyburn.

Obituary

Oakley

Keith A. War, 54, of Boise, died at home of heart disease on Friday, June 21, 1996. Memorial service will be held at 1 p.m. Tuesday, June 25 at Sacred Heart Catholic Church in Boise. Burial will be under the direction of the Cloverdale Funeral Home.

Anderson and Jesse War. He was raised in Murrumbidgee by Max Boley and Luella "To" (Trudette) War. He attended the University of Idaho and Idaho State University. He received a bachelor's degree in Sociology and a master's in counseling from Boise State University. He married Catherine Lois in 1975 and moved to Boise. He worked for more than 20 years for the Idaho Department of Health and Welfare as an eligibility examiner. For most of the years he worked in the Nampa field office, his area of specialty was aid to the aged, blind and disabled. Helping his clients was a very satisfying part of his job.

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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 — Boy's varsity basketball camp will be held from 8 a.m. to 9 p.m. in the gymnasium. Music Fest '96 will be held from 8 a.m. to 5 p.m. in the Fine Arts Center. Twin Falls School District will hold technology training for administrators from 8 a.m. to 4 p.m. in Aspen 150.

TUESDAY — Basketball camp continues from 8 a.m. to 9 p.m. in the gymnasium. Music Fest continues from 8 a.m. to 5 p.m. in the Fine Arts Center. Dairy Fest '96 will be held from 8

am. to 10 p.m. in the Expo Center. Twin Falls School District technology training continues from 8 a.m. to 4 p.m. in Aspen 150.

WEDNESDAY — Basketball camp continues from 8 a.m. to 9 p.m. in the gymnasium. Music Fest continues from 8 a.m. to 5 p.m. in the Fine Arts Center. Twin Falls School District technology training continues from 8 a.m. to 4 p.m. in Aspen 150. Idaho Water and Wastewater Certification exam will be given at 1 p.m. in Desert 112. Military testing will be held at 5:30 p.m. in Evergreen A20.

THURSDAY — Basketball camp continues from 8 a.m. to 9 p.m. in the gymnasium. Music Fest continues from 8 a.m.

to 5 p.m. in the Fine Arts Center.

FRIDAY — Music Fest continues from 8 a.m. to 5 p.m. in the Fine Arts Center with concert at 7 p.m. in the Fine Arts Auditorium.

SATURDAY — Military testing will be held at 8 a.m. in Evergreen A20.

SUNDAY — Temple Sclerosis Support Group picnic will be held at 1 p.m. in the Expo Center-park area.

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. Hailey City Council, 6 p.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 — Buhl School Board, 8 p.m., superintendent's office downtown. Minidoka County Democratic Party, 8 p.m., courthouse. Shoshone City Planning and Zoning Committee, 7:30 p.m., City Hall. Twin Falls County commissioners, 8:30 a.m., courthouse. Wood River Medical Center Board, 5:30 p.m., medical center in

Hailey.

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

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

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

DON'T MISS SPENCER — WORLD'S FASTEST RHYTHM! CSI Fine Arts Bldg. Wednesday June 26 7:00PM! MORE FUN THAN YOU CAN IMAGINE! Refreshing Family Fun! \$10 on the show! FREE door prizes at your local merchants.

AUCTION CALENDAR through July 2, 1996

- MONDAY, JUNE 24 - 5 pm** — Elm Creek Antiques, Collectibles, Household - Twin Falls. Advertisement - June 25. ALL AMERICAN AUCTION COMPANY
- TUESDAY, JUNE 25 - 5 pm** — Household - Tools - Antiques - Collectibles - Twin Falls. Advertisement - June 26. KLAS AUCTION ROOM
- FRIDAY, JUNE 28 - 10:00 am** — Newell & Fox - Antiques - Collectibles - Household - Tools - Twin Falls. Advertisement - June 29. BAIR AUCTIONS
- FRIDAY, JUNE 28 - 10:00 am** — G & G - Antiques - Collectibles - Household - Tools - Twin Falls. Advertisement - June 29. MASTERS AUCTION SERVICE
- SATURDAY, JUNE 29 - 10:00 am** — Human Resources - Twin Falls. Advertisement - June 30. BIL ESTES & ASSOCIATES
- SUNDAY, JUNE 29 - 11 am** — Howard S. Ande - Antiques - Collectibles - Household - Tools - Twin Falls. Advertisement - June 30. JMA AUCTIONEERS
- SATURDAY, JUNE 29 - 1996** — Layton & Kay - Antiques - Collectibles - Household - Tools - Twin Falls. Advertisement - June 30. MASTERS AUCTION SERVICE
- SUNDAY, JUNE 30 - 12:30 pm** — Violet & Glen - Antiques - Collectibles - Household - Tools - Twin Falls. Advertisement - June 30. JMA AUCTIONEERS
- SUNDAY, JUNE 30 - 1996** — Browse Around Second Hand Store - Furniture - Appliances - Antiques - Gooding. Advertisement - June 30. MASTERS AUCTION SERVICE
- MONDAY, JULY 1, 1996** — Nadine & Don - Antiques - Collectibles - Household - Tools - Twin Falls. Advertisement - June 30. MASTERS AUCTION SERVICE
- TUESDAY, JULY 2 - 1996** — Eva Dee - Antiques - Collectibles - Household - Tools - Twin Falls. Advertisement - June 30. MASTERS AUCTION SERVICE

Magic Valley Relief may come soon for parking

By Virginia S. Garber
Times-News writer

TWIN FALLS — Parking-plagued patrons of Old Town's developing business district may get some relief soon.

"People are parked everywhere. They've been walking blocks to get here," said Jim Dutt, co-owner of Old Town's

Creekside Steak restaurant and a nearby brew pub, drawing lunchtime and evening crowds that far outstrip available parking, he said.

But city councilmen today will consider a plan to put 54 new parking spaces along the 100 block of Fifth Avenue South.

"We need that parking bad," Dutt said.

Two-way traffic on that block of Fifth Avenue South would be sacrificed for the parking spots, and more right of way would be paved, a city engineer said.

One-way traffic on that stretch probably would run southeast, away from Shoshone Street, Dutt said.

A city engineer's \$30 estimate for the project doesn't include engineering, inspection, landscaping or lighting. The Urban Renewal Agency will help fund the project if it's approved.

"People are parking everywhere. We need the parking bad."

— Jim Dutt, co-owner of Creekside Steak House

City engineer Gary Young called the proposed measure a temporary solution, but said it would be a more comprehensive parking plan is implemented in the redevelopment district.

New businesses eyeing Old Town locations have been waiting to see the district's parking problem resolved, several area merchants have said.

On today's City Council agenda:

- Neighbors of new softball and soccer fields between Sawtooth Elementary and the city swimming pool want a fence built to shield their homes from the ball fields' noise.

Before the fields were built, residents told councilmen they were worried about noise, litter, crowded parking, extra traffic, broken windows, bugs in their backyards and oversize of an already popular area. But the council approved the fields in February — without a fence.

"The council will consider an agreement with the Twin Falls Canal Co. and the College of Southern Idaho to let the city drill a well in south Twin Falls for municipal water. The canal company and CSI had protested the city's application for a well-drilling permit."

• Councilmen will consider developer's documents for GreenTree Estates.

Swim

Continued from A4 endeavor frustrating.

"The wheels of bureaucracy turn so slowly that it's almost funny. But a new Idaho law on operating personal water craft might help prevent an accident.

Effective July 1, all vessels within 100 feet of a dock, swimmer or other person in the water such as

fisherman, are limited to 5 mph or "no wake."

The new law also allows cities and counties to establish water use zones in their jurisdictions.

"I see a lot of kids with single parents that can't do (these things)," mainly for financial reasons, and also because of time constraints, he said.

Of course, even when parents are paying the tab for the kids' activities, they're often called upon to raise the money.

Writing in Newsweek magazine last month, homemaker Elizabeth Tranel Halverson said she's gotten out of panhandling to keep her kids in activities.

"I finally just said 'no' to fundraising projects that depend upon my child's friendly face for their success. I, for one, will no longer be trawling the neighborhood and pestering relatives in order to finance my children's activities."



Josh Ward, left, his father Base Ward, and friends Johnny and Audroy Erickson ride into the City of Rocks National Reserve. For the adventuresome brought in by the newly approved back-country byway status of roads leading to the City of Rocks, Base Ward will be offering guided horseback rides through the reserve and nearby Sawtooth National Forest.

Designation will preserve rural character

By Jennifer Bunch
Times-News writer

ALMO — Travelers soon will find a 49-mile loop from Oakley into the City of Rocks National Reserve and back to Albion highlighted as a must-see destination on state maps.

The Idaho Transportation Board has approved back-country byway status for rural roads leading to the City of Rocks National Reserve. The intent of the status

is to preserve the area's rural character, bring in tourists, and rein in state and federal tax money for roadside improvements.

"I think it's a beautiful route," said Garry Young, the state's scenic byway coordinator in Boise. The scenic route from Oakley into the City of Rocks and back to Albion also will be included in a state byway brochure, which highlights the 17 byways in Idaho, Young said.

Meanwhile, Cassia County has applied for a federal grant to help fund local preparation for national byway status. The grant would pay 80 percent of the cost of developing a more detailed plan for preserving the route's rural nature. This plan could include measures on how to improve the roads for safety and quality. Byway roads leading from Conner Creek to Almo and out of the reserve toward Oakley are badly in need of repair.

Designating the loop a byway is part of the City of Rocks development plan drafted in 1991. The local plan to control development along the byway is based on an environmental planning study done 1 1/2 years ago by Utah State University.

The plan offers guidelines for property owners. It suggests things such as using juniper fence posts instead of steel ones and building curbed driveways rather than straight ones. The idea is to pre-

serve the natural view of the landscape by hiding paved and gravel roads that branch off from the scenic loop.

County commissioners have said they don't intend to turn the plan into zoning law.

They are asking property owners to volunteer. If the communities plan, however, byways can lose their designation, and the federal grant money that comes with it would dry up.

Buhl survivor of hantavirus to appear on Oprah Winfrey

By Mary Lou Potts
Times-News correspondent

BUHL — He first thought he was coming down with the flu; the symptoms were similar — headache, fever, muscle aches, diarrhea and a cough.

But three days later, Terry White had difficulty breathing. He was running a 104 degree fever, and his toes had turned purple. The Magic Valley Regional Medical Center diagnosed his case as Adult Respiratory Disease but also tested him for hantavirus.

The 49-year-old Buhl came to the hospital — three of them in intensive care. After returning home, he received a call from the hospital — tests confirmed he had hantavirus pulmonary syndrome.

White survived his February bout with the rodent borne virus, which has a 50 percent survival

rate. Wednesday he will tell his story on NBC's Oprah Winfrey Show at 4 p.m. in a program featuring unusual or deadly diseases.

White was in excellent health when he became sick, and his active lifestyle may have helped his recovery. He is slowly returning to his running regimen three days a week.

According to public health department information, deer mice are the primary carriers of the disease in all parts of the United States except in the Southeast. The rodents show no signs of illness even though they

are carriers. The virus is found in saliva, urine and feces of infected deer mice. Humans pick up the virus by inhaling tiny airborne droplets of fresh or dried rodent excretions. Humans also may pick it up by touching rodents or contaminated materials and then touching the eyes, nose or mouth, or by eating contaminated food or water. People also have become infected after being bitten by rodents.

Hantavirus is not transmitted from one person to another. Nor is there any evidence that the virus can be transmitted from insects, livestock or pets. The chance of exposure is greatest when individuals work, play or live in areas where the rodents are common.

The chances of surviv-

ing a case of hantavirus is about 50 percent, according to Cheryl Becker, nurse epidemiologist with the South Central District Health Department. In the 131 reported cases nationwide, 64 infected people died. Five of the eight Idaho cases were fatalities.

Becker said the high fatality rate stems from the sudden onset and rapid progression of the disease. But with increased awareness and quicker diagnosis, the patient has a good chance.

White probably came into contact with the disease during his cattle feeding operation. Since he got sick, 49 deer mice were trapped on the ranch; 19 tested positive — about a 40 percent infection rate.

The average rate is five to 20 percent. None of the house mice trapped in the area were infected.

The deer mice have a white belly extending to the tip of its tail and rounded ears and large eyes. "They will sit and look at you; they don't seem fearful," White said.

Don't Gamble With Your Guns!

Secure them in a quality built Liberty Safe. Models for every in-home security need in stock.

Paul's Sports Shop
1234 Oakley Ave.
Burley, Idaho 83213
1-800-290-5283

How to avoid hantavirus

- Clean rodent debris with a spray solution containing 10 percent bleach or household disinfectant.
- Wear latex or rubber gloves, which should be thrown out or disinfected afterwards, and a filtered face mask while cleaning.
- Air unoccupied buildings for at least 30 minutes before cleaning. Spray dirt floors with bleach or disinfectant solution.
- Put debris, including dead rodents, in a plastic bag, seal the bag, and then place it in another bag or buried at least two feet deep.
- Wear gloves and protective clothing when harvesting crops or handling animal feed. Wear a mask if dust is generated from areas of feed storage.
- If rodents get into your house or cabin, wipe down counter tops, cabinets and drawers using the cleaning solutions. Also mop floors and baseboards with it. Steam clean carpets, rugs and upholstered furniture.
- Do not vacuum, sweep or dust rodent debris.
- Keep rodents out of your house and yard. Plug up screen or cover any openings through which rodents could enter.
- Do not sleep on the bare ground, and pitch tents away from garbage cans and wood piles.

Families

Continued from A4 that you fail to rise to their standards of good parenting?"

"What activities are your children currently involved in that require a commitment of time on your part? How much time per week does each of these require?"

If your children were no longer involved in certain of these activities, would their future chances for success be compromised?"

Morgett suggests that parents reflect on goals they've set for their children, then ask themselves: "What's this camp all about? Is this for the kids? Who really wants this?"

"But it's very difficult to balance these days," he said. "It's also often hard to pay for. It's not a disservice to keep kids from activities because of money concerns," Morgett said. "Really is a great lesson for kids, probably the best lesson."


"That's especially true if it's an income household, he said.

CASSIA REGIONAL MEDICAL CENTER

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BERNARD R. BOEHMER, M.D.,
family physician, to his family practice.

Dr. Boehmer will assume
Dr. Walter Petersen's practice.
1335 Albion Ave., Burley

Accepting new patients beginning June 26, 1996.
For appointment, call 678-2271.



CASSIA REGIONAL MEDICAL CENTER
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Jerome drops pair at tourney; Cowboys lose 4 in Washington

POCATELLO—The Jerome Legion baseball team endured a couple of tough losses in its final two games of tournament play here.

Tremont threw a one-hitter at the Tigers in the opener, winning 1-0.

Jerome scored five runs in its final at-bat of the game, but fell 15-12 to tourney champ Upper Valley.

In the opener, John Huffer...

Local sports

Jerome (9-9) hosts Kimberly Tuesday.

Jerome 000100 1-15
Kimberly 000000 0-0

Game 2
Jerome 000000 0-0
Kimberly 000000 0-0

Game 3
Jerome 000000 0-0
Kimberly 000000 0-0

Selah takes 4 from Twin Falls

The road got rough for the Twin Falls AA Cowboys Legion baseball team over the weekend.

Selah took 4 from Twin Falls AA Cowboys Legion baseball team over the weekend.

The Cowboys dropped four straight to Selah, Wash., ending a two-one-run lull on Sunday.

The first game after Twin Falls drew 7-0 after one inning. But Brad Thompson closed the door for the next six frames while his teammates chipped away.

Jamie Hyde singled in the seventh, advancing to second on a Jeff Huffer sacrifice bunt and then scoring the tying run on a rare Selah error.

Hunchey later threw a Selah runner out at home to send the game into the eighth, where the Cowboys lost it, 8-7.

Twin Falls took its only lead of the series in Sunday's finale, 2-0 in the fourth, but couldn't hold it despite the strong pitching of Thad Merritt.

The Cowboys, on their longest road trip of the season, travel to The Dalles, Ore., for an 8 p.m. contest tonight.

Scores and stats

Baseball

NL standings

Team	W	L	Pct
Atlanta	57	43	.567
Baltimore	56	44	.560
Boston	55	45	.553
California	54	46	.543
Chicago	53	47	.530
Cincinnati	52	48	.520
Cleveland	51	49	.510
Colorado	50	50	.500
Los Angeles	49	51	.490
Montreal	48	52	.480
New York	47	53	.470
Pittsburgh	46	54	.460
San Diego	45	55	.450
St. Louis	44	56	.440
Texas	43	57	.430
Washington	42	58	.420
White Sox	41	59	.410
Yankees	40	60	.400

NL box scores

NEW YORK

Yankees 000000 0-0
Pittsburgh 000000 0-0

Game 1
Yankees 000000 0-0
Pittsburgh 000000 0-0

San Diego

Panthers 000000 0-0
San Diego 000000 0-0

Game 1
Panthers 000000 0-0
San Diego 000000 0-0

CHICAGO

White Sox 000000 0-0
Chicago 000000 0-0

Game 1
White Sox 000000 0-0
Chicago 000000 0-0

PHOENIX

Arizona 000000 0-0
Pittsburgh 000000 0-0

Game 1
Arizona 000000 0-0
Pittsburgh 000000 0-0

INDIANAPOLIS

Indians 000000 0-0
Cleveland 000000 0-0

Game 1
Indians 000000 0-0
Cleveland 000000 0-0

RECHSTER

LPGA 000000 0-0
LPGA 000000 0-0

Game 1
LPGA 000000 0-0
LPGA 000000 0-0

Bell Atlantic

AT&T 000000 0-0
Bell Atlantic 000000 0-0

Game 1
AT&T 000000 0-0
Bell Atlantic 000000 0-0

Sports on TV/Radio

Television

Event	Station	Time
Tennis, Wimbledon	HBO	7 a.m.
Prime Sports	ESPN	11 a.m.
Baseball, Angels at Chicks	WGN	3 p.m.
Baseball, Cardinals at Braves	TBS	5:35 p.m.
Baseball, Angels at Chicks	WGN	8:30 p.m.

Sports facts

Women's tennis
Most appearances in the Wimbledon singles final since 1971:

Player	Finals	Won-Lost
Martina Navratilova	12	8-4
Chris Evert	9	3-6
Steffi Graf	7	5-2
Evonne Goollagong	7	2-5
Cawley		

AL standings

Team	W	L	Pct
Los Angeles	57	43	.567
California	56	44	.560
Chicago	55	45	.553
Cleveland	54	46	.543
Detroit	53	47	.530
Kansas City	52	48	.520
Minnesota	51	49	.510
Montreal	50	50	.500
New York	49	51	.490
Philadelphia	48	52	.480
Pittsburgh	47	53	.470
St. Louis	46	54	.460
Texas	45	55	.450
Toronto	44	56	.440
Washington	43	57	.430
White Sox	42	58	.420
Yankees	41	59	.410

AL box scores

NEW YORK

Yankees 000000 0-0
Pittsburgh 000000 0-0

Game 1
Yankees 000000 0-0
Pittsburgh 000000 0-0

NL leaders

NATIONAL LEAGUE

Home Runs: Barry Bonds (31)
RBI: Barry Bonds (31)
Runs Scored: Barry Bonds (31)
Stolen Bases: Barry Bonds (31)

RECHSTER

LPGA 000000 0-0
LPGA 000000 0-0

Game 1
LPGA 000000 0-0
LPGA 000000 0-0

Bell Atlantic

AT&T 000000 0-0
Bell Atlantic 000000 0-0

Game 1
AT&T 000000 0-0
Bell Atlantic 000000 0-0

Track & Field

Olympic trials

100m

1. Leroy Brown (USA) 10:00
2. ...

200m

1. Leroy Brown (USA) 21:00
2. ...

Track & Field

100m

1. Leroy Brown (USA) 10:00
2. ...

200m

1. Leroy Brown (USA) 21:00
2. ...

Track & Field

100m

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200m

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Baseball

Game 1
Yankees 000000 0-0
Pittsburgh 000000 0-0

Game 2
Yankees 000000 0-0
Pittsburgh 000000 0-0

Baseball

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California	54	46	.543
Chicago	53	47	.530
Cincinnati	52	48	.520
Cleveland	51	49	.510
Colorado	50	50	.500
Los Angeles	49	51	.490
Montreal	48	52	.480
New York	47	53	.470
Pittsburgh	46	54	.460
San Diego	45	55	.450
St. Louis	44	56	.440
Texas	43	57	.430
Washington	42	58	.420
White Sox	41	59	.410
Yankees	40	60	.400

NL box scores

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Yankees	40	60	.40

Burks blasts Rockies past Philly

PHILADELPHIA (AP) — Ellis Burks hit two homers, giving him six in his last five games as the Colorado Rockies avoided a series sweep with a victory over the Philadelphia Phillies.

Burks, who has 19 homers, went 3-for-4 with four RBIs and scored twice, increasing his league leading total to 67. Vinny Castilla went 2-for-4, including a homer, and added two RBIs.

Jay Bruce Owens also homered for the Rockies, who tied a franchise record by homering in their 17th straight game.

National League

Marvin Freeman (54) got the win and Bruce Ruffin pitched the ninth for his 12th save. In his shortest outing of the season, Sid Fernandez (3-6) allowed two homers and three earned runs in 2.23 innings.

Reds 2, Mets 1
NEW YORK — John Smiley allowed four hits over six innings to help the Mets win their third straight decision.

Smiley (7-6) struck out five, walked two and threw two wild pitches.

Jeff Brantley worked the ninth inning for his 16th save in 21 opportunities as he pitched a scoreless ninth. Mike Gilkey and a double to Jeff Kent to end the Reds' bid for their fourth shutout of the season.

Reggie Sanders connected on a 3-2 pitch from Robert Person (2-1) leading off the sixth inning for his fifth homer of the season and that made it 2-0.

Cincinnati took a 1-0 lead in the fifth on a two-out run-scoring double by Leary Hank.

Person allowed seven hits over eight innings with a career-high nine strikeouts and no walks.

Dodgers 4, Astros 3
LOS ANGELES — Mike Piazza hit a solo home run to end the game in the bottom of the ninth inning, lifting the Los Angeles Dodgers over the Houston Astros.

Piazza, who went 9-for-16 in the series, homered on a full-count pitch from Xavier Hernandez (2-4).

The drive over the left-field fence marked the second time in Piazza's four-year career that he has ended a game with a home run. He did it last June 26 against San Diego.

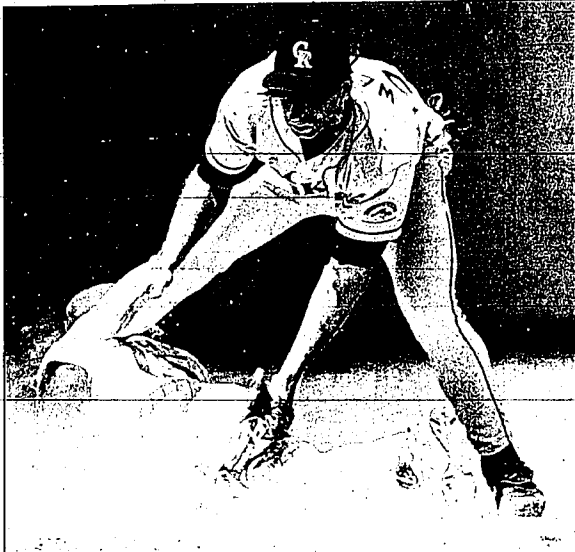
Todd Worrell (3-3) pitched a scoreless eighth for his win.

Huston Turner (3-1) struck out seven over a career-high 12, and left after seven innings with a 3-0 lead.

Padres 5, Cubs 4
SAN DIEGO — Ricky Henderson, Steve Hamilton and John Flaherty hit home runs, helping Joey Hamilton and the San Diego Padres beat the Chicago Cubs.

The Padres won for only the fourth time in 21 games. They left 96 to the Cubs in 16 innings Saturday.

Hamilton (9-4) struck out eight in 6.23 innings. He walked four, hit two batters and gave up home runs to Ryne



Philadelphia Phillies Ricky Otero slides into Colorado Rockies infielder Walt Weiss with a steal of second base in the third inning of their Sunday game in Philadelphia.

Philadelphia Phillies Ricky Otero slides into Colorado Rockies infielder Walt Weiss with a steal of second base in the third inning of their Sunday game in Philadelphia.

Sandberg and Jose Hernandez, but the Padres backed him with three double plays.

Trevor Hoffman pitched two perfect innings, striking out three, for his 13th save.

With the Padres ahead 3-2 in the fifth, Henderson and Finley hit solo home runs off Amara Telemaco (3-4).

Pirates 5, Marlins 3
MILMI — Charlie Hayes had a two-run single and slow-footed Mark Johnson stole home as the Pittsburgh Pirates scored four times in the first inning and beat the Florida Marlins.

Pinch-hitter Dave Clark added an RBI single in the eighth, making Pittsburgh pinch-hitters 4-for-4 in the past two games.

Pat Rapp (3-10) lasted just three innings and has lost his past six decisions. He leads the National League in defeats.

Jon Lieber (1-2), the second of six Pirates pitchers, finished with 13 perfect innings, and Francisco Cordova got one out for his ninth save.

Greg Colburn had three of the Mar-

ChiSox nip Mariners; Yankees dust Indians

CHICAGO (AP) — The Chicago White Sox stopped their eight-game losing streak on Ray Durham's RBI double with one out in the 10th.

The Mariners lost for the first time in four games since star center fielder Ken Griffey Jr. was injured.

With one out in the 10th, Dave Martinez doubled for his fourth hit of the game. Chad Kreuter walked and Durham doubled in right field off reliever Lee Guzman (9-4).

Mark Caskie (5-4) earned the win with a scoreless 10th.

The win pulled the White Sox within 18 games of leading for the first time in the AL Central lead. The teams will play each other eight times in the next two weeks, starting with a four-game series Thursday night in Chicago.

Blue Jays 5, Athletics 4
OAKLAND, Calif. — Jacob Brumfield hit a three-run home run in the seventh inning to put Toronto ahead.

Trailing 3-2 in the sixth, the Blue Jays began their rally when Mike Haff tripled off Oakland's Steve Wojciechowski (5-5). One out later, Tomasz Peres walked and Wojciechowski was lifted for relief.

Brumfield followed by hitting a 1-0 pitch over the left-field fence for his fifth homer and a 3-3 Toronto lead.

Juan Guzman (6-7), making his sixth straight start, allowed four runs and six hits in 6.23 innings. Tim Lincecum pitched 1.13 hitless innings, and Mike Timlin finished for his 14th save.

Juan Sanchez hit a two-run homer for the Blue Jays, who have won five of their last six.

Yankees 6, Indians 5
CLEVELAND — The New York Yankees completed their first four-game sweep in Cleveland since 1994, and broke the Indians' 11-game losing streak Sunday in a 6-5 victory over the Indians.

Bernie Williams, Paul O'Neill and Tito Martinez hit solo home runs for the Yankees, who improved to 9-3 against Cleveland. AL champions this season.

The Yankees are 12-2 at Jacobs Field overall, and 6-0 this year. They are the only opponent with a record over .500 at the ballpark.

Greg Vaughn hit his 21st homer for the Yankees.

It was the first time the Indians were swept in a four-game series since May 1994 — at New York.

It was the first time the Indians were swept in his last eight starts, allowed eight hits in 6.1-3 innings. John Wetteland pitched 1.00 inning for his third save of the season, and 22nd overall.

Williams' homer put the Yankees ahead 3-0 in the sixth against Jack McDowell (6-6).

Royals 4, Orioles 0
BALTIMORE — Kevin Appier pitched eight innings of two-hit ball and Sal Fasano homered as the Kansas City

American League

Royals beat the Baltimore Orioles, 4-0, in their first game since Tuesday.

Tom Gooden had two hits, stole two bases and scored twice to help the Royals win for the fourth time in 14 games. Kansas City went 1-6 at Camden Yards this year and lost the season series.

Appier (6-7) struck out 11, matching his season high, and walked three. He also pitched one runner past first base, and Mike Magrane worked the ninth to complete the two-hitter.

Baltimore starter Rick Erickson (3-3) pitched five-plus innings, allowing four runs and six hits. All three of his walks turned into runs.

Tigers 10, Twins 8
DETROIT — The Detroit Tigers won their third straight game for the first time this season in a victory over the Minnesota Twins that followed two straight shutouts.

The Tigers, with the worst start ERA in the majors, extended their scoreless streak to 24 innings before Dave Haddock's homer highlighted a five-run sixth inning.

But Detroit came back in the seventh, with Travis Fryman's two-run double and five-plus innings, scoring seven pitchers.

Bobby Higginson hit a two-run homer for Detroit, which has its longest winning streak since a five-game string last September.

Tom Urbani (1-1), the fourth of five Tigers pitchers, worked 1.2-3 innings in his first American League win. Brad Radke (4-8) was the loser.

Brewers 8, Angels 4
MILWAUKEE — Jose Valentin's two-run double highlighted Milwaukee's five-run seventh inning that sent the Brewers past the California Angels.

Greg Vaughn hit his 21st homer for the Brewers.

With the score tied at 3 in the seventh, Chuck Finley (9-3) gave up a lead-off single to Pat Latch. After a sacrifice by Kevin Seitzer, Finley walked the next three batters to force in the go-ahead run.

Ramon Garcia (2-2), who entered the game with one out in the seventh, went 2-3 in his eighth inning for his win.

Red Sox 6, Rangers 4
ARLINGTON, Texas — Jose Canseco's two-run single in the eighth inning snapped a tie and the Red Sox ended a five-game losing streak.

Any OCLC copy started the winning rally with a one-out single off Dennis Cook (3-1) and Jeff Freye followed with a walk. Bruce Davis tied the game 4-4 with an RBI single off Jeff Russell. One out later, Canseco, who was 3-for-4 in three RBIs, drove in two runs with a single up the middle.

Reverie Mike Stanton (4-2) worked 1.2-3 innings for the victory and it took Cliff Schumig got the final four outs for his 10th save.

Juan Gonzalez hit a solo homer in the seventh, his 15th, to give the Rangers a 4-3 lead.

Sampras faces tough luck, schedule in Wimbledon

Los Angeles Times

WIMBLEDON, England — It's a good thing Pete Sampras that he has among the best skills in tennis, because he sure doesn't have any luck.

For the second consecutive Grand Slam tournament, Sampras has been handed a tough draw at the Wimbledon Championships, which begin today at the All England Club.

All Sampras has to do in the first round is beat Ricky Reneberg, an excellent grass-court player with whom he has trouble. Sampras is then likely to face Mark Philippoussis, a huge server who beat him at the Australian Open in January.

Seeded No. 1, the defending champion has the same sort of tough draw that bedeviled him in the French Open — where he beat three former champions.

Sampras reached the semifinals in Paris but left exhausted. He went home and picked up his tennis rackets and tacked up his beloved golf clubs.

Sampras arrived here refreshed and energized by the drama of the medley of the All England Club.

Sampras is motivated, as always, by history. He has won three consecutive Wimbledon singles titles and won more.

"I have a chance of emulating Bjorn Borg's five in a row and (that chance) never comes again."

Contrasting Sampras' rough road is Andre Agassi's smooth one. The 27-year-old Agassi, who won the U.S. Open, is a qualifier, in the first round. In the second round Agassi will meet the winner of a match between two qualifiers.

Agassi appeared out of shape and uninvited at the French Open, but he enjoys the drama of the medley and fashion critics he invariably draws here.

Quietly lurking in the ester box is Andre Agassi's brother, Mark. He knocked out Agassi in the semifinals last year. Becker skipped the French Open so that various injuries

Prize money

Prize money this year at the \$8.76 million Wimbledon tennis championships, to be held from June 24 to July 7.

MEN	
Winner	\$592,675
Runner-up	\$296,337
Semifinalists	\$148,168
Quarterfinalists	\$77,047
Round of 16 losers	\$41,487
Round of 32 losers	\$24,009
Round of 64 losers	\$14,518
First round losers	\$8,886
WOMEN	
Winner	\$533,030
Runner-up	\$266,515
Semifinalists	\$126,689
Quarterfinalists	\$65,277
Round of 16 losers	\$34,352
Round of 32 losers	\$18,573
Round of 64 losers	\$11,249
First round losers	\$6,900

might heal. Although Becker is ranked No. 4, he is seeded No. 2, his highest seeding in five years. The seeding is no doubt in deference to his three Wimbledon titles. Becker has been in the finals seven of the last 11 years.

Becker, who suffers thigh injury, appears to have healed, won the warm-up tournament at Queens last week. Becker, 28, cleared up any doubt about his potential retirement after opening the season by winning the Australian Open.

"I love this game," he said last week. "I'm a fan. I watch it (on TV) when I'm off the tour. I love it even more when I play on the Centre Court."

Stefan Edberg is another example of Wimbledon's iconoclastic seedings. The two-time champion has been seeded No. 12, although he's ranked No. 45. That's it for the famous "Big Four." Playing in his final Wimbledon, he has been given the most difficult opening match of any seeded player: He will play Guy Forget of France, who has been a quarterfinalist here three times.

The women's side features the return of Monica Seles to Wimbledon. Despite a nagging injury in her left shoulder, Seles won the warm-up tournament at Eastbourne, beating Mary Joe Fernandez in the final in just 45 minutes. It was her first grass-court tournament since losing to Steffi Graf four years ago in the

Pepper salts LPGA win

ROCHESTER, N.Y. (AP) — Dottie Pepper ran up a sixstroke lead Sunday, then held off a late charge by Annika Sorenstam to win the rain-battered LPGA Rochester International with two shots.

Pepper, a multiple winner on tour whose game slumped this spring, fired a 6-under-par 66 in the morning and a 71 in the afternoon to finish at 10 under 206 at the soggy Louisa Hill Country Club course.

Sorenstam, the two-time U.S. Open champion from Sweden, had a 67 and a 69 on the 36-hole final day of the tournament that was shortened to 54 holes from 72. Thursday's opening round was washed out and less than half the field of 141 completed the second round on Saturday.

Pepper, a multiple winner on tour whose game slumped this spring, fired a 6-under-par 66 in the morning and a 71 in the afternoon to finish at 10 under 206 at the soggy Louisa Hill Country Club course.

First-round leader Amy Fruhvirt was third at 211 after a 71 and a 72.

Tied at 213 were Allison Finney, Michelle Estill and Barb Whitehead.

Pepper vaulted into a four-shot lead with seven birdies in the morning round, then held off a late charge by Sorenstam to win the rain-battered LPGA Rochester International Sunday.

"Four shots to make up on this course is a little hard," Sorenstam said.

Pepper earned \$90,000, \$10,000 less than she collected for finishing second in the LPGA Skins Game in May.

Douglass wins Bell Atlantic in 3-way playoff

Knights-Ridder News Service
MALVERN, Pa. — The oldest man to win the Bell Atlantic Classic, Douglass, from Castle Rock, Colo., earned his playoff in the playoff by shooting his third consecutive below-par round at the Bell Atlantic Golf Club, a 2-under 68 for a three-round total of 4-under 206. He then ended the suspense of the playoffs by draining a five-foot birdie putt at the par-4 16th.

"They've all been awfully satisfying," Douglass said after his 11th hole putt. "I've won this before, but this one is extremely so."

At 60 years and 110 days old, Douglass became the fourth player 60 or older to win on the Senior



Dottie Pepper of Glassy Mountain, S.C., wins the Rochester International Sunday.

Opinion



Government weakens working families

Katherine Dowling

The American family and those who govern us are locked in a mighty struggle over resources. The more the federal government's domestic agenda grows, the weaker the family becomes, as family resources and even basic functions are preempted by the month within the Beltway.

Despite the pro-family rhetoric, we all acknowledge that our resources are finite. The commandeering of these resources is done through the use of power, and another name for power is money. Money gives you the power to make another person scrub your floors, write a will for you, cut your hair. In fact, all of society works on the exchange of power for goods and services through the brokerage of money.

There are three social institutions in Western society that supply humans with the needs of everyday life: food, clean clothes, a roof and custodial care. These are the family, private charities and the government. Charities, formerly funded mostly by families, are reaching into Uncle Sam's pockets more and more these days.

We've got a little phrase in our Declaration of Independence whose misinterpretation has gotten us into most of our trouble. That phrase is, "All men are created equal." What this phrase does not say is that all men are guaranteed equal outcomes in life. Yet the federal government, by misrepresenting the concept of equality, has raised its vision of control of the resources of daily life to the status of dogma.

And it is grabbing resources earned by families through increased taxes and Social Security payments while then using those resources to implement its version of what should be provided to individuals, such as randoms for teen-agers and fat-filled noontime meals for schoolchildren whose families don't like to get up early to pack lunches.

I want to tell you about two real mothers from equivalent social and educational backgrounds. They both have little ones in primary school; the working mom's kid is a boy and the welfare mom's child is a girl.

The working mom told me, with tears in her eyes, that teachers consider her a poor mother because her job prevents her from being at daytime school events. Yet they consider the woman on welfare to be a terrific mom.

Of course, the welfare mom's food and housing are being funded by the federal government, which does so by taking part of the working mom's salary, in the form of taxes.

Whose family is being weakened by the federal money grab to take over the function of the family?

No such families who could quite easily pay for a care for Grandma but instead demanded a prescription for it because the funds were supposed to provide for their

family member in her old age. Welfare fathers abandon their progeny because the government will provide, usually much better than they can.

And now we have the absurd circumstance earlier this year in Louisiana, where a court has upheld the right to Social Security payments of a child conceived artificially from the sperm of a man dead a year before her birth. Talk about the fatherless family!

Any parents who would love to provide the ideal of stay-at-home mothering for their children can't do so because the federal government demands a transfer of money from them that forces them to return to the workplace. But never fear, because such organizations as the Children's Defense Fund and its umbrella lobbying organization, Generations United, hope to have uniform day-care centers - potentially government funded and controlled, of course - available to families whose two-parent incomes feed the federal beast.

Our families, like the seven fed calves of Joseph's biblical dream, are being devoured by the federal government in the resource famine brought on by federal control.

Katherine Dowling is a family physician at the University of Southern California School of Medicine; she wrote this commentary for the Los Angeles Times.

Other views

Why didn't FBI question White House file request?

President Clinton asks the American people to swallow a lot when he says that White House snooping through confidential FBI background files on prominent Republicans was the result of an honest bureaucratic mistake.

The president's explanation is that the Bush administration, when it left office, had removed the personnel files of people who worked in the executive mansion, including their security clearances. The new Clinton administration needed to create new files, even on people who had worked in the White House for years and would continue to do so under the new regime.

So, it relied on a list of employees supplied by the Secret Service to request background checks from the FBI. However, that list was outdated and included Republicans from the Bush administration who had since left the government.

Republicans suspect something darker. They accuse the Clintons of using the FBI files to fish for dirt on their political opponents. And in at least one instance, the Clinton explanation breaks down. Rep. William F. Clinger, R-Pa., whose committee is investigating the White House travel office scandal, reports that the Clinton administration was in possession of the FBI file on a travel office employee whose name did not appear on the outdated Secret Ser-

vice list and who had been fired seven months prior to the use of that list.

But suppose that the White House behavior was an innocent bureaucratic error. A troubling question still remains: Why did the FBI give the files up to Clinton aides without question?

After all, the forms used by the White House clerk to request the files from the FBI request form even signed by anyone. All that appeared on the forms to identify the person making the request was the typewritten name of Bernard Nussbaum, the White House counsel. Nussbaum says he knew nothing of the inquiries.

Yet the FBI turned over to the White House summations of its confidential background checks on 341 people, potentially invading the privacy of each and every one of the federal's 500,000. One retired FBI agent wrote in Thursday's Wall Street Journal that he alerted FBI management to irregularities in such requests from the Clinton White House without result.

The FBI must be held to a higher standard of legal and ethical conduct than this. Otherwise, the nation's elite criminal investigative agency becomes the private detective for whatever party is in power at 1600 Pennsylvania Ave., creating a potential for corruption and abuse of innocent people's civil rights.

Attorney General Janet Reno and FBI Director Louis Freeh must be held to account.

Opponents' silence unsettling

From the Idaho State Journal, Pocatello

There's a chance that Idaho voters will have to decide whether to approve two destructive initiatives this November.

Both the One Percent initiative that would strip property tax unit property from the Anti-Gay Rights initiative that would limit the rights of a group of people based on their sexual preferences have been rejected by voters in the past. Now they are back with some minor rewording that the sponsors hope will win voter approval.

It's hard to say which of them would do the most harm to Idaho's schools, social structure, economy and national reputation.

Economic development and job recruiting in Idaho still suffer from the mistaken impression that this state is a haven for haters. That image results from the highly publicized, white-supremacist in northern Idaho.

It's hard to quantify how a blatantly discriminatory initiative such as the Anti-Gay Rights initiative would impact Idaho's economy. But the costs of defending a clearly unconstitutional law would take money that could be better spent on education.

The One Percent initiative would have a more direct impact on the schools, particularly on state universities. The reason is the One Percent initiative would require the state to make

any loss to local school districts caused by the initiative.

That same ploy was used in Oregon several years ago, and the results there illustrate what is likely to happen in Idaho.

Oregon's general fund had to kick in some \$10 million to pay for the loss to local schools. But that money had to come from somewhere, so the state had no choice but to drastically reduce the support for state institutions of higher education. The resulting chaos in higher education seriously damaged those schools and the students. Oregon State and the University of Oregon were forced to drop whole programs and cut back on many others.

That same result would be inevitable in Idaho if the initiative were to pass. And that would be particularly bad news for Pocatello, where much of the community's economic success is tied to a growth from the Idaho State University.

Maybe the scariest part of all this is that there doesn't seem to be as much organized resistance to either of these initiatives as there has been in the past. The voters have showed in past years that when the destructive nature of these initiatives have been pointed out to them, they have been willing to vote them down.

But the silence of the opposition is unsettling. It's as if all the efforts to defeat these initiatives in the past have exhausted the opponents.

We hope that as the election gets closer, those opponents will become reenergized and much more visible.

Letters

Willis cares enough to speak

I'm writing concerning your smug editorial of June 18 about Bruce Willis' efforts to change the nuclear waste policy in our state.

Bruce Willis is a big easy target for the obvious reasons but actions speak louder than words. There are many weather people in the valley and many that are equally as well-known, yet the only other person that even comes close to showing Mr. Willis' commitment to this valley is Earl Holding, the owner of the Sun Valley Co. Both have spent tens of millions of dollars on quality development that makes no financial sense unless their view is long term and in the best interest of the community.

You seem to think of us residents of Blaine County as a bunch of rich dilettantes, but the majority of us still work for a living and we appreciate those among us who show a commitment to our area.

Would you slam a similarly active member of the Twin Falls area? I've been to public meetings in Twin Falls and was impressed with the civility and manners even during heated disagreement, so I doubt it.

As for the issue which you finally got to after eight paragraphs of bashing "Hollywood" Bruce (by the way, he's from New Jersey). Why shouldn't the voters of Idaho have the chance to disagree with Gov. But? What could be more American?

You state that two things have changed in the last five years: 1) The expansion of Energy gas service about negotiating with Gov. But; 2) But had the patience to search for a compromise that worked for Idaho. My response is that the DOE has not been serious about shutting us up but has never been truthful or accountable for its decisions.

Perhaps Cecil Andrus, with his experience in Washington, wasn't naive enough to believe in deals that were offered. With the current agreement, Washington is happy because they shut us up and they'll all be gone in 40 years when we find out if they hold up their end of the bargain.

I don't know Mr. Willis but, like him, I moved to this state on purpose as I'm sure you or your ancestors did. Even if we disagree on what's best for the state, we all care enough to be involved so please, in the future, skip the cheap shots, leave personalities out of it and strive for professionalism.

THAD FARNHAM
Ketchum

Gays are not that different

I began reading Mr. Price's letter on homosexuality with the hope that he would have something new and challenging to say. But I was quickly disillusioned because what he had to say was the same old vague and rotten tripe that has been passed off as "ethically, morally and biblically correct" for years.

Mr. Price would have us believe that homosexuality is a choice - it isn't. Homosexuality is no more a choice than heterosexuality is a choice. He would also have us believe that homosexuality is a crime, but he doesn't tell us exactly why.

Perhaps Mr. Price is afraid of the "gay word." See it's really what it's all about, isn't it Mr. Price? You and many just like you can't stand the idea of homosexual enjoying sex together. But why? Don't you know that the types of sexual activities enjoyed by heterosexuals are exactly the same types of sexual activities enjoyed by

homosexuals? And you would criminalize only the homosexual? How hypocritical of you. And another thing, when heterosexuals pair up for a lasting relationship, they do so because of that mysterious thing called love. Homosexuals pair up for exactly the same reason. Quite a bit in common, wouldn't you say?

Finally, it is obvious to me that you have never knowingly had a conversation with a homosexual. I encourage you to have conversations with homosexuals because you will be quite surprised. Homosexuals are not the stereotypical people you may think they are.

Really, about the only difference you'll learn is that they romantically love members of their own sex. That's really not such a big difference after all, is it? Surely it's not enough to hate someone for? But it is for many, many people, isn't it?

JOHN T. WALSH
Burley

Prayer can't be outlawed

To those who would make prayer in school or anywhere else "illegal," forget it. True prayer is not outlawed, it is outlawed or "unconstitutional."

Read in the Bible, St. Matthew, Chapter 6. To the believers in the words of Jesus, read St. Matthew, Chapter 6, and understand what prayer really is.

Don't be fooled or confused by the contemporary "prayer in school." Recognize the "debate" over prayer for what it is - invalid, illegitimate, a lie. A tool used by the father of lies to confuse Christians. Seek simple truth through Jesus.

JOSEPH BENNETT
Jerome

The Times-News

Stephen Hartgen Publisher
Clark Walworth Managing editor
Ty Hrusalec Circulation manager
Peter York Advertising director

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

Letter

Murtagh debate heats up

Regarding the conflict in Murtagh between ex-Principal Keith Adams and the School Board.

Mr. Adams, whom I have known for about three years, is in a situation in which both sides have some problems to work out.

First, he is not a computer-literate person. He may have, in the past few months,

gained the general use of a computer to do such things as process grades and keep records, but to be able to gain access to another person's files leaves me confused.

We also need to see that just because Chesley is a Mormon bishop doesn't mean he is instituting his religious beliefs in school curriculum. If he is, he shouldn't be there.

ELI HANSEN
Burley

Doonesbury



By Gary Trudeau - Mallard Fillmore



By Bruce Tinsley



Nation

Democrats push for 'Families First Agenda'

Knight-Ridder News Service

WASHINGTON — Asking Americans for "another chance to lead," congressional Democrats rolled out an election-year agenda Sunday that's tuned to middle-class concerns like steep education costs and anemic paychecks.

But the so-called "Families First Agenda" was short on specifics, and lacked details on how Democrats would pay for new programs. In one instance, it called for a balanced budget, but didn't set a deadline.

The agenda is an attempt by Democrats to mirror the "Contract With America" that helped the GOP win control of Congress in 1994. However, the agenda's Democratic stamp comes through clearly.

Republicans quickly dubbed it the "Uncontract."

For example, one Democratic proposal calls for a major federal effort to eliminate the pay gap between men and women, the sort of government involvement in the workplace that Republicans avoid.

It would include government-set "fair pay" guidelines and more extensive enforcement of existing anti-discrimination laws. On average, women earn about 70 percent of men's earnings, and the gap has been closing.

Another proposal would require health insurers to offer lower-priced "kids-only" policies for children. Taxpayers would help low-income working families pay. Insurers could not turn children down because of medical problems.

Children are more likely to be uninsured than people in their 30s, but young adults aged 18-24 are the age group that's most at risk.

On education, the Democrats renewed President Clinton's request for a \$10,000 tax deduction for college tuition and scholarships for students who earn good grades. They also endorsed a more generous child care tax credit and a plan to let workers take pensions with them when they switch jobs.

The agenda was unveiled live on C-SPAN in an informal linking circles around the country with an

Astronauts not feeling queasy in outer space

CAPE CANAVERAL, Fla. (AP) — NASA's medical experts better not get their hopes up. The astronauts aboard Columbia say they've suffered little motion sickness on a mission to study just that.

Astronaut Susan Helms, who's in charge of the laboratory experiments, said Sunday the entire space shuttle crew adapted "very, very quickly" to weightlessness.

"We've had just an outstanding flight from the standpoint of the mission, so if the scientists were hoping to capture a lot of data on that on our crew, they're probably not going to get a whole lot," she said.

Queasy astronauts or no, the mission should shed light on all sorts of space ailments, including motion sickness, flabby muscles and poor sleep, said Dr. Victor Schneider, a NASA scientist who's monitoring the mission from Marshall Space Flight Center in Huntsville, Ala.

The fact that the four medical subjects — male first-time space fliers in their 30s and 40s — seem to be in such "great" shape three days into a 16- or 17-day flight is immaterial from an experimental standpoint, Schneider said.



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Plane makes belly landing at airport

ORLANDO, Fla. (AP) — A commuter plane carrying 32 passengers and crew made a belly landing at the Orlando International Airport on Sunday after a hydraulic failure.

No one was injured. Comair Flight 3599 was arriving from Nassau, Bahamas, when the flight crew called to report the hydraulics problem.

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World

Tutu steps down in Cape Town

Long-time Anglican leader was a fierce opponent of apartheid

JOHANNESBURG, South Africa (AP) — Kings, presidents and clergy celebrated Archbishop Desmond Tutu on Sunday for his struggle against apartheid, and looked to him to champion justice in a new role.

"His laughter ringing out has given courage and confidence to a downtrodden people," Archbishop of Canterbury George Carey said at a service that marked Tutu's retirement as head of the Anglican church in South Africa.

Tutu, the first black archbishop of Cape Town, rose to international prominence during the 1980s as the voice of the anti-apartheid struggle, winning the 1984 Nobel Peace Prize.

In 1989, Tutu led a now legendary anti-apartheid march from St. George's Cathedral in Cape Town, where his retirement ceremony was held Sunday.

After a decade as archbishop, Tutu now will devote himself to leading a commission formed by the country's first black-led government to expose apartheid-era crimes.



Retiring Archbishop of Cape Town Desmond Tutu, right, greets President Nelson Mandela Sunday at a service to celebrate the end of Tutu's tenure in Cape Town.

Among the dignitaries crowded within the high stone walls of the cathedral on Sunday were President Nelson Mandela, Mozambican President Joaquim Chissano and Lesotho's King Letsie.

Onlookers cheered and ululated as Mandela bestowed a government award of merit on Tutu during the retirement service, which

was carried live on state television.

"He speaks his mind on matters of public morality," Mandela said. "As a result, he annoyed many of the leaders of the apartheid system. Nor has he spared those that followed him. Such independence of mind ... is vital to a thriving democracy."

Tutu devoted most of his own

remarks to expressing gratitude to those in attendance.

"Thank you, thank you, thank you, all of you," he said, displaying the exuberance that has made him a beloved figure in South Africa.

The service alternated between solemn prayers and upbeat songs—including one hymn spirited enough to get Tutu dancing in his white robe, which was embroidered with gold crosses.

Tutu opened Truth and Reconciliation Commission hearings in April, beginning an emotional journey into the torture, bombings and riots of the apartheid era.

The 17-member commission is investigating political crimes committed by all sides during three decades of white-minority rule, and will recommend amnesty for those making full confessions and suggest ways of compensating victims.

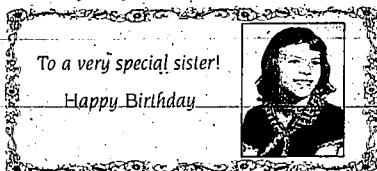
The job will delay by at least two years Tutu's plans to retire to Georgia to spend time with his family, work on his memoir and join the faculty of Atlanta's Emory University.

Tutu's successor, the Rev. Njongonkulu Ndungane, will be formally installed in September.

Rockets slam into school; 9 killed, 25 injured

KABUL, Afghanistan (AP) — Rockets hit a high school and a market in the war-battered capital on Sunday, killing at least nine people and wounding 25 others, hospital workers said.

The government blamed the deadly barrage on Sunday's attack on the Taliban.



CAN'T BEAT THE SUMMERTIME BLUES?

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- Thoughts of suicide or death

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Succession fight brews as Papanandou mourned

ATHENS, Greece (AP) — Even as mourners lined up to pay their final respects to Andreas Papanandou, a succession fight was brewing — evidence of the former leader's tight grip on both the Socialist Party and the prime ministry.

Thousands of Greeks, some in tears and many holding flowers, arrived Sunday at the capital's main orthodox cathedral to pay homage to the popular 77-year-old leader, who died at home of heart failure earlier in the day.

His body will lie in state at the cathedral until his funeral Wednesday, the casket draped in the blue and white Greek flag.

Papanandou was premier from 1981-89 and again from October 1993 until he resigned in January for health reasons.

The Panhellenic Socialist Movement went into emergency executive committee session Sunday after news of its founder's death. Papanandou died without

resigning from his post as party leader.

The executive committee decided to go ahead with a party congress scheduled to begin Thursday, where Papanandou was to be reelected, unopposed.

Leadership struggles that began when it became clear Papanandou's health was failing pitted economic reformists against those in favor of continuing the former leader's easy-sending ways. The latter approach has been popular with voters.

Papanandou's subordinates are engaged in a tussle for the position of deputy chairman, an office the Socialist Party created to preserve Papanandou's authority and at the same time pursue a successor.

Premier Constantinos Simitis, a former party dissident, and Interior Minister Akis Tsochopoulos, a faithful Papanandou lieutenant, already have said they want deputy chairmanship.

China orders name changes

BEIJING (AP) — China has ordered 2,000 businesses to change their names, saying establishments with Western names are undermining the national culture.

"Names containing vulgar, feudalistic, bizarre and absurd content and Western-sounding colors must be banned," the official English-language China Daily said Sunday, quoting a government official it did not identify.

The targeted businesses include Wuhan's Jindaochuan nightclub, whose name means "miraculous ship." The government forced its rechristening as "Island Ship."

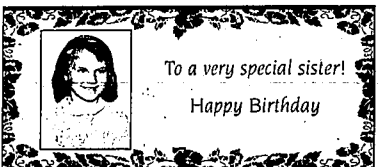
"Though some names reflect the features of Western business, they could have an adverse effect on children," the newspaper quoted the official as saying.

An entertainment center in Wuhan was made to drop the name Farnosa — the 17th-century Spanish name for Taiwan — because it "hurmed the national interest and dignity," the China Daily said.

It wasn't clear whether only names taken from Western languages were targeted. But the newspaper said nearly 36 percent of trademarks registered by Chinese companies include Western-sounding names.

It said many were trying to take advantage of the "prejudice of status-conscious people" who prefer Western goods.

The government has reviewed about 20,000 names of nightclubs, stores, restaurants and other businesses this year, the China Daily said.



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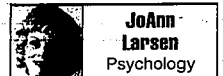
Bi-polar disorder can be silent killer of kids

Of the 30,000 people who take their own lives every year, an increasing number of them are teenagers. And for every young person who completes suicide, there may be 50 to 100 others who attempt to take their lives.

Statistics for Utah indicate that the teen suicide rate hit an all-time high in 1995: 44 youths age 12 to 19.

For families and parents of victims — who did not see the suicide coming — there's "survivor guilt" and remorse that may haunt them the rest of their lives.

These fruitless deaths are often and less pain of survivors behave parents, teachers and others to recognize that suicide among teens (and even among young children) is a huge and growing problem.



JoAnn Larsen
Psychology

"We must become more aware of the signals that identify distressed teens, and for parents, the stark reality is this: The teen-ager who commits suicide could be your own."

From this author's perspective, many teen suicides are intimately related to a genetic bi-polar disorder — that is, a chemical imbalance — distinguished by, among other symptoms:

- Sudden mood swings.
- Impulsiveness and risk-taking behavior.
- Inability to concentrate (which is often identified as attention-deficit disorder).
- Outbursts of "frenzied" anger, which often take five or 10 minutes to subside (and then the teen, who was in an altered state of thinking during the episode, often does not remember what he or she said or did and wonders why others are still upset).

With the bi-polar disorder, young people also suffer inconsistency in personality — "it's something that will trigger anger one day, but not the next."

It's a Jekyll-and-Hyde personality in which teens are sometimes charming and euphoric, at other times, grim and angry. They have an inordinate need to control others and current situations.

They're either incorrigible or display an inordinate tendency toward perfectionism, and they exhibit altered thinking in which events in the environment and actions of well-meaning others are consistently misperceived.

Kids with bi-polar disorder have substantial trouble with life-management tasks, refuse to take responsibility for any of their actions, and often have trouble sleeping.

They also sometimes suffer panic attacks and cyclic between mania and depression.

These young people may also suffer from "mild racism" or "fragile ego" thinking, which often causes them to talk rapidly. Such symptoms also cause mind-wandering and makes it difficult for teens to focus for any length of time on anything that they are not particularly interested in.

Please see LARSEN/B2

By Joan Beun
Times-News correspondent

TWIN FALLS — It was about a decade ago that professional river-riffing guide Greg Edson, 40, discovered that he was living dangerously.

A blood test taken during a health fair at the College of Southern Idaho identified his cholesterol level was 295 milligrams per deciliter, which is high.

And so because there is a relationship between the blood cholesterol level and dietary habits and the frequency of coronary heart disease, Edson was put on a strict low-fat, low-cholesterol diet, plus exercise. But after adhering to this regimen for more than a year, his cholesterol did not come down appreciably.

A medication called Mevacor was added to the diet-and-exercise program. His blood cholesterol level has not exceeded 180 mg/dl since he began taking the drug.

Edson said because cholesterol is processed in the liver, the drug can affect it, and so it was necessary for him to have frequent blood screenings for the first couple of years, and he continues to have them twice yearly.

His liver has tolerated the medication very well, and he said it allows him to enjoy special forbidden foods in moderation.

"I can have pizza every now and then — instead of being on a totally restrictive, almost fat-free diet, trying to control cholesterol," he said. "When the medication works, it allows you the freedom to eat sensibly, but also to splurge now and again."

Dr. Lubomir Valenta, a Twin Falls endocrinologist and metabolism specialist who recently left the Twin Falls Clinic and Hospital to open a private practice in Twin Falls, said Mevacor blocks a special enzyme called hydroxymethylglutaryl coenzyme A (HMGCoA), which is involved in the synthesis of cholesterol.

He said the medication doesn't cause any known failure of the liver, but can cause leakage of this enzyme from the organ.

What can be more disturbing with this drug, he said, is myopathy — which means muscle weakness, with the leakage of an enzyme called creatine kinase from the muscles. A test can be done to check for this.

The nationwide recommendation for treating high cholesterol, Valenta said, is to start with diet, exercise and weight reduction, and, if there is no response, to go to medication.

He said niacin, which is actually a vitamin, may be tried first,

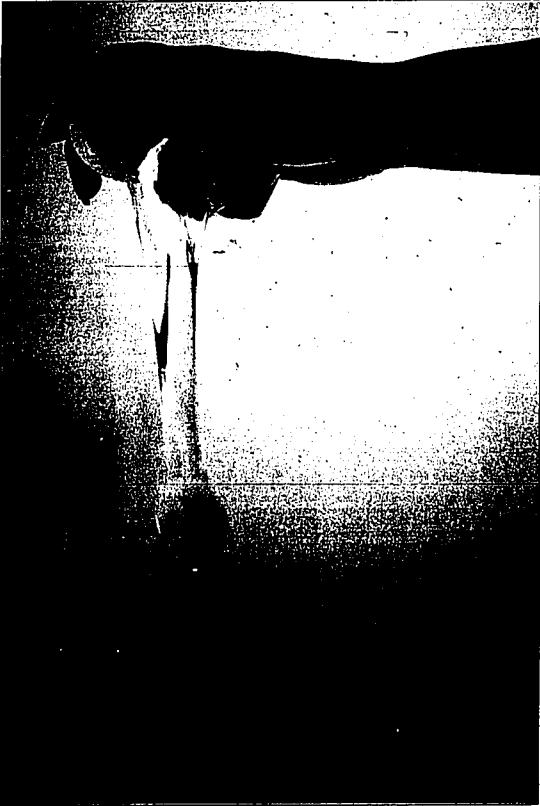


Photo by Barbara KAPLAN/SALISBURY

especially when there is a combination of high cholesterol and triglycerides, or when the HDL cholesterol is low. It may cause flushing or a skin rash and high blood sugar and can affect liver function. And so it's not tolerated, Valenta said medicine would be the next step.

If cholesterol alone is elevated, then one of the HMG co-enzyme inhibitors, such as Mevacor, might be prescribed. If both the

cholesterol and triglycerides are elevated, there might be a need for a compound called Gemfibrozil, which lowers both cholesterol and triglycerides, working mainly through the liver. It works in a similar way as niacin, but is usually better tolerated.

There are so-called resins that can lower the cholesterol in the intestine so that it is moved out of the body with the bowel movement. Fiber-rich foods work in a similar

way: attacking the cholesterol and blocking it inside the intestines so it cannot be absorbed. Then it is moved out of the body with increased secretion.

"Cholesterol is mostly excreted in the bile from the body," Valenta said. "And if it is not — if it doesn't get out of the intestines, eventually it gets absorbed back into the blood, so that there is a kind of a circulation."

Please see CRACKING/B2

What is this thing we call cholesterol?

By Joan Beun
Times-News correspondent

TWIN FALLS — The words "low cholesterol" or "no cholesterol" appear in bold print on a great many food labels. Why should we care?

And what is cholesterol, anyway?

The Mosby Medical Encyclopedia defines it as a substance found in animal fats and oils, egg yolk and the human body. Cholesterol helps to absorb and move fatty acids, and is necessary for the manufacture of vitamin D on the surface of the skin and for making various hormones.

Dr. Ronald Mitiach, a Twin Falls internist specializing in cardiac disorders, said there is a high correlation between cholesterol and heart attacks, peripheral vascular disease and stroke.

But he added that there are subsets of cholesterol, both bad and good — LDL and HDL.

The higher the LDL, the worse the prognosis, and conversely, the lower the HDL, the more likelihood of heart disease.

Mosby Medical Encyclopedia defines HDL as high-density lipoprotein — a protein in the blood plasma involved in carrying cholesterol and other fats from the blood to the tissues.

It says LDL stands for low-density lipoprotein, a blood substance containing large amounts of cholesterol and triglycerides.

Triglycerides, Mosby says, are compounds made of a fatty acid (oleic, palmitic or stearic) and glycerol. Triglycerides make up most animal and vegetable fats and are basic substances that cannot be dissolved in water (lipids) that appear in the blood where they circulate.

Dr. Lubomir Valenta, a Twin Falls specialist in endocrinology and metabolism, said triglycerides are the stored form of energy, which in wild animals and primitive men served the purpose of providing energy at times of starvation.

But with sedentary lifestyles and chronic overeating, these reserves become monstrous and morbid.

Please see WHAT/B2

Inside

- Dave Barry B2
- Dear Abby B3
- Comics B6
- Classifieds B7-12

Looking good

In makeup, quicker is getting better

Knight-Ridder News Service

Most women are simply not interested in devoting too much precious time to the pursuit of looking beautiful.

They want natural-looking makeup that makes them look better. They want to be able to put it on quickly — especially in the morning. They want a few easy products that do the trick.

And though cosmetics counters seem to be filled with an ever-increasing array of lipsticks, powders and pencils, don't think makeup companies haven't gotten the message.

"Five minutes — that's usually the amount of time I allow myself to put on makeup, and I don't think a woman needs any more time than that," said makeup artist Bobbi Brown, creator of the Bobbi Brown Essentials makeup line.

Cosmetics companies are rolling out long-lasting products that don't have to be reapplied during the day — which saves time. Makeup artists are responding to customer requests for pared-down makeup routines. Chanel has the whole process



Putting on makeup can be quick, easy and make you look your best.

down to a science.

"We call it 'Five Steps in Five Minutes,'" said Guy Lento, director of makeup and product communication for Chanel. "And we incorporate the five-minute express makeup into our training."

Please see MAKEUP/B2

Health notes

Costly injuries

For many of you, work is repeatedly a pain. Repetitive stress injuries cost American businesses about \$1.8 billion last year, or an average of \$12,000 for every case of RSI. And the managing editor of the newsletter CTIDnews, which polled 3,000 companies, says the costs to businesses probably were higher than the survey indicated since many RSI cases go unreported. "The work with pain" mentality, akin to "play with pain," is still very real in today's workplace," Michael Gouff says.

High protein

Most Americans get enough — maybe too much — protein in the diet, but some older people are an exception. The Recommended Dietary Allowance for protein is about two ounces of protein for an average-size man and slightly less for an average-size woman (simply because women weigh less; the RDA is based on body weight). Government surveys find that Americans typically get at least 50 percent more than the RDA.

Grim toll

More than 8 million babies worldwide die each year before reaching their first birthday, mostly from disease or inadequate care in the first weeks of life, according to the World Health Organization.

WHO says this toll could be drastically lowered with better clinical health care for mother and infant. Measures such as hygienic deliveries and treatment for infections are simple and inexpensive. Some 98 percent of baby deaths occur in developing countries, where 57 infants per 1,000 births are born dead or die within the first week of life.

Deep freeze

An international research team has been permitted to exhume seven coal miners buried in permafrost on the Arctic island of Spitsbergen. The researchers are seeking the influenza virus responsible for the 1918 pandemic that killed 20 million people. Historians have called that flu epidemic referred to as the Spanish flu, the deadliest epidemic in recorded history. Yet, despite the widespread devastation, there are no samples left of the virus. Researchers hope that by securing one, they could use it to make new vaccines and be prepared if a similar quick-moving flu epidemic were to break out. The research team is headed by Kirsty Duncan, an assistant professor of geography at the University of Windsor in Ontario. She looked for an area where the 1918 flu hit and bodies might have been preserved in cold temperatures.

Compiled from wire reports

Ask Mr. Language Person and check your gerunds at the door

It's time again for Ask Mister Language Person, the column in which we answer common reader questions that we make up concerning how to use the English language, regardless of what they may or may not technically mean per se.

Today we are proud to announce that Ask Mister Language Person has been named the Official Grammar Column of the 1996 Summer Olympics. In that capacity we will be covering the athletic events, at random for split infinitives and traces of illegal gerunds.

Q. What about dangling participles?

A. You are always going to get a certain amount of that with healthy young people.

Q. Please explain the correct grammatical usage of the phrase "showed up."

A. Grammatically, "should" is a precatory adverb; as such, it is always used as part of a hyperbole.



Dave Barry Humor

Q. What about the phrase "all things being equal?"

A. This phrase is used to add objectivity and fairness to a given statement. WRONG: O.J. is a scam artist. O.J. is a scam toady.

Q. What is the difference between an "effort" and a "concerted effort?"

A. An "effort" is just a normal effort; whereas a "concerted effort" involves a named third party.

A. Example: "After Marjorie sat fire to his recliner, Phil started making a concerted effort not to get carious on

the remote control."

Q. As you are aware, the lyrics to the old folk song "She'll Be Coming Round the Mountain" state: "She'll be comin' round the mountain when she comes; she'll be comin' round the mountain when she comes; she'll be comin' round the mountain; she'll be comin' round the mountain when she comes." My question is: Exactly how old were those folks?

A. They were drooling in their out-mat when they drooled.

Q. Speaking of traditional songs, please explain the lyrics of the popular favorite "This Old Man."

A. These lyrics concern an old man who plays knock-knock on various things belonging to the singer, starting with the singer's thumb, then moving to the singer's shoe, knee, door, hive, etc.

Q. The old man plays knock-knock on the singer's hive?

A. Yes. Why don't the authorities stop him?

A. Because he is Strom Thurmond. Q. Please define the word "refraction."

A. "Ref" is a conpositional inflection that is used primarily by conches in conjunction with the word "bud'n'."

EXAMPLE: "Bud'n' ref' fixin' to mosey to the corral and apply ungulate to our hives."

Q. What is a "diphthong?"

A. The Merriam Webster Dictionary defines "diphthong" as "a vowel that is used to form a word name for a rock band, e.g. Earl Piedmont and the Diphthongs."

Q. Do you think that when Merriam Webster was a child, he got teased a lot about being named "Merriam?"

A. In this job he was his bed.

A. Have we reached the part of Ask Mister Language Person where you present examples of high-quality language usage sent in by alert readers?

A. Yes we have. Here they are:

Richard Gordon sent in a photograph of an extremely helpful Kentucky highway sign that states: WHEN BRIDGE OVERFLOWS HIGH WATER EXISTS.

Becky Herzog sent in an article from the Dec. 18, 1995, Cincinnati Post concerning a Cincinnati Bengals player named Lee Johnson, who was moved by the outpouring of support shown by Cleveland Browns fans for their team. The headline is: BROWNS FANS TOUCH BENGALS' JOHNSON.

Shirley Farnsworth sent in an article from the March 6, 1994, Memphis Commercial Appeal in which actress Gillian Anderson is quoted as saying that she feared she might lose her role on "The X-Files" because the producers "wanted somebody leggie and somebody with more breasts than I do. How many breasts did they have in mind?"

A. They probably wanted to match the standard set by the highly popular "Baywatch" series, wherein Pamela Anderson Lee alone has at least seven.

TODAY'S TIP FOR ASPIRING NOVELISTS: When choosing a title, try to come up with something that will really "grab" potential readers.

WEAK: "The Death Corpse." **STRONGER:** "The Death Corpse by Stephen King."

VERY STRONG: "The Death Corpse by Stephen King with Pictures of Pamela Anderson Lee Naked."

Get a question for Mister Language Person? He is not available.

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.

Makeup

Continued from B1

That means women can go to any Chanel makeup counter and get instruction in which products to use and how to apply them quickly, along with advice on which colors work best with their skin tones.

Of course, not everyone has time for a personalized lesson at the makeup counter — even one that could ultimately save time each morning.

Though the experts don't always agree on which products to use, they do disagree on the sequence of steps. Start with a clean face, moisturizer and sunscreen. Use foundation to even the skin tone and to help conceal blemishes. Highlight the mouth with a soft lip color. (See? That

shouldn't take more than five minutes.) If you have more time, you can do more — add some blush, line the lips or fill in sparse eyebrow hairs.

The first basic step is foundation, to give a polished look to the skin.

Your skin tone is uneven, apply liquid or stick foundation where you need it — trouble spots such as the nose or forehead — or all over your face.

Choose a color that matches your skin tone so it won't matter if you miss a spot. Or look for powder foundations that come in a compact and can be applied wet or dry, depending on the coverage you need.

Are dark under-eye circles your biggest problem? Pat on concealer under the eyes. Concealer sticks

Cutting down your makeup time

Use less, natural colors and don't require a lot of blending. It's especially important to match your foundation to your skin tone.

Assemble the right tools. You need different brushes for blush, eye shadow, brow color and eyeliner. Look for applicators that come with makeup products and have long, full-size brushes.

Get into a makeup routine. Figure out what you have time to do, and do it well.

Stop to skip the eyeliners if you're rushing so much you can't put it on straight.

Know how to correct your mistakes. A firm latex sponge can erase errant globs of mascara, smeared lipstick or rings of too-obvious blush. Use the flat side of the sponge to blend blush; use the edge to blot up extra mascara or to move smeared lipstick.

that look like lipsticks are quick and easy to use. Does your face need a touch of color? Brush a bit of powder blush over the cheeks.

Eye makeup is the next step. The goal here is to make the

eyes stand out a bit — not to make you look like an extra in a Cleopatra movie.

Close an eye shadow a couple of shades lighter than your skin tone and brush it all over each eye socket, giving even coverage.

Think neutral shades in the tan, taupe and brown family — or use loose, tinted face powder. Match to your skin tone.

Want to do more? Fill in sparsely brows with powder shadow in a color that matches your hair. A stiff brush works well for this. Use eyeliner on upper and lower lids to make eyes look bigger.

Pencil liner is easier for many women to apply, but you can also use powder shadow and a thin brush. Dark brown liner suits many women.

Mascara is the most important part of your eye makeup. Choose black or brown, depending on your coloring. Apply several coats of mascara to top lashes.

Lipstick is the final step. For daytime wear, choose a soft color

with a bit of shine. Apply right from the tube or use a lipstick brush for more control.

Lip liner is optional, but it helps keep lipstick in place. Use a liner pencil that is close to the color of your lipstick, and carefully outline your mouth, using several short strokes.

That's it. You're done.

Cracking

Continued from B1

between the liver and the intestine of the cholesterol, so it keeps being absorbed inside the body."

He said one of the primary roles of the physician in the treatment of these disorders is to make every effort to identify the possible primary cause of abnormal lipids (fat or fatlike substances) in the blood and to correct it.

This frequently results in correction of the abnormality without the use of a specific cholesterol or triglyceride-lowering drug.

Dr. Ronald Micklik, a Twin Falls heart specialist and cardiac disease, said it is thought that everyone is prone to having cholesterol build-up in our vessels.

"You can think of it as like the hard water sediment that builds up in your pipes," he said.

"What we think probably is happening is that all of our blood vessels are prone to some degree of plaque as part of the aging process, and as part of just standing up to the constant flow of blood."

Micklik said that damage is repaired by the body, and as part of the reparative process, cholesterol can be laid down on top of the plaque. For many people, he said, it is believed that these changes can probably be seen from the age of 20, and just how rapidly it develops is related to the risk factors that everyone has.

Some of those risks can be controlled, such as smoking and diet.

Only about one-third of the overall cholesterol will be amenable to diet change, Micklik said. Most of the cholesterol in the body is actually made there, and is not diet-related.

Because a person has high cholesterol, it doesn't necessarily mean his diet is bad, Micklik said. There are people who can go on a straight vegetarian diet with no fat or cholesterol and still have a pretty high cholesterol level, just because genetically they make it or don't absorb it properly.

So there are a number of people who get very frustrated because they cannot bring their cholesterol under control, even

though they're doing all the "right things," Micklik said. "And those are the people that obviously will need medications and such."

Cholesterol is present in the blood in several chemical forms, Valenta said, and of special interest are the LDL and HDL cholesterol.

High LDL cholesterol is the strongest predictor of the development of atherosclerotic heart disease. In contrast, the HDL cholesterol has a protective value when it's high, but if it is low it potentiates the action of the LDL cholesterol.

Valenta said the scope of the treatment of cholesterol elevation is to lower the LDL and increase the HDL.

For Edson, that has meant going from an LDL of 197 mg/dl to 113 mg/dl and an HDL of 50 mg/dl to 53 mg/dl. He said his risk factor for developing heart disease as a result of abnormalities in cholesterol is now well below the acceptable range.

Edson believes a person has to look at all the factors in his life that affect his health, whether it be cholesterol or problems in other areas, and decide whether there are things that can be done to affect them. Then he should ask himself if he is willing to do that.

"So you have to take a holistic approach to it," he said. "In my mind, I think with that in mind, I take care of myself from a dieting and physical condition standpoint. I highly respect medication, and I take my medicine properly. And if you control those other risk factors the rest you just give away — it's out of your control."

Larsen

Continued from B1

ly interested in. Ironically, the same teens are often able to focus intensely and long term on things that appeal to them such as music or computer games.

At the same time, other — and very positive — genetic traits accompany the disorder, including giftedness and creativeness and high intelligence, sometimes masked by a learning disorder that the kids often overcome in their early years.

The bipolar disorder falls on a continuum, sometimes with its much more seriously affecting one than another. It also takes on different "faces" throughout a young person's life, sometimes manifesting itself in the form of "hyperactivity" or simply a bubbly personality in early years.

Maybe the most striking characteristics are depression or anxiety

attacks, getting worse as the youngster grows older.

The disorder can become so severe that a teen may become psychotic — that is, lose touch with reality altogether.

Bipolar disorder comes packaged in many different ways, but it can put a cap on a teen-ager's ability to mature emotionally, socially and intellectually.

The tendency toward suicide is made worse by the very tenuous nature of the disorder and the disease's ability to switch a teen's mood at a moment's notice. It may alter the way the teen processes information and events, blurring them immensely out of proportion.

The disorder is a stress-related — that is, it becomes more pervasive and increases in intensity of symptoms, as stress in a teen's life increases.

The deepening of the disorder may cause teens to attempt suicide

as they may "snap," or feel more hopelessness and increased feelings of failure. Suicidal thinking and attempts also increase with the stress of losses in a teen's life, such as the suicide of a friend or death or loss of a parent.

Bipolar disorder is also often accompanied by addictive behavior, with drugs, alcohol, eating disorders or sexual behavior — all of which increase the youngster's susceptibility to suicide.

Next week: More on teen suicide and what parents can do.

John Larsen, who grew up in Kimberly, is a St. Luke City family counselor.

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Pregnant teen has no idea what motherhood is To do for you

DEAR ABBY: My 15-year-old daughter is pregnant and in the ninth grade. Her baby is due in five months. The father is 20. He has been a kid with a scholarship of hers (also 15), and is now with a different girl on a regular basis. All of them are underage.



Dear Abby
Abigail VanBuren

I suggested she put the baby up for adoption, but she wants the baby and thinks she can take care of it and go to school. What can I do about this?

TROUBLED MOM
DEAR MOM: Call the young man's father in a friendly manner as soon as possible so he intends to provide for his child. Keep the conversation cordial, since you will most likely cooperate.

If he refuses to accept his responsibility, the district attorney's office in your city will assist you in getting child support orders. The D.A.'s office can also help you file charges of statutory rape, although the young man would be a better provider if he were out of jail and able to earn decent wages. In 1990, I published a letter from a teen mother in Phoenix, trying to get child support from her fiancé. Perhaps if you show it to your daughter, she will realize what she can expect if she doesn't get it. Read on which she's headed. Read on:

"DEAR ABBY: ... I hear my mother-in-law is a woman I'd like to have a baby, and how they wouldn't mind getting pregnant. All they think of is how much fun it would be to drop the baby and show it off. The truth is, once you have a baby, you don't feel like

going out anymore. You don't anticipate the incessant crying, get up for feedings, the dirty diapers, the spitting up, the constant washing of clothes and bottles, and most important, the expense.

I spent \$600 on baby-sitting expenses between March and May just so I could go to school. I graduated — \$600 that I didn't have. That meant I had to get a job, which meant more baby-sitting costs. "I wait, and still am not, emotionally prepared to be a mother. The stress is incredible. For the rest of my life, I am going to be a mother. I don't feel like being a mother at some point and want to just go out and be an 18-year-old — a typical recreational driving fun that's too bad, because I will always be a mother first."

"Babies are wonderful gifts from God, but I believe they are meant for people who are emotionally and financially ready for them." Of course, the purpose of the young mother's letter was to prevent other teenage girls from having to experience what she was going through. In your daughter's case, if I don't feel like being a mother when you show this column to her, it will help her to recognize the enormity of the lifelong responsibility she's assuming. She recognizes the wisdom of putting her infant up for adoption. I wish you both the best of luck. DEAR ABBY: In response to "Call Me William," I wish to quote the following verse that my husband and I don't feel like being a mother. My mother calls me William, "My father calls me Will,

"My sister calls me Willie, "And my friends all call me Bill." My husband quoted this verse many times when we acquaintances asked him how he returned to be addressed.

HILL, WOLFOPODS WIDOW, ALICE, IN DAYTONA BEACH
DEAR ABBY: I'm writing in response to two of your readers who complained about "ghost syndromes," which occurs when someone suffers a tragedy, such as divorce or terminal illness, and formerly supportive friends withdraw or disappear. My family suffered another kind of tragedy that resulted in the same insensitive treatment. My husband, a highly placed executive, lost his job in 1990 because of company downsizing. We had been part of a large circle of friends. After he was laid off, I noticed we had caught a contagious disease or had fallen off the face of the earth. I don't know if I know that the loss of a job is like having the rug pulled out from under you. Helpless, surface, self-esteem plumes, marriages are stressed and a general feeling of helplessness pervades each day.

It would have been so helpful if a friend and invited over for dinner, and had taken one of our children to a movie. My husband and I finally found jobs out of town. We are grateful, but not only for the income, but also for a chance at a fresh start with the opportunity to make new friends. Because our old ones had vanished.

LINDA W. FORMERLY OF TOLEDO, OHIO
DEAR LINDA: I'm sure your letter will strike a chord with many of my readers. Job loss is one of the most challenging circumstances a family has to face. It is a time when the compassion and sensitivity of friends and family — helping with

groceries or child care, offering to update a resume, or dropping off a stack of videos for a night of free entertainment — can make all the difference.

People who care would not wait to be asked, which can be difficult for a family used to taking care of themselves. Such gestures are deeply appreciated and long remembered.

DEAR ABBY: My husband and I are retired and live in a gated (guarded) community occupied mostly by retired people. My neighbors are lovely people, very friendly and sociable. "She" and "Al" are especially nice, and assist us in numerous ways. However, I can't get out outside my front door without drawing Susan's attention. The minute she sees me, she comes over and initiates a conversation, usually of great length. This happens during the day, at night, on my porch or yard — anytime. I stick my nose outside my front door.

Abby, I like her and her husband very much and try not to hurt their feelings, but the stress is becoming unbearable. I feel like a captive in my own home. I actually dread going out my front door.

DESPERATE IN CARLSBAD
DEAR DESPERATE: Your neighbor could be a lonely woman with few social contacts, or she may be the biggest pest in your gated community. But treat her as you would want to be treated if the situation were reversed.

Make yourself as available for long conversations. Explain gently, but firmly that you have many things to do, and have no time to chat.

Magie Valley Breasts
Cancer group meets today
TWIN FALLS — The Magie Valley Breast Cancer Support Group will meet at 7 p.m. today in the reception area of the Senior Center, 425 Polk, in Twin Falls, Idaho Regional Cancer Center.
For more information, call Char Basila-Davis, M.S.M., at the SIRCC at 737-2400 or Jody Craig at the Twin Falls Clinic & Hospital at 733-3700, ext. 344.

Twin Falls Seniors offer blood pressure checks
TWIN FALLS — The Twin Falls Senior Citizens Center will offer blood pressure checks from 10:30 to 11:45 a.m. on Tuesdays and from 10 a.m. to noon on Fridays at the center.

Experienced volunteer nurses will administer the checks free of charge.

Caesarean deliveries focus of Tuesday class
TWIN FALLS — The third class of the Childbirth Preparation Program is available to anyone wishing to learn more about Caesarean deliveries. The date for the current class is Tuesday, June 24, 9:30 p.m. Tuesday at the Magie Valley Regional Medical Center's Education Center (located at the back of the north parking lot).

The non-refundable course fee is \$15 and pre-registration is required. Childbirth preparations and medical center procedures will be included. A film, a discussion on sibling adjustment and a tour of the labor/delivery unit will be included.

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

Meeting series scheduled on 'Coping with Widowhood'
TWIN FALLS — Widowed and Bereaved and Consulting Services will begin a series of meetings on "Coping with Widowhood" from 10 to 11:30 a.m. Wednesday at the College of Southern Idaho Office on Aging.

The eight-week series will meet each Wednesday. Through the sessions, widowed persons will receive information and support in dealing with problems of being widowed.

For more information or to register, call 736-2122. Drop-ins welcome.

CSI offers 1-evening course on CPR
GODDING — A one-evening

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 & Fitness section. Mail notices to: The Times-News, P.O. Box 548, Twin Falls 83403, or deliver to our office at 132 Third St. W.

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Activists work to produce national disability policy

Knight-Ridder News Service

In late April, the National Council on Disability held a meeting in Dallas with about 300 invited advocates and leaders from all states to discuss the beginnings of a national disability policy.

The policy, in time, would cover such areas as civil rights, economics, education, employment and transportation. The meeting was the first of a series of executive officer of Very Special Arts, an international arts education and disability organization that was founded in 1976. The session's main speakers. He says this first summit "went very well toward generating a policy that will be developed by the end of the year. He says every citizen with a disability needs to be informed about this first summit.

There is a national disability policy," Kemp says. "We have policies on other nationwide issues. We have to do this to come away believing that the process for

developing recommendations toward this policy worked very well."

It all really started about 10 years ago when the council put out a document called "The 100 Most Important Issues for People with Disabilities." It started the issue as to what people with disabilities really wanted in their lives and a look at the deplorable conditions that work by having the council invite people from all backgrounds, all states, and all types of disabilities to develop a position on a wide range of things. We had native Americans there, a African-American, a lesbian American, women, everyone, all coming to Dallas to discuss the things which affect us all in our daily lives.

From here, the council, Kemp

says, will take the suggestions the meeting produced and present them to both the president and the Congress, probably before July 26th, the sixth anniversary of the Americans with Disabilities Act.

Whom to contact
If you'd like to keep up with the workings on this national disability policy, contact the following:
Contact at Very Special Arts, 1300 Washington Ave., NW, Suite 700, Washington, D.C. 20004
National Council on Disability, 1331 F St., NW, Suite 1050, Washington, D.C. 20004

Among the 11 specific issues discussed over a two-day period were civil rights, economic security, education, employment, health, housing, international policy, long-term services (such as supported living and aging issues), program coordination, technology and transportation.

"We got down to really specific things," Kemp says. "From this, we'll get about 150 to 200 recommendations. I think, though, there were overarching themes through all these areas. The first one, I

think, is that we need to enforce existing laws. We have excellent laws on the books now, quite an array of them, and they're either not being consistently enforced or sidestepped."

Kemp says many of the laws aren't enforced because the resources aren't in place. Still, he adds, that can't be used as an excuse for avoiding what federal, state, city and county governments have on the books. "I think the second overarching thing is there's a lack of really good statistics on people with disabilities. Even different agencies have different capabilities as to what a disability is. For example, the Social Security Administration and the ADA have different ways to define a disability. President Clinton has said there are 8 million new jobs, but how many benefit people with disabilities? That's up in the air. Is the figure for 67 percent unemployment among people with disabilities as true as it is to know and we need good statistics."

into a discussion group or on a bicycle.

Scientists have glimmer of hope in preventing Alzheimer's

NEW YORK (AP) — Long-term studies in older women have raised a glimmer of hope that drug treatment might someday be able to prevent the devastating mental condition of Alzheimer's disease.

There is a long way to go before any drug therapy can be used for Alzheimer's prevention. But the study results are intriguing enough to prompt further trials of two drugs that show promise.

One is estrogen. A study conducted by the National Institute on Aging, which followed 514 women for 16 years, found that postmenopausal women who did not receive estrogen were twice as likely to develop Alzheimer's as those who did.

John Hopkins University, followed more than 1,800 Baltimore residents in the program. The study's physical and mental examinations every two years. In the study, people who took ibuprofen, a non-steroidal anti-inflammatory drug used for conditions such as arthritis, for at least two years were 30 percent to 50 percent less likely to develop Alzheimer's than people who did not take such a drug regularly. The risk reduction was given intensive study took the drug for longer periods.

There are biological reasons to explain these results. Ibuprofen could reduce brain

inflammation caused by the deposits of a protein that damages brain cells. Estrogen could help preserve the brain chemicals that are damaged in Alzheimer's disease.

Studies to determine whether these drugs can slow the progression of Alzheimer's in patients with mild symptoms are beginning. Beyond that, the thought that drug therapy could slow or

prevent development of Alzheimer's disease can lead to investigation of other possible agents.

Meanwhile, there's no need to wait for drug treatment to try individual preventive measures. A number of studies have shown that activities which engage in vigorous activity, physical or mental, are less likely to suffer from Alzheimer's disease. That's reason enough to get down to the library,

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CALENDAR OF EVENTS

- Breast Screening Educational Program. By appointment only. Call 736-1675. Are you a woman who is a resident of Idaho? Are you 40 years of age or older? Have you never had a mammogram before? Do you have no insurance coverage for a mammogram, or have an *unmet deductible* of \$60? If you can answer yes to all these criteria, YOU qualify for a free mammogram under the MVRMC Mammography Grant Program. Limited number of grants available. Our facility is located in the Professional Plaza, 526 Shoup Avenue West, Suite J. Call 736-1675.
- 55 Alive Mature Driving Course. * Monday & Tuesday, June 24 & 25, 9 a.m. - 2 p.m., Education Center. Cost: \$8. Pre-registration required. Call 737-2065. Must attend both days to receive certificate of completion.
- Magie Valley Breast Cancer Support Group * Monday, June 24, 7:00 p.m., Reception Area of the Southern Idaho Regional Cancer Center. For information, call Char Basila-Davis at 737-2441 or Jody Craig at 733-3700.
- CPR Class * Tuesday & Thursday, June 25 & 27, 6:30 - 10 p.m., 5th West Conference Room. To register, call 737-2007.
- Cesarean Childbirth Class * Wednesday, June 25, 7 - 9:30 p.m., Education Center. No pre-registration required.
- Childbirth Refresher Program * Thursday, June 27, 7 - 9:30 p.m., Education Center. Pre-registration required. Call 737-2900.
- Arthritis/Lupus Support Group * No meetings in July and August. Regroup in September. For information, call 737-2050.
- CPR Class * Tuesday & Thursday, July 9 & 11, 4 - 7 p.m., 5th West Conference Room. To register, call 737-2007.

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Researchers begin to pinpoint factors behind mental illness

Dallas Morning News

Determining the cause of mental illness is like figuring out what makes an art exhibition a success. Could anyone, given the right brushes and paints, produce a breathtaking canvas? Could the most accomplished painter, with all the right materials, still create a masterpiece?

In each case, the answer is no. Great art requires both innate talent and the right tools.

In a similar way, miswired minds result from the wrong mix of nature and nurture. As with many diseases, mental illness can run in families, suggesting that genetics plays a role. But genes don't tell the whole story. Sometimes one identical twin develops schizophrenia and the other doesn't, for example. Influences other than genes probably are the reason.

But such influences from the outside world — whether family relations, physical illness or traumatic experiences — are hard to measure.

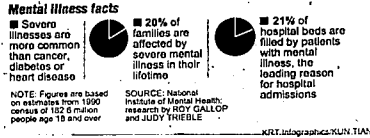
They aren't always available for scientific data-gathering. The hereditary aspect of mental illness is in part difficult to study. The simplest idea, where one gene predisposes someone to a disease, doesn't seem to apply. And while scientists know a lot about the brain, they are a long way from understanding the subtle differences that distinguish one brain from one that doesn't work right.

"The human brain is far and away the most complicated thing we know in the universe," said Dr. Ken Kendler, a psychiatrist at the Medical College of Virginia in

Mental illness in U.S.

Almost 16% of the U.S. population is suffering from a mental illness. Substantial abuse in any one month. Percent afflicted by type of disorder (some people may have more than one).

Disorder	Percent afflicted	Number afflicted, in millions
Schizophrenia	0.7%	1.3
Depressive	5.2%	9.5
Phobia	1.3%	11.5
Obsession/compulsion	6.3%	2.4
Somatization (hypochondria)	0.1%	10.2
Antisocial personality	0.5%	10.9
Alcohol abuse/dependency	2.8%	5.1
Drug abuse/dependency	1.3%	2.4



Richmond. "The liver and the kidney and the heart are all miraculous organs, but they're extraordinarily complicated. But they're child's play compared to the brain."

Nonetheless, in recent years scientists have made substantial progress in identifying the genetic and environmental forces impelling people toward mental illness.

For example:

- Researchers recently reported a link between possible genetic links to manic depression on human chromosomes 4, 6, 13, 15 and 18.
- In the past year, new studies have suggested that a gene involved in schizophrenia resides on human chromosome 6.
- New research shows that early life stress can trigger hormones implicated in depression.
- An unusual form of inheritance could be linked to mental disorders, providing a new clue to why the genetics of mental disorder are so complicated.

The latest research has solidified the growing conviction that for most mental illnesses, genetic susceptibility and outside influences conspire to cause the disease.

"I think it's very clear... that if you have a loaded family history of either depression or anxiety disorders, that means you have a genetic vulnerability," said Dr. Charles Nemeroff of Emory University in Atlanta. "And coupled with that, if you have untoward life events, the likelihood that you will go on as an adult to develop a major psychiatric disorder is extremely high."

Nemeroff and colleagues recently published a study in the Proceedings of the National Academy of Sciences showing that stresses early in life can cause long-lasting biological changes in levels of a hormone known to be related to depression. The researchers stressed early in life by forcing mothers to spend time away from their babies at erratic intervals to look for food. The mothers worked and the babies were neglected, Nemeroff said.

A few years later, when the babies were 18 months old, they had higher-than-normal levels of the hormone known as corticotropin-releasing factor, or CRF.

High levels of that hormone are known to be linked to depression. Studies with baby rats have produced similar results.

"Early traumatic life events seem to have persistent neurobiological consequences that are associated with increased vulnerability for depression," Nemeroff said at a neuroscience meeting last fall. "This has tremendous societal implications."

Dr. Barry M. Hyder, director of pulmonary rehabilitation at the National Jewish Center for Immunology and Respiratory Medicine in Denver and a professor at the University of Colorado School of Medicine, says that shallow breathing is a reaction to the tension of daily life. "The shallow breathing seems to be associated with symptoms of stress and symptoms of anxiety," says Nemeroff. "It's a natural response to stress. It's a way to relax — witness childhood preparation classes that focus on breathing."

"We do use breathing as a form of stress reduction, relaxation and pain reduction," says Dr. Barry M. Hyder, director of pulmonary rehabilitation at the National Jewish Center for Immunology and Respiratory Medicine in Denver and a professor at the University of Colorado School of Medicine. "First, you focus on slow, deep breathing, and that focus is important."

During his class, Douillard instructs students to practice slow breathing. "You have to breathe in through the nose, then exhaling while constricting the throat, making a noise."

As he explains the process of breathing, Douillard expands the abdomen and exhaling completely by contracting the abs, Douillard looks around the room.

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Breathing: The most basic health remedy

Knight-Ridder News Service

BOULDER, Colo. — About 15 people are dressed in their work gear at the Pulse fitness club. The instructor arrives and the class begins — to breathe.

Breathing may seem like the most basic of functions. Inhaled oxygen, transferred from the lungs into the bloodstream, is one of the body's basic fuels.

Rarely does something so simple, so natural, so seemingly effortless, garner a conscious thought. But the way we approach breathing may affect our stress level, our tolerance for pain, our ability to perform athletically and more, some experts say.

In fact, some health professionals are building practices around techniques to improve those basic functions of inhaling and exhaling.

At the Pulse, John Douillard, a chiropractor and Ayurvedic practitioner, teaches his breathing technique every Wednesday morning. The class is based on his book, "Body, Mind & Sports."

Douillard's message is similar to those of others: Most of the time, we take short, shallow breaths — about 23,000 a day, he says.

"The rib cage gets tighter and tighter and tighter, so we take tighter and tighter, so we take tighter breaths all day long," he says.

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Nose or mouth?

Experts disagree whether it's more effective to breathe through your nose or your mouth. John Douillard favors the nose, which he says is designed to filter and warm the air into the lower levels of the lungs.

Tom and Carol Goode start out encouraging people to breathe through their mouths, then begin to breathe through the nose as they become familiar with deep breathing techniques.

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Doctors still searching for quick cure for scoliosis

Chicago Tribune

CHICAGO — Jessie Clayton can recall urging her son to stand tall as a young man recently. She also remembers that he claimed he was trying to do that.

Faye Hawkins kept hoping her daughter's back problems would just go away, until her daughter was diagnosed with scoliosis, a curvature of the spine, and prone to fatigue and backaches.

In both cases, the root of the problem was scoliosis, a curvature of the spine such as a severe form that "fusion" surgery was required to straighten the spinal backbone.

Detection of scoliosis, an affliction identified centuries ago that first appears in childhood or adolescence, has been simplified and heightened over the years by widespread screenings in schools and pediatricians' offices. Yet for all its history and the modern wealth of medical technology, a quick or simple cure has been frustratingly elusive.

In most cases, patients are required to wear a back brace for a year or more, so the condition also produces peculiarly difficult social side effects at an age when kids are hyper-conscious of appearance and want to blend in with peers.

Today, however, researchers are seeking breakthroughs that might reduce the length and make surgical correction obsolete.

In the meantime, the ailment's stubborn legacy was apparent when Children's Memorial Medical Center in Chicago recently held a "Fusion Reunion" for parents and teens who had undergone spinal fusion surgery to straighten their spines.

The first reunion of its kind was held at the hospital, it was a way for patients and their families to meet and share support on one another's journey.

"It makes me feel like I'm not the only one," said Nakisha

Common questions about scoliosis

Knight-Ridder News Service

Q. What is scoliosis?

A. Some people have a spine that curves from side to side — that's scoliosis.

Q. How common is scoliosis?

A. It affects about 2 percent of the population, but runs in families and is more common if one family member has it.

Q. What causes scoliosis?

A. In most cases, the cause is unknown. It usually develops before puberty, and is seen more often in girls than boys.

Q. Can adults get it?

A. Yes. Adult scoliosis may represent the progression of a condition that began in childhood and wasn't diagnosed or treated, or it can be caused by the degeneration of disks in the spine.

Q. Is scoliosis preventable?

A. No. But early detection and treatment can keep it from getting worse.

Hawkins, 16, Faye's daughter, as she looked at others around the room.

"I tell a lot of people what I have, and it's like, 'What is that? Now I'm around people that know.'"

Engineers, such as Illinois Institute of Technology's Kevin Meade, an associate professor of mechanical engineering, and his colleagues, are trying to see if mathematical models can reliably predict which spinal curves will progress and which will not, in an attempt to ultimately eliminate the need for spinal fusion surgery.

Such surgery can cost more than \$20,000, compared to braces that may be as little as \$1,500.

And Burr Ridge, Ill., orthopedist Thomas Gavin and his colleagues are developing a tiny circuit board to be worn by youths who have been prescribed back braces to determine how many hours per

day the brace needs to be worn. Gavin hopes to learn how much improvement a brace worn for 10 hours a day yields, versus a brace worn for 15 or 23 hours per day.

"We don't know anything about wearing time because it's never been accurately measured," Gavin said. "It has not been proven that 12 hours is better than 23. Until we know more, we need to identify the minimum wearing time needed to achieve the maximum results."

If a brace can provide the same benefits after being worn for 10 hours as it does 15 to 20 hours, then it might be possible for young people to see physical improvement without having to wear the brace to school, Gavin said.

But the primary goal, he said, is to avoid surgery at all costs.

Scoliosis affects only an estimated 4 percent of the population. More girls develop it than boys. Scoliosis is often diagnosed during

the growth spurs of early adolescence. An increasing number of youths whose spinal curves are slight (measuring less than 30 degrees) are being found in school-based screenings. Braces work well in these cases, Gavin said.

And back braces aren't the unyielding contraptions they used to be.

Unlike the Milwaukee brace used in the 1960s and 1970s, with its metal neck ring that attached to three-barred bodice, the Rosenberger braces in use now are discreet, said Gavin, who helped design the Rosenberger brace.

The neck ring and the metal bars are gone, he said. And the lightweight and easily concealed brace fits under the arms and breasts down to the pelvis, easing mobility.

"Kids still don't like to wear braces," Gavin said. "But I'm very proud when patients come in with brothers and sisters and I can't tell who's wearing the brace."

Source: American Academy of Orthopedic Surgeons

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the lesson page

Common workout hazards

Some strengthening and stretching exercises that pose a threat to your health and their safer, more effective alternatives:

Double leg lifts

This abdominal strenuous exercise raises lower back discs, raising both legs causes back to arch.



Yoga plow

This upper and lower back stretch can compress disks in neck.



Locked-knee toe touches

Places too much stress on back, knees, hamstrings — especially when done quickly while bouncing.



Donkey Kicks

This buttock exercise arches the back and contorts the shoulders and neck.



Full head rolls

May injure disks in the neck.



SOURCE: The Wellness Encyclopedia, reprinted by RHY GALLUP

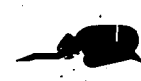
Effective alternative

Raised leg crunches
Raising unboot leg straight up, lift upper back and reach forward lifted ankle



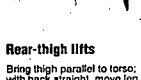
Fold-up stretch

Sit back on heels and press chest to thighs, reaching forward with hands



Bent-knee hang-downs

Roll down slowly with knees slightly bent and abdominals tight until hamstring and back muscles start to stretch; hang for 10 to 20 seconds, without force or bouncing



Rear-thigh lifts

Bring thigh parallel to torso, with back straight, move leg in slow, controlled manner



Side neck stretches

Use weight of hand to pull head gently to side, then forward; also pull head diagonally



Knight-Ridder Tribune-DAVID ARBASAN

In the world of health, friends have become surrogate family for millions

Los Angeles Times

LOS ANGELES — When Stephanie Dupin learned that her kidney cancer had spread to the liver, she drafted an old friend to help her choose a mate. She drew a picture-perfect resting place for her ashes.

Dupin, 49, visited several cemeteries, settling on Rose Hills in Whittier, east of Los Angeles, with its acres of sweet blooms. To soften the stark purpose of their outing, the women decided to buy adjoining niches and split the cost.

"Once I said we'd go halves, we could pretend it was just preplanning," said De La Torre, recalling the littersweet moment. "We call it our lakefront property."

Resting side by side for eternity once was reserved for kin, but the boundaries between friendship and family are blurring for the exploding population of middle-aged Americans who live alone.

Social and demographic trends — including divorce, rootlessness and the baby-boom generation

Friends and family

Friends fit not a relationship privileged by law or institutional custom, which means friends are not automatically accorded the same benefits and courtesies as family.

"Family is defined too narrowly in this society," said Rianne Kaya, a therapist who treats people with cancer. "That's changing, but slowly. Many people, even those in robust health, select friends rather than relatives for financial and medical powers of attorney. Hospitals that once permitted only relatives to visit the terminally ill now accept anyone who has time off for friends who act as care-givers."

But a 3-year-old federal Family Medical Leave Act protocol only those related by blood or marriage. Afters receive top insurance for kin. And the American Cancer Society, in its brochures, offers guidance to "patients and their families."

Source: Los Angeles Times

entering its 50s — are dramatically chafing middle age. Millions more people are growing old and infirm outside the embrace of traditional nuclear families. In fact, clusters of friends are filling roles once reserved for spouses and children.

The prototype for these networks comes from the gay community. They have spread to the mainstream as more solitary adults begin to find that friends do not navigate the rough seas of age

and illness as easily as their parents did in the era of "old-death-does-not."

Who paces the hospital corridors during surgery? Who sleeps by the bedside on a cot, calls the distant relatives with news, asks doctors for the prognosis? Who fills the prescriptions, buys the groceries, bird-dogs the insurance claims? Who holds the power of attorney? Who shares memories of the past, plans for the future and musings about mortality?

Prostate patients find alternative to surgery

Knight-Ridder Newspapers

Michael Pridgen was still having doubts, even though his prostate cancer surgery was only a few weeks away.

His father had developed troubling side effects from the same operation. Everything the 53-year-old Colswater, Meck., farmer read confirmed his fears that he, too, might become incontinent, or impotent, at least for a while.

A radio interview with Dr. E. L. Arterbery, a radiation oncologist at Sinai Hospital in Detroit, helped Pridgen make up his mind.

He cancelled his surgery and opted for seed implants, an outpatient procedure that some doctors say is as effective as surgery or conventional radiation for early-stage prostate cancer but that has fewer side effects. There's almost no recovery time, and men often can resume normal activities the next day.

"People see it as a real choice," says Dr. Michael Lutz, the urologist who works on the seed procedure with Arterbery at Sinai. "It won't complicate their lives."

As word spreads about the unwanted side effects of surgery and conventional radiation for treatment of prostate cancer, interest in several other radiation options that have been vastly improved with new technology.

The most popular is seed implants, in which tiny radioactive capsules are permanently or temporarily implanted into the prostate. The seeds — about as big as the wire in a paper clip and only one-eighth of an inch long — release radiation either gradually or in short, precise bursts rather than treating the broad areas that conventional radiation affects.

The techniques are known in medicine as brachytherapy or interstitial radiation. Brachy means "short" in Greek, to indicate the short distance radiation travels to the tumor.

First performed in the United States in the 1970s, seed implantation was largely abandoned because doctors had to make an incision and place seeds manually.

Today's ultrasonic machines accurately help doctor the seeds to exactly where tumors lie.

In the past two years, there also has been improvement in the seeds themselves, both with a new method that minimizes shifting and new materials. Now doctors have two seed sources: iodine, for early tumors, and palladium, for larger ones.

Still, as recently as a year ago, the techniques were not widely known to the public. But interest has been growing as more people learn about them. A cover story in the May 13 issue of Fortune by Andy Grove, business executive who underwent the temporary, or high-dose, brachytherapy method, has been the buzz of prostate-cancer groups and doctors for weeks.

The biggest question mark: Are seed implants really as effective as prostate surgery in curing cancer? Without 10-year follow-up studies, an important measurement in cancer statistics, no one can say for sure. But new eight-year data from the leading center for seed implants show that permanent seed implants do halt cancer in the majority of men with early-stage disease.

"Prostate cancer brachytherapy is enjoying a real renaissance," says Dr. Arthur Porter, president of the American Brachytherapy Society and chairman of radiation oncology at Harper Hospital and the Barbara Ann Karmanos Cancer Institute, both in Detroit.

"If a man is interested in potency preservation, then seeds probably are the best way to go" for early-stage cancer, says Porter, a prostate-cancer specialist.

"But there are other patients who want to see their prostate in a bucket. They want it removed. Or they'll say, 'I don't want surgery and someone sticking their hand in my penis.'"

Only about 15 hospitals nationwide perform the high-dose method, and 200 do the newer permanent implants, Porter estimates.

Dr. Alvaro Martinez, chief of radiation oncology at William Beaumont Hospital in Royal Oak, Mich., is internationally recognized

'If a man is interested in potency preservation, then seeds probably are the best way to go.'

— Dr. Arthur Porter

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Warning: Worrying may be hazardous to height

The Washington Post

"As if young girls don't have enough to worry about as they grow toward womanhood, a study has come up with something new: Worrying may keep them from growing as tall as their less-anxious peers."

A study by New York psychiatrist Daniel Fine and other researchers indicated that girls exhibiting constant signs of anxiety during childhood turned out to be as much as two inches shorter than girls who were less worried.

Those who exhibited anxiety were twice as likely to be no taller than 5 feet 4 as adults.

Fine and his colleagues at the New York State Psychiatric Institute, Columbia University and the Mount Sinai School of Medicine, said the same correlation between worry and height did not hold true for boys.

The study, reported in the June issue of Pediatrics, focused on a sample of 760 boys and girls from Upstate New York that researchers followed for more than 10 years as they grew into early adulthood.

While they found that worried girls were likely to grow to the shorter women, there was its similar connection between

height and major bouts of depression.

"It is not clear how anxiety in childhood could cause short stature in adulthood," the researchers said.

But they hypothesized that the production of human growth hormone may be blunted by excess worry, or anxiety, as girls grow into adulthood.

The researchers did not measure hormone levels in the children they studied.

Nor did they get information on the height of parents, which could provide a genetic reason for growth differences.

"The worried girls' anxieties indicated fear of being separated from parents, going to school and getting along with other children."

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