

# The Time

Twin Falls, Idaho 93rd year, No. 19

Monday, January 19, 1998

1998

## GOOD MORNING

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### WEATHER



Today: Rain likely. Breezy and cooler with southwest winds 15-25 mph. High 44. Low 28. Page A2

### MAGIC VALLEY

**Grinding away:** A retired railroad man has surrounded himself with rocks and handmade jewelry. Page A5

**The end:** A Wendell cinema's owner says its closure follows a national trend. Page A5

### SPORTS



**San Diego time:** Both the Packers and the Broncos arrived in San Diego to begin practices for this weekend's Super Bowl. Page A7

**New stars:** North America, led by Wayne Gretzky and Eric Lindros, faced a World team featuring Peter Forsberg and Teemu Selanne in the NHL All-Star game. Page A7

**Wildcat power:** Defending national champion Arizona is on a roll in men's college basketball. Page A9

### HEALTH & FASHION

**When to buy?:** You can save big bucks by buying clothes at the right time of year, but timing is everything. Page B1

### OPINION

**Smoke screen:** Tobacco executives who denied targeting teenagers should face perjury charges, a guest editorial says. Page A10

### WORLD

**Holy appointments:** Pope John Paul II named 22 new cardinals Sunday, including an archbishop from Chicago and a former archbishop from Denver. Page A11

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Traffic at the intersection of Filer Avenue and Washington Street in Twin Falls should be eased this year by road improvements.

## ... a safer, wider intersection at Filer and Washington

**By William Brock**  
Times-News writer

**TWIN FALLS** - City officials hope to widen the intersection of Filer Avenue and Washington Street sometime this year, in order to make a later project a little more affordable.

When complete, the intersection would feature two lanes in each direction - plus left-turn bays in the middle. The project, estimated to cost around \$300,000, would be financed entirely by the city.

Improving the intersection would brighten the budget forecast for a city-state partnership to widen a half-mile stretch of Washington from Shoup Avenue to a point 660 feet north of Filer.

### City council meets

The City Council will discuss improvements for Washington Street North at 5 p.m. today in City Hall. The meeting is free and open to the public.

Washington would be widened to five lanes - two in each direction with a turning lane down the middle.

Work on the Washington widening project could begin in 2001, but there's a budget problem that must be solved.

If nothing is done to improve the intersection at Filer, the entire Washington Street project would cost around \$2.29 million - which is more than the Idaho

Transportation Department has earmarked for the project.

As things stand, the ITD has \$1.99 million - most of it from Uncle Sam - to improve Washington Street. If the city puts the bill for improving the intersection at Filer, the remaining work on Washington Street would fit the ITD's budget.

"We're trying to get in line for the big bucks," said City Engineer Gary Young, "but at the moment, we're not at the immediate logjam."

When we take (the intersection at Filer) out of the project, then the cost goes down to an affordable level," Young said.

Please see SAFER, Page A2

## Cranking up again

### Sheriffs hope to launch new drug task force

**By Mark Heinz**  
Times-News writer

**FAIRFIELD** - Camas County Sheriff Harold Lee says he's tired of playing cat-and-mouse with petty burglars.

"Cars are the easiest thing for them to hit," Lee said Friday. "In a few minutes (burglars) can rip out whatever they need and then they're gone. We usually end up about a couple of hours later. It's a never-ending cycle."

Lee blames methamphetamine, commonly known as "crank," for many of the break-ins.

Meth users - who increasingly include juveniles - often must steal to support their habit, he said.

"It doesn't take a kid very long to get solidly hooked" on crank, Lee said.

That's why he's anxious to join Gooding County Sheriff Shaun Gough and Lincoln County Sheriff Steve Southwick in forming a new Northside drug task force.

Gough, Southwick and Lee recently pitched the idea to their respective coun-

ty commissions, hoping for political support and perhaps some money.

If formed, the task force would include two new full-time narcotics officers, Gough said. The bulk of the funding would probably come from federal grants, which should be applied for by April, he said.

Each county probably would have to pitch in about \$8,000 to get the task force running, Lee said.

Lincoln, Gooding, Camas and Jerome counties were part of a previous drug task force for four years. It ran out of funds and folded in 1996.

A three-county task force based in Twin Falls came to an embarrassing end that same year, when missing money and missing drugs led to indictments of Detectives Don Walden and Juan Nunez. Nunez eventually was convicted of charges including racketeering; Walden was found innocent.

At the time, crime and ethics experts commenting on the indictments said

## Handicapping tomorrow - Futurists forecast technologies

**The Baltimore Sun**

**WASHINGTON** - Given the difficulty in predicting what the economy will do over the next few years, or even what the weather will be tomorrow, how can direct researchers know what the hot technologies will be in 30 years?

Professor William E. Hult and two of his students at George Washington University's School of Business and Public Management, in the November/December 1997 issue of *The Futurist* magazine, have charted the emergence of 85 critical technologies, complete with the dates when the rest of us will likely feel their impact.

For example, they say that 2028 is the year that a permanent base will be established on the moon - nine years before the first humans make the trip to Mars.

Hult and his colleagues acknowledge that forecasting is inexact. They have greater confidence about nearer-term technologies such as videoconferencing, which they see coming into routine use in six years. But they insist that their forecasts, based on scientific methodol-

ogy, are more reliable - and serve a greater purpose - than scientific cautions.

"It is not speculation like we have seen with the Jetsons," Hult says. "This is the best available knowledge that we can pull together. It is the best scientific consensus from a panel of 50 international authorities."

History is replete with examples of futurists who got it wrong. The most famous may be Thomas Malthus, an economist who predicted 200 years ago that the Earth could not sustain an ever-growing population, and that famines were inevitable. He failed to foresee improvements and efficiencies in agriculture and trade that allow the Earth to feed five times as many people as Malthus' time - with fewer famines.

More recently, warnings in the 1970s that oil prices would skyrocket were wrong - but not because the forecasters made a bad guess. Rather, business, industry and political leaders believed the forecasts and took steps to deal with them.

Please see FUTURIST, Page A2

## 'Titanic,' Nicholson, Hunt take home prestigious Golden Globe awards

**The Associated Press**

**BEVERLY HILLS, Calif.** - "Titanic" was named best dramatic picture and earned three other awards during Sunday night's Golden Globes, a precursor for the upcoming Academy Awards.

"Does this prove that size matters?" cracked director James Cameron as he held aloft his statuette for best dramatic picture.

Cameron, who also earned the best directing trophy, almost single-handedly plotted the film through years of research and \$200 million of 20th Century Fox's and Paramount's money.

The movie also won awards for best original score and song, "My Heart Will Go On."

In television, "Ally McBeal" beat out such highly rated shows as "Seinfeld" and "Frasier" for best musical or comedy, and its star, Calista Flockhart, won the best actress trophy.

"As Good As It Gets" proved the big winner in the comedy-musical film category, winning for best movie and earning trophies for stars, Jack

Nicholson and Helen Hunt as well as director James Brooks.

Ms. Hunt, who won last year's Golden Globe as leading actress in a TV musical or comedy-series for "Mad About Ym," dedicated her award to Brooks: "You've made me a better actor forever," she said.

Ms. Hunt also expressed her gratitude to co-star Nicholson.

"They say never meet your idols, and then you blow that out of the water," she told the Beverly Hilton crowd during the nationally televised 55th Hollywood Foreign Press Association presentations. "You're my hero as an actor."

Two veteran performers were honored as best dramatic actors: Judi Dench for her role as Queen Victoria in "Her Majesty" Mrs. Brown, and Peter Fonda for his portrayal of a troubled father and backslider in "Ulee's Gold."

Burt Reynolds, the porno movie producer of "Boogie Nights," and Kim Basinger, the Veronica Lake look-alike call girl of "L.A. Confidential," won

Please see AWARDS, Page A2



Leonardo DiCaprio and Kate Winslet arrive at the 55th annual Golden Globe Awards in Beverly Hills, Calif., Sunday. DiCaprio and Winslet were nominated as Best Actor and Actress for their roles in "Titanic," but they lost out to Peter Fonda and Judi Dench.

## Images of history

Photos chronicle the struggle for civil rights

**The Dallas Morning News**

**WASHINGTON** - A civil-rights photo exhibit featuring the work of photographers who were activists has opened at the Smithsonian's National Museum of American History to mark what would have been Martin Luther King Jr.'s 69th birthday.

"We Shall Overcome: Photographs From America's Civil Rights Era" features about 75 black-and-white images depicting a slice of the momentous 1954 Supreme Court decision outlawing school segregation through King's 1968 assassination.

Curator Robert Phelan said the photos blend the storytelling qualities of historic events while conveying visual elements that bring the viewer close to the emotional side of the moment as well. Many also depict scenes where the photographers placed themselves in dangerous positions to capture the unfolding turmoil.

"I'm used to dealing with photographs as aesthetic objects as opposed to historical documents," Phelan said. "I was really taken by the fact that photographers can work simultaneously in both of those arenas."

Phelan drew from the collections of 10 internationally recognized artists, including former LIFE photographers Gordon Parks and Charles Moore, and Magnum photographers Bob Adelman and Leonard Freed. The selection was limited to photographers who were working actively during the Civil Rights Era.

Marquette Falley, program director for the Smithsonian American Traveling Exhibition Service, said the exhibit tries to illustrate the importance of anti-photographers as activists in civil rights.

"We wanted to give the nation a chance to look at it, if through the incredibly brilliant period of ordinary people becoming heroes, in an effort to help completely make real the concepts found in our preamble - that all men are created equal, and that there is an inalienable right for us to pursue liberty and freedom," Falley said.

POOR COPY



NATION

# Sundance film festival hits Utah

Chicago Tribune

PARK CITY, Utah — The unofficial theme of this year's Sundance Film Festival has been Everything for Everybody (if we can fit them all in).

Even the weather offered variety, delivering heavy snow, rain, hail and blinding sunshine in the opening weekend.

This is the year Sundance Institute... president... Robert Redford... and festival organizers finally acknowledged that the event was growing beyond control.

The new 1,300-seat Eccles Theatre has helped, as has a streamlined shuttle bus system. But some dynamics haven't changed: At two opening-day screenings, the wrong films were at first projected, and the predominant festival image remained that of fledgling filmmakers, established Hollywood stars, nervous producers, distributors, publicists, media people and movie fans sloshing through the slush and waiting in long lines.

While the screw-ups and inconveniences are annoying, they're also part of the festival's charm. You just have to be more forgiving about what happens on and off the screen in this mountain resort town where movie reality runs for 10 days.

The weekend's big event was the first public screening Sunday of the Cohen brothers' "The Big Lebowski," which was included at the opening among the more than 100 feature films.

Their followup to the Oscar-



Actor Timothy Hutton is all tongue as he rides a sled, styled like a satellite dish, toward the finish line of the USSB 'Sled for Sundance' fund-raiser in Sundance, Utah, Saturday during the Sundance Film Festival.

Buscemi, fantasy musical sequences and that arch Cohen hipness which, this time, veers out its welcome.

The festival not only screens independent films, and those made on shoestring budgets, but also movies bearing the imprints of major studios.

The nature of independent film is shifting more toward the

mainstream," Redford acknowledged Saturday at his scenic Sundance Institute. "The work is getting more accomplished... But it's not at the expense of the edgier, raw work."

On the more commercial end is "Sliding Doors," Thursday's opening-night film from first-time British director Peter Hoar.

## Vet believes he was exposed to depleted uranium in Persian Gulf

Knight-Ridder News Service

BELLEVILLE, Ill. — Seven years ago, U.S. troops nervously waiting for the order to take on Saddam Hussein's army frequently joked that the allies should just "nuke 'em" and get it over with.

They didn't have a clue that their own "soot" would get "nuked" by their own weapons.

Spc. John Moore of Fairview Heights, Ill., didn't when he watched the engineers, in his Army battalion finish blowing up Iraqi vehicles that had been disabled by American M1A1 Abrams tanks and A-10 "Warthog" attack planes.

Earlier this month, the Pentagon admitted for the first time that the failure to warn troops in the Persian Gulf about the dangers of depleted uranium "may have resulted in thousands of unnecessary exposure."

Depleted uranium is a waste product of the nuclear industry that weapons designers in the 1970s discovered could be used to make incredibly effective anti-tank ammunition.

"Veterans advocates, including 1st Lt. Doug Rokke, say that as many as 75 percent of the 700,000 troops who served in the gulf might be facing health problems because U.S. and British anti-tank ammunition fired during the war released up to 300 tons of uranium dust."

"Man, they were blowing DU (depleted uranium) all over hell," Rokke said. "Everybody and their brother was climbing and crawling on that stuff."

Rokke, who lives in Jacksonville, Fla., and was a research physicist at the University of Illinois, was the Army's top investigator into the dangers of depleted-uranium ammunition. Last year, he went

public with his accusations that military leaders were ignoring veterans exposed to depleted uranium seven years ago and failing to warn current troops how to protect themselves in combat.

On Jan. 7, the Pentagon ordered the Army, Navy and Air Force to begin a depleted-uranium

*"The doctor said today that from the tests he's done, it's obvious I have metal poisoning, and that's the only place it could come from."*

—Doug Rokke, veteran

um training program developed by Rokke three years ago.

It's based on information the Pentagon had even before the Gulf War, but never passed on to the troops — that the uranium dust left behind by depleted-uranium ammunition can cause radiation-induced cancers and heavy metal poisoning if inhaled or ingested.

Moore wishes they had told him earlier.

"I don't know much about depleted uranium. The news reports are the first I've heard about it," he said.

Moore, who is the commander of the Veterans of Foreign Wars post in Fairview Heights, was a medic with an engineer battalion that breached Iraqi defenses in the initial ground assault.

"We breached, we allowed the infantry and armory to pass, and once they passed, it was our job to blow up what they left behind," he said. "You're talking about a tank that's still in flames — I was within 10 feet of destroyed metal poisoning."

Tests have shown that dangerous amounts of depleted-uranium

dust are found as far as 50 yards from the impact.

Since the war, Moore has suffered from intestinal problems that he said he thinks were caused by exposure to chemical weapons. Since learning that depleted uranium attacks the kidneys and respiratory system, he is more concerned than ever.

"I just had a kidney infection, unexplained," he said. "Was it depleted uranium? I don't know. Nobody's ever tested me for that."

The General Accounting Office has criticized the Pentagon several times since 1993 for ignoring the dangers of depleted uranium, but until this month, the military has maintained the only people exposed were a few dozen veterans involved in friendly fire episodes.

That changed Jan. 8, when the Office of the Special Assistant for Gulf War Illnesses issued its annual report. Buried near the last page was the admission that thousands of vets might have been exposed.

"It's an area that we're looking at," Pentagon spokesman Maj. Tom Gilroy said. "To date, I don't know how anyone has found any proof that depleted uranium is what's making veterans sick."

Rokke said Gilroy is echoing a Pentagon attitude he has been fighting for years — the requirement that veterans prove nothing else could have caused their individual illnesses.

Rokke, who has examined dozens of destroyed vehicles in the gulf, said he has uranium in his urine up to 280 times the normal amount. He has undergone nine kidney surgeries since the war.

"The doctor said today that from the tests he's done, it's obvious I have metal poisoning, and that's the only place it could come from," he said.

## Lawmakers ponder cable changes

Knight-Ridder News Service

WASHINGTON — Soaring rates for growing numbers of Americans are moving politicians to consider re-regulating the nation's cable television industry.

The industry was deregulated by Congress in 1992 with the assumption that anticipated competition from satellite services, phone companies and others would drive down costs. But the competition hasn't appeared and consumer frustration is growing.

A new report to Congress from the Federal Communications Commission indicates cable rates climbed 8.5 percent in the last 12 months, four times the 2.2 percent growth rate of consumer prices.

Some experts now say it was wrong to assume viewers would quickly gain benefits from deregulation. Cable firms argue that higher rates have been needed to cover costs of new programming and improved service.

"Such excuses aren't solving mounting political problems for the cable companies."

The FCC report is widely expected to provoke serious efforts in Congress to re-regulate the industry in hopes of more tightly controlling its ability to raise the rates of its 71.6 million subscribers.

"It is clear that broad-based, widespread competition to the cable industry has not developed and is not imminent," said FCC Chairman William Kennard.

In the few markets where cable companies have battled new competitors head-to-head, prices have gone down, Kennard noted. But he said there are too few markets where cable buyers have a choice.

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## AROUND THE VALLEY

### Wendell mayor seeks funds for traffic lights

WENDELL — Endangered by the challenge of raising big bucks, Wendell Mayor Gwen Rost is asking people for donations for a new traffic-light system at the intersection of Main and Idaho streets.

The city has established a donation account at Farmers National Bank.

Officials expect the city will have to pay one-fourth of the estimated \$250,000 project. The Wendell American Legion kicked off the fund-raising effort with a \$500 donation in December.

### Republican women hear from state party representative

TWIN FALLS — Andrew Arulanandam, executive director of the Idaho Republican Party, will be the featured speaker at the Twin Falls Republican Women's luncheon.

The luncheon will be at 11:30 a.m. Jan. 26 at Canyon Springs Inn, Call Office Sinclair at home at 733-5580 or at work at 733-3215 for reservations by Friday.

Also coming up, the Lincoln Day Dinner will be Feb. 16. Volunteer decorators should come to the Turf Club at 3 p.m.; contact Greenleaf at 324-2257.

### Wendell council considers irrigation, expects not to vote

WENDELL — The Wendell City Council will meet at 6 p.m. Tuesday at City Hall to discuss a variety of business.

The public is invited.

Officials will review the personnel manual and discuss irrigation service.

At 7 p.m. City Engineer Scott Bybee and water project manager of Hoop from Hoop will be on hand to discuss sewer service in the northwest part of town.

City Clerk Marina Barr does not expect the council to vote on any issues, but under new policy, the council may do so if there's a quorum.

The council might hold an executive session.

### Fair board seeks 1998 theme ideas; submit by month end

JEROME — The Jerome County Fair Board is soliciting ideas from the public for a theme for the 1998 Jerome County Fair and Rodeo.

The person submitting the winning entry will receive two tickets of his or her choice to any event held during this year's fair and rodeo.

Suggestions should be submitted by Jan. 30 to the fair office, 200 N. Fir.

### Jackpot leaders hear update on housing development

JACKPOT, Nev. — The Jackpot Advisory Board will hold its regular meeting starting at 5:30 p.m. Tuesday.

The meeting will be Tuesday because today is a holiday.

There will be an update on long-awaited housing from Glendoren Inc., the company that will develop 30 acres to help fix Jackpot's housing shortage.

The public is invited to attend and comment.

### Hagerman schools discuss search for superintendent

HAGERMAN — The Hagerman School District will meet at 7 p.m. today at 324 N. Second St., and the public is welcome.

Items on the agenda are the Legends Golf Course; a review of student body activities for December; old business regarding the Internet and a bond issue; and new business that includes first readings of the student body constitution, driver's education program, school meeting conference, computer bids, school pickup, an athletic review for February, the technology conference in Spokane, search for a superintendent and a new principal.

Alberson Foundation, a drug-testing policy and the Advanced Regional Technical Education Coalition.

A closed executive session will conclude the meeting.

### Jerome sheriff presents town meeting, discussion

JEROME — The Jerome County Sheriff's Department is hosting a town meeting at 6:30 p.m. Wednesday at the meeting room at the Jerome County Courthouse, 300 N. Lincoln.

Discussion will focus on last year's accomplishments and any questions the public has about issues concerning the community.

A town meeting will be held at 6:30 p.m. Thursday at the Eden Senior Center.

For more information, call Teresa at the sheriff's office, 324-8845.

Compiled from staff reports

# At 93, jewelry artist is quite a gem

## Bill Jewell's longtime hobby keeps him busy

By Sharon Metcalf  
Times-News correspondent

JEROME — On Mondays and Thursdays, Bill Jewell pushes a paper bin around St. Bonedict's hospital, gathering papers for recycling.

On his way out of the administrative offices, Jewell often leaves a smooth, polished rock on each desk, his personal calling card.

Jewell, 93, has been fascinated with cutting and grinding rocks since his brother introduced him to the hobby in 1952. Gesturing to a mounted display of cut and polished rocks, Jewell said, "I've ground more rocks there than my brother ground in a lifetime."

Gleaming examples of Idaho opal, lace agate, brunan inasper, moss agate, picture rocks, and a dozen more rocks are enhanced through careful attention. Some of them end up being set in belt buckles, pendants, necklaces or bracelets.

"Rocks and making jewelry are my main hobbies," said Jewell, who has 400 Western novels lining book shelves in his bedroom and a good supply of John Wayne movies for entertainment.

In sharp contrast to the smooth, colorful stones he polishes, Jewell is a rough diamond.

See page JEWELL, Page A6



Bill Jewell displays a piece of crystal jewelry he made. The Jerome 93-year-old has been shaping jewelry for 45 years. These days, many of his creations are given away at the hospital where he volunteers twice a week.

# Jackpot businessman insists: 'Don't call it a newspaper'

Man creates free newsletter hoping to include more residents in the town's decision-making process

By Sam Feltman  
Times-News correspondent

JACKPOT, Nev. — Jackpot now has a newsletter because, local businessman and longtime resident Gary Saltas says, "There is just no communication in town."

Saltas, the publisher, and Cecilia Barnett, who helps out as editor, have decided they can combat that longtime local problem and include more residents in town decision-making.

The High Plains Drifter will be free to the public, and Saltas hopes, to sell enough advertising to cover some expenses. He is getting a computer upgrade so he can publish the newsletter in English and Spanish.

Saltas said they still are making

adjustments. Now, they put out a four-page publication once a month that will increase to four pages twice a month or eight once a month.

Saltas types the newsletter on his computer and takes it to Twin Falls to have copies made.

"Don't call it a newspaper," Saltas says. He just wants to start informing Jackpot residents of important issues going on in the community.

Many residents are Hispanics and don't take a newspaper, Saltas said; they are a big part of the community and need to be included in decision-making.

"It's a good idea," said Sue Frank, who teaches first grade in Jackpot. "The different factions often don't realize what's going on in the town and it's nice to know what others are doing."

Saltas came to Jackpot 18 years ago

from Wendover, Utah. He and his wife, Jeanne, a hair stylist at Cactus Petes Salon, have two daughters ages 13 and 15.

"They started the Burger House Restaurant in 1993. Burger House was a popular hangout for locals, especially teenagers. They gradually changed over from a food operation to videos, gifts, cards and custom T-shirts and changed the name last year to Jackpot Video Etc."

The change, Saltas said, was "economics." He said the town must grow more to be able to support smaller businesses. His costs rose every year, he said, but the town didn't increase in population and his business didn't grow to match the cost.

"Sometimes you have to step back and take a look, and ask what's the problem,

what's the solution?" said Saltas, who wants to help make Jackpot a "decent place to live."

"There are things that we need to know and there just hasn't been a way to get the news out to everyone," she said.

Longtime resident Jean Seal said the newsletter fills a real need.

"The High Plains Drifter is available at the post office, Cactus Petes Housing, Video's Etc. and most other businesses in Jackpot. The newsletter's third volume was ready for press last week."

Times-News correspondent Sam Feltman can be reached in Jackpot, Nev., at (702) 755-2351.

# Take One Cinema calls movie lovers

Glenns Ferry couple opens new theater in Mountain Home

By Rod Rees  
Times-News correspondent

MOUNTAIN HOME — Two years in the making, Take One Cinema in Mountain Home is open for business.

Lisa and Sean Powers of rural Glenns Ferry began their venture into the theater business nearly two years ago as a way of branching out from cattle and horse ranching.

Now their independently owned, two-screen theater is the only movie house in the Mountain Home area.

The young couple moved to Glenns Ferry about three years ago from their ranch in Leadore to take up ranching in the King Hill/Glenns Ferry area. While Sean Powers takes care of the cattle and horses, Lisa Powers manages Take One Cinema.

Running a movie theater might seem an odd venture for the young Powerses. But from their research into local business opportunities they found an entertainment need in the Mountain Home area. To sweeten the prospect, it was rumored that the other theater in town would close.

Canyon Theater in downtown Mountain Home closed several months ago, but rumored because of a planned street bypass.

The biggest obstacle for getting the theater under way was to break into the movie industry's distribution network. Not even the local bank could provide Lisa Powers with the start-up information she needed to begin the venture, she said.

The break finally came through the Small Business Development Center at Boise State University, where she obtained the name of a water equipment supplier. From that lone source she was able to tap the information needed to build a movie theater from scratch.

Still, getting everything to gel wasn't



Cowowner Lisa Powers of Glenns Ferry checks out one of Take One Cinema's projectors.

### Take One Cinema

Location: 650 W. Eighth St., Mountain Home, just behind McDonald's on Albasso Road. Phone: 597-5339. Prices: \$5.50 for adults; \$3 for children. Seniors tickets and showings before 5 p.m. email: takeone@mln.com

easy. Scheduled for last October, the cinema's debut had to wait two months because of construction delays. When the doors finally opened in late December, opening night was reserved for family and friends in order to "get the last-minute kinks worked out," Lisa Powers said.

"They were our guinea pigs," she said.

To show first-run movies on the day of release — called "on-break" in the industry — Take One Cinema books films through a broker. The downside of using a film broker is that she has to contract for two- to three-week runs, which can be a bit long for the small Mountain Home market. But it's the only way to get the latest movies when they're first

# Ace close

## saddens owner

### Closure of Wendell's small theater follows national trend, he says

By Terrell Williams  
Times-News correspondent

WENDELL — When John Eichkof called his insurance company in Iowa Thursday to cancel coverage of his closed Ace Theater, the agent there was not surprised.

That company's specialty is theater insurance, and cancellation calls these days are all too common.

"She said in the last three to four weeks they've had calls from Maine to California from smaller theaters cancelling policies, going out of business," said Eichkof, whose last day of showing movies was Thursday. "She said the mega-complexes are taking over everywhere. This is not a unique situation to Wendell, Idaho."

Stress on the small ones

Eichkof, who is vice president of Theater Owners of Idaho, said the movie industry has changed in recent years, and those changes have put small theaters at a disadvantage. For example, film companies demand rentals of 35 to 90 percent of the ticket price, or a minimum fee of \$150 or more. Eichkof said that if he only makes \$20 on a film, he has to pay the entire fee.

"Of 40 features we showed (in 1997), only three films broke even or made money," Eichkof said. "There were some great films out. The interest just wasn't there."

Companies dictate which movies a

### DAILY NewsLinks

To visit Take One Cinema's Web page, Go to <http://www.magicvalley.com> and click on NewsLinks.

released, Lisa Powers said.

Take One Cinema maintains a Web page to advertise current offerings.

"It's the thing to do," Lisa Powers said. "It's the '90s'."

In addition to the film schedule, the Web page provides a Mountain Home map for easy directions, a "printable online coupon" and a link to the Internet Movie Database page for movie reviews and news. Take One's Web site has had more than 400 hits since it came online three weeks ago, Lisa Powers said.

Dawn Monasterio, owner of the Tiger

Please see CINEMA, Page A6

Please see ACE, Page A6



MAGIC VALLEY/WEST

HANG ON TIGHT LITTLE BUDDY



Eleven-year-old Bonnie Nelson of Declo rides her bike to get the mall in the snow recently with her puppy Blue.

JOHN PETERSON/The Times-News

Minidoka schools celebrate ethnic diversity

By Gregory Hahn  
Times-News writer



To see the full text of Martin Luther King Jr.'s 'I Have a Dream' speech, learn more about King and Cesar Chavez and see an online network of Latino links and communities... Go to <http://www.magicvalley.com> and click on NewsLinks.

**RUPERT** — Everybody knows about Martin Luther King Jr. His face is recognizable by most on sight. His "I Have a Dream" speech is in the canon of 20th century literature. His birthday is celebrated around the nation. And rightfully so. But for the 12- and 13-year-olds at East Minico Jr. High, the civil rights battles of the 1960s are ancient history, and the black-white relations that spawned them can seem distant. So the school's faculty decided to bring civil rights a little closer to home today — centering much of the school's Martin Luther

King Jr. Day celebration around the life and work of Cesar Chavez, a longtime farm-workers' leader who modeled his activism largely on King.

"A lot of the Hispanic families have a lot to offer on him, and a lot of the white kids are saying, 'Hey, I never knew about him,'" said school counselor Teresa Bodensteiner. "It's been a real learning experience." Bodensteiner helped the school's Builders and Spanish clubs put together a video Friday that talked about civil rights and what they meant to children at the junior high. "We videotaped students," Bodensteiner said, "Hispanics and whites eating together, Hispanics and whites studying together, Hispanics and whites working together." The video, which the two clubs are showing today at the school, is just one of the ways Minidoka

County schools are celebrating their diversity today. Class discussions, speakers and selected readings will take place throughout the district that looked to King last year when developing its mission statement. For Superintendent Nick Hallett, a day that focuses on King's teaching and an civil rights is a day worth celebrating in the schools. "It is, and it should be," he said. "It can seem so removed, though. Our task is to translate it for the kids, help them know it means a lot to them here and now." Gregory Hahn is The Times-News' Mini-Casita bureau chief and can be reached in Burley at 677-4042.

Fireball leaves behind a trail of mystery

**KENNEWICK, Wash. (AP)** — Reported sightings of a streaking fireball over the Tri-Cities have captured the interest of scientists, a radio talk-radio host and conspiracy theorists. The object — possibly a meteor that may have ended up on the bottom of the Columbia River — created only a brief ripple of local interest after it was reported Jan. 7. But Judy Smiley, a Kennewick woman who says she saw a fireball splash into the Columbia, hasn't stopped hearing about it from people outside the Tri-Cities. "Since she told reporters about it, Smiley has taken calls from scientists at New Mexico's Sandia National Laboratory, a talk-radio host in Seattle and a man from New York who believes a meteor took down TWA Flight 800. Almost without exception, the callers have been stunned by the

notion no one here has gone bobbing in the river with a face mask and a metal detector. "They're really surprised nobody's looking for it," Smiley said. "They say they'll get back to me because they might come out here." Smiley said she was driving home at night when she saw a ball trailing orange and red flames in the eastern sky. "She said she watched the object fall for about a minute before it splashed into the river. Pasco police said one officer reported seeing a meteor shower at about the same time, though the officer did not see anything fall to the ground. The Federal Aviation Administration has said surveillance radar reported seeing two or three meteors in the sky near the Tri-Cities that night. Police said a local airport reported seeing nothing unusual on its radar.

Finding whatever the object was or even charting its path could help explain a previously unknown phenomenon, say two scientists who contacted Smiley. Richard Spalding and Paul Beck of the Sandia National Laboratory are hoping anyone who saw the fireball will call them to talk about it. Such information could help solve centuries-old mysteries, they say. "It might tell us something about physics and the Earth's environment that we don't already know," Beck said. "We're not sure if it was a firm object or it could be some kind of electromagnetic phenomenon." The scientists are investigating apparently natural phenomena that they cannot explain. They say evidence of the phenomena is frequently seen on equipment at the Sandia lab used to detect nuclear activity wherever it happens in the world.

911 honors dispatchers

The Times-News

**JEROME** — For Rob Vawser, dispatching is in his background, and police work runs in his family. Vawser, a dispatch supervisor, has been awarded Telecommunicator of the Year by vote of Southern Idaho Regional Communication Center dispatchers, said Operations Manager Gloria Falconburg. It is the inaugural award for the center, which completed its first year of operation in 1997. Vawser was nominated for the award for his hard work, Falconburg said. He asked the dispatchers for a name of someone they'd like to see get the award. The comments about Rob were all that he had to hear for the award, which he does more than his share. "When we need anything done, we ask about it and he's usually able to get it started," Falconburg said. Vawser holds down regular

shifts as a dispatch supervisor, but is also in charge of training. Falconburg said, our dispatchers, trained under a new 11-week program Vawser developed, have started work at SIR-COMM, which covers Twin Falls, Jerome, Lincoln and Gooding counties. Vawser has worked as a dispatcher for the Twin Falls County Sheriff's Department and a Buhl Police Department, as a reserve police officer, and as an EMT and firefighter before joining SIR-COMM. His brother, Scott Vawser, is a Kimberly police officer; his wife, Paula Vawser, is a Buhl police officer. He's a very conscientious person. He looks ahead to the future, and goes for it," Falconburg said. In addition, three full-time dispatchers who have perfect attendance, Falconburg said. Sue Jolley, Kate Rolfe, and Marc Camrin had no unscheduled absences in 1997. The center started tracking shifts in June.

Fund will channel millions into educating educators

**BOISE (AP)** — Millions of dollars in private donations during the next three years will change the way the profession of teachers. Boise's J.A. and Kathryn Albertson Foundation will offer up to \$900,000 in seed money to each of about nine state universities if they are willing to take risks to improve teacher training. Teacher education will change only when college educators and public schools develop a close bond, foundation Executive Director Sharon Jarvis said. "We need far more interaction between the world and the ivy-covered walls," Jarvis said. The foundation began handing out \$25 million a year to Idaho public schools when Kathryn Albertson, widow of supermarket magnate Joe Albertson, donated \$500 million to the organization in 1997. It is the only charitable group in the United States dedicated solely to improving a state's public

education system. The money is making southeast Idaho colleges rethink the way they prepare their students pursuing education as a career. Ideas being considered include extending student teaching at Boise State University from a semester to a full year, screening out students at Boise State whose past academic records do not match for the classroom and establishing a fifth year "master's of teaching" program at Albertson College of Idaho in Caldwell. The ideas could put Idaho at the front of education reform, said David Imig, chief executive officer of the American Association of Colleges for Teacher Education in Washington, D.C. "Most teachers have a full semester of student teaching," he said. "We're headed toward a year. It's the most important innovation."

Olympic consultant is getting \$10,000 a month, has done nothing

**SALT LAKE CITY (AP)** — The Salt Lake Organizing Committee hasn't asked Tom Welch to do any work since hiring him last August as a consultant for \$10,000 a month. Welch was in Mexico on vacation when he was reached for comment, but a longtime friend of Welch told the Deseret News for a copyright story that organizers haven't even spent any time with the consultant. "No. Not a moment. None," the friend said. Organizing committee officials don't comment on the consulting contract, part of a controversial severance package worth more than \$1 million approved when Welch resigned last summer after being charged with a spouse abuse. "Tom made a huge contribution to getting the Games to Salt Lake City," his replacement, Frank Joklik, said. "I'm not prepared to

comment on the contract. It's a legal matter, really. That's why I don't want to comment." The contract says the IOC would not answer the questions, either. "We don't respond or relay details about any of our consultants," Flint said. "We don't comment on the use of our consultants. It's a matter of policy." Flint said the contract calls for Tom to be used "as a consultant on an as-needed basis." Welch's services are coordinated through the office of the organizing committee president — Joklik. SLOC Chairman Bob Garff said he did not know if Welch had been asked to do any consulting work, although he thought that was the case. "I don't have any firsthand experience," Garff said.

Cinema

**Continued from A4**  
Den fast-food restaurant in Mountain Home and an avid movie fan, Lisa Powers has been to Take One Cinema several times. "It's a really nice theater," she said, "so much better than what we have before."  
The theater's two auditoriums are totaling more than 300 seats, and it is enjoying sold-out showings on weekends. Lisa Powers' main source of pride in Take One

Cinema is the sound system — she opted for spectacular sound instead of cosmetic frills in the lobby. With state-of-the-art digital audio systems in both auditoriums, Powers said, "You have to hear it to believe it." To augment audio presentations, Take One offers cordless headphones for hearing-impaired patrons.

Powers seems a bit in awe that she actually has made it-cue for Mountain Home. In talking with customers at the Tiger Den, Monasterio finds that many people don't yet know the theater is open. "But all the kids know it's there!"

Times-News correspondent Rod Rees can be reached in Glenns Ferry at 366-5578.

In her office off the lobby, Lisa

Jewell

**Continued from A4**  
full locks, fluffy teddy bears peer down at visitors from a shelf in Jewell's living room. "Oh, I buy those through the year and then at Christmas put them in... barrels for kids," Jewell said. Married for 65 years, Jewell has lived alone in his small house for the past eight years. He is surrounded by things that mean the most to him, family photos and items crafted with his own hands. Other than having a cleaning woman come in twice a month, Jewell maintains his home.

"Everything works pretty good on me," said Jewell, pointing to a bandage across his slightly swollen nose. "except my feet. Sometimes I fall." Jewell retired from Union Pacific Railroad after 43 years and, typically, keeps a significant amount of that time. The sides and roof of the shop where he creates his jewelry were once a steam engine shed, cast off as surplus when the diesel engines arrived. Other parts of the shop are made from 2-by-6's and 2-by-8's that were part of the coal chute required for feeding steam engines.

The shop contains a rock tumbler, cab saw, grinders, polishers and various other tools of the trade. Boxes of rocks in pieces and slabs await refinement. Jewell long ago loaned out his rock books and confesses to forgetting a few of the names of stones he works with. That confusion draws a laugh from Joy Scarrow, proprietor of a local rock shop. "People have forgotten about it by then," Eickhoff said. "But the small screen owners are locked into it." Like fast food, he said, people today don't want to wait to see a new movie. On a Friday with six new releases, they head for complexes where selection is less limited. "The trend is to not patronize your local business anymore," he added. "They go for convenience."

Times-News correspondent Sharrn Metcalf can be reached in Gooding at 534-5292.

Company says it will hire consultant to review conditions

**BOISE (AP)** — Zilog Inc. will hire an outside consultant to review health, safety and environmental practices at the company's computer-chip factory in Nampa. "We're confident this evaluation will confirm that our current operations comply with applicable regulatory requirements," spokeswoman Shannon Aramburu said Friday. The review was prompted by reports in USA Today detailing injuries and illnesses suffered by workers at Zilog's factory in 1993 and 1994. The company expects to hire the consultant and launch the review by the end of January. In 1996, 30 former and current Zilog workers shared in a \$2.25 million settlement as a result of a lawsuit they filed. Three of those people still work at the plant.

Ace

**Continued from A4**  
small theater may have, and sometimes divert a print from a small business to ship it at the last minute to a larger one, Eickhoff said. "Flubber" was reserved for the Ace, he said, but was pulled three days before it was billed to show. Also, he said, companies can demand that a theater run a movie for three or four weeks; which would have been fine 20 years ago when movies ran 12 or 14 weeks and still did well. But now a movie is considered old after the second week. "People have forgotten about it by then," Eickhoff said. "But the small screen owners are locked into it." Like fast food, he said, people today don't want to wait to see a new movie. On a Friday with six new releases, they head for complexes where selection is less limited. "The trend is to not patronize your local business anymore," he added. "They go for convenience."

End of a dream

When he was 11, Eickhoff got a job in his local Lake Tahoe theater, running the projector. "That's when I fell in love with the business," he said. "I just love

running movies." Eickhoff later became a specialist in repair and installation of projectors, sound systems and other theater equipment. But his dream was to have his own theater in a small town. In 1991, he bought Ace Theater, which was started in Wendell in 1946. He remodeled the building into two theaters, put in state-of-the-art projectors and sound systems and hired technicians for his hearing-impaired, presented narrations for the blind, fired up the big antique popcorn machine, restored the landmark fluorescent neon sign and opened for business in August 1992. "I fell in love with the sign," he said. "I thought, 'I bought the place. That and the popcorn machine.'" But attendance did not live up to the predictions of Eickhoff, who had not realized the lure of Twin Falls to teen-agers or the draw of local sports. "The town's as dead as a doornail when a game's on," Eickhoff said. "It's the same in all these small towns up here. I grew up in a tourist area, and we didn't have that." To pay the theater's bills, Eickhoff has traveled throughout the nation to work on equipment used at other theaters, thinking busi-

ness would pick up in Wendell. But it never did. In his travels, he has seen the building of more megatheaters and the loss of more small-town movie houses. Another theater drain, he said, is the video market, which has caused a loss of moviegoers after they are out of theaters. Those movies also make it quickly to television via satellite and cable. He did not know if Welch had been asked to do any consulting work, although he thought that was the case. "I don't have any firsthand experience," Garff said. "We see a big trend of people renting videos rather than going to the movie theater," said Eickhoff, who plans to keep the video rental business at his theater open several days a week. "By ceasing the operation of the theater, I'm going to be money ahead." John and Kathy Eickhoff promise to keep the popular popcorn machine running. Meanwhile, at least one of the two Ace theater rooms will remain intact. "In five years, if the population grows," Eickhoff said, "I might be able to change the seat numbers it takes to keep the doors open."

## MORNING LINE

### SPORTSQUOTE

“Waiting for God is boring, so I thought I would be better off back behind the wheel.”

—The Countess of Arundel, an island off the coast of Scotland, who is coming out of retirement at 79 to resume racing porschebouts

### TODAY'S SCHEDULE

**Girls' basketball**  
ISB at Canas County JV  
Valley at Shoshone  
Grading at Dietrich

**Boys' basketball**  
Glens Ferry at Hinkley  
ISB at Canas County JV  
Mutschung JV at TFCU  
Most junior varsity basketball games begin at 6 p.m. with the county following.

### IN BRIEF

#### Oregon State finalists include ISU's Cross

CORVALLIS, Ore. — Oregon State has sent eight semifinalists for the athletic director's job, but sources have told The Oregonian that the search committee has recommended interviews for only four. Among them is Irv Cross, athletic director at Idaho State University. Cross played professional football with the Philadelphia Eagles and Los Angeles Rams, coached for the Eagles and was co-coach of the NFL "Reds" on CBS. He was picked for the Idaho State job in March 1996.

Other leading candidates include Illinois State athletic director Rick Greenspan, Northern Iowa athletic director Chris Ritzelvi and Bruce Van de Velde, an associate athletic director for development at the University of Missouri.

#### Tigers' gambling link concerns commissioner

NEW YORK — Baseball's acting commissioner Bud Selig is concerned about a link between the Detroit Tigers and a planned casino complex in downtown Detroit, The New York Times reported Sunday.

Marian Ilich, the wife of Tigers owner Michael Ilich, is an investor in the Avawater/Circus Circus casino group, which plans to build a casino within home run distance of the Tigers new stadium. The stadium, which is scheduled to open in 2000, could share parking with the casino.

"If this thing comes close to being a reality, we involved ourselves in a significant number of our concerns," Selig told the newspaper.

"There will be certain conditions and facts we want to know."

#### Discrimination possibility plagues Ryder Cup host

BROOKLINE, Mass. — A golf club scheduled to hold the Ryder Cup did not admit women until 1989 and had no black members until 1990, problems that have interrupted negotiations for town land it needs for tournament parking and hospitality tents.

Complaints against The Country Club, scheduled to hold the tournament Sept. 24-26, 1999, have stalled the talks with town officials, although authorities on both sides say that doesn't mean a deal isn't possible.

"They don't want to hear anything that might threaten the Ryder Cup deal, whether it's about race or anything else," Dan Miranda, a member of the town's independent town negotiating committee, told The Boston Globe.

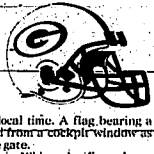
"We don't want it threatened either. We want to see the Ryder Cup come, but there are some unpopular issues to be confronted in the process."

Compiled from staff and wire reports

# TEAMS TOUCH DOWN

## Packers approach game seriously

**The Associated Press**  
SAN DIEGO — The Green Bay Packers touched down in San Diego on Sunday pledging that bliss won't push aside business as they prepare to defend their NFL title against the Denver Broncos in the Super Bowl.



The Northwest charter airliner had the words "Go Packers" on the side as it landed at San Diego International Airport about 3 p.m. local time. A flag bearing a Packers helmet waved from a cockpit window as the plane taxied to the gate.

Defensive end Reggie White, the first player out of the plane, waved to a crowd of about 100 well-wishers. Coach Mike Holmgren was the last off.

"We want to let them know that there's cheeseheads in San Diego," said Erin Duffey of Coronado, Calif., who was on hand with her husband, Patrick.

"There are cheeseheads everywhere," added

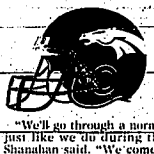
Please see PACKERS, Page A8



Denver running back Terrell Davis shoots some video at the team's hotel Sunday afternoon in San Diego.

## Shanahan-defends practice schedule

**The Associated Press**  
SAN DIEGO — Barely two hours after arriving in San Diego for the Super Bowl, Denver Broncos coach Mike Shanahan was on the defensive.



At a Sunday night press conference, Shanahan defended his practice schedule this week. While the Green Bay Packers apparently will practice every day, the Broncos will have a brief, one-hour work-out today, then take Tuesday off.

"Tuesday will be off, just like it normally is during the season. And our Wednesday, Thursday and Friday practices will be just like we normally

Please see BRONCOS, Page A8

# Freddie!

## Couples of old turns it on to win Hope toumey

**The Associated Press**  
BERMUDA DUNES, Calif. — Fred Couples, finally able to turn his attention back to golf, has begun his 1998 PGA season with his first victory in almost two years.

Couples, overcoming the pain of an arthritic back and the stress of two recent personal tragedies, beat Bruce Lietzke in a playoff Sunday at the Bob Hope Chrysler Classic.

"This is not the greatest win I have ever had, but it was a great time to win a tournament," Couples said. "Winning again was very important."

"This proved to me that I can still win, and I plan on winning more tournaments. I plan on having a great year."

"Even Lietzke, who was trying to repeat his Hope victory of 1993 years ago, was happy for Couples despite his own disappointment at blowing a one-shot lead on the final hole of regulation.

"This has to be very, very encouraging for a guy that has not been too happy about a lot of things in the last few months. So you feel very good for Freddie," Lietzke said.

"Obviously it is going to be a very popular victory, popular among the fans and among the players. The Tour needs people like Freddie Couples, so it is encouraging for all of us."

Lietzke added with a wistful smile, "I love to see good people win, so I am kind of happy he won, but I am very disappointed that I lost."



Tournament host Bob Hope stands on the awards stand with Fred Couples, who displays the championship trophy.

### Senior, LPGA, Page A8

under par. Lietzke lost his one-shot lead on the final hole of regulation when he left a 15-foot birdie try high of the cup.

Couples, who had hit his second shot onto the green of the par-5, 513-yard 18th, topped in for a 4.

Andrew Magee, tied with Lietzke for the lead heading into the final round and one shot behind going into the final hole, lipped out a 15-foot birdie try, costing him a spot in the playoff.

Playing No. 18 again, Couples hit his second shot into the gallery behind the green, got a free drop and snuggled a 30-foot chip shot within 3 feet of the cup. Lietzke, facing another critical 15-foot birdie try, once again left his putt on the high side of the hole.

Couples knocked his short putt into the center of the cup to win for the first time since the Players Championship in 1996. The Hope was his 13th career victory.

The win also was just the second since 1995 for the 38-year-old Couples, who has been bothered by his back for the

Please see GOLF, Page A8



Fred Couples raises a fist in celebration after sinking a putt on the first hole of sudden death to win the Bob Hope Chrysler Classic in Bermuda Dunes, Calif., Sunday afternoon.

# N. America wins friendly All-Star game over World team

**The Associated Press**  
VANCOUVER, British Columbia — In the end, there were no Olympic statements, no grudges to carry. Just about nothing could be gleaned from the NHL All-Star game that will matter next month in Nagano.

It was, after all, only an exhibition game. And a typical one, at that, with end-to-end rushes, little defense, almost no hitting and lots of scoring.

It was a game to give this to the Olympics or hope to get a thing out of it. But that doesn't mean it wasn't a lot of fun," said Keith Tkachuk, who had two goals to help North America rally for an 8-7 victory over the World team.

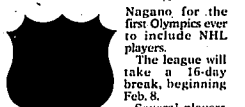
"The Olympics will be so intense, so unbelievable," added Tkachuk, who'll be playing for the United States. "This was fun to hang around a lot of guys from a lot of different countries. But there will be no friendships when we get to Japan."

In just a few weeks, 36 of the 46 participants — 18 on each roster — will head to

Nagano for the first Olympics ever to include NHL players.

The league will take a 16-day break, beginning Feb. 8.

Several players thought the change from an East-West format to North America-World would make for a more defense-minded, tighter-checking game. The United States and Canada, favored to win the gold medal, would try to send a message to the stars from Europe.



That notion, however, was quickly put to rest as the World set a record for fastest three goals at the start of an All-Star game by one team — three in four minutes, including two by Teemu Selanne.

Selanne added a third goal and was named MVP, making him the first European player to get that honor and

the first to score a hat trick in All-Star competition.

Finland, which finished third in the 1994 Olympics, isn't expected to win a medal in Nagano. But the Finns were well-represented Sunday, with Selanne, Jari Kurri, Saku Koivu and Jere Lehtinen combining for four goals and six assists.

"We're all in the same boat. We're foreigners here," Selanne said. "Europeans can bring a lot of good things in the league. I think North American players, they respect Europeans more and more."

Most players said afterward that the format change, especially with the Olympics in the offing, was welcome.

"This is a great warm-up to the Olympics," said Brendan Shanahan, who will play for Canada. "I got everybody into the international spirit."

"It was a nice change," said Canadian Wayne Gretzky, who had two assists to become the leading scorer in All-Star history. "I thought it was a little more intense. After they made it 3-0, it really

gave us a wake-up call and got us going. It ended up being a pretty exciting game."

The North Americans came back and took control, going up 8-5 as Mark Messier celebrated his 37th birthday with a goal on an assist from old buddy Gretzky with 16 minutes left. Goals by Igor Kravchuk and Igor Larionov made things close, but the Canada-United States team held on.

"The teams combined for 15 or more goals for the seventh time in All-Star play during the 1990s. Twelve of the last 14 games have produced double-digit goal totals after that happened only four times in the first 37 years."

"This format is the closest you can get to making it a competitive situation," said Peter Forsberg, a Swedish Olympian. "You're never going to have hard hitting. You're always going to have a lot of goals. I know the fans like that a lot better than a 1-0 game. The scoring is down in the league and people get to see some goals."







## OTHER VIEWS

### Abortion issues crowd out other, more relevant topics

From the Lewiston Morning Tribune

liance on property taxes.

Yet one of the year's assaults on abortion might be introduced by one of their own legislators, Rep. Dan Mader, R-Onesee. That would be one outlawing a late-term procedure

*(People here have moral, civil concerns on their minds; crumbling public schools, shrinking higher education budgets, continued overreliance on property taxes...)*

There is some disagreement about whether it is performed in Idaho, but there is no disputing its importance to the Republican race in the 2nd Congressional District.

That's the contest for the GOP to succeed Mike Crump, who is vacating it to run for the U.S. Senate.

The changes and countercharges have flown for weeks among the various contestants... As Gov. Phil Batt pointed out in his State of the State message Monday, there are several substantial matters legislators could be concentrating on this year.

And remember, all these abortion bills are aimed at those three or four, doctors. None seeks to impose any penalty on the women who hire the doctors to end their pregnancies.

No one ever got elected to higher office doing that.

Last week, 105 Idaho legislators gathered in Boise for a session many will be dominated by attempts to further restrict abortion. Yet last Monday, the capital city's daily newspaper reported the state has only three, maybe four, doctors left who are even willing to perform the procedure.

Where is the Legislature's sense of proportion? It isn't as if any of the bills to be introduced would outlaw aborting the life of a fetus, either. Each adds one or two more hurdles that a woman, or her physician, must cross before the abortion is performed.

More important to the sponsors, each piece of legislation makes a statement that the person carrying it is more anti-abortion than the next guy. And in an election year, that is reason enough to waste tax-financed

children, this time to smoke, but for most of the past quarter-century company officials swore up and down, including to Congress, that they were doing no such thing.

### Big tobacco's big lies

From the Los Angeles Times

from attorneys in California who obtained them from RJR in a case settled last-fall-accusing-the-company-of-deceptive marketing practices. A Texas case going to trial may reveal more.

Several memos reveal the evolution of the company's highly successful Joe Camel advertising campaign. The state that bills should be placed wherever young people congregate - near fast-food restaurants, basket-

ball courts, video game arcades and record stores. This while Reynolds steadfastly denied that Joe Camel was designed to appeal to young smokers, even as they ended the dromedary's career as a pithman last year under intense pressure from the Federal Trade Commission and others.

Astonishingly, with the release of these memos, Reynolds officials still deny they targeted children - whom they euphemistically referred to as "learning smokers" - and "beginning smokers." Company representatives insisted Wednesday that the documents were taken out of context and even that typographical errors made references to 18-year-olds into 14-year-olds. Oh sure.

Types or no, Waxman intends to hand these documents to Attorney General Janet Reno as part of the Justice Department's ongoing criminal probe into whether the industry misled government officials about their intentions toward kids. Perjury convictions should swiftly follow.

Not only did R.J. Reynolds Tobacco Co. deliberately entice young teens, children, to smoke, but for most of the past quarter-century company officials swore up and down, including to Congress, that they were doing no such thing.

At minimum, venality of this magnitude by successive RJR executives merits swift and severe criminal prosecution for perjury by the U.S. Justice Department.

Equally imperative is tough legislation giving the U.S. Food and Drug Administration the muscle it wants and needs to rein in an industry that seems entirely comfortable trading profits for young lives.

In a new cache of internal documents released Wednesday, the nation's second-leading cigarette manufacturer lays bare Reynolds' plans as far back as 1973 to market-directly to teens as young as 13.

According to its own memos, Reynolds, which sells Camel brand cigarettes, was anxious to gain market share against its major competitor in "this young adult market... representing tomorrow's cigarette buyers."

Documents were released by Rep. Henry A. Waxman, D-Calif., a longtime industry critic. He got them



### Remain vigilant against big government

JAMES P. PINKERTON

Bill Clinton is back - with new proposals for expanding Medicare, child care and anything else that polls well. The president is going to fight for it.

Conservatives, meanwhile, are spilling for a fight - against the Republicans. The media are happy to oblige ABC's "This Week with Sam and Cole" found room for both magazine mags Steve Forbes and Oliver North, the Iran impresario, on Sunday's show.

However, at a time when conservatives and libertarians need a little inspiration, they would do well to reach for January's Commentary. An article by the French historian Alain Besancon puts the current struggle between Clinton and his bureaucrats in valuable perspective.

Why not give Old Towne a rest? How can't get first-in-line for these \$35,000-and-benefit Business Improvement District jobs the City Council is dreaming about? The need for such

Why not give Old Towne and historic districts a rest! Is there anyone around that believes in free enterprise and the market? Leave it as is and invite Bruce Willis to stage Old West movies on location.

The other night, we had three fires, 65 cars damaged and someone robbing convenience stores. The city could only muster five policemen. It seems many nights there are even fewer on duty.

We cheer when three citizens run down a robber and have of their own award ceremonies at City Council. When the city encourages untrained people to do this, is there any liability incurred?

Do the basics and good things will happen there. EARL D. OLSON Twin Falls

the respect, of the intelligentsia. But today, the weight of evidence has turned even academics into anti-Communists. And the manifest reality is that the two evil "isms" of this century, communism and Nazism, were more similar than different.

Founded points to the vast scholarship 'Big man in an 846-page tome, "The Black Book of Communism," which is a best seller in France - estimates that Communist regimes killed more than 90 million people in this century (including 65 million in China and 20 million in the former Soviet Union).

Other research reinforces these conclusions. Harvard's Richard Pipes, the Holocaust up seer, was in Warsaw when the Nazis invaded in 1938. Although many in his family perished, he escaped to the West and devoted his life to studying the specter of Bolshevism on Russia and the world.

Another with hard truths for his fellow intellectuals is New York University's

Tony Judt. Perhaps the foremost chronicler of modern France, Judt describes the recently published "Black Book" as a crushing blow to the remaining illusions of our fascist philo-Communists. And Judt remains loyal to the left, he sees the 20th century as a struggle between those who believed in freedom and those who didn't.

But at century's end, U.S. politics are reduced to a small-bore battle between Democrats and Republicans. Today, amid peace and prosperity, many Americans seem to think that Uncle Sam owes them something. To which advocates of limited government, with sobering history on their side, should respond in two ways.

First, if macro-socialism such as we have seen in this century was a disaster, then it follows that the micro-socialism Clinton advocates won't work either, in health care, pensions or education.

Second, liberty-lovers should not shrink from the argument that big government, however it is run, is a bad idea. After all, inside the velvet glove of give-away lurks the steel fist of taxation and coercion.

James P. Pinkerton is a columnist for Newsday.

## LETTERS

### We should emulate San Antonio

I would like to express my appreciation to the several men and women of this community who have been trying so hard to bring about "sharing" of our spectacular Snake River Canyon resource for posterity.

Having recently returned from a visit in San Antonio, the impression is strong that we could learn several lessons.

1. The San Antonio River and its extended "River Walk" is in place for Generation upon generation to enjoy. 2. Many of the wealthiest families in San Antonio have a "view of their own" overlooking the river and its famous walk. Not a problem, and we saw no graffiti. The walk is between the river and the homes. In a couple of instances, the walk is rather narrow, even one place is cantilevered off the river wall.

3. Perhaps, just perhaps, the instincts that cause us to proclaim "it's mine - all mine" can be lifted to a higher level, one of "shared joy" and no sacrifice at all.

P.S. In contrast, our famous Shoshone Falls can't, even be "viewed" by the public from the top of the grade. WAYNE SKEEM Twin Falls

The Times-News  
Stephen Hartgen... Publisher  
Clark Watworth... Managing Editor  
Vicki L. Ferrara... Circulation Director  
Peter York... Advertising Director  
The members of the editorial board and writers of editorials are Stephen Hartgen, Clark Watworth, Steve Crump and Gregory Hahn.

Doonesbury By Garry Trudeau Mallard Fillmore By Bruce Tinsley

DOONESBURY: I SHOULD, I SUPPOSE, HOLD A PRESS CONFERENCE... AS YOU ALL KNOW, I'M CURRENTLY MANAGING A BUSINESS WHICH IS ABOUT TO BE SOLD... RARELY, IF EVER, IS IT WORTH TO UNDERSTAND THE PROBLEMS OF OTHERS... ACCORDINGLY, I AM ABOUT TO HOLD THE OPENING CEREMONY OF THE 1998 NATIONAL BROWN... MICHAEL WILL NOT BE... MOST DEFENSIVE... CONSIDERABLE... PROBABLY... I WISH... WOULD SEEM MORE HEARD TO... IN FAVOR OF THE COLOR OF OUR SKIN... OR THAT HIS BIRTHDAY IS ALWAYS ON A MONDAY... IN THE COLORED OF OUR SKIN...

## Pope John Paul II names 22 new cardinals; 2 from U.S.

VATICAN CITY (AP) — Pope John Paul II named 22 new cardinals Sunday, including the archbishop of Chicago and the former archbishop of Denver, adding to the group of prelates that will name his successor.

With the new appointments, John Paul, 77, will have named 161 of the 123 cardinals eligible to vote for the next pope. The United States will have 11 of those voters, second only to Italy's 23.



Above, Monsignor Francis Eugene George, archbishop of Chicago, receives the pallium from Pope John Paul II during an ancient rite in St. Peter's Basilica at the Vatican last summer. Below, in this file photo James Francis Stafford leads the congregation in prayer during his installation mass in the Basilica of the Immaculate Conception in downtown Denver.

Two of the new cardinals, Christoph Schoenborn of Vienna and Dionigi Tettamanzi of Genoa, are considered possible successors to John Paul, whose pontificate has spanned nearly 20 years.

Also promoted to cardinal were the archbishops of Toronto, Mexico City, Vienna and Madrid, as well as church leaders in Taiwan, Brazil, Tanzania, France and Italy.

During John Paul's reign, the balance in the college of cardinals has shifted away from Europe and toward Africa, Asia and Latin America.

"The array of new cardinals, coming from various parts of the world, reflects in an eloquent way the universality of the church," John Paul said as he named the new cardinals during his regular Sunday blessing from his window over St. Peter's Square.

The prelates would be formally elevated at a ceremony Feb. 21.

The pope, who has suffered a variety of health ailments in recent years, appeared in excellent form Sunday. He laughed as two doves refused to fly away from his window when released, and joked that he needed prayers not only for his trip to Cuba, but for his return. The pope departs

Monday.

One of the new American cardinals, Archbishop Francis Eugene George of Chicago, took over the United States' second-largest Roman Catholic archdiocese last year. The Chicago-born George, 60, had been archbishop in Portland, Ore., before replacing the popular Cardinal Joseph Bernardin, who died in November 1996.

The other American named a prince of the church, James Francis Stafford, 65, is former archbishop of Denver and now head of the Vatican's council on the pope — the department that oversees the role of individuals in church affairs worldwide. As well as choosing popes, the



cardinals assist and advise the pontiff in governing the church and hold top positions at the Vatican.

## Gas blast rocks Russian coal mine

MOSCOW (AP) — A methane gas explosion at a coal mine in the Russian arctic Sunday killed at least four people, injured five and trapped about two dozen others.

Rescue workers' hopes of finding the remaining miners alive were slim, the Interfax news agency quoted local officials in the Voronezh region as saying.

The blast caused the shaft where the miners were working to collapse and set off a fire that raged throughout the mine. Emergency crews were having trouble putting out the blaze until

injured, managed to reach the surface and drag out the bodies of one dead colleague. The bodies of three others were recovered later, mine officials said.

The accident came two days after another methane gas explosion killed 29 coal miners in Serbia, prompting protests over unsafe mine conditions and outdated equipment.

Methane, a naturally occurring colorless and odorless gas that seeps out of coal seams, can build up in poorly ventilated mine shafts and is easily ignited by a spark.

Kiruna's chief mine safety official, Alexander Subbotin, said Tsemralnaya was an especially dangerous mine because it has high concentrations of methane gas and coal dust.

Speaking on Russia's NTV television, Subbotin said the mine, in the Komi republic, about 1,200

miles northeast of Moscow, was closed in 1991.

Russian coal mines, saddled with aging equipment and deteriorating safety standards, have been plagued by a string of recent accidents.

In December, 67 miners were killed by a methane gas explosion in Siberia, one of the worst disasters in Russia's mining industry in decades. Thirteen more miners were killed in other accidents in 1997.

Prime Minister Viktor Chernomyrdin ordered a top-level investigative commission to

look into the disaster. The government wants to close 86 of Russia's 200 mines this year. But many miners oppose the plan to shut down unprofitable and treacherous mines — despite poor working conditions and persistent wage delays — fearing they will lose their jobs.

## Iraqi leaders step up weapons training

BAGHDAD, Iraq (AP) — The Iraqi government stepped up preparations Sunday for a possible military confrontation over U.N. arms inspections, urging residents to volunteer for weapons training.

Echoing an earlier call by President Saddam Hussein, Vice President Taha Yassin Ramadan repeated Baghdad's fear of an American strike, accusing the United States of "increasing its aggressive stands" to prolong U.N. economic sanctions.

"This is not acceptable to the Iraqi leadership or the Iraqi people and they both are ready for jihad to lift the sanctions," he said, predicting that one million men and women of all ages would take part in the weapons training program.

Baghdad's 2 1/2-month dispute with the U.N. Security Council over arms inspections flared again last week when Iraqi authorities failed to provide the necessary escorts for an inspection team led by an American, Scott Ritter. Baghdad accused Ritter of being a spy, an allegation he denied.

In an apparent response to renewed tensions, Saddam told Baath Party officials Saturday to organize weapons training pro-

grams nationwide, citing what he said was a continuing military threat from the United States.

"The more people, that, overall, under the new program, the better," Saddam said during a 55-minute speech, broadcast on Iraq television on the 10th anniversary of the Persian Gulf War.

"Americans are continuing to harm our people, which requires a new method of response," he said.

On Sunday, Iraq's Defense Ministry urged "those who believe in Iraq and its unity to go to the nearest branch of the Baath Party" to sign up for the training.

Despite the Iraqi leader's threat to stop cooperating with weapons inspectors, American officials have reacted not with hints of attack but with reminders about Iraq's obligation to live up to U.N. resolutions.

In Bahrain, chief U.N. weapons inspector Richard Butler said Sunday his mission "will be finished when it's finished."

"It is in Iraq's hands. The reason why it's taken so long is because of Iraq's non-compliance," he said.

The role of the arms inspectors is to certify that Iraq has fulfilled Security Council resolutions to

eliminate its weapons of mass destruction. Only with that certification will U.N. sanctions — including a ban on Iraqi oil exports — be lifted.

Iraq insists it has met all its obligations under the resolutions, but Baghdad after Iraq's 1990 invasion of Kuwait, but the weapons inspectors have accused Saddam's government of hiding weapons and the means to manufacture chemical and biological agents.

"The dispute over the weapons inspectors centers on so-called 'sensitive sites' such as Saddam's presidential palaces, which Iraq insists are symbols of Iraqi sovereignty that should be off-limits to the inspectors."

In October and November, Iraq refused to allow inspections by Americans, saying they were spies helping to plan U.S. attacks. The United Nations responded by pulling all its inspectors out of Iraq, but the monitors returned three weeks later following Russian mediation.

After its dispute with Iraqi authorities last week, Ritter's team left Baghdad Friday when U.N. officials said it was scheduled departure, not a surrender to Iraqi pressure.

## Iraqi diplomat, 7 others die in attack

AMMAN, Jordan (AP) — Unidentified assailants slit the throats of eight people in a hill-top villa, including a top Iraqi diplomat and a billionaire who reportedly owed the Iraqi leadership millions of dollars, officials said Sunday.

Authorities said they were unsure about a motive for the Saturday-night attacks but said the diplomat — Ekhem al-Hajou, the No. 2 man at the Iraqi embassy in Amman — was probably not the target.

Sleian Iraq's businessman Namir Ochi ran a company for President Saddam Hussein that handled

food imports into Iraq. Ochi also apparently was involved in illegal arms imports, Western diplomats said, speaking on condition of anonymity.

The attackers struck just as al-Hajou and other guests at the Amman home of Iraqi businessman Sami George Thomas had finished a banquet breaking the daily fast for the Islamic holy month of Ramadan.

Four or five masked men, speaking with Iraqi accents, entered the white stone villa, tied up their victims one-by-one to the same chair, slit their throats and stabbed them, the lone survivor

told police.

The bodies were then scattered throughout the three-story house, security officials said.

Thomas, 62, who had lived in Jordan for several years, was among those killed. He is believed to have been involved in private business deals for Saddam and his eldest son, Qadi, for the past decade.

Also killed were al-Hajou's wife, Leila Shaaban, 39; two other wealthy Iraqi businessmen; and an Egyptian night watchman and his friend, said Brig. Hashim Nour, head of the Amman Public Security Department.

## Blair plans meeting with Sinn Fein leaders

BELFAST, Northern Ireland (AP) — British Prime Minister Tony Blair will meet with leaders of the IRA-allied Sinn Fein party Monday, just as negotiations begin on a lawmaking assembly for Northern Ireland — a proposal Sinn Fein bitterly opposes.

Sunday's announcement came as a renegade Protestant gang opposed to the peace talks claimed responsibility for its fourth murder of a Catholic in three weeks.

A spokesman for Blair insisted that the meeting with Sinn Fein leader Gerry Adams and the party's chief negotiator, Martin McGuinness, had been planned days in advance.

The IRA's 6-month-old truce, already under increasing pressure because of renewed terrorism by the outlawed Loyalist Volunteer Force, a Protestant paramilitary group, is expected to be formally reviewed by commanders within

the next several weeks.

Sinn Fein appears even more troubled by the peacekeeping plan presented last week by the British and Irish governments to participate in peace talks in Belfast, which should end by May.

Generally lauded by other parties, the plan called for Catholic and Protestant politicians to share power in an assembly within Northern Ireland.

The governments said leaders of the Belfast assembly should cooperate with lawmakers from the Irish Republic in a North-South council, promoting joint decision-making in areas such as tourism and agriculture.

The plan deliberately left unclear whether the cross-border council should have powers to make decisions on its own, as Catholics want, or be subservient to the Northern Ireland assembly, as Protestants want.

## ATTENTION BUSINESSSES

If your primary sales market is women, then you need to be part of the 1998 Homemaker's School and "Women's Day Out" show.

The 1997 Homemaker's School was sold out — all 1,300 seats of the John Roper Auditorium were filled. This year we've added a booth and display show called "Women's Day Out" which will be held in the Twin Falls High School Gymnasium prior to the Homemaker's School.



DATE OF PROGRAM PUBLICATION: Wednesday, February 18, 1998 (The Times-News)

DEADLINE FOR ADVERTISING/BOOTH RESERVATIONS: Friday, February 13, 1998

ACTUAL HOMEMAKER'S SCHOOL DATE: Tuesday, February 24, 1998 at the John Roper Auditorium, 7:00 p.m. (located on the Twin Falls High School campus).

- Booth and display space is available for "Women's Day Out Show", Twin Falls High School Gymnasium, 1 p.m. - 7 p.m. \$50 for 8x10 space
- Advertising rates available. Call your Times-News Advertising Representative, or the number below!
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# Jurors in Kaczynski case wait and wonder: What's going on?

SACRAMENTO, Calif. (AP) — While the world has watched the Unabomber trial unravel, jurors chosen a month ago and told to insulate themselves from the news media were left to wait and wonder what's going on.



Theodore Kaczynski

It is possible that they know nothing about Theodore Kaczynski's suicide note, and his efforts to fire his lawyers? If they do know, can they remain as jurors?

These questions are among the many of issues facing U.S. District Judge Garland Burrell, when he resumes proceedings in the case this week.

They're not isolated. In fact, there know about his suicide attempt and that he's being evaluated by a psychiatrist, said noted jury consultant Jobellian Dimitris. "Both sides may be hard-pressed not to ask the judge to reopen (jury questioning) just for the limited purpose of exploring these two things."

on jury trials. "Can jurors do that? Not completely. It cuts against the grain of human, pro-civilities. "It's very hard in our society to go anywhere, where you're not exposed to a headline or TV news. Americans are gregarious, social animals and they're going to say what's on their minds."

The 12 jurors and six alternates in the Kaczynski case have not been sworn in yet, and experts say that was an intentional safeguard in case some or all of them have to be replaced. "The judge is usually the first one to want the jury sworn," Dimitris said. "The fact that they weren't sworn means something else is going on. The government may not be too thrilled about some members of the jury and, as time passes, they may hope that some will not be able to serve."

are ambivalent about it. Kaczynski, a 55-year-old Harvard-educated, mathematics professor who became a woodland hermit, is accused of mailing package bombs to people he saw as symbols of a technological world he abhorred.

He is charged in Sacramento with killing two men and maiming two others; he is charged in New Jersey in a third fatal bombing.

It convicted in the second federal Sacramento attack — the only one to occur after the federal death penalty was reinstated — could be executed.

Since the jury was selected on Dec. 22, the panelists have been in limbo. First they were told that opening statements would begin after the Christmas and New Year holidays. Then they were advised that a procedural matter had made that impossible. They were called into court several times only to be told to wait again and await the judge's call.

# Snowmobilers cause avalanche; 1 man dies

MORONI, Utah (AP) — A snowmobiler was killed by an avalanche Saturday evening in the Pleasant Creek area of north Sanpete County.

Cody David Dyches and several friends were snowmobiling in an unstable area of backcountry east of Mount Pleasant. The snowmobilers apparently caused the slide at 5 p.m.

Search dogs assisted the Sanpete County Search and Rescue team. Dyches was found under five feet of snow at 8:30 p.m., and several attempts to revive him were unsuccessful. The body was transported to the state medical examiner's office. None of the other snowmobilers was injured in the accident.

Get a perspective. Read varying views on The Times-News' opinion pages.

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**Complications of Diabetes Can they be avoided**  
presented by:  
**Ann Bybee, RN, CDE**  
(Certified Diabetes Educator)  
**Twin Falls Clinic & Hospital**  
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12:00 - 1:00 p.m.  
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Please call 543-5430 or 733-3700 ext. 344 for register for this free presentation on Diabetes Management. Provided in cooperation with Eli Lilly Pharmaceutical Co.

# Chenoweth says Clinton's plans for roadless forest could be illegal

LEWISTON (AP) — Republican Rep. Helen Chenoweth is warning the Clinton administration to think twice before advancing a plan to protect roadless forest from development.



Helen Chenoweth

"I am very, very unhappy with the president on this and I would say to him that he is on very shaky ground with this legally," she said Friday during a visit to northern Idaho.

The administration is expected to announce it in the next few days or the president may make a splash with it in his State of the Union address, said Chenoweth, the House Forestry Subcommittee chairwoman.

al forest plans and wilderness statutes.

Chenoweth said that would derail Forest Service intentions to sell \$1.6 billion in timber during this fiscal year, shortchanging counties of millions in money for having federal forest within their borders.

Craig Gehrke, The Wilderness Society's state director, replied the administration's action would basically put into place a policy the Forest Service had been creeping toward anyway. The roadless areas are the poorest for timber.

Most of Idaho's 8.3 million roadless acres remaining would be affected by the said. Gehrke added the economic impact is likely to be minimal, and he has heard the proposal will exempt timber sales where the contracts have already been signed.

Gehrke said the administration policy is likely to be crushed as a study of whether the trackless areas should be developed.

"Interim protection during a study is great—but we're still going to be pushing that this study will confirm what we've been talking about for years, and that is these areas should be left alone," he said. "This changes the dynamic of what we've been talking about. Now it puts it on those guys to provide the proof to bring these areas back on the table."

# Notice of Availability Agencies Outline Cleanup Actions for Test Reactor Area

The U.S. Department of Energy, Environmental Protection Agency and state of Idaho have signed a Record of Decision to clean up contaminated areas at the Idaho National Engineering and Environmental Laboratory's Test Reactor Area. This decision marks a major step in removing the INEEL from the EPA's National Priorities List of contaminated sites.

Based on the results of a two-year, Superfund environmental investigation — called a comprehensive remedial investigation/feasibility study — the agencies have agreed to take action on four wastewater disposal ponds, three sites containing subsurface contamination and one windblown soil contamination area. The agencies will (1) install an engineered soil cover on three sites; (2) excavate and dispose of contaminated soil at a fourth site; and (3) take limited action on the four remaining areas, with a contingency option for excavation and disposal at two of those sites. Limited action involves containing current management practices to restrict worker and public access to contaminated areas.

The upper-bound estimated total cost of soil remediation with 100 years of monitoring is \$26.3 million.

Contaminants of concern identified during this investigation include radionuclides and metals, primarily mercury.

The agencies agreed to continue monitoring the Snake River Platin Aquifer and the Deep Perched Water System to verify whether contaminant concentrations decline to acceptable levels based on computer modeling. The Perched Water System is a saturated zone of sediments located about 150 feet underground — 330 feet above the Snake River Platin Aquifer — at the Test Reactor Area. It was formed as a result of percolation of water from several sources, including four wastewater ponds. The upper-bound estimated total cost of groundwater monitoring over 20 years is \$5.2 million.

During the environmental investigation, 47 additional sites at the Test Reactor Area were verified to not have had a release to the environment, or if there had been a release, to be within the EPA's acceptable risk range. The agencies agreed that no further action be taken at those sites.

The comprehensive remedial investigation/feasibility study represents the last planned Superfund environmental investigation for the Test Reactor Area. Previous actions involved the remediation of a wastewater disposal pond contaminated with cesium-137 and chromium; the removal of windblown contaminated soils; the implementation of a groundwater monitoring program for the Perched Water System; and the relocation of INEEL-contaminated soils to a wastewater disposal pond at the Test Reactor Area.

The Test Reactor Area comprehensive investigation was the first completed at the INEEL. Comprehensive investigations for eight more areas of the INEEL will be completed over the next four years.

Additional information is available in the Administrative Record file for Operable Unit 2-13. The Administrative Record is located at the DOE Reading Room of the INEEL. Technical Library in Idaho Falls. Copies can be found at INEEL Information Repositories at the Shoshone-Bannock Library in Fort Hall and the University of Idaho Library in Moscow. The Administrative Record may be accessed on the Internet by typing <http://at.inel.gov/home.html> in the command line.

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**Concealing blemishes:**  
Cosmetics consultant gives advice. Page B7

# HEALTH & FASHION

**INSIDE**  
Dear Abby ..... B3  
To do for you ..... B4  
Personal Trainer ..... B5  
Features Editor: Steve Crump - 733-0931, Ext. 225

The Times-News

Monday, January 19, 1998

Section B

## Hey, hey, get off of my cloud

By Steve Crump  
Times-News writer

**BURLEY** — You won't find khaki shorts displayed yet on the shelves of the JC Penney store that Rod Thuesen manages here.

But you won't have long to wait: They'll be right over there, maybe next to the parkas. "Shoppers have changed a little bit over the years," Thuesen said. "It used to be they did their shopping before the season. For example, you'd go shopping for your back-to-school in August and you'd buy jackets and sweaters."

"Now when people want something, they go get it." "I believe in selling merchandise when people need it," said Thuesen. "If it's a sunny day, you should be able to walk in here and buy a short-sleeved shirt. If it's snowing, you should be able to find a coat."

"This is often good news for shoppers' pocketbooks, but confusing just the same. Should you hold off until Groundhog Day to buy next winter's coat?"

"For a retailer, it doesn't make much sense to store seasonal apparel if you can't sell it," Thuesen said. "Our customers here wait on the racks until it's sold."

Please see SALE, Page B2



Larry Goff said he waited until after Christmas to shop for a new coat for skiing. The Twin Falls resident took advantage of a sale at Riverwear. SOURCE: SHOOTER/The Times-News

## Exercise or excuse: Choices are made this month

The Associated Press

WASHINGTON — January is the busiest month for new health club memberships, but it doesn't take long for the new members to drop out.

"We are always looking for excuses not to do something," said personal trainer Lynn Allen, the wife of University of Kansas football coach Terry Allen. It takes at least 30 days to make exercising a habit, so the start of a training program is a vulnerable time, she said.

"Our educated guess on this is that probably 12 percent of all who join in any month will have quit three months later," said Cathy Mawson McNeil, a spokesman for the health club trade group, IHRSA.

People who have never tried exercise before are particularly vulnerable because they have so little idea of what to expect. Even before they can see results from exercise, they must get used to the initial strains and soreness, and face down boredom.

Aerobic workouts such as dancing, biking or walking a treadmill make the heart beat faster, and can make a new exerciser wonder whether the pace is too hard. "Yes, it will be harder for you to breathe," said Dana Mitchell, fitness director of the Oakland Athletic Club, Birmingham, Mich.

"The pace is too hard if you can't talk," Mitchell said. "If you can still gasp short sentences to someone next to you, it's OK, she said.

Similarly, weights should be started light, and the shift to heavier weights should be gradual. The right weights can let a person do 10-15 repetitions with the weights beginning to feel heavier around the eighth or ninth.

"See how you feel the next day, or the day after," Mitchell said. Some soreness 24-48 hours after the initial workouts is normal.

Over-the-counter anti-inflammatory medication taken for a day or two after exercise can reduce some of the soreness, according to Consumer Reports on Health.

Consumers Union newsletter. But despite first whiff of the problem really is simply soreness. The painkillers may be masking the pain of a real injury, it cautioned.

"My recommendation is to stretch and get the blood flowing again, and do a little less intense workout," Mitchell said.

To fight boredom, watch television or even read while you work on the treadmill or stationary bike, Allen said.

Eleven percent of new members come in January, according to DHRSA statistics. So the industry pays special attention to newbies this month, to help keep them coming back, many clubs assign trainers to give them encouragement and explain what is happening to their bodies.

The Omni Fitness home equipment store chain, mindful that most home equipment shop

Please see HEALTH, Page B2

### Some good health goals

Some ways to safeguard your family's health in the coming year.

- Talk to your kids about alcohol, especially binge drinking.**  
On the average, U.S. boys start drinking at 11, girls at 13. They usually are unaware of the hazards of heavy drinking.
- Make an inventory of your prescription drugs.**  
Make sure you understand all the dosages and purposes. Discard old and expired ones, and don't take another person's medicine.
- Supervise your children's Internet activity.**  
Teach your kids never to give out their name, address or phone number, and have them tell you if someone on the Net makes an improper advance.
- Be on the lookout for winter blues.**  
If the cold, dark weather depresses you, watch for fatigue or thoughts of suicide in you or another person. Talk it over with a trusted person. Depression can be treated.
- And for the good of others, sign up to become an organ donor.**  
It's usually a simple addition to your driver's license. Over 50,000 Americans are waiting for life-saving transplants.

SOURCE: American Medical Association

KIT Enrichments

## LOOKING GOOD

### Men struggle with workday casual



Fl. Lauderdale Sun-Sentinel

Men demand a uniform. Something that conforms to a professional image.

A tuxedo, for example. A suit or khakis. Guys prefer to be fashionable, not foppish.

Women are used to the endless permutations of a revolving wardrobe. Guys aren't.

That's why men have such a hard time with workday casual. Dressdown, rules-out Fridays are enough to make the sartorially challenged grope for Yellums.

And it doesn't look like the relaxed dress trend in the corporate world is going to go away.

IBM and Charles Schwab have extended dress-down privileges from Fridays to five days a week.

Ameritech and Miller Brewing Company hired business consultants to instruct male executives on how to master dress-down. (Female executives — by the way — were exempt.)

Sales of casual business clothing have outpaced growth in the apparel market as a whole for the past two years, reports the NPD Group, a Long Island research company.

Today, 90 percent of American office workers dress casually occasionally, and 42 percent can do it once a week. That's three times as many as in 1992, according

researchers, who found that anxiety can decrease the body's natural defenses against disease. "Whether or not that will affect cancer outcome is something we are still studying," says Barbara L. Andersen. So is whether psychological counseling to lower stress improve cancer patients' medical outcomes.

### Monkey eat, monkey OK

Years of eating the sweetener saccharin does not cause kidney cancer in monkeys. So say National Cancer Institute researchers, who tested 20 monkeys for as long as 24 years, giving them five to 10 times the allowable daily intake for humans five days a week. Saccharin is on the government's list of probable cancer-causing agents.

### Rinse away decay

Good news, dental-phobes: A new gel painlessly dissolves decay. New Scientist magazine reports. Medil Team, a Swedish firm, says its new gel called Carisolv will eliminate the pain of drilling and injections and cause less damage and bleeding to healthy tissue.

### Worried sick

Stress women endure after breast-cancer surgery may hurt their condition worse, say Ohio State University

Compiled from wire reports

When a tie is required, try a chambray button-down collar sport spirit with a colorful coral necktie. The twill pants have all the same comforts for khakis.

Photo courtesy Lane's Ltd

## TN Interactive

**How should your second — or third — wedding ceremony be different from your first?**

The Times-News is preparing an article for its Brides Section on how to plan a wedding if it's not your first, and we'd like to hear from brides, grooms and family members who've recently had their experience.

If you'd like to share your experience, give us a call.

Contact staff writer Steve Crump:  
By phone, 733-0931, Ext. 225  
By fax, 734-5538  
By e-mail, crump@magie-valley.com



# HEALTH & FASHION

## When to buy a coat

Tips for hunting outerwear bargains:

- By mid-January, popular colors and sizes are at a premium. If you have your eye on a coat, don't wait too long.
- Coat sales peak in bad weather. Consider making your purchase before the next big storm arrives.
- The longer you wait, the less likely the store is to exchange your coat if you decide you don't like it.
- Children's coats tend to be in demand at the beginning of the winter.

- so they're often attractively priced after Christmas.
- Outerwear fashions change and prices rise and fall, but comfort, brand loyalty and durability are equally important to many shoppers nowadays. Late winter is often a good time to buy a coat that will last you a while.
- How much you expect to save on a coat in January? Price reductions of 20 to 50 percent are common, but deeper discounts aren't unusual.

## Barry

Continued from B1  
TV actor George Clooney. I definitely plan to adopt this style, just as soon as William Baldwin does.

So anyway, Paul and I were sitting in a corner, a pair of fossils with outmoded hair, when the front door opened, and guess who walked in, in all his rock-idol glory? That's right: Elvis.

No, seriously, it was Mick Jagger. When I saw him, I felt a thrill, and I will tell you why: Because suddenly, there was somebody at the party who was "even older than I am." He's only a little older if you calculate it in normal human years, but he has been living rock-star years—which take a—much greater toll. In person, he looks like Yoda wearing a Mick Jagger wig.

But he seemed like a pleas-

ant enough person, as near as I could tell from watching a crowd of "avant-garde" people trying to get as close to him as possible while pretending not to.

I considered trying to push my way in there and strike up a conversation with Mick, maybe try to find out the correct chords to "Under My Thumb." But it seemed like a lot of work, plus it was 10:30 p.m., way past my bedtime. So Paul and I left. But I enjoyed the evening. The way I see it, I was briefly hanging out with an actual Rolling Stone. If you see it differently, get off my case.

*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.*

## Sale

Continued from B1  
So why, for example, are swimming suits so hard to find in August?

"Most retailers have a limited amount of stock to store, and so they buy accordingly," Thuesen said. "If you need the room to display back-to-school apparel, you're not going to order more summer inventory than you know that you can sell by the end of the season."

**DAILY NewsLinks**

To find the Consumer Reports magazine website, visit The Times-News Online's NewsLink page.

Go to <http://www.mgicvalley.com>

sive inventory whose retail value tends to melt on the first balmy March afternoon.

"Say you're carrying \$10,000 to \$15,000 worth of coats that didn't sell last winter—that's \$10,000 to \$15,000 less than you have to spend on inventory that you can sell during the spring and summer. That doesn't make much sense."

"So that's why everybody's having a coat sale this month. You can expect discounts of half or more, but don't wait too long."

"You'll still be able to find coats in the stores by the end of the month," Faulkner said. "But you won't have much to pick from."

*Times-News writer Steve Crump can be reached at 733-0931, Ext. 223, or write to him at [crump@mgicvalley.com](mailto:crump@mgicvalley.com)*

## Health

Continued from B1  
goes ignored and unused, is setting up a telephone trainer system. The company also is creating a 24-hour message line, so consumers can get answers to their questions. Each customer also gets a trainer to provide encouragement and an hour of at-home familiarization.

Trainers will be busy battling away excuses, if Mitchell's experience is any guide. She and her sister, Stacey Granger, a writer in Elkton, Md., put together a book of excuses, "The Workout Cop-Out."

"I can't make the sales at the mall," was one excuse Mitchell said she has heard. She also heard, "I already walked enough at the mall." Others: "I don't look good in Spandex," and "It was raining and I did not have an umbrella."

"It's useful to remember that timing is everything in retailing, he said.

"I thought the apparel that we're going to be selling next spring and summer last August," Pruck said. "You can't wait any longer if you expect to have the product on the racks when people want it to buy it."

Retired retailer Earl Faulkner, who runs The Farris in downtown Twin Falls was 37 years, was famous for his post-Christmas coat sales. In all that time, he never stored anything but fur coats over the summer.

"Coats would go on sale after Christmas at discounts of 20 to 50 percent," Faulkner said. "I didn't take long before women started waiting until January to buy their coats."

As weather gear—coats, sweaters, ski and snowmobile-wear, long-sleeved shirts and winter footwear—is bulky, expen-

## Dressing down

For those who still prefer to conform to rules, here's some for dress-down days in the office:

- No professional sports jerseys.
- No tank tops.
- No cut-off shorts.
- No elaborate jewelry.
- No tattoos.
- No skin showing.
- No sandals.
- No earrings.
- No baggy pants that hang down to the floor.
- No short-sleeved buttoned shirts.
- No T-shirts or sweatshirts with messages on them.
- No jeans with holes or wrinkles.

(shabby chic never works at work).

- No jeans that are too tight; even if you have the body for them.
- If you have doubts about wearing jeans to work, don't.
- It's a good idea to keep a blazer and good shoes packed away at the office, in case you get summoned to a meeting.
- About khaki, dress it up and down. Mix it with other textures and wear it any place short of a ball room.
- Mix textures such as corduroy with houndstooth to help you stand out.
- Mix patterns tastefully (striped suit, gingham shirt and plaid tie) to look creative. Done badly, however, you look like Emmet Kelly.

—Source: Ft. Lauderdale Sun-Sentinel



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## Casual

Continued from B1  
ing to a Levi Strauss & Co. survey.

Confounded by all the conflicting signals, there is anecdotal evidence that some men are resorting to dressing up again, just so they can feel they have control over this getting-dressed-all-by-myself thing. There's even a new sub-category for this school of thought: casual elegance.

Basically, it's the same ol' suit, with Lycra added to make it more comfortable.

"There isn't just one 'uniform' in the morning, anymore," said Mark Weber, vice chairman of shirt-maker Phillips-Van Heusen. "There are decisions about what sort of casual look to wear—suits, jackets, jacket vs. sweater, tie vs. collarless shirt, earring or no, socks or no socks."

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As the General Manager for Impact Radio Group, Inc. I had several opportunities to see the facilities at Falls Avenue Fitness Unlimited up close, while doing live remote broadcasts. After looking at these facilities, and looking at myself, and with a little prodding from the staff, I became a member. On our station KIXX, Kicks 104.7, we started the Falls Avenue Fitness/Kicks Body Fix. I do the workouts, the staff at Falls Avenue Fitness Unlimited does the personal training, and I talk about the thrill of weight loss and fitness on the air on KIXX.

The "Body Fix" has been tremendous for me personally. Falls Avenue Fitness Unlimited is an incredible place. They have everything you could ever need to get in shape, and the staff is outstanding. As soon as I joined, it was as if I had a new group of friends that were completely supportive of me in my new endeavor. Even after the "Body Fix" is over, I'll still be coming to Falls Avenue Fitness Unlimited. I love this place.

— Larry Johnson

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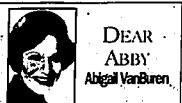
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HEALTH & FASHION

Tired single mom considers giving up custody of children

DEAR 'ABBY: I'm going through the most confusing period of my life. I am 38 and working both a full-time and a part-time job to support my children, a daughter who is 2 and a 1-year-old son. My life is crazy at this point.



DEAR ABBY Abigail VanBuren

Abby, I'm thinking about giving custody of my son to a couple of friends. Why? Because raising two children is too difficult at my age. I'm a single mother and cannot support two children financially.

I'm unable to give my son the love and care he needs, and I want him to be happy. I don't want to give up my son, but I want the best for him and I know I can't provide it.

Abby, please help me. What should I do? — CONFUSED, CRAZY MOTHER

DEAR MOTHER: Follow your heart and give your son to the parents who can provide what you cannot. It would be a generous act of love.

Should you, however, refuse the custodial parents a letter to your son that he can give to him when he begins to question the love of a mother who would "give him away."

DEAR ABBY: My 21-year-old son, "Sam," dropped out of college and wanted to paint houses.

He needed a career. I offered to find him painting projects around the house to earn \$500 - partial payment for the car. I paid him more than the going rate and gave him credit for more hours than he worked.

When he came to me and wanted the \$500, I reminded him the money was for a car, and he could have it when he found one. He's getting money from his mother and hit me with it, busting me and breaking the tile counter-top. On his way out, he broke a table and a bowl. I deducted \$300 for the damages and sent him a check, but he hasn't apologized and says he never wants to see me again.

Should I have called the police and charged Sam with assault and battery to help him see that violence is not the way to settle a dispute?

— A GRIEVING FATHER DEAR GRIEVING FATHER: Your son has a serious problem controlling his temper. He should have learned by now how to channel his anger and frustration without resorting to violence. I

am undecided as to whether or not he was fortunate that you didn't notify the police and press charges.

However, you were also wrong for having agreed to pay Sam for painting your house, then to have withheld the money he earned when he asked for it.

DEAR ABBY: Today I read the letter from "The Man Who Loves Her." I, too, was a smoker and can sympathize with both people in that letter. It took me - and my alone - to quit. Please, Abby, pass this on to those who are trying to quit: "Don't give up!"

Maybe today you will quit for only a day, perhaps tomorrow it will be for two days. Just keep trying. I know it's not easy to stop something you enjoy, but after you have quit for a month or so, you will realize that you didn't really enjoy it - you were simply a slave to it.

In my mind, I finally decided what I wanted more than nicotine. I wanted to live. — JILL DIAL, TITUSVILLE, FLA.

You can use home remedies

Knights-Ridder Newspapers LEXINGTON, Ky. — If you've ever gargled with salt water, sipped pink ginger ale to soothe an upset stomach or warmed milk for insomnia, you've already practiced the most common kind of medical cure.

It's estimated that more than 80 percent of all health care is home care, using over-the-counter medications or even common kitchen items such as tea, lemon, citrus, fruit juices and oatmeal.

"We're now aware of a medical community that most medical care is provided in the home or in the community," said Dr. Timothy Caudill, who practices general internal medicine at the University of Kentucky. "Sometimes, doctors are like: 'You've got a cold. Why did you come to us? Call your mom or grandmother.'"

Caudill said doctors often recommend traditional home remedies to relieve the symptoms of uncomplicated ailments, and he particularly dispense plenty of such guidance.

"Home remedies have probably kept the cost of medical care lower in the United States than it otherwise would be," Caudill said. The Nonprescription Drug Manufacturers Association earlier this year released a survey that Americans saved \$20.6 billion in 1996 by using over-the-counter medications instead of everything from Yicks VapoRub to aspirin - to treat common ailments.

Caudill said most home remedies haven't been studied in scientific clinical trials, but he knows that some of the remedies people have used for years seem to help, and they don't seem to hurt.

"Salt medication is something that is coming back into its own," said Doraine Bailey, 34, of Lexington, Ky. She uses prepackaged salt water to soothe a few drops of echinacea tincture in juice daily. Echinacea is an herb that stimulates the immune system; Bailey believes it helps her get off colds and other winter illnesses.

Just a few years ago, mainstream America might have known to pop vitamin C with tea and a few drops of echinacea tincture in juice daily. Echinacea is an herb that stimulates the immune system; Bailey believes it helps her get off colds and other winter illnesses.

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In my mind, I finally decided what I wanted more than nicotine. I wanted to live. — JILL DIAL, TITUSVILLE, FLA.

DEAR JILL: Thank you for a powerful letter. Be assured that it will inspire countless smokers to follow your example.

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Blood-pressure shifts may link snoring to stroke

stroke in several ways, said Netzer, whose study was published in the Jan. 9 issue of the journal Stroke. The sharp drop in blood flow that occurs in severe snoring is followed by a surge in blood flow as the body suddenly wakes and struggles for air.

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Weavings on display

TWIN FALLS — A "Thread Runs Through It" show featuring hand-woven, wearable clothing, will be on display in the Herrett Center's Jean B. King Gallery from Jan. 27 through Feb. 27.

The art is typically muted, homespun and designed to exhibit texture, color and aesthetic structure.



Ely Young's hand-dried linen.

In addition to the wearables, there will be pieces made from handspun wool, as well as rugs and wall hangings. Featured artists will include Elaine Harrah, Gloria Hahn, Jean Melis, Peg Saxe, Ely Young, Joan Holloway and Loraine Reese.

A reception to open the exhibition will be held Jan. 27 from 7 to 9 p.m. at the Herrett Center, which is located on the campus of the College of Southern Idaho. Regular Herrett Center hours are 9:30 a.m. to 9 p.m. Tuesdays and Fridays, 9:30 a.m. to 4:30 p.m. Wednesdays and Thursdays, and 1 to 9 p.m. Saturday. The center is closed Sundays and Mondays.

Eating is the topic

TWIN FALLS — Rebecca Ruggles Radcliffe, a national lecturer on stress, emotional eating and self-esteem, will be the fea-

tured speaker at the 10th annual Wellness Seminar, Jan. 29-30 at the College of Southern Idaho's Fine Arts Center.

Radcliffe will deliver the seminar's keynote address at 7:30 p.m. on Jan. 29, preceded by a performance by Twin Falls singer-songwriter Suzanne Jost. Radcliffe will conduct a workshop from 9 a.m. until noon on Jan. 30.

Cost is \$5 for the Jan. 29 session and \$10 for the Jan. 30 workshop. Tickets will be available at the door.

The seminar is co-sponsored by CSI, Blue Cross of Idaho, Blue Shield of Idaho, Magic Valley Regional Medical Center, the city of Twin Falls, Twin Falls Clinic & Hospital and the Walker Center.

Red Cross sets classes

TWIN FALLS — The American Red Cross schedules twice-weekly Cardio-pulmonary Resuscitation and First Aid Recertification classes at 9 a.m. each Tuesday and at 1 p.m. each Friday. If your certification is about to expire, call the office to register for the class that is suitable for your schedule.

To register or for more information, call 733-6464 or stop by the office at 218 Shoshone St. E. Pre-payment is required for registration in all classes.

Childbirth course slotted

TWIN FALLS — A prepared childbirth course will be offered at 7 p.m. Tuesdays, beginning this Tuesday through Feb. 17, in the Education Center at Magic Valley Regional Medical Center.

Pre-registration is required. Call 737-2900.

Pacesetter's Club meets

TWIN FALLS — The Pacesetter's Club will meet at

7:30 a.m. Wednesday at the Magic Valley Mall. Jann Lobb, fitness instructor, will discuss "Strength Through Resistance Training." For more information, call 737-2065.

No registration needed

TWIN FALLS — A cesarean childbirth class will be offered at 7 p.m. Wednesday at the Education Center at MVRMC. Pre-registration is not required.

Cancer group updates

TWIN FALLS — The Cancer Support Group will meet at 7 p.m. Thursday in the Cancer Center reception area at MVRMC. For more information, call 737-2800.

Infant CPR class open

TWIN FALLS — An infant CPR class will be offered at 7 p.m. in the Education Center at MVRMC.

Pre-registration is not required.

Go to MVRMC for course

TWIN FALLS — A CPR class will be offered at 8 a.m. Saturday in the doctors' meeting room at MVRMC.

To register, call 737-2007.

Group meets Jan. 26

TWIN FALLS — The Breast Cancer Support Group will meet at 7 p.m. Jan. 26 at the Cancer Center reception area.

For more information, call Chair Barbara Davis at 737-2441 or Judy Tremblay at 733-3700.



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For more information call Janet Paul at the CSI Office on Aging 736-2122.

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Orlando Sentinel

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# Nursing after exercise is bad for babies

WASHINGTON (AP) — A lactating mother who nurses her baby for a mother, can be bad for her baby if the mother breastfeeds soon after exercise, a study finds.

Mothers pass along immune protection in their milk, but levels of proteins that carry the protection drop sharply after the workout, the researchers said. "Nurse before exercise," advised researcher Richard L. Gregory of Indiana University. Gregory and his colleagues looked at immunoglobulin A proteins in breast milk. Their findings were published in the American College of Sports Medicine journal, *Medicine and Science in Sports and Exercise*. The IgA proteins are made by discarding lymphocyte cells in the small intestine as a response to foreign bacteria. Each version of the protein is targeted at a specific form of bacteria. So the mother, through her milk, shares her personal arsenal of antibodies with her baby, Gregory said.

"It provides protection for the infants during at least the first six months of life," Gregory said. The infant's own immune machinery is starting to produce its own immune proteins, but these don't reach adult levels until at least 1 year of age, he said.

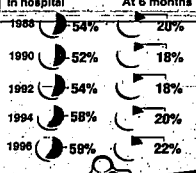
The proteins fight diseases that live in the lymph system, the saliva or the gut — among them, salmonella, a potentially deadly form of food poisoning. But IgA levels change before and after exercise, the study found. The researchers compared before-and-after milk samples from 17 healthy women who did tread-

## Breastfeeding good for baby

The American Academy of Pediatrics has underscored its support of breastfeeding for almost all babies in its new recommendations.

### More moms are doing it

In the 1920s, when infant formula was first marketed, breastfeeding rates slipped from 100% to a low of 25% in 1971. The current trend:



### Recommendations

- Breastfeeding for at least first year of life; longer if baby and mother would like
- Newborns should be fed whenever they show first signs of hunger such as: fussiness, crying or a fatter sign
- Mothers should save milk for babies if they should be separated
- Breastfeeding should begin within an hour of birth
- Mother should get breastfeeding evaluation a day or two after birth
- No water, formula, etc. should be given to breastfeeding newborn unless doctor indicates

trying hard to recover from the stress of exercise, Gregory said. An occasional nursing after a hard workout may not leave the baby worse off, because the low IgA levels would be averaged with higher ones from other breastfeedings, Gregory said.

The immune benefit of breast milk is one reason health experts want mothers to nurse instead of feeding their babies on formula, said Dan Smith of the Harvard School of Dental Center in Boston.

"The concentration of IgA in breast milk is very high — much higher than in any other fluid in the body," said Smith, who studies IgA in saliva as he searches for a vaccine against the bacteria that causes tooth decay.

However, the intensity of the treadmill workout was above the minimum needed for aerobic conditioning. And the findings may only apply to these hard workouts, not to moderate vigorous ones, said David C. Nieman, a professor of health and exercise science at Appalachian State University, Boone, N.C.

"This is the first study done," said Nieman, who studies the effect of exercise on the immune system. "The next logical step is to contrast it with moderate exertion."

**Breastfeeding help**  
La Leche League offers support, network and education  
Tel: 800-LA-LECHE  
http://www.lalcheleague.org

SOURCES: American Academy of Pediatrics; research by JUDY TREBLE

## PERSONAL TRAINER

### Women and knee injury: Training can make the difference

As they become more active in school and professional sports, women are suffering more knee injuries than men. A look at the magnitude of the problem and some ways to avoid injury:

- Basketball: Women injure their knees three times more often than male players
- Soccer: Women injure their knees twice as often as men

**How it happens:**  
Knee sprains and tears of women's ligaments come from:

- Jumping and landing with knee straight
- Joint hyperextends
- Pivoting on fixed foot
- Changing direction while running

### Theory: Debate over anatomy

Possible reasons for gender difference — none has been proved to be an actual cause:

- Women's walking angle
- Shorter shinbone may damage cartilage more readily
- Sharper cleft in center of knee joint

### Practice: Preventing knee injury

Better coaching: Novice coaches now too common in women's sports; in future, they can be expected to gain experience

Improved trainings: Has lowered injury rates in some women's programs almost to male level.

### Strengthening exercises:

- Side-to-side shuffles
- Rapid foot movements
- Lateral motion exercises
- Exercises that emphasize rapid changes in direction
- Good aerobic conditioning (prevents fatigue and eases playing)
- Basketball-specific technique:
- Three-step step
- Playing with knees flexed
- Using hamstring muscles when kicking (lowers knee stress)

Practice in basic skills: Pivoting, stopping, landing, falling

SOURCES: THOMAS C. QUINN, M.D., and Dr. Emily Bowen Quirin, M.D., Medical Director, Annapolis Athletic Club, RTI/Physicians-PAIN TRAP

## Vitamins are great if taken right

**Q. How do I know if I really need to take a vitamin supplement, and when is the best time of day to take it?**

A. Ask your dietitian whether or not a person should take multivitamin and/or mineral supplements, and you will probably get the same response: "You can get all the nutrients you need by eating a wide variety of foods, and a pill is no substitute for the vital components of a healthy diet."

Unfortunately, some people do not come close to meeting their basic dietary needs. If you are eating all of the recommended servings, chances are you don't need a supplement. Some excep-

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Mooseheart (PG) 7:00-9:15  
Amistad (R) 7:15  
Hard Rain (R) 7:15-9:45

## Movie explores obsessive-compulsive disorder

Jack Nicholson's character in the new movie "As Good as It Gets" is a curious man.

Melvin Udall must turn each lock on his apartment door exactly five times. He absolutely will not step on any cracks on the floor or sidewalk. He lins to wash his hands in scalding water with a brand-new bar of soap — then discards that bar immediately.

He is an obsessive-compulsive. And Melvin Udall is bringing the mysterious anxiety disorder to the forefront of public consciousness.

For mental-health professionals or patients coping with OCD, or obsessive-compulsive disorder, this is a very good thing indeed.

"It's important to note that in the movie, (Udall) did seek help," said James Brouche, executive director of the Obsessive-Compulsive Foundation. In reality, "less than 20 percent of people with OCD are in treatment."

The foundation based in Menard, Conn., recently conducted a survey of its 10,000 members — patients, their families and mental-health professionals — and came to a disturbing conclusion: "The average time from onset of symptoms to diagnosis and appropriate treatment of OCD was 17 years."

That's because many sufferers are embarrassed by their symptoms, which often include sud-



Helen Hunt and Jack Nicholson bring the story of an obsessive-compulsive man to the screen in "As Good as It Gets."

den, violent thoughts and an uncontrollable urge to engage in odd behaviors.

"They think they're eccentric. Crazy. Alone. Beyond help. That couldn't be further from the truth. Medications and behavioral therapies enable most patients to understand and ease their mental torture.

And research on the disorder is revealing insight into its causes. OCD is caused by a biochemical imbalance, according to the foundation. A neurotransmitter, serotonin, carries nerve impulses across brain synapses — think of your right hand

passing information to your left.

A person with OCD does not have enough serotonin to carry the impulse over that synapse. So the impulse ricochets back. When that occurs the person is bombarded with brain activity he can't process in a normal way, prompting odd, frightening thoughts.

### Some facts

- H is an overview of obsessive-compulsive disorder, or OCD, from the National Institute of Mental Health in Bethesda, Md.
  - One number of sufferers who OCD was most considered to be fairly rare, research in the late 1980s showed that it affected more than 2 percent of the population, making it more common than schizophrenia or panic disorder.
  - Sex: Both sexes are affected in about equal numbers.
  - Age symptoms appear: Typically early adolescence, but recent research shows that children as young as preschool are affected.
  - Related problems: OCD may be accompanied by depression, eating disorders, attention-deficit disorder, Tourette's syndrome or schizophrenia (the urge to pull out hair).
  - Recent scientific findings: Magnetic resonance imaging studies conducted in 1996 showed definite brain abnormalities in OCD patients. A 1997 study also pointed to a genetic component.
  - Treatment: Anxiety medications and antidepressants are often helpful, as are relaxation techniques and behavior modification work.
  - Organizations: For more information on OCD, contact the Obsessive-Compulsive Foundation, P.O. Box 10, Millers Cove, Ohio 44660, 878-6669.
- Source: Knight-Ridder News Service

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DivorceCare seminar will meet at 7:00 p.m. every Tuesday night, beginning on January 20, 1998. For more information, call The Church of the Nazarene at 733-6610.

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FORD, Explorer, XLT, 94 loaded... FORD, Explorer, XLT, 94 loaded...

FORD, Super Cab, 1997, 4 wheel dr... GMC '94 Suburban SLE 1 ton...

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