

THE REGION

MAGIC VALLEY FIVE-DAY FORECAST

YESTERDAY'S WEATHER

Camas Prairie

High: 43 Low: 23
Mostly cloudy with layer of snow in the morning. Locally heavy in the afternoon. Mostly cloudy and colder on Tuesday.

Treasure Valley

High: 52 Low: 38
Rain likely in the morning. Mostly cloudy this afternoon. Partly cloudy and breezy on Tuesday.

Sawtooth Mountains/Wood River Valley

High: 43 Low: 22
Mostly cloudy with chance of morning snow. Snow likely Tuesday and colder on Tuesday with chance of snow showers.

Eastern Idaho

High: 54 Low: 36
Partly cloudy and warmer. Clear tonight with scattered showers. Mostly cloudy and colder on Tuesday with scattered showers.

Northern Idaho

High: 41 Low: 35
Rain or snow likely beginning around noon. Mostly cloudy on Tuesday with scattered showers.

Northern Utah

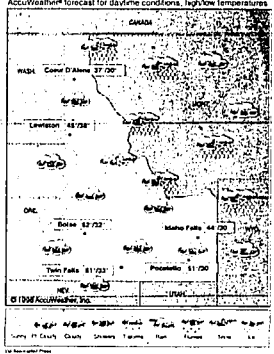
High: 54 Low: 30
Partly cloudy and warmer with chance of showers tonight. Mostly cloudy on Tuesday with chance of rain or snow.

Northern Nevada

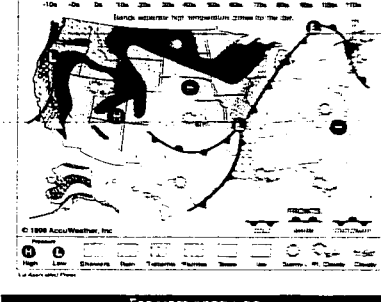
High: 54 Low: 26
Windy with scattered showers. Scattered snow showers for Tuesday.

Today Tuesday Wednesday Thursday Friday
High 51 Low 33
High 39 Low 27
High 40s Low 20s
High 40s Low 20s
High 40s Low 20s

Idaho weather



National weather



Twin Falls Precipitation

Table with columns: Date, Precipitation, Normal year to date.

Idaho High/Lows

Table with columns: City, Max, Min, Precip, Idaho High/Low, Normal High/Low.

The Nation

Table with columns: City, Max, Min, Precip, National High/Low.

UV INDEX ROAD INFORMATION

Call the following number for most conditions in Idaho: 1-800-IDA-ROAD (1-800-432-7623).

SKYWATCH

Sunset today 5:06 p.m. Sunrise tomorrow 7:40 a.m. Lunar phase: full. Dec. 3: last quarter, Dec. 10: new, Dec. 18: first quarter, Dec. 26.

FOR MORE INFORMATION: Tune to the National Weather Service radio band at 160.7 MHz or 162.5 MHz. The Internet address for Idaho Transportation Department road report is: http://www.state.idaho.gov/roads.html

ACROSS THE NATION

Idaho: As the departing upper-level trough exits the Gem State, lingering showers continued on Sunday. Temperatures ranged from the mid-20s to the upper 40s, and winds were generally light and variable.
Precipitation from a low circulation around the State included 0.07 at Madras Park, 0.06 at Twin Falls, 0.05 at Stanley, 0.03 at Jerome, and a trace at McColl, Bove, Burley, and Pocatello.
Another in a series of upper-level troughs moved into Idaho on Sunday night, providing for continued cloudy skies and scattered precipitation.

Nation: Rain fell on the southern Plains on Sunday and rain and snow were scattered across the West. A cold front extending across the middle of the nation produced drizzle, heavy showers, and a few thunderstorms over the Northeast, western sections of Kansas and Oklahoma and in eastern New Mexico. A few light showers were scattered during the hour through Tennessee and into south Dakota and Minnesota.
- The Associated Press

WORLD IN BRIEF

Strong quake kills at least 5 in Indonesia

JAKARTA, Indonesia — A strong earthquake shook a remote island in eastern Indonesia at least five people and causing terrified residents to flee their homes for the safety of a soccer field.
Dozens of houses on Mangrove Island were badly damaged when the quake struck at 08:11 p.m. local time (8:11 a.m. EST), police said. The number of injuries was not immediately known, and the search for casualties was continuing on the island about 1,180 miles east of Indonesia's capital, Jakarta.
The U.S. Geological Survey in Washington said the quake had a preliminary magnitude of 7.6 and was centered or close to nearby Taliabu island in the Molucca Sea, about 230 miles south of the city of Manado on Sulawesi island.
The geological survey issued a tsunami warning for the Western Pacific.

Bin Laden operated Albania-based network

LONDON — The man accused of orchestrating the U.S. Embassy bombings in Africa operates a terrorist network out of Albania that has infiltrated other parts of Europe, The Sunday Times reported.
The newspaper quoted Fatos Klosi, the head of the Albanian intelligence service, as saying a network run by Saudi cleric Osama Bin Laden sent units to fight in the Serbian province of Kosovo. Bin Laden is being hunted after he established an Albanian operation in 1994 after telling the government he headed a wealthy Saudi humanitarian agency wanting to help Albania, the newspaper reported.

Russia holds first Mother's Day holiday

MOSCOW — It came as a surprise to most people, but Sunday was Mother's Day in Russia.
The new holiday was created earlier this year by President Vladimir Putin. But it was preceded by absolutely no fanfare or commercial hoopla, and many people only learned about it Sunday when government officials were quoted on radio and television hailing the holiday.
Russia already has a holiday honoring women. Every March 8, sons, husbands and lovers buy flowers for the significant women in their lives to mark International Women's Day.

Swiss voters reject drug legalization

GENEVA — The Swiss on Sunday voted overwhelmingly against legalizing heroin and other narcotics, apparently heeding government warnings that the proposed law would turn their pristine Alpine nation into a drug haven.
With all ballots counted, 74 percent voted against a constitutional amendment that would make legal "the consumption, cultivation or possession of drugs, and their acquisition for personal use."
In favor were 26 percent, or 454,404 people.
Last year, the Swiss were the first in the world to vote overwhelmingly in favor of state distribution of heroin to hardened addicts.

Smoking

Continued from A1
marketing. "How do you counter that image? We don't really know, because nobody's gotten there yet."
What is beyond dispute is the sustained, dramatic increase in youth smoking, which promises big increases in lung cancer, heart disease and emphysema in a few decades. The trend is particularly striking in view of the continuing, slow decline among adults.
In 1992, 27 percent of high school seniors reported smoking.

Mediator

Continued from A1
The legal system is rapped in the way it resolves disputes, and a judge may order a settlement that is legally equitable, but doesn't satisfy the parties.
The parties to the dispute may be able to develop a better solution. In some complex cases, the parties would have to work together over time, and they would be more likely to cooperate if they help develop the solution.
Mediation also reduces risk and cost. The reality of litigation is that there is always the chance you're going to lose — even if you're right, McGovern said.
But if mediation fails, the result often is more expensive among the parties.

Irrigation

Continued from A1
includes parts of eastern Oregon, said Rich Righty of the Bureau of Reclamation.
But one scenario, that saves some water used to keep reservoirs full for boaters and keep rivers high enough to other fish, would take 82,000 acres off from eastern Idaho, Righty said, and the Upper Snake River reservoir system holds about 4.5 million acre-feet.

Federal judge, wife found shot to death

KANSAS CITY, Mo. (AP) — A federal judge and his wife were found shot to death at their home Sunday, police authorities said.
U.S. District Judge Earl O'Connor Jr. and his wife, Jean, were found shot to death Sunday at their home in a suburb of Kansas City, Kan., police said.
Police said the couple's 10-year-old son, James, was found shot to death Sunday at their home.
Police said the couple's 10-year-old son, James, was found shot to death Sunday at their home.

Mediation

McGovern, however, is not afraid to stack his deck. In agreement to mediate, a settlement in the ongoing dispute against Dow Chemical over silicone gel breast implants, the offered a 10-year license to use the product in the U.S. and to make a one-time payment of \$10 million.
"Was the only way I could get an agreement," he said.
The move led to a settlement that would save the company about \$100 million.

Idaho Road Report

Table with columns: Road Number, Location, Status, Notes.

Circulation: Daniel Wulcock, circulation manager. Mail information: The Times-News (UPS 631-080) is published daily at 132 Third St., Twin Falls, Idaho, 83301, by Magic Valley Newspapers Inc. Subscription rates: Home delivery: daily and Sunday, \$3.85 per week. Single copy, \$1.00 per copy.

The Times-News Information Call 734-6326. SKI INFO LINE, LOTTERY NUMBERS, WEATHER FORECAST. Includes graphics for ski line, lottery numbers, and weather forecast.

NATION

Former Mouseketeer on trial

Jury selection begins for stock fraud case; fiancée already jailed

LOS ANGELES (AP) — TV fans first got to know Darlene Gillespie as a freckle-faced Mouseketeer, described by Disney publicity as having "more bounce to the ounce than a bottle of soda pop."

She was one of the nine original Mouseketeers who appeared in the first season of the "Mickey Mouse Club" and stayed for the duration of the show's 1955-1959 run.

Now the 56-year-old Ms. Gillespie is back in the public eye, with jury selection beginning Monday for her trial on stock fraud charges.

Her fiancée has pleaded guilty in the case and been sentenced to prison.

Ms. Gillespie is hardly the first former child star to run into problems in adulthood.

In recent years, Todd Bridges, child star of the "Diff'rent Strokes" TV show, has been arrested several times on charges including assault. He testified in 1989 that he became depressed and turned to drugs after his show



Mouseketeer Darlene Gillespie, pictured here in 1958 when the popular "Mickey Mouse Club" aired, will face a trial for stock fraud today.

down the road, you are going to be defined by something you did when you were 14 years old," said Petersen, who went on to play the role of Jeff Stone for eight years on "The Donna Reed Show."

During her first season as a Mouseketeer, Ms. Gillespie was featured in her own serial, "Corley and White Show," about the Wild West adventures of a girl and her heroic dog.

In George Woolery's book, "Children's Television: The First Thirty-Five Years," Ms. Gillespie characterized the serial as "horrendous."

But she was more ambivalent in "The Official Mickey Mouse Club Book" by Disney executive Lorraine Santoli.

"When the show was syndicated on television, I never told my children that the pigtailed girl named Darlene was their mom," Ms. Santoli quotes Ms. Gillespie as saying.

"I thought perhaps it would embarrass them or that they would think the show silly," Mouseketeer Bobby Burgess said Ms. Gillespie was a delight as a person and a performer.

"Darlene was so talented, so nice," said Burgess, 56, who made a smooth transition from Mouseketeer to dance star on "The Lawrence Welk Show."

Congressman yields to cancer

MIAMI (AP) — Dante Fuscell, a Florida Democrat in Congress for 38 years who played a leading role in U.S. foreign policy as chairman of the House Foreign Affairs Committee, has died of colon cancer. He was 81.

He died Saturday night at his home in Clearwater, said Barbara Burris van Voorst, Fuscell's press secretary until 1992, when Fuscell retired.

"He really cared about people. ... He had an uncanny ability to cut through a lot of rhetoric and get to the heart of the issue," Ms. van Voorst said Sunday.

His service in Congress spanned the terms of eight presidents, beginning with his election in 1954.

He took over chairmanship of the foreign affairs committee in 1984, and held it until his retirement.

In an interview last year with

The Associated Press, Fuscell said he was particularly proud of his work in the struggle for human rights overseas, especially with the "refuseniks" who were denied permission to leave the former Soviet bloc.

"Ultimately, our human rights effort helped lead to the disintegration of the entire eastern empire," Fuscell said.

He also was proud of his support for U.S. assistance to very poor countries.

Fellow committee member Rep. Lee Hamilton, D-Ind., said Fuscell had a hand in almost every significant foreign policy move made by the United States from the 1960s into the 1990s.

"He had a passionate interest in human rights, he saw that as a way to open up these societies" in eastern Europe, said Hamilton, who is retiring at the end of this year.

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Congress at a crossroads over fate of Clinton

WASHINGTON — President Clinton must make clearly that he isn't the James Leavelle affair, says the House Judiciary Committee on Sunday. But critics warn that the House action at Clinton's impeachment.

One Republican who has come out against impeachment, Rep.

Patrick Ryan of New York, predicted that a vote to impeach would be more in the House and pursue the case more than perpetrate the crime that Republicans put the Clinton ahead of the nation's economic needs.

"It's going to make it harder to get our national act together. We have to know that we can lead, that we

can bring an end to this," he said on NBC's "Meet the Press."

But the move to impeach was complicated last week by GOP dissatisfaction with what they said were Clinton's evasive answers to 81 questions on the affair presented to him by Judiciary Committee Chairman Henry Hyde, R-Ill.

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- Stondard Printing

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- Reflections
- D.L. Evans Bank
- Benno's Fine Jewelry
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- /Audio Service
- The Leatherman
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- Mama Inez
- Jensen Ringmakers
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- Pro basketball
- Pro football
- Pro baseball
- Pro golf
- Idaho college sports
- Idaho high school sports

SPORTS

MORNING LINE

SPORTSQUOTE

“**Outlined against some very wide walls, USC rode not even more, but effectively...**”

— Jerry Meyer's lead in the Star Diego's main tribute on USC's 75th anniversary, *Winter Dime*, Saturday night

CSI slinks out of Kansas

The Times-News

SALINA, Kan. — Fortunately for them, the Golden Eagles aren't in Kansas anymore.


The College of Southern Idaho men's basketball team went to the All-American Tournament undefeated in six games. After Sunday's 63-56 loss to Meridian, Miss., CSI is winless in its last three.

"We had a much better effort and intensity today," said first-year CSI head coach Kevin Jones, whose squad lost to Barron County on Friday and Dixie II Bennett Mackie on Saturday. "We need that effort not just in games, but Monday through Thursday in practice."

Jordan Jordani led the Golden Eagles Sunday at Salina's Bicentennial Center —

CSI men's hoops

□ Record: 6-3
 □ Last game: Lost to Meridian, Miss. 63-56 in Salina, Kan.
 □ Next game: Friday vs. Snow College in Ephraim, Utah



team dropped from 48 percent from the field (12-of-25) in the first 20 minutes to 33 percent (10-of-30) after halftime. Its 3-point accuracy dropped from 29 percent (4-of-14) in the first half to 17 percent (2-of-12), and free-throw shooting sunk from 50 percent (4-of-8) in the first half to 29 percent (2-of-7) after the break.

Down a point at halftime, Meridian managed to tie the game at 38 with a 3-pointer four minutes into the second half.

Bobb took a loose ball in for a layup and a CSI lead, but the Eagles from Mississippi scored nine straight points to take a 47-40 lead with just over 12 minutes left to play.

A 3-pointer by Jason Buell ended the

Golden Eagle scoring drought, and Meridian answered to bring the lead back to eight, 51-43 with 10 minutes left in the game.

Adrian McCullough drained two free throws and hit a 3-pointer with 7:30 remaining as CSI kept it within five, then Jordani scored in the paint and Bobb took a loose ball assist to coast to cut the lead to 57-54 with three minutes to play.

After a pair of missed free throws at CSI's end, Meridian pushed the lead back to six with 2:20 left, and the Golden Eagles could only watch and foul as Meridian played ball-control offense to run the clock out.

Please see **MEAN** Page A5

TODAY'S SCHEDULE

- Girls high school basketball**
 MVCF vs. Carns-Courts
 Castelfelice vs. Pleasant
 Kinnick vs. Glenns Ferry
 Oakley vs. Ste-Bar
- Boys high school basketball**
 H&A vs. TPCA
 Not a season event: basketball game, 7:00 p.m. at TPCA
 Not a season event: basketball game, 7:00 p.m. at TPCA

Denver jolts Chargers 31-16

Broncos improve to 12-0; only 4th team to do so

The Associated Press

SAN DIEGO — John Elway and the Denver Broncos aren't collecting style points, just victories.

Elway had four first-half turnovers but finished with a season-high four touchdowns passes as the Broncos, returning to the scene of their Super Bowl victory, pushed aside the San Diego Chargers 31-16 Sunday night to remain unbeaten after 12 games.

The Broncos became the fourth team in NFL history to start 12-0 better. Only the 1972 Miami Dolphins went undefeated the whole way, finishing 17-0 after winning the Super Bowl.

The Broncos began the game as AFC West champions, having earned the title when the Oakland Raiders lost to the Washington Redskins earlier in the day. San Diego (5-7) lost to the Broncos for the second time in three weeks.

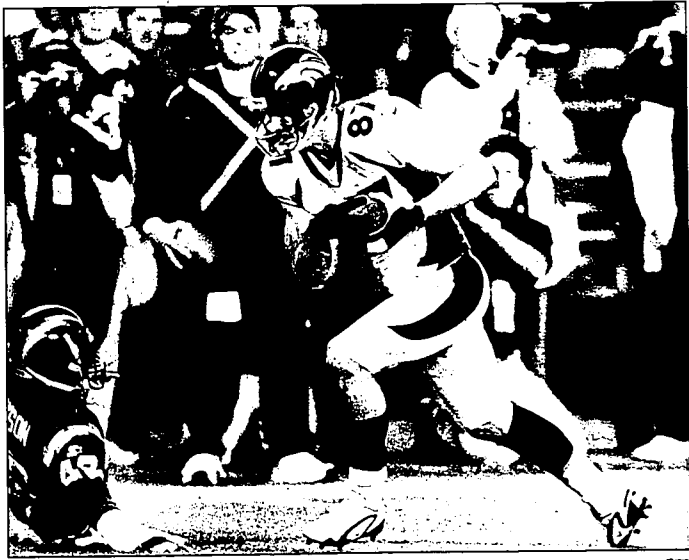
Elway threw two touchdown passes to Ed McCaffrey and one each to Rod Smith and Shannon Sharpe. This is the third straight season Elway has thrown four touchdown passes in a game against San Diego.

NFL rushing leader Terrell Davis, the hometown hero who was MVP of Denver's Super Bowl win over Green Bay on Jan. 25, rushed 24 times for 74 yards and has 1,566 overall, the third straight year he's surpassed 1,500.

The Chargers still haven't allowed a 100-yard rusher, holding Davis under that mark twice.

Elway, who missed three full games and bulk of two others with injuries, had thrown just three interceptions coming in. He threw that many in the first play alone, and his fumble on the first half from scrimmage was recovered by Junior Seau. That set up John Carney's 27-yard field goal, the only time the Chargers led.

The Chargers failed to take advantage of the turnovers because they had four first-half turnovers, too. Craig Whelihan



Denver Broncos wide receiver Ed McCaffrey runs past fallen San Diego Chargers defensive back Greg Jackson and into the end zone with the first Broncos touchdown during the first quarter Sunday in San Diego. The Broncos won the game 31-16 to peak their record to 12-0.

finished with five interceptions and lost for the first time in three starts since replacing ineffective rookie Ryan Leaf. There were six turnovers in the second quarter alone, three by each team.

Denver cornerback Darrin Gordon, a former Charger, had two interceptions, recovered a fumble and deflected a pass.

Elway had TD throws of 15 and 37 yards to McCaffrey in the first quarter,

13 yards to Smith in the second and an 18-yarder to Sharpe in the third.

With the Broncos leading 7-3 midway through the first quarter, the Chargers bit hard on play action, with half the defense following Davis as he faked a sweep to the right.

McCaffrey got 10 yards behind cornerback Charles Dimry for the easy catch at the 3 and walked in for a 14-

3 lead.

Sharpe's TD catch made it 28-10 with 4:34 left in the third, capped a 14-play, 95-yard drive. Elway looked right, then left, dodged Rayvie Johnson and found Sharpe in the left corner of the end zone. Sharpe had run a route to the right, but when the play began to break down he turned and ran all the way back the other way.

IN BRIEF

- Minico baseball to meet tonight at 7:30 p.m.**
- RUPERT — The Minico American Legion Booster meeting will take place at 7:30 p.m. tonight in Room 15 at Minico High School.
- All those interested are encouraged to attend. For more information, call Doyle Price at 436-3120 or Russ Wright at 436-5673.
- Hoop Madness planned for today in Twin Falls**
- TWIN FALLS — The Twin Falls High School Twin Booster Club is staging "Hoop Madness," a support event for the boys and girls basketball teams — tonight from 6 to 8:30 p.m.
- Admission for the pep event is \$3. On top of sales, team announcements for both the boys and girls squads, raffles and an evening-ending live ice cream sundae feed.
- CSI baseball clinic will teach fundamentals of the game**
- TWIN FALLS — The College of Southern Idaho will hold its annual Southern Idaho Baseball Camp Dec. 28-30. Complete instruction will include hitting fundamentals, pitching mechanics, fielding techniques, coaching and base running fundamentals.
- All-star cast of instructors — including Mel Sturtevant, Jr., Joe Bue and CSI baseball member — honors will be awarded to first-place teams in each division, and prizes will be given away during the tournament.
- All proceeds from the tournament will benefit needy Magic Valley children. Contact either Pam Ferraris at 324-0554 or Kenny Anderson at 338-8273 for more information.

Dec. 12 volleyball tourney will aid needy MV children

GOODING — The Avonmore Side Out Volleyball Team and Gooding Broncos are co-sponsoring a "Christmas For Kids" volleyball tournament Dec. 12 at Gooding Middle School.

Entry fee for teams looking to participate is \$50 — plus one new toy from each sponsor member. Prizes will be awarded to first-place teams in each division, and prizes will be given away during the tournament.

All proceeds from the tournament will benefit needy Magic Valley children. Contact either Pam Ferraris at 324-0554 or Kenny Anderson at 338-8273 for more information.

Meissnitzer grabs gold on super-G; Austrians sweep

LAKE LOUISE, Alberta — Alexandra Meissnitzer completed the last trick for the women's World Cup races, winning the super-giant slalom with a flawless run Sunday.

Meissnitzer, who came into the race with two previous World Cup super-G wins, finished down the slick course in 1 minute, 37.30 seconds to claim the gold.

Austrian Renate Groesbeckl, who won downhill Friday and Saturday, failed to finish the super-G when she missed a gate in an area near the end of the course known as Double Curbie.

Correction

An item in Sunday's section mistakenly credited the Casey Partridge football team with a loss to Camas County. The Partridges won the Aug. 26 matchup 20-14.

The Times-News regrets the error.



The defending Class A-3 boys basketball state champion Declo Hornets have no returning starters remaining from the team that beat Kimberly in double overtime to win the state title, but will still be a force in a depleted Canyon Conference.

Declo set to feast in Canyon

The Times-News

The last time the Declo Hornets left the basketball court, they had just won the Class A-3 boys state championship with a thrilling last-second, 75-69 home victory in double overtime over conference rival Kimberly.

No chance of that happening this year, as the Bulldogs — and more than half of the Canyon Conference — bolted to the A-2 level.

But Hornet coach Lloyd Gary

Boys roundball

Today begins The Times-News' look at the upcoming District 4 boys basketball season. Still to come: A2 (Tuesday), A4 (Wednesday) and A1 (Thursday).

wouldn't mind a return trip to the state tournament, and there are a few less obstacles now as Declo, Glenns Ferry and Valley are all that remain of the

Please see A3, Page A8

BSU goes to 4-0 with big win over Bengals, 70-44

The Associated Press

BOISE — Boise State's defense limited Idaho State to five field goals in the first half as the Bengals raced to a 42-14 halftime lead and posted an easy 70-44 victory over cross-state rival Idaho State in a non-conference game late Saturday night.

Senior guard Gerry Washington was perfect from the field and the free-throw line as he scored 14 points and helped the Broncos improve their record to 4-0. Washington connected on all three of his field goal attempts, including two 3-pointers and went 6-6 at the free-throw line.

Idaho State (1-2) shot a horrendous 15.6 percent in the first half, hitting just five of its 32 field goal attempts in the opening 20 minutes. The Bronco defense prevented ISU from scoring during a nine minute span, outscoring the Bengals 22-0, increasing an 11-5 lead to 33-5.

The victory was Boise State's 16th straight win at home. It also was the Broncos' 11th consecutive victory over the Bengals in the BSU Pavilion.

Senior forward Roberto Berenson scored 12 points for Boise State and sophomore guard Clint Hornemann added 10.

Ammer Johnson and Brandon Hearvey need Idaho State with nine points apiece.



Boise State's Trevor Tillman (34) attempts a shot over an Idaho State defender Saturday as Odell Stokes (44) and Kevin Sweetwine (20) look on during the first half in Boise.

SPORTS

Men

Continued from A7
Dixie, whom CSI will face next week in the opening semifinal of Scenic West Athletic Conference

A-3

Continued from A7
league.

Decio Hornets

Coach: Lloyd Curvey, 5th year
1997-98 season: 25-4
Returning starters: None
Others who will help: Jeff Smith, Christensen (5-11), guard; Lance Zollinger (6-2), post; John Howard (6-3), forward; John Smith (6-7), forward; J.J. Stoker (6-3), forward; J.J. Stoker Meyer (6-2), forward; J.J. Stoker Howard (6-4), guard; J.J. Stoker (6-4), guard; J.J. Stoker Wicked (6-4), post; Soph. J.J. Stoker Howard (5-11), guard.

Outlook: The Hornets don't have any returning starters, but an undefeated 1997-98 record has to show some strength.
Our overall size will be an asset, along with our experience at the point position.

John Howard (6-3), forward; John Smith (6-7), forward; J.J. Stoker Meyer (6-2), forward; J.J. Stoker Howard (6-4), guard; J.J. Stoker (6-4), guard; J.J. Stoker Wicked (6-4), post; Soph. J.J. Stoker Howard (5-11), guard.

Coach: Lloyd Curvey, 5th year
1997-98 season: 25-4
Returning starters: None
Others who will help: Jeff Smith, Christensen (5-11), guard; Lance Zollinger (6-2), post; John Howard (6-3), forward; John Smith (6-7), forward; J.J. Stoker (6-3), forward; J.J. Stoker Meyer (6-2), forward; J.J. Stoker Howard (6-4), guard; J.J. Stoker (6-4), guard; J.J. Stoker Wicked (6-4), post; Soph. J.J. Stoker Howard (5-11), guard.

Valley Vikings

Coach: Bruce Carls, 4th year
1997-98 season: 22-12
Returning starters: None
Others who will help: Jeff Smith, Christensen (5-11), guard; Lance Zollinger (6-2), post; John Howard (6-3), forward; John Smith (6-7), forward; J.J. Stoker (6-3), forward; J.J. Stoker Meyer (6-2), forward; J.J. Stoker Howard (6-4), guard; J.J. Stoker (6-4), guard; J.J. Stoker Wicked (6-4), post; Soph. J.J. Stoker Howard (5-11), guard.

Outlook: The Vikings don't have any returning starters, but an undefeated 1997-98 record has to show some strength.
Our overall size will be an asset, along with our experience at the point position.

John Howard (6-3), forward; John Smith (6-7), forward; J.J. Stoker Meyer (6-2), forward; J.J. Stoker Howard (6-4), guard; J.J. Stoker (6-4), guard; J.J. Stoker Wicked (6-4), post; Soph. J.J. Stoker Howard (5-11), guard.

Coach: Bruce Carls, 4th year
1997-98 season: 22-12
Returning starters: None
Others who will help: Jeff Smith, Christensen (5-11), guard; Lance Zollinger (6-2), post; John Howard (6-3), forward; John Smith (6-7), forward; J.J. Stoker (6-3), forward; J.J. Stoker Meyer (6-2), forward; J.J. Stoker Howard (6-4), guard; J.J. Stoker (6-4), guard; J.J. Stoker Wicked (6-4), post; Soph. J.J. Stoker Howard (5-11), guard.

Glenn Ferry Pilots

Coach: Glenn Ferry, 1st year
1997-98 season: 15-15
Returning starters: None
Others who will help: Jeff Smith, Christensen (5-11), guard; Lance Zollinger (6-2), post; John Howard (6-3), forward; John Smith (6-7), forward; J.J. Stoker (6-3), forward; J.J. Stoker Meyer (6-2), forward; J.J. Stoker Howard (6-4), guard; J.J. Stoker (6-4), guard; J.J. Stoker Wicked (6-4), post; Soph. J.J. Stoker Howard (5-11), guard.

Outlook: The Pilots don't have any returning starters, but an undefeated 1997-98 record has to show some strength.
Our overall size will be an asset, along with our experience at the point position.

Cincy surprises No.1 Duke

CHICAGO — Duke executed one of the most famous inbound plays in college basketball history in 1992 when Christian Laettner took a 70-foot pass from Grant Hill and buried an 18-foot jump shot at the buzzer to give Kentucky in the NCAA tournament's East Regional final.

The stakes weren't as high late Saturday night, when the Blue Devils were on the receiving end of a similar play against Cincinnati in the championship game of the Great Alaska Shootout. Ryan Fletcher threw a pass of comparable length to Kenyon Martin, who dumped the ball to a charging Melvin Levert, who threw down a dunk to give the Bearcats a 77-75 lead with 1 second remaining.

Cincinnati held on for the victory when Avery's game-tying shot did not beat the buzzer. Thus the Blue Devils (5-1) come into the Great Eight on a losing note, their comeback coming up short after they had trailed by as many as 19 points.

(Cincinnati) played better than we did over 40 minutes," Duke coach Mike Krzyzewski said. "They just wanted it a little bit more. They ran a great play at the end. Levert just wasn't going to be denied."

"The play is called 'home run,'" Levert said. "It just so happened that it was a perfect throw by Ryan and a perfect pass by Kenyon. It was the best play we executed all night."

Stull, Duke nearly outdid Cincy in the second half, remaining, Elton Brand tipped a long baseball pass to Avery, who banked in what would have been a tying basket. The officials ruled Avery didn't shoot before the buzzer.

That ruling drew catcalls from many of the 8,700 fans, who packed the house to root for Duke and its star guard Trajan Langdon, an Anchorage native.

Levert led Cincinnati with 25 points while Pete Micked added 27 and Alvin Mitchell had 14, six in the last two minutes.

Avery, the tournament's outstanding player, led Duke with 30 points, 19 in the second half. Langdon added 13 points, and Brand had 12.

McQuay-led Purdue wins

WEST LAFAYETTE, Ind. (AP) — Never mind the fact that he was his 400th win with the Boilermakers, Purdue coach Gene Keady cared only that his team won.

"I didn't even remember 400," Keady said. "I just knew we were coming up, I was just smart, I was playing hard and play together," Keady said after Purdue's 41-34 victory over Illinois in the first round of the Big Ten tournament.

Keady is now 438-188 in his career and 400-169 at Purdue. Former College of Southern Idaho star Greg McQuay (15-2) led Purdue (6-1) with 29 points and nine rebounds.

Marce Polite scored 16 points for the Panthers (3-1), who kept the game close in the first half and held a 28-27 lead on his 3-pointer early in the second half.

The Boilermakers, who overcame an 18-point second-half deficit Friday night to defeat St. Joseph's for a third-place in the Preseason TNT, played sluggishly for most of the game.

FOOTBALL

National Football League

Table with columns for Team, Opponent, Score, and Date. Includes games like Atlanta vs. Cincinnati, Baltimore vs. Cleveland, etc.

ON THE AIR TELEVISION

NFL football, Giants at 49ers ABC 6:15 p.m.

Table listing NFL games on television, including Pittsburgh vs. Philadelphia, Dallas vs. Houston, etc.

SCORES AND STATS

Football

Table listing football scores and statistics for various teams and games.

Baseball

Table listing baseball scores and statistics for various teams and games.

Women's college soccer

Table listing women's college soccer scores and statistics for various teams and games.

Baseball

Table listing baseball scores and statistics for various teams and games.

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Baseball

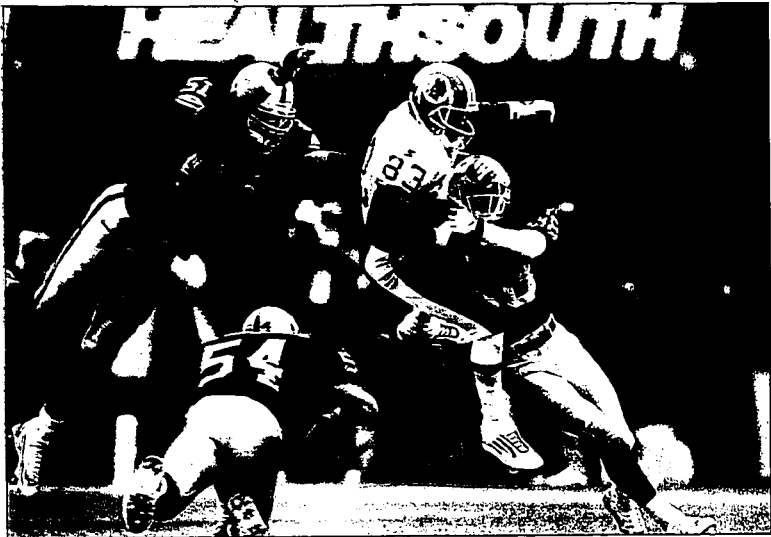
Table listing baseball scores and statistics for various teams and games.

TRANSACTIONS FOOTBALL
Seattle Seahawks...
New York Jets...
San Francisco 49ers...
Los Angeles Rams...
Dallas Cowboys...
Houston Oilers...
Denver Broncos...
Cincinnati Bengals...
Cleveland Browns...
Pittsburgh Steelers...
Indianapolis Colts...
New England Patriots...
Miami Dolphins...
New York Giants...
Philadelphia Eagles...
Washington Redskins...
Atlanta Falcons...
Carolina Panthers...
New Orleans Saints...
San Diego Chargers...
Oakland Raiders...
Kansas City Chiefs...
Denver Broncos...
Houston Oilers...
Cincinnati Bengals...
Cleveland Browns...
Pittsburgh Steelers...
Indianapolis Colts...
New England Patriots...
Miami Dolphins...
New York Giants...
Philadelphia Eagles...
Washington Redskins...
Atlanta Falcons...
Carolina Panthers...
New Orleans Saints...
San Diego Chargers...
Oakland Raiders...
Kansas City Chiefs...

POOR

'Skinned Alive!

O'Meara sets Skins mark with \$430K haul



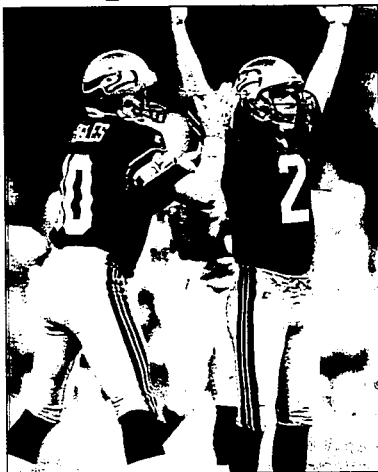
Washington Redskins wide receiver Albert Connell (83) is tackled Sunday by Oakland Raider Marquis Walker (38) as teammate Lance Johnstone (51) dives in from behind and Greg Blewett (54) cleans up from below during the first quarter in Oakland, Calif. The Redskins won the game 29-19.

Washington spoils George's return

OAKLAND, Calif. (AP) — Trent Green threw three scoring passes and the Washington Redskins forced three turnovers as the Redskins spoiled Jeff George's return and won on the road for the first time this season with a 29-19 win.

The loss also hurt the chances that the Raiders (7-5) will make the playoffs for the first time since 1983.

The Redskins (8-9), who have won three of five after opening the season with seven straight losses, came into the game with the worst turnover differential in the NFL. But they recovered two fumbles and made an interception while only losing the ball once.



Seattle Seahawks kicker Todd Peterson (2) celebrates his winning field goal with holder Jeff Feagles (10) Sunday. The 48-yard kick gave the Seahawks a 20-18 win over the Tennessee Oilers in Seattle.

Falcons 21, Rams 10
ST. LOUIS — Jamal Anderson ran for a career-high 138 yards and 44 four-yard plays, threw a 28-yard touchdown pass to Terrence Mitchell as the Rams (10-2) clinched a playoff berth earlier than ever before.

Delberg took over in the second half for Tony Stewart, who started in place of the injured Chris Chandler.

His TD pass came after the Falcons, who led 24-0 at the half, fell behind when Tony Stewart of the Rams (10-2) returned the second-half kickoff 112 yards for a score. Anderson added a 27-yard TD run.

Ravens 38, Colts 31
BALTIMORE — Baltimore's current team beat its predecessor much to the delight of 68,398 fans who waited 94 years to see a person again in the stadium.

Back in Baltimore for the first time since Butler being named the franchise to Indianapolis in 1984, the Colts (2-11) immediately made themselves at home in a hostile environment by taking a 17-3 lead in the first quarter.

But the Ravens (5-7) outscored Indianapolis 17-0 in the fourth quarter to win consecutive games for the first time this season.

After the game, Baltimore quarterback Jim Elway gave the game ball to former Baltimore Colts great Jimmy Collins, who runs for the Ravens from the sideline. Elway, who played for Indianapolis from 1984-87, was 16-of-28 for 128 yards and two touchdowns.

Colts 24, Cardinals 24
KANSAS CITY, Mo. — Rich Gannon threw three touchdown passes and the Kansas City Chiefs still played by penalties and mistakes, held on to keep their three-game losing streak.

The Chiefs (5-7), who had not lost six straight in a non-strike year since 1985, won a 27-17 lead with 11:25 left when Derrick Alexander scored his second TD on a 15-yard pass from Gannon.

But the Cardinals (6-6), who had moved into playoff contention by winning three of their last four

NFL football

games, answered with an 80-yard drive and made it 31-24 on Mario Bates' 1-yard plunge with 6:07 remaining.

Jaguars 34, Bengals 17
CINCINNATI — Mark Brunell rebounded from his worst game as a pro by throwing a touchdown pass in each quarter Sunday for the Jaguars.

Jacksonville improved to 9-3 for the first time in its four years and opened a two-game lead in the AFC Central, which the Jaguars have never won.

Three of the Jaguars' last four games are at home, where they've gone 5-0 this season.

The victory came one week after Brunell threw three interceptions, two returned for touchdowns, in a 30-15 loss in Pittsburgh.

Jets 48, Panthers 21
EAST RUTHERFORD, N.J. — Blistered by three losses to weak teams, the Jets routed the Panthers. New York (8-4) won its fifth straight home game for the first time in 12 years.

Victimizing Carolina's 23th-ranked defense, Curtis Martin and Keyshawn Johnson struck for long TD runs. Vinny Testaverde's accuracy — 18-for-21 — and strong

Patriots 25, Bills 21
FOXBORO, Mass. — For the second time in seven days, Drew Bledsoe flipped the winning touchdown pass with a fractured finger and kept the Patriots in the thick of the playoff race.

With no time but one play left after a defensive pass interference call in the end zone against Henry Jones, Bledsoe threw a 1-yard pass to Ben Coates.

Marino hit McDuffie with a 22-yard scoring pass late in the second quarter, then reached the milestone by hitting McDuffie with a 4-yard TD toss on the first play of the fourth quarter.

It was Marino's first three-touchdown performance of the season, as coach Jimmy Johnson has placed greater emphasis on the run this year. Marino has 63 three-touchdown games in his 16-year career.

Dolphins 30, Saints 10
MIAMI — Dan Marino threw three touchdown passes to O.J. McDuffie, becoming the first player in NFL history to reach 400 career TD passes, as the Dolphins (8-4) stayed in a tie with the Jets in the AFC East by overcoming an early 10-3 lead by the Saints (5-7).

Marino hit McDuffie with a 22-yard scoring pass late in the second quarter, then reached the milestone by hitting McDuffie with a 4-yard TD toss on the first play of the fourth quarter.

It was Marino's first three-touchdown performance of the season, as coach Jimmy Johnson has placed greater emphasis on the run this year. Marino has 63 three-touchdown games in his 16-year career.

Packers 24, Eagles 16
GREEN BAY, Wis. — The heavily-favored Packers needed career days from running back Darick Holmes and wideout Bill Schroeder to slip past the Philadelphia Eagles 24-16.

Holmes rushed for a career-best 163 yards on 26 carries and Schroeder caught five passes for a career-high 128 yards in his first NFL start as the Packers (8-4) held off the Eagles (2-10) in a game that was much closer than anybody could have expected.

Green Bay, an 18-point favorite, trailed 13-10 in the third quarter as third-string quarterback Koy Detmer, making his first NFL start, guided the Eagles on two long scoring drives that he capped with TD tosses of 16 and 4 yards.

Seahawks 20, Oilers 18
SEATTLE — Jon Kitna threw two touchdown passes and drove the Seattle Seahawks into position for the winning field goal with one second left.

Todd Peterson kicked a 48-yard field goal after Kitna marched the Seahawks (6-6) from center 29 to the Oilers' 30 after Al Del Greco's 42-yard field goal put Tennessee ahead 18-17 with 33 seconds to go.

Kitna, replacing the benched Warren Moon at quarterback, was 24-of-39 for 238 yards and two touchdowns with one interception in his second career start.

LA QUINTA, Calif. (AP) — If he could, Mark O'Meara would never let 1998 end.

The Masters and British Open champion, who earned a career-high \$1.78 million on the PGA Tour and won his first two majors, picked up the \$370,000 \$430,000 with a victory in the Skins Game on Sunday.

O'Meara clinched his first Skins title on the 16th hole of regulation, knocking in a 3-foot birdie putt worth two skins and \$140,000. That pushed his two-day total to eight skins and \$430,000 — bettering the \$370,000 Fuzzy Zoeller won in 1986.

"This year has been a tremendous year for me," said O'Meara, who will play two more non-PGA Tour events in South Africa and Australia before year's end. "To win the Skins Game caps off so positively everything else that has happened to me this year."

O'Meara's luck ran out when the Skins Game went to a playoff for the fifth consecutive year. He dropped out contention for the largest skin (\$270,000) with a bogey on the first playoff hole at Rancho La Quinta Country Club.

Defending champion Lehman finished second with seven skins and \$420,000, also bettering Zoeller's record. Couples was third with three skins and \$150,000. Norman, playing his second event since missing seven months because of shoulder surgery, was blanked both days and was eliminated on the third playoff hole.

Couples, the career Skins leader with 51.34 million and 41 skins, missed four birdie putts but did have two on the par-7. The first three putts slid by the hole, and the fourth, a 12-footer on No. 10, curved high around the cup.

Lehman sank his 4-footer to tie Couples' single-hole money record. Couples also won \$270,000 in 1995 on the fifth extra hole.

Lehman completed a two-day,



Fred Couples lines up a putt for the 18th hole during the Skins game Sunday in La Quinta, Calif.

Pro golf

18-hole total of 63 on the par-71 course.

Watts wins Casio World Open; Woods 15th
IBUSUKI, Japan — Tiger Woods' debut on the Japan PGA Tour could hardly be determined a success.

Woods finished tied for 15th in the \$1.25 million Casio World Open Sunday, after a final round, 2-under 70 gave him a 284 total.

Brian Watts won the event, beating Japan's Teshimitsu Iwano on the second hole of a playoff. They had finished regulation play at 14-under 274 after shooting 68x in the final round over the par-72, 7,105-yard Ibusuki Golf club course.

Watts won the playoff at the 206-yard, par-3 17th by sinking a 6 1/2-foot birdie putt as Iwano had a par. Both had birdied the first extra hole, the par-5 18th.

Corretja rallies for ATP title

HANOVER, Germany (AP) — Friendship went just so far in the ATP World Championship.

Alex Corretja lost the first two sets and then came roaring back to beat Carlos Moya 3-6, 3-6, 7-5, 6-3, 7-5 in an all-Spanish final Sunday. Corretja's victory over his good friend in the season-ending event avenged his loss to Moya in the final of the French Open.

The four-hour match was the longest final on the tour this year and worth \$1.36 million.

It lifted Corretja three places to No. 3 in the year's final computer rankings, a career high.

"I was very strong mentally, even when I was two sets down I was still thinking that could win the match," Corretja said, hugging his friend in a trophy.

"I learned a lot from the defeat in Paris."

Corretja said he also kept



Spain's Alex Corretja celebrates his victory over compatriot Carlos Moya Sunday in the ATP final in Germany.

Tennessee still at the top in AP poll

The Associated Press

Tennessee appears quite comfortable at No. 1.

The Volunteers (11-0) are on top of The Associated Press football poll for the fourth straight week, maintaining a solid lead over the 2 Kansas State a week before the final regular-season poll.

Tennessee, a 41-0 winner over Vanderbilt Saturday, collected 41 first-place votes and a 669 points from 68 of the 70 sports writers and broadcasters on the AP panel, while the Wildcats (11-0) had 24 first-place votes and a 1,638 points.

ALA (11-0) received 3 with three first-place votes and 1,579 points. K-State and the

Bruins were off over the weekend.

On Saturday, the Vols play Mississippi State in the SEC title game at Atlanta, the Wildcats play Texas A&M for the Big 12 title at St. Louis and UCLA is at Miami.

Florida State (11-1) held steady at No. 4, waiting for two of the teams above them to lose to get into the chase for the national title.

Ohio State (10-1) was No. 5, followed by Arizona, Florida, Wisconsin, Tulane and Texas A&M.

In the USA Today/ESPN coaches' poll, the top five were Kansas State, Tennessee, UCLA, Florida State and Ohio State.

The final regular season poll will be released Sunday. The final AP poll will be released Tuesday, Jan. 5.

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OTHER VIEWS

Responsibility for violence does not rest on government

From The Salt Lake Tribune: The findings of a new government-sponsored survey on violence in America—if true—are disturbing.

According to the report, one in seven American women and one in 48 American men have been raped during their lifetimes. And more than half of American women and two-thirds of men have been sexually abused or assaulted in their lifetimes. Those kinds of statistics would make for an extremely violent society.

But are the figures really that drastic? Maybe not.

Assaults, as defined in the 1995-96 telephone survey of 8,000 men and 8,000 women, ranged from being slapped, pushed, grabbed or shoved to being shot or stabbed. There is a vast difference in seriousness between being slapped and being shot or stabbed, so lumping them together in a report on violence is troubling.

The report apparently does not sift through the responses and differentiate between a young person who was slapped or pushed by a fellow student and one who was stabbed by a peer. The difference between the slapping-shoving kind of assault and the shooting-stabbing variety involves both the ability to manage anger and the ability to arm oneself. To lump them together is perhaps to create a false impression of the breadth of violence in the American society.

More troubling than the statistics on assault are the figures on rape and sexual assault. The new study claims that there were 432,000 rapes and sexual assaults on females ages 12 and older and 32,900 such assaults on males 12 and older. This estimate is based on phone surveys done in 1995

and 1996. But the 1996 Uniform Crime Report prepared by the FBI indicates 95,769 rapes in 1994; that year's figure was the lowest one reported since 1989. Advocates for women indicate that most rapes—those of both men and women—are not reported, making rape victims a silent majority in society.

If that is true, then an American society entering a new millennium must ensure the stigmas attached to rape victims is removed and that plenty of resources are available to allow domestic violence and domestic rape victims to escape their oppressive environment.

But the responsibility for violence in a society does not rest solely on the government—nor does its solution. Society can expect to see the behavior it is willing to tolerate. If American society tolerates domestic abuse, then it will get in the same way for teen violence, murder and violent crimes. And individuals can expect to get the kind of behavior each is willing to tolerate.

Making excuses for violent people instead of punishing them in prison where they belong simply exacerbates the problem.

Overall, expecting the federal government to solve problems in this age of victimization where perpetrators of crime all seem to have an excuse rooted in their childhoods is foolish. The problems of violence in this society will begin to decrease only when individuals, single American citizens, decide to stop excusing and tolerating violence and become involved in their neighborhoods to make them the safe havens they should be in a free and prosperous society.

The responsibility for violence in a society does not rest solely on the government — nor does its solution.



Clinton can win by continuing on path of denial

There is new momentum on Capitol Hill for the idea of censuring President Clinton.

Some Republicans, sensing the imminent failure of impeachment proceedings, are dropping their opposition to the censure option, while some Democrats are reviving their calls for a formal wrist-slap. Even the White House is signaling cautious acceptance.

But there appears to be some confusion over what the president should be censured for. The Oval Office treads with Monica Lewinsky? Lying under oath in the Jones deposition? Lying under oath before the Starr

grand jury? Obstruction of justice? Witness tampering?

BYRON YORK



Illustration by Brantley for The News-Press

That's the sticking point. The White House and Democrats on the Hill want you to believe the president has already confessed to everything that matters. "He has publicly admitted his wrongdoing, he has apologized for it," Clinton adviser Paul Begala said recently. Rep. Robert Wexler, D-Fla., the president's loudest defender on the House Judiciary Committee, says flatly that "the president has, in fact, admitted his wrongdoing."

But in truth, the president has never admitted any of the impeachable acts alleged by Kenneth Starr. Last weekend, for example, the president's special counsel, Gregory Craig, insisted that the president had never lied under oath.

Clinton's no-compromise position puts the House in a bind and could be the strategy by which the president walks away from the Lewinsky scandal with no formal reprimand. Even if Republicans want to wash their hands of impeach-

ment, it may not be possible to come up with the votes for a respectable censure resolution for a president who won't admit anything beyond having an inappropriate relationship with Lewinsky and later misleading his family, friends and the public about it. If that were the standard, Congress might as well have censured Clinton years ago for "causing pain" in his marriage.

No, if censure is to be a form of plea bargain for the president in the Lewinsky case, Republicans need an admission of at least some of the misdeeds uncovered by Starr—something Clinton has shown no inclination to do. (He'll have another chance when he finally responds to Judiciary Chairman Henry Hyde's detailed "admit or deny" letter.) Suppose Clinton keeps resisting. What then?

"There has to be a sense of accountability," says committee member Lindsey Graham, R-S.C. "He's trying to reconcile himself with his family, which is great.

He's trying to let the American people know he was misleading. But the crucial issue is to reconcile himself with the law. Thus far, he has tried to say that he was legally accurate in his deposition and grand jury testimony, when the evidence is overwhelming that he was not accurate, that it was false, that it was perjurious."

Such demands for accountability are perfectly reasonable, but the simple truth is that the Republicans don't have any good options. Without the threat of impeachment, the GOP has little muscle to back up its threats; a defendant has no incentive to play bargain when he knows the authorities can't hurt him.

And now it looks like some of the more partisan Democrats are setting up a classic bait-and-switch. They once favored censure, they'll say, but Republicans chose to go the impeachment route. The hearings, the articles of impeachment, the committee vote. Had the president suffered enough? "The road we headed now is a vote on impeachment and not getting enough votes to censure the president or admonish him in any way," said Rep. Martin T. McNichols, D-Mass. "I think the Republicans will have no one to blame but themselves if the president gets off without anything at all."

With that in mind, look for a new strategy from the House Republicans: the appeal to history. We're right, the facts are on our side, they'll argue, but the president won the game. All they can hope for now is that at some point in the future, people will reassess the evidence and finally recognize the extent of Clinton's corruption.

Byron York is an investigative reporter for the American Spectator. He wrote this commentary for The Los Angeles Times.

The Times-News

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Because of space constraints, please limit letters to 400 words. The Times-News reserves the right to edit all letters.

LETTERS

Boys didn't intend harm with gun

I have never written a letter to the editor before, but after reading the letter about guns at schools in Tuesday's paper, I feel compelled to respond.

I don't know anything about the pellet gun incident in Gooding, but as a stepmom to one of the boys in Filer, I do know about that particular situation.

Ms. Kennedy did have her facts straight, I guess, but she left out some important details to the case.

Two freshmen boys decided to go pheasant hunting one morning before school. They hunted a little too long, and they were stopped for speeding on the way to school. The officer saw the unloaded gun in the back of the pickup.

He told the boys to take it home before going onto the school grounds, but they were in such a hurry that they put the gun under the seat and went on to school. Not the best choice they could have made, but understandable. The police officer then came onto the campus and knew that they hadn't taken

time to drop the gun out at home. He searched their pickup and found the gun.

Parents were called and the boys were immediately suspended for five days until their expulsion hearings. I can tell you that the boys weren't bragging. They were scared students. They realized that they should have called the gun home, but they certainly had no criminal intent.

Ms. Kennedy stated in her letter that by not expelling any and all violators of the Gun Free Schools Act, school districts are in violation. Actually she is misinformed.

According to Idaho State Code 33-205 and Public Law 103-262 Sections 14601, school boards may modify the expulsion requirement on a case-by-case basis. That is exactly what school districts should do.

The punishment should fit the crime. Should these two boys receive the exact same punishment as someone who brings a loaded gun onto campus with criminal intent?

The only crime these boys committed

was being stupid. I believe that is pretty common for 15-year-old kids.

I am not making excuses for what these boys did. I have been a teacher for 18 years in both elementary and secondary schools, and I also have young children in school. No one is any more concerned about school safety than I am. I am a firm believer in the Gun Free Schools Act. I also believe that every case cannot be treated exactly the same. We need to take the circumstances and facts into consideration in each and every case. I appreciate the way the administrators handled this case and I believe that they put a great deal of thought into the consequences, and this will truly be a learning experience for the these young men.

MARY JO GARTNER
 Twin Falls

Dairymen make good neighbors

So sorry, I missed the letter from Ms. Van Dyke wherein she apparently excoriated the dairy industry. But when I read the letter from Greg and

Jane Ledbetter, owners of C Bar M Dairy, I was embarrassed for them that they had to undertake the unseemly task of speaking in their own defense, for I would have gladly spoken for them.

I could not hope for better neighbors than the Ledbetters and C Bar M Dairy. Besides being amiable, honorable and good people, in business they are as generous and fair-minded as anyone can be. For several years, I have sold forage crops (hay and corn silage) to C Bar M dairy, and I know that the Ledbetters's first concern is not profit, but that they are treating people fairly.

Greg, who is a veterinarian, is scientific in his method, innovative in his approach, and very progressive in his thinking. Consequently, he tries hard to be ever more efficient and is never reluctant to change the way things are done, hoping to improve the outcome. I have benefitted immeasurably from Greg's knowledge, experience and continual experimentation. Because he wants the feed I grow for him to be the best possible, he keeps me informed

about what he has seen work for others.

Regarding pollution: It is Greg's goal that C Bar M Dairy will procure all of its feed from local producers so that the manure can be returned to the ground where the feed was produced. This recycling of nutrients will maintain balance in the environment and reduce the pollution problem which results from importing many tons of nutrients which eventually accumulate to an overwhelming concentration.

When I complained that manure creates a weed problem in my fields, Greg listened with understanding and indicated his willingness to compost the manure to deal with the problem.

Making the effort to cultivate good working relationships with nearby farms, Greg and Jane have demonstrated their desire to be responsible, responsive and contributing neighbors in our community.

I am just lucky they are my neighbors.

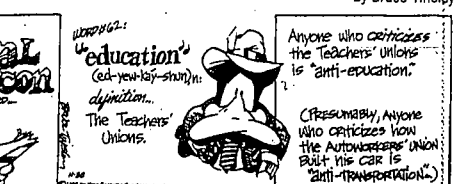
DAVID L. HAMILTON
 Jerome

Doodlesbury

By Garry Trudeau

Mallard Fillmore

By Bruce Tinsley



LETTERS

Truth comes in many shapes

Mr. Eames:

Your letter of Nov. 21 in response to Jennifer Bartlett and Sue Klass indicated to me quite plainly that you have made a choice. You've chosen your own version of truth while some of the rest of us have chosen another truth. This simple ability to choose - to have free will - has been the determining factor in the current state of humankind. Whether or not you believe that Adam and Eve existed, you know the story: They were given a choice. They could choose obedience or disobedience. I believe that because of the choice they made, mankind has had to live with the consequences. From a humanist standpoint, our society has ever made each of us has been given our own individual choices to make.

The parallel verse to the scriptures you quoted in Matthew appears in Luke as well, but uses even stronger language: "If any man come to me, and hate not his father, he cannot be my disciple" (Luke 14:26, King James Version). The Greek word "misos" can also mean a preference for one thing over another. For example, if you were my father, I would have to choose between obedience to you and obedience to Jesus.

If you examine the context of the scriptures you quoted, you will see a reference to Jesus wicking a sword. This refers to the logical division that will occur as judgment comes. Any person with a basic understanding of Christian doctrine knows that this division is the final outcome of God's plan: our free will decision to choose between heaven (a free gift offered by Jesus) and hell (the wages of sin). Even if it means forsaking our very family. To say that these verses describe a God who endorses hate within a family is to misunderstand the scripture.

TODD SCHWARZ
Twin Falls

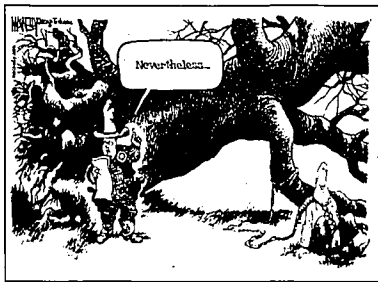
God never condones murder

I am writing in response to Bert Eames' letter in the Nov. 21 issue.

Real Christianity does not condone the murder of abortionists. Just because one has done this in the name of religion does not mean it is right or that God or his people approve it. One doesn't need to ask Pat Robertson or any other man when they think of homosexuals. God has spoken, and that's all that really matters (1 Corinthians 6:9-11). And, when God has said, "Thou shalt not kill," that settles that.

And incidentally, the archbishop of Vancouver does not speak for God! For shame that one would take the precious word of God by which all men shall be judged (John 12:48) and try to make it say something God doesn't mean. Matthew 10:34 does not mean that God takes pleasure in the division that occurs in families but is saying that when one follows Jesus, some in his family will turn against him. Regarding the earthquakes, hurricanes, floods, etc., that come on the earth, God does not bring this upon man. Natural laws that were put in force from the beginning of time will produce these things, and thus they are natural disasters caused by the laws of nature.

Nothing but good comes from God (James 1:17). God does "speak with a straight tongue." His revelation to man regarding how to become a child of God, how to live as one is clearly revealed in his word, and anyone who desires to understand



these things can do so (Ephesians 3:3-5; John 7:17). God does not desire man to be divided religiously (1 Corinthians 1:10).

What man needs to do is stop listening to the doctrines, creeds and words of men in general and start listening to what God says in his word. When this is done, we will all believe, teach and practice the same thing. There is only one savior and one way to God and heaven (John 14:6).

Thank you for hearing me out.
PATRICK CLARK
Toppensish, Wash.

Eames would make fine god

To Bert Eames: Thanks so much for your insights on Christianity and your excellent suggestions for God. Life would have been so wonderful with you, rather than God, as creator. God gave us a bloody history of mayhem, murder, bigotry and hypocrisy, and spends his time beating the hell out of people with earthquakes, hurricanes, floods, tornados, volcanoes, starvation and plagues! (See "A Lesson in hypocrisy," letters, Nov. 21, The Times-News).

In Mr. Eames' universe, none of these horrors would be present. Likewise, abortion doctors and homosexuals would receive the respect they deserve. I'm sure the evils of racism, sexism, classism, obesity, addiction, baldness, old age, and ugliness, to list only a few, would also have been banned in Eames' universe as well. (While you are at it, you might bring back the steelhead and pheasant and make a couple billion more stars!)

In defense of God's universe,

he gave us fun along with drudgery, excitement along with boredom, the thrill of victory along with the sting of defeat, the passion of love along with the heartache of loss, people who dedicate themselves to the service of others along with self-centered hoologans, beauty along with ugliness, diversity

along with racism and etnocentrism, and sex along with sexism, etc. And, with the notable exception of human life, he did ban most of the horrors to which Mr. Eames objects. Of course, earthquakes, hurricanes and floods can beat the hell out of red-tailed hawks and larry bugs too, but they appear to be as blissfully unaware of these threats as they are of their own mortality. Apparently, God saw fit to allow only humans to taste the forbidden fruit of knowledge, from which all these evils flow.

Come to think of it, how would I know when I'm having fun if I have never experienced drudgery or know when I'm excited without the experience of boredom, and how could anyone experience the thrill of victory without the possibility of defeat? Maybe it works like up and down; maybe good and happiness are defined by, and cannot exist in the absence of, bad and sadness! I guess I'll just string along with the universe God created. Thanks anyway, Bert. See you

in church.
LYNN WILLIAMS
Buhl

Follow the speed limits

In reply to Mr. Gary L. Thietzen:
I, too, travel the local inter-

state. I see it some what differently than you. I travel at 75 miles per hour as posted and very seldom have occasion to pass a "big rig" as they are so busy passing me, no matter what the conditions.
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How to make sushi and keep all your fingers

Today's topic is: How to make sushi. I happen to be an expert on this topic because I recently put in a stint as a chef at an actual sushi restaurant. (One of the first things you learn, as a sushi chef, is how to put in a stint.)

Before I give you the details, I should explain, for the benefit of those of you who live in remote wilderness regions such as Iowa, what sushi is. Basically, it is a type of cuisine developed by the Japanese as part of an ancient tradition of seeing what is the scariest thing they can get you to eat raw.

The way they do this, is they start out by serving you a nice, non-threatening piece of fish, from which all the identifying fish parts have been removed. This fish is safe to eat and tasty. But the idea is that it's served with a green condiment called "wasabi," which is the Japanese word for "nuclear horseherdsh." This is an extremely spicy substance, the formula for which must never be allowed to fall into the hands of Saddam Hussein. If you put more than two wasabi molecules on your sushi and eat it, your hair will burst into flames.



HUMOR
Dave Barry

So after consuming some wasabi, you naturally order a cool refreshing Japanese beer to pour on your head and perhaps, since you have the bottle in your hand anyway, wet your whistle with it. The result is that your judgment becomes impaired, which is when they start trying to get you to eat prank food, such as sea-urchin eggs. Sea urchins are vicious, golf-ball shaped, poison-spined sea creatures whose sole ecological purpose is to ruin your tropical vacation by deliberately not getting out of your way when you are wading barefoot. If you eat the eggs of this animal, and fail to chew them thoroughly, you could develop, on an alarming medical condition that doctors call "baby sea urchins walking around inside your body poking holes in your spleen."

Other prank foods that they will try to get you to eat at sushi bars include eels, clam parts, jellyfish, tentacles with flagrant suckers, and shrimps with their eyeballs still waving around on stalks. If you eat those, the waiter will become brazen and start bringing out chunks of coral and live electric eels. My point is that, in a sushi restaurant, you must watch carefully what you eat. (This is exactly what "The Star-Spangled Banner" is referring to when it says "o'er the clam parts we watched.")

Despite this, I happen to be a big fan of non-prank sushi. And so when Bok An, the proprietor of Sakura, my local sushi restaurant in Coral Gables, Fla., invited me to be a guest sushi chef, I enthusiastically answered: "No!" I was afraid that I'd have to touch an eel. I am 31 years old, and I did not get this far by touching eels. But Bok assured me that we would stick to basic fish species such as tuna, salmon and cucumber. And thus I found myself one Tuesday night, wearing a samurai-style headband and standing behind the sushi bar, blending in perfectly with the other sushi chefs, except that my headband was actually the belt of my bathrobe.

Bok stood next to me and prepared various sushi items, and I attempted to imitate him. Here's the recipe: You start with a little rectangle made of dried seaweed (I asked Bok where the seaweed comes from, thinking he would name some ancient Japanese seaside village, and he said, "a distributor?"). Then you pick up a glob of special sticky rice and spread it evenly on the seaweed. At least Bok did. The majority of my rice remained firmly stuck to my hands and started migrating to other parts of my body. I may have to have it removed surgically.

Now you cut up your ingredients, using a lethal-looking, extremely sharp sushi knife that causes professional sushi chefs to become very nervous when it is being wielded by a professional humor columnist. Then you put these ingredients on the rice and execute the secret sushi-rolling technique, which is difficult to describe in English words, as we can see by this actual transcript of Bok explaining it to me: "OK, you go like this, 'Boom! Then you go, 'Boom! Boom! Boom!'"

The thing was, when Bok went boom, he produced this attractive, appetizing cylinder of sushi. Whereas when I went boom, I produced this mutant, foot-unit leaking, random seafood parts. I also had a problem with my sizing: Sushi rolls are supposed to be small, bite-size morsels; mine were more along the lines of seaweed-covered hams.

But I kept trying. Remember the movie "Karate Kid," where the mean bully beats up Ralph Macchio, but then Ralph studies

Please see BARRY, Page B3

10 things you gotta know if clothes are on your gift list

- 1 A medium is not a medium. The same size items from different manufacturers vary.
- 2 If you guess, the clothes are coming back. If you don't know his or her size, get a gift certificate.
- 3 Error on the side of big. A garment that's a half-size too large is preferable to one that's a half-size too small.
- 4 Ninety-nine times out of a hundred, the clothing you're buying won't shrink to fit. Unless you're buying Levi's 501 jeans, get the correct size.
- 5 Desperation is the mother of all exchanges. Shop early, take your time and you won't have to settle for whatever you can get.
- 6 There's no accounting for taste. You're buying clothes for somebody else, not for yourself. Only their vote counts.
- 7 You can't return underwear.
- 8 The louder and louder, the greater the chance he or she will hate it. If in doubt, be conservative.
- 9 Kids hate formal; if you want to dress something up, buy a doll.
- 10 Parents and grandparents spend millions each year on dressy clothing for children, most of which gets out of the closet once or twice. If you're spending the money for kids' clothing, find out what they like and will wear.
- 10 don't like your gift, it doesn't mean they don't like you. Save the receipt, and make it clear that they're welcome to exchange the clothing for something they like better.



size. wise

Photo Illustration by DAVID CORNELL/The Times-News

The unisex look
Men's and women's equivalent sizes:

| Clothing | XS | S | M | L | XL |
|--------------|-------|-------|-------|-------|-------|
| Men's size | 4 | 6 | 8 | 10 | 12 |
| Women's size | 2 | 4 | 6 | 8 | 10 |
| Waist size | 26-28 | 29-31 | 32-34 | 36-38 | 40-42 |

| Shoes | 6 | 7 | 7 1/2 | 8 | 8 1/2 | 9 | 9 1/2 |
|---------|---|-------|-------|-------|-------|--------|-------|
| Men's | 6 | 7 | 7 1/2 | 8 | 8 1/2 | 9 | 9 1/2 |
| Women's | 8 | 8 1/2 | 9 | 9 1/2 | 10 | 10 1/2 | 11 |

— Source: Professional Appearances, AllHeart.com

Plus-size consumers grab the attention of retailers

The Washington Post

WASHINGTON — At 5 feet 10 and 270 pounds, Andrea Amiri, a Lake Ridge, Va., administrative assistant, is a striking woman with perfectly coiffed hair, expertly applied makeup and manicured fingernails. A natural in front of the camera, Amiri, 39, is pursuing a plus-size modeling career and recently competed in the Miss Plus USA pageant in Chicago.

Amiri also has become a clothes horse, fronting the plus-size designer collections at department stores such as Lord & Taylor and Nordstrom and specialty shops that include Liz Claiborne's Elizabeth. Though she can't afford many of the outfits, Amiri said, she relishes the chance to browse among clothes you simply didn't see in plus-size departments just a few years ago.

"I'm walking through Lord & Taylor and I'm saying, 'Oh, that's beautiful, and they have my size,'" Amiri said.

Overweight people have long been pitched pounds-reducing elixirs, regimens and devices concocted up by the weight-loss industry, but now they're being targeted in a new way. As the ranks of seriously overweight Americans grow — the latest government estimate is that 23 percent of the U.S. adult population is obese — fashion designers, retailers and publishers are pitching them better products accompanied by messages of beauty and acceptance.

In reaching out to this market, however, they are finding an inherent challenge: selling products to people who, for the most part, would give anything not to be included in this group.

Even Amiri, with her sparkling self-confidence, feels that way. Last fall she was thrilled to be down to 220 pounds, having lost 165 pounds taking the combination of weight-loss drugs commonly known as fen/phen. She said she was "devastated" when one of the drugs was removed from the market, and she despairs at the 50 pounds she has since

Please see CLOTHES, Page B2

Big sizes

| Women | 2XL | 22W | 3XL | 4XL |
|-------|--------|--------|--------|--------|
| Bust | 46 1/2 | 48 1/2 | 50 1/2 | 52 1/2 |
| Waist | 37 1/2 | 39 1/2 | 41 1/2 | 43 1/2 |
| Hips | 47 1/2 | 49 1/2 | 51 1/2 | 53 1/2 |

| Men | 2XL | 3XL | 4XL |
|-------|-----|-----|-----|
| Chest | 50 | 52 | 56 |
| Waist | 44 | 48 | 52 |

— Source: Professional Appearance, AllHeart.com

Stories by Steve Crump

Men's and women's size charts How to save money

WOMEN

| | XS | S | M | L | XL |
|-------|----|----|----|----|----|
| Bust | 32 | 34 | 36 | 38 | 40 |
| Waist | 23 | 24 | 25 | 26 | 27 |
| Hips | 33 | 34 | 35 | 36 | 37 |

Half sizes

| | XS | S | M | L | XL |
|-------|--------|--------|--------|--------|--------|
| Bust | 14 | 16 | 20 | 18 | 22 |
| Waist | 40 1/2 | 42 | 44 1/2 | 46 1/2 | 50 1/2 |
| Hips | 31 1/2 | 33 1/2 | 35 | 37 1/2 | 40 1/2 |

Men

| | S | M | L | XL |
|-------|----|----|----|----|
| Chest | 30 | 32 | 34 | 36 |
| Waist | 24 | 26 | 28 | 30 |

— Source: Professional, Appearances, AllHeart.com

- ✓ Don't procrastinate. You may find a pre-Christmas sale, but chances are pretty good you won't find what you want.
 - ✓ Christmas shopping and shopping for yourself should be two different trips.
 - ✓ Walk into the store with an idea of what you plan to spend, and stick with it.
 - ✓ Keep clothing care costs in mind. Buy washables and save on dry-cleaning bills.
 - ✓ Stick to basic styles, colors, fabrics.
 - ✓ Buy versatile clothes that can be used for different occasions.
 - ✓ Buy coordinated clothing that can be mixed and matched.
 - ✓ Buy dual-purpose clothing, such as reversibles, topcoat/raincoats, etc.
 - ✓ Buy children's clothes a size larger for longer wear.
 - ✓ If you change your mind about a gift, return it before Christmas.
 - ✓ During the Christmas season, go into a store if you're looking for something not just to kill time. That leads to impulse buying.
 - ✓ Practice sales resistance if you can't find exactly what you want.
 - ✓ If you can't find what you want, go home without it.
- Source: Top Net

Choosing clothes for babies: The most inexact art of all

Maybe the most inexact art of all is picking the right size for newborns, infants and toddlers. If you don't know the child's weight and height, a good rule of thumb is to take the kid's age and double it. For example, a 2-month-old baby would be in a 3-6-month size garment. A 4-month baby would be in a 6-9, a 6-month baby in a 12-month, a 12-month baby in a 24-month, or a 2T, a 2-year-old would be in a 4T, and so on.

If you know the child's weight and height, the process is much easier. Use this chart:

| | Size | Height | Weight |
|---------|---------|--------------|--------------|
| Newborn | 0-3 mo. | 17-21 inches | 6-12 pounds |
| | 3-6 mo. | 20-24 inches | 8-14 pounds |
| | 6-9 mo. | 23-27 inches | 13-17 pounds |
| Infant | 12 mo. | 27-30 inches | 17-22 pounds |
| | 18 mo. | 30-33 inches | 22-27 pounds |
| | 24 mo. | 33-35 inches | 27-31 pounds |
| | 3T | 35-38 inches | 31-36 pounds |
| Toddler | 4T | 38-41 inches | 35-39 pounds |

— Source: Baby Heirlooms

HEALTH & FASHION

Scourge of lupus afflicts more than 2 million Americans

Knightrider News Service

SAN JOSE, Calif. — Jo Dewhirst wanted to be a doctor when she grew up, not a patient.

Turning her family's basement into a makeshift hospital, she would perform imaginary appendectomies on all her dolls, using red nail polish to delineate scars on their plastic bellies.

With one careful sweep of polio, Dewhirst was able to save every little body she operated on. Years later, however, she learned the most painful lesson of her life: Some conditions aren't so easily fixed.

In 1975 she was diagnosed with lupus, a sometimes fatal immune system disorder. Dewhirst has been working ever since to draw attention to the little-known disease. More common in this country than AIDS, cerebral palsy, multiple sclerosis, sickle cell anemia and cystic fibrosis combined, lupus afflicts more than 2 million Americans.

"We don't want to have the

best-kept secret any longer," says Dewhirst, 57, executive director and founder of the Bay Area Lupus Foundation.

For Dewhirst, the cause of her own medical problems was a secret to her for more than a decade. In 1961 she began having severe joint stiffness, extreme fatigue, sensitivity to the sun, skin rashes, gastrointestinal problems and seizures. Dewhirst was 19 at the time and had just given birth to her first child.

Doctors were as puzzled by Dewhirst's medical problems as she was.

She suffered eight miscarriages during the next 10 years, so doctors performed a hysterectomy.

To prevent her periodic seizures, they put her on phenobarbital, a potent central nervous system depressant. To treat her severe gastrointestinal attacks, angina and headaches, doctors removed her thyroid.

"We thought that would solve my problems," she says. "It didn't work out that way."

Dewhirst was hospitalized 20 times during that decade, and doctors were no closer to diagnosing what ailing her in 1971 than they had been when she first got sick. Every specialist she saw seemed to think her problems were not related. Others were even less helpful.

"The first thing doctors would think back then is 'This is a neurotic female. Maybe she needs more attention from her husband,'" she says.

However, being female did have a lot to do with her illness. For reasons still not understood, 30 percent of those affected by lupus are women, many of them in their child-bearing years.

Despite advances in Western medicine, diagnosis is often difficult.

Dewhirst was tested by one doctor for lupus for three years before another physician finally determined she had the disease. The diagnosis came in 1975 — more than 14 years after she experienced her first symptoms.

Clothes

Continued from B1

gained back. She wants nothing more than the chance to be a normal weight — or at least a lower weight — and end her struggle.

"I accept myself the way I am. Unfortunately, the pressures of society don't allow us to have that comfort," she said. "All I desperately want is to have that pressure off."

Experts said Amir's inner conflict is typically among the seriously overweight, despita the burgeoning "fat acceptance" movement and the growing number of positive messages aimed at them.

"The public is so confused about this — the amount of consumer ambivalence towards this whole business is pervasive," said Arthur Frank, medical director of the obesity-management program at George Washington University. "But it's a very important issue, because the market is enormous."

According to the market research firm NPD Group, consumers bought \$23 billion worth of women's apparel size 16 and larger last year, accounting for more than 25 percent of all women's fashion sales and an increase of 15 percent in two years.

But marketing experts said they must be careful how they pitch large-size products, especially in women's fashion. While the market for plus-size men's clothes, typically called "big and tall" fashions, is growing, there is not as much psychology involved in marketing to them, who tend to see weight gain as more of a health issue than a self-esteem issue. Women, however, often feel they are judged by society based on their appearance, and therefore they view buying large-size clothes as a sign of failure.

Linda Cautchen, who was an editor with the defunct magazine Big Beautiful Woman, said that attitude is especially acute for women who are gaining weight as they age, as opposed to those who have been heavy all their lives.

"When you're larger than you're used to being, you don't want to buy clothes," she said. "You feel like you don't want to reinforce this image."

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PLASTIC SURGERY UPDATE



DELL P. SMITH, M.D.

OTOPLASTY (Ear Surgery)

- **If you're considering ear surgery:** Ear surgery or otoplasty, is usually done to set prominent ears back closer to the head or to reduce the size of large ears. Otoplasty is usually done on children between the ages of four and fourteen. Ears are almost fully grown by age four, and the earlier the surgery, the less teasing and ridicule the child will have to endure. Ear surgery on adults is also possible, and there are generally no additional risks associated with an older patient.
- **Planning for surgery:** When ear surgery is performed by a qualified, experienced surgeon, complications are infrequent and usually minor. Otoplasty is usually performed as an outpatient in a hospital, doctor's office based surgical facility, or a freestanding surgery center. Surgery usually takes two or three hours. General anesthesia may be recommended for children so they sleep through the operation. For older patients, your surgeon may prefer to use local anesthesia, combined with a sedative.
- **More natural looking ears:** Most patients, young and old alike, are thrilled with the results of ear surgery. Keep in mind, the goal is improvement, not perfection. If you've discussed the procedure and your expectations with the surgeon before the operation, chances are, you'll be quite pleased with the results.
- **Choosing a surgeon:** Patients considering Otoplasty (Ear Surgery) should ascertain that their surgeon is Board Certified in Plastic and Reconstructive Surgery.

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Doctors often miss cancers, study finds

The Washington Post

Even in this era of high-tech imaging machines and sophisticated blood tests, a new study at a large New Orleans teaching hospital found that doctors had either missed or misdiagnosed 44 percent of the cancers that were found during autopsies.

When the results are compared with those of earlier autopsy studies, it appears that despite the proliferation of new methods for detecting cancer, the chance of doctors overlooking a malignant tumor hasn't diminished since the 1920s. The proportion of such tumors that were incorrectly diagnosed in a 1923 study was 36.5 percent, and in 1972, 41 percent.

The new findings, published last week in the Journal of the American Medical Association, highlight the continuing relevance of the autopsy as a teaching tool for doctors, a source of accurate information on causes of death and a final verdict on the quality of medical care. Autopsy rates in hospitals have fallen sharply, from 50 percent of deaths in the 1960s to 10 percent or less today — a situation that ought to change, according to an editorial in the journal.

"The public is being hurt by

the total culture change which has virtually eliminated the autopsy from the community hospital," said pathologist George D. Lundberg, JAMA's editor, who has long campaigned for the autopsy's revival.

"Doctors now largely believe, probably honestly, that they know what went on" when one of their patients dies, Lundberg said. "That's why a research paper like this is so important in 1998 — to show that, many times, they don't know what went on."

The authors of the study caution that neither the patient population nor the care at their hospital — the Medical Center of Louisiana, formerly Charity Hospital — is necessarily representative of most other U.S. hospitals. The medical center is a historic 746-bed hospital that is staffed by physicians who teach at two local medical schools and serves a poor inner-city population. Seventy percent of its patients have no health insurance. Many have received no reg-

ular medical care and are very sick when admitted.

On the other hand, the medical center's unusually high autopsy rate made possible a study that could not have been done in most other hospitals, said Elizabeth C. Burton, a pathologist completing her training and the principal author.

During the 10-year study period, 42 percent of all deaths at the hospital, including 24 percent of all "natural" deaths (those resulting from illness rather than injury, homicide or suicide), were autopsied. Many deaths at the medical center were associated with factors (such as drug or alcohol ingestion, or death within 24 hours of admission) that make them coroner's cases, in which an autopsy is either legally required or can be ordered in spite of relatives' objections. Without the coroner's authorization, the researcher estimated that the autopsy rate at the medical center during the study period would have been as low as 10 percent.

Barry

Continued from B1

karate under Mr. Miyagi, and then finally, in the big tournament, with everybody watching, Ralph sent the billy rolling, a reasonably tight cucumber roll?

Well, that's what I did. In fact, I may have a knack for it. So if one day you walk into a Japanese restaurant, and you see, standing behind the sushi bar, what appears to be a man-size blob of rice wearing a blue bathrobe, belt on its head, feel free to say hi. But keep your distance if I'm holding a knife.

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

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The Times-News

HEALTH & FASHION

PERSONAL TRAINER

Causes: Abnormal pressure on a nerve that runs behind the pump on the inside of the foot... A tough band of fibrous tissue creates the narrow tarsal tunnel; the nerve passes through it, along with tendons, veins and an artery.

Symptoms: Burning or itching sensation... Usually PAIN!

Diagnosis: Socialized difficult because the pain develops slowly and is not defined or easy to locate.

Treatment: Special techniques to control symptoms... Physical therapy... Surgery can be performed to release the nerve from the tunnel.

Know the score. Read The Times-News Sports section.

Alcohol impairs fertility

The Washington Post

Women who are trying to get pregnant might want to abstain from alcohol and should limit their caffeine consumption, according to a recent study by researchers at the Johns Hopkins University School of Hygiene and Public Health. The researchers have found that even small amounts of alcohol might impair conception and that caffeine could enhance the fertility-reducing properties of alcohol.

A team of researchers led by Rosemarie B. Hakim examined data provided by 124 women who participated in a long-term study of fertility. The women were employed at two semiconductor plants in Burlington, Vt., and East Fishkill, N.Y., between 1989 and 1991. They ranged in age from 23 to 41 and 21 percent of them smoked cigarettes, which are known to reduce fertility.

Women who took birth-control pills or used intrauterine devices were omitted from the study. Participants were required to submit daily urine specimens and to provide information about sexual intercourse and menstrual cycles. Consumption of cigarettes, alcohol and caffeine were analyzed separately to determine their effect on pregnancy.

Hakim and her colleagues found that women who consumed any alcohol and more than one cup of coffee per day achieved 10.5 pregnancies per 100 menstrual cycles, compared with 27 pregnancies per 100 menstrual cycles among women who drank no alcohol and less than one cup of coffee per day.

Overall, women who drank alcohol had a 50 percent reduction in conception. The decline in fertility increased with the amount of alcohol consumed, the researchers reported. But this study suggests that even two drinks per week can decrease fertility.

Caffeine consumption alone had a modest impact on fertility. Women who consumed the amount of caffeine equivalent to that contained in one or more cups of coffee had a slightly lower rate of conception than those who abstained from caffeine.

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HIATAL HERNIA

A hiatal hernia is a portion of the stomach which protrudes through a teardrop-shaped hole in the diaphragm where the esophagus and stomach join.

The most frequent known cause of hiatal hernias is an increased pressure in the abdominal cavity produced by coughing, vomiting, straining at stool or sudden physical exertion.

Pregnancy, obesity or excess fluid in the abdomen also contribute to causing this condition.

PHASES OF TREATMENT

Treatment of the esophagus is necessary to prevent ulcers from forming in the lining of the esophagus. When these scars heal, they can leave scars that can make it difficult or impossible to swallow. Long-term esophagitis may result in Barrett's esophagitis, a condition thought to be a precursor of cancer. Most cases of esophagitis respond to antacids, weight reduction and a common sense approach to eating, drinking and other lifestyle habits. Long-term use of antacids can produce side effects like diarrhea, altered calcium metabolism and magnesium retention.

COMPLICATIONS

Most hiatal hernias do not need treatment. However, if the hernia is in danger of becoming strangulated (constricted in such a way as to cut off the blood supply) or is complicated by esophagitis (inflammation of the esophagus), treatment becomes necessary.

SUMMARY

A hiatal hernia is an extremely common condition, however, the physician can frequently treat the problem effectively with a well-planned program.

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HEALTH & FASHION

Wash, wash, wash that fat away

DEAR PAULA: Thought you might like to see one of my latest "spam" e-mails. I thought you might get a good laugh. Actually, I don't think it's as funny as rubbing cream on the skin to eliminate fat.

"Want to easily lose pounds? Want to shed inches to shrink tummys, thighs, and waist to get into perfectly beautiful shape-in just a few minutes a day? It's easy with the amazing new soap from the Orient that washes away fat. It has already taken Japan by storm and now you can get it right here in the U.S.A. seaweed soap is a remarkable new soap that you can safely use every day. Just step into the shower to wash away fat in specific areas of your body. Match those unwanted inches. No gradu-



ally since the dawn-and promise beauty skin at the same time. Start using the cream around your eyes, eyebrows, lips-where ever you want to lose them. Just follow the complete instructions that come with your seaweed soap. They've been washing that fat away every time you shower."

"The beauty store now, where I hear about all the same people who get their fat by using this

product and all the research that indicates it truly is a miracle. I'm going to look back (with reproach) and think of all the "scams" that I actually bought into and let this one pass by. Oh, well! Ciao la vie!

—NANCY, VIA E-MAIL

DEAR NANCY: If there weren't so many people buying into this insane junk it would make me laugh, but I just find it so pathetic. Even if any of these products did work, they would be potentially dangerous. After all, where would the fat be going? Not down the drain, but into your veins, arteries, kidneys, liver, and elsewhere. And reams of that much fat artificially and quickly could cause

untold problems. Plus, how would the soap know what fat to leave and what fat to take away. Could you become anorexic from overuse? Although if it did work we wouldn't be discussing this because we would all be a size 6!

One point you made that I find hard not to mention is the notion that you might have passed up something that works. If something works, there is no risk; it will still work next year and the year after that.

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

— TO DO FOR YOU —

The Times-News

TWIN FALLS - The Arthritis-Lupus Support Group will meet at 7 p.m. Tuesday in the doctor's meeting room in Magic Valley Regional Medical Center.

Tish Bowman will discuss "Making Living With Arthritis Easier." For more information, call 737-2950.

TWIN FALLS - The American Red Cross schedules two-weekly Cardiovascular Reassessments and First Aid review classes at 9 a.m. each Tuesday and 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 733-6454 or stop by the office at 718 Shoshone St. E. Preparation is required for registration in all classes.

TWIN FALLS - A prepared childbirth course will be offered from 7 to 9:30 p.m. on Wednesdays, beginning this Wednesday through Dec. 30, at the MVRMC Education Center. Pre-registration is required. Call 737-2950.

TWIN FALLS - A childbirth refresher course will be

offered from 7 to 9:30 p.m. Thursday at the MVRMC Education Center. Pre-registration is required. Call 737-2950.

TWIN FALLS - The Kids Klub will meet from 11 to 12:30 p.m. Saturdays at the MVRMC Education Center.

The class is designed to prepare mothers and fathers for the new baby. To register call 737-2950.

TWIN FALLS - A CPR class will be offered from 6 to 7 p.m. Dec. 7 at the doctor's meeting room at MVRMC.

TWIN FALLS - An infant CPR class will be offered from 6 to 7:30 p.m. Dec. 8 at the MVRMC Education Center. Pre-registration is not required.

If it is for you, a reminder letter of health-related seminars, events and education. Information should be submitted by Tuesday for publication in the following Monday's Sunlite & Feature. Mail notices to The Times-News, P.O. Box 549, Twin Falls, ID 83301, or deliver to our office at 125 Third St. N.

Rise in esophagus cancer may be attributed to smoking

ATLANTA (AP) - Obesity and smoking may be to blame for the rise in a type of esophagus cancer that has jumped more than 350 percent among white men over the past 20 years, new research suggests.

"It goes back to prevention. This data all suggests that these are cancers that can be prevented," said Dr. John S. Enos, a specialist at the Barbara Ann Karmanos Cancer Institute.

Nearly 90 percent of patients with esophageal cancer die within five years of contracting the disease.

The study, released Thursday and published in the journal *Cancer*, reported that annual cases of adenocarcinoma rose from 17 cases per 100,000 in 1974-75 to 3.2 cases per 100,000 in 1989.

Researchers suggested one reason for the jump is an increase in obesity among white men over 65. The study looked at two kinds of cancer of the esophagus, which is the tube that carries food to the stomach.

Adenocarcinomas are tumors usually found in people with a condition known as Barrett's esophagus, in which the normal

lining of the esophagus is replaced by abnormal cells. Barrett's esophagus occurs more often in overweight people, whose esophaguses are more likely to be inflamed and constantly damaged by stomach acid.

The study said smoking may be to blame as well, but the rate of other esophagus cancer linked to smoking, squamous cell carcinomas, has declined from 3.4 cases per 100,000 to 2.2 cases per 100,000.

Adenocarcinoma rates in black males increased from 0.4 cases per 100,000 to 0.6 cases per 100,000. Squamous cell carcinoma rates among blacks remained at 13.2 cases per 100,000, higher than whites because of increased smoking among black men, researchers said.

Among women of all races, cases of esophageal adenocarcinoma rose from 0.1 to 0.4 cases per 100,000.

The study, based on existing national data, was conducted by researchers from the National Cancer Institute and the International Epidemiology Institute.

X-rays provide early warning against disease

ATLANTA (AP) - An X-ray procedure that has been available for about five years can diagnose osteoporosis in people before they break a bone, the government reported Thursday. But it stopped short of endorsing routine screening.

Generally, brittle bone disease goes undiagnosed until a patient suffers a fracture.

The new procedure - Dual Energy X-ray Absorptiometry - identifies dangerously low bone density in patients and takes just five minutes.

Researchers with the Centers for Disease Control and Prevention used it to screen 2,234 post-menopausal women for brittle bones and found that 17 percent had osteoporosis. Of those, only 7 percent said they had been previously diagnosed.

However, the CDC decided against recommending routine screening, even in post-menopausal women, because of the high cost and uncertainty over whether it would make much of a difference in treatment. A scan costs \$100 to \$200.

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HEALTH & FASHION

Doctors find that hormones improve libido

Medication improves sexual desire for distressed women

Highlight: Riddler News-Service

An Israeli, radi-shim hour... doctors find that hormones improve libido

Dr. Judith Reichman prescribed a 2 percent testosterone... doctors find that hormones improve libido

Dr. Reichman and patients were invited to talk about the treatment... doctors find that hormones improve libido

"We got so many calls and e-mails... doctors find that hormones improve libido

Reichman, who practices and teaches at Cedars-Sinai Medical Center... doctors find that hormones improve libido

The 7 sexual saboteurs

Women can't blame all their sexual woes on hormones... doctors find that hormones improve libido

- 1 Psychological issues: Depression, stress and anxiety, fatigue, sexual abuse... doctors find that hormones improve libido

Female sexual dysfunction continues to be dismissed... doctors find that hormones improve libido

"A man who can't get an erection because of low testosterone levels is an endocrine-impaired... doctors find that hormones improve libido

Libido maintenance is complicated—especially for women, whose sexuality is activated, at least in part, by male sex hormones.

The crucial role of male sex hormones in female sexuality was the subject of a lecture during the recent annual meeting of the American Society of Reproductive Medicine.

Women experiencing symptoms such as sexual dysfunction, sleep disturbance, depression, anxiety, fatigue and lethargy associated with natural menopause usually have substantially impaired quality of life and should be considered candidates for estrogen-androgen combination therapy.

Pantyhose are expensive, scratchy—and sales sag

Highlight: Riddler News-Service

Thursday morning: Daphne... pantyhose are expensive, scratchy—and sales sag

8:05 a.m. Sarah... pantyhose are expensive, scratchy—and sales sag

2:30 p.m. Steve... pantyhose are expensive, scratchy—and sales sag

5:35 p.m. Paul... pantyhose are expensive, scratchy—and sales sag

There are a few women in the world who really prefer hose... pantyhose are expensive, scratchy—and sales sag

than a handy way to store... pantyhose are expensive, scratchy—and sales sag

Consequently, as soon as women saw it was safe to ditch pantyhose... pantyhose are expensive, scratchy—and sales sag

Breakthrough notwithstanding... pantyhose are expensive, scratchy—and sales sag

They're hot, they're comfortable, and I top them regularly... pantyhose are expensive, scratchy—and sales sag

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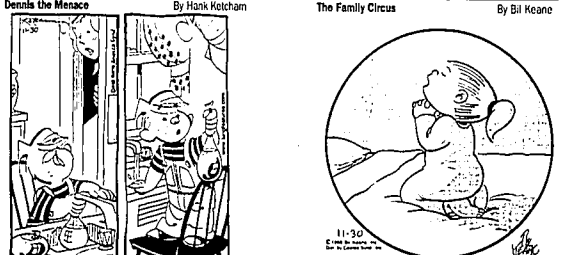
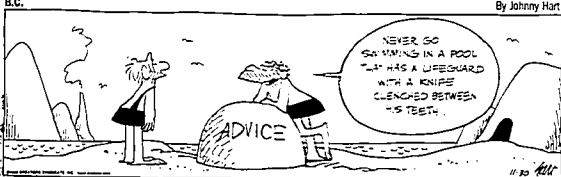
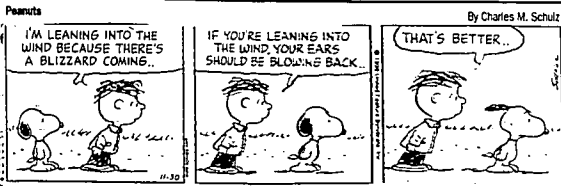
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Christmas In Church On Saturday, December 5th, The Times-News will publish a special church page of Christmas activities. Mr. Juan's College of Hair Design

COMICS



on the fringe

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HEALTH & FASHION

Women talk about their breasts — ENGAGEMENT

Documentary spurs interest

Los Angeles Times

There they sit, front and center on more than half of the population. On a daily basis, all around the world, they are oiled, fondled, rated, ranked, worshipped, desired, degraded, caricatured and nursed. They also spend a lot of time being displayed, lifted, airbrushed, inflated, deflated and generally pushed around.

Breasts — the archetypal objects of obsession. From the prehistoric paintings to the pages of Playboy, breasts have occupied human thought since Day 1. They are the symbol of femininity, with all the power and frailty, of sex and nurturance, of profanity and comfort. Knockers, headlights, hunters — Americans have more names for them than Eskimos have words for snow. And yet any discussion involving breasts tends to fall into two categories: aesthetic critique (often, but not exclusively, of the male variety) and health issues.

This is exactly what Meema Spadola, a 28-year-old film documentarian, wants to change. Her last several years have, in fact, been spent coaxing hundreds of women to talk about their breasts.

Not a typical career path, perhaps, but it's working for Spadola. Her 1996 hour-long documentary "Breasts" co-directed by partner Thom Powers, aired on HBO's "Real Life" with so much success that it spawned a follow-up book, "Breasts: Our Most Public Private Parts" (Wildcat Canyon Press) made it to bookstores last month, but not without a bit of controversy along the way.

The premise of the documentary and the book is simple: Round up a bunch of women and have them talk about their breasts. And in the documentary, many of the women (24 girls and women were interviewed) did just that.

"Women are not used to seeing other women's breasts," Spadola said. "We are surrounded by such unrealistic images, telling women, 'Oh, you should love your body,' just isn't going to work. You need to see other women so you know what women really look like."

For the book, Spadola cast her net wider, interviewing hundreds of girls and women all over the country — 103 are included. She also photographed the women who represented all ages, ethnicities and physical attributes. As in the documentary, many of them were tanned, black-and-white photos, the women looking directly at the camera, very simple.

Except that these are naked breasts we're talking about, and they did not make it into the book.

SCIENCE MATTERS

HOW BREAST CANCER DEVELOPS

One in nine women will develop breast cancer in their lifetimes. Fortunately, the majority will survive. The 20-year death rate is down slightly, probably because of early detection and improved treatment.

First abnormal cells
Breast cancer begins in the lobules that produce milk and ducts that channel it to the nipples. It appears first as a few abnormal cells. Unchecked, the cancerous cells spread to the woman's lymph system, through which they can spread to other organs.

Stages of breast cancer

- Hyperplasia**
Overgrowth of normal cells, which may begin to block the duct. Some of these cells might begin to appear abnormal.
- Stage 0**
"In situ carcinoma" is confined to the duct; rarely causes a noticeable lump but may be detected by a mammogram.
- Stage 1**
Lumps develop when abnormal cells escape the ducts or lobules and invade adjoining tissue.
- Stage 2**
Tumor is 1 to 2 inches in diameter; cancer may be spreading to lymph nodes around breast and in shoulder.
- Stage 3**
Tumor is larger than 2 inches; may have invaded chest wall and skin; it spread to lymph nodes.
- Stage 4**
Cancer has spread to distant sites, such as lungs, bone or liver.

SOURCE: University of Washington Cancer Research Center
RESEARCHER: MARGARET K. WELLS

CARNAHAN-BEDKE

OAKLEY — Carlos and Joyce Carnahan announce the engagement of their daughter, Rose Marie Carnahan, to Stuart David Bedke, son of Robert and Carol Bedke, of Oakley.

Carnahan graduated from Minico High School and the osteology program at Idaho State University in Pocatello.

Bedke graduated from Oakley High School and attended the College of Southern Idaho for two years, majoring in the medical field. He is a member of the US Army Reserves and attended basic training at Fort Leonard Wood, Mo. During the summer, he works as a Bureau of Land Management firefighter.



Rose Carnahan and Stuart Bedke

The wedding is planned for 7 p.m. Saturday at the Burley West Stake LDS Church, 2420 Park Ave. A reception to honor the couple will follow the ceremony.

Should healthy adults take aspirin daily?

The Washington Post

The American College of Chest Physicians (ACCP) earlier this month urged healthy adults 50 years of age and older with at least one risk factor for heart disease to take an aspirin daily to cut their chance of having a heart attack.

Only last month, the Food and Drug Administration explicitly told healthy Americans not to take aspirin daily to prevent heart attacks.

Welcome to the confusion about aspirin and its use to ward off heart attacks. Aspirin has long been used as a medication for patients with heart problems, and some doctors recommend the popular over-the-counter drug to patients who might be at risk. But these new guidelines from the chest physicians puts them at odds with some other heart-health groups and the federal government.

The chest physicians broke ranks with the FDA after a new review of findings from the ongoing Nurses' Health Study, conducted at Harvard University. That study showed a 30 percent reduction in heart attacks among women aged 50 and older who took aspirin daily compared with a similar group of women who did not take aspirin.

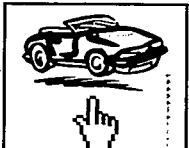
"Lots of Americans over age 50 have silent heart disease," said James Dalen, vice president for Health Sciences at the University of Arizona in Tucson and co-chairman of the ACCP committee that wrote the new guidelines. "These are the ones who are at risk."

Unlike the chest physicians' guidelines, people 50 and older who smoke, have diabetes, high blood pressure, elevated blood cholesterol or a family history of premature heart disease are advised to take between 80 and 325 milligrams of aspirin daily.

In making their recommendations, Dalen said the committee was swayed by findings not only

To learn more
More information on aspirin therapy is available at <http://www.fda.gov/ocder/news/aspirin/>

from the Nurses' Health Study but also the Physicians' Health Study at Harvard. That study of U.S. physicians, Dalen said, showed that while there was no reduction in deaths from heart attacks, participants over age 50 who took aspirin daily suffered 33 percent fewer heart attacks. "The Nurses' Health Study showed exactly the same thing — about a 30 percent reduction in heart attacks," he said. "We feel that the risk of aspirin is minimal and that if there's a chance of reducing heart attacks and hospitalization that it is well worth taking aspirin."



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Breast-cancer experts back more chemotherapy

New recommendations for the treatment of breast cancer have significantly increased the number of women who should receive chemotherapy. Under the new guidelines, all women except those with a less than 10 percent chance of relapse of breast cancer within 10 years would receive chemotherapy after having the cancer surgically removed. The old recommendations were based on risk of death, rather than relapse, and

excluded only those women for whom the mortality risk was 10 percent or less within 10 years. The recommendations are part of a consensus from the Sixth International Conference on Adjuvant Therapy of Primary Breast Cancer that met last February in St. Gallen, Switzerland. The results were published this month in the Journal of the National Cancer Institute. Despite its recommendations, the panel noted that women, with their doctors' advice, would have to consider whether these drug treatments were right for them.

—Source: The Washington Post

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