

The Times-News vs

Twin Falls, Idaho/94th year, No. 66

Monday, March 8, 1999

50 cents

GOOD MORNING

WEATHER

Today: Partly cloudy with light winds. Cloudy tonight with chance of light snow after midnight.
High 48, low 28.

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LOCAL

New pals: A program brings together adult mentors with students.

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State ruling: A local man with a rare medical condition was favored in a worker benefit case.

Page A4

SPORTS

The Madness begins: The NCAA selected the 64-team fields for its men's and women's basketball tournaments.

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Murtaugh's moral victory: The Red Devils lost a chance for a state title, but gained much more.

Page A7

HEALTH & FASHION



Nose Job: Sometimes, it pays to improve on nature.

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OPINION

Need a receipt? Asking our banks to monitor our accounts so they can report us to Uncle Sam is a stunningly bad idea, a guest editorial says.

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NATION



GOP front-runner: George W. Bush says he's forming a presidential exploratory campaign committee.

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Seinfeld: Richest celebrity

... not that there's anything wrong with that

The Times-News

50 richest celebs - A2

NEW YORK — Jerry Seinfeld, whose TV show "Seinfeld" ended a hugely successful run on NBC last May, was the top-earning celebrity in 1998, according to *Forbes* magazine. Seinfeld earned \$267 million, surpassing fellow "Seinfeld" col-

laborator and second-ranked Larry David, who took in \$242 million, *Forbes* said. Both Seinfeld and David benefited from the \$1.7 billion sale of "Seinfeld" into syndication.

While *Forbes* acknowledged that they may not see all of the money for a few years, it credited them with the whole amount in 1998. Steven Spielberg, whose movie "Saving Private Ryan" is one of this year's favorites to win an Oscar for best picture, is third on the list with \$175 million. He is followed by talk-show

host Oprah Winfrey with \$125 million and "Titanic" director James Cameron with \$115 million.

Rounding out the top 10 are actor Tim Allen (\$77 million), recently retired basketball player Michael Jordan (\$69 million),

Please see FORBES, Page A2



Jerry Seinfeld
Earned \$267 million

Twin Falls pays more for trash

But cost of other services is at or below average

By Mark Heinz
Times-News writer

TWIN FALLS — When they take the garbage out, Twin Falls residents tend to take on a bigger fee than people in comparable cities. But for the most part, it costs about the same — or even a little less — to live in Twin Falls than in similar-sized cities around the intermountain west, said the results of a recent benchmark study conducted by Pocatello city officials.

"I think it's a credit to the employees of the city," Twin Falls City Manager Tom Courtney said. "It shows that we compare very fairly to other cities."

Information about the costs of living in 16 western cities in Idaho, Montana, Oregon and Utah were first gathered and compiled by Pocatello's budget office in 1995, Pocatello City Administrative Assistant Anne Nichols said. The numbers have since been updated twice, most recently in January, she said.

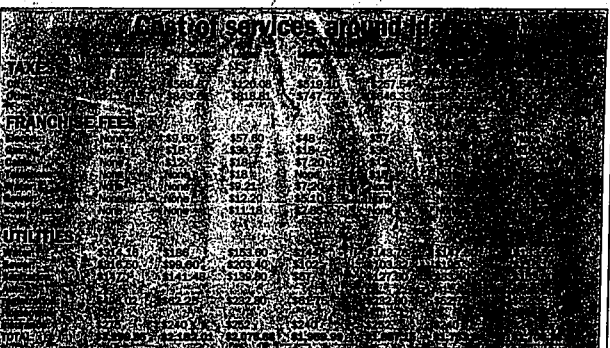
The tax and fee rates in the survey were based on the costs to the owner of an \$80,000 home, with a \$15,000 land value, who drove a 1999 Pontiac Grand Am. By far, the most expensive place surveyed to keep clean is Medford, Ore., where a typical resident shells out \$333.60 annually for sanitation. Twin Falls' fee is nearly double that of Idaho Falls, about \$12 more than Pocatello's and about \$57 more than Boise's.

That's because the city pays a roughly \$35 per-ton fee to Twin Falls County to have garbage hauled by a private company to the county landfill, Courtney said. The cost of street sweeping is also included in the city sanitation fee.

Please see TRASH, Page A2



A compactor smashes down a day's collection of garbage at the Twin Falls County landfill.



DR. OESTERLE/The Times-News

Carjackings tend to occur close to home

The Associated Press

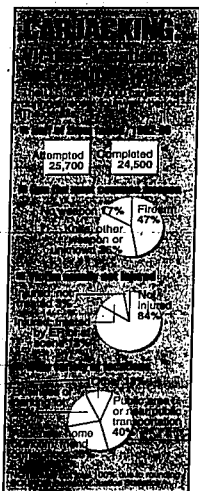
WASHINGTON — Just over half the nation's annual average of nearly 49,000 carjacking attempts are successful, and the almost two-thirds of the incidents occur within five miles of the owner's home, the Justice Department reported Sunday.

Reporting on data for 1992 through 1996, the most recent available, the Bureau of Justice Statistics said that each year an average of 48,787 carjackings are tried, and 24,520, or 50.3 percent, succeed.

Victims were injured in 23 percent of the completed carjackings but in only 10 percent of the unsuccessful ones. A weapon was used in 83 percent of the incidents.

The report said 84 percent of victims were not injured, but 4 percent suffered serious injuries, such as gunshot or knife wounds, broken bones, internal injuries or loss of consciousness. The remainder had minor injuries like bruises or chipped teeth. Some incidents had more than one victim.

The bureau defined carjacking as a theft in which a vehicle was taken or attempted to be taken



by force or threat of it. It counted only carjackings by strangers, not by acquaintances or relatives.

Heart drilling leads to chest pain relief

The Associated Press

NEW ORLEANS — Blasting away with a laser threaded into the heart, doctors say they can relieve crippling chest pain by drilling tiny holes into the walls of the heart's main pumping chamber.

The experimental new technique is intended to help people with heart disease so severe that it cannot be relieved by bypass surgery or angioplasty. It combines laser energy with catheters that are easily pushed through the arteries into the heart.

The first laser for treating heart disease was approved by the U.S. Food and Drug Administration last year. However, it requires open-heart surgery, and many doctors remain skeptical, in part because between 6 percent and 10 percent of patients die during the procedure.

The new approach does not require surgery, and results presented Sunday at a meeting of the American College of Cardiology suggest that it is extremely safe and effective.

Dr. Stephen N. Oesterle of Massachusetts General Hospital in Boston reported that about two-thirds of patients treated this way appear to improve

enough to resume reasonably normal lives.

"These are no-opium patients," said Oesterle. "They are unrelievable" with ordinary procedures and medicines.

In his study, doctors at 12 hospitals in the United States and England randomly assigned 221 patients to have either the laser therapy or routine medical care. All had severe angina, resulting from poor circulation to their heart muscle.

Angina is rated on a scale of 1 to 4. Before treatment, all were in stage 3 or 4, meaning they had chest pain while eating, brushing their teeth or even sitting perfectly still.

After laser treatment, two-thirds had improved at least two grades to stage 1 or 2. This meant they could walk about their homes comfortably, even though climbing stairs might still trigger pain.

None died during the procedure. Patients can be sent home the same day they are treated.

The procedure involves a laser that is threaded into the left ventricle on a catheter that is about the thickness of a cocktail straw. Doctors then burn 10 to 15 tiny holes into the walls of the heart.

Do it right or not at all

Lawmakers aren't taking action

The Associated Press

BOISE — The Idaho Legislature appears more willing than ever to defer action on a host of issues — from the ponderous to the pedestrian — in the interest of doing it right or not doing it at all.

So far proposals have been introduced for 16 study committees, which meet between annual legislative sessions. Less than half are likely to be approved, largely a factor of just 16 Democrats being available to represent the minority.

There is consensus support for only three or four, but some lawmakers contend even that might be more than are needed or appropriate.

"I personally will be voting against every interim committee," state Sen. Judi Danielson said. "We get too many and we can't decide what's really the highest priority. Maybe if we only do one or two then we could decide that we're really going to support the interim committees system."

The Council Republican has her reasons for sounding bitter. She was on a panel last year that studied private property rights issues. It produced four bills that failed even to get a hearing in the Senate Local Government Committee, the victim of what she called interim politics. "So what's the point? There's no point in wasting our time."

Danielson said, "Certainly everybody would have better things to do than spin their wheels."

But even she sees value in the process. Some issues, especially in an age of increasing conflict between state and federal interests, have become too complex to be sorted out during a legislative session that lasts only about 80 days.

House Speaker Bruce Newcomb said Idaho lawmakers, while still only part-time public servants, are being forced to take on the demands of society to become more deliberative.

"The willingness to hip-shoot is declining and a people want to make informed decisions," the Burley Republican said.

One solution may be study committees that continue their work over more than a year or two, like the one now monitoring the land-use issues of Ketchikan seen. Newcomb sees the potential for another on natural resources issues to keep abreast of such things as the impact of clear-cut introduction and federal recovery efforts for salmon and steelhead.

House Democratic Floor Leader Wendy Inoué of Ketchikan sees a lot of merit in providing a forum for better understanding and thoughtful development of policy rather than quick-fix legislation.

"I sure don't want to see a full-time Legislature," she said. "But there should be an opportunity for sort of year-round study of issues in short spurts of time."

Others are wary of the mischief that might come from too much legislative study of issues perhaps better left alone, a common concern in a conservative state traditionally distrustful of too much government.

The Region

Camas Prairie

High 36 Low 18 Partly cloudy with light snow tonight...

Treasure Valley

High 48 Low 32 Partly cloudy with light winds...

Sawtooth Mountains/Wood River Valley

High 30 Low 14 Partly cloudy with increasing clouds tonight...

Eastern Idaho

High 44 Low 29 Partly sunny and breezy. Increasing clouds tonight...

Northern Idaho

High 42 Low 23 Cloudy with chance of rain or snow tonight...

Northern Utah

High 44 Low 26 Partly cloudy with increasing clouds tonight...

Northern Nevada

High 46 Low 22 Partly cloudy today and mostly clear tonight...

MAGIC VALLEY FIVE-DAY FORECAST

Today Tuesday Wednesday Thursday Friday. High/Low and weather icons for each day.

Idaho weather

Monday, Mar. 1. AccuWeather forecast for dryline conditions, high/low temperatures. Includes a map of Idaho.

National weather

The AccuWeather forecast for noon, Monday, Mar. 8. Includes a map of the United States with weather symbols.

UV INDEX

Index: 1 Call the following number for road conditions in Idaho: 1-888-ID-A-ROAD...

ROAD INFORMATION

Call the following number for road conditions in Idaho: 1-888-ID-A-ROAD...

ACROSS THE NATION

Idaho: Mostly cloudy skies, rain showers, snow showers and flurries were reported across Idaho as the latest weather disturbance exited the state.

SKYWATCH

Sunset today 6:36 p.m. Sunrise tomorrow 7:01 a.m. Lunar phase: Waxing crescent moon...

Benigni, Paltrow take home Screen Actors Guild awards

LOS ANGELES (AP) — An exuberant Roberto Benigni captured a lead actor prize for "Life Is Beautiful"...

Trash

Continued from A1. For February, the county charged the city just over \$40,000 for hauling about 1,150 tons.

their residents' questions and grumblings about property taxes, she said. 'We wanted them to see the whole cost of living in a city, not just the property tax'...

50 wealthiest celebrities

Table listing 50 wealthiest celebrities with names and net worth amounts.

Forbes

Continued from A1. Forbes and director Michael Critchton (\$65 million), actor Harrison Ford (\$58 million) and the Rolling Stones (\$57 million).

ment insiders. It counts pretax gross income when it is earned, not when the celebrities are paid.

WORLD IN BRIEF

Uganda kills 10 rebels after snuff attack

MBARARA, Uganda (AP) — Ugandan soldiers have killed 10 more Rwandan rebels as part of a campaign to punish those responsible for the deaths of eight foreign tourists, a Ugandan army official said.

Justice minister resigns amid flap over actor

TOKYO (AP) — Japan's Justice Minister resigned Monday amid a controversy over permitting actor Arnold Schwarzenegger to enter the country without a passport.

Bosnian Serb lawmakers reject rulings

BANJA LUKA, Bosnia-Herzegovina (AP) — Bosnian Serb lawmakers Sunday rejected two international rulings that punished off a political crisis in the Serbian half of Bosnia.

IDAHO ROAD REPORT

BOISE (AP) — Here are Sunday road conditions from the Idaho Department of Transportation. Interstate 84 — Oregon line back, dry, wet, rain-forecast.

Circulation Daniel Wallace, circulation manager. Mail information The Times-News (UPIS 631-080) is published daily...

TheTimesNews Information Call 734-6326. SKI INFO LINE LOTTERY NUMBERS WEATHER FORECAST.

NATION

'2001' film director dies

Kubrick's shocking works often were revered as classics

LONDON (AP) — Stanley Kubrick, the director of "2001: A Space Odyssey" and "A Clockwork Orange," whose films often puzzled and shocked audiences only to end up as classics, died Sunday at his home in Englewood, his family said. He was 70.

Police were summoned to Kubrick's rural home north of London on Sunday afternoon, said authorities in Hertfordshire, where he was certified dead. "There are no suspicious circumstances," police said.

Kubrick's family announced his death, and said there would be no further comment. Kubrick's films included "Spartacus" in 1960, "Lolita" in 1962, "Dr. Strangelove" in 1964, "2001" in 1968 and "A Clockwork Orange" in 1971.

He also made "Barry Lyndon," released in 1975, "The Shining" in 1980 and "Full Metal Jacket" in 1987.

Malcolm McDowell, who starred in "A Clockwork Orange," issued a statement through his publicist calling Kubrick "a heavyweight of my time."

"He was the last great director of that era. He was the big daddy," said McDowell. Kubrick's latest film, "Eyes Wide Shut," is still slated for release on July 16, Warner Bros. said Sunday. Tom Cruise and Nicole Kidman star in the story of jealousy and obsession, which Kubrick made in great secrecy.

"It was like being taken to us and we are in shock and devastated," Cruise and Kidman said in a statement released by their publicist.

Director Steven Spielberg issued a statement describing Kubrick as a "grand master of filmmaking."

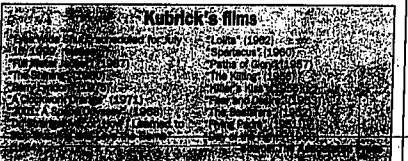
"He created more than just movies. He gave us complete environmental experiences," Spielberg said.

Kubrick was born July 26, 1928, in New York.

At 17, he was hired as a staff photographer by Look magazine, which had been impressed by a picture Kubrick had snapped on the day President Franklin D. Roosevelt died.



Film director Stanley Kubrick is shown during a production of the film 'Barry Lyndon' in 1975. He died Sunday at his rural home in England at the age of 70.



While working at Look, he studied film by attending screenings at the Museum of Modern Art. "It was aware that I didn't know anything about making films, but I believed I couldn't make them any worse than the majority of films I was seeing," he said.

Clinton tours battered C. America

President brings message of solidarity

WASHINGTON (AP) — Hungry for domestic politics, President Clinton ventures empty-handed into hurricane-clobbered reaches of Central America this week. His message of solidarity with America's neighbors is aimed as much at Congress as at the people rebuilding the region's roads, homes and schools.

Clinton embarks Monday — without his wife, sidelined by a recurring back problem — on what is intended to be a four-day good-will tour of reconstruction projects in Nicaragua, El Salvador, Guatemala and Honduras, whose borders hit by last fall's Hurricane Mitch.

"Our moral responsibility as a neighbor to this region coincides with our interests as a nation," said National Security Adviser Sandy Berger.

But the president leaves at home nearly \$1 billion in U.S. aid trapped on Capitol Hill by unrelenting, partisan disputes over spending. Most likely, he will encounter the disappointment of Central Americans who fault his trade policy as halfhearted.

A U.S. promise not to deport illegal immigrants back to El Salvador and Guatemala during the disaster crisis was set to lapse Monday. White House deputy chief of staff Maria Echaveste said there is "no basis" for extending the deportation stay.

But Foreign Minister Eduardo Stein Barillas of Guatemala warned that the forced return of a large number of immigrants severely would cripple recovery efforts.

"Our battered economies are not going to be able to sustain this influx of people back to the region," he said.

Clinton is to address the Salvadoran legislative assembly Wednesday. He will stand with disaster victims in a schoolyard in Posoltega, Nicaragua, where mudslides wiped out entire villages, and lend support to U.S. troops pitching in on the reconstruction.

Official thwarts robbery attempt

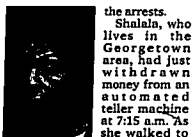
The Washington Post

WASHINGTON — Health and Human Services Secretary Donna E. Shalala thwarted a robbery attempt Sunday morning in Georgetown by throwing herself to the ground and screaming after a man demanded that she give up her wallet, D.C. police said.

Rather than risk more confrontation, the man and a female accomplice ran to a black Jeep Cherokee and sped off, police said. Shalala's scream drew the attention of a passerby, who offered help. But Shalala had masters under control: Not only did she escape, she got the vehicle's license number and alerted police.

Within 20 minutes, three suspects were in custody, including the man and woman who allegedly accosted Shalala and a second woman who allegedly drove the getaway Jeep. Police said the trio had robbed another woman at a bus stop shortly before Shalala was attacked. And the Jeep was stolen, they said.

So police gave Shalala credit for helping to solve three crimes. "This was the perfect police case," said Lt. Patrick Burke, explaining that Shalala's cool demeanor helped officers make



Donna Shalala

the arrests. Shalala, who lives in the Georgetown area, had just withdrawn money from an automatic teller machine at 7:15 a.m. As she walked to her car, a man and woman jumped out of a Jeep, and the man attempted to grab her wallet, shouting, "Give it up, give it up!" Burke said. Shalala saw no sign of any weapons.

"She fell to the ground in a fetal position and screamed," Burke said, adding that the tactic apparently caught the would-be robbers by surprise. "She acted on instinct and did a good job. Then she got the tag number. She was a very good witness. I wish all witnesses were as good as her."

As the assailants rode off, Shalala raced to a nearby telephone and called police. Officers

and detectives immediately swarmed the area. Meanwhile, a few blocks away, a resident was startled to see a Jeep stop on the street and three people bound out. The resident called police, who said they found the women hiding in a nearby alley and the man in a back yard.

Inside the vehicle, police found a purse and credit cards that belonged to a woman who said a man and woman leapt out of a black Jeep Cherokee and robbed her at 6 a.m. Sunday as she waited for a bus.

A source familiar with the investigation said Shalala later identified the two people charged with accosting her. Arrested were Donald Clark, 22; Tawana Clark, 20; and Sylvia Dorsey, 21, all of Northeast Washington.

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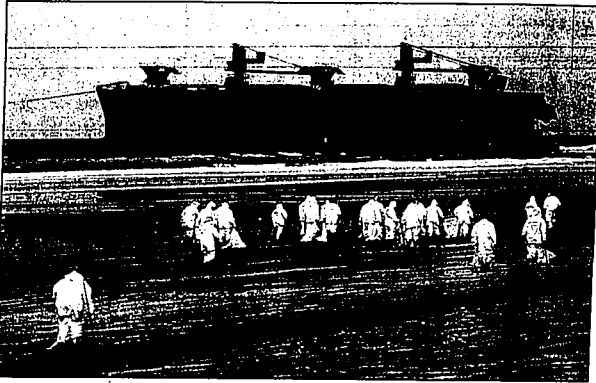
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THE INCREDIBLE HULK



Cleanup crews scour the beach near Waldport, Ore., for tarballs Sunday as the beached and broken bow of the freighter New Carlissa sits at low tide waiting to be towed.

Times-News accepts applications for internships

TWIN FALLS - Applications are due by March 15 for paid newspaper internships at The Times-News for summer 1999. Internships are expected to be offered in news reporting, classified sales and advertising sales. Preference will be given to stu-

dents who plan careers in print communications. Applications are restricted to students from The Times-News circulation area of southern Idaho and northern Nevada. Interested students should send current resume, a list of references, a current college or high school transcript, work sam-

ples and a cover letter. Pre-employment drug and alcohol tests are required. Applications should be sent to Mary Karren, The Times-News, P.O. Box 548, Twin Falls, ID 83303. Applications will be accepted until March 15. Decisions are expected by April 15.

ON THE AGENDA

TODAY
Blaine City Council, 7 p.m., City Hall council chambers.
Blaine County commissioners, 8:45 a.m., courthouse.
Cassia County commissioners, 9 a.m., courthouse.
Cassia County School Board, 7 p.m., central office, 237 E. 19th St., Burley.
Dietrich School Board, 7:30 p.m., school's business room.
Eden City Council, 7 p.m., City Hall.
Elmore County commissioners, 8:30 a.m., courthouse.
Gooding County commissioners, 9 a.m., courthouse.
Hagerman School Board, 8 p.m., elementary school.
Hollister City Council, 6 p.m., Hulley Town Center.
Hansen City Council, 8 p.m., City Hall.
Hollister City Council, 7 p.m., City Hall.
Harrison County Planning and Zoning Commission, 7 p.m., city council chambers.
Jerome County commissioners, 9 a.m., courthouse.
Ketchum City Planning and Zoning Commission, 5:30 p.m., City Hall.
Latah County commissioners, 10 a.m., courthouse.

Magic Valley Regional Medical Center Board, 7 p.m., Sage Room, MVRMC Education Center.
Molita City Council, 5 p.m., Raft River Electric Co-op conference room.
Minidoka County commissioners, 9 a.m., courthouse.
Richland City Council, 7 p.m., city office, 180 W. Lincoln.
Richfield School Board, 8 p.m., high school, courthouse.
Shoshone School Board, 7:30 p.m., Lincoln Elementary School, 5 p.m., City Hall.
Twin Falls County commissioners, 8:30 a.m., courthouse.
Twin Falls County Parks and Waterways Advisory Board, 7:30 a.m., Parks and Waterways building, 450 Sixth Ave. W.
Twin Falls Urban Renewal Agency, 7:30 a.m., City Hall.
Valley School Board (Eden-Hazelton), 7 p.m., high school superintendent's office.

Declo City Council, 7 p.m., City Hall.
5911 Regional Board meeting, 7:30 p.m., dispatch center, 911 E. Ave. 11, Jeham.
Glenns Ferry City Council, 7 p.m., City Hall.
Glenns Ferry School Board, 7 p.m., administration office, 820 Old Highway 20.
Hayden City Council, 7 p.m., City Hall.
Murtaugh Highway District, 7 p.m., highway district office.
Murtaugh School Board, 2:30 p.m., high school, courthouse.
Paul City Council, 7:30 p.m., city office.
Twin Falls County commissioners, 8:30 a.m., courthouse.
Twin Falls Public Library Board of Trustees, 5 p.m., library board room.
Wendell City Council, 7 p.m., City Hall.
Wendell School Board, 7 p.m., high school board room.

TUESDAY
Blaine School Board, 7:30 p.m., a school in the district.
Gooding School Board, 7 p.m., school district office.
Kimberly City Council, 7 p.m., community center.
Murtaugh City Council, 7:30 p.m., City Hall.
Sun Valley Planning and Zoning Commission, 8:30 a.m., City Hall, council chambers.
Twin Falls City Planning and Zoning Commission, 7 p.m., City Hall.
Twin Falls County commissioners, 8:30 a.m., courthouse.
Twin Falls School Board, 7 p.m., administrative office, 201 Main Ave. W.

THURSDAY
Bellevue City Council, 7 p.m., City Hall.
Hagerman Chamber of Commerce, noon, Hagerman Senior Center.
Mini-Cassia Chamber of Commerce, noon, Price's Cafe, Burley.
Minidoka City Council, 7:30 p.m., City Hall.
Rupert, DeMary Memorial Library Board of Trustees, 5 p.m., library, 417 Seventh St., Rupert.
Twin Falls County commissioners, 8:30 a.m., courthouse.
Twin Falls County Planning and Zoning Commission, 7:30 p.m., Twin Falls County office building, 246 Third Ave. E.

WEDNESDAY
Castelford City Council, 7:30 p.m., J & D Printing Enterprises.

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

Arizona residents see shift in attitudes toward wolves

TUCSON, Ariz. (AP) - Slowly, but perceptibly, a subtle shift in sentiment is developing around the Alpine. The endangered Mexican gray wolf just may be losing its status as a public enemy No. 1, some local residents say. If anything, some folks are coming to the realization that the reintroduction of the wolf into the wilds of far eastern Arizona could be good for the economy, says Frank Barnes, president of the Alpine Chamber of Commerce. "This is a big drawing card, and it certainly can be a source of

expanding the commerce in the community," he said. Don Nussorn, manager of the Hannagan Meadow Lodge, 25 miles south of Alpine, agrees. "It's very good for our business. We're one of the very few places in the country where you can stay in high mountains and be in wolf country," he said. "It's a selling point for me. We've got a sign on the property that says, 'You're in Wolf Country.'"

Still, not everyone in Alpine, with a population of 500 that swells to 3,000 in the summer, is ready to embrace the wolf comeback in the Apache National Forest. The Mexican gray wolf once proliferated the Southwest but has been extinct in the wild for decades - trapped, shot and poisoned to death. Eleven wolves were released last year in an effort to re-establish the animals in the wild, but so far, five have been shot to death, a sixth is presumed dead and three were recaptured. Two other males were paired with new females after their partners died, but currently only one pair is free.

Center

Continued from A4

file, Mary Bingham said. By using the personal ancestral file a person can put his or her own records on a file resembling a family tree, she said. The Bingham line has done a lot of research on their own history. "The Bingham line goes back to 972 A.D. - 30 generations," she said. "A lot of other people have traced their lines clear back to Adam." Research can be done by those who are simply curious about their family history or in the Bingham's case, as part of their religious experience as members of the Mormon Church. "In our faith we believe we'll meet our families in the hereafter. That's why we want to connect families," Mary Bingham said.



Dworshak Elementary School second-grade teacher Jeannie Jensen and her students Abbie Lindsay, left, and Katelyn Cole check the class worm farm Wednesday morning. Jensen uses the worms as a way of teaching responsibility and waste management in the compost bin.

Wood is interested in her genealogy for religious reasons, and is also interested in reading about her ancestors. She has traced her family line back to the kings before Christ, she said. She has also read a copy of a journal written by her pioneer grandfather, which was found in a Mormon church library in Salt Lake City. "After they came to Salt Lake country were very meager. He talked about the time when seagulls came and saved the crops from crickets," she said. "The center wrote a 15-page history of her great-great-grandfather and great-great-grandmother after reading pioneer journals at the Family History Center in Burley."

Pets

Continued from A4

She often sits in the center's library and reads from records, such as an index of old headstones and an index to the war pension of 1812. "I read a journal written by children of polygamists. Another journal written by a midwife about herbs you can gather wild and what they are used for." Records from the Daughters of the American Revolution helped her learn about an ancestor named Daniel Allen. "There were hundreds of Daniel Allens," she said. "But only one with a wife named Dorcas Dibble."

"The children love to come in the morning and find his hiding place so they can put him back in his classroom home," Wright said. The reptile has been an important educational tool. Students also have learned the need for good hygiene. Hand-washing was the first rule. "Wright gave students-Whenever students touch the reptile, they go directly to the classroom sink and wash up." Hygiene also is important to Dworshak Elementary School second-grade teacher Jeannie Jensen.

are icky and slimy," he said, and "because it's fun to play in the mud." Worms now are seen differently by student Michael Meline. He has learned that they are far more than fishing. "I like worms because they make soil," he said. "And the worm waste makes the soil better." The composting project has taught the students their responsibility. Jensen's students now realize the importance of proper care, feeding and controlled conditions for any type of classroom animal. And Wright has seen the same understanding in her students. "What better way to take advantage of children's natural curiosity and interest in the world around them," Wright said, "than to teach them about animals and their characteristics?"

Jensen's class has a worm farm for composting. Her students wash thoroughly after touching or working with the worms or emptying the compost barrel's waste water. Second-grader Angel Aguirre said he doesn't mind washing his hands regularly if he gets to play with the worms more often. "I like the worms because they

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Times-News correspondent Heidi Tuttle can be reached in Burley at 677-4042.

Ruling

Continued from A4

St. Clair had appealed an earlier ruling of his claim. He was injured Dec. 27, 1995, while a passenger in a truck while employed by the construction company. At an intersection, the truck was hit from behind by a vehicle. After the accident, St. Clair began feeling a stiffening in his neck, rigid limbs, pain and spasms. He said the condition wasn't diagnosed until November 1997. The fund questioned the diagnosis and accused him of shopping for a doctor willing to put a name on his condition. The commission ruling said, in fact, the fund hired a private investigator to do discreet surveillance of St. Clair in 1997. Bunch said surveillance was not unusual. "The insurance wants to see if the guy was really injured," Stoker said. Other doctors and health-care workers said St. Clair's muscle spasms and other symptoms were involuntary. A Utah doctor also testified he had some form of Stiff Man Syndrome or a condition resulting from it, and a link was made to the vehicle accident, the commission said.

St. Clair said he may not see benefits right away. The commission ruled the fund and employer will be credited for the benefits and medical care they already had paid. In addition, they were entitled to the right to seek reimbursement from a third party - in this case, a \$100,000 settlement St. Clair received from a lawsuit against the driver of the car that hit the truck in which he rode. That means the fund doesn't have to pay the benefits ordered by the ruling until the \$100,000 has been spent on items those benefits otherwise would have paid, Stoker said. That could include medical bills, lost wages and medicines. "Even if St. Clair receives permanent disability, the benefits won't kick in until the settlement has been used up, Stoker said. St. Clair said the settlement money paid back rent, attorney fees and medical bills. Meanwhile, he was not compensated for the financial burden to his family while fighting for the benefits. "It's not right," he said. **Times-News staff writer Pat Marcantonia can be reached at 733-0931, Ext. 242.**

Anti-abortion activists call it quits

BOISE (AP) - Two days after accepting Republican Gov. Dirk Kempthorne's compromise on a partial consent legislation, anti-abortion activists reneged and gave up their effort for legislation in the 1999 session. Leaders said they would renew their efforts in the 2000 election year session, reinforcing the belief of many, including some of their allies, that their point is to make an issue in the coming political campaign.

To learn more
Family History Center, 224 E. 14th St., Burley, will hold an open house from 1 to 6 p.m., Saturday. There will be demonstrations, hands-on experience and information. Refreshments will be served. For more information call the Family History Center at 678-7298. The center offers free classes on how to use the Personal Ancestry File at 8 p.m. every other Sunday. The next class will be Sunday.

MINIDOKA IRRIGATION DISTRICT
Will Hold Its Annual Meeting
Tuesday, March 9, 1999
At 1:30 p.m.
In The District Boardroom.
All Water Users Are Invited To Attend.

Ron Maughan Pick of the Week

- Pro basketball
- Pro golf
- Pro football
- Idaho college sports
- Pro baseball
- Idaho high school sports

Pirate swan song is a sweet one

By Jeff Rosen
Times-News writer

CALDWELL - In 22 years of coaching Hagerman boys' basketball players, Randy Clark had never guided a team to a win on the final day of the high school Sweet 16.

All that changed this past weekend. At the end, when the Pirates played their swan song in a 50-41 victory over Garden Valley for the 1999 Class A-4 fourth-place trophy.



DOWN IN FRONT
Jeff Rosen

After the game, in what easily could be called the most bittersweet of 22 years' worth of postgame talks, Clark wept as he debriefed his players - a night of whom will graduate in June - for the final time.

He too may depart now, since his son Tyson will be one of the graduates.

"These kids," Clark said, shaking his head and wiping a tear from his eye. "They're not the most talented, but they show heart."

After leading the season's final chant of "Team!" on three, Clark and his assistants made their somber rounds, hugging each player. By then, some of those players were misty-eyed as well.

Clark and his seniors, if they go out together, leave sharing an almost telepathic bond.

"Some games we fall apart," said senior forward Chad Loveland, who posted 15 points and seven rebounds in the win and scored Hagerman's final two buckets as the Pirates pulled away. "But this week we stuck through it. We worked hard and we turned it around."

Last fall, Hagerman finished second in the A-4 championship for the second straight year, losing the state football championship to Mackay. Last year, the Pirates won the championship basketball final to Wilder.

Big Ten will send seven into postseason

The Associated Press

KANSAS CITY, Mo. - The Big Ten tied the record with seven teams selected Sunday for the final few of the 64 spots.

There were no shocks about the No. 1 seeds - top-ranked Duke, Michigan State, Auburn and Connecticut - and there weren't many controversies about the at-large teams taken for the final few of the 64 spots.

The Big Ten set the record with seven teams in 1990 and it was matched by the Big East in 1991 and the Big Ten again in 1994. The league could have gotten the record if Illinois had completed its conference tournament on Sunday.

"We don't think in terms of conferences," NCAA Selection Committee Chairman C.M. Newton said. "The fact is we had seven teams in. Had Illinois won, that would have won their way in."

The Atlantic Coast Conference will have only three teams, its lowest total since only two were chosen for the field of 64 in 1980, when the tournament tips off Thursday and Friday. Newton said the league had a chance for a fourth team.

"Wake Forest really needed to win a game in the (ACC) tournament and they didn't do that," he said. "They had a chance to play their way in."

In addition to regular-season and tournament champion Michigan State, the other Big Ten teams selected were Ohio State, Indiana, Iowa, Minnesota, Wisconsin and Purdue.

The SEC's seeded teams were Auburn, No. 3 Kentucky and No. 4 Tennessee and Arkansas.

LET'S DANCE!



Selection Sunday meant teammates huddled in front of televisions around the country, often with camera crews on hand to catch the moment of truth. Above, members of Louisiana State University's women's basketball team react to being named a No. 4 seed in the women's West Regional, while Michigan State Spartans, below, watched as they received a No. 1 seed in the men's Midwest regional.

Duke, second-seeded Maryland and third-seeded North Carolina were the ACC teams chosen. The Big East, with Connecticut, No. 2 Miami and No. 3 St. John's, also had three teams in the top 16.

Duke (32-1), the first team to go 16-0 in the ACC, will take its 27-game winning streak into an opening-round game in the East Regional in Charlotte, N.C., on Friday against Florida A&M, one of five teams in the tournament for the first time. The Rattlers (12-18), who won the Mid-Eastern Athletic Conference tournament, are the only team in the field with a sub-500 record.

"If we don't (win the tournament) we'll know that we did everything we could to try to win it and we didn't let pressure stop us," Duke coach Mike Krzyzewski said of his team's overall No. 1 seeding.

Michigan State (25-4), the Big Ten's only No. 1 seed, will play

Please see MEN, Page A8

Strong SEC flavor marks ladies' field

The Associated Press

KANSAS CITY, Mo. - Tennessee, Purdue, Louisiana Tech and Connecticut received the top seeds Sunday in the NCAA women's basketball tournament, which has a decided Southeastern Conference flavor.

Eight SEC teams made the field of 64, a record for one conference. That contingent is headed by Tennessee, the regular season and conference tournament champion and winner of the last three national championships.

The second-ranked Lady Vols (28-2) were made the No. 1 seed in the East Regional. They'll begin their quest for a fourth consecutive title and eighth overall against Appalachian State (14-14), the Southern Conference representative, at home on Saturday.

Top-ranked Purdue (28-1) heads the bracket in the Midwest, third-ranked Louisiana Tech (26-2) is the top seed in the West and a sixth-ranked Connecticut (27-4) is the No. 1 seed in the Midwest.

The tournament begins at eight sites on Friday. The remaining first-round games are Saturday, also at eight sites.

The other SEC teams named to the field were Alabama, Auburn, Florida, Georgia, Kentucky, Louisiana State and Mississippi State. All are veterans of NCAA play except Mississippi State, which will be making its first appearance.

"Eight teams from the SEC is a reflection of the parity from top to bottom," Tennessee coach Pat Summitt said. "I think most folks would tell you that one through those top eight or nine ... you go into the arena knowing you have to play strong basketball to win."

Connecticut claimed a No. 1 seed after bouncing back from a rash of injuries at midseason, when the Huskies lost three of six games. They've won 12 of 13 since then, including an impressive three-game run through the

Please see WOMEN, Page A8

Weber State takes Big Sky title, conference's sole berth

The Associated Press

ODGEN, Utah - Who else but a player nicknamed "the Show" would expect to lead Weber State to the Big Sky Conference Tournament title and its automatic berth in the NCAA Tournament?

Harold Arceneaux, who collected another nickname, "MVP," during the regular season, selected to start on Saturday when Northern Arizona threatened to upset the Wildcats on their home court and walk away with the championship trophy and NCAA berth.

In the closing 8:22, Arceneaux, a 6-foot-6 junior forward, scored 10 of his game-high 27 points as Weber State took control of the game on route to an 82-75 victory.

"I always watched it on TV," Arceneaux said of the NCAA Tournament. "I finally get a chance to go to the dance. It's really exciting."

Weber State (24-7) was seeded 14th in the NCAA Tournament's West Regional and plays Thursday against No. 3 seed North Carolina (24-9) at Key Arena in Seattle.

For coach Ron Abegglen, the

Most berths in men's NCAA tournament

Big Ten	7
SEC	6
Big East	5
Pac-10	4
Confed USA	4
WAC	3
ACC	3
American	3
Mid-American	2

championship and NCAA berth couldn't have been a more fitting conclusion to the season's eighth and last at Weber State.

Dogged by allegations that he hurt his wife during an altercation as well as NCAA- and university-imposed sanctions for minor rules violations committed by a former coach, Abegglen agreed before the season's start to step down at its end.

Northern Arizona (21-8) seemed poised to spoil Weber State's home finale, shooting 68 percent from the field in the first half to take a 38-35 halftime lead. The Lumberjacks used a strong inside game and a zone defense that temporarily baffled the Wildcats.

Northern Arizona Coach Ben Howland caught Weber State by surprise with the zone.

Regrouping at the half, the Wildcats, whose ball-hawking defense produced nine steals and forced 13 turnovers in the game, held Northern Arizona to just 42 percent from the field the rest of the way.

Howland reportedly will take over the University of Pittsburgh program once the Lumberjacks' season concludes.

Northern Arizona was led by Frank Casey with 22 points.

Elkington wins at Doral-Ryder

Despite 3-putting, golfer wins second title in three years

The Associated Press

MIAMI - Maybe Steve Elkington can use some of the \$540,000 he got for winning the Doral-Ryder to fix a scorching trailer he dented after he thought he lost it.

Elkington, who birdied six straight to charge from six strokes back, three-putted the 18th hole on the Blue Monster, but still managed to win Sunday when Ernie Els and Greg Kraft faded even longer.

With Elkington already in with an 8-under 64 for 275 - and having dented the trailer with a swift kick - Els and Kraft each came to No. 18 needing a par to force a playoff.

"Thank goodness they had to play that hole," Elkington said.

Both were in perfect position for par or better on what is traditionally one of the toughest closing holes on the PGA Tour.

Els played first, an 8-iron from 154 yards that turned left and got hung up in the clumpy rough just short of the water. Needing to get it close to save par, his chip came up short and splashed back down, just short of the hazard.

Kraft came through a group later, also in the fairway, trying to stay in 14th position for his first official PGA Tour victory. The pressure finally caught up with him, however, and he caught his chip on a tree that splashed into the water about 20 yards short of the green.

He managed to get up and down for bogey, a round of 71 and second place to himself. He earned \$324,000, just \$2,571 less than what he made all of last year.

Els, who finished with a double bogey, had a 70 and tied for third with four others at 277.

"I was just thinking to get it on the damn green," Els said of his

chip. "I can't believe the shots I missed."

Elkington missed all of this.

After his 5-foot par putt rimmed all the way around the hole, Elkington planted his foot into the aluminum-sliding trailer behind the 18th and stormed off.

"I hit that putt pretty good," Elkington said. "That seemed like the one that needed to be in to knock these guys out."

Els and Kraft tied with birdies on the 17th, and Elkington went back to the driving range to warm up for a playoff that never happened. A tour official told him what said, "That seemed like he didn't already hear the groans himself."

The victory was the 10th on tour for Elkington, and his second in three years at Doral.

The six-stroke comeback was the largest at Doral since Greg Norman closed with a 62 in 1990 and won with an eagle in a four-way playoff. Elkington looked like he might match that, especially with a string of six birdies starting on No. 6.



Steve Elkington of Australia lines up his putt on the 25th green Sunday in the final round of the Doral-Ryder Open in Miami, Elkington's three-putted hole but still won the tournament after Ernie Els and Greg Kraft faded even worse.

SPORTS

Pacers rebound from worst loss to beat Heat, Ewing nets 30 in NY win

INDIANAPOLIS (AP)—Reggie Miller scored 16 points and Reggie Miller scored 16 points and Reggie Miller scored 16 points...

Pro basketball point lead and then held off the Heat in the closing minutes.

Wizards 103, 76ers 95, 01 PHILADELPHIA — Jeff McInnis, playing after Rod...

Raptors 105, Celtics 92 TORONTO — Vince Carter scored 26 points and outplayed Paul Pierce in a matchup of two of the NBA's top rookies...

Angels Lakers snapped Utah's home winning streak at 20 games. It was the seventh straight victory for the Lakers.

Avery Johnson 12 points and 14 assists for the Spurs, who handed the Nuggets their fourth straight loss.

Men

Continued from A7 Ten champion, was chosen No. 1 in the Midwest Regional and will play on Friday against Mount St. Mary's...

will play in Denver on Thursday against Texas-San Antonio, which won the Southland Conference.

Continued from A7 Big East tournament. Last year, a knee-sprain injury to All-American Nykesha Sales kept Connecticut from becoming No. 1 seed.

said Bernadette McGlade, who chairs the selection committee. "It occurred in a semifinal game, in the championship game, Notre Dame had a little bit of a different look."

winner meets the Midwest in the national semifinals in San Jose, Calif. That creates the possibility of a Tennessee-Louisiana Tech rematch in the championship game.

record to get an at-large bid. Florida is 19-13 overall. "Nineteen wins in the SEC is a pretty good season most teams in the country would take," said McGlade.

BASKETBALL

NBA standings table with columns for Team, W, L, Pct., GB, Home, Road, Conf., and Last 10.

Wizards 103, 76ers 95 table with game details, player stats, and box score.

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SCORES AND STATS

Large section containing scores and statistics for various sports including NBA, NFL, MLB, and Hockey. Includes sub-sections like 'ON THE AIR TELEVISION', 'HOCKEY NHL Standings', 'NFL schedule', 'WCHL standings', 'GOLF', and 'TENNIS'.

SPORTS IN BRIEF

Babe Ruth registration ends today

TWIN FALLS - Magic Valley Babe Ruth baseball is holding registration today from 7 to 9 p.m. at the Parks and Recreation building at Harmon Park. All boys ages 13-18 are invited to register. If the palmyer turns 13 before August 1, he qualifies. For further information please call Pam King at 733-2622.

Magic Valley Babe Ruth Baseball is in need of umpires for the 1999 season. This is a paid position. They also need any interested parties for Coaching and Assistant coaching. The organization is encouraging fathers of the players to get involved in the coaching. For further information, please contact Pete Turner at 734-7643.

Buhl soccer club to gather Tuesday

BUHL - Clear Springs Soccer will have a general meeting at 7 p.m. Tuesday in the Clear Lakes Agency building. This meeting will provide an overview of the spring season and everyone is welcome.

For more information, call Tessa Alania at 543-5042.

Register now for St. Patrick's Run/Walk

HAGERMAN - Early registration for the 9th annual St. Patrick's Run/Walk ends Tuesday, with the race scheduled for Saturday at 10 a.m. at Malad Gorge State Park, located off I-84 at Exit 147 (Turtle exit).

Participants may choose to run or walk a 3.5-mile course or run a 5.5-mile course along paved and gravel roads. The entry fee is \$15 before Tuesday and \$18 after, and includes an event T-shirt and entry into the post-race party. Non-participants can purchase meal tickets for \$4.

Race-day registration begins at 8:30 a.m. in the Picnic Shelter at the park. For more information, call Kevin Lynott at 837-4505.

Charlotte Hornets coach Cowens resigns

FORT MILL, S.C. - Dave Cowens resigned as coach of the Charlotte Hornets on Tuesday, unhappy with being one of the NBA's lowest-paid coaches after leading the team to unprecedented success in his first two seasons.

Cowens informed the players of his decision before practice Sunday, then left the training facility. General Manager Bob Bass announced at an evening news conference that Cowens had submitted a letter of resignation.

Bass said the announcement of the interim coach would be made today.

Jeff Burton wins battle of brothers

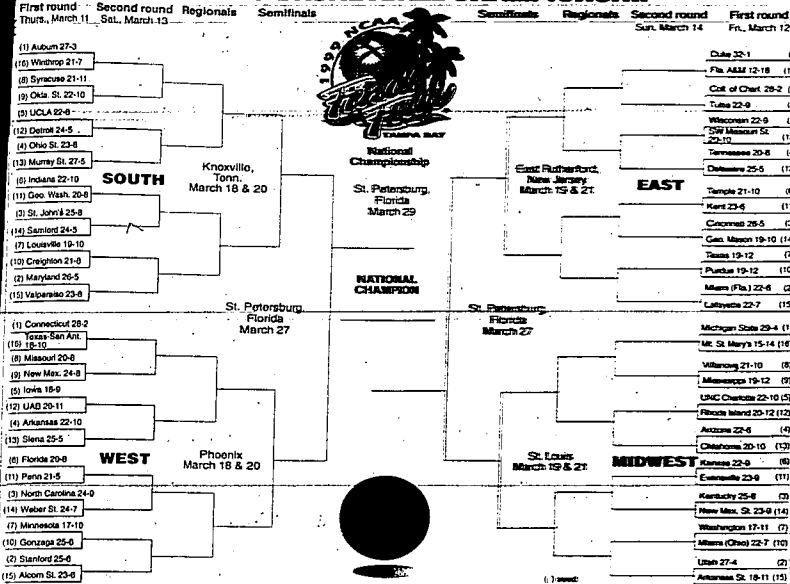
LAS VEGAS - Jeff Burton won a late-race battle of brothers Sunday, pulling away in the final few laps to win the Las Vegas 400.

Ward Burton, the elder of the South Boston, Va., drivers by six years, took the lead from his brother 37 laps from the end of the race at Las Vegas Motor Speedway as the leaders made their final pit stops during the last of five caution periods.

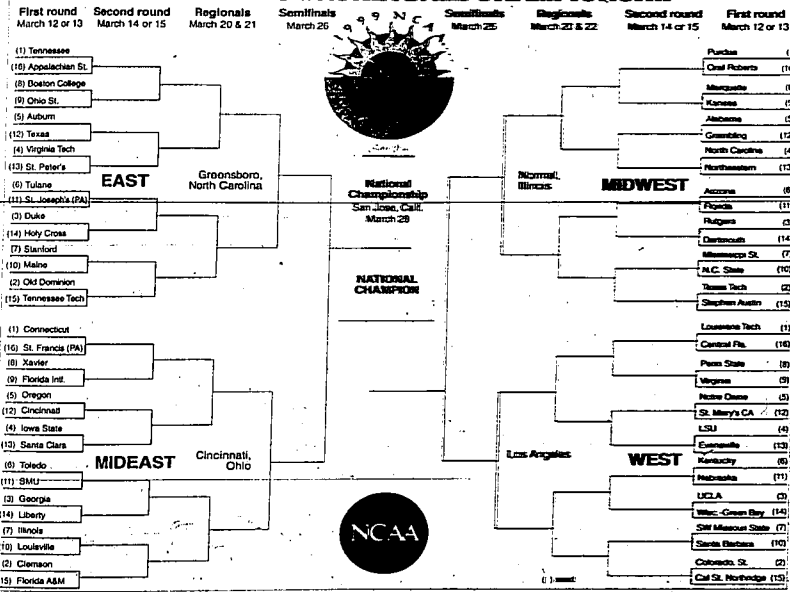
Corden, coming back from a 39th-place finish two weeks ago in Rockingham, wound up third, followed by series points leader Mike Skinner, pole-winner Bobby Labonte, Ernie Irvan and Dale Earnhardt.

Compiled from staff and wire reports

MEN'S BASKETBALL CHAMPIONSHIP



WOMEN'S BASKETBALL CHAMPIONSHIP



American wins first title in Scottsdale

SCOTTSDALE, Ariz. (AP) - Jan-Michael Gambill won his first ATP Tour singles title Sunday, beating Lleyton Hewitt of Australia 7-6 (7-2), 4-6, 6-4 in the final of the Franklin Templeton Tennis Classic championship.

The 21-year-old Gambill earned \$46,000 for his run through the field, including upsets of Pete Sampras, the world's top-ranked player, and defending champion Andre Agassi, who had to retire Saturday night when he strained a hamstring.

Gambill, a Spokane, Wash., native, and Hewitt, 18, formed the youngest final on the tour this year. Hewitt, who contributed to the rash of upsets in the tournament by beating two-time U.S. Open champion Patrick Rafter in the second round, was seeking to become the second qualifier to win this year.

Hewitt collected \$27,000 for reaching the third final of his 14-month career.

Serena Williams upsets world's No. 2 player

INDIAN WELLS, Calif. - Serena Williams used powerful ground strokes to upset Lindsay Davenport, the No. 2 women's tennis player in the world, in the second round of the Ever Cup tournament on Sunday.

The unseeded 17-year-old, ranked 21st in the world, elimi-

Tennis

nated Davenport 6-4, 6-2. It was the second straight time Williams has beaten Davenport, who won the tournament in 1997 and finished second last year.

In another match Sunday, fourth-seeded Jana Novotna also advanced, defeating two-time champion Mary Joe Fernandez, 6-0, 6-3.

Two-time champion Steffi Graf, seeded fifth, played steady and advanced by eliminating Kvetoslava Hrdlickova of the Czech Republic in straight sets 6-1, 6-2.

Ejorn Borg was senior tour's Naveen Masters

NAPLES, Fla. - Ejorn Borg defeated Benzi Lacoste 7-5, 6-4 Sunday to win the \$500,000 Naveen Masters, the season-ending championship event for the worldwide senior tennis circuit.

Borg, who has been on the senior tour since its inception in 1993, had qualified for the Masters in each of the previous five years, but had never before won. He lost in the final of the inaugural Masters in 1995 to Jimmy Connors.

Last year, Borg fell in the semifinals to eventual champion Tim Wilton.



American Jan-Michael Gambill beat Lleyton Hewitt of Australia 7-6 (7-2), 4-6, 6-4 to win the Franklin Templeton Tennis Classic Sunday.

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OTHER VIEWS

Keep Uncle Sam's big nose out of our bank accounts

From the Idaho State Journal (Focattello)

There are few things that will make Idahoans more nervous than laws emanating from Washington, D.C., that smack of "big brother."

Again, we have cause to be worried: The Federal Deposit Insurance Company, the federal agency that insures our bank deposits, has proposed a rule that would force banks to put in place "Know Your Customer" programs.

Under the FDIC's proposal, each bank would be required "to develop a program designed to determine the identity of its customers; determine its customers' sources of funds; determine the normal and expected transactions of its customers; monitor account activity for transactions that are inconsistent with those normal and expected transactions; and report any transactions of its customers that are determined to be suspicious."

If that isn't an open invitation to have hordes of world-class proportions, we don't know what is. What prompted such a move?

The four federal banking regulators were looking for a way to help law enforcement agencies uncover criminals who are laundering their money. So, in attempt to catch a few fish, the government wants the banking industry to watch the whole ocean.

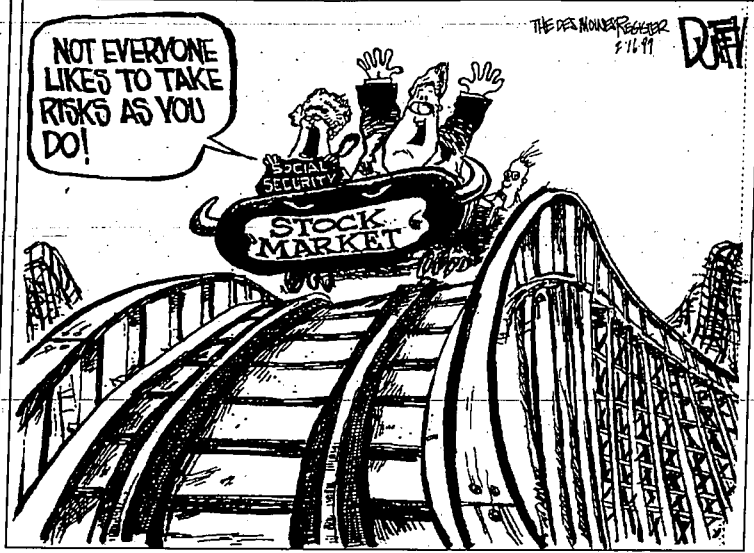
"We're horrified. It's really intrusive legislation," Steve Hotchkiss, president of Citizens Community Bank, said of the proposal.

Uncle Sam wants our banks to monitor our accounts so they can report us to the federal government. Any guesses on who will pay the tab?

Even worse, the government wants the banks to pay for the privilege to "go fishing." There is no provision that would pay for the monitoring and reporting of suspicious activities. That means banks will have to foot the bill - or should we say the customers will eventually foot the bill.

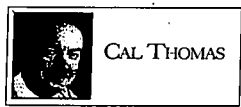
Imagine that, paying banks to monitor our accounts so they can report us to the federal government. Hotchkiss said this should come as no surprise. Some bank industry insiders estimate 20 percent of non-interest expenses are directly related to meeting regulatory requirements.

This is a bill that could die before it ever hits the books.



Don't worry about your child; be happy

When tobacco companies claim that studies about a connection between smoking and lung cancer are inconclusive, the public is mostly skeptical, even disbelieving. Similar skepticism should be directed at a study that concludes mothers who are employed full-time outside the home are not harming their children. The study was conducted by the University of Massachusetts, Amherst, a hotbed of liberalism, feminism and co-ed bathrooms. Like those who church shop until they find a theology that fits their lifestyle choices, this study sounds as if it were commissioned for women who think they can improve their children's lives and diners at the end of long workdays. I'm not buying it, no matter how "scholarly" the study appears.



CAL THOMAS

For example, a senior policy analyst for family issues at the Heritage Foundation, says many mothers want more time with their children, but feel pressured to work to pay bills, a huge percentage of which are taxes. "Forty percent of the workingwoman's income (in a dual-earner household)," says Rector, "goes for taxes, not to sustain her family." He adds that young children in day care often exhibit poor language patterns, which even the U-Mass survey concluded, though it notes such problems eventually go away. Let's put the study and the parents' anger on the joys of parenting are quality and quantity time spent with children. Is

line that women can have it all - career, a great marriage and healthy, well-adjusted children. "It's a lie," she now says. "You can't have it all. Something has to give. ... I'll tell you this - my daughter-in-law is home with my grandchildren, and it makes me very happy."

Women are right to be concerned that they have been lied to when it comes to their children and "quality" day care from unrelated workers. Various polls that ask the proper questions have found a large majority of women with children under 18 say their relationship with those children, not job satisfaction, is more important to their personal happiness.

We don't need more federal money for day care, as President Clinton has proposed. States are flush with unspent Aid to Families with Dependent Children funds, should they choose to use them: We need a tax cut so women who want to stay home with their children have that choice. Children are often portrayed as burdens to parents, impediments to personal and career goals. This attitude contributes to abortion for millions and day care for many of the rest.

Part of being human is loving and rearing your own child. If it is to be done well, this requires time. The U-Mass study may comfort those who want to believe its conclusions. But a real study would quit the children. And it would poll the mothers who have quit work to learn what led them to a higher calling and deeper satisfaction than the office.

Cal Thomas is a Los Angeles Times columnist.

The Times-News

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LETTERS

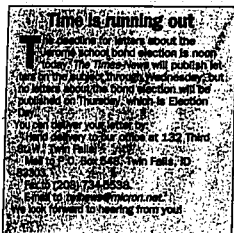
It's time for a new school

Yes, Jerome, it is time for a new school. I have read the letters for and against this bond. Most people against it are elderly and say they do not want their taxes to rise. I understand that - I also know that I pay taxes for things that I will probably never use - Medicare and Medicaid. I don't begrudge the elderly their money. But to listen to them stand in the voting line and say that Washington School was brand new when they went there and we should still use it is a joke. Same with the middle school and Central.

I am sure that these schools were nice a long time ago, but most of the people I see talking about how nice these schools were when they were young are now 60 to 80 years old. Seems like a pretty old building to me. If you think these schools are still nice, go through them. Lockers that are missing pieces, stairs with no railings, chunks out of the floors, missing tiles in ceilings. These aren't from vandals but from use and old age. They weren't made to last forever and now need to be replaced. One classroom has to have all the windows open in the middle of winter because they are too high and the heat is freezing ice cold and they need to wear their coats all day. We don't subject our children to this at home, and they are too young to go to school in a safe place.

So for those of you who are voting, please think, are my children going here. Or maybe grandchildren, nieces, nephews, etc. Also think, just because you remember a new school in your past, figure how long ago was that. Think of the children, for the children and for you.

LYNETTE BARTHOLOMEW
Jerome



press while Larry Flynt, the porn king, seems to receive considerable standing. Judge Ken Starr gets a lower rating in the polls as the media does not choose to show the successes despite the incredible stalling and devious plays of the president, the man referred to on this day as Alpha Male of the world. The perhaps most powerful Sen. Byrd recounted that the impeachment charges were true. Sen. Specter (R) even tried to make the trial event look better by bringing in a Scotland constitutional law.

The cartoon about Linda Tripp in the March 2 paper is shameful, I think. Media in this brought so much unfair hatred upon her that her children have suffered at school and someone incited by unfair press even kidnapped her out. Why doesn't the media get the people aware of the abandonment of Taiwan (Free China) as missile technology finds its way to communist China. The large campaign contributions from China were found illegal and had to be returned. This was after the money had bought a lot of TV spots.

The media did show a cartoon I consider true. In the cartoon, President Clinton says, "I regret that I have but one country to give for myself." MRS. BURNIS BRIGHAM
Twin Falls

Ignoring depravity fuels spiritually illiterate culture

The strange cases of John William King and Jay Scott Ballinger have given us reason to pause and assess some of our most deeply held beliefs. King was recently convicted of the brutal murder of James Byrd Jr. and received the death penalty for his gruesome crime. Ballinger stands accused of burning seven churches and is suspected of torching 43 more. King is a white supremacist who quoted Nazi doctrine and cursed his victim's relatives in court. Ballinger is a Satanist who contemplated killing people, listened to devil-worship music, recited spells and sought out youthful souls for Satan. As first judge, the vile practices of King and Ballinger may appear to be worlds apart. Or are they? For some reason, identifying sin and evil in society has become more difficult. This has led us to replace these concepts with psychological theories that place behaviors - from the eccentric to the debauched - into tidy packages that are not nearly as offensive to our senses.

MICHAEL E. ROW

By all appearances, we have constructed a society where all - including those of questionable character - can lay claim to dignity and self-worth. This is a very comfortable existence for most. Rather than facing the trauma of admitting to and repenting of our innumerable flaws, we are able to spend our time building self-esteem in each other. Over the course of time, we have nearly convinced ourselves that we are above sin and evil, and fully capable of establishing the perfect society. This is an extremely dangerous game that we are playing for Mr. Ballinger was right on one count. Satan is very real and he uses different means to achieve the same end: our temporal and eternal destruction. For some it comes in alcohol, for others drugs. Some of us bring havoc upon ourselves through greed and some through adultery. Some of us heed his destructive call by committing murder while others do so by participating in promiscuity.

Still others meet their doom by indulging in radicalism or a cult.

The deeds of King and Ballinger are linked in that they were both thoroughly evil. They serve as a reminder that we may not be as advanced as our societal assumptions would have us believe. Where psychological concepts fail to adequately explain why this pair chose the path of sin as opposed to that of righteousness, the spiritual explanation has stood the test of time does quite well.

Failure to acknowledge and understand evil is equivalent to ignoring the dangers of hiring Jack Kerouac as your family physician. Just as suicide is the inevitable outcome of this type of relationship with the good doctor, so it is with a society that refuses to humble itself and repent of its evil ways.

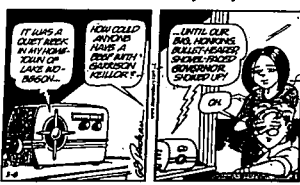
In other words, continuing to ignore our depravity will only fuel the same spiritual illiteracy culture that is responsible for producing John William King and Jay Scott Ballinger.

Michael E. Row is a freelance writer who lives in Upland, Ind.

Doonesbury



By Garry Trudeau



Mallard Fillmore



By Bruce Tinsley



King's dream of full employment lags far behind economy

JARED BERNSTEIN

Twenty-two years ago, Dr. Martin Luther King Jr. launched the "Poor People's Campaign," a far-reaching plan to lift the economic conditions of the underprivileged Americans of all classes and races.

At the heart of the campaign was the progressive demand for full employment—that the opportunity to secure jobs be extended to all in order to lift people above, as King termed, "the curse of poverty."

Most economists would characterize the current economy as being at or close to full employment. At 4.3 percent, the overall labor market is considered quite "tight" and rising wages have thinned, employers have had to offer wage increases to even low-wage workers, a group whose pay has been falling steeply for decades.

Contemporary economic conditions thus represent an excellent test for Dr. King's just program. Some of the recent trends have clearly benefited minorities.

In particular, African-Americans have made unparalleled gains, helping to lessen economic disparities with whites. Yet, even with recent progress, overall economic circumstances for minorities have scarcely improved since Dr. King's death in 1968.

Look, for example, at the state of median family income—a key indicator of how well the typical middle class family is faring. In 1968, the income of the typical black family was 60 percent that of whites. Throughout the 1970s and 1980s income grew slowly at the median, and more gradually for blacks than for whites. By 1989, the income gap between the two groups had widened to the ratio of 56 percent.

Since 1989, however, thanks in part to the movement toward full employment, the largest income gains have gone to blacks, whose inflation-adjusted median income grew by 9 percent.

As of 1997 (the latest year for available income data) the ratio stood at 61 percent. For all the progress of the past few years, the income gap has closed by all of one point—from 60 percent to 61 percent—since 1989.

The poverty statistics tell a similar story. White poverty actually increased since 1989, particularly among children, while the black child poverty rate declined. Between 1989 and 1997, the share of poor white children rose from 14.8 percent to 16.1 percent

while the black child poverty rate fell from 43.7 percent to 37.2 percent.

These statistics clearly show that gains are accruing to minorities in the current recovery and validate Dr. King's point about the expected benefits of full employment.

But they just as clearly reveal the magnitude of the challenge. While we applaud the gains in child poverty just noted, the fact remains that more than one-third of black children are spending their formative years in economic privation. The curse of poverty is far from lifted.

How can such disparities exist with unemployment at 4.3 percent? The answer is twofold.

First, the condition of "full employment" does not imply employment for all. Even with the overall tight labor market, certain groups of disadvantaged workers face unemployment many times the national rate. For example, in 1998, close to 20 percent of young, black women with high-school degrees were unable to find work.

Second, the age-old legacy of discrimination continues to permeate our culture. Even among those who would like to believe that the playing field is now level, few would deny that years of unequal treatment have generated huge race-based economic gaps.

One of the most incontrovertible indicators of this reality is the wealth gap between blacks and whites. Despite the booming stock market, the most recent data show that the financial assets of the typical black family is about one-third that of the typical white family is \$19,000.

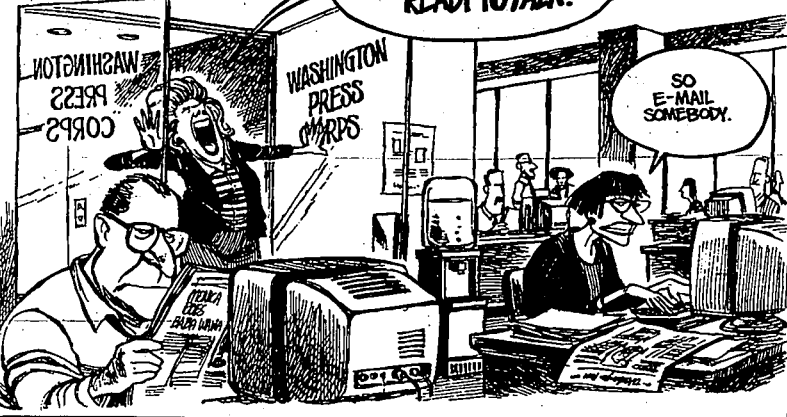
The current boom will have to continue uninterrupted for many more years in order to make further progress against these racial disparities.

The King would certainly recognize and applaud the gains made in the full employment economy of the last few years. But taken in their historical context, he would just as surely point out that we have far to go before we arrive at his vision of economic justice.

Jared Bernstein is an economist at the Economic Policy Institute, a Washington based think-tank dedicated to public policy issues affecting American workers.

The latest Clinton accuser learns that timing is everything...

TWENTY YEARS AGO, BILL CLINTON RAPED ME AND I'M READY TO TALK!



Hard choices in homeland defense

STEPHEN S. ROSENFELD

An era-shaping battle has begun over the issue of "homeland defense," a new term referring to an emerging program of defense against an imagined range of terrorist and catastrophic threats to American territory in the next century.

We defended the homeland, of course, from Soviet threat, by missiles. But as former Reagan defense policy planner Fred C. Ikle warns, we are historically uncommitted to physical threats on home ground. In the Cold War we based a whole strategy on not defending the homeland: mutual deterrence by mutual vulnerability. With the developing new pattern of threats and threateners, Ikle argues in a Center for Strategic and International Studies paper, all that must change.

The battle looms. In the near corner in red, white and blue ranks is a ballistic missile defense program that has become the pet project of Republican conservatives in their double drive to protect the country and win the White House. The threat of airborne missiles launched by terrorist groups or rogue states is a contingency now familiar and scary enough to

have mobilized something near a national consensus to defend against it in some way.

In the far corner in trunks painted a bright, pulsing orange for alarm is a broad-based program that, if approved, would defend against missiles, cyber destruction of our computers and nuclear, biological and chemical attacks. But—here's the cutting political edge—not all these multiple threats will arrive by long-range missile. Some will arrive by, say, ship containers. Here the first team's fascination with a single dominating threat, one with a convenient electronic "return address," yields to the complexity of the real world.

Team Red, White and Blue intends to protect the nation somewhat anticipatorily and without much hassle, except for a twinge in the wallet, by exploiting America's technology and—throwing up a shield to stop incoming missiles. To borrow from Ikle, it implicitly imagines terrorist acts as isolated and as occurring in peacetime.

Team Orange warns of pain

and dislocation (wartime "protective perimeters" around whole cities). It sees need for a comprehensive program that will start relatively slow and cheap but mature into something muscular, as intelligence and events require. This team holds open the possibility that attacks by smuggled weapons may come in the far larger and more demanding context of a war—of another Persian Gulf War, perhaps.

Red, White and Blue is passionate on the requirement for Strong Leadership to get the country moving into missile defense. The range of difficulties it anticipates can be inferred from its readiness to leave the Justice Department and the Federal Emergency Management Agency, domestic agencies, to cope with the dangers on American soil. The Department of Defense would be in a supporting role.

Orange, to protect against what is called in homeland-defense circles catastrophic terrorism, would give the Defense Department, with its superior managerial and logistical capabilities, the requisite legal authority to take charge. Its premise is that bureaucratic business as usual won't do.

Here Red, White and Blue has

a strange bedfellow in the civil liberties movement. This group, along with its ideological opposite in the militia right, fears that its stance leaves civil libertarians a partner of the team.

The teams are only beginning to form. Bill Clinton, beneficiary of some intense briefings, is a hot Orange, though more in rhetoric than deed. The Pentagon is a cool Red, White and Blue. Though it is into study, planning and some training on the Orange agenda, it is cautious to expand its turf with its hard-stretched budget snap.

Senate heavies like Richard G. Lugar, R-Ind., Pete V. Domenici, R-N.M., and former senator Sam Nunn are players. The defense thinkers are mobilizing.

Items to watch: the missile defense program now being negotiated by Clinton and Congress. Ide wilderness it is blocking only one particular avenue of attack. Its heyday may have come and gone even as the notion of multiple clandestinely introduced weapons of war bids to define homeland defense.

This commentary was originally published in The Washington Post.

LETTERS

Parks should be safe for children, environment

I live near Rock Creek Park, and my wife and I go walking there two or three times a week as a break away from the fast pace of work and city life. On Feb. 28, my wife and I and some friends were walking down the path, enjoying the touch of warm weather. As we talked, my wife noticed something in the water across the river. Upon closer observation, it appeared to be a beaver swimming by the far shore. We all sat and enjoyed the beautiful sight of God's creatures in their natural environment. The longer we watched, we began to feel something wasn't right. Then to our dismay, we realized what it was: the beaver was caught in a trap.

Immediately, we ran to the nearest friend's house and tried to call for help. We called the Fish and Wildlife, state parks and recreation and the Humane Society, but all the offices were

closed. As a last resort, we called the Twin Falls Police Department non-emergency line and the dispatcher said he would try to find someone.

I had a bad feeling about getting help, but I was determined to see this through. Thoughts of the neighbors recently telling me "jaws" about other traps known as "jaws" argued me. Razor sharp, tooth-like traps that could easily break bones, not only on animals but children also, much like bear traps.

My wife and I returned and found that other concerned citizens had gathered but no officials of any kind. Not knowing what else to do, we walked to our house hoping someone would call needing directions to the beaver, but there wasn't. We returned to the park with worry. Worry not only for the beaver but also for anyone that might try to release it. The continuation of the water and the injured animal made for a scary situation.

As we near the sight, we heard a person cry out.

Adrenaline surged as one of the children watching came running toward us, but fright was replaced by excitement as he gave us a quick recount of how his father and another man had saved the beaver.

My family and friends want to say to Rick and Steve, you are our "heroes of the day."

Parks are all of our enjoyment; maybe we should make it safe for our children and the environment. What do I do next time?

ERIK HAWES
Twin Falls

Education, not cost, is the only solution

In response to the editor's com-

munication on Feb. 2 stating that veterinary clinics should lower the price for spays and neuters.

The reason why we may have an issue with spays and neuters is because, as the editor stated, "the inexperienced and the cost." The cost shouldn't be an issue. The issue is how do we get people educated to have their pets spayed or neutered? When people are educated in the right and necessary way for the benefit of the animal, the cost shouldn't and won't matter. We should be educated in the proper way by well-trained veterinarians in our community, not by showing us a gross display of slaughter.

ISABELLE BROOKS
Twin Falls

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NATION

Bush will run unless he hears 'big yawn'

AUSTIN, Texas (AP) — George W. Bush surrounded himself Sunday with a diverse group of high-profile Republicans to formally open the filtration stage of his 2000 presidential campaign, furthering an unconventional strategy mapped out months ago to make him the GOP front-runner.

Dropping nearly all pretense of indecision, the Texas governor unveiled his presidential exploratory committee by suggesting he will seek the White House unless "there is a huge yawn" from voters and donors when he starts traveling outside Texas in June.



Texas Gov. George W. Bush is flanked by U.S. flag on stage at the Convention Center Sunday in Austin, Texas. Bush said he is forming a presidential exploratory campaign committee.

The one thing that would change my mind is if we got out there and just heard a loud thud," Bush said in a news conference attended by dozens of media organizations from around the world.

His 10-member exploratory committee includes three women, one of them black, one Hispanic man and one black man. Former Secretary of State George Shultz, GOP chairman Haley Barbour, Rep. J.C. Watts Jr. of Oklahoma and five other congressional Republicans give a "Washington flavor to the group."

Bush, who answered one question in Spanish, promised a more

inclusive GOP that "makes sure no one gets left behind."

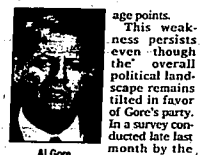
The announcement gives shape to a field of at least 10 Republicans. Lamar Alexander officially enters the campaign Tuesday and former American Red Cross President Elizabeth Dole will take the same baby step as Bush, forming her exploratory committee Wednesday.

Gore's poor showing in polls is mystery amid good economy

Newsday

WASHINGTON — These should be palmy days for Vice President Al Gore as he revs up the engine of what is expected to be a formidable presidential campaign machine.

Most of Gore's potential rivals for the Democratic nomination have ducked the race. His political patron, President Clinton, is at the peak of his popularity. The economy, that great leveler of incumbents and their heirs, is humming along nicely. The opposition party is in the doldrums, struggling to shed its image of a haven for scandal-mongers who obsessively pursued an unpopular impeachment.



Al Gore

If Gore were a stock, market analysts would stroke their chins knowingly and tell clients that all the underlying fundamentals are excellent.

So why aren't more people buying? Does the vice president perform so languidly in the early trial heats pollsters are running between him and the top Republican contenders?

A spate of national polls over the past two months all show Gore running behind both Gov. George W. Bush of Texas and former Red Cross president Elizabeth Dole, in most cases by margins of more than 10 percent.

Center, 58 percent of those polled had a favorable opinion of the Democratic Party and 37 percent an unfavorable one. But the verdict on the Republican Party was 44-51 percent favorable to unfavorable.

Some strategists say Bush's and Dole's numbers in these early polls are inflated by their family-derived name recognition — he is the son of the former president, she is the wife of her party's 1996 nominee — and the fact that neither has been subjected to the scrutiny of a national campaign.

"If you ask the American public how much they know about any of these candidates, it would take them about two minutes to exhaust their knowledge of all of them," said one Gore adviser, who spoke on condition of anonymity. "Right now, it's a brand-name kind of reaction."

Jones makes 'remarkable' progress

NASHVILLE, Tenn. (AP) — Country singer George Jones was making remarkable progress Sunday after a car wreck left him "at death's door" because of a deep cut in his liver, his doctor said.

The 67-year-old singer remained in critical condition in intensive care at Vanderbilt University Medical Center.

He was at death's door when he came in," said Dr. Virginia Eddy, a trauma surgeon. "So it's remarkable that he's alive at this point."

Jones was driving home in his Lexus when he crashed into a

bridge at about 1:30 p.m. Saturday. It took emergency workers about two hours to free him from the car.

In addition to the liver injury, his right lung was punctured.

"He's obviously a fighter," Eddy said. "It's really remarkable. I've certainly seen people much younger than him in a whole lot more trouble at this point in time."

A ventilator was helping Jones breathe, and he was sedated by pain medication. Bleeding from the liver — the most serious problem — had stopped.

Men sue health insurers over Viagra

NEW YORK (AP) — Four Viagra pills a month just doesn't cut it for David Scholl. So last fall he sued his health plan, QualMed, to get it to pay for more of the anti-impotence drug.

"Nine dollars a pill is expensive," said Scholl, a federal judge in Philadelphia. "And there's something about having to pay to have sex that doesn't seem quite right. At least not to pay that much."

Scholl, 54, is one of a small, but growing number of American men suing their health insurers for denying or restricting coverage of the Viagra pill.

Most of the largest health maintenance organizations have been sued over their Viagra policies, including Aetna, Humana, Prudential and Kaiser Permanente. While none of the

cases has yet to go to trial, judges have usually let the suits proceed over the 40 objections.

In one of the biggest cases, a federal judge in California last month refused Aetna's motion to dismiss a class-action suit that seeks to represent men across the country.

Legal experts say there's more at stake than just Viagra coverage. The cases will help determine whether insurance should pay for so-called "lifestyle" treatments that may not be medically necessary.

About 8 million prescriptions for Viagra have been written for more than 4 million men since the breakthrough treatment hit the market a year ago. But, Viagra's cost of \$9 to \$10 a pill and high demand worries some insurers which are struggling with rising medical costs.

Coast Guard ends search for Haitians

MIAMI (AP) — The Coast Guard has called off its search Sunday for up to 40 Haitians who apparently drowned while trying to sneak into the country in what is described as the deadliest smuggling attempt ever off the South Florida coast.

"At this point they're presumed dead," Lt. John Pierce said. "We searched right up until midnight without results."

Two boats loaded with refugees sank Saturday in the early morning hours. Crew members on a passing freighter reported hearing screams from the water about 30 miles east of West Palm Beach.

Rescuers found only three survivors. A Coast Guard cutter recovered the bodies of two men, and crew members saw two other men's bodies sink below the surface.

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Sunday, March 21, 1999
The Homemaker's Section will be delivered to all of The Times-News subscribers, as well as 1300 copies distributed during the Homemaker's School.

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Friday, March 12, 1999

ACTUAL HOMEMAKER'S SCHOOL DATE:
Wednesday, March 24, 1999
at the John Roper Auditorium, 6:30 p.m.
(located on the Twin Falls High School campus).

• Door Prizes are welcome!

The 1998 Homemaker's School was sold out — all 1,300 seats of the John Roper Auditorium were filled. The "Women's Day Out Show" in 1998 was a wonderful success with great attendance. It will again be held in the Twin Falls High School Gymnasium prior to the Homemaker's School.

The Times-News

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Stuff they don't tell you on TV news

Recently, one of our local TV news shows in Miami did an investigative report on — I swear — brassiere sizes. The station promoted this report relentlessly for several days. Every few minutes you'd hear an announcer's voice saying, with an urgency appropriate for imminent nuclear attack: "Are you wearing the wrong bra size?" You'd have thought that women were dropping dead in the street by the thousands as a result of improperly sized brassieres. I was becoming genuinely concerned about this problem, despite the fact that, except on very special occasions involving schnapps, I don't even wear a bra. Unfortunately, although I saw dozens of promotions for this special investigative report, I never saw the report itself. I assumed that the message would be: "Wear the right size brassiere!"

HUMOR
Dave Barry

My editor, Tom Shiroder, who has a keen interest in the issue, did watch the report, and he told me that it explored the troubling question of women wearing brassieres that were tragically about 10 sizes too small for their breasts, which left said breasts with no other choice to spill, tragically, out of their brassiere cups into the camera lens.

But my point there is not directly related to brassieres, although it is a lot of fun to use the word "brassiere" in a newspaper column: brassiere, brassiere, brassiere.

My point is that, pound for pound, the most dramatic and entertaining program shown on television is your local TV news shows. Their only serious competition is the cable channel that, 24 hours a day, features the TV Evangelists With Hairdos The Size of Adult Yaks.

But as entertaining as these shows are, their message tends to be somewhat repetitive ("God loves you! So send us money!") whereas on your local TV news shows, they're always surprising you with dramatic new issues that you should be nervous about.

Often these involve ordinary consumer items that mutate into "scary" hazards. (John R. Gambling of radio station WOR in New York has a wonderful collection of promotions for these TV news reports, including one wherein the announcer says, "Tonight at 6: Your dry cleaning can kill you!")

A while back, one of our Miami TV news shows — I think it was different from the one that warned us about improperly fitted brassieres, brassieres, brassieres — did a dramatic, heavily promoted investigative report on frozen yogurt. This report, which seemed at least as long as "Alien Resurrection" but scarier, investigated the possibility of deadly bacteria in our frozen yogurt. If I understand the report correctly, there have never been any cases of any actual person being harmed by local frozen yogurt, but that seemed like a minor technicality. The point was it could happen! The yogurt is deadly!

The way I have dealt with this menace is by taking the medical precaution of never eating frozen yogurt without first putting large quantities of chocolate fudge on it, on the scientific theory that the bacteria will eat the fudge and become far too fat to do anything inside my body except sit around and bloat.

But I would not know to do this if it were not for local TV news.

I also would not know how I am supposed to deal with many stories that for the fact that the TV news personalities make sad faces for sad stories and happy faces for happy stories.

So, to make sure I understand the point, they come right out and tell me at the end of each story, whether it was "tragic" or "nice."

FIRST PERSONALITY: What a tragic story, Bob.

SECOND PERSONALITY: Uh ... no, it was nice.

FIRST PERSONALITY: It wasn't?

SECOND PERSONALITY: No. That was the story about dogs playing mah-jongg.

FIRST PERSONALITY: Whoops! I had it confused with the story about the plane crashing into the orphanage! Hal!

SECOND PERSONALITY: Ha ha! Coming up, we'll have part four of our special investigative report, "Formica: Silent Killer in Your Kitchen."

Well, I've seen 'em run out of time, so that's all for this week's column. Remember to be nervous about everything. And now for those words: brassiere, brassiere, brassiere.

Dave Barry is the humor columnist of the Miami Herald.



Lindsay Wagner's pet rat J.J. doesn't seem to notice any difference in the nose of its owner, Lindsay, 35, of Twin Falls, recently underwent a procedure called rhinoplasty to fix damage caused by a softball that hit her in the face about seven years ago.

NOSE TO NOSE

Sometimes it pays to set nature straight

By Joan Bean Times-News correspondent

Lindsay Wagner's classmates at Twin Falls High School noticed something looked different about her after Christmas break. They just couldn't quite pin it down.

Some thought it was because her braces had been removed. But that had happened two years before.

Actually, it was rhinoplasty that had altered her appearance. Lindsay had the surgery on Dec. 21 to remove a bump resulting from an injury

happened a half dozen years ago.

She had been practicing softball, substituting her father's glove for her missing mitt. It fell off her hand as she attempted to make a catch, and the ball smacked into her nose.

"It was actually disconnected from my face in a way," she said.

"My nose was severed at the top, and it was hanging on like the side of my cheek."

Her nose was set and she recovered. But at 10 years of age she was too young for chin surgery.

Dr. Julian Nicholson, a Twin Falls ear, nose and throat and facial plastic surgeon, said the noses of children who have broken their noses, and whose parents want their noses straightened.

"I'll say, 'Wait until they've grown, unless they're having a lot of trouble breathing or the nose just looks horrible,'" he said.

"And then if there is some change we'll have to go back and do more time, because the nose is going to change."

Nicholson said it will be fully grown in girls at 12-14 years of age and 14-16 in boys.

Gregory Wardlaw, now 41, was 16 when his nose was broken while playing through her braces as a cheerleader.

"We were doing double flips, and a girl was sitting on my shoulder, and it glanced my nose on the eye rim," he said. "She fell on top of me. I was holding her and I didn't have my arms to stop it — so that's when it hit first."

The plastic surgeon at her local high school checked her nose, and said it was OK. But at breakfast the next morning her father asked her what she did to her nose — that her nose was swollen.

"I went into surgery right away, and they splinted it and packed it with gauze and everything, but it didn't work," she said. "And then as I got older it was harder to breathe."

Wardlaw also had a bump she described as a "ski hill" on her nose, which she ignored.

"This year I decided to do something, actually because

it was harder to breathe at night," she said.

Her rhinoplasty was done on Dec. 31. The hump was trimmed and the septum (dividing wall made up of cartilage and bone) straightened.

She, too, found that most people didn't realize she had the surgery. Her family and friends did know, and noticed the improvement in her appearance.

"People who knew me close think it looks a lot better," she said. "But I wasn't so concerned about the look as the inside — so I guess I got a bonus."

Nicholson said most folks who have rhinoplasty are young, but that he does see some who are older and for one reason or another were not able to have the operation earlier. A few of his patients have been in their 60s.

When considering rhinoplasty, Nicholson says it's important to have realistic expectations about the outcome. If a person blames his or her nose on inability to attract the opposite sex or to get a job, he or she will be disappointed. That's not where their problem lies.

"If you're doing it to make your spouse happy or your girlfriend, or you're trying to get more dates, these things aren't going to happen anyway," he said. "You should do the operation for yourself, because you don't like the way your nose looks and you'd like to improve it."

Also important is not to expect

Please see NOSE, Page B2

There is no change. Nicholson will talk about nasal plastic surgery and answer questions. For more information, call Joely Tembley at 733-3700.



Hair today, gone tomorrow

DEAR PAULA: There has to be an easy way to get rid of unwanted hair, but I've yet to find it. Any suggestions or advice? If someone would know, it would be you. —CONNIE, DENVER

DEAR CONNIE: Here are your options, depending on your budget, available time, and area you want to have hair-free:

- Waxing. Waxing is an excellent and inexpensive way to deal with most hair removal on the body or face. Waxing leaves the area smoother than shaving does because it pulls the hair out below the top layer of skin, which makes it grow back slower and less uniform.
- Bleaching. Bleaching is a great inexpensive way if the issue is not the density of the hair but the darkness. This upper lip is particularly effective for the upper lip and other parts of the face, neck and arms.
- Electrolysis. Electrolysis is the only permanent form of hair removal, at least so far, but it takes repeated treatments that aren't inexpensive and a skilled technician for satisfactory results.
- Tweezing. Tweezing is not only a painful option, it is extremely time-consuming. It is OK for occasional stray hairs, but not the best for large areas or areas with dense hair growth.
- Shaving. Shaving is fine, but we all

COSMETICS Q & A

Paula Begoun

know the problems associated with it. Shaving is the method most of us go back to for our legs and bikini line, but the hair grows way too fast and the stubble or redness it can cause on the thigh and crotch is obnoxious.

There are ways around the redness, such as shaving with a good topical lotion like a hair conditioner or Cempil Cleanser and applying a moisturizer afterwards.

• Depilatories. Depilatories literally melt away the hair with ingredients like calcium hydroxide and sodium or calcium thioglycolate.

There are many reasons why this group of torture products is not a good option for dealing with unwanted hair, but the most compelling is the risk of burns to the skin and eyes. Also, depilatories, like shaving, only remove the hair on the surface, which means the hair comes back in just a few days.

Paula Begoun is the author of several books on cosmetics.

HEALTH NOTES

Prescription for disaster

Writers is mulling to play around with, says. The top-selling anti-impotence pill is being used by young people in British nightclubs in potentially lethal combinations with cocaine, ecstasy and other illegal drugs.

The recreational use of Viagra by apparently healthy women and men is now occurring in Britain," Judith Aldridge and Fiona Munnich, senior researchers at the University of Manchester, said in a letter published in the British Medical Journal Internet site.

Dietary dangers

Spreading of substance misuse, dietary supplements containing a dangerous substance have killed one person and sent dozens of others in emergency rooms since October, says the Centers for Disease Control and Prevention. The CDC says the products containing the industrial and household solvent gamma-butyrolactone (GBL) are being promoted as improving sleep, sexual activity and athletic performance.

Genesis of cancer

And back to farming, a report in the British Medical Journal says:

say men with low fertility — as measured by the number of children they father — have twice the normal risk of developing testicular cancer.

The study found that men who produce fewest sperm have the largest number of children for their age were about twice as likely to have the disease as men with an average size family. The research suggests the same factors that reduce men's ability to father children also somehow trigger this cancer.

Split personalities

And Danish researchers have found evidence linking schizophrenia to the mental health of a parent, the time of year of birth and whether they were born in a city or in the country, the New England Journal of Medicine reports.

Researchers found the risk was 9.3 times higher than normal if one's mother was a schizophrenic and 7.2 times higher if one's father suffered from it; 7.0 times greater if a sibling had it; 2.4 times higher if one lived in a city as compared to living in the country; 1.1 times higher for those born in early March, compared to the rate in early June or early December.

Compiled from wire reports

TO DO FOR YOU

TWIN FALLS - The Diabetes Foundation Education and Support Group will meet at 7 p.m. today at the South Central District Health Department...

TWIN FALLS - A Community First Aid and Safety class for child and adult CPR and first aid nine-hour course will be offered at 6 p.m. on Tuesday at the American Red Cross.

TWIN FALLS - An Infant CPR class will be offered from 7 to 9:30 p.m. Tuesday in the Education Center at Magic Valley Regional Medical Center.

Pre-registration is not required. TWIN FALLS - The American Red Cross schedules twice-weekly Community and First Aid review classes at 9 a.m. each Tuesday and 1 p.m. each Friday.

TWIN FALLS - BridgeView Estates Alzheimer's/Dementia Support Group will meet at 7 p.m. Tuesday in the Day Room of the assisted living facility, 1828 BridgeView Drive.

BURLEY - The Cassin Regional Medical Center Winter Lecture Series will be held at 7 p.m. Tuesdays at Racqueteurs Health and Fitness. A local doctor will make a presentation on a different aspect of health at each session.

TWIN FALLS - The Codependency Counseling Group will meet from 6 to 7:30 p.m. Wednesday at Canyon View west group room, 226 Shoup Ave. The group, facilitated by Gayle Parish, will assist participants to identify and overcome dysfunctionality in their relationships.

TWIN FALLS - Widowed Information and Consultation Services will celebrate its seventh anniversary at noon Wednesday at the Office on Aging at the College of Southern Idaho. Bring a favorite dish and join the potluck. Guest speakers will be representatives of the American Association for Retired Persons and the Idaho Department of Insurance.

TWIN FALLS - A childbirth refresher course will be offered from 7 to 10 p.m. Thursday in the Education Center at MYFEMC. Pre-registration is required; call 737-2900.

TWIN FALLS - The Disaster Services Department of the American Red Cross will be offering a series of Disaster Classes for individuals in Jerome, Lincoln, Blaine, and Twin Falls counties and Jackson, Nev., to prepare for emergencies.

Simulation on March 31, Damage Assessment I on April 7, Emergency Assistance from April 19 and 21, and Emergency Assistance from April 29.

TWIN FALLS - A CPR class will be offered from 8 a.m. to 1 p.m. Saturday in the doctor's meeting room at WHECME. Fee is \$12. To register, call 737-2267.

TWIN FALLS - The Magic Valley Blood Bank will meet from 2 to 4 p.m. March 15 at the Office on Aging. Classes include: Basic Care, N. and the life cycle of the College of Southern Idaho.

Nose

Continued from B1. perfection. He said the surgeon has to work with what the patient has.

"One of the worst things you would have to a patient comes in with a picture of a nose, and they tell you, 'I want my nose to look like this,'" he said.

Nicholson said rhinoplasty doesn't change the appearance that much; it just makes the person look better.

He takes into account his or her stature. For a short person, he doesn't want to put a little bit into a man's nose, or for a tall person, he wouldn't take the inside of the nose too wide.

For a male face with a strong jaw and cheekbones, a tiny tipped nose would not be appropriate.

"You want to leave his nose exactly a little stronger, maybe even a little hump - like Charlton Heston," he said.

Unlike a facelift, rhinoplasty is a three-dimensional operation. Nicholson said he likes this aspect of it, and tries to achieve harmony and balance.

He prefers to do what is called open rhinoplasty, in which a small incision is made across the bottom of the nose, allowing it to be straightened.

"It lets you see better," he said. "And obviously if you can see better, you can do more precise work."

Use of the laser approach, he said, is limited to what can be seen because it is done inside the nose.

"The rhinoplasty you get is a little scar across the bottom - but the scar is hidden in the shadow and it's hardly noticeable in a few months, so your gain is worth the tradeoff with the little scar."

He does most of these operations, which take about 2 1/2 hours, with the patient under general anesthesia. The nose is prepped with an anesthetic agent and he makes a small, T-shaped incision across the bottom of the nose. The skin is then elevated, exposing the inside.

If the septum needs to be straightened, Nicholson does this first. Some noses won't require septal work, but he says most do.

Cartilage might be removed from the septum to use for grafts. If the nose is indented and needs to be built up or if it has been pushed down, it can be used there.

Nicholson then takes off the tissue. If that's the goal, it is to straighten or build up the nose.

Strips are sutured in place inside the nose, and all incisions inside are closed. Then he puts the skin back down on the nose and sutures the incision across the bottom.

Packs go in next. For a nose job without sinus work, he generally uses packing that dissolves in a couple of days. Sometimes he does have to use a splint for a week.

An outside cast or splint is then applied. Packs go in next. For a nose job without sinus work, he generally uses packing that dissolves in a couple of days.

he said. "And then we take the cast off and splint out of the inside in a week."

The risks, as in any surgery, are the anesthesia, bleeding and infection. Nicholson said there about a 5-percent chance it may be necessary to have more done. This might be because of scarring, because something didn't heal right, or that everything couldn't be done the first time, bleeding or other reasons.

The cost of the operation is about \$5,000. Nicholson said much of the time the inside work will be paid for by the patient's insurance company, because something needs to be done on the septum, but insurance typically won't cover the outside.

Yet with some noses that are really crooked and the septum is too, insurance might pay for the whole thing.

"There's a saying in nasal surgery that form follows function," he said. "So you get the basic septum straight, and the foundation of the nose straight, and then your appearance is going to be right."

Times-News correspondent Joan Bean can be reached at 733-0830.

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HEALTH & FASHION

Drug money

Rising medication costs sting many least able to bear it

Knight Ridder News Service

The stories are endless. Elderly wives choosing not to fill their prescriptions because there's barely enough money for their husband's pills. AIDS patients, on their deathbeds, requesting that their unused drugs be donated to individuals who can't afford the \$2,000 price tag.

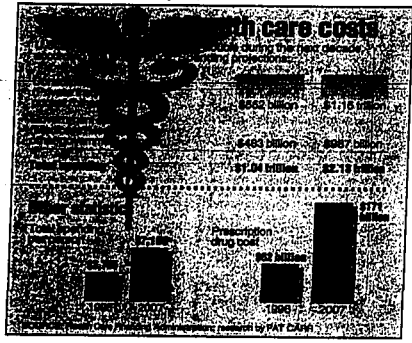
As the nation's drug costs continue to rise by more than 8 percent per year, the stories become more common, more heartfelt, more desperate.

And there's no indication they're going to go away. "It's anything, we're going to see more people who don't take drugs and spending more money on those drugs," says Patricia Neumann, a spokeswoman for the Kaiser Family Foundation, a non-partisan organization that focuses on health policy issues.

Although the average prescription cost \$38.86 in 1998 — up from \$35.72 in 1997 — some drugs can go for as much as \$40,000 a year. Despite a booming economy, a growing number of people are finding themselves unable to afford them.

In 1997, 43.4 million Americans — or 16 percent of the population — were without any form of health insurance, according to the U.S. Census Bureau.

Medicare, the federal medical plan which covers 39 million Americans — primarily seniors — does not provide for prescription medications, except in a very few cases.



Even workers with private insurance are discovering that not all health plans offer prescription drug benefits — and many of those that do now place limits on the financial benefit plan holders receive.

"It's not right," says Gloria Garland, 69, who has watched her out-of-pocket cost for her prescription painkillers rise.

The San Jose, Calif., resident has had to take fewer pills than her doctor originally recommended in an attempt to keep the price down. "I need money for other things," she says, "and it's hard when you're on a fixed income."

Bobby Tharp, however, doesn't have the option of taking fewer than 30 pills every day. Diagnosed with the AIDS virus in 1985, Tharp relies on powerful anti-AIDS drugs to stay alive. At \$2,000 a month, however, the medications were out of his reach. Then he heard about the special assistance program for some AIDS patients and was told he qualified.

"If I didn't have this assistance, I would be out on the streets. I would probably be dead by now,"

says the Sunnyvale, Calif., man.

Politicians, aware that the problem is getting out of hand, introduced federal legislation last month that could result in lower medication costs for seniors. Called the Prescription Drug Fairness for Seniors Act, the bill would allow the elderly to purchase their prescriptions at the same price HMO members pay.

The pharmaceutical industry, however, has argued that high prices are not an option, citing increases in research and development costs drug makers have incurred over the last few decades. While it took an average of eight years to create a new medication in the 1960s, manufacturers now spend about 15 years on one product, carrying out two times the number of safety studies as once was required.

Additionally, only about three percent of all approved drug products recover their costs, according to the Pharmaceutical Research and Manufacturers of America Foundation. Drug makers boost the cost of their successful products to help cover the cost of their failures.

Easing the pain of costly drugs

Knight Ridder News Service

Savvy patients can save a bundle — in some cases even get their medications for free — if they follow a few simple recommendations.

• Ask your doctor if you can substitute a cheaper, over-the-counter medication or generic drug for your prescription medication. You stand to save a substantial amount of money. Brand-name drugs cost an average \$53.87 per prescription in 1998 compared with the \$17.79 equivalent generic drugs cost, according to the National Association of Chain Drug Stores.

• If generic drugs are not an option, ask your pharmacist to recommend less expensive brand-name substitutes for the prescribed drug. These checks with your doctor to see if any of the substitutes are appropriate for you.

• Shop around. Different pharmacies — even within the same chain — can charge different prices for the same drug.

In a February 1996 survey, New York City's Commissioner of Consumer Affairs found that the price of 20 prescription drugs varied as much as 300 percent in different drugstores in the same city.

• If you have a chronic condition that requires you to take medications over a long period of time, ask your doctor to prescribe a large quantity. Buying in bulk

can cut costs.

• Every time you visit a physician, bring along a list of all the medications you are currently taking. Some medicines conflict with each other, and others are so similar they bring about the same results. Your doctor may be able to reduce the number of prescription medications you are taking.

• Don't stop taking your medications or decrease the number of pills you take just to reduce costs. This could impede your ability to heal, prompting your doctor to put you on even more medications.

• If you have health insurance, contact your plan's pharmacy department and ask for advice on managing the cost of your medication.

• If you simply cannot afford your medication, you may be eligible for one of many patient assistance programs sponsored by pharmaceutical companies. A growing number of manufacturers offer steep discounts — or free drugs — to individuals who meet their eligibility requirements. For a directory of these programs, write to PHARMA, 1100 15th Street, N.W., Washington, D.C., 20005.

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For this class, Sue will present an overview of the diabetic diet, and will follow-up with a question and answer session.

DATE: Wednesday, March 10, 1999
TIME: 6:30 - 7:30 p.m.
LOCATION: 284 Martin Street, Suite #2, Twin Falls

As always, this class is sponsored by Smith & Rea Digestive Health Center, P.L.L.C. For more information, call 733-2222. Office hours: 9:00 a.m. - 5:00 p.m., Monday - Friday. 734-1266 • Toll-free (888) 734-1266

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The Times-News
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Magic love potion?

The right scent may put romance on the right track

"She looked at my palm and she said what you need is Love Potion Number Nine."

Knight Ridder News Service

Nicole Cass and her husband, Tim Jackson, use scented candles at home in Ferndale. "I love the ambience and the mood the candles create."

It might be the lavender on the pillows, the spicy sandalwood in the air or the stir of candle jasmine that makes them forget the world outside their door.

But whatever it is, it works for Nicole Cass and husband Tim Jackson.

"I don't know if it's a magic love potion, but he always says he likes the way I smell," says Cass. In Ferndale, Mich., who was married last April. "We're really into scent; it makes it more romantic and puts you in the mood, switching your normal everyday bedroom into a different room."

Her lucky husband agrees. Boy, does he agree. "Nicole is a really sensual person, and it's not so much that I can identify a certain scent as that I always recognize the way she smells," says Jackson. "The scents she uses are simple, but they really make you pay attention."

For 5,000 years, since the first girl put the first rose petal in her hair, scents have been intertwined with love. And with good reason — smell is our most ancient sense.

Our olfactory nerve leads straight to the most primitive part of our brain, the limbic system, where smells can trigger powerful emotions, memories and frisky sex hormones.

"Pick the right aphrodisiac scent, and your date will collapse, melt in love with you. At least, that's the idea of essential oil love potions. "When men smell or wear sandalwood, they react harmoniously and of course the most well-known love-inducing scent for women is the rose," says Gloria Boyaggio, owner of Aetheria, an aromatherapy gift shop on Woodward in Ferndale.

"Is there a love potion? I think there are several of them," says Katie Tobson, spokeswoman for

Everything you always wanted to know about oils

Here's a primer on essential oils:

- These scents, which come from flowers, herbs, bark, roots, fruits, seeds, grasses and resins.
- Aromatherapy: You don't use the oil itself, but rather the fragrance it has.
- They are used in perfumes, soaps, lotions, candles, incense, and in many other ways.
- Orange blossom scents are the classic choice for romance. It's said that the fragrance of orange blossom is the most romantic of all. It's also said that the fragrance of orange blossom is the most romantic of all.
- The fragrance of orange blossom is the most romantic of all.
- The fragrance of orange blossom is the most romantic of all.

the Natalie Lynn Co. in Traverse City, Mich., an aromatherapy supply wholesaler. She favors languid, exotic jasmine to inspire romance.

Aromatherapy instructor Karen Stokes, who co-owns Crystal Treasures gift shop in Fortiata, Mich., not only believes in love potions, she makes them. Her ultimate secret weapon is a combination of sweet and musky — jasmine, rose, ylang-ylang (a spicy-smelling blossom from Indonesia) and sandalwood, which she puts on a lamp ring or diffuser to gently waft around the room. Dip the lights, add a few candles and the smell of romance is in the air. Is it a love potion?

"Oh, yes, yes," says Stokes, who teaches aromatherapy classes in the Detroit area. "Women are more interested in aromatherapy, but believe me, if you give a man a message, he'll be sold on it."

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CALENDAR OF EVENTS

- Free Breast Examination and Breast Cancer Prevention Information * Mondays 10 a.m. - 4 p.m., MVRMC Outpatient Services, 526 Shoup Avenue East, Suite J. Free breast examinations and information about self breast exams and breast cancer are provided by Anne Miles, RN. The service is performed with or without a mammogram (cost not included). Call 737-2831 or 736-1675 for an appointment.
- Occupational Health education and screenings are available on-site — in your workplace! Call 737-2906.
- ★ One lucky baby born at Magic Valley Regional during 1999 will be awarded college tuition at the Idaho university or college of their choice. It's our way of welcoming your baby into the world, and welcoming you to our Women and Infants Center. Details on file, call 737-2955.
- Monthly MVRMC Board Meeting * Monday, March 8, 7 p.m., Sage Room of the Education Center.
- Infant CPR Class * Tuesday, March 9, 7 - 9:30 p.m., Education Center. Pre-registration is not required.
- Codependency Counseling Group * Wednesday, March 10, 6 - 7:30 p.m., Canyon View West Group Room, 228 Shoup Avenue West. Sponsored by Canyon View Psychiatric and Addiction Services. This group will assist participants to identify and overcome dysfunctional patterns in their relationships. Facilitated by Gayle Parish, C.A.D.C. Fee: \$20 per session. To register, call 734-6760 or 1-800-657-8000.
- Cesarean Childbirth Class * Wednesday, March 10, 7 - 9:30 p.m., Education Center. Pre-registration is not required.
- Childbirth Refresher Course * Thursday, March 11, 7 - 10 p.m., Education Center. Pre-registration required. Call 737-2900.
- CPR Class * Saturday, March 13, 8 a.m. - 1 p.m., Doctor's Meeting Room. Fee: \$11. To register call 737-2007.
- Identification and Treatment Options for Mental Health Problems * Tuesday, March 16, 7 p.m., KMYT Community Room (1100 Blue Lakes Blvd. North, Twin Falls). This community education presentation is free, provided by Canyon View Psychiatric and Addiction Services of MVRMC. Registration is requested but not required. To sign up or for additional information call 734-6760 or 1-800-657-8000.
- CPR Class * Tuesday, March 16, 6:30 - 10 p.m., Doctor's Meeting Room. Fee: \$11. To register call 737-2007.

For additional MVRMC educational offerings call 737-2902. If you require special accommodations, call 737-2102 or TDD 737-2980 at least 24 hours in advance of the event.

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To tell if a dog is getting dehydrated, feel his gums. They should always be wet.

Carry water for your dog or a cup so the can drink from a fountain

"Hydrate or die" is literally true for a dog

Overheating can also be a life-and-death matter. Be careful.

A human can get rid of heat fast:

- Sweating
- Air cools blood vessels close to skin

A dog can't:

- It pants to cool off, doesn't sweat
- Hair insulates skin

Most vulnerable Huskies, and other northern breeds with thick coats

Some dogs are athletes: Hunting and herding dogs have been bred for stamina

Some aren't. Many companion breeds just aren't equipped for exercise; respect that fact

RUNNING

Obedience training makes the dog much easier to handle — and makes running safer

Remember that the dog can suffer stress fractures and foot sores just like you can

WALKING

Latest research has found that 30 minutes of daily moderate exercise increases heart health and lowers risk of cancer and diabetes

The sidewalk has to be continuous, however, so don't count time you spend waiting for the dog to stop and sniff

BICYCLING

Attaching the dog to a bicycle with a flexible leash gives the dog a heavy dose of road work

HOWEVER, you have to cycle so slowly and for such a short distance that you will derive little physical benefit

Safety hazards are much greater than they are for running and walking

SO, KEEP IT SLOW. Stay on a flat, paved surface. Use a front wheel. Use a leash. Use a harness. Use a helmet. Use a reflective vest. Use a reflective collar. Use a reflective leash. Use a reflective leash. Use a reflective leash.

New alternative painkillers avoid side effects

Nowaday

Reasons for pain vary, and it is very subjective, making it difficult to diagnose and treat. The most common treatments block prostaglandin, the chemical that triggers transmission of pain signals. Called analgesics, these compounds include non-narcotics, such as aspirin, ibuprofen, and narcotics, such as codeine or morphine. But some of these drugs can cause kidney or gastrointestinal problems, and others can be addictive or cause sedation.

To avoid these side effects, doctors will sometimes prescribe alternatives that use other methods to disrupt pain messages. Though not as widely effective, the alternatives include antidepressants, anti-seizure medication and non-drug treatment such as acupuncture, nerve tissue destruction and pulsing electrical stimulus.

In the next few months, the first of a new class of painkillers will likely be approved for use against chronic pain, specifically the extreme pain caused by arthritis.

As strong as existing analgesics, these so-called superspirins, which are formally known as COX-2 inhibitors, work on different enzymes in the brain, reducing gastrointestinal side effects.

In time, researchers say, these medicines should also be available in different forms, including as gels and ointments. The FDA has already approved an analgesic in the form of a candy, and it's expected to be available sometime next year.

Research entering clinical trials is branching out in several directions. They include adjusting the flow of chemicals involved with processing learning and memory and using a recently discovered natural brain sub-

stance — called Substance P, for pain — that seems to help regulate pain intensity.

Scientists say memory can contribute strongly to the level of pain experienced over time in patients with chronic conditions. One approach is to manipulate chemicals, called glutamates, that help pain memories remain viable within the nervous system, according to Dr. Richard Payne, chief of palliative services at Memorial Sloan-Kettering Cancer Center in New York City. He says new drugs called NMDA antagonists have shown early promise in this process, though it could be years until they are developed into a concentrated treatment.

Substance P, which is found on receptors in the dorsal ganglion root near the spinal cord, apparently strengthens and reinforces the pain message. Antagonists being tested to block this substance have shown early success

inhibiting transmission of the pain signal, said Dr. Russell Portenoy, a pain specialist at Beth Israel Medical Center in New York City. But scientists aren't sure exactly how Substance P works along this pathway, and it is still not clear that it will block pain in humans.

Portenoy also says calcium channel blockers — prescribed now for high blood pressure — may also have a role in modulating pain. Researchers have found that the neurons involved in pain signals have more calcium channels than other neurons. Calcium channels are like tunnels that shuttle calcium in and out of the cell. Drugs that alter calcium channels are able to change the electrical functioning of the neuron. Again, scientists are not sure why reducing the flow of calcium decreases the pain signal, but laboratory testing indicates this is so.

Research casts doubt on value of vitamin E

The Washington Post

Despite growing evidence for the value of dietary antioxidants such as vitamin E, it is still not clear whether taking them in pill form can reduce the risk of heart disease, a review of current research concludes.

"In view of these findings," nutrition experts concluded, "the most prudent approach is to emphasize an antioxidant-rich diet with fruits and vegetables and whole grains."

The recommendation comes in a report by Diane Tribble, a scientist at the Lawrence Berkeley National Laboratory and a member of the American Heart Association's nutrition committee, which reviewed dozens of studies. It was published last week in the heart association's journal *Circulation*.

"Although some studies have shown that foods rich in antioxidants are associated with a reduced risk of heart disease, that doesn't necessarily mean that high levels of antioxidants achieved by consuming vitamin pills will provide similar benefits — or are even safe," Tribble said. "Antioxidants — including vitamin E, vitamin C and beta-carotene, a form of vitamin A — have attracted medical attention because they counteract oxidants, which are believed to play a role in causing arteriosclerosis, the buildup of fatty deposits along artery walls.

Blockages caused by arteriosclerosis can lead to heart attack or stroke.

Much of the evidence for the

antioxidants' possible benefit comes from so-called observational studies, which can be difficult to interpret.

For example, a large federal health survey found that people who reported taking high doses of vitamin E had a significantly lower death rate from heart disease over a 10-year period. But many different factors, including overall diet, might have influenced such an outcome.

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FDA OKs mousse to treat psoriasis

WASHINGTON (AP) — Patients who suffer psoriasis of the scalp won a slightly different kind of treatment last week: a mousse-like foam to rub onto scalp lesions with less mess than traditional drugs.

Until now, the main treatment has been a lotion containing the chemical betamethasone, but putting a lotion on the scalp every day is messy and greasy. The Food and Drug Administration approved Connecticut

Corp.'s new version of betamethasone, an easier-to-apply foam called Luxiq.

An estimated 3.5 million Americans have scalp psoriasis, marked by redness, scaling, severe itching and irritation.

In one study of 172 patients, 72 percent treated with Luxiq had complete or almost complete clearance of their psoriasis outbreak, compared with 47 percent who used a betamethasone lotion.

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PLASTIC SURGERY UPDATE

DELL P. SMITH, M.D.

Breast Reduction

- **The Procedure:** Large, heavy breasts can be painful. This excess weight also causes strain in the neck and shoulders leading to backache, headache, and marked restriction in physical activity. Because of functional problems associated with abnormally large breasts, insurance will often cover the cost of this type of surgery.
- **Performed:** Breast reduction involves removal of excess breast tissue and reshaping and lifting of the breast. The incisions are similar to those used for breast lifts. Your doctor will discuss the varying methods of breast reduction and explain the technique that may be best suited for you.
- **Where:** This surgery can usually be performed as an outpatient, and you can go home after the operation, but if an extremely large amount of breast tissue has to be removed, the doctor may want you to stay overnight in the hospital.
- **Ask:** Patients considering breast reduction surgery should ascertain that their surgeon is Board Certified in Plastic and Reconstructive Surgery.

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 22 For rent, in
 23 London
 24 Look of
 25 Intempt
 26 Food's rich
 28 Having less
 29 Jolly
 30 Corridor
 32 Calm
 33 Calm letters
 37 Miscellaneous
 38 Expires to
 40 Ted and Tina
 41 In the mouth
 42 Fruit (social
 43 blunder)
 45 Components
 46 Verbal skirmish
 47 Outline
 48 Japanese
 49 Hotshot
 50 Solenn vows
 51 Only
 61 Addresses
 62 Killer whale
 63 East Grey and
 64 pelong
 66 Melissa Adoree
 65 Solidifies
 66 Border
 67 Slightly
 68 Fully doped
 69 Bitch choices

DOWN
 1 Scorchies
 2 Like Charlies
 3 Came up
 4 Front of a call

6 Lymphoid mass
7 Scabies
8 Say again and
9 Spring joy
10 Italian bars?
11 Asian sea
12 Play charades
13 Highlander
21 Planetary path
25 Group of
26 Performers
27 Skilled ones
29 Outlines of
30 "Star Wars"
31 Botogno
32 Botany
31 Amount of an
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32 Buddies
33 Budas Martin
34 "High in the
 Falls"
35 "Felix's Dream,"
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36 Guitars of
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35 Gymnastic
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36 "Springs, NY"

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Flirtation will get hot and heavy for Taurus

IF MARCH 8 IS YOUR BIRTHDAY: You are a successful executive, when pressure is on, you are up to it. Capricorn-Cancer-born persons play astounding roles in your life, could have these letters, initials in names: H, Q, Z. Individual you admire will share benefit of experience.

HOROSCOPE: Sydney Omarr

ARIES (March 21-April 19): Unkissed door previously shut tight—you become familiar with mysteries of the soul. Focus on self-revelation, rebuild on more solid structure. Write, write!

TAURUS (April 20-May 20): Obtain added wisdom by studying Aries message. Out-of-town trip required if assignment is to be fulfilled. Flirtation gets hot and heavy. Get promises in writing.

SCORPIO (Oct. 23-Nov. 21): Spotlight on direction, motivation, independence, new adventure. Wear blends of green, yellow, gold. Question of marriage looms large. Cancer, Capricorn persons dominate scenario.

GEMINI (May 21-June 20): Family members share beliefs, ambitions. Insist on gift being wrapped in original manner—extra effort provides enjoyment. Domestic harmony restored—Libra plays role.

SAGITTARIUS (Nov. 22-Dec. 21): Avoid scattering forces—popularity rises, you could win contest. Elements of timing, luck ride with you. In matters of speculation, choose number 3. You'll amaze yourself.

CANCER (June 21-July 22): Define terms, perfect techniques, time is on your side. You'll hear these words: "You are mysterious, glamorous and I love you." Pisces, Virgo persons are in scenario.

CAPRICORN (Dec. 22-Jan. 19): Remember, "To get a smile, give a smile." People who attract you are down on what they are not up on. Maintain composure, do what must be done, brook no interference.

LEO (July 23-Aug. 22): Do not equate delay with defeat. Capricorn involved in your psychic impression. Passionate relationship will not last forever. Know when to say, "Enough is enough."

AQUARIUS (Jan. 20-Feb. 18): What was taken from you recently will be returned. Interpret and write your horoscope. Gemini helps with mathematics.

VIRGO (Aug. 23-Sept. 22): Cycle high, you get things done, contact overseas representative. Fight if cause is right—you could emerge as heroic figure.

PISCES (Feb. 19-March 20): Emphasize harmony, beauty, soul-searching. Virgo confides, "I regard you as role model." Flowers will help beautify surroundings. Music plays, dance to your own tune.

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Estate Shape

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PLANNING IN SECOND MARRIAGES

QUESTION: What issues arise in estate planning for people in second marriages?

Dennis S. Voorhees

Many more than this column's space will allow—but here's a start: will the separate and community property of the first spouse to die be (a) given outright to the survivor; (b) "loaned" to the survivor for support; or (c) given outright immediately to children by a prior marriage?

Is there a prenuptial agreement that affects the rights of the survivor in the settlement and distribution of the deceased spouse's estate?

Is a will executed by one spouse prior to marriage effective as written? Or has it been revoked in part or entirely by reason of the subsequent marriage?

Has property been properly titled and beneficiary clauses properly drafted? The issues are many, but the solution is simple—thoughtful advance planning.

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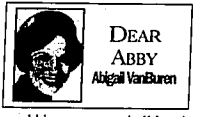
Skies become less friendly for flier squeezed for space

DEAR ABBY: I need advice on airline etiquette. I am over 6 feet tall and a frequent traveler. As the distance between my knees and the seat in front of me in coach class is reduced by one inch, it is unreasonable to expect the person in front of me to ask permission before pushing the seat back? Do passengers have the right to push as far back as possible, without regard to the inconvenience and discomfort it may cause passengers behind them?

Several times in the past few years, people—usually women—have pushed their seat backs into my knees, and when I told them nicely there was no more room for reclining, proceeded to push their seat back even farther. Not only is it uncomfortable and rude, it makes work on a laptop computer impossible. If someone were behind me, I wouldn't dream of reclining without his or her permission.

If there isn't a definitive rule, how about taking a stand to establish one? I know many travelers would be pleased to have this point of etiquette addressed.

—PDX TRAVELER, OREGON.



DEAR ABBY
 Abigail Van Buren

would be to request bulkhead seating when you make your next reservation.

DEAR ABBY: My best friend, whom I've known for eight years, frequently asks to borrow my clothes. I don't mind lending them to her, but she never returns them. About a while ago, she can't remember if they're hers or mine, so when I ask for something back, she claims it is hers. I've tried saying no to her, but she always talks me into it. I value her friendship, and that makes it harder to stick to my guns and not give in. Is there a way to stop her from borrowing without destroying our friendship? I'm running out of clothes.

—ALMOST NUDE IN OAKLAND, CALIF.

Salt is mineral; pepper is spice

Q. Salt is not a spice but a mineral, so pepper is listed as the spice most in demand nationwide. Which spice comes in second?

A. Mustard. The suicide rate depends on a lot on who keeps the figures and how. In prisons, it's recorded as high, very high. In wartime concentration camps, it's remarkably low. Trying to figure out the statistical truth is murder. Bananas will grow in Siberia

one day, you'll see. After drillers tap the deep hot springs. That underground hot water is what lets leclanders grow bananas. All koulas smell like cough drops—credit eucalyptus—but not all cough drops smell like koulas.

WHAT'S WHAT?
 L.M. Boyd

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A Simple Plan
 (M) 12.00, 2.20, 4.40, 7.15, 9.35

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Life is Beautiful
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Tea'n Cinema 12
 A Bugs Life on Today 12:15-2:30-4:45
 Price of Egypt on Today 12:30-2:30
 Private Ryan on Today 4:15-7:45
 Mighty Joe Young on Today
 My Favorite Marlin on Today
 October Sky on Today
 200 Cigarettes on Today
 Shakespeare in Love on Today
 Blast from the Past on Today
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Mr. Juan's College of Hair Design held their annual competition on Wednesday, February 17th. We would like to congratulate all of the participants—everyone did an excellent job!

Winning Contestants: (standing left to right) Fifth Place—Naomie Jones, Fourth Place—Tawnee Pearson, Third Place—Shiela Claxton, Second Place—Franca Roll, First Place—Jennifer Gebaur

Models for the winning contestants (seated left to right) are: Jessica Mitchell, Melissa Smith, Megan Crossland, Josie Nielson, and Aubrey Burtenshaw

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COMICS

Peanuts

By Charles M. Schulz



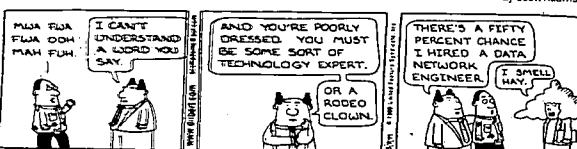
For Better or For Worse

By Lynn Johnston



Dilbert

By Scott Adams



Blonde

By Dean Young & Stan Drake



B.C.

By Johnny Hart



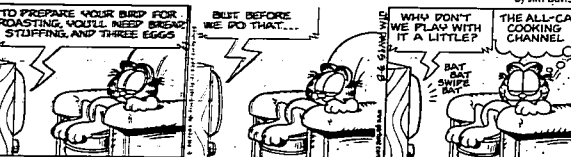
Pickles

By Brian Crane



Garfield

By Jim Davis

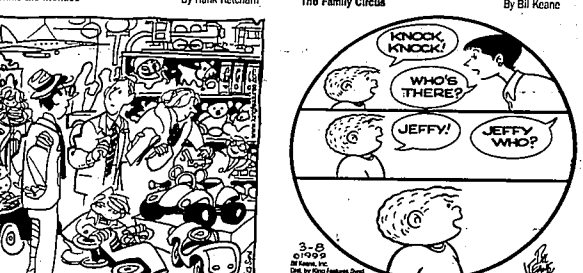


Dennis the Menace

By Hank Ketcham

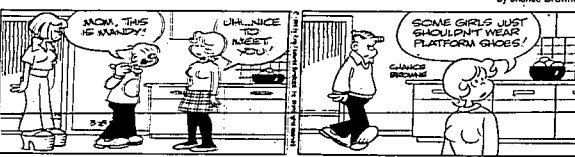
The Family Circus

By Bill Keane



Hi and Lois

By Chance Browne



The Wizard of Id

By Brant Parker & Johnny Hart



Liberty Meadows

By Frank Cho



Hagar the Horrible

By Chris Browne



Zits

By Jim Borgman and Jerry Scott



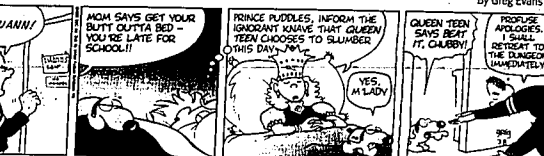
Beetle Bailey

By Mort Walker



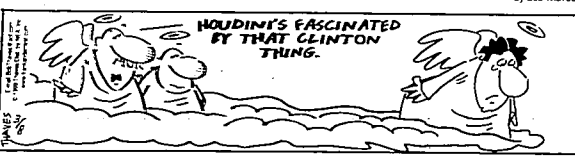
Luann

By Greg Evans



Frank and Ernest

By Bob Thaves



The Born Loser

By Art Sansom & Chip

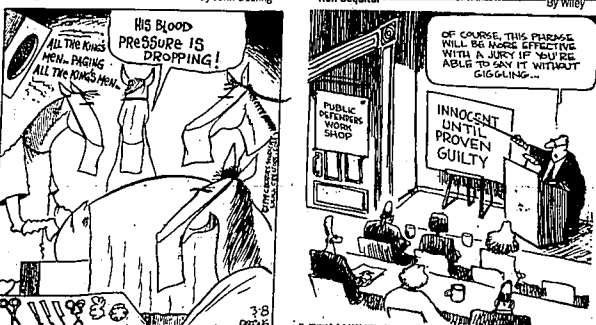


Strange Brew

By John Deering

Non Sequitur

By Wiley



HEALTH & FASHION

Don't ignore those spring allergies

The Washington Post

With spring — and the pollen season — just around the corner, nearly two dozen organizations are teaming up to remind consumers about the importance of early diagnosis and prompt treatment of allergies.

Allergies and asthma are increasing worldwide. To help counteract that trend, the American Immunology, Asthma & Allergy Society, along with 20 other organizations to help standardize diagnosis and treatment of allergies. Among the groups participating are the American Academy of Pediatrics, the American College of Occupational and Environmental Medicine, the National Institutes of Allergy and Infectious Diseases and the Centers for Disease Control and Prevention.

One concern of the task force is that many people with allergies self-treat with over-the-counter medications that fail to control their symptoms. Another worry is that primary-care physicians are not always familiar with the best way to treat various allergies. For this reason, many patients may suffer needlessly and may be at risk for allergic complications.

Housecleaning reduces blood-lead levels in children

CHICAGO (AP) — Keeping a home clean can significantly reduce the amount of toxic lead that children absorb into their blood, according to a study. Researchers followed 99 urban children with high levels of lead in their blood for nine to 15 months after dividing their families into two groups. In one group, the children's caretakers received education and free housecleaning to reduce lead levels in their homes; in the other, caretakers received education only.

The cleaning removed dust containing lead particles, presumably from peeling paint, which was found in most of the children's homes, the study in the March issue of Pediatrics said. In the homes cleaned, two workers visited an average of every eight to 13 days and vacuumed floors and carpets with a high-efficiency vacuum cleaner. They also wiped or mopped walls, horizontal surfaces and unpainted floors with a detergent.

Regular home cleaning, accompanied by maternal education, is a safe and partially effective intervention that should be recommended for the large majority of lead-exposed children for whom, unfortunately, removal to lead-safe housing is not an option. The researchers, led by Dr. George C. Rooks of the University of Medicine and Dentistry of New Jersey-Robert Wood Johnson Medical School and Rutgers, the State University, Piscataway, N.J.,

Pneumonia demands prompt care for kids

Los Angeles Times

Of all the diseases in the world, none threatens humanity's future more than the members more than the grab bag of bacterial infections known as pneumonia. True, heart disease is now the No. 1 killer of people worldwide, but pneumonia is the leading cause of death by bacteria. But pneumonia, because it kills so many of the world's babies and children, is the disease that rips the most lives from the developing world. And it continues to claim the other four main causes of death in that age group — diarrhea, measles, malaria and malnutrition — which together cause 70 percent of all childhood deaths worldwide.

This is the first time that a task force... has worked together to develop standardized treatment recommendations for some of our most prevalent, chronic disorders. Led by Gary S. Rachelefsky, immediate past president of AAAAI and chairman of the task force. The development of this consensus document has the potential to have an immediate and positive impact on millions of adults and children. One concern of the task force is that many people with allergies self-treat with over-the-counter medications that fail to control their symptoms. Another worry is that primary-care physicians are not always familiar with the best way to treat various allergies. For this reason, many patients may suffer needlessly and may be at risk for allergic complications.

The delay can be deadly. Children in poorer parts of the world also are more at risk from developing pneumonia to begin with, Tulloch says. They often live in crowded, unsanitary conditions where germs can flourish. And they are often malnourished, and thus their bodies are weaker and their immune systems are less able to fight off disease. This means upper respiratory infections that in well-fed children would rarely develop into pneumonia can spread to their lungs and kill them. In their position, from smoky wood-burning stoves used for cooking and heating the home, also contribute to the pneumonia deaths.

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View my listings online at www.magnivalley.com/realty or click Homeseller Burton at www.magnivalley.com Dennis Laib Lu Gluch Realty

***** Income Property ***** 514 INCOME PROPERTY *****

***** Real Estate ***** 602 UNFURNISHED HOUSES *****

***** Business ***** 515 COMMERCIAL PROPERTY *****

805 ROOMS FOR RENT
JEROME Holiday Motel
5110 Hwy 330 No. 401
W. Main Call 324-2361

KIMBERLY Office space avail. Approx. 750 sq. ft.
1740 State, Call 423-5911

TWIN FALLS - New office available. 1500 & 1800 sq. ft. units, great location.
Please call for details, 734-1968.

611 FARMS FOR RENT
BRET GROUND-S. Burley
180 acres, prime. Call 978-0831.

702 FARM/RANCH SUPPLIES/EQUIP
220 acres sugar beets for sale, \$910 per share.

703 CUSTOM
BALES UNLIMITED
Retraining pig or small hogs, call 208-336-4071

706 HAY, GRAIN FEED
BALED HAYLAGE - 1st cutting, \$30 delivered.

707 IRRIGATION
1/4 mile wheel lines, 2 for \$4000 and 1 for \$5500.

708 HAY FEEDER
HAY FEEDER #40 delivered, 1 ton bales.

TWIN FALLS MOTEL
\$100/wk. \$350/month.
240 2nd Ave. W. 733-8630

TWIN FALLS - Professionally office space various sizes from 200 sq ft to over 2000 sq ft.

TWIN FALLS - Newly remodeled office space in downtown area.

709 LIVESTOCK
ANGUS MILKS - purebred. Call Bill at 326-3575.

710 AGRICULTURE
Experience Horse Training & Shoeing. Stevie How at 638-2028

711 RENTALS
KIMBERLY - Shop/Warehouse, approx. 1600 sq. ft.

606 MOBILE HOMES
BUHL For sale or rent, 2 & 3 bdrm. Like new 14375.

TWIN FALLS - 2 bdrm. 1 bath. Spacious, very clean, new carpet.

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712 PASTURE WANTED
TWIN FALLS AREA. Need to rent pasture, needs water & good fence.

713 PASTURE WANTED
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714 PASTURE WANTED
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607 OFFICE & RETAIL SPACE
E-MAIL your classified ad to us at twinfo@mironet.net

608 COMMERCIAL RENTALS
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Let Heart 2 Heart help you find someone special... Look for Heart 2 Heart, an all new dating column, coming soon to The Times-News. Here's what today's singles have to say about the new system... Dear Sir, Thank you so much for providing the service to our community. I've met Mr. Right and we're getting ready to get married. I think we may have found our 1 without planning a year or more and in your column. Thank you and... Dear Sir, I have wonderful memories of the boys of my life. The past months and years have been wonderful times. The time is coming my way from the 2 days. I'm sure I'm going to be happy with you. Thanks for helping the boys of my life... To whom it may concern, With a surface of water, it makes a boat move smoothly forward, when it is not moving. In the same way, the boys of my life have been moving forward in my life. I'm sure I'm going to be happy with you. Thanks for helping the boys of my life... To whom it may concern, With a surface of water, it makes a boat move smoothly forward, when it is not moving. In the same way, the boys of my life have been moving forward in my life. I'm sure I'm going to be happy with you. Thanks for helping the boys of my life... To whom it may concern, With a surface of water, it makes a boat move smoothly forward, when it is not moving. In the same way, the boys of my life have been moving forward in my life. I'm sure I'm going to be happy with you. Thanks for helping the boys of my life...

