



## Mount Adams climbing permits considered

Sports, Page D1

## Spain abuzz about Blazers courting Sabonis

Sports, Page D1



## Life-lengthening exercise

To live long, exercise harder, scientists say

Region Nation World, Page C1



# The Columbian

SERVING CLARK COUNTY, WASH.

WEDNESDAY, APRIL 19, 1995

50 CENTS

For those who find spinach hard to swallow ...

## Veggie pills

**By ANGELA ALLEN**  
The Columbian

Vegetables are good for us. But we're not shoveling down enough. So why not pop a pill? Make it simple?

Vitamin companies are doing just that. Several are figuring how to pack a capsule with the best of the broccoli or the soul of the spinach.

But buyer beware, scientists and health experts say. The research is greener than an immature tomato. Veggie pills may be one more quick fix, dangling like a beta-carotene-rich carrot in front of health-hungry Americans.

Discovery: Health experts say real vegetables probably are better

"The information is very new," Wade Price of the American Institute of Cancer Research says. "It's up in the air."

The newest supplement, Phyto-Nutrients, takes its name from phytochemicals ("phyto" is Greek for plant).

Phytochemicals are substances that protect plants from the sunshine. In the past seven or eight years, research shows these nutrients may be helpful in preventing disease, particularly cancer.

However, says Carolyn Clifford, chief of the diet and cancer branch at the National Cancer Institute, "None of these studies has been done on people."

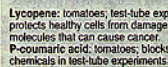
Nevertheless, Leiner Health Products, a \$350 million, billion-pill-a-month vitamin company out of Carson, Calif., has infused

## Phytochemicals: Cancer preventers?



Phytochemicals, which exist in many vegetables, have been shown in test-tube and animal tests to inhibit some forms of cancer. Vitamin companies are introducing "vegetable pills" containing these chemicals, but scientists stress there is no proof they will work in people. Some examples.

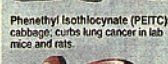
Sulforaphane: cauliflower, broccoli; inhibits breast cancer tumors in rats.



Lycopene: tomatoes; test-tube experiments show it protects healthy cells from damage by "free radical" molecules that can cause cancer.



Phenethyl isothiocyanate (PEITC): cabbage; curbs lung cancer in lab mice and rats.



Genistein: soybeans; cuts blood supply to small tumors in animals, preventing growth.



Luffen: spinach; similar results to lycopene.



Source: Leiner Health Products, University of Minnesota

AP/Wm. J. Castello, Steve Saloon

## Oklahoma bomb blast is deadly

Federal office building shattered in Oklahoma City; six children killed

OKLAHOMA CITY (AP) — An explosion believed caused by a bomb shattered a downtown federal office building today, blowing out a huge chunk of the nine-story structure and killing at least eight.

At least 200 people were injured. Mike Osburn, deputy chief of staff for Gov. Frank Keating, said the Oklahoma Civil Emergency Management Agency confirmed eight dead included six children.

The explosion at the Alfred Murrah Building, which occurred shortly after 9 a.m., could be felt 30 miles away. Black smoke streamed across the skyline, and glass, bricks and other debris were spread over a wide area.

More than 500 federal workers are assigned to the building, which

has a day-care center as well as a variety of federal offices.

An initial investigation indicated the explosion was caused by a large bomb, perhaps 1,000 to 1,200 pounds, located outside the building, perhaps in a car, said John Magaw, director of the federal Bureau Alcohol, Tobacco and Firearms.

"You can get that in a car," Magaw told CNN. "Clearly the explosion occurred outside the building in front of the building."

As to whether his agency suspects terrorists, Magaw told CNN: "I think any time you have this kind of

For more information about this story, call Info-Line, 699-6000, category 1771

Please see Blast, Page A6



Washougal resident Keith Wilbur stumbled upon this tombstone and several others as he was exploring the woods on the east side of Camas Cemetery.

TOM BOYD/The Columbian

## A COLUMBIAN SPECIAL REPORT

# GRAVE concerns

Discarded headstones, some intact and some resting in pieces, have been dumped over a cliff in Camas

By BRETT OPPEGAARD

The Columbian

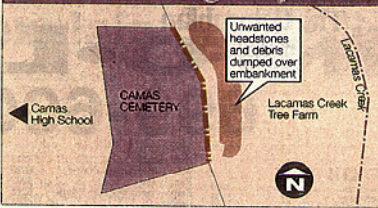
CAMAS — Instead of giving unwanted headstones a proper burial, Camas Cemetery caretakers have spent decades dumping intact markers and garbage off a nearby cliff.

The affronting debris tumbled to its resting place on city prop-

erty less than 100 feet from the manicured trail that runs parallel to Lacamas Creek.

"If somebody found their grandmother's stone (in the brush), they might find it offensive," said Bruce Fuerstenberg, owner of Vancouver Granite Works and provider of most of the local gravestones. "I find it disre-

## Tombstone graveyard



PHIET LUONG/The Columbian

spectful."

Camas Cemetery, established in 1885 and managed by the non-profit Camas Cemetery Association, is the final resting place for hundreds of the town's dead.

Keith Wilbur, a Washougal resident who last month stumbled upon the tangle of upturned head-

stones and trash at the bottom of the cliff, called it revolting when he notified The Columbian.

Even the chairwoman of the cemetery association found it appalling.

"I wouldn't be too happy if I saw my family down there," Arlene Matson, the chairwoman,

Please see Dumped, Page A7

## Initiative 164 wins passage

Referendum campaign mounted by opponents after property-rights initiative clears state Senate

OLYMPIA (AP) — Environmental and civic groups are setting up a referendum campaign to overturn property-rights Initiative 164, which has won surprise passage in the Legislature.

Tuesday's passage in the Senate on a 28-20 vote shook the fragile majority Senate Democratic Caucus and shocked environmental lobbyists, who had believed the Senate would let Initiative 164 go to voters in November rather than act on it. The House passed the measure weeks ago.

The measure requires state and local government to pay property owners for land value lost to regulation.

The Senate passage means the property rights initiative to the Legislature becomes law on July 22 unless foes gather enough signa-



Sen. Dan McDonald

"This initiative is about just compensation."



Sen. Margarita Prentice

"This initiative is about greed, buck-naked greed."

Legislature: Regulatory reforms headed for Lowry's desk

Page A2

tures by then to put the issue to voters in November. The governor has no power to veto initiatives.

Opponents said they hoped to

Please see 164, Page A5

## One-year expulsion for students who bring guns to school in state

OLYMPIA (AP) — Kids who take guns to school will be kicked out for a year, under a bill signed into law by Gov. Mike Lowry.

The bill signed Tuesday by Lowry requires schools to expel for one year any student who brings a firearm to school. However, the district superintendent may modify the expulsion on a case-by-case basis.

The law also allows school officials to set up alternative schooling for expelled pupils.

**Thursday's weather:**  
High.....55 Low.....36  
For more on local and national weather, see Page C10

**Tuesday's winning lottery numbers:**  
Washington Daily Game 5-7-6.  
Keno 2-3-8-11-13-15-17-20-23-28-32-47-50-51-56-60-64-66-68-69.  
Oregon Daily 4 3-8-0-3.

**TV highlights:**  
John Rhys-Davies and Karen Allen host "Indiana Jones and the Temple of the Forbidden Eye," a half-hour devoted to a new ride at Disneyland (8:30 p.m. on Channel 6).

**WHAT'S INSIDE...**

**More subway gas**  
Yokohama subway riders sickened by gas released today.  
REGION NATION WORLD C1

**Robbery chase**  
Police chase, shoot, arrest bank robber. LOCAL A3

**Power to the people**  
Camas hearing examines power line issue. LOCAL A3

**Spending questioned**  
Letter challenges Vancouver chamber's use of tourism money. MONEY D5

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# FROM PAGE A1

## Dumped...

From Page A1

said. "I didn't even know it had happened." Inquiries last week by the newspaper prompted quick city action.

Hustling city officials plan to send a work crew Thursday to clean up the mess. While the dumping is a criminal misdemeanor, charges for littering likely would not be filed, police said. Both departments have known about the site for years.

The dumping stopped within the past five years, but it will cost about \$1,400 for the projected two days of cleanup, said Rod Laddusaw, a Camas park supervisor.

Since the cemetery association can't afford it, the city will pick up the trash and the bill, he said.

"Who knows how many years that has piled up?" said Monte Brachmann, a spokesman for Camas Public Works.

### Indifference toward the dead

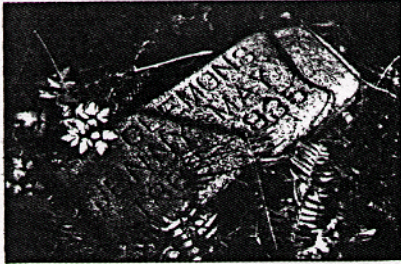
Exploring the woods with his metal detector last month, Keith Wilbur of Washougal wandered off the trail near the potholes on Lacamas Creek. A few feet up the bank he was confronted with a huge headstone lodged against a tree. He could read clearly the inscription: "William Hintz - Private 42nd Co. - World War I - Jan. 10, 1880 - May 16, 1958."

It didn't take him long to find another. Then another.

"They are all over the place," he said. He found more than 15, and dozens more likely will turn up during the city cleanup.

"I was disgusted," Wilbur added. "I didn't know if it was vandalism or the cemetery was making room for new residents."

It turned out to be neither. Dennis Finck, the cemetery's full-time caretaker, said tossing unwanted headstones off the cliff had been a common practice at Camas Cemetery, even encouraged



TONY BOYD/The Columbian

Headstones such as this lie at the bottom of a cliff bordering Camas Cemetery. Caretakers had used the site as a dump for unwanted markers and rubbish for decades but stopped about five years ago. Thursday, the city will begin cleaning up the mess.

by previous members of the association board.

If someone replaced a headstone, or if the stone ordered had a flaw in it, down it went, Finck said.

"The cemetery had been doing it for years," he said.

It was cheap and easy, but not exactly respectful, he acknowledged.

Sgt. Doug Slyter of the Camas police said he remembers headstones being there as long ago as the late 1900s. He said the dumping might be illegal, but he would have to investigate further.

Sgt. Paul Pearce said he had known about the site for more than 10 years and considered it a matter better left to someone else.

"Explain to me how this is a police issue," he said. "The Columbian's the only one making this an issue."

Finck said his predecessors had always used the area as a dumping ground. He stopped in 1990 when a patron asked him what he was going to do with an old tombstone.

"When I told him, he didn't think it was a good idea," Finck said. "I didn't think it was a good idea

either. So now I bust them up so you can't hardly read the names at all."

Finck said he has stopped throwing the headstones over the bank. Instead, he tosses over grass clippings, branches and other biodegradable items such as flowers and wreaths.

He said he uses the crushed headstones to fill in low spots on the cemetery's grounds.

"It hasn't happened in the past few years," said chairman Matson. "It certainly won't happen anymore."

The cemetery also has problems with vandals, Finck said. People desecrate the grounds almost monthly. They kick over markers and throw garbage cans over the edge.

It doesn't help that the area, until the early 1970s, was the Camas garbage dump and until the late 1970s was a depository for the bodies of dogs killed at the city pound.

Finck still catches people throwing junk off the cliff, he said.

### Fixing the problem

Properly disposing of unwanted tombstones is an issue most head-

stones companies face.

"Every now and then an intact marker pops up," said Fuerstenberg of Vancouver Granite Works. "I've heard of them surfacing in landfills before, but we try to make sure they don't get resurrected."

Bob McKechnie, manager of Park Hill Cemetery, said, "We don't think it's very cool when it happens (an intact headstone is found outside a cemetery)."

Both say the practice common today is to break markers up into sand, or at least so they are unreadable.

Fuerstenberg said it costs his company \$6 a truckload to get rid of headstones at a stone recycling plant in Portland.

"It hasn't happened in the past few years. It certainly won't happen anymore."

— Arlene Matson, cemetery association

"Nobody likes to see old stones lying around," he said.

That is especially true on city property, said Brachmann of Public Works.

Brachmann arranged for the site to be picked up by a work crew of Clark County offenders.

"It's a beautiful area back there," Laddusaw said. "It really

ought to be cleaned up."

Finck, a work crew of about 10 and Laddusaw will begin at 9 a.m. Thursday and work each following Thursday until the project is completed, Brachmann said.

"We aren't going to go after the cemetery," Brachmann said. "Our main goal is to get the stuff cleaned up."

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## Pills...

From Page A1

\$2.5 million into its vegetable tablets.

Leiner's supplements come in three "vegetables" - Broccoli, spinach and mixed vegetables, a phytochemical casserole of spinach, broccoli, tomato and carrot. A bottle of 75 tablets carries a suggested retail cost of \$9 to \$10.

Marketed under the Your Life label, Phyto-Nutrients are scheduled to arrive this month in such Northwest chains as Albertson's, Target and BiMart. Fred Meyer is deciding whether to stock the pills in its health and beauty departments; the chain's nutrition centers carry a similar pill by KAL.

spokesman Rob Boley says.

Safeway has not been courted by Leiner, public affairs director Bridget Flanagan says. But the megachain is interested. "We're going to take a look at it and see if it fits in."

Once stocked, who will buy them?

Gale Bensusen, Leiner president, says the product is for those who typically take nutritional supplements - the 25-to-55-year-old group, especially the older group who feels their diets are deficient in vegetables.

That's a lot of people.

The latest National Cancer Institute survey, done in 1991, showed 23 percent of Americans eat the minimum requirement for a healthful diet. The average was 3.4 servings, Dr. Jerianne Heimendinger of the institute, says.

Despite the vegetable-intake shortfall, neither the National Cancer Institute nor the American Institute for Cancer Research supports the pills.

"There's no evidence that a pill would be beneficial," Heimendinger says. "The evidence points to fruits and vegetables as being parts of the diet that have an impact (on good health). The important thing is to eat a variety of them. ... There are hundreds of components, most likely working together. People would do much better to consume a better diet."

Whether or not we take the hint, the West Coast appears to be a fruitful market for the vitamin business. "People from San Diego to Seattle will try more new things faster," Leiner's Bensusen says. "They take more vitamins."

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