



Story on Healthy & Fit 1

Morning snow

Healthy & Fit 10

CALIFORNIA DROUGHT WORRIES: State's drought may raise fruit and vegetable prices, MAIN 10

MONDAY

January 26, 2009

# TIMES-NEWS

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## County mulls restrictions on aircraft landing sites

By Nate Poppino  
Times-News writer

Pilots planning a stop in Twin Falls County may have to watch where they land in the future.

But just what restrictions they'll face are still a matter of debate, officials said this week.

An ordinance currently

working its way through the county would restrict what places planes, helicopters and dirigibles can use for landing areas.

As currently written and set for hearing in front of the board of county commissioners, the ordinance would largely ban aircraft from landing or taking off from anywhere besides public air-

ports across the county, including its agricultural zone. Exceptions would be made for emergency landings, and for special-use permits in the commercial, industrial and ag preservation zones. Existing landing areas would be grandfathered in.

It's a revision of existing county code section 8-9-14,

which limits aircraft in residential, commercial and industrial zones from taking off or landing anywhere but airports approved by the state or the Federal Aviation Administration. A separate section also bans aircraft from landing on any roads maintained by Twin Falls' four highway districts, except in emergencies.

Much of the proposal seems set to change. Earlier this month, the county Planning and Zoning Commission voted to recommend that the draft ordinance be sent back to a committee for revisions. The board of county commissioners will have the final say after a yet-to-be-scheduled public hearing.

The document started with the commissioners, Planning and Zoning Director Bill Crafton said. They decided that the county needed to address the issue after a developer seeking permission for a subdivision between Twin Falls and Filer sought to save 40 acres of it

See AIRCRAFT, Main 2

## Patches for parks

### Otter's budget would remove large slice from Parks and Rec

By Nate Poppino  
Times-News writer

Seekers of peace and quiet can't do better than Malad Gorge on a foggy weekend morning near Bliss.

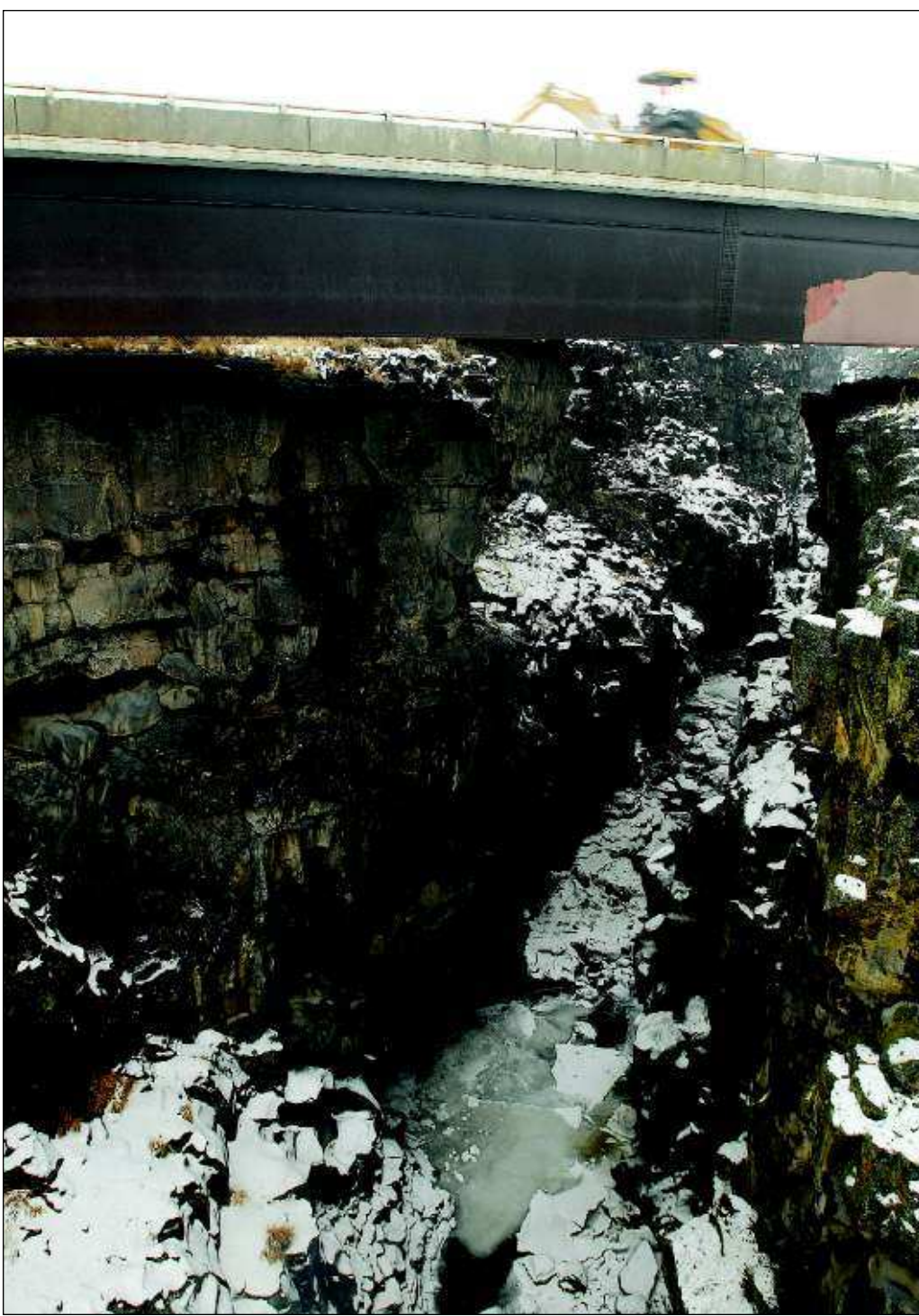
Fresh snow on Saturday blanketed the landmark, part of Thousand Springs State Park — though tire tracks and fresh footprints exposed the site's popularity of earlier that day.

Cliff Stockton of Hagerman had the gorge to himself as he walked his dog, Angel, before heading home. The pair does not visit the state park often, he said. But he seemed disappointed to hear of staffing shortages and probable maintenance problems headed the gorge's way.

"A place like this one, that will cause some problems," he noted.

A victim of the downturn in the state's economy, the Idaho Department of Parks and Recreation looks set to lose at least 37 percent of its full budget request for the year starting July 1. Gov. C.L. "Butch" Otter wants to trim its general-fund allotment by about \$9 million, nearly 56 percent less than what the Legislature appropriated one year prior and the largest-percentage cut on his list. And a requested increase in dedicated funds would shrink by \$14 million.

That would leave Thousand Springs and the department's 25 other parks facing reduced seasonal help, tweaked operating schedules and other issues



JUSTIN JACKSON/Times-News

Vehicles travel Interstate 84 above the Malad Gorge near Bliss as seen from a scenic viewpoint Saturday afternoon. The Idaho Department of Parks and Recreation looks set to lose at least 37 percent of its full budget request for the year starting July 1, which could cause staffing shortages and probable maintenance problems at the gorge and other state parks.

for at least the next year, said Jennifer Wernex, Parks and Recreation's communica-

tions manager. Reduced travel, revised restroom-cleaning times and new

"pack-it-in, pack-it-out" See PARKS, Main 2

## Summer fire ignites debate over practices

By John Sents  
Elko Daily Free Press

ELKO, Nev. — The last embers of the 2008 East Slide Rock Ridge Fire in Jarbidge have long since burned out, but a recent report from agency professionals has reignited discussion on the fire techniques and strategies used to fight it.

Conducted by a team of U.S. Forest Service, Bureau of Land Management and Nevada Division of Forestry professionals, the report was ordered by Harv Forsgren, regional forester for the U.S. Forest Service's Intermountain Region. It found several areas of concern in the way the fire was fought — and included criticism of the way a new strategy, dubbed Wildland Fire Use, was conducted with this fire. The strategy uses fire to burn out areas of dead and

decaying trees and vegetation.

Claims in the report included:

- A shortage of rangers and staff with Wildland Fire Use experience utilizing the practice
- The one ranger with training to administer the fire was handling three additional wildfires hundreds of miles away.
- Analysis of current and predicted fire weather, behavior and fuels indexes was lacking.
- Weather and fire potential predictions were not considered in the decision process to use the Wildland Fire Use strategy.
- The fire's management area was not defensible.

"Because of the lack of critical information, it is not clear from reviewing the

See FIRE, Main 2

## Study: Western forests dying at increasing rate

By Jeff Barnard  
Associated Press writer

GRANTS PASS, Ore. — Trees in old growth forests across the West are dying at a small, but increasing rate that scientists conclude is probably caused by longer and hotter summers from a changing climate.

While not noticeable to someone walking through the forests, the death rate is doubling every 17 to 29 years, according to a 52-year study published in the Friday edition of the journal Science. The trend was apparent in trees of all ages, species, and locations.

"If current trends continue, forests will become sparser

over time," said lead author Phillip J. van Mantgem of the U.S. Geological Survey's Western Ecological Research Center.

"Eventually this will lead to decreasing tree size," he said. "This is important because it indicates future forests might store less carbon than present."

Old growth forests, particularly those in the Northwest, store large amounts of carbon, making them a resource in combatting global warming, said Jerry Franklin, a professor of forest ecology at the University of Washington. But as trees die, they decompose and give off carbon

See FORESTS, Main 2

## China dams reveal flaws in climate-change weapon

By Joe McDonald and Charles J. Hanley  
Associated Press writers

XIAOXI, China — The hydroelectric dam, a low wall of concrete slicing across an old farming valley, is supposed to help a power company in distant Germany contribute to saving the climate — while putting lucrative "carbon credits" into the pockets of Chinese developers.

But in the end the new Xiaoxi dam may do nothing to lower global-warming emis-

sions as advertised. And many of the 7,500 people displaced by the project still seethe over losing their homes and farmland.

"Nobody asked if we wanted to move," said a 38-year-old man whose family lost a small brick house. "The government just posted a notice that said, 'Your home will be demolished.'"

The dam will shortchange German consumers, Chinese villagers and the climate itself, if critics are right. And Xiaoxi is not alone.

Similar stories are repeated

across China and elsewhere around the world, as hundreds of hydro projects line up for carbon credits, at a potential cost of billions to Europeans, Japanese and soon perhaps Americans, in a trading system a new U.S. government review concludes has "uncertain effects" on greenhouse-gas emissions.

One American expert is more blunt.

"The CDM" — the 4-year-old, U.N.-managed Clean Development Mechanism — "is an excessive subsidy that represents a massive waste of

developed world resources," says Stanford University's Michael Wara.

Forced relocations have become common in China as people in hundreds of communities are moved to clear land for factories and other projects, provoking anger and occasionally violent protests. But what happened here is unusual in highlighting not just the human costs, but also the awkward fit between China's authoritarian system, in which

See CHINA, Main 3



Workers labor at the Xiaoxi hydroelectric dam in Changsha, China, Dec. 27, 2008. The hydroelectric dam, a low wall of concrete slicing across an old farming valley, is supposed to help a power company in distant Germany contribute to saving the climate, while putting lucrative 'carbon credits' into the pockets of Chinese developers.

AP photo



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### Feeling out of touch?

Due to telephone issues, it may be difficult to direct-dial the Times-News. Until repairs are made, the best way to reach us is at 1-800-658-3883. The Times-News apologizes for this inconvenience.



# Fossil Days not going extinct any time soon

By Blair Koch  
Times-News correspondent

Facing fears Hagerman's Fossil Days could become a relic, community members are working to reinvigorate the Gooding County town's signature event.

The yearly festival began more than 20 years ago in celebration of the creation of the Hagerman Fossil Beds National Monument. The Memorial Day weekend event boasted a parade, community breakfast and tractor pull. Coltharp Park hosted thousands of visitors from across the Magic Valley to browse merchant and food booths and partake in a carnival and live entertainment.

The tradition is set to continue, thanks to the newly formed Hagerman Events

## Help out

The next Hagerman Events Committee meeting will be held at 10:30 a.m. Thursday at the Hagerman Fossil Beds Visitor Center, 221 N. State St., Hagerman. Information: Phyllis Ross, 837-6005.

Committee that is organizing Fossil Days. However, the city chamber of commerce will continue sponsoring the parade.

"We couldn't let Fossil Days go ... it's been a good thing for Hagerman," said committee Vice President Christine Davis. "This event is a way for the community to come out and be together, to get reacquainted. Fossil Days has been a beneficial thing for our community and it will continue."

The community that plays together, stays together, Davis said, and the committee is working to drum up participation from the school parent/teacher organization, Boy Scouts and the police and fire department, among others.

"By drawing so many people to Hagerman the event has given businesses a boost and nonprofit groups an opportunity to raise the funding they need to serve the community throughout the year," Davis said.

The committee has about 10 core members and wants to attract others.

Committee Board Member Doug Whickham owns Hagerman R.V. Village but isn't a chamber member and said this is the first year he has been involved in Fossil Days on this level.

He said the events committee is a way for all residents, regardless of if they own a business or are a chamber member, to volunteer for Fossil Days.

"I think there are a lot of people interested in getting involved with this one thing but they don't want the commitment of having to be a chamber member," Whickham said. "We want to integrate as many ideas from community members as we can into Fossil Days."

While much of Fossil Days will be similar to years past, the committee plans to capitalize on changing themes every year. This year, it's "Fossil Days Renaissance in the Park."

Many traditional aspects of the three-day event will continue but plans for this

year include a horse ride through the fossil beds and perhaps a renaissance play and reenactment in the park.

"Fossil Days has been such a part of Hagerman's recent history and a way to help

preserve its past," said Committee Secretary Phyllis Ross. "It should also be part of our future."

Blair Koch may be reached at 208-316-2607 or blairkoch@gmail.com.

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## China

Continued from Main 1

complaints of official abuse abound, and Western environmental ideals.

Those ideals produced the Clean Development Mechanism as a market-based tool under the Kyoto Protocol, the 1997 agreement to combat climate change. The CDM allows industrial nations, required by Kyoto to reduce emissions of gases blamed for global warming, to comply by paying developing nations to cut their emissions instead.

Companies thousands of miles away, such as Germany's coal-burning, carbon dioxide-spewing RWE electric utility, accomplish this by buying carbon credits the U.N. issues to clean-energy projects like Xiaoxi's. The proceeds are meant to make such projects more financially feasible.

As critics point out, however, if those projects were going to be built anyway, the climate doesn't gain, but loses.

Such projects "may allow covered entities" — such as RWE — "to increase their emissions without a corresponding reduction in a developing country," the U.S. Government Accountability Office (GAO) said in its December review.

The system's defenders call it essential for hard-pressed industrialized nations to meet their Kyoto quotas, and say the CDM's standards are being tightened.

"It's not as if we're printing money in a garage," Yvo de Boer, U.N. climate chief, said of the credits. "Lots of legitimate questions are being asked," he acknowledged to The Associated Press, but "that's why I'm happy we have a transparent process."

That transparency — online project documents and a U.N. database — allowed the AP to analyze in detail this exploding market, which attracts projects ranging from small solar-power efforts in Africa, to emissions controls on giant chemical plants in India and China.

The AP has found that hydroelectric projects, whose climate impact is most widely questioned, have quickly become the No. 1 technology in the CDM, and China in particular is rushing in to capitalize.

The Chinese now have at least 763 hydro projects in the CDM approval pipeline and are adding an average of 25 a month. By 2012, those projects alone are expected to generate more than 300 million "certified emission reductions," each supposedly representing reduction of one ton of carbon dioxide. Even at recent depressed market prices, those credits would be worth \$4 billion.

If the United States enters the Kyoto system, as proposed by President-elect Barack Obama, it would be the biggest player in a market expected to be worth hundreds of billions a year by 2030.

Here in central China's mist-shrouded Zishui River valley, evicted farmers worry not about carbon-market billions, but about the thou-

sands of Chinese yuan doled out to compensate them for lost homes and farmland.

Xiaoxi residents said that when they were evicted in 2005 to make way for the dam and its 4-square-mile reservoir, officials paid too little for condemned homes and forcibly removed owners who held out for more.

They said payments for losing their rights to state-owned land, where they grew beans and squash, were far below China's legally required minimum, which they said requires payment of the value of at least five years' harvests.

Residents spoke with the AP on condition their names not be used, to avoid trouble with authorities.

The dam's state-owned builder, Hunan Xinshao Xiaoxi Hydropower Development Co., defended its dealings with the people of Xiaoxi.

"The compensation standard we adopted was relatively high compared with similar projects and was in accord with government regulations," said Wang Yi, assistant to the company's general manager.

For their homes, people said they were paid government-set prices of \$4.60 to \$5.70 per square foot. But

such payments didn't go far, even in this remote town surrounded by small tin mines and steep, wooded hills.

"What I got certainly was not enough to buy a new place. We had to borrow more," said a man who stood holding his 1-year-old grandson in a street lined with new apartment buildings where some relocated families have moved.

He said officials refused to discuss compensation for thousands of yuan he had spent to fix up his family's house. "I refused their offer, but they forced us out and demolished it," he said.

The dam company says local surveys found overwhelming support for the project, with 97 percent of 212 respondents saying they were satisfied with their compensation. But people interviewed in Xiaoxi said they were not contacted for such surveys.

The CDM money has spawned an industry of consultants who help Chinese companies assemble bids for emissions credits, and of U.N.-certified "validators," firms that then attest that projects meet U.N. standards.

For Xiaoxi, the developer hired Germany's TUEV-

SUED as validator, and then commissioned it again later to confirm that the project complied with European Union and German government requirements on "stakeholder consultation" — that local people approve of the project beforehand.

The TUEV-SUED report acknowledged that "the concerned villagers and their leaders were not involved in the decision process." But it contended the guidelines' "essence" was fulfilled because those affected "have improved their living environment."

The German Emissions Trading Authority approved Xiaoxi credits early last year, but that government agency's Wolfgang Seidel now tells the AP it is investigating questions newly raised about Xiaoxi. Julia Scharlemann, spokeswoman for beneficiary utility RWE, said it also was "making our own inquiries" regarding Xiaoxi.

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# SPORTS



A REAL 'SHOOTOUT', MAIN 5

## Federer through to quarterfinals, Jankovic out

Switzerland's Roger Federer reacts after winning a point on his way to beating Tomas Berdych of the Czech Republic in a Men's singles match at the Australian Open Tennis Championship in Melbourne, Australia, Sunday.



AP photo

By John Pye  
Associated Press writer

MELBOURNE, Australia — Two sets down. A 6-foot-5 Tomas Berdych ripping forehand winners and powerful serves down at him, keeping him on the defensive.

Roger Federer's campaign to equal Pete Sampras' record 14 Grand Slam singles titles was in serious jeopardy in the fourth round Sunday at the Australian Open.

On the court where women's No. 1 Jelena Jankovic was knocked out in the day's opening match and No. 3 Dinara Safina had to save match points before advancing, Federer also appeared in trouble.

Not in his mind. "I wasn't thinking of losing, that's for sure," Federer said after reaching the quarterfinals with a 4-6, 6-7 (4), 6-4, 6-4, 6-2 win. "The finish line was still very far for Tomas. I knew that.

"He pushed me to the limit. You've got to hang in there, there's no other solution."

After breaking 23-year-old Berdych in the pivotal seventh game of the third set, when the Czech player missed three open volleys and blew five game points, Federer took the momentum.

"In the end it becomes very mental, and I know that this is where my biggest strengths always come into play," he said. "That's why I'm always going to favor myself in a fifth set."

Federer cut his unforced errors from 13 and 11 in the first two sets to four and three in the next two. He finished with 61 winners to 58 for Berdych.

It was only his fourth career comeback from two sets down and third in a major — the previous in 2001, more than two years before he won the first of his Grand Slam titles.

Best of all, he said, it gave him con-

fidence he could go all the way — if pushed.

"It's good to have five-setters to see where you're at," Federer said.

He next faces 20-year-old Juan Martin del Potro, seeded eighth from Argentina, who advanced 5-7, 6-4, 6-4, 6-2 over No. 19 Marin Cilic of Croatia.

Defending champion Novak Djokovic of Serbia jumped to a 5-0 lead, then was pushed the rest of the way in a 6-1, 7-6 (1), 6-7 (5), 6-2 victory over 2006 runner-up Marcos Baghdatis of Cyprus.

He'll next play American Andy Roddick, who ousted No. 21 Tommy Robredo 7-5, 6-1, 6-3.

The atmosphere for the Djokovic-Baghdatis match was more like a soccer match, with large contingents from Melbourne's Greek and Serbian communities loudly cheering between points until it finished at 2:26 a.m.

## Nene, Smith spark Nuggets' win over Jazz

By Arnie Stapleton  
Associated Press writer

DENVER — Nene tied his career high with 28 points and J.R. Smith quickly put to rest coach George Karl's concerns about rust after a five-day layoff, leading the Denver Nuggets past the Utah Jazz 117-97 Sunday night.

Smith scored 13 of his 22 points in the first quarter, setting the tone for Denver's rare rout of Utah, which fell 4½ games behind first-place Denver in the Northwest Division with its third straight loss and second in 24 hours.

The Jazz have been without star Carlos Boozer most of the season and he's not expected back from knee surgery for a couple more weeks. By that time, the Nuggets might have too big of a cushion for the Jazz to have much hope of defending their division title.

Nene, who made all 12 of his shots, took a seat with six minutes left and the Nuggets comfortably ahead by 22. His 28 points tied his career high set against Sacramento on April 4, 2007. His previous high this season was 27 against Oklahoma City on Jan. 2.

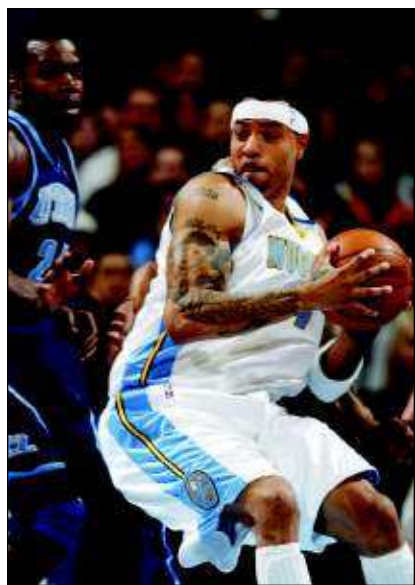
Chauncey Billups added 22 points and Linas Kleiza came up with 18 off the bench for the Nuggets, who had lost 10 of their previous 13 against Utah.

The Jazz, 1-10 in the second game of back-to-back sets this season, didn't get to Denver until just before noon Sunday because of issues with their charter jet that forced them to stay in Salt Lake City after a 102-97 loss to Cleveland on Saturday night.

The well-rested Nuggets quickly built a double-digit lead on the Jazz, thanks to Smith.

The only thing that cooled Smith was a bad foul call that forced him to the bench with 13 points, two fouls and 4:36 left in the first quarter. Smith was whistled for a foul on Paul Millsap even though he slapped the ball, not Millsap.

Smith, who dished out a half-dozen assists, returned in the second quarter and had 16 points at halftime as the Nuggets took a 60-51 lead into the locker room, an advantage they stretched to 20 points in the third quarter.



AP photo

Denver Nuggets forward Kenyon Martin, right, works the ball inside against Utah Jazz forward Paul Millsap in the first quarter in Denver on Sunday.

## Edge in Super Bowl?

By Alan Robinson  
Associated Press writer

TAMPA, Fla. — Yes, Arizona coach Ken Whisenhunt knows the Pittsburgh Steelers' offense like no one else from another team. He helped design it. He taught Ben Roethlisberger to run it. His system enabled the Steelers to win a Super Bowl three years ago.

Edge, Cardinals.

Then there's this angle: No one knows Ken Whisenhunt's offense like Dick LeBeau, the Steelers' defensive coordinator and Whisenhunt's good friend. Their Wednesday practice sessions together when Bill Cowher was coach were competitive, even if Whisenhunt's starters seldom went against LeBeau's regular defenders.

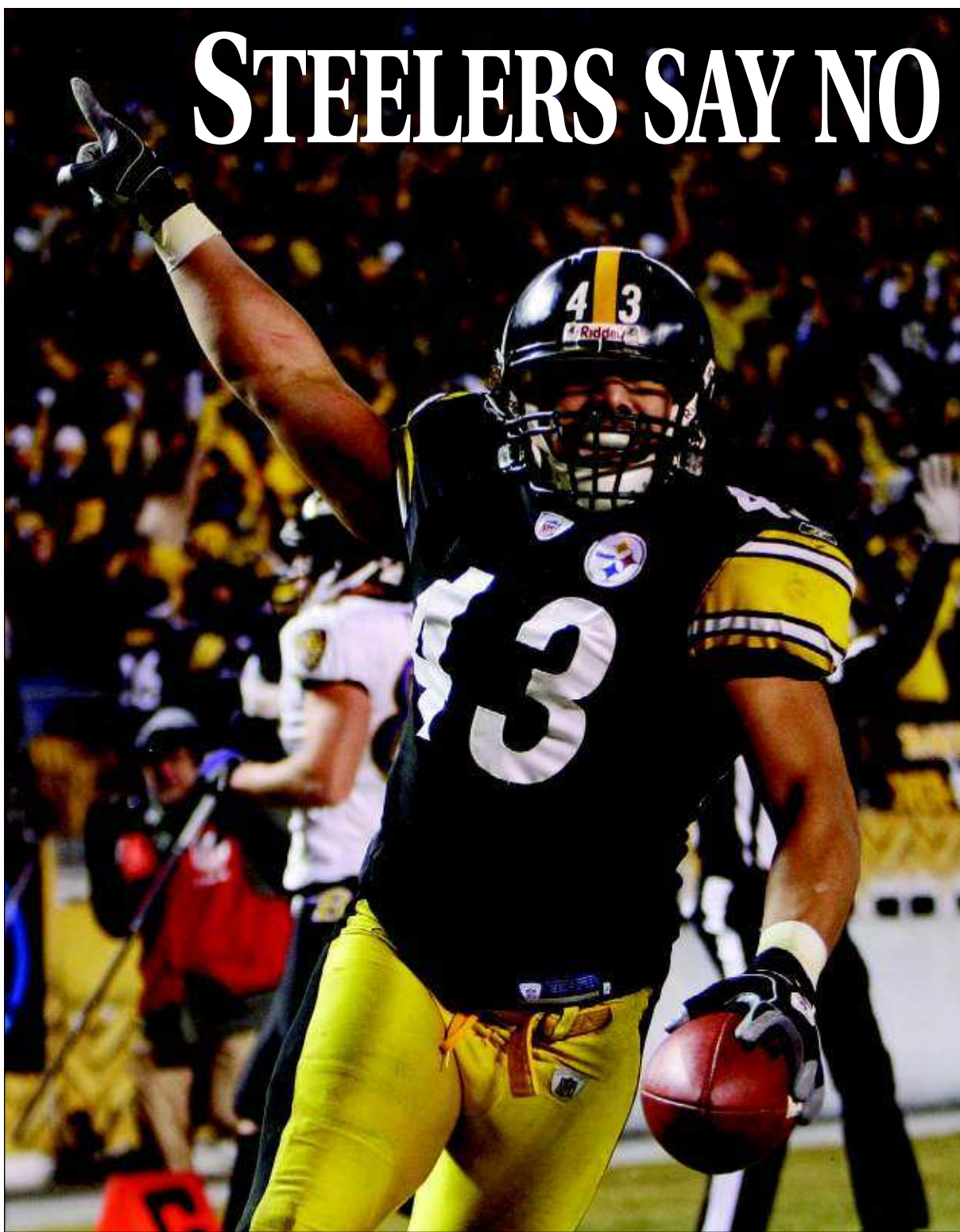
"Coach Cowher would keep track of that all the time, so whoever Bill was mad at that day, the other guy won," LeBeau said.

Edge, LeBeau. Sometimes.

All this who-knows-what intrigue creates an interesting story line for an unlikely Super Bowl matchup: The Steelers against the team they call Steelers West for all the transplanted former Pittsburgh coaches and players with Arizona. Among them is Whisenhunt's top assistant, Russ Grimm, the other finalist when Mike Tomlin was hired as Pittsburgh's coach two years ago.

"It is different, I won't lie, because they are my friends. You want your friends to be successful, and this is one game I would prefer that they not be," LeBeau said of Whisenhunt and Grimm. "Kenny and I were really close friends, we played golf together all the time. We were both on the

See **STEELERS**, Main 5



AP photo

Pittsburgh Steelers safety Troy Polamalu (43) celebrates his 40-yard interception return for a touchdown in the fourth quarter of against the Baltimore Ravens in Pittsburgh, Jan. 18.

## Perez shoots 69 to win Hope Classic

LA QUINTA, Calif. — Pat Perez won the Bob Hope Classic for his first PGA Tour title, taking advantage of Steve Stricker's collapse and holding off John Merrick by three strokes Sunday in the wind-swept final round.

Perez finished at 33-under 327. Merrick, who began the day eight shots behind Stricker but moved in front briefly on the back nine, shot a 67.

Stricker, 33 under at the start of play after rounds of 61 and 62, had a 77 to tie for third with Mike Weir (67) at 28 under. Stricker had a triple bogey on No. 7 and a quadruple bogey on No. 10, hitting into the water on both holes.

The 32-year-old Perez, playing in the final group, locked up the victory by knocking his approach shot from 200 yards on No. 18 to 3 feet to set up an eagle. Merrick, winless on the tour, already had finished his round with a par on 18.

Perez earned \$918,000, while Stricker made \$295,800.

### QUIROS WINS QATAR MASTERS

DOHA, Qatar — Spain's Alvaro Quiros won the Qatar Masters for his third European tour victory, making five birdies on the back nine for a 3-under 69 and a three-stroke victory over Louis Oosthuizen and Henrik Stenson.

The 26-year-old Quiros finished at 19-under 269 on the Doha Golf Club course. He will move into the top 30 in the world, wrapping up his first start in the Masters at Augusta National. Oosthuizen closed with a 71, and Stenson had a 68.

Sergio Garcia (70) tied for seventh at 11 under.

### MATTHEW TAKES HSBC LPGA BRAZIL CUP

RIO DE JANEIRO, Brazil —

See **GOLF**, Main 5



Pat Perez, right, acknowledges the gallery on the 18th fairway of the Palmer Private course at PGA West with Robert Garrigus during the Bob Hope Chrysler Classic PGA golf tournament in La Quinta, Calif., Sunday. Pat Perez won with a final 33-under-par.

AP photo

# Lakers breeze to 99-85 victory over Spurs

LOS ANGELES — After a month of playing short-handed, the Los Angeles Lakers are back to full strength. If Sunday is an accurate indication, that means trouble for every other NBA team.

Kobe Bryant scored 22 points before sitting out the fourth quarter, Pau Gasol added 16 points, five rebounds and four assists, and the Lakers beat the San Antonio Spurs 99-85 in a matchup of the Western Conference's best teams that turned out to be a mismatch.

The win was the fourth straight and 14th in 17 games for the Lakers (35-8), whose .814 winning percentage is the best in the NBA although the defending champion Boston Celtics (37-9) lead them by a half-game in the overall standings by virtue of their 124-100 victory over Dallas earlier Sunday.

Backup point guard Jordan Farmar returned after missing 18 games because of an injured left knee, and scored 14 points. Luke Walton played in his third game after missing nine with an injured foot, and Lamar Odom (knee) and Sasha Vujacic (back spasms) were also sidelined for brief periods.

"We missed him a lot. He makes our second unit go, he's the motor," Bryant said of Farmar, who shot 5-of-7 including 2-of-3 from 3-point range. "Now that he's back, everybody falls into their natural positions and we are back clicking on all cylinders."

Reserve Trevor Ariza scored 17 points to match his season high and Andrew Bynum had 15 points and 11 rebounds for the Lakers. Gasol was the only Los Angeles

starter to play in the final period.

## SUNS 104, HAWKS 99

ATLANTA — Amare Stoudemire scored 23 points, and Shaquille O'Neal had 19 points and 11 rebounds to help Phoenix snap a three-game losing streak.

Steve Nash, who finished with 14 points and 13 assists, used a give-and-go with Stoudemire to make it 102-99 with 26.2 seconds remaining.

The Hawks had won three straight, but made just one field goal, a short jumper by Solomon Jones, after Jones gave Atlanta its last lead, 95-94, at the 6:06 mark.

O'Neal hit two free throws to put Phoenix ahead 96-95 for the game's 19th and final lead change.

## RAPTORS 113, KINGS 97

TORONTO — Chris Bosh scored 31 points, Andrea Bargnani added 24 and the Toronto Raptors beat Sacramento, handing the Kings their fifth straight loss.

Jose Calderon had 16 points and eight assists as Toronto won its second straight following a season-high seven-game losing streak. Jermaine O'Neal added 11 points and 10 rebounds and Anthony Parker scored 11 points for the Raptors.

John Salmons scored 21 points for the Kings, who are 0-18 against Eastern Conference opponents this season and have not beaten an East team since a 106-100 home win over Toronto.

## ROCKETS 108, PISTONS 105

AUBURN HILLS, Mich. — Ron

Artest scored three of his 24 points at the line in the final 14 seconds, helping the Houston Rockets hold off the Detroit Pistons.

Artest and Tracy McGrady returned to the lineup for the Rockets, who were without Yao Ming because of a knee injury.

Luis Scolahad 21 points while starting for Yao, and McGrady scored 15. Shane Battier and Rafer Alston both added 14, and Von Wafer scored 10 points.

## TIMBERWOLVES 109, BULLS 108, OT

MINNEAPOLIS — Al Jefferson scored a season-high 39 points to lead Minnesota to a 109-108 overtime victory over the Chicago Bulls on Sunday, the Timberwolves' ninth win in 11 games.

With the win, the Timberwolves sent Chicago to its fifth straight loss and improved to 9-2 in January, surpassing San Antonio for the league's best record in 2009.

## PACERS 98, BOBCATS 93

INDIANAPOLIS — Danny Granger had 27 points to lead the Indiana Pacers to a 98-93 victory over the Charlotte Bobcats on Sunday night.

T.J. Ford and Mike Dunleavy each scored 13, and Troy Murphy added 11 points and 14 rebounds for the Pacers (17-27), who won a season-high fifth consecutive home game.

Raja Bell and Boris Diaw had 18 points apiece, and Emeka Okafor finished with 14 points and eight rebounds for Charlotte (18-26). The Bobcats had won five of six.



AP photo

Los Angeles Lakers' Andrew Bynum dunks against the San Antonio Spurs during the second half Sunday, in Los Angeles. The Lakers won 99-85.

## CELTICS 124, MAVERICKS 100

BOSTON — Ray Allen scored 20 of his 23 points in the first half when the Celtics opened a 27-point lead, and Eddie House added seven 3-pointers to help Boston beat the Dallas Mavericks and give the defending NBA champions their eighth straight victory. House scored 23 — making 7-

of-11 from 3-point range — Kevin Garnett scored 23, and Rajon Rondo had 13 points and 14 assists for Boston. After a 2-7 slump that was the worst of the new Big Three era, the Celtics have won eight in a row by an average of 16 points, and six straight in double digits.

—The Associated Press

## NHL ALLSTAR GAME

# Kovalev scores 2 goals, another in SO to lift East

By Ira Podell  
Associated Press writer

MONTREAL — The NHL All-Star game was settled in the newest of ways in hockey's oldest city.

Alex Ovechkin sealed the Eastern Conference's 12-11 victory Sunday night with a goal in the third round of the shootout. It capped off the busiest of nights for the NHL's reigning MVP, who also had a goal and two assists.

The biggest cheer of the night went to hometown hero Alex Kovalev, the Canadiens star who earned MVP honors with a pair of breakaway goals and then another in the shootout against Vancouver goalie Roberto Luongo.

For the first time since shootouts were implemented by the NHL to eliminate ties after the 2004-05 lockout, an All-Star game was decided by penalty shots. It also was used in 2003 to settle the West's 6-5 win over the East.

It was all set up by a wild third period and overtime. The teams were tied 8-8 after 40 minutes, and the East grabbed two leads in the final regulation frame, but couldn't get the winner past Luongo, who is from Montreal.

The only power play went to the West, and

it took until overtime to get it. Canadiens defenseman Mike Komisarek went off for hooking 2:22 into the extra session, and — with the home fans chanting "Defense! Defense!" — Boston goalie Tim Thomas held off the West and earned his second straight one-goal, All-Star win.

Thomas was a late injury replacement last year, costing his family a trip to New York. He earned a return to the midseason classic during the initial roster selection by helping to backstop Boston to the best first-half record in the East.

He stopped Phoenix's Shane Doan and Columbus' Rick Nash in a perfect shootout performance.

The West led 1-0 just 1:16 into the game, but didn't get back on top until Doan made it 9-8 just 32 seconds into the third period. Dany Heatley, who scored four goals in the only other All-Star game decided by shootout, got the East even at 9 at 2:17.

Jonathan Toews restored the West's edge 15 seconds later and stood in line to have the winner until Martin St. Louis tied it again for the East with 6:41 remaining. Toews' fellow 20-year-old Chicago teammate, Patrick Kane, pushed the West on top for the final time 2 minutes later, and Florida defenseman Jay Bouwmeester forced overtime when he made it 11-11 with 3:39 left.

# Steelers

Continued from Main 4

same skill level, so we could never be on the same team."

They won't be on Sunday, either, as the man still known as Whis in the Steelers' locker room opposes one of football's resident defensive wizards in LeBeau. The Steelers were No. 1 in the league in fewest yards, points and passing yards allowed and, at least statistically, they have one of the NFL's top defenses in the last quarter-century.

So where's the advantage? Tomlin doesn't see one.

"Ken Whisenhunt is not going to play a snap and Dick LeBeau is not going to play a snap," Tomlin said. "It's going to be execution. As coaches, we've got to put guys in great positions, situationally, to take advantage of their skills. But that's not going to be the story of this football game. Quite frankly, football evolves. Teams evolve. Schemes evolve."

Coordinators evolve, too.

The zone blitzes LeBeau calls aren't necessarily the same as they were when Whisenhunt was on the staff, just as the pass plays the Cardinals call for Larry Fitzgerald aren't the ones Whisenhunt called in Pittsburgh.

"I think it's a wash because anything Kenny knows about me, I know about him," LeBeau said. "I would think it would come down to how our players play. ... I am not matching wits with anyone."

Advantage, no one.

# Golf

Continued from Main 4

Catriona Matthew, the 39-year-old Scot expecting her second child in May, won the HSBC LPGA Brazil Cup exhibition event, shooting her second straight 3-under 69 for a five-stroke victory over Kristy McPherson.

Matthew earned \$100,000 in the 15-player, two-day competition at Itanhanga Golf Club. McPherson finished with a 72. Brazil's Angela Park (75) was third

at 3 over.

## LANGER WINS SEASON OPENING MITSUBISHI

KAUPULEHU-KONA, Hawaii — Bernhard Langer won the Champions Tour's season-opening Mitsubishi Electric Championship on Sunday, closing with a 4-under 68 for a one-stroke victory over Andy Bean.

Langer, the 2008 player and rookie of the year, had an 18-under 198 total to get his sophomore campaign off to a strong start and

earn his fifth title on the 50-and-over circuit.

Bean, who had his second straight 66, surged into contention with four birdies in the first 10 holes but parred the final four. His 10-foot birdie try on 18 lipped out.

But the 51-year-old German wasn't flinching.

From 144 yards in the first cut of rough, Langer stuck an iron to 20 feet and two-putted to seal the victory.

—The Associated Press

# No. 4 Pittsburgh holds off West Virginia

MORGANTOWN, W.Va. — Pittsburgh coach Jamie Dixon wasn't going to let Sam Young fall victim to foul trouble again at West Virginia.

Young went to the bench with his third foul shortly after halftime, then returned to score 16 of his 22 points in the second half and lead No. 4 Pittsburgh to a 79-67 win over the Mountaineers on Sunday.

"I told him, 'You're going right back in, so be ready to go and don't let it affect you, and you'll get to play this second half the way you want to play,'" Dixon said.

Pittsburgh (18-1, 6-1 Big East) beat West Virginia for the fifth time in six meetings. The Panthers earned their second double-digit win since falling at Louisville a week ago.

## NO. 9 LOUISVILLE 67, NO. 8 SYRACUSE 57

SYRACUSE, N.Y. — Earl Clark scored five of his 16 points in the final two minutes and No. 9 Louisville held off No. 8 Syracuse 67-57 on Sunday.

After Eric Devendorf gave Syracuse a 55-54 lead with 2:55 left, Clark hit a 3-pointer from right wing to put the Cardinals ahead to stay as the Orange misfired repeatedly in the closing minutes. Syracuse, averaging 80.4 points a game, had only two field goals in the last seven minutes in being held to a season-low in points.

## NO. 10 CLEMSON 73, GEORGIA TECH 59.

CLEMSON, S.C. — Terrence Oglesby hit five 3-pointers and scored 18 points, Trevor Booker had 11 points and 11 rebounds and No. 10 Clemson broke a two-game losing streak with a 73-59 victory over Georgia Tech on Sunday night.

## SETON HALL 65, NO. 12 GEORGETOWN 60

NEWARK, N.J. — Jeremy Hazell scored 23 points, including the clinching free throws with 8.1 seconds left that helped Seton Hall get its first Big East win of the season.

The Pirates (10-9, 1-6) won by holding the Hoyas (12-6, 3-4) to their worst shooting game of the season and despite not hitting a 3-pointer in a game for the first time in more than 17 years. Seton Hall had lost six straight and eight of nine and four of the losses were to ranked teams.



AP photo

Pittsburgh forward Sam Young, left, is fouled by West Virginia forward Devin Ebanks during the second half in Morgantown, W.Va. Pittsburgh won 79-67.

## NO. 21 MINNESOTA 67, INDIANA 63

BLOOMINGTON, Ind. — Damian Johnson had 18 points and six rebounds, and Ralph Sampson III finished with 13 points to help the Golden Gophers snap a two-game skid.

The Gophers (17-3, 5-3 Big Ten) won for the first time in Bloomington since February 2004.

## NO. 24 FLORIDA 94, VANDERBILT 69

NASHVILLE, Tenn. — Chandler Parsons hit seven 3-pointers, including his first five, and finished with a career-high 27 points to lead the Gators.

Florida (17-3, 4-1 SEC) won for the 11th time in 12 games and bounced back from a loss to South Carolina by hitting a season-best 15 3-pointers. Erving Walker also scored a career-high 17 points for Florida. Nick Calathes added 15 and Hodge had 10.

—The Associated Press

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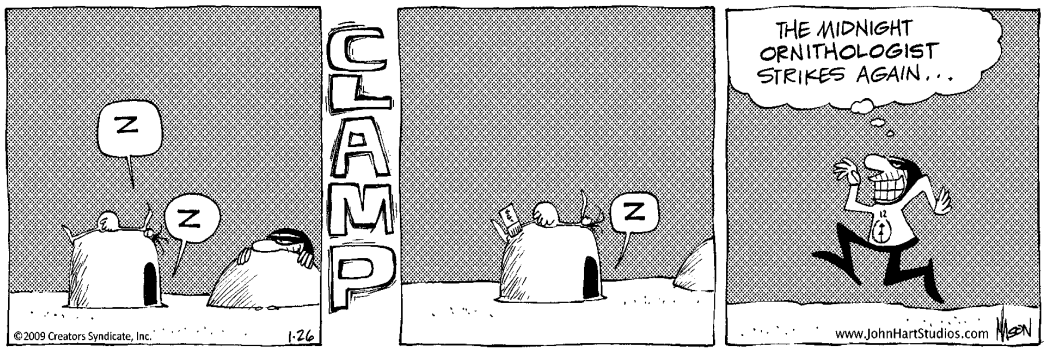
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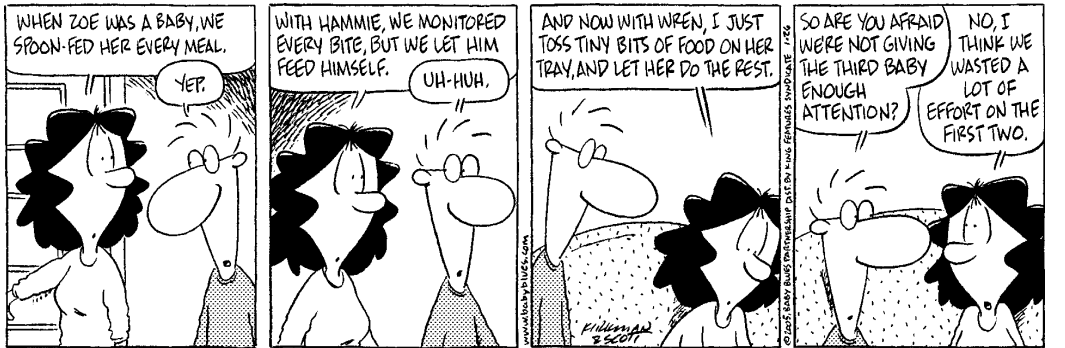
B.C.

By Johnny Hart



Baby Blues

By Rick Kirkman & Jerry Scott



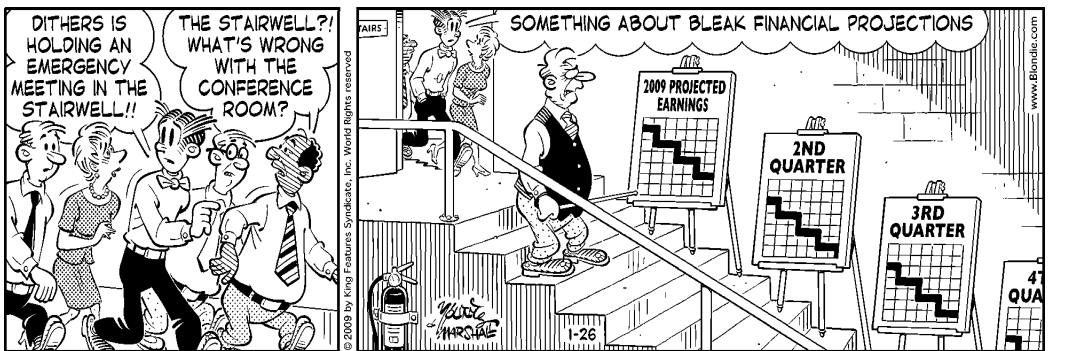
Beetle Bailey

By Mort Walker



Blondie

By Dean Young & Stan Drake



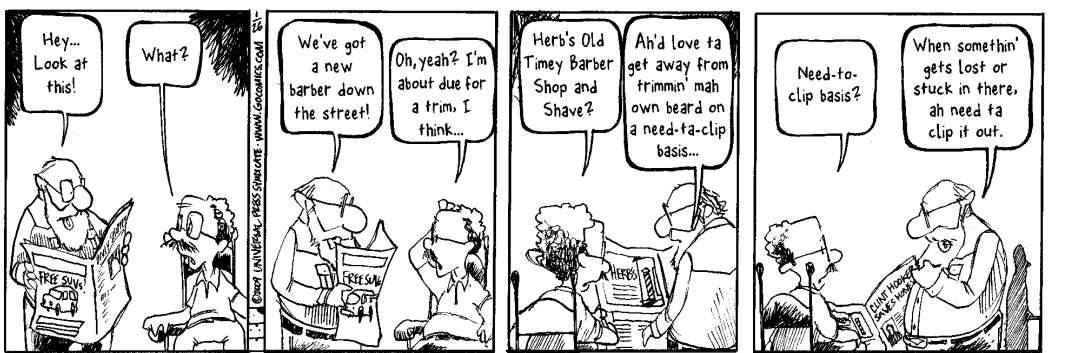
Dilbert

By Scott Adams



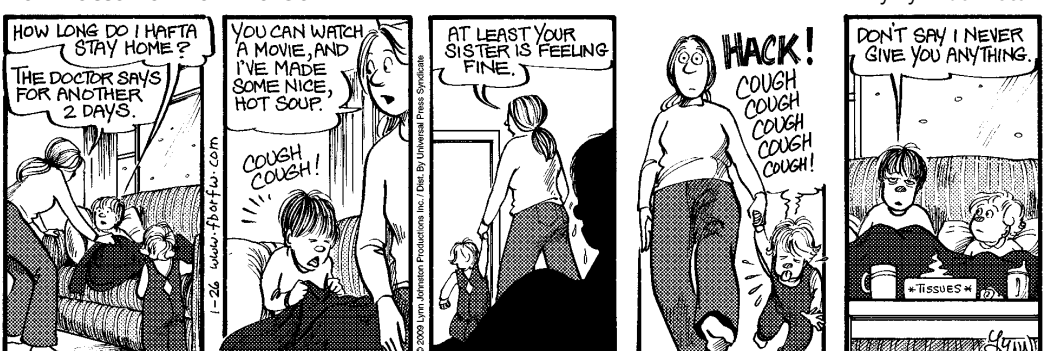
The Elderberries

By Phil Frank and Joe Troise



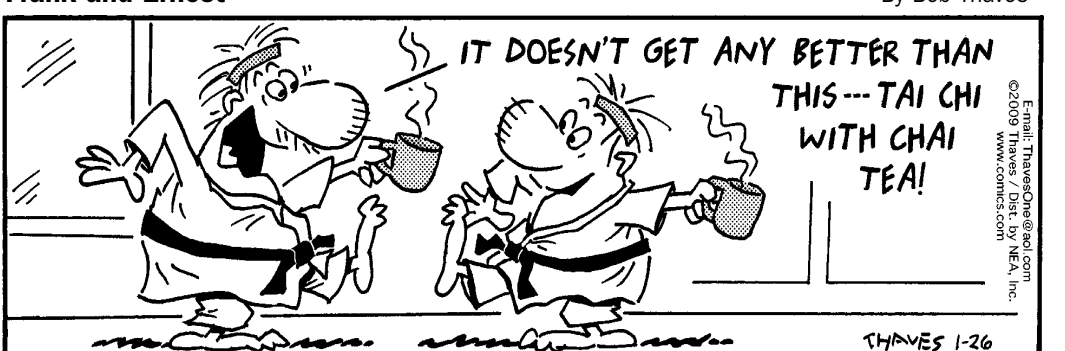
For Better or For Worse

By Lynn Johnston



Frank and Ernest

By Bob Thaves



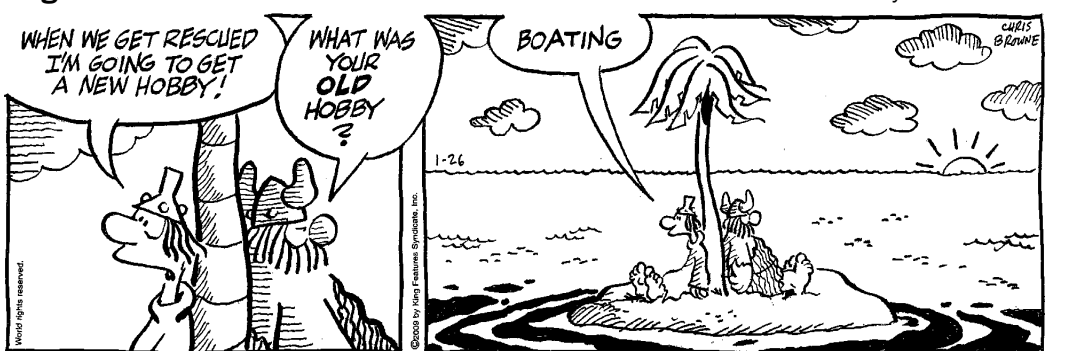
Garfield

By Jim Davis



Hagar the Horrible

By Chris Browne



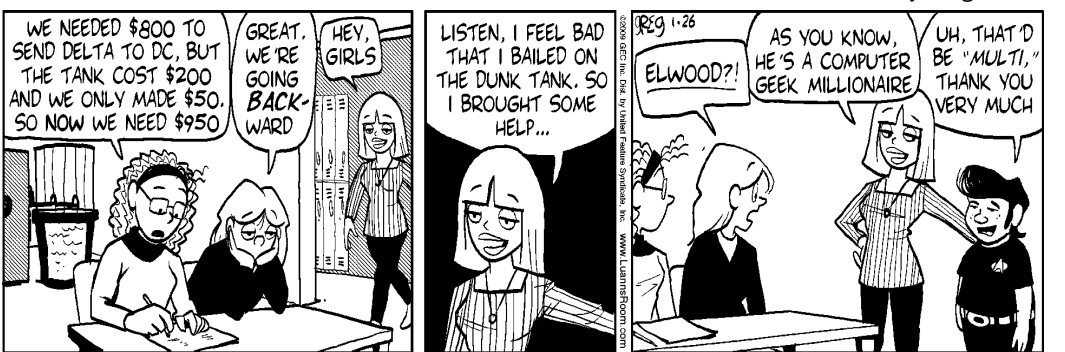
Hi and Lois

By Chance Browne



Luann

By Greg Evans



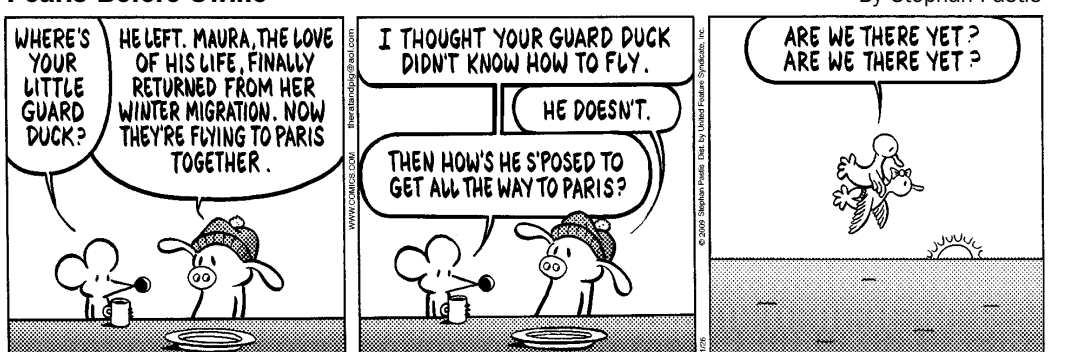
Classic Peanuts

By Charles M. Schulz



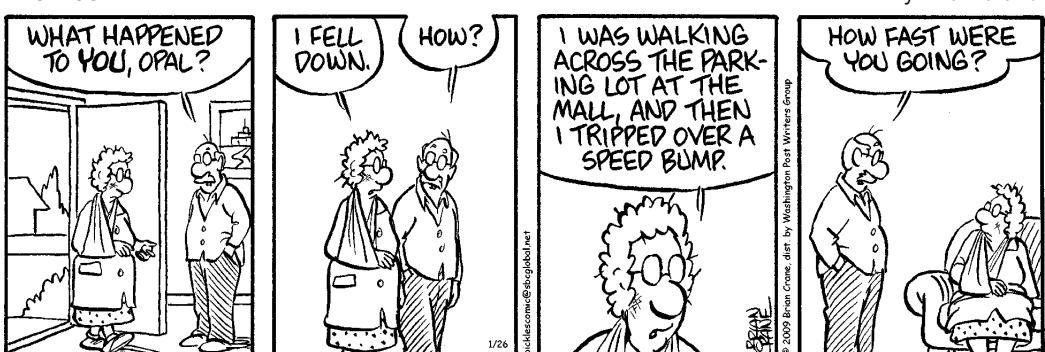
Pearls Before Swine

By Stephan Pastis



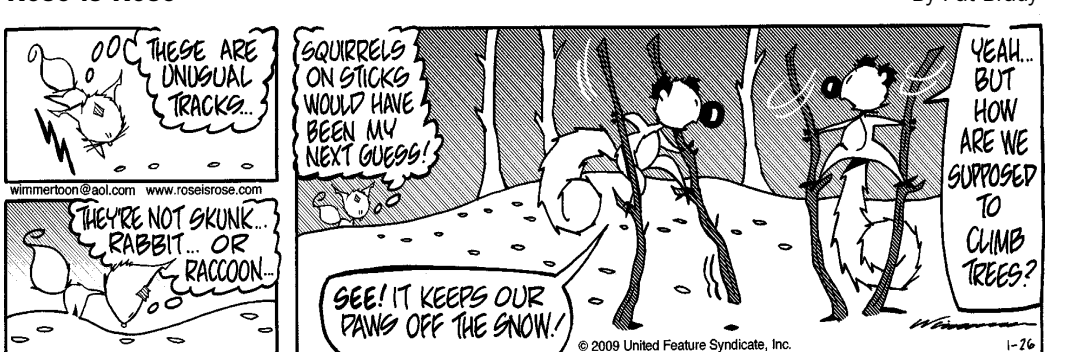
Pickles

By Brian Crane



Rose is Rose

By Pat Brady



Non Sequitur

By Wiley



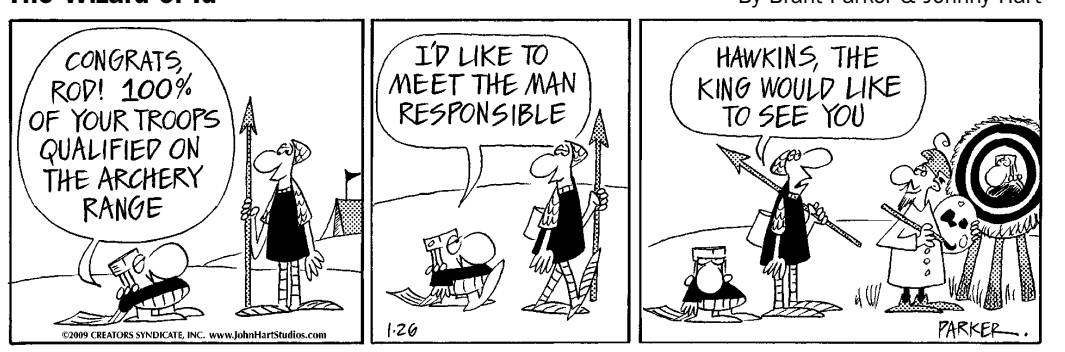
Dennis the Menace

By Hank Ketcham



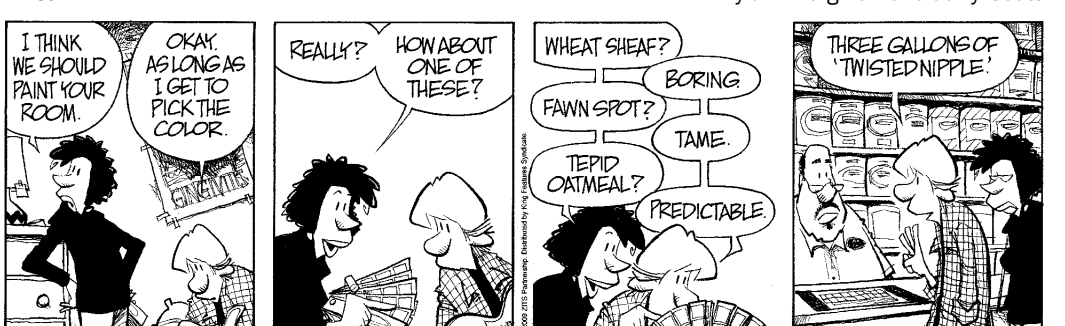
The Wizard of Id

By Brant Parker & Johnny Hart



Zits

By Jim Borgman and Jerry Scott



# OPINION

## QUOTABLE

"The heart and soul of this has been a struggle of me against the system."

— Illinois Gov. Rod Blagojevich days before the start of an impeachment trial that could lead to his removal

### EDITORIAL

## Time's running out for recalcitrant tax commissioners

In August we printed a commentary by the chairman of Idaho Senate Local Government and Taxation Committee, who defended the embattled State Tax Commission against charges by its own auditors.

The auditors had said the commission was cutting sweetheart deals with large, out-of-state corporations.

"As well-meaning as the disgruntled auditors may be, they have a very restrictive view of the commissioners' role, failing to recognize that the commissioners are not advocates for the auditor's position," wrote Sen. Brent Hill, R-Rexburg. "The commissioners' duty is to provide fair, unbiased evaluations of those cases appealed to them and determine reasonable and equitable solutions."

Last week, Hill was in a less understanding mood.

"We've got to do something about this. It's been five months," Hill told Tax Commission Chairman Royce Chigbrow at a hearing before the senator's committee. "I really want to make it clear that on behalf of the people, we're holding your feet to the fire on this."

Last year, Gov. C.L. "Butch" Otter ordered the commission to submit an annual report, starting this month, on secret tax deals. The order followed a whistleblower's allegation that the commission was excusing millions in taxes for large corporations. No report has been sent.

Chigbrow seems astonishingly unapologetic, saying "The Idaho Tax Commission and their appeal process works, and I'm very pleased to announce that, despite our little differences of opinion last summer."

Chigbrow and his three colleagues on the commission are either tone deaf or have been living in a cave. There's broad support in the Legislature for greater transparency in the commission's "compromise and close" agreements.

Chigbrow said the tax commission has improved its procedures, but Hill said he'd like to see that in writing.

"I guess one of the points I want to make is this isn't going to go away."

Sen. Elliot Werk, D-Boise, added that he'd like to know the dollar difference between what taxpayers owed before the settlements and what they paid after them. But Chigbrow said that could be misleading.

"If people don't supply information, then it's the worst-case scenario when the auditor writes up his report," he told the senators. "It's a very unrealistic figure."

But how else would the taxpayers — or Chigbrow, for that matter — know they're getting such a great deal?

There's a remarkably simple solution to this impasse since Chigbrow and his colleagues serve at the pleasure of the governor: Either they comply with Otter's instructions and cooperate with Hill's committee, or they're free to practice accountancy in the private sector once again.

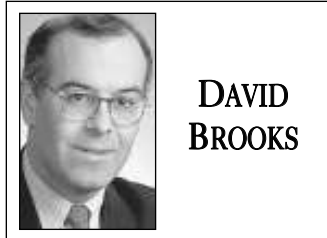
### Our view:

Members of the Idaho State Tax Commission have now compounded short-sightedness with arrogance.

What do you think? We welcome viewpoints from our readers on this and other issues.

## Obama's big idea: A Grand Bargain

In 1962, Daniel Bell published a book called "The End of Ideology." The title struck a nerve because it reflected the view, common at the time, that the United States was about to leave behind the brutal, ideological politics that had characterized the 1930s and the early Cold War. The 1960s, it was believed, would be a decade of cool pragmatism. Keynesian models would be used to scientifically regulate the economy. Important decisions would be made empirically.



DAVID BROOKS

Instead, we got what Francis Fukuyama later called The Great Disruption. The information economy began to disrupt the industrial economy. The feminist revolution disrupted gender and family relations. The civil rights revolution disrupted social arrangements. The Vietnam War discredited the establishment.

These disruptions were generally necessary and good, but the transition was painful. People lost faith in old social norms, but new ones had not yet emerged. The result was disorder. Divorce rates skyrocketed. Crime rates exploded. Faith in institutions collapsed. Social trust cratered.

As community bonds dissolved, individual autonomy asserted itself. Liberals championed the moral liberation of individuals. Conservatives championed their economic liberation. The combined result was a loss of community and social cohesion, and what Christopher Lasch called a culture of narcissism.

Instead of ending ideology, the Great Disruption produced ideological politics. The weakening of social norms led to fierce battles as groups vied to create new



ones. Personal became political. Groups fought over basic patterns of morality.

Republicans tended to win elections because liberals were associated with disorder and conservatives with attempts to restore it. Yet both sides were infected with the same pulverizing style. Politics wasn't just about allocating resources. It was a contest over values, lifestyles and the status of your tribe. This venomous style dominated politics straight through the two baby boomer presidencies — of Clinton and Bush.

But societies do mend themselves, slowly and organically. In 2002, Rick Warren wrote a phenomenally popular book called "The Purpose Driven Life." The first sentence was, "It's not about you." That was a sign that the age of expressive individualism was coming to an end. New community patterns and social norms were coalescing.

Crime rates had begun to fall, along with teen pregnancy rates and a rash of other social indicators. Young people flocked to perform community service. Couples created families that sought to harvest the gains of feminism while preserving the best of traditionalism.

In the cultural realm, the Great Disruption came to an end. New social norms and patterns settled into place. Barack Obama exemplifies the social repair. The product of a scattered family, he has created a highly traditional one, headed by two professionally accomplished adults. To an almost eerie extent, he exemplifies discipline, equipoise and self-control.

Obama's challenge will be to translate the social repair that has occurred over the past decade into political and governing repair.

Part of that will be done with his governing style. Obama aims to realize the end-of-ideology politics that Daniel Bell and others glimpsed in the early 1960s. He sees himself as a pragmatist, an empiricist. Politics is not personal with him. He does not turn political disagreements into a status contest between one kind of person and another. He is convinced that most Americans practice their politics between the 40-yard lines.

Part will be accomplished with his aggressive outreach efforts. Already he has cooperated with Republicans. He has rejected the counsel of the old liberal warriors who want retribution

and insularity. But the real test will come in the realm of policy. The next few months will be occupied with the stimulus package. And anybody who is not terrified by the prospect of spending \$800 billion hastily has not spent enough time studying the difference between economic textbooks and the way government actually operates.

But after that, folks in the Obama camp hope to create a Grand Bargain. That would mean building on a culture of cohesion and tackling the issues that require joint sacrifice — like reducing deficits, fixing Medicare and Social Security and reforming health care. These problems were insoluble during the era of division and distrust. In the climactic season of his presidency, the winter of 2010, Obama would seek to fundamentally restore balance to American government.

If he can do that, the Great Disruption would truly be over. The next chapter in American history would begin on firmer ground.

David Brooks is a columnist for The New York Times. Write to him at [dbrooks@nytimes.com](mailto:dbrooks@nytimes.com).

## LETTERS TO THE EDITOR

### Immigrants looking for work should be allowed to stay

I have read an article in the newspaper that made me happy.

In the Jan. 15 paper, the article on immigration really said it all. The whole immigration thing is a delicate situation, but there are ways to improve it other than sending them back.

These people want to work, and it can help the economy. Everyone seems to think that they are trying to take over the country; they just want to work, what is wrong with that? These men and women are harder workers than most people I know, and they don't have a problem with doing the hard work either.

Now there are some who come into the country to sell drugs and all that bad stuff; these are the ones that need to be sent back with a note bobby pinned to their collar that says that they have not been playing nicely with others and breaking the rules.

The others that want to work should have the opportunity to come in and have to

### Tell us what you think

**ON PAPER:** The Times-News welcomes letters from readers on subjects of public interest. Please limit letters to 300 words. Include your signature, mailing address and phone number. Writers who sign letters with false names will be permanently barred from publication. Letters may be brought to our Twin Falls office; mailed to P.O. Box 548, Twin Falls, ID 83303; faxed to (208) 734-5538; or e-mailed to [letters@magicvalley.com](mailto:letters@magicvalley.com).

go through a probationary period to monitor them to see if they are going to work, and after that period if they have proven themselves, then they should be given papers of approval.

The problems we face right now in this country are simple, but we make them so complicated, and it is wearing me out and the rest of the country.

THAYNE GALLEGOS  
Heyburn

### Editorial criticized legislators too harshly

Let me comment on the Sunday (Jan. 4) editorial in the Times-News assailing our state government.

I have lived in Idaho more than 60 years, and we enjoy reasonably good prosperity

with jobs and adequate schools, law enforcement, fire protections, freedom of worship and opportunities to pursue outdoor activities or whatever may make us happy.

The Times-News came down a little hard and criticized a little too harshly our state legislators. Idaho isn't in debt billions of dollars, hasn't been the victim of poorly designed levees allowing disastrous floods or been the victim of collapsing bridges killing innocent motorists. Nor have we been the target of frightful things that have happened in other states that are best left unmentioned.

I see some forward thinking in preparing all departments to become leaner as tough times approach. Slow

down and steer around the potholes and smile, realizing your tax dollars are a little overwhelmed by circumstances, but by backing off the cruise control a little, you are contributing to the cause of energy conservation.

As for the duplication at state level of education department leadership, I must admit you are right on with this unnecessary situation. Let's correct it.

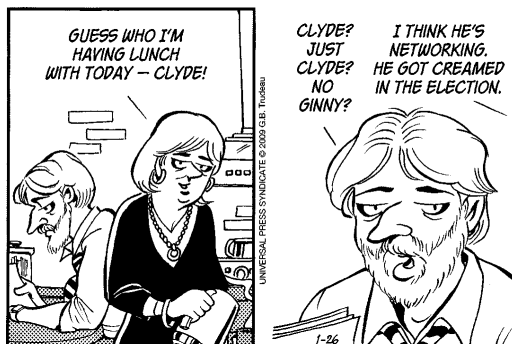
Maybe a few words about the new Times-News are appropriate since we are confronting what is considered half-hearted.

Steve Crump will never be a Patrick McManus. Hiding Dear Abby within the classified will never force me to read the ads. The Outdoor section needs to move off the obsession with the South Hills. Riders ripping along trails on cycles and four-wheelers does little to quicken the pulse of avid outdoorsmen a little more accustomed to activities more worldly than our extended backyard.

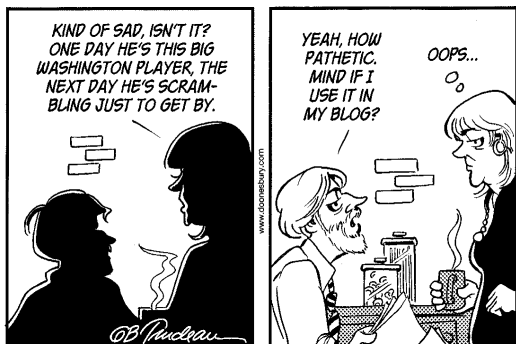
PAUL L. BROWN  
Burley

## THE LIGHTER SIDE OF POLITICS

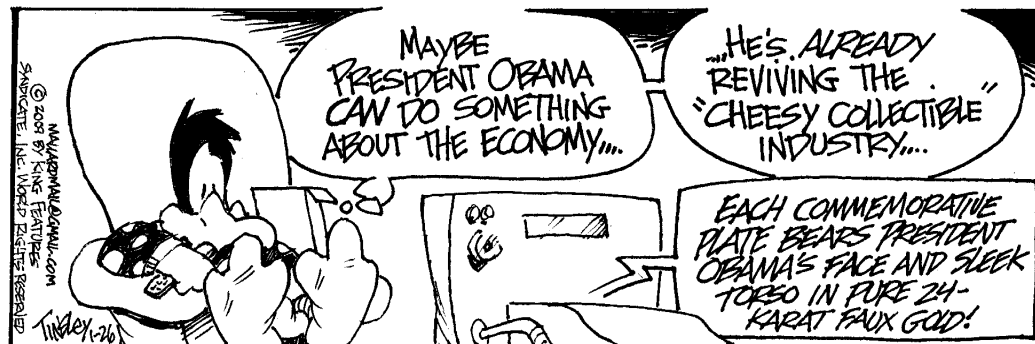
### Doonesbury



### Mallard Fillmore



### Mallard Fillmore





# Study adds to evidence of vaccine safety

By Carla K. Johnson  
Associated Press writer

CHICAGO — A new study from Italy adds to a mountain of evidence that a mercury-based preservative once used in many vaccines doesn't hurt children, offering more reassurance to parents.

In the early 1990s, thousands of healthy Italian babies in a study of whooping cough vaccines got two different amounts of the preservative thimerosal (pronounced thih-MEHR'-uh-saw) from all their routine shots.

Ten years later, 1,403 of those children took a battery of brain function tests. Researchers found small differences in only two of 24 measurements and those "might be attributable to chance," they wrote in the February issue of the journal Pediatrics, which was released Monday.

Only one case of autism was found, and that was in the group that got the lower level of thimerosal.

Autism is a complex disorder featuring repetitive behaviors and poor social interaction and communication skills. Scientists generally believe genetics plays a role in causing the disorder; a theory that thimerosal is to blame has been repeatedly discounted in scientific studies.

"Put together with the evidence of all the other studies, this tells us there is no reason to worry about the effect of thimerosal in vaccines," said the new study's lead author, Dr. Alberto Tozzi of Bambino Gesù Hospital in Rome.

The debate over thimerosal and autism has been much stronger in the United States than in Italy, Tozzi said. But the researchers recognized a chance to examine the issue by going back to the children who had taken part in the 1990s whooping cough research.

Randomization sets the new study apart. The random assignment of children rules out the chance that factors other than thimerosal, such as education or poverty, caused the results.

Thimerosal, used in some vaccines to prevent the growth of bacteria and fungus, hasn't been in U.S. childhood vaccines since 2001, except for certain flu shots. Italy and other European nations began removing it in 1999. U.S. health officials recommended the removal of thimerosal as a precaution and to reduce the overall exposure of children to mercury.

Safety regulations still require multi-dose vials of vaccines to contain some type of preservative to prevent the spread of infection from contaminated vials.

# Agents charged with favoring drug cartel

By Mark Stevenson  
Associated Press writer

MEXICO CITY — President Felipe Calderon's war on drug trafficking has led to his own doorstep, with the arrest of a dozen high-ranking officials with alleged ties to Mexico's most powerful drug gang, the Sinaloa Cartel.

The U.S. praises Calderon for rooting out corruption at the top. But critics say the arrests reveal nothing more than a timeworn government tactic of protecting one cartel and cracking down on others.

Operation Clean House comes just as the U.S. is giving Mexico its first installment of \$400 million in equipment and technology to fight drugs. Most will go to a beefed-up federal police agency run by the same people whose top aides have been arrested as alleged Sinaloa spies.

"If there is anything worse than a corrupt and ill-equipped cop, it is a corrupt and well-equipped cop," said criminal justice expert Jorge Chabat, who studies the drug trade.

U.S. drug enforcement agents say they have no qualms about sending support to Mexico.

"We've been working with the Mexican government for decades at the DEA," said Garrison Courtney, spokesman for the Drug Enforcement Administration. "Obviously, we ensure that the individuals we work with are vetted."

Agents who conduct raids have long suspected Mexican government ties to Sinaloa, and rival drug gangs have advertised the alleged connection in banners hung from freeways. While raids against the rival Gulf cartel have netted suspects, those against Sinaloa almost always came up empty — or worse, said Agent Oscar Granados Salero of the Federal Investigative Agency, Mexico's equivalent of the FBI.

"Whenever we were trying to serve arrest warrants, they were already waiting for us, and a lot of colleagues lost their lives that way," Salero said.

The U.S. government estimates that the cartels smuggle \$15 billion to \$20



AP file photo

Mexican federal police officers escort Alfredo Beltran Leyva, known as 'El Mochomo,' upon his arrival at Mexico City's airport on In this Jan. 21, 2008. Beltran was allegedly in charge of transporting drugs, bribing officials and laundering money for the Sinaloa drug cartel, led by Mexico's most-wanted alleged drug lord Joaquin Guzman.

billion in drug money across the border each year.

Over the last five months, officials from the Mexican Attorney General's office, the federal police and even Mexico's representatives to Interpol have been detained on suspicion of acting as spies for Sinaloa or its one-time ally, the Beltran Leyva gang. An officer who served in Calderon's presidential guard was detained in December on suspicion of spying for Beltran Leyva.

Gerardo Garay, formerly the acting federal police chief, is accused of protecting the Beltran Leyva brothers and stealing money from a mansion during an October drug raid. Former drug czar Noe Ramirez, who was supposed to serve as point man in Calderon's anti-drug fight, is accused of taking \$450,000 from Sinaloa.

Most of such tips are coming from a Mexican federal agent who infiltrated the U.S. embassy for the Beltran Leyva drug cartel. No such infiltrators have been found for the Gulf cartel, which controls most drug shipments in eastern Mexico and Central America. Sinaloa controls Pacific and western routes.

The DEA's Courtney agrees that there has been a greater crackdown on the Gulf Cartel

law enforcement.

That's what worries Granados Salero and other agents. So many of Garcia Luna's associates are under suspicion of Sinaloa ties that many wonder how he could not have known.

Calderon has publicly backed Garcia Luna, calling him "a man of great capacity."

"Obviously, if there was any doubt about his honesty, or any evidence that would call into question his honesty, he would certainly no longer be the secretary of public safety," the president said recently.

But some see the alleged Sinaloa ties with Garcia Luna's lieutenants as an old tactic used widely under the Institutional Revolutionary Party, or PRI, which ruled Mexico for 71 years with a tight fist. Officials in the past preferred to deal with one strong cartel rather than many warring gangs — what Calderon faces now. More than 5,300 people died in drug-related slayings in 2008.

"I fear that Secretary Garcia Luna ... is working on the idea that once one cartel consolidates itself as the winner, that is, Sinaloa, the violence is going to drop," said organized crime expert Edgardo Buscaglia, who tracks federal police arrests and has studied law enforcement agencies' written reports.

# Italy's premier criticized over rape comments

ROME (AP) — Premier Silvio Berlusconi sparked outrage Sunday for suggesting that Italy's women were so beautiful they needed military escorts to avoid being raped.

Berlusconi made the comments in response to questions about his proposal to deploy 300,000 soldiers in the streets to fight crime. A series of violent attacks, including a rape in Rome on New Year's Eve and another outside the capital this week, have put pressure on the government to crack down on crime.

But Berlusconi said that, even in a militarized state, crimes like rape can happen. "You can't consider deploying a force that would be suf-

ficient to prevent the risk," the ANSA and Apcom news agencies quoted him as saying. "We would have to have so many soldiers because our women are so beautiful."

Opposition lawmakers denounced the comments.

Giovanna Melandri of the opposition Democratic Party said Berlusconi's comments were "profoundly offensive," saying the pain of rape could never be joked about in such a way.

Berlusconi, in an effort to explain himself, said he was complimenting Italian women "because there are only about 100,000 people in law enforcement, while there are millions of beautiful women."

# Fourteen year old charged with impersonating Chicago police

CHICAGO (AP) — Police say a 14-year-old boy has been charged with impersonating a police officer after he dressed in a regulation uniform and reported for duty at a Chicago police station.

Police spokeswoman Monique Bond says the Chicago teen was charged Sunday after he entered a station in the city's South Side and claimed to be a police officer.

Bond says a sergeant later questioned the boy and discovered he wasn't an officer. She says the boy is a member of a program for youth interested in police work.

She also says the boy was not armed and was never behind the wheel of a police car.

Police are not identifying the boy because he is a juvenile.

The department's internal affairs division

is investigating.

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# There's money in trash, but cities finding less of it

By Jennifer Oldham  
Los Angeles Times

There's an upside to the economy being down in the dumps: Less trash.

For a commentary on California's economic health, visit its landfills, where disposal rates are hitting record lows.

Over the last six months, operators at Southern California's Puente Hills Landfill, among the United States' largest, have noted a 30 percent decrease in tonnage from neighboring municipalities. The dump used to close at noon because it would reach its daily tonnage limit; now it stays open all day without hitting that mark.

San Francisco is disposing of less in landfills than it has in 30 years. In San Diego, dis-

posal rates at the Miramar Landfill are on track to hit the lowest total in 15 years.

"There always have been three givens in life: death, taxes and garbage," said Evan Edgar, a civil engineer and a regulatory advocate for the California Refuse Recycling Council. "Since the 1970s, that's been a mantra in our industry. But what this recession has shown is that we will have death and taxes, but garbage is no longer recession-proof."

The reduction in trash has been a blessing for many California municipalities because they had begun seeing steep declines in revenue from their recycling programs when commodity prices tanked in the fall. Now, they are able to offset some of those losses by paying less in landfill fees, called

tipping fees.

However, the trend has had the opposite effect in San Diego, where the Miramar Landfill is owned by the city. Officials there are grappling with whether to cut services or raise fees to make up in part for tipping fee losses.

Haulers ferried 66,000 tons of trash to the landfill in December, a 12 percent decline from the same period a year ago. Construction and demolition waste plunged 80 percent, from 36,000 tons in December 2007 to 7,000 tons last month.

Los Angeles collected 6 percent less trash in the last three months, saving its Bureau of Sanitation \$405,728 in tipping fees over what it paid for a similar period in 2007. This savings more than made up for a \$254,000 drop in recycling

revenue, said Enrique Zaldivar, the bureau's director.

And that raises another consequence of the downturn: its effect on recycling. The slumping economy has driven down commodity prices for plastic, glass and especially paper in ways that have discouraged conservation advocates and dented city programs that depend on revenue from recycling.

For example, officials at Puente Hills Landfill have begun to trim costs. The Los Angeles County Sanitation Districts, operator of the dump, recently reduced the days that contract workers sort recyclables at one of its material recovery centers from five days a week to one, said Habib Kharrat, supervising engineer in solid waste operations.

## Nellie Ann Qualls

ROCK SPRINGS, Wyo. — Nellie Ann Qualls, 90, of Rock Springs, Wyo., died Friday, Jan. 23, 2009, at her daughter's home in Rock Springs after a lengthy illness.

She was born Sept. 13, 1913 in Compton, Ark., the daughter of Riley Frost Petree and Dovie Ann Sims Petree. She married Herbert Hugh Qualls on Feb. 11, 1940, in Bellefonte, Ark. He preceded her in death on Feb. 15, 2000.

Nellie attended elementary school and School of Ozark High School in Compton, Ark. She also attended Twin Falls Business College. She had been employed as postmaster at Compton, 1940 to 1943, and then moved to Jerome, Idaho in 1946. There she worked for Idaho Department Stores for several years, then for Idaho Power Co. for 30 years in

both Jerome and Wendell, Idaho offices.

She was a member of the Church of Christ. Her interests were her family, gardening and oil painting.

Survivors include her daughter Connie Sue Kennison and husband Allen of Rock Springs; one sister, Ardath Morgan of Jerome, Idaho; two grandchildren, Kristina Sandoval of Tucson, Ariz., and Karoline Fiorentini of San Diego; three great-grandchildren, Rachel and Mara Fiorentini, and Rheagan Sandoval; several cousins, three nieces and five nephews. She was preceded in death by her parents, Riley and Dovie Petree, three sisters, Bellva Plumlee, Lorena McGhee, and Rachel Flowers, and husband Herbert H. Qualls.

Funeral services will be held at 10 a.m. Wednesday, Jan. 28, at Hove-Robertson Funeral Chapel in Jerome. Interment will take place in the Jerome Cemetery, Jerome, Idaho.



# California's drought may raise fruit, veggie prices

MENDOTA, Calif. (AP) — Consumers may pay more for spring lettuce and summer melons in grocery stores across the country now that California farmers have started abandoning their fields in response to a crippling drought.

California's sweeping Central Valley grows most of the country's fruits and vegetables in normal years, but this winter thousands of acres are turning to dust as the state hurtles into the worst drought in nearly two decades.

Federal officials' recent announcement that the water supply they pump through the nation's largest farm state would drop further was enough to move John "Dusty" Giacone to forego growing vegetables so he can save his share to drip-irrigate 1,000 acres of almond trees.

"Taking water from a farmer is like taking a pipe from a plumber," said Giacone, a fourth-generation farmer in the tiny community of Mendota. "How do you conduct business?"

The giants of California agribusiness are the biggest economic engine in the valley, which produces every cantaloupe on store shelves in summer months, and the bulk of the nation's lettuce crop each spring and fall.

This year, officials in Fresno County predict farmers will only grow about 6,000 acres of lettuce, roughly half the acreage devoted to greens in 2005.

That alone could cause a slight bump in consumer prices, unless lettuce companies can make up for the shortage by growing in areas with an abundant water sup-



Almond farmer Dusty Giacone points to a water well and pump that he installed last summer to aid in delivering water to his trees Friday, Jan. 23, in Mendota, Calif. Some of the nation's largest farms plan to cut back on planting crops this spring over concerns that the drought plaguing California will cause federal water supplies to dry up.

ply, or the cost of cooling, packaging and shipping the crop suddenly goes down, experts say.

"Lettuce comes off the field and goes straight into the market, and if there's nothing coming off the field then the marketing chain goes dry, and prices go up," said Gary Lucier, an agricultural economist with the U.S. Department of Agriculture's Economic Research Service.

While the dry weather has exacerbated the problem, farmers' water woes are not all drought-related.

Supplies for crops and cities also have been restricted by several court decisions cutting back allocations that flow

through a freshwater estuary called the Sacramento-San Joaquin Delta, the main conduit that sends water to nearly two-thirds of Californians. Environmental groups and federal scientists say the delta's massive pumps are one of the factors pushing a native fish to the brink of extinction.

Last year, federal water deliveries were just 40 percent of the normal allocations, following hundreds of thousands of acres and causing nearly \$309 million in crop losses statewide. That prompted Gov. Arnold Schwarzenegger to issue a disaster declaration, ordering state water managers to expedite any requests to move

water around the state, in part so high-value crops like wine grapes, almonds and pistachio trees would stand a chance of surviving.

Federal reservoirs are now at their lowest level since 1992.

With such a grim outlook, many California farmers including Giacone are investing millions to drill down hundreds of feet in search of new water sources.

Depending on how much it rains this winter, federal water supplies could be slashed down to nothing this year, forcing farmers to rely solely on brackish well water. But the U.S. Bureau of Reclamation won't make an official decision until late February.

## DEATH NOTICES

### Orpha Quinn

Orpha Quinn, 70, of Jerome, died Saturday, Jan. 24, 2009, in Jerome.

Arrangements will be announced by Farnsworth Mortuary of Jerome.

### William A. Wickel

William Arden Wickel, 83, of Elba, died Sunday, Jan. 25, 2009, at the Parke View Care & Rehabilitation

Center in Burley.

Arrangements will be announced by the Rasmussen Funeral Home of Burley.

### Glenn R. Hill

Glenn R. Hill, 91, of Castleford, died Saturday, Jan. 25, 2009, in Twin Falls.

Arrangements will be announced by Parke's Magic Valley Funeral Home of Twin Falls.

## SERVICES

Betty L. Roy of Twin Falls, rosary prayer service at 7 p.m. today at Reynolds Funeral Chapel, 2466 Addison Ave. E. in Twin Falls; celebration of life at 11 a.m. Tuesday at the funeral chapel; visitation from 5 p.m. until time of the rosary today at the chapel.

Michelle Mencke of Twin Falls, funeral at 2 p.m. Tuesday at Parke's Magic Valley Funeral Home, 2551 Kimberly Road in Twin Falls; visitation starting at 10 a.m. Tuesday at the funeral home.

Marjorie I. Crutchley of Boise and formerly of Jerome, memorial service at 1 p.m. Wednesday at Cloverdale Funeral Home, 1200 N. Cloverdale Road in Boise.

Ralph Raymond Hathaway of Idaho Falls and formerly of Burley, funeral at 1 p.m. Friday at Rasmussen Funeral Home, 1350 E. 16th St. in Burley; visitation from 6 to 8 p.m. Thursday and one hour before the service Friday at the funeral home.

James Allan Wallace of Twin Falls, celebration of life ceremony and video memorial at 1 p.m. Saturday at Reynolds Funeral Chapel, 2466 Addison Ave. E. in Twin Falls.

Rose G. Kratzberg of Meridian and formerly of Twin Falls, memorial service at 2 p.m. Saturday at Parke's Magic Valley Funeral Home, 2551 Kimberly Road in Twin Falls.

For obituary rates and information, call 735-3266 Monday through Saturday. Deadline is 3 p.m. for next-day publication. The e-mail address for obituaries is [obits@magicvalley.com](mailto:obits@magicvalley.com). Death notices are a free service and can be placed until 4 p.m. every day. To view or submit obituaries online, or to place a message in an individual online guestbook, go to [www.magicvalley.com](http://www.magicvalley.com) and click on "Obituaries."

## Promoter dies after accident at monster truck show

MADISON, Wis. (AP) — A promoter for the Motor Sports Monster Truck & Thrill Show has died from injuries after an accident at the Dane County Coliseum, just over a week after a 6-year-old boy was killed in a monster truck event in Tacoma, Wash.

The Dane County Coroner said 41-year-old George Eisenhart Jr. of Chardon, Ohio, died after an accident Saturday night in Madison. A witness told the Wisconsin State Journal that Eisenhart walked in front of one of the monster trucks just as it was about to pass by.

The newspaper said organizers immediately halted the remainder of the show.

On Jan. 16 at the Tacoma Dome, Sebastian Hizey died after he was struck in the head by a chunk of metal that tore off a truck doing doughnuts during the Monster Jam show.

## President Obama's hyperactive week presages the real work to do

By Peter Nicholas and Christi Parsons  
Los Angeles Times

WASHINGTON — President Barack Obama's first week in power was a whirl of activity, but the orders and pronouncements flowing from the White House had little to do with the central mission of his presidency: overhauling health care, weaning the nation from foreign oil and fixing the economy.

Obama's early moves carried huge symbolic value. On his first full day he called in top military advisers and pushed them for a faster timetable for withdrawing combat troops from Iraq. He announced that he would close the military prison at Guantanamo Bay. And he rolled out new policies meant to curb the power of lobbyists.

But those actions had another purpose: clearing some issues off the table for the time being so that

Obama can turn his attention to thornier projects, such as health care, that have confounded past presidents. "He is definitely buying time and space," said Peter Hart, a Democratic pollster.

Obama's initial moves have a certain political utility. Everything he did tracked campaign promises to break sharply from the Bush administration.

And he helped to defuse emotionally charged issues, even if the practical effects won't be felt right away, if at all. Guantanamo, for example, might not be shuttered for a year while the Obama administration decides the fate of its approximately 250 inmates. Obama's timetable for an Iraq drawdown calls for all combat troops to be removed by mid-2010.

Obama is signaling through these moves that he is making a big change in policy, even if the change will take awhile to take effect. He is saying: "It isn't going to

happen at this instant moment. But it's not something that I'm sidestepping or re-evaluating now that I'm commander in chief," Hart said.

"An order from the White House sends an immediate message," said Rev. Richard L. Killmer, executive director of the National Religious Campaign Against Torture.

On Thursday, Obama announced he was banning interrogation techniques that opponents described as torture.

Although he cast his new ethics rules as the strictest ever, Obama has left wiggle room. On Wednesday, he announced a new policy barring lobbyists joining the government from working on issues for two years that were the focus of their advocacy work. But there are exceptions. The president's choice for a top Pentagon job, William J. Lynn, until last year was a registered lobbyist for the defense contractor Raytheon Co.

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## The versatile stability ball's time has not passed

By Melissa Davlin  
Times-News writer

Have a dusty stability ball sitting in your closet? Think twice before tossing it — it can help you crunch and sweat your way to your fitness goal. Emily Harris, a trainer at Gold's Gym in Twin Falls, said stability balls — also known as Swiss balls or fitness balls — can benefit almost everyone, especially those looking for a leaner, more toned body.

"The main benefit is you get a lot of core balance. You get a lot of strength as well," she said. Sitting on a stability ball activates the core muscles by forcing you to stay upright.

Robin Smith, owner of Kimberly Fitness Center, agreed.

"It's just really good for your core," she said. "It helps improve your balance, strengthens your core muscles, your stomach and your back."

Activating these muscles also burns more calories while you're lifting weights, Harris said. Almost any sitting exercise that uses free weights — bicep curls, chest presses, overhead extensions — can be done from a ball instead of a bench.

"There's tons of different things you can do with a stability ball," Harris said.

Smith said several fitness classes at Kimberly Fitness Center use stability balls.

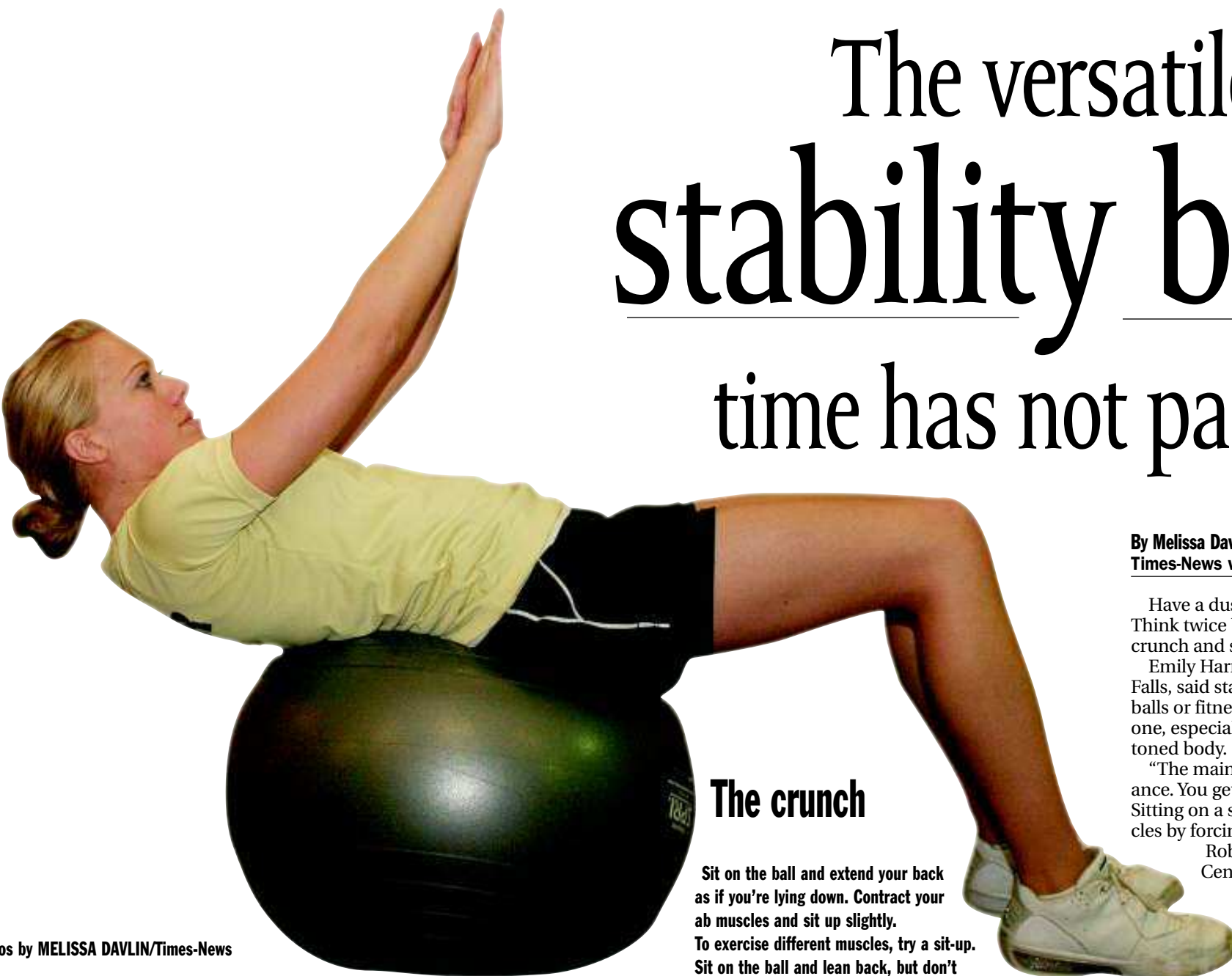
"I think they're great. We have quite a few of them," she said.

Sounds good, right? So if you don't already have one, what kind of ball should you look for?

Get a ball based on your height, Harris said. Generally, people between 5 feet and 5 feet 7 inches need a ball 21 inches in diameter, while taller people should opt for a 25-incher. If your legs are especially long, you might want to get a bigger ball, Harris said.

To get you started, Harris demonstrated four easy moves.

Melissa Davlin may be reached at 208-735-3234 or melissa.davlin@lee.net.



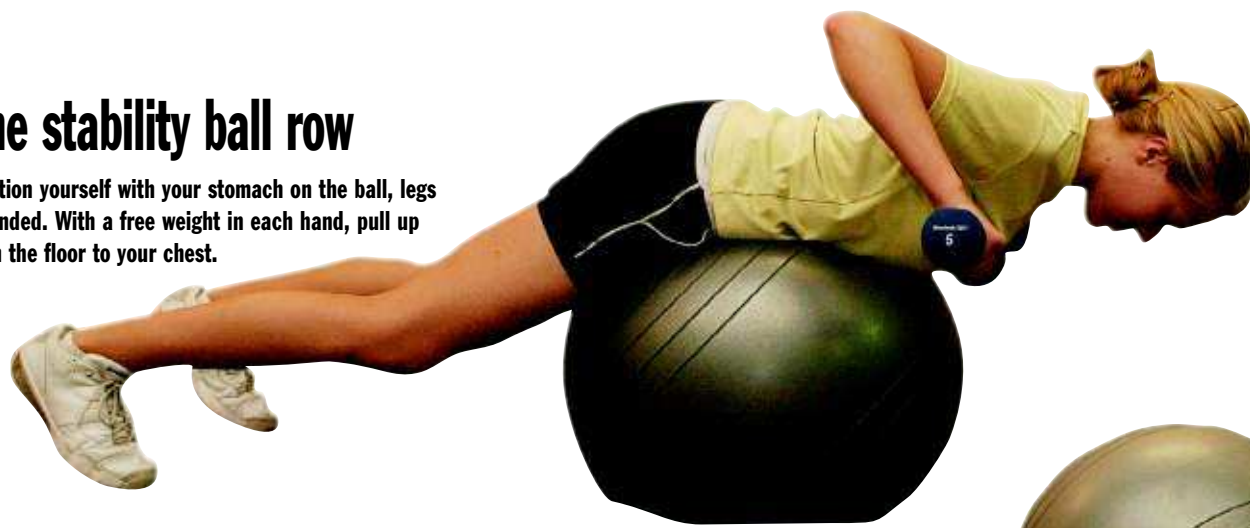
### The crunch

Sit on the ball and extend your back as if you're lying down. Contract your ab muscles and sit up slightly. To exercise different muscles, try a sit-up. Sit on the ball and lean back, but don't extend as much as with the crunch. Squeeze your ab muscles and sit up all the way.

Photos by MELISSA DAVLIN/Times-News

### The stability ball row

Position yourself with your stomach on the ball, legs extended. With a free weight in each hand, pull up from the floor to your chest.



## Whoa, look what we found in the closet

By Whitney Friedlander  
Los Angeles Times

So you've canceled your gym membership. Could it be time to resurrect some old fitness gadget you bought years ago — one of those hot, miracle products from infomercials or drugstore checkout lines promising great abs, buns and thighs? We looked at a few of the more popular workout products from yesterday and asked experts whether it's worth digging them out or if they should stay buried in the back of the garage.

### Ab Wheel

**What is it?** A rubber-enforced wheel with handles that promises to tone and strengthen abdominal muscles when you grip the knobs and roll into a plank position on the ground from your knees, then roll back again.

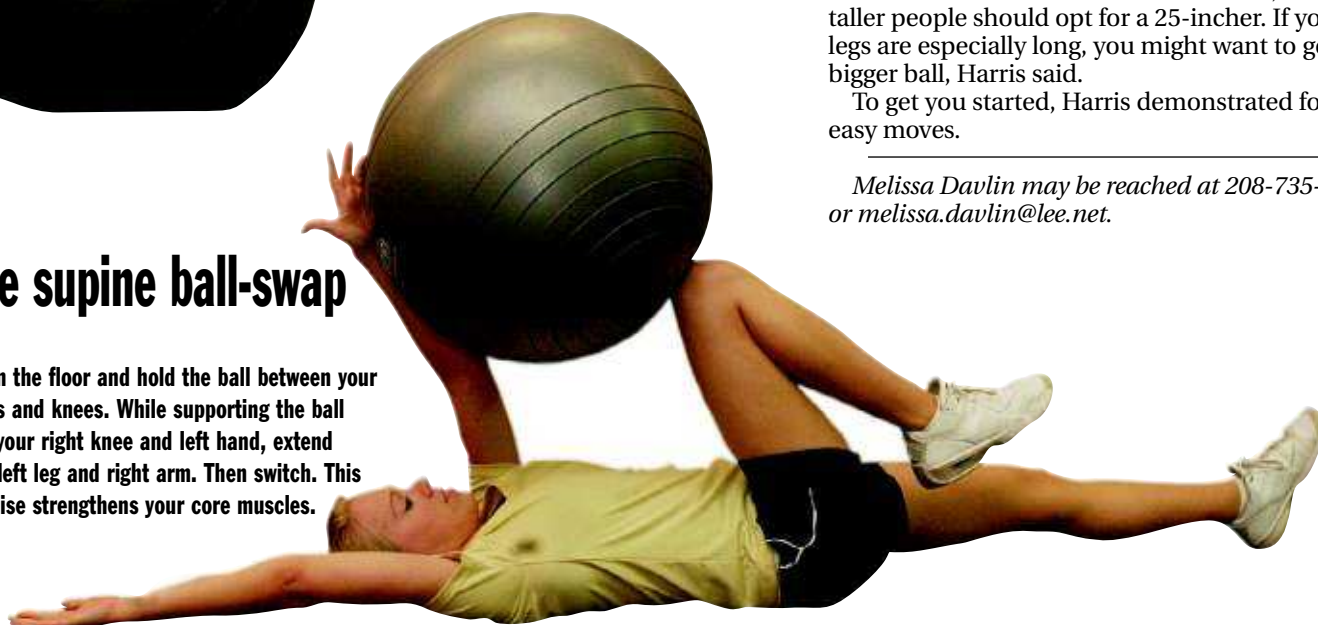
**Does it work?** It can target the abs if done properly, but you'll also be risking injury, says Fabio



See CLOSET, H&F 2

### The supine ball-swap

Lie on the floor and hold the ball between your hands and knees. While supporting the ball with your right knee and left hand, extend your left leg and right arm. Then switch. This exercise strengthens your core muscles.



### The push-up

This exercise is just like the gym class classic, except your feet are elevated by the ball. 'It's easier with your knees on the ball,' Emily Harris said. For a challenge, scoot up and perform the push-up with your shins or feet on the ball.



## AUBREY WATCH



Photo courtesy of NBC

In 2008, Aubrey Cheney of Gooding flew to California with her sister, Mandi Kramer of Boise, to compete in season seven of NBC's "The Biggest Loser Couples." The sisters are the Yellow Team.

Aubrey was sent back to Gooding to compete from home for a month while Mandi works on behalf of both of them at the ranch.

**Last week's episode:** In a temptation challenge, contestants were presented with an array of junk food. The person who ate the

most calories in five minutes would win a private training session at home with their partner and trainer. Their partners were presented with the same challenge at home.

While most turned down the challenge, Mandi ate one slice of pizza in hopes of seeing her children and sister Aubrey again, but lost after Joelle's partner Carla consumed 2,710 calories.

During the workout, trainer Jill pulled Mandi aside for a pep talk after noticing Mandi breaking down on the treadmill. Mandi confessed feeling alone without her

husband and sons, but Jill talked her back up again.

Over the course of the week, Mandi lost eight pounds, easily carrying her (and sister Aubrey) to next week. The contestants voted to send Damien home after he lost four pounds.

Looks like Mandi and Aubrey are in the game for another week. But will Mandi last long enough to bring Aubrey back to the ranch?

Watch the Yellow Team's progress at 7 p.m. Tuesdays on NBC.

# Closet

**Continued from H&F 1**  
Comana, an exercise physiologist with the American Council on Exercise, a non-profit fitness education and certifying organization. He warns against using the wheel for that reason. "You're transferring a lot of stress from the shoulders and lower back into a single wheel with two hands," he says. "As it lacks a brake mechanism, the risk for injury is greater. And mentally, we feel that if some is good, more is better — so you roll too far out. ... It causes stress in the lower back."  
**Verdict: Toss it.**

## Ab Roller

**What is it?** Shaped roughly like a letter C when viewed from the side, the ab roller includes a headrest to support the head and neck during crunches. The user lies on his or her back, grabs hold of the top device and then rolls into a crunch.  
**Does it work?** A 2001 study of abdominal workout equipment found little to no difference in crunches done with or without the Ab Roller. Comana does appreciate that the Ab Roller — unlike the Ab Wheel — puts you in the correct position for a sit-up, but he still feels it's easy to overdo it on this machine. Muscle fatigue, he says, will mean you end up using lats, pecs and triceps instead of the abs to curl the upper body toward the hips.  
Ron Eustis, a personal trainer, had another problem with the Ab Roller: storage. He tossed his because he couldn't figure out where to stash it.  
Justin Price, a personal trainer with IDEA Health and Fitness Association, a leading membership organization for health and fitness professionals, says that this device carries its own injury risk. "It's an upper back roll-up, so your torso rounds," he says. "That wouldn't be a good idea, considering most

people sit at a computer and round their shoulders forward (there already)." You could set yourself up for a rounded spine and injury in the long run.  
**Verdict: Toss it.**



*ThighMaster*

**What is it?** Made popular by sitcom star Suzanne Somers in the late 1980s and early 1990s, the first version of the ThighMaster's leg press promised to help you "squeeze, squeeze your way to shapely hips and thighs." A spring-loaded hinge connected the two pieces of metal tubing, forming a V shape. Users would place the device between their legs and press together until their knees touched. The ThighMaster could be used while lying on one side, legs parallel or sitting up.  
**Does it work?** It will help give the appearance of muscles, but not add strength, Price says. "(With the ThighMaster), you'll build muscle, but it's not going to be functional in any way. That's because it works the muscles of the inner thigh in a concentric fashion, meaning it shortens the muscles. ... A side step and squat would work those inner thigh muscles much more effectively."  
As with the ab devices, Price adds, "you can't target one thing in the body, because the body works as a whole. It's like you gave all the work to one employee. That employee has a nervous breakdown and the others get lazy."  
**Verdict: Toss it.**

## Stability ball

**What is it?** Often called a Swiss ball, this firm, inflatable

sphere is usually used for abdominal exercises, requiring the user to balance on the ball face up while contracting into forward or side crunches. Similar exercises can target other muscle groups.  
The ball is also used in connection with balance and weight training.  
**Does it work?** Eustis says the stability ball can be used for everything from glutes to push-ups.  
It's great to pair the ball with weights for a core workout, adds Kathy Stevens, educational director for the Aerobics and Fitness Association of America, a certifying agency of fitness professionals. Although a 5- or 10-pound weight wouldn't feel like much on a bench, she says, lifting that amount with your back on the ball "really works your core."  
Eustis says he also uses the stability ball for push-ups, leg, low back and glute exercises.

The cons? Comana, who likes this device, warns to watch for wear and tear of the material that eventually may cause the ball to burst — not the best thing when you're on your back and holding weights.  
Don't look to this or any other toning device to burn fat from targeted areas, Stevens says. "There is no such thing as spot reduction. You can strengthen and tone specific muscles with these devices, but you also need to do something more cardiovascular in nature to lose the weight or the fat that might be on top of those muscles."  
**Verdict: Keep it, but be wary if yours has been shoved into a closet, bounced or kicked.**

## The Step

**What is it?** Literally a riser, but so much more. The Step is a sturdy plastic board used

in cardio routines (up, down, L-step, over the top) as well as with pulleys and dumbbells for strength training.  
**Does it work?** For those who have the discipline to keep up the pace, the step can be a great way to get the heart rate up, says Eustis, who first used an egg crate when he began his business, Fearless Fitness Personal Training, more than 10 years ago. "(And with) a pair of dumbbells, you can do a full-body workout."  
Because stepping up and down on a raised platform is bound to get boring when it's done without the aid of a class or a personal trainer, Stevens recommends checking out step aerobics videos or inviting a friend to join you in your routine.  
**Verdict: Keep it.**

## Jane Fonda and Billy Blanks workout videos

**What are they?** Lots of celebrities and celebrity trainers have made exercise videos; actress Jane Fonda and fitness guru/Tae Bo innovator Billy Blanks are two of the more famous. Fonda's original video, which was released in 1982, included beginner and advanced sections. Both had segments concentrating on arms, abs, buttocks, waists and legs. The franchise now has more than 23 workouts, including step and stretch programs and yoga. Blanks, whose first infomercial ran in 1998, is most famous for Tae Bo — a high-cardio program with elements of martial arts, boxing and dance. His products now include the programs "Tae Bo Abs Workout" and "Billy Blanks' Tae Bo Fat Blasting Cardio."



# Heart repair

By Kathleen Hom  
The Washington Post

The brilliant orbs are actually a layer of fluorescently stained muscle cells designed to encourage the growth of stem cells that may one day replace pacemakers in children and keep young hearts beating on time, according to Doug Cowan, an assistant professor of anesthesia at Children's Hospital Boston.  
The synchronized tatum of a healthy heartbeat is created by electrical impulses that move first through the atria, which contract, then, after a short pause, to the ventricles, which contract, forcing blood through the body. When that system fails because the electrical signals cannot pass through the heart, the rhythm is disturbed, sometimes fatally.  
The current treatment is to implant a pacemaker to re-establish the connection. But pacemakers don't last forever, and infants and small children often have to undergo several operations to implant new devices as they grow.  
Cowan's research is aimed at engineering stem cells that will develop into conductive tissue for the heart and obviate the need for a pacemaker.  
His work is in its early stages, and a crucial question lingers: how to get the stem cells into a child's body.

# To do for You

## Breast cancer support

Breast Cancer Support Group, 7 p.m. today, in the reception area at St. Luke's Mountain States Tumor Institute Cancer Center, 656 Addison Ave. W. in Twin Falls. Open to breast cancer survivors (male or female) and their families and friends.  
Topic: general discussion.  
Free; Lydia at 933-4053 or Mary at 734-1766.

## Celiac support

Celiac Support Group of Magic Valley meeting, 7 p.m. Tuesday, in the doctors' meeting room at St. Luke's Magic Valley Medical Center,

656 Addison Ave. W. in Twin Falls.  
Anyone interested in a gluten-free diet is welcome.  
Free; Pat, 731-9079.

## About childbirth

The labor support class of St. Benedict's prepared childbirth series, 7-9 p.m. Wednesday, at Jerome Ambulance Building, 240 E. Main St.  
Topic: understanding the labor process. Bring a labor support person, if possible. Mothers may enroll even if their babies will be born at a different hospital.  
The class is offered as a

separate class, in addition to part of the childbirth series.  
Cost is \$5. Register: 324-6133.

## 'Baby and Me'

St. Benedict's Family Medical Center's "Baby and Me" classes, 11 a.m. to noon Tuesdays, at Jerome Public Library, 100 First Ave. E.  
This week's topic: "Is Baby Sick?" The session is educational support for parents and babies. A baby scale is available each week.  
Free; 324-6133.

## About back injuries

"Back School," a course on preventing and treating back injuries, 5-7 p.m. Feb. 2, at St. Luke's Idaho Elks Rehabilitation Services, 560 Shoup Ave. W. in Twin Falls.  
Topics: basic spine anatomy, common injuries and diseases that lead to back pain, as well as instructions in posture and body mechanics to protect the spine.

Cost is \$25. Preregistration required; 737-2126.

## Happy babies

"The Happiest Baby on the Block" class, 6:30-9 p.m. Feb. 3, in the lobby at St. Luke's downtown campus, 660 Shoshone St. E. in Twin Falls.  
Topics: helping babies sleep longer and soothing fussy infants.  
Cost is \$20. Preregistration required; 732-3148.

"To do for you" is a listing of health-related activities, events and education. Submit information by Thursday for publication in the following Monday's Healthy & Fit section. E-mail notices to ramona@magicvalley.com.

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**STAYING POSITIVE IN TIMES OF UNCERTAINTY**

For the next 4 weeks we will cover a few tips to help you minimize stress during these challenging times.

Week 3 – CONCENTRATE ON THE POSITIVE

Although our economic situation is quite serious, keep in mind that some media outlets have a tendency to sensationalize stories to attract a larger audience. This can cause unnecessary alarm. Try to find positive distraction, like watching an upbeat movie, listening to your favorite music, or committing to at least one weekly lunch with a friend.

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# Sun protection crucial for winter sports, too

By Samantha Critchell  
Associated Press writer

NEW YORK — The enemy: wintertime sun glare. The mission: to see.

The players: drivers, bikers, skiers, boarders — anyone who knows that sun protection for the eyes isn't a summer-only issue.

"Sun glare is always there, it just depends on the ambient light — that's what changes with the seasons," says Chris Abbruzzese, vice president of marketing at Maui Jim Sunglasses. "You can have glare in sun or in hazy overcast conditions."

Whether you choose sunglasses or goggles as your first line of defense, the first thing to consider is lens color. The color affects the visible light transmission.

At ski-goggle maker Bolle, for example, a citrus gold color will block the most light, offering a visible light transmission of 16 percent, which is ideal for sunny days. A fire-orange color lens has 50 percent VLT, which is good for dim, snowy days. There even is a mostly clear lens with 82 percent VLT for night skiing, because other than sun glare, goggles also protect eyes from cold and wind.

"In direct bright sunlight in a parking lot, you'd see spikes of glare from windshields and bumpers. On overcast days, it seems more like 'visual noise.' You see light hitting dust and particles and stuff in the atmosphere," Abbruzzese says.

He adds: "The worst times are when the sun is low on the horizon. Think of 3:30 (p.m.) and if you're driving home in the afternoon, but it's also getting dark. That's when you want lenses with 25 percent light transmission. It will cut glare, but you'll get enough visible light to see."

Maui Jim's lowest VLT glasses are a gray shade allowing only 8 percent.

Abbruzzese notes that you rarely see any serious athlete — no matter what the sport — outside without some sort of light-blocking lenses.

Skiers and snowboarders, in particular, have other issues to consider other than light, notes Greg Randolph, communications manager for Smith Optics.

He lists fog-fighting as another top



Safari sunglasses by Carrera.  
AP Photo/Carrera



The Nike Fuse sunglasses.  
AP Photo/Nike



Gretchen Goggles by Oakley.  
AP Photo/Oakley



Bootleg sunglasses by Smith Optics.  
AP Photo/Smith Optics



Sotckholm Amethysts Blue Iridium Goggles by Oakley.  
AP Photo/Oakley

concern. A new technology allows for chemical etching with peaks and valleys on the inside of goggles so water can't pool in one spot, and that prevents fogging, Randolph says. "The moisture is dispersed because the surface of the lens is varied, keeping moisture from collecting. You can't see it or feel it, but it's there."

Some Smiths also have two lenses fused together — the effect is like storm windows on your house — and the dead space also discourages fog.

Randolph makes the case for goggles over sunglasses for snow sports, even though his company makes both. "We sell sunglasses, but they're lame for skiing. It's not the right tool for the job. You get ice headaches, tearing eyes. All parts of the goggles are soft so you don't have to worry about crashing or shattering because of the cold."

Still, on the slopes you'll see a mix of goggles and glasses, with some sunglass frames more closely following the contour of the face. The result is almost a hybrid sunglass-goggle.

Abbruzzese says Maui Jim consumers prefer lightweight frames and wraparound coverage so the light "doesn't get you from behind."

Many lenses offer the added protection of polarized lenses. "There used to be a choice between tinted and polarized lenses," says Sophie Raubiet, vice president of Alain Mikli's retail operations in the U.S.,

"but we only polarize now because of a higher level of protection. It's the difference between SPF 4 in sun cream and something higher."

Long used by fisherman and boaters, polarized lenses have a coating that contains vertical stripes, which limit the amount of horizontal-glare lightwaves can reach the eyes.

Alain Mikli does three polarized shades — brown, gray and G-15, which is a mix of gray and green, and particularly good for contrast, Raubiet says. There's an extra anti-glare coating available too, which should be on the backside of the lens, she adds, because if done on the front, there's a chance your eye will reflect back to you.

that's cool on the slopes but would look silly at the dry cleaners or when you pick up your kids from school," Abbruzzese says.

From a fashion standpoint, flash mirror coatings are catching on, bringing back the mirrored lens look, says Eden Wexler, spokeswoman for Safilo, which makes Dior, Gucci and Marc Jacobs glasses, among others. She predicts the popularity of retro 1970s and '80s styles — and bold colored frames — will continue into the spring.

At sportier Maui Jim, white is a top shade.

"Our frames tend to be frames worn for skiing and driving, so they're not something so outlandish that's cool on the slopes but would look silly at the dry cleaners or when you pick up your kids from school," Abbruzzese says.



Factor Max sunglasses by Smith Optics.  
AP Photo/Smith Optics

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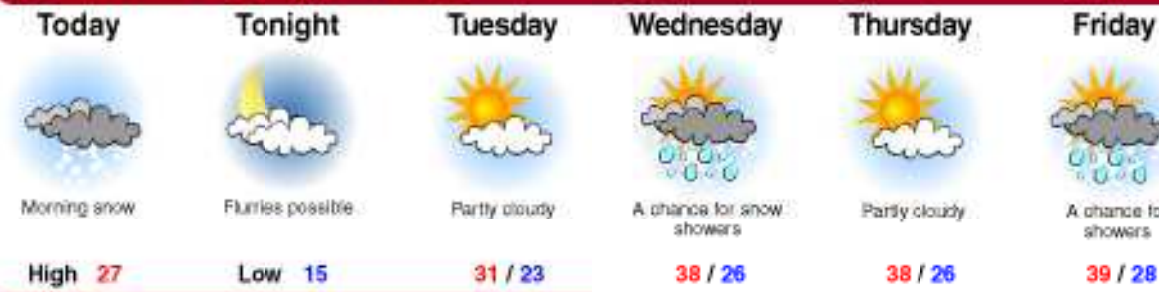




TWIN FALLS FORECAST

Today: Snow likely in the morning, tapering to flurries by afternoon. Highs upper 20s.
Tonight: A few flurries and cold. Lows in the mid teens.
Tomorrow: Partly cloudy and a little warmer. Highs upper 20s to the lower 30s.

TWIN FALLS FIVE-DAY FORECAST



Yesterday's Weather

Table showing weather data for various locations including Boise, Burley, Challis, Coeur d'Alene, Idaho Falls, Jerome, Lewiston, Lowell, Malba, Malheur, Malt, Pocatello, Reburig, Salmon, and Stanley.

BURLEY/RUPERT FORECAST

Today: Morning snow. Highs upper 20s to the lower 30s.
Tonight: A few flurries and cold. Lows in the mid teens.
Tomorrow: Partly cloudy and a little warmer. Highs upper 20s to the lower 30s.

IDAHO'S FORECAST



ALMANAC - TWIN FALLS

Almanac for Twin Falls including Temperature, Precipitation, Humidity, Barometric Pressure, Sunrise and Sunset, Moon Phases, and U.V. INDEX.

REGIONAL FORECAST

Regional forecast table for various Idaho cities including Boise, Burley, Challis, Coeur d'Alene, Idaho Falls, Lewiston, Malheur, Malt, Pocatello, Reburig, Salmon, and Stanley.

NATIONAL FORECAST

National forecast table for various states including Alaska, Arizona, California, Colorado, Connecticut, Delaware, Florida, Georgia, Hawaii, Illinois, Indiana, Iowa, Kansas, Kentucky, Louisiana, Maine, Maryland, Massachusetts, Michigan, Minnesota, Missouri, Montana, Nebraska, Nevada, New Hampshire, New Jersey, New Mexico, New York, North Carolina, North Dakota, Ohio, Oklahoma, Oregon, Pennsylvania, Rhode Island, South Carolina, South Dakota, Tennessee, Texas, Utah, Vermont, Virginia, Washington, West Virginia, Wisconsin, and Wyoming.

WORLD FORECAST

World forecast table for various international locations including Acapulco, Amman, Ankara, Antwerp, Athens, Auckland, Beijing, Berlin, Bogota, Buenos Aires, Cairo, Chicago, Dallas, Denver, Detroit, Frankfurt, Geneva, Hong Kong, Jakarta, Johannesburg, Kuala Lumpur, London, Los Angeles, Mexico City, Moscow, Nairobi, Paris, Philadelphia, Phoenix, Portland, Raleigh, Rapid City, Sacramento, San Antonio, San Diego, San Francisco, Seattle, Tucson, Washington DC, Warsaw, and Zurich.

TODAY'S NATIONAL MAP



meineke car care center advertisement with contact information and services.

CANADIAN FORECAST table showing weather for various Canadian cities.

Large advertisement for Smalley Motors featuring various car models like SUVs, Vans and Buses, Autos, and Trucks with detailed descriptions and prices.

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