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H&F 10



Back in shape

Concentrating on abs and spine

Healthy & Fit 1

WILD-CARD GAMES >>> Cardinals and Ravens advance to NFL division playoffs, MAIN 5

MONDAY
January 11, 2010

TIMES-NEWS

75 CENTS

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More federal dollars heading to Idaho?

By Ben Botkin
Times-News writer

BOISE — In the 2009 legislative session, a last-minute federal stimulus bill passed by Congress sent \$1.24 billion Idaho's way.

This year, another bill — and another potential funding source — may come, depending on what Congress decides.

Last month the House passed a \$149 billion bill aimed at funding further job and infrastructure projects to help boost the nation's economy. The bill, called "Jobs on Main Street," is expected to get a hearing in the U.S. Senate this year.

While \$149 billion is a lot of money, even if it passes in the Senate, the bill wouldn't carry the same punch as the



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READ the Times-News political blog, Capitol Confidential, for updates today about the governor's state of the state address. The speech, scheduled for 1 p.m., will outline his proposals for hold-backs in the state's current budget.

\$789.5 billion stimulus package that was passed last February.

Yet it could still bring

more funding to Idaho at a time when the state will be scrounging to make up shortfalls everywhere in its

budget, including education. The bill has \$23 billion set aside for education jobs, and preliminary estimates put Idaho's share at about \$117 million.

"We'll have a waiting game on this like we did last year with the stimulus," said Sherri Wood, president of the Idaho Education Association.

While the numbers are

fluid and the Senate could change the bill, Wood said the funding would benefit education, considering the state's budget crunch.

"It would certainly be a huge help," Wood said.

Superintendent of Public Instruction Tom Luna said planning the education budget needs to proceed

See **DOLLARS**, Main 2

MUSIC RETURNS



DREW GODLESKI/For the Times-News

Music director Delores Humphrey plays a new organ during a Community Church of the Brethren service Sunday in Twin Falls. The organ was donated to the church after intruders destroyed the old organ and stole and vandalized the church building Dec. 18.

Vandalized church receives new organ

By John Plestina
Times-News writer

Vibrant music from a donated organ filled the sanctuary of the Community Church of the Brethren Sunday morning. Worshippers continued to pray for forgiveness for whoever destroyed the old organ and committed about \$12,000 worth of thievery

and vandalism on Dec. 18. With the gift of the new organ on Jan. 2, worshippers at the church on Filer Avenue West again had music after intruders plundered the building, defacing

books and trashing several rooms. Co-pastor Kathryn Bausman said the church's insurance carrier valued the destroyed organ alone at about \$9,000.

The community respond-

ed to news of the intentional destruction with 15 offers to donate organs, most from local churches and individuals, including one from Boise and another from Las Vegas. Cash donations have totaled about \$2,000.

Bausman did not identify the benefactor who donated the 45-year-old organ from

See **ORGAN**, Main 2

Animal control, Dell, BID all on city agenda

By Nate Poppino
Times-News writer

Twin Falls city staff is once again recommending the City Council turn to Twin Falls County for animal-control services.

The city has partnered with the county for the work since 2000, but costs have steadily risen over the years — spiking from \$50,000 to \$120,000 annually in 2008.

The 2008 contract was never actually signed, in part because former Mayor Lance Clow was concerned about the cost.

Council members turned down a revised \$114,000

On the Web



Visit www.tfd.org for a copy of the agenda materials, including a list of Dell property.

renewal last October by a vote of 4-3. Now, they're set to consider one more slightly reduced contract at their regular 5 p.m. meeting today.

After one more close

See **AGENDA**, Main 2

Astronomers: We could soon find Earth-like planets

By Seth Borenstein
Associated Press writer

WASHINGTON — Astronomers say they are on the verge of finding planets like Earth orbiting other stars, a key step in determining if we are alone in the universe.

A top NASA official and other leading scientists say that within four or five years they should discover the first Earth-like planet where life could develop, or may have already. A planet close to the size of Earth could even be found sometime this year if preliminary hints from a new

space telescope pan out.

At the annual American Astronomical Society conference this week, each discovery involving so-called "exoplanets" — those outside our solar system — pointed to the same conclusion: Quiet planets like Earth where life could develop probably are plentiful, despite a violent universe of exploding stars, crushing black holes and colliding galaxies.

NASA's new Kepler telescope and a wealth of new

See **PLANTS**, Main 3



LAURIE WELCH/Times-News

Amy Anderson and her son Caleb, 6, cross 27th Street in Burley Thursday in front of Mountain View Elementary School. The Burley City Council is considering reducing speed limits in front of four Burley schools and examining alternative methods of making the school crossings safer.

Seeking a safer crossing

By Laurie Welch
Times-News writer

BURLEY — The Burley City Council is considering options, including reducing the speed limit to 15 mph in front of four Burley schools, in an effort to make road crossings safer for students.

City Engineer Bryan

Reiter said Burley has spent the last few months studying traffic issues around Burley schools and proposed the City Council consider reducing the speed limits in school zones near the three elementary schools and Burley Junior High School.

"Kids crossing the

streets are the problem," said John Van Hahem, who lives near Mountain View Elementary School. "It's not kids getting on the bus. Our daughter has almost been hit four times, once by a cop."

Van Hahem said the difference in travel time between the 25 mph speed limit and 15 mph in a

school zone is about 36 seconds.

"If that's making or breaking your day, you should readjust your schedule," Van Hahem said.

Resident Curtis Mendenhall asked the council to reconsider

See **CROSSING**, Main 2

Burley looks into school-zone speed reduction



BridgeH&F 9
ComicsH&F 4
CrosswordH&F 8

Dear AbbyH&F 9
JumbleH&F 10
ObituariesMain 10

OpinionMain 8
SudokuH&F 6
To do for youH&F 2

WILD HORSES

Sheryl Crow rides to the rescue > Main 4

MORNING BRIEFING

Pat's Picks

Three things to do today

Pat Marcantonio



• Senior citizens can join in a pickleball group or learn to play at 6 p.m. at the Adventist Hilltop School, 131 Grandview Drive., Twin Falls. It's free. Information: 837-6365 or rabjab@q.com.

• Gear up for winter book talks at the Buhl Public Library starting at 7 p.m. Jan. 19 with a discussion of "Water for Elephants." Some great books are in the lineup, including "Cold Mountain" and "The Book Thief."

Information: 543-6500.

• Youngsters can learn to play tennis at the Twin Falls YMCA. A beginner clinic, open to ages 11 to 16, starts soon. Each five-week clinic costs \$100 but there may be an Arthur Ashe or Martina Navratilova out there. Information: 733-4384.

Have your own pick to share? Something unique to the area that may surprise people? E-mail me at patm@gmagicvalley.com.

Obama: 'No intention' to send troops to Yemen

WASHINGTON (AP) — President Obama says he has no intention of sending American troops to Yemen or Somalia.

Obama told People magazine in an interview to be published Friday that he still believes the center of al-Qaida activity is along the border between Afghanistan and Pakistan.

"I never rule out any possibility in a world that is this complex," Obama said. However, he said, "in coun-

tries like Yemen, in countries like Somalia, I think working with international partners is most effective at this point."

Terrorism concerns are rising in Yemen, at the bottom of the Arabian peninsula, and in Somalia, critically located along key global shipping routes to Mideast oil fields. U.S. officials say they believe the suspect in the Detroit airliner attack received al-Qaida training in Yemen.

Organ

Continued from Main 1

a Twin Falls residence, but said the giver is not a member of her congregation.

Church organist Delores Humphrey said the donated organ is in excellent condition and has better sound quality than the other organ.

"This is a rich, church-sounding organ. It's for a church," she said. "We have been blessed."

Meanwhile, Twin Falls Police have not made any arrests.

"It will probably go unsolved," Bausman said.

The intruders also stole sound equipment and a few small items from the church, broke two windows, destroyed a door and a cabinet, and broke the windshield and trashed the interior of a motor home belonging to Bausman and

her husband, Mark Bausman, who serves as co-pastor.

Kathryn Bausman speculated that more than one person was involved.

"It wasn't a crime against the congregation. They are hurting. They are angry. They are confused," Bausman said of the suspected vandals.

The congregation continues to pray for those responsible.

The Church of the Brethren, with roots dating about three centuries in Germany, follow Christ's teachings of forgiveness, compassion and loving service in their daily living, Bausman said.

John Plestina may be reached at jplestina@gmagicvalley.com or 208-358-7062.

TODAY'S HAPPENINGS

ARTS AND ENTERTAINMENT

Let's Dance Club with contra, line and couples dance, 6 to 8 p.m., Twin Falls Senior Citizens Center, 530 Shoshone St. W. \$3 admission; free for children under 14 with an adult, 410-5650 or galenslatte.com.

CLUBS AND ORGANIZATIONS

Narfe-National Active and Retired Federal Employees Association, meeting for retired and current federal employees, 11:30 a.m., Loong Hing Restaurant, 1719 Kimberly Road, Twin Falls, no cost, 732-5597.

Grandparents as Parents Support Group, 1 to 2:30 p.m., South Central Health Dept., Katz Conference Room, College of Southern Idaho campus, Twin Falls, 736-2122.

Mini-Cassia Retired Educators Association meeting, 11 a.m., Connor's Cafe, Heyburn, 436-6426.

Syringa Lions Club, 7:30 p.m., United Methodist Church meeting room, 605 H St., Rupert, 436-9862.

Gooding Lion's Club meeting, for men and women interested in identifying and meeting needs in the community, 6 p.m., Lincoln Inn, Gooding, new members welcome, 934-4141.

Civil Air Patrol, 7 p.m., Burley Airport, 878-8880.

EXHIBITS

"**Outside In: Indian Art Abroad**," a multidisciplinary project exploring art made by Indian artists, writers and filmmakers who live outside India, 9 a.m. to 5 p.m., Sun Valley Center for the Arts, 191 Fifth St. E., Ketchum, no cost, sunvalleycenter.org or 726-9491.

GOVERNMENT

Lincoln County commissioners, 8:30 a.m., courthouse, 111 W. B St., Shoshone, 886-2173.

Twin Falls County commissioners, 8:30 a.m., courthouse, 425 Shoshone St. N., 736-4068.

Camas County commissioners, 9 a.m., courthouse, 501 Soldier Road, Fairfield, 764-2242.

Cassia County commissioners, 9 a.m., courthouse, 1459 Overland Ave., 878-7302.

Elmore County commissioners, 9 a.m., courthouse, 150 S. Fourth St. E., Mountain Home, 587-2129.

Gooding County commissioners, 9 a.m., courthouse, 624 Main St., 934-4841.

Jerome County commissioners, 9 a.m., courthouse, 300 N. Lincoln St., 644-2700.

Minidoka County commissioners, 9 a.m., courthouse, 715 G St., Rupert, 436-7111.

Blaine County commissioners, 10 to 12:30 p.m., old courthouse, 206 First Ave. S. Suite 200, Hailey, 788-5505 or secretary@co.blaine.id.us or www.blainecounty.org.

Twin Falls City Council, 5 p.m., council chambers, 305 Third Ave. E., 735-7274.

Ketchum Planning and Zoning Commission, 5:30 p.m., City Hall, 480 E. Ave. N., 726-7801.

Hailey City Council, 6 p.m., City Hall, 115 Main St. S., 788-4221.

Buhl City Council, 7 p.m., council chambers, 203 Broadway Ave. N., 543-5650.

Camas County School Board, 7 p.m., high

school, 610 Soldier Road, Fairfield, 764-2242.

Hansen City Council, 7 p.m., City Hall, 388 Main St., 423-5158.

Jerome County Planning Commission, 7 p.m., courthouse, 300 N. Lincoln St., 324-9116.

Murtaugh School Board, 7 p.m., high school library, 500 Boyd St. W., 432-5451.

Richfield City Council, 7 p.m., city office, 180 W. Lincoln St., 487-2755.

Twin Falls School Board, 7 p.m., administration office, 201 Main Ave. W., 733-6900.

Valley School Board (Eden-Hazelton), 7 p.m., media center, 882 Valley Road S., 829-5333.

Minidoka County Highway District meeting, 7:30 p.m., district office, 50 S. 225 W., Rupert, 436-6112.

Hagerman School Board, 8 p.m., high school, 150 Lake St. W., 837-4777.

HEALTH AND WELLNESS

SilverSneakers Fitness Program at Curves of Twin Falls, complete cardio and circuit training with resistance, state-of-the-art equipment and "Curves Smart" personalized coaching, 5:30 a.m. to 7 p.m., Twin Falls Curves, 690 Blue Lakes Blvd. N., no cost for Humana Gold-insured or AARP provided by Secure Horizons, 734-7300.

College of Southern Idaho's Over 60 and Getting Fit programs, a guided walking workout with stretching and gentle resistance training, 9 to 10 a.m. at several Magic Valley locations: Blaine County Campus gym, CSI gym, Filer Elementary, Gooding ISDB gym, Hagerman High School gym, Jerome Rec Center, Rupert Civic gym and Shoshone High School (old gym); 10:30 to 11:30 a.m., Buhl old Middle School gym; and 11:30 a.m. to 12:30 p.m., CSI Burley Outreach Center gym, no cost, 732-6475.

Fit and Fall Proof Exercise Class, 10:30 to 11:30 a.m., Ageless Senior Citizens, Inc., 310 Main St. N., Kimberly, no cost, 737-5988.

Fit and Fall Proof Exercise Class, 10:30 a.m., Twin Falls Senior Citizens Center, 530 Shoshone St., no cost, 737-5988.

SilverSneakers Fitness Program, 10:30 to 11:30 a.m., Jerome Senior Center, 520 N. Lincoln St., no cost for Humana Gold Choice members, \$1 for non-Humana members, 324-5642.

SilverSneakers Fitness Program, innovative exercise program designed specifically for Medicare beneficiaries' unique health and physical needs, 11 a.m., Twin Falls YMCA, 1751 Elizabeth Blvd., no cost for Humana-insured or YMCA members and \$6 per class for uninsured, 733-4384.

Grief Share, continuing program and time of sharing, 1 to 2 p.m., Rupert United Methodist Church, 605 H St., Rupert, 436-3354.

Fit and Fall Proof Exercise Class, 2 p.m., front lounge, Woodstone Assisted Living Facility, 491 Caswell Ave. W., Twin Falls, no cost, 737-5988.

Choices for Recovery, a non-traditional, 12-step spiritual program open to all faiths, issues and addictions, 6 p.m., west conference room, Minidoka Memorial Hospital, Rupert, no cost, 431-3741.

Recovery for Life: "Find Help, Discover Hope, Experience Healing", includes divorce care, grief share, financial peace, co-dependency for women, 12-step HOPE

(substance abuse recovery), co-dependency for men and women and parenting skills, 6 to 6:45 p.m., meal served and 7 p.m. meetings, Twin Falls Reformed Church, 1631 Grandview Drive N., (corner of Grandview Drive North and Pole Line Road), free childcare and shuttle available, 733-6128.

HOBBIES AND CRAFTS

Kids Craft, kindergarten to sixth-graders can pick up craft kits, "any time," Service Desk, Twin Falls Public Library, 201 Fourth Ave. E., no cost, 733-2964 ext. 110.

LIBRARY

Rhyme Time, finger plays and singalongs for toddlers and preschoolers (and their parents), 10:30 a.m., Twin Falls Public Library, 201 Fourth Ave. E., no cost, open to the public, 733-2964 ext. 110.

Book Signing, with Pete Cenarrusa and author Quane Kenyon will sign copies of the book "Bizkaia to Boise: The Memoirs of Pete T. Cenarrusa," 4 to 7 p.m., Carey School library, 20 Panther Lane, 823-4330.

SPORTS AND RECREATIONS

Snowsports Camp for kids, four consecutive weeks for ages kindergarten to Sixth grade, 9 to 11:30 a.m., and 12:30 to 3 p.m., Sun Valley Nordic Center, 1 Sun Valley Road, P.O. Box, 10, Sun Valley, \$150 for four weeks (lift tickets and lessons), 208-622-2250.

Ski group lessons, classic skiing group lessons, 10 a.m., Sun Valley Nordic Center, 1 Sun Valley Road, P.O. Box, 10, Sun Valley, \$40 package price (includes equipment rental and instructions), 208-622-2250.

Locals' adult clinics, beginner and low intermediate on Dollar, 10 a.m. to noon; intermediate and advanced on Baldy, 1 to 3 p.m., Sun Valley Nordic Center, 1 Sun Valley Road, P.O. Box, 10, Sun Valley, \$110 for three weeks (does not include lift tickets), 208-622-2250.

Active seniors pickleball group, pickleball enthusiasts willing to teach newcomers, 6 p.m., Adventist Hilltop School, 131 Grandview Drive, Twin Falls, no cost, 837-6365 or rabjab@q.com.

TODAY'S DEADLINE

Meeting Memo for Tuesday: Blue Lakes Rotary Club meeting and breakfast, features speakers from the community, 7 to 8 a.m., Red Lion Hotel, 1357 Blue Lakes Blvd., Twin Falls, visitors welcome, marlbarn@busyb.myrf.net, 208-324-4808 or www.bluelakesrotary.com.

Reminder for Jan. 16. Magic Valley Lifeline, AED instruction: pediatric CPR and First Aid course (infant, child and adult), 9 a.m. to 1:30 p.m., YMCA, 1751 Elizabeth Blvd., course meets ICCP and Daycare licensing, \$35 per student, 733-4384 or 410-7006 to register.

To have an event listed, please submit the name of the event, a brief description, time, place, cost and contact number to Mirela Sulejmanovic by e-mail at msulejmanovic@gmagicvalley.com; by fax, 734-5538; or by mail, Times-News, P.O. Box 548, Twin Falls, ID 83303-0548. Deadline is noon, four days in advance of the

Crossing

Continued from Main 1

reducing the speed limit near the schools.

"Children's safety is No. 1, but there are other solutions," Mendenhall said.

The council unanimously voted to table the decision. Burley Mayor Terry Greenman will assemble a committee to study solu-

tions, including the installation of flashing lights that would cost \$3,000 per light but would be programmable to be in use only when they are needed.

Laurie Welch may be reached at lwelch@gmagicvalley.com or 208-312-5247.

Agenda

Continued from Main 1

review of dispatch calls by city staff and council members Don Hall and Will Kezele, staff plan to ask the council to approve a contract for \$109,500 — \$9,500 per month already paid in October, November and December, and \$9,000 per month through the end of September. Turning to the county is still significantly cheaper than if the city did the work itself, according to a staff report.

The review found the city accounts for 70 percent of animal calls, down from the oft-quoted 80 percent determined by a city study in 2007. The new contract will renew automatically after September

for one more year unless terminated or changed.

Hall, now the mayor, and council members Greg Lanting and David E. Johnson were the only votes in favor of the contract in October. Clow, still on the council, described the \$114,000 as "unfair" at the time. Kezele and council member Lee Heider said shortly after the vote that they felt the city should look at whether contracting with a private company would save money.

City officials have emphasized throughout the talks that they feel the county does a good job.

The council will also be asked to terminate a lease agreement with Dell for

the building housing its former call center at 851 Pole Line Road.

The complicated 10-year agreement among the city, the Twin Falls Urban Renewal Agency and Dell was drawn up in 2002. The company announced last September that it was closing the center. Dell has agreed to accept the balance of a \$2.4 million promissory note it holds with the URA — \$766,500 left as of Jan. 29 — and in return give the URA its real and personal property at the site.

The URA board will also consider the termination agreement today at a noon meeting, according to a staff report.

Also this evening, the council is set to hear an update from Escape Salon owner Scott Andrus on his effort to end the Historic Downtown Business Improvement District.

Andrus has been gathering signatures since November on a petition to dissolve the controversial district, formed 30 years ago to promote downtown. City officials have argued that a number of the signatures don't count because they're from business owners who are late on their BID dues. But Andrus told the *Times-News* last week that he feels he has enough and plans to submit the petition on Tuesday.

Dollars

Continued from Main 1

without trying to second-guess Congress or expect federal funding that may not come.

"We'll see how that plays out," Luna said in an interview with the *Times-News*. "Last year we continued to move forward putting together a state budget knowing there was a possibility of a stimulus. ... Who knows what Washington will do?"

The bill hasn't gained support from the Idaho

delegation in either party. Republican Congressman Mike Simpson and Democrat Walt Minnick both voted against the bill.

"While Idaho families are struggling to make ends meet and one in 10 Americans is out of work, the Democrats have been doing everything they can to kill jobs by imposing greater tax and regulatory burdens on our nation's job creators," Simpson said in a statement. "Businesses in Idaho have told me that

they cannot afford to invest in job creation while Congress is debating costly and expensive health care reform, cap and trade, and other sweeping and burdensome regulatory reforms that will make it even more difficult for them to survive."

The bill hasn't been heard yet on the Senate floor. Kyle Hines, press secretary for Sen. Jim Risch, said they'll need to look at the bill when it comes up before knowing more.

Lindsay Nothern, press secretary for Sen. Mike Crapo, said the large cost would be a potential concern.

"I would say he would be fairly suspicious of it because of the price tag," Nothern said.

"We'll definitely look at it closely, but I don't know that we would support it."

Ben Botkin may be reached at bbotkin@gmagicvalley.com.

TIMES-NEWS

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MAIL INFORMATION
The Times-News (UPS 631-080) is published daily at 132 Fairfield St. W., Twin Falls, by Lee Publications Inc., a subsidiary of Lee Enterprises. Periodicals paid at Twin Falls by The Times-News. Official city and county newspaper pursuant to Section 6C-108 of the Idaho Code. Thursday is hereby designated as the day of the week on which legal notices will be published. Postmaster, please send change of address form to: P.O. Box 548, Twin Falls, Idaho 83303.

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Vol. 105, No. 11



SNOWPACK LEVELS		
Watershed	% of Avg.	peak
Salmon	72%	34%
Big Wood	66%	31%
Little Wood	51%	23%
Big Lost	57%	25%
Little Lost	74%	35%
Henry's Fork/Teton	63%	30%
Upper Snake Basin	59%	28%
Oakley	83%	38%
Salmon Falls	71%	33%
As of Jan. 10		

Wendell tweaks high school drug testing policy

By Blair Koch
Times-News correspondent

After expanding its drug-testing policy this fall to cover all high school students participating in extracurricular activities, the Wendell School District has clarified the consequences for violators.

Superintendent Greg Lowe told the *Times-News* that "consequences are clearer," due to revisions unanimously approved by the district board on Nov. 17. Under the state Safe and Drug Free Schools grant, district urinalysis is done to detect marijuana, methamphetamines, opiates and cocaine.

Revisions include a reconstruction of consequences for violators based on their student activities.

"For example, a football player testing positive the first time would miss one

game because there is only one football game a week, typically," Lowe said. "A basketball player would miss two games because there are typically two basketball games during a week."

Subsequent positive results carry stricter punishments, up to expulsion from the activity or club and drug counseling.

District counselor Chris McNaught suggested the policy's expansion and called a lack of positive drug test results among district athletes a result of not "testing the right people."

"The reason for testing is to identify those students who need intervention and we needed to expand the pool to better identify those students who needed help," McNaught said.

Some studies suggest such policies may not help anyway.

A 2003 University of

Michigan study claimed random testing failed to impact drug use among students and athletes.

The data, collected from 76,000 students between 1998 and 2001, found virtually no difference in drug use rates between schools with testing programs than those without.

The study found 21 percent of seniors in high schools that performed random testing reported illicit drug use, compared to 19 percent in schools without drug-testing policies.

According to district Activity Director Brad Neuendorf, roughly 200 of the 310 students at Wendell High School are subject to random testing.

Neuendorf said the policy may keep some kids from participating but believes the district is doing the right thing.

McNaught scoffs at the

idea that the school's testing policy is a barrier for uninvolved students. He went so far as to say it was the school's random pee-to-play policy that kept students excelling, not the actual student's involvement in extracurricular activities.

"The kids who really want to be involved are involved," he said.

McNaught, who is also the district's Safe and Drug Free School coordinator, said the district is still not drug free, as indicated by a recent self-survey by students.

"It really surprised me ... how much drug activity is still taking place amongst our students," McNaught said.

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

Law & Disorder... ... in Cassia County

From Dec. 12 police reports:
Animal control:
A cliche'd dog bit a mailman. According to the report, the mailman didn't want to press charges but just wanted the dog "taken care of."

Larceny:
A 76-year-old Burley woman reported that, as she was leaving Walmart with a microwave in her shopping cart, she decided it was too heavy to lift and asked a man in the parking lot to help her.

According to the report, he put the microwave in her car, but when she returned to the shopping cart for the rest of her belongings, her purse was missing.

The report, which makes it sound as though the woman had multiple amounts of carefully separated cash, lists the items in her

purse as: "a check book, 20 dollars, Wells Fargo credit card, 1 dollar, keys, 5 dollars, Social Security card, 1 dollar, Driver's License, 25 dollars, Insurance card, 1 dollar, a brown wallet, 10 dollars, and about 5 dollars in loose change." (sic)

Family dispute:
Police responded to a Burley residence about a possible domestic dispute between a married couple. According to the report, the man, 33, said "he was on Facebook and found a picture of his wife with another man."

He reportedly had blood on his hand and explained that he "had punched the wall and knocked over the Christmas tree." The woman, 26, reportedly confirmed her husband's story and asked him to leave for the night.

— Damon Hunzeker

Blaine schools hold building hearing

Times-News

The Blaine County School District will hold a 6:30 p.m. public hearing Wednesday on a proposal to borrow on money from a \$59.8 million approved in October.

The hearing will be held at

the district office, 118 W. Bullion St., Hailey.

School district officials contend the school district may save money by getting started on some of its projects quickly, including building a cafeteria at Bellevue Elementary School.

Planets

Continued from Main 1

research from the suddenly hot and competitive exoplanet field generated noticeable buzz at the convention. Scientists are talking about being at "an incredible special place in history" and closer to answering a question that has dogged humanity since the beginning of civilization.

"The fundamental question is: Are we alone? For the first time, there's an optimism that sometime in our lifetimes we're going to get to the bottom of that," said Simon "Pete" Worden, an astronomer who heads NASA's Ames Research Center. "If I were a betting man, which I am, I would bet we're not alone — there is a lot of life."

Even the Roman Catholic Church has held scientific conferences about the prospect of extraterrestrial life, including a meeting last November.

"These are big questions that reflect upon the meaning of the human race in the universe," the director of the Vatican Observatory, the Rev. Jose Funes, said Wednesday in an interview.

Worden told The Associated Press: "I would certainly expect in the next four or five years we'd have an Earth-sized planet in the habitable zone."

Worden's center runs the Kepler telescope, which is making an intense planetary census of a small portion of the galaxy.

Unlike the Hubble Space Telescope, which is a general instrument, Kepler is a specialized telescope just for planet-hunting. Its sole instrument is a light meter that measures the brightness of more than 100,000 stars simultaneously, watching for anything that causes a star to dim. That dimming is often a planet passing in front of the star.

Any planet that could support life would almost certainly need to be rocky rather than gaseous. And it would need to be in just the right location. Planets that are too close to their star will be too hot and those too far away are too cold.

"Every single rock we turn over, we find a planet," said Ohio State University astronomer Scott Gaudi. "They occur in all sorts of environments, all sorts of places."

Researchers are finding exoplanets at a dizzying pace. In the 1990s, astronomers found a couple of new planets a year. For most of the last decade, it was up to a couple of planets every month.

This year, planets are being found on about a daily



AP photo

This undated image provided by NASA shows the Kepler photometer being lowered into its spacecraft. A top NASA official and other leading scientists say that within four or five years they should discover the first Earth-like planet located in a spot outside our solar system where life could develop, or may have already.

basis, thanks to the Kepler telescope. The number of discovered exoplanets is now well past 400. But none of those has the right components for life.

That's about to change, say the experts.

"From Kepler, we have

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Sheryl Crow tries to ride to the rescue of wild horses

By Martin Griffith
Associated Press writer

RENO, Nev. — Sheryl Crow has spoken out against the war in Iraq and in support of embryonic stem-cell research and efforts to combat global warming. Now, she's trying to ride to the rescue of thousands of wild horses that roam the West.

After campaigning for President Obama in 2008, the Grammy-winning singer has become a leading critic of his administration's plans to remove as many as 25,000 mustangs from the range and ship them to pastures in the Midwest and East.

Since coming out in favor of a moratorium on government roundups of mustangs in November, Crow has lobbied Interior Secretary Ken Salazar, dropped off books and DVDs about wild horses for Obama at the White House and appeared in a video produced by equine activists.

To no avail, she also called on the president to halt a roundup of about 2,500 mustangs in Nevada, which began late last month as part of the administration's strategy to remove thousands of mustangs from the range.

"My main concern is that horse numbers not be dwindled down to where they can become extinct," she said, fearing the roundups are leaving mustang herds with too few breeding horses.

The government says the number of wild horses and burros on public lands in the West stands at nearly 37,000, about half of them in Nevada. It believes the number that can be supported on the range is about 26,600.

An additional 34,000 wild horses already live away from the range in federal-run corrals and pastures. Those are nearly full at a growing cost.

In an interview with The Associated Press, Crow said the romantic symbols of the American West are being sacrificed, in part, because



AP photo

In this photo taken in 2006 and provided by the Cloud Foundation, Sheryl Crow, left and Ginger Kathrens are shown riding mustangs in the Sangre de Cristo Mountains in Colorado.

of ranchers' drive for land. She disputed the government's position that booming mustang numbers are threatening the horses with starvation, and harming arid rangelands and native wildlife.

"I think there has to be a better way than taking them away from their native lands," she said by phone from New York. "I feel so passionate about the issue because wild horses are one of the last remaining ties to the land as it was and our history in America."

The 47-year-old rocker became acquainted with the issue when she rode an adopted wild horse named Smokey in Colorado's Sangre de Cristo Mountains in July 2006, several months after she and cycling champ Lance Armstrong broke off their engagement.

Crow was joined on rides there by friends, including Ginger Kathrens, executive

director of the horse-advocacy group Cloud Foundation based in Colorado Springs, Colo. Kathrens is an Emmy-winning documentary filmmaker who has produced PBS programs on a wild stallion named Cloud.

"Sheryl fell in love with the mustangs," Kathrens recalled. "We sat and talked about how we were losing the mustangs (to government roundups). She asked, 'What can I do to help?'"

Kathrens credited Crow for "jump-starting" the movement for a roundup moratorium and bringing widespread media attention to the issue. Nearly 150 organizations have endorsed the request. "Sheryl is a big star and when she says this is something we should be doing the media perks up," Kathrens said.

Since the rides in the Sangre de Cristos, Crow has adopted a wild mustang

named Colorado. She has 20 other horses on her ranch near Nashville, Tenn.

"I was the kid who asked for a horse every year, but we didn't have the backyard for one," the Kennett, Mo., native said. "Now, I ride every day I'm at the ranch. It's a very spiritual connection riding a horse."

Salazar said Crow's passion for horses came across in a phone conversation last month, which he initiated at the urging of his staff after she called for the moratorium. "I told her we didn't know we had the right solution here, but it was the solution we were offering and if there were other ideas we would be happy to entertain those ideas," he said.

Crow said she was pleased that Salazar pledged to open lines of communication with equine activists, but disappointed he ignored her plea to halt the roundups. While she will continue to press for the moratorium, she has no plans to talk to Obama. "He has enough on his plate," she said.

Meanwhile, there are other celebrities pushing the cause, including Willie Nelson, Lily Tomlin, Bill Maher and Ed Harris.

Ron Cerri of the Rebel Creek Ranch near Orovada, Nev., said Crow and the other celebrities are "outsiders" who are unfamiliar with problems caused by the mustangs. He supports the administration's plan, saying the horses are hurting the range, native wildlife and livestock because they can double in population every four years.

"It's not only about the health of the range and the resources, but the health of the horse herds," said Cerri, who is president of the Nevada Cattlemen's Association. "It disappoints me it's not a consideration to them. It's an emotional issue to them."

Associated Press reporter Judith Kohler in Denver contributed to this report.

McCain aide: Palin believed candidacy was 'God's plan'

WASHINGTON (AP) — Sarah Palin believed that Sen. John McCain chose her to be his running mate in 2008 because of "God's plan," according to a top political strategist in the Arizona Republican's campaign.

In an interview with the CBS news magazine "60 Minutes," Steve Schmidt described Palin as "very calm — nonplussed" after McCain met with her at his Arizona ranch just before putting her on the Republican ticket. McCain had planned to name Sen. Joe Lieberman, I-Conn., as his vice presidential choice until word leaked, sparking what Schmidt called political blowback over picking

the 2000 Democratic vice presidential nominee.

Schmidt said he asked Palin about her serenity in the face of becoming "one of the most famous people in the world." He quoted her as saying, "It's God's plan."

Schmidt was interviewed by "60 Minutes" for a segment about a new book about the 2008 presidential race, "Game Change," by John Heilemann of New York magazine and Mark Halperin of Time magazine. Schmidt credited Palin with being a quick study and for giving a great convention speech in Minneapolis, but he said it soon became clear that she often was not accurate in her remarks.

N. California dodges major damage in quake

EUREKA, Calif. (AP) — Residents of a Northern California county gingerly cleaned up Sunday after the area dodged a catastrophe, escaping a 6.5 magnitude earthquake with little more than bumps, cuts and broke glass.

Eureka's Bayshore Mall had entrances blocked off as engineers surveyed for damage. Area bridges suffered some bent rails, and local stores reported messy aisles where bottles and jars flew from shelves and shattered, authorities said.

But the Saturday afternoon temblor — centered in the Pacific about 22 miles west of Ferndale — caused no major

injuries, only limited structural damage and just a few hours where thousands of residents were without power.

"I think we can attribute some of this to being prepared," said Phil Smith-Hanes, Humboldt County spokesman. "Folks in this area are used to living in earthquake country."

The quake's location — offshore, deep under the ocean and away from urban areas — helped the region escape relatively unscathed what could have been a major disaster.

A quake of similar size — 6.7 magnitude — killed 72 people and caused \$25 billion in damage in 1994 in the Los Angeles area.

AROUND THE WEST

Southwest Idaho group seeks bird seed donations

NAMPA — A group called the Friends of Deer Flat Wildlife Refuge says it needs donations of bird seed to continue feeding wintering songbirds at the wildlife refuge.

From November through March the group places bird feeders near the refuge's wildlife-viewing blind.

Juncos, finches, sparrows, chickadees and many other species are drawn to the feeders.

The group uses hundreds of pounds of bird seed to attract and hold the flocks of wintering songbirds in the area.

The bird viewing area is located on a nature trail at the high water line of Lake Lowell east of the refuge visitor center.

Missing baby's mom held in Ariz. on felony charges

PHOENIX — The Arizona mother at the center of a missing baby case has been charged with kidnapping, child abuse and custodial interference.

The Tempe Police Department said Sunday that 23-year-old Elizabeth Johnson is being held at the Maricopa County jail on the three felony charges after being extradited from Florida, where she was taken into custody Dec. 30 after failing to show up for a custodial hearing in Phoenix.

Police say she's being held on a cash only \$1.1 million bond.

Authorities are trying to determine what happened to Johnson's 8-month-old son, Gabriel, who was last seen

with her in San Antonio last month.

Authorities are calling a Scottsdale couple "persons of interest" in the case.

The couple has said they befriended Johnson at an airport and that she wanted to give her son up for adoption.

Traffic stop uncovers theft operation

REXBURG — Police in Rexburg say a traffic stop for speeding led to the discovery of a major theft operation extending from Blackfoot to Rexburg.

Twenty-six-year-old Jeffrey Alan Smith of Rigby and 20-year-old Krystal Marie Hansen of Idaho Falls were taken into custody last week.

They were each charged in 7th District Court with one count of burglary and were being held in the Madison County Jail.

Police say they have deter-

mined at least 29 businesses were burglarized. Police say they have recovered 473 items worth \$12,000.

Toxic metal found in kids jewelry made in China

LOS ANGELES — Banned from using lead in children's jewelry because of its toxicity, some Chinese manufacturers have been substituting the more dangerous heavy metal cadmium in sparkling charm bracelets and shiny pendants being sold throughout the United States, an Associated Press investigation shows.

The most contaminated piece analyzed in lab testing performed for the AP contained a startling 91 percent cadmium by weight. The cadmium content of other contaminated trinkets, all purchased at national and regional chains or franchises, tested at 89 percent, 86 per-

cent and 84 percent by weight. The testing also showed some items easily shed the heavy metal, raising additional concerns about the levels of exposure to children.

Like lead, Cadmium can hinder brain development in the very young, according to recent research.

Children don't have to swallow an item to be exposed — they can get persistent, low-level doses by regularly sucking or biting jewelry with a high cadmium content.

—Wire reports

Auction Calendar

Through Jan. 25

<p>MONDAY, JAN 11, 5:30PM Collector's Night, Twin Falls Collectibles - Furniture - Lumber Bunks Estate Items - Appliances - 2007 Honda Accord 25k - Tools & Misc Consignments Welcome 734-1635 - 731-4567 IDAHO AUCTION BARN www.idahoauctionbarn.com</p> <p>THURSDAY, JAN 14, 6:00PM Liquidation Auction, Burley Crazy Dave's Emporium is liquidating their entire inventory to make room for new stock. 811 Albion, Burley FAST LINE AUCTIONS www.fastlineauctions.com</p> <p>FASTLINE SALES REP Jill Hollon 735-3222 • E-mail: jhollon@magicvalley.com</p> <p>To find out more, click Auctions on www.magicvalley.com</p>	<p>SATURDAY, JAN 16, 10:00AM Dr. Con & Ella Annett Living Estate, Burley Very large auction, sale preview Friday Jan. 15, 10am until 4pm Sat. 16, 8am until sale time Burley National Guard Armory BILL A. ESTES & ASSOC. AUCTIONEERS • 670-2078 Estesauctioneers.com</p> <p>MONDAY, JAN 25, 3:30PM REAL ESTATE AUCTION 923 Sq Ft 2 Bedroom Home 419 4th Ave East - Jerome, ID 734-4567 - 731-4567 ALL AMERICAN AUCTION www.idahoauctionbarn.com</p>
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A wild(card) way to win

Dansby's fumble return gives Cards 51-45 win

By Bob Baum
 Associated Press writer

GLENDALE, Ariz. — Old master Kurt Warner and playoff newcomer Aaron Rodgers staged a passing duel to rival any the NFL has seen. And when the game ended abruptly in overtime, Rodgers flung his helmet to the sideline in disgust.

He can blame the Arizona defense for his misery.

Karlos Dansby returned Rodgers' fumble 17 yards for a touchdown to give the Arizona Cardinals a 51-45 victory over the Green Bay Packers on Sunday in the highest-scoring playoff game in NFL history.

Rodgers, who started the game with an interception but was marvelous after that, was stripped by Michael Adams. The ball careened off Rodgers' foot and into the hands of Dansby, who ran untouched for the score.

"He made a sack, the ball went in the air, I just made a play on the ball," Dansby said.

The reigning NFC champion Cardinals (11-6) rushed the field to celebrate.

Warner, who improved his playoff record to 9-3, completed 29 of 33 for 379 yards with five touchdowns and no interceptions. Rodgers was 28 of 42 for 422 yards and four TDs. All but two of Rodgers' yards came after the first quarter.

"It's clearly one of the toughest losses I've been a part of," Green Bay coach Mike McCarthy said.

The NFC West champion Cardinals play at New Orleans on Saturday.

Dansby started and ended the game with big plays. He broke up Rodgers' game-opening pass and Dominique Rodgers-Cromartie intercepted. The next time the Packers got the ball, Dansby stripped Donald Driver and Arizona's Alan Branch recovered.

With Anquan Boldin sidelined with ankle and knee injuries, Warner threw two touchdown passes to Larry Fitzgerald, two to Early Doucet and one to Steve Breaston, who caught seven passes for 125 yards.

Neil Rackers missed a 34-yard field goal at the end of regulation for Arizona.

The teams combined for 1,024 yards. Arizona had 531, including 156 rushing, against a Packers defense ranked No. 2 overall, No. 1 against the run.



Arizona defender Calais Campbell celebrates with Karlos Dansby (58) after Dansby recovered a fumble and ran it in for a touchdown Sunday during overtime of a wild-card playoff game in Glendale, Ariz. The Cardinals defeated Green Bay 51-45.

AP photo

Rice leads Ravens run game to win over Pats

By Howard Ulman
 Associated Press writer

FOXBOROUGH, Mass. — In a matter of minutes, Tom Brady and his New England Patriots went from being the team of the last decade to looking old, over-matched and, oddly, inept.

Fans sat in frozen silence. Barely into their seats, they saw the shocking truth on the scoreboard.

Five minutes into the game, New England trailed the Baltimore Ravens 14-0. Just one minute later the crowd came to life, booing Brady and his teammates who hadn't lost a playoff game at Gillette Stadium.

Until Baltimore's 33-14 win Sunday in the AFC playoffs.

"I'd have been booing us, too, the way we played," Brady said. "Playing the way we played today, we weren't going to beat anybody."

From the very first play, Ray Rice and the running Ravens were in control.

Rice ran 83 yards for a touchdown, Brady had three of his four turnovers in the first quarter and Baltimore had knocked off the team that had changed into an inconsistent, mistake-prone group this season.

"Their era is not over, they know how to win," Rice said, "but for the Ravens, to beat the New England Patriots set a precedent. We'll always remember this win."

See **RAVENS**, Main 6



New England quarterback Tom Brady (12) picks himself up off the turf Sunday during a wild-card playoff game against Baltimore in Foxborough, Mass. The Ravens beat the Patriots 33-14.

AP photo

Tennessee upsets No. 1 Kansas

By Beth Rucker
 Associated Press writer

KNOXVILLE, Tenn. — The loss of four key players helped Tennessee come together as a team. Now No. 1 Kansas is looking to do the same after failing to survive the second of two close games.

Scotty Hopson had 17 points and No. 16 Tennessee, with a lineup thinned by suspensions, dismissals and injuries, handed Kansas its first loss of the season, 76-68 on Sunday night.

"It's pretty amazing what chemistry can do when guys put their minds to something and know their backs are up against the wall a little bit and they rally, and they don't quit and they believe in themselves," Tennessee coach Bruce Pearl said.

Kansas' loss leaves No. 2 Texas and No. 3 Kentucky as the only unbeaten in Division I, and it was the fourth this weekend by a Top Ten team, joining No. 4 Purdue, No. 5 Duke and No. 8 West Virginia.

"The thing I will tell you is this: I don't know if Tennessee was a team until this past week. I don't know if Kansas is a team yet," Kansas coach Bill Self said.

Kansas' Tyshawn Taylor stole the ball and dished it to Brady Morningstar, who hit a 3-pointer

See **UPSET**, Main 6



Tennessee player Scotty Hopson (32) drives against Kansas player Cole Aldrich (45) Sunday during the second half of their game in Knoxville, Tenn. The No. 16 Vols upset the No. 1 Jayhawks 76-68.

AP photo

Ebersol: NBC expects to lose money on Olympics

The Associated Press

PASADENA, Calif. — NBC Universal says it expects to lose money televising the Winter Olympics from Vancouver next month.

NBC Sports chief Dick Ebersol said that while advertising sales were soft for much of last year, they have picked up as the Olympics drew near. The loss comes primarily due to the stiff rights fee NBC paid to broadcast the games, he said.

NBC paid \$820 million for the rights to televise the Winter Games. That compares to the \$613 million paid for the rights to televise the Olympics in Turin, Italy, in 2006.

Ebersol said it will be the first time NBC has lost money on the games since he began producing the telecasts from Barcelona in 1992.

The head of NBC's parent company, General Electric's Jeffrey Immelt, told investors recently that he expected NBC would lose "a couple hundred million bucks" on the games.

NBC won't cut back on its coverage plans due to the

2010 Winter Olympics

Vancouver, B.C.
 Opening ceremony, Feb. 12.

financial problems, the network said.

It remains unclear whether this financial reality will affect negotiations for the U.S. rights to televise the Olympics in 2014 and 2016. The International Olympics Committee is expected to award coverage rights sometime this year.

The bidding for those games has the potential to be a battle of media titans, including Fox's News Corp. and Disney. Ebersol said he expected the games to be awarded before any federal regulatory approval of Comcast's agreement to take over NBC Universal.

NBC Universal will televise some 835 hours of Olympics programming next month, starting Feb. 12, on the broadcast network and cable affiliates like CNBC, MSNBC and USA. Because the games are not overseas, NBC will have the advantage of many more prime-time events taking place live.

Rooney Rule: Are NFL teams complying?

By Barry Wilner
 Associated Press writer

FOXBOROUGH, Mass. — Recent minority interviews for NFL coaching jobs in Washington and Seattle under the Rooney Rule have raised questions about whether the spirit of the rule has been violated.

Former Colts coach Tony Dungy wonders about the process used by the Redskins, who interviewed assistant coach Jerry Gray for the head coaching position last month even though Jim Zorn still held the job.

The Seahawks met with Vikings defensive coordinator Leslie Frazier on Saturday amid reports that Southern California coach Pete Carroll would be hired regardless of how impressive Frazier was.

"That is not what the Rooney Rule is supposed to be, (that) you make up your mind and then interview a candidate for it anyway just to satisfy the rule," said Dungy, who retired from coaching last year and now is an analyst on NBC's "Football Night in America" show.

Yet Dungy encourages all candidates to interview — under the proper procedures.

"The idea of the rule is to slow down the process and get teams to do their homework and investigate a lot of candidates, not just minority candidates," he said. "You went through the process, and in doing that sometimes you uncover people."

That's what happened when the Steelers hired Mike Tomlin over assistants Ken Whisenhunt and Russ Grimm in 2007. Dungy believes Frazier's numerous interviews — the Rams, Broncos, Lions, Dolphins, Falcons have spoken to him in past years, and he remains among the front-runners for the Buffalo position — will pay off, too.

The Vikings declined to make Frazier available for comment Sunday. In the past, he has said he supports the Rooney Rule process.

On Saturday, commissioner Roger Goodell said the Redskins and Seahawks had complied with the Rooney Rule in their coaching searches.

Unranked Arizona tops No. 24 Washington

TUCSON, Ariz. — Jamelle Horne scored a career-high 22 points and Arizona handed Washington its worst loss of the season.

Washington (10-5, 1-3) lost 67-51 to Arizona State on Friday night, the first time the Huskies were swept on the Arizona trip since 2003.

Horne hit a career-high five 3-pointers in eight attempts for the Wildcats (8-8, 2-2).

Isaiah Thomas had 18 points for Washington, while freshman Abdul Gaddy scored a season-high 13.

Arizona limited Washington to 44.2 percent shooting from the field. The Wildcats shot 50 percent, including 47.1 percent (8 of 17) from 3-point range.

Horne was one of six Arizona players to score in double figures.

NO. 7 SYRACUSE 82, SOUTH FLORIDA 65

SYRACUSE, N.Y. — Wes Johnson had 19 points and 13 rebounds, his seventh double-double of the season, to lead Syracuse.

Syracuse (15-1, 2-1 Big East) used a 16-4 first-half spurt to take control and outscored the Bulls 17-8 over the first 6:09 of the second half to send South Florida (10-5, 0-3) to its 34th Big East road loss in 36 games since joining the conference.

Dominique Jones had a season-high 30 points for South Florida.

The Bulls again played without 6-foot-10 forward Augustus Gilchrist, who was averaging nearly 18.8 points and 7.4 rebounds before severely spraining his right ankle in an early December practice.

NO. 9 NORTH CAROLINA 78, VIRGINIA TECH 64

CHAPEL HILL, N.C. — Ed Davis had 20 points, 11 rebounds and four blocked shots, and North Carolina overcame a big game from Malcolm Delaney to beat Virginia Tech.

Larry Drew II added 14 points while Deon Thompson and Will Graves added 13 apiece for the Tar Heels (12-4, 1-0 Atlantic Coast Conference).

They opened the second half with an efficient burst that helped them bounce back from a surprising overtime loss at the College of Charleston, improve to 11-0 at home and avoid losing its ACC opener for the second straight year.

Delaney returned from an ankle injury to score 20 of his 26 points in the first half, and almost single-handedly willed the Hokies (12-2, 0-1) to their second victory in Chapel Hill since joining the league in 2004.

— The Associated Press

Upset

Continued from Main 5

with 1:14 left to cut Tennessee's lead to 71-68.

Skylar McBee, one of three walk-ons who saw playing time for Tennessee, answered with his own 3 as the shot clock expired.

Sherron Collins, who bailed the Jayhawks (14-1) out of a near loss to Cornell on Wednesday with a career-high 33 points, couldn't help this time, missing three shots before time expired. Collins led Kansas with 22 points.

Kansas couldn't find its composure in front of 21,936 screaming Tennessee fans at a sold-out Thompson-Boling Arena, which was hosting a No. 1 team for the first time.

The Jayhawks turned the ball over 16 times, while Tennessee (12-2) had only eight turnovers.

Bobby Maze added 16 points for Tennessee, and Renaldo Woolridge had 14 points and eight rebounds.

Cardinals meet Saints; Ravens face Colts

Cowboys meet Vikings; Jets play Chargers

The Associated Press

It took a few extra minutes, but the lineup for the divisional round of the NFL playoffs is set.

Arizona (11-6) will face the NFC's top seed, the Saints (13-3), in New Orleans on Saturday. The reward for Baltimore (10-7) is playing the AFC's top seed, taking on the Colts (14-2) later Saturday in Indianapolis.

The Ravens' win at New England sends the Jets to San Diego. A Cowboys-Vikings matchup in Minnesota already was set after Dallas won a playoff game for the first time since 1996 on Saturday night.

The Jets, Ravens and Cowboys all made statements this weekend that

they're in top form.

The Ravens face the AFC South champion Colts in a rematch of their meeting in Baltimore on Nov. 22. Indy won 17-15 in a game in which its defense held the Ravens to a field goal after it had first-and-goal at the 1 in the fourth quarter.

"We'll play our game against the Colts; it'll be our will against their will," Rice said. "It'll be a fourth-quarter game. The Xs and Os will take care of themselves. Playoff football is a little different from regular season. In the regular season, those plays are not being made."

The Cowboys' 34-14 rout of Philadelphia sent them to the Metrodome for a meeting with Brett

NO DEAL YET FOR SEAHAWKS WITH CARROLL

SEATTLE (AP) — The Seattle Seahawks are in Los Angeles trying to make Pete Carroll their next coach — while lining up interviews to find their next general manager.

Seahawks chief executive officer Tod Leiweke spent Sunday in California. A team spokesman says his talks with the charismatic coach of Southern California may go into Monday. The Seahawks still do not have an agreement despite widespread reports, but are closing in on a deal for Carroll's return to the NFL, according to a league official with direct knowledge of Seattle's coaching search. The official requested anonymity because the team isn't detailing the search.

ESPN reported that former Tennessee Titans GM Floyd Reese will interview for Seattle's GM job. He will join New York Giants personnel man Marc Ross, Green Bay executive John Schneider and Omar Khan, a contract administrator with Pittsburgh.

Favre and the Vikings (12-4) next Sunday.

The fifth-seeded Jets played error-free ball in frigid Cincinnati to beat the AFC North champion Bengals 24-14 on Saturday afternoon. With their

stingy defense and versatile running game, the Jets (10-7) look as formidable as coach Rex Ryan has claimed they are. Their next test comes Sunday against the AFC West champion Chargers (13-3).

Ogilvy wins at Kapalua

KAPALUA, Hawaii (AP) — Whether he's running away from the field or chasing from behind, Geoff Ogilvy has found the secret to winning the season-opening SBS Championship at Kapalua.

A year after winning by six shots, Ogilvy rallied from a two-shot deficit with 10 holes to play with smart decisions and flawless golf for a 6-under 67 and a one-shot victory over Rory Sabbatini on Sunday.

Ogilvy posted his eighth consecutive round in the 60s on the Plantation Course. He joined fellow Australian Stuart Appleby as the only repeat winners since this tournament moved to Kapalua in 1999, and he became only the seventh player in the 58 years of this winners-only tournament to win in consecutive years.

"We knew what we had to do," Ogilvy said. "I'd never been in that situation. I'm happy and excited to get it done. I needed to make birdies and I did."

Even though he trailed in the middle of his round, Ogilvy still had plenty of holes in front of him.

He played short of the par-4 14th, a 272-yard hole where most players were hitting driver, and pitched to 4 feet for birdie. And he took the outright lead with a 5-wood into 25 feet for a two-putt birdie on the 15th.

Sabbatini, who started the final round six shots behind, ran off five straight birdies on the back nine to seize the lead and closed with a 63. He couldn't reach the green on the 663-yard 18th in two, however, and missed a 10-foot birdie putt that ultimately cost him.

"I said to my caddie, 'We need to birdie the last two holes to have a chance,'" Sabbatini said. "The situation was you had to keep moving forward to put pressure on him. I had my opportunity, and unfortunately, it didn't pan out."

Ogilvy took two strong lines on the 17th for a par, then laid up on the 18th to take trouble of play on the left and closed with a par. He finished at 22-under 270 and moved back into the top 10 in the world with his seventh career PGA Tour victory.

It was his first win since the



AP photo

Geoff Ogilvy follows his drive from the No. 1 tee Sunday during the final round of the SBS Championship golf tournament in Kapalua, Hawaii.

Match Play Championship last February. The trick now is for Ogilvy to keep this form throughout the year, and he hopes he can learn from mistakes a year ago when he tried too hard and practiced more than usual.

He is taking next week off before playing in Abu Dhabi, then returns home to Arizona where his wife is expecting their third child.

U.S. Open champion Lucas Glover's bid to become the second straight wire-to-wire winner at Kapalua ended early when he hit into the hazard on consecutive holes and lost three shots. He closed with a 76 and was 14th in the 28-man field.

Matt Kuchar lingered without

seriously threatening, missing several chances on the middle of the back nine as Ogilvy pulled farther ahead. He closed with a 67 and finished alone in third.

Sean O'Hair made all the right moves to give himself a chance. He was at 20 under, two shots out of the lead with a chance to reach the par-5 18th in two. He was quick with his swing and pulled it into the weeds, leading to double bogey and a 68 to finish fourth.

The Kona wind returned again, which makes Kapalua a tough start and finish, with birdies available in between and trouble on any hole with a poor shot. Sabbatini breezed through with a 32 on the front to get in the mix,

Rajon Rondo scores triple-double for Boston

TORONTO — Rajon Rondo had 22 points, 13 assists and 10 rebounds for his first triple-double of the season, and Rasheed Wallace scored a season-high 29 points in Boston's 114-107 win over the Raptors.

Wallace made five of Boston's 11 3-pointers. Ray Allen, Paul Pierce and Kendrick Perkins each scored 16 points for Boston, which had lost four of six coming in.

Chris Bosh had 31 points and 13 rebounds, and Andrea Bargnani added 23 points for Toronto.

HORNETS 115, WIZARDS 110

WASHINGTON — Chris Paul scored eight of his 26 points in the final three minutes to lead New Orleans to its sixth straight win.

Peja Stojakovic scored 20 points, and Paul added 14 assists for the Hornets, who have won three straight away from home to improve their road record to 5-13 after an abysmal start.

Antawn Jamison scored 32 points for the Wizards, and Randy Foye had 23 starting in place of Gilbert Arenas to set a season-

high for the second straight game.

SPURS 97, NETS 85

SAN ANTONIO — Manu Ginobili scored 21 points and San Antonio Spurs sent New Jersey to its 34th loss in 37 games this season as they beat the Nets 97-85.

Spurs center Ian Mahinmi made his first appearance of the season memorable with career highs of 15 points and nine rebounds.

Brook Lopez scored 28 points and Yi Jianlian added 16 for New Jersey.

CLIPPERS 94, HEAT 84

LOS ANGELES — Chris Kaman had 22 points and 14 rebounds, Baron Davis had 11 points and 14 assists, and the revitalized Clippers won their sixth straight home game.

Eric Gordon scored 17 points and Rasual Butler added 13 for the Clippers, who moved within one game of .500.

Dwyane Wade scored 24 points for the Heat, who have lost five of seven to drop within one game of .500.

— The Associated Press

Ravens

Continued from Main 5

The Ravens (10-7) were

only slight underdogs to the team that won three Super Bowls from 2002 through 2005. That myth faded as quickly as Baltimore charged into their early lead in a game that began with a wind chill that made it feel like 8 degrees.

Rice and his running mates heated up early.

Now, if they beat Indianapolis and Peyton Manning next Saturday night, they'll reach the AFC championship game for the second straight year as a wild-card team.

Not even Brady, the NFL Comeback Player of the

Year, could overcome his mistakes and the absence of the league's leading receiver Wes Welker. Brady was 23 of 42 for 154 yards, two touchdowns passing and three interceptions.

But it was hardly a one-man collapse.

Randy Moss, covered tightly by Domonique

Foxworth, caught only five passes for 48 yards. The Patriots defense was so porous, allowing 234 yards rushing, that Joe Flacco only had to throw 10 passes, completing four for 34 yards. Rice rushed 159 yards for a team that averaged 182.6 on the ground in its previous five games.

Togo soccer team leaves Angola after deadly attack

CABINDA, Angola (AP) — Togo withdrew from a continentwide soccer tournament and its players reluctantly left Angola on Sunday, two days after a deadly ambush on the team bus killed three and injured eight. A separatist leader warned, however, that violence would not likely end.

It took a call from Togo's president to persuade the players to leave the African Cup of Nations; they said they wanted to stay and compete in honor of the assistant coach, team spokesman and Angolan bus driver who died in Friday's attack.

The government dispatched the presidential plane, while Togo's Prime Minister Gilbert Houngbo said Angola had not done enough to protect the team after the attack in Cabinda — the oil-rich region in northwestern Angola which has seen occasional separatist violence.

"We fully understand our government's decision to leave because they didn't receive enough guarantees for our security," forward Thomas Dossevi told The Associated Press. "We as players, we wanted to stay to honor the memory of our dead people, but both positions are understandable."

Togo team captain Emmanuel Adebayor, speaking in an interview with France's RMC radio Sunday, said the team had decided finally to "pack our bags and go home" after the Manchester City striker got a call from Togo President Faure Gnassingbe himself urging them to return.

"That's what made the difference," Adebayor was quoted as saying in a transcript of his interview on RMC's Web site.

Boarding the plane, Adebayor told journalists: "We have to mourn our dead. We go back home to do this."

Togo Sports Minister Christophe Padumhokou Tchao, who was accompanying the team home, told the AP three days of mourning had been declared in his homeland.

"We can't be in a period of mourning and at the same time be in the festival" of sport, he said. He added Togo had asked organizers to postpone the tournament.

The airport scene was chaotic, with dozens of police struggling against a crowd of journalists. Two planes carrying the players and officials then sat on the tarmac for several hours before taking off.

The tournament began earlier Sunday with an opening ceremony in a Chinese-built stadium in the capital, Luanda, livened by fireworks as well as both traditional and contemporary performers. Several African heads of state attended, including President Rupiah Banda of Zambia and South Africa's Jacob Zuma, whose country will host the World Cup later this year.

"Despite the terrorist attack, Cabinda will remain a hosting city," Angolan President Jose Eduardo dos Santos said in an opening speech. "There is no need to be afraid."

Most top officials of the African Football Confederation, known by its French initials CAF, went Saturday to Cabinda, where some of the injured were still recovering, and implored Togo to stay.

CAF president Issa Hayatou said he'd received a guarantee from Angola Prime Minister Antonio Paulo Kassoma that security would be beefed up for all teams and at all venues.

In a telephone interview with AP on Sunday, Tiburcio Tati Tchingobobo, minister of defense in the self-declared Federal State of Cabinda, denied his Front for the Liberation of the Enclave of Cabinda forces, or FLEC, were responsible for the ambush. He said that whoever was responsible was sparked by a level of frustration that could lead to more violence.

SCOREBOARD

GAME PLAN

LOCAL

HIGH SCHOOL GIRLS BASKETBALL
7:30 p.m.

Shoshone at Wendell

TV SCHEDULE

MEN'S COLLEGE BASKETBALL
5 p.m.
ESPN — Villanova at Louisville
7 p.m.
ESPN — Oklahoma St. at Oklahoma

NHL HOCKEY

6 p.m.
VERSUS — Pittsburgh at Minnesota
SOCCER
12:55 p.m.
ESPN2 — Premier League, Manchester City vs. Blackburn, at Manchester, England
WOMEN'S COLLEGE BASKETBALL
5:30 p.m.
ESPN2 — Maryland at Virginia

SKI REPORT

Idaho
Bogus Basin — Sun 6:43 am cldy 24 degrees hard packed machine groomed 40 49 base 52 of 52 trails, 27 miles, 2450 acres, 8 of 8 lifts, 100% open, Mon-Fri: 10a-4:30p; Sat/Sun: 9a-10p.
Brundage — Sun 5:49 am snowing lightly 22 degrees packed powder 46 54 base 45 of 46 trails, 25 miles, 1500 acres, 5 of 5 lifts, 99% open, Mon-Fri: 9:30a-4:30p; Sat/Sun: 9:30a-4:30p.
Kelly Canyon — Sun No Recent Information packed powder 14 24 base 26 of 26 trails, 2 of 5 lifts, 100% open, Tue-Thu: 12:30p-9:30p; Fri: 9:30a-9:30p; Sat: 9:30a-9:30p; Sun: 9:30a-4:30p; Open Tue-Sun.

open, 2180 acres, 11 of 11 lifts, Mon-Fri: 9:15a-4:30p; Sat/Sun: 9:15a-4:30p.
Beaver Mountain — Sun 8:26 am packed powder 34 34 base 44 of 44 trails, 90% open, 5 of 6 lifts, Mon-Fri: 9a-4p; Sat/Sun: 9a-4p.
Brian Head — Sun 8:37 am packed powder 42 42 base 65 of 65 trails, 100% open, 8 of 8 lifts, Mon-Fri: 9:30a-4:30p; Sat/Sun: 9:30a-4:30p.
Brighton — Sun 4:24 am packed powder 52 52 base 59 of 66 trails, 95% open, 7 of 7 lifts, Mon-Fri: 9a-4p; Sat/Sun: 9a-4p.
Deer Valley — Sun 5:24 am packed powder 40 40 base 96 of 100 trails, 96% open, 21 of 21 lifts, Mon-Fri: 9a-4:15p; Sat/Sun: 9a-4:15p.
Park City — Sun 5:29 am packed powder 24 39 base 100 of 107 trails, 88% open, 15 of 16 lifts, Mon-Fri: 9a-7:30p; Sat/Sun: 9a-7:30p.
Powder Mountain — Sun 8:38 am packed powder 38 38 base 109 of 124 trails, 85% open, 7 of 7 lifts, Mon-Fri: 9a-9p; Sat/Sun: 9a-9p.
Snowbasin — Sun 5:46 am packed powder 37 37 base 100 of 113 trails, 95% open, 15 miles, 2700 acres, 7 of 10 lifts, sm Mon-Fri: 9a-4p; Sat/Sun: 9a-4p.
Snowbird — Sun 8:39 am packed powder 52 52 base 85 of 85 trails, 100% open, 12 of 12 lifts, Mon-Fri: 9a-5p; Sat/Sun: 9a-5p.
Solitude — Sun 7:01 am variable machine groomed 47 47 base 60 of 64 trails, 95% open, 1200 acres, 8 of 8 lifts, Mon-Fri: 9a-4p; Sat/Sun: 9a-4p.
Schweitzer Mountain — Sun 4:37 am clear 13 degrees packed powder 50 68 base 92 of 92 trails, 2900 acres, 8 of 9 lifts, 100% open, Mon-Thur: 9a-4p, Fri: 9a-7p; Sat: 9a-7p, Sun: 9a-4p.
Silver Mountain — Sun 3:30 pm 24 degrees packed powder 25 54 base 62 of 73 trails, 6 of 7 lifts, 84% open, Mon, Thu/Fri: 9a-4p; Sat/Sun: 9a-4p.
Snowhaven — Operating no details Mon-Fri: 10a-4p; Sat: 10a-9p; Sun: 10a-4p.
Soldier Mountain — Plan to Open 1/16
Sun Valley — Sun 5:25 am clear 12 degrees hard packed machine groomed 29 49 base 34 of 75 trails, 200 acres, 9 of 19 lifts, 75% open, Mon-Fri: 9a-4p; Sat/Sun: 9a-4p.
Tamarack — Not Open 2009-2010 Season
Sun Valley XC — Operating no details
Alta — Sun 5:28 am packed powder 52 52 base 114 of 114 trails, 99%

BASKETBALL

	NBA All Times MST			
	W	L	Pct	GB
ATLANTIC				
Boston	26	9	.743	—
Toronto	19	19	.500	8½
New York	15	21	.417	11½
Philadelphia	11	25	.306	15½
New Jersey	3	34	.081	24
SOUTHEAST				
Orlando	25	12	.676	—
Atlanta	23	13	.639	1½
Miami	18	17	.514	6
Charlotte	16	19	.457	8
Washington	12	23	.343	12
CENTRAL				
Cleveland	28	10	.737	—
Milwaukee	15	18	.455	10½
Chicago	15	20	.429	11½
Detroit	11	24	.314	15½
Indiana	11	25	.306	16
WESTERN				
SOUTHWEST				
Dallas	25	12	.676	—
San Antonio	22	13	.629	2
Houston	21	16	.568	4
New Orleans	19	16	.543	5
Memphis	18	18	.500	6½
NORTHWEST				
Denver	23	14	.622	—
Portland	23	15	.605	¼
Oklahoma City	20	16	.556	2½
Utah	20	17	.541	3
Minnesota	8	30	.211	15½
PACIFIC				
L.A. Lakers	28	8	.778	—
Phoenix	23	14	.622	5½
L.A. Clippers	17	18	.486	10½
Sacramento	15	21	.417	13
Golden State	11	24	.314	16½

Saturday's Late NBA Box
KINGS 102, NUGGETS 100

NEW ORLEANS (110)
Butler 4-13 2-2 10, Jamison 13-21 4-6 32, Hayward 7-7 0-0 14, Foye 8-17 6-6 23, Miller 2-2 0-0 5, Young 7-10 4-7 20, Blatche 0-0 0-0 0, Boykins 3-6 0-0 6, McQuire 0-0 0-0 0. Totals 44-76 16-21 110.
New Orleans 28 32 20 35 - 115
Washington 31 18 33 28 - 110
3-Point Goals—New Orleans 13-23 (Thornton 3-3, Posey 3-4, Stojakovic 3-5, Paul 2-4, U.Brown 2-6, Collison 0-1), Washington 6-16 (Young 2-3, Jamison 2-7, Miller 1-1, Foye 1-4, Boykins 0-1). Fouled Out—None. Rebounds—New Orleans 37 (Okafor 7), Washington 48 (Haywood 14). Assists—New Orleans 23 (Paul 14), Washington 22 (Foye 8). Total Fouls—New Orleans 21, Washington 23. A-14,753 (20,173).

NEW ORLEANS (110)
Graham 3-5 6-11, Ken.Martin 9-17 2-3 20, Nene 4-9 0-0 8, Billups 8-20 6-6 27, Afflalo 1-4 3-4 5, Smith 8-21 2-4 20, Andersen 3-0 0-0 6, Carter 1-3 0-0 3. Totals 37-83 18-23 100.
SACRAMENTO (102)
Casspi 5-14 4-5 16, Thompson 2-8 1-2 5, Brockman 2-9 1-2 5, Udrih 3-7 4-5 11, Evans 10-15 6-8 27, Hawes 8-10 0-0 17, Udoka 5-7 0-0 12, Morison 1-4 0-0 3, Rodriguez 1-3 2-4, Thomas 1-1 0-0 2. Totals 38-78 18-24 102.
Denver 26 28 22 24 - 100
Sacramento 19 24 30 29 - 102
3-Point Goals—Denver 8-22 (Billups 5-10, Smith 2-8, Carter 1-2, Afflalo 0-2), Sacramento 8-16 (Udoka 2-3, Casspi 2-5, Nocioni 1-1, Hawes 1-1, Evans 1-2, Udrih 1-3, Thompson 0-1). Fouled Out—None. Rebounds—Denver 50 (Ken.Martin 10), Sacramento 47 (Brockman 12). Assists—Denver 12 (Ken.Martin 5), Sacramento 12 (Evans 4). Total Fouls—Denver 25, Sacramento 20. Technicals—Afflalo, Smith, Evans, Hawes, Sacramento Bench. A-14,411 (17,317).

NBA Leaders THROUGH JAN. 09

	G	FG	FT	PTS	AVG
Bryant, LAL	36	401	236	1082	30.1
Anthony, DEN	31	321	272	961	30.0
James, L.E.	38	382	270	1097	28.9
Durant, OKC	36	349	287	1034	28.7
Wade, MIA	34	318	253	922	27.1
Ellis, GOL	35	364	166	912	26.1
Nowitzki, DAL	36	323	228	900	25.0
Bosh, TOR	37	306	260	878	23.7
Roy, POR	37	303	202	858	23.2
Arenas, WAS	32	253	153	722	22.6
Stoudemire, PHX	37	293	185	771	20.8
Johnson, ATL	36	291	107	749	20.8
Evans, SAC	32	246	153	662	20.7
Randolph, MEM	36	295	143	736	20.4
Kaman, LAC	34	289	114	692	20.4
Gay, MEM	34	260	144	690	20.3
Duncan, SAN	32	258	130	646	20.2
Williams, UTA	33	235	134	645	19.5
Jackson, CHA	35	245	138	675	19.3
Lee, NYK	36	287	113	687	19.1

NBA Leaders THROUGH JAN. 09

	G	FG	FGA	PCT
Perkins, BOS	37	166	258	.643
Howard, ORL	204	334	611	
Gasol, MEM	198	326	607	
Horford, ATL	207	350	591	
Lee, NYK	287	495	580	
Hillario, DEN	197	343	574	
Landry, HOU	225	394	571	
Stoudemire, PHX	293	517	567	
Bynum, LAL	208	373	558	
Gasol, LAL	138	249	554	

NBA Boxes SPURS 97, NETS 85

NEW JERSEY (85)
Douglas-Roberts 6-14 1-1 13, Yi 4-7 8-10 16, Lopez 10-17 8-26, Dooling 4-10 0-0 10, Lee 1-11 0-0 4, Quinn 1-2 0-2, Boone 1-2 0-2, Hessel 1-2 0-2, Williams 1-3 0-0 2, Hayes 3-5 0-0 7. Totals 32-81 18-21 85.
SAN ANTONIO (97)
Jefferson 4-9 2-3 10, Duncan 7-13 0-0 14, Blair 2-6 0-0 4, Parker 3-12 2-2 8, Bogans 1-4 0-0 3, Ginobili 6-11 8-8 21, McDyess 1-4 2-2 4, Hill 3-3 3-4 10, Mahimi 6-6 3-4 15, Mason 3-8 0-0 0, Haislip 0-1 1-2 1. Totals 36-79 21-25 97.
New Jersey 22 25 18 20 - 85
San Antonio 20 29 28 20 - 97
3-Point Goals—New Jersey 3-14 (Dooling 2-5, Hayes 1-2, Yi 0-1, Quinn 0-1, Douglas-Roberts 0-1, Lee 0-4), San Antonio 4-12 (Hill 1-2, Ginobili 1-3, Bogans 1-3, Mason 1-3, Parker 0-1). Fouled Out—Lopez, Bogans—New Jersey 43 (Lopez 11), San Antonio 56 (Duncan 17). Assists—New Jersey 17 (Dooling, Lee 5), San Antonio 24 (Parker 5). Total Fouls—New Jersey 18, San Antonio 18. Technicals—New Jersey Coach Vandeweghe, New Jersey defensive three second. A-18,047 (18,797).

CLIPPERS 94, HEAT 84

MIAMI (84)
Richardson 1-7 2-2 4, Beasley 7-15 5-6 20, O'Neal 0-4 2-2 2, Alston 2-6 0-0 4, Wade 11-23 1-3 24, Haslem 3-7 0-0 6, Anthony 0-1 2-2 2, Wright 2-9 1-5, Chalmers 4-8 2-11, Maguire 2-4 0-0 6. Totals 33-84 15-18 84.
L.A. CLIPPERS (94)
Butler 4-8 3-4 13, Camby 3-6 0-0 6, Kaman 10-24 2-2 22, B.Davis 2-10 6-11, Gordon 6-9 4-6 17, Smith 13-7 10-9, Thornton 4-8 5-13, Collins 1-3 0-0 3, R.Davis 0-3 0-0 0, Jordan 0-0 0-0 0. Totals 31-74 27-33 94.
Miami 20 21 17 26 - 84
L.A. Clippers 30 26 23 15 - 94
3-Point Goals—Miami 3-14 (Beasley 1-1, Wade 1-4, Chalmers 1-4, Wright 0-1, Alston 0-1, Richardson 0-3), L.A. Clippers 5-14 (Butler 2-4, Collins 1-2, Gordon 1-3, B.Davis 1-4, R.Davis 0-1). Fouled Out—None.
Rebounds—Miami 45 (Maguire 8), L.A. Clippers 58 (Camby 17). Assists—Miami 15 (Chalmers, Richardson, Wade 3), L.A. Clippers 22 (B.Davis 14). Total Fouls—Miami 24, L.A. Clippers 15. Technicals—B.Davis, L.A. Clippers defensive three second. A-19,060 (19,060).

CELTICS 114, RAPTORS 107

BOSTON (114)
Pierce 4-11 7-16, Wallace 9-12 6-6 29, Perkins 6-9 4-10 16, Rondo 9-17 3-4 22, R.Allen 6-13 3-16, Davis 1-5 0-0 2, Houston 4-10 0-0 11, T.Allen 0-1 0-0 0, Giddens 0-0 0-0 0, Williams 1-1 0-0 2, Scalabrino 0-0 0-0 0. Totals 40-79 23-34 114.
TORONTO (107)
Turkoglu 2-9 0-2 5, Bosh 9-17 13-13 31, Bargnani 8-16 3-4 23, Jack 6-20 1-15, DeRozan 3-5 1-2 17, Weems 0-1 1-2 1, Johnson 4-0 0-0 0, Calderon 5-7 1-11, Bellinelli 6-12 0-0 14, Wright 0-0 0-0 0. Totals 39-81 21-27 107.
Boston 29 30 34 21 - 114
Toronto 26 24 30 27 - 107
3-Point Goals—Boston 11-26 (Wallace 5-7, House 3-9, Rondo 1-1, Pierce 1-3, Allen 1-5, Perkins 0-1), Toronto 8-19 (Bargnani 4-7, Bellinelli 2-5, Turkoglu 1-3, Jack 1-3, Calderon 0-1). Fouled Out—Bosh. Rebounds—Boston 50 (Rondo 10), Toronto 48 (Bosh 13). Assists—Boston 26 (Rondo 13), Toronto 23 (Turkoglu 9). Total Fouls—Boston 21, Toronto 25. Technicals—Boston defensive three second 2, Toronto Coach Triano, Toronto defensive three second. A-19,800 (19,800).

NEW ORLEANS (115)
Stojakovic 7-13 5-20, West 6-9 3-15, Okafor 3-7 2-3 8, Paul 10-20 4-6 26, B.Brown 3-8 2-10, Thornton 6-8 0-0 15, Posey 3-4 2-2 11, Collison 1-4 0-0 2, Songaila 3-7 0-4 6, Wright 0-0 2-2 2. Totals 42-80 18-28 115.

WASHINGTON (110)
Butler 4-13 2-2 10, Jamison 13-21 4-6 32, Hayward 7-7 0-0 14, Foye 8-17 6-6 23, Miller 2-2 0-0 5, Young 7-10 4-7 20, Blatche 0-0 0-0 0, Boykins 3-6 0-0 6, McQuire 0-0 0-0 0. Totals 44-76 16-21 110.
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Gasol, LAL	138	249	554	

NBA Development League

OPINION

QUOTABLE

"Not in the name of Islam."
 — Sign among demonstrators outside federal court in Detroit where Umar Farouk Abdulmutallab was arraigned on charges he tried to blow up a U.S. airliner

EDITORIAL

Where's the rainy-day fund for Idaho higher education?

In his 20 years in the Idaho Legislature, former Speaker of the House Bruce Newcomb was right more often than he was wrong. And four years after he retired, he still is. The Burley Republican, now a lobbyist for and faculty member at Boise State University, joined University of Idaho administrator Marty Peterson last week in arguing that it's time for Idaho to look into a stabilization fund for higher education, to protect colleges and universities from big budget hits from year to year.

"There ought to be some way we can identify a revenue stream," Newcomb told the *Spokesman-Review* of Spokane, Wash.

"We need to get away from this thing of higher ed essentially being the savings account that we use to balance the budget," said Peterson, special assistant to U of I President Duane Nellis and budget director for former Gov. John Evans.

Amen. For the past two years, Idaho college students have paid through the nose to keep the rest of state government afloat.

That burden has been mostly borne by students at Boise State University, Idaho State University, the University of Idaho and Lewis-Clark State College. But we're increasingly concerned about the threat to programs — and to the ability of students to afford — the College of Southern Idaho and the state's other two community colleges.

By scrupulously careful management — and significant scholarship help from the CSI Foundation — the Twin Falls college has managed to avoid pricing its students out of school. But if the governor and the Legislature demand yet more cuts from higher ed for 2010 and then again for 2011, all bets are off.

Students at CSI and at North Idaho College and the College of Western Idaho are the least able to afford sharp run-ups in tuition and fees. These students, by and large, are lower-middle class wage-earners with families — many of them single parents — tapping into the community colleges for job retraining and improving their earnings potential.

For most of them, there is no margin of error. Without additional financial aid, an increase of \$100 or \$200 in tuition in fees each academic year will mean many of them can't attend college.

That's a tragedy on a personal level, but it also has potentially significant impact on a Magic Valley economy that depends on the ability of CSI to transform \$10-an-hour nurses aides into the \$25-an-hour registered nurses.

Simply put, CSI is an income-creating dynamo. Anything that limits access to the college jeopardizes the local economy.

So when prosperity returns to Idaho, the Legislature should take a hard look at creating the same kind of rainy-day fund for colleges and universities that has cosseted public schools during the worst of the Great Recession.

Nellis got it exactly right last year when he said "continued disinvestment (in higher education) should no longer be an option."

Lawmakers and Gov. C.L. "Butch" Otter have been all too willing over the past couple of years to treat Idaho's college students like ATMs they can use to plug the holes in other areas of state spending. That must stop.

Our view: It's all too easy for Idaho elected official to balance the state budget on the backs of college students.

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

With al-Qaida in Yemen, why are we in Afghanistan?

Al-Qaida in Yemen has grown so strong and adept that the United States, Britain, France, Germany and Japan were forced to close their embassies in Sanaa, Yemen, this week — so seriously are they taking al-Qaida's "live and active threat," as John Brennan, the White House counter-terrorism adviser, put it. "They've grown in strength."



Joel Brinkley

Ten days earlier, it was able to send a man to the United States on a mission to blow up an airplane. He almost succeeded. What does all of that say? It says to me: Why on Earth is the U.S. sending 30,000 more troops to Afghanistan?

Speaking to cadets at West Point last month, Obama said: "I am convinced that our security is at stake in Afghanistan and Pakistan. This is the epicenter of the violent extremism practiced by al-Qaida. It is from here that we were attacked on 9/11, and it is from here that new attacks are being plotted as I speak."

Actually, as he spoke, al-Qaida in Yemen was plotting that airliner attack. It failed, but set off weeks of familiar recrimination and confession. At the very same time, fatalities in Afghanistan were mounting and set a record for the entire period of the West's engagement there, since October 2001. Seven Central Intelligence Agency officers were killed last week. One-third of all Americans killed in Afghanistan died during 2009. The number of British fatalities doubled.

Taliban fighters killed those soldiers. The United States and NATO are fighting the Taliban in Afghanistan, not al-Qaida,



which now has only a negligible presence — fewer than 100 men, the U.S. says.

Certainly the Taliban is a despicable, radical group, intent on enforcing the most extreme interpretation of Islamic law, turning women into uneducated chattel and men into cowed adherents. But has anyone ever shown evidence that the Taliban are a direct threat to the United States or the West? No.

Certainly the Taliban gave cover to al-Qaida in Afghanistan prior to October 2001, and the two groups are allies of sorts in the tribal regions of western Pakistan now. But Matthew Hoh, a State Department officer stationed in Afghanistan, resigned last fall, upset over the conduct of the war — particularly what he called the conflation of the Taliban with al-Qaida, he told numerous interviewers.

"Al-Qaida is a worldwide organization with an apocalyptic vision to establish an Islamic caliphate throughout the world," he told the *New York Post*. "The Taliban's views are very local. They are not in cahoots. They have separate goals."

The fear, of course, is that if allowed to retake power in

Afghanistan, the Taliban would give al-Qaida its old haven once again. Osama bin Laden could leave his cave and climb down from the mountains. Perhaps. But this time the United States would be watching closely. If bin Laden resurfaced, he would almost certainly be captured or killed.

So what exactly are we fighting for — particularly since we now know that al-Qaida has several other safe havens from which it is able to carry out deadly attacks. Pakistan, Somalia, Indonesia — and Yemen. Don't forget: Al-Qaida in Yemen attacked the *USS Cole* off the southern city of Aden 10 years ago, killing 17 U.S. servicemen.

"The attack on the *USS Cole* should have been the loudest wake-up call against al-Qaida," Abdul Karim al-Iriyani, a former prime minister of Yemen, remarked last week.

Of course, Pakistan also remains an important headquarters. Last fall, FBI agents in New York arrested Najibullah Zazi and his father on charges of planning a terror attack in the United States using sophisticated homemade bombs. The two received extensive instruction in bomb making and terrorist strategies from

al-Qaeda — at a training camp in Pakistan.

Hoh, the former American diplomat, noted that a terrorist operative can plan an attack from almost anywhere. All he needs is an Internet connection, as was the case for the logistician behind the Sept. 11 attacks. He planned everything from a small apartment in Hamburg, Germany.

Still, Yemen offers a congenial location for a terrorist headquarters. Its people live in abject poverty; the average annual income is \$870. Only 59 percent of the adult population can read and write. Only one person of every 100 uses the Internet. All of that presents fertile ground for al-Qaida recruiters so that, now, Yemen has far more al-Qaida operatives than Afghanistan, the White House says.

So, besides incurring ever-more casualties, what's the U.S. doing in Afghanistan?

Joel Brinkley is a former Pulitzer Prize-winning foreign correspondent for The New York Times and now a professor of journalism at Stanford University. He wrote this commentary for McClatchy-Tribune News Service.

LETTERS TO THE EDITOR

Nuclear industry, industrial dairies have much in common

We live in a spherical reality of interconnected parts, not a linear reality of disconnected pieces. The mental, physical and spiritual aspects of our lives are not separate. Until our consciousness and thus our thinking matches our reality we will continue to make more problems than we solve.

The nuclear industry and industrial dairies have much in common. They are born of our flawed thinking, are highly subsidized, have serious waste problems and appear viable only because of their cooked books, the legitimization of "externalities"; wherein they are willing to pass off costs they should bear on to the backs of their neighbors, taxpayers and future generations. There are better options.

We haven't the luxury of being ignorant any longer. We need to invest in solu-

tions, not throw money at problems and problem makers.

BILL CHISHOLM Buhl

Rep. Block understands health-care reform

To help the citizens of Idaho understand the federal health care debate and the effect it may have on Idaho, State Rep. Sharon Block wrote an article for the editorial page of the *Times-News*. It was published Dec. 20.

One can support her opinions because of her credentials. She is chairwoman of the Idaho House of Representatives Health and Welfare Committee. In turn, she was appointed to the National Health Committee of the Council of State Governments. This is a national legislative council that keeps legislators informed about current issues. Rep. Block recently attended the national conference, where she heard presentations on

the Health Care Reform bill proposals. In addition, this council sends regular e-mails to committee members updating information on health care reform.

Rep. Block is a member of the Idaho State Legislative Health Care Task Force and regularly attended meetings this summer and fall. The task force received continuous teleconference updates on federal health care reform proposals from an additional national organization, the National Conference of State Legislatures.

Sharon Block has been in the state Legislature for eight years. She has seen what the federal government expects Idaho taxpayers to match for Medicaid programs that Idaho residents use. She has the experience to predict what the new programs may demand for Idaho.

Readers are fortunate she took the time to inform us of concerns to Idaho for the

federal health care reform proposals.

EILEEN BANHOLZER Filer

Judge thanked for giving oaths of office

Thank you, Judge Tom Borresen.

I want to thank His Honor 5th District Court Judge Thomas Borresen for willingly volunteering his time to administer the oaths of office for the city of Jerome. He was present at the Jan. 5 Jerome City Council meeting to officiate and administer oaths of office to the mayor, three council members and city treasurer.

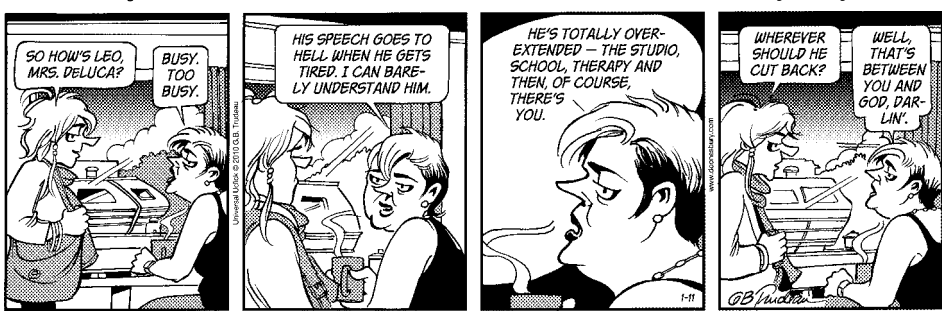
I was so nervous about chairing my first city council meeting, that I neglected to thank him before he slipped quietly out the door.

Thank you, Tom Borresen!

JOHN SHINE Jerome
(Editor's note: John Shine is the new mayor of Jerome.)

THE LIGHTER SIDE OF POLITICS

Doonesbury



By Garry Trudeau

Mallard Fillmore

By Bruce Tinsley



U.K. reporter, U.S. Marine killed in Afghan blast

By **Raphael G. Satter**
Associated Press writer

LONDON — An explosion outside a village in southern Afghanistan killed a U.S. Marine and a veteran war correspondent who became the first British journalist killed in the conflict, officials said.

With the death of Sunday Mirror journalist Rupert Hamer, 18 reporters have been killed in Afghanistan

since the U.S.-led invasion that followed the Sept. 11, 2001, terror attacks, according to figures kept by the New York-based Committee to Protect Journalists.

"Tragically it was a matter of time," former British forces commander Col. Richard Kemp told Sky News television. "Our journalists, the same as other journalists, our British journalists deploying on operations with forces in Afghanistan or

Iraq face exactly the same risks as our soldiers face out there."

Hamer, 39, and photographer Philip Coburn, 43, were accompanying a U.S. Marine patrol Saturday when their vehicle was hit by a makeshift bomb near the village of Nawa in Helmand, the Defense Ministry said.

An U.S. Marine was also killed in the blast, the ministry said. Coburn was seriously wounded in the explo-

sion but remains in stable condition, the military said.

The Defense Ministry originally said that an Afghan soldier had been killed in the attack, but later released a revised statement saying that "there were no Afghan nationals killed or injured in this incident." The statement cited new information gathered from the field, but gave no further details.

The statement also said

that five Marines were left badly hurt. It did not elaborate on their condition.

The past year has been particularly deadly for those fighting the war and those covering it. Canadian journalist Michelle Lang died late last year while embedded with Canadian troops in Afghanistan. An Afghan translator for The New York Times, Sultan Munadi, was killed in September during a rescue operation.

The Sunday Mirror said that Hamer and Coburn had flown to the region on New Year's Eve and were embedded with the American military. Their trip was to have lasted for a month, the paper said.

Both were veterans of reporting from conflict zones. It was Hamer's fifth excursion to Afghanistan, while Coburn had previously reported from Afghanistan, Iraq and Rwanda.

Senators: Punish U.S. officials over airline plot

By **Lolita C. Baldor**
Associated Press Writer

WASHINGTON — As the Obama administration begins to address the failings behind the Christmas Day airliner attack, two senators said Sunday the U.S. needs to punish officials, correct security lapses and limit opportunities to join jihad overseas.

Sens. Joe Lieberman, I-Conn., and John McCain, R-Ariz., took issue with President Obama's suggestion that no one would lose his or her job over the incident. Neither called specifically for someone to be fired, and they did not name who should be disciplined.

Lieberman pointed to breakdowns at the State Department and the National Counterterrorism Center, where he said people failed to act to identify as a threat the suspected bomber, a young Nigerian, and revoke his visa.

"At the National Counterterrorism Center, something went wrong," said Lieberman, the chairman of the Senate Homeland Security Committee. "So if human errors were made, I think some of the humans who made those errors have to be disciplined so that they never happen again."

Umar Farouk Abdulmutallab, 23, is accused of igniting an explosive mixture aboard Northwest Airlines Flight 253 as it prepared to land in Detroit. Officials received fragments of information as early as October about an alleged terror recruit they later learned was Abdulmutallab.

Asked whether Obama should fire Homeland Security Secretary Janet Napolitano, National Counterterrorism Center head Michael Leiter or presidential counterterrorism adviser John Brennan, Sen. Jon Kyl, R-Ariz., said the advisers reflect the sentiments of the president.

"I think the president was right when he said, 'The buck stops with me.' The problem is he can't be



McCain

Lieberman

fired right now," Kyl said. "So what he's got to do is provide a sense of urgency with these people who work for him."

Other lawmakers said the U.S. should be more careful about releasing detainees held at the U.S. prison at Guantanamo Bay, Cuba, to countries where al-Qaida has a presence, including Saudi Arabia, Afghanistan and Pakistan.

Last week Obama suspended the transfer of Guantanamo detainees to Yemen, home to nearly half of the 198 terror suspect detainees held at Guantanamo Bay. Obama has reiterated his vow to close the camp.

On Sunday, Rep. Peter Hoekstra of Michigan, the top Republican on the House Intelligence Committee, said a Saudi rehabilitation program for detainees has had mixed results and that individuals should not be sent there.

"You shouldn't be sending them back to Somalia, Afghanistan, Pakistan," said Hoekstra. "Because the evidence is clear — these people are released and a number of them go back onto the battlefield."

Sen. Dianne Feinstein, D-Calif., chairwoman of the Senate Intelligence Committee, agreed that more care must be taken in releasing detainees.

"I agree with those that have said that Guantanamo has really been a recruiting tool for al-Qaida, that it has not been helpful to us," she said. "They come out of Gitmo and they are heroes in this world," and the tendency is for them to go back to the battlefield.

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SENATORS SAY IRAN GOVERNMENT COULD BE ON THE ROPES

WASHINGTON (AP) — Civilian protests in Iran suggest this is the beginning of the end for the government in Tehran, two senators now traveling in the Middle East said Sunday.

Saying the Islamic government's days are numbered, Sen. John McCain, R-Ariz., said Iran may try to divert attention from the protests by raising the level of confrontation with Israel. That threat, he said, coupled with the increasing Hezbollah threat in Lebanon argue for movement in the Israeli-Palestinian peace talks. He said he believes progress can be made in the next year or two.

Sen. Joe Lieberman, an independent from Connecticut, said additional pressures must be brought to bear on Iran.

"I think we have to do everything we can not just to put economic sanctions on Iran because of their development of nuclear weapons but to support the people of Iran, to cry out against the human rights abuses, the terrible repression of the demonstrators and just the freedom of average citizens in Iran," he said. The lawmakers spoke on CNN's "State of the Union."

In other comments, McCain, R-Ariz., said Abdulmutallab should have been treated like an enemy combatant and should not be tried in a civilian court. Sen. Jack Reed, D-R.I., disagreed, saying that the U.S. has charged and convicted hundreds of individuals in civilian courts since the Sept. 11, 2001, attacks.

"It's an effective way to seek justice," Reed said. "It

takes away the aura that the al-Qaida elements try to project, that these are soldiers, these are warriors, these are carrying a fight on. They're criminals."

Kyl and Reed appeared on "Fox News Sunday" while Lieberman and McCain spoke on CNN's "State of the Union." Feinstein and Hoekstra appeared on CBS' "Face the Nation."

China now biggest exporter, edging out Germany

By **Joe McDonald**
Associated Press writer

BEIJING — Already the biggest auto market and steel maker, China edged past Germany in 2009 to become the top exporter, yet another sign of its rapid rise and the spread of economic power from West to East.

Total 2009 exports were more than \$1.2 trillion, China's customs agency said Sunday. That was ahead of the 816 billion euros (\$1.17 trillion) forecast for Germany by its foreign trade organization, BGA.

China's new status is mostly symbolic but high-

lights its growing presence as an industrial power, major buyer of oil, iron ore and other commodities and, increasingly, as an investor and key voice in managing the global economy.

Its ability to unseat longtime export leader Germany reflects the ability of agile, low-cost Chinese manufacturers to keep selling abroad even as other exporters have been hammered by a slump in global demand.

China overtook Germany in 2007 as the third-largest economy and is expected to unseat Japan as No. 2 behind the United States as early as this year.

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Historic Orpheum 148 Main Avenue, Twin Falls
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Twin Cinema 12 160 Eastland Drive, Twin Falls
All Adults \$6.00 Before 5:15 p.m.
Leap Year (PG) 7:15 9:55 **Up in the Air** (PG) 7:30 9:45
Princess & Frog (G) 7:00 7:30 9:15 9:45 **Avatar** (PG) 7:45 9:55
New Moon (PG) 7:15 9:55 **Blindside** (PG) 6:45 9:30
Alvin & Chipmunks 2 (PG) 7:00 7:30 9:15 9:45
Sherlock Holmes (PG) 6:45 7:15 9:30 9:55

Jerome Cinema 4 955 West Main, Jerome
All Adults \$5.50 Before 5:15 p.m.
Avatar (PG) 6:30 9:45 **Princess & Frog** (G) 7:15 9:30
Alvin & Chipmunks 2 (PG) 7:00 9:10
Sherlock Holmes (PG) 6:50 9:30

Odyssey 6 Inside Magic Valley Mall, Twin Falls
All Adults \$6.00 Before 5:15 p.m.
Did You Hear About the Morgans (PG) 7:30 9:45
Daybreakers (PG) 7:15 9:30 **2012** (PG) 6:30 9:45
Youth in Revolt (R) 7:15 9:30 **Invictus** (PG) 6:50 9:30
Old Dogs (PG) 7:30 9:45

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Study: Newspapers still a step ahead in local news

By Michael Liedtke
Associated Press writer

SAN FRANCISCO — Most local news still flows from newspapers even as an Internet-driven upheaval diminishes the depth of their coverage, according to a study to be released today.

The findings are based on an analysis of how local news stories evolved in Baltimore during one week last summer. The review by Pew Research Center's Project for Excellence in Journalism monitored 53 media outlets — newspapers, television and radio stations and Web-only operations.

Newspapers and their

Web sites provided 61 percent of the original reporting or fresh information on six major news stories that unfolded during the week of July 19-25, the study found. Local television stations and their Web sites accounted for 28 percent of the new information, followed by radio stations and their sites at 7 percent and Internet-only "new media" at 4 percent.

The conclusions bolster the arguments of newspaper publishers and editors who trumpet their publications as indispensable sources of information about their communities.

J. Montgomery Cook, edi-

tor of The Baltimore Sun, wishes the study would have examined more than just a one-week window. A longer look "would have more clearly proven how dominant and comprehensive The Sun is compared to other media," Cook wrote in an e-mail.

Yet The Sun and other big newspapers are getting smaller as their print editions lose readers and advertisers to the Internet.

Part of the problem, according to the most outspoken media executives, is that the newspaper industry has been losing hundreds of millions in revenue annually to Google, blogs

and other Web sites that crib from their stories to help attract more readers and sell more advertising. The contingent making this argument include News Corp. Chairman Rupert Murdoch, whose company owns The Wall Street Journal, and Tom Curley, chief executive of The Associated Press, a not-for-profit cooperative owned by newspapers.

"This study does suggest that if newspapers were to disappear, what would be left to aggregate?" said Tom Rosenstiel, director of the Project for Excellence in Journalism.

Media blogger Jeff Jarvis,

who wrote a book hailing Google's business practices, thinks it's premature to pose that question. He is teaching a City University of New York graduate journalism class on the future of digital reporting, partly because he believes printed newspapers are doomed.

"We can improve the (Internet's) ecosystem for covering local news," Jarvis said. "We're still in the pre-dawn era of this transformation."

Television news coverage also has been reduced in recent years. In reaction to declining ratings in the evening, TV stations are programming more news-

casts in the early morning and other hours, Rosenstiel said, a trend that's taxing their staffs because they usually aren't hiring more workers. To save money, TV newscasts are relying more on narrative accounts read in the studio instead of sending reporters to news scenes, Rosenstiel said.

Local TV stations churned out slightly more content, either on the air or on their Web sites, than newspapers, according to the study. Fewer of the stories, though, contained original reporting, with TV stations often pulling information from other media, primarily newspapers.



AP photo

A United Airlines Airbus 319 sits on the tarmac at Newark Liberty International Airport after making an emergency landing in Newark, N.J., Sunday. Landing gear problems forced the flight to make an emergency landing.

Plane makes emergency landing at Newark Airport

NEWARK, N.J. (AP) — A United Airlines flight landed with part of the plane's belly or wing striking a runway at Newark Liberty International Airport on Sunday morning after the right-side landing gear failed to deploy. All the 53 people got off the plane safely.

Flight 634 from Chicago was approaching the airport just before 9:30 a.m. when the crew reported that there might be a problem with one of its landing gears.

When the aircraft landed, part of it apparently struck the runway, causing some damage to the right wing

area, United spokeswoman Robin Urbanski said. The extent of the damage was still being determined Sunday afternoon, and Urbanski said it was not immediately clear what caused the malfunction.

Arlene Salac, a spokeswoman for the Federal Aviation Administration, said the Airbus 319's right main landing gear did not extend, though its nose and left main landing gear did, making for a bumpier-than-usual landing.

The airline announced Sunday afternoon that it would refund the 48 passengers' fares.

The plane — a direct

flight for Newark that had left Chicago about 6 a.m. local time with a five-person crew on board — remained on the third runway Sunday afternoon, as investigators inspected the aircraft.

After the crew reported the problem, Newark airport was closed for about 20 minutes, said Ron Marsico, a spokesman for The Port Authority of New York and New Jersey, which operates the airport. Two of its three runways were reopened soon after the plane landed, but some arriving flights were still being delayed late Sunday afternoon by about an hour.

Job growth could begin by spring, Obama adviser says

By Andria Cheng
MarketWatch

NEW YORK — Even after a December report showed losses resumed after more jobs were added in November, the U.S. could see still job growth begin by spring, Christina Romer, head of the White House Council of Economic Advisers, said Sunday.

We are still "part of this overall trend towards greatly moderating job losses," Romer said on ABC's "This Week" with George Stephanopoulos. As an example, she said the U.S. was losing an average of 691,000 jobs per month in the first quarter of 2009 and that number slowed to an average of 69,000 jobs in the fourth quarter.

"It's still terrible," she said. "We absolutely have to go from losing any jobs at all to — to adding them at a — to a robust rate."

She said the country is on

a path of "steady progress" and said that Gross Domestic Product, which grew in the third quarter, is expected to have grown "even more strongly" in the fourth quarter. She said most forecasts are pointing to "steady GDP growth over 2010."

"The real question is going

to be, is it going to be strong enough to really add a lot of people back into employment?" she said. "That is what we are focusing on."

She said "the big variable" in the economic recovery and job growth is the private sector. "The government has been doing a lot to — to hold up demand," she said.

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DEATH NOTICES

Robert L. Stacey

KIMBERLY — Robert L. Stacey, 75, of Kimberly, died Saturday, Jan. 9, 2010.

Arrangements are under the direction of Parke's

Magic Valley Funeral Home, Twin Falls.

Brenda L. Horner

PAUL — Brenda L. Horner, 67, of Paul, died

Saturday, Jan. 9, 2010, at Cassia Regional Medical Center.

Services are pending and will be announced by Morrison Funeral Home & Crematory.

SERVICES

Edward R. "Ted" Smith of Twin Falls, celebration of life at 11 a.m. today at Parke's Magic Valley Funeral Home, 2551 Kimberly Road in Twin Falls.

Opal Eldridge Dickson, formerly of Gooding, memorial service at 11 a.m. today at the Gooding United Methodist Church (Demaray Funeral Service, Gooding Chapel).

Carmen Rodriquez Guzman of Jerome, funeral Mass at 11 a.m. today at St. Edward the Confessor Catholic Church in Twin Falls (White Mortuary in Twin Falls).

Margaret "Margie" Espinoza Stephenson of

Twin Falls, funeral Mass at 11 a.m. today at St. Nicholas Catholic Church in Rupert (Hansen Mortuary Rupert Chapel).

Beverly Rue Wellington of Twin Falls, service at 2 p.m. today at St. Edwards Catholic Church in Twin Falls (Reynolds Funeral Chapel in Twin Falls).

Norma Jean Billington Woody, formerly of Gooding, graveside service at 2 p.m. today at the Elmwood Cemetery in Gooding (Demaray Funeral Service, Gooding Chapel).

Dorothy Mae Gruner Amen of Paul, funeral at

11 a.m. Tuesday at Hansen Payne Mortuary, 321 E. Main St. in Burley; visitation from 6 to 8 p.m. today at the mortuary.

Kristopher Lynn Van-Tassel of Kimberly, memorial service at 11 a.m. Wednesday at the Immanuel Lutheran Church, 2055 Filer Ave. E. in Twin Falls (Farnsworth Mortuary in Jerome).

Nellie V. "Babe" Anderson of Twin Falls, funeral at 1 p.m. Wednesday at Parke's Magic Valley Funeral Home, 2551 Kimberly Road in Twin Falls; visitation from 6 to 8 p.m. Tuesday at the funeral home.

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.

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 and click on "Obituaries."

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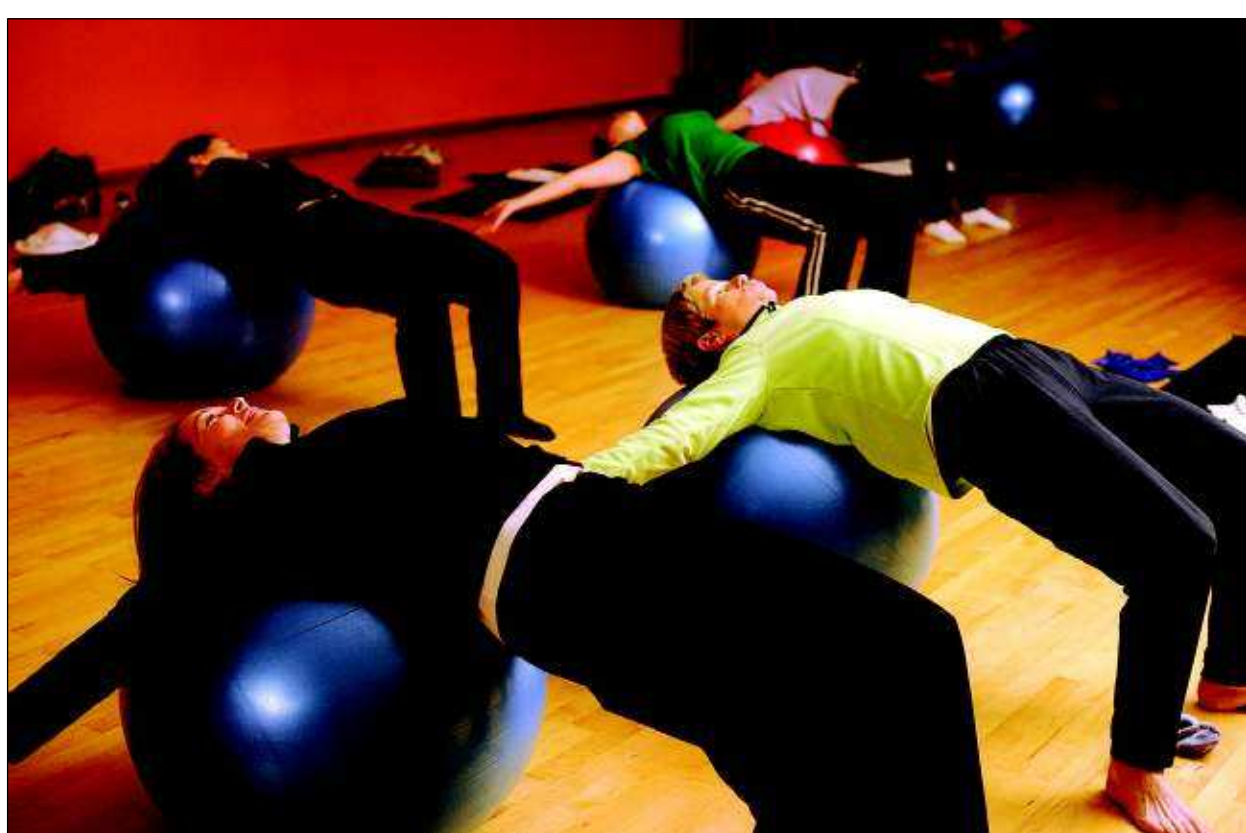


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BACK in shape



Instructor Mary Ellen O'Leary stretches the lower back with her class Thursday.



Photos by KIRSTEN SHULTZ/For the Times-News

Class participants including Karen Levin, front, and Lisa Bjerke, center, stretch during Mary Ellen O'Leary's 'Back Class' held at Blaine County Fitness Center in Hailey on Thursday morning.

Class concentrates on abs and spine

By Ariel Hansen
Times-News writer

HAILEY — It used to be that Lisa Bjerke of East Fork couldn't jog, her back hurt so much.

"Everyday movements were painful for me, before," she said, jogging on a treadmill in the Blaine County Fitness Center after finishing a "Back Class." Bjerke got physical therapy from Mary Ellen O'Leary, and has since been using the therapist's class to maintain her progress. "The class has kept me healthy for I'd guess two years. ... She's not just fixed my back, she's really fixed my life."

The "Back Class" was initially created for patients who had undergone back surgery and had completed intensive physical therapy, O'Leary said. Today, though, it is primarily intended to help people with minor chronic problems or those who wish to build core strength and learn proper stretching. However, O'Leary adjusts the class for people with particular back issues, such as 360-fusion or post-operative recovery.

"You must first have stability before you get mobility," O'Leary said.

The class begins with stretching. I've stretched in classes before, and on my own, but O'Leary's method of describing how to bring attention to certain parts of the body — like envisioning a little creature in the small of your back that you don't want to squash or let escape as you



Times-News reporter Ariel Hansen, left, tries out Blaine County Fitness Center's 'Back Class.'

TRY IT OUT

The "Back Class" is \$5 per hour-long class, held 8:30 a.m. Mondays and 8 a.m. Thursdays at Blaine County Fitness Center, 21 E. Maple St. in Hailey, 788-2124. No membership at the center is required for the back class. Instructor Mary Ellen O'Leary also has a private physical therapy practice in Hailey: 788-9693.

"The class has kept me healthy for I'd guess two years. ... She's not just fixed my back, she's really fixed my life."

— Lisa Bjerke, who takes classes from Mary Ellen O'Leary

stretch — was quite effective.

"If you're not thinking about where the core is, when you go into the stretch, most of us will create an unstable spine," O'Leary said.

I felt that I was moving more precisely than I usually do, and that feeling carried forward to the other parts of the class, which emphasize maintaining core control as you balance, move your limbs and move on unstable surfaces like a balance ball.

There were movements I

was familiar with from yoga, like the cat stretch and cobra stretch, and I'm sure a Pilates practitioner would have recognized some of the other moves as well, including those where a balancing movement is held using the core muscles.

As I went through the movements, I felt my core muscles work in ways they usually don't, in my abdominals, inner thighs, hamstrings and shoulders. Each move could be adjusted if I was feeling too much

strain, but I pushed the stretches hard to get the most benefit.

At the end of the class, there was more stretching, and relaxation exercises that O'Leary has found helpful with back patients.

"Our perception creates our biology," she said, describing how mental exercises and relaxation can help ease back pain as well as physical exercises.

Karen Levin of Ketchum is another class attendee who has seen dramatic results from the exercises.

"Before I started the class (three years ago), I was having trouble because I didn't have any core strength," Levin said, describing how she can now cross-country ski. "Mary Ellen is a miracle worker."

O'Leary smiled at the progress her student has made. "She's a strong machine now."

Ariel Hansen may be reached at ahansen@mag-icvalley.com or 208-788-3475.

Tips to fight depression

By Nancy Churnin
The Dallas Morning News

You've made it through the thrills and chills of the holiday season. Now you have the bills.

And we're not just talking about the money. We're talking about the deflation and sadness that can be the emotional price of putting off time to reflect as you ricochet from one festive obligation to another.

"February has always been the biggest month for new therapy patients," says Dr. Don Hafer, a neuropsychologist and director of Behavioral Health at Texas Health Presbyterian Hospital Dallas. "There's a letdown phenomenon in January. You push, you push, you push all through the holidays. There's a little bit of a high, and then in February you crash."

We can head off the crash by taking stock of our mental health now and making a resolution to stay mentally fit all year long, he says.

Hafer and others agree that you need to take at least as much time for mental health as you do for physical fitness. And while physical fitness requires activity, what they want to see in mental fitness is stillness.

He recommends that everyone take 15 minutes to quiet the body and focus the mind. He does it himself and says it is every bit as healthful as biofeed-back, yoga and meditation.

In fact, for his dissertation, he put one set of people in a room with a relaxation tape and another in a room with a tape that was blank after a brief introduction. Both groups ended up with similarly lowered blood pressure.

"I'm known for being this low-key, focused guy," he says. "But I'm completely Type-A, hard-driving, competitive. If I didn't do this, I would not be nearly as productive because I would be spinning my wheels."

Acknowledging that many may struggle to find those 15 minutes, he suggests that quiet time can be combined with another exercise he recommends: journaling. "Don't sit down and write only about the negative stuff that makes you more anxious. Most of the journaling needs to be on what's going well in your life and what you have to be thankful for."

Dr. Gary Malone, a psychoanalyst at the Dallas Psychoanalytic Institute and medical director of psychiatry at Baylor All Saints Medical Center at Fort Worth, goes so far as to write prescriptions for his patients to block off a half hour a day simply to be "calm and introspective," he says.

"I often have to do this for women with small kids who get no peace ever," he says. "They take the prescription, show it to their spouse and say, 'I'm going in the backyard. I'll see you in 30 minutes.'"

He admits that when his children were younger, it was hard for him to carve out that time as consistently as he would have liked. But now that they are grown, he is diligent about taking his own prescription daily. He believes it takes that

NO MORE WINTER BLUES

Experts we talked to for this story agreed that a mental-fitness routine would begin with spending 15 to 30 minutes a day being calm and introspective. Some tips for staying mentally healthy:



Find a support group: Look for one that focuses on seeking positive solutions or accepts that there are things that can't be fixed. A group that complains together can add to your anger and sense of hopelessness.

Don't abuse drugs and alcohol: Often people try to self-medicate this way, but that makes problems worse.



Be true to yourself: Find people with whom you can be honest and who like you for who you are right now and not because of weight you're going to lose or money you're going to make. Don't pretend to be someone you're not.



Exercise, watch your diet and get your sleep: If you exercise 45 minutes a day in your 50s, you drop your chances of dementia by 15 percent in your 70s, Dr. Gary Malone says.

Focus on the positive: Make time for listening to music or reading a book; don't dwell too long on stressful or negative topics.

Socialize and have fun: Inexpensive social activities, such as watching a movie or playing a game with family and friends, taking a walk or organizing a family cookout can keep you and your family healthy.

Sources: Dr. Don Hafer, Dr. Gary Malone, American Psychiatric Association

investment of time to learn how to face inner and outer conflicts and find inner peace.

"You have to sit, take a deep breath, relax and think about what your day was like, what's wrong, what's bothering you and what you can change. You don't have to be watching TV or checking your e-mail 24 hours a day. But you do need to resolve the conflicts and resentments that are blocking you from achieving your best life."

Chronic conflict and resentment can also make you more prone to infections and illness, he says.

Even if you seek help from a friend, a spiritual adviser or a trained mental professional to kick-start or help guide the process, he stresses that ultimately the only person who can heal your mind is you.

"You have to remember you're not the passenger. You are at the steering wheel of your life. And the psychological work is ongoing."

To do for You

Breastfeeding

“Breastfeeding 101” class, 7-9 p.m. today in the lobby of St. Luke’s Magic Valley Medical Center’s downtown campus, 660 Shoshone St. E. in Twin Falls.

Topic: Breastfeeding basics for new and expectant mothers. Babies are welcome.

Free; 737-2998.

‘Baby and Me’

St. Benedicts Family Medical Center’s “Baby and Me” classes, 11 a.m. to noon Tuesdays, at Jerome Public Library, 100 First Ave. E.

The session is educational support for parents and babies. A baby scale is available each week.

Free; 324-6133.

Mental health support

Mental Health Support Group, 5:30-6:30 p.m. Tuesdays, at Family Health Services/Behavioral Health, 1102 Eastland Drive N. in Twin Falls.

Open to individuals in Magic Valley with a mental health diagnosis.

Free; 734-1281.

Health workshop

Marion and Tara’s Massage and Nutrition for Body, Mind and Spirit is offering health workshops, 6:30 p.m. Tuesdays, at Today’s Image, 1904 Addison Ave. E. in Twin Falls. Exercise session begins at 5:45 p.m.

This week’s topic, “Depression and Emotional Issues,” is presented by Marion Wallace, registered nurse and certified massage therapist, and Tara Abbott, licensed massage therapist. Workshop includes an initial consultation, exam and report of findings. Free; 420-0488 or 731-8681.

Alzheimer’s support

Alzheimer’s Support Group meeting, 10:30 a.m. Wednesday, at River Ridge Care and Rehabilitation Center, 640 Filer Ave. W. in Twin Falls.

Open to Twin Falls-area residents who have family members with Alzheimer’s.

Free. Information: Artis Shipley or Patti Dennis, 734-8645.

Breastfeeding support

Breastfeeding Bunch, 7

p.m. Wednesdays, in the surgical waiting room at St. Luke’s, 650 Addison Ave. W. in Twin Falls.

A moms’ support group designed to foster interaction among women who are breastfeeding their infants. A breastfeeding educator will facilitate and answer questions. Babies are welcome.

Free; no preregistration required; 737-2998.

Infant safety and CPR

Infant safety and cardiopulmonary resuscitation, 6:30-9 p.m. Thursday, in the lobby of St. Luke’s downtown campus, 660 Shoshone St. E. in Twin Falls.

New parents, grandparents and caregivers learn CPR and what to do if a baby chokes.

No registration required; free; 737-2998.

About diabetes

Diabetes education class, 7-8:30 p.m. Thursday, in the Evergreen Room at Cassia Regional Medical Center, 1501 Hiland Ave. in Burley.

Alice Schenk introduces participants to tai chi.

Free; 677-6288.

Children’s dental clinic in Blaine County

Dr. Dallin Young, a pediatric dentist, is offering dental services for children, infant to 17, by appointment only, at South Central Public Health District, 117 E. Ash St. in Bellevue.

Clinics are held from 8:30 a.m. to 5 p.m. on the first and third Thursdays of each month, and include exams, X-rays and fluoride varnish. Most dental insurances, including Medicaid and Idaho Smiles, will be accepted.

Cavities will not be filled at the clinic. A follow-up appointment will be scheduled at Young’s office in Twin Falls, at St. Luke’s Wood River, or at another dentist’s office by referral.

Schedule an appointment: 788-4335.

“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: ramona@magicvalley.com.

Now hear this: Swim-proof hearing aids to get test

By Lauran Neergaard
Associated Press writer

WASHINGTON — They’re not your grandpa’s hearing aids.

Today’s newest models range from the completely invisible — it sits deep in the ear canal for months at a time — to Bluetooth-enabled gadgets that open cell phones and iPods for hearing-aid users.

Now the maker of that invisible hearing aid is going a step further — attempting a swim-proof version. About 60 swimmers begin testing a next-generation Lyric this month, to see if stronger coatings can withstand at least three swims a week, allowing the device to repel the water that short-circuits regular hearing aids.

If so, expect to see it marketed to active seniors who increasingly find the pool a gentler form of exercise than pounding the pavement.

“It’s my preferred exercise,” says Kathy Burkhard, 62, of San Jose, Calif., who is anxiously awaiting the results. She already swims with her Lyrics, her ears bundled against the water with special earplugs, a water-resistant headband and a racer’s cap. “I do it well and I enjoy it and I wasn’t ready to give it up.”

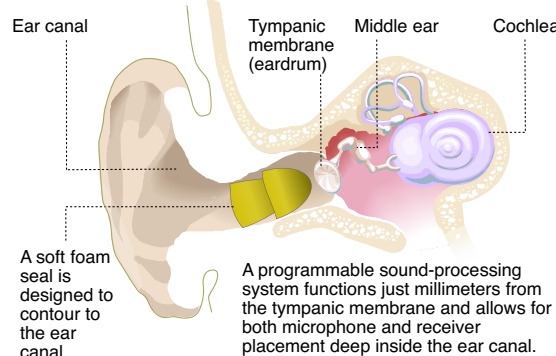
It’s part of a quiet revolution in hearing technology, to increase the usefulness and comfort of devices that too many people still shun.

“Stigma is one of the biggest obstacles we face,” says Dr. John P. Weigand, audiology director at the State University of New York’s Downstate Medical Center.

More than 30 million

Invisible hearing aid with a clear sound

A new kind of hearing aid is placed deep enough inside the ear canal to be invisible, using a non-surgical procedure. The device is replaced about every 120 days, when the battery wears out.



SOURCE: InSound Medical, Inc.

adults in the U.S. have some degree of hearing loss. The National Institutes of Health says most could be treated with hearing aids yet only about one in five people who could benefit uses them.

Why? Many people simply don’t know, or accept, that they need one. Hearing loss can come at any age, from disease or genetics or not protecting your ears from loud noise. But it becomes more common with aging; federal statistics show one in three people older than 60 have hearing loss. And it can creep up, as often people first lose the ability to hear higher pitch before they notice wider problems.

Then there’s reluctance to try hearing aids because of the appearance — or because of longtime problems with sound quality, particularly the ability to hear well in noisy environments. And there’s the cost, which varies around the country but can range from \$1,500 per ear for more basic designs, up to \$3,300 per ear for premium brands. Only some insurance pays; Medicare doesn’t.

Enter the newer technology, which hasn’t eliminated the sound problems but, specialists say, does improve them for people who pick the right option for their lifestyle and hearing needs:

- **The Lyric is inserted** 4 millimeters from the eardrum, aiming to funnel sound more naturally. It’s not the first deep-in-the-ear hearing aid — others have left the market — but is the only extended-wear version. It stays in the ear for up to 120 days, until the battery wears out. A yearly subscription of \$1,650 for each ear covers the fitting and replacements.

Seals protect the Lyric from the moisture of showers and earwax, while maintaining the right pressure to avoid pain in this very delicate ear region, explains Dr. Robert Schindler, professor emeritus at the University of California, San Francisco, and a board member with manufacturer InSound Medical Inc.

Schindler, a pioneer of cochlear implants for the deaf, helped develop the Lyric when his mother asked why he didn’t

improve her hated hearing aids. But it only works for a fraction of people, those with mild to moderate hearing loss whose ear canals aren’t too small.

- **A simpler approach** hides the hearing aid behind the top of the ear and just a thin wire, the receiver, snakes into the canal, says SUNY’s Weigand. About two-thirds of his patients opt for those.

- **Directional microphones** are cutting background noise even in some less expensive hearing aids, going into a zoom mode to emphasize voices straight ahead of the wearer.

“I hear that complaint much less than I heard it five years ago,” Weigand says of background noise. “The ambient sounds are never going to go away, and you need to hear them to be aware of your environment, but typically people will look at what they want to hear.”

- **And more and more hearing aids** are compatible with Bluetooth wireless technology, hugely appealing for tech-savvy baby boomers who’ve run into problems in the past with hearing aids that didn’t work with their cell phones, Weigand says. A streamer, made by companies including Siemens and Phonak, is worn around the neck or in a pocket where it wirelessly funnels sound from Bluetooth devices — cell phones, iPods, a car’s GPS navigator — straight into the hearing aid.

Choosing a version “is a balancing act between the person’s dexterity, their lifestyle, the cosmetic concerns they have,” says Weigand. “We have to give them options.”

Personal Trainer

Exercising when you travel

An out-of-town trip disrupts your exercise, sleep and eating and is not a good time to work on improving your fitness. A more reasonable goal is to try to maintain your current fitness during the trip.

How long can I go?

Current evidence suggests that your fitness will not drop even if you quit exercising for a week.

During longer trips, twice-a-week aerobic or strength training, or both, should maintain your fitness, especially if you maintain your exercise intensity.

How can I adjust?

To prevent muscle soreness from your new exercise patterns, you may need to reduce exercise intensity and duration.

A jump rope and elastic resistance band can be packed in a suitcase.



FITNESS ROOM OPEN



If you can’t run regularly, look for hotels or fitness clubs that let visitors use their treadmills, weight equipment, swimming pools and aerobic exercise machines.

Take the other people attending a business meeting out for some exercise; the informal setting may be good for discussing business, and it will let you maintain your exercise schedule.

Remember that exercise — even in modest amounts — helps relieve the stress of traveling.

Source: American College of Sports Medicine
Graphic: Paul Trap

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Ginkgo suffers another blow

By Rob Stein
The Washington Post

There’s more evidence that ginkgo biloba is useless for protecting the brain, despite claims to the contrary.

The herbal remedy is heavily promoted and widely used as a way to stave off mental decline. But attempts to verify those claims with carefully conducted studies have failed to confirm the benefits. A previous report found no evidence that ginkgo could reduce the risk of developing the devastating brain disorder Alzheimer’s disease.

In the new research, the same group of investigators looked at whether ginkgo could slow the general decline in cognitive abilities that many people experi-

ence as they age. Steven DeKosky of the University of Virginia School of Medicine and his colleagues studied 3,069 volunteers ages 72 to 96 around the country who had not yet begun to lose their mental edge or had only mild cognitive problems. Half took 120 milligrams of ginkgo twice a day while the other half took a placebo.

Tests that measured attention, memory, language and other thinking abilities found no difference in the rate of decline in these abilities between the two groups over about six years, the researchers report in the Journal of the American Medical Association.

The study is the largest of its kind, and is consistent with the results of earlier, smaller studies.

Ribbon Cutting & Tours of Your New Hospital



North Canyon Medical Center, in Gooding, will open for business on March 2, 2010. Join us for an early look and enjoy a special ribbon cutting ceremony. NCMC is located at 267 North Canyon Drive near the Intersection of HWY 26 & 46 in Gooding

Friday, February 12th

Ribbon Cutting Ceremony - 2:00
Hospital Tours 2:30 – 7:00pm

Saturday, February 13th

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10:00am – 6:00pm



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Adding MUSCLE to an exercise routine

By Jeannine Stein
Los Angeles Times

Even the prospect of weight training can be intimidating. How much weight should you lift? How often? What muscle groups need to be worked?

To help sort it all out, we called on trainer Mike Alexander, owner of MADfit, a private Beverly Hills, Calif., training studio. Alexander, who did post-graduate work at the Cooper Aerobics Center in Dallas, has trained celebrities including Jessica Simpson and Kristin Chenoweth.

Here, he outlines a four-week program that works the body's major muscle groups, building strength and endurance and improving the cardiovascular system. Stick with it and pay attention to his basic nutrition tips, and Alexander says your goals are within reach.

Before wrapping your hands around a barbell, he recommends a few tips:

- **Examine your diet** and tweak it if necessary. Even people who don't want to lose weight will benefit from more healthful foods. "There's little point in strength training and eating whatever you want," he says. "If you're putting on muscle but you still have all this fat on top of the muscle, you'll be a big, bulky person."

Incorporate lean meats such as chicken, turkey and fish — women especially need to take in adequate protein. Also eat more whole-grain breads and pasta, brown rice and fruits and vegetables. Cut down on refined sugar and avoid empty calories in fried foods and white bread. Instead of going cold turkey, Alexander recommends making small changes, getting used to those, then making more changes.

"People hate being told they can't have something," he says, "and that's really where most people fall off a diet, because they make it too strict. It shouldn't be something that's constantly on your mind." Alexander admits to once having a pretty fierce Frappuccino habit (A venti Frapp is 340 calories) until he got wise and switched to iced coffees.

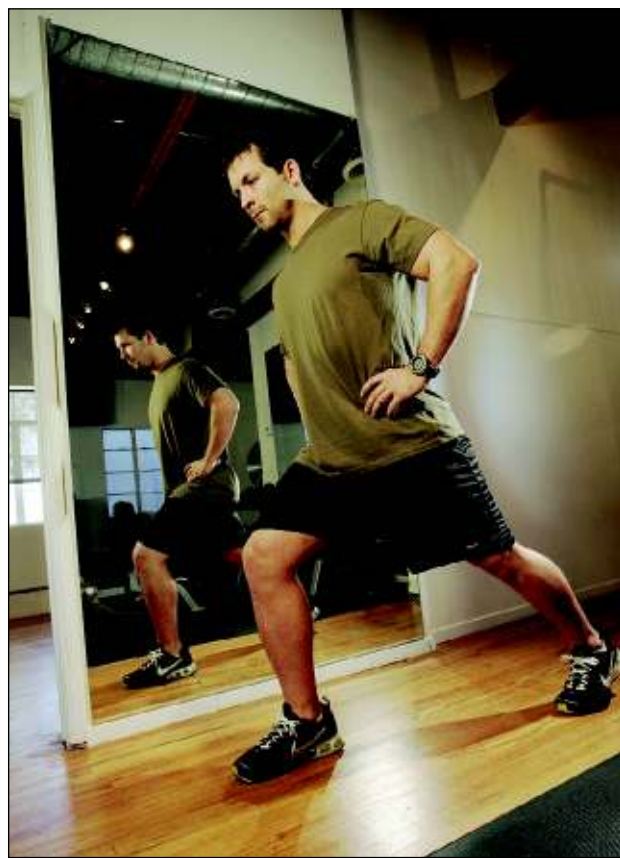
- **If losing or gaining weight** is a goal, hop on the scale about once a month, not several times a day. Progress can be slow and, maybe, discouraging. Also, consider measuring body fat with calipers, because the scale doesn't tell the entire story. Because results can be skewed if the caliper test isn't done correctly, make sure you're tested by a certified trainer or health professional. Of course, keeping track of how your clothes fit is a good way to keep tabs on your physique too.

- **Set appropriate goals**, and when you achieve those, set some more. This prevents an on-again, off-again workout schedule that promotes inconsistency. "I see that a lot with celebrities who have a movie approaching," Alexander says. "They bust their butt for a month or six weeks and then take six months off. Then when they have to get back in shape again it's so much harder."

- **Warm up by doing** a light set of weights. For example, if starting with a set of cable rows, do the first set with very light weight to get the muscles used to the activity. Warming up by doing cardio will increase the heart rate, but won't necessarily get the muscles ready to work. Always train at a comfortable pace. If your heart rate is high or you feel dizzy or nauseated, stop the workout.

- **Avoid ruts** by changing your routine every couple of months.

- **Keep a workout log.** It will not only track your progress, Alexander says, but also prompt you to alter your regimen.



Photos by ANNE CUSACK/Los Angeles Times

For Week 1, trainer Mike Alexander shows a lunge that works the quads, hamstrings and glutes.



Week 2: As part of a superset, the cable elbow extension should be immediately followed by a lateral step-up.

Week 1

Work out two to three times a week on nonconsecutive days, to give muscles time to rest and repair. Each workout should take about 35 to 40 minutes. Use low weights but do high repetitions — about 18 to 25 per set for two to three sets. Control the weights, use proper form and think about the working muscles during the exercise. To gauge how much weight to lift, muscles should feel fatigued toward the end of a set. If after 25 reps you feel like you could do a few more, increase the weight. Also, whenever appropriate, do the exercises from a stable position, such as sitting on a chair or bench with a back.

- **Squats:** Keeping the feet hip-width apart or slightly wider, squat (using no extra weight), leaning slightly forward with the torso but keeping the weight on the heels without lifting the toes. Return to a standing position, standing straight and squeezing the glutes. Works the glutes, hamstrings and quadriceps.

- **Seated chest press:** This can be done on a cable or fixed-weight machine. Grasping handles, push the weight forward, keeping arms shoulder height. If machines aren't available, do push-ups. Works the pectoralis muscles, deltoids and triceps.

- **Stationary lunge:** Begin with feet hip-width apart, and extend one leg forward, the knee coming slightly ahead of the toes and the torso leaning slightly forward. Extend the back leg, keeping it slightly bent, stretching the hip flexor. Do all reps on one leg, then switch. Works the quads, hamstrings and glutes.

- **Seated dumbbell overhead press:** Start with arms bent at 90 degrees and lift arms up over the head, upper arms close to the head. Return arms to the 90-degree position. Works the middle and anterior (front) deltoids, trapezoids and triceps.

- **Leg press:** Lying face-up on a leg press machine, push against the platform, straightening the legs, making sure not to completely lock the knees. Works the glutes, hamstrings and quadriceps.

- **Seated cable rows:** Begin with arms extended out, holding handles at shoulder height. Bring arms in so that the arm is bent at 90 degrees at the elbow. Works the latissimus dorsi (back) muscles and the biceps.

- **Incline abdominals:** Lie back against a 45-degree incline board with the head higher than the feet. (A large, firm throw pillow or wedge-shaped piece of foam can be used to elevate the torso.) With arms in front of the chest, bring the torso up toward the knees one vertebra at a time, making sure not to strain the neck. Return to beginning position and repeat. Works the rectus abdominis muscles.

Week 2

This week focuses on supersets, or doing consecutive exercises without stopping. This increases the heart rate, building cardiovascular endurance, as well as muscle endurance. Alexander likes to combine upper and lower body exercises for a full-body workout. Some exercises are done without the support of a bench, so more stabilizer muscles are used. Because supersets can be tough, especially for beginners, make sure you pace yourself and take adequate breaks between sets to allow the muscles to recover.

- **Dumbbell chest press and squats:** Lying on a bench, begin with arms at 90 degrees, palms facing forward. Bring weights straight up over the chest. Works the pecs, triceps and deltoids. For

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Week 2: Reverse crunches with a ball focus on strengthening the legs and work the rectus abdominis.



Week 4: A cable chest press works the upper and lower body.

squats, see Week 1.

- **Cable elbow extension and lateral step-up:** Begin with arms by your side, bent at 90 degrees while holding the cable. Bring the hands up toward the shoulders, keeping upper arms and elbows steady, and pull back down to a 90-degree angle. Works the triceps. For the step-up, stand sideways beside a box or stair that's a comfortable height. Step up, step down and repeat, then switch legs. Works the adductor (inner thigh) muscle, plus the quadriceps, hamstrings and glutes.

- **Bicep curls and reverse lunge:** Holding dumbbells, raise them toward the shoulder and lower to 90 degrees. Works the biceps. For the reverse lunge, start in a standing position and bring one leg back, slightly bent, with the torso angled forward and the front knee coming just slightly over the toes. Works the glutes, hamstrings and quadriceps. For a more advanced exercise, do the two exercises simultaneously.

- **Reverse crunch:** Lying on a mat on your back, place a small inflatable ball between the calves and the glutes so that the legs are bent at 90 degrees. Squeezing the ball, raise the glutes and lower back off the ground. Using the ball helps lock the hips in place during the exercise. Works the rectus abdominis.

Week 3

Continue the supersets, but use higher weights and lower repetitions, about 12 to 16. The goal is to be quite fatigued at the end of a set — about a nine on a scale of 10, says Alexander. "The key to working out is changing the stimulus," he says. "Your body adapts ... so you begin to burn fewer calories." Also, this week add a 30-second cardio interval after the second exercise; run in place, do

jumping jacks, or run or walk quickly on a treadmill. This builds cardiovascular endurance. Exercises done on a stability ball use more stabilizing muscles. Train three times a week.

- **Dumbbell elbow extensions on a ball:** Sit on a stability ball and roll your feet away from the ball slowly until the upper shoulders, neck and head are on the ball. The knees are bent at 90 degrees; the torso is straight. Hold a dumbbell in each hand, palms facing each other and elbows bent with upper arms near the head. Straighten the arms, bringing the weights toward the ceiling, keeping upper arms and elbows still and squeezing the triceps. Lower the weights back down and repeat. Works triceps.

- **One-armed dumbbell lateral raise with lunge and bridges:** From a stationary lunge, hold dumbbell in one hand and raise it to the side as the body comes up and the legs straighten. Lower the weight as the body assumes the forward lunge position, front knee bending forward. Works the lats. For the bridges, lie on the ball with the shoulders, neck and head supported, feet on the ground and knees at 90 degrees. Lower the pelvis, then raise it to a bridge position. Works glutes and hamstrings.

Week 4

These exercises combine upper and lower body muscle groups to work the body more and increase the heart rate. Use higher weights and lower reps as in Week 3, but

the 30 seconds of cardio between sets are optional. Plyometrics join the mix — these are explosive, dynamic moves that train fast-twitch muscles used in jumping and sprinting. Train three times a week.

- **Dumbbell raises with squats:** Holding dumbbells at your side, go into a squat while bringing the weights forward, arms straight, palms facing each other. Works glutes, hamstrings, quads, anterior deltoids, biceps.

- **Cable chest press with forward lunge:** Facing away from the cable machine, grip handles and push arms straight out, shoulder height, while doing a forward lunge. Stand and repeat reps, then switch legs.

- **Plyometrics:** From a squat, jump straight up, landing softly on bent knees. Pause to get your balance; repeat. Or, starting in a stationary lunge, jump straight up and switch the position of the legs, again landing softly. Repeat. Do 12 to 16 reps.

After a month, Alexander says, you probably haven't achieved your major goals and should continue training. You also might consider working with a certified personal trainer. To keep costs down, train in a group, schedule monthly sessions or take advantage of some gym deals offering free introductory sessions. Sometimes just a couple of workouts are needed to reset goals and work out any kinks. "Often people go easy on themselves," Alexander says, "so sometimes it takes a second party to really challenge them."

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Board Certified Vascular Surgeon

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630 Addison Ave. W., Ste. 260, Twin Falls

B.C. By Mastroianni and Hart

LOOK AT OUR NEIGHBOR COLONY THERE. YES, I SEE IT. IT'S A SAD DAY. INDEED IT IS, MY FRIEND. SOON EVERYONE WILL HAVE THE GLASS.

Baby Blues By Rick Kirkman & Jerry Scott

HOW WAS SCHOOL, ZOE? GOOD. I CHOSE THE TOPIC FOR MY BIG PROJECT. "BIG PROJECT"? YEAH, WE HAVE TO DO A DETAILED REPORT ON A FAMOUS INVENTION. GREAT! WHAT DID YOU CHOOSE? THE LIGHT BULB? THE TELEPHONE? THE RUG.

Beetle Bailey By Mort Walker

DON'T JUST STAND THERE! PATROL THE AREA! YOU'RE ON GUARD DUTY! MOVE! DID SARGE FIND MY 'SNOW-BEETLE'? HE'S THAWING YOU OUT NOW. UMM...!!!

Blondie By Dean Young & Stan Drake

WHAT'S WITH THE VIOLIN TODAY, ELMO? I FIGURED OUT IT'S A GREAT WAY TO SMUGGLE COOKIES AND STUFF TO SCHOOL. YOU KNOW, THAT'S PRETTY CRAFTY THINKING. YOH GOTTA STAY ONE STEP AHEAD OF THE MAN, MR. B. WHAT'S WITH TODAY, DAG?

Dilbert By Scott Adams

A SALESMAN BORROWED THE DEMO UNIT THAT YOU FLEW ACROSS THE COUNTRY TO SEE. CAN I SHOW YOU SOMETHING TOTALLY IRRELEVANT SO THIS DOESN'T FEEL SO AWKWARD? GIVE ME A MINUTE TO GET OUT OF THE SPLATTER ZONE.

The Elderberries By Phil Frank and Joe Troise

Whoa! That's a ton of snow! Surely a new record! I'm surprised Dusty isn't already up to see this... I agree. I figured he would've had a series of snow tunnels and snow restaurants constructed by now.

For Better or For Worse By Lynn Johnston

DO YOU NEED HELP IN THERE, LIZZIE? CALL MOMMY IF YOU NEED HELP. OK, THAT'S LONG ENOUGH. MOMMY'S COMING TO GIVE YOU SOME... HELP!

Frank and Ernest By Bob Thaves

I CHOSE THE PATH OF LEAST RESISTANCE AND HAVE BEEN GOING DOWNHILL EVER SINCE.

Garfield By Jim Davis

PAT PAT PAT. MRS. FEENY IS ON THE PHONE. SHE'S FAST.

Hagar the Horrible By Chris Browne

GOODBYE, FAMILY! I'LL BE GONE FOR MONTHS, BUT PLEASE...NO TEARS! 'BYE, DAD! I'M GOING OVER TO SVEN'S, MOM... 'BYE, DAD! WILL YOU HEM MY DRESS FOR TONIGHT, MOM? 'BYE, HAGAR! I CAN'T HEM YOUR DRESS, HON!... I HAVE A GARDEN CLUB MEETING!

Hi and Lois By Chance Browne

I DON'T FEEL SO GOOD TODAY. I CAN BE A FEW MINUTES LATE. YOU REST, I'LL GET THE KIDS UP, FED AND OFF TO SCHOOL. KISS. NOW I DON'T FEEL SO BAD.

Luann By Greg Evans

I GOT A CALL FROM PITTS SCHOOL. THAT'S WHERE I WENT. WAS YOUR SLOGAN "WE'RE THE PITTS"? YES. OH, SORRY. THEY'RE HAVING CAREER DAY AND I WANT YOU TWO TO REPRESENT THE FIRE DEPARTMENT. ACTUALLY, WE WERE THE POWERFUL PITTS. DID YOUR TEAM STINK? I THINK...

Classic Peanuts By Charles M. Schulz

I'M TIRED OF ALL THIS KINDERGARTEN STUFF... WHY DON'T WE RUN AWAY TO PARIS? IF WE GOT ON A PLANE AT MIDNIGHT, WE COULD BE IN PARIS TOMORROW... DO YOU HAVE ANY MONEY? I HAVE FIFTY CENTS...MAYBE WE COULD GET UPGRADED TO BUSINESS CLASS.

Pearls Before Swine By Stephan Pastis

WHAT ARE YOU DOING? Me showing you larry top of ansamal food chain, master of all species, beeg and small. Preetend you no see dat.

Pickles By Brian Crane

WILL YOU MAKE ME A PAPER AIRPLANE, GRAMPA? SURE. SCRUNCH! SCRUNCH! SCRUNCH! AND NOW FOR THE TEST FLIGHT... THAT'S NOT A PAPER AIRPLANE! YEAH, I GUESS IT WAS MORE OF A PAPER UFO.

Rose is Rose By Pat Brady

THIS IS NOT A DATE! WE ARE TOGETHER UNDER A MAJESTIC SKY! BUT IT'S YOUR GARBAGE MOMENT, JIMBO! EVERY EVENING I STAND BENEATH THIS CANOPY OF GLORIOUS BEAUTY... ALONE. TONIGHT I WANTED TO SHARE IT... WITH YOU! I'M NOT SURE MY "SPORTING SACKS" MOMENT CAN COMPETE WITH THIS!

Non Sequiter By Wiley

Y'KNOW...A MONTH AGO, EVERYONE WAS ALL, "LET ME BUY YOU A DRINK, SANTA!" NOW SUDDENLY IT'S, "WHO'S THE LITTLE WEIRDO IN THE RED SUIT?..."

POST-SEASON'S GREETINGS

Dennis the Menace By Hank Ketcham

"MY PIGGY BANK NEEDS A BAILOUT."

The Wizard of Id By Brant Parker & Johnny Hart

CHUGGING CONTEST? YOU'RE ON. PING. WHAT HAPPENED? YOU BLINKED.

Zits By Jim Borgman and Jerry Scott

KNOCK! KNOCK! WHO'S THERE? YOUR BUTT. YOUR BUTT WHO? YOUR BUTT KEEPS DIALING MY NUMBER! LOCK YOUR STUPID KEYPAD, DAD!

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To place ads, call (208) 733-0931, ext.2

YAHOO! hotjobs®

Classifieds

Sudoku, Healthy & Fit 6 / Horoscope, Healthy & Fit 7 / Crossword, Healthy & Fit 8 / Jumble, Healthy & Fit 10

NOTICES

NOTICE OF ANNUAL MEETING

You are hereby notified that the Annual Meeting of Depositors of First Federal Savings Bank of Twin Falls will be held at the Main Office of First Federal Savings Bank, 383 Shoshone Street North, Twin Falls, Idaho on Wednesday the twentieth day of January 2010, at 2:00 PM, for the purpose of electing three Directors – each to serve a term of three years, the presentation of the Management's Annual Report, and the transacting of any business that may properly come before such meeting.

/s/Jason A. Meyerhoeffer, Secretary

PUBLISH: January 4 and 11, 2010

NOTICE OF SALE

South Locust Mini Storage, 197 South Locust, Twin Falls, ID 83301 will sell entire contents of 6 storage units to the highest bidder on site 01/15/10 at 9:00 AM, cash only at time of sale. To be removed by 5:00 PM on 01/15/10.

Tyrell Goff, Unit 2, PO Box 513, Kimberly, ID 83341.

Patina Girten, Unit 42, 1814 North Lincoln, Jerome, ID 83338.

Darrell Day, Unit 85, 146 Addison Ave W #88, Twin Falls, ID 83301.

Brandi Mildon, Unit 100, 960 Arrow Wood Court, Twin Falls, ID 83301.

Cheri Green, Unit 157, PO Box 1004, Twin Falls, ID 83303.

Nichole Walden, Unit 164, 332½ Third Ave W, Twin Falls, ID 83301.

PUBLISH: January 5 and 11, 2010

PUBLIC NOTICE

Actions planned and taken by your government are contained in public notices. They are part of your right to know and to be informed of what your government is doing. As self-government charges all citizens to be informed, this newspaper urges every citizen to read and study these notices. We advise those citizens who seek further information to exercise their right to access public records and public meetings.

IMPORTANT

Please address all legal advertising to:

LEGAL ADVERTISING

The Times-News

PO Box 548

Twin Falls, Idaho

83303-0548

email to

legals@magicvalley.com

Deadline for legal ads: 3 days prior to publication, noon on Wednesday for Sunday, noon on Thursday for Monday, noon on Friday for Tuesday and Wednesday, noon on Monday for Thursday and noon on Tuesday for Friday and Saturday. Holiday deadlines may vary. If you have any questions call Ruby, legal clerk, at 208-735-3324.

IN THE DISTRICT COURT OF THE FIFTH JUDICIAL DISTRICT OF THE STATE OF IDAHO, IN AND FOR THE COUNTY OF TWIN FALLS

Case No. CV-2009-5983
NOTICE TO CREDITORS
In the Matter of the Estate of
EDITH C. ROBERTSON,
Deceased.

NOTICE IS HEREBY GIVEN that the undersigned has been appointed Personal Representative of the above-named estate. All persons having claims against the said decedent are required to present their claims within four (4) months after the date of the first publication of this notice or said claims will be forever barred. Claims must be presented to the firm of Coleman, Ritchie & Robertson, 156 2nd Avenue West, P. O. Box 525, Twin Falls, Idaho 83303-0525, and filed with the Court. DATED this 6th day of January, 2010.

/s/THOMAS M. ROBERTSON
Personal Representative

PUBLISH: January 11, 18 and 25, 2010

NOTICE OF TRUSTEE'S SALE

On April 28, 2010, at the hour of 11:00 o'clock AM of said day, at First American Title, 260 Third Avenue North, Twin Falls, Idaho, JUST LAW, INC., as Successor Trustee, will sell at public auction to the highest bidder, for cash, in lawful money of the United States, all payable at the time of sale, the following described real property, situated in the County of Twin Falls, State of Idaho, and described as follows to wit:

Lot 2 in Block 7 of Investors First Addition, Twin Falls County, Idaho, recorded in Book 3 of Plats, Page 26.

The Trustee has no knowledge of a more particular description of the above referenced real property, but for purposes of compliance with Section 60-113 Idaho Code, the Trustee has been informed the address of **325 14th Ave., North, Buhl, ID**, is sometimes associated with the said real property.

This Trustee's Sale is subject to a bankruptcy filing, a payoff, a reinstatement or any other conditions of which the Trustee is not aware that would cause the cancellation of this sale. Further, if any of these conditions exist, this sale may be null and void, the successful bidder's funds shall be returned, and the Trustee and the Beneficiary shall not be liable to the successful bidder for any damages.

Said sale will be made without covenant or warranty regarding title, possessions or encumbrances to satisfy the obligation secured by and pursuant to the power of sale conferred in the Deed of Trust executed by **Mark Green**, an unmarried man, as Grantor(s) with Mortgage Electronic Registration Systems, Inc. as the Beneficiary, under the Deed of Trust recorded August 30, 2006, as Instrument No. 2006021839, in the records of Twin Falls County, Idaho. The Beneficial interest of said Deed of Trust was subsequently assigned to Wells Fargo Bank, National Association, as trustee for the holders of the First Franklin Mortgage Loan Trust 2006-FF15 Mortgage Pass-Through Certificates, Series 2006-FF15, recorded December 16, 2009, as Instrument No. 2009-027529, in the records of said County.

THE ABOVE GRANTORS ARE NAMED TO COMPLY WITH SECTION 45-1506(4)(a), IDAHO CODE. NO REPRESENTATION IS MADE THAT THEY ARE, OR ARE NOT, PRESENTLY RESPONSIBLE FOR THIS OBLIGATION.

The default for which this sale is to be made is the failure to pay the amount due under the certain Promissory Note and Deed of Trust, in the amounts called for thereunder as follows: Monthly payments in the amount of \$522.96 for the months of August 2009 through and including to the date of sale, together with late charges and monthly payments accruing. The sum owing on the obligation secured by said Deed of Trust is \$74,015.13 as principal, plus service charges, attorney's fees, costs of this foreclosure, any and all funds expended by Beneficiary to protect their security interest, and interest accruing at the rate of 5.0% from July 1, 2009, together with delinquent taxes plus penalties and interest to the date of sale.

The Beneficiary elects to sell or cause the trust property to be sold to satisfy said obligation.

Dated this 22nd day of December, 2009.

Sumerli Lynch

Trust Officer for

Just Law, Inc.

For information concerning this sale please contact
Just Law, Inc. at www.justlawidaho.com or
Toll Free at 1-800-923-9106, Thank you.

PUBLISH: December 28, 2009, January 4, 11 and 18, 2010

NOTICES

NOTICE OF SALE

North Side Rentals, Inc., under provision of Idaho Code 28-7-210 will sell at Klaas Auction on January 12, 2010 the stored items of **Kelly Trujillo, Jerome, ID and Kelly Coronado, Hazelton, ID.**

PUBLISH: January 4 and 11, 2010

IN THE DISTRICT COURT OF THE FIFTH JUDICIAL DISTRICT OF THE STATE OF IDAHO, IN AND FOR THE COUNTY OF JEROME MAGISTRATE DIVISION

Case No. CV 2009-1319

NOTICE TO CREDITORS

In the Matter of the Estate of

LENORA (BLAKESLEE) RICHARDS,

Deceased.

NOTICE IS HEREBY GIVEN that the undersigned has been appointed Personal Representative of the above-named estate. All persons having claims against the said decedent are required to present their claims within four (4) months after the date of the first publication of this notice or said claims will be forever barred. Claims must be presented to the firm of Coleman, Ritchie & Robertson, 156 2nd Avenue West, P. O. Box 525, Twin Falls, Idaho 83303-0525, and filed with the Court. DATED this 5th day of January, 2010.

LINDA JEAN HOLTZEN

Personal Representative

PUBLISH: January 11, 18 and 25, 2010

NOTICE OF PUBLIC MEETING

Interstate 84, West of Wendell Reconstruction
Gooding County, Idaho

WHAT: A public open house to inform and gather public comment regarding the reconstruction of Interstate 84 from milepost 149.5 to 157.3. Project No.: IM-84-3(079)150 Key No.: 09218

WHEN: January 13, 4 to 7 p.m.**WHERE:** City of Wendell offices, 375 First Avenue East, Wendell, Idaho

FORMAT: Open house format. Anyone interested in the project is encouraged to attend anytime between 4 and 7 p.m. Displays illustrating the project and other information will be available for review. ITD staff will be on hand to explain the proposed improvements, answer questions about possible closures, and gather comments.

PROJECT HIGHLIGHTS:

This project consists of a full-width rehabilitation of Interstate 84 from approximately milepost 149 to the South Wendell interchange (Exit 157). Closure of the West Wendell on/off ramps is included in project plans. Closures would not include overpass roads of I-84 during construction. I-84 traffic will be detoured to South Wendell Exit 157.

MORE INFORMATION:

Steve Tonks, ITD Project Manager at (208)886-7888.

The Idaho Transportation Department (ITD) is committed to compliance with Title VI of the Civil Rights Act of 1964 and all related regulations and directives. ITD assures that no person shall on the grounds of race, color, national origin, gender, age or disability be excluded from participation in, be denied the benefit of, or be otherwise subjected to discrimination under any ITD service, program or activity. The department also assures that every effort will be made to prevent discrimination through the impacts of its programs, policies, and activities on minority and low-income populations. In addition, the department will take reasonable steps to provide meaningful access to service for persons with Limited English Proficiency. For accommodations call (208) 334-4444; TTD (208) 334-4458.

PUBLISH: January 6 and 11, 2010

NOTICE OF TRUSTEE'S SALE

TS No. 09-0181358 Title Order No. 090865122IDGNO Parcel No. RPH00000141274A. The following described property will be sold at public auction to the highest bidder, payable in lawful money of the United States, in the lobby of Land Title & Escrow, Inc. located at 706 Main St., Gooding, ID 83330., on 05/14/2010 at 11:00 am, (recognized local time) for the purpose of foreclosing that certain Deed of Trust recorded 03/24/2008 as Instrument Number 225749, and executed by **MANUEL HERNANDEZ AND CECILIA HERNANDEZ, HUSBAND AND WIFE**, as Grantor(s), in favor of MORTGAGE ELECTRONIC REGISTRATION SYSTEMS, INC., as Beneficiary, to RECONTRUST COMPANY, N.A., the Current Trustee of record, covering the following real property located in Gooding County, state of Idaho: Part of Outlot A-78 of Hagerman Townsite, Gooding County, Idaho, as the same is platted in the official plat thereof, now of record in the office of the Recorder of said County. Beginning at the Southwest corner of Lot (Block) A-78, being the True Point of Beginning; Thence North 0°03'29" West, 102.07 feet along the Westerly boundary of said Lot (Block) A-78; Thence East 125.71 feet; Thence South 0°04'10" East 102.07 feet to a point on the Southerly boundary of said Lot (Block) A-78; Thence West 125.73 feet along said Southerly boundary to the True Point of Beginning. The Trustee has no knowledge of a more particular description of the above referenced real property, but for purpose of compliance with Idaho Code, Section 60-113, the Trustee has been informed that the street address of, **110 QUICKSILVER AVENUE, HAGERMAN, ID 83332** is sometimes associated with said real property. Bidders must be prepared to tender the trustee the full amount of the bid at the sale in the form of cash, or a cashier's check drawn on a state or federally insured savings institution. Said sale will be made without covenant or warranty, express or implied, regarding title, possession or encumbrances to satisfy the obligation secured by and pursuant to the power of sale conferred in that certain Deed of Trust. The default for which this sale is to be made is: Failure to pay the monthly payment due 03/01/2009 of principal, interest and impounds and subsequent installments due thereafter; plus late charges, with interest currently accruing at 6.875% per annum; together with all subsequent sums advanced by beneficiary pursuant to the terms and conditions of said Deed of Trust, and any supplemental modifications thereto. The principal balance owing as of this date on said obligation is \$162,508.82, plus interest, costs and expenses actually incurred in enforcing the obligations thereunder and in this sale, together with any unpaid and/or accruing real property taxes, and/or assessments, attorneys' fees, Trustees' fees and costs, and any other amount advanced to protect said security, as authorized in the promissory note secured by the aforementioned Deed of Trust. Therefore, the Beneficiary elects to sell, or cause said trust property to be sold, to satisfy said obligation. NOTICE IS HEREBY GIVEN THAT THIS FIRM IS ATTEMPTING TO COLLECT A DEBT AND ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE, AND THAT THE DEBT MAY BE DISPUTED. THE ABOVE GRANTORS ARE NAMED TO COMPLY WITH SECTION 45-1506(4)(a) IDAHO CODE. NO REPRESENTATION IS MADE THAT THEY ARE, OR ARE NOT, PRESENTLY RESPONSIBLE FOR THIS OBLIGATION. DATED: 01/04/2010 Name and Address of the Current Trustee is: RECONTRUST COMPANY, N.A. 1800 Tapo Canyon Rd., CA6-914-01-94 SIMI VALLEY, CA 90028-1821 PHONE: (800) 281-8219 RECONTRUST COMPANY, N.A. Successor Trustee / Sr Deedra Williams ASAP# 3399250

PUBLISH: January 11, 18, 25 and February 1, 2010

NOTICES

NOTICE OF LETTING

Sealed proposals will be received by the IDAHO TRANSPORTATION BOARD only at the office of the IDAHO TRANSPORTATION DEPARTMENT, 3311 WEST STATE STREET, BOISE, IDAHO 83703, ATTN: ROADWAY DESIGN until two o'clock p.m., on **February 2, 2010**, for the work of 1.7 miles of pavement overlay and 2.8 miles of seal coat; N 600 West Rd., Lincoln Co., known as Idaho Federal Aid Project No. A011(947), in Lincoln County, Key No. 11947.

[ADDITIONAL INFORMATION CONTACT: RESIDENT ENGINEER ***THOMAS E. BROWN*** AT (208) 866-7851.]

Plans, specifications, form of contract, proposal forms, and other information may be obtained at the office of the Idaho Transportation Department, Boise, Idaho, and are on file for examination at the office of the District Engineer at Shoshone Idaho.

A non-refundable handling and mailing charge of FIVE DOLLARS (\$5.00) plus applicable sales tax will be made for bid documents. Phone orders to (800) 732-2098 (in Idaho) or (208) 334-8430 shall be made by credit card (Visa or Mastercard). Written requests shall be made by check or money order to the Idaho Transportation Department, Attn: Revenue Operations, P. O. Box 34, Boise, ID 83731-0034.

Dated January 8, 2010

TOM COLE, P.E.

Chief Engineer

PUBLISH: January 11, 12, 13, 14 and 15, 2010

NEW TODAY

RENTAL PROPERTIES

0602
Unfurnished Homes

TWIN FALLS 3 bdrm., 2 bath + office, near Sawtooth Elementary, incld all appls & central heating & AC, \$950. 208-420-1804.

604
Unfurnished Apartments

BUHL 1 bdrm apt, 62+ or disabled only, rental assistance, located next to city park. 208-308-6966
Equal Opportunity Housing
TTY/TDD#800-377-3529

AGRICULTURE

704
Pets and Pet Supplies

BICHON AKC pups champion pedigree. Non shedding, guarantee & care pkg. As pets 673-5525

ANNOUNCEMENTS

101
Lost and Found

FOUND Black Lab on Golf Course Rd. in Jerome. It showed up on 12/31. Call Mike at 731-5527

FOUND Black Lab pup, male, found at West building SW of Jerome. Call 324-1425 or 539-1425

FOUND DOG on Park Avenue in Twin Falls on January 5th. Call 208-316-2119

FOUND Male dog, black/white, possible Border Collie mix, found 12/31 near 2600 E. 4200 N. Twin Falls/Filer. Call 420-2653

FOUND Terrier, small adult male, near Stars Ferry. Call to identify. Will place for adoption if not claimed 208-431-2528.

FOUND toolbox and tools in the Twin Falls area. Call to identify 208-736-5949.

FOUND Yorkie on 12/31, male, at Kelly Garden Center. Taken to the Humane Society. 736-2299.

LOST black Manx female cat near fairgrounds in Rupert offering reward. Please call 208-670-5966

Get In The Habit!
Read the Classifieds Every Day

Classified Deadlines

For line ads
Tues. - Sat. - 1 p.m.
the day before.
For Sun. & Mon.
2 p.m. Friday.

101
Lost and Found

LOST Dachshund, male, around 4th Ave. N. & Addison. Long-haired, 6 mos old. 731-1217

LOST female Schipperke, small black dog, old with a blue collar, vicinity of 500 E., Filer. 734-3661 or 539-6993

LOST male Chocolate Lab, in Declo area. REWARD
208-431-7787



LOST Shih Tzu, male, tan/white, has a red collar with Max on the tag, lost New Years Eve near 2600 E/3200 Twin Falls. Has old phone number on tag. REWARD! Call 736-6089/731-4416 instead.

106
Special Notices

BIRTHDAY PHOTOS

Have you forgotten to pickup your birthday photos? We have some photos we are sure you don't want us to toss. These can be picked up at The Times-News Classified Dept.

107
Pregnancy Alternatives

Pregnant? Worried?
Free Pregnancy Tests
Confidential
208-734-7472

108
Professional Services

Bankruptcy & Debt Counseling
Free 1/2 hr consultation. Competitive Rates. We are a debt relief agency. We help people file for bankruptcy relief under the bankruptcy code.
May, Browning & May
208-733-7180

BANKRUPTCY ATTORNEY

Accurate, dependable & very experienced. Free telephone consultations. We are a debt relief agency helping people file for bankruptcy relief.
Bradley Rice,
Attorney at Law
208-734-3367 or toll free @ 866-734-3369

0113
Child Care Services

IN-HOME DAY CARE has immediate openings. 1st Aid & CPR qualified. ICCP accepted. 733-5712.

L'il Tikes Childcare & Preschool. After school, preschool, snacks & meals provided. \$15/day. Multi-child discounts. ICCP Cert. 12 years exp. 208-260-5488

EMPLOYMENT

200 Work Wanted

PUBLIC SERVICE MESSAGE
Federal Employment information is free. Remember, no one can promise you a federal job. For free information about federal jobs, call Career America Connection 478-757-3000

STUDENTS FOR HIRE
Part-time jobs wanted Magic Valley High School Dependable, Honest, Diligent, Hard-working, Friendly, Positive, Willing Students After school & weekends. Contributing to the Community. Contact David Brown School 733-8823 or Cell 293-2062

0202 Clerical

CLERICAL
Dental experience not necessary but helpful. Fax to 208-324-8172 or Call 324-8171 with questions

LEGAL ASSISTANT POSITION
For Buhl/Twin Falls Law Firm 40 Hours/Week- Pay DOE Call 208-543-4368

CLERICAL
PT Receptionist needed at a small law firm. Duties include: opening office, retrieving mail, answering phones, filing, office organization, running errands, and other miscellaneous tasks. Must be personable and dependable. Previous office experience a plus. Submit resume & cover letter to: P.O. Box 2349, Twin Falls, ID 83303. Fax: (208) 734-2772

205 Dairy

DAIRY
Experienced Milker and outside worker w/ exp in hospital & fresh cows. Call from 10am-2pm only! Call 208-280-5568

206 Drivers

CLASSIFIEDS
It pays to read the fine print! Call the Times-News to place your ad 208-733-0931 ext. 2

DRIVER
Concrete Truck Drivers. Exp. or willing to train. Class A CDL a must. Excellent benefits. Apply at Kloeppel Inc. 751 Madrona St. S. Twin Falls, EOE

DRIVER
Local Beverage Distributor is seeking energetic Delivery Driver. Clean driving record. Excellent benefit package. Drug Free Workplace. Apply between 9-3 at 167 Eastland, Twin Falls

DRIVER
Part-time Driver Needed to run equipment intra-state. Call 208-731-6188 or 731-6172

DRIVER
School Bus Drivers Wanted Western States Bus Call 208-733-8003

DRIVERS
Come join our team! Enjoy benefits such as: Home time, good pay, vacation pay, health insurance & multiple safety bonuses. Team, Solo, or Relief. New Equipment 1-888-806-5785 Bam-Spm

DRIVERS
DRIVER OPPORTUNITY for long haul reefers, Class A CDL and minimum 2 years exp. required. Call 208-734-9062

DRIVERS
Sun Valley Stages is seeking PT Drivers, must have CDL with passenger endorsement. Call 208-733-3921

208 Farm

Classified Private Party Ads Requires pre-payment prior to publication. Major credit/debit cards, and cash accepted. 733-0931 ext. 2 Times-News

FARM WORKER
Northern Utah, experienced farmer in hay and grain, soil prep planting harvesting. Must know current hay equipment. Housing & benefits Call 801-467-4731

209 General

EXPERIENCED SHEEP SHEARERS
wanted from to fill 11 temporary positions from 02/01/2010 to 6/1/2010 shear sheep in Custer, Butte, Blaine, Twin Falls, Cassia, Jefferson & Minidoka Counties, ID; Utah, Sanpete & Cache Counties, UT; Beaverhead County, MT; White Pine County, NV; and Uinta County, WY. Must be able shear 96-125 ewes a day w/power driven tools after initial break-in period; shear loose, clipping wool close to hide for removal in one piece. Uses care in shearing to avoid nicking, pinning or cutting skin to avoid double cuts. May help move sheep in and out of shearing area. Oils hand pieces and sharpens combs/cutters. May tie fleeces. Employer reimburses in-bound transportation/subsistence to work site after 50% completion of contract period, AND transportation/subsistence to place of recruitment or subsequent legal employment after completion of contract period. Tools/equipment provided as necessary. Employer guarantees employment for 34 of workdays in contract period, starting with first workday. Wage Rates depend on the State where work is performed. \$1.80-\$4.50 per head (workers using employer's tools will be paid 5 cents less per head). Employer guarantees earnings of \$9.08-\$11.10 per hour depending on work location. 3 months experience required. Apply for this job at the nearest IDAHO Workforce Service office, reference job listing 1361413 -Wide Shearing/Edric Wilde, Carey, Idaho

GENERAL
Experienced wool fleece graders wanted to fill 4 temporary positions, 02/01/2010-06/01/2010 in Custer, Butte, Blaine, Twin Falls, Cassia, Jefferson & Minidoka Counties, ID; Utah, Sanpete & Cache Counties, UT; Beaverhead County, MT; White Pine County, NV; and Uinta County, WY. Workers will examine and sort wool; separate locks of fleece, examine fibers for quality, according to governmental standards, and place wool in containers. Employer reimburses in-bound transportation and subsistence to the work site after 50% completion of the contract period. Will also pay transportation and subsistence to place of recruitment or subsequent legal employment after completion of the contract. Housing will be provided. Employer guarantees employment for 34 of the work days in the contract, starting with the worker's first day of work. Wage rate is 13 Cents per fleece. Employer guarantees earnings of \$9.08-\$11.10 per hour depending on work location. 3 months experience required. Apply for this job at the nearest IDAHO Workforce Service office, reference job listing 1361412-Wide Shearing/Edric Wilde, Carey, Idaho

SUDOKU

Concepts Sudoku By Dave Green

5	9	7			
	9	8	2		1
2		4		5	8
9	6				1 3
	1		8	9	
2	3				5 4
9	5		3		2
		7		1	4
3			5	6	3

Sudoku is a number-placing puzzle based on a 9x9 grid with several given numbers. The object is to place the numbers 1 to 9 in the empty squares so that each row, each column and each 3x3 box contains the same number only once. The difficulty level of the Concepts Sudoku increases from Monday to Sunday.

Answer to previous puzzle

2	7	8	1	4	3	6	9	5
5	4	1	8	9	6	3	2	7
3	9	6	2	5	7	8	1	4
4	6	3	7	8	2	9	5	1
9	8	5	6	1	4	2	7	3
1	2	7	9	3	5	4	8	6
7	1	4	3	2	8	5	6	9
8	3	9	5	6	1	7	4	2
6	5	2	4	7	9	1	3	8

209 General

LANDSCAPE



Webb Landscape, Inc. is seeking a **Project Manager Assistant** for our Ketchum Construction Office. Qualified candidates will have landscape construction knowledge, excellent computer skills, and strong accounting knowledge. This person must also be knowledgeable in Microsoft Office, detail oriented and organized. This position is full-time seasonal. Webb Landscape, Inc. is an Employee-Owned progressive & dynamic company that offers excellent opportunities for advancement and a complete benefit package including: Health, life, vision, and dental insurance, 401k, & Employee Stock Option Program. If you are interested in this position please e-mail a copy of your resume to christine@webbland.com or fax to 208-788-2633

209 General

GENERAL
Computer Programmer for website, can be full time depending on availability. Fax 208-324-8172 or Call for more questions 324-8171

GENERAL
Join the SL Start Team!!! Now Hiring Support Staff to assist our adults w special needs Apply at: 200 2nd Ave North Twin Falls, ID 83301 208-732-0910 EOE

LIVESTOCK WORKERS
Experienced Open Range Livestock Workers wanted fill 5 temporary positions, from 02/01/2010 to 11/30/2010. Workers attend to livestock primarily on open rangelands; feed, water & herd livestock to pasture for grazing; examine for diseases/injuries; assist with vaccination; apply medications to cuts/bruises, spray livestock with insecticide or herbs then into insecticide bath; assist with castration; clip identifying notches on or brand animals. Worker's to be on-call 24-hours a day 7 days a week, including holidays. 34 of contract period guaranteed, starting arrival at worksite. Employer provides: tools, supplies & equipment at no cost to worker; transportation & subsistence expenses to/from worksite. 3 months experience & up to two references required. \$875 Month + Room & Board. Contact the nearest Idaho Workforce Service Agency and reference job listing number: 1361057- Marty Bennett Gooding, Idaho; 2458722-Kathryn Sanger, Saratoga, WY.

GENERAL

LOAN SPECIALIST (COMMERCIAL)
Full time position in Twin Falls, Idaho. If position is filled below the full performance level, the duties will be commensurate with the grade level. Duties include loan making and servicing complex Rural Development business-cooperative program loans, loan guarantees, and grants, and provides technical assistance under program authorities to rural people, business concerns and communities within Idaho. The incumbent analyzes rural business, community and area status, determining the need, value, economic potential, and developmental potential of proposed projects. The incumbent makes site visits to lender, borrower and grantee; maintains financial analysis spreadsheets on borrowers; and represents the agency in contacts essential to the success of Rural Development business-cooperative services programs with federal, state, and local government agencies, planning groups, private industry, colleges and credit institutions. Will be required to travel 30 to 45% of the time within the service area, and 8 to 10% overnight travel. Starting salary at GS-09 is \$46,625 and at GS-11 is \$56,411. There is an additional announcement for a trainee level with salary starting at \$30,772. In addition to resume, narrative response to specialized experience questions is required. Copy of announcement must be obtained from the internet at <http://www.usajobs.opm.gov>. Click on "Search Jobs"; click on Search Series tab; insert in series "1165"; complete salary and geographical area; reply to the remaining questions. You may also obtain a copy of the announcement by calling USDA, Rural Development, Attention Human Resources, 9173 W. Barnes Dr., Suite A1, Boise, 208-378-5607. USDA is an equal opportunity lender, provider, employer.

ADMINISTRATIVE



Family Health Services has openings for the following administrative positions:

Credentialing Specialist Full-time position is responsible for accurately credentialing all FHS providers with a variety of insurance companies. Prior medical credentialing or insurance billing experience preferred. Successful candidates will possess strong interpersonal skills, sound decision making skills and be proficient in all Microsoft office applications.

Diabetes Program Coordinator Part-time position (20 hrs/week) will provide administrative and clerical support for the FHS diabetes program. Provide assistance to patients and providers by scheduling appointments and establishing partnerships with area diabetes specialists. Strong written and verbal communication skills and proficient data entry skills required. Must be bilingual Spanish/English. Flexible work schedule.

Family Health Services offers competitive wages. Full-time positions are eligible for a full range of benefits including health insurance, short and long-term disability, life insurance, PTO, holiday pay and 401(k) retirement.

Applicants may fill out an application on-line at www.fhsid.org or send a cover letter and CV to:

Family Health Services HR Department
794 Eastland Drive
Twin Falls, ID 83301
EOE/Drug Free Workplace



Gooding County Memorial Hospital is hiring for the following positions for:

Clinical Nurse Supervisor
Full-Time position. RN with current clinical expertise in ER and medical nursing. Role includes creating orientation programs, providing clinical updates and programs, providing clinical supervision of nursing staff. Requires some clinical shifts. BSN preferred, previous supervisory experience required.

Foundation Development Director
Full-Time position. Successful candidate will have a strong understanding of fundraising efforts with proven experience to grow and diversify the fundraising capacity of the foundation. Strong skills in the day to day operations of managing a hospital foundation and grant writing experience preferred.

Housekeeper/Maintenance Assistant.
1 Full-time position and 1 Part-Time position. Mon-Fri with some weekend coverage with full benefits. Must be able to lift up to 50 pounds regularly and up to 100 pounds on occasion. Responsible for cleaning patient rooms, offices, and common areas. Must be able to read MSDS and chemical label information.

Medical Lab Tech or Medical Technologist
PRN position. ASCP or equivalent certification.

Perioperative Operating Room RN
Part-Time position. Licensed as a RN in the State of Idaho. Prefer 2 years current OR experience. Current BLS certification. ACLS Certification and procedural sedation competency required within 90 days of hire. Thorough knowledge of surgical instruments, surgical supplies, aseptic technique and intra-operative medications.

Perioperative PACU RN
Full-Time position. Licensed as a RN in the State of Idaho. Prefer 2 years current OR, PACU, ICU, or CCU experience. Current BLS certification, ACLS Certification, and procedural sedation competency required.

Receptionist
Full-time position. Mon-Fri days. Receptionist duties include answering phone, registering patients, greeting visitors. Successful candidate will have knowledge of patient billing procedures, experience as a receptionist preferably in a healthcare setting, and be able to interact effectively with persons of all backgrounds.

Send resume to: Sara Otto
Director of Human Resources
1120 Montana St.
Gooding, ID 83330
208-934-4433 x 1109
Email: sara.otto@ncm-c.org
www.goodinghospital.org

GCMH is an equal opportunity employer and promotes diversity in its workforce.

MECHANIC

PSI Environmental is looking for **Lead Diesel Mechanic**. We are looking for a hands on manager to oversee (4) Diesel Mechanics in our Twin Falls shop. Must have at least 2 years of supervisory exp. Call Lance at 360-281-9919 Or apply online at www.wasteconnections.com

SHEPHERDER

Experienced Shepherders
wanted to fill 1 temporary position, from 02/01/10 to 1/31/11 Requires workers to tend/move sheep flocks grazing on range; prevent animals from straying; protect flock from predators/bad weather; assist with lambing. Worker's will be on-call 24-hours a day 7 days a week including holidays. 34 of contract period guaranteed, starting arrival at worksite. Employer provides: tools, supplies & equipment at no cost to worker; and, transportation & subsistence expenses to/from worksite. \$750 Month + Room & Board. 3 months experience and 1 verifiable reference required. Contact the nearest Idaho Workforce Service Agency and reference job listing number: 1361054 David Rogers, Rupert, Idaho

211 Medical

All advertising
is subject to the newspaper's standard of acceptance. The Times-News reserves the right to edit, abbreviate decline or properly classify any ad. Receipt of copy via remote entry (fax, e-mail, etc.) does not constitute final acceptance by this newspaper. The advertiser, not the newspaper assumes full responsibility for the truthful content of their advertiser message.

CAREGIVERS

MultiCare is Seeking Individuals Who Have A Heart To Serve Clients By Assisting with Activities Of Daily Living Flexible Hours Including Even's & Weekends. Drug Free Employer Background Checks Required. Please Apply At 1061 Blue Lakes Blvd N, Ste 210 Or Call Tracy @ 733-1050

MEDICAL

Office Nurse, LPN preferred. Fax resumes to 735-9537

0215 Sales

SALES
Now hiring a sales person at Goode Motor in Burley. Medical, Dental, 401K, bonuses and paid vacation. Sign on bonus for experienced sales person. Apply in person, ask for Tim, at 450 Overland Ave., Burley

This is a GREAT way to earn some extra cash! Start a delivery route today!

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- TWIN FALLS 735-3346
- Bowlin Lane
- Candleridge Dr.
- Clearwater Way
- Galena Dr.
- TWIN FALLS 735-3241
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Today is Monday, Jan. 11, the 11th day of 2010. There are 354 days left in the year.

Today's Highlight:
On Jan. 11, 1935, aviator Amelia Earhart began an 18-hour trip from Honolulu to Oakland, Calif., that made her the first woman to fly solo across the Pacific Ocean.

TODAY IN HISTORY

On this date:
In 1805, the Michigan Territory was created by an act of Congress.

In 1815, Sir John A. Macdonald, the first prime minister of Canada, was born in Glasgow, Scotland.

In 1861, Alabama seceded from the Union.

In 1908, President Theodore Roosevelt proclaimed the Grand Canyon National Monument (it became a national park in 1919).

In 1913, the first sedan-type automobile, a Hudson, went on display at the 13th National Automobile Show in New York.

In 1942, Japan declared war against the Netherlands, the same day that Japanese forces invaded the Dutch East Indies.

In 1943, the United States and Britain signed treaties relinquishing extraterritorial rights in China.

In 1964, U.S. Surgeon General Luther Terry issued the first government report that said smoking may be hazardous to one's health.

In 1977, France set off an international uproar by releasing Abu Daoud, a PLO official behind the massacre of Israeli athletes at the 1972 Munich Olympics.

In 1995, 52 people were killed when a Colombian airliner crashed as it was preparing to land near the Caribbean resort of Cartagena - however, a 9-year-old girl, Erika Delgado, survived.

Ten years ago: Whittling away more of the federal government's power over states, the U.S. Supreme Court ruled, 5-4, that state employees cannot go into federal court to sue over age discrimination. Carlton Fisk and Tony Perez were elected to the Baseball Hall of Fame.

Five years ago: President George W. Bush nominated federal judge Michael Chertoff to be homeland security chief, succeeding Tom Ridge. Iraqi Prime Minister Ayad Allawi publicly acknowledged for the first time that parts of Iraq probably wouldn't be safe enough for people to vote in upcoming elections. James Griffin, founding member of the 1970s pop group Bread, died in Franklin, Tenn., at 61.

One year ago: In a rare Sunday session, the Senate advanced legislation that would set aside more than 2 million acres in nine states as wilderness. A passenger ferry sank in a storm off Indonesia's Sulawesi island, killing some 230 people. The movie "Slumdog Millionaire" won four Golden Globes, including best drama; the late Heath Ledger won best supporting actor for "The Dark Knight" while Kate Winslet received two acting awards for "Revolutionary Road" and "The Reader." Theater and movie director Tom O'Horgan died in Venice, Fla., at 84.

THE FAMILY CIRCUS By Bil Keane

1-11
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"When I grow up do I HAFTA look like Daddy?"

JEFF and BIL KEANE

FINANCIAL

301 Business Opportunities

Want to be in business for yourself but not by yourself? How about being in business with a Co. that has a solid 16 yr history and a revolutionary product that is changing the face of communication. You can be part of it-the time is now. ACN Independent Rep. Jeff 320-6835 or Joyce 954-9323 email: jeffsmith@acnrep.com web: www.jeffsmith.acnrep.com

304 Investments

DRACO INVESTMENT CORP
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EDUCATION

401 School Instruction

MASSAGE TRAINING:
Basic Swedish training, 108 hrs, Fri 7-10pm & Sat. 10-5:30pm for 12 weeks starting Feb. 5th. **Massage Therapy Program** up to 850 hrs. Call for info 326-4870 Twin Falls Institute of Holistic Studies.

PUBLIC SERVICE MESSAGE
Big profits usually mean big risks. Before you do business with a company, check it out with the Better Business Bureau. For free information about avoiding investment scams, write to the Federal Trade Commission, Washington, D.C. 20580 or call the National Fraud Information Center 1-800-876-7060

REAL ESTATE

501 Open House

PUBLIC SERVICE MESSAGE
Selling Property? Don't pay any fees until it's sold. For free information about avoiding time share and real estate scams, write to: Federal Trade Commission, Washington, D.C. 20580 or call the National Fraud Information Center, 1-800-876-7060.

502 Homes For Sale

PAUL
1315 sq. ft. main floor, 2 bdrm, bath, office/nursery, living room and kitchen, full basement (also 1315 sq. ft.) features 1 bdrm, 1 hobby room, lg family room, bath w/shower & a furnace room with plenty of storage. Upstairs (490 sq. ft.) features 2 bdrms. Vinyl windows in 4 of 5 bdrms & bathroom. \$180,000 (less if you don't want the whole property) Call 208-670-8735

This newspaper will not knowingly accept any advertising for real estate which is in violation of the law. Our readers are hereby informed that all dwellings advertised in this newspaper are available on an equal opportunity basis. To complain of discrimination call HUD Toll-free telephone number at 800-669-9777. The Toll-free telephone number for the hearing impaired is 800-927-8275.

502 Homes For Sale

FILER By Owner. Craftsman bungalow, 2 bdrm, 1 bath, 1 car garage, 1525 sq. ft., very large kitchen, partial basement, fireplace, lots of updates, fenced yard, auto sprinklers. 129 5th Street, \$135,000. 208-326-5647

HAGERMAN Retire in the beautiful Hagerman Valley, new home 3 bdrm, 2 bath, all kitchen apps, fireplace, landscaped & FV pad 1.2 acres, close to boat dock. See to appreciate. 208-543-2902 or 208-539-4774

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theinspectionco.com For Buyers & Sellers Bill Baker 326-5115

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Brian Hunter...208-404-4067

JEROME 5 bdrm, 3 bath, 3000 sq. ft., hot tub/gazebos, all on approx 5 acres, horse property, metal corals, 2 large shops 1 fully insulated, wired 220 3 car, great location on the edge of town, \$410,000. Call 208-731-2139

JEROME on golf course. Panoramic premiere view, 2100 sq. ft. Spacious 3 bdrm split master & 2 marble baths. Huge great room with fireplace. Magnificent Travertine kitchen, cathedral 15' ceilings. Huge windows for views & pond/waterfalls, security system. Will sell with high-end furnishings. 208-293-8992 or 961-1604, \$225,000. By far Best Price on golf course. Many extras, moving to CA.

TWIN FALLS
Free Home Search
www.twinfallshomeinfo.com
Free list of foreclosures
www.twinfallsforeclosures.com
Exit Realty

TWIN FALLS Large family home, priced to sell at \$89,900. 5 bdrm, 3.5 bath, nice location, newer, 3 car garage, stainless steel apps, incl. double oven range. \$259,000. twinfallshomeforsale.blogspot.com 208-734-0944 or 208-731-0701

502 Homes For Sale

TWIN FALLS
Priced Reduced! Seller pays 3% of buyers closing costs! Nice 3 bdrm, 2 bath, 2 car garage, huge fenced yard \$124,900. 2068 Falls Ave E. - 208-404-4799

513 Acreage and Lots

FILER Horse Property 1+ acre, 3 bdrm, 2 bath, fireplace, all kitchen apps, covered patio, 2 car attached garage, auto sprinklers, 3 rail fenced pasture and corral, 12x24 shed, linapt, \$195,000 will be listing with agent, in 2 mos at higher price. 208-731-6878

KIMBERLY 3.78 acres. Pressurized water, horses okay. Fantastic views. Asking price \$85,000. 208-734-6158 or 208-404-1003

514 Income Property

TWIN FALLS '01 4plex Ext. cond. Each unit 3 bdrm, 2 bath, garages, laminate floors in half, rents for \$700/mo. 979 Lenore St. Priced to move fast, \$265,000. 208-726-7345

518 Mobile Homes

FLEETWOOD 2 bdrm, 2 bath. Under \$500 with lot rent. Take over payments. Call 208-404-3963

TWIN FALLS
Approx 24x48 3 bdrm, 2 bath mobile home, forced heat, in 62+ park, DW doesn't work, No W/D, new furniture can be purchased. John 208-736-0333

TWIN FALLS Nice, clean, 14x52', 2 bdrm mobile home in family park, new vinyl windows, \$8,500/lotter. 208-404-3989 or 208-539-9331

519 Cemetery Lots

CEMETARY LOT Filer IOOF Cemetery 1 plot \$475. Call Susan 324-5327 or 329-9547

RENTAL PROPERTIES

0602 Unfurnished Homes

BUHL 2 bedroom, 1 bath, fenced, \$550 month + \$300 deposit. 208-212-1678

0602 Unfurnished Homes

BUHL 3 bdrm, 1 bath, electric heat, carpet, please no pets. \$575 + \$625 dep. 208-731-0937

BUHL 3 bdrm, 1.5 bath home. Near schools, available now. \$450 + dep (negotiable). Needs a little TLC. Call 208-731-2330

BUHL Nice 1 bdrm \$395 + deposit. Stove & refrig incl. Call 208-733-5668

BUHL One 2 bdrm & one 3 bdrm, no pets, ref. req. water included in rent. 731-6684 or 543-8087

BUHL Quiet country home with full basement for lease between Buhl and Filer. \$575/month + deposit. Barker Realtors Call 543-4371

BURLEY 1-3 bdrm houses and apts ranging from Twin Falls to Burley. 208-423-4301 or 909-881-2045

BURLEY Country 2 bdrm, 1.5 bath \$500/mo. + \$300 dep. 208-312-5961 or 208-312-5962

BURLEY/DELO 1st & last months rent, \$500/mo + \$500 dep. 2 bdrm, 1.5 bath duplex. 208-678-6206

FILER 1-3 bdrm houses and apts ranging from Twin Falls to Burley. 208-423-4301 or 909-881-2045

FILER 2 bdrm, 2 bath mobile home, new bath with soaker tub, \$515 includes water/sewer/garbage, no smoking/pets. 208-720-4255

FILER 3 bdrm., 1 bath house, W/D hookup, some utility paid, \$600 + \$500 deposit. 208-837-6571.

FILER Cozy 2 bedroom home for lease, \$475/month + deposit. Barker Realtors Call 543-4371

FILER extra clean, 2 bdrm mobile with lg storage bldg. Low heat bill, great area. \$380 inclds water, no pets, references. 326-5886.

GOODING 2 bdrm house for rent with fenced yard, \$550 + deposit. No pets. Call 208-731-6581.

GOODING Small cozy 2 bdrm house. Appliances included for \$600 or no appliances \$550 per month. Security deposit \$500. Call 539-1130.

JEROME 1/2 way to Wendell, VERY SMALL 1 bdrm, apps, \$350 + dep. No alcohol/drugs. 324-7901

JEROME 1900 sq. ft. 4 bdrm, 2 bath, built in 2007. 10K sq. ft. lot, many upgrades, rent to own or for sale \$950/mo. Call 360-448-3000

JEROME 3 bdrm, 1 1/2 bath, fenced yard on East 3rd, no pets/smoking, \$700 + dep. Call 208-420-6235

JEROME 3 bdrm, 2 bath mobile homes. \$550-\$600. No pets. Long term. 324-8903 or 208-788-2817

JEROME 3 bdrm, 2 bath with attached garage, \$675 month. 759 17th Ave. E. - 208-539-1403

JEROME 3 bdrm, 1 bath, nice location, close to schools, \$800 + \$800 security dep., no pets. N Filer. 208-539-4602 or eyes 829-5830.

JEROME 3, 2 & 1 bdrms, ranging from \$450-\$750, water, sewer, trash included, 50% off 3rd mo, rent w/signd 1 yr lease. 733-7818

JEROME nice 2 bedroom, 1 bath, \$550 + dep. No smoking/pets. Call 208-324-7556.

KIMBERLY 1-3 bdrm houses & apts ranging from Twin Falls to Burley. 208-423-4301 or 909-881-2045

KIMBERLY 2 bdrm with W/D, small pet ok, \$425/mo. + deposit. 208-423-5926 or 410-0199

KIMBERLY 3 bedroom, 1 bath, \$750, newer, sprinklers, outside storage. Call 208-420-8887.

RUPERT 918 4th St, 1 bdrm, 1 bath, \$420 month, Large Apts. \$220-\$280 month 208-309-2160 lv msg

TWIN FALLS 1 bedroom, 1 bath, \$425 month + \$300 deposit. 208-212-1678

TWIN FALLS 2 Bdrm House, \$600 1803 Elizabeth Blvd. Pets Negotiable. 734-4334

TWIN FALLS 2 bdrm, 1 bath, water paid, big yard, \$500 + \$450 dep. No pets. 420-2076 or 733-6816

TWIN FALLS 2 bdrm, 1 bath, \$575, bsm't, laundry area, carpet, & fenced back yard. 208-420-8887

TWIN FALLS 2 bdrm, 2 bath, \$600 + \$500 deposit. No smoking/pets. 420-1488 or 423-6348

TWIN FALLS 2 bdrm., 2 bath, W/D hookups, microwave, refrig \$575, security dep \$575 No smoking/pets. 215 Locust. 208-539-4602

TWIN FALLS 2 beautiful newer homes \$1100/mo. + dep. Each have 3 bdrms, 2 baths, fireplaces. No smoking/pets. Call 404-3159 or 326-5653

TWIN FALLS 2 possible 3 bdrm, 1 1/2 bath, nice location, \$675 month + \$400 deposit. 208-212-1678

TWIN FALLS 2-3 bdrm, lg kitchen, W/D hookups, no pets/smoking. \$585+\$500 dep 410-7907 after 5pm

TWIN FALLS 211 Tyler St. 3 bdrm, 1.5 bath, all electric, \$580/mo. + \$580 dep. 293-5376 or 733-1438

TWIN FALLS 3 bdrm 2 bath + office Near Sawtooth Elementary, incl all appl & central heating & A/C \$950/mo. Call 420-1804

TWIN FALLS 3 bdrm, 1.5 bath, duplex w/full bsm't, no smoking, great neighborhood, W/D incl. \$750/mo. + dep. 208-473-1080

TWIN FALLS 3 bdrm, 2 bath one level, no steps. Gas heat, AC, DW, range, refrig, 2 car garage, private, clean, quiet, no pets/smoking, \$800/mo. + \$800 dep. Call 208-731-4268

TWIN FALLS 3 bdrm, 2 bath, Magic Valley Ranch, \$850 month Call 208-731-4060.

TWIN FALLS 3 bdrm., 2 bath, all apps, pet neg. \$850/\$850. JEROME 3 bdrm, 2 bath, all apps, no pets, \$800/\$800. 539-4907.

TWIN FALLS 3 bdrm., 2 bath + office, near Sawtooth, Elementary, incl all apps & central heating & A/C, \$950. 208-420-1804.

TWIN FALLS 3-4 bdrm, 2 bath home very nice, no pets, \$800 + \$500 security dep. 731-0919

TWIN FALLS 4 bdrm 2 bath newly remodeled cute duplex, fenced yd, 1 mi from CSI \$835. 420-6628

TWIN FALLS 4 bdrm, 2 bath, some apps, no smoking, pet dep. \$910+ 2 bdrm kitchen appl no smoking/pet \$625 kitchen/appl no smoking/pet 735-0473 pics on back of website

TWIN FALLS 4 bdrm, 2 bath, office, apps, hookups, sm pet neg, no smoking. \$875. 208-733-5008

IF JANUARY 11 IS YOUR BIRTHDAY: For the next few weeks, you may have big dreams or be distracted from what you should be doing by daydreams. You have a tendency toward gullibility, so may easily misinterpret the fine print and end up wasting your time because what you hope to be true just isn't. Late March and early April is a good time to climb higher on the ladder of success with your career, but also a good time to get away from it all with a romantic partner. Make key decisions and launch crucial plans during late June or early July. That is when your judgment is at its best and only people who have your best interests at heart will be able to grow closer, so if you are uncertain about a certain someone's sincerity that is a good time to put a relationship to a test.

HOROSCOPE
Jeraldine Saunders

ARIES (March 21-April 19): You can be both intellectually stimulated by events, and at the same time, determined to make good use of them.

TAURUS (April 20-May 20): Happy days are here again. Remember that kindness generally means not bringing up touchy subjects.

GEMINI (May 21-June 20): Stick with the plan you brainstormed. You have more than enough on your plate without trying to sell ideas all over again.

CANCER (June 21-July 22): Indulge your senses. You may prefer to take a brief time out today and treat yourself to a new outfit or a lunch with friends. You enjoy being to spread the wealth around and pamper yourself.

LEO (July 23-Aug. 22): Gentle persuasion is the best tool in a business deal or in a social situation. A kindness from a stranger might brighten your day.

VIRGO (Aug. 23-Sept. 22): You must choose to make a change in your methods or ideals in order to successfully cope with business matters.

LIBRA (Sept. 23-Oct. 22): Fame and fortune follow frictionless encounters. You may not become a movie star, but you can improve your world.

SCORPIO (Oct. 23-Nov. 21): Go green and grow the green, too. The desire for change requires a philosophical shift.

SAGITTARIUS (Nov. 22-Dec. 21): Rugged individualism does not necessarily mean riding roughshod over other people's feelings.

CAPRICORN (Dec. 22-Jan. 19): Great achievement requires great activity. You first need to have a worthy goal and then you must concentrate.

AQUARIUS (Jan. 20-Feb. 18): Practice makes perfect. You don't need high IQ to be financially, spiritually or emotionally successful.

PISCES (Feb. 19-March 20): Indecision isn't ideal. When technology makes it easy to jump from one option to another, you face too many choices.

0602 Unfurnished Homes

TWIN FALLS 919 S. Washington. 3 bdrm, 2 bath, bonus, garage, fence yd. W/D. \$680/mo. 308-3337

TWIN FALLS Homes available for lease. \$300-\$1000/month. Call 208-329-2502 www.nrg4lease.com

TWIN FALLS Move in Special 1, 2 & 3 bedroom houses in the Magic Valley. 208-329-0075.

TWIN FALLS NEW TOWNHOUSE No smoking/pets. \$1000/mo. 2511 Whispering Pine. Call 731-5030 or 736-8400

TWIN FALLS Newer 2 bdrm, 2 bath, apps incld, dbl garage, 1 yr lease \$795 month. 208-731-3621.

TWIN FALLS Nice 4 bdrm, 2 bath home, 1624 sq. ft., 1548 3rd Ave E. No smoking/pets. \$800 month + \$600 deposit. 208-731-6665

TWIN FALLS Quiet, fenced yard, Sawtooth Dist. 4 bdrm, 3 bath, 2 car garage, no smoking, pets with deposit. 1st & last, refs. \$950. 208-293-9670 or 208-404-9616

TWIN FALLS Small 3 bdrm, 1 bath, \$540 + \$300 deposit. No pets. 208-212-1678

TWIN FALLS THREE-4 bdrm homes for rent. Remodeled, with yards. Call 208-404-2325

TWIN FALLS Top notch 3 bdrm, 2 bath home, 194 Meadows Lane. No smoking/pets. \$800 month + \$600 deposit. 208-731-6665

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Your local guide to professional and personal services
Contact a Times-News classifieds representative for our low monthly rates: 733-0931, ext. 2

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Refs. Richard or Pam
420-6417 / 420-5673

GENERAL HOME REPAIRS

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carpentry exp. Free Estimates
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care, appliance delivery
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remodeling, removal of
debris. We do it all + more.
Free Estimates. RCT#7988
Ruben 734-6506

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Landscape Design &
Installation. Painting
Construction & Handyman
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Tony's Home Repairs & Landscaping
Drywall, leaky facets, painting
Will haul your junk away.
"We do what you can't do"
Call Tony 208-410-0911

Landscaping

ALL AROUND TREE SERVICE LLC
Big or Small... We do it all!
Tree Trimming & Removal,
Stump & Shrub Removal
Steve...208-

- ACROSS**
- 1 Musician/singer Billy ___
 - 5 Salary
 - 10 Shine
 - 14 Domed part of a cathedral
 - 15 Spitting ___; exact likeness
 - 16 Come in last
 - 17 Facts & figures
 - 18 Open to discussion
 - 20 ___ Whitney
 - 21 Sicilian volcano
 - 22 Dwell gloomily on a subject
 - 23 Distributed
 - 25 Do drugs
 - 26 Taste
 - 28 ___ up; dig for & bring to light
 - 31 Of a cereal
 - 32 Rule
 - 34 Young chap
 - 36 Similar
 - 37 Coerce
 - 38 Stand up
 - 39 Zodiac sign
 - 40 Army chaplain
 - 41 Arab nation
 - 42 Sleep
 - 44 Appropriate
 - 45 Charge
 - 46 Black card
 - 47 Move slightly
 - 50 Title for former Iranian leaders
 - 51 Disencumber
 - 54 Of coin collecting
 - 57 Itty-bitty
 - 58 Mont Blanc and Monte Rosa
 - 59 Conscious
 - 60 In the past
 - 61 Deep cut
 - 62 Sprightly
 - 63 "Yikes!"

- DOWN**
- 1 March birthstone
 - 2 Precious gem
 - 3 Reasoned guess
 - 4 Actor Nicholas
 - 5 Cold season

1	2	3	4	5	6	7	8	9	10	11	12	13
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1/11/10

Saturday's Puzzle Solved

E	V	E	R	O	Z	O	N	E	P	E	E	N	
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A	W	E	D	T	E	A	S	E	G	A	T	E	

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- 6 Improve
- 7 Wildly eager
- 8 Self-esteem
- 9 Gel
- 10 Stared angrily
- 11 Gray wolf
- 12 Scandinavian capital city
- 13 Unwanted plant
- 19 "A Doll's House" playwright
- 21 Prince Harry's alma mater
- 24 ___ so; nevertheless
- 25 Encourage
- 26 Young horse
- 27 Erie and Huron
- 28 Game cubes
- 29 Sparkling
- 30 Artist's tripod
- 32 Was a passenger
- 33 Miscalculate
- 35 Refuse to admit
- 37 Disturb the composure of

- 38 Clarinet or sax
- 40 Wordsworth and Coleridge
- 41 Slangy affirmative
- 43 Unfriendly
- 44 In a daze
- 46 Avoid, as one's duties
- 47 Obstacle
- 48 Luau dance
- 49 Naughty tots
- 50 Night twinkler
- 52 Peruvian Indian
- 53 Recolored
- 55 Atlas page
- 56 Wonderment
- 57 Foot digit

Please rate this crossword

What do you think about the difficulty of our daily crossword?
too easy ___; too difficult ___; just about right ___

Please send this ballot to Times-News Publisher Brad Hurd, 132 Fairfield St. W.
Twin Falls, ID, 83301, or email your response to bhurd@magicvalley.com

602 Unfurnished Homes

Up for AUCTION Jan 25th, 3:30pm
923 sq ft 2 bedroom home with all it's contents.
419 4th Ave East, Jerome ID
Triple A Realty 731-4567
www.auctionsidaho.com

WENDELL New 3 bdrm, 2 bath, all appls incld, W/D, water/trash paid, lawn care provided, fenced yard, \$750 + dep. 1/2 month rent free.
745 N. Lewiston, 208-420-1212

WHO can help YOU rent your rental? Classifieds Can! 733-0931 ext. 2 twinnad@magicvalley.com

WHY RENT WHEN YOU CAN BUY!
Mercy Housing is now accepting applications for the Magic Valley Self-Help Program. Homes are 3 or 4 bedrooms, 2 bath with 2 car garages. Payments based on income \$425-\$850 No closing costs. No down payment

Funded by USDA-RD, HUD, IHFA Energy Star Homes
CALL TODAY! 208-737-1470 1-866-335-2087

603 Furnished Apartments

TWIN FALLS/BURLEY/RUPERT *WOW!
Weekly Payments O.K!
• No Credit Checks-No Deposit-All Utilities Paid-60 Channel Cable and Internet Free.
• Pets O.K.-Furnished Studios.
On Site Laundry.
TWIN FALLS Starting \$550 mo. 731-5745 or 358-0085
BURLEY/RUPERT Starting \$350. 731-5745 or 436-8383

TWIN FALLS AC, cable, WIFI, all utils. Paid. Weekly/monthly rates. 1341 Kimberly Rd. 208-733-6452. www.campriextendedstay.com

TWIN FALLS New 1 bdrm, no pets. Inquire at 503 3rd Ave E. 208-316-2431

604 Unfurnished Apartments

Ask about our move-in special! JEROME 2 bdrm., 1 bath, all appls, W/D hookup, central air, fitness center & playground, high speed Internet and cable. IHFA Accepted
Contact Cindy at 324-0572

604 Unfurnished Apartments

Apartment R Us
New Year move in specials. 1 & 2 bdrm apartments.
Call for more information. 734-4120

BUHL 1 bdrm apt, 62+ or disabled only, rental assistance, located next to city park. 208-308-6966
Equal Opportunity Housing TTY/TDD 900-377-9529

BUHL 3 bdrm, 2 1/2 bath, 2 car garage. \$700 rent + \$500 dep. No smoking/pets. 928 Katherine - Call (208) 539-3697

BUHL Kacy Meadows now accepting applications. Kacy Meadows Apt Community features 1, 2 & 3 bdrm homes with all appls, lg balconies/patios, basketball court, play ground, on-site laundry facility and free internet service. "Income restrictions do apply on certain units".
Contact the office today for application at 208-543-2740. Located at 37 Kacy Meadows LN

BURLEY 1 bdrm apt, \$290 month. 2 bdrm apt, inclds utils, \$425 mo. Call 208-312-7250.

BURLEY Cute 1 bdrm, \$275 & two 2 bdrm, \$375-\$400. Great location, storage & laundry. 208-678-2520

BURLEY Norman Manor Apts 1361 Parke Avenue 1 & 2 bdrms, \$375-\$400 + dep. Office hours 2-5pm, Mon-Fri Call 208-678-7438

BURLEY Very nice 2 bdrm apt, exc location, no smoking/pets. 208-431-1643, 678-3216, 431-1642

Classified Department
Classified Sales Representatives are available from 8:00 am-5:00 pm Monday-Friday
Call our office in Twin Falls 733-0931 ext. 2

FILER Ranch acre, new 1 bdrm, 1 bath cottage, carport, horse corral avail. pets/smoking ok outside. \$575/mo. + dep. 3625 N. 2200 E. HC. Call 208-731-7218

GODDING Very nice recently re-modeled duplex. All appls, incl. \$450/mo. + \$400 dep. 539-2199

Hear the quiet! Laurel Park Apartments 176 Maurice Street Twin Falls 734-4195

JEROME 3 bdrm, 1 bath, W/D hookup, refrig, stove, \$550 month + dep. Rats. Required. 948-0982

604 Unfurnished Apartments

JEROME Clean studio, W/D, refrig, stove, \$300. Partial bsmt, patio, fenced. No pet/smoking. 316-9656

JEROME Duplex 1 bedroom, nice, clean, \$540 month all utilities incld. Available Feb 1st. 208-324-9413

JEROME Immaculate 3 bdrm, 1.5 bath, all appls, W/D hookups, AC. \$600 mo. + dep. garbage paid. NO pets/smoking. 324-4698 iv msg

JEROME Prestwick Apartments For handicapped, elderly or disabled, beautiful 1 bdrm, 1 bath, all appliances + central AC Contact Cindy & ask about our move in special 324-0572 TDD # 1-800-544-1833 ext. 298 Equal Opportunity Provider

JEROME The Oaks, Enjoy living in one of our beautiful, 3 bdrm, 2 car garage Duplex Style Townhomes. Amenities incld, energy efficient central heat & air, ceiling fans, W/D hookups, ceramic tile, & vaulted ceilings, private fenced backyard & more. Enjoy the use of our state of the art fitness center, basketball court, & play ground. No smoking or pets. \$578 + dep \$500. 208-324-6969.

KIMBERLY 3 bdrms, 1 bath, no pets, \$600 + \$300 deposit. Call 212-1678.

KIMBERLY Large 3 bdrm., 2 bath, with appliances, AC, W/D hookup, garage, no pets/smoking, \$625 + \$350 dep. Call 208-324-2244

PAUL 317 Luray Drive 2 bdrm, 1 bath, stove, refrig, DW, W/D incl. 1 car garage. \$450/mo + \$250 dep. Call 208-312-2477

RUPERT 202 A Lorene Ln. 2 bdrm, 1 bath, W/D hookup, \$450 mo. + \$350 dep. 208-670-4345

SHOSHONE Move-in special \$99 1st mo. 2 bdrm, 1 bath, water/garbage pd. \$500 + \$300 dep. No pets. 2 Falls Property Mgmt. 212-1678

TWIN FALLS "New" Falls Ave. Suites. Conveniently located. Close to CSI and next to Fred Meyer. Free Utilities and wireless Internet. Except elect. 1 & 2 bdrm apts. \$450-\$600 208-420-1301

TWIN FALLS 1 bdrm \$340 mo. + \$250 dep. Studio \$235 mo + \$150. NO PETS/SMOKING. 208-749-1336

TWIN FALLS 1 bdrm clean duplex, part utils, \$375. Studio all utils \$325, no smoking. 208-734-5483.

TWIN FALLS 1 bdrm new duplex, 1 mi CSI, W/D incl. off street parking, fenced yard, \$550. 420-6628

604 Unfurnished Apartments

TWIN FALLS 1 bdrm, 1 bath duplex, \$450 month + \$300 deposit. 208-212-1678

TWIN FALLS 1 bdrm, kitchen appl heat pd, no smoking/pets. \$410. <http://estateingmt.com> 735-0473

TWIN FALLS 1 bdrm, new carpet/paint, inexpensive utils., walk in closet, no pets, \$395. 732-5408

TWIN FALLS 1 bdrm, range & refrig. Some utils. Gas heat, W/D hookup No pets. \$425 + dep. 734-8511

TWIN FALLS 1st month free. 1 & 2 bdrm apts. The Falls Apts. 734-9600

TWIN FALLS 2 & 3 bdrm apartments and townhomes with apts, in various locations. No smoking/pets. \$525-\$650. 208-539-6913

TWIN FALLS 2 bdrm 1 bath duplex, water & trash paid, no pets. \$550 + \$300 deposit. 208-212-1678

TWIN FALLS 2 bdrm duplex, 1414 Filer Ave. E. No pets, \$600 month + utilities. Call 208-734-5380

TWIN FALLS 2 bdrm, 1 bath, laundry room, CLEAN, \$565, no smoking/pets. 166 Crestview 420 6242.

TWIN FALLS 2 bdrm, 1 bath, close to school, all new appls. \$500 mo. + \$400 sec dep. 208-420-4585

TWIN FALLS 2 bdrm, 2 bath, apt. \$575/mo. + dep. No pets/smoking. 208-308-1310

TWIN FALLS 2 bdrm, 2 bath, very clean, new carpet, W/D & appls, no smoking/pets. \$610 + dep. \$200 off 1st mo rent with lease. Avail. after Jan 1st. 208-944-2027

TWIN FALLS 2 bdrm., large walk in closet, 2 full baths, incl. W/D, microwave, range, stove, DW, garbage disposal, refrig, sm pantry, central air/heat, no pets, smoking, or drugs. \$650/mo. + dep 208-721-0590 or 208-720-1254

TWIN FALLS 2 Bdrms, 1 Bath Nice Apts. Only \$525, 734-4334 Honey Locust Ln No Pets

TWIN FALLS 2 Bedrooms Apts & Houses, \$525-\$600 Various Locations Call for Details 734-4334 www.twinfallsrentals.com

TWIN FALLS 2 weeks free rent. Very lg, clean, 3 bdrm, 2 bath apt. one half block to CSI. No pets. \$650. Idaho Housing accepted. 208-734-9704 or 208-320-7599

TWIN FALLS 3 bdrm, 2 bath, garage w/opener, fireplace, apts, fenced backyard w/deck. \$700 mo + \$700 dep. No smoking/pets. 734-6346

604 Unfurnished Apartments

TWIN FALLS Ask about move in special. Very clean quiet 2 bdrm duplex, + finished bsmt, garage, kitchen appl W/D hookups some utils no pets/smoking. \$550 + dep. 612 Idaho St 734-6230.

TWIN FALLS Ask about move in special. Clean, 1 bedroom some utilities, off street parking, no pets/smoking, \$365 + deposit. 351 2nd Ave W. #1 734-6230.

TWIN FALLS Attractive, 2 bdrm, very clean, modern appls. quality carpets/drapes, carport, no drugs/pets. \$495/mo. + dep. 733-2546

TWIN FALLS Brand new 2 bedroom, 1 bath apts, \$624-\$680 Close to CSI campus. For more info call 208-735-1180.

TWIN FALLS clean 3 bdrm duplex, fenced yard, some utils. \$650 + dep. 560 Baker St. 734-6230.

TWIN FALLS Fully remodeled 1 bdrm, vacant \$500 everything included. Call 208-404-2325

TWIN FALLS Great landlord looking for good tenant to lease a sunny, clean, 2 bdrm, 2 bath apt. All utilities paid except electric. W/D incl. \$600/mo, no pets/smoking. 208-308-0830

TWIN FALLS Lg, clean, 1 bdrm apt. All utils paid, no smoking/pets. \$475/mo. + dep. 208-420-5471

TWIN FALLS Looking for clean, quality, affordable housing? Look no further. Make Wile/Wood Apts your home today. Income restrictions will apply. For rental info call 208-734-8070.

TWIN FALLS Maple Grove - 1st Mo Free Lg, secure 2 bdrm, 2 bath apts Call 208-734-8004

TWIN FALLS Newer 2 & 3 bedroom 2 bath apartments. Corner of 4th & Madrona Starting at \$500 mo + dep. Holiday special Half off 1st months rent. Call 208-961-1445

TWIN FALLS Newer 3 bdrm, 2 bath, garage, W/D hookup. Ground level, \$700 + \$500 dep. 1/2 off 1st months rent. Handicap accessible. Pet neg. 208-720-7345

TWIN FALLS Newer 4-Plex, 3 bdrm, 2 bath, garage, downstairs unit, W/D hookups. 319 Lenore #2. \$650+\$500 dep. No pets/smoking. 208-420-2853.

TWIN FALLS Very Clean 2 bedroom, 2 bath, \$600 + dep. No smoking/pets. 490-1980

TWIN FALLS Wow what a deal! 2 bdrm, 2 bath, W/D & appls, no smoking/pets. Great location, \$610 + dep. \$300 off 1st mos rent w/lease. Call 208-734-1143

WENDELL Lovely 2 bdrm, 1 bath, ground floor apt all appliances including W/D. No smoking, no pets. Call 208-720-7601

605 Rooms For Rent

BURLEY-RUPERT All utilities paid, free cable & Internet. No dep. No credit check. Starting \$450 month. 208-431-3796 or 208-731-5745

TWIN FALLS Furn rm, utils + cable incld. Kitchen & laundry privileges, NO pets, 734-8226 or 410-7331

TWIN FALLS Newer clean home, satellite, utils incld, W/D, no drugs \$375+ dep. 734-4996 or 720-2853

TWIN FALLS Quiet, clean motel. Weekly \$115 Monthly \$395 + dep. Microwave/refrig. No pets. 736-1988

606 Mobile Homes

SHOSHONE 2 bdrm, \$420 a month, \$420 security dep. Call 208-886-7972.

TWIN FALLS Cute sm 1 bdrms, 1 bath, W/D, no pets, quiet country park. \$380 + \$375 dep 320-8496

TWIN FALLS lovely 2 bdrm., 1 bath brick duplex with carport, no smoking or pets. 221 Richardson Dr. \$695 + dep. Call Scott 404-8126

TWIN FALLS Skyline, 2 bdrm., 1 bath, \$400 + \$400 dep. 3 bdrm., 2 bath, \$430 + \$400 dep. Credit and landlord check req. 733-4607.

TWIN FALLS/KIMBERLY Mobile Homes in park. Owner will finance for you. Big discounts Call 208-320-8306

607 Office and Retail Rentals

KIMBERLY Price reduced. Office space for lease. New construction, 1168 sq. ft. with shared common area. Great location, across from the middle and high school. Will build to suit you. Troy 404-6181.

TWIN FALLS 734-4334 Offices, Retail Spaces Shop with Bay Door & Dock Great Location in TF & Jerome. Various Sizes at Great Prices.

TWIN FALLS For lease 2130 sq. ft. professional office space in premier location at Blue Lakes Office Park. Ground floor, excellent visibility with ample parking. Lease negotiable. 208-736-1004

608 Commercial Property

JEROME Very nice office spaces avail. sizes 300 to 1800 sq. ft. WENDELL 1000 sq ft office Call 208-734-6100

KIMBERLY Business site for rent; shop, shed, storage, parking, and home. Call 208-420-6283.

RUPERT For Rent - Commercial office space on The Square. 1600 sq. ft., 2 private offices, hand-capped restrooms, storage room + large open space, ample parking. Call 208-345-3521 evenings.

TWIN FALLS Shared office space. 2 avail. Includes all utils. with meeting room. Call 208-309-0365

616 Roommates Wanted

FILER roommate wanted to share income, quiet area, \$400/mo. No drinking/smoking. Must love pets. Karen 326-6481 Please SPEAK CLEARLY when leaving msg.

SHARE 2 BDRM, 2 bath townhouse in Burley. \$400 includes all. 208-678-1742

TWIN FALLS Roommate wanted, close to CSI, 1 bdrm separate bath \$400 utli incld Chris 546-1178.

AGRICULTURE

701 Livestock/Poultry

BLACK ANGUS BULLS 1 & 2 year olds, performance & semen tested, can deliver or will hold till May 1st. Call 208-539-2627.

BRED HEIFERS 90 Angus cross,

704 Pets and Pet Supplies

SCOTCH PINES DOG TRAINING
Specializing in off leash obedience. 16 years in the Treasure Valley. New to the Magic Valley. 10 week course \$200. Begins Sat. Jan. 16!
www.scotchpinesdogtraining.com
twopartpraise@cablene.net
Stephanie & Belle 208-484-5284

SCOTTISH TERRIER AKC Reg.
Puppies. \$500-\$600. Mid temperament, blue/black color. Shots, dewormed. Email: coster@pntf.org or call 208-312-0309.

TOY POODLE/ITALIAN GREY-HOUND designer breed puppies. 2 males, ready Jan. 18". \$300. 208-420-1666

YORKSHIRE TERRIER registered male pup, champion lines, \$800. www.fortyfou ranch.com ~316-2008

705 Farm Equipment

APACHE Bale Feeder 24', tandem axle, 40 holes, \$3850. 208-358-1890

BALER 2190 with an accumulator, \$50,000 or best offer. 208-680-6209 or 208-223-4413

FEED TRUCKS '84 IH S2300 with a Harsh 575 feed box & '89 IH with a Farm Shop EZ4 1001 feed box. Both good running trucks. Call 208-731-0135 or 208-731-1037.

FORD '80 F-700, \$4,500 and '84 F-700, \$5,500. Both w/kaeppel beds. Good Condition. Call 208-308-0243

International S '84 1900 with DT 466, Allison 853 Auto, 745 Farm shop mixer. 208-731-1047

INTERNATIONAL S '84 1900 with DT 466, Allison 853 Auto, 745 Farm shop mixer. 731-1047

JOHN DEERE 8300 Grain Drill with grass seeder and culti packer. \$6,000/offer. Call 308-0243

KIRBY 705 Feed Box, truck mount with scales, \$3500. 208-731-2459

KUBOTA B26 tractor loader backhoe, 26hp, \$25,900, 0%/60 mos. OAC. Call Brad at 208-420-3293.

KUBOTA B7510 hydro loader, 21hp, \$12,500, 0%/60 mos. OAC. Call Layne 208-670-4770.

MANURE TRUCK '89 IH ten wheel, '09 Burley Iron Works 22' bed. 208-731-0135 or 208-731-1037

WANTED 14' Sund Pickup, 8 row 22" bedder, 8 row 22" cultivator. Call 208-731-6982.

WANTED Corn header for International 6 row, 22 inch spacing. Call 208-431-0489

WANTED Parma 6-row beet defolator, Ace bedder bar & Ace 12' 3pt style roller harrow or similar. Call Bob 208-312-3746

WANTED Tractors and other misc. repair/salvage/turning. Bob, 208-312-3746

707 Irrigation

GATED PLASTIC PIPE 12", 20 sections. Call 208-423-5024.

WANTED SIPHON TUBES 1" x 72", 1 1/4" x 72" & 3" or larger. Call Bob 208-312-3746

709 Hay Grain and Feed

#1 QUALITY Green Leafy Baled Hay, Alfalfa grass mix & straight alfalfa Southern Idaho Feeds 347 South Park Ave W. Twin Falls 208-732-5270

ALFALFA HAY 1 ton bales \$70-\$120/ton. Can deliver. Call 208-539-5642.

ALFALFA HAY 4x4x8 bales, 760 ton 1st crop, 476 ton 2nd crop RFBV 161, 410 ton 3rd crop RFBV 181, 25 ton Straw. 208-678-3136

ALFALFA HAY small bales 1" no rain \$75-\$90 a ton. 2" \$100 a ton. 3" \$85 a ton. West of Twin Falls. Call 208-731-0514.

BEDDING STRAW 106 3x4 bales, \$45 ton. Twin Falls area. 208-733-1601

HAY 1 ton bales, all 3 cuttings. Call 208-420-5138

HAY 25 tons 1" cutting, no rain, \$3.50/bale. (Fitchfield) Call 208-720-1814

HAY AND STRAW for sale. Small bales. 208-316-2413 leave message.

HAY Exc. quality, 2" & 3" cutting 100 lb. 2 string bales, \$7/bale. Wendell 208-539-0291

HAY FOR SALE 3 cuttings, good quality, close to Twin. Straw, sell any amount. 208-733-2520

HAY FOR SALE Small Bales, Delivery in MV area. Horse Pro Shop 434-4404; 431-9098

HAY for sale, feeder hay, oat hay & straw, 4x4 bales. Call 208-731-3471

HORSE HAY 3" cutting, 125 lbs. 3-string, green, barn stored, \$10/bale. 208-324-7148

OAT HAY 50 ton and New Seeding 50 ton, 2-string bales, excellent condition. 208-539-2627

SILEAGE 1" hay & oat mix, approx 3000 tons, covered, call for test & price. Daily delivery avail. 431-3278

SILEAGE WANTED for Bahli dairy. 208-543-8283

STRAW 12,000 4x4 bales. Hay 3x4 and 4x4. Call Jared at 208-351-2163.

STRAW 4x4x8 bales, \$50 delivered. Call 208-680-6209 or 208-223-4413

STRAWHAY For Sale. Large bales of straw \$25 a bale. Oat hay and alfalfa hay \$90 a bale. 734-5044

T.S.C. Hay Retrieving 200 ton rained on 1" cutting, \$50/ton + hauling. Call Con at 208-280-0839

713 Farms/Pasture Rentals

BEET GROUND for rent Northwest of Paul, 5 miles to dump. 2 photos, one or both. 208-300-1557

MISCELLANEOUS

801 Antiques/Collectibles

JOHN DEERE 1/16 scale Ertl precision classic die cast collectibles. 20 tractors & 5 implements, mint with coins, booklets, boxes and a little dust. \$3000 plus one free tractor worth \$200. 208-731-3480

802 Appliances

USED APPLIANCES All types & models. Starting price \$85 w/warranties. Appliance Repairs. Delivery available. Call 208-733-0114

WASHER/DRYER \$200 upright freezer \$200, stainless steel glass top range \$275 & matching refrigerator \$500. Call 308-2188 (TF)

804 Building Materials

BASE GRAVEL 2" and GRAVEL delivered. Call 208-539-1444

805 Electronics

PLASMA TV 50 in. with nice stand and wall mount. \$1000. Paul 208-316-7230

807 Clothing And Furs

WHITES BOOTS Packer style, like new, mens 7.5D, \$195. Some Caribou packs, mens 7/8, like new. \$65. Call 208-734-2948

808 Computers

COMPAQ Presario Windows XP, HP all-in-one printer (new printer ink) NEW HP 20" LCD monitor. All original books with package. Works excellent. Extra's included! \$250. 208-324-5394

809 Firewood

DRY PINE Split and delivered. 1 cord, \$190. 2 or more, \$180. 5 cords, \$165 per cord. You haul, \$160. Also logs, posts and poles. 208-324-6968 or 208-308-1292

FIREWOOD cut/split, \$115 pickup load. \$150 per cord, you pick up. \$175 per cord delivered. 324-7697

LOG DOGS FIREWOOD Split, delivered & stacked. Call Ross 208-539-6837 or Shane 208-539-3602.

810 Furniture & Carpet

DINING TABLE 4 oak chairs & table, great condition. \$100. Call 208-241-9506 (Twin Falls)

RECLINER Large, almost new, mauve/rose colored fabric. \$300. 208-736-4621

USED FURNITURE Antiques-Consignment-Home Décor Twin Falls Trading Co. 590 Addison - 732-5200

812 Auctions

All American Auction We Buy Estates Appraisal Service On-Site Auctions 208-731-4567 www.idahoauuctionbarn.com

Word Auction & Appraisals "Putting value to your valuables" Personal Property Appraisals Auction Service (208)590-0253

813 Jewelry

RINGS man's band w/diamonds, \$75, woman's band w/diamonds, \$75. Woman's diamond solitaire, \$100. Ruby ring guard, \$100. Call 539-1464.

815 Exercise Equipment

FITNESS EQUIPMENT BLOW OUT Up to 80% off, Treadmills, ellipticals, 1520 Fillmore St. Twin Falls 208-736-2446

TREADMILL-Lifestyler 3000 auto incline-\$200, Cardio glide Westlo-\$50, Weider Pro uniprm \$400, Olympic weight set & bench, make offer. Call 539-0053 or 539-1663

816 Miscellaneous

FITNESS EQUIPMENT BLOW OUT Up to 80% off, Treadmills, ellipticals, 1520 Fillmore St. Twin Falls 208-736-2446

FREE Golf membership to Jerome Country Club with purchase of '93 Hyundai gas golf car with custom all weather cover. \$1995.324-2441

KINETICO Reverse Osmosis drinking water system, used, 1 owner, new filters. \$1200/offer. 410-3168

OFFICE & Exercise equipment from physical therapy office, 12 piece circuit exercise equipment. Desk, chairs, 4 piece Ducks Unlimited collector picture set, 2 locking oak trophy cabinets, \$350 & \$450, 19' Mad River canoe w/wood seats w/trm, trolling motor, accessories \$600. 208-736-1004

STUDDED SNOW TIRES on 16" rims (3) new, \$60 each, 4-tires on 16" chrome rims, 8 hole, \$35 each. LT295-85R16. 208-735-9474

TIRE CHAINS, 2 sets, (1) New, heavy duty v-bar, for P245-75R16, \$75. (2) Used, same size \$25. Call 208-734-8359, after 1pm.

WATER HEATER 75 gallon, gas, 2 years old, money back guarantee, \$300. Call 208-324-3280 eves.

817 Musical Instruments

DRUMSET by Pearl Forum 5 piece with High Hat cymbal, candy apple red, exc condition. 208-326-4286

818 Office Equipment and Supplies

Western Appraisal and Investment Retirement Office Equipment Sale Magic Valley Bank Building Suite 206 113 S. Main Twin Falls HP Laser Printer, Scanners, Shredder, Panasonic Office Copy Machine, Cameras, Desks, Chairs, Phone System, Filing Cabinets, Networking Equipment, etc. Jan 14, 15, and 16" 10-5pm Thursday and Friday 10-1pm on Saturday Questions? Call 404-1056 or 308-1085

820 Tools/Machinery

AIR COMPRESSOR '01 Sulair 200 CFM John Deere diesel, low hours, trailer mount, like new, one owner, \$7500. Call 320-4058

AIR COMPRESSOR towable, 1996 Ingersol Rand 185 CFM, John Deere diesel, low hrs, fleet maintained \$4900. 208-320-4058

GENERATOR 100KW Winco, 6 cyl. Turbo diesel, 120-480V, 1-3 phase, enclosed, 300 actual hrs Like new \$6900. 208-320-4058

822 Wanted To Buy

WANTED Antiques and estates, old pottery pictures, horse tack, quilts, toys, Indian and cowboy items, magazines. 208-324-4721 or 208-539-4721

WANTED BACKHOE I want to buy the best backhoe, \$ 5000 can buy. 208-352-1200

WANTED Old gas pumps or gas station items. Top money paid. Tony 208-866-0274

WANTED Overshot Camper, older, 8'-9", needs to be clean, no leaks, no bathroom. No Junk! Reasonable. 208-423-5375

WANTED We buy junk batteries. We pay more than anyone out there. Check us out at Interstate Batteries. Fully licensed and insured to protect the batteries all the way to the smelter. Call 208-733-0896, 412 Eastland Drive, 8-5 Mon-Fri

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823 Medical Supplies

JAZZY SELECT SCOOTER 140L, '08 model, extra large, never used, \$1995. Call 208-324-1427

826 Sporting Equipment

GOOSE AND DUCK DECOYS full bodies and shells, silhouettes. Reasonably priced. 490-1165.

827 Skis & Snowboards

SKI EQUIPMENT of a large family for sale. Newer skis, bindings, boots & poles. \$35. 208-410-1637

828 Garage Sales

BALL-COOPER ESTATE SALE Jan. 14-15 (9-6) Jan. 16 (9-2) 225 W. Lorene Lane, Rupert Very nice bdrim set, new washer & dryer, bed, kitchen table & chairs, microwave, clock, mirror, antique oak hall tree w/beveled mirror, antique oak buffet, antique highboy dresser w/beveled mirror, bedding, TV, small appliances, wood lathe, gun cabinet, lamps, grinder, wood burning stove, canning jars, Mexican pottery, tools, vacuum, all kitchen items, garage full of treasures. Managed by Blue Cow 312-4900

RECREATIONAL

902 Motorcycles

LEATHER JACKETS Womens HD, 1 brown, LX hardly worn, \$100. 1 silver, L, never worn, \$125. 1 HD leather shirt, L, hardly worn, \$35. Call Susan 324-5327 or 329-9547

YZ250 '02 Bought new been sitting in storage with lots of extras, less than 15 hrs rode. 2 sets of riding clothes, boots & helmets. \$1800. Call 208-948-9669.

904 Campers And Shells

*****USED SHELLS***** Quality-Low Prices-Selection. 208-312-1525

WANTED slide in camper 8'-10", 1/2, 3/4 or full overshoot OK! I want a camper that is clean inside & out with no water leaks with a fair price tag. If you have not cleaned up the inside of your camper you want to sell me, and/or there have been dogs, cats, sheep, stray burrows, pigeons or Freddy the Free-loader living in it, DON'T CALL ME! 208-731-3008

906 Snow Vehicles

HAULMARK '97 24' enclosed trailer \$3500. '99 Arctic Cat Powder Special, 900 mis, \$1800. '97 Arctic Cat Thunder Call 900, 2000 mis, \$1700. '97 Polaris RMK 700, \$1800. '06 Yamaha 4 wheeler YFM 350, lots of extras \$2500. Call 208-324-2951.

PACE '04 4-place snowmobile trailer, covered, 26' long, \$4500. 208-260-1122 or 208-670-5706

SNOWMOBILE TRAILERS (2) enclosed, 4-place, drive-in/drive-out, '02 Charnac Snow Sport, \$6850 & '95 Wells Cargo \$5000/offer. Call 208-420-7227

THE ACES ON BRIDGE Bobby Wolff

"Between the dark and the daylight, When the night is beginning to lower, Comes a pause in the day's occupations, That is known as the Children's Hour." —Henry Wadsworth Longfellow

No doubt you are all sick to death of being told that you should think carefully before playing from dummy at trick one. Having been given that clue, cover up the East and West hands and plan the play in three no-trump on the heart-two lead.

Start by counting your tricks: there are two spades, one heart, two diamonds (after you have knocked out the ace) and four clubs (after you have knocked out the king).

Look at what could happen if you were to finesse in hearts. East might win the king and, if in inspired mood, might find the switch to a spade. You would win in dummy and take a club finesse. West would win and knock out your last spade stopper so that the opponents would have two more spades to cash when in with the ace of diamonds. You would lose two spades, one heart, one diamond and one club.

If, by contrast, you win the ace of hearts at trick one and take a club finesse, then West will win the trick. Whether he plays a heart or a spade now, you cannot be denied your nine tricks before the defenders set up five winners. If he plays a second heart, you will duck in dummy, prepared to concede two heart tricks, but not three.

Note that West has found the best lead. On an initial spade lead, the defense can establish only two spades to go with one trick in each minor.

906 Snow Vehicles

PHAZER II '91 electric start, low mis, exc cond, \$900. Phazer II '95 electric start, low mis, exc cond, \$1500. Call 208-431-9419

907 Travel Trailers

SUMMERWIND '01 camper slide out model 811S, slide out, queen size bed book \$11,000 sale \$8900 235 W 2" Hazelton 829-4018

TRAVEL TRAILER/Camp Trailer '74 Romer 25'. New refrig, doors, air conditioner & roof. Full bed, kitchen with table & bathroom with shower & tub. \$2500/offer. 208-731-9408

908 Utility Trailers

FLATBED TRAILER 14x6, good tires, \$600. Call 208-543-9200

TRANSPORTATION

1002 Auto Parts Accessories

NEW ENGINES and RE-MANUFACTURED ENGINES and TRANSMISSIONS USED ENGINES, TRANSMISSIONS, transfer cases, fenders, hoods, lights, bumpers, doors, grilles, mirrors, RADIATORS, etc. 208-734-7090

1004 Antiques Collectibles

CHEVY '67 Camaro SS 350-4 speed, \$22,000. '67 Camaro RS 327 auto, \$21,000. 208-423-8888.

OLDS '69 442, project, GMC '75 4x4, shortbox, lifted '88 Suburban. Call 208-293-7605.

1005 Semis And Heavy Equipment

BUCKET TRUCK '96 Ford F800 with 62' Altec man lift 8.5 Cummins, Allison 6 spd auto trans, PS, AC, low miles and immaculate, \$14,900. 208-320-4058.

CHEVY '96 Kodiak with 14,000 lb. Mainframe crane & engine mount air compressor. Nice utility bed with slide outs & torch compartment. Near new radials, 3116 Cat diesel, 6 spd, Allison auto trans, AC, PS, 26,000 actual miles, replacement cost over \$100,000 \$21,900. 320-4058

DUMP TRUCK Ford '97 F-450 SD with 3 yd dump & crane. Powerstroke diesel, AT, AC, 80,000 actual miles, one owner, work ready, \$8500. 320-4058

FORD '01 F-550 with 12' flatbed and lift gate. 6.8 L AT, AC, lease return, excellent cond. \$7500. Call 320-4058

FORD '91 F-900 with 8 yd dump bed, 7.8L 6 cyl diesel, Allison AT, PS, AC, 29,000 actual miles, one owner, well maintained, \$10,900. 208-320-4058

DEAR ABBY: When we were younger, my sister, "Patti," and I made a pact to be each other's maid of honor. It was Patti's suggestion, and we both thought I would soon marry my then-boyfriend. It didn't happen.

A few years later, when Patti became engaged, she asked a friend with whom she had recently reconnected to be her maid of honor. She never addressed the issue with me or offered any explanation. I was crushed, but kept mum. In the years that followed, my sister told me she regretted her decision and has apologized, which helped soothe my feelings.



DEAR ABBY Jeanne Phillips

Last week I became engaged. I want Patti in my wedding, but as a bridesmaid. My best friend, "Meg," has always been there for me in ways I never knew a friend could. I was her maid of honor three years ago, and cherished the experience as one that signified the meaning of our friendship.

I feel torn because of the promise I made to my sister, even though she didn't honor her promise to me

