

The Times-News


Twin Falls, Idaho 94th year, No. 4

Monday, January 4, 1999

50 cents

GOOD MORNING

WEATHER

 Today: Mostly sunny with winds 5 to 10 mph. Mostly clear this evening with increasing clouds after midnight. High 39, low 20.

Page A2

MAGIC VALLEY

High grades: Twin Falls' newest City Council member is getting high grades for her energy - and her preparation.

Page A4

SPORTS

Comeback kid: Beetta Lavre led his team to a last-minute touchdown, then watched in horror as 49er Steve Young did the same.

Page A7

HEALTH & FASHION



Y2K or bust: You can lose 30 pounds by the millennium.

Page B1

OPINION

Don't look away: It's easy to ignore racism, but it takes courage to confront it and a community to eliminate it, today's guest editorial says.

Page A10

NATION

Taking a break: Clinton proposes unprecedented tax break for the elderly.

Page A12

Doomsday: Israeli police detain 14 members of an American cult based in Denver.

Page A12

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Who's going to take care of the forest?

Forest Service employees become a rare sight in the Sawtooth

By N.S. Nokkintved
Times-News writer

TWIN FALLS - People who use the Sawtooth National Forest to make a living or for recreation might have to learn to take better care of it themselves.

"We've expected the Forest Service to do it for us for years and years," said Jeannie Bottinger of Jerome, spokesman.

Please see FOREST, Page A2

The shrinking Sawtooth

How a national forest spends money, and how it affects you Sunday: Long hours, tight money, tight budget.

Today: Users' perspectives.



Sawtooth National Recreation Area feels pinch of tight-budget

By N.S. Nokkintved
Times-News writer

TWIN FALLS - While national and regional budgets have stayed more or less constant from 1993 to 1997, the budget for the Sawtooth National Recreation Area was cut in half.

But the raw numbers are a little misleading.

| Statistics | | |
|--|---------------|----------------|
| | 1993 | 1997 |
| The 750,000-acre Sawtooth National Recreation Area was established in 1972. It had 63 employees when it was established. In 1997, it had 27 employees. | | |
| Budget: | \$4.4 million | \$2.25 million |
| Visitors: | 1.99 million | 1.27 million |

Forest Service budgets in the early 1990s reflect an effort to spruce up recreation trails, roads, and the figures include large congressionally designated capital investments, such as land acquisitions and campground and road repairs.

In the past few years, Sawtooth forest officials have cited a tightening budget as a primary reason for a variety of decisions, including controversial user fees in the SNAFA and Ketchum Ranger District.

Please see BUDGET, Page A2

BEWARE:

Watch out for scholarship scams; free financing assistance is available

By Jennifer Sandmann
Times-News writer

TWIN FALLS - Tales of thousands of dollars in unclaimed college scholarships and promises of guaranteed financial assistance might sound enticing to students and parents burdened with paying for a college education.

But the claims usually come with a fee attached, and the services don't always prove useful.

Twin Falls High School senior Brett Brook, 18, said the first of a few such solicitations he received through the mail plagued his interest. But he soon found information on the Internet and elsewhere warning of scholarship scams.

Gordon Smith, a counselor at Twin Falls High, has seen scholarship search fees ranging from \$45 to \$100. But students can find the same services available at no cost.

"There is just too much out there available, that is free," Smith said.

And many students have found the information they bought from search services to be outdated or inaccurate, the Idaho Attorney General's Office reports. Some students have paid for lists that they later found didn't apply to them, and others have complained that they received information on loans, not scholarships.

"There have been various groups that have popped up to make a quick buck," said Josey Vierra, owner of Scholarship Resource Network in Coeur d'Alene.

Hiring a company to search for scholarship opportunities is like hiring an accountant, Vierra said. It could be done at home, but the service is available.

Her company offers an abbreviated search for free on the Internet, she said. She generates income from the Federal Trade Commission schools. If students don't have access to a free service, they can hire her company for \$25.

Students can look for consumer advice from the Federal Trade Commission, Vierra said. And they should keep in mind that no service, no matter the claims, can guarantee it will provide them with a scholarship. As a general rule, she considers fees ranging from \$25 to \$50 to be reasonable.

Twin Falls High senior Scott



Scott Freeman, a senior at Twin Falls High School, searches the Internet at least once a week for scholarship opportunities.

Public awaits new era

Kempthorne gets ready to show his 'vision' as governor

By Bob Fick
The Associated Press

BOISE - As Republican Dirk Kempthorne prepares to become Idaho's 30th governor on Monday, the electorate that elevated him to the state's highest office waits for specifics of his "new vision for the 21st Century."

And it will wait at least another week.

Kempthorne, 47, takes the first chief executive from the post-World War II baby-boom generation takes the oath at midday with the other six state-elected officials in a low-key ceremony in the Capitol.

The focus of the political protegee of retiring GOP Gov. Phil Batt is now on Friday's formal inauguration at noon on the Capitol steps, although his inaugural address then is expected to stick with general themes.

The first details of his plans could come in the State of the State address next week during the opening session of the 55th Legislature. But his underlying philosophy toward state government is likely to unfold when he releases his budget on Jan. 13.

Slowing economic growth has compounded a number of past policy decisions to leave the new governor with very little financial maneuvering room.

Kempthorne and his transition advisers only finalized the 1999-2000 budget proposal on New Year's Eve, leaving legislative budget analysts to work over the weekend so it can be incorporated into the working papers used by budget writers.



Dirk Kempthorne

Impeachment may interfere with State of the Union speech

The Associated Press

WASHINGTON - Senators from both parties say President Clinton should not deliver his annual State of the Union address to Congress if the scheduled date conflicts with his impeachment trial in the Senate.

The Jan. 19 date for the speech thus provides a concrete deadline for senators now searching for a way to bring a quick end to the impeachment trial.

"I think it would be unwise and distracting for the president to be giving a State of the Union address to Congress while he was under trial in the Senate," Sen. Slade Gorton, R-Wash., said Sunday.

Gorton said on NBC's "Meet the Press" that the State of the Union address is one "minor factor in

Midwest digs out of huge storm

The Associated Press

CHICAGO - Chicagoans dug out from their biggest snowstorm in more than 30 years Sunday while thousands of already delayed travelers across the Midwest waited for airlines to get their planes de-iced and back in the air.

About 22 inches of snow had piled up from Chicago across northern Indiana as the storm spread snow, ice, sleet and rain from the Missouri Valley to the East Coast.

At least 36 deaths had been blamed on the storm, 11 of them in Illinois.

Chicago's Lakeshore Drive reopened and pavement was clear on many other main arteries. However, public and Catholic school classes were canceled for Monday.

"It's going, real well, considering that 24 hours ago we were in



Chicago residents shovel out of the 21 inches of snow Sunday that pummeled the Midwest Saturday. The second-worst snowstorm in Chicago history, said Terry Letwin, a spokesman for the city, which put more than 200 pieces of snow-fighting equipment on the streets. The city's record is 23 inches, set in 1967.

THE REGION

MAGIC VALLEY FIVE-DAY FORECAST

YESTERDAY'S WEATHER

Weather forecast for Magic Valley from Monday to Friday with icons for sun, clouds, and snow.

Twin Falls precipitation forecast for yesterday with data for snowfall and normal amounts.

Idaho weather forecast for Monday, Jan. 4, including a map of Idaho and various city forecasts.

Idaho weather forecast for Monday, Jan. 4, with a map of Idaho and city-specific forecasts.

Eastern Idaho weather forecast for Monday, Jan. 4, with a map of the region and city forecasts.

Northern Idaho weather forecast for Monday, Jan. 4, with a map of the region and city forecasts.

Northern Utah weather forecast for Monday, Jan. 4, with a map of the region and city forecasts.

Northern Nevada weather forecast for Monday, Jan. 4, with a map of the region and city forecasts.

National weather forecast for Monday, Jan. 4, featuring a map of the United States and a detailed forecast for the Magic Valley.

ACROSS THE NATION: A series of small weather forecasts for various states across the country.

SWITCH: A section providing information on road conditions and utility indexes.

ROAD INFORMATION: A section providing details on road conditions and travel advisories.

Era: Continued from A1. And while he has a budget director - campaign manager and former Sun-Chief-of-staff Bill...

College: Continued from A1. Freeman, 41, who has been solicited by search services, said he has submitted about 10 scholarship applications so far.

Consumer tips: A section providing various tips and news items for consumers, including information on credit cards and insurance.

Forest: Continued from A1. That's because a tightening budget is forcing forest employees to make cuts.

College (continued): The most helpful resources Bill has found are high school guidance counselors. They have directed him toward financial aid resources and scholarship opportunities.

Budget: Continued from A1. Through the recreation area's operating budget appears to have shrunk, in fact more laws create more paperwork, keeping staff off the land.

Table with 2 columns: Item and 1997 values. Includes categories like Payroll, Recreation, Grazing allotments, Cows, Sheep, Timber, Board feet, Personal firewood (cords), Christmas trees, Milling, and Quantity plans processed.

Circulation: Daniel Wiatlak, circulation manager. Mail information: The Magic Valley News (Friday) and Mountain News (Thursday) are published daily by Magic Valley Newspapers, Inc.

Information Call 734-6326: Advertisement for ski information, lottery numbers, and weather forecasts.

IDAHO ROAD REPORT: BOISE (AP) - Here are Sunday evening's road conditions from the Idaho Department of Transportation.

Mars lander rockets to red planet

'Polar mole' to dig for frozen water

CAPE CANAVERAL, Fla. (AP) — A Mars lander equipped with a robot arm and shovel rocketed away Sunday on a 470-million-mile quest to uncover frozen water near the planet's South Pole.

NASA's Mars Polar Lander left aboard a Boeing rocket at exactly 3:21 p.m. The rain that managers had feared stayed away, allowing NASA to meet the important launch window despite an overcast sky.

Less than an hour later, the final rocket motor fired, kicking the Polar Lander out of Earth orbit and putting it on an 11-month course for Mars. Launch managers cheered and applauded.

"My birthday is tomorrow and this is just about the best birthday present I've ever had," said project scientist Richard Zurek, who is turning 52. "Right now, I'm feeling a lot younger than that."

The Polar Lander is bound for the frosty fringes of Mars' south polar cap. It is due to arrive in December when it's late spring and the sun never sets.

It will be virgin territory. No other probe has ventured so far south on Mars. As a result, scientists' expectations are high.

Their goal is to find water ice in the Martian south. Where there's water, NASA's top water scientist says, there could be life.

"You've got to follow the water and the rocks and the life," said Ed Weiler, head of NASA's space science division.

"We have a lot of reason to believe there's water on Mars in

the form of ice," he added. "But until you actually land there and find it and measure it, you can't say for sure. That's one thing I think this mission will demonstrate."

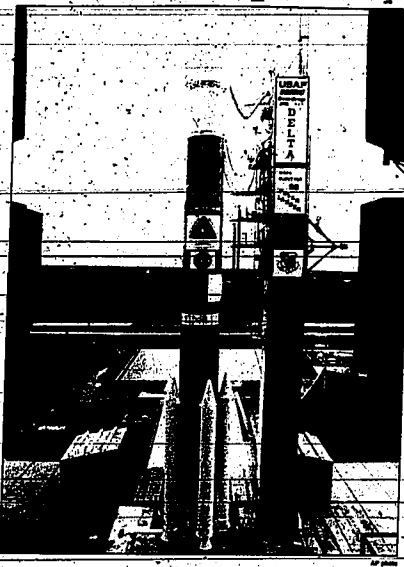
The Polar Lander — 3 1/2 feet tall and 12 feet wide — has three legs as well as a 6 1/2-foot robot arm with a scoop on the end to scrape beneath the Martian surface. The collected dirt will be heated, allowing any water that's present to vaporize and be detected by a laser.

It carries no life-detection equipment, the only real way to confirm life on Mars, Weiler says. It is to fetch rocks and soil NASA plans to launch a soil-return mission in 2005; the samples would reach Earth in 2008.

The Polar Lander also is equipped with a pair of probes that will peel away minutes before touchdown and slam into the Martian surface at 400 mph to 500 mph, some 60 miles from the lander.

Like the lander, the twin probes also will hunt for water but at a much greater depth: They could penetrate as deep as 3 feet. The question is whether they will survive the impact and radio back data. It's a high-risk experiment called Deep Space 2 that's part of NASA's New Millennium program to test new technologies for future missions.

The Polar Lander is a companion to NASA's Mars Climate Orbiter, which launched last week. The two missions cost \$27 million and Deep Space 2 another \$29 million.



After launch tower retraction, the Boeing Delta II rocket carrying NASA's Mars Polar Lander waits for liftoff Sunday at Cape Canaveral Air Station.

Multi-vehicle crash kills 4; icy roads blamed

LEXINGTON, Va. (AP) — Four people were killed and six injured as 23 others were injured in a multi-vehicle crash Sunday morning on an icy stretch of highway.

Police described the crash as "one of the worst on Interstate 77" that has ever occurred in the state's history. The accident occurred on Interstate 77 near Lexington, Va. The highway was expected to remain closed.

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Red Cross to lose Dole, report says

WASHINGTON (AP) — Elizabeth Dole is planning to step aside as president of the American Red Cross in a step her political supporters hope will help her run for president. Newsweek magazine reported.

The magazine reports in its Jan. 11 edition, portions of a memo written by Dole's chief of staff, which described her decision as a "first step" toward a possible campaign for the Republican nomination, but also called it a "nonpolitical event."

Red Cross officials would not comment on the report, which was published Sunday. Dole would make a "major announcement" today at 2 p.m. EST in Washington.

Newsweek had reported that she was expected to meet over the weekend with the executive committee of the Red Cross prior to a Monday announcement of her plans.

"Mrs. Dole's husband, former Sen. Bob Dole of Kansas, was the GOP presidential nominee in 1996 and she has consistently scored high in public opinion polls as a potential candidate."

East Coast media campaign manager of Draft Elizabeth 2000, declined to say whether he knew anything about Mrs. Dole leaving the Red Cross.

"If indeed that is the situation, it's encouraging," he said. Cox added that he plans to be in Washington today before spending the rest of the week in Vermont and New Hampshire to push for the Dole draft movement.

Ivy-League eggs are prized catch

Infertile couples seek physical attributes, intelligence in genes

NEW HEAVEN, Conn. (AP) — Some "infertile couples" want strictly Ivy League eggs.

One of the nation's biggest fertility registries has been focusing more advertising on newspapers at Ivy League schools as couples increasingly seek out eggs they hope will grow into big kids.

"Many parents are willing to be more flexible on the health history than on academic achievements and signs of intelligence," said Teri B. Royal, director of the Los Angeles-based OPTIONS National Fertility Registry.

While prospective parents choose donors based on physical characteristics, intelligence "is probably the most sought-after attribute," she said.

The number of couples requesting advertising at the Ivy has nearly doubled each year since OPTIONS opened for business in 1992, Royal said.



Teri B. Royal, the registry director of OPTIONS National Fertility Registry, speaks to a reporter Nov. 4 in New Haven, Conn.

lic has grown more open to alternative methods of reproduction, including people who went to the Ivy, once bastions of tradition.

Other fertility agencies said they don't tally the number of people who want Ivy League donors and that their official policy is to encourage that sort of targeted search.

However, advertising managers at Ivy League newspapers say such ads are on the rise.

Donating to land an Ivy League donor is neither easy nor cheap. OPTIONS represents one alumna who spent more than \$15,000 in advertising at the top schools.

The response rate to the OPTIONS advertisements is about 75 percent lower among Ivy grads than among young women at other schools, Royal said.

"Most of the students that go to the Ivy League schools come from families that have at least a minimum of wealth and generally are not looking through want ads or employment ads to supplement their income," she said.

Thieves act leaves 75,000 unable to call

LAS VEGAS (AP) — Three men wearing ski masks broke into a Sprint telephone office, tied up workers and stole computer equipment, leaving 75,000 customers without phone service Sunday.

After tying up the two Sprint employees and contractors, they shot them with stun guns, police spokesman Steve Meriwether said. The workers were not seriously injured.

The thieves took telephone-related computer equipment that was in use at the time, knocking out service to some customers, Sprint spokesman Dana Page said. Sprint has 845,000 customers in the Las Vegas Valley.

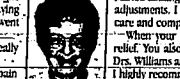
"It was equipment that was being used to relay calls," Page said. "They did know what they were after."

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AROUND THE VALLEY

Committee looks at upcoming budget

BOISE — The Economic Outlook and Assessment Committee will meet Thursday and Friday to hear estimates about Idaho's economy, hear projections for next year's income and develop a revenue estimate for the Legislature.

Idaho Business Association head Lewis Eilers and state Department of Agriculture chief Pat Takasugi will be among the speakers at the two-day meeting.

The group will meet again Jan. 13 after Gov.-elect Dirk Kempthorne's budget address to work out its final report.

Jerome's St. Benedict's receives national honor

JEROME — St. Benedict's Family Medical Center has been named one of the top 100 hospitals in the United States.

The 60-bed private, not-for-profit hospital received a spot in the annual 100 Top Hospitals Benchmark for Success study by the HCIA Inc., a health care information company, and William M. Mercer Inc., health care and human resources consultants. St. Benedict's received the honor in the category of hospitals with 25 to 99 beds.

The study recognizes hospitals delivering the most cost-efficient and highest quality medical care, the hospital said. The ranking is based on measures of medical and business quality practices.

"We're extremely pleased to have been selected for this honor," said Theresa May, head of clinical excellence, "as it reflects our consistent dedication to clinical excellence."

St. Benedict's is sponsored by The Idaho Corporation of Benedictine Sisters, Inc., Saint Alphonsus Regional Medical Center has had a contract to manage St. Benedict's since 1995, and is located in Mountain Home and McCall.

Groups seek more state money for scholarships

TWIN FALLS — A coalition of teachers and representatives from Idaho colleges and universities and the State Board of Education is proposing legislation to significantly expand scholarship opportunities for Idaho students.

State Board of Education member Curtis Eason of Twin Falls said the proposed calls for making money available to more students.

The intent is to give students an incentive to raise their grades and enroll in post-secondary education.

While scholarships would continue to be available for Idaho's top students, there would be scholarships available for students who earn at least "B" averages and meet other college entrance exam requirements, according to the State Board of Education.

More than \$290,000 is available through the State of 32000 Scholarships, according to the State Board of Education.

Approval will be sought from the board in January before the program is brought before the legislature, Eason said.

A \$1.9 million request for the program would be incorporated in the board's fiscal year 2000 budget.

Winter brings on closure of City of Rocks road

BURLEY — The City of Rocks National Reserve, in cooperation with Cassia County, will close the Evans Canyon Road to cars and trucks for the winter season today.

However, the road will be open to cross-country skiing, ice climbing, snowshoeing, wildlife viewing and snowmobiling.

For more information call the City of Rocks Visitor Center, 824-5519.

Associates say councilwoman excels with research, energy

By Mark Reiter, Times-News writer

TWIN FALLS — Asked about Twin Falls City Council member Elaine Steele's performance during her first year on the job, many of her peers have the same immediate response.

Steele, they say, does her homework. And, said Mayor Gale Klumppel, Steele has brought a lot of energy to the council.

"Her energy was evident last week, as she talked about her first year of her four-year, \$200,000-a-year council job, and displaying an enthusiasm that is present only in people about half her age."

Steele, 47, said she has a drive to learn about issues before the council and relies on books, local experts and the Internet to research issues.

"You can't have everything, but I want it all," Steele said.

Steele's success so far might have all the makings of a professional businessperson, but the beginning was tough.

Just on the 1997 election, one of her most vocal opponents told her that morning against her name, Jeff Gooding was too tall an order.

"She told me, 'You must be something,'" Steele said.

"Her speech that night was honest, and it might have swung on a coin."

Steele's good research and energy were a big asset.

"I've been quite impressed with her. She does her research and comes in ready to talk about the problems."

—Councilman Art Franz



The smiles from colleagues on the Twin Falls City Council are good after Elaine Steele's first year in office. One of her goals, she said, is to protect the character of downtown.

said it would be difficult to pick between Steele and Gooding.

Gooding was an articulate, experienced leader with an excellent business sense, he said.

Steele has proved to be sharp-minded, well-prepared and determined.

"I'd really like to see both of them on the council," Courtney said.

Councilman Chris Klumppel said he expects to hear more from Steele now that she's made it through her freshman year.

"I'd give her a flat-out A for the first year," he said.

"I've been quite impressed with her," said Councilman Art Franz. "She does her research and comes in ready to talk about the problems."

with her," said Councilman Art Franz. "She does her research and comes in ready to talk about the problems."

Talkington said it helps to have a woman on the council again.

"I believe that if you've got too much testosterone on the council, it hinders things, out-of-which," he said.

"Steele said gender is not a factor in her council work. But she is amused to watch how some people stumble over acknowledging her, and worry that they might have offended her."

"They say things like, 'Dear councilman... Oh and woman,'" Steele said.

But Steele, who headed the Historic Downtown Business Improvement District before her election, keeps her passion for preserving downtown and other

historic areas.

With the recent holiday run for a downtown trolley was cut short, the city needs to keep encouraging such quaint attractions, she said.

Apartments above downtown stores might attract people and businesses, she said. And a combination of public and private money could renovate many of Twin Falls' older buildings.

Downtown merchants might be struggling to keep up with big stores on the commercial strip, but young adults seem to be coming back, she said.

"They go in the mall to meet their needs," she said. "They go downtown for a sense of place."

Times-News staff writer Mark Heintz can be reached at 334-6962.

Council wraps up hearings on TF parking lot

The Times-News

TWIN FALLS — A bank's request for expanded parking, a plan which has for weeks drawn fire from neighbors, might be ruled upon by the Twin Falls City Council today.

The council meets at 5 p.m. in City Hall.

Farmers National Bank wants to tear down homes on and 135 Eighth Ave. E., then use the

Please see COUNCIL, Page A6

Burley High greenhouse grows into area-wide effort

By Lorraine Cavenor, Times-News writer

BURLEY — Sam Condie, the agriculture instructor at Burley, envisions a place where his horticulture students can get dirty potting plants without taking a half-hour between each class to clean up.

Condie's vision is a windowless, 12-foot high, 30-by-40-foot head house with four walk-in doors, a roll-up door on one end, cement floors and walls. Called a head house because it is at the head of the greenhouse, the space will be used as a soil preparation warehouse.

"It will be a place where we won't have to worry about getting dirty," he said. Greenhouse soil is mixed in the agriculture classroom, which has to be cleaned between each class, taking away

learning time.

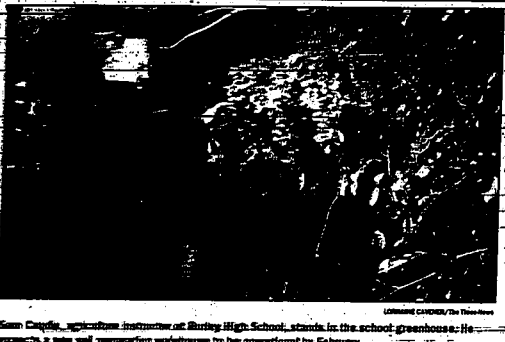
"Though it is part of the new high school, the soil preparation warehouse will be funded in a different way."

When a bond issue passed for the new Burley High School, money fell short of meeting some curriculum needs.

The soil building is getting support from anonymous donations from the agricultural community. But with the slow farm economy, district officials haven't gotten all the donations they expected, so the district is seeking donations for insulation, siding, materials, supplies and labor, said Leonard Beck of the Cassia County School District's agriculture advisory committee.

About \$20,000 in materials and labor

Please see GREENHOUSE, Page A6



Sam Condie, agriculture instructor at Burley High School, stands in the school greenhouse. He envisions a new soil preparation warehouse to be operational by February.

It's time to take the lights down

Families work crews get task done

By David Lewis, Times-News writer

TWIN FALLS — It's beginning to look like winter.

In the next few days, workers are expected to begin to take down the Christmas lights of Christmas lights.

Depending on who you ask, it's one of the busiest periods of the industry — or a quiet, because the same things are done out of the way.

"It's not as depressing," Smith said. "We're getting them out of our hair."

The walls of her home are bare, with lights and decorations gone. Family pictures and normal decor, Smith will be going back up. On the outside, the plastic candy canes, lights, snow globes and other attractions are still up, but Chris Solakiewicz, Beck's Solakiewicz's husband, will take those down this week.

It will be easier taking everything down, Chris Solakiewicz said, "but putting the lights up was more fun."

Ken Smith, manager of Rupert's electrical department, had a slightly different take on the situation.

"It's not as depressing," Smith said. "We're getting them out of our hair."

It will take a few weeks and shifts of about five workers to take the lights down, Smith said, and everything will be stored in boxes and crates in a storage area on K Street.

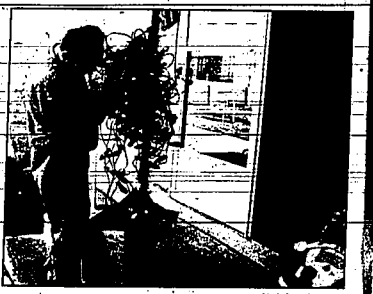
Everything will be labeled to ease the process of putting them up again in the fall. That also will be when workers test the lights again.

Right now the city will just put everything away, Smith said.

Dale Monson, Burley's electrical superintendent, said he sees the tradition as just another part of his job.

"This is one of those things you have to do," Monson said. "It's something to get out of the way."

"I'll work about 100 staff hours to get the lights down," he said, and he understands people want to see the festive Christmas lights. But the lights pale in comparison to the department's other duties.



Chris Solakiewicz of Rupert holds up some of the Christmas lights that he's putting away for the season. Now that the holidays are over, the festive lights around town will be coming down in the next few weeks.

THIS WEEK AT CSI

ON THE AGENDA

The Times-News

The following is a schedule of meetings and events that will take place this week at the College of Southern Idaho.

TODAY State of the College address by President Gerald Meyerhoefer, 8 a.m., Shields 117 and 118.

CSI Booster Club meeting, noon, Taylor Cedar 227.

State of the College address by President Gerald Meyerhoefer, 1 p.m., Shields 117 and 118.

The 11th annual Wellness Seminar presents Dr. Margaret Wheelwright's "Our of Change at a Simple Way," 7:30 p.m., Arts-Center quad, tickets \$10 at the door.

Magic Valley Youth Symposium auditions, 7:30 p.m., Fine Arts 133.

TUESDAY

CSI-Advanced Regional Technical Education steering committee meeting, 7 a.m., Taylor Pine 258.

Idaho Carle Association 1999 International Cow Symposium (informational portion), 7 a.m. to 1 p.m., Fine Arts Center auditorium.

Open registration and advising with CSI department representatives, 8 a.m. to 4:30 p.m., Taylor Building Eagles Nest.

CSI faculty in-service workshop with Dr. Margaret Wheelwright, 9 a.m. to 3 p.m., Taylor Sage and Cedar.

Idaho Carle Association special service workshop for beef cattle owners, 7 to 8:30 p.m., Expo Center arena.

"More Than Meets The Eye"

8 a.m. to 5 p.m., Canyon 124C. Emergency Response Team workshop, 8 a.m. to 5 p.m., Canyon Building 135.

WEDNESDAY

Idaho Carle Association 1999 International Cow Symposium (informational portion), 7 a.m. to 1 p.m., Fine Arts Center auditorium.

Open registration and advising with CSI department representatives, 8 a.m. to 4:30 p.m., Taylor Building Eagles Nest.

CSI Planning and Industrial Department computer training, 8 a.m. to 5 p.m., Canyon 124C.

CSI Open House on Aging Regional Public Hearing on advisory committee meeting, 9 a.m. to 3:30 p.m., Taylor Pine 258.

CSI Foundation office mini-workshop, 9 a.m., Taylor Cedar and Sage.

CSI faculty in-service, 3 p.m., Taylor Sage and Cedar.

THURSDAY

Open registration and advising with CSI department representatives, 8 a.m. to 5:30 p.m., Taylor Building Eagles Nest.

University of Idaho human resource skills and competency assessments, 8 a.m. to noon, Taylor Sage and Cedar.

Keith Jorgensen piano sale, 8 a.m. to 9 p.m., Fine Arts Building Rooms 121, 133A-C and 125.

CSI Law Center advisory meeting, noon, Taylor Pine 258.

FRIDAY

Open registration and advising with CSI department representatives, 8 a.m. to 4:30 p.m., Taylor Building Eagles Nest.

CSI Business Development Information Fair, 8 a.m. to 1 p.m., Evergreen Building 105.

CSI Trade and Industrial Department computer training.

The Times-News

Following is a list of governmental meetings that are scheduled this week in the Magic Valley. This list is compiled from advance schedules. The Times-News suggests that you confirm the information by calling the appropriate clerk's office before attending.

TODAY Acquia City Council, 8 p.m., Mayor Larry Wall's home.

Blaine County commissioners, 8:45 a.m., courthouse.

Burley City Council, 7 p.m., City Hall.

Dietrich City Council, 7 p.m., City Hall.

Gooding City Council, 7 p.m., City Hall.

Hansen Community Library Board of Trustees, 7 p.m., Hansen Community Library, 120 W. Maple.

Jerome County commissioners, 8:30 a.m., courthouse.

Ketchum City Council, 6:30 p.m., City Hall.

Keith Jorgensen piano sale, 8 a.m. to 9 p.m., Fine Arts Building Rooms 121, 133A-C and 125.

"Rusty Rocket's Last Blast" showing, 2 and 7 p.m., Herrert Center Faulkner Planetarium.

"More Than Meets The Eye" showing, 6 p.m., Herrert Center Faulkner Planetarium.

Magic Valley Astronomical Society monthly meeting, 6 p.m., Shields 103. Monthly star party, also 6 p.m., Herrert Center.

Emergency Response Team workshop, 8 a.m. to 5 p.m., Canyon Building 135.

Multiple Sclerosis Support Group meeting, 12:30 p.m., Shields 103.

SUNDAY Emergency Response Team workshop, 8 a.m. to 5 p.m., Canyon Building 135.

Multiple Sclerosis Support Group meeting, 12:30 p.m., Shields 103.

Twin Falls City Council, 5 p.m., City Hall.

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

TUESDAY

Albion City Council, 7 p.m., city office.

Blaine County commissioners, 8:30 a.m., courthouse.

Filer City Council, 7:30 p.m., City Council chambers.

Friedman Memorial Airport Board, 5:30 p.m., courthouse.

Hagerman City Council, 7 p.m., City Hall.

Jerome City Council, 7:30 p.m., City Council chambers, 100 E. Aye, A.

Kimberly Zoning Commission, 7:30 p.m., community center.

Rupert City Council, 7 p.m., City Hall.

Shoshone City Council, 8 p.m., City Hall.

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

Shoshone County Historic Preservation Commission, 7:30 p.m., Twin Falls Mediator and

Arbitration Center, 163 Second Ave. W.

WEDNESDAY

Minidoka County Fair Board, 8 p.m., board office at the fair grounds.

Minidoka County School Board, 7 p.m., school district office in Rupert.

Oakley City Council, 7 p.m., city office, 200 W. Main.

Sun Valley City Council and Sun Valley District and Zoning Commission, special joint meeting, 8:30 a.m., City Hall.

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

THURSDAY

Belleuve Planning and Zoning Commission, 7 p.m., City Hall.

Murrah Planning and Zoning Commission, 7:30 p.m., City Hall.

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

FRIDAY

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

Breeders of fighting roosters say Arizona vote destroys tradition

SALT LAKE CITY (AP) — Nest Saturday would be opening day for the cockfighting season at Sierra Bonita Gameowl Club — a popular pit on the Arizona Strip developed by Utah breeders of fighting roosters. But instead, the doors of the Sierra Bonita arena will be locked.

Cockfighting is now illegal in Arizona. Two-thirds of the state's voters approved Proposition 21 in November, making it a felony to pit game birds against one another, or to raise them with the intent of fighting. The ban has hurt Jack Robertson, the Utah County resident who built and owns Sierra Bonita in Beaver Dam, Ariz., located about 30 miles southwest of St. George, Utah.

"We've invested about \$400,000 there and I just don't know what we're going to do now," he said. "I'm not sure if this was our retirement plan, we're both lovers of gamefowl, and we put all our retirement savings into this and now we've been driven out of business." Cockfighting has been illegal in Utah since 1881, punishable as a misdemeanor. But it is legal in Utah to raise gamefowl, some of which show up in county fairs and others which travel out-of-state to compete for prize money in cockfights.

"The Successful Campaign Against Cockfighting in Tucson. There're not a lot of people who buy the cockfighter's arguments that this is a family sport." Robertson is hoping legal action taken by Arizona cockfighters will change his otherwise bleak financial future.

Last month, the cockfighters sued the state for enacting the because of the ban, "between 15,000 and 20,000 Arizonans have been transformed into potential felons." Although U.S. District Judge Roslyn Silver refused Dec. 16 to issue a temporary restraining order blocking enforcement of the statute, the cockfighters will fight on.

"There's going to be a new suit filed," said Belton Hodges of Phoenix, past president of the United Gameowl Breeders Association and a lifelong enthusiast of fighting chickens. "Some of us have been raising these birds for 40 years, have a lot of money invested and now it's all for naught. Our roosters that were worth \$150 is now worth 50 cents a pound."

Utah avalanche kills 2 boys

MANTI, Utah (AP) — Two teenage boys who were searching for the perfect play snowboard were killed during an avalanche in Fairview Canyon. Snake County sheriff's dispatcher John Face said the boys' fathers notified authorities about 11 p.m. Saturday that their sons were missing. The boys' names were not immediately released.

Officials said the boys were buried in a snowdrift that broke an ice and snow slab 150 feet. Searchers recovered the bodies of a 16-year-old and a 17-year-old about 2:30 a.m. Sunday, Face said.

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Auction Calendar through January 16. Tuesday, January 5th: No Sale - Next Sale is January 12th. Wednesday, January 6th: 5 p.m. Antiques & Collectible Sale. Saturday, January 9th: 11 a.m. to 4 p.m. Auction. Saturday, January 16th: 11 a.m. to 4 p.m. Auction.

Jaker's Steak Ribs Fish Pasta. Monday Dinner Special: Prime Rib & Crab Legs Combo \$14.95. Beers on Tap. Domestic and Micro Brews. Imports.

Primary Health welcomes Family Physician Lois Adrian, M.D. Dr. Adrian joins Idaho's largest integrated health care system after 17 years of serving the Magic Valley in private practice.

SERVICES

- Mary Kristin Assen of Rupert, 11 a.m. today at St. Michael's Catholic Church, 902 F St. in Rupert. Oscar Luther Ruppel of Rupert, memorial service at 11 a.m. today at the Hansen Mortuary Chapel. Albert W. Berra of Burley, memorial service at 11 a.m. today at the Payne Memorial Chapel, 221 W. Main St. in Burley (Payne Mortuary).

DEATH NOTICES

- Thomas D. Jackson of Jerome, 11 a.m. today at the Jerome 2nd Ward LDS Chapel on North Lincoln. Patricia Ann Lucht of Hansen, 1 p.m. today at Reynolds Funeral Home.

HOSPITALS

- MAGIC VALLEY REGIONAL MEDICAL CENTER. Some names are omitted at patients' request. Released: Kelli Stumpinger of Burley, and Chaminée Collins and Esther Mackie, both of Burley. CASAS REGIONAL MEDICAL CENTER. Some names are omitted at patients' request.

OBITUARIES

- GOODING Florence Arvila Kolstrom Stevens. Florence Arvila Kolstrom Stevens, 94, a Gooding resident, died Saturday, Jan. 2, 1999, at Gooding County Memorial Hospital in Gooding. Her funeral service was held at 10:30 a.m. Monday, Jan. 4, 1999, in Mt. Pleasant, Utah. Her daughter, Carlene Marie Kolstrom and Hannah Marie Quinn. Her mother died in 1945. She was only 6 years old in Utah and she moved to Jerome, Idaho in 1922. Florence met Carl and the Stevens and they were married in the Salt Lake LDS Temple on Nov. 5, 1924. They made their home in Jerome. They later operated a farm at Tuttle, Idaho and about 1945 they purchased a farm back in Gooding. Later because of health problems, they moved into Gooding. She died on October 2, 1997, and Florence continued to

MAGIC VALLEY/WEST



A fireball roars nearly 500 feet in the air Saturday near Mission, Ore. The 22-inch mainline continued to burn until late into the day. No one was injured to the blast, but 10,000 customers in Washington and Oregon spent a chilly Saturday night without gas heating.

Line break leaves gas customers chilly

Workers begin re-lighting furnaces after making repairs

WALLA WALLA, Wash. (AP) — Workers Sunday made temporary repairs to a broken natural gas pipeline and began re-lighting furnaces and hot water tanks in homes of 10,000 customers who spent a chilly night in south-east Washington and northeast Oregon.

Williams Pipeline Co. workers bypassed a 4.5-mile section where the break occurred near Mission, Ore., about 6:15 a.m. Sunday, spokesman Jennifer Pierce said from the transmission company's headquarters in Salt Lake City. Then, Cascade Natural Gas Co. employees began going house-to-house to turn on gas meters and light pilot lights in customers' gas appliances in Athena, Weston and Milton-Freewater, Ore., and up the line to College Place and Walla Walla in Washington, spokesman Frank

Mansel said. It was not immediately known how long it would take to restore service to all 10,000 Cascade customers who were without natural gas since 9:22 a.m. Saturday. When an explosion ripped through the Williams pipeline, there were no injuries, despite a fireball that shot 500 feet in the air and could be seen in Pendleton, Ore., about 12 miles from where the pipeline ruptured, Pierce said. The cause of the break was being investigated, she said.

Authorities feared it would take as long as three days in 20-degree temperatures before service would be restored. The American Red Cross set up a shelter in an electrically heated building on the campus of Walla Walla College, a Seventh-Day Adventist school in the Walla Walla suburb of college place. "Nobody showed up," Larry Alward, a Red Cross shelter manager from the Tri-Cities, said among stacks of folded coats that were never used. "We figure

people with natural gas either had space heaters, fireplaces, or friends." Many, like Gary and Lois Edwards of Walla Walla, went out and bought electric space heaters, were extra wipers and put blankets on the bed when their furnace and hot water heater went cold. The Edwards had an electric range, so were able to prepare meals as usual. "It's just a little bit of discomfort to us," Mrs. Edwards said. "We're not like other folks who are totally dependent on gas."

Although temperatures fell to 20 degree or lower in the area Sunday morning, most residents coped, her husband said. "It was relatively comfortable," he said. "It didn't get very cold here." The Edwards' two boys, ages 8 and 9, slept in sleeping bags and took a hot bath. "It was a real big adventure," Mrs. Edwards said. The outage caused a few problems, however. The Washington State Penitentiary switched to a back-

up system that burns wood pellets to produce steam to heat most of its buildings, officials said Sunday. About 450 medium security inmates in three buildings not linked to the backup heating system were being watched, but did not have to be moved to other areas of the prison, officials said. Most Walla Walla-area motels had electric heat, but gave customers discounted rates because their gas-heated water was cold for showers. Some restaurants and bakeries were closed Sunday because their gas ranges and ovens wouldn't light.

Pierce said the break occurred at an intersection where valves direct natural gas from a 22-inch pipe to a 6-inch lateral that feeds the Walla Walla area. Several other customers "upstream" in the Tri-Cities and Wenatchee areas were not affected, Pierce said. Williams Pipeline maintains a 3,900-mile system that brings natural gas from Canada and the Rockies through the Northwest and Utah, she said.

Homicide rate rises as more teen-agers find power in guns

SALT LAKE CITY (AP) — Out of the 65 homicides committed last year in Utah, 13 of the victims were teen-agers. Four teen deaths in Utah in 1998 related directly to drugs. Furged gas members took the lives of three youth. Domestic disputes were a cause of death for four of the teens. "The body of another teen who was strangled was found near some railroad tracks, and another murder, occurred when a 17-year-old was shot when he confronted a carload of teens in June."

As teen-violence goes, 1998 was much like any other year in the past two decades where teenagers nationwide are committing more violent offenses — and more are being victims. While adolescent angst is nothing new, fewer youths appear to be settling their differences without fists.

Yet-to be published statistics from the Utah State Office of Education show 581 incidents involving weapons (not just guns) at state elementary and secondary schools for the 1997-98 school year, a jump from the previous high of 507 the school year before.

"Weapons are a way of instantly empowering you over another person," said Michael Jepsen, a forensic psychologist who evaluates children accused of violent crimes. "Most of the kids that I've seen involved in violent crimes have a sense of powerlessness and lack of control in their lives." Because weapons are so readily available, the fear of being hurt by another youth, said Gery-LeGagnoux, a child and adolescent psychologist at the University of California at Los Angeles.

At The Coffee Garden, a hangout in Salt Lake City, a diverse group of young people say they seldom think about violence, yet many admit to carrying knives or pepper spray for protection. "I would have used it," he said. "I would have done it and ruined my life, but I didn't care about much back then. I just wanted them to stop hitting me."

"Violence on television and in the movies, video-spattering, video games, the flourishing of drugs and gangs outside the inner-cities — all are culprits in shaping such extreme measures. Another reason for so many teen-agers turning to weapons, said child experts, is a declining trust in and respect for authority figures such as parents, teachers and police to resolve problems.

Adults, meanwhile, have increasingly become reluctant to get involved, LeGagnoux said. Most teen-agers know some violent-crime — a friend, a loved one, a schoolmate. But experts debate whether this personal perspective has made teens more fearful or simply injured them to it. Either way, teen-agers too often respond in kind.

Whether they are friends of the perpetrator or the victim, they become desensitized rather than being horrified," Jepsen said. "It makes them think that violence is an OK way of coping or responding."

Officials check for toxic gases at Utah hog facility

SALT LAKE CITY (AP) — Officials at the Circle Four Farms are testing for potentially dangerous gases in barns that house thousands of hogs near Millard.

"Our safety director just started sampling the air for gases last week," said Circle Four Farms' Brian Mauldin. Only one of 43 farms has been checked so far. That test found no evidence of "excessive levels" of two of the most toxic gases: hydrogen sulfide and ammonia.

There is no monitoring of dust levels at Circle Four, where about 250,000 hogs are now being raised. But Mauldin said county police requires workers to wear protective masks when filling feed bins and doing other tasks that generate large quantities of dust.

Studies have shown that workers in other large hog farms have increased rates of respiratory disease, apparently from long-term exposure to dust and manure gases.

New research in Iowa suggests people living near hog farms also have increased rates of the same respiratory problems. Mauldin said there have been no reports of respiratory problems

among Circle Four employees. But, A. True Ott, a Cedar City resident and Oregon representative of large hog farms such as Circle Four, challenges the company's claim.

"We had a meeting with employees and four or five came forward to complain about health problems," he said. "But they wouldn't give their names because they didn't want to be identified. Most of the people who work out there are desperately in need of any kind of job at all."

No one questions that exposure to high levels of hydrogen sulfide and ammonia can be dangerous, even fatal. Circle Four had two incidents this year in which workers were overcome by fumes while working in areas with inadequate ventilation. Eight employees were hospitalized briefly and released.

State officials who enforce employee health and safety rules at Circle Four said regulating Circle Four is a complicated task for which the state has no experience.

There are no state or federal standards for hydrogen sulfide or ammonia in the outside air, said Mary Maxwell, compliance manager for the Utah Division of Air Quality.

Wyoming porn shop sees business boom despite critics

EVANSTON, Wyo. (AP) — Those who fantasized that Vision Video would disappear any one sultry night have instead seen the adult video, magazine and novelty store become a rousing success.

"If it went away, it wouldn't bother me a bit," Evanston Mayor Will Davis said. "It's not a popular thing in the city of Evanston." The numbers attest to the store's overall popularity. Vision Video underwent a \$200,000 expansion last year, and manager Walt Guyon predicts sales will top \$2 million in 1999.

More than 80 percent of his customers come from out of state, chiefly the Salt Lake City area. The store is located a few miles east of the Utah state line. But it is, the respect of Evanston residents that Guyon has focused on winning. Local companies were awarded the contracts for the expansion project. Last year the store gave \$100,000 to local charities — a figure Guyon said was second only to Wal-Mart.

"We're members of the chamber and big boosters," Guyon said. "We do everything from chili cookoffs to duck races down the river."

Not everyone in Evanston has been won over. One local man contracted for a large billboard proclaiming that "Real Men Don't Use Porn," visible from both the store and the westbound lane of Interstate 80. "I wanted to make a statement," Howard Miller said.

"(Guyon) moved in here and really insulted everyone, telling us he's here to stay... The sign allowed us to express an opposite point of view, a little silent rage."

An advertisement in Salt Lake City declared Vision Video "Utah's Best Adult Shop." The store has been shut out of local newspaper and radio advertising for their other advertisers would withdraw support.

Evanston is host to a variety of superlatives for the wild at heart: Wyoming's largest liquor store, the biggest fireworks market in the country and a half-dozen cigarette-only outlets. But Davis said nothing has provoked a greater fury from the public than Vision Video's application for a conditional use permit two years ago. Church leaders picketed the store and 300 critics thronged city council meetings.

"About like most cities in Wyoming, we didn't have an ordinance on the books about sexually oriented businesses," Davis said. "The gentleman came in and said he was going to open the business and we told him then it wasn't the kind we wanted."

The city eventually issued the permit request to provide indoor entertainment. City officials meanwhile enacted an ordinance regulating sexually oriented businesses.

Pastor thinks hate letter is tied to rally

COEUR D'ALENE (AP) — A local priest said he believes hate literature was left at his church in response to an upcoming gathering. It is sponsoring denouncing the Christian Identity movement.

The Rev. Bob Hasseries said an essay written by national Ku Klux Klan leader Thomas Robb was left in the meeting hall of St. Luke's Episcopal Church last week. "The church is helping to sponsor an interfaith dialogue, 18 involving churches from around the region. The focus is on Christian Identity, a theology that promotes white supremacy."

Continued from A4
have been raised, but \$10,000 is still needed.

Work on the warehouse will be partly a class project, Condie said.

Weather also slowed the greenhouse construction. When workers were scheduled to break ground, the ground was frozen,

"I have a hunch they became aware of our program," Hasseries said. "We were concerned about how to approach the media about our program on the day the Klan just gave us the perfect opportunity."

Hasseries also reported the incident to local police. The letter criticized the Rev. Billy Graham for embracing racial harmony, questioned whether he was a Soviet agent, and claims he worked with Mark Twain, King, Jr., "destroy white America." The letter went on to say that Graham is "in league with the devil."

Condie said. Despite funding and weather problems, only a remaining optimistic. The \$30,000 warehouse is scheduled to be up and running by Feb. 1, he said.

Times-News staff writer Lorraine Cavenar can be reached in Burley at 677-4032.

Council

Continued from A4
space for employee parking. During two previous public hearings, neighbors have said that parking lot would ruin the historic value of the neighborhood and increase traffic in the area.

is set to begin at 6 p.m., and will be followed by a third and final reading of the bank's rezoning request. There will also be a public hearing regarding a request by Canyon Properties L.L.C. to rezone land north of Pole Line Road and west of Blake Street

North in the city's area of impact. In other business, the council will consider buying four acres of the Perrine Colette Flood Plain for stormwater overflow management; the final part of the Cedargard number two subdivision; a request for a building

permit waiver by Darlene Brown for property on Eastland Drive; and a presentation about the American Cancer Society's upcoming Relay for Life. The Magic Valley Skate Boarders' Association will also make a presentation to the council.

Pat Parks Pick of the Week

1997 Mercury Mountaineer

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MORNING LINE SPORTSQUOTE

“Don Cherry, the notorious hockey broadcaster known as Grapes, went bonkers and fired the coach and an assistant of the junior hockey team he owns in Ontario. They're calling the episode the Wrath of Grapes.”

“Steve Rosenbloom in the Chicago Tribune”

TODAY'S SCHEDULE

Men's college basketball
Idaho State at Cal State Northridge, 8:05 p.m.

Women's college basketball
Cal State Northridge at Idaho State, 7:35 p.m.

Boys' basketball
Oakley at Burley JV
Carnes County at Hansen

Girls' basketball
Clatsop Ferry at Gooding
Shoshone at Kimberly

Most junior varsity basketball games begin at 6 p.m. with district play.

IN BRIEF

Minico-American Legion will meet Thursday

RUPERT — The Minico American Legion baseball program will have a meeting at 8 p.m. Thursday in Room 11 of Minico High School.

All parents interested in helping the program this summer should plan on attending at the spring fundraiser to be discussed. For more information, call Doyle Price at 436-3010 or Russ Wright at 436-6875.

New crewmember's staff

Mitch McDowell's joins
JEROME — Wendell resident Randy Wright won the season-long Monday Night Football Contest at McCannahan's restaurant, allowing him an all-expense paid trip to the NFL's All-National Second Team for First-Year Program.

Midfielder Shannon Blaker and goalkeeper Christy Nelson, both juniors, earned the distinction as the magazine's 1998 postseason awards were announced at season's end.

Blaker started 16 games for the Bengals, and tallied a goal and an assist. Her strength was in her defense and establishing and controlling the game. She broke her leg in the Bengals' final home match but is expected back for next season.

Nelson played every minute of every game for ISU and chipped up a 1.63 goals-against average with two shutouts and an 82 percent save ratio.

Blaker was voted to the Big Sky's all-conference season team and Nelson was the Big Sky Player of the Week after the first week of the season.

Scotty Buzz, billed as “the exclusive Web magazine for women's collegiate soccer,” selected the winners from 18 Div. I programs that completed their first year of competition this fall.

Compiled from staff and wire reports.

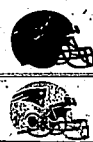
Sunday's NFL Wildcard playoff action

NFC

AFC



30
27



25
10



Green Bay Packers quarterback Brett Favre's face tells the story of the Packers' dramatic 30-27 loss Sunday to the San Francisco 49ers.

The Catch ruins Packers

Late-game heroics rescue San Francisco

The Associated Press

SAN FRANCISCO — Terrell Owens hoped for a moment of redemption. It came at the last instant from Steve Young and left him in tears.

Owens, who had four drops and a fumble earlier, leaped in a crowd to catch Young's 25-yard touchdown pass with three seconds remaining, giving the San Francisco 49ers a 30-27 NFC wildcard victory over the Green Bay Packers.

“I just looked at the clock and it was ticking, ticking, ticking,” Owens said. “I wanted to beat Green Bay so bad. Any time there's a chance for me to get the ball over the middle, I'm tough enough to take it.”

“I was just happy that I caught the ball. I had a rough day. I let the team down in the beginning, but they all encouraged me to keep my head up.”

The victory ended San Francisco's run of five straight losses to the Packers, including the last three playoffs, and to their head coach, former San Francisco offensive coordinator Mike Holmgren.

“It was the worst thing that could happen, but as athletes and coaches we have to learn to live with this,” Holmgren, who may have coached his last game for the Packers, may leave to take a coach-GM job elsewhere.

“I don't know how they scored,” Holmgren added. “I guess I'll look at the film some day. The ball goes through the middle and you don't think that ball is going to be caught, ever.”

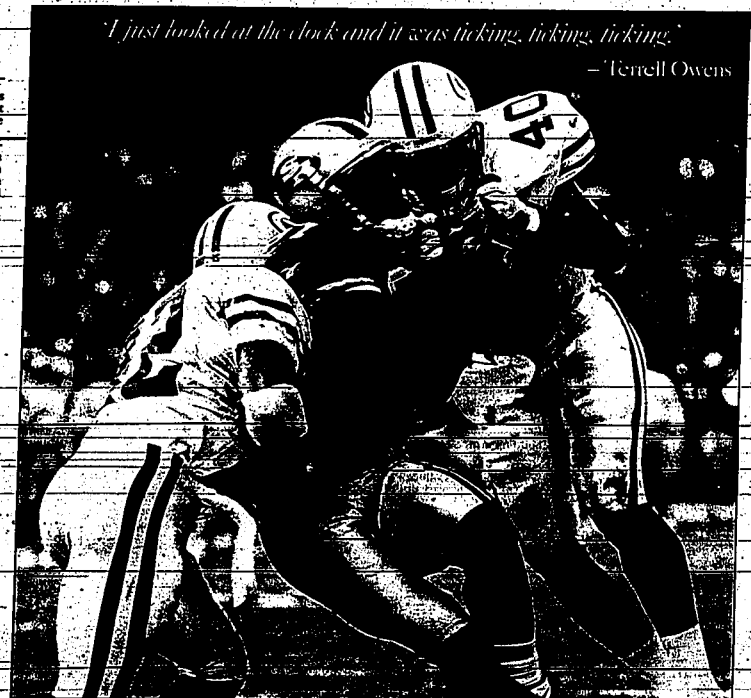
Owens, in a reception rivaling Dwight Clark's fabled catch to beat Dallas for the 1981 NFC championship, snagged the ball amid three defenders. They immediately leveled him, but it was too late.

“It's a great thing, an emotional thing,” Young said. “That play will be attached to 49ers' lore for a long time. I'll always remember it.”

So will a lot of others, including Owens, who was in tears as he hugged coach Steve Mariucci on the sideline after the touchdown.

“He was frustrated because he dropped a couple passes,” said Mariucci, who bears his former team for the first time in three games. “I told him to keep playing and have a shot anyway. When he caught that TD, he became a little emotional.”

The score capped a nine-play, 76-yard drive after Brett Favre put the Packers up 27-23 on a 15-yard touchdown pass to Antonio Freeman with 1:56 remaining. “I felt we had them,” Favre said. “But Young, he's a great player. I didn't think they'd go down easy.”



San Francisco 49ers receiver Terrell Owens pulls in a 25-yard game-winning touchdown pass Sunday from quarterback Steve Young as Green Bay defender Pat Terrell (40) and Darren Sharper cover Owens with seconds remaining in the fourth quarter of the NFC wildcard playoff game at 3:00 PM in San Francisco. Owens held on to give the 49ers a dramatic, come-from-behind 30-27 win over the Packers.

The 49ers (13-4) travel to Atlanta next Saturday. The Falcons displaced the 49ers as NFC West champions.

The loss could mark the end of an era for the Packers (11-6), denied in their bid to be the first NFC team to reach three straight Super Bowls.

“I guess stunned would be a good word,” Freeman said. “I'm not sure if guys are feeling anything right now. I'm

Please see NINERS, Page A8

Jags punish Patriots 25-10

The Associated Press

JACKSONVILLE, Fla. — Mark Brunell was limping and frustrated. Jacksonville's lead was slipping away.

So Jimmy Smith stepped in and bought his quarterback another week to get healthy.

Smith beat fellow Pro Bowler Ty Law for a momentum-shifting touchdown Sunday, leading the Jaguars to a 25-10 victory over the New England Patriots in the wildcard playoffs.

Returning from a sprained ankle he sustained five weeks ago, Brunell never really got into a groove, finishing 14-for-34 for 161 yards.

But Fred Taylor ran for 162 yards and a touchdown and Brunell threw a great pass in the fourth quarter to Smith, who simply outran Law on a sideline pattern for a 37-yard touchdown after the Patriots cut a 12-point halftime deficit to 12-10.

“Ty Law was on Jimmy every play on the field today and for a good part of the time, he did a good job,” said Jaguars coach Tom Coughlin. “But it was something Jimmy does so well — run and make on the fade. They've done it consistently over and over for the last four years and they hooked up again.”

Meanwhile, Taylor easily won the matchup against fellow 1,000-yard rookie Robert Edwards. He finished with 162 yards — 115 in the first half — while Edwards finished with just 28.

“There were rumors coming out of New England that we were a fitness team,” Taylor said. “When you think of fitness,



A fumble creates a mad scramble between New England Patriots and Jacksonville Jaguars players Sunday in Jacksonville, Fla. The Jaguars won the game 25-10.

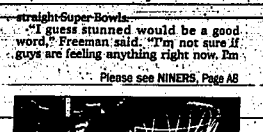
you think of divers and all that swimming-type stuff. That was an insult.”

New England's up-and-down season ended at 9-8 and with a rash of injuries, placing doubt whether Pete Carroll will return for a third season.

Carroll was not only missing quarterback Drew Bledsoe, but receiver Terry Glenn and middle linebacker Ted Johnson, who were placed on injured reserve last month.

“We used to think doggone adversity would so much, I'm sick of using it,” Carroll said. “And then we came up short in this game.”

After winning the first home playoff game in team history, the Jaguars (12-5) travel to New York to play the Jets next Sunday. It will mark coach Tom Coughlin's first meeting with his old mentor, Bill Parcells.



Duke center Elton Brand (42) shoots even Maryland's Obinna Ekezie Sunday during the first fall of their game at College Park, Md.

Duke beats Terps

The Associated Press

COLLEGE PARK, Md. — This was supposed to be the year that Maryland finally made a stand at home against Duke.

The fourth-ranked Terrapins managed to stay even with their Atlantic Coast Conference rivals for 20 minutes Sunday. Then No. 2 Duke, led by Elton Brand and Trajan Langdon, pulled away to a surprisingly easy 82-64 victory before a stunned sellout crowd at Cole

Please see DUKE, Page A8



Vols prepare for perfection

The Associated Press

TEMPE, Ariz. — Tennessee can feel it. One more win. A perfect season. The national championship. At long last.

The top-ranked Volunteers play No. 2 Florida State for the national title tonight in the Fiesta Bowl, well aware of the game's significance.

“Tennessee was not a program that you could ignore the last couple of years, but this is the next step, a key jump for us,” Vols coach Phillip Fulmer said. “We like being at this level.”

In Fulmer's six full seasons as coach, the Vols have steadily climbed to the top of the college football elite. Beating Florida State, firmly entrenched as one of the top teams in the game today,

Please see FIESTA, Page A8

Indiana chokes off Illini 62-53

BLOOMINGTON, Ind. (AP) — Luke Recker scored 23 points and Indiana turned 18 turnovers late in a 62-53 victory to lead Indiana over Illinois 62-53.

After dropping the Big Ten season-opener to Iowa, the Hoosiers (14-3, 1) rebounded with their conference victory of the season.

The win also broke the Hoosiers' three-game losing streak against the Illini (15-5, 0).

A. J. Guyton scored 14 points and had seven rebounds for the Hoosiers.

Cory Bradford led the Illini with 17 points and Damiir Koussaly grabbed 16 rebounds.

No. 21 Iowa 52, Northwestern 48

EVANSTON, Ill. — Joey Range scored a season high 16 points as Iowa won its ninth straight.

Kent McCausland added 12 points for the Hawkeyes (11-1, 2-0) but was trailed by 10 with less than nine minutes remaining.

But the Hawkeyes slowly came back as Northwestern (7-3, 0-1) went scoreless for the next five minutes.

David Newman had 12 points, and Evan Eschmeyer added 11 for Northwestern.

Women

No. 2 Tennessee 68, No. 15 Rutgers 54

NEW YORK — In their women's college game at Madison Square Garden since 1981, No. 2 Tennessee stretched its winning streak to 10 games.

Sophomore Semeka Randall led all scorers with 18 points and had six rebounds.

Freshman Michelle Snow finished with 16, missing just one of nine shots.

The American College Hold-down, Tennessee's all-time leading scorer and rebounder and averaging 21.6 points this season, scored eight for the "Lady Volunteers" (11-1).

College basketball

No. 4 Georgia 85, No. 14 Alabama 70

ATHENS, Ga. — Kelly Miller scored 27 points on 12 for 16 field-goal shooting as No. 4 Georgia remained unbeaten.

Georgia (12-0, 10 SEC) shot 55 percent against the nation's sixth-ranked defense which had held opponents to 36 percent shooting from the field.

Dominique Gandy led the Tide (10-4, 0-2) with 21 points but shot just 5 of 15 field goal attempts.

Most of the time she was guarded by Deana Nolan, who contributed 11 points for Georgia.

No. 12 Penn St. 72, Minnesota 43

MINNEAPOLIS — No. 12 Penn State held Minnesota scoreless for nearly eight minutes midway through the second half, and reserve Maren Walseth scored a season-high 15 points.

She shot 4 of 11 for 14 points for Penn State (9-2, 1-1), which won for the ninth time in 10 games.

No. 13 Old Dominion 94, George Mason 69

FAIRFAX, Va. — Mery Andrade scored 19 points to lead No. 13 Old Dominion in a Colonial Athletic Association game.

The Lady Monarchs (8-2, 2-0 in CAA), playing their first game in 12 days, relied on tenacious defense to defeat the Patriots (3-7, 0-1). Old Dominion has never lost.

George Mason in the 20 meetings between the two schools.

No. 19 Nebraska 83, Missouri 67

LINCOLN, Neb. — Nicole Kubik and Brooke Schwartz scored 16 points apiece Sunday against



Indiana center Lynn Washington, left, battles with Illinois forward Sergio McClair for a rebound Sunday at Assembly Hall in Bloomington, Ind. McClair won the ball and the battle, 62-53.

Missouri in the Big 12 Conference, opener for both teams.

Cori McDuff added 13 points and six rebounds for the Huskers (12-2, 1-0). Monet Williams came off the bench to score 12 points and Charlie Rogers had 10. Kubik also added 10 assists and six rebounds.

Julie Helm led the Tigers (7-4, 0-1) with 19 points. Amy Monson added 15 and Kasha Zwick led 32.

No. 20 Florida 77, Kentucky 63

KENTUCKY, Ky. — Tonya Washington scored a game-high 26 points off the bench to lead No. 20 Florida to victory.

Washington, who leads the national high school scoring record with 4,289 points as a senior, scored 22 of 28 shots while the rest of the team was only 19-of-47.

No. 23 Memphis 78, N.C. Charlotte 53

MEMPHIS, Tenn. — Tennessee Williams scored 24 points to lead the Tar Heels (10-1, 0-0) in a game.

Memphis (10-2, 3-1 Conference USA) dominated most of the game. The scores were tied 15-15 when the Lady Tigers launched a 24-5 run with 10 minutes to go in the first half, taking advantage of a season-minute 48ers stop spell.

500, which he financed with money he earned while still playing for the Memphis Grizzlies. Cash, while he was a six-figure star there.

The newly 500 production is occupying his whole time when he is not in the arena. From the world's most famous basketball player, Miller's son, Mark, has in the past few years, he has been a success story.

"A lot of people say the money the Kings work is because of my son," Cash said.

"I think they work because they all want a name."

Last-second negotiations appear on the horizon

With Thursday's deadline rapidly approaching, both sides feel pressure.

NEW YORK (AP) — We should know shortly whether Dennis Hickey's career was real and whether it was worth it to push the NBA to the brink of collapse.

There is due haste in the office today with Hickey's two weeks to go. He and union director Billy Hunter have had the players' low negotiating committee to try to open the Thursday meeting.



Day 188

A look at the NBA lockout through Saturday.

Drafted class of season released: 62.

Players' lowest salary: \$1.4 million.

Contract estimated start date: Feb. 1.

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"We're ready to negotiate. The union is willing to discuss Hickey's last Sunday. Hickey also said the lockout just isn't open to them."

With Thursday the deadline for reaching a new five-year long-term agreement, a link at some of the most pressing questions in what has been the most dramatic weeks in NBA history.

"They wouldn't be coming to the table until the union would agree to a new deal, with them saying that the players are pushing him to call the thing off and make a decision about how seriously to negotiate the league's financial health."

"The idea of the biggest factor in the way of a negotiation."

He said from the fact that the lockout negotiations have for this long been the most difficult longer standing black aspects in the union's existence upon announcing 35 percent of the cost of the game 6 of a six-year agreement.

"So why didn't the union agree to 35 percent?"

"The union says the players are not willing to pay for the season."

Memphis (10-2, 3-1 Conference USA) dominated most of the game. The scores were tied 15-15 when the Lady Tigers launched a 24-5 run with 10 minutes to go in the first half, taking advantage of a season-minute 48ers stop spell.

After that training camps would open, 200 free agents would be on the market, trades could take place and everyone would be placed in an unprecedented scramble before the season starts.

"I don't know if it's worth it. I don't know if it's worth it. I don't know if it's worth it."

"I don't know if it's worth it. I don't know if it's worth it. I don't know if it's worth it."

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Mogul of ski movies takes broken leg in stride

"BIG SKY, Mont. (AP) — Warren Miller, famed by a broken leg, is making his last season of skiing in a half a century.

The father of American ski films negotiated the icy parking lot at the Big Sky ski resort on a cloudy Monday to get ready to move to an appearance at the Meadow Mall to promote his latest book.

"I've already fallen four times today and that's all I can really do today of skiing," Miller said.

The mall appearance Sunday was part of a two-month tour of ski areas across the West where Miller is promoting his latest book.

Miller misses 1st season of skiing in 50 years

"Lurching from One book to the next," Miller said.

It's a collection of the humorous columns that Miller, now 74, writes for about 20 newspapers and magazines. The subject matter ranges from skiing with the Shah of Iran to Puget Sound whirlpools, to his wife Laurie's skiing.

Miller broke his leg Nov. 21. He fractured his tibia jumping from a fishing boat to a mossy dock at his home in Washington's San Juan Islands.

But Miller smiled with genuine pleasure as he signed books for

Miller misses 1st season of skiing in 50 years

folks weaned on the likes of his films. "So over the years, 'White Winter Heat' and 'Steep and Deep'."

"I can't tell you how many times I've sat in packed audiences with other ski fanatics to see his latest film," said Bob Rasmussen, a Chicago resident who on Saturday took a chance of a buddy getting his broken leg fixed.

"It was always the official kick-off to the season, to see the new season," Warren Miller film.

Miller's first motion picture in 1938, was a 16-mm affair that cost

called for resignations.

The group's members were those who signed the protest by the Olympic athletes would be through or those said that. They also called for the state's Tax Commission to audit SLOC.

"As a Utahian I am offended by the actions of the (SLOC)," Barbara Toomer of the Disabled Rights Action Committee member on the SLOC's supposed bribery actions.

Barbara Toomer, Disabled Rights Action Committee member on the SLOC's supposed bribery actions.

Activists place SLOC under intense microscope

SALT LAKE CITY (AP) — A coalition of community activists has repeated its call for the resignations of top Salt Lake Organizing Committee officials if it probes into bribery in Salt Lake's bid for the 2002 Winter Olympics.

The Salt Lake Impact 2002 and Beyond Coalition also asked that SLOC president Frank Joklik, senior vice president Dave Johnson and legal counsel Kelly Flint resign their jobs until the four investigations are complete and it is decided if they should resign.

The group also wants SLOC to open its documents and meetings to the public and abolish all consultants' pay — specifically targeting former SLOC president Tom Welch.

Welch resigned after pleading no contest to spouse abuse, then signed a \$10,000-a-month consulting contract with SLOC.

"This is an opportunity to have no more surprises," coalition director Glenn Bailey said Sunday. "We should be able to open up, we should know what's happened and what kind of work is being done to get us to 2002 successfully."

Shelley Thomas, SLOC vice president of communications, said any changes would come after the investigations are complete.

The Justice Department and FBI, U.S. Olympic Committee, International Olympic Committee and SLOC's ethics board are all investigating claims that Salt Lake's bid committee tried to buy the votes of IOC members

who selected the site of the 2002 Winter Games.

Bid committee members have acknowledged giving \$400,000 in college tuition to 13 people, including six relatives of IOC members. Other perks for IOC visitors included free medical and expensive gifts such as guns and cars, and at least one child of an IOC member received an internship in city government.

The coalition represents a range of minority, poverty and disability rights groups including Justice, Economic Dignity, and Independence for Women and Utah Issues. It is the second time in a month the group has

called for resignations.

The group's members were those who signed the protest by the Olympic athletes would be through or those said that. They also called for the state's Tax Commission to audit SLOC.

"As a Utahian I am offended by the actions of the (SLOC)," Barbara Toomer of the Disabled Rights Action Committee said. "Just because everybody does it, it is not an excuse." They're using like a bunch of lemmings jumping off a cliff."

The coalition members repeated their call for the resignation of two members of SLOC's board of trustees: communications manager owner Alan Layton and Showboat slot machine owner Earl Holding — for apparent conflict of interest.

Layton's company has contracts with SLOC and Holding's resort has benefited from a general land loan and government funding for a new snow-cable car in the United States, the group members complained.

Bailey sent a letter Dec. 29 to Coalition Board members including David C. Miller, Leavitt and Mayor Devoe Cummings asking that the investigation look beyond whether laws to a "broader, more universal context of the Olympic principles."

The ethics board determined the bid committee had no improprieties involving Holding or Welch's consulting contract.

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Drederick thinks lockout will end

It'd be very surprised if there is not a season.

Clyde Drederick, former NBA guard who returned to coach college hoops at Houston

be a (full) year. Don't try to divide the union."

How about his Dream Team member Michael Jordan? Will he return if the lockout ends or will he retire?

"I have no guess on Michael," Drederick said the day after a billion-dollar Chicago.

"I guess he's not around with all this snow. He's probably somewhere where it's sunny."

Weather forces more weekend basketball postponements

The Associated Press

Bad weather forced the postponement of several sports events Sunday, including No. 3 Cincinnati's home game against Marquette.

The game was rescheduled for Monday.

The game between No. 16

Minnesota at No. 14 Purdue was postponed for the second straight day. It was not immediately rescheduled.

It could very well be several weeks down the road before we can reschedule, Purdue spokesman Jim Vrugink said.

Heavy snow and ice stranding the Golden Gophers in Indianapolis

where they play their Saturday and Sunday.

The team was scheduled to leave Sunday on a 10:00 a.m. Airlines flight, but university officials were trying to arrange a Sunday charter flight.

Purdue's women's team, ranked No. 3, also had its game at Ohio State postponed.

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OTHER VIEWS

Confront, don't ignore the racists within our ranks

From the Idaho Press-Tribune (Nampa)
It's a dirty little secret. Then again, it's not so secret. Racism thrives in Canyon County.

When six young white men terrorized a south Nampa neighborhood last year, spewing racial slurs and attacking Hispanic children, it was tempting to see it as an aberration. In fact, it was a warning sign in the otherwise pleasant fabric of Canyon County life.

But a close look shows the bigoted thugs were just an extreme expression of a wider, festering racism that is never far from local society's surface. And that fear and hate have seeped to the surface far too often in the past year.

Since crimes have continued throughout the year in Canyon County, including the spray-painting of Nazi symbols on Hispanic automobiles.

Local residents were outraged when civil rights groups advocated Spanish-language aid signs at the county's essential services. Americans want to make it easier for Mexicans to take advantage of us?

When a Press-Tribune reader asked in a sermon echoed by many. "I've never seen a person so harassed, intimidated by the Idaho Human Rights Commission come from this region, next from Nazi-occupied north Idaho. The vast majority of Canyon County residents would never knock a child off his bike, slap on a Swastika or show that the subtle side of racism is even more dangerous - harder to recognize, easier to rationalize and harder to fight.

Whether it's a store clerk keeping an

extra-close eye on Hispanic shoppers, a teacher who expects poor work from minority students or a landlord who believes white renters are less likely to cause trouble, racial assumptions are everywhere. It's time to confront them. The bad feelings don't just flow in one direction. Hate and mistrust often are directed at whites, too.

The best place to start is to take a hard look at our own fears and assumptions based on race or other arbitrary category. Take the time to appreciate the differences and similarities between ourselves and those we see as "other."

Play close attention to the message we are spreading to our kids. Prejudice isn't genetic, but it can be inherited. If your kids repeat racist jokes or biased comments, correct them and discuss the issue. Explain the hurt that prejudicial attitudes. And take a look at yourself - chances are they picked it up from you.

Just as parents bear responsibility for shaping children's views and compassion, so do churches, schools and other institutions.

For all that is good about Canyon County and its people, there are some ugly truths that must be recognized if we are to approach our potential as individuals and as a community. We need respect, understanding and a willingness to learn from each other. We can find the solutions where we found the problem - at home, in the schools, in places of worship, on the job and on the street. Prejudice is everywhere.

That is where we must address this dirty little secret.



Gather facts before rushing to destroy dams

In response to the Dec. 25 Reader Comment by Mitch Sanchothena, Idaho's salmon and steelhead aren't enemies. No sorry that Mitch Sanchothena of Idaho Steelhead and Salmon Unlimited did not attend the Rotary Club meeting in Twin Falls or that he would have heard the entire program on salmon recovery before attacking the information we discussed.

First, the Idaho Council on Industry and the Environment's mission is to get all the facts out and to promote discussion of environmental issues. The issue of salmon and steelhead recovery is one of the most important ones in years. Because it is so important, we should never be afraid to ask the hard questions and discuss the facts on both sides of an issue. It is important for Idahoans to study the costs and benefits of an action as drastic as destroying the four lower Snake River dams. What is the science in the Path for Analyzing and Testing Hypothesis which Mr. Sanchothena claims is proof that removing these four dams is the best and possibly only alternative to save our fish?

The fact is that PATH is not science at all. It is a complicated computer program that takes the data which we do have, configures the data using different assumptions, and produces an estimate of the probability of success in saving salmon runs based on the data and the various assumptions.

So far, PATH has studied three assumptions: the current operations including flow augmentation, enhanced operations using flow augmentation, and removing the four dams while using flow augmentation. It's important to note that all three options include using water from Idaho - from Brownlee Reservoir, from Dworshak Reservoir, from Idaho's farmers.

The scientists with PATH came to the conclusion that the best option to recover spring/summer chinook salmon runs is to destroy the four dams by removing the earthen portion and to continue to use Idaho water.

PATH has not begun the analysis of the option that calls for fish recovery by breaching the four dams without using any Idaho water. In fact, that option will likely not be studied before the Corps of Engineers releases the environmental impact statement.

It's important that we know that under the scenarios that PATH has studied so far, we do not have a choice between destroying dams and using Idaho water. The dam-breaching option studied by PATH includes Idaho water.

By the way, the source for this information is a memo from Idaho's Fish and Game Department to Gov. Barr's office dated Oct. 29, 1997.

READER COMMENT

Patricia A. Barclay

Economic studies can be like scientific studies. If you make certain assumptions at the beginning, you can guarantee certain results. That is the case with the Lansing study in which Sanchothena refers. That study was reviewed by the Independent Economic Advisory Board of the Northwest Power Planning Council. They questioned two major assumptions made by Lansing and drew conclusions. For example, one assumption made by Lansing was the cost of replacement power at \$115.6 million based on 1.5 cents per kilowatt. The IEAB review says that a more realistic estimate is 2 to 2.5 cents for a cost of \$160 million. According to the comments of the IEAB, if the value of the lost non-firm energy and a more realistic value of firm power are established, these two adjustments could easily double the cost of replacement power in the Lansing study.

The IEAB also questions other figures in this study and noted that changes in Lansing's assumptions could easily reverse his conclusions.

As we discuss this very important issue, we need to get all the facts. We cannot afford to base our decisions on assumptions and wishful thinking. If that means we have to ask tough questions in public, we should not be afraid to ask them.

Patricia A. Barclay is the executive director of the Idaho Council on Industry and the Environment.

The Times-News

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LETTERS

Clinton's 'wag the fox' is a farce

Consistent with the chief of two socialist newspapers (Tony Blair and Kofi Annan), Bill Clinton's filibuster and his week-long trip to the "Desert Fair" attack on him to coincide with the election is an attempt to distract voters from the important issues of the day.

Clinton's "wag the fox" is a farce. Unless he is removed from office by the Senate, he will be the most dangerous of two men in power. He would have nothing to lose.

JOE KLINELMANN
Olathe

Earth is the only home we have

My mother and I were headed east toward the "Great Smoky Mountains" while at the spotlight on the corner of Second Avenue and Addison. I noticed an individual from a carload of people who were waving anything to get our attention. I saw a sign that said "Save the Earth" and I was so taken by it that I was not the issue. What concerns me is the total lack of respect for the environment and lack of responsibility.

I called the sheriff's office and filed a

Write to us:

The Times-News welcomes letters from readers on subjects of public interest. Letters should include the writer's signature, mailing address and telephone number. The Times-News reserves the right to edit all letters.

If space constraints, please limit letters to 400 words.

complaint. I am fairly certain that littering is an offense. Perhaps this individual would like to participate in the Adopt-a-Highway program. Going out once a month on the cleanup effort might enlighten them and give them a better respect for their planet Earth. With society tending to lean toward the "throw-away plan," my little bit doesn't count and "I can't be bothered with it," we are instilling our youth with the supreme example of laziness and "don't care attitude." It is offensive to my the least and give them a Gandhi said, "You must be the change you wish to see in the world." I would like to see a cleaner and greener earth. That is why I am taking the effort to write this letter. It is also the reason I decided to file a complaint.

Earth is the only planet I have to call home.

My one little bit counts, your little bit counts, his little bit counts, her little bit counts, their little bit counts, our little bit counts, everyone's little bit counts. That's how it works. Get my drift?

ANN KEANE
Twin Falls

Let the people decide what's best for them

President Clinton has announced that one of his top priorities when the next Congress convenes is passage of a "Patients Bill of Rights" - a lofty phrase that really means imposing new regulations on the health-care industry. We've told this is necessary to protect HMOs and other managed-care companies from denying medical coverage and scrimping on care.

But watch out: The president's cure could be worse than the disease. Regulating health care comes at a heavy price. A study done this past August by the Galen Institute found that in the 16 states that passed strict health-care regulations in the early 1990s, the number of people with no health insurance went up eight times faster than in the rest of the states. That's the trade-off. More coverage for some, no coverage for others.

Of course, this inconvenient fact won't stop the president and Capitol Hill lawmakers from trying to do at the federal level what failed at the state level. But what's most frustrating is that there's a perfectly good alternative to more government meddling in the health-care system.

Start with a question: Why do Americans get their health care from HMOs and other managed-care plans in the first place? The answer is their employers provide. And why do employers provide health plans for their workers? Be-

EDWIN FEULNER

cause it's cheaper that way. Here's why. Under the current tax code, health insurance purchased by employers is tax-free. Health insurance purchased by workers is not. For a typical family of four, it costs the employer \$700 less to buy health insurance than it would cost the family itself. Which explains why most people get their health insurance from their boss.

But what if the government gave individuals the tax break instead? Then families would be free to buy the kind of health insurance plan they want and need, rather than a plan chosen for them by somebody else. Employers could get out of the business of providing health insurance altogether (and give workers higher wages instead). Families would retain control over their health-care decisions.

Some people would still choose HMOs to save money. Others would opt for old-fashioned "fee-for-service" plans where you pay more but get to see any doctor you want and have no restrictions on what treatments are allowed. The point is that families - not employers and not managed-care companies - would be in the driver's seat.

This is how it works in the Federal Em-

ployers Health Benefits Program (EHBEP), which covers nearly 9 million federal employees and retirees and their dependents. Participants can choose from 100 health insurance plans nationwide. Competition forces plans to compete on low, quality health and cost-conscious benefits. Such a plan is good enough for good enough for the rest of the country.

To understand how crazy the current system of health insurance is, just imagine if Americans were forced to get their car insurance from their employers. How would they try to clamp down on costs by shifting workers into "managed care" plans? You'd have to take your car to a "specialist" mechanic who would decide whether the problem was severe enough to see a specialist. Then there would be a struggle over whether coverage should be expanded to include car changes.

Of course, we don't get our car insurance from our employers. We buy it ourselves with our own money. We don't like one insurer we've had to switch to another. That's why Toyota's claim for a "Car Owners Bill of Rights."

Maybe it's time we tried the same approach with health care.

Edwin Feulner is president of The Heritage Foundation (www.heritage.org), a Washington-based public-policy research institute.

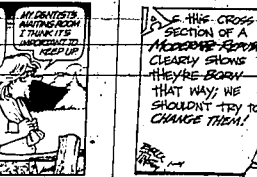
Domestory



By Garry Trudeau



Mallard Fillmore



By Bruce Tinsley



Stocks could tumble any day now



ROBERT J. SAMUELSON

I spent most of 1998 being wrong—at least about the U.S. economy. Everyone should hope that my record in 1999 proves equally poor, because I have been prophesying the end of the Great American Boom of the 1990s. It couldn't withstand foreign recessions, an overvalued stock market and overextended consumer spending. It's either a slump, and a U.S. recession... would then worsen already weak overseas economies. All this did was happen in 1998. I think it probably will in 1999.

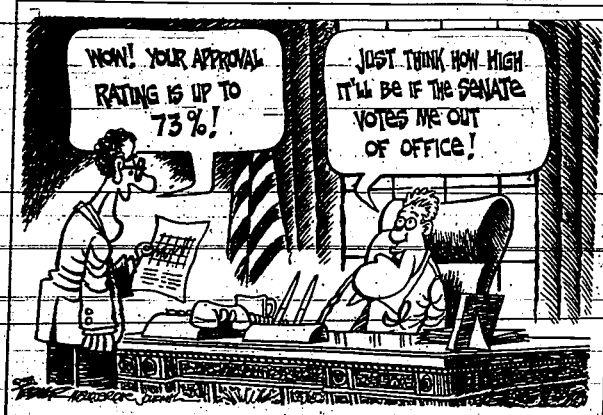
reinforcing confidence game. High stock prices boost consumer spending, and strong consumer spending boosts stock prices. If either falters, the other may follow suit. Speculative fever has surely infected the market. Internet stocks are the usual suspects. Consider Amazon.com, the online bookstore. Its stock went public (meaning it was sold to general investors) in May 1997 at \$9 a share. A year ago, it traded at about \$25 a share. It recently traded at around \$320. Now this company has never made a profit. For the first nine months of 1998, it lost \$78 million (\$1.60 a share) on sales of \$357 million. Amazon.com may ultimately be fabulously profitable. One Wall Street analyst predicts it will earn \$10 a share within five years. This would be about \$500 million which, of course, roughly equals its present annual sales. Even if this does happen—and even if the stock remains at its current price—the profits would

provide a meager 3 percent return on its \$320 price. Why do people buy such stocks at such lofty prices? Maybe because they hope to sell to someone else at even loftier prices.

It would be reassuring to think that this speculative frenzy affects only Internet stocks. But I am suspicious, and so are some Wall Street types. "We're in one of the great (speculative) bubbles of all time," says Barton Biggs, the chief global stock strategist for Morgan Stanley Dean Witter. "It's the ascendancy of greed over fear." At present prices, the stock market has a price-to-earnings (P/E) ratio of about 31 or 32, using the S&P stock index. These are record levels.

What now sustains confidence is confidence. The economy has done well, so people expect it to do well. Perhaps it will. Unemployment is low, inflation is trivial. But few of the threats of 1998 have vanished. Japan's economy is still shrinking. Latin American economies are still weakening; the U.S. trade deficit is still growing. These trends imperil jobs and profits: the props of confidence.

Robert J. Samuelson is a *National* columnist.



Inconsequential Clinton merits neither fierce hatred nor loyalty



GEORGE F. WILL

Contemporary politics has few regularities. First, the strongest passions—Republican hatred of Bill Clinton and Democratic loyalty to him—are inconsequential, given the nature of Clinton. Second, political ferocity increases as the stakes of politics shrink. And as a senatorial freshman, Clinton wrenches the public with news from Washington, the nation participates less and less in the passions swirling around the national government.

Disgust with Clinton is by now nearly coexistent with the truly adult population, and is intense in the Democrat congressional cloakrooms, where members of the world's oldest political party resent the degradation of it, and those, however, hatred of Clinton is strange. Large passions should be called forth by largeness, and Clinton is detested by littleness.

He's the best congressional president since Coolidge, who was of small consequence as a matter of political conviction—hence his, in his way, large health care reform, but he estranged it to his wife, who booted him. There have been only two large events involving the national government in the Clinton years: The economy balanced the budget, and Republicans forced welfare reform on a reluctant Clinton.

Yet the nation, rather impatiently, drives. In 1997 violent crime declined by 10 percent, a 24-year, partly because the prison population has more than doubled in a decade. In New

York, homicides are one-third of the 1990 level, and below the 1964 level.

The American Enterprise magazine reports the number of welfare recipients is declining, as is illegitimacy, teen-age sexual activity (after two decades of increase), births to teen-agers (down 12 percent since 1991), and abortions. The percentage of Americans saying abortion should be "legal under any circumstances" has fallen from 34 to 22 since 1990. Church attendance is rising (55 percent of teen-agers attend church at least once a week, up from 47 percent in 1975). By 28 percent to 15 percent Americans endorse "encouraging a belief in God" over "encouraging a modern scientific outlook." Since the late 1970s the percentage of Americans saying that religion is "very important" in their lives has increased from 52 to 61.

By 66 percent to 28 percent, more Americans worry about the nation becoming "too tolerant of behaviors that are bad for society" than about it becoming "too intolerant of behaviors that don't do any real harm to society." Beginning in the early 1980s during the "decade of greed"—there has been a sharp increase (adjusted for inflation and population growth) in charitable giving.

Gregg Easterbrook, writing in *The New Republic*, notes that the law is broadly improving. This is largely because individuals are behaving more sensibly (about food, drink, tobacco, exercise, sex). In 1985, 77 percent of high school seniors had tried cocaine; in 1996, 7 percent.

A forthcoming book by University of Connecticut Professor Robert Lipsett reports that far from becoming an stonized nation of broken social bonds, America's social fabric is being reweaved (for example) the 59 percent of parents of school-age children who participate in their children's classrooms. There has been a doubling, between 1977 and 1995, of the number of people volunteering for charities.

"Most people are busy behaving well, are disgusted with people who are riot. They are convinced that good behavior locally—in society, in the playground, in families, churches, civic organizations—matters more than governmental measures. Which helps explain why people are consuming less and less traditional journalism.

The television audience is being fragmented by cable and satellite systems, and by the siphoning off of that audience by on-line information providers. Americans are defining, and finding, news in new ways. Their self-emancipation from traditional sources, and from agendas set for us, reflects the decreasing relevance of the national stage.

George F. Will is a Washington Post columnist.

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NATION

Clinton proposes tax break for elderly

WASHINGTON (AP) — President Clinton is proposing an unprecedented \$1,000 tax credit, at a cost of billions, to compensate 2 million American families struggling to provide long-term care for elderly or disabled relatives.

The tax credit, meant to compensate caregivers for a wide range of activities that tend to exhaust them, is part of a five-year, \$8.4 billion package that the president and first lady Hillary Rodham Clinton will announce Monday.

None of it becomes reality without Congress, which last year rejected the president's attempt at HMO reform through a "Patients Bill of Rights."

According to a draft proposal obtained by The Associated Press over the weekend, Clinton's four-part initiative also proposes that the government offer long-term care workers and retirees private long-term care insurance, in the hope that other employers would do the same. The White House estimates that 300,000 government employees would participate in a model program.

Clinton will ask Congress for \$625 million in grants to state and local "agencies on aging," created by the 1995 Older Americans Act.

The money would be used to set up information and referral programs and to provide direct services to millions of daughters and sons caring for elderly parents at home. Services would include the same kinds meant to be compensated for by the proposed new tax credit: counseling and training for extraordinary care needs, such as feeding tubes, adult day care for dependents of working caregivers and respite care, to fill in when a caregiver goes on vacation or just needs a break.

Assistance would be equally available to parents of disabled or chronically ill children and anybody else providing family care to a person of whatever age, with three or more conditions that limit their ability to live as others do.

Israeli police detain 14 U.S. cult members

JERUSALEM — Israeli police detained 14 members of an American cult based in Denver on Sunday, accusing them of coming to Jerusalem to plan their own violent deaths to coincide with the millennium.

The 14 — three adult couples, two single men and six children — are said to be members of the "Jesus Christians," with American law enforcement officials believing to be a doomsday cult bent on an apocalyptic finale in the streets of Jerusalem.

The leader of "Concerned Christians," Monte Kim Miller, disappeared from Denver with about 56 of his followers in October. Relatives said the group members were headed for Jerusalem and were entirely under the influence and command of Miller, who shot a television interviewer two years ago. "Jesus Christ died on the cross and we have a duty to die. The Lord's judgment has been with the Earth for 2,000 years and now judgment is ready to begin."

Police did not release the names of those detained Sunday, but a spokesman suggested Miller was not among them.

They were intended to carry out the extreme acts of violence in the streets of Jerusalem towards the end of 1999 with the aim of beginning a process that would bring about the second coming of Jesus," said a police spokesman quoted by Reuters news agency.

American authorities say Miller, like the late Branch Davidian leader David Koresh and Heaven's Gate leader Marshall Herff Applewhite, sees himself as Christ's contemporary incarnation and believes he can channel the word of God.

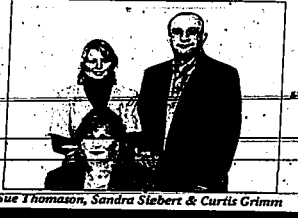
Having his focus on the Bible's Book of Revelation, Miller is said to believe he has been selected as one of the last witnesses to the Avenging Christ's imminent destruction of the planet. Efforts are thought to have told his followers he expects to die a violent death on the streets of Jerusalem, and, three days later, to be resurrected there.



Lezamiz Real Estate Company

Sid Lezamiz began his real estate career eight years ago with Dick Irwin at Irwin Realty. Since then he has become one of the area's top real estate agents. Sid opened his new office at 705 Fillmore, Suite 1, on December 14, 1998 with his staff: Shari Murray, Kris Lobo, Billie Reed, Esther Pratt and George Midhurst. Nikki Boyd, formerly of Century 21, has joined Sid and his staff as a buyer specialist. Sid and his staff look forward to continuing to provide the excellent service their clients and customers have come to expect.

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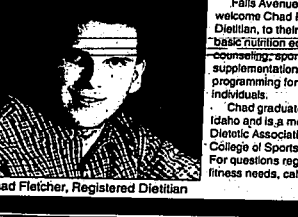
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Mike and Doran Esparza would like to welcome Karla Hardin to our staff. We help people get financing that have had slow credit, bankruptcies, and repossessions. We work with 14 non-prime lending institutions. We are located at Jules Harrison's Value Corner 1243 Blue Lakes Blvd., Twin Falls, Idaho.

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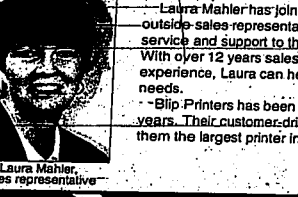


Chad Fletcher, Registered Dietitian

Falls Avenue Fitness would like to welcome Chad Fletcher, Registered Dietitian, to their staff. Chad specializes in basic nutrition education, weight loss, counseling, sports nutrition and supplementation, and exercise programming for apparently healthy individuals.

Chad graduated from the University of Idaho and is a member of the American Dietetic Association and the American College of Sports Medicine. For questions regarding your health and fitness needs, call Chad at 734-7538.

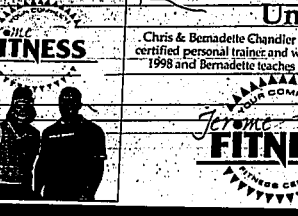
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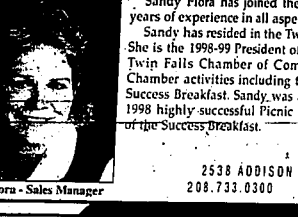
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Under New Ownership!
Chris & Bernadette Chandler have recently become the new owners of the Jerome Fitness Center. Chris is a certified personal trainer and winner of the Northwest Natural Light Weight Body Building Championship for 1998 and Bernadette teaches aerobics. Both look forward to helping customers reach their personal goals.

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Sandy Flora - Sales Manager

Sandy Flora has joined the staff of Magic Valley Printing as Sales Manager, bringing with her 20 years of experience in all aspects of printing. Sandy has resided in the Twin Falls area most of her life and is an active member of our community. She is the 1998-99 President of the Twin Falls Optimist Club. Sandy is also active in the Twin Falls Chamber of Commerce being involved in Ambassadors, and other Chamber activities including the 1999 Chairperson of the Success Breakfast. Sandy was also the Chairperson of the 1998 highly successful Picnic and Auction and Co-Chair of the Success Breakfast.

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Come the millennium, take the stairs

I found myself thinking about the Millennium Bug a couple of days ago while listening to Perry Como sing "Do You Hear What I Hear?" to me on the telephone.

Obviously there is nothing I'd rather do than listen to Perry Como's Christmas carol over a speaker that has the acoustical fidelity of a wet kazoo. But in this case, I had been hoping to get through to a Customer Service representative of a large corporation that had just sent me, out of the blue, a letter informing me that my homeowner's insurance was being canceled. This letter caused me to experience one of those chilling homeowner moments, like when you see water coming from an electrical socket, or you realize that you have built your new kitchen addition directly over your septic tank, or you call home and the baby-sitter says that the fire chief wants to talk to you, or the terminate inspector shows up first thing under your house and screams like the shower woman in "Psycho."

HUMOR

Dave Barry

So I really, really wanted to talk to a live human Customer Service representative, or even a reasonably intelligent Customer Service dog. But I was getting nowhere with the automated telephone answering system, which was designed by the late Pol Pot. No matter what numbers I pressed on my no-tone phone, and I tried them all — I always ended up with a very nice recorded woman saying: "Please hold while your call is transferred to a Customer Service representative." Then there would be some clicks, and I'd get ready to give my insurance policy number, and, there, on the line, would be Perry Como. Perry would come a few verses of "Do You Hear What I Hear?" then I'd hear some more clicks, then I'd hear a dial tone — time to start over!

I went through this entire procedure five times. I began to wonder if maybe, as a result of a career slump, Perry Como actually WAS the Customer Service representative, and he was singing Christmas carols to himself in his living room to pass the time while he waited for one to explain my problem. But of course the actual explanation is that the telephone answering system at this corporation, like everything else in the world, is controlled by computers. And while we must recognize that computers are wonderful machines that have improved our lives in countless ways, we must also recognize that computers are machines that they are the evil demon spawn of Hell.

This is why I'm worried about this Millennium Bug. The Millennium Bug is a glitch that makes it impossible for computers to understand what century we live in. I can explain it to them until you're blue in the face, but they'll just look at you with a blank, uncomprehending expression that says, "I know, but I don't know." Quale whenever somebody asked him a tricky question like what his opinion was.

Until recently, the Millennium Bug was not a problem. It was a problem that was looming just ahead, we are facing a disaster. According to computer experts who have been studying the situation, on Dec. 31, 1999, an exactly-midnight, the following chilling scenario is very likely to occur:

• Millions of people will drink cheap champagne and put on stupid hats.
• A significant number of these people will also sing incomprehensible lyrics about old acquaintance being forgot.

A nightmare? You bet it will be. Also there could be some computer problems. Picture this situation: At 11:59 p.m. on Dec. 31, you step into a crowded, computer-controlled elevator in a modern high-rise building. At the stroke of midnight, you and your co-passengers are suspended in an elevator shaft 50 floors up — and suddenly the elevator starts moving. Whether the year is 1900 or 2000? You can imagine what might happen!

Nothing, that's what. Elevators don't need to know what year it is. But a computer who just has been thinking that the computer could throw up on your shoes.
This is just one of the possibilities we need to prepare for. Another one is that there might be nuclear war. It's not a serious impact on the bowl games. Also, many experts are warning that our national communications will be disrupted, making it impossible, for a while anyway, to reach anybody by telephone. So my advice is: Be prepared. Get yourself a Perry Como record now.

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

A NEW, LEANER YOU

How to shed 30 pounds by the millennium

By Steve Crump
Times-News writer

Dieticians say you can lose 1 to 2 pounds a week and still be healthy. So do the math:

Losing a pound a week would make you pounds lighter by Dec. 31, 1999 — but let's say you're not in the mood to spend a full year doing this.

Trimming a half-pound a week, on average, for the next year could get you about 30 pounds. Here's how to do it:

✓ To lose a pound of fat, you must burn 3,500 calories more than you take in, or consume 3,500 fewer calories than you need.

Realistically, if you eat 500 fewer calories than you need each day, or you exercise to burn 500 calories each day, you'll lose about 1 pound a week.

✓ As you reduce your weight, it's normal for this rate of weight loss to slow down, even to a fraction of a pound a week. However, it will continue to lose weight over time if you continue to moderately restrict calories.

✓ Eat no more than 30 percent of your total calories from fat. That works out to about 40 grams in a 1,200-calorie diet.

✓ Exclude at least five servings of fruit and vegetables in your diet each day.

✓ Eat breakfast to help curb binge eating and better manage weight loss.

✓ Avoid low-calorie fat diets that exclude whole categories of food such as carbohydrates (bread and pasta) or proteins (meat and poultry). These diets may be harmful because they generally don't include all nutrients necessary for good health.

✓ Use food labels. By law, most food labels now must display a Nutrition Facts panel containing information about the food Cal Fat Euro an overall daily diet.

On the label, percent Daily Values shows what percentage of a given nutrient is provided in one portion for daily diets of 2,000 and 2,500 calories.

Nutrition Facts state how much saturated fat, cholesterol, fiber, and certain nutrients are considered in each serving. Serving sizes must now be based on standards set for similar kinds of food, so the nutritional value of similar products must be the same.

✓ Become physically active by walking 30 minutes a day most days of the week. Walking is the most basic kind of aerobic exercise — the type that stimulates metabolism and burns calories.

✓ Exercise. After several more weeks, you can expect to perform up to 30 minutes of physical activity a day, which you can do in three 10-minute sessions. This is just as good as one 30-minute session.

✓ If you're going to lose weight and keep it off, you'll need to build muscle.

Please see DISE, Page B2



With some effort, including an exercise and diet program, you may find yourself a whole lot slimmer by the year 2000.

The more you know, the more you might lose

Weight Watcher News Service

Here are a few tips to help you evaluate diet plans:

✓ A reasonable diet should suggest no more than 1 to 2 pounds weight loss per week. Avoid diets with extremely low-calorie levels.

✓ Many of the quick weight-loss diets cause the dieter to lose mostly water weight during the first two weeks.

✓ A diet should be made up of foods easily obtained and easily prepared that fit into your general food preferences.

✓ If the diet consists of foods you dislike, or involves a lot of weighing, processing and searching for special foods, it will be short-lived.

✓ Watch out for one-food diets and food combinations. There is no magic

bullet weight-loss food or combination of foods.

✓ Look for plans low in fat with an appropriate amount of carbohydrates and high fiber and plenty of water.

✓ Low-fat shouldn't mean fat-free. A good goal is 15 percent to 25 percent of calories from fat.

✓ Any good approach to weight loss must include moderate physical activity daily (30 to 40 minutes of brisk walking). Inactive people should start slowly.

✓ If you decide to try a fat diet, take a daily vitamin-mineral supplement that provides at least 100 percent of the RDA's. Drink a minimum of eight large glasses of water every day, more if you're following a high-protein plan.

✓ Quit if you feel dizzy, develop headaches or experience other discomfort.

Health clubs take clients outdoors

The Associated Press

WASHINGTON — For 1999, health clubs are driving members up the line and out the door.

The year for activity that blurs the line between exercise and adventure is leading clubs to set up climbing walls inside and take members outside for climbing trips and other challenges.

Health clubs are taking members on biking excursions, mountain-bike excursions, triathlon excursions — the movement toward adventure is interesting and exciting, said John McCarthy, executive director of IHRSA, a Boston-based association of health clubs.

The search for something more daring than standard weight training and aerobic classes is feeding interest in high-intensity, military-style workouts, boot camps and GI Jane classes, McCarthy said.

The association does not have data on members on clubs with such programs, but word from the field indicates they are growing.

"People seem to be more hyped on doing something different — a bit more extreme," said Ivan Greene, a professional climber who runs the climbing wall and the outdoor climbing expedition service at New York City's Sports Center at Chelsea Piers.

The indoor wall is 150 feet long, reaches 65 feet at its peak, and includes numerous grips and overhangs to prepare participants for the outdoors, Greene said.

"Indoor climbing gives them the ability to try climbing in a safe, fun environment, but it takes the edge off — no pun intended — climbing in the outdoors."

The club normally takes its expeditions to the Shawangunk Mountains cliffs about 90 minutes north of New York. The club has sent other trips to Mexico and France.

Greene's club also offers kayak training in an indoor pool, with participants eventually kayaking the Hudson River and New York Harbor, touring the Adirondacks, and the St. Lawrence and the St. Lawrence from the river.

"Something similar is happening on the opposite coast. The Frog's athletic club in San Diego takes members on outdoor adventures, and Roger Bates, the club's chief executive officer. Members are divided into three to five person groups for climbing, mountain biking, kayaking and rappelling.

"We charge a lot of extra money for that, but participation is phenomenal," Bates said. "We get 30 to 50 people sign up and it's overbooked."

People seem to be more hyped on doing something different — a bit more extreme.

Ivan Greene, professional climber

HEALTH NOTES

State of health and mind

Keep your spirits up. Older people who are clinically depressed have a higher risk of cancer, researchers have found. It could be because depression can suppress the immune system, which is needed to fight off cancer cells, the researchers said in the Journal of the National Cancer Institute.

War, remembrance

Speaking of depression, British psychologists say that recurring symptoms of "guilt war syndrome" could be triggered by the mass, sounds and smells of the 1991 Gulf conflict. Reporting to the British Psychological Society, the researchers said that smells of diesel fumes, oil, and mustard gas, and the experience of chemical or biological agents associated with the war, in addition to traumatic memories, could set off the syndrome.

False security

Two of you who sleep more than you should may be doing them more harm than good. Perhaps because they are so easy to get in, the sun lamp, children who wear sunburn lotion, no matter what the strength, are more likely to develop moles than children who do not, European researchers say. And moles are the main precursor of skin cancer.

Setting the toner for healthier skin

DEAR PAULA: I was using a new toner for a few weeks. Initially, I saw some improvement in my blemishes, although my skin was oilier than usual. Lately, I'm seeing quite a bit of surface dryness, flakes and the like, and so I suspected the toner was the main culprit. I was reading one of your books at the time and began using hydrogen peroxide instead of the toner. Last night, I went back to the counter to return the toner. I explained to the saleswoman that it was over drying my skin and that my skin was producing more oil to protect itself from the irritation.

She then did a little demonstration on my hands, one with the toner followed by Dramatically Different Moisturizing Lotion and the other with only the moisturizing lotion. I was supposed to feel the difference between the smoothness of my hands. I did, in fact, feel a difference. The salesperson told me that I was seeing dryness because my face needed more exfoliation and that the toner was vital to my routine. I still ended up exchanging the toner for some cosmetics, but I was wondering who was right? I use a cleanser



from Lancome, 3 percent hydrogen peroxide as a disinfectant, followed by Neutrogena's Healthy Skin Lotion at night. Occasionally, I use a scrub in the mornings. Am I getting enough exfoliation? Thanks for your help.

JENNIFER

DEAR JENNIFER: The demonstration you received was incredibly suggestive. There is definitely a benefit to exfoliating skin, and I strongly recommend products that can do an effective job of exfoliating without causing irritation or damage. How much exfoliation is a good question, and one that isn't easy to answer; after all, you do need some amount of skin cells on your face or you would be an oozy, flaking mess. A well-formulated AHA or BHA product is a great option, along with the occasional use of a gen-

tle, topical scrub (Cetaphil Gentle Skin Cleanser and baking soda is still the best option), is plenty of exfoliation for most skin types.

For surface dryness and flaking is not the same thing as exfoliation.

The salesperson's little demonstration simply indicated that "stripped clean" skin feels good when you apply a moisturizer over it. Everyone's skin will feel smoother after it's rubbed with alcohol or some other solvent and drier moisturized, as opposed to just applying a moisturizer over skin that hasn't been cleaned. You could have had the same experience by cleaning your hands with soap and applying the moisturizer. Of course, the salesperson didn't tell you that.

There are some great exfoliating products out there, including some I more often use than others. Irritating ones from The Clinique toner series.

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

HEALTH & FASHION

PERSONAL TRAINER

Slow-motion training to improve an athlete's vertical jump

In the old way of thinking, ability to jump vertically was regarded as an innate physical gift, like perfectly angled teeth. Today, we know better. The U.S. women's gymnastics team used this training program:



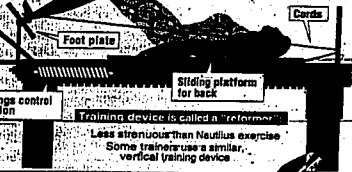
- Training in swimming pool**
- One-hour session, twice a week, supervised by trainer or coach who monitors safety and analyzes technique.
 - During exercises, concentrate on:
 - Safe movement
 - Controlled technique
 - Absorption of strengthening
 - Good balance
 - Practice these basic movements:
 - Vertical leaps
 - Split leaps
 - Turn leaps
 - Progress measured two ways:
 - Takeoffs in leaving floor
 - Power of jump

'Pilates' training

Named for trainer Joseph Pilates; used most successfully for professional ballet dancers.

- One-hour session, twice a week

- Integrated approach to movement emphasizes:
- Breathing
 - Flexibility
 - Strength
 - Body awareness
 - Safety



Least stressful than Nautilus exercise. Some trainers use a similar, vertical training device.

Results



After one month, gymnasts who were already performing at a high level improved their jumps by an average of 15%.

Part of the benefit is mental. Both training methods slow down the jump, let the athletes visualize themselves jumping and let them break down jumping technique into its parts.

DIANE/PAUL TRUMP/REUTERS/CONTOUR

Thermally incompatible Couples who can't agree on temperature endure winters of discontent

The Standard Advocate

Carri Sauerberg came home on a crisp fall afternoon shivering in a denim jacket, her turtleneck pulled up to her chin. She found her husband raising lectures as her 2-year-old son, Evan, ran through the park. The toddler was wearing the same outfit as his dad: khaki shorts and a T-shirt.

"My wife is a very warm person who is always cold. I'm always a lot more comfortable. I think we each dress our son according to our own temperature gauge."

- Andrew Sauerberg

Sauerberg ran to the house to get Evan a sweatshirt and chastised her husband, Andrew, for exposing their child to the elements. Andrew Sauerberg was annoyed by his wife's aversion to the perfectly comfortable with his limbs exposed on what he considered a balmy 70-plus degree day.

Thermally incompatible couples who get hot and bothered over things like thermostat settings and the number of blankets they pile on top feel from their bones. The reason, Heller explains, is that the body's thermostat is usually set fairly simple. "Mostly it's hormonal," he says. "Until menopause, most women tend to be colder than men. Female hormones are not as warming as male ones."

Factors such as weight, body composition and a few medical disorders, such as poor circulation, can affect the way individuals experience temperature, he says. "In extreme cases, particu-

larly when people have hands and feet that are very cold, there can be an underlying medical condition," he says. "But for the most part, it's just a classic difference between the sexes." Two years ago John and Leesa established a truce in their nocturnal battle over sheets, comforters and the setting on the air conditioner. The petite, perpetually cold Leesa insisted on keeping windows open and blankets on, even during steamy August. After he woke up one summer night drenched in sweat, John decided he needed out. "We started to sleep in separate rooms," says John, a Stamford, Conn., resident, who preferred to keep his last name out of a discussion of his sleeping arrangements. "Our friends thought we were crazy. I wish we hadn't told anyone, because everyone thought we must be fighting. But our marriage is still very much a marriage." He just has better sleeping arrangements.

How little is enough?

- 1) Moderate deficit diet: These diets provide at least 1,200 or more calories a day to women and 1,500 or more for men.
- 2) Low-calorie diet: 800 to 1,200 calories a day for women; 900 to 1,400 calories a day for men. Low-calorie diets are usually best only for people who are obese.
- 3) Very low-calorie diet: Less than 800 calories a day.

Not all diet options are appropriate for everybody. However, a moderate deficit diet can be used by everyone, no matter what your health care provider recommends.

Food for thought

- 1) These sources offer more information on following a healthy eating plan that will help you lose weight.
- 2) Visit the American Dietetic Association's Web site at <http://www.adapt.org/> or call the Consumer Nutrition Hot Line at 800-365-2655 for a referral to a registered dietitian in your area and for recorded messages.
- 3) Visit the National Cancer Institute's Web site at <http://www.nci.nih.gov/>.
- 4) For a free brochure on nutrition and exercise and information on high-calorie foods, contact the National Business-to-business trade association in American cities: National Business-to-business Trade Association, 1100 17th St., N.W., Washington, D.C. 20036.

Anti-abortion sentiments spark slump in providers

Los Angeles Times

WASHINGTON — The number of abortion providers in the United States dwindled by the untrotted climate and the trend toward managed care, is at its lowest level since soon after the Supreme Court legalized abortion in 1973, the Alan Guttmacher Institute reported earlier this month.

About 70 percent of all abortions in 1998 were performed at the nation's 452 abortion clinics, only 16 percent of all short-term, general, nonreferral hospitals performed abortions that year. Most of the drop in providers has been among hospitals and individual doctors. The drop in hospitals is partly a result of managed care, which encourages contracts in outpatient abortion clinics and it may also be due to increasing numbers of hospital mergers, which in many cases has involved the takeover of a non-profit hospital by a for-profit hospital, which will not allow abortion services.

The report found a partial return to the abortion geography immediately following the 1973 Roe v. Wade decision, with abortions readily available in the biggest urban areas — particularly in California, Illinois and New York — but hard to come by in rural America. "It's a question of attitudes in different parts of the country," said Steven Landshar, the report's author. "In conservative areas you have women trying to avoid abortions, and you have fewer providers."

It is unlikely that there will be a reversal soon in the trend toward fewer providers. A key factor is the dwindling number of obstetric-gynecology residency programs that train residents to perform first-trimester abortions. Currently just 12 percent require trainees to first-trimester abortion and even fewer require it for the second trimester. Further undermining doctors' skills, Landshar says, is the erosion of their practice is the continuing violence against providers. While abortion rights supporters insist that if anything it has renewed many doctors' commitment to performing the procedure, it cannot help but make some young doctors think twice, said Patricia Anderson, executive director of Medical Students for Choice, a Berkeley, Calif.-based group.

Lose

Continued from B1 mass by incorporating some kind of resistance training. This includes weightlifting or use of any type of "load" that provides resistance for your muscles. Resistance raising increases your muscle mass, and muscle mass increases your metabolism. Weight yourself once a week; more frequent weigh-ins may become overly encouraging or discouraging. Measurements of waist size to water. To help weigh off, you will need to combine these healthy-eating habits and physically maintain increased levels of physical activity. After you reach your target body mass index (BMI), you will be able to slowly increase the number of calories you eat. It is important to do this very slowly, so you can find out how many calories you can eat to maintain a steady weight without gaining weight.

- Source: Sheryl J. America, Mayo Health Newsletter, Food and Drug Administration, American Heart Association, American College of Sports Medicine.

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- Marriott of Doubletree: 2 adults & 2 children (1-11) staying together from \$259 per person, double occupancy.

Reservations by Feb. 26. Valid for travel Feb. 17 - March 22. Double, twin or triple, plus tax. Prices are per person and based on occupancy. Taxes and service fees included. Other restrictions may apply. Prices subject to change without notice. P.O. required for all bookings. Payment in full required at time of booking. Travel insurance is available for purchase. Travel insurance is not included in advertised price. Payment for travel insurance is required at time of booking. Payment for travel insurance is required at time of booking.

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MAUI. The Whaler - Studio Ocean View from \$685. Valid for travel Feb. 17 - March 22. Double, twin or triple, plus tax. Prices are per person and based on occupancy. Taxes and service fees included. Other restrictions may apply. Prices subject to change without notice. P.O. required for all bookings. Payment in full required at time of booking. Travel insurance is available for purchase. Travel insurance is not included in advertised price. Payment for travel insurance is required at time of booking. Payment for travel insurance is required at time of booking.

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LOS CABOS 7 nights, 6 days, departs Jan. 22 & 25. \$299.95. CANCUN 6 nights, 5 days, departs Jan. 10, 14, 17, 20, 23, 26, 29, 31. \$299.95.

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CRUISE. 7 NIGHT WESTERN CARIBBEAN from \$749. 7 NIGHT EASTERN CARIBBEAN from \$799. 10 NIGHT PANAMA CANAL from \$1099. Valid for travel Feb. 17 - March 22. Double, twin or triple, plus tax. Prices are per person and based on occupancy. Taxes and service fees included. Other restrictions may apply. Prices subject to change without notice. P.O. required for all bookings. Payment in full required at time of booking. Travel insurance is available for purchase. Travel insurance is not included in advertised price. Payment for travel insurance is required at time of booking. Payment for travel insurance is required at time of booking.

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HEALTH & FASHION

CF patients gain new hope

A decade of Prozac

Drug changes millions of lives - and nature of psychiatry

The Orange County Register

Christmas Eve 1993: Barbara Barclay, who is lazier, less active, bad news in the mall. Sobbing, she rides to her sister's house in Tulungua, Calif. For sister, who has heard Barbara weep almost daily for the past six months, says, "You should take this. Barbara holds out her hand and her sister drops a green-and-cream capsule into her palm. "I remember looking at it and thinking, 'I can't be this easy, something this small can't take care of something so big,'" she said. Nov. 3, 1998: Barbara is sitting at her dining room table in Cypress, Calif. The only thing blue about her is her appearance... blue jeans, bright blue eyes, blue nails. She's writing a book about her rebirth and is a contributing writer for an alternative medicine magazine. "I've never been happier," she said.

At the Hunter home in Anaheim, Calif., John, 36, wears a T-shirt proclaiming: "It's Another Prozac Day." (He started taking it after a head injury.) Barclay and her daughter are known to flash the OK sign and exclaim, "You're Prozac'right." Web surfers can visit the electronic museum of Prozac Pex dispensers. But underneath the winks and smiles is a country that has been changed, some would say dramatically, since Prozac appeared in 1988. In therapist offices, Prozac has had a paradoxical effect: It's kick-started treatment for stalled-out patients, while simultaneously contributing to the breakdown of the therapist-patient relationship. Prozac, Zoloft and Paxil are known as selective serotonin reuptake inhibitors; they work by increasing serotonin, a mood-regulator in the brain. When brain cells release serotonin, they recall or "reuptake" some of the chemical. The SSRIs block absorption, allowing more serotonin to reach special brain receptors. The substance P blocker stops the action of a small peptide in the nervous system called substance P. While substance P is not a proven cause of depression, it is found in areas of the brain that regulate emotional behavior and it blocks the spinal cord and brain in response to stress. Researchers say it may be responsible for emotional pain. Another drug, Prozac, due out in a year, stops brain cells from recalling norepinephrine, another chemical produced in response to stress or arousal. A third approach is to improve on Prozac by adding a similar drug, like SHR2, to serotonin receptors that regulate mood but not to those that may control sexual arousal or aggression. Dr. Gerald Saiz, chief of psychiatry at Massachusetts General Hospital in Boston, said new drugs will give psychiatrists more choice. From, particularly for patients who don't respond to SSRI. But he doesn't expect a blockbuster. "Doctors expect for Prozac going to look like," he said. "I don't think a simple molecule is going to emerge in the next few years that's going to be a breakthrough. It's going to be a combination of things that are increasingly sophisticated about using a combination of medicines."

It's no longer shocking to discover your neighbor takes it. You probably know several coworkers who have tried it as well. Last year alone, doctors wrote 22,776,000 Prozac prescriptions, including refills - double the number they wrote in 1993. Prozac humor is a mainstay of office and home life, an inside joke the entire country gets. Ever hear your boss say he's going to add Prozac to the water cooler?

During a recent episode of CBS' "Touched By an Angel," the show's chaotic touch down in the home of a boy suffering from cystic fibrosis. Believing that he soon will die of the hereditary disease, the 10-year-old writes a wish list of things to accomplish before his death. By the end of the program, the angels perform their divine intervention, the boy's wishes come true and he dies in peace. Cindy Annibali has a wish too. Like the fictional character who "touched," Annibali was born with cystic fibrosis. But at the age of 30, Annibali says she has no intention of writing her last requests. Her own wish is simple: She wants people to see the life rather than the death in her daughter. "Show the possibilities," Annibali said. "The general public should be aware that this disease is not a death sentence." Annibali is one of a growing population of adults with cystic fibrosis, many of whom were told they would never live beyond their teens. Adults now make up more than a third of the estimated 21,000 CF cases in the United States. That's a dramatic rise from 1969 when only 8 percent of the CF population were adults.

The most common genetic disorder in Caucasians, cystic fibrosis affects about 1 in 3,000 children of European descent. Cystic fibrosis, a mutant gene causes the body to produce abnormally thick and sticky secretions. Normally secretions are thin like mucus and act as lubricant. In CF, thick mucus can clog the lungs and cause respiratory infections. The CF gene also inhibits the absorption of nutrients. When doctors diagnosed Annibali with CF at the age of 5, they told her parents she would die before she was 10. "My mother didn't believe it," Annibali said. "I was always brought up with the attitude that I would live forever." "Show the possibilities," Annibali said. "The general public should be aware that this disease is not a death sentence." Annibali is one of a growing population of adults with cystic fibrosis, many of whom were told they would never live beyond their teens. Adults now make up more than a third of the estimated 21,000 CF cases in the United States. That's a dramatic rise from 1969 when only 8 percent of the CF population were adults.

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Firms seek anti-depressant without Prozac's side effects

The Orange County Register

With Eli Lilly's patents on Prozac expiring in the next five years, drug companies are racing the clock to find the next miracle drug for depression. They are spending millions of dollars to find an antidepressant that works for the one-third of patients who have tried Prozac but aren't helped by it. They also want to bring the drug to market by developing a Prozac-like drug minus the nausea and sexual dysfunction. One leading candidate is a substance P blocker, a drug being

developed independently by Merck and Novartis that works in a completely different manner than Prozac. Zoloft and Paxil are known as selective serotonin reuptake inhibitors; they work by increasing serotonin, a mood-regulator in the brain. When brain cells release serotonin, they recall or "reuptake" some of the chemical. The SSRIs block absorption, allowing more serotonin to reach special brain receptors. The substance P blocker stops the action of a small peptide in the nervous system called substance P. While substance P is not a proven cause of depression, it is found in areas of the brain that regulate emotional behavior and it blocks the spinal cord and brain in response to stress. Researchers say it may be responsible for emotional pain. Another drug, Prozac, due out in a year, stops brain cells from recalling norepinephrine, another chemical produced in response to stress or arousal. A third approach is to improve on Prozac by adding a similar drug, like SHR2, to serotonin receptors that regulate mood but not to those that may control sexual arousal or aggression. Dr. Gerald Saiz, chief of psychiatry at Massachusetts General Hospital in Boston, said new drugs will give psychiatrists more choice. From, particularly for patients who don't respond to SSRI. But he doesn't expect a blockbuster. "Doctors expect for Prozac going to look like," he said. "I don't think a simple molecule is going to emerge in the next few years that's going to be a breakthrough. It's going to be a combination of things that are increasingly sophisticated about using a combination of medicines."

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Hispanics' health may benefit from new research

On the road to a better heart

New York Daily News

SNEW YORK - Researchers at New York Presbyterian Hospital's Columbia Presbyterian campus have identified gene variations in Hispanic children that may affect their risk for heart disease and stroke later in life. Though the same variations have been documented in white and

African-American children (by scientists at Tulane University in 1996), this is the first time the variations have been detected in Hispanic children. One of the variants, apolipoprotein E4 or apo E4, had already been associated with higher levels of "bad" cholesterol and early onset of cardiovascular disease in adults, while another gene variant - apo E2 - had been associated with higher levels of "good" cholesterol and a lower incidence of cardiovascular disease, also in adults.

The Columbia study also found that children with the apo E4 gene variant already had higher levels of bad cholesterol while children with the apo E2 variant had higher levels of good cholesterol, even after adjusting for age, sex, body mass index and family history of cardiovascular disease. "Knowing which children are at risk for serious disease will help us take early prevention steps to prevent the disease from occurring," says Dr. Lars Berghold, co-lead investigator of

the study and a professor of medicine at Columbia. "The gene can be modified by lifestyle factors like diet, exercise and stress, all of which can help lower cholesterol levels. How soon these findings will translate into early diagnosis and prevention strategies is another question. The gene variations we detected through a specialized blood test that is expensive and not yet widely available. Berglund predicts, however, that the test will be available within a few years."

Join the KMVT news team for the News at 5:00, 6:00 & 10:00 to get the most up-to-date local news, weather, and sports.
Nicole Poulton, KMVT's News at 6:00 & 10:00 Weekday Anchor, says about the news you care about: "It keeps you informed of world, national, and local stories."
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TO DO FOR YOU

The Times-News

- TWIN FALLS** - Free breast examination and breast cancer prevention information will be offered from 10 a.m. to 4 p.m. Monday at the Magic Valley Regional Medical Center Outpatient Services, 526 Shoup Blvd., Twin Falls.
- The Service** is performed with or without a mammogram (cost not included). For an appointment call 737-2831 or 736-1675.
- TWIN FALLS** - Occupational Health education and screenings are available on-site at the workplace. For more information, call 737-2906.
- JEROME** - Childbirth and parenting classes will be offered from 7 to 9:30 p.m. Tuesdays, beginning this Tuesday through Feb. 2, in the conference room at St. Benedict's Family Medical Center.
- The classes, taught by a registered nurse, will emphasize preparation for labor and birth, changes during pregnancy and newborn care. The second class in the series will qualify as a refresher course for mothers who previously have taken the class.
- Cost is \$30 for the five classes (\$6 per class). Bring payment to the first class. To register, call St. Benedict's at 737-2900.
- TWIN FALLS** - The Arthritis Support Group will meet at 7 p.m. on Wednesday at Idaho Joe's Restaurant. Friends and family are invited to the no-host dinner and meeting.
- For reservations, call Becky Jensen at 737-2050.
- TWIN FALLS** - The American Red Cross schedules twice-weekly Cardiopulmonary Resuscitation and First Aid review classes at 9 a.m. each Tuesday and 1 p.m. each Friday. If your certification is about to expire, call the office to register for the class that is suitable for your needs.
- To register or for more information, call 733-6464 or stop by the office at 718 Shoshone St. E.

- Prepayment is required for registration in all classes.
- TWIN FALLS** - A childbirth refresher course will be offered from 7 to 10 p.m. Tuesday at the MVRMC Education Center. Pre-registration is required, call 737-2900.
- TWIN FALLS** - A CPR class will be offered from 4 to 7 p.m. Thursday in the MVRMC doctors meeting room. To register, call 737-2007.
- TWIN FALLS** - An Infant CPR class will be offered from 7 to 9:30 p.m. Thursday at the MVRMC Education Center. Pre-registration is not required.
- TWIN FALLS** - The Big Kids

- Club will meet from 10 to 11:30 a.m. Saturday at the MVRMC Education Center.
- The program is designed to prepare brothers and sisters for the new baby. To register, call 737-2900.
- TWIN FALLS** - A cesarean childbirth class will be offered from 6 to 8 p.m. Jan. 12 at the MVRMC Education Center. Pre-registration is not required.
- To do for you is a calendar listing of health-related activities, events and education. Information should be submitted by Thursday for publication in the following: *Monday's Health & Fashion*, *Mail notices in The Times-News*, P.O. Box 546, Twin Falls, ID 83303, or deliver to our office at 132 Third St. W.

CALENDAR OF EVENTS

- Free Breast Examination and Breast Cancer Prevention Information** * Mondays 10 a.m. - 4 p.m., MVRMC Outpatient Services, 526 Shoup Avenue East, Suite J. Free breast examinations and information about self breast exams and breast cancer are provided by Anne Milne, RN. This service is performed with or without a mammogram (cost not included). Call 737-2831 or 736-1675 for an appointment.
 - Occupational Health education and screenings** are available on-site - in your workplace! Call 737-2906.
 - One lucky baby** born at Magic Valley Regional during 1998 will be awarded college tuition at the Idaho university of college of their choice. It's our way of welcoming your baby into the world, and welcoming you to our Women and Infants Center. Details on file, call 737-2955.
 - Arthritis Support Group** * Tuesday, January 5, 7 p.m., Idaho Joe's Restaurant. Join us for this no-host dinner and an evening of sharing and support. Friends and family are welcome. Please RSVP to Becky Jensen at 737-2050.
 - Childbirth Refresher Course** * Tuesday, January 5, 7 - 10 p.m., Education Center. Pre-registration required. Call 737-2900.
 - CPR Class** * Thursday, January 7, 8 - 7 p.m., Doctor's Meeting Room. To register call 737-2007.
 - Infant CPR Class** * Thursday, January 7, 7 - 9:30 p.m., Education Center. Pre-registration is not required.
 - Big Kids Club** * Saturday, January 9, 10 - 11:30 a.m., Education Center. Designed to help prepare brothers and sisters for the new baby. To register, call 737-2900.
 - Monthly MVRMC Board Meeting** * Monday, January 11, 6 p.m., Sage Room of the Education Center.
 - Cesarean Childbirth Class** * Tuesday, January 12, 7 - 9:30 p.m., Education Center. Pre-registration is not required.
- For additional information, contact our office, call 737-2902. If you require special accommodations, call 737-2102 or 737-2901 at least 24 hours in advance of the event.

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HEALTH & FASHION

Cancer insurances makes comeback

Concerns linger among elderly

WASHINGTON (AP) — Long seen as a gimmick that preyed on the fears of the elderly, cancer insurance is gaining new ground by offering flexible benefits and promoting itself with heavy advertising and lobbying.

Providers of such single-disease policies may have touched a new fear among Americans: not just that they will be struck with a life-threatening illness, but that the current state of health insurance will make it impossible to afford the care they need.

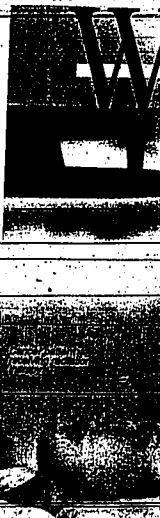
Companies have used aggressive lobbying in an effort to shed their image as a bad deal and to ease state and federal restrictions. And some people are responding.

"When you have such a catastrophic thing as cancer laid in your lap, I think anybody needs a cushion," said Peggy Pletcher of Jackson, Miss., who used \$2,600 from a family policy to seek alternative treatments when her husband was diagnosed with prostate cancer.

Yet many critics insist that cancer policies and others that protect against only one disease are still a bad deal.

"It's a dramatic appeal to ignorant consumers," said Robert Ball, a Medicare expert in Alexandria, Va.

"Supplemental insurance does have value — but not disease by disease."



WOMEN AND HEALTH

Different cancers strike women, men

More than 10 million people worldwide developed cancer in 1998. Over 7 million who already had cancer died from it. Cancer differences in women and men:

Major cancers

Number of worldwide cases in 1998

| Women | Men |
|---------------|-----|
| Breast | 910 |
| Cervix | 374 |
| Colon-rectum | 431 |
| Stomach | 479 |
| Lung | 333 |
| Mouth-pharynx | 102 |
| Ovary | 181 |
| Uterus | 172 |
| Bladder | 294 |
| Prostate | 398 |
| Stomach | 634 |
| Colon-rectum | 448 |
| Prostate | 448 |
| Mouth-pharynx | 394 |
| Liver | 374 |
| Esophagus | 282 |
| Bladder | 274 |

World cancer facts

• Lung cancer: 75% occurs in men.
 • Stomach cancer: Men have twice as many cases as women.
 • Breast cancer: Causes 376,000 deaths a year; 900,000 a year diagnosed; more than half in industrialized countries.
 • Ovarian cancer: 190,000 cases a year diagnosed; 80% in industrialized countries.
 • Uterine cancer: 170,000 cases a year diagnosed; 80% in industrialized countries.

SOURCE: The World Health Report 1999, World Health Organization

Cancer policies cover only one-tenth or one-twentieth of your risk, even though they

cost one-half of regular medical insurance, says Bob Hunter of the Consumer Federation of

Success stories

Over the past few years, companies have had some success improving their reputation with aggressive lobbying:

- New York state last February lifted a 23-year ban on cancer insurance. American Family Life Assurance Co. of Columbus, Ga., had spent \$65,000 in donations to state politicians since 1985. From 1992 to 1998, AFLAC also spent more than \$200,000 on lobbying.
- California lawmakers in 1996 voted to allow companies to sell disease-specific insurance, ending a 23-year ban. AFLAC spent more than \$181,000 on lobbyists from 1995 to 1997.
- And in New Jersey, which still has a cancer policy ban, AFLAC spent nearly \$300,000 on lobbyists from 1995 to 1997.

America. Indeed, while nearly all states now allow cancer policies — and several have recently dropped bans — some still regulate the product and warn the devil is in the details.

Cancer insurance generally provides lump-sum, cash payments directly to the person covered by the policy, regardless of whether a major policy already pays for cancer treatments.

Policies will usually set aside a certain amount to pay — such as \$200 each day of chemotherapy — if any can be used instead for alternative treatment, home care or to make up for lost wages.

Makeup entices an ever-younger audience

The Dallas Morning News

Some people think makeup for children is ridiculous — at best unnecessary and at worst a symptom of a Latina-obsessed society that pushes kids to look and act like they adults. But that hasn't stopped the explosive growth of makeup for teens and girls as young as 6.

Once, kids' cosmetics were limited to Tinkerbell tooth powder and scratch-off nail polish from the toy store. Gartner was only for art projects, and face painting meant rainbows on cheeks. Today's Spice Girls generation uses glitter on eyelids and colored mascara on hair, and wears finger-nails shiny green or blue.

In the summer of '97, teens spent \$33 a week of their own and \$27 a week of family money, according to a Teenage Research and Marketing survey.

Plenty of it is spent on strawberry lip gloss, no doubt. Target has created "teen style" for its stores — cosmetics aisles geared to girls craving the latest from lines such as Revlon, Streetwear, Borne Bell, Cover Girl, Fostix or the retailer's own line, My-Generation. Limited Too has installed a makeup bar with mirrors for trying on new shades. Hello Kitty makeup bags and pots of glitter stick up most of a rack at the store.

More sophisticated lines such as Dineh Mohajer's Hard Candy have a solid customer base of pre-teens, who turn out in droves to meet Mohajer, the 26-year-old company founder, at her store appearances. "Our customer base is ... (turning out to be) this young consumer. We're not bringing her, but she's sure targeting us."

Says Richard Leonard of The Zandi Group, a New York-based youth-market researcher, the company's recent nationwide survey of 400 "twens" — 115 term for 8- to 12-year-olds — showed that two-thirds used cosmetics. Half of the makeup wearers named a favorite brand.

Even companies such as Borne Bell, which has been around for since the late 1950s, have noticed the buying and trend influence of Generation Y (kids under 18).

"We've always been in competition with the Cover Girls and the Maybellines and the Revlon's of the world, but it's just in the last half dozen years or so, other companies like Jane or Fostix have come out and declared themselves a teen-age line," says Jess Bell, chairman and CEO of Borne Bell.

"The thing that makes it different than 30 years ago," he says, "is these young women are extremely sophisticated. They've well-read, they're totally fashion-conscious."

Cures for the common cold begin coming within reach

Los Angeles Times

The cold and flu season is already upon us and the outlook is bleak. ... *new ways of fighting back could be just a few years away.* ... *Sexual biotechnology and pharmaceutical companies are racing to get products on the market that take novel approaches to treating and preventing these annoying, and sometimes deadly, virus-borne diseases.*

... *new ways of fighting back could be just a few years away.* ... *Sexual biotechnology and pharmaceutical companies are racing to get products on the market that take novel approaches to treating and preventing these annoying, and sometimes deadly, virus-borne diseases.*

nose, throat and lungs, is a serious and sometimes deadly disease. Typically it is accompanied by high fever, cough, chills and muscle aches. It sometimes takes weeks for sufferers to recover fully. If this turns out to be an epidemic season, 40 million Americans or more could come down with the flu, and as many as 100,000 could be hospitalized. More than 40,000 Americans, most of them elderly, could die from flu-related illness.

Early signs indicate that an epidemic season is in for another epidemic season. By mid-November, 14 states had reported confirmed cases of flu and deaths from pneumonia and influenza reported from 122 cities for the week ending Nov. 14 were "above the epidemic threshold," according to the Centers for Disease Control and Prevention.

A growing understanding of how flu and cold viruses insinuate themselves in the machinery of their host's cells has led to new strategies for treatment. No drug or vaccine is likely to be perfect, and the discovery of side effects could sink an otherwise promising treatment.

may be better tolerated than the current vaccines because of the way they are manufactured. ... Adults on average can expect as many as four colds a year, children as many as eight, according to the American Lung Association. While usually a mild illness, the common cold represents a potentially serious problem for the more than 20 million Americans who already have problems breathing because of emphysema, asthma or chronic bronchitis. ... Influenza, which attacks the

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HELIODACTYL PYLORI
 H. pylori is a bacteria that lives in the acid rich lining of the stomach. Research scientists have recently discovered that the majority of people who have an active duodenal ulcer are infected with this "bug".

HOW H. PYLORI CAUSES ULCERS
 When H. pylori enters the body, they like to hide in the protective mucus layer coating of your stomach and duodenum. The bacteria weakens this mucus layer and irritates the tissue underneath. Acid may flow through the weakened mucus layer and burn the underlying inflamed tissue. This leads to the formation of an ulcer in the lining of the stomach or duodenum.

HOW DID I GET THIS BUG?
 Many people become infected as children. They drink water or eat food that has been contaminated with the bacteria.

SYMPTOMS
 The following symptoms may come and go:
 • Burning, cramping or mungelike pain in the stomach area, often 1-3 hours after a meal or in the middle of the night.
 • Pain that gets better or worse as you eat.
 • Nausea or vomiting.
 • Black, tarry, or bloody stools (which means the ulcer is bleeding).

DIAGNOSIS
 Diagnosis is obtained through biopsy during an endoscopic exam. Also, breath tests are available.

TREATMENT
 To kill the pylori, your doctor will probably prescribe antibiotics. If you are on medication, please do not drink alcohol or eat spicy food. Most of the time killing H. pylori will help the ulcer heal, and keep it from returning.

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FDA approves new type of painkiller for arthritis

WASHINGTON (AP) — The government approved the first in a long-awaited new type of painkiller for millions of arthritis sufferers Thursday, but cautioned that its stomach-ache benefits may have been overhyped.

Celebrex is the first in a new class of painkillers called "cox-2 inhibitors" that promise to cause fewer stomach-plaguing side effects than many of today's pain relievers, Wall Street analysts have trumpeted the drug as potentially the next blockbuster seller.

But the Food and Drug Administration dealt manufacturers a cold reality check Thursday. While it approved the sale of Celebrex as a good option to relieve arthritis pain, the FDA declared there is not proof that the new drug ultimately is easier on people's stomachs than older competitors.

Celebrex will bear the same warning about side effects as many of today's standard painkillers.

"The final answer is not in on

To learn more...
 For more information about arthritis and new treatments for the joint disease, call the Arthritis Foundation at 1-800-283-1100 or visit the group's Web site at <http://www.arthritis.org>.

the major question here: Is this safer?" said FDA drug chief Dr. Murray Lumpkin.

"The disappointment of the FDA stands on this," said Dr. Joseph Markenson of Cornell Medical College, who helped Searle test Celebrex and said the emerging data indicates it will cause fewer ulcers than competing drugs. "I'm going to use it because I think it's gastro-protective."

With the FDA's warning, how many arthritis patients will try Celebrex — and should they switch from older painkillers to the new drug?

"This has been a celebrated drug before its arrival," so patients probably will demand Celebrex, said Georgetown

University rheumatologist Dr. Stephen Day. He noted that arthritis patients with current stomach problems might consider Celebrex, Mitchell said. But for those doing OK on older medicines, "I would absolutely not change their right now" to Celebrex, he said.

Searle said Celebrex would be available by prescription within six weeks. It said the price would be comparable to other prescription painkillers, about \$2-4 a day.

Millions of people now depend on aspirin, ibuprofen, naproxen and a host of other pills called "non-steroidal anti-inflammatory drugs," or NSAIDs. They are used by the 19 million sufferers of arthritis, both the osteoarthritis so common in the elderly and the autoimmune disease rheumatoid arthritis. They're also used to relieve everyday aches, recovery from surgery and myriad other pains. Many are available without prescriptions; others come in higher-dose prescription-only strengths.

Computer program reminds you to stretch

Knights Rider News Service
 You sit down at the computer to work.
 Five hours later, you're still there — shoulders slumped, wrists aching, eyes glazed. Where did the time go? Why didn't you get up and move around?

Now there's an electronic tap on the shoulder to tell you to do exactly that.

"StretchWare" is a computer program that reminds you to stretch. You can set the program to ring you at a certain time of day or after a certain number of keystrokes or mouse clicks.

It can remind you with a chime, harp, a flashing icon (or for resistant folks) a window that appears in mid-screen. If you decide to follow the advice,

"You can set the program to ring you at a certain time of day or after a certain number of keystrokes or mouse clicks."

a stretching routine appears. You have 14 choices. For instance, you can choose lower back stretches; on-the-phone stretches; keyboard operator stretches; hand, wrist and forearm stretches; even standing stretches. Small pictures show you how to do each stretch and how many times to repeat it. Each routine takes less than two minutes and can be done at your desk or in your cubicle.

The software is made by Speller Publications in Bolinas, Calif., which specializes in fit-

ness books and videos.

Think it's a gimmick? It's no joke. Repetitive strain injuries are the largest category of workplace injuries, according to the U.S. Bureau of Labor Statistics.

Carpal tunnel syndrome and other work-related ailments are caused by strain on wrists, forearms and shoulders, combined with long periods of inactivity and sitting.

"StretchWare" could be the next best thing to Mom yelling at you to go play outside.

For information, call 1-800-307-0131, anytime or see <http://www.stretchware.com>. The \$39.95 software (on sale for \$29.95 through Dec. 31) works on Macintosh and Windows '95, '98 or NT computers.

New superdrugs stand poised to attack arthritis

Knights Rider News Service
 MIAMI — Three decades ago, when Leona Malone was diagnosed with rheumatoid arthritis, she knew she had to give up her doctoral fellowship at the University of Miami Nov 54 and a consumer magazine editor's job. The Food and Drug Administration's arthritis panel, Malone hopes that "an exciting new wave" of drugs will improve the quality of life for some of the 2 million Americans with the painful, disabling autoimmune disease.

At Palm Beach Gardens, Fla., Malone, a graduate of the University of Miami, is about to finish her master's degree in social work from Barry University. "But I'm glad the disease didn't stop me from doing something where my symptoms are no longer controlling my life," she said.

What's significant about the two new drugs recently approved by the FDA — Arava and Enbrel — is that they were developed specifically to treat rheumatoid

arthritis, said Dr. Carlos Lozada, director of the Rheumatology Fellowship Training Program at the University of Miami Medical School. Until now, the most effective drugs for rheumatoid arthritis, including the standard methotrexate, which has kept Malone's symptoms in check, were not originally designed for the disease.

"Rheumatoid arthritis has really been an orphan's disease," said Malone, who has endured 22 operations on her knees, hips, feet and hands to straighten, remove or replace deformed bones or damaged joints.

In addition to Arava and Enbrel, a new line of anti-inflammatory painkillers still under review is expected to help people with osteoarthritis, a more common form of the disease that affects 21 million Americans. These drugs are expected to be available by 1999.

The cause of rheumatoid arthritis — one of more than 100 types of the joint disease — is not known, though it may be trig-

gered by a virus or other infection in genetically susceptible people.

Rheumatoid arthritis causes the body's immune system to turn on itself, destroying the lining of the joints called the synovium. This results in pain, inflammation, and, often, disfigurement and destruction of the joint. But Lozada and other arthritis experts are heartened by the recent surge of interest in the condition.

"It is really unparalleled over the last 20 years or so in the sense that so many new drugs are coming up for rheumatoid arthritis," said Lozada, who is a consultant for the makers of the new drugs. "People are so excited. Money is being put into it."

Enbrel and Arava are prescription drugs with high price tags, typically covered by insurance. Enbrel will cost up to \$4,000 a year. Arava, up to \$2,000 a year. Both drugs are designed to make the immune system less active, but they do so in different ways.

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Saline device is perceived to be safer — but is it?

Knights Rider News Service
 DETROIT — The big chill in breast implants after the silicone scare has thawed. Women are returning to doctors' offices in droves for breast enlargements.

Lured by ads and friends with curvy, new boob lines, women are expected to add \$7,000 to \$7,000 to implants, a medical device widely perceived as safer than silicone.

Less silicone, they do not last as long. They can get as hard as rocks and need to be replaced in as many as 1 in 10 women. They can make it difficult to get a mammogram picture of the entire breast — particularly when they're placed above the main chest muscle, which is done on 60 percent of the time.

And there's a new issue: Doctors fear that a thirst for implants that are too big propels women for some time to come. "Breasts will create a generation of patients with back and shoulder aches and other problems requiring reconstructive surgery."

"Big breasts are a huge mistake," says Dr. John Tebbets, a Dallas plastic surgeon. "Bigger is not better in 1999."

Big breasts are most popular in California, Florida and Texas, according to Meghan McLaughlin, a spokeswoman for the American Society of Plastic Surgeons. But plastic surgeons elsewhere, including most of the half-dozen doctors contacted in southeastern Michigan, say they would want to at least double their bust lines.

It's hard to convince the younger generation. Robert Oneal, a plastic surgeon at St. Joseph Mercy Hospital near Ann Arbor, Mich. "There's so much emphasis in society on breast

Keep track of area church news by reading the Religion section every Saturday.

acrosses and runway models who have hastily modeled the new implants. "Do doctors tell? When large, round implants are placed over the pectoral muscles, not under, the devices are likely to create hard changes in tissue."

"They're huge and they look terrible, but some women don't care," says Dr. Hashim Alam, a plastic surgeon at the University of Michigan in Bloomfield Hills, Mich., outside Detroit.

Big or in-between, breast implants are here.

The fallout began in 1993, when the federal Food and Drug Administration limited breast augmentation procedures to saline because of concerns about silicone. Before then, most doctors preferred the silicone implants because they considered them more supple and natural looking. The preference still remains. Many doctors say they will switch back immediately if the FDA lifted the restriction.

Many doctors now counsel women against going too big if the frames can't carry it. They blame the trend on pencil-thin

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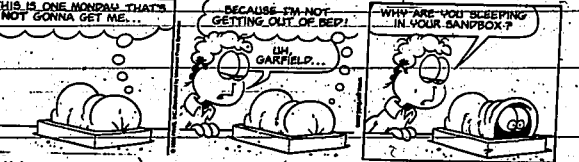
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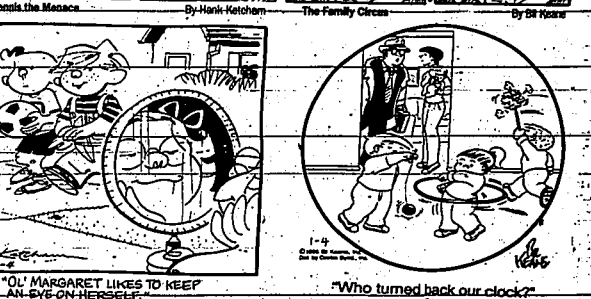


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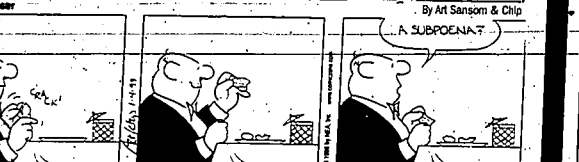
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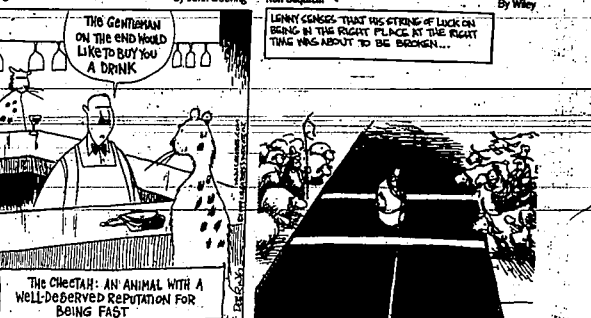


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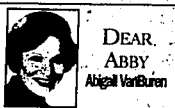
Non Sequitur

By Wiley



Wife's nagging jealousy sours marriage

DEAR ABBY: I need your advice. In 1955, I married a wonderful man who has been an excellent father to my three sons. I love him with all my heart. For the past few months, I've become accusing him of cheating on me. He leaves for work early, has been taking showers, shaving and dressing nicely to go to work in a factory. In the past, he hasn't worried about his looks so much. Every time I say something like, "Lookin' good for her, huh?" he gets mad. He insists he's not fooling-around-and never would. I have a hard time believing him.



DEAR ABBY Abigail VanBuren

and I have been open and direct about telling him what I like. He acts like he doesn't hear me, whereas it makes me believe he has someone else. I've never loved any other man like this and would be devastated if there is another woman. Is there any way to get help for this insecurity?

MISERABLE IN INDIANA

He says I'm pushing him away by accusing him of cheating, but I can't help it. I'm so scared that I'm giving this man my heart and soul, and I'm afraid of the power he holds in his hands, to break me.

My self-esteem is on the low side. I've gained some weight and am feeling old. Our sex life is so-so. I'm not very satisfied,

dence of "misconduct" than his going to work early, showering and dressing presently, being a father to your sons, and bringing home a regular paycheck.

You can improve your self-esteem by having a medical checkup and getting back into shape. Joint counseling could help you deal with your irrational jealousy and perhaps improve your sex lives. Get going.

DEAR ABBY: I have read your column for years but have not come across my problem. My husband, "Atak," is afraid to drive.

When we first married 10 years ago, he was a very nervous wreck. We lived in the city and a commute wasn't bad. We now have two children, 6 and 3, and I want to move from the city, but we both have driving phobias. I'm within walking distance.

Mark took driving lessons and

obtained his license. The trainer told him that all he needs is practice, but he's too afraid to put it into action. He has a very good car, and it's very comfortable. I am difficult for both of us as the years go by. My daughter attends private school and attends lessons, both of which I disapprove of. I am sure my son will be old enough to go to school and participate in sports. I can't split myself in two to provide transportation for my own children, my husband and our needs. I am grateful, even when he is in denial.

Do you have any suggestions?

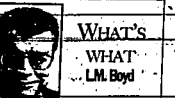
DIANE W. CRUZ

DEAR DETERMINE: A phobias is defined as an irrational fear. Your husband is phobic about driving, not only about driving but about being available for his phobias. But in order to get it, Musk must first have a frank discussion with his doctor about an appointment for him, and insist that the keep it.

Crossword puzzle grid with clues and solutions. Clues include: ACROSS 10 Objects on a ship, 11 Rocco's outcrop, 12 Of the year, 13 I break dance, 14 Family group, 15 Slight, 16 "I am a...", 17 Wedding, 18 I'm sorry, 19 I'm sorry, 20 I'm sorry, 21 I'm sorry, 22 I'm sorry, 23 I'm sorry, 24 I'm sorry, 25 I'm sorry, 26 I'm sorry, 27 I'm sorry, 28 I'm sorry, 29 I'm sorry, 30 I'm sorry, 31 I'm sorry, 32 I'm sorry, 33 I'm sorry, 34 I'm sorry, 35 I'm sorry, 36 I'm sorry, 37 I'm sorry, 38 I'm sorry, 39 I'm sorry, 40 I'm sorry, 41 I'm sorry, 42 I'm sorry. SOLUTIONS: Across 10: Ship, 11: Cliff, 12: Year, 13: Salsa, 14: Clan, 15: Smile, 16: I'm sorry, 17: Wedding, 18: I'm sorry, 19: I'm sorry, 20: I'm sorry, 21: I'm sorry, 22: I'm sorry, 23: I'm sorry, 24: I'm sorry, 25: I'm sorry, 26: I'm sorry, 27: I'm sorry, 28: I'm sorry, 29: I'm sorry, 30: I'm sorry, 31: I'm sorry, 32: I'm sorry, 33: I'm sorry, 34: I'm sorry, 35: I'm sorry, 36: I'm sorry, 37: I'm sorry, 38: I'm sorry, 39: I'm sorry, 40: I'm sorry, 41: I'm sorry, 42: I'm sorry.

Cleopatra had herself as a sister-in-law

Q. How much would I have to weigh to outweigh the heaviest known elephant tusk? A. Tank warfare injuries mostly have been burns.



WHAT? L.H. Boyd

saying with wild gravitas, "One tongue is enough for any woman."

More and more widows and widowers of recent years are reuniting with childhood sweethearts and marrying same, says Our Love and War man. Credit to the new marriage is the name, and know the purry's

probable city or even state of residence, you usually can locate that worthy in a matter of minutes. In such searches, because fewer widowers change their names.

Logs before the utility companies when it's time to install a control, Thomas Edison said, "We will make the electric light so cheap that only the rich will be able to burn it."

Q. How come you never see an alligator's tongue? A. Because the tongue slides back into the mouth anytime an alligator opens its mouth.

Holiday note: If you set up

your ironing board in or near the kitchen and cover it with tinfoil, you'll have four flame-free oil spots to purr pants, still wearing tinfoil, could be on the mud!

The sage Erich Fromm said: "Modern man thinks the times something is wrong with him, but he does not do anything about it. He does not know when to do with the time the gains - except kill it."

Can you come up with another word - besides "interrupt" - that has four silent letters in the row? No, because our columnist, "Waltz" comes from the German "walken" meaning "to turn."

Mere speculation turns into reality for Aquarius

IF JANUARY 4 IS YOUR BIRTHDAY: You are independent, unorthodox, were separated psychologically or otherwise from parents at an early age. You are meticulous in research, always have fighting chance to win because of courage, determination. Taurus, Leo, Scorpio present may fascinate you. In your life, you may have three letters, initials in name: D, M, V. Current cycle relates to possible changes in residence. Jan. 21-1989, February, November most memorable.

HOROSCOPE Sydney Orman

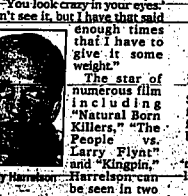
Study Cancer, Leo messages. Focus on blending education level with prestige. Emphasize inventiveness, originality, sense of drama. Avoid heavy lifting. Don't break too many hearts. SAGITTARIUS (Nov. 22-Dec. 21): Attention revolves around home, security, protection of family, ability to earn money by sticking with underdogs. Knowledge of music can be profitably exploited.

TAURUS (April 20-May 20): Business aspect figures prominently, helps win admirers, financial support. You're going places, instinctively you know where and why. Capricorn, Cancer natives involved. CAPHURNIC (May 20): Scrive for universal appeal, display and sell products overseas. Profitable enterprise could include language game. Lunar eclipse makes traffic, purchase of automobile. CANCER (June 21-July 22): You can be talk of the town. Sensational, high profile. Let it be known, "I am ready for romance!" Financial status shows marked improvement. Leo natives involved. LEON (July 23-Aug. 23): Check Cancer message for added wisdom. Cycle high, get going on projects relating to sports, entertainment. Love relationship complicated, exciting, requires attention. VIRGO (Aug. 23-Sept. 22):

SCORPIO (Oct. 23-Nov. 21): Involvement in political debate elevates prestige. Emphasize inventiveness, originality, sense of drama. Avoid heavy lifting. Don't break too many hearts. SAGITTARIUS (Nov. 22-Dec. 21): Attention revolves around home, security, protection of family, ability to earn money by sticking with underdogs. Knowledge of music can be profitably exploited. CAPHURNIC (May 20): Scrive for universal appeal, display and sell products overseas. Profitable enterprise could include language game. Lunar eclipse makes traffic, purchase of automobile. CANCER (June 21-July 22): You can be talk of the town. Sensational, high profile. Let it be known, "I am ready for romance!" Financial status shows marked improvement. Leo natives involved. LEON (July 23-Aug. 23): Check Cancer message for added wisdom. Cycle high, get going on projects relating to sports, entertainment. Love relationship complicated, exciting, requires attention. VIRGO (Aug. 23-Sept. 22):

Harrelson is leery of his expressive eyes

NEW YORK (AP) — Woody Harrelson admits he has expressive eyes. He's just not sure if it's a good thing.



Woody Harrelson

He's the first to admit many movie fans have no sympathy for actors who use their celebrity to back social causes. "Eventually people just want you to shut up," Harrelson said.

People in the news

Steve Wilkos, is a moonlighting Chicago cop who can't forget about becoming the next Seinfeld. The never going anywhere on the police department undercover, because he's so widely recognized, Wilkos says in Sunday's New York Post. His shaved head and imposing size (6-foot-3, 225 pounds) add to Wilkos' prominence on the Springer show, where he is the first to jump in and break up the frequent squabbles between combative guests.

Scriptwriter captures men's struggles

NEW YORK — Writer-director Paul Schrader, best known as the scriptwriter of "Taxi Driver," "Mean Streets" and "Last Temptation of Christ," is back doing what he knows best in his latest film, "Affliction."

Prince-William misses out on skiing

KLOSTERS, Switzerland — British Prince Charles and son Prince William began the family's annual ski holiday on Sunday without Prince William.

Prize-William misses out on skiing

Buckingham Palace said the hair-to-be prince was traveling with his 14-year-old son, but without his older son. The reason for William's absence wasn't given.

Swiss composer who revived Paris Opera dies at age 88

PARIS (AP) — Swiss composer Paul Libermann, who led the Hamburg Opera for more than a decade before sparking the revival of the moribund Paris Opera, has died.

Libermann died on Saturday in Paris, according to the Culture Ministry. The cause of death was not made public in this second half of the century would not have been the same without

Reality sets in: Ventura heads to inauguration

ST. PAUL, Minn. (AP) — Political pundits laughed at Jesse Ventura's populist quest for the Minnesota governorship. He got the last laugh when voters bucked him.

On the bright side, the 47-year-old Ventura is glad he'll finally start getting a paycheck again. He's now employed, since leaving a radio talk show last summer to make the gubernatorial run. His new salary is \$120,000.

which shocked the career politicians he beat and many others — seemingly everyone but Ventura himself. He's been locked in a meek sport of even siting, receiving far greater attention than he ever won acting in films or as a pro-wrestler known as "Superfly" for his impressive physique.

Son of Boz Scaggs, 21, dies of drug overdose

SAN FRANCISCO (AP) — The 21-year-old son of singer Boz Scaggs has died of a drug overdose, according to the musician's publicist.

HK Management Inc. Circumstances surrounding his death were not immediately known.

Scaggs owns a nightclub in San Francisco called "Boz Miller." The memorial service will be private.

Disney had two other films in the Top 10. "The Untouchables" was sixth with \$18.7 million and "Enemy of the State" was at No. 8 with \$5 million. "The Horror Film" "The Faculty," which took in \$8 million, was in seventh place.

Even so, the take for the top 12 of the films was down from the same period last year — \$106.4 million compared to \$107.1 million. Final figures were not released until.

The Times-News CLASSIFIED

MARKETPLACE

Reach more than 53,000 readers a day with just one phone call - Twin Falls: 733-0931 • Burley: 677-4042

Table of classified categories including Legal, Real Estate, Automobiles, and various professional services.

Advertisement for a business office located at 132 3rd Street West, Twin Falls, Idaho 83303. Hours: Mon-Fri 8 to 5:30, Sat 8 to 10 AM.

Advertisement for 'Happy Ads' celebrating a special anniversary. Includes contact information for Burley, Idaho 83318.

Advertisement for 'Pre-Payment' services, offering major payment methods and personal checks.

Advertisement for 'Responsibilities' regarding the first incorrect information and no-prior-notice charges.

Advertisement for 'Classified Specials' for a Customer Service Representative, with details on salary and benefits.

LEGAL

Annual Meeting of the Board of Directors of the Idaho State Bar Association. Meeting held at the Sheraton Hotel in Boise, Idaho.

PROFESSIONAL SERVICES

Professional services including accounting, auditing, and tax preparation. Contact information for various firms.

LOST & FOUND

Lost items including a wallet, keys, and a car. Contact information for the finder.

EQUIPMENT

Equipment for sale including tools, machinery, and office equipment.

SPECIAL NOTICES

Special notices including business announcements and public information.

FAX YOUR AD

Information on how to place ads via fax, including contact numbers and rates.

REMEMBER

Reminder for the annual meeting of the Idaho State Bar Association.

ADVERTISING

Advertising rates and contact information for the newspaper's advertising department.

PROFESSIONAL SERVICES

Professional services including legal, accounting, and consulting.

LOST & FOUND

Lost items including a wallet, keys, and a car.

EQUIPMENT

Equipment for sale including tools, machinery, and office equipment.

SPECIAL NOTICES

Special notices including business announcements and public information.

FAX YOUR AD

Information on how to place ads via fax, including contact numbers and rates.

REMEMBER

Reminder for the annual meeting of the Idaho State Bar Association.

DRIVERS

Advertisement for driving services, including lessons and testing.

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MANAGEMENT

Management services including consulting and training.

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MEDICAL

Medical services including physical therapy and chiropractic.

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Miscellaneous services including cleaning and maintenance.

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OFFICE CLERK

Office clerk positions available in various locations.

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Sales positions available in various locations.

Hiring Now advertisement for a position with a \$6.50 per hour wage and benefits. Contact information for Teleperformance USA.

Advertisement for Schwann's Sales Enterprises, Inc. featuring 'Good Pay! Good Future! Good Benefits!' and listing various job opportunities.

YEAR-END CLEARANCE

| | |
|---------------------|---------|
| 83 TOYOTA COROLLA | \$977 |
| 83 DODGE AIREA | \$977 |
| 78 DODGE PICK UP | \$977 |
| 79 FORD FIESTA | \$1,477 |
| 87 MERCURY TOPAZ | \$1,977 |
| 83 GMC JIMMY | \$2,977 |
| 83 FORD 3/4 TON 4X4 | \$2,977 |
| 92 TOYOTA PICK UP | \$3,977 |
| 97 DODGE CARAVAN SE | \$4,977 |
| 94 DODGE DAKOTA | \$7,977 |
| 91 FORD 3/4 TON 4X4 | \$7,977 |
| 97 MERCURY TRACER | \$8,977 |

6.9% INTEREST ON ALL USED VEHICLES

CADILLAC - 1985 Coupe DeVille, beautiful Continental tire kit, new tires, Bose radio, \$2950, 731-4457. **W**

CAR TRAILER 1994 3 car car lift, w/ winch, \$4000, 423-6985, 735-0305, msg. **W**

CHEVY, 87 Lumina, AT, 100,000 miles, AM/FM case, Call 1-800-743-3326 **W**

CHRYSLER - 93 New Yorker 5th Ave, V8, 3.3 L, 100,000 AC, \$4,900/offer, Call 735-2112 **W**

E-MAIL your classified ad to us at infocad@idcentral.net
Newspad, cancel, editorial approval - If you don't use it, ask it with an economical classified ad.

FORD '88 Mustang, 5-sp, new plans, custom wheels, Asking \$2400, 536-6044, 731-4457. **W**

FORD 1978 LTD, 4 dr., hardtop, 84K-mia., good cond., \$1200, 423-4565. **W**

FORD, 95 Mustang GT, AC, AM/FM case, loaded, Call Scott 1-800-743-3326 **W**

FORD, 96 Contour GL, AT, AC, cruise, AM/FM case, Call Scott 1-800-743-3326 **W**

FORD, 96 Taurus SE, AC, PW, PL, loaded, AM/FM case, Call 1-800-743-3326 **W**

FORD, 99 Taurus LX, AT, AC, PS, New 99 rebate incl. Call 1-800-743-3326 **W**

GEO Prism, '95, exc. cond., asking \$4000, 978-7315. **W**

GUARANTEED ADS

The Times News guarantees to sell merchandise, automotive in 7 days and real estate in 15 days or return the ad an additional 7 days. There is a \$3,000 fee for the guarantee package. Ads may be cancelled early for customer convenience but the charge will remain the same.

HONDA - 1994 Civic EX, CO, low miles, \$7200, Ron or Susan 734-3236 **W**

HONDA 1987 Prelude, 2.0 SL, 110,000 miles, Call 734-6861 **W**

HONDA, 95 Civic EX, AC, AT, PS, PW, PDL, Call Scott 1-800-743-3326 **W**

HONDA, Accord LX 1997, 5 spd, 21K, silver, clean \$14,995/offer, 735-2266 **W**

LINCOLN, 94 Continental, AC, ABS, PS, PW, AM/FM case, Call 1-800-743-3326 **W**

LINCOLN, 95 Continental, AT, AC, PS, PW, AM/FM case, Call 1-800-743-3326 **W**

Why lease it when you no longer need it? Sell it with an easy, guaranteed clean sale at Call 734-6861

MAZDA, 1987 323, 5-sp, 4-cyl, AC, 1988, Call 800-743-3326 **W**

MAZDA, 96 626, AT, AC, PS, PW, PW, PDL, AM/FM case, Call 800-743-3326 **W**

MERCURY 95 Topaz GS, 4 dr., excellent condition, Please call 423-4472 **W**

MERCURY, 96 Sable GS, AC, PS, PW, PDL, AM/FM case, Call 1-800-743-3326 **W**

MERCURY, 92 Trooper, AT, AC, 86, cruise, low pymts, Call 800-743-3326 **W**

MERCURY, 96 Grand Marquis, PS, AM/FM case, Call 1-800-743-3326 **W**

MERCURY, 96 Mystique, AC, PS, PW, AM/FM case, Call 800-743-3326 **W**

Mercury Grand Marquis, 1977, 2 dr. hardtop, exc. cond. Just spent \$2800 for miles, repainting \$1500, Call 423-6937 **W**

MURCURY 73 Zephyr, AT, ugly, still runs, \$300/offer, Call 678-9638 **W**

NISSAN 87 Sentra, 5-sp, AC, runs exc., needs clutch, \$1300, 324-1167, best offer, Call 736-9432 **W**

NISSAN, Sentra, 1983, 4-cyl, 100,000 miles, \$1000, best offer, Call 736-9432 **W**

OLDS, Cutlass Supreme, '95, 4 dr. Good Warranty, \$3800/offer, 736-4477 **W**

PONTIAC 97 Sunfire, 4 1/2 Cadillac Eldorado, exc. cond. \$77,578 ave. Call Scott at 1-800-743-3326 **W**

PONTIAC, 96 Grand Am, AC, ABS, PS, PW, AM/FM case, Call 800-743-3326 **W**

SATURN, 1994, 88K miles, AC, new tires, \$5,000, 423-6804, msg, 735-1142, Try a low-cost classified ad today, Call 735-9621 **W**

SUBARU 1989 Legacy Sport 4dr. Sedan, Limited edition/all wd. Paid over \$27K. Sacrifice at \$20,500, 736-4523 **W**

TOYOTA-87 Jimmy L.E., AC, PS, PW, PDL, Call Scott 1-800-743-3326 **W**

TOYOTA, 97 Camry, AT, AC, PS, PW, PW, PDL, Call Scott 1-800-743-3326 **W**

TOYOTA, 97 Corolla, AC, PS, PW, AM/FM case, Call Scott at 1-800-743-3326 **W**

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1999 ESCORT

\$500 Cash Back or 1.9% APR OAC

99 FORD EXPLORER

\$1000 Cash Back

99 FORD RANGER

YEAR END CLEARANCE

1999 2 DOOR EXPLORER SPORT \$229 per mo.*

*MSRP 24 month lease does not include tax, \$8 title fee, \$2.67 due at start including 1st month payment, \$17.41 lease end value.

1999 F150 SUPERCAB 4X4 \$291 per mo.*

*MSRP 24 MONTHS lease does not include tax, \$8 title fee, \$2,724 due at start including 1st month payment, \$17.53 lease end value.

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