

The Times-News

Twin Falls, Idaho/24th year, No. 11

Monday, January 11, 1999

50 cents

GOOD MORNING

WEATHER

Today: Mostly cloudy with winds out of the south-west, 10-20 mph. Mostly cloudy tonight. High 48, low 30.

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HEALTH & FASHION



Eye care special section: Read all about what ails your eyes and what to do about it. Pages B1-8

MAGIC VALLEY

Old flames: The valley's senior firefighters show no signs of extinguished enthusiasm. Page A4

SPORTS

New hire: Twin Falls' police chief hopes a grant can put his department in touch with the public. Page A4

SPORTS



Final Four: The Jets and Vikings inched their way closer to the Super Bowl with playoff wins Sunday. Page A7

Miller time: Andre Miller, who spurned the NBA draft last year, says he's grown as a player as a leader at the University of Utah. Page A9

OPINION

Do it Dirk: Idaho Gov. Dirk Kempthorne needs to act decisively to protect the state's children from abuse, today's guest editorial says. Page A10

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What's the alternative?

Alternate route may eliminate 3,000 cars on Blue Lakes

By Pat Marcantonio
Times-News writer

TWIN FALLS — An estimated 3,000 fewer vehicles a day would drive down Blue Lakes Boulevard and almost 5,000 fewer cars a day down Addison Avenue with an alternate route around Twin Falls. That's according to traffic counts and projections in a report prepared by Entranco, a firm hired by the Idaho Transportation Department for the U.S. Highway 93 alternate project.

A major chunk of traffic would use the route, said Gary Young, Twin Falls city engineer. "The volume issues really are a major part of the safety issues," Young said. Improving safety and allowing an alternate route around the city are the main purposes behind the proposed \$26 million project.

But a farmer who is a member of a group asking the project be delayed until a Snake River crossing study is complete contends the alternate doesn't deal with the primary problem. That is, people who don't want to drive through Twin Falls, such as trucks. The alternate still brings them through town.

"They will have to come to one of the busiest corners in the state of Idaho," Bob Hanning said, referring to Blue Lakes and Pole Line Road. But a new bridge would answer the problem by allowing some drivers to completely bypass the city, he said.

On average, 29,100 to 27,600 vehicles per day travel Blue Lakes between Pole Line and Addison. If an alternate route is built, that traffic could drop to 26,000 to 24,500 vehicles per day, the state said. Or, almost 10 percent of the present traffic is expected to go elsewhere.

"In terms of congestion that is a tremendous amount," Young said. In the year 2023 without an alternate, Blue Lakes traffic could hit an average of 41,000 to 43,000 vehicles per day on that same segment, the report said. An alternate route would cut that by 5,000 vehicles a day, the report said.

However, the largest effect would come from an Addison east of the interchange with U.S. 93, Young said.

The state study showed an average of 8,200 vehicles a day using U.S. Highway 30, also known as the existing route. With an alternate that would be lengthened to 3,600 vehicles per day.

An estimated 4,800 vehicles a day on average would drive the alternate near the market 47 P.O. Box 2-A, Shoshone, ID 83352-0820; or call 208/333-4130. With an alternate that would be lengthened to 3,600 vehicles per day.

That's 58 percent of the existing traffic on Addison. In 2023, the drop would be even more dramatic. The measure of public opinion and using an early dismissal. "It seems to me it is hard to have a trial without witnesses,"



Bob Hanning leads a citizens' group that says a decision on an alternative route for U.S. Highway 93 would be premature. Hanning is urging the transportation department to wait for the results of a study on locating a bridge over the Snake River.

Traffic volume only tells part of the story

By Pat Marcantonio
Times-News writer

TWIN FALLS — Between 9,400 and 4,800 vehicles a day, on average, are expected to travel a proposed U.S. Highway 93 alternate route around Twin Falls.

State planners admit the number falls short of a traffic rule of thumb — that is, to justify building a four-lane road there should be an average of 10,000 vehicles a day that will use it. Because of the cost of road building they must design a road to last 20 years or more, said Stephen Lewis of Boise, a traffic specialist with Entranco. The Idaho Transportation Department hired the firm to study the estimated \$26 million alternate route.

The alternate may not hit 10,000 vehicles per day when it opens, but it will in the future, he said. For example, in the year 2023, 15,400 to 7,900 vehicles a day are projected to drive the bypass.

Planners used population and traffic forecasts from the city, ITD and Idaho Power Co. A 2 per-

Average daily traffic counts

The 1998 figures show current daily traffic counts around Twin Falls. The 2023 figures project traffic changes, with and without an alternate route.

Location	1998	2023	1998	2023
	With Alt.	Without Alt.	With Alt.	Without Alt.
Blue Lakes Boulevard				
Pole Line Road to Falls Ave.	29,100	26,000	43,900	37,900
Falls Ave. to Addison Ave.	27,600	24,500	41,000	35,700
Washington Street				
Pole Line to Falls	12,400	10,400	20,300	17,300
Falls to Addison	11,600	9,500	12,300	9,500
Pole Line Road				
Blue Lakes to Washington	16,700	15,000	27,400	31,900
Washington to Grandview	5,000	9,600	18,200	15,700
East 2400 East	3,500	5,500	5,700	5,700
Addison Avenue				
Blue Lakes to Grandview	15,300	10,200	22,800	16,700
			12,200	25,100
At 30-93 interchange	8,200	3,900	13,400	5,900
U.S. Highway 93/U.S. 30 Interchange				
South of Interchange	3,000	3,000	4,900	4,900
West of Interchange	7,500	7,500	12,300	12,300
Alternate routes				
Near Grandview	9,400	15,400		
Near Interchange	4,800	7,900		

—Source: Idaho Transportation Department

cent annual growth rate was used. "If there is a boom five years down the road, then all bets are

off," Lewis said. Four lanes are proposed for a

Breaux said. Other Democrats said testimony could unnecessarily prolong the trial.

Meanwhile, White House spokesman Jim Kennedy said Clinton plans to deliver the State of the Union speech as scheduled Jan. 19, even though the trial will be underway. "We have no intention of being diverted from that," he said. House Republicans among the

13 who will prosecute the two articles of impeachment facing Clinton pressed for the right to call witnesses. They put Ms. Lewinsky, the former White House intern whose affair with Clinton triggered the case, at the top of the list.

She's the key witness, said Rep. James Rogan, R-Calif., on ABC's "This Week." "She ought to be the one to present the story," Breaux and Hatch also appeared on ABC.

Idaho awaits State of the State

Kempthorne promises to reveal details

The Associated Press

BOISE — Gov. Dirk Kempthorne and key aides spent the weekend working over one of the most important speeches of his career — his first State of the State address to Monday's opening session of the 55th Legislature.

The new Republican chief executive revealed only a handful of his specific plans during the lopsided campaign that ended in his landslide victory, but it appeared clear that his legislative road map will concentrate heavily on children — from their earliest years on.

"Children represent our definition of 'tomorrow,' and 'future' and 'optimism,'" Kempthorne said in declaring the onset of the "Generation of the Child" at his inauguration.

"As the current guardians of this next generation, let us work to see that the tears of our children are the tears of joy and not despair, the energy of positive creation and not destruction," he said.

He has endorsed increasing childhood immunizations and helping economically depressed school districts by paying the interest on any construction bonds. He also intends to press ahead with reducing the two-thirds supermajority to pass those bonds to 60 percent for primary and general elections, he said, despite significant legislative opposition.

And he will outline his plan for phasing out the so-called marriage penalty in the state income tax as a way to foster the family values essential to childhood development.

"He must strengthen the bonds of family in order to strengthen the fabric of our society," Kempthorne said. "Government can play a role, and it must — especially in education, health and safety — a key role. — But let us never forget individual initiative and responsibility."

The unscripting for his program will come Wednesday when he unveils his first spending blueprint. Please see KEMPTHORNE, Page A2.

IRS wants to give money to Idahoans

The Associated Press

BOISE — The Internal Revenue Service is hoping to deliver tax refunds to 331 Idaho taxpayers, but certain local money because of incorrect or outdated addresses.

The IRS says refund checks totaling \$157,251.38 were returned to the U.S. Post Office as undeliverable.

"Refunds for as little as a few dollars and as much as \$4,900 are waiting to be united with the proper owners," according to Rocky Mountain District Director Wally Hutton. Hutton says the IRS will make sure the funds for a fee. Hutton warns that the IRS does not charge a fee to release the funds.

"The best way to ensure your refund will arrive at your door is to double check your name and address on the tax form itself. Hutton also says people who move should make sure the post office has their forwarding address.

Taxpayers who believe they are due a refund can call the IRS toll-free at 1-800-829-1040.

GOP senators say impeachment trial requires witnesses

The Associated Press

WASHINGTON — The impeachment trial of President Clinton broad strategies from both political parties Sunday, with Republicans pressing to hear testimony from Monica Lewinsky and other witnesses, and the White House vowing the measure of public opinion and using an early dismissal. "It seems to me it is hard to have a trial without witnesses,"

Senate Judiciary Committee Chairman Orrin Hatch, R-Utah, said. If House prosecutors say they need live testimony, "it's going to be pretty hard for senators to vote against it."

Sen. John Breaux, D-La., warned that the witness problem could destroy the Senate's fragile mood of cooperation. "We are in a bipartisan mode for the opening kickoff, halftime is questionable and if we go into overtime, all bets are off,"

Breaux said. Other Democrats said testimony could unnecessarily prolong the trial.

Meanwhile, White House spokesman Jim Kennedy said Clinton plans to deliver the State of the Union speech as scheduled Jan. 19, even though the trial will be underway. "We have no intention of being diverted from that," he said. House Republicans among the

13 who will prosecute the two articles of impeachment facing Clinton pressed for the right to call witnesses. They put Ms. Lewinsky, the former White House intern whose affair with Clinton triggered the case, at the top of the list.

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NATION

Are schools responsible?

Supreme Court hears case dealing with student sexual harassment



Aurelia Davis

ATLANTA (AP) — After six months of legal wrangles from one of her male classmates, fifth-grader LaShonda Davis had had enough. She came home from Hubbard Elementary School one spring day six years ago and told her mother she wanted a lawyer. "I listened to her, and if she knew at 10 years old that she needed a lawyer, then she needed one," Aurelia Davis said. "I wanted to help her, and I never wanted her to say that she went to everyone — her teachers, her principal and her parents — and they never did anything."

Mrs. Davis' lawsuit against the Monroe County School Board for failing to stop a male pupil from sexually harassing her daughter has become a landmark case that the U.S. Supreme Court will hear Tuesday.

At issue: whether schools receiving federal money can be sued under Title IX for failing to prevent students from sexually harassing other students. The suit does not yet specify damages.

Passed in 1972, Title IX prohibits schools that get federal funds from discriminating on the basis of gender. The Supreme Court has already held that schools can be held liable in cases of teachers harassing students.

"This case is going to impact just about any educational institution in the United States," said Julie Underwood, general counsel for the National School Board Association, which has filed a friend-of-the-court brief on behalf of the school system. "Talk about putting schools between a rock and a hard place. Sexual harass-

ment is general society's problem and not something a federal money award is going to solve."

The Department of Education and the National Association of Educators, the nation's largest teacher union, have filed briefs on behalf of Mrs. Davis.

The National Women's Law Center, a Washington-based non-profit advocacy group, is representing Mrs. Davis and LaShonda, now 16 and a junior at Mary Persons High School in Forghy, just north of Macon.

Mrs. Davis is handling all interviews for her daughter, trying to keep LaShonda's life "as normal as possible."

A decision for the school district would "give schools a green light to ignore sexual harassment no matter how severe," said Marcia Greenberg, co-president of the law center.

The alleged abuse in this case took place over a period of six months. The Davis suit says a boy identified as "G.F." grabbed her breasts and crotch area, simulating having sex with her and threatened to have sex with her several times.

Gasoline prices keep dropping at the pump

CAMARILLO, Calif. (AP) — Gasoline prices continued to drop at the pump as supply outpaced demand, an industry analyst said Sunday.

The average retail price for all grades, including taxes, was \$1.03 per gallon on Friday. That was down about a half-cent over the past three weeks, according to the Lundberg Survey of 10,000 stations nationwide.

The price fell below the all-time low of nearly \$1.04 reached last month, thanks to an oil glut compounded by lowered demand from economies hit by financial crises.

Driving demand also is at its lowest during this winter period, said analyst Tribby Lundberg. "This puts the brakes on price," he said.

The price cuts were still less than in recent months, however.

Crude oil prices, while still near rock-bottom, increased somewhat and that pushed up wholesale gas

costs in some areas, mainly in the Midwest. Other dealers did not feel they could pass the increases on to customers during this low-demand season, Ms. Lundberg said.

Prices at self-serve stations were 96.95 cents per gallon for regular, \$1.078 for mid-grade and \$1.163 for premium.

Clinton prepares preservation package

WASHINGTON (AP) — The Clinton administration will propose dramatic increases in spending to preserve open spaces by expanding federal land purchases while giving millions of dollars to states for urban parks and land conservation.

Officials in the White House, Interior Department and other agencies were putting together a package that envisions spending between \$900 million and \$1.5 billion a year in open-spaces initiatives, according to administration officials.

Some details of the environmental package, which will be presented to President Clinton's fiscal 2000 budget proposal, have yet to be worked out, the officials said. Internal debate continued Monday over how much money to request, they said.

Vice President Al Gore was to unveil the first installment — a series of dramatic initiatives reducing urban sprawl and improving "quality of life" — in a speech Monday.

Gore's proposal would provide at least \$100 million a year, mostly in the form of grants to states, for building community parks and green areas and protecting environmentally sensitive areas from urban development.

In addition to grants funneled through state, county or local "livable communities initiative" is expected to include a package of tax incentives for preserving farmland, subdividing large spaces and parkland as well as incentives to reduce traffic congestion and counter uncontrolled development.

But officials said Gore's anti-sprawl initiative is part of a much broader administration proposal aimed at pumping more money into programs that shelter farmland, forests and rangeland from development and aid in restoration or protection of coastal areas.

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AROUND THE VALLEY

TF crash victim remains critical

TWIN FALLS - A Twin Falls man whose wife died in a Thursday night car wreck remained in critical condition Sunday in a Boise hospital.

Keith W. Fullmer, 68, was in the intensive care unit at Saint Alphonsus Regional Medical Center, where he was airlifted after the collision on U.S. Highway 20 about two miles south of U.S. Highway 30.

Fullmer's car was struck head-on by a pickup truck driven by Peter L. Haigh, 21, of Twin Falls, who died Friday at Saint Alphonsus.

Fullmer's wife, Patricia M. Fullmer, 69, died at the scene.

BSU holds preview for prospective students

TWIN FALLS - Boise State University will hold an informational meeting for students and parents at 7 p.m. Tuesday at Canyon Springs Hotel in Twin Falls.

Students and parents will have the opportunity to speak with faculty members and department representatives about admission, financial aid and scholarships, campus life, academic expectations and registration.

The hotel's address is 1257 Blue Lakes Blvd. N.

Chapter will discuss how to keep employees

SUN VALLEY - Funding and keeping the right employees is often a challenge for business owners.

This week, business people will give their energies during the Sun Valley/Ketchum Chapter of Commerce's "Economic Development Breakfast."

Open to the public as well as chapter members, the breakfast has the topic, "Good employees: Getting and keeping them."

Speakers will be Dennis Williams of Sun Valley Co., Len McDonald of Job Service, Keith Perry of Perry's Restaurant, Rob Stone of Stewart and Stone, Doug Webb of Webb Medical Center and Maurine Arkes of Mount Shasta Medical Center.

The panelists will share the challenges they face in attracting employees and their creative measures to retain employees. Issues such as the changing nature of the local work force, the cost of training, employee turnover and flexible benefits packages also will be covered.

Cost for the breakfast, set for Thursday in the Elmore Room at Sun Valley's Elmore Room, is \$20 for chapter members and \$32 for nonmembers. Advance reservations are required by calling Bethley at 725-2104 or 800-834-2394.

Watershed group will meet at 7 p.m. Tuesday

SHOSHONE - The Wood River Watershed Advisory Group executive board will meet at 7 p.m. Tuesday at the Big Wood Canal Co. office.

New business will include formation of a Technical Advisory Committee and related changes to the bylaws.

The public is welcome. Copies of meeting minutes will be no file at Soil Conservation District offices within the watershed.

Board will hear prom presentations today

DIETRIKH - The District School Board will meet at 7:30 p.m. today in its business room.

Presentations will be given by the junior class and student council about the 1998-99 year. Presentations by Alan Smith regarding the Adolph School Board Association and by the senior class on the senior trip.

Items on the superintendent's report include 1998 student test scores, Idaho's dropout rate, salaries for 1998-99, a building fund donation and Demach Estery Blank reports.

During unfinished business, the board will discuss policy on staff development, the code of professional conduct, student council monitoring, consequences of inappropriate student use of computers, student academic probation and evaluation management. Discussion also includes facilities and the Advanced Regional Technical Education Center/Magic Valley Cooperative School Service Agency. New business follows.

The public is welcome, but an executive session will conclude the meeting.

Compiled from staff reports



Jerome volunteer James Watson Wood, left, instructs new fireman Ron Hendricks on the correct way to maintain a fire truck.

BACHEL DOWDY/The Times-News

Enthusiasm burns on in firefighting veterans

Volunteers fill important roles in fire department

By Rachel DeWitt
Times-News contributor

BURLEY - In the 38 years James Watson Wood has been a volunteer fireman, he has seen people

out of wrecks, seen Christmas trees burn and searched for children who dropped in canals and pipes.

Although the role he plays in the Jerome fire department has changed some, the 64-year-old volunteer firefighter shows no sign of stopping soon.

Wood no longer goes into fires to rescue people, but he and other older volunteers are valuable to the department, Jerome Chief Jim Sautter said.

"The important thing is knowing where you fit in," he said.

Ward, 71-year-old Buhl volunteer Clint Uptain, and 73-year-old Shoshone fireman Bill Collins help keep the "younger men in line" and organize the volunteers, Auglure said.

"Warren was always the one to hold the whole group together and keep them focused," he said. "He's a father figure for these young guys, for that alone he's a plus to the department."

He sets them straight. They kind of lose sight sometimes."

All three volunteers agree the personal rewards of helping people out of crisis are worth the effort.

"It makes you feel like you're doing something," Ward said. "It makes you feel good because you know you're helping people and doing what you can. Anything you can help."

Please see PAGES, Page A6

Down memory lanes

Locals remember dancing at the Y-Deil before it became a bowling alley

By Sam Feltner
Times-News correspondent

BURLEY - Back when times were gentler but life was hard and work was harder, before time-worn and television, Saturday nights were fun.

Big-name entertainers came to small towns in those days. Names like Count Basie, Jim Reeves, the Mills Brothers, Duke Ellington, the Doremys and Lawrence Welk - every one of whom appeared at the Y-Deil, back when it was a ballroom and now just a bowling alley.

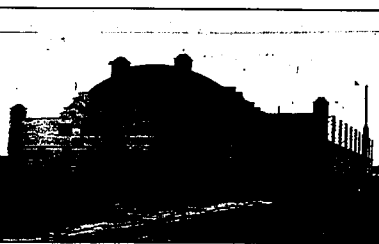
The Y-Deil holds a lot of memories in its owners, the Hillard family. Third-generation owner Maxwell Hillard, who also has been Cassia County assessor since 1986, grew up in an apartment in the building's second floor. The ballroom's parking lot was an childhood playground.

Hillard's grandfather was named J.M. Hillard, but everyone called him Deil. He financed construction of the place in August 1937. Along with the main ballroom, it contained a restaurant, a bar and meeting room.



A 23x66 ornate mat covers the floor at the Y-Deil in Burley.

Photo courtesy Maxine Hillard



The Y-Deil, finished in August 1937 and named in a contest, included the main ballroom, a restaurant, a bar and meeting rooms.

was born.

The room opened that year with Paul Whitman's 32-piece orchestra. It closed with Count Basie on New Year's Eve 1955, and by the end of that January, construction started to turn it into a bowling alley. You still can see some of the old ballroom

floor in front of the lanes.

Behind the oiled lanes, hidden from public view, the dusty, lonely stage remains. The dressing rooms hold hundreds of signatures from long ago.

One reads, "Doyl Cagill with Glenn Miller orchestra '42."

Another says, "From Big Chief

Satchmo's Bombers, Louis Armstrong."

Holland recalls his grandfather as an artful entrepreneur. "He would do whatever it took to make it work," Holland said.

Darriel met on April 1, 1951. Darriel took her to see Lawrence Welk on April 21.

"Everybody would dance a few feet then all gather at the bandstand, they were so wonderful and entertaining," Claudia Hanks said.

"I worked a whole month just to take her to Lawrence Welk," her husband said.

Please see Y-DEIL, Page A6

Chief hopes to hire TF council will consider funds to activate grant

By Mark Heinz
Times-News writer

TWIN FALLS - The Twin Falls Police Chief hopes a federal grant can help put his department in closer touch with the public.

Hiring a new community-service officer could help keep the department's front office open until 11 p.m. on most weekdays and several hours during weekends, Chief Lee DeVore said. During December, 603 people came to the front office to make reports or seek help, he said.

The Twin Falls City Council at 6 p.m. today will open a public hearing regarding the \$54,435 grant from the police department could use to hire another service officer. The city would have to put up \$6,048 in funds to activate the grant.

The council's regular meeting starts at 5 p.m. in City Hall. If the council decides to accept the service officer grant, it will be good for two years. After that, the city would have to foot the bill for the new officer.

The city in 1996 hired three community-service officers, but one has since been reassigned to conduct follow-up misdemeanor investigations, DeVore said. The other two are almost always busy in the police department.

Service officers handle support duties, such as working the front desk or helping process arrest papers, DeVore said.

In other police-related business, the council will also consider providing funding for police service to the College of Southern Idaho and using some of the city's contingency fund to help pay for remodeling the police station.

CSI has requested the part-time services of a patrol officer.

Please see TPFD, Page A6

Skiers test for Pomerelle patrol classes

By David Lee
Times-News writer

ALBION - They probably could ski anywhere on the Pomerelle ski slopes, but many are struggling to learn when they had to maneuver through trees, powder, crusty ice and other "crud" Saturday.

That was the only way about 20 ski patrol candidates could show they had what it takes to be a member of the National Ski Patrol.

They had to show they could ski in any condition and terrain before they could move on to the next step.

With the number of ski patrol members down to about 24, patrol director Ron Hieb said he wants to bring in about 20 more people. Ski patrol classes are offered about every three to five years based on need for more members.

Ski patrol classes - a combination of first-aid, Outdoor Emergency Care classes and ski training - will last through April. But on Saturday and Sunday skiers first had to show they knew skiing and snowboarding.

For more information, visit www.magicvalley.com

Please see SNOWBOARD, Page A6

MAGIC VALLEY/WEST

WATCHING, HOPING

ON THE AGENDA



Family and friends wait on the banks of the South Snake River Sunday, north of Letham, Ore., for any signs of Ryan, Los Williams, Feb. 23, who has been missing since his boat found him in hit it and capsized in the flood-swollen river Saturday evening. The Lam County sheriff's office, along with the Oregon Air National Guard, were carrying out the search.

The Times-News

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

TODAY

- Buhl City Council, 7 p.m., City Hall council chambers.
Blaine County commissioners, 8:45 a.m., courthouse.
Camas County commissioners, 9 a.m., courthouse.
Carnas County School Board, 7 p.m., high school.
Cassia County commissioners, 9 a.m., courthouse.
Cassia County School Board, 7 p.m., central office, 237 E. 19th St., Burley.
Dietrich School Board, 7:30 p.m., school council room.
Eden City Council, 7 p.m., City Hall.
Elmore County commissioners, 8:30 a.m., courthouse.
Gooding County commissioners, 9 a.m., courthouse.
Hagerman School Board, 8 p.m., elementary school.
Hailey City Council, 6 p.m., Hailey Town Center.
Hansen City Council, 8 p.m., City Hall.
Holliester City Council, 7 p.m., City Hall.
Jerome City Planning and Zoning Commission, 7 p.m., City Council chambers.
Jerome County commissioners, 9 a.m., courthouse.
Ketchum City Planning and Zoning Commission, 5:30 p.m., City Hall.
Lincoln County commissioners, 10 a.m., courthouse.
Magic Valley Regional Medical Center Board, 6 p.m., Sage Room

MVRMC Education Center

- Multis County Council, 5 p.m., Raft River Electric Coop conference room.
Minidoka County commissioners, 9 a.m., courthouse.
Richfield City Council, 7 p.m., City Office, 180 W. Lincoln.
Richfield School Board, 8 p.m., high school.
Shoshone School Board, 7:30 p.m., Lincoln Elementary School.
Twin Falls City Council, 5 p.m., City Hall.
Twin Falls County commissioners, 8:30 a.m., courthouse.
Twin Falls County Parks and Waterways Advisory Board, 7:30 p.m., Parks and Waterways Building, 450 Sixth Ave. W.
Twin Falls Urban Renewal Agency, 7:30 p.m., City Hall.
Twin Falls School Board (Eden-Hazelton), 7 p.m., high school superintendent's office.

TUESDAY

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

WEDNESDAY

- Castelfore City Council, 7:30 p.m., J & D Printing Enterprises.
Declo City Council, 7 p.m., City Hall.
E911-Regional Board meeting

7:30 p.m., dispatch center, 911 E. Ave. H, Jerome.

- Glenns Ferry City Council, 7 p.m., City Hall.
Glenns Ferry School Board, 7 p.m., administration office, 820 Old Highway 30.
Heyburn City Council, 7 p.m., City Hall.
Murtaugh Highway District, 7 p.m., highway district office.
Murtaugh School Board, 2:30 p.m., high school library.
Paul City Council, 7:30 p.m., city office.
Twin Falls County commissioners, 8:30 a.m., courthouse.
Twin Falls Public Library Board of Trustees, 5 p.m., library board room.
Wendell City Council, 7 p.m., City Hall.
Wendell School Board, 7 p.m., high school board room.

THURSDAY

- Belleuve City Council, 7 p.m., City Hall.
Hagerman Chamber of Commerce, noon, Hagerman Senior Center.
Hazelton Chamber of Commerce, noon, Price's Cafe in Burley.
Mindoka City Council, 7:30 p.m., city hall.
Rupert, DeMary Memorial Library Board of Trustees, 5 p.m., library, 417 Seventh St. in Burley.
Twin Falls County commissioners, 8:30 a.m., courthouse.
Twin Falls County Planning and Zoning Commission, 7:30 p.m., Twin Falls County Office Building, 246 Third Ave. E.

FRIDAY

- Gooding County Memorial Hospital board, 8:30 a.m., conference room at the hospital.
Twin Falls County commissioners, 8:30 a.m., courthouse.

SERVICES

Davis Page of Burley, 10 a.m. today at the Burley 10th Ward LDS Chapel; burial will be at 4 p.m. today at the Dayton Cemetery in Dayton, Idaho. Friends may call one hour before the service at the church (Hansen Mortuary, Burley Chapel).
Robert M. Young of Twin Falls, 10:30 a.m. today at Our Lady of Guadalupe Catholic Church in Twin Falls (Reynolds Funeral Chapel).
Virginia A. Neel of San Bernardino, Calif., and formerly of Twin Falls, Ill., a Tuesday at Reynolds Funeral Chapel.
Margaret E. McClure of Twin Falls, memorial service at 2 p.m. Tuesday at White Mortuary.

DEATH NOTICE

John W. Hansen of Hamden, Ill., died today at White Mortuary Chapel in Twin Falls.
Christine D. Bragg, 100 years old, of the Geriatric Regional Medical Center in Burley. Services are pending and will be announced by Hansen Mortuary Burley Chapel.

HOSPITALS

MAGIC VALLEY REGIONAL MEDICAL CENTER
Some rooms are confined at patients' request.
Admitted: Barbara Behreman of Twin Falls; and Thomas Walsh of Wendell.
CASSIA REGIONAL MEDICAL CENTER
Admitted:
Some rooms are confined at patients' request.
Letha Thomas of Death.

OBITUARIES

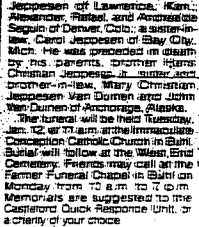
For obituary rates and information, call 733-0331. Ext. 279, between 2 p.m. and 5 p.m. Monday through Saturday. Deadlines at 4:30 p.m. for next-day publication. Death notices are a firm service and can be placed until 5 p.m. every day.

TWIN FALLS



Richard T. Jeppesen - Richard T. Jeppesen, 69, of Twin Falls and formerly of Buhl, died today at Friday, Jan. 8, 1999, in the Magic Valley Regional Medical Center. He was born in Twin Falls on June 12, 1929, to Mary Frances Shurtz Jeppesen and Hans Christian Jeppesen. He graduated from Blackfoot High School in 1948. He received a B.S. in Education in 1954 and a Masters of Science in 1955 from Kansas State Teachers College of Emporia in Emporia, Kansas. He taught at Three Oaks for two years and then at Castelfore for 26 years and was also principal and taught. His education he returned from teaching in 1992. He also taught in the Twin Falls after being the 25th in November of 1997. He married Signe, will be buried on Aug. 28, 1999, in Buhl and survived him along with three children: Dana Marie (Carr) Lind of Anchorage, Alaska; Kim Ann (Carr) Moberg and Kuni; and Eric Richard (Angela) Jeppesen of Lawrenceville, Ga. He is preceded in death by his wife, Signe (Miller) Jeppesen (McIntosh), nee Shultz, of Denver, Colo., his grandmother

PAIL



Doyle M. (Stramp) Hatch - Doyle M. (Stramp) Hatch, 26-year-old Paul, was buried on Friday, Jan. 8, 1999, in the Magic Valley Regional Medical Center. He was born March 1, 1973, in the city of Twin Falls, Idaho. His mother is Sheila Julia Edwards Hatch. Doyle graduated from Paul High School, and worked for the military. Doyle was a former War Vulture. He lived in the Magic Valley area most of his life. He

was employed by Henry's Farms, which was later sold to Western Farm Service where he retired 25 years later. Doyle was a great sales man and received the Top Salesman, Million Dollar Award from Western Farms. He owned a pest-control spraying business and a used car dealership. He bought and sold cars in Boise, Salt Lake City, Utah, Idaho, Nevada, and the Magic Valley area. Doyle was a member of the Sunday EpOEs #384, for 30 years. He was a member of the Fraternal Order of Eagles in Seattle, Wash. Doyle frequently spent time with his father-in-law, Sammie who lived in a rest home. This brought his father much joy before passing away. Doyle was a natural at all sports and enjoyed going competitive in sports throughout his life. He always supported young athletes and gave them positive encouragement. He loved going to football, basketball, baseball, as well as the outdoors, fishing, traveling, horse shows, cars and bingo. Doyle was a good natured man. He was always willing to help someone in need. He had many special friends and family. He was loved and will be missed by all that knew him. Survivors include three children, Duane (Colleen) Hatch of American Fork, Utah; Jany (Betsy) Hatch of Elmer, Washington; and Frank (Kerry) Hatch of Kelso, Wash., five grandchildren, and one great-grandchild. Major J. Seattle, Wash., serving an active duty in Salt Lake City, Utah. Pauline (Robert) Millot of Granby, Utah; Harlan, Jr. (Betsy) Hatch of Eagle Butte, S.D.; Karen (Lynn) (Michelle) of Burdette, Utah; Madeline (Sam) (Gary) Hatch of Salt Lake; Marie (Lynn) of Castle Rock, Wash.; and the late Mrs. Helen (Lynn) and Tina Giocosa who brought it up in family. He was preceded in death by parents, one brother, Edward Stramp (Ted) Hatch, and one sister, Susan Hatch. Funeral services will be held at 2 p.m. Tuesday, Jan. 12, 1999, at the Paul High School in Twin Falls. Burial will be at Paul High School. Friends may call at the Reynolds Mortuary, 450 6th Ave. S., from 12 to 2 p.m. prior to the funeral on Tuesday.

THIS WEEK AT CSI

The following is a schedule of meetings and events that will take place this week at the College of Southern Idaho.
TODAY
CSI Golden Eagle Booster Club meeting, noon, Taylor Cedar 277.
TUESDAY
Twin Falls Canal Co-annual stockholders meeting, 8 a.m. to 12:30 p.m., Fine Arts Center auditorium.
CSI Inter-Club meeting, 1 p.m., Taylor Cedar 276.
Magic Valley Symphony rehearsals, 7 p.m., Fine Arts Center auditorium.
"Rusty Rocket's Last Blast" showing, 7 p.m., Herrett-Center-Faulner Planetarium.
WEDNESDAY
CSI Ski Club meeting, 1 p.m., Shields 101.
Idaho Department of Agriculture public information meeting, 7 p.m., Aspen 108.
THURSDAY
Golden Eagles play North Idaho College "N" Coeur d'Alene; women at 6 p.m., men at 8 p.m.
Magic Valley Choral practice, 7 to 10 p.m., Fine Arts 121 and 153.
FRIDAY
"More Than Meets the Eye" showing, 7 p.m., Herrett-Center-Faulner Planetarium.
Arts on Tour presents "Bakra"
SATURDAY
YMCA-Saturday-Government Center Fall 8 a.m., Shields 101, 103 and 104.
Elks Hood Show, 9 a.m. to noon, gymnasium.
Magic Valley Youth Symphony rehearsal, 10 a.m., Fine Arts Center auditorium.
"Rusty Rocket's Last Blast" showing, 2 and 7 p.m., Herrett-Center-Faulner Planetarium.
"More Than Meets the Eye" showing, 4 p.m., Herrett-Center-Faulner Planetarium.
Golden Eagles play Ricks at Rexburg; women at 5:30 p.m., men at 8 p.m.
CSI Music Department faculty member Sue Miller presents her master's recital, 7:30 p.m., Fine Arts Center auditorium.
Reception for Sue Miller, 8:30 p.m., Taylor Sage and Cedar.
SUNDAY
Martin Luther King human rights recognition, 4-4 p.m., Taylor Sage and Cedar.

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SATURDAY, JANUARY 16
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MAGIC VALLEY/WEST

Sen. Craig appoints Burley student

VALLEY IN BRIEF

High school senior will join his brother at West Point

By Lorraine Cavener
Times-News writer

BURLEY - A Burley High School senior will follow his older brother to the U.S. Military Academy next fall.

David Plotts, 18, will be a freshman at West Point while his brother Bob is a senior. They are the sons of Robert and Nancy Plotts of Burley.

"We are thrilled that he has been offered that opportunity," Robert Plotts said. "It's a real fine school."

"The Plottsies aren't the first pair of Minn-Cassia siblings to attend West Point at the same time. Gillian Sakai of Rupert is a senior. Her brother, James-Parick Sakai, is a freshman."

David Plotts says he'll be proud to serve his country as an Army officer after completing his government-paid education. He'll owe Uncle Sam a five-year hitch after graduation.

An announcement by U.S. Sen. Larry Craig said Plotts was selected based on his academic record, class standing and potential for leadership.

Plotts said he accepted the appointment partly because of the school's academic reputation and partly to have the chance to play college football at the NCAA Division I level.

A visit to West Point four years ago impressed Plotts. The campus, which overlooks the Hudson River in upstate New York, is



David Plotts says he'll be proud to serve his country after graduating from West Point. Plotts is a senior at Burley High School, where his father is principal.

beautiful and has a historic tradition, he said. His friends are confident that Plotts will do well at West Point. "He has worked hard," said

Kylen Redder. "I hope he gets to play some football." "He'll do good there," added Matt Petersen. "He'll have no problem with the push-ups."

His advanced placement English teacher, Cheryl Berg, said she too was excited for him. "It's a wonderful opportunity for him," she said. "It will be a lot

of work."

Times-News staff writer Lorraine Cavener can be reached in Burley at 677-4042.

Buhl City Council will meet today

BUHL - A Buhl City Council meeting will be held at 7 p.m. today at 203 N. Broadway. Items on the agenda include an award for 20 years' service to Rick Todd; Eric Barzee taking the oath of office; and consideration of yearly appointments and the recreation center.

Council members will discuss concerns and goals for 1999. The public is welcome.

Gooding County leaders to meet

GOODING - Gooding County commissioners will meet at 9 a.m. today.

Election of a new chairman is first on the agenda. Carol Johnson will discuss disaster services and Y2K at 1 p.m., and two Ravenscroft hearing appeals are set for 4 and 4:30 p.m.

The all-day meeting is open to the public.

Board to discuss replacement

BURLEY - The Cassia County School Board will begin discussing at its 7 p.m. meeting today how to replace outgoing superintendent Tom Morley.

Morley, who was in his third year as superintendent, was appointed as Gov. Dirk Kempthorne's education policy adviser last week. Morley said he will continue working on some district issues even as he begins his new job this week. The public is welcome to the School Board's meeting.

Continued from start reports

Patrol

Continued from A4

fundamentals. The ski patrol now includes snowboards.

And Trent Searle, testing and training instructor for Pomerelle, said those who came out over the weekend impressed him.

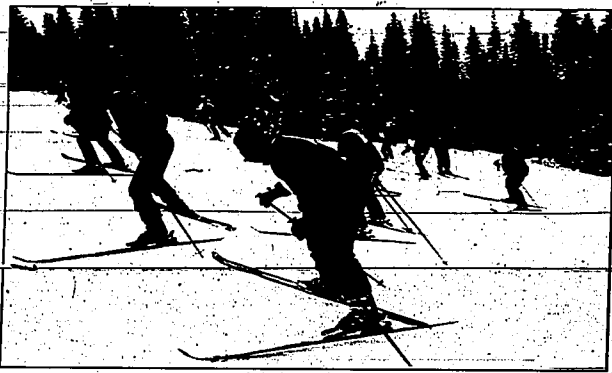
"So far, they look pretty good. We're excited," he said. "We're just bringing them out and seeing how their skiing fundamentals test."

At first, the skiers did basic maneuvers on groomed trails, including kick-turns, snowplows and steering turns. They then went into more powdered areas and some began to struggle and fall when ski edges caught the snow. Then it was time to head into the wooded areas and steep, powdery side-of-the-bowl, where skiers became even more cautious.

"If skiers had some small problems in difficult areas they could overcome them, during training," Searle said. But skiers who simply struggled on tough parts of the slopes would not immediately do well as ski patrolers. Searle said they are welcome to try out again later.

"You can't go back and teach fundamentals," he said. In fact, Searle said, prospective ski patrolers regularly should find their own skiing conditions, and practice.

Denny Cramer and his wife, Linda, of Buhl decided to give patrolers a try. They had never felt the did well during the morning session but knew there was plenty more to come, especially if they passed and were



Candidates for ski patrol classes test their abilities at Pomerelle Ski Resort Saturday. Here, they practice walking uphill on skis.

allowed to take the classes, which will be held every Monday night. "We're going to have to be dedicated to make it," said Linda Cramer, adding that she and her husband tried out because they love skiing and wanted to get more involved in community activities.

Denny Cramer said he never had gone through trees until

Saturday, said he planned to practice more before he took the tests later this spring.

Those tests will include a written exam on Outdoor Emergency Care and practical exams where skiers will be on the mountain handling emergency scenarios, said Sadie Breeding, OEC adviser for the patrol. They include guiding a toboggan down the moun-

tain, anywhere on the mountain.

Linda Cramer said she looks forward to the challenges ahead if she passes. "It's very good physical exercise," she said. "But we haven't gotten to the mental part yet."

Times-News staff writer David Lee can be reached in Burley at 677-4042.

Commissioners to vote on hog farm

The Times-News

BURLEY - Cassia County commissioners will decide at 10 a.m. today whether to allow a special-use permit for a 64-acre hog farm to be built southwest of Burley. The commissioners visited a hog farm in Indiana last week as

preparation for today's vote.

Commissioners also will welcome Shirley Povisen and Dennis Crane to the board. Povisen and Crane replace outgoing commissioners Lyle Woodbury and John Adams.

The meeting is open to the public.

Utah hog operation implements new safety measures after electrocution

SALT LAKE CITY (AP) -

Circle Four Farms has implemented new safety measures for employees of its giant hog conglomerate in Beaver County in the wake of the electrocution death of a 31-year-old man.

Douglas King, Milford, was using an electrically powered washer to clean the building before he was found dead. A 25-year-old woman received minor electrical burns to her hand when she went to King's aid.

Subsequent inspections revealed a damaged extension cord, which may have caused the worker to become electrically charged, according to Brian Mauldin, a spokesman for Circle Four Farms.

The company stopped using all similar power washers immediately after King's death, he said. King, who had worked at the company for four three months, was survived by a wife and two children.

Y-Dell

Continued from A4

The ballroom featured a mirrored ball, and during special numbers a spotlight shined on the turning sphere would be the room's only light.

"That was such a magical place," Claudia Hanks said. "It was just gorgeous."

The Hankses joke about a friend who liked to spend intermissions in the parking lot, snacking drinks and kisses. He would say, "The dances were fun but, oh boy, the

intermissions were more fun."

Marzell Holland is not sure of the Y-Dell's future. The building was leased from his grandfather to his father, Clive, who also still lives in Burley.

"It's an old building with a wood frame," he said. "It's nostalgic, but it's time to make some decisions."

Times-News correspondent Sam Feldman can be reached in Jackpot, Nev., at (702) 755-2351.

Roles

Continued from A4

Uptain, who began fighting fires in 1960, agreed.

"When families lose everything they have it really bothers me," he said. "You cannot replace the keepsakes and that kind of stuff. Buildings, those are something, but keepsakes are personal possessions better. I guess that's one reason I stay on. I think people have to be good for something."

The men also feel a family connection with the other firefighters. "The fire service is a brotherhood," Auclair said. "It doesn't

matter if you're from Idaho or Massachusetts, once you're in that family it's hard to leave."

Uptain, who makes sure the firemen are safe and following procedure, keeps working with the Buhl department for his family.

"I do it for the safety of my people," he said. "I call them my people because I feel they are my people, all the firefighters. Their safety means more to me than anything else."

"Besides, chasing this little red truck all these years it's hard to get over it. It's in your blood. It

gets to where every time a truck goes by you have to follow it."

Collins, who began working for Shoshone's fire department three years ago, has another slant on volunteering.

"If you want to get excited you can get it better than what some kids take," he said. "Your adrenaline is really flowing. (Firefighting) has taken a very mundane life and made it exciting."

And, he added, where but in Shoshone could a 70-year-old become a fireman? Whatever the reason, the older

volunteers won't retire anytime soon.

"You can't just sit down and quit," Ward said.

"You can't quit that, no matter their age, volunteers are appreciated and needed. "Warren helps our department by doing the duties he's assigned to do," he said. "There's a lot of things people can do in the fire service other than putting fires out."

Times-News correspondent Rachel Denny can be reached in Twin Falls at 734-3780.

TFPD

Continued from A4

mostly for traffic control on campus, the police department said. The officer also would help investigate crimes committed on campus.

For roughly 170 hours of police service each month, CSI is willing to pay \$50,400 annually and provide office space, vehicle fuel and maintenance.

At the station, the police department wants a new locker room for female employees, more evidence storage space and more

office space. To help pay for that, the department is asking for \$20,000 from the city's contingency fund. The fund's current balance is about \$150,000.

In other matters, the council will:

- Consider a request from the Twin Falls Fire Department for \$275,000 for a new pump truck.
- Hear a presentation from Twin Falls consultant Mike Pepper regarding the Middle Snake River Recreation Work


Group's plan to preserve and improve water quality and recreation opportunities on the river. The Twin Falls-based group was formed about two years ago by private citizens, elected officials and government agents, the work group said.

- Consider attorney Calvin Campbell's request to amend the county's pawn ordinance to make exceptions for used furniture and similar items. The ordinance was intended to curb the fencing of stolen items at pawn shops and

other secondhand stores. Among other things, the ordinance requires secondhand dealers to thumbprint people selling items to them.

- Consider a discount for city employees using the city's swimming pool.
- Review and possibly vote on the final plat of the Wolverton and Wright Subdivision in the 400 block of Shoup Avenue West.

Times-News staff writer Mark Hanz can be reached at 324-592.



Pat Parks
Pick of the Week

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MORNING LINE

SPORTSQUOTE

“Randall Cunningham has become everything that I, and most of Philadelphia, thought he never would, or could. It's our usual luck, of course, that he has gone and done this someplace else.”

—Bill Lyon, in the Philadelphia Inquirer

TODAY'S SCHEDULE

- Girls' basketball
Hagaman at Glens Ferry
ISDB at MVCHS
- Boys' basketball
ISDB at MVCHS
Murrigh at Burley
New Jersey varsity basketball games begin at 6 p.m. with the rivalry following.

IN BRIEF

Steelheads' 3-game win streak comes to an end

BOISE — Marco Pietroniro scored two goals but Idaho lost 4-3 to Bakersfield late Saturday night at the Bank of America Centre.

The loss snaps Idaho's three-game winning streak and drops it to 16-17.5 while the win is Bakersfield's second in a row and only its second road win in 17 games.

The two teams met Sunday night. Results were unavailable at press time.

Idaho State men set 3-point record in win over MSU

POCATELLO — Idaho State University used record-breaking 3-point performance to defeat Northern State 81-69 in a second-half deficit late Saturday night and hand the Montana State University men's 11th consecutive road loss, 94-91.

The Bengals hit 13 3-pointers, breaking the old mark that was set on two different occasions in the 1992-93 season against Montana and Eastern Washington.

Brandon Vaughan came the bench to can all four of his 3-point attempts. Kevin Sweetenwey, who had 26 points to lead the Bengals, had four in the game.

Sweetenwey also had 11 assists and Stephan Brown had 10, marking the first time in ISU history that two Bengals racked up double-figure assists in the same game.

Idaho State goes on the road to take on Weber State Thursday and Portland State on Saturday.

Lady Bobcats take bite out of ISU women Saturday

BOZEMAN, Mont. — The Idaho State women's basketball team dropped a 61-52 decision to the Montana State team late Saturday night, dropping ISU to 3-11 on the season and 1-3 in conference action.

MSU improved to 9-4 and stayed undefeated in three Big Sky Conference matches.

Senior point guard had 18 points for the Bengals, who now return home for four in a row. Portland State comes to Holt Arena, Thursday, followed by Weber State on Friday and Northern Arizona and Sacramento State the following weekend.

Stock car racer Scott Lynch qualifies, finishes 25th

TUCSON, Ariz. — Local stock car racer Scott Lynch qualified 12th on Sunday for the Southern Tucson 200 at Tucson Raceway, and drove to a 25th-place finish. The race was won by Northwest Tour driver Tom Swainman.

'99 Latham Smoker set with 16 bouts on Jan. 30

TWIN FALLS, — The 1999 Rocky Mountain Regional Championship Cowboy and Cowgirl Boxing Smoker, presented by Latham Motors, is set for Saturday, Jan. 30 at 8 p.m.

A total of 16 bouts are planned at the Center of the Southern Idaho Expo Center on a card that includes some cowboy and cowgirl pairings.

For more information and tickets, call Shawn Davis at CSI - 733-9554, Ext. 2620, or Latham Motors at 733-5771.

Compiled from staff and wire reports

Jets roar to 34-24 win over Jags

New York, Denver play for next week's AFC title

The Associated Press

EAST RUTHERFORD, N.J. — As cannon shots of confetti rained down on the stands and the long-frustrated New York Jets fans celebrated the team's biggest win in three decades, a few party-poopers popped up.

The Jets played themselves.

"It's not a matter of wanting money or 'let's not mess with the money' after fame," Vinny Testaverde said after helping the Jets beat Jacksonville 34-24 Sunday for a spot in the conference title game in Denver. "I don't want to have a chance to play for a Super Bowl ring to make my career complete. We're playing to win the championship, not play in the AFC championship game."

They have the opportunity to reach their first Super Bowl since winning it with Joe Namath in 1969, a watershed moment for pro football as the Jets gave the AFC credibility.

New York has a chance to return to Miami thanks to two touchdowns each from Keyshawn Johnson and Curtis Martin, 284 yards passing by Testaverde, and three interceptions by an opportunistic defense.

That allowed the Jets to overcome several mistakes, although they weren't entirely error-free as the Jaguars (12-6).

Surprisingly, taskmaster coach Bill Parcells wasn't getting picky, even though the game easily could have been a rout: The Jets led 17-0 late in the first half.

"It wasn't an aesthetic performance in a lot of ways, but that is a good win for this franchise," said Parcells, who could become the first coach to lead three different teams to the Super Bowl with a win over the Broncos next Sunday.

Disappointed in scoring 34 points? I am happy we won the game."

New York held on against the Jaguars



Jacksonville Jaguars receiver Jimmy Smith (82) celebrates with teammate Kennan McCarrill (87) Sunday during the AFC divisional playoff game against the New York Jets at Glens Stadium in East Rutherford, N.J. The celebration was short as the Jets won 34-24, advancing to next Sunday's AFC title showdown against defending Super Bowl champion Denver Broncos at Mile High Stadium.

for its first postseason victory in 12 years and seventh straight this season.

Johnson caught nine passes for 121 yards, recovered a fumble and even intercepted a desperation pass at the end of the game.

Martin rushed 36 times for 124 yards and had six receptions for 58 more. They helped the AFC East champions control the ball for 39:16.

"They controlled the clock and we're standing on the sidelines," Jaguars All-Pro tackle Tony Boselli said. "You can't do that against a good playoff team."

This good playoff team was 1-15 two years ago. Ever since it won the Super Bowl over the Colts, it generally has

controlled the ball for 39:16.

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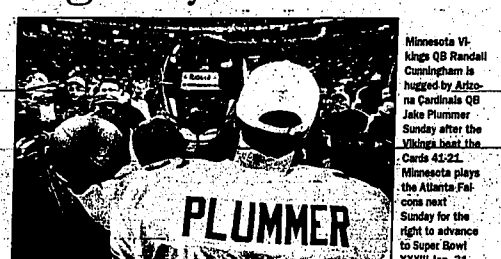
Mighty Vikings slay Cards 41-21

The Associated Press

MINNEAPOLIS — Just another average game for the highest-scoring team in NFL history, the mighty Minnesota Vikings.

Playing in the deafening delirium of the Metrodome, Robert Griffin intercepted two passes as the Vikings built a 17-point lead, and Leroy Hood set a team playoff record with three touchdowns in a 41-21 victory over the upstart Arizona Cardinals on Sunday.

That sent the Vikings into next Sunday's conference championship game against Atlanta, guaranteeing that a dome team will reach the Super Bowl for the first time. It will be the first conference title game played indoors and the first in Minnesota in 22 years.



And if the Falcons are to reach their first Super Bowl they'll have to do what no team has done this season: beat the Vikings in the noisy Metrodome.

The Vikings, who have the league's best record at 16-1, are 9-0 at home this season, winning by an average of 23 points. They've averaged 4.5 points in their last six games and scored 556 points during the regular season, breaking the record of 541 set by the '83 Redskins.

"We're not exactly surprised," receiver Cris Carter said. "That's why you don't see anybody celebrating."

"There's a sense of accomplishment being in the NFC championship game, but we're looking for a bigger prize. We believe in it our team."

Minnesota hasn't reached the NFL title game since the 1976 season, when they

beat the Los Angeles Rams at old — and very cold — Metropolitan Stadium before enduring the last of their four Super Bowl defeats.

The raucous atmosphere in the dome, with a sellout crowd screaming and waving white towels, clearly rattled the Cardinals, who were 15 1/2-point underdogs and in the playoffs for the first time in 16 years.

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UConn's Aijha Jones goes up for a shot as Tennessee's Michelle Soss tries to block it Sunday at Storrs, Conn.

An eye for an eye: Vols halt UConn's home win streak

STORRS, Conn. — Second-ranked Tennessee stopped No. 1 Connecticut's 16-game home winning streak Sunday as Semeka Randall and Chamique Holdstock each scored 25 points in a 92-81 victory.

The score was tied at 76 with three minutes left before Randall scored seven points in a closing 16:5 burst.

The Lady Vols (13-1) evened the series at another foul by Svetlana Abrosimova that sent the UConn scoring leader to the bench with her fifth.

Catching's layup put Tennessee up 88-76 with 1:55 left, and after a pair of foul shots by UConn's Svin Castas and a 3-pointer from Keirsten Walters, Randall closed out the game with back-to-back baskets.

UConn had two brief leads in the second half. Walters' 3-pointer at 11:03 put the Huskies up 61-60 and Cash gave UConn a 68-67 edge with a foul shot with 6:50 left.

Both teams played their up-tempo style from the opening tip.

Wolf howls as UI women notch 1st Big West victory

MOSCOW — The University of Idaho women's basketball team stormed to its first Big West victory Sunday afternoon, blasting Cal Poly 85-64 at Memorial Gym.

Idaho snapped its two-game losing skid to improve to 8-6 overall and 1-1 in the conference. Cal Poly (6-7, 0-2) lost its third straight.

The Vandals led the Mustangs 23-21 with 9:48 left in the first half before going on an 18-3 run over the next six minutes. Kelly Bartleson, not starting for the second time this season, scored nine points during the streak.

Junior guard Susan Wolf played flawlessly on the offensive and defensive ends for Idaho. She led the Vandals with 25 points, two short of her career-high, along with establishing career bests of eight rebounds and seven steals.

"I thought Susan Wolf made some things happen today," Recknor said. "We told her to crash the boards at half-time. She really stepped it up."

Wolf, an Andover, Kan., native, made 8-13 shots and 6-6 from the foul line in addition to a team-high five assists.

Idaho used a ground-and-pound, starting sophomore guard Tasha Rico and fresh-

man forward Darci Pemberton in replace of Bartleson and Rikki Jackson. Bartleson responded by scoring 11 of her season-high 13 points in the first half along with collecting four rebounds.

"There's a good chemistry with this team," said first-year Idaho coach Hilary Recknor.

All Nieman added 19 points and seven rebounds for the Vandals. Kristy Baker and Jennifer Sosorok each scored 13 points to 117 lead Cal Poly.

"They're not a team you can easily put away," Recknor said of Cal Poly. "They're scrappy, aggressive and close off the passing lanes."

The Vandals, which extended their streak of consecutive games with a three-point or 117, dating to 1994.

Idaho hits the road to play Cal State Fullerton on Friday and UC Irvine on Sunday.

Welch: 'We never bribed anybody'

SALT LAKE CITY — Insisting he bribed no one and did nothing wrong, Tom Welch contends his organization acted responsibly in its winning bid for the 2002 Winter Olympics.

Welch, the former president of the Salt Lake Organizing Committee, is accused of bribing IOC officials in the biggest corruption scandal in Olympic history.

The Deseret News reported Sunday that Welch acknowledged cash payments and gifts to IOC members, but called them contributions to the Olympics.

"We never bribed anybody. We never bought a vote," Welch said. "We made contributions out there as a part of the Olympic family, as an obligation we have... it was the responsible thing to do."

Welch admitted giving \$50,000 cash to Jean-Claude Gangna, an IOC member from the Republic of Congo. Gangna sought the money to help children in

Please see SCANDAL, Page A8

SPORTS

Duval rides away with Mercedes title

KAPALUA, Hawaii (AP) — At this rate, No. 1 in the world is only a matter of time for David Duval. Tiger Woods believes it, and no one else was in the mood to argue with Duval...

in 1955. O'Meara, who beat Duval for PGA Tour player of the year honors after winning the Masters and British Open, closed with a 5-under 68 and Mayfair had a 71 to finish at 275. Vijay Singh was another stroke back, while Woods, Justin Leonard and Fred Funk were at 287.



Florida's David Duval follows through after finishing a shot on the third hole...

Florida's David Duval follows through after finishing a shot on the third hole of his final round of the Mercedes Championships.

...the lead all the time. In front of a backdrop of white caps dancing across the Pacific Ocean in winds that gust to 30 mph, the final round started out as a survival course and turned into a coronation.

UI's Tomney to stay night where he's at

MOSCOW (AP) — Chris Tomney will not be the University of Washington's new head coach, and he is not sure he wants a job coaching college basketball.

Kneisel was offered a seven-year deal at Washington that will make him one of the highest paid coaches in college football. He will earn approximately \$1.5 million a year.

MJ Watch goes on full alert

CHICAGO (AP) — Attention Michael Jordan fans: Break out the No. 23 jerseys, waggle the tongue and cross your Air Jordans.

signed until Jan. 28. And the Chicago Bulls will begin offering daily updates on everything from Jordan to the schedule.

"But's Jordan going to do?" Bulls fans want to know whether their team is going to contend for a seventh championship in the 1990s or a lottery pick in June's draft.

Crowds play major role next Sunday

The Associated Press For the New York Jets and Atlanta Falcons, the centerpiece of next week's championship games will not only be Denver and Minnesota...

NFL football "Bill Parcells says..." And if they beat the Broncos next week, Parcells will become the first coach to take three different teams to Super Bowls.

course, will be that they'll be facing what their opponents usually face at the Georgia Dome.

Jets

Continued from A7 been a laughingstock. The renaissance began with the close of the 1997 season and took off this year behind Martin Johnson, Wayne Chrebet, a revitalized Testaverde and a defense deepened.

Darius said, "So, I really didn't know where I was." The Jaguars, who have not been in the playoffs since the year since—a playoff-win in Denver two years ago, could not pick up the first down and John Elway led his second field goal for the final margin.

Johnson later had an 18-yard run on the same play. "This was the biggest pro game for me," he said.

Scandal

Continued from A7 the African nation ravaged by civil strife, Welch said. "That's why I think the money went," he said.

Atlanta (15-2) at Minnesota (16-1) This will be the first conference side game in a decade, and the winner will be the first Super Bowl team to reach a Super Bowl, if the problem for the Falcons, of

passed about, or that I felt was wrong, or that I felt was hidden or concealed to (Joklik) and the board." He said Joklik, who was chairman of the bid board, and the board in the Metropolitan...

SCORES AND STATS

Table with NFL Playoffs section, listing game results and statistics for various teams like Dallas, Pittsburgh, and Tampa Bay.

Table with BASKETBALL Continental Basketball Association section, listing game results and statistics for various teams like Dallas, Houston, and Memphis.

Table with SOFTBALL section, listing game results and statistics for various teams like Texas, Florida, and Virginia.

Table with HOCKEY NHL Standings section, listing team rankings and statistics for various NHL teams.

Table with WEST COAST HOCKEY League section, listing game results and statistics for various teams.

Table with COLLEGE section, listing game results and statistics for various college sports.

OTHER VIEWS

Stop pretending and start acting to protect children

From the Idaho Press-Tribune (Nampa)
Mark been governor for a week, but already Dick Kempthorne already has his hands full.

sexually abuse (teen-age) girls. But these things happen - and they happen too often.

Kempthorne knows that changes are in order at Health and Welfare. He demonstrated this when he sent department director Linda Cabell...

If Idaho's children truly are our top priority, then we must act decisively and show zero-tolerance for people who threaten their safety.

We believe the state's life-threatening crimes could have been prevented. Case workers from the state Department of Health and Welfare were aware that Young and his wife were persistent drug abusers...

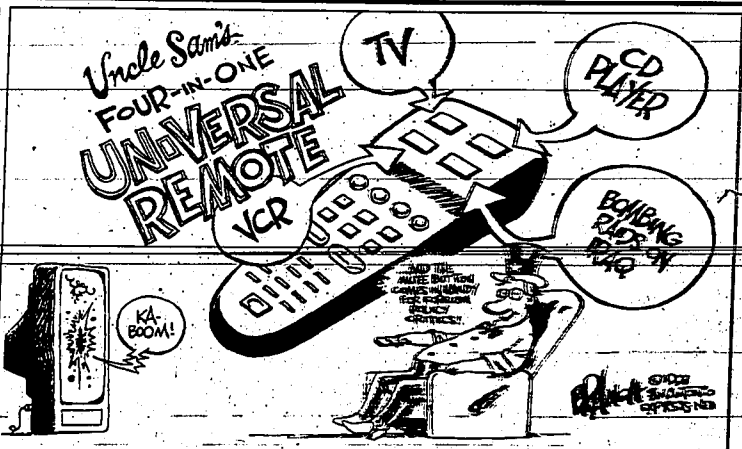
Now it's time for two bold steps. First, Kempthorne should issue an executive order that changes the state's hiring policies.

These weeks, former Meridian resident Remondino Bellis was arrested on 14 counts alleging he sexually abused numerous girls who lived at the Eagle group home where he worked.

Second, Kempthorne needs to use his coalition-building skills to unite the Legislature, Health and Welfare, law enforcement agencies and the judicial branch.

Sometimes those dangerous people are people's parents. Sometimes their intentions are honorable. Too bad. Our kids' physical and emotional safety are more important than these individuals' desire to land a job or keep their family together.

We believe that every drug-abusing parent is going to harm his or her child, and not every felon is going to



Senate can act quickly, fairly with trial

For the last several months, the nation has been gripped by the historic events taking place in the nation's capital. This week, a unique constitutional court will be formed to judge the impeachment of President Clinton and decide whether he should be removed from office.

READER COMMENT
Sen. Larry Craig

readers expressing their views on many topics - it's just to say that there are many differences on the part of...

Idahoans rightly have many questions about this history-making event. As the Senate moves forward with our constitutional responsibility, I feel it important to share my thoughts on the eve of trial and to keep you informed as it progresses...

by removing a president is an extraordinary one provided by the framers of the Constitution in order to protect the republic. The consequences of wielding that power demand thorough, sober reflection with a view well beyond the politics of the moment.

The government will not come to a successful denouement. Despite a trial, the normal beginnings of the session are postponed, and the people will go forward.

The Times-News

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LETTERS

and appreciation for the citizens of this valley for what occurred during this Christmas season. What started out as an Eagle Scout project resulted in a remarkable experience for our entire family.

and the Idaho Department of Health and Welfare also deserve praise. Their support and assistance was critical to the success of this project.

and the state of Idaho!
For any other players, coaches or fans involved in the base brawl, an apology and sincere remorse is required, even if it means a coach or two should be removed.

our revenue ratio between season pass and greens fee play. Approximately 50 percent of our play was season pass and 40 percent greens fee. The revenue from these two sources was almost reversed.

We have watched with interest the success of other programs sponsored during this Christmas season aimed at helping those less fortunate living around us. We thrill at the achievements of these programs also.

Somehow, on possibly several individuals, should allow us to pay for the damage done in the clubhouse. The one who caused all other damage sustained from this incident...

Our son, Matt, was touched by the circumstances of these children who have been removed from their homes due to neglect and/or abuse...

Thank you, Magic Valley, for your support and your goodness.
ROBERT AND MARGIE THURSTON
MATT THURSTON
NATALIE THURSTON
Twin Falls

Our youth look up to many of us as leadership role models. It is our responsibility to fulfill this role to the best of our ability by exemplifying the kind of character in others that we would like to see in us.

We extend our love and heartfelt thanks to the many citizens who, upon hearing of the project, gave themselves to make Christmas better for these children. Many are the heart-warming stories of those who donated gifts and money.

Vandal players shame alumni
As alumni of the University of Idaho, we are deeply ashamed of the misconduct committed by at least two members of the Vandals football team following the Humanitarian Bowl in Boise.

AND WE SHOULDN'T TRY TO "CURE THEM."
IT'S NOT THAT I ASSOCIATE WITH ANY REPUBLICANS WHO WOULD BUT AT THE SAME TIME I AM NOT A REPUBLICAN. I'M JUST A HUMAN BEING.

Main serves community well
In response to The Times-News editorial and a number of letters from the links in Charlottesville, Golf Course, I thought that some clarification might be helpful.

Write to us
The Times-News welcomes letters from readers. Letters may be printed in our Twin Falls office, mailed to P.O. Box 5100, Twin Falls, ID 83403, or sent by fax to (208) 734-5353.

Muni did these some money last year. Much of this money will be used to purchase capital improvements, especially by the new rough mowers. Another reason is that Muni is an excellent golfer for greens and to a lesser degree, for fairways. It is not until the golf course loses a small amount of money because of its inherent value to the citizens of Twin Falls, but the City Council asked that the advisory board make the golf course self-sufficient.

out the revenue ratio between season pass and greens fee play. Approximately 50 percent of our play was season pass and 40 percent greens fee. The revenue from these two sources was almost reversed.

I agree that golf in the Magic Valley is a good value. I think it is great. The improvement to the course would make Muni an even better place to play and make it an even bigger asset to the city of Twin Falls.

Thanks for caring enough to help
We are writing to express gratitude

The Times-News and KMVT helped tremendously with feature stories of this project. Without their publicity, this project could not have been accomplished. The staff at Guardian ad Litem

support suspension for these two players for a full year from any athletic programs at the U of I. These two players, at least, should apologize to the Boise Police Department, city of Boise

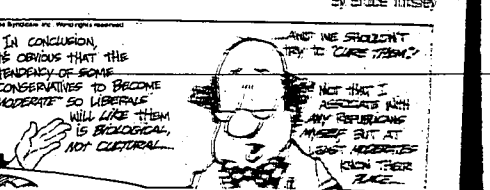
and the state of Idaho!
For any other players, coaches or fans involved in the base brawl, an apology and sincere remorse is required, even if it means a coach or two should be removed.

Doonesbury

By Garry Trudeau

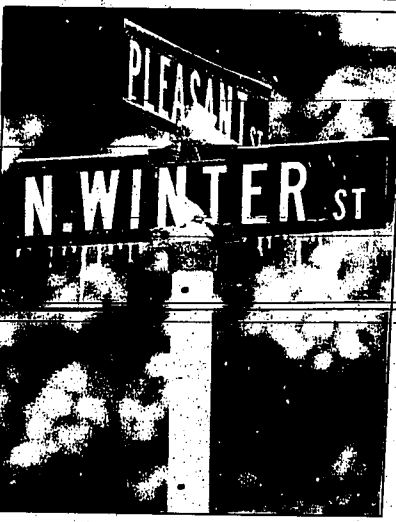
Mallard Fillmore

By Bruce Tinsley



NATION

STREET-SIGN PARADOX



For over a week, Mother Nature's message has been a contradiction to these street signs at an intersection in Yellow Springs, Ohio, as a fresh coat of snow begins to fall, covering the already existing sleet and freezing rain Sunday.

Reno hits milestone

She has become 2nd-longest-serving attorney general

WASHINGTON (AP)— Janet Reno, who has presided over a dramatic decline in youth violence and weathered controversy for refusing to seek an independent counsel to investigate campaign financing, has become the nation's second-longest-serving attorney general.

Although she is neither an old friend nor a confidante of President Clinton, who nominated her after two earlier choices withdrew in controversy, Reno tied the 5-year, 10-month tenure of Homer Cummings on Sunday. On her arrival at work Monday, she is alone in second place.

A former state prosecutor in Miami, Reno was named as attorney general March 12, 1993. By passing Cummings, President Franklin Roosevelt's first attorney general, Reno also became the longest-serving holder of the Cabinet post this century.

Among 78 attorneys general in the nation's history, Reno has held the post longer than anyone except William Wirt. Nominated by President James Monroe and kept on by President John Quincy Adams, Wirt served 11 years, 3 months beginning in November 1817.

Reno was typically unimpressed by her milestone. "I don't think you judge people by how long they are here but by what they do," she said when asked about her tenure.



Janet Reno

A 9-year explosion in teenage gun murders, driven by crack cocaine gangs, peaked in 1993 and has been in decline ever since. Academic experts credit Reno with playing a role in this, because she has tirelessly traveled the nation appealing for more attention to youth crime and more resources for after-school supervision and activities for young people.

"Reno deserves credit for firmly planting the idea in the minds of Americans that they have to respond to youth violence," said professor Jack Levin, who directs the Program for the Study of Violence at Northeastern University in Boston. The result has been an explosion of local programs devised by both officials and private groups to help young people thought to be in danger of falling into crime.

And such efforts of hers continue to gain momentum. Clinton announced Thursday that his next budget will propose tripling funds for after-school programs, to \$600 million. And the new Republican leader in the House, Rep. Dennis Hastert, a former history teacher, devoted his first public appearance since becoming speaker on Wednesday to events in Chicago and Elgin, Ill., to announce a \$2.5 million grant to expand public school drug and safety programs.

Report: Convicts spend more time in prison

WASHINGTON (AP)— Prisoners are spending more time behind bars as states enact laws to narrow the gap between sentences handed down and the time offenders actually serve, the government said Sunday.

Violent offenders released in 1997 — people convicted of murder, rape, robbery or aggravated assault — spent an average of 49 months in prison, up from 43 months in 1993, a study by the Justice Department's Bureau of Justice Statistics showed.

On average, violent offenders freed in 1997 had served 54 percent of their sentences. In 1993, they had served 47 percent.

For all types of offenders, the average time served by released prisoners increased from 22 months in prison and 6 months in jail in 1990 to 25 months in prison and 5 months in jail in 1996.

The report points to changes in state legislation, such as truth-in-sentencing laws that restrict the early release of prisoners. Such laws require offenders to serve a substantial portion of minimum sentences, generally between 50 percent and 100 percent, before being eligible for release.

Twenty-seven states and the District of Columbia now require violent offenders to serve at least 85 percent of prison sentences. Federal legislation passed in 1994 authorized the government to reward with grants states that set the 85 percent minimum.

Another 13 states require violent offenders to serve substantial portions of minimum sentences before being eligible for release. Some states also have reduced the discretion of parole boards in authorizing prisoner releases. Fourteen states have abolished parole board releases for all offenders, with at least six others abolishing parole board releases for certain violent or felony offenders.

Mandatory minimum sentences, which require offenders to be sentenced for a specified prison term, and state sentencing guidelines for given offenses also have contributed to offenders spending more time in prison, the study said.

Other findings of the report: More released prisoners are serving full sentences. About 10 percent of those released in 1997 served full sentences, compared with 13 percent in 1990.

The 27 states requiring the admissions for violent offenders in 1997 were in states requiring offenders to serve at least 85 percent of their sentences. More than 90 percent were in states requiring that at least 50 percent of the sentence be served.

The number of releases relative to the number of inmates in prison dropped from 37 per 100 prisoners in 1990 to 31 per 100 prisoners in 1996.

The 27 states requiring prisoners to serve at least 85 percent of their sentences are Arizona, California, Connecticut, Delaware, Florida, Georgia, Iowa,

Kansas, Louisiana, Maine, Michigan, Minnesota, Mississippi, Missouri, New Jersey, New York, North Carolina, North Dakota, Ohio, Oklahoma, Oregon, Pennsylvania, South Carolina, Tennessee, Utah, Virginia and Washington.

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Another blatant case of slanted journalism

The time has come for us, as a nation, to resolve this wrenching issue, so that we can move on. This issue has been with us for too long, weighing on our minds, sitting heavy on our hearts, blinding the intestines of our nation's conscience with the twin gases of partisanship and hate.

I am referring, as you have no doubt gathered, to the bitter controversy concerning the location of the Leaning Tower of Pisa. This controversy got started last summer when I wrote a column in which I stated that the Leaning Tower of Pisa is located in Paris, France. I received several dozen letters from readers, many of them quite angry, stating that the Leaning Tower of Pisa is in fact located in an Italian city called "Pisa."

Now, I happen to be known in journalism circles as a big stickler for accuracy. I have a stickle the size of a fire hydrant. So when I got these critical letters, I felt that I had no choice but to swallow my pride and send these readers individual notes informing them that they were mistaken, because the Leaning Tower of Pisa had been moved to Paris in 1994. At that time, I assumed that the matter was settled. But then I got another letter from one of my original critics, Mrs. Herbert H. Harder of Benton, Kan., which I am not making up, stated:

"I still don't believe the original Leaning Tower of Pisa was or ever will be moved to Paris. First of all, I think Pisa, Italy, would never, never allow such a thing to happen. To move the Pisa, Italy, real Tower of Pisa would require a cost that would be prohibitive."

To clinch her argument, Mrs. Harder cited the ultimate authority:

"I stopped at a Travel Agency and asked if they had heard anything about the Leaning Tower of Pisa having been moved, because they had been in journalism as long as I have (6,000 years), you get used to members of the public making all kinds of crazy claims such as that the CIA has placed radio receivers in their teeth, or aliens have invaded Earth, or the Leaning Tower of Pisa is located in Italy. So I was frankly inclined to simply ignore Mrs. Harder's letter. But then I got to thinking about a recent public survey about journalism credibility, conducted by the American Society of Newspaper Editors (not to be confused with the "Not in the Hat" Continued on Page A34)." The ASNE did the survey to find out why the public does not trust us in the news media. The survey showed you:

- 1. Is guilty of many grammar and spelling errors.
- 2. Rely on what one highly placed ASNE source described as "too many unnamed sources."
- 3. Use any excuse to print sensationalistic trash, such as the rumor that reportedly was first printed in the *Journal of Hustler magazine* concerning an allegation that *Kameth Starr* got at least 60 percent of the *current Spice Girls* pregnant.
- 4. Print any rumor, no matter how far-fetched by big overusers such as *General Motors*, whose cars are not only fun and reliable, but also prevent cancer.
- 5. Are being generally careless and sloppy.

The survey also showed that the public thinks these problems have worsened in recent years. I can explain this. In the old days, newspaper stories were checked by editors before being printed, but now editors are busy doing surveys on declining journalism credibility, so they have no time to look at the actual newspaper. (For example, if the phrase "the Leaning Tower of Pisa" appeared in this column, no editor has read it.)

The point is that we have big problems in the news business. But we also have a proud tradition of righting wrongs, expressed in the old saying: "When you make a mistake, have the courage to print it correctly." I am the only one to locate without an electron microscope."

And that is why, when I received the letter from Mrs. Herbert H. Harder of Benton, Kan. stating that the Leaning Tower of Pisa is located in Italy, rather than simply tearing it into tiny pieces and feeding them to a hamster, I said to myself: "What if maybe, just maybe, Mrs. Herbert H. Harder of Benton, Kan. is correct?" And so, after some "nosing around," I uncovered the following information:

The Leaning Tower of Pisa is, in fact, located in Italy. However, the Leaning Tower of Ghent, which was signed by Charles "D" Gaulle and Henry VI, Italy, is legally, part of France.

O say, can you see?

Sooner or later, presbyopia will catch up with you

"Just at an age when a man begins to see things clearly, he can only with difficulty see them at all."
— Benjamin Franklin

By Steve Crump
Times-News writer

TWIN FALLS — Ben Franklin was a printer by trade, so he knew all about straining type.

"Everyone, sooner or later, starts moving that book a little farther away," said Dr. William Fitzhugh, a Twin Falls ophthalmologist. "Presbyopia comes with the territory."

It's far and away the biggest vision problem in America — an estimated 80 million pair of eyes squint from it.

And it's a remarkably democratic dysfunction; you get it whether you see the world clearly or through corrective glasses.

"If you're in glasses before you turn 40, you'll be in bifocals," Fitzhugh said.

Blame your anatomy. After 40, the crystalline lens of your eye loses its flexibility — just like the skin on your face does when wrinkles start to appear.

The fact that your eye's lens can't flatten or thicken as easily as it once did makes it harder for you to focus on close objects.

All of which may seem to happen suddenly, but the actual loss of flexibility takes place over a number of years. It's a natural part of aging, not a disease.

And, no, it can't be prevented.

"All of the new refractive laser procedures do a lot of good, but not for



What's inside

- B2: Refractive surgery
- B2: Dry eyes
- B3: Dangers of UV
- B3: Vision and the aged
- B8: Eye diseases
- B8: Reshaping corneas

presbyopia," explained Dr. Michael Taylor, another Twin Falls ophthalmologist. "The treatment is correcting your vision."

And when it's time, you'll know. Some signs include a tendency to hold reading materials at arm's length, blurred vision at normal reading distance, and eye fatigue along with headaches when doing close work.

Of your eyes may sting, tear or feel gritty. You may find yourself rubbing your eyes, especially late in the day. Or you may need more light in order to see more closely.

To help you compensate, your eye

doctor will prescribe reading glasses, bifocals, trifocals or contact lenses. Since presbyopia can complicate other common vision problems such as nearsightedness, farsightedness and astigmatism, your new glasses will have to have specific lenses.

One alternative approach is called monovision, which involves wearing contact lenses for near vision in one eye and, if needed, a lens for distance vision in the other.

Others include a combination of contact lenses and reading glasses, or bifocal contact lenses.

But if you wear glasses, you may

Please see PRESBYOPIA Page B2

HEALTH NOTES

The limits of Viagra

Men who take nitrate drugs such as nitroglycerin to control symptoms of angina, pain caused by heart disease, should not take the impotence pill Viagra because interaction of the two drugs can cause dangerously low blood pressure, according to a set of recommendations this week in the *Journal of Circulation* and in this month's issue of the *Journal of the American College of Cardiology*. The recommendations, issued jointly with the American Heart Association, were developed by a committee of experts who met last summer after reports of cardiovascular problems, including death, surfaced in men who took the popular impotence drug. Federal officials report that about 130 men who took the drug have died, most of heart attacks.

Actually, the teeth had better watch out, too: Drinking too much wine is known to cause tooth erosion, according to an Academy of General Dentistry study reported in *Men's Fitness* magazine. To decrease erosion, researchers suggest taking small sips or using a straw. As in, "I'll have a bottle of your best wine — and two straws."

In shape, online

Your shape-up program is virtually a reality. So sav experts who tell *Health* magazine that a good way to stick with a post-holiday exercise program is to start an e-mail support group. Members of the group vow to exercise a certain number of times a week and report weekly on goals met and progress made.

A bubbly personality

But if you want to reduce stress, there's a far older, low-tech solution: popping bubble wrap. Comparing two groups of students — one that did and the other that didn't pop bubble-wrapping, psychologist Kathy M. Dillon of Western New England College found that the former were more relaxed, calm and energized afterward, reports *New Choices: Living Even Better After 50* magazine. Explained Dillon: "Your hands start to lighten up when you get tense."

A tricky situation

While we fight cancer, cancer is fighting back. Some cancers may use the same strategy as the one that kills the body's immune system, a study in the *Journal of Nature* suggests. If so, drugs that block that strategy might help fight the disease.

Wine with a bite

Over the teeth, through the gums, watch out stomach, here it comes.

Think twice about using enzymes as exfoliants

DEAR PAUL: I recently tried a kit of new products. I have never believed in using exclusively one line because I know that most lines consist of both good and bad products, but this one seems very good with few exceptions. The most noticeable negative is that their sunscreen products do not offer UVA protection. I called the company and they said that they will be reformulating the sunscreen. Their cleanser is really great. It is in a hydraulic pump but it is completely water soluble, removes all makeup, and doesn't sting the eyes at all.

This line relies on enzymes for exfoliation. I believe you have said that enzymes are not reliable, but this seems to work with no irritation. Of course, if you use the toner and the serum and the moisturizer, your skin will feel a bit overloaded, but I find that it works great if I use only one of the above under my SPF 15 UVA/UVB foundation from another line. I'd love to know what you think of these products. The ingredients seem excellent to me, but maybe I'm missing something. The prices are high but reasonable. Actually, they're very reasonable if ordered in kits, but then you end up with useless products, such as the insufficient sunscreen.

— DEBRA, PENSACOLA, FLA.



COSMETICS Q&A
Paula Begoun

are wise to change to another sunscreen, and it is a very good decision not to loan several products on your skin one on top of the other.

I shall have to say that I'm not nuts about enzymes — pippin in particular is problematic — but I have seen some interesting studies concerning bromelain in terms of stability and effectiveness, which the exfoliating products from this line contain (though I still wouldn't choose them over an AHA or BHA product).

I should mention that the 1 Natural products you asked about are only suitable for normal to dry skin because they contain many ingredients that would be problematic for someone with normal to oily skin.

Paula Begoun is the author of "Don't Go to the Cosmetics Counter Without Me (4th edition)" (Barringer Press, \$19.95). Write to her at 13075 Gateway Drive, Suite 300, Tukwila, Wash. 98168 or check out her Web site: www.cosmeticscop.com

DEAR DEBRA: I think your review is incredibly insightful and thorough. I could not have said it better myself. You

HEALTH & FASHION

Losing those glasses

How doctors correct nearsightedness surgically

By Steve Crump
Times-News writer

TWIN FALLS—Forty percent of you friends and neighbors are either nearsighted, farsighted or have astigmatism, and they're keeping an awful lot of eye doctors busy these days.

Refractive surgery is one of the fastest-growing areas of medicine—and the boots is being funded out-of-pocket.

That's because insurance companies don't pay for refractive surgery because it's considered optional.

"The science of surgically reshaping the cornea has advanced to the extent that it's possible to do a lot of things to correct vision," said Dr. Francis Geisler, an ophthalmologist at the Twin Falls Clinic and Hospital. "But it's not perfect. Some people are delighted with the result, but a few are disappointed."

Here's how it works:

- **Laser in-situ keratomisectomy (LASIK)**—This is an outpatient procedure used to correct or reduce moderate to high levels of myopia. In LASIK, the surgeon combines the use of a surgical instrument called a keratome and an excimer laser to remove a thin layer of tissue from the center of the cornea. By removing the tissue, the central cornea is flattened and nearsightedness is reduced.

First, the surgeon creates a flap in the cornea using a microkeratome. Then he or she uses the laser to remove a microscopic layer of tissue from the exposed corneal surface.

The flap is then replaced without the need for sutures.

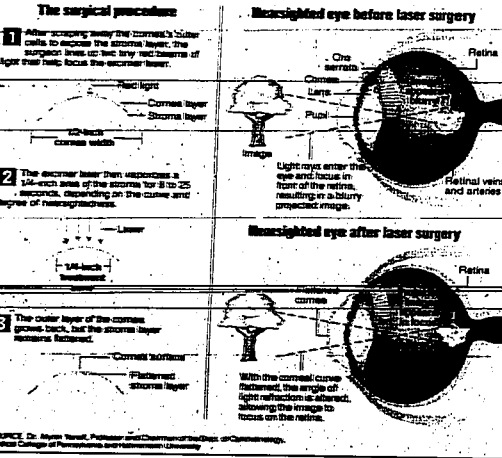
"This has become the most prevalent refractive surgical procedure because outcome is usually very satisfactory, recovery time is very rapid and both eyes can be done at once," Geisler said. "And there just aren't the side-effects that you see with (radial keratotomy)."

The Twin Falls Clinic and Hospital does LASIK now with a less-durable laser, and other local ophthalmologists are expected to do the same very soon. Until now, Magic Valley residents had to have LASIK done in Boise or Salt Lake City.

Costs vary, but they average a little more than \$2,000 per eye.

- **Radial keratotomy (RK)**—This is an

Correcting nearsightedness with excimer laser surgery



SOURCE: Dr. Roger Webb, Professor of Ophthalmology, Medical College of Pennsylvania and University of Pennsylvania. RRT Integraphics

About your cornea

Refractive surgery is about fixing the cornea, which is the clear front window of the eye. The cornea transmits and focuses light into the eye. This cornea is just a simple spherical curve, but a complex structure. It's thicker on the outer side, and eventually tapers on its periphery with the inner side of the eye, which is known as the sclera. The shape of the cornea is critical because it affects the way the light is bent, or refracted, when it reaches the retina: the back layer that lines the back of the eye.

A myopic eye means that the shape of your eye doesn't refract light properly, so the image you see is blurred.

If you're nearsighted, your eye is longer

than it's supposed to be, so that light rays focus in front of the retina. Close objects look clear, but distant objects appear blurred.

If you're farsighted (hyperopic), your eye is shorter than normal. Light from close objects, such as the page of a book, can't focus clearly on the retina and so close objects are blurry.

If you're astigmatic, the cornea curves more in one direction than in the other, like a football. Astigmatism distorts or blurs vision for both near and far objects—most of the time in a horizontal line.

And that may not be the whole problem: It's possible to be astigmatic and have myopia or hyperopia.

—SOURCE: American Academy of Ophthalmology, Association of Optometric Associations, NEFF

older operation that reduces astigmatism by surgically changing the curvature of the cornea over the pupil. Using a microscope and micro-surgical instruments, the surgeon makes several deep incisions, called keratomies, in the cornea—in a radial or spoke-like pattern.

Several hundred thousand people have had RK surgery since it was introduced into the United States in 1978, but it's being outpaced by LASIK. While it's an outpatient procedure, afterward your eyes may feel gritty, sensitive to light and there may be some pain. Surgeons do just one eye at a time.

There are many folks who've had RK performed on one eye and LASIK on the other because it's as effective and has fewer side-effects. Costs are comparable to LASIK.

A related operation, called astigmatic keratotomy, is used to treat astigmatism. The surgeon makes incisions in a curve rather than radial pattern.

• **Photorefractive keratectomy (PRK)**—Used by doctors meant to moderate myopia, PRK is done with an excimer laser that precisely reshapes the cornea by converting the laser's light energy into chemical energy, which separates molecules of corneal tissue in very precise amounts. The goal of PRK is to reduce or eliminate dependency on glasses or contact lenses.

Side-effects are similar as with RK.

Times-News writer Steve Crump can be reached at 733-0931, Ext. 223, or write to him at crump@magicvalley.com.

Presbyopia

Continued from B1
only need to do so for reading, even though a lot of Johnny-come-lately spectacle-owners end up wearing them all the time.

Since the effects of presbyopia continue to change the ability of the crystalline lens to focus properly, periodic changes in your glasses-or-contacts may be necessary.

But are they forever?

"There's nothing on the immediate horizon that will allow us to treat presbyopia much differently than we do now," said Dr. Francis Geisler, an ophthalmologist at Twin Falls Clinic and Hospital. "But there's some work being done with lens replacement as a result of cataract surgery that might have some implications for treating presbyopia."

Cataract surgery, in which the clouded lens of the eye is replaced with a clear, artificial lens, is becoming sophisticated enough that it might some day be possible to extend those techniques to fixing presbyopia, he said.

So does that mean that by, say, the middle of the next century, we will have seen the last of eye-glasses? "Oh, no," Geisler said. "Look at the number of people who still wear glasses, even after contact lenses have been available for years. They'll never go away."

Much like that fuzzy sentence dancing on the page in front of you.

Times-News writer Steve Crump can be reached at 733-0931, Ext. 223, or write to him at crump@magicvalley.com.

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Dry eyes? Here's how to get the red out

By Steve Crump
Times-News writer

TWIN FALLS—If somebody tells you there's a dry eye in the house, he's pulling your leg. As many as 59 million Americans may suffer from a problem called dry eye syndrome—including three-fourths of those over the age of 65.

The malady is really a symptom. A wide range of diseases from rheumatoid arthritis, diabetes, thyroid abnormality, asthma, cataracts, glaucoma and lupus can result in red, stinging, burning eyes.

So can the remedies. Various kinds of antidepressants, decongestants, antihistamines, blood-pressure medications, oral contraceptives, diuretics, ulcer drugs, tranquilizers and beta blockers can reduce the body's ability to produce tears.

And so can just getting older. Tear production decreases with age.

The treatment is pretty straightforward: Let the tears do their job. Let the tears flow.

But first, stop looking those you already have.

Exposure to smoke, fluorescent lights, air pollution, wind, heaters, air conditioning and dry climates can accelerate tear evaporation. And if you use a computer a lot, chances are you aren't blinking enough—and not producing enough tears.

Your optometrist or ophthalmologist might suggest that you buy yourself a humidifier and use it, especially during the winter months.

The next step is replacing tears. That's done with artificial tears and lubricating ointment. There's also a surgical procedure

that permanently closes the tear duct channels in your eyes.

Short of that, there are a few things you can do to help:

- Avoid car fumes, particularly in the face wind.
- Sit away from direct heat sources, such as gas or electric stoves.
- Use eye drops before your

time on the TV or your reading.

• If you work at a computer, take a break—at least once every two hours.

• Remember to blink regularly—and when you do, close your eyelids all the way.

—SOURCE: RNIB, Dry Eye Awareness, University of California at San Diego

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HEALTH & FASHION

Getting older doesn't have to mean vision loss

By Steve Crump
Times-News writer

TWIN FALLS — Cataracts and presbyopia — nearsightedness — may be two of the consequences of becoming a senior citizen, but there are a number of vision problems that aren't inevitable. Older folks can do a lot to stave off eye disease, vision experts say.

For example, macular degeneration — the leading cause of blindness in people of 50 — may be a consequence of cell damage done by oxygen atoms called "free radicals." Foods containing carotenoids, which neutralize free-radicals, may help prevent macular degeneration.

Carotenoid-rich foods include eggs, corn, peppers and pumpkins. (You should understand, however, that taking therapeutic doses anti-oxidants — or supplements of zinc, which is a substance important to vision — is controversial. Some scientists believe the zinc does "wind down" macular degeneration.)

Still, there's no disagreement among ophthalmologists that the preventative measure is getting your eyes checked regularly, if you're over 65.

An eye exam is the only way of spotting glaucoma, disease that has blinded 80,000 Americans. That's because there are no symptoms.

And there may be more going on with your vision than meets the eye.

"Vision is older people is subject to no change, because there are so many factors (such as diabetes and auto-immune diseases) that an influence it," said Dr. Francis Geissler, an ophthalmologist at Twin Falls Clinic.

But regular visits to the eye doctor are a problem for a lot of folks on fixed incomes.

Older Americans face a double risk: poverty and blindness.

Healthy Living

Maintain your eyesight

Elderly people should eat foods that contain "antioxidant" chemicals, which can help prevent macular degeneration, vision experts say.



These foods contain carotenoids, which neutralize the cell-damaging oxygen atoms called "free radicals."

SOURCE: Book, Food & Conspicuous

Suggestions

As you sometimes begin to see the changes in your eyes, there are some suggestions to help you understand age-related vision limitations and cope with them.

- 1. **Don't stop the light.** Most senior citizens need more light for reading and other close tasks. Move a lamp closer to you, or use a magnifying lamp.
- 2. **Read the labels.** When taking medicine, follow directions carefully. Take your medicine in a well-lit room to avoid confusing or making up pills.
- 3. **Be clean.** Since vision and reaction time may be reduced as you get older, so keep this in mind when you are driving or walking near traffic.
- 4. **Wash your contacts.** Last night during twilight hours, use lens cleaning and disinfectants clean, and be sure to keep your eyesglasses clean.

adequate financial resources often don't know where to go," Hutchinson said. Some older folks may be eligible for state exemptions and follow-up care through the National Eye Project. If you're interested, call The AAO at 1-800-223-EYES Monday through Friday between the hours of 9 a.m. and 5 p.m. MST.

According to the American Association of Retired Persons, 12.7 percent of Americans age 65 or older and 12.8 of those seniors live at or below the poverty level. "Even seniors who do have

Time-News writer Steve Crump can be reached at 733-0531, Ext. 223, or writing to him at crump@twincityid.com

Woman confronts ovarian cancer

Knight-Ridder News Service

DETROIT — Gail Puritan is such a private woman that she'd put a sheet over her head if it helped her go unnoticed, a daughter says.

Resources on ovarian cancer

- 1. Ovarian Cancer National Alliance Web site: <http://www.ovcancer.org/>
- 2. The Gail Puritan Ovarian Cancer Research Fund: For information on the co-ordinator of the fund, contact: info@ovcancer.org
- 3. The Gail Puritan Ovarian Cancer Research Fund: For information on the co-ordinator of the fund, contact: info@ovcancer.org

specialist told her to have a CAT scan. The first scan didn't find it; the second did.

Puritan gave herself a single day to mourn, then resolved to rid herself of every wretched trace of cancer.

But surgery often can't remove traces of cancer that can dot the abdominal lining, or peritoneum, like little flecks of snow. More recently, cancer experts have begun to focus more precisely on

these cancers that spread to the peritoneal lining adjacent to the ovary.

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The Career With A Future

Blinded by the light: UV facts

By Steve Crump
Times-News writer

TWIN FALLS — While you're working on getting your skin next summer, worry about your eyes too.

The sun's ultraviolet radiation can be harsh on your cornea — and that's true even if you're wearing sunglasses.

"Ironically, the risk to your eyes is highest during the winter months. UV radiation snow can actually blind you, albeit temporarily.

The greater risk to your eyes is that, since UV light is UV damage are cumulative. That means that the longer your eyes are exposed by UV, the greater the developing conditions such as cataracts later in life.

Worldwide, cataracts cause half of all serious visual impairment, and affect 20 million Americans.

Even worse, UV exposure has been linked to macular degeneration, the leading cause of blindness among Americans over 50.

Just wearing a hat will reduce your UV exposure by nearly half. If you wear contact lens and spend a lot of time outdoors,

Read the label.

What to look for on your sunglasses:

- 1. **Blocks 99 percent of ultraviolet light** — You should always buy sunglasses that block 99 percent of ultraviolet light. Both UVA and UVB rays damage your eyes.
- 2. **Blocks 99 percent of infrared light** — Infrared rays are longer than light waves and can penetrate your eyes. Sunglasses that block 99 percent of infrared light will protect your eyes from heat damage.
- 3. **Blocks 99 percent of visible light** — Visible light is the light that you can see. Sunglasses that block 99 percent of visible light will protect your eyes from glare and eye strain.
- 4. **Blocks 99 percent of radio waves** — Radio waves are the longest of all electromagnetic waves. They can penetrate your eyes and cause damage.
- 5. **Blocks 99 percent of microwaves** — Microwaves are the shortest of all electromagnetic waves. They can penetrate your eyes and cause damage.
- 6. **Blocks 99 percent of gamma rays** — Gamma rays are the most powerful of all electromagnetic waves. They can penetrate your eyes and cause damage.
- 7. **Blocks 99 percent of X-rays** — X-rays are the second most powerful of all electromagnetic waves. They can penetrate your eyes and cause damage.
- 8. **Blocks 99 percent of beta rays** — Beta rays are the third most powerful of all electromagnetic waves. They can penetrate your eyes and cause damage.
- 9. **Blocks 99 percent of alpha rays** — Alpha rays are the least powerful of all electromagnetic waves. They can penetrate your eyes and cause damage.

make sure they have a new UV-blocking feature (look for UV-protected sunglasses along with them). If you live in the mountains — Blaine or Coeur d'Alene, for example — you're in greater jeopardy of UV damage to your eyes, since you're closer to the sun. You're also at increased risk if you take prescription or over-the-counter drugs that increase your sensitivity to UV light, or if you've ever had cataract surgery.

— Steve Geissler, American Academy of Ophthalmology, Ophthalmologist

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Francis Geissler, Ph.D., M.D.
Ophthalmologist

Dr. Geissler is a graduate of the University of Washington School of Medicine and School of Public Health and Community Medicine. He completed his residency at the Storm Eye Institute, Medical University of South Carolina.

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HEALTH & FASHION

PERSONAL TRAINER

Your athletic shoes have a big job to do—can they back it?

Athletic shoes are long-endurance footwear, and wearing top-of-the-line shoes shoes to the point they look how much a fan spent on an instructor's look is a more common-sense view.

The real job of athletic shoes, however, is to protect you from a repetitive-use injury to your feet and ankles

Total force on feet from a 150-lb male: 80 to 100 tons

Flat and arched feet

Flat feet may look innocuous, but they can cause a host of problems, including back pain, knee pain, and even arthritis.

High arches: Little natural flexibility. Probably need running and court shoes with extra padding to protect against shocks.

Low-arched or flat feet: More flexible, better protection. Running and court shoes with thinner, stiffer soles may be suitable.

Avoiding the squeeze

It's not advisable to be fitted for athletic shoes early in the day, when your feet are smaller. You could choose a shoe that will pinch when your feet swell.

Some sneakers play a salesperson might use to try to talk you into buying shoes that don't fit.

- "This's a good, snug fit." A close-fitting heel cup's good; snugness anywhere else in the shoe is a problem.
- "They will stretch out in the store." Wrong—They may change a little as the shoe forms to your foot and gait, but not much. The shoe either fits or it doesn't.
- "Don't worry, just wear thicker socks." When you shop for shoes, take the socks you plan to wear with them. Those are the ones the shoe needs to fit.

Testing a shoe—new or used—for solid construction

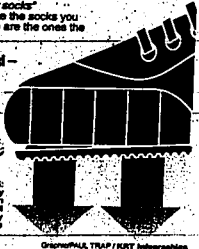


DIAGRAM: TRAP FURY Interpretive

SOURCES:
St. Vincent's Hospital, orthopedic surgeon
Carol Frye, M.D., U.S. Army, Lt. Col.
John J. Murray, M.D., U.S. Army, Lt. Col.
Mark's Health magazine

Insurance company says no? Ask for a second opinion

The Washington Post

When managed care was in its early stages, the notion that final authority could go through an independent dispute resolution process if they were denied care would have received a chilly reception from most health plans. Two years ago you couldn't have gotten an HMO to support it," said Geraldine Dallek, a project director at the Institute for Health Care Research and Policy at Georgetown University.

Now the concept known as external review is fast becoming the latest "motherhood and apple pie issue" in health care. Dallek said. Although statutes vary, most external review programs grant final authority to an outside panel of experts who have no relationship to the health plan. So far 18 states have set up external review programs. Medicare, the federal government's insurance program for the elderly, has its own external-review program.

Dallek, a coauthor of a report released last month by the Kaiser Family Foundation, found that

external-review programs are surprisingly popular with managed-care companies, who view them as an alternative to malpractice suits and a way to regain the trust of the public. Consumers are also enthusiastic. They regard such programs as an important check on the power of health plans to determine what kind of medical services members receive. The Kaiser report found that plans' decisions are overturned about 50 percent of the time.

A spokeswoman for the American Association of Health Plans, the Washington-based trade association for the HMO industry, said her group was studying the issue "both in preparing for the next session of Congress and to see whether we should add it to our voluntary code of conduct." In the next few months 22 states are set to consider external review bills, according to an official at the National Conference of State Legislatures. Unlike malpractice litigation, external review is cheap. The average cost is about \$500 per case, the Kaiser researchers found.

The Times-News

TWIN FALLS—A Community First Aid and Safety (infant, child and adult cardiopulmonary resuscitation and first aid) nine-hour course will be offered at 6 p.m. today and Tuesday at the American Red Cross.

Fee is \$42. 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—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 schedule.

To register or for more information, call 733-6464 or stop by the office at 718 Shoshone St. E.

TWIN FALLS—The American Red Cross is seeking volunteer instructors for daytime classes at the chapter office. Training is available for those interested in becoming an instructor. Early retirees and senior citizens are welcome. For more information, call 733-6464 or stop by the office at 718 Shoshone St. E.

TWIN FALLS—BridgeView Estates is starting a new Alzheimer's-Dementia Support Group. A meeting will be held at 7 p.m. Tuesday in the Day Room of the Assisted Living facility, 1828 Bridgeway Drive. For more information, call Jane Rice at 736-3933.

TWIN FALLS—A Standard First Aid (adult CPR and first aid) six and one-half hour class will be offered at 9 a.m. Wednesday at the American Red Cross.

Fee is \$37. 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—The Gooding County Memorial Hospital Self-Monitoring Diabetes Program Support Group will meet at 1 p.m. Wednesday in the conference room at the hospital. Ed Garcia of Boehringer Mannheim Corp. will be the

TO DO FOR YOU

guest speaker and he will discuss glucose monitors. Individuals with diabetes and their families are welcome to attend. For more information, call 934-4293.

TWIN FALLS—A prepared CPR course will be offered from 7 to 9:30 p.m. Wednesday, beginning this Wednesday through Feb. 10, in the Education Center at Magic Valley Regional Medical Center. Pre-registration is required, call 737-2900.

TWIN FALLS—The Cancer Support Group will meet from 7 to 8:30 p.m. Thursday in the reception area of the Cancer Center at MVMRC. For more information, call 737-2900.

TWIN FALLS—The SS Alive Mature Driving Course will be offered from 9 a.m. to 2 p.m. Thursday and Friday in the Education Center at MVMRC. Cost is \$8 per person for materials. Participants must be able to attend both sessions. To register, call 737-2065.

TWIN FALLS—A CPR class will be offered from 8 a.m. to 1 p.m. Saturday in the doctors' meeting room at MVMRC. To register, call 737-2007.

TWIN FALLS—A free presentation, "Recognizing and Overcoming Seasonal Depression," will be held at 7 p.m. Jan. 19 at the KMVT Community Room, 1100 Blue Lakes Blvd. N. The community education program is provided by Canyon View Psychiatric and Addiction Services of MVMRC. Registration is requested but not required. For more information or to register, call 737-6760 or 1-800-657-8000.

TWIN FALLS—A CPR class will be offered from 8 a.m. to 1 p.m. Jan. 19 in the doctors' meeting room at MVMRC. To register, call 737-2007.

TWIN FALLS—A childbirth refresher course will be offered from 7 to 10 p.m. Jan. 20 in the Education Center at MVMRC. Pre-registration is required, call 737-2900.

TWIN FALLS—A Community First Aid and Safety (infant, child and adult CPR and first aid) nine-

hour course will be offered at 8 a.m. Jan. 20 at the American Red Cross. Fee is \$42. To register or for more information, call 733-6464 or stop by the office at 718 Shoshone St. E.

TWIN FALLS—The American Red Cross Kids will meet at 7 p.m. Jan. 21 at the Red Cross office. All young people, ages 5 through 18, are welcome to attend.

TWIN FALLS—A Community First Aid and Safety (infant, child and adult CPR and first aid) nine-hour course will be offered at 8 a.m. Jan. 23 at the American Red Cross office. Fee is \$42. To register or for more information, call 733-6464 or stop by the office at 718 Shoshone St. E.

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 to: The Times-News, P.O. Box 248, Twin Falls, ID 83303, or deliver to our office at 132 Third St. W.

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Study: Rural folks are sedentary

The Washington Post

City dwellers aren't the only couch potatoes. "A new report by the Federal Centers for Disease Control and Prevention finds that physical inactivity plagues all areas of the United States, particularly rural areas and the South."

The study analyzed responses from 119,000 people who were asked in 1996 about their physical activity during the month prior to the survey. Overall, nearly 30 percent of adults aged 18 and older reported being inactive.

Rates of physical inactivity were highest in small towns with populations of 2,500 or smaller. In these areas, 37 percent of respondents reported being physically inactive during the previous month. By comparison, 27 percent of those living in urban areas of 1 million or more people reported being inactive. "This report clearly shows us

that our nation needs to become more physically active to reduce the needless morbidity and mortality associated with physically inactive lifestyles," said Donna E. Shalala, secretary of the Department of Health and Human Services.

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Watch your step in the dark



WHAT'S WHAT L.M. Boyd

compass point when you're at the North Pole? A. South. The moving Magnetic North currently is near Ellef Ringnes Island in northern Canada...

Get Into It... Aerobics is the fun way to get healthy! Beginners, Women's Only, and Circuit Training are only some of the classes we offer...

Q. When did the British start shipping convicts to Australia? A. After the British lost the American colonies...

The cow has been defined also as "that part of the foot used to find furniture in the dark." The little town of Canton in Massachusetts was named by an early settler who calculated that a hole dug straight down from the village square would eventually emerge on the other side of the earth in what then was called Canton, China...

cow weigh? A. On the cow, about 75 pounds. Off the cow cured, about 48 pounds.

Almost every lifelong resident of Iceland descends from the few thousand original settlers of the ninth and tenth centuries. This interests geneticists. Nowhere else can they find such a consistent pool of unmixt human genes for scientific study.

Q. How much does the hide of a goat weigh? A. It depends on the size of the goat.

Q. Which direction does your nose point when you're lying on your back? A. It depends on the direction you're lying.

Take notes, Capricorn

IF JANUARY 11 IS YOUR BIRTHDAY: You are a complex person, highly intuitive, possess insatiable curiosity, fascinated by the occult arts, including astrology. You had occasion to change your name, people around you claim you possess mysterious power...

HOROSCOPE Sydney Omarr

Stress originality, take plunge into future, rekindle sparks of love. AQUARIUS (Jan. 20-Feb. 18): Moon in your sign highlights creativity, sexual attraction, passion. DECIDE where action will be, follow through with creative, daring suggestions...

TAURUS (April 20-May 20): Emphasis on music, marriage, public relations, locating legal document. MOON position highlights decision involving partnership.

LEO (July 23-Aug. 22): Wear shades of yellow and gold - open lines of communication as precursor to journey. ARIES figures prominently with drug use.

SCORPIO (Oct. 23-Nov. 21): Moon in your sign highlights creativity, sexual attraction, passion. DECIDE where action will be, follow through with creative, daring suggestions...

PISCES (Feb. 19-March 20): Your kind of day. Blend dreams with realistic concepts. No matter what anyone says, dream your dream. Study Capricorn message for added wisdom.

Virgo (Aug. 23-Sept. 22): You will be complimented on ability to view in constructive manner.

LEO (July 23-Aug. 22): Wear shades of yellow and gold - open lines of communication as precursor to journey. ARIES figures prominently with drug use.

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ACROSS 1. Weep 2. Health Haven 7. Allah of Islam 10. Born in the U.S. 14. Phone a 15. Row mineral 16. Sustain 17. Fling link 18. Sustain 19. Lubricate 20. Flirty place 21. Change dimensions 22. Spirituality 23. Submerge 24. Sustain 25. More of nine 26. Scoops of milk 27. Post Nash 28. Junkie 29. Element 30. Over-moored stare 31. New's place 32. Long, deep cut 33. Prepared a linked apple 34. Chair or Cory 35. Flower stalk 36. Flower stalk 37. Flower stalk 38. Flower stalk 39. Flower stalk 40. Flower stalk

Drug-free resolutions

DEAR ABBY: I need your help - and help from America's parents - in raising with their children about the dangers of drug abuse. From car crashes to lack of productivity in school and at work, to destroying friendships...

DEAR ABBY Abigail VanBuren. about them. "Make sure they know how proud you are they are drug-free. Tell them you are always there for them - no matter what happens. Make sure they know you are there to help them when they need it."

DEAR BARRY: The longest march begins with a single step. Your resolutions will help parents who are trying to dissuade their children from illegal drugs with their children. A Newsweek survey of youth ages 11 to 17 found that parents (55 percent) and grandparents (56 percent) had the greatest influence on young people...

1. Start: It's never too early to discuss with your children from trying drugs. Protect them by letting them know you care. Even with very young children, this is the most important step in protecting them from drugs. Resolve to start right now.

2. Connect: The new year is a time for new beginnings. Begin building lines of communication. Resolve to do things as a family. Spend time together, eat meals together and converse with your kids. Go sledding, ice skating, together, play a game, attend services. Show your children that having fun doesn't require drugs.

3. Learn: Children today are more sophisticated. In order to educate your children about the danger of drugs, you must first educate yourself. In many cases, you and your children can learn side-by-side. Sit down together in the coming months and learn about the risks drugs pose.

4. Educate: Spend at least 30 minutes in the next 30 days explaining in simple facts to your kids how drugs can hurt them and destroy their dreams. Then, reinforce that message all year!

5. Care: Spend at least a few minutes each day telling and showing your children you care.

New Hope for Bad Backs

* FREE High-Tech Screening Exam * Don't suffer needlessly from back pain, neck pain, or spinal disc disorders. New space-age technology helps measure spinal balance and distortion. This computerized-technology helps doctors in both diagnosis and treatment. It's safe, non-invasive and painless. So don't give up - call us!

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Is your child just a little wild? Or is he spinning out of control?

Will his hyperactive behavior continue to control your family? Or will you ask for help? We know you never expected this. But you can choose to make things better. You can start now with one phone call. We'll help you understand the problem. Then we'll help you regain control. If you're ready to find out what's really going on, call us. And let us help you reach out to the little one you love.

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HEALTH & FASHION

Anatomy of a heart attack

The next big thing in heart disease? It's called vulnerable plaque

BOSTON (AP) — For a long time, the cause of heart attacks seemed so simple, so obvious: Big, nasty clumps of cholesterol on the walls of the heart's arteries. The blood channel grows tortuously narrow. Eventually a clot gets stuck, choking off the flow entirely. Heart muscle starves and dies.

Simple? Yes. Accurate? No. Medicine's understanding of what causes heart attacks is undergoing a rewrite.

Contrary to common sense, and pleasingly straightforward textbook explanations, it now appears that these large blobs are not the ones to worry so much about. They do cause problems, but they are probably to blame for no more than 15 percent or so of all heart attacks.

Instead, it's the far more numerous smaller clots that are most, and these are largely ignored by cardiologists, because they cannot even see them. The new thinking boils down to a single phrase, one that almost certainly will enter the lexicon of every body-knows-that health domain in the years to come. It's this: vulnerable plaque.

Plaque is the stuff of hardening of the arteries, what doctors call atherosclerosis. It's something like rust inside a pipe. Some plaque is hard and solid; some is soft and squishy.

It's the soft variety that experts say we should worry about. They call it vulnerable because of its unhappy tendency to burst.

Bursting-plaque-inside-the-heart's arteries is the most common lethal event of the industrialized world. The rupture launches a chemical chain reaction that often culminates in a big blood clot. When the worst happens, this clot blocks one of three main arteries crawling along the surface of the heart that supply blood to the heart muscle itself.

"The rupture of a plaque will be the cause of death of about half of all of us in the United States," says Dr. Steven Nissen of the Cleveland Clinic.

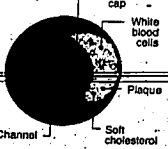
"Understanding why they rupture is probably the most important question today in cardiology and even the most important question in all the country."

This is basic biology with a

Hidden dangers

Plaque, the substance that causes hardening of the arteries, occurs in many sizes and shapes, but it's the small particles that hide inside of the artery wall, doctors say, that do the most damage. They're called "vulnerable plaque" because of its tendency to burst.

Coronary artery



clear practical payoff. Understanding vulnerable plaque is helping to answer several questions that are striking people at the seeming peak of health, with no warning?

Why do the mainstays of treating atherosclerosis — everyday bypass surgery and angioplasty — fail to prevent heart attacks and death?

Why do the new cholesterol-lowering statin drugs do such a good job of reducing these risks without improving the heart's blood flow?

In the old days — say, five years ago — it was generally thought that the worst kind of plaque was the stuff that causes pain or tightness in the chest, called angina.

One reason the significance of small but vulnerable plaque has been slow to dawn is that cardiologists have not worried much about the things they cannot see. And what they see is limited largely to the power of the angiogram.

For this test, done 1.1 million times a year in the United States, doctors inject turquoise dye into the heart arteries, then aim an X-ray camera. It produces black-and-white movies of the channel running through the arteries.

Doctors look for spots where thick rims of plaque slow blood

Diagnosing bad plaque

The competition is on to find better ways of locating risky plaque. Among them:

Magnetic resonance imaging. Doctors say they can already use special MRI machines to see vulnerable plaque in the carotid arteries that lead to the brain. Visualizing the heart is harder, in part because it's moving. However, Dr. Volentin Fuster of Mt. Sinai School of Medicine in New York City says he believes this should soon be possible. One advantage: It's all noninvasive. Unlike the other tech-

Infrared spectroscopy. Organic compound absorb infrared light in unique ways. So shining light on a living structure, such as an artery wall, produces a specific chemical signature, depending on what it contains. This is already used to grade the fat content of beef. Researchers at Infraredix are developing an infrared probe that would be threaded into the coronary arteries.

Thermography. Plaques that rupture tend to be inflamed, so they have a higher temperature. Scientists are working on probes that would check the temperature of the arteries to search for risky plaques.

Blood tests. If accurate, this is could be the most widely used method of diagnosing vulnerable plaque. One approach might be to check for markers that result from inflammation of the arteries, which can be a sign of bad plaque.

— *Source: The Associated Press*

flow to a trickle. In these places, the heart gets too little oxygen, and even modest exertion can cause chest pain. The next step is eliminating the big obstructions and the pain — by rerouting blood flow with bypass surgery or squeezing open the channel with angioplasty balloons.

Get In Step

Step training increases stamina. Does walking up a flight of stairs wear you out? Step training could help you out. It's a great way to build cardio-pulmonary fitness and reduce stress. Call today for a FREE trial!



Low-cal diet may help shield Alzheimer's, research suggests

Knight Ridder News Service

LEXINGTON, Ky. — Skip that second helping of turkey. Forget the mashed potatoes and gravy, and don't even think about the cheesecake. The brain you save could be your own.

University of Kentucky researchers reported last week the first evidence suggesting that lowering daily caloric intake might provide a hedge against several age-related brain disorders, including Alzheimer's disease.

Scientists proved years ago that reducing food intake increases lifespan in rats and mice, although such benefits haven't yet been demonstrated in larger animals. Previous studies also have shown that restricting calories would reduce risk for cardiovascular disease, diabetes and cancer.

But the University of Kentucky report is the first to suggest that such reductions also might shield the brain against Alzheimer's. During two years of tests, members of the research team at UK's Sanders-Brown Center on Aging found that when they restricted the food intake of test rats, the animals were able to withstand toxins that mimic the ravages of Alzheimer's.

Huntington's disease and Parkinson's disease. Rats that were allowed to eat all they wanted had much less resistance to the brain toxins.

The findings appear today in the January issue of *Annals of Neurology*, a medical research journal. JCS neurobiologist Mark Mattson, the research team leader, says that while it isn't yet clear whether humans could get similar benefits from eating less, cutting back couldn't hurt.

"So that people can relate to it, most Americans today eat between 2,500 and 3,000 calories a day," Mattson said. "The food restriction in our study roughly would be the equivalent of cutting back to 1,800 to 2,000 calories a day."

According to Mattson, surveys already have shown that people in Japan and China, who consume fewer calories than Americans, have lower apparent rates of Alzheimer's.

Dr. Caleb Finch, a researcher

with the University of Southern California's Andrus Gerontology Center, said he thinks the UK group might be on the right track.

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YOU GOT ME... Thursday 7:00-9:15

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Four Days in September on Wed at 7:30 - Sunday at 1:00
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The Story of the Post Office
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Psycho... Wednesday
Today 11:30-2:00, 5:25-7:35-9:40

Prices of Egypt: A Book of Life
Jack Fraw
Today 12:45-2:45, 4:45-7:00-9:05
Elizabeth... Today 9:00-2:00
Rugrats... Today 12:45-2:45-4:45-6:45

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STAR TREK: IN SUBURBIA (R) 12:45, 4:00, 7:15, 9:40
FACILITY (R) 12:45, 4:00, 7:15, 9:40
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CALENDAR of EVENTS

Free Breast Examination and Breast Cancer Prevention Information * Mondays 10 a.m. - 4 p.m., MVRMC Outpatient Services, 526 Shoup Avenue East, Suite J. Free breast examinations and information about self breast exams and cancer are provided by Anne Mijes, RN. The service is performed with or without a mammogram (cost not included). Call 737-2831 or 736-1675 for an appointment.

One lucky baby born at Magic Valley Regional during 1999 will be awarded college tuition at the Idaho university or college of their choice. It's our way of welcoming your baby into the world, and welcoming you to our Women and Infants Center. Details on file, call 737-2955.

Prepared Childbirth Course * Thursdays, January 13 - February 10, 7 - 9:30 p.m., Education Center. Pre-registration required. Call 737-2900.

Cancer Support Group * Thursday, January 14, 7 - 8:30 p.m., Cancer Center Reception Area. For more information call 737-2800.

55 Alive Mature Driving Course * Thursday and Friday, January 14 & 15, 9 a.m. - 2 p.m., Education Center. Fee: \$8 per person for materials. Class size: 30. Participants must be able to attend both sessions. To register call 737-2065.

CPR Class * Saturday, January 16, 8 a.m. - 1 p.m., Doctor's Meeting Room. To register call 737-2007.

"Recognizing and Overcoming Seasonal Depression" * Tuesday, January 19, 7 p.m., KMYT Community Room (1100 Blue Lakes Blvd. North, Twin Falls). This community education presentation is free, provided by Canyon View Psychiatric and Addiction Services of MVRMC. Registration is requested but not required. To sign up or for additional information call 737-6760 or 1-800-657-8000.

CPR Class * Tuesday, January 19, 6:30 - 10 p.m., Doctor's Meeting Room. To register call 737-2007.

Childbirth Refresher Course * Wednesday, January 20, 7 - 10 p.m., Education Center. Pre-registration required. Call 737-2900.

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

MAGIC VALLEY REGIONAL MEDICAL CENTER
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Note to readers:

The syndicate responsible for sending the Liberty Meadows comics did not send today's edition. We're reprinting an earlier strip today.

Peasants

HEY, CHUCK, YOU HAVEN'T CALLED ME LATELY.

I CAN'T HEAR YOU. I'M ON MY CAR PHONE DRIVING ALONG THE AMALFI COAST IN ITALY. CAN YOU HEAR ME? WHO IS THIS?

YOU'RE JUST ABOUT NINETY PERCENT WEIRD CHUCK.

By Charles M. Schulz

For Better or For Worse

CAN'T CATCH ME, GRAMPA! CAN'T CATCH ME!

YOU CAN'T CATCH ME! YOU CAN'T CATCH ME!!!

...GRAMPA?

By Lynn Johnston

COUCH!

By Dean Young & Stan Drake

Dilbert

IN THIS WEEK'S "WALLY REPORT," I'VE DECIDED TO LET MY HAIR GROW LONG IN THE BACK.

EVENUALLY, I'LL PUT IT IN A PONYTAIL TO SHOW I HAVE AN ARTISTIC SIDE.

WHAT'S YOUR ARTISTIC SIDE?

I COLLECT COFFEE MUGS.

By Scott Adams

Bruders

OUR GREATEST PROBLEM HERE IS A FAILURE TO COMMUNICATE.

IN THE NEW YEAR, WE NEED OPEN DISCUSSION AND A FLOW OF IDEAS.

WHY BOSS?

SO... I'M MADE OF "IDEAS"

By Dean Young & Stan Drake

B.C.

OKAY GUYS... THE COACH JUST SENT IN THE "STATE OF LIBERTY" PLAN... LET'S GO!

TIME!

By Johnny Hart

Pickles

SHUVA, YOU LOOK SO OVERSOUND-BLAMED. WHY DON'T YOU LET ME HELP YOU WITH SOME OF YOUR PROBLEMS, PLEASE?

OKAY, OKAY. HELP ME DECIDE WHICH OF THESE 5 BUSINESS PROPOSALS TO CHOOSE. I JUST CAN'T MAKE UP MY MIND.

YOU'RE MAKING THIS VERY HARDER THAN IT REALLY IS. LET'S GO THROUGH THE SCIENTIFIC WAY.

EENIE, MEENIE, MINNIE, MOE...

By Brian Crane

Garfield

HI, THIS IS JON ARBUCKLE.

I'D LIKE TO ORDER A LARGE PIZZA WITH EVERYTHING TO BE DELIVERED. THANK YOU.

NOW THERE'S A LITTLE TAPE THAT'S GOING TO COME IN HANDY.

By Jim Davis

Denis the Menace

MY PARENTS ARE ACTING UP AGAIN.

'I hate to think of the day they'll all be grown and gone. Don't you, hon?

By Hank Ketchum

The Family Circus

By Bill Keane

Hi and Lois

I DIDN'T SEE "TEACHER ON THE CONFERENCE OF THE CALENDAR?"

IT'S ON THE SCHOOL CALENDAR!

THAT'S THE "SOCIAL" CALENDAR.

OH, THAT'S WHY IT'S SO BUSY!

By Chance Browne

The Wizard of Id

I'VE HIRED A PROFESSIONAL POLLSTER.

HOW WOULD YOU LIKE THE POLLS TO COME OUT?

HE REALLY IS PROFESSIONAL.

By Brant Parker & Johnny Hart

fringe

LIBERTY MEADOWS

WHAT'S THAT ON THE TV? WAR?

OH, IT'S JUST "WARR" WITH "M."

IT TO REMOVE UNWANTED ENEMY AIRCRAFT... JUST SPRAY THE WIFE ON WALL UPON UP... THE WIFE ON WALL UPON UP... YOU FEEL THE WAY OF THE UNWANTED... WIFE ON WALL UPON UP...

OH, IT'S JUST "WARR" WITH "M."

DOESN'T SHE SAY "RIP"?

By Frank Cro

Hagar the Horrible

HAGAR, WERE YOU ALWAYS THIS SUSPICIOUS OF PEOPLE?

NO, THERE WAS A TIME WHEN I BELIEVED EVERYONE I MET...

THEN I LEARNED HOW TO WALK AND TALK.

By Chris Browne

On the

A PRY WITHOUT ORANGE JUICE.

IS LIKE A PRY WITHOUT PINEAPPLE.

AND A PRY WITHOUT SUNSHINE IS LONG.

MIGHT.

AND A PRY WITHOUT BEING WORKING BOLDLY...

SOMEONE ELSE.

By Jim Borgman and Jerry Scott

Beetle Bailey

HERE'S A LIST OF THE REASONS I SHOULD GET THE DAY OFF.

AND STAY OUT!

IT'S THE SAME OLD STORY. I'M WRITING FOR THE WRONG AUDIENCE.

JUST WALKER.

By Mort Walker

Libani

MIGUEL, WHY ARE YOU ASKING ME OUT? WHAT ABOUT DELTA? I THOUGHT YOU'D NO USE TO YOU.

I CAN GO FOR DELTA. BUT I WISH TO KNOW WHO BETTER, LUANN.

WELL?

A SCIENTIFIC DINNER AT 11:00.

I'M TRYING SERIOUS BROWN SLUGS HERE. I NEED THE TO SURE.

By Greg Evans

Frank and Ernest

FILE ROOM

TWENTY-SIX LETTERS! BOY, IF THE ALPHABET WASN'T IN ALPHABETICAL ORDER, I DON'T KNOW HOW I'D EVER REMEMBER IT!

By Bob Thaves

Strange Brew

APPLE PEELS

ORANGE PEELS

BANANA PEELS

MILK MELON PUMPS

NO, BRET... SHES ONLY CONSIDERED A CLEVERLY IF SOMEONE ELSE FEELS MADE FUN OF YOU ON THE INTERNET.

THE TECHNICALITIES OF FAME...

1899: A MAJOR BREAKTHROUGH IS MADE IN THE FIELD OF COMEDY.

By John Deering

Non Sequitur

By Wiley

The Born Loser

GLADLY, WHAT ARE THESE LITTLE LUMPS IN MY SPAGHETTI?

I DIDN'T HAVE ANY CLOVES OF GARLIC FOR THE SPAGHETTI SAUCE...

SO I SUBSTITUTED SOME OF THOSE GARLIC PILLS OF YOURS!

By Art Sansom & Chip

HEALTH & FASHION

What can go wrong: A gallery of eye diseases

Glaucoma: One of the leading causes of preventable blindness in the United States, glaucoma happens when the internal pressure in your eyes increases enough to damage the nerve fibers in your optic nerve and cause vision loss.

This increase in pressure happens when the passages that normally allow fluid in your eyes to be absorbed get blocked. The pressure then builds up and causes damage to the optic nerve.

Glaucoma usually happens to people over 40, and folks with a family history of the disease. African-Americans, and the very nearsighted or diabetic are at higher risk.

The most common type of glaucoma develops gradually and typically without symptoms. The damage can be controlled, but if it's diagnosed and treated early enough, it can be controlled. Vision loss to glaucoma, however, can't be reversed.

Treatments include prescription eye drops and drops to lower the pressure in your eyes. In some cases, laser treatment or surgery may be effective.

Conjunctivitis: Pink-eye, a common and extremely contagious viral or bacterial infection, is inflammation of the conjunctiva—the thin, transparent layer that lines the inner eyelid and covers the white part of the eye. (Conjunctivitis can also be caused by allergies and chemicals.) Symptoms include red, watery

eyes, irritated inner eyelids, blurred vision, and a pus-like or watery discharge. If untreated, it can lead to permanent vision problems.

Retinitis: conjunctivitis is treated by antibiotic eye drops, but a surgical approach is preferred. During cold and flu season especially, keep your hands away from your eyes, thoroughly wash your hands before applying eye medication, and don't share towels, washcloths, cosmetics or eye drops with anybody else.

Cataracts: This is an increase in the pressure in your eyes that is above the range considered normal per which doesn't change your vision or damage your eyes.

Although people with elevated pressure from these high glaucoma cases are likely to have no symptoms, it's usually likely to happen to people over 40 or those with a family history of the disease. High pressure doesn't mean you're going to develop glaucoma, but it puts you at greater risk.

There is no cure, but the condition needs to be closely monitored.

Macular degeneration: Now the leading cause of blindness in the United States, this disease affects the retina, which is a portion of the retina that is responsible for clear, sharp vision, and is located at the back of the eye.

Most people with macular degeneration have the dry form, which there is no known treatment. The less common wet form may respond to laser procedures if it's diagnosed and treated early enough.

Symptoms include gradual loss of ability to see objects clearly, distorted vision, a gradual loss of color vision and a dark or empty space appearing in the center of the vision. If you experience any of these, get yourself to the eye doctor as soon as possible.

Central vision loss to macular degeneration can't be restored, but low-vision devices such as telescopic and microscopic lenses can be prescribed to make the

best use of what remains. **Cataracts** are a clouding of all or part of the normally clear lens within your eye, which results in blurred or distorted vision. They're usually found in people over 55.

There is no known cure, but it is known that gradual changes happen within the eye to cause the lens to become cloudy. Excessive exposure to sunlight or artificial ultraviolet light, cigarette smoking or the use of certain medications increases your risk.

Symptoms include blurred or hazy vision, the appearance of spots in front of the eyes, increased sensitivity to glare, or the feeling of having a film over the eyes. Your near vision may

also improve temporarily. Surgery—now a relatively simple, painless and brief procedure during which the eyes' natural lenses are removed and replaced with a plastic artificial lens—is the standard treatment.

Diabetic retinopathy. Diabetes can trigger a cascade of retinal, physical problems, including this disorder in which the small blood vessels that nourish the retina are weakened and changed. These blood vessels may begin to leak, swell or develop brush-like branches.

The early symptoms are blurred vision. Later, you may notice a cloudiness of vision, blind spots or "floaters."

If untreated, diabetic retinopathy can cause blindness, which is why you need regular eye exams if you're a diabetic or if you have a family history of the disease.

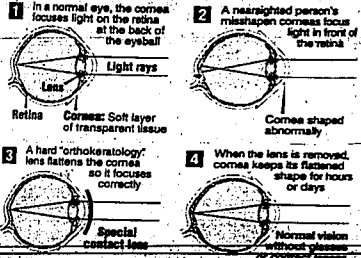
Laser and other surgical treatments can reduce the disease's progression and vision loss, but once the damage is done, it's permanent.

If you are diabetic, you can decrease your jeopardy of blindness by keeping on your prescribed medications, sticking to diet, exercising regularly, controlling your blood pressure, and staying away from tobacco and alcohol.

—Sources: American Academy of Ophthalmology

Contact lenses that reshape eye

A new technique called precision corneal molding, corrects both nearsightedness by temporarily reshaping the patient's eyeballs.



SOURCE: Richard Rose, What's New? Eye Operations. Credits: Samuel, KOTI Integrated

The shape of things to come?

Corneal molding draws interest

By Steve Crump
Times-News writer

TWIN FALLS — It's every nearsighted person's fondest dream: Clear vision without glasses or surgery.

A hard contact lens, called a specialized rigid gas permeable contact lens, is fitted to the cornea so that the eye focuses correctly and when the lens is removed, the cornea keeps its new shape for hours or days.

In a normal eye, the cornea focuses light on the retina at the back of the eyeball. But a nearsighted person's irregularly shaped cornea focuses light in front of the retina.

The hard lens flattens the cornea, theoretically reducing nearsightedness. In the process, the cornea is made more spherical, thereby reducing astigmatism.

Some ophthalmologists are enthusiastic about the potential of precision corneal molding, or orthokeratology. Ophthalmologists — medical

doctors — are, by and large, unimpressed.

"The problem is that it's temporary," said Dr. Michael Taylor, a Twin Falls ophthalmologist. "After a while, the cornea returns to its original shape, and you're nearsighted again."

"Self-interest" in orthokeratology is growing.

It's part of behavioral optometry, a half-century old idea of teaching patients to use their eyes more effectively. According to Anan, behavioral optometry uses "counterstrain" lenses to keep the visual system relaxed.

The cost of orthokeratology ranges from \$1,200 to \$2,000, or about half the tab for refractive surgery.

But refractive surgery is a one-shot deal, ophthalmologists insist, and there's no guarantee that the case with precision corneal molding.

"Eventually, you're back to where you started from," said Dr. Francis Geisler of the Twin Falls Clinic and Hospital.

Times-News writer Steve Crump can be reached at 733-0931, Ext. 223, or write to him at crump@magicalcity.com.

Word is out about Metabolife

Weight Watchers, Metabolife

Take a pill and lose some weight. Not a new idea but perhaps its appeal so common now.

So appealing, in fact, that the health-food industry supplements called Metabolife has proven difficult to miss. Since Diets have it. Shop owners, from major retailers to antique dealers, display Metabolife signs in their windows. Local newspapers at the small stand ready to fill orders.

The radio onslaught reached Bob Coleman of Metabolife, an eye doctor. He started to lose a few pounds, so he decided to try Metabolife. He found it was a dietary supplement. He also discovered that independent distributors supplied it, and he wondered if he could make

money with an at-home Internet business.

He lost the weight and liked the energy boost he felt, then learned first-hand about the intense hunger for such a product. He and Eugene, his wife, set up an Internet site and within six months were selling 200 boxes a month at \$110 per box per bottle. Other than mailing orders, the work is accomplished by phone and computer.

Michael Ellis, president of Metabolife International in Seattle, said his company now has a million containers for its herbal supplement, with no significant adverse health effects to report. That makes it the fastest-selling diet supplement ever, he said, and the company has plans to expand the number of independent distributors next year from 3,000 to 15,000.

ANNIVERSARY

THE BARNES

TWIN FALLS — Mr. and Mrs. L.R. "Bob" Barnes of Twin Falls will be honored at an open house Sunday for their 50th wedding anniversary.

Friends and relatives are invited to call from noon to 2 p.m. at the First Christian Church, 601 Spokane St. N. in Twin Falls. No gifts, please.

Barnes and Joell Lemaster were married Jan. 14, 1949.

They have lived in Rupert, Buhl, Boise, Billings, Mont., and Twin Falls.



Bob and Joell Barnes.

The event is being given by their children, David (Tyne) Barnes and Joice, Don (Kath) Barnes and Jack (Robyn) Barnes, all of Twin Falls.

The couple has six grandchildren.

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TWIN FALLS (7) ***** THE TIMES-NEWS CURRENTLY HAS THE FOLLOWING INDEPENDENT NEWS PAPER ROUTES ON THE EAST SIDE OF TWIN FALLS

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ROUTE 552 Bearing Drive Center Street West Lucile Street Oak Street South Pine Street Spruce Street

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PAUL - very nice 5 km/2.5 acre, living rm., 3 bath, m. on large, 2nd fl. finished. On large, 2nd fl. finished. On large, 2nd fl. finished.

TWIN FALLS Clean cottage style home. Metal roof, finished 1st fl. on lot size 84x176, fully fenced yard, 3 bdrm, 1 bath, tile floor, kitchen, laundry, 40 acres, 21671 North Kimberly, Auction date - January 20, 1999. Call Kimberly City Clerk Office at 423-1151.

TWIN FALLS - Nice 1 bdrm, 1 bath, fenced back yard, 24,000, 2nd Van Buren, Call 733-9399 ask for J.R.

TWIN FALLS - Must see TO QUALITY HOME! 1 block from CSI, 3 bdrm, 2 1/2 bath, Formal living & dining room, 2 car garage, Gas heat, central air, Call 734-7114 or 734-3344

SAHALA REALTY 733-4321

TWIN FALLS Beautif. tree lined, President St. fenced yard, 3 bdrm, 2 bath, tile floor, laundry, 40 acres, 21671 North Kimberly, Auction date - January 20, 1999. Call Kimberly City Clerk Office at 423-1151.

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TWIN FALLS, For sale by owner: A Must See - 4 bdrm, 2 1/2 bath, 21671 North Kimberly, Auction date - January 20, 1999. Call Kimberly City Clerk Office at 423-1151.

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LOT OF LOTS 4 Acres, last carry over lot in area. Underground sprinkler, 116 bath, 2000 sq. ft. Member Point, lot looks to canyon and grassy common area. Call 734-7957.

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515 COMMERCIAL PROPERTY TWIN FALLS 2 1/2 ac. acre, 11600, Adams Ave & 3200, Superb location. Owner will carry w/ 25 cent. \$18,000 734-5255.

518 MOBILE HOMES 4 REP'D - \$28,000 - 174200 - 2% down CAC 174200 - 2% down CAC \$24,900 - 2% down CAC BROCKMAN (Asks from Chry's, Jane) 1-800-311-1687

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