



The Times

GOOD MORNING

WEATHER

Today: Snow likely in the morning, changing to rain. High, 42. Low, 31. Page A2

MAGIC VALLEY



Ski camp: After two days of Jeannie Thoren's boot camp, skiers were dancing down the mountain. Page A5

Trial: A Jerome man charged with shooting at sheriff's deputies and police during a September standoff will be in court today. Page A5

SPORTS

Marino magic: The Miami Dolphins and quarterback Dan Marino kept their Super Bowl hopes alive with a 20-17 win at Seattle on Sunday. Page B1

Hawaiian shootout: Golfers Tiger Woods and Ernie Els needed sudden death at the PGA season-opening Mercedes Championship. Page B1

HEALTH & FASHION



On the road: Your workout doesn't have to suffer just because you're away from home. Page B4

OPINION

Runnin' on empty: It's time for answers about the high price of gas in Idaho, a guest editorial says. Page A10

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Hotel developer to propose new zoning change

By John T. Huddy Times-News writer

TWIN FALLS - In an attempt to get their development plans going, representatives of a Las Vegas hotel developer are asking the City Council to approve a zoning change on property along the canyon rim - this time splitting their proposal to make things easier. Gerald Martens, an engineer and consultant to Craig H. Neilsen and Co., plans to ask the City Council on Monday to approve a "planned unit development" zone change on 12 acres east of the Perrine

TF City Council to hear split plan today

Bridge, and on part of a 13-acre site to the west. The property has been the subject of much discussion between city officials recently. The planning and zoning commission recommended in December that the City Council approve the zone change. But the City Council, before three new members took office Jan. 3, sent Neilsen's request back to the planning commission for a second hearing.

The council said a newly formed citizens design review committee had not made recommendations to the planning commission before the commission acted. The council created the committee to make recommendations on building heights and aesthetics. Neilsen representatives have questioned if committee review of their zone change request was needed. Now, to make things easier, Neilsen representatives have split their zone change request into three separate requests, instead of two as they earlier had asked for.

Martens is asking if that the Canyon Park Project East project go forward - allowing 12 acres to be used for retail and commercial development. He is asking the council to split Canyon Park North - the 13-acre site of a prospective hotel, convention center and restaurant, said Renee Carraway, city planning and zoning assistant. Under Martens' request, the hotel and convention center site would go back to

Please see HOTEL, Page A2

Conservation consternation



Gooding County farmer Bill Novinger says trees on his property have been destroyed by deer and elk.

Habitat project runs into stubborn deer and elk, tight money

By N.S. Nokkerved Times-News writer

GOODING - The story is written in the fresh snow - the buck's front feet are set wide, head down, and his antlers rake the little tree. Deer and elk have been picking fights with small trees and shrubs planted as part of a wildlife habi-

tat project on private land north of Gooding. And that's just part of the problem; tight money is another obstacle. Bill Novinger, a Gooding County farmer and would-be dairyman, has planted three areas of trees and bushes as

wildlife habitat and as filter strips to catch nutrient-rich runoff from his fields. Many of the two- to three-foot trees have been barked and broken by deer and elk rubbing their antlers on them. Novinger and officials from the Idaho Department of Fish and Game are trying to figure out what to do about the deer, and how to pay to

solve the problem. Novinger can save most of the damaged trees by cutting them down and favoring one of the suckers that will shoot up come spring. He pruned back many of the trees last year after similar treatment by the unruly ungulates, and the trees came back. "But the deer come back and" Please see HABITAT, Page A2

Study: Crime affects younger age groups

Findings challenge victim stereotype

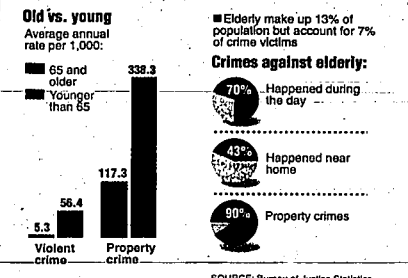
Los Angeles Times

WASHINGTON - Contrary to popular conception, senior citizens in the United States fall victim to crime far less often than the rest of the population, according to a study released Sunday by the Justice Department. In fact, when it comes to violent crime, the nation's 31.3 million people 65 and older are 10 times less likely than younger age groups to be murdered, assaulted, robbed or victimized, the study found. From 1992 to 1997, elderly Americans suffered just five violent crimes per 1,000 residents

vs. 56 violent crimes per 1,000 people among those ages 12 to 64, the study found. People in nursing homes, accounting for about 4 percent of the elderly population, were not factored into the study. Although the elderly make up about 13 percent of the population, only 7 percent of crime victims were senior citizens, the study found. Purse snatching, pickpocketing and other personal thefts were the only crimes affecting older Americans at about the same rate as younger citizens. "The risks are much lower (for senior citizens), but it may be because they're living a different lifestyle that places them less at risk in the first place," said Patsy A. Klaus, the Justice Department statistician who wrote the report. The numbers, confirming simi-

Elderly stay away from crime

A new study says the elderly experience less violence and fewer property crimes than younger people. Some highlights:



lar patterns in the 1970s and 1980s, may surprise many senior citizens who believe they are preyed upon by criminals much more often than are younger people, said John Bordenet, who specializes in law enforcement issues for the AARP, formerly known as the American Association of Retired Persons.

States run budget surpluses

What to do with the money will be a political struggle

The Associated Press

Taxes. Spending. As legislators nationwide return to their state capitals this month, the bottom line, once again, is money. That's the case whether the debate is about gambling (taxes), tobacco (how to spend the mid-billion dollar settlement) or the Internet (taxes again).

"And there's a lot of money in the new year, with nearly three-quarters of the states reporting healthy surpluses courtesy of the booming economy. That means a lot of bitter fights. Increase teacher pay? Cut taxes? "Every time a new surplus is announced, 121 politicians in Sacramento along with 1,000 lobbyists go out and campaign for their favorite government programs," said Rep. Scott Baugh, Assembly Minority Leader, California, where the state has about \$3 billion extra. California Gov. Gray Davis wants to lure new teachers with fellowships, but also help buying homes. Legislators want tax cuts. The state's highways need billions of dollars in improvements.

The same dynamics are in play in states nationwide. Education remains a pressing issue, whether it is building schools, hiring teachers or funding vouchers to attend private schools.

Tax cuts have been proposed in at least 12 states, and more proposals are expected, according to a survey by the National Conference of State Legislatures. The conference said that state tax cuts last year. "One billion dollars is a lot of money. From my perspective it belongs to the people, and we should find some way to give it back to them," said Maryland Sen. Lowell Stoltzfus. Even so, only modest tax cuts are on the table in Maryland.

Overall, the states are estimated to have \$27 billion in surpluses and rainy-day funds at the end of fiscal year 2000, not quite as much as last year's \$35 billion, according to the National Governors' Association. Thirty-six states have balances 5 percent or greater than their overall budgets.

Not every place is flush, however. Budget shortfalls are foreseen in Kansas, Wyoming, Alaska and Kentucky. Some proposals there include tax increases. Since money burns a hole in government coffers just as it does

Please see STATES, Page A2

National marriage rate drops to its lowest point since 1958

The Associated Press

NEW YORK - You have to listen pretty hard to hear wedding bells in New York these days. "The number of new marriages in the city is at its lowest point since the 1970s, pushed down by a decline in the number of people in their 20s, an end to the taboo on living together outside of wedlock and financial incentives that can make it more appealing to stay single, The New York

Times reported Sunday. Although the city has long been a haven for singles, the decline in marriage rates appears to mirror a national trend. "The baby boomers basically have all had their initial marriage by now," Tom Smith, who runs the National Opinion Research Center at the University of Chicago, told the Times. "And we have a relatively small pool of people in the prime ready-to-get-married age now." That age is generally around 25. Those in

their mid- to late 20s are underrepresented in the general population, since the number of births in the United States declined 16 percent between 1965 and 1975. In New York, the total number of new marriages fell 30 percent between 1997 and 1999. The 1997 figure was thought to be artificially high, though, since changes in federal immigration laws prompted many immigrants to marry quickly. Marriage rates are also dropping nationally. In 1998, 8.3 per 1,000 Americans mar-

ried, the lowest rate since 1958. Among the causes cited by sociologists is a greater acceptance of living together outside marriage. Financial incentives may also play a role. Some low-wage workers lose tax credits when they marry and the so-called "marriage penalty" affects some double-income couples. "I will never be married," said Ben Speth, 36, who lives in Brooklyn with his girlfriend. "I don't need the state's imprimatur. It is enough for me to love and be loved."

THE REGION

Camas Prairie

High: 30 Low: 19
Occasional snow, heavy at times. Snow showers likely tonight also.

Treasure Valley

High: 40 Low: 32
Morning snow changing to rain later. Evening rain or snow showers likely.

Sawtooth Mountains/Wood River Valley

High: 30 Low: 18
Snow likely in the valley, locally breezy. Same tonight and Tuesday.

Eastern Idaho

High: 25 Low: 21
Snow likely and locally breezy. Same tonight and Tuesday.

Northern Idaho

High: 33 Low: 25
Cloudy with slight chance of snow in afternoon. Mostly cloudy tonight with chance of snow.

Northern Utah

High: 40 Low: 30
Snow likely, up to two inches. Mostly cloudy tonight, with chance of snow decreasing.

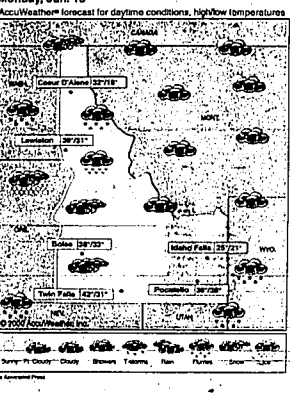
Northern Nevada

High: 40 Low: 30
Snow likely, up to two inches. Mostly cloudy tonight, with chance of snow decreasing.

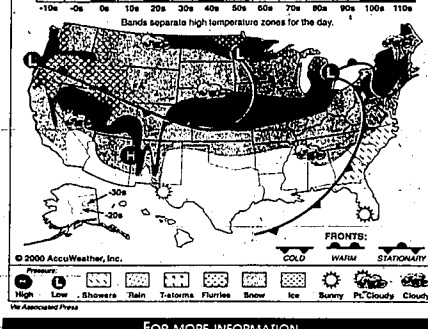
MAGIC VALLEY FIVE-DAY FORECAST

Today	Tuesday	Wednesday	Thursday	Friday
High: 42 Low: 31 Morning snow likely, changing to rain later. Snow possible tonight.	High: 44 Low: 29 Chance of snow or rain.	High: 40 Low: 20s Chance of snow or rain.	High: 40 Low: 20s Chance of snow or rain.	High: 40 Low: 20s Chance of snow or rain.

Idaho weather



National weather



Hotel

Continued from A1
The planning and zoning commission, to allow the citizens' committee time to review the hotel building plans.
By sending just the hotel and convention center parcel back to the planning and zoning commission, the council will allow "portions of the project not directly associated with the hotel/convention center facility to proceed while the design review process proceeds through the market study, material selection and design review process," Martens says in a letter to City Planning and Zoning Director LaMar Orton.
The citizens committee met on Jan. 4 to get acquainted, Mayor

Elaine Steele said. But it hasn't yet discussed Neilsen's plans, Steele said.
The council will meet at 5 p.m. in the City Hall council chambers.
The council will also discuss other business at tonight's meeting, including:
• Consideration of the final plan of the Fred Meyer Inc. subdivision. Fred Meyer Inc. wants to subdivide 17.6 acres into four lots at 705 Blue Lakes-Boulevard North.
• Consideration of the Canyon Properties L.L.C. final plat. Canyon Properties, L.L.C. wants to subdivide 14 acres south of 4150 North Road and west of Blake Street into residential lots.

Craig H. Neilsen's rezoning request

The initial request: Representatives of Craig H. Neilsen, a former Twin Falls resident living in Las Vegas, want a zone change on 43 acres to be used for the Canyon Park North project. The project would include a 10-story hotel and 15,000-square-foot convention center. They originally sought a zone change from residential to commercial.
They also want a zone change on another 12 acres to the east for a commercial planned unit development.
The new request: Neilsen representatives want to split the Canyon Park North property into two parcels. Parcel One would be a restaurant. Parcel Two would be the hotel and convention center.

Neilsen representatives want the council to approve their request for a planned unit development on Parcel One, but send their request for a planned unit development on Parcel Two back to the planning and zoning commission for a second hearing and a review by a citizens' design review committee.
The history: The City Council approved Neilsen and Co.'s request to amend the city's Canyon Rim Overlay Zone ordinance to allow construction of buildings higher than 35 feet along the canyon rim.
The council compromised with Neilsen representatives by adding its own amendments - including one to create a citizens advisory committee.

Spending surpluses

Many state legislators returning to work this month will be met with the challenge of spending budget surpluses. Here's a look at the estimated surpluses that the states will have to work with for fiscal year 2000.

State	Percentage of surplus in relation to budget, projected for fiscal year 2000	Total year-end balances
		Millions of dollars
Connecticut	5.2%	\$529
Maine	6.9%	\$381
Massachusetts	8.5%	\$1,536
New Hampshire	3.1%	\$36
Rhode Island	4.1%	\$381
Vermont	4.9%	\$40
Delaware	14.4%	\$577
Maryland	9.0%	\$1,318
New Jersey	4.1%	\$1,105
New York	7.6%	\$892
Pennsylvania	5.5%	\$1,388
Illinois	6.0%	\$3,251
Indiana	14.9%	\$1,737
Michigan	14.7%	\$1,352
Ohio	6.5%	\$1,175
Wisconsin	4.9%	\$701
Iowa	10.5%	\$725
Kansas	6.4%	\$508
Minnesota	10.9%	\$1,518
Missouri	3.0%	\$334
Nebraska	11.6%	\$439
North Dakota	5.3%	\$79
South Dakota	4.9%	\$35
Alabama	0.0%	\$72
Arkansas	2.0%	\$40
Florida	6.2%	\$458
Georgia	0.6%	\$263
Kentucky	0.9%	\$42
Louisiana	0.9%	\$42
Mississippi	7.3%	\$342
North Carolina	2.7%	\$819
South Carolina	6.2%	\$723
Tennessee	0.3%	\$54
Virginia	5.0%	\$647
West Virginia	2.9%	\$231
Arizona	8.2%	\$642
New Mexico	7.0%	\$189
Oklahoma	8.4%	\$384
Texas	0.0%	\$3,479
California	11.2%	\$675
Nevada	2.6%	\$83
Oregon	5.8%	\$111
Washington	4.7%	\$106
Wyoming	10.1%	\$77
Alaska	86.6%	\$2,720
California	2.6%	\$2,412
Hawaii	4.4%	\$189
Nevada	2.6%	\$228
Oregon	5.8%	\$354
Washington	4.7%	\$468

Habitat

Continued from A1
hammer "an again," Novinger said.
The 4-year-old junipers can't be saved, he said. Though the deciduous trees can be saved, they'll be two years of growth behind.
More than 13,000 trees and shrubs have been planted on about 22 acres at a cost of about \$50,000 plus labor worth about \$100,000. Novinger has put a lot of his own money and labor into the project. And he got some help from the Natural Resource Conservation Service and from local school children volunteers who planted the little trees.
He also got some help from Fish and Game. Dave Musil, habitat biologist with Fish and Game's Region 4 office in Jerome, helped with the planning and design and with planting some of the trees, Musil said. But he was surprised at the damage. He hasn't seen that on other projects.
Novinger also got some help from Fish and Game's Habitat Improvement Program.
Novinger, too, was surprised at the damage from the deer. Plants of the same species growing wild

in the nearby desert are not accented in the same manner.
The trouble is the project is adjacent to deer and elk winter range, said Carl Nellis, Region 4 director in Jerome. The nearby sagebrush don't have nice straight-up single trunks like the newly planted trees.
Any time the deer and elk bucks have antlers - usually August through January and as late as March for elk - they like to rub them. It's a rutting-related activity - like shadow boxing - less threatening than fighting with another deer, or practicing for the real thing.
Fish and Game and Novinger have two options - eliminate the deer or eliminate the deer's access to the trees, Nellis said. Eliminating the deer would be unacceptable in one of the most popular hunting areas in southern Idaho.
Eliminating the animals' access means wrapping each tree, which would be labor intensive, or fencing around the three sections of the project until the trees get big enough to fend for themselves. Nellis estimated fencing would

cost \$15,000 to \$20,000.
The problem is where to get the additional money.
Money set aside for wildlife depletion can be used. It is meant to pay farmers for damage game animals cause to crops. And the department's Habitat Improvement Program is geared to create and develop habitat.
It's awkward to justify spending habitat improvement money to keep wildlife out of improved habitat. The department has used HIP money to fence livestock out of a project site, but never to keep wildlife out, Nellis said.
"It's one of those bureaucratic SNAFUs," he said.
But it's also the kind of restriction that keeps public money from being misspent.
Still, if there was some HIP money left at the end of the season, it might be used for such a project, Nellis said. He is confident he'll find the money somewhere.
The project has been a lot of work so far, Novinger said. Many of the trees have had to be pruned or replaced. And the

maintenance will continue for several years.
"I like trees," he said.
But he has other reasons. The planted trees - hybrid poplars, river birch, red-twig dogwood, oak-leaved sumac, choke cherry, Nanking cherry, juniper and blue spruce, none planted in straight rows - serve several purposes.
They catch runoff from his fields. They are attractive to the eye, and make for areas that attract deer and elk, Hungarian partridge and pheasants and other wildlife. Most of the trees produce berries that are attractive to upland game birds.
Novinger said he grew up on the admonition to leave a place better than he found it. And he appreciates the area's ungulate population, even if the animals have a strange way of showing their appreciation for his work.
"I love seeing the deer and elk," he said.
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States

Continued from A1
in a taxpayer's pocket, money matters will be decided one way or another. Social issues, however, often wind up in stalemate.
Gun control measures, some approved and many rejected last year, are back in most states with proposals on gun locks and tougher sales regulations. Gun rights proponents want to ban lawsuits against gun manufacturers.
Peremptory, after a state Supreme Court decision that gave homosexual couples the same benefits and protections as wedded couples of the opposite sex, may consider the status of gay marriages. In South Carolina, the flying of the Confederate flag casts a long shadow across the capitol.
Gambling in the form of legalized video poker is on the table in West Virginia. New Mexico is revisiting its gambling agreements with Indian tribes. In Kentucky, Gov. Paul Patton's support for expanding gambling to casinos and slot machines has quieted.

N.H. voters anticipate 'some real choices'

BOW, N.H. (AP) - It was just after 8 a.m., and Sen. John McCain was well into his latest town hall meeting. Before him sat more than 200 New Hampshire citizens, firing question after question about military policy, corruption, campaign financing and the environment.

And everybody was sitting up straight, awake and alert. This is New Hampshire, after all, and voters demand more of their candidates than 30-second commercials. From retired elementary school teacher Evelyn Lindquist, an independent, came a common sentiment: "I'm coming to hear as many of these as I can."

On New Hampshire television, the anchors are trumpeting a "palpable excitement," and while it may not be quite as frantic as they say, there's a definite excitement-afoot as the primary season kicks into high gear.

Nearly three dozen interviews with southern New Hampshire voters studying the candidates and the issues for the nation's first primary Feb. 1 suggest an optimism untempered by campaign-trail cynicism. Ask any of the voters - Republican, Democrat or independent - about New Hampshire speciality - and you'll probably hear this: People feel as if they have some real choices this year.

"The primary is different," said Christine Miller, a therapist and Democratic ward leader in Concord. "I find the lack of negative campaigning in both parties surprising. And the amount of sticking to the issues, all the candidates in both parties are hearing the electorate on that one."

A Boston Herald/WCVB-TV poll taken after Wednesday's Democratic debate showed 44 percent of New Hampshire voters who plan to cast Democratic primary ballots would do so for Bill Bradley, while 38 percent prefer Vice President Al Gore. The margin of error was 5 percentage points.

"I think that Democrats feel in general that no matter whether



Craig Greenwood, 28; of Jersey City, N.J.; right; Michael Fitzgerald, 43; of Greenland, N.H.; center; and Kevin Waterhouse, 45, of Windham, N.H., watch the televised GOP debate Thursday at Libby's Bar & Grill in Durham, N.H. Interviews with New Hampshire voters suggest there really is excitement afoot Sunday as the state's primary season swings into high gear.

they're supporting Bradley or Gore, they will be content with the victor," said Mary Louise Hancock, a longtime New Hampshire Democratic activist. "I don't feel any acrimony or any heavy contention or any animosity."

A Republican poll showed McCain and Texas Gov. George W. Bush as the GOP candidates to beat. Each had nearly equal support from likely New Hampshire Republican voters - Bush with 33 percent and McCain with 32 percent. Publisher Steve Forbes placed third with 12 percent.

Front-runners and dark horses alike are barnstorming New

Hampshire in myriad ways. Republican Alan Keyes takes his message to a youth political convention this week. Republican Gary Bauer on Thursday became the latest candidate to address the Legislature.

Still, in New Hampshire it's the small-town events and living-room meet-and-greets where candidates tend to make the deepest impressions. The day before Bauer went to the Statehouse, he spoke at a meeting of the Nashua Fish and Game Association.

That same day, in the diminutive southeastern community of Newmarket, passing drivers - including one with a McCain bumper sticker - honked and waved at the Bradley caravan

outside Town Hall. Inside, Republican Alan Keyes takes his message to a youth political convention this week. Republican Gary Bauer on Thursday became the latest candidate to address the Legislature.

Among them was Justin Browne, 20, from Amherst, N.H., volunteering for his first campaign. Though Browne likes Bradley for his health-care proposals, the college student finds a deeper appeal: Bradley "doesn't seem like a candidate."

"He just seems like a normal man - not only that he has integrity, but that he shows it," Browne said.

Cybershops seek new ways to attract shoppers

NEW YORK (AP) - Americans did lots of Internet shopping during the holiday season, but e-retailers are now left with the challenge of keeping people hooked on the Web all year long.

Just days into 2000, cybershops already are taking steps to keep buyers coming back for more. Many are touting improved customer service and new personalized services and promotions.

"It's not just about making a sale, but acquiring a customer for life and getting them to be loyal to you," said Ken Cassar, an analyst at the New York-based Internet research firm Jupiter Communications.

It was a stunning holiday season on the Internet. Sales climbed more than 300 percent from last year to as much as \$12 billion, above early expectations that sales would double.

Millions - of new shoppers flocked to the Web for the first time, and people who had previously bought online tried sites where they hadn't shopped before. Internet giant Amazon.com alone had more than 25 million new customers during the holidays.

But big gains during the holiday season won't guarantee long-term success. Those that survive must be able to drive traffic year-round.

E-retailers are quickly crafting strategies to keep the momentum going in the new year. Expensive advertising campaigns - on the Web, television and newspapers - are taking a back seat to other initiatives.

"It's not just about blanketing the airwaves right now," said Sandeep Chugani, a partner at consulting firm Diamond Technology Partners. "It's bringing the Internet down to the individual customer."

Merchants - including Toysrus.com and eToys - that tallied big complaints about late deliveries or shoddy customer service are overhauling their systems to ensure they don't disappoint again.

A survey of about 800 people by Andersen Consulting found 95 percent said a guarantee of on-time delivery would increase the likelihood they would buy from a site again.

Back for more?

It was a great holiday season for online merchants, but now they are left with the challenge of keeping people hooked to the Web. These are some things that shoppers said would increase their likelihood to buy online again.

Free delivery	98%
On-time delivery guarantee	96%
No sales tax	91%
Coupons	83%
Online customer service	85%
Customer reviews and recommendations	82%
Helpful hints for colors and size	88%
Free gift wrapping	88%
Gift suggestions	88%

Based on a survey of about 500 people.

Source: Andersen Consulting

Cybershops that had a smoother run this holiday season are trying to stand out by exceeding shoppers' expectations.

DVD retailer merchant 800.com is doing more of "surprise and delight" program, where it throws in something extra with a customer's purchase. For instance, someone who orders a DVD may also get a bag of microwave popcorn.

"It comes down to satisfaction, and whether you leave shoppers satisfied or dissatisfied with their experience on your site. That will help them decide whether to come back," said Peter Schwab, a national director in the retail practice at consulting firm Ernst & Young.

Personalized services and promotions are also becoming more popular.

Companies are building up their customer databases so they can get to better know their shoppers and then pepper them with offers, such as discounts coupons on items that meet their interests.

House GOP chairmen face loss of jobs next year

WASHINGTON (AP) - Some big names in the House of Representatives could find themselves shunted to the side next year.

While Republican enthusiasm for limiting how long someone can serve in Congress has waned since the 2001 term limit in 1994, a six-year limit on the terms of House committee chairmen is still very much alive.

Some influential lawmakers actually are looking forward to having a back-seat perch from which they can watch, perhaps with amusement, the tussle for who will succeed them.

Henry Hyde, the venerable House Judiciary Committee chairman who presided over last year's impeachment hearings, says he will "go quietly into the night."

"I'll just be a backbencher and enjoy myself," the Illinois Republican said. At the same time, he guesses that removing experienced lawmakers like him from positions of power was an unwise "form of gratifying the new members, throwing them a bone."

Others are dealing with it by just sitting.

"It's a commitment they've got to live by," said the House Education Committee chairman, Rep. William Goodling, R-Pa. He will leave Congress after 25 years in the House.

Of course, the Republican chairmen of all 19 House committees plus scores of GOP subcommittee chairmen could find themselves

on the outs if Democrats pick up a net six seats in November.

But even if Republicans maintain control of the House, party will be shifting dramatically because of the term limits on committee chairmen.

Bud Shuster, who controls billions of dollars in highway money as head of the House Transportation Committee, would have to accept a more modest role. Rep. Floyd Spence, R-S.C., chairman of the House Armed Services Committee, could see his sway over military policy diminished.

To keep his presence in the mix, Shuster, R-Pa., probably will move down a notch to head the ground transportation subcommittee, according to his spokesman, Scott Brenner.

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Post office prepares to raise rates

WASHINGTON (AP) - The Postal Service is getting ready to kick off the complex process of raising rates, a step that could mean higher stamp prices early next year.

Major mailers have been on edge in recent months, anticipating the action many expect to be announced Tuesday at the monthly meeting of the Postal Service's board of governors.

"I think it's about 95 percent likely that the governors will approve a filing," said Neal Denton of the Alliance of Nonprofit Mailers.

"They're going to do it," agreed Gene Del Polito, president of the

American Association for Postal Commerce, formerly the Advertising Mail Marketing Association.

Officials of the Mailers Council and Direct Marketing Association also said they expected action soon.

Postal officials were not discussing how much of an increase would be sought - or even if a request would be filed - stressing that the decision is up to the governing board.

Two of the post office's main competitors - Federal Express and United Parcel Service - recently announced rate increases to take effect in February, citing rising costs.

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Falls Avenue Fitness is very welcoming to everyone. I am in my late 50's and feel completely comfortable. The prices are reasonable. I would encourage anyone to give them a try."
- Ray Sabala
"We take the WORK out of workout"

NATION/WORLD



Water flows through one of the open gates on the new Churchill Dam on the Allagash Wilderness Waterway in northern Maine in September, 1999. The dam, which was completed this year, helps to maintain the water level for recreationists on the waterway.

Conservationists cheer new replacement dam

AUGUSTA, Maine (AP) - Conservationists who cheered the removal of a 162-year-old dam in Maine's capital last year also welcomed the replacement of a dam on a backwoods river that was only slightly younger.

Removal of the Edwards Dam, which stretched 917 feet across the Kennebec River, completed the birth of a historically rich fishery. The dam, 40 miles upstream from the Atlantic Ocean, was the first hydroelectric dam in the country ordered removed by the U.S. government for protection of the environment.

Replacement of the Churchill Dam was seen by conservationists and outdoors enthusiasts as essential to the enjoyment of wilderness.

At a rededication ceremony in September, state Conservation Commissioner Ron Lovaglio called the Churchill Dam "the dam for the new millennium" that would preserve Maine's prized Allagash Wilderness Waterway forever.

State Rep. John Martin, who has made trips down the river himself every year since he was a boy, summed it up in a different way.

Without the dam, "people would not be able to enjoy the river in the summer," said Martin, who made five Allagash trips last year alone.

While the Edwards Dam was built in 1837 to supply downtown Augusta's mills with power, Churchill, in the northeastern corner of Piscataquis County in the heart of the Allagash, started off with a different purpose.

It was washed out by spring ice in 1954. A stone-and-cribwork structure was built in 1968, but it was only designed to last 20 years at most. Logging-truck traffic over the structure weakened the dam, causing it to sag and deteriorate.

"The settling was happening so fast that it was difficult and in some cases impossible to open the gates," said Herb Hartman of the state Bureau of Parks and Lands.

Had a forest fire broken out, it would have been risky to move bulldozers and firefighting equipment over the dam, Hartman said. Without a plan for repairs, the old dam would have had to be breached.

One would be a dam that slowed down the spring rush downstream but kept the water moving in the summer, while creating wetlands, preserving a habitat for fish like trout and keeping Churchill and Eagle lakes full.

Without it, you couldn't float a canoe downstream to where the Allagash meets the St. John River in the summer.

Rather than being seen as an impediment, Churchill Dam, about 120 miles long of Bangor, was viewed as a key to maintaining the water levels and ecology of one of Maine's most important recreational regions.

Still, voters were not convinced that the dam needed to be repaired and rejected bond issues to replace the dam in 1987 and 1990.

By the time the issue went before voters again in 1996, hunters and sport fishermen, environmentalists and contractors rallied with the Allagash Alliance behind a \$3 million bond issue that included \$1.4 million for the Churchill Dam.

Voters said yes. Work began in 1997 and the old cribwork was replaced with a concrete structure designed to last a century. The 87-foot-long, 27-foot-wide dam, which includes six gates and a fishway, was essentially completed in 1998.

Israel-Syria treaty seems to be far off

SHEPHERDSTOWN, W.Va. (AP) - Despite President Clinton's expected intervention again, Israel-Syria negotiations on a land-for-peace treaty appeared to be nearing a close Sunday without even a tentative agreement.

The Israeli prime minister, Ehud Barak, describing the week-long talks over territory, peace terms, water and security as complex and difficult, was making plans to depart for home Monday.

Diplomatic sources said Syrian Foreign Minister Farouk al-Sharaa was likely to follow on Tuesday.

On the sensitive issue of establishing a new border, once Israel pulls back on the Golan Heights, Israeli Foreign Minister David Levy said "nothing has been agreed upon."

Clinton, who had intervened in the negotiations four times before Sunday, was expected to back Sunday evening. "He's going for meetings. The process continues," a White House official said.

Committees met Sunday on all the key issues, and the State Department spokesman James P. Rubin said the two sides responded positively to a statement presented Friday by the United States.

The seven-page document, which is a summary of points of accord and discord, could become the basis for an eventual "core agreement," Rubin said.

But he said Israel and Syria still faced "enormous decisions"



Israeli Prime Minister Ehud Barak and wife Nava, center, walk across a meadow at the Antietam National Battlefield during a tour of the American Civil War historical site in Sharpsburg, Maryland, Sunday. The Battle of Antietam on September 17, 1862, was the bloodiest day of the war between the North and the South, leaving more than 23,000 soldiers dead.

and "we don't expect those decisions to be made in a matter of days."

American mediators had not offered "bridging proposals," designed to close the gap where the two sides were in disagreement, Rubin added.

Barak and al-Sharaa could leave behind experts to continue deliberations. But Rubin said there was no decision on how negotiations would proceed, although he said the United States wanted full-blown negotiations to reconvene "sooner rather than later."

"There is no doubt that the negotiation is difficult," Barak told Israeli reporters while touring the Antietam National Battlefield, a Civil War site in Sharpsburg, Md., with Secretary of State Madeleine Albright.

Russia's radar blind spots

Experts say Russia's land-based early warning radar network used to detect U.S. missile launches has blind spots.



RUSSIA. SOURCE: Federation of American Scientists. 1/9/00. PHOTO: JUDY TREIBER; GAO: DANIEL HULTEN/ANTARY

Officials say Russia's outdated system poses danger to Russia, United States

WASHINGTON - Russia's early warning system is so decayed that Moscow is unable to detect U.S. intercontinental ballistic missile launches for at least seven hours a day and no longer can spot missiles fired from American submarines at all, U.S. officials and experts say.

At most, only four of Russia's 21 early warning satellites are still working, according to experts on Moscow's space program. That gives Russian com-

manders no more than 17 hours of daily coverage of the 550 nuclear-tipped ICBM silos in Colorado, Montana, Nebraska, North Dakota and Wyoming.

"Against submarines, they basically have no warning," said Theodore Postel, a Massachusetts Institute of Technology professor who studies Russia's early warning system.

But because the logic of nuclear deterrence requires both sides to launch their missiles before a surprise attack obliterates them, Russia's semi-

blindness is as dangerous to the United States as it is to Russia. The fear is that Russian military and civilian leaders could misread a non-threatening rocket launch or ambiguous data as a nuclear first-strike and launch a salvo at the United States and Western Europe.

While acknowledging that Russia's early warning system has deteriorated badly, Clinton administration officials say Russia remains considerably early warning capabilities and strong control of its nuclear forces.

Thousands in Indonesia flee homes out of fear

AMBON, Indonesia (AP) - Fearing a resurgence of the religious clashes that have claimed nearly 1,000 lives in eastern Indonesia in the past two weeks, thousands of people fled their homes Sunday and were wandering city streets, looking for a place to stay.

Hundreds of soldiers guarded the streets in the divided city of Ambon, the capital of Indonesia's Maluku province. In nearby North Maluku, refugees continued to pour into the city of Ternate, fearing violence on surrounding islands, said Col. Didik Setiyadi, commander of Ambon's 1st Marine Brigade.

But despite the tension, Muslims and Christians in one refugee camp managed to make a separate peace, at least for a day. The thousands of refugees in a camp at the naval base held a dress rehearsal for a musical performance planned for Monday. The planned concert marks the Muslim holiday of Eid al-Fitr - and Christmas, which many Christians could not celebrate two weeks ago



Indonesian soldiers stand guard Sunday at the gutted Silo Church, destroyed in late December, in Maluku, Indonesia. Clashes between Muslims and Christians in eastern Indonesia have claimed at least 1,000 lives over the past year.

because of the violence. "We all live together in this camp, so we should all celebrate together," Anista, a Christian refugee, said after rehearsing her

song. "I hope this will lead to peace everywhere." Despite pitched battles in Ambon, the navy has managed to keep things under control inside

the refugee camp. "There are strict rules here," Setiyadi said. "If either the Christians or Muslims break the rules and fight they are out."

In Ternate, the atmosphere was peaceful but tense Sunday as many of the thousands of refugees walked the streets looking for shelter, said Murid, a Ternate resident.

The unrest in Maluku and North Maluku, known as the Spice Islands during Dutch colonial rule, is Indonesia's worst religious violence since independence in 1949. It has sparked fears that the world's fourth most populous country could splinter along deep-rooted religious and ethnic fault lines.

As Muslims celebrated the Eid al-Fitr holiday week a year ago, a scuffle in Ambon sparked the violent clashes that have left at least 1,000 dead.

Boy attends parade as city takes break from protests

MIAMI (AP) - Six-year-old Elian Gonzalez and his relatives watched a parade Sunday as city-wide protests over plans to send him back to Cuba remained on hold.

The parade celebrated Three Kings Day, a religious holiday commemorating the three kings who were said to have traveled to Bethlehem bearing gifts for the Christ child. It is traditionally celebrated in Hispanic nations.

Elian sat beneath a multi-colored umbrella with his relatives. They sat in bleachers facing the parade route, which ran down Calle Ocho, the main street in the city's Little Havana neighborhood.

Elian at times waved at the procession, a Cuban flag in one hand, and a U.S. flag in the other. Mostly, the boy shot streams of colorful foam string from a can. "It was a nice day to get him away from the routine," said

Armando Gutierrez, the family's spokesman. "He saw things he never saw in his life. Things that if he was sent back to Cuba he will never see again."

The parade was a welcome celebration for the city, which earlier in the week was beset by protests and traffic slowdowns incited by anti-Castro groups angry over a federal decision to send the 6-year-old boy back to his father in Cuba.

But the city was quiet Sunday, a day after Cuban-American leaders issued a temporary halt to the demonstrations. The leaders were encouraged by a lawmaker's bid to keep Elian in the United States while a judge considers his case.

The U.S. Immigration and Naturalization Service said last week the boy should be sent back to Cuba by Jan. 14. President Clinton and Attorney General Janet Reno have both indicated support for the ruling.

Official: U.S. cannot investigate every battle of Korean War

SEOUL, South Korea (AP) - The United States will not investigate "every firefight, every battle" of the 1950-53 Korean War, despite allegations that U.S. forces killed unarmed civilians in dozens of incidents, the head of the U.S. Army said Sunday.

U.S. investigators are already devoting extraordinary resources to the allegations of a mass killing of several hundred refugees by U.S. soldiers at No Gun Ri, South Korea, in

the early weeks of the conflict, Army Secretary Louis Caldera said.

Since those allegations became public, South Koreans have come forward with more stories of alleged mass killings of civilians by U.S. troops.

In an interview with The Associated Press, Caldera said it is not possible to investigate every incident of the war in detail.

"The question is not one of going back to try to identify every incident in which someone claims there was a loss of innocent lives," he said. "If you begin down that path, you'll never end because all war by definition is extremely violent."

"It is not possible to go back and investigate every firefight, every battle, that occurred during the three years of the Korean War," Caldera said, citing the cruel and chaotic nature of war.

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AROUND THE VALLEY

Construction closes courthouse entrance

TWIN FALLS - The main entrance at the Twin Falls County judicial building will be closed starting today because of construction.

During construction, expected to last until the end of the month, the entrance to the building will be moved to the doors that face the sheriff's office entrance of the county building.

When construction is complete, the main entrance foyer will be extended and allow more room for court security.

Officials close roads to Fairfield after heavy snow

GOODING - Blizzard-like conditions prompted officials Sunday evening to close highways leading to Fairfield.

Officials closed Idaho Highway 46 north of Gooding to Fairfield just before 8 p.m. Sunday because of blowing snow, the Camas County sheriff's department reported. Idaho Highway 20 between Fairfield and Mountain Home also was closed, the department said.

Dietrich to consider new common school calendar

DIETRICH - Among issues to come before the Dietrich School Board today include a proposal to coordinate the district's calendar with schools in the Magic and Wood River valleys.

School districts could adopt the same calendar in an effort to make it simpler to share programs so students don't miss classes when one district is on break and another remains in session.

Districts traditionally have developed their own calendars, and first and last days and holiday breaks have been scheduled at different times throughout the region. Under the three-year proposal, school would begin the last Monday of August and end June 1. Spring break would be the last week in March, and Christmas vacation would run from Dec. 22 to Jan. 3.

Hospital board meets in Education Center tonight

TWIN FALLS - Magic Valley Regional Medical Center board members will gather tonight for their monthly meeting.

The meeting begins at 6 p.m. in the Education Center, behind the hospital. The public is invited.

Wood River officials, IDT to discuss Highway 75

HAILEY - Wood River Valley officials will meet with representatives from the Idaho Transportation Department to discuss improvements to Highway 75 at 6 p.m. Thursday at Wood River Middle School. The meeting is open to the public.

Minidoka commissioners to hear request today

RUPERT - Minidoka County commissioners will meet at 8:30 a.m. today at the Minidoka County Courthouse.

At 1:30 commissioners will hear a request for approval of McGrover Center maintenance from Dianna Schafer and Gordon Stewart of the Minidoka County Fair Board. The meeting is open to the public.

County school board to discuss survey results

BURLEY - The Cassia County School Board will meet at 7 p.m. today at the district office.

The agenda includes a review of results of an asset survey and a discussion on accreditation.

The board will also discuss the Idaho Literacy Comprehensive Act and the Idaho Literacy Comprehensive Course. The meeting is open to the public.

Cassia commissioners to meet today at courthouse

BURLEY - Cassia County commissioners will meet at 9 a.m. today in the basement of the courthouse. The meeting is open to the public.

Compiled from staff reports

Jerome shootout trial starts today

By Brian Haynes
Times-News writer

JEROME - Trial starts this morning for a Jerome man charged with shooting at sheriff's deputies and police during a September standoff outside his home.

Eric J. Buchanan, 24, is charged with two counts of aggravated battery on a peace officer, aggravated battery and

three counts of aggravated assault on a peace officer in connection with the two-hour standoff at his home at 515 N. Lincoln St.

Jerome police went at Buchanan's home the night of Sept. 19 for a call of a possible domestic dispute. When they arrived they saw a man on his porch holding a pistol, according to preliminary hearing testimony.

The officers watched as the man fired

several shots at a white car pulling into the driveway. Ken Barrett, the driver and a friend of Buchanan's, was shot in the upper chest but not seriously hurt, according to testimony.

The man fired in the officers' direction but didn't hit them, according to testimony.

When three Jerome County sheriff's deputies arrived a few minutes later, they were met with a hail of bullets.

One bullet was stopped by one deputy's bullet-proof vest. Fragments from another bullet hit another deputy in the face. Neither deputy was seriously hurt.

Buchanan later surrendered to a SWAT team.

Times-News writer Brian Haynes can be reached at 733-0931, Ext. 238, or by e-mail at bhaynes@magicvalley.com



Tom Haas and his wife, Jeannie Thoren, right, help a group of women skiers with their boots during a two-day clinic in Ketchum on Thursday.

Course preps ladies for slopes

Boot camp helps women master their skis, bodies

By Karen Bossick
Times-News correspondent

SUN VALLEY - They came to the mountain knock-kneed, sitting back on the tails of their skis and swinging their hips to turn their skis, which were wandering all over the place.

Two days of Jeannie Thoren's boot camp, and they were daring down the mountain, no more noticing the boards under their feet than the painted toenails on the end of their feet.

And they didn't have to do 40 pushups and run 20 laps up and down the mountain to do it. No sir!

This boot camp is as easy and sweat-free as inserting padded heel lifts in the ski boots and moving the bindings on the skis up a couple notches. In a nutshell: Minor modifications in equipment to help the women ski better.

"I'm totally amazed," said Pam Wylie, a Ketchum attorney who attended the clinic sponsored by Sturtevant Ski and Sports. "By moving my binding forward, I was skiing effortlessly. I had the greatest run ever on Warm Springs at the end of the day. I

found I could hold a straight line on a car track a lot longer because my ski wasn't wanting to turn inside."

Some skiers think that moving ski bindings ahead of dead center on skis is blasphemous. But the 30 women attending Thoren's boot camp on Baldy this week didn't lie. Nor have hundreds of other female skiers who have benefited from what Thoren calls her "Thoren Theory."

The gist of the theory: that women are built different from men and those differences make it more difficult for them to keep up with the guys when skiing.

"Of 10 women, seven will be knock-kneed, two will be bowlegged and one will be perfect," she says.

Case in point: a guy's broad shoulders, which help him get his weight on the front of his skis. But most women are O-shaped, meaning their hips stick out further than their knees because of their larger pelvises. As a result, they ski with varying degrees of knock-kneedness.

Their calf muscles are closer to the ankle than men so they have trouble with the top buckles on their boots. The resulting

tourniquet on the leg causes muscle fatigue and cold, numb feet. And their heels are smaller so their feet lift off the bottom of their boots, preventing them from controlling their skis effectively.

"The foot tells the boot what to do and the boot the ski. If your feet are wiggling in your boot, you can't control your ski," said Thoren, a biology major who planned to study medicine before the call of the skis lured her away.

Thoren's prescription includes a good set of custom-made footbeds or orthotics. The footbeds you get in your ski boot make good heel lifters, she said.

Heel lifts help raise the heel so the boot fits snugger. And moving bindings ahead one or two centimeters help women get out of the back seat to get on their edges, and stop wandering skis.

Similar modifications can achieve similar results on cross-country skis and snowboards, Thoren said.

Thoren, a former alpine ski racer and winner of three straight three-pin telemark championships on Baldy, tested her theories while living in Sun

Valley for 15 years.

Her father, a biology and chemistry professor, had always taught her to question and experiment. And she knew something didn't feel right in her own skiing.

"When she found things that worked for her, she'd test them on her friends at Baldy. It's something she could never do today, given liability concerns and the size of the mountain. But no one cared what the real professor was doing then."

Kathy Noble, of Hailey, recalls Thoren sticking heel lifts in her boots and fiddling with her skis and sending her out for a day of skiing.

"The thing is, what she tried on us worked," she said.

Eventually this lone voice preaching in a wilderness of unisex skis and boots began to be heard. Ski manufacturers began to design women's skis and boots. And more and more ski shop techs are beginning to include words like "cants" and "heel lifts" in their vocabularies.

Her persistence has earned Thoren a spot in the Skiing for Women Hall of Fame, a nomination to the Skiing Hall of Fame and accolades as one of the 25 most influential people in skiing in the last 50 years, according to "Ski" magazine.

Today, Thoren and her husband Tom Haas, the first American male to win the

Please see SKI, Page A7

Pioneers of homeschooling report successful venture

By Julie Pence
Times-News correspondent

TWIN FALLS - Ten years ago Ben Baird of Twin Falls made the newspaper because he and his family were among the first homeschoolers in the Magic Valley, which numbered about 25 families.

Today Baird, 19, is a business owner saving the money he makes from his computer-program writing to attend college next year. And the homeschooling community in the Magic Valley has grown to more than 300 families, said his father, Bob Baird.

That's not an official count, as nobody tracks homeschooler numbers.

At the fourth-grade level, Ben Baird began studying computer

an old computer that came with programming manuals, and on his own, he studied the BASIC computer language.

Then about when he would have been in seventh grade in public school, he started studying computers seriously when he enrolled at the Computer Learning Center in downtown Twin Falls.

"He used to read those programming manuals like they were novels," said his mother, Becky Baird. "Can you imagine doing that for fun?"

By 1996 he began his own Web site, which now takes about 700 hits a day and garners him jobs writing utilities other programmers use as well as custom software for all kinds of businesses. He also writes book reviews for publishing companies in the

While at the Learning Center, Baird became friends with another homeschooler, Jeremiah McCarroll of Twin Falls, who last spring earned 1,590 out of 1,600 possible points on the Scholastic Aptitude Test - a college entrance exam - and recently earned a 4.0 grade-point average during his first semester in college in California, where he is majoring in mathematics.

McCarroll, too, does some programming, but McCarroll said he is most passionate about proving a mathematical postulate called Collatz's Conjecture, which he has been working on for seven years.

Baird was homeschooled from the beginning, but McCarroll didn't start until fourth grade.

"I was in public school before I started homeschooling, and real-



Ben Baird, left, and Jeremiah McCarroll were two of the first homeschoolers in the Magic Valley when homeschooling became popular a decade ago. Today, Baird operates a successful Internet business and McCarroll is a col-

Surviving extreme weather

Officials give advice on being stranded, getting through it

By Ruth Streeter
Times-News writer

BURLEY - It may be a cold day in Idaho when a person finds him or herself stranded in a winter storm.

But it will nevertheless be a cold day indeed.

Very rarely does the Idaho State Police come upon someone who has been stranded on the highway longer than an hour, said ISP Captain David Neal. Thanks to cellular phones, people can call for help.

In extreme weather conditions - be it a roasting summer or numbing winter - ISP patrol units are required to cover an entire route. No turning around early, Neal said.

Minutes can seem like hours inside a cold and quiet stalled car. Oliver Lusk, program coordinator for the Mini-Cassia American Red Cross, recommends that people keep candles along with a wick that's come out in their cars. A candle will provide adequate heat for an entire car, and won't use up the car's oxygen, Lusk said.

And when secured in the car with either wax or sand on the candle, isn't easily overturned, Lusk said.

"I don't think most people carry something like that in a car (in case of) a breakdown," he said.

If the engine still works, the Federal Emergency Management Agency recommends running the motor about 10 minutes each hour for heat. But people should crack their windows and make sure the car's tailpipe isn't blocked to avoid carbon monoxide poisoning.

Above all, people should stay with their cars to avoid disorientation in the wind and snow. They should also avoid overexertion in cold weather which can put too much strain on the heart, according to information provided by FEMA. They should keep the vehicle lit with the dome light and/or flagged with a red cloth tied to the antenna to alert rescuers. And if it isn't snowing, the hood should be raised.

Dressing in layers of loose-fitting, light-weight, warm clothing is essential because each layer of air insulation counts, Lusk said. If a person starts to sweat, a layer or two can be removed.

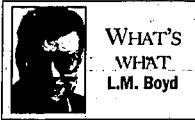
Please see SAFETY, Page A7

MORNING BREAK

Crossword puzzle grid with clues for Across and Down. Includes 'Saturday's Puzzle Solved' section with answers like 'COPCAT', 'FULL HORN', 'BIRCH CHOICE'.

Embalmer refused taste of his own medicine

In the 19th century, Sir Walter Scott wrote "The Monastery" wherein appeared the geographic term "gleen" as a given name. And as such it soon thereafter became highly popular. Still is.



WHAT'S WHAT L.M. Boyd

"When I said girls in summer camps tend to be gennated before they go swimming, I meant they're divided into pairs."

A Next to Mickey Mouse, she died in 1936. Another thing you may not have known about Azerbaijan is all education there through the university level is free.

A man knows his faults. Or at least some of them. So he won't believe you, if you tell him he's a flatterer, but he will believe you, if you tell him he's a flatterer, and he's flattered, you noticed. So wrote our Love and War man in his monograph on "Advice to Single Women."

Campbell's Soup cans? A. Cornell's colors. A Campbell's exec admired so adopted them for his company. In 1898, this.

Magical Valley.com advertisement for The Times-News. Includes 'Log on to... www.magicalvalley.com' and 'Click on... BOURN AUCTION SERVICE'.

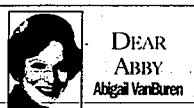
Correct, a bee has two stomachs. Can you contradict the claim that the Nile is the only river on earth that flows from the equator into the temperate zone?

Q. Which came first - the red-and-white of Cornell's football uniforms or the red-and-white of Smooth-talking Taurus comes out on top of things

Advertisement for Eleanor Roosevelt. Features a portrait and text: 'Who knew that America's most respected first lady was also a woman of contradictions?'.

Job-averse hubby gets career idea from test

DEAR ABBY: This letter is in response to "Totally Lost" in North Carolina," whose husband cannot or will not keep a job. She said he didn't like to work and "somehow he always messes up and gets fired or quits."



DEAR ABBY Abby Cadabby

I had similar problems with my husband. He would keep a job no more than six months maximum. He finally heard about a program called "Operation Improvement." The people there gave him an aptitude test, suggested a job he would never have considered on his own - truck driving - and paid for his training.

DEAR ABBY: My very intelligent, considerate husband has adult attention deficit disorder. One of the symptoms is difficulty holding certain jobs. He has finally found his "niche" as an outstanding teacher. (Two jobs.)

He's been driving a truck for six years now and loves his job. I'm not suggesting truck driving for this gal's husband, but he should take an aptitude test and find something he'll be happy doing. If he doesn't, he'll continue to go from job to job and create stress for the whole family. I wish them the best of luck, and as much happiness as my husband and I (and our kids) now have.

Perhaps there's another choice for "Totally Lost" other than evicting her husband, and another reason for his problem other than irresponsibility. - FAITHFUL READER IN DELAWARE

- LISA IN WASHINGTON



Can you see the future? Or are the tears in your way?

Will sadness continue to dominate your life? Or will you look for hope again? We know you didn't ask for this pain. But you can choose to make things better. You can start now with one phone call. We'll show you that you do have the capacity to be happy. And we'll help put you in control. If you're tired of feeling the way you do, call us. We'll answer your questions and talk with you about your options. Let us help you find out where your tears are coming from. Because that's the first step to making them stop.

For information, for help, for options 734-6760 or 1-800-657-8000

HOROSCOPE: Sydney Omarr

SCORPIO (Oct. 23-Nov. 21): Your day to investigate and discover. Dig deep for information, realize you are digging for the truth. Sagittarius presents financial scheme which could work. SAGITTARIUS (Nov. 22-Dec. 21): Study Scorpio message. You could make accidental discovery that might lead to riches. Be observant, alert, optimistic. Red tape is due to dissolve. CAPRICORN (Dec. 22-Jan. 19): Obtain added wisdom by studying Sagittarius, Scorpio messages. Give full play to intellectual curiosity, begin a thesis, display knowledge of human character.

AQUARIUS (Jan. 20-Feb. 18): What you thought might be impossible is practically at your doorstep. Focus on beauty, home expression of love. Give a smile to get a smile. Taurus plays role. PISCES (Feb. 19-March 20): The Moon will be in your sign, cycle will be up. Take initiative, make contacts, be creatively self-ish. People want you and will say so.

GEMINI (May 21-June 20): Hold back, play waiting game. Obtain valid hint from Taurus message - wait, observe, base actions on inner feelings. Pisces plays extraneous role. CANCER (June 21-July 22): Pressure is on, you will be up to it. You'll be given responsibility of guiding Capricorn individual. It might sound hilarious at first, but do take it seriously. LEO (July 23-Aug. 22): Aim high, world fame could await you. Those who said you are a dreamer might be right, take it as compliment. Aries, Libra persons figure in exciting scenario. VIRGO (Aug. 23-Sept. 22): Let go of notion that everything one is supposed to know has already been known. There is much more than fits your philosophy. Leo proves inspiring. LIBRA (Sept. 23-Oct. 22): Pay attention to family member who confides, "Nobody loves me." Spend a little time with that person to prevent future grief. Cancer native involved.

Advertisement for Molly's Bakery. 'Voted #1 BAKED WITH LOVE! \$1 OFF FULL MOLLY (13 Bagels) Good Anytime'.

Advertisement for Time to liquidate? Use The Times-News Marketplace classifieds to turn possessions into cash.

S & T Development Moving-Liquidation Auction

Wednesday, January 12, 2000 11:00 AM 5665 S. 5th Ave. Pocatello, Idaho

Advertisement for Bay Auction Company Inc. 'Pride and Integrity with Every Sale. Christopher Baiz, Auctioneer. 430 W. Hwy. 26 - Blackfoot ID 83627'.

Advertisement for Canyon View Psychiatric and Addiction Services. '228 Shoup Ave. W., Twin Falls'.

Advertisement for Auction Calendar. 'TUESDAY, JANUARY 11 - 6:00 PM Household - Tools - Antiques Consignments Welcome - Jerome KLAAS AUCTION BARN'.

COMICS

Classic Peanuts By Charles M. Schulz

Why dogs are superior to cats.

They just are, and that's all there is to it!

SHORT AND TO THE POINT!

For Better or For Worse By Lynn Johnston

DO YOU WANT TO GO BACK TO SCHOOL ALREADY?

EVERYBODY'S LEAVING!!

WHEN DO YOU WANT TO GO, GORNER'S? WELL...

OF COURSE, DAD. CAN YOU STAY?

I'M NOT SURE. ONE WEEK. TWO WEEKS. THREE WEEKS. HOW LONG WOULD YOU WANT ME TO STAY?

HOW ABOUT FOREVER?!

Dilbert By Scott Adams

I COMPLETED ALL MY ASSIGNMENTS. HOW MAY I BE OF SERVICE NOW?

I THINK I HAVE SOMETHING IN HERE.

MY OTHER ASSIGNMENTS WERE ON UNWRINKLED PAPER, TOO.

Blondie By Dean Young & Stan Drake

THIS IS OUR EARNINGS CHART FOR LAST YEAR!

WHAT CAUSED THAT NICE LITTLE UPWARD BOSS?

THAT'S WHEN YOU WERE ON VACATION!!

B.C. By Johnny Hart

PRENUPTIAL AGREEMENTS 40 CLAMS

MARRIAGE LICENSES 50 CLAMS

DIVORCE 2 CLAMS

I BELIEVE I'M STARTING TO GET THE BIG PICTURE HERE.

Pickles By Brian Crane

I'M THINKING OF GETTING MY HAIR CUT AGAIN, BUT I CAN'T DECIDE ON A STYLE.

OH, I THINK YOU'D LOOK CUTE WITH IT SHORT AND CURLY.

SHORT AND CURLY, HUH?

I YES. DEAR, GIVE IT SOME THOUGHT.

THANKS, MOM. YOU HAVE REALLY HELPED ME NARROW DOWN THE CHOICES!

Garfield By Jim Davis

WHAT ARE YOU DOING TODAY, GARFIELD??

I THOUGHT I'D FINISH MY MEMOIRS, AND THEN PAINT THE HOUSE.

I SENSE SARCAASM... AND THEN IT'S ON TO COMMUNITY SERVICE.

Dennis the Menace By Hank Ketcham

"I PICKED SOME FLOWERS FOR YOU, BUT I COULDN'T FIND A VASE TO KEEP 'EM FRESH."

The Family Circus By Bill Keane

"Daddy says he'll call 'ack 'cause his 'ell phone 'eeps 'raking up."

Hi and Lois By Chance Browne

HERE'S YOUR BUCKET O' FAT!

HUH??

SORRY, I'M STUDYING NUTRITION AT THE COMMUNITY COLLEGE. THIS IS LIKE SO HARD FOR ME!

Rose is Rose By Pat Brady

SOME LOVE THE OUTDOORS

SOME LOVE THE INDOORS

ALL BUT GIVE ME THE GREAT BETWENDOORS!

MAKE UP YOUR MIND!

The Wizard of Id By Brant Parker & Johnny Hart

MY KID AIN'T LEARNIN' NUTHIN' IN YOUR SCHOOL!

HE ISN'T LEARNIN' ANYTHING!

SEE? THAT MAKES TWO THINGS HE AIN'T LEARNIN'?

Zits By Jim Borgman and Jerry Scott

...AND FOR YOU SIR?

I THINK I'LL TRY THE RADICCHIO.

...MEDIUM RARE, OF COURSE.

RADICCHIO IS A SALAD WHICH THE CHEF PREFERS TO SERVE QUITE RAW, SIR.

PON'T SWEAT!... I ONCE ORDERED THE "JACKETTS" REQUIRED AT A FRENCH RESTAURANT WHEN I WAS DATING YOUR MOTHER.

Hagar the Horrible By Chris Browne

OKAY! EVERYONE HOLD THAT POSE!

SOMEbody THEY'LL COME UP WITH AN EASIER WAY TO RECORD THESE BATTLES!

Luann By Greg Evans

WHY DON'T YOU COME TO THE GYM WITH ME? WE COULD WORK OUT TOGETHER.

NO, THANK YOU. THE ONLY THING THAT GETS A WORKOUT IN A GYM IS MY SELF-ESTEEM.

OH, COME ON! THEY HAVE AN "OVER 45" GROUP.

HEY, "YEAR" BEING IN AN "OVER 45" GROUP WILL BE GREAT FOR MY SELF-ESTEEM!

Beetle Bailey By Mort Walker

WHAT'S WRONG?

WELL, I GOT THROUGH THE YZK CRISIS.

NOW I HAVE TO GET THROUGH THE OVERSTOCKED EMERGENCY SUPPLY CRISIS.

Strange Brew By John Deering

RARE NATURE FOOTAGE: AN AFRICAN LION TAKES DOWN AN IMPALA...

Non Sequitur By Wiley

SO WHAT ARE YOU COMPLAINING ABOUT? THAT'S A LOT MORE CHOICE THAN YOU EVER OFFERED.

SELECT YOUR ETERNITY:

1. FIRE
2. BRIMSTONE
3. FIRE & BRIMSTONE
4. BRIMSTONE & FIRE

THE AFTERLIFE FOR AN H.M.O. DIRECTOR...

Frank and Ernest By Bob Thaves

I'D FEEL A LOT BETTER ABOUT JUSTICE BEING BLIND IF THE GUIDE DOGS WEREN'T ALL LAWYERS.

The Bom Loser By Art Sansom & Chip

DID YOU EVER NOTICE...

WHENEVER THEY SAY THERE'S A 50/50 CHANCE OF SOMETHING HAPPENING IN YOUR FAVOR...

ODDS ARE IT WON'T!

OTHER VIEWS

Time for answers about Idaho's high gas prices

From the Idaho State Journal (Pocatello)

It's been refreshing to see Idaho gasoline prices inch downward lately after climbing to nationwide highs in recent weeks.

That dip, however, doesn't lessen the need to investigate what caused Idaho motorists to shell out more per gallon than their counterparts in other states.

We endorse Idaho Attorney General Al Lance's recent call for the federal government to formally investigate what he said could be possible collusion by gasoline refiners and suppliers in the Salt Lake City area.

Idaho prices for regular unleaded gas jumped from less than \$1 a gallon in January to \$1.49 in September. Prior to recently convening a special consumer task force to scrutinize Idaho's gas pricing system, Lance hasn't exhibited the aggressiveness shown by former Idaho Attorney General Jim Jones who held the same office in the 1980s.

Jones was the bane of many fuel dealers that decade when he twice forced fuel companies to cut excessive pump prices. In 1983, a federal grand jury indicted eight Pocatello gasoline dealers and four fuel companies on gasoline price fixing charges.

Two companies and two individuals pleaded no contest to the charges. A jury found one company and three individuals guilty. Fines imposed on them by a judge totaled \$375,000.

Lance's appointment of Jones to chair the task force showed that he's serious about responding to widespread complaints about Idaho's

high gas prices. Jones insisted his task force's 2 1/2-month examination of Chevron Corp., Sinclair Oil Corp. and Tosco Corp. operations left no doubt that southern Idaho consumers were being cheated.

"We have clear evidence that either one of two things is happening. Either they're gouging Idaho motorists, or they're illegally getting together to fix prices. While illegal, proving that is difficult," Jones said.

He said federal investigators should look into the Idaho market because "the case of 1999 sticks out like a sore thumb. It's not like others. Prices were higher, longer here."

In letters to the U.S. Justice Department's antitrust division and the Federal Trade Commission, Lance said collusion "could not be ruled out as the reason retail gasoline prices set a record this fall and were the highest in the continental United States."

The attorney general urged federal officials to more closely scrutinize oil industry mergers after the task force warned that more industry consolidation will further stifle competition in Idaho where supply options are limited.

Lance's petition for the federal government to intervene is a good move for Idaho motorists. He's also to be commended for pressing state legislators to revise Idaho's antitrust laws so he has broader authority and the staff to investigate questionable dealings.

It will be tough to pin blame for the higher gasoline prices in Idaho, but knowing regulators are involved should help keep the lid on them and ensure equitable business dealings.

Federal investigators should take a look at Idaho's high gasoline prices.



Parental consent law is bad for families

READER COMMENT
Jen Ray

Idaho's annual legislative session is upon us. Ignoring that Idaho already has a parental notification law, legislators have threatened to introduce a so-called "parental consent" bill: an abortion restriction proposal that imposes government in family communication.

We know that open communication between parents and their kids is the best way to prevent unwanted teen pregnancy. Parents can and should help their children make decisions about preventing unplanned pregnancies. Most parents are concerned for their teens' health and well-being, and naturally, most want to protect their children.

Unfortunately, extremists who aim to gut abortion laws know that the rhetoric of so-called "parental consent" appeals to these feelings. Such laws, however, offer no remedy to the real challenges facing families. Why? First, they ignore the reality that most pregnant Idaho teens already involve their parents in decisions about unplanned pregnancies. No law can safely or sensibly ensure family communication in times of crisis. Second, mandating parental consent endangers teens who have the least family support and who face the greatest risks of parental abuse.

To young women who are victims of family abuse, the bill offers only the

rightful option of forcing scared pregnant teens to go before a judge in a cold courtroom. Ask yourself this: Would a teen whose pregnancy is the result of parental incest talk to her parents about her pregnancy? Doubtful. Second question: Would a teen that becomes pregnant and has open and healthy communication with her parents tell them of her pregnancy? Of course.

Clearly, this legislation cannot improve family communication. Worse, this proposal could drive teens in unhealthy families to take desperate steps, maybe risking their health or even their lives by running away from home, engaging in self-injury or committing suicide. So-called "parental consent" laws are dangerous.

A recent statewide poll shows, too, that they are unnecessary. A poll conducted for Idaho Women's Network shows that restricting abortion is not a priority for Idahoans: 58 percent say more restrictions on abortion are not the role of state government. Idaho Women's Network strongly urges lawmakers to support young women and

families in crisis. Let's resist anti-abortion groups' pressure to choose restriction and intimidation. Instead, we should commit the state's time and resources to positive, proactive measures that will help families and reduce the need for abortion. We can do this. We can:

- Encourage and support healthy family communications from early childhood through adolescence.

- Promote responsible sex education. Schools can help all students with a balanced approach that teaches abstinence along with facts about contraception, reproductive health and responsible decision making.

- Ensure confidential access to quality, affordable, family planning services. These approaches will help reduce teen pregnancies, promote strong families and decrease the need for abortion. Call your representatives. Tell them to say "no" to inappropriate government interference in family communication. And urge them to say "yes" to pregnancy prevention education. Let's move Idaho beyond this unneeded, divisive decision making.

Jen Ray is the executive director of the Idaho Women's Network, which works to improve the quality and opportunity in the lives of women and their families.

The Times-News

Stephen Hartgen Publisher

Clark Walworth Managing editor Mike Smith Advertising director

The members of the editorial board and writers of editorials are Stephen Hartgen, William Brock, Clark Walworth, Steve Crump and Kevin Richert.

LETTERS

Give read enviros some credit

Your editorial of Jan. 4 strikes me as somewhat absurd. You claim to be praising the local agriculture industry for their efforts to clean up the environment while belittling the efforts of those "rabid environmentalists."

The industries you mention (miners, ranchers, timber and agriculture) were all dragged whining and crying about their wallets into the realm of environmental awareness by those "tree huggers" you so ardently chastise.

Your own editorial states that the regulation the canal company intends to propose will soon be made mandatory by the federal government (as a result of those tree huggers' efforts). None of the environmental improvements that have been accomplished would have taken place without the environmental activists of this and other nations. Those previously mentioned industries would have continued with business as usual. You can count on it.

So I ask you, who really deserves the praise? A bunch of whining fat cats who reluctantly agree to clean up their act while complaining about how it will affect their bottom line? Or a few individuals who are willing to put their own comfort aside and endure the scorn and abuse of simple-minded people such as your editorial staff and do something simply because it is the right thing to do.

MIKE FRAZIER
Twin Falls

Mail system was a letdown

On Sept. 9, we sent a box with a homemade overall quilt, garlic juq, earnings belt buckles for our grandchild. It was mailed at the Kimberly Post Office, via priority mail. The address well taped on with clear tape. A D-8 Cat could run over it and there could be something left.

After 10 days, we asked the post office to find the box. They said they couldn't look for the box for 30 days but we could put a claim on the insurance but you have to prove what's in the box, also the value of each item in the box. We asked them if they could trace the box when we insured it; they told us they could but when we asked them to trace it, they told us that if it was insured for less than \$100 they couldn't trace it. Then we found out they can't trace anything. They can't even tell you if it left Point A to get to Point B but could tell you if it had reached Point B. A simple phone-call told us that the person we sent it to didn't get it. Also they were more concerned about you collecting your insurance than finding the box.

We did finally collect the insurance, not near the value of just the quilt. We expected it to be delivered so we didn't put enough insurance on it. So if people would keep an eye out for the quilt, juq, earnings belt buckles, it would be appreciated. The lesson learned here was ship United Parcel Service or Federal Express, the people you can count on. If you ship UPS, it's automatically insured for \$100.

ADRIAN O. GEE
Hansen

Utah does it again

Utah, known as the rip-off capital of the states, has done it again. We as taxpayers have to pick up the tab of \$1.4 million to support the Winter Olympics in their state. They bribed the Olympic Committee to have the games.

No one's talk about gas prices. Idaho, one of the poorest states, pays the highest prices of all the states. Guess where our gasoline comes from.

I will not use the term, "gentlemen," in saying, "Have you no shame?"
WILLIAM HORNADAY
Hagerman

City council did the right thing

I join The Times-News in commending the City Council on their approval of Craig Neilsen's request to build a multi-story hotel-convention center on property which he owns on the canyon rim. I also concur in your comment that "the land belongs to Neilsen and, absent some overriding public necessity, he has the right to build a hotel on it." After attending the first two public hearings, it became evident that no such necessity existed and there was no justification in refusing his request for the required variance. In fact, it became clear that the hotel-convention center would offer tremendous long-term benefits to the area and a multi-story structure was far superior to a low-rise, both economically and aesthetically.

Although it was probably politically correct, I question the value, or necessity,

of the Citizen's Review Committee and particularly the appointment of several opponents of the multi-story building. The concept of this project has been approved, and it is the committee's responsibility to expedite its completion, not present unnecessary roadblocks. If there are committee members who cannot overcome their prior prejudices and whose motive is simply to delay orderly progress, they should either resign or be replaced. There are numerous architectural styles and finishes that would be both attractive and functional and, subject only to the approval of the City Council, this should be a Neilsen decision.

BILL KOCH SR.
Twin Falls

Water quality proposal needs work

This letter is in response to the article and editorial written in this paper about the proposed Twin Falls by-law amendment concerning water quality. The amendment would require that all runoff water from a shareholder's farm to most federal, state, local and canal company water-quality standards. The stockholders meeting, where this amendment will be voted on, is Tuesday at 9 o'clock at the College of Southern Idaho auditorium. There seems to be some haste in which this amendment was presented. While there can be no argument that improving water quality is a good and right thing to do, there is much to argue against passing this amendment in its

current form. More information is needed about the required water-quality standards. Currently, the Mid-Snake River TMDL limit for sediment loading is 50 milligrams/liter. Typical field runoff is between 250-500 mg/l. The Times-News article stated that the water leaving the farm needs to be as clean as the water entering the farm. I would suspect that there is a discrepancy in standards.

Making the canal company the enforcing agency of water-quality standards is an idea that needs more thought. The canal company's legal business is to deliver water to the stockholders. There are other agencies who are organized to police regulations. Not only are these other agencies already involved in water quality monitoring but they have a broader tax-based support. Water quality is, ultimately, a total societal concern. All people should help in the financial expenditure to improve and maintain water quality.

The ending phrase of the amendment states, "the corporation may shut off water delivery to that shareholder until that shareholder is in compliance." In that threat lies the possibility that a farmer may be put out of business. It is totally unacceptable that a stockholder association would put a neighbor out of business.

I suggest that the amendment needs further work. I will vote "no" on Tuesday.
JOHN F. HURLEY
Castford

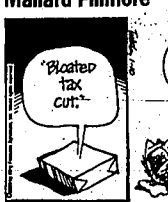
Doonesbury



By Garry Trudeau



Mallard Fillmore



By Bruce Tinsley



Communism: Blunder of the century

With the change of the calendar from 1999 to the year 2000, people are naturally looking back at the past century to find one person, idea or event that most improved the future.

Einstein's theory of relativity changed the basis of science. D. Day, the largest military assault in history, permanently changed the geopolitical course of the world; and Neil Armstrong's walk on the moon realized the dreams of centuries.

But it is important to remember the mistakes made in the last century too, and they are worth some thought so that they are not repeated in the next century.

As George Santayana said, "Those who do not learn from history are destined to repeat it." While there were many errors in the running, there is only one that stands out as the most important mistake of the last 100 years.

But first the runners-up. Third runner-up: "The world is running out of natural resources."

This initially descended from the prophecies of Thomas Malthus that overpopulation would bring famine, shortages and doom. But none of this has come to pass; we are awash in everything from copper ore to oil, wheat and opportunity.

Second runner-up: "Yes-Virginia, there is a free lunch."

Whether it is new government spending or military tax hikes, or more political campaign controls, it is thought by some that government can provide federal goods without any real cost or consequences. One prime example is welfare. Creating a public safety-net was in itself a good idea, but by not establishing time limits and insisting that no welfare mother could be married or work, the government

PETE DU PONT

created a perverse incentive to remain jobless.

First runner-up: The fear of technology. While hard to believe today, people once believed that technology would permanently damage our economy. Recall the Luddites and the saboteurs of the 18th century. Among the many fears was the belief technology would create unemployment as workers were replaced by automation and new technologies.

While there were some layoffs during transitions, the rise of technology resulted in a huge net gain for our economy. Companies still need humans to run, fix and design the machines, a new industry for computer software has been created, and the Internet empowered entrepreneurs. In fact, since 1982, 40 million new jobs have been created in the midst of history's greatest technology explosion.

The biggest mistake, however, was the belief that collectivist government could work.

Instead, communism's virulent evil destroyed hope, opportunity and life itself for nearly 100 million people in a dozen nations, from Russia to China, Cuba to Cambodia. It destroyed individuals, families, customs and entire societies. If nothing else is gleaned from this century's experience, it should be that the Utopian idea was a consuming disaster, proving false the idea that an elite few knew best how to run people's lives.

The regimes were brutal. Communism killed people not for what they had done, but for who they were. And it wasn't just Lenin and Stalin. At least 10 million people died in Chairman Mao's China, and Pol Pot's

Cambodian regime managed to exterminate 2 million people, a quarter of the nation's population, in just three-and-a-half years.

This human tragedy was paired with utopian economic stupidity, including the nationalization of all industry and commerce, the abolition of money in favor of barter with the government, and compulsory labor for all men and many women and children.

Most astounding, however, is that decades of Western intellectuals and elites bought into the communist vision. Lincoln Colcord of the Philadelphia Public Ledger wrote "the proletariat of Russia is striving to accomplish for his world what the same ideals which our forefathers laid down for theirs." Economist John Kenneth Galbraith wrote in 1984 that the Soviet economy was making "great material progress." And who could forget the Pondera-telling college students that "if you understood what communism was, you would hope, you would pray on your knees, that we would one day become communists."

The good news is that time moves on, and the generations whose parents and professors extolled the virtues of the communist ways will soon be replaced by the technology generation, people grounded in individualism and personal empowerment.

The end of the left's vision will come from a change in policies, but from the new technologies that are empowering people and individualizing opportunities. So the worst mistake of the millennium? Communism in a landslide.

Pete du Pont is a former Republican governor of Delaware and the policy chairman of The National Center for Policy.



Here are some politicians who are not barking

Bill Bradley promises to "create a politics for this new age," but plans to refight the War on Poverty of the '60s. Bradley's rival for the Democratic presidential nomination, Al Gore, mostly goes negative, displaying the jocular eagerness that made him so effective as Bill Clinton's alter ego.

On the other side, George W. Bush says as little as possible, positive or negative, since every time he ventures down from Mount Platitude, his QQ (Quayle Quotient) goes up another click. As for John McCain, his "straight talk" platform has just one hefty plank: campaign finance reform. And that's as good as it gets from the four White House hopefuls, one of whom will move into 1600 Pennsylvania Ave. next year.

Yet it's only going to get worse, as the whole gang of candidates, from the maybe winners to the noway losers (give 'em heck, Orrin!) shift to rhetorical overkill mode for the debates coming in the next few days. Only paid professionals should have to watch these things in action, hoping against hope to sift a nugget of earnestness out of the focus-grouped flush of persiflage.

To keep perspective, as well as sanity, the ordinary thoughtful citizen might apply the logic of Sherlock Holmes in "Silver Blaze," the 1892 story in which the methodical sleuth solves the case by detecting that the guard dog did not bark.

If Holmes were around today, he might deduce that what's interesting is not what the candidates say but, rather, what they don't say.

Consider Social Security. None of the four major candidates

JAMES P. PINKERTON

wants to suggest straightening out the kinks in that touchable third rail, indeed, Sen. Straight Talk, R-Ariz., sided with the Democratic establishment — surprise, surprise! — when he claimed that Bush's tax cuts would jeopardize the Social Security trust fund.

But what really will jeopardize the retirement entitlement is demographics; the Social Security Administration projects that 12 million Americans alive in 2000 will live to see 2100. Bill Clinton himself says he wants to live to be 150. Yet Gore, the most shameless of the four, insists he will "never" even consider raising the retirement age.

Sen. Daniel Patrick Moynihan, D-N.Y., raises another Silver Blaze of an issue: Uncle Sam's looting of some states for the benefit of others. The Empire State, for example, sends Washington \$15.2 billion more in tax payments than it gets back in federal spending.

It's silly, opines Moynihan, to suck money into Washington and then yepderoid it unevenly back to the states — minus the Beltway skim, of course — at a time when governors are proving to be better problem-solvers than federal bureaucrats. "It's time to trade," he argues. "Less activism in Washington in return for more revenue at home."

But don't expect any of the major candidates really to address this imbalance issue. Iowa, home of the first presidential caucus, comes out \$1.5 billion

ahead in the federal money shuffle. That works out to be about \$7,500 per caucus-goer.

Here's another Silver Blaze, as the United States enters its third consecutive presidential election in which foreign policy is not a significant factor. Republicans Bush and McCain have both vehemently criticized the Clinton administration for being too soft on Russia in the wake of its attack on Chechnya, while Gore and Bradley have said as little as possible.

To be sure, the Russians are the heavies as they demolish Grozny, but a potential president with long-term vision might say that what happens inside a sovereign atomic country is simply beyond America's reach. In any case, the United States has a greater interest in keeping the Russians from forming a defensive alliance with two other non-sofriendly nuclear powers: China and India.

No doubt the Fabulous Four think they are wise to steer clear of realistic discussions about entitlement reform, federal fiscal inequality and Russia policy. They may even rationalize their reticence, telling themselves that once elected, they will handle this or that matter better than the incumbent administration.

Yet history shows that if they win without a discussion, they will win without a mandate. And that's the difference between America and Arthur Conan Doyle. In a Sherlock Holmes story, falsity is discovered, and then punished. In U.S. politics, falsity is elected, and only then discovered.

James P. Pinkerton is a columnist for Newsday.

Pressure on the stock market bubble

A physician in his mid-30s who has just moved to Oregon reported enthusiastically that he had found a job. He had joined friends in a new Internet start-up. When asked what it would sell, he replied with no trace of irony, "We haven't decided yet."

So I goes in the heady opening of new money. "Optimism, if not euphoria, is hard to resist when it seems to be everywhere.

The old year surely closed upbeat for investors. The two principal stock markets in the United States, the New York Stock Exchange and the NASDAQ, punched up new highs on the last day of 1999, ending on up-ticks what was the most remarkable decade of stock market gains this country has known.

Meanwhile, American pundits are hailing America at the end of "the American century" as far and away the most powerful and impressive economy on Earth.

Indeed, the American economy, powered by a surge in productivity, chalked up a stellar performance in the late 1990s. Technology, it is now widely held, is the key to American productivity and economic and military power; and is the motive force behind the big bull market that has been roaring ahead since 1982.

Is the past prologue? Or have we investors been more lusty than smart, riding the leading edge of a bubble?

There, now, is an ugly word, a word that causes all to recoil because of the inevitable association of "bubble" with "bust." Three years ago, Alan Greenspan, chairman of the Federal Reserve, implied that bubble was the right word when he characterized the stock market as buoyed by "irrational exuberance." That phrase brings to mind what used to be

EDWARD COWAN

called "manias," as in the title of economist Charles P. Kindleberger's 1978 book "Manias, Panics, and Crashes."

The title alone is instructive. It describes a sequence that Kindleberger finds has repeated itself many times. Of course, the circumstances are never identical. Each market can be distinguished from predecessors, giving encouragement to those who want to believe there will be no reversal, or at least that there will be plenty of time to sell before others get the same idea. "At a late stage," Kindleberger teaches, "speculation tends to detach itself from really valuable objects and turn to delusive ones. A larger and larger group of people seeks to become rich without a real understanding of the process involved."

Does that not sound like our current mania for IPOs, initial public offerings of stock in which people beg their brokers to "get me some" at the offering price in the expectation of selling at a gain of 50 percent or 100 percent on the first day?

And what does the company sell? It's an Internet company, and as soon as "the market" recognizes that, it's going to take off. One is reminded of the story that came out of the Florida land "boom" of the 1920s: Investor A: I just sold my dog for \$50,000. Investor B: What will you do with the money? Investor A: Oh, not for cash. I took two \$25,000 cats.

But is this not unnecessarily gloomy? Does America not have securities laws that didn't exist in the 1920s, laws that require full disclosure with any public offering and that enable the Securities and Exchange Commission to put

"boiler room" securities tout out of business? And the newly public Internet start-ups disclose that they have no revenues and no profits — yet. But they have an idea and they have faith, and ideas and faith pave the path to riches.

It is useful to recall that while markets cruise at stratospheric levels, individual stocks have plummeted. Iridium, which had a plan for worldwide telephone service point-to-point, went into Chapter 11 in 1999. Rite Aid retracted an earnings forecast and fired its management team. You can bet that by 2001 there will be Internet companies acknowledging that their results for 1999 or 2000 were overstated: Remember Equity Funding in the 1970s?

Sophisticated investors will tell you that ultimately there will be no generalized market panic, rush for cash and crash because the Federal Reserve stands ready as the lender of last resort. When on Oct. 19, 1987, the Dow plummeted 508 points, or 22.6 percent, the Fed responded the next morning by announcing that it would pour into the banking system all the money needed to keep financial institutions afloat. It did so, and that panic dissipated quickly, with no discernible damage to the economy.

The Fed's responsibility is to keep the system from seizing up, but it certainly is not committed to protecting present stock market values, or anything like them. History will reveal whether we are now experiencing a turn-of-the-century Internet bubble.

Edward Cowan is a retired New York Times economics writer and Washington manager of an investment research firm. He wrote this commentary for the Los Angeles Times.

LETTER

Guest editorial was great

We were glad to see the editorial on Dec. 27, defending state support for Idaho Public Television. The various arguments for and against public TV were presented clearly and in a spirit of tolerance, and the conclusions reached were fair and reasonable. This made a refreshing contrast to the aggressively judgmental style we commonly see in your editorials. Then we looked again and saw that this was a reprint from the Lewiston Morning Tribune.

Thanks for the breath of fresh air, and please do it more often. STEPHEN AND CATHERINE Twin Falls

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WEST

Forest Service, users duel over recreation plan

OGDEN, Utah (AP) - The Wasatch-Cache National Forest is caught in a battle over snowmobiles as agency officials draft a new forest-management plan for the next 15 years.

"Our position is simple," said Dick Carter, coordinator of the High Uintas Preservation Council. "The Forest Service has bent over backwards to meet the concerns of snowmobilers and -

enjoying the place," Carés said. "The environmentalists have maybe 10 visitors a year, and they want to shut off millions of acres? Hey, majority rules."

The Forest Service will settle the dispute by year's end.

"It's a balancing act," said Tom Scott, a Forest Service "social ecologist" who studies comment from both sides. "We're going to do something for every-

body, and not everything for everybody."

The Forest Service master plan is a blueprint for management of millions of acres of land and thousands of miles of trails.

Even if federal law didn't require it, Scott said, a new Forest Service plan is needed to replace one that is 15 years old.

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Even if federal law didn't require it, Scott said, a new Forest Service plan is needed to replace one that is 15 years old.

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- Pro basketball
- Pro football
- Pro baseball
- Pro golf
- Idaho college sports
- Idaho high school sports

SPORTS

INSIDE

Scores and statsB3
Health & FashionB4-7
ClassifiedB8-12

Sports editor: Jeff Rosen; 733-0931; Ext. 229

The Times-News

Monday, January 10, 2000

Section B

MORNING LINE

SPORTSQUOTE

“ Anyone telling us on the plane ride here that they were only going to get 180 yards passing (actually 212), we would have done cartwheels down the aisle of the plane. ”

— Dallas Cowboys cornerback Deion Sanders, on the Minnesota Vikings' 175 yards rushing Sunday during their 27-10 playoff win over Dallas

TODAY'S SCHEDULE

- Girls' basketball**
Glenis Fory at Hagerman
Oakley at Magic Valley Christian
Carnes JV at ISDB
- Boys' basketball**
Twin Falls Christian at Harsen
Murrough at Burley
Carnes JV at ISDB

IN BRIEF

Twin Falls Legion meeting is tonight

TWIN FALLS — An organizational meeting for Twin Falls American Legion baseball is slated for Monday at 7 p.m. in Room 6 of the Twin Falls High School new building.

All parents of prospective players are asked to attend, as business includes election of new officers and discussion of fundraising events for the year. For more information, call Randy Gregersen - 734-5922.

CSI reschedules booster luncheon

TWIN FALLS — The College of Southern Idaho booster luncheon slated for today has been cancelled. Luncheons will resume Jan. 24 upstairs inside the Taylor Building.

U of I sets banquets, changes tip-off times

MOSCOW — Several annual banquets for athletic teams at the University of Idaho will be held this month.

The football banquet will be Friday at the University Inn in Moscow, with a social hour starting at 6 p.m. and dinner following at 7 p.m. Former Vandal quarterbacks Doug Nussmeier and Rick Seafried will be on hand as guest speaker and emcee, respectively. Tickets are \$25. For reservations, call Laurie Talbot at 208-885-0259.

The volleyball team will hold its banquet Jan. 28 at the same hotel. The social hour starts at 6:30 p.m., with dinner at 7 p.m. For more information or to make reservations, call Ellen Ferreira at 208-885-0246.

In other Idaho news, tip-off times for the university's men's basketball games against Pacific on Saturday and North Texas on Feb. 19 have been changed to accommodate national television. Both games will begin at 3:30 p.m. MST instead of 8 p.m.

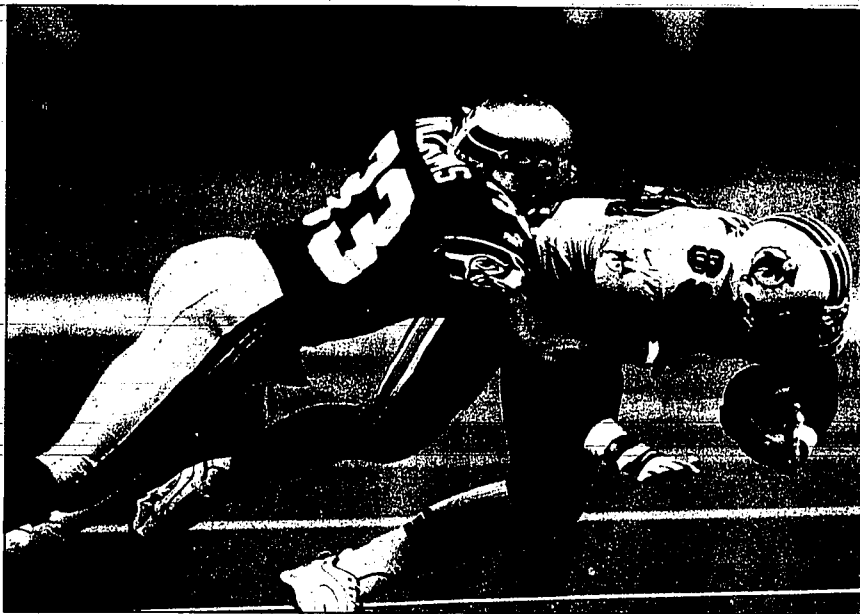
Steelheads' Petrucic graces All-WCHL picks

BOISE — Idaho Steelheads forward Jeff Petrucic was one of 12 players chosen at his position and 20 overall named to the West Coast Hockey League's All-Star team this week.

Players selected will take part in the 2000 CHL vs. WCHL All-Star Game on Jan. 25 in Fayetteville, N.C., a contest sponsored by the NHL's Carolina Hurricanes.

Petrucic was the only Idaho player named to the team.

Compiled from staff and wire reports



Seattle Seahawks' safety Darryl Williams takes down Miami Dolphins' tight end Ed Perry after a short gain on a pass reception in the first quarter Sunday.

Dolphins stun Seahawks

Marino's magic is one of the key elements of 20-17 win over Seattle

The Associated Press

SEATTLE — There's some football left in Dan Marino after all. And a lot of rebound in the Miami defense.

The NFL's 38-year-old career passing leader, playing in the shadow of speculation he is about to retire, pulled off some of his old magic, keeping the Miami Dolphins in the playoffs Sunday with a 20-17 over the Seattle Seahawks in the final football game in the Kingdom.

The defense, which struggled down the stretch this season, never let the Seahawks move beyond their 29 in their last two possessions.

Most magical was an 11-play, 85-yard drive capped by J.J. Johnson's 29-yard run for the winning score with 4:48 left. Marino was 4-for-7 for 84 yards on the drive, including completions of 23 yards to Tony Martin on third and 12 from his 13, and a 40-foot third-down completion to Gronde Gadsden at the 5-yard line that set up Johnson's game-winner.

"Dan did a great job of executing the plan, he did a great job

AFC Playoffs

Saturday: Miami (10-7) at Jacksonville (14-2), 10:35 a.m. (CBS)
Sunday: Tennessee (14-3) at Indianapolis (13-3), 2:05 p.m. (CBS)

of throwing the ball," said coach Jimmy Johnson, who hasn't been on great terms with Marino for much of this year.

Marino's counterpart is now rooting for him, too. "Now that it's over for us, maybe Dan will get the Super Bowl ring he deserves to cap off a great career," said Seattle quarterback Jon Kitna. "He did what he had to do, particularly in the fourth quarter. He made some great throws."

It was the 37th fourth-quarter comeback of Marino's career, second only to John Elway, and it sent the Dolphins (10-7) to Jacksonville for a second-round AFC playoff game with the Jaguars next Saturday. Tennessee will be at Indianapolis in the other AFC game Sunday.

Marino, who was 17-of-30 for 196 yards and had a 1-yard TD pass to Gadsden, didn't do it alone as Miami won on the road in the playoffs for the first time since a victory in Pittsburgh in 1972.

The defense, meanwhile, sacked Jon Kitna six times, three by Trace Armstrong, and held the Seahawks to just 171 yards, 32 in the second half. Two of Armstrong's sacks came on one series after the go-ahead TD, and Armstrong almost got a fourth — Kitna got a 1-yard gain, so it wasn't a sack.

"I've had a bunch of twos," the 34-year-old Armstrong said. "But not many like this."

This game was hard work for both struggling teams — like Miami. Seattle lost five of its last six regular-season games. It backed into the AFC West title and was struggling on offense coming in.

Seattle's biggest play was by the special teams, an 85-yard kickoff return by rookie Charlie Rogers after Marino's pass to Gadsden tied the game at 10 in the third quarter. Even that was flawed — Rogers bobbled the ball

before picking it up and racing for the touchdown.

This game also might have prolonged the coaching career of Johnson, who stepped down for 12 hours a year ago before reconsidering and reportedly is thinking of doing the same this year.

Seattle led 10-3 at halftime as its defense limited the Dolphins to 69 yards. The Seahawks scored on their second possession on a 9-yard pass from Kitna to Sean Dawkins at the end of an eight-play, 47-yard drive.

Miami's only first-half scoring drive resulted in a 32-yard field goal by Orlando Mare after Johnson declined to go for a first down on fourth-and-1 at the Seattle 13.

Todd Peterson's 50-yarder with 45 seconds before intermission was the other Seattle score. "One road win in the playoffs after you haven't done that for 28 years goes a long way," Johnson said.

So does one aged quarterback. "Dan is a legend in this game," Armstrong said. "No one is more respected or loved on this team than Dan. It was great for him to have a great day."

Vikings hammer Dallas

Minnesota sets sights on matchup with Rams

MINNEAPOLIS — Call it a first step toward vindication for the Minnesota Vikings if you wish, as they flexed all of the offensive muscles Sunday to take a first step toward the Super Bowl that eluded them last year.

But more than anything, Sunday's wild-card game was evidence the Cowboys didn't belong in the playoffs and only got there because they had the good fortune of playing the Giants last week.

Despite outplaying the Vikings for much of the first half and rolling up 389 yards of offense, the Cowboys killed themselves with dropped passes, penalties and turnovers all day long.

The result was an easy 27-10 victory for the Vikes that set up a potential fireworks show in St. Louis next Sunday against the Rams.

"They're the No. 1 team," Randy Moss said of the Rams. "Everybody's calling them last year's Minnesota Vikings, but I'm not sure they want to be called that, 'cause bad things happened to us at the end last year."

This year the Vikings are nobody's shoo-in. They've gone 9-2 since Jeff George took over for Randall Cunningham at quarterback, but they'll be underdogs to the Rams.

Still, Cowboys' mistakes aside Sunday, the Vikings showed they can be just as dangerous as last year — if not so dominant.

They still strike fear into defenses because of their deadly longball game, and Sunday Jeff George hit Moss with a 58-yard touchdown bomb that was perhaps the biggest play of the game, giving the Vikes a 17-10 lead just before halftime.

But the Vikings can play a little smashmouth too, especially now that Robert Smith has fully recovered from a hernia that caused him to miss three games during the middle of the season. Smith, who broke that 70-yard

See page VIKINGS, Page B2

Woods wins Mercedes

Title is fifth straight

The Associated Press

KAPALUA, Hawaii — Even by Maui's standards, Tiger Woods is riding an incredible wave.

Pushed into a heart-stopping playoff by two-time U.S. Open champion Ernie Els, Woods kept alive golf's longest winning streak in 46 years Sunday with a 40-foot birdie putt on the second sudden-death hole to win the Mercedes Championship.

It was his fifth consecutive victory, the most since Ben Hogan won five straight tournaments in 1953, and inched Woods a little closer to the record once thought unattainable — 11 straight by Byron Nelson in 1945.

With a spectacular finish to the first tournament of the year, Woods and Els matched eagles on the 18th hole to force the playoff, and Woods made a 6-foot birdie putt on the same hole 20 minutes later to keep the playoff going.

He ended it with his 40-footer on the first hole, stepping off to the side as it got closer and unleashing a fist pump as it fell. Els tried to keep the thriller alive, but his 35-footer stopped about a foot short of the hole.

Along with \$522,000 — enough to move him to No. 3 on career money list at the ripe old age of 24 — Woods won a Mercedes



Ernie Els of Orlando, Fla., takes a pause after making a birdie on the second green of the Plantation Course to take a one-stroke lead over Tiger Woods during the final round of the Mercedes Championship in Kapalua, Hawaii, Sunday.

\$1,500 Sport that sells for \$88,000 and a blazer made of cashmere and silk valued at \$3,300.

He also sent a scary message to the rest of the PGA Tour: It will

See page WOODS, Page B2

Hurricanes blank the Rangers

The Associated Press

RALEIGH, N.C. — Andrei Kovalenko scored a second-period goal and Arturs Irbec recorded his 22nd career shutout as the Carolina Hurricanes beat the New York Rangers 1-0 Sunday night.

Irbec stopped 30 shots for his third shutout of the season.

The closest the Rangers came

See page NHL, Page B2

Blue Devils bounce Maryland 80-70

The Washington Post

COLLEGE PARK, Md. — There were layups. There were put-backs. There were short jump shots. And none of them, it seemed, would go in for 12th-ranked Maryland Sunday.

Despite playing with increased effort and intensity, the Terrapins lost for the sixth consecutive time to No. 8 Duke, 80-70, in an Atlantic Coast Conference game before 14,500 at Cole Field House.

NCAA top 25 - B3

Maryland was 29 of 85 from the field (34.1 percent) and made just 8 of 17 free throw attempts. Center Lonny Baxter made only 7-of-23 shots and missed all four free throw attempts.

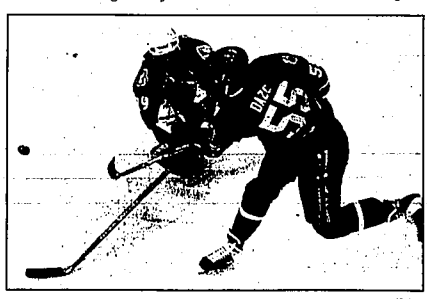
"We didn't put the basketball in the basket to be concise, when we had opportunities to score," Coach Gary Williams said after his team endured its worst shoot-

ing performance since Dec. 9, 1995, when the Terrapins shot 24.7 percent in a 73-63 loss to UCLA.

Sunday's loss ended Maryland's 14-game home winning streak and left the Terrapins 11-4, 2-0.

Duke (11-2, 2-0) has won 11 consecutive games and 24 consecutive ACC regular season games. This game was closer than Maryland's previous five losses to

See page DEVILS, Page B2



Colorado Avalanche's defender Eric Messier knocks the puck away from the Chicago Blackhawks' Eric Daze in the first period Sunday at the United Center in Chicago.

SPORTS

Sizzling Grizzlies upset Toronto

TORONTO (AP) - Shareef Abdur-Rahim scored 29 points, making 15 of 16 free throws Sunday as the Vancouver Grizzlies beat the Toronto Raptors 107-97.

The Grizzlies, 5-6 under new coach Lionel Hollins, have won three of their last four road games, also beating Miami and New Jersey.

Abdur-Rahim scored 16 points in the third quarter, going 10-for-10 from the line. Vancouver, which made just 10 baskets in the second half, made 40 of 46 free-throw attempts.

Timberwolves 123, 76ers 112

PHILADELPHIA - Terrell Brandon had his first triple-double of his career and Minnesota cruised past Philadelphia for its fifth straight victory. Brandon had 27 points, 14 assists and 10 rebounds for his first triple-double in 574 career games and the sixth in Timberwolves history. Six other players scored in double figures for the Wolves as Malik Sealy added 23, Kevin Garnett had 20, Joe Smith 15, Sam Mitchell 14, Anthony Peeler 13 and Radoslav Nesterovic 10.

Kings 116, Pacers 113

SACRAMENTO, Calif. - From swishing a 3-pointer to slamming a backward dunk after a 180-degree spin, Chris Webber showed off his offensive repertoire as the Sacramento Kings completed a lost weekend for the



AP photo

Minnesota Timberwolves center Kevin Garnett tries a shot over Philadelphia 76ers forward George Lynch during the first quarter Sunday in Philadelphia.

Indiana Pacers. Webber had 31 points on 15-of-26 shooting and Nick Anderson added a season-high 25 points as the Kings defeated the Pacers 116-113 Sunday night.

The Pacers, with the best record in the Eastern Conference, had a seven-game winning streak when they arrived in California on Saturday. But they lost to the Los Angeles Clippers that night, and never led after the first 41 seconds of Sunday's game.

Corliss Williamson had 23 points and nine rebounds for the Kings and Vlade Divac, playing his first home game since shaving

off his mustache and beard, added 16 points. Jason Williams had 15 assists.

SuperSonics 100, Warriors 95, OT

OAKLAND, Calif. - Rashard Lewis hit a go-ahead 3-pointer in overtime as Seattle SuperSonics beat Golden State Warriors.

Vin Baker's 30 points and 18 rebounds led the Sonics, who beat Golden State for the third time in three meetings this season. It was the Warriors' ninth straight loss, including all six since Garry St. Jean replaced the fired P.J. Carlesimo as coach.

SPORTS IN BRIEF

Athletics re-sign Olivares to \$8M deal

OAKLAND, Calif. - Minutes before the deadline, Omar Olivares returned the Oakland Athletics, agreeing to an \$8 million, two-year contract.

Olivares, obtained in a trade with Anaheim on July 29, went 7-2 with a 4.34 ERA in 12 starts for the A's. He went 15-11 with a 4.16 ERA in 32 starts overall last season with the Angels and A's.

Landry hospitalized after chemotherapy

DALLAS - Former Dallas Cowboys coach Tom Landry will remain at Baylor University Medical Center for several more weeks following "very encouraging" chemotherapy treatment, according to an informational hotline his family established. Landry, 75, returned to the hospital Jan. 3 for further treatment for acute myelogenous leukemia, also known as AML, a cancer that impairs the production of blood cells.

According to the hotline at the Lisa Landry Children's Foundation, Landry completed chemotherapy Saturday and will remain in the hospital until his immune system recovers. The Landry family hotline is 214-818-6307.

Brazilian wins 2000 Disney marathon

LAKE BUENA VISTA, Fla. - Jose Silva of Brazil sprang countryman and two-time defending champion Santiago de Araujo in the 23rd mile to win the 2000 Walt Disney World Marathon on Sunday.

One runner died during the race in which 10,000 runners were entered. Warren Plumb, 56, of Sharon, Ontario, collapsed after just one mile and could not be resuscitated.

Silva finished 44 minutes and 23 seconds ahead of Araujo in 2 hours, 25 minutes and 40 seconds. It was his first victory in 15 races and his first marathon in the United States.

Aldo Virano, of North Miami, Fla., finished third in 2:33:31.

Mexico beats Iran 2-1 in exhibition match

OAKLAND, Calif. - In Iran's first soccer game in the United States, Mexico beat the Iranians 2-1 in

an exhibition game Sunday that drew an enthusiastic crowd of 34,289 to the Oakland Coliseum.

Luis Hernandez scored the game's first goal on a header from five yards out, set up by Juan Pablo Rodriguez's free kick from just outside the left edge of the penalty area.

Mexico scored again in the 18th minute when Rodriguez took a free kick from just outside the right edge of the penalty area and Cuauhtemoc Blanco connected on a header.

Ali Daei scored for Iran on a 26th-minute penalty kick after Ramon Ramirez tripped Esmael Hala in the penalty area. Iran plays Ecuador at Los Angeles on Wednesday and the United States at the Rose Bowl next Sunday. Relations between the United States and Iran grew strained during the 1979-81 hostage crisis.

Ainge returns to mike for Turner Sports

ATLANTA - Former Phoenix Suns coach Danny Ainge is returning to television, signing a contract Sunday to rejoin Turner Sports' NBA announcing team.

Ainge, who resigned from the Suns on Dec. 13 to spend more time with his family, was an analyst for Turner in 1995-96 before joining Phoenix as an assistant coach.

"While I was coaching, I wondered why I ever gave up TV because I loved the lifestyle of doing TV work," Ainge said.

Magistrate tosses out 'lousy' coach suit

BRUNSWICK, Ohio - The coach of the Brunswick Cobras baseball team had to endure more than watching his team lose every game last season.

Rodney Carroll also had to put up with a lawsuit that accused him of being a lousy coach.

Charles Settles, whose son, Kevin, played on the 16-and-under team in this city near Cleveland sued Carroll for \$2,000. Settles said the team played so poorly that his son missed out on a seven-day trip to Florida to compete in a tournament.

But Medina Municipal Court Magistrate Charles Lawrie disagreed and dismissed the case in Small Claims Court last week.

Compiled from wire reports

Woods

Continued from B1

likely take a superhuman effort to beat him.

"We were both out there grinding our butts off," Woods said. "To make a putt like this, that's all you can ask for."

Els outplayed Woods from tee to green, but missed two short putts on the back nine that might have sealed the victory before it reached the 18th hole.

"At least I pushed him to extra time," said the South African known as the "Big Easy."

Woods gave Els his new hope when he missed the green on No. 17 and flipped out a par-putt. What had been a great display of golf only soared to another level.

Both players bombed their drives

on the 663-yard closing hole, Els a few yards longer. Woods hit first, a 3-wood that hit softly on the right side of the green and caught the slope, rolling closer to the hole until it stopped 8 feet away.

As he had done all day, Els was up to the challenge. His 3-wood hit short, bounded onto the green and stopped 6 feet away. Both gave each other a thumbs-up and a smile as they walked to the green.

Woods again put on the heat by making his eagle putt, worthy of a trademark pump of the fist. The Big Easy didn't blink, and rolled his eagle putt on-top-of-Woods to force a playoff.

Els again hit the 18th green in the playoff with a 3-wood from

323 yards, while Woods' approach stayed right of the green. His 60-foot effort came up 6 feet below the hole, and Els thought he had it won until his 30-foot eagle putt veered off to the right at the last turn.

Woods made his birdie, then clinched the 16th victory of his young career on the next hole.

Woods and Els both finished with a 68 for 16-under 276. Defending champion David Duval had a 68 and was four strokes behind.

Devils

Continued from B1

the Blue Devils, in which the average margin was 2.0 points.

"I'm sure all of us are sick and tired of" the losing streak against Duke, guard Juan Dixon said. "They come in here and they constantly get win after win after win."

Recently, Duke had overwhelmed Maryland. But Sunday the Terrapins hung around, largely because of an inspired defensive effort that forced 21 turnovers. Maryland held Duke

to 43.8 percent shooting. However, the Terrapins were woeful offensively, despite 25 offensive rebounds.

After Maryland went ahead 4-0, Duke scored 14 consecutive points. During the three-minute stretch, the Terrapins missed eight shots, including two tips and two layups; Baxter missed a pair of free throws. Maryland never got closer than three points the rest of the game.

Duke forward Chris Carravell had a game-high 20 points.

Vikings

Continued from B1

run against the Giants a couple of weeks ago, was the star for the Vikings Sunday. He ran the ball for 140 yards, piled on 58 yards receiving, and made the play of the day, taking a short pass on 3rd-and-25 in the second quarter and breaking it for a 26-yard touchdown.

Dallas looked like the better team early. With Emmitt Smith running strongly and Troy Aikman throwing crisply, the Cowboys scored on their first two possessions to take a 10-3 lead, and it was only because Sanders fumbled a punt that the Vikes had any points.

George didn't complete a pass in the first quarter, and the Cowboys seemed to be in control, but then fullback Robert Thomas fumbled the ball away, setting the Vikings up at the Dallas 23-yard line.

After moving to the 11, two penalties led to the crucial 3rd-and-25. On the play George looked dead, saw Moss and Cris Carter double-covered and dropped the ball off to Smith, who junked safety George Teague and went in for the tying touchdown.

"He was all I had," George said of the dumpoff to Smith. "I just got it to him and let him do his magic."

NHL

Continued from B1

to scoring was when Mathieu Schneider hit the post to the left of the early in the second.

Gary Roberts picked up one of the assists on Kovalenko's goal to extend his point streak to eight games.

Blackhawks 5, Avalanche 3

CHICAGO - Doug Gilmour had

a goal and an assist as Chicago snapped Colorado's five-game unbeaten streak.

Dean McAmmond, Eric Daze, Tony Amonte, Alex Zhamnov also scored for Chicago, which has consecutive home victories for the first time this season. Steve Sullivan assisted on two goals

for the Blackhawks, who have the league's second-worst home record at 6-12-3.

Colorado's Peter Forsberg scored goals two minutes apart in the second period, extending his point streak to eight games.

Chris Priddy had the other Colorado goal.

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No. 13 Buckeyes hold off Minnesota

COLUMBUS, Ohio (AP) — Michael Redd scored 25 points and Scoonie Penn added 11, including four free throws in the final 2.4 seconds — as Ohio State held off Minnesota.

The Buckeyes (9-3, 1-1 Big Ten) were just in the conference in goal shooting last year, hit 10 of 12 free throws in the final 5.5 minutes and outscored the Golden Gophers 14-5 at the line. Joel Fryzbylo had 15 points, 14 rebounds and seven blocks for Minnesota (9-3, 1-1).

Women's Top 25

No. 3 N.C. State 71, Maryland 52

RALEIGH, N.C. — Maryland stayed close with No. 3 North Carolina State until the Wolfpack showed they had a tough defense to go with their balanced offense. Tynesha Lewis added six points in the final 3:25 to finish with 15 points and five assists for the Wolfpack (14-0, 5-0 Atlantic Coast Conference).

Tiffany Brown led Maryland (9-5, 1-3) with 12 points on four 3-pointers.

No. 5 Auburn 73, South Carolina 50

AUBURN, Ala. — Once Tasha Hubbard and No. 5 Auburn hit their stride, they could not be stopped.

The Tigers reeled off a 25-5 run beginning at the end of the first half to beat South Carolina 73-50 Sunday.

NCAA Top 25

No. 7 Georgia 71, Alabama 62

TUSCALOOSA, Ala. — In the first half, Alabama couldn't hold onto the ball. In the second, the Crimson Tide couldn't shoot it.

Credit the stingy defense of No. 7 Georgia for that. Deana Nolan scored six of her 15 points in the final 1 1/2 minutes Sunday and the Bulldogs forced 26 turnovers in a 71-62 win.

The Bulldogs (15-2, 1-1 Southeastern Conference) forced 18 of them in the first half. The Tide (10-4, 0-1) then were held to 30 percent shooting after the break.

No. 14 Duke 64, Georgia Tech 45

ATLANTA — Georgia Schweitzer scored 16 points and Peppi Browne added 15 Sunday as No. 14 Duke won its 13th straight game, 64-45 over Georgia Tech.

In beating Georgia Tech for the 12th straight time, the Blue Devils (14-1, 3-0 Atlantic Coast Conference) held the Yellow Jackets to a season-low 27 percent shooting, including 17 percent (5-for-29) in the first half.

Duke has not lost since Nov. 17. Jamie Krupp led the Yellow Jackets (9-5, 2-3) with eight points. Guards Matt Martinez and Danielle Donohew were combined 6-for-23 from the field.

No. 15 Illinois 91, Indiana 61

CHAMPAIGN, Ill. — Tajua Catchings scored 26 points and Susan Blausler had 14 rebounds Sunday as No. 15 Illinois beat Indiana 91-61.

The Illini (14-4, 4-0 Big Ten) led 44-32 at halftime and then ran away in the second half behind 53 percent (17-of-32) shooting.

Blausler scored 12 and Kylie Martin and Kristi Faulkner 10 apiece for the Illini.

No. 16 LSU 61, No. 20 Mississippi St. 54

BATON ROUGE, La. — Derrina White had 21 points and 10 rebounds as No. 16 LSU beat No. 20 Mississippi State 61-54 Sunday.

Katrina Hibbert had 14 points and a game-high six assists and April Brown contributed 12 points for LSU (11-3, 2-1 Southeastern Conference).

Cynthia Hall led Mississippi State (11-2, 0-2) with 15 of her 18 points in three 3-point range.

LaToya Thomas added 13 and Jannifer Fambrough had 10 points for the Lady Bulldogs.

No. 17 UCLA 87, Washington St. 60

LOS ANGELES — Maylana Martin scored 21 points Sunday night to lead No. 17 UCLA to an 87-60 win over Washington St. in a Pac-10 conference game.

UCLA (8-4, 2-0) held Washington St. (3-8, 0-2) scoreless for the first 8:19 and jumped out to a 16-0 lead.

No. 19 Tulane 83, Memphis 67

NEW ORLEANS — Grace Daley scored 31 points as No. 19 Tulane beat Memphis 83-67 Sunday and set a Conference USA record of 14 consecutive victories.

Daley, a senior, also had six assists and five rebounds and moved into second place on Tulane's career scoring list with 1,894 career points.

Tulane (14-0, 3-0 Conference USA) dominated the first half, outscoring Memphis 56-26.

Memphis (7-7, 1-2) tried to rally in the second period, cutting Tulane's lead to nine points with 3:06 remaining.

No. 21 Old Dominion 83, East Carolina 79

GREENVILLE, N.C. — Alli Spence scored 17 points to lead No. 21 Old Dominion to an 83-79 victory over East Carolina (5-8, 0-2) on Sunday.

Lucienne Berthieu added 16 points and eight rebounds for Old Dominion (9-3, 2-0 National Athletic Association).

No. 25 Boston College 71, Syracuse 62

SYRACUSE, N.Y. — Cal Bowcard scored 28 points to lead No. 25 Boston College to a 71-62 victory over Syracuse on Sunday.

Becky Gotsstein added 15 of her 19 points in the second half for the Eagles (13-3, 2-0 Big East).

Stevenson breezes through Olympic test

SYDNEY, Australia (AP) — Alexandra Stevenson opened Sydney's new Olympic venue with a 6-3, 6-2 victory Sunday over Anne-Gaëlle Sidot of France in the opening round of the Adidas International.

Stevenson, a semifinalist at Wimbledon last year, opened the official Olympic test event in Sydney.

Breaking Sidot's serve twice to win the first set in 26 minutes. She raced to a 5-1 lead in the second set and had three match points before Sidot fought back to reduce the margin to 5-2.

Stevenson won her final serve comfortably to close out and set up a possible second-round clash with fourth-seeded Barbara Schett of Austria.

In the second match, Australia's No. 1 women's player, Jelena Dokic, dropped a set before overpowering Australian wild-card entrant Evdokia Pankratovic 6-7(3), 6-4, 6-2.

Santoro wins Qatar Open

DOHA, Qatar — Fabrice Santoro of France won the Qatar Open on Sunday when defending champion Rainer Schuttler of Germany retired after the third game in the third set with cramps.

Santoro, who becomes the first leader in the ATP's inaugural Champions Race, lost the French tennis player Fabrice Santoro nabbed the Qatar Open trophy Sunday in Doha, Qatar, after defeating Germany's Rainer Schuttler.



French tennis player Fabrice Santoro nabbed the Qatar Open trophy Sunday in Doha, Qatar, after defeating Germany's Rainer Schuttler.

First set 3-6, before rallying to win the second 7-5 and taking a 3-0 lead in the third.

Golmar wins Gold Flake

MADRAS, India — Fourth-seeded Gerome Golmar of France outlasted unseeded Marcus Hantschk of Germany 6-3, 6-7(6-8), 6-3 Sunday to win the Gold Flake Open.

Trailing 2-3 in the third set, the left handed Golmar held serve and then broke Hantschk in the seventh and ninth game to clinch the title.

BASEBALL

Baseball Hall of Fame Ballot

Table with columns for name, position, team, and year of election. Includes names like Tom Seaver, Steve Carlton, and others.

NBA Standings

Table showing NBA conference standings for Eastern and Western conferences.

MLB Standings

Table showing MLB division standings for American and National Leagues.

WNBA Standings

Table showing WNBA conference standings for Eastern and Western conferences.

NBA Draft

Table showing NBA draft selections for the 2000 draft class.

MLB Draft

Table showing MLB draft selections for the 2000 draft class.

Baseball

Table of baseball scores from various games, including MLB and minor league results.

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MLB Draft

Table of MLB draft selections for the 2000 draft class.

SCORES AND STATS

IN THE BLEACHERS

Table showing CBA Standings and American Conference results for basketball.

NFL Playoffs

Table showing NFL playoff results and scores.

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ON THE AIR

TELEVISION

Table listing television broadcasts for college basketball, NHL, and other sports.

WCHL Standings

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World Cup Standings
Cross Country
AAPT Championships
Women's WC Giant Slalom
SKIING
HOCKEY
Men's World Cup Biatlon

But Martha would marinate them first

I have received some important information via letter from Claire Nordstrum, 13, a student from Wisconsin (state motto: "Moo.") Claire states that her science teacher told the class that "it's a proven fact that on average a person eats six spiders a year."

Another science fact this teacher revealed, according to Claire, is that "wood ticks breathe through their butts."

This sounds logical to me, since if a wood tick had its whole head burrowed in your body, it wouldn't be able to breathe through its face (assuming ticks have faces) unless it was wearing some kind of tiny snorkel, which is unlikely, although I think we have to agree that "The Wood Tick Snorkels" would be an excellent name for a rock band.

So if Claire's teacher is correct about the wood ticks, it stands to reason that he is also correct about the average human eating six spiders a year, although I honestly can't remember ever deliberately eating a single one, even in college. I have asked around among my associates, and although some of them admitted that they have eaten crabs - which are biologically classified as "arthropods," which means "the same thing as spiders" - nobody could remember eating a spider per se.

One possible explanation for this discrepancy is that while most of us do not eat spiders, a few people - and here I am thinking of Martha Stewart - gobble them by the handful, thereby raising the national average. But the more likely explanation is that spiders are sneaking into our food supply. We have observed this type of behavior in certain other types of animals, specifically frogs: If you are a regular reader of this column, and have been taking your medication, you no doubt recall my reports on the following documented incidents:

In 1993, a New Hampshire consumer found a deceased frog baked into a pretzel.

In 1995, a West Virginia consumer found a deceased frog in a frozen chicken Cantonese dinner.

After the second incident, a Mexican restaurant in California found a deceased frog in a taco.

In a journalism terms, the first incident constituted what we call an "outbreak" of frogs showing up in food. With the second incident, it became a "rash," and with the third, it officially became a "wave." I regret to report that now we have to upgrade it to the status of "epidemic" because of a news item sent in by alert reader Bill Starr, from the front page of the Feb. 12, 1997, edition of The Brazil (Ind.) Times, a newspaper that claims, cryptically, to have served Clay County for "over 108" years. This item concerns a man who was putting some sauce on a Taco Bell double-decker taco, when he saw something sticking out. He pulled on the thing, and discovered to his shock that it was - you guessed it - a knife belonging to...

You think it would be fun to participate in sex research. Dutch researchers who used magnetic resonance imaging to study male and female genitals during intercourse report in the British Medical Journal that male participants had more problems with sexual performance while inside the scanner. And while "all the women had a complete sexual response," the researchers said, "those who reached orgasm described it as 'superficial.'"

Not playing around Mattel Inc. is seeking an alternative to a plastics chemical that has been linked to liver and kidney damage. Phthalates are used in softening plastics for teething rings and playthings babies and toddlers love to sink their teeth into. Mattel is asking scientists to find a biodegradable, non-petroleum replacement for phthalates, which have been used in Mattel's Barbie dolls.

Women who spent only a day in the hospital after a routine delivery of a baby were less satisfied than those who had two days in the hospital, a survey found. Seventy-five percent of the women who were in the hospital for one day thought their stay was too short, while 37 percent of the women who stayed two days thought the same, according to the study. The researchers found no major difference in complications reported by the women or their children. The study was reported in a recent issue of Effective Clinical Practice, a journal of the American College of Physicians-American Society of Internal Medicine.

Mag-net therapy took off first among professional golfers, who constantly tour their backs on the green. Magnet therapy Inc.'s poster boys are senior PGA golfers Bob Murphy and Jim Colbert. Murphy's arthritis kept him out of the game for five years. When he returned in 1993, he tried a magnetic back strap that Colbert recommended. "It was a doubling Thomas," recalls Murphy, 56.

Within the second week, I began to notice I did not have the same amount of pain. Colbert, 59 - who like Murphy has a stock option in Mag-therapy that could be potentially valuable if the privately owned firm one day sells stock to the public - said he hasn't missed one day of golf because of my back since. "I've been wearing these magnets. I was (the) leading money-winner two years in a row and player of the year."

Compiled from wire reports



A health club can usually be found in just about any town or city you travel to, and many hotels have at least some exercise equipment.

Perhaps you can take it with you

Just because you're on the road, it doesn't mean the health routine has to stay at home

By Steve Crump
Times-News writer

TWIN FALLS - Terry Patterson hates to miss a workout.

So when he accompanied his wife on a recent business trip to Boston, he boxed up his bicycle and took it along.

"I asked around at a couple of bike shops and ended up riding out to Lexington and Concord, and to the coast," said Patterson, a professor of fisheries technology at the College of Southern Idaho and an avid cyclist. "It was great."

But Patterson is unusually resourceful. According to "The Road Warrior Workout" (Hatherleigh Press, \$14.95), most folks on fitness routines blow them off when they're away from home. As a result, they can lose 15 percent of their aerobic capacity after just two weeks of being sedentary.

"It's hard," said Jan Mittleider, wellness coordinator at CSI. "You're in a strange place, your schedule is not your own, and you may or may not have any kind of exercise facilities available."

Like Patterson, Mittleider uses hotel gyms when they're available, but she doesn't rely on them. She takes resistance bands

In the long run

How to keep up your workouts away from home:

- Bring your walking/running shoes and walk. It works, especially when you have no other options. If you're staying with a family member, invite him or her for a walk or workout. You can do some catching up and burn calories at the same time.
- Use resistance bands for strength training.
- Call friends or relatives in the area you're visiting to get locations of near-

by health clubs or parks. If you plan to exercise outdoors, find out how safe it is to run or skate in particular neighborhoods. If you're staying at a hotel, the front-desk personnel or concierge should be able to refer you to the closest gym. Check with your health club to see if it has partner clubs in the area you're visiting. If you belong to a chain, there's a good chance you'll find a branch you can visit for free.- Bring an exercise video, and check ahead to make sure there's a VCR you can use. Most tapes on dance, high/low impact or yoga are ideal.
- Use the time on the plane for stretching. The simple act of rolling your shoulders front, up, back, down and vice versa, can help relieve stress and improve circulation. Some yoga poses can be adapted to the tight confines of an airplane. For example, place your hands on top of your thighs. Arch your back slowly and look upward. Exhale, round your back, and drop your head. Execute these movements slowly.
- Bring a bag of rope for a six-minute warm-up in your hotel room.
- Use your own body weight for strength training. You can do pushups, triceps dips, squats, lunges and low-back extensions in your room.

along with her, and does strength, stretching and aerobic workouts in her room if no other facilities are handy - or if she's too busy to take advantage of them.

"If it's 10 or 15 minutes, that's fine," says Mittleider, who usually exercises longer than that each day at home. "The important thing is to do it, no matter how long you can spend on it."

The key is the total amount of time you spend in a week working out, she points out - not how much and what kinds of exercises you do in a given day.

"If 10 o'clock at night is when I can find time to work out, that's

Please see ROAD, Page B5

as close as the millennium, say people who follow exercise trends.

"Programming is becoming more complex. Right now, you can go into a gym with a plastic card, and it will record your entire workout and send it to a trainer," said Richard Cotton, chief-exercise physiologist for the American Council on Exercise.

Equipment that reads your needs and adjusts accordingly is already here, too, and the treadmill he uses is a case in point, Cotton said, adding "I put on a

Computerized workouts are on the way

The Associated Press

WASHINGTON - You pass your health club membership card across the exercise equipment's sensors, which read your medical and exercise records off the card's embedded chip.

The exercise machine then automatically adjusts-to-your-body size. It sets its resistance levels based on how well you did in the last visit and what your personal training program recommends for your joints, bones and muscles.

The workout of the future? It's

heart rate chest strap, and my control panel picks up my heart rate."

"I input an upper limit, and the workout is adjusted to keep my heart rate near target," he added. If he slows his pace, the treadmill responds by tilting slightly upward - forcing him to work just as hard by making him run uphill.

Cotton's vision of the technology is in line with Vincent Scalis's. Scalis, editorial director of Muscle and Fitness magazine

Please see WORKOUT, Page B5

Remove items from your suitcase until the weight is appropriate for 12 to 15 reps of upright rows and one-arm rows.

Use a hotel phone book for anterior deltoid raises. Stand straight, knees slightly bent. Place the phone book in your palms, which are facing upward. Raise your arms slowly to shoulder level, elbows slightly bent, then raise arms another two to three inches. Return to shoulder level and repeat 12 to 15 times.

Orange County Register, "The Road Warrior Workout" (Hatherleigh Press, \$14.95)

DEAR PAULA: Is their any benefit to using natural hair dyes. I'm not referring to hennas but to permanent hair dye products claiming to be all natural. It sure sounds better for hair.

- ELIZABETH, SALT LAKE CITY

DEAR ELIZABETH: No matter how I battle the inane use of the word "natural" to sell skin- and hair-care products, this term remains the selling point consumers are attracted to most. Yet, even a cursory look at most every cosmetic ingredient listing reveals a host of unnatural ingredients. That is especially true for hair dyes.

There are no hair dyes available anywhere that can permanently change hair color or completely cover gray with natural ingredients. Just check the side of the next product you see with claims about natural and you'll see what I mean.

The reality of 'natural' dyes

What is of greater concern to me is that most women think the claims of a hair dye being natural means it will be more gentle on the hair. Yet of the 20 products I tested, all of them had a pH over 10. A pH of 10 or higher is the only way to get hair dyes to penetrate the hair shaft, and no matter how you describe it that can be damaging to the hair.

DEAR PAULA: Recently I was seduced into buying a product that I knew was excessively overpriced, but the ingredient list was so attractive that I just had to try

Please see COSMETICS, Page B5

This project wasn't really too sexy

Health notes

Curb-service maternity

Women who spent only a day in the hospital after a routine delivery of a baby were less satisfied than those who had two days in the hospital, a survey found. Seventy-five percent of the women who were in the hospital for one day thought their stay was too short, while 37 percent of the women who stayed two days thought the same, according to the study. The researchers found no major difference in complications reported by the women or their children. The study was reported in a recent issue of Effective Clinical Practice, a journal of the American College of Physicians-American Society of Internal Medicine.

Golfers and magnets

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Compiled from wire reports

TN Interactive

Baby-naming: Tell us your story.

The Times-News is preparing an article on how to choose a name for your baby, and would like to hear from Moms and Dads who've been through that experience - and especially those who settled on unusual names. If you'd like to share your story, give us a call.

Call Steve Crump at 733-0931, Ext. 223, or 800-658-3883, Ext. 223; fax him at 733-5538, or e-mail him at crump@magcityvalley.com

COSMETICS Q&A

Paula Begoun

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Please see COSMETICS, Page B5

Experts say home blood pressure tests are inaccurate

The Washington Post

People who test their blood pressure at home do not always report the results accurately to their doctors, a situation that can interfere with proper care, a Pittsburgh study shows.

Researchers asked patients with high blood pressure to take their pressure three times a day, using an electronic home test kit, and write down the results. Without their knowledge, home monitors also recorded the blood pressure electronically and the two sets of numbers

were later compared.

About two-thirds of the written measurements were identical to the measurements stored electronically. But nearly 20 percent of the written blood pressures differed by more than 10 millimeters of mercury (the standard unit of blood-pressure measurement) from the electronic recordings.

Reporting of uncontrolled blood pressure, or hypertension, was more likely to be inaccurate, a finding that researchers called especially worrisome. "False reporting of uncontrolled pressures may misguide physicians in

the optimal medical treatment of their patients with hypertension, which could result in worse patient outcomes," they said.

The study included 29 hypertension patients, 15 women and 14 men, randomly selected from the database of a managed-care health plan in Pittsburgh. They averaged 56 years of age.

Blood pressure is commonly measured in two numbers. The higher number refers to systolic pressure — when the heart contracts. The lower number refers to the diastolic pressure between beats. Both numbers appear in

the usual notation for blood pressure, for example, "130 over 85."

In the study, 9 percent of the electronic readings showing an uncontrolled systolic pressure were reported by the participants as under control, as were 21 percent of the uncontrolled diastolic pressures.

Since patients who agreed to participate in the study may be more likely to report blood pressure correctly, researchers said, the actual incidence of erroneous reporting in the public large may be even higher than the study indicates.

Cosmetics

Continued from B4

I found this product in Sephora; it's called Kromenuka Bijin Facial Cleansing Gains. It comes in a tube that you use four times each. Oddly enough, it has helped my sensitive skin. I have a feeling that I wasted my money, but as it turns out, it's working. Do you have any comments on this product?

they don't add up to much.

Still, I don't think you wasted your money. I can imagine this product would be good for your sensitive skin because it doesn't contain any preservatives. Preservative-free skin-care products are a growing trend in the Japanese cosmetic industry and we will probably be seeing more of them here.

The benefit of preservative-free products is that they eliminate a primary group of ingredients known to cause irritation.

Preservative-free cosmetics are pricey because they must be packaged in airtight containers,

and then, once opened, they must be used up quickly (no more than three to four days or up to five or six if they are stored in the refrigerator).

You can continue using this gentle exfoliant, but you can also purchase some bran flakes and see how that works.

Paula Begoun is the author of "Don't Go to the Cosmetics Counter Without Me (4th edition)" (Bantam Press, \$19.95). Write to her at 13075 Gateway Drive, Suite 160, Seattle, WA 98168 or check out her Web site: www.cosmeticscop.com

Barry

Continued from B4

DEAR MARISSA: Basically you just bought some rice bran with a tiny amount of cute extras like collagen and an anti-irritant, so

point is: For every frog that is apprehended by the authorities, hundreds, perhaps thousands, escape detection and are eaten by consumers such as yourself. And it is entirely possible that if you were to open up the stomachs of these frogs, you would find a certain percentage — say, 85 — contain spiders. Thus the scientific conclusion we must

come to is: You eat spiders. Accept it! Look yourself in the mirror and say, "I am a spider-cater! No different from Martha Stewart!"

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

Road

Continued from B4

When I do it," she said. "And if I miss a day or two, I don't stress about it."

Both Mittleider and Patterson are selective about venturing out on unknown streets in a big city. "I won't do it after dark," Patterson said. "I don't mind riding at night around here, but not in an urban area."

If he doesn't have a bike, he looks for a stationary bicycle in a

hotel fitness center. Absent that, he takes advantage of what he can find.

"If I drive somewhere, I put my bike in the back of the car," he said. "If I'm with my family, I'll have them drop me off in Bliss and I ride back the rest of the way."

The key to workouts on the road is flexibility, Mittleider said: Hotel workout centers are sometimes open only during the day-

time and early evening, and even when they're available they may not be equipped with the kind of exercise gear you're used to:

"The goal of working out on the road is to maintain your fitness level," she said. "There are a lot of ways to do that."

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

Workout

Continued from B4

zines, expects equipment to become more sophisticated and more linked to the Internet.

Already, some exercise bikes let riders tie into the Web and set off on virtual races against riders elsewhere in cyberspace, he said.

The Net will also allow creation of a huge exercise data pool, Scalfasi said. He expects exercisers to input their personal stats, so the computer-programmed wisdom of the world's best coaches can guide their workouts.

Users of future exercise equipment will more likely be older, experts agree. Baby boomers will see exercise as a key weapon against declining vitality and age-related illness such as heart disease.

Aerobic exercise such as running and walking has long been the mainstay for heart health. But weight training is about to draw more attention, said Dr. Franklin, president of the American College of Sports Medicine. In 2000, the American Heart Association will highlight data that show the value of resistance workouts in reducing heart disease risk, said Franklin, who has been working on the panel that was writing the recommendations.

Weight training has other values for aging boomers. By triggering bone to retain calcium, it fights the brittle-bone disease osteoporosis. And by stimulating muscle development, exercise builds strength that can help older people overcome falls.

As research improves, exercise prescriptions can become more specific, said Michael Pratt of the Federal Centers for Disease Control and Prevention. Doctors may be able to calibrate exercise programs specifically to help patients fight such conditions as heart disease, diabetes and some forms of mental illness, he said.

It's already known that doctors in general works against these diseases.

Researchers also will pay more attention to the benefits of bursts of exercise that can be fit into busy periods in busy lives, Pratt said. Right now, the CDC's recommended minimum is 30 minutes of moderate intensity activity such as brisk walks, broken into no less than three 10-minute segments, on most days.

"We will see more and more attention paid to the health effects of lower doses of physical

activity — what happens if you have six bouts of 5 minutes' duration," Pratt said.

Exercise may become more a family affair, as parents turn gym time into quality time by having their kids exercise with them, Scalfasi said.

Martial arts is a case in point, as parents join classes, following kids they already had signed up for karate lessons. Cotton, however, expects some dropouts in the current martial arts boom.

The activity is intense, and some participants already are finding that the snapping kicks and punches injure their joints, he said.

Pratt is worried about a rich-spport split in America's approach to exercise.

On one side will be those who have money for home equipment or club membership and who live in neighborhoods where outdoor activity is safe, Pratt said. These better-off Americans also will have educational advantages that

will clue them into the increasing knowledge about exercise's benefits, he said.

"Things are going to be getting better and better for them, and physical activity levels will go up for these groups," Pratt said.

On the other side will be those who lack the money, opportunity and knowledge needed for exercise and who therefore will be less likely to get its benefits, Pratt said. "A lot of people might be left out," he said.

Foot problems often linked to stress fractures

The Washington Post

Runners who have high arches or flat feet are more likely than others to suffer painful bone injuries of the leg or foot called stress fractures, a Mayo Clinic study shows.

On the other hand, people with these or other foot abnormalities do not appear to be at increased risk of running-related knee injuries, according to the study of Navy SEALs.

Those findings contradict some previous research that suggested common problems in runners' knees (including kneecap pain and pain on the side of the knee) could be traced to abnormal foot structure. The results seem likely to be reliable because the participants — 449 Navy SEAL trainees — were young, healthy, in good shape, lived together under uniform conditions, and were monitored for injuries during an intensive training program that often included running up to 10 miles a day.

Mayo researchers carried out detailed studies of participants' foot and ankle structure, including measuring the height of their arches, the flexibility of their ankle joints, and the area of the mid-foot (the sole under the arch) that contacted the ground during walking — both barefoot and in combat boots. Then they kept track of the frequency of several common overuse injuries, including stress fractures of bones of the foot or leg, aching around the kneecap, pain on the side of the knee, Achilles tendinitis (inflammation of the tendon just above the heel) and "shin splints."

A total of 149 participants — 33 percent — suffered at least one of these injuries during training. Stress fractures were the most common problem and were more frequent in trainees with either low or high arches.

Everything a fan could possibly want to know. The SPORTS pages.

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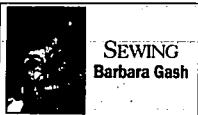
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Looking back on a century of change and improvement in sewing

With 2000 now a reality, it's interesting to look back on the last century of significant advances in the sewing world. Here were some of the milestones:

1927 marked the beginning of the Simplicity pattern company, which became famous for its popularly priced, easy-to-sew products. By 1958, it was on the New York Stock Exchange.

In 1930, industrial sergers were introduced to the U.S. market. Also known as overlocks, these machines could decrease sewing time by more than half,



SEWING
Barbara Gash

and they really made a difference in apparel manufacturing.

1942 was the year of "Gone with the Wind." Scarlett O'Hara showed the true spirit of home sewing by creating a dress out of curtains from Tara.

In 1961, Butterick acquired Vogue Patterns, featuring styles by top designers.

In 1970, sergers were made available to home sewers, and they have been constantly upgraded ever since.

In 1978, Elma introduced the first sewing machine with an electronic speed control, operated by air pressure.

In 1990, the first computerized sewing machines hit the market. The swift changes in this field have been mind-boggling. Today's machines have memory and precision capabilities we never dreamed of, and they allow us to explore creatively as never before.

We even have the option of scanning in a picture and then embroidering it on fabric automatically.

Our high-tech fabrics and notions help make home sewing easier too. We can put a professional's finish on any fashion or home decor project.

Technological advances have also helped thousands to start cottage industries and various home-based sewing businesses.

The burgeoning Internet has

opened a whole new world too. We have chat rooms, bulletin boards and thousands of Web sites to explore. We can download designs and locate sources for patterns, fabrics and supplies.

With so much to attract seasoned sewers as well as the younger generations, the possibilities seem very exciting for the next century.

Barbara Gash writes about sewing for the Detroit Free Press. Write to her at the Free Press, P.O. Box 828, Detroit, Mich. 48231, or send e-mail to [compuserc\(at\)ao.com](mailto:compuserc(at)ao.com)

'Hope' series offers help in dealing with grief, loss

KIMBERLY - "Hope for the Holidays" series will be offered from 7 to 9 p.m. today at the Sacred Life Center, 500 S. Oak in Kimberly.

The series is facilitated by Joan Dalton Boyd and offers insights into coping with grief and loss. The presentation is free through a grant from the Magic Valley Regional Medical Center Hospice Foundation.

For more information and to register, call 423-4904.

To do for you

refresher course will be offered from 7 to 10 p.m. Tuesday in the Education Center at MVRMC.

Pre-registration is required, call 737-2900.

Co-dependency group will meet Wednesday in TF

TWIN FALLS - The Co-Dependency Group will meet from 6 to 7:30 p.m. Wednesday in the Canyon View West Group Room.

Fee is \$10. For more information, call 734-6760.

Dream Therapy Group looks into 'living my dreams'

KIMBERLY - A Dream Therapy Group, "Living My Dreams," will meet for six weeks from 7 to 9 p.m. on Wednesdays, beginning this Wednesday, at the

Sacred Life Center, 500 S. Oak in Kimberly.

Joan Dalton Boyd, wellness counselor, is facilitator of the dream group. For more information, call Barbara at 423-4904.

Cancer support group is available for help, advice

TWIN FALLS - The Cancer Support Group will meet from 7 to 8:30 p.m. Thursday in the Cancer Center reception area.

For more information, call 737-2800.

CPR class teaches valuable lifesaving techniques

TWIN FALLS - A cardiopulmonary resuscitation class will be offered from 8 a.m. to 1 p.m. Saturday in the doctors' meeting room at MVRMC.

Fee is \$11. To register, call 737-2007.

Childbirth class will focus on cesarean procedure

TWIN FALLS - A cesarean childbirth class will be offered from 7 to 9:30 p.m. Jan. 18 in the Education Center at MVRMC.

Pre-registration is not required.

Pick-up some lifesaving skills with CPR training

TWIN FALLS - A CPR class will be offered from 6:30 to 10 p.m. Jan. 18 in the doctors' meeting room at MVRMC.

Fee is \$11. To register, call 737-2007.

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 548, Twin Falls, ID 83303, or deliver to our office at 132 Third St. W.

Arthritis-Lupus group meets Tuesday at MVRMC

TWIN FALLS - The Arthritis-Lupus Support Group will meet at 7 p.m. Tuesday in the doctors' meeting room at MVRMC.

For more information, call 737-2050.

Education Center offers childbirth refresher course

TWIN FALLS - A childbirth

ENGAGEMENTS

WARD-BEAN

HEYBURN - Gabrielle Holly Ward and Edward R. Bean Jr. announce their engagement.

Ward is employed at D.L. Evans Bank in Burley.

Bean is employed by the Idaho Transportation Department in Rupert.

The wedding is planned for 3 p.m. Saturday in the First Baptist Church, 25 N. 5th E. in Paul. A reception to honor the newlyweds will immediately follow the wedding at the church.



Edward Bean Jr. and Gabrielle Ward wedding at the church.

PETERSEN-NEBEKER

BURLEY - Dr. Joseph and Linda Petersen of Burley announce the engagement of their daughter, Marci Melis Peterson, to David Nebeker, son of Roland and Susan Nebeker of Sandy, Utah.

Petersen graduated from Burley High School in 1995 and served a Brazil Porto Alegre South Mission for the Church of Jesus Christ of Latter-day Saints. She is a senior majoring in health science at Brigham Young University in Provo, Utah.

Nebeker graduated from Skyline High School and served an Italy Patavia Mission for the LDS Church. He graduated in business management from Brigham Young University. He is a partner in Nebeker Financial in Sandy, Utah.

The wedding is planned for Wednesday in the Salt Lake LDS



Marci Peterson and David Nebeker Temple in Salt Lake City, Utah. A reception to honor the couple will be held from 6 to 9 p.m. that evening at Heritage Garden in Sandy.

An open house will be held from 5 to 8 p.m. Jan. 22 at the Petersen home, 306 E. Highway 81.

The newlyweds will reside in Sandy.

Shop smart. Read the classified ads in The Times-News Marketplace.

CALENDAR of EVENTS

- Monthly MVRMC Board Meeting * Monday, January 10, 6 p.m., Sage Room of the Education Center.
- "Hope For the Holidays" Series Concludes * Monday, January 10, 7 - 9 p.m., Sacred Life Center (500 South Oak, Kimberly, ID). Holiday seasons are often among the most emotionally difficult times for people who have experienced the death of a loved one. This informational series is facilitated by Joan Dalton Boyd, MA, and offers insights into coping with grief and loss. A new approach might open doors to the celebration of the memory of your loved one. The series is free through a grant from the MVRMC Foundation Hospice Fund. For more information and to register call 423-4904.
- Arthritis/Lupus Support Group * Tuesday, January 11, 7 p.m., Doctor's Meeting Room. For more information call 737-2050.
- Childbirth Refresher Course * Tuesday, January 11, 7 - 10 p.m., Education Center. Pre-registration required. Call 737-2900.
- Co-Dependency Group * Wednesday, January 12, 6 - 7:30 p.m., Canyon View West Group Room. Fee: \$10. For more information call 734-6760.
- Cancer Support Group * Thursday, January 13, 7 - 8:30 p.m., Cancer Center Reception Area. For more information call 737-2800.
- CPR Class * Saturday, January 15, 8 a.m. - 1 p.m., Doctor's Meeting Room. Fee: \$11. To register call 737-2007.
- Cesarean Childbirth Class * Tuesday, January 18, 7 - 9:30 p.m., Education Center. Pre-registration is not required.
- CPR Class * Tuesday, January 18, 6:30 - 10 p.m., Doctor's Meeting Room. Fee: \$11. To register call 737-2007.

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.

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OLD WILLS - NEW MARRIAGES

QUESTION: I recently remarried. Is my old will still effective?

Dennis S. Voorhees

Probably not. A marriage has the effect of revoking much, if not all, of a prior will. The law assumes that a person with a will executed prior to marriage would nevertheless want the new spouse to inherit something.

In the case of an old will and a new marriage, Idaho law says that the new spouse is entitled to one-half of the deceased partner's separate property and all of his or her community property.

This may not be what the deceased spouse would have wanted, but the law assumes that if the spouse with the outdated will wanted property to be distributed in some other way - a new will would have been made.

Tip: Update your will or trust after marriage to assure your property goes where you want. And, sign a prenuptial agreement prior to a second or later-in-life marriage.

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Jury's still out on antioxidant pills

Knight Ridder Newspapers

If you're concerned about heart disease — and who isn't? — you've probably heard about the wonders of antioxidant vitamins. Maybe you're already popping them, on your doctor's advice.

After all, there is tantalizing evidence that antioxidants play a role in fighting hardening of the arteries, which can begin as early as childhood.

But despite books, articles and advertisements claiming antioxidant supplements are a panacea for heart disease (not to mention cancer, cataracts, diabetes and Alzheimer's), the scientific jury is still out.

That's why the American Heart Association recently advised against taking these three supplements until more research justifies it.

Don't blink, pop pills

It may be a little premature to say many numbers of antioxidant pills are antioxidants. Some of them are. Some are not. Some are just fancy names for vitamins and minerals.

"The most prudent and scientifically supportable recommendation for the general population is to consume a balanced diet with emphasis on antioxidant-rich fruits and vegetables and whole grains," the Association says.

Dr. Garret Pitt-Gerard, a cardiovascular specialist who is researching antioxidants at the University of Pennsylvania Medical Center, agrees: "There's

plenty of evidence that people should eat lots of fruits and vegetables. But at the moment, there is no good evidence to support healthy people taking supplements. That's not to say there won't be in the future."

There is a solid scientific basis for believing antioxidants "might" fight disease.

The body uses oxygen to convert carbohydrates, fats and proteins into energy. During the

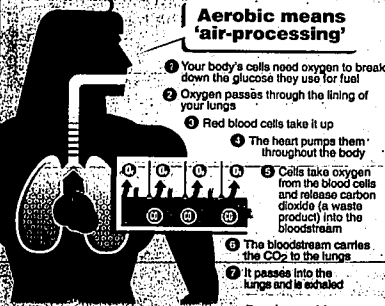
breakdown, some oxygen molecules turn into "free radicals" — molecules that have lost an electron. Since electrons prefer to exist in pairs, the oxygen free radicals become marauders, attacking chemicals and cells to steal an electron.

Antioxidants act like guardians, snatching free radicals and stabilizing them before they can attack cell membranes or DNA.

PERSONAL

The difference between aerobic and non-aerobic exercise?

The term "aerobic" is often used and seldom explained by the person using it. Aerobic exercise is especially beneficial, but non-aerobic exercise is also very effective for weight loss and improved health.



Aerobic means 'air-processing'

- Your body's cells need oxygen to break down the glucose they use for fuel
- Oxygen passes through the lining of your lungs
- Red blood cells take it up
- The heart pumps them throughout the body
- Cells take oxygen from the blood cells and release carbon dioxide (a waste product) into the bloodstream
- The bloodstream carries the CO₂ to the lungs
- It passes into the lungs and is exhaled

What "aerobic" means

- In theory, there's a maximum rate at which your body can take in oxygen and process it
- Heart rate is a rough indicator of oxygen use at any moment
- Your "maximum" heart rate is 226 minus your age (women) or 220 minus your age (men)
- Your "good" heart rate is about 70% of your maximum rate
- When your heart beats faster than your goal rate, you're doing "aerobic" exercise

However, all motion is 'exercise'

Your body uses fuel for muscular activity of any kind — walking around, writing a letter, brushing your dog, shooing pool.

SOURCES: U.S. Surgeon General, news release

Chew off those extra pounds

The Washington Post

Want help losing those unwanted holiday pounds?

Try chewing gum. That's the advice offered by researchers at the Mayo Clinic in a letter published last week in the New England Journal of Medicine.

James Levine and Paulette Baulok of Mayo and Ioannis Pavidis of Honeywell Technology Center in Minneapolis measured the energy expended by seven nonobese gum chewers in a "temperature-controlled, darkened, silent laboratory."

"The participants wore masks that measured expired air but "allowed unopposed jaw movement" and they were tested while resting with their arms and legs supported. Each chewed 8.4 grams of calorie-free gum for 12 minutes at a normal speed calibrated with

the aid of a metronome.

The gum was then removed and the researchers measured patients' energy expenditure for another 12 minutes.

That's the advice offered by researchers at the Mayo Clinic in a letter published last week in the New England Journal of Medicine.

Here's the good news: "Gum chewing is sufficiently exothermic that if a person chewed gum during waking hours and changed no other component of energy balance, a yearly loss of more than 5 kg (11 lbs) of body fat might be anticipated.

not be discounted," they conclude.

This is not the first time that Mayo researchers have suggested that a nonexercise-related activity may help people stay thin.

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Mean On The Loose	12:12, 2:32, 4:52, 7:12, 9:32
NO BODIES TO BE LEFT BEHIND	12:12, 2:32, 4:52, 7:12, 9:32
Sharon Sigwalt	12:12, 2:32, 4:52, 7:12, 9:32
Mean John Makovich	2:32, 7:12
The Slitch Bonzo	12:12, 2:32, 4:52, 7:12, 9:32

Remembering the flu of 1918

The Hartford Courant

One of the great unanswered questions about the 1918 influenza pandemic is why and how an event that claimed the lives of 500,000 Americans and at least 20 million people across the world was nearly erased from our collective consciousness.

The New York Times science reporter Gina Kolata's engrossing new book, "Flu: The Story of the Great Influenza Pandemic of 1918 and the Search for the Virus That Caused It," never answers that question satisfactorily.

As Kolata points out in her introduction, the family trees of many American families were shaken and rearranged by the great influenza outbreak. The influenza's death toll in the United States may have reached as high as 100 million, one of Kolata's experts argues.

Flu victims were adults in the prime of their lives. A sense of the terror is imparted in this letter from a doctor stationed at Fort Devens, Mass., in September 1918 near the end of World War I.

"In the several days there were no coffins and the bodies piled up something fierce and we used to go down to the morgue (which is in back-of-my-ward) and look at the boys laid out in long rows.

The influenza outbreak, which crested in the fall of 1918, was greeted with an eerie silence from doctors, military historians and medical textbooks in the decades after the event.

A general remembrance of the horrors of World War I

The question of what made the flu so virulent did capture the imagination of a handful of modern investigators, whose sometimes macabre quest to discover the genetic code of the strain in corpses of flu victims makes up the body of the book.

Here, Kolata stitches together the personal stories of unlikely heroes who made the genetic coding of a long dead virus a passion quest.

The influenza outbreak, which crested in the fall of 1918, was greeted with an eerie silence from doctors, military historians and medical textbooks in the decades after the event.

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CONSTIPATION

DEFINITION: A symptom not a disease. Infrequent and/or difficult passage of stool. Straining during bowel movements or the feeling of incomplete evacuation may be reported as constipation. Normal bowel movements among healthy adults can vary between three bowel movements daily to one bowel movement three times weekly.

CAUSES:

- Poor Diet:** Increase dietary fiber, vegetables, fruits, and whole grains. 50 gm of fiber daily is recommended. Limit amount of alcohol and refined sugars.
- IRRITABLE BOWEL SYNDROME:** Also known as spastic colon, is one of the most common causes of constipation in the U.S. Spasms of the colon delay the speed with which the contents move through the intestine resulting in constipation.
- POOR BOWEL HABITS:** Ignoring the urge to defecate can instigate constipation. After a period of time a person may stop feeling the urge, this leads to progressive constipation.
- LAXATIVE ABUSE:** Laxatives should be taken only as a last resort and preferably under the supervision of a physician. Laxatives, when used over a period of time, can damage the intestine, causing it to become dependent on them.
- HORMONAL DISTURBANCES:** Such as, underactive thyroid.

PREGNANCY: Constipation is due to normal changes and/or the pressure of the womb compressing the intestine.

SPECIFIC DISEASES: Such as, Lupus, Scleroderma, Multiple Sclerosis, Parkinson's or stroke.

LOSS OF BODY SALTS: Through the watery or vomiting of diarrhea.

NERVE DAMAGE: Injuries to the spinal cord.

MEDICATIONS: Many medications can cause constipation. Please consult your physician.

WHAT IS THE TREATMENT: A well balanced diet that includes fiber-rich foods such as, unprocessed bran, whole grains, fresh fruits, vegetables. Such as, lupus, scleroderma, multiple sclerosis, parkinson's or stroke. Do not rely on laxatives as they can be harmful. Laxative should be taken under the supervision of your health care provider.

WHENEVER THERE IS A SIGNIFICANT OR PROLONGED CHANGE IN BOWEL HABITS, DO NOT HESITATE TO CONSULT YOUR HEALTH CARE PROVIDER.

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 (208) 734-1266 or Toll free (888) 734-1266

The Orpheum
 130 Main Avenue, Twin Falls, ID 83401
 734-2100

PERMANENT FIVE GOLDEN GLAZES
 INCLUDING BEST PICTURE, DIRECTOR
 Matt Damon, Gwyneth Paltrow

The Talented Mr. Ripley
 Friday 6:45-9:30
 Sat-Sun 3:45-6:45-9:30
 Mon-Tues-Thurs 6:45-9:30
 Wed 9:30
 Foreign Film #1

Buena Vista Social Club
 Wed 7:30 Adults \$7.50

Jerome Cinema 4
 955 West Main, Twin Falls, ID 83401
 734-2100

All Shows Begin 7:00 pm unless noted

Tim Allen Sigourney Weaver
Galaxy Quest
 Fri-Sun 12:15-2:25-4:35-6:45-9:00
 Mon-Thur 12:15-2:30-4:45-7:00-9:30

GOLDEN GLAZE NARRATES
 Tom Hanks David Morse
The Green Mile
 Sat-Sun 12:30-4:00-7:45
 Friday 7:45
 Michael J. Fox In Family Fun
Stuart Little
 Friday 5:00-7:10-9:20
 Sat-Sun 12:30-2:45-4:55-7:10-9:20
 Robin Williams
Bicentennial Man
 Friday 7:00-9:30
 Sat-Sun 1:00-3:45-7:00-9:30

Twin Cinema 12
 160 Eastland, Twin Falls, ID 83401
 734-2100

All Shows Begin 7:00 pm unless noted

Tim Allen Sigourney Weaver
Galaxy Quest
 Fri-Sun 12:15-2:25-4:35-6:45-9:00
 Mon-Thur 12:15-2:30-4:45-7:00-9:30

GOLDEN GLAZE NARRATES
 Tom Hanks David Morse
The Green Mile
 Daily 1:00-3:30-5:00-7:45-9:00
 Michael J. Fox In Family Fun
Stuart Little
 Fri-Sun 12:30-2:45-4:55-7:10-9:20
 5:10-7:00-7:20-9:15-9:30
 Mon-Thur 1:15-4:45-3:30-4:15-7:00-7:20-9:15-9:30
 Robin Williams
Bicentennial Man
 Daily 1:15-3:45-7:00-9:30
 Arnold Schwarzenegger
End of Days
 Daily 7:00-9:30
 NOMINATED FOR 2 GOLDEN GLOBES
 Richard Gere Kevin Spacey
Straight Story
 Daily 1:45-4:15
 Matt Damon Ben Affleck
Dogma Today 7:00-9:30
FANTASTIC FAMILY FUN FROM WALT DISNEY TOY STORY 2
 Fri-Sun 12:30-2:45-4:55-7:00-9:30-4:55
 5:10-7:00-7:20-9:15-9:30
 Mon-Thur 1:15-4:45-3:30-4:15-7:00-9:30
 Pierce Brosnan is James Bond 007
World is Not Enough
 Daily 1:15-3:45-7:00-9:30
 Al Pacino Cameron Diaz
Any Given Sunday
 Fri-Sun 12:15-4:00-7:45
 Mon-Thurs 2:00-7:45
 NARRATED BY 2 GOLDEN GLOBES
 Jodie Foster Chow Yun-Fat
Anna and the King
 Fri-Sun 12:15-4:00-6:45-9:45
 Mon-Wed 2:00-6:45-9:45

The Times-News CLASSIFIED

REPLACE

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

Table of classified categories: Legal, Personnel, Employment, Financial, Real Estate, Agriculture, Merchandise, Transportation, Recreation, Education, and more.

Table of classified categories: Pastures for Rent, Wanted to Rent, Mobile Home Space, Roommates Wanted, Livestock, Farm/Ranch Supplies, Custom Farm Services, Farm Seed & Fertilizer, Hay, Grain & Feed, Antiques & Collectibles, Appliances, Books & Crafts, Building Materials, Camera & Equipment, Children's Items, Clothing, Communication Equipment, Computers, Firewood, Furniture/Carpet, Heating & Air Conditioning, Auctions, Boat & Marine, Lawn & Gard, Excess Equipment, Miscellaneous For Sale, Musical Instruments, Office Equip./Supplies, Pats. & Trademarks, Stereo/Radio/CDs, Tools & Machinery, Variety Food & Services, Video Equipment, Wanted to Buy, Wanted to Rent, Mobile Home Space, Gamping Equipment, Medical Supplies, Cameras & Shells, Books & Crafts, Guns & Rifles, Hot Tubs & Pools, Motor Homes & RVs, Snow Vehicles & Equip., Sporting & Hunting Equip., Utility Trailers, Aviation, Auto Parts & Accessories, Auto Wash & Detailing, Antiques & Collectibles, Semitrailers, Stock Car Parts, Truck Parts & Accessories, 4x4s, Auto Sales, Import & Export Cars, Auto Parts & Accessories, Auto Dealers.

132 3rd Street West P.O. Box 548 Twin Falls, Idaho 83303 HOURS: Mon.-Fri. 8 to 5:30 • Sat. 8 to 10 AM



Call 733-0931 Fax 734-5538 In Burley Call 677-4042 Fax 677-4543

325 1/2 East 5th North Burley, Idaho 83318 Celebrate a special event in the lives of friends and loved ones with a Times-News Happy Ad. Display ads of any size are available at special rates. Call a Times-News customer service representative for more information.

Deadlines For Private Party Line Publications: Sunday 5 PM, Monday 10 AM, Tuesday 2 PM, Wednesday 2 PM, Thursday 2 PM, Friday 2 PM, Saturday 2 PM, As Weekly 4 PM, Thursday 10 AM.

Responsibilities: Check your ad for errors the first day. The Times-News will be responsible for the first insertion and to a greater extent the cost of space occupied by the error. The publisher assumes no financial responsibility for errors or omissions of any kind.

Classified Specials: Call a Customer Service Representative for information on Classified Ad Specials available every day of the week.

Display Ads: A business day prior to publication. Call a Times-News advertising sales representative for more information.

The Times-News Online: Features web-based classified ads. Any classified ad placed in the print version of The Times-News can be placed online for 50¢ per day, per ad. Classified ads are included in our national network of classified ads through a partnership with AdOne Classified Network and more than 500 newspapers across the nation.

LEGAL NOTICE

INVITATION TO BID: Magic Valley Regional Medical Center will accept sealed written bids for... 67-2343, notice is hereby given of an open public meeting of the Board of Fish and Game Commission.

PERSONS ATTENDING: Commissioners, Interim Director, Assistant Director... 208-677-4538 (BURLEY)

NOTICE OF ANNUAL MEETING: You are hereby notified that the annual meeting of the Depositors of First Federal Savings Bank of Twin Falls... 208-333-3337

NOTICE OF PUBLIC MEETING: In accordance with Public Law 100-40, notice is hereby given that a public meeting will be held on January 10, 2000... 208-333-3337

REMEMBER: That birthday day you placed some time ago in The Times-News? Now is the time to come pick up your pictures. Stop by The Customer Service Dept today.

107 ABORTION ALTERNATIVES: PREGNANCY CRISIS CENTER... 734-7472 • 108 PROFESSIONAL SERVICES: Accidents, divorce, DUI, personal injury and workers' compensation.

101 LOST & FOUND: Please check your ad for corrections on the day that it runs, as The Times-News is not responsible for errors after that time.

FOUND male Beagle with red collar & flash in the vicinity of Washington & College, 208-333-1233... 208-733-8300 & 726-4550

106 SPECIAL NOTICES: ALCOWOLIC'S A R O W W O R I... 208-677-4538 (BURLEY)

REMEMBER: That birthday day you placed some time ago in The Times-News? Now is the time to come pick up your pictures. Stop by The Customer Service Dept today.

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101 LOST & FOUND: Please check your ad for corrections on the day that it runs, as The Times-News is not responsible for errors after that time.

CHILD CARE: 24 hour Licensed child care, lunches and snacks. Long fenced yard. 100' x 25 yard lot. All ages welcome, references avail. Affordable rates. Call 324-5784.

LOVING TOUCH DAY-CARE: Licensed day-care for children ages 1 thru 4. CPR and First Aid. 208-333-1233

NEED a babysitter for swing hrs. 2pm-12:00? I would like to take care of your child. Call 324-5784.

106 SPECIAL NOTICES: ALCOWOLIC'S A R O W W O R I... 208-677-4538 (BURLEY)

REMEMBER: That birthday day you placed some time ago in The Times-News? Now is the time to come pick up your pictures. Stop by The Customer Service Dept today.

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ARCHITECT: Architectural firm in Boise has openings for a Project Manager & CAD Drafter. Project Manager must be a licensed Architect or Interior with a minimum of 5 years commercial experience. CAD Drafter must have a minimum of 3 years experience. Fax 208-345-1532 or e-mail p1532@arch.com.

ARE YOU CONNECTED? Internet Users Wanted! \$300-\$1000 per week. 1-888-873-8627 www.steps4success.com

AUTOMOTIVE: Are you hard working, honest with experience repairing cars & pickups? Buy auto repair shop looking for a full time. Must have own tools. Call Dan 543-0979

BAKERY: Experienced Manager is needed at Paul's Market in Idaho. Contact Brian at 208-786-0211 for an application.

CABINET MAKER: needed, experienced or schooled/trained. Call CASMIER TRAY AIDE... 208-333-1233

CHILD CARE: Need responsible person to watch children in my home. Call 324-1375.

101 LOST & FOUND: Please check your ad for corrections on the day that it runs, as The Times-News is not responsible for errors after that time.

DRILLER'S HELPER: Lang Exploratory Drilling is looking for ambitious people that want a chance in starting building a career. As a driller's helper, you will be able to operate a variety of equipment types which you gain the knowledge and experience needed to advance with our company. You need to be able to lift 100 pounds and be able to work outdoors at our drilling locations throughout Idaho.

DRIVER: Coca-Cola is accepting applications for a Delivery Driver. Minimum qualifications: H.S. Diploma or GED, good driving record, CDL, 21 yrs. or older. Heavy lifting required. 120 days. Apply in person, 248 3rd St. S. No phone calls please. GOE

DRIVER: Immediate opening, 49 or older, current CDL, no fee required. Call 825-5434.

DRIVER: Long haul driver for flat bed. Call 674-5312.

DRIVER: Route driver, Gooding, FT. Class 3 CDL required; call 543-8934.

DRIVERS: Truck Driver/Warehouse. \$7 per hr. + benefits. No experience necessary. Local area. Call 736-9260.

DRIVERS: G State Flatbed, FT. \$1000-\$1300 per week. Call 1-800-359-7376.

ENVIRONMENTAL SERVICES: Full-time position in laundry in a clinic & hospital setting. Hours will be 11:00 am-6:30 am. Experience is necessary for this position. Fill out an application at Twin Falls Clinic & Hospital and have the recipient page Cathy Jones to 408 S. Main.

FACTORY WORK: Longview Fibre Co. is accepting applications for factory employment. It is desirable that applicants have mechanical and mathematical aptitude. We offer competitive salary/benefits. 348 SOUTH PARK AVE. W. TWIN FALLS, ID. 83402

GENERAL: NEW YEAR NEW CAREER: Check this out. Our Co. is hiring for a position in the Twin Falls area. We are looking for individuals to assist in Nationwide Travel. 2 wks. per month. \$1000-\$1200 per month. Call 736-9260.

MAINTENANCE: Ground maintenance supervisor full time position at St. Valley Available in the Beautiful Wood River Valley. Exc. pay and benefits. Call 736-9260.

MECHANIC: Full-time year around opportunity for a mechanic to work in the RV industry of RVs & Boats. Benefits available. Apply in person at BERT HARBAUGH MOTOR. 1828 Bridgeview Blvd. Twin Falls, Idaho 83303

MECHANIC: Looking for CNA's with experience in Behavioral Care. All shifts available. Wages OOD. Apply at: 248 3rd St. S. Twin Falls, Idaho 83303

MECHANIC: Looking for CNA's with experience in Behavioral Care. All shifts available. Wages OOD. Apply at: 248 3rd St. S. Twin Falls, Idaho 83303

Hollywood San Diego: A PLACE TO STAY FAST PROMOTIONS! No experience necessary. Housing & transportation provided. Manufacturers of: Environmental products. 16 x 10 START NOW! CALL 9 AM TO 8 PM 1-800-505-8185

MISCELLANEOUS: AMERICAN STAFFING INC. Immediate openings \$7.00-\$8.00 hourly. DATA ENTRY RECEPTIONISTS: LABORERS WELDERS. Call 734-6452

THE ACES ON BRIDGE

Bobby Wolff

"The man who sees little always sees less than there is to see... the man who hears badly always hears something more than there is to hear."

Nietzsche

West leads his spade deuce to East's ace... You cash your queen to your king... You cash your trump king and lead another trump to dummy's ace...

Bridge score table with columns for NORTH, WEST, SOUTH, EAST and hands dealt.

Vulnerable: Both Dealer: North

Bridge bidding and play sequence table.

Opening lead: Spade deuce

LEAD WITH THE ACES

South holds: Q J 10 8, K C, A Q 7 3, J 10 9

ANSWER: Heart king... When partner converts your takeout double to a penalty double, he promises a very strong (and long) trump holding.

Send bridge puzzles or requests for free copy of Ace Newsletter to The Aces, P.O. Box 2323, Sunrise, FL 33324

FAX YOUR AD TIME CLASSIFIED DEPARTMENT 208-734-5538 or 208-677-4543 (BURLEY)

IGUANA 2 1/2 ft. long... RATTIER STUDD Service needed... SCHEIDER'S - AKC Miniature Pinscher...

REMEMBER... MISC (4) 13" 4 hole Subur-rins... PARLOR STORES (2) wood & coal burning...

821 STEREO/RADIO/CDS... 822 TOOLS/MACHINERY... 823 VARIETY FOODS & SUPPLIES

824 MUSICAL INSTRUMENTS... 825 WANTED TO BUY... 826 COLLEMAN LANTERNS

827 WANTED TO BUY... 828 WANTED TO BUY... 829 WANTED TO BUY

830 PETS & SUPPLIES... 831 HEATING & AIR CONDITIONING... 832 EXERCISE EQUIPMENT

833 MOVING MUST... 834 MUSICAL INSTRUMENTS... 835 WANTED TO BUY

836 MOVING MUST... 837 WANTED TO BUY... 838 WANTED TO BUY

839 WANTED TO BUY... 840 WANTED TO BUY... 841 WANTED TO BUY

842 WANTED TO BUY... 843 WANTED TO BUY... 844 WANTED TO BUY

845 WANTED TO BUY... 846 WANTED TO BUY... 847 WANTED TO BUY

848 WANTED TO BUY... 849 WANTED TO BUY... 850 WANTED TO BUY

WANTED: M-1 Garrard Winchester 22-pump rifle... GERMAN SHEPARD...

KITTENS - KITTENS... LAB Chocolate X puppies... LAB AKC pups...

LABS Buck AKC OFA... NEAPOLITAN MASTIFF... RATTIER STUDD...

LABS: 2000 Chevrolet... WANTED: 2000 Ford... WANTED: 2000 Ford...

WANTED: 2000 Ford... WANTED: 2000 Ford... WANTED: 2000 Ford...

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ME-AUCTION SALE!!! THESE LATE MODEL VEHICLES MUST BE SOLD... OR THEY'RE GOING TO THE AUCTION! DEALERS WELCOME!

Large table listing vehicles for sale with prices: 1996 FORD PROBE \$6988, 1995 FORD T-BIRD \$7177, 1999 DODGE NEON \$7988, etc.

CHRYSLER • PLYMOUTH DODGE • JEEP • DODGE TRUCK 5102 2nd Ave. S. • Twin Falls, Idaho • 733-5776 www.tfnm-motors.com

809 COMPUTERS, 811 FURNITURE & CARPET, 812 HEATING & AIR CONDITIONING, 816 EXERCISE EQUIPMENT

820 PETS & SUPPLIES, 821 STEREO/RADIO/CDS, 822 TOOLS/MACHINERY, 823 VARIETY FOODS & SUPPLIES

824 MUSICAL INSTRUMENTS, 825 WANTED TO BUY, 826 COLLEMAN LANTERNS, 827 WANTED TO BUY

828 WANTED TO BUY, 829 WANTED TO BUY, 830 PETS & SUPPLIES, 831 HEATING & AIR CONDITIONING

BUSINESS & SERVICE DIRECTORY

Large directory table with multiple columns listing various services and businesses.

