



The Time

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Twin Falls, Idaho/95th year, No. 318

Monday, November 13, 2000

cents

GOOD MORNING

WEATHER

Today: Mostly cloudy, with winds 5-15 mph. High 35. Cloudy tonight with a chance of snow. Low 23.

Page A2

MAGIC VALLEY



Tutoring: The Twin Falls School District is offering after-school tutoring to students who need help.

Page A4

Bookmobile: Elko County's bookmobile has logged 750,000 miles and has been on the road for 25 years.

Page A4

HEALTH & FASHION



Take your best shot: Flu vaccine is late arriving in south-central Idaho; find out how to fend off influenza without it.

Page B1

SPORTS



Goal-line stand: Seahawks take a step in the right direction with a strong defensive effort against Jacksonville.

Page A7

OPINION

Rock steady: America will survive the strange, and unsettling, presidential election of 2000, a guest editorial says.

Page A10

SECTION BY SECTION

- | | |
|-------------------|------------------------|
| Section A | Section B |
| Weather ... 2 | Health and Fitness 1-4 |
| Nation ... 3, 12 | Magic Valley 4-6 |
| Obituaries ... 5 | Morning break 5 |
| Sports ... 7-9 | Dear Abby ... 5 |
| Opinion ... 10-11 | Crossword ... 5 |
| | Comics ... 6 |
| | Classified 7-12 |

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Battle for Florida

Sides argue over vote recounts

The Associated Press

The legal skirmishing quickened Sunday in the overtime race for the White House as Democrats argued in court papers that painstaking election recounts have been allowed "since our nation's founding." Republicans said the practice exposes decisive Florida to political "mischief" and human error in Democratic-con-

trolled counties.

Updated voting figures in all important Florida gave Republican George W. Bush a 288-vote margin out of some 6 million votes cast with recounts under way in four counties. Democrat Al Gore leads in the nationwide popular vote but the Electoral College tally is so close that whoever takes Florida almost certainly will win. Please see FLORIDA, Page A2

Long night - A3



Supporters of George W. Bush protest against the hand count of Florida ballots Sunday during a rally at Sarasota, Fla.

Watch your actions

Bush and Gore pick moves carefully

The Associated Press

WASHINGTON - A week ago, all was furious motion. Now George W. Bush and Al Gore are frozen in place while their lawyers scurry. From the two men, there is only body language, and a few cautious words about the prize they so badly want.

Bush is acting ever-so-lightly presidential, letting the photographers catch him here and there, planning a transition around the edges, all the while trying to seem not too presumptuous. He spent the weekend at his Texas ranch thinking about a "potential administration."

Laying even lower in these days of high uncertainty, Gore attended church Sunday, which he has been doing routinely. "He does put great faith in the rock of ages," speaks in a Chris Lehane said.

"No," Gore said flatly when asked to talk about the election deadlock.

Bush briefly met the press Saturday at his ranch, showing up in worn jeans and a soiled barn jacket with running mate Dick Cheney, a steady presence still in a suit, in tow. "We're all in limbo," Bush said, speaking for himself but summing things up for Gore, Florida and the country, too.

His English springer spaniel Spot (middle-name Fetcher) went to fetch a tennis ball thrown by an aide. Everyone looked. See Spot run.

The following two days of meetings in which Bush brought together for the cameras some of his potential Cabinet members and top aides; foreign policy adviser Condoleezza Rice and former transportation secretary Andrew Card among them.

Modern America has rarely heard so little from Gore over the space of a week. What little he's said and done in the public eye has carried a double meaning, at least for those with their noses buried in tea leaves.

Thursday: "We're having a great run here," he said while jogging in Nashville, Tenn. Friday: Gore spoke confidently of winning. Then he added mischievously, "I'm talking about the touch football game." He, wife Tipper and their children ran among the late-autumn leaves at the president's compound playing touch football, suggestively the sport of the Kennedys.

Saturday: While pundits and some politicians intensified their calls for Bush and Gore to do the right thing - never settling on what thing is right - the Gores went to a movie with his running mate, Joseph Lieberman and his wife Hadassah in Washington.

Please see ACTIONS Page A2

'I think we do need the Electoral College'



Orlette Sinclair has been a stalwart in the Republican party for decades and is one of four electors whose job it is to cast Idaho's votes for George W. Bush in the Electoral College.

TF elector: System is just fine

Sinclair disagrees with recent criticism of Electoral College

By Michael Journee Times-News writer

TWIN FALLS - Like most Americans, Orlette Sinclair has been keeping a close eye on the historically tight race between Republican Texas Gov. George W. Bush and Democratic Vice President Al Gore.

But the 79-year-old Twin Falls resident might be watching a bit more intently than most. At noon on Dec. 18 the longtime GOP activist will be one of the 535 Americans who really elect the president.

Selected by her Republican colleagues to be an elector - or a member of the nation's Electoral College - at this summer's state Republican convention, Sinclair disagrees with the abuse currently being meted out against the nation's method of electing the president.

"I think we do need the Electoral College to give the

About the Electoral College

- Q. How does the Electoral College work?**
A. The electors meet on the first Monday after the second Wednesday in December, usually in their state capitals. Their votes are then sealed and sent to Congress. The president of the Senate - the U.S. vice president - opens the sealed certificates at a joint session of Congress in January. One Democrat and one Republican from each chamber count the votes.
- Q. Has the Electoral College ever selected a president who didn't win the popular vote?**
A. Yes, three times: John Quincy Adams, Rutherford B. Hayes and Benjamin Harrison.
- Q. What if there's a tie in the Electoral College?**
A. If neither candidate receives a majority of the electoral votes, the House of Representatives elects the president, and the Senate elects the vice president.
- Q. Did that ever happen?**
A. Yes, in 1825, when the House chose John Quincy Adams as the nation's fifth president.
- Q. How long can the dispute between Al Gore and George W. Bush continue?**
A. The 20th Amendment to the Constitution, ratified in 1933, requires that a new president be inaugurated by Jan. 20. If neither candidate has conceded, and Gore and Bush are still fighting in court, Congress presumably would choose the president in time to meet the constitutional requirement for inauguration. Sources: Knight-Ridder, AP

smaller states a say so, otherwise we'd be ignored completely," Sinclair said. And Sinclair makes no apologies for the fact she might be voting for the man who finished second in the nation's popular vote. "Heavens no," she said. "Especially not here in Idaho, where we did vote so heavily for Bush. That isn't even in my mind - I'm an elector for Bush, not Gore." Electors in each state, who collectively make up the Electoral College, are typically Democrat or Republican party faithful selected by their respective par-

ties to cast electoral votes for their state, depending on which presidential candidate garners the most popular votes in the state. Each state's number of electoral votes is equal to the number

Emergency crews try to reach cable car fire victims

The Associated Press

KAPRUN, Austria - Relatives and friends who had waited through the night in this Alpine village began to get word Sunday on whether their loved ones were among the dead in a cable car fire that killed about 170 people in a mountain tunnel. With the village hall draped in black and candles burning on shop steps, shattered townsfolk

gathered in the Kaprun church for Sunday Mass. As they mourned, emergency crews tried to reach the spot where scores of people, many children and teen-agers, were killed Saturday by smoke and flames. "We understand Christ's will on the cross: My God, why have you forsaken me?" priest Peter Hofer said in his sermon. Others gave thanks after real-

izing their loved ones were safe. "My son is, thank God, all right," said Gattfried Nindl. His boy had planned to go on the cable car with his friends, but didn't because they had slept too late, he said. The car, pulled on rails underground for most of the 3,200 yards up the Kitzsteinhorn mountain to a glacier region, stopped, blazing, about 600 yards inside a mountain tunnel

Saturday morning. The cause of the fire has not been determined. Rescuers could not reach the victims as the fire raged on. Passengers tried to flee through the deep tunnel, but most were felled by the thick smoke and flames. Eighteen people survived, mainly by flung downwards in the tunnel where the smoke was thinner, authorities said.



Florida counties struggle onward

Presidential counts continue by hand



Under the watchful eye of a Volusia County sheriff's deputy, a corrections officer carries a bag of election ballots to be manually counted Sunday, in Deland, Fla.

DELAND, Fla. (AP) - In Volusia County, several dozen election workers began counting 184,019 ballots by hand Sunday in a weary-eyed task that will require 14-hour shifts over three days.

"We don't need to remind you of the importance of what's going on here," organizer Roy Schlicher told the election workers before they began.

They also are fixed firmly on Palm Beach and Broward counties, two Democratic strongholds that plan hand counts this week, unless a federal judge on Monday grants a Republican request to block the manual recounts.

The two counties, along with Miami-Dade, account for about 1.5 million votes cast in "the presidential election."

With the presidential election hinging on Florida's 25 electoral votes, Republicans and Democrats battled county by county over where there should be further recounts and how they should be conducted. Among developments:

- Democrats added Osceola County to their list of hand recount requests. The Osceola canvassing board, comprised of two Republicans and one Democrat, meets Monday to weigh it. Al Gore had a small lead over George W. Bush in the 54,000-plus votes cast. Hispanic voters alleged they were required to produce two forms of identification when only one was required. The central Florida county has a large Puerto Rican community.
- Palm Beach County early Sunday awarded 36 more votes to Gore and took three away from

Officials emerge after long night

Election supervisors announce findings after ballot scrutiny

WEST PALM BEACH, Fla. (AP) - Around 1:50 a.m. Sunday, the triumvirate of Palm Beach County election supervisors finally emerged from their grueling scrutiny of ballot after ballot.

They stood before a tangle of microphones in the packed lobby of the Governmental Center and announced a blizzard of numbers.

From the electronic recount: 152,951 votes for Texas Gov. George W. Bush, a loss of three from the earlier recount on Nov. 8; 269,732 for Vice President Al Gore, a 36-vote gain. Then, numbers from the four precincts selected for a laborious hand recount that the three supervisors had started around 2 p.m. Saturday.

The bottom line: Gore had picked up an additional three

dozen votes in this heavily Democratic county at the center of the election controversy.

For canvassing commissioner Carol Roberts, the implication was clear: the change was significant enough to warrant a recount by hand of every one of the county's 461,000 ballots.

The vote for the massive recount was 2-1, along party lines. Theresa LePore, the county's supervisor of elections who designed the now-famous "butterfly" ballot assailed by critics as confusing, joined fellow Democrat Roberts.

But County Judge Charles Burton, chairman of the county

canvassing board that had been under the glare of camera lights for days, vigorously opposed Roberts' motion to order a manual recount of all the county ballots.

"I would like to be more fully informed before this board makes such a serious decision that could affect the whole country," said Burton, whose political affiliation is unknown. He pleaded with his colleagues to seek an opinion first from Florida's secretary of state.

That made people in the crowd wonder: How in the world do you

count 461,000 ballots by hand?

It had been tough enough to handle the 1 percent or so of the county's ballots captured in the four-precinct sample. The three supervisors huddled around the end of a long table, straining to inspect the punch cards. Framed by a large window, the normally obscure election supervisors toiled away, watched by a throng of TV cameras, politicians and anxious political partisans.

The courtyard outside the low slung building had become Camp Recount: scores of journalists hunched over laptops on black wrought-iron picnic tables, small knots of Bush and Gore operatives, citizens supporting one of the candidates or just making a statement. Some of them carried placards or American flags.

Leaders: Split Senate might encourage cooperation

WASHINGTON (AP) - The Senate's Republican leader said Sunday the GOP must think "innovatively" and be ready to work with Democrats in the aftermath of an election that could evenly split the chamber next year.

"The top Democrat suggested a 'power-sharing arrangement' between the parties.

Republicans now hold a 54-46

edge. But after Tuesday's voting, their advantage slipped to 50-49, with the Washington state senatorial race still undecided.

The GOP will maintain control even if Democratic challenger Maria Cantwell beats current Washington Sen. Slade Gorton, splitting the Senate 50-50.

If Republican George W. Bush is the next president, Vice President Dick Cheney would

act as Senate president and control the tie-breaking vote. And if Al Gore is elected, Connecticut Sen. Joseph Lieberman would become vice president, but the state's Republican governor would name Lieberman's Republican successor, giving the GOP a 51-49 edge.

Both Majority Leader Trent Lott, R-Miss., and Minority Leader Tom Daschle, D-S.D.,

said the parties would have to work closely to avoid gridlock.

When the new session begins in January, one of the Senate's first tasks will be to vote on committee assignments. This is extremely important because the majority party traditionally picks the chairmen and gets an edge in numbers, allowing it to set the agenda and decide what issues and bills get priority.

GOP attorneys move to impound ballots

ALBUQUERQUE, N.M. (AP) - With George W. Bush clinging to a 17-vote lead over Al Gore in New Mexico, state Republican Party attorneys are requesting that state police impound early-voting and absentee ballots from Tuesday's election in case of a challenge or recount.

Police seized ballots in six counties during the weekend under orders from two state District Court judges. The counties comprise two judicial districts. GOP officials say impoundment petitions will be filed in all 13 New Mexico judicial districts.

Ministers, parishoners ponder America's presidential situation

From the pulpit to the pews, ministers and parishoners pondered America's odd presidential quadrennial Sunday and expressed hope that something - be it prayer, politics or public presence - would point the way for the nation.

"Prayer for this situation is certainly needed," said the Rev. Marty Boller, pastor of the Father's House Vineyard Christian Fellowship in Cedar Rapids, Iowa.

In a country where the government and religion have an uneasy but sometimes unbreakable relationship, Sunday offered a moment for churchgoers to consider the meaning of both - and, in some cases, reiterate the motto "In this case, God doesn't play favorites," said the Rev. Randy Kasch of Gloria Dei Lutheran Church in Cedar Rapids. He described good government as a gift from heaven.

Some ministers, like the Rev. Leonard Jackson of First African Methodist Episcopal Church, the oldest black congregation in Los Angeles, asked people to pray. Others alluded to the brouhaha indirectly. But it was certainly on people's minds: In North Dakota,

the Rev. Don Burnett of the Bismarck Baptist Church said some in his congregation "felt quite undone."

"Several ladies were just in tears in the lobby and concerned for the vulnerability of our country," he said. "We prayed as the scriptures have commanded us: Pray for those in authority over us."

A Newsweek poll's guests Americans favor a fair and accurate outcome to simply a speedy one. The poll, conducted Thursday and Friday, showed 72 percent of those interviewed felt it was more important to make certain "all reasonable doubt" has been removed; 25 percent wanted it resolved as soon as possible.

The poll said 69 percent of Americans consider the uncertainty a sign of the American political system's strength, while 24 percent said it was a sign of weakness. The poll had a 4 percentage-point margin of error.

At the Discovery United Methodist Church in the largely Republican western suburb of Richmond, Va., the Rev. Jim Lavender called in his prayer "for someone bigger than politics - for you, Lord, to bring a peace across America."

Lunch Specials


Week of Nov. 13 - Nov. 17

- Monday -
Beef Stroganoff \$5⁹⁵
- Tuesday -
Chicken Stir Fry \$6⁹⁵
- Wednesday -
Teriyaki Beef Tips \$6⁹⁵
- Thursday -
Spaghetti w/Meat Sauce \$5⁹⁵
- Friday -
Popcorn Shrimp \$6⁹⁵

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Mon. - Sat. 4-6 PM
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AROUND THE VALLEY

Council to discuss canyon rim project

By John T. Huddy
Times-News writer

TWIN FALLS - A canyon rim development project may take a few more steps toward completion tonight.

The City Council will discuss a planned unit development agreement for the Canyon Park North and Canyon Park East developments at its meeting tonight.

Craig H. Neilsen, a former

Twin Falls resident now living in Las Vegas, wants to turn more than 30 acres near the canyon rim into retail developments.

Neilsen's plans for Canyon Park North, 14 acres west of Blue Lakes Boulevard, include a hotel and convention center and a restaurant. He also plans a retail and commercial development on Canyon Park East, 12 acres east of Blue Lakes. That property was rezoned in February.

Want to know more?
The Twin Falls City Council will meet at 5 p.m. today in council chambers.

The City Council approved Neilsen's Canyon Park West retail and commercial development plans in January.

"I think the plan is still to ready the property for spring development," Neilsen's spokes-

woman Gillian Silver said Friday. "Discussions with tenants are continuing."

Neilsen's plans include several restaurants for his retail properties. The Outback Steakhouse has expressed an interest as has the International House of Pancakes.

No formal contracts have been signed, however.

Grading already has begun on Canyon Park East and North

sites.

In other business tonight, a new parking ordinance will be a topic of discussion.

The proposed ordinance would prohibit double parking. Violations would carry a fine up to \$50.

Times-News staff writer John T. Huddy can be reached in Twin Falls at 733-0931, Ext. 259 or by e-mail at jhuddy@magicvalley.com

MV Regional Medical Center Board to meet

TWIN FALLS - Nurses will discuss their salaries with the Magic Valley Regional Medical Center Hospital Board at today's meeting.

The meeting will begin at 6 p.m. Monday in the Sage Room of the Education Center on the medical center campus.

Advisory board will discuss Centennial Park

TWIN FALLS - The future development of Centennial Park will be the focus of today's Twin Falls County Park and Waterways Advisory Board meeting.

The board will discuss the future development of the city's downtown park.

The board will also hear public comment on a 10-year plan for the county parks. The county hopes to expand the number of parks.

The meeting will begin at 7:30 p.m. at 450 Sixth Avenue W. in Twin Falls.

Gooding commissioners to meet, hear updates

GOODING - County commissioners will discuss planning and zoning and disaster services at today's meeting.

The meeting will begin at 9 a.m. at the courthouse.

Judy Daubner will update the commissioners on various planning and zoning matters and Lori Capps will update the commissioners on the county's disaster services program.

Health Department plans Medicaid info meeting

TWIN FALLS - Medicaid's prior authorization and health care review system for mental health and developmental disability services will be the topic of a Twin Falls informational meeting Nov. 16.

The Idaho Department of Health and Welfare's Medicaid Division is holding a meeting to update Idaho residents on the development of the program.

The Twin Falls gathering, part of a series of statewide meetings, will be at O'Leary Junior High School from 6:30 to 8 p.m.

The meetings are designed to provide families, their advocates and providers with the latest information on how consumers can access services when the new utilization management process begins March 15, 2001.

For more information, call Bill Walker at 208-334-5506.

School Board discusses building problems

GLENN'S FERRY - The School Board will discuss problems with the district's new building at Wednesday's meeting.

The meeting will begin at 7 p.m. at the district office and is open to the public.

Downtown meeting focuses on tree festival

TWIN FALLS - The festival of trees will be a topic of discussion at the city's Historic Downtown meeting Tuesday.

The Historic Downtown Twin Falls Business Improvement District Committee will present a report on the Parade of Lights and will receive a presentation from Tom Proctor.

Bonnie Lezamiz will give the committee an update on Christmas decorations.

The meeting will begin at 8:30 a.m. in the second floor library room of First Security Bank in downtown Twin Falls.

Local businessman gives ag outlook talk

BURLEY - A Burley agriculture businessman will present a report on the economic future of agriculture at today's Cassia County commissioners meeting.

The commissioners meeting begins at 9 a.m. in the basement of the Cassia courthouse. Bill Mendenhall, a partner in the local grain buying company Wheatland, will speak at 3 p.m. in council chambers at City Hall.

The meeting is open to the public.

Compiled from staff reports

Learning together



Third-graders at Lincoln Elementary, Celso Lopez-Perez, 10, foreground, and Dakota Hanson, 9, get extra help after school Thursday. Twin Falls School District is offering after-school tutoring to students who need more help building foundational skills.

Twin Falls schools help students after class

By Jennifer Sandmann
Times-News writer

TWIN FALLS - After school efforts are adding up to improvements in math and other basic skills for some students who are behind and having trouble keeping up.

To help them keep up in class, the Twin Falls School District is offering after-school tutoring to students who need help. This is the third year the district has offered the program.

Lincoln Elementary School last year tracked the academic progress of students who participated. Improvements varied from an average of 32 percent in fourth grade math scores to an average of 47 percent in fifth and sixth grade math scores. Improved student reading skills varied from average growth of

19 words per minute in the fourth grade to average growth of 40.8 words per minute in the first grade.

Second-grade teacher Carole Stevens coordinated the school's tutoring program last year and prepared the growth report based on pre- and post-tutoring testing. But she said she wouldn't claim that all the growth can be attributed to tutoring. Tutoring is one piece of a larger effort.

"I think it's a significant part," she said.

Students are tutored in small groups. About 30 students now are enrolled in Lincoln's after-school tutoring program that runs for one hour after school two days a week. More students will enroll throughout the year and typically remain in the program until school closes for summer.

Students are referred by their teachers, and parents can request tutoring for their children, Lincoln Principal Beth Olmstead said. It helps catch students who don't qualify for other types of academic assistance programs. Both teachers and students have said they think the extra instruction has made a difference.

Parents must provide transportation so students can return home, which hurts the after-school program's attendance for students who can't get a ride home, Olmstead said.

Third-grade teacher Dianna Cullinan has some of the same students in third grade this year that she had in her second-grade classroom last year. In math, she said she didn't need to review a lot of addition and subtraction at the beginning of the school year.

Instead, she was able to jump in with multiplication.

"I don't feel like I have to re-teach a lot of my stuff with the kids," Cullinan said.

The improvement in math also can be attributed to the 50-In-A-Minute math drills the school uses to help students memorize basic math facts, she said.

Perrine Elementary School also conducted pre- and post-tutoring testing last school year and documented growth in student skills. Perrine also noted that tutoring is one piece of a larger effort to teach students reading, writing and arithmetic.

The district is spending \$122,100 on districtwide after-school tutoring this year. It plans to gather data from all schools this year to evaluate student progress and determine whether to continue the program.

Program benefits both students and mentors

By Aaron Brock
Times-News writer

HEYBURN - So many students, so little staff.

That, said Heyburn Elementary School Principal Nancy Kunau, is a common complaint from the teachers at her school. There are simply not enough people to give students the one-on-one instruction they need.

But a new program at the Mini-Cassia Opportunity Center is helping to change that.

Twenty MCCO students are mentoring young students at three Minidoka elementary schools. While much of the focus is on reading, they provide assistance



Ben Billings, front, a student at the Mini-Cassia Opportunity Center, helps Heyburn Elementary sixth-grader Adrian Juarez with some computer research. Billings is one of 20 MCCO students who mentor at Minidoka elementary schools.

in subjects as needed.

"This gives our students a leg up," Kunau said, noting that it provides positive role models as

well as instruction.

Since its inception in October, the program continues to grow.

"We started with 10 students, and now we've got 20," said Candace Hurst, an MCCO teacher who is spearheading the program. "Now we have a waiting list for (our next session in) January."

While elementary students get the individualized help they need, several MCCO students said tutoring has been rewarding for them.

The opportunity to help students was enough to motivate MCCO junior Tori Delgado to get involved.

Please see MENTORS, Page A6

Library celebrates reading week with storytelling

By Ruth Stretter
Times-News writer

BURLEY - To celebrate Idaho Family Reading Week, children - and adults - of all ages are invited to the Burley Public Library this week for a different storytelling activity every night.

According to the U.S. Department of Education, mothers spend less than 30 minutes a day, and fathers only 15 minutes a day, talking with their children.

Interested?

- Idaho Family Reading Week 2000 at the Burley Public Library
- 7 p.m. today: Pajama Night with Mayor Doug Manning.
- 7 p.m. Tuesday: Police officer and his friend "Crash."
- 7 p.m. Wednesday: Local radio performance.

The Idaho State Library encourages families to start changing that trend by spending time together during Idaho Family Reading

Week.

"By combining efforts and involving as many Idahoans as possible, we have a much better

chance of reaching Idaho parents with the read aloud message," said state librarian Charles Bolles.

"Reading aloud is the single most important thing parents can do to ensure their child's success in school and libraries are a great place for families to learn more together."

Each day at 7 p.m., a different activity will take place. Today, Mayor Doug Manning will host

Please see READ, Page A6

Nevada bookmobile puts on miles

By G. Andre Beglin
Times-News correspondent

ELKO, Nev. - Jackpot one day, the Carlin Honor Camp the next, Owyhee and Ely Tuscarora and Montello after that. The list goes on.

The longest bookmobile route in the country services nearly one-third of the Nevada. Despite its immaculate appearance, Elko County's bookmobile has logged 750,000 miles and has been on the road for 25 years.

The old International Harvester diesel is still loved and cherished by its caring driver, Alan Foust, but he says it's time to start looking for a new bookmobile.

Foust has been driving the 30-foot van since 1974 and is the muscle and brains behind the grueling bookmobile schedule that services readers of all ages in a four-county area.

Foust averages about 30 different stops ranging from middle-of-nowhere ranches to prison camps to gas stations where a handful of people gather in anticipation of accessing their link to the world of arts and letters, crime and punishment, sports, history, romance, fantasy and much more.

The world of books knows few boundaries when it comes to stirring the human imagination or simply informing those hungry for knowledge.

For many rural Nevadans, Foust is the bringer of that knowledge.

He has seen the look of delight on faces young and old over the years as they check out adventure novels and books for homework. For many, the bookmobile is their only link to the outside world beyond the rangelands and mountains of the vast Nevada outback.

"We service Eureka, White Pine, Lander and Elko counties," said Sara Jones, director of the Elko County Library.

Foust refuses to play favorites when asked what his favorite stop is.

"They're all great," he said. Foust did admit he really likes seeing the kids and all the folks at the Duck River Indian Reservation in Owyhee.

For them - and many others, Foust is the bookmobile.

"Unfortunately the years have taken its toll on 'old faithful' and Jones thinks it's definitely time to start raising money for a new bookmobile before the current one reaches the million mile mark.

"We could really use a new

Please see BOOK, Page A6



Nevada bookmobile driver Alan Foust said the years have taken its toll on the 30-foot International Harvester diesel and it's time to start raising money for a new bookmobile before the current one reaches the million mile mark.

MAGIC VALLEY/IDAHO

FOR THE RECORD

TWIN FALLS - Remains quiet in 5th District Court in Twin Falls County included the following:

Misdemeanor sentences City of Twin Falls

Bobby J. Whitcomb, 21, 260 Second Ave. N., Twin Falls, driving without privilege, amended to providing false information to officer, pleaded guilty, \$150 fine, 10 days' jail time, suspended, 12 months' probation, Magistrate Judge Charles Brown.

Eric T. Williams, 23, 260 Second Ave. N., Twin Falls, driving without privilege, amended to providing false information to officer, pleaded guilty, \$150 fine, 10 days' jail time, suspended, 12 months' probation, Magistrate Judge Charles Brown.

Twin Falls County

Robert Joseph King, 31, 1550 Seventh Ave. E., Twin Falls, driving without privilege, pleaded guilty, \$400 fine, with 300 suspended, 180 days' driving privileges suspended, 12 months' probation, Magistrate Judge Marvin Edwards.

Edwin R. Smith-Hurley, 51, 1122 Washington St. No. 600, Twin Falls, petit theft; pleaded guilty, \$150 fine, 30 days' jail time, suspended, six months' probation, Magistrate Judge Marvin Edwards.

White Mortuary Chapel in Twin Falls

Shirlee Ann Crystal of Rupert, service at 2 p.m. Tuesday at Hansen Mortuary Chapel. Viewing for friends and family will be from 6-8 p.m. today and one hour before the service on Tuesday at the funeral chapel.

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Services

Patricia Aldazabal Petroch of Gooding, Mass of Christian Burial at 11 a.m. today at St. Elizabeth's Catholic Church in Gooding (Demary's Gooding Chapel).

Obituaries

For obituary rates and information, call 733-0931, Ext. 278, between 2 p.m. and 5 p.m. Monday through Saturday. Deadline is 4:30 p.m. for next-day publication. Death notices are a free service and can be placed until 5 p.m. every day.

Pocatello

Dr. Sharon Belcher, Mesa, Az.; Austin "Dan" Finkins, Pocatello; Cindy Steker, Rupert; Bonnie Malton, Or.; Anthony "Tony" Finkins, Arbon Valley. He is survived by step-parents, Carma Finkins of Rupert and Wyman Finkins of Coos Bay, Or. Also stepbrothers, James and John Weatherford, Ok.; Roger Holm, Nv.; step-sisters, Theresa Raley, Las Vegas and Eileen Jensen, Rupert.

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Idaho high school mascot to represent boys and girls

RIGGINS (AP) - When Salmon River High School students decided last year to sidestep a potential discrimination lawsuit and change their school mascot and logo, they had no idea they would make history.

DEATH NOTICES

James Ambers, 87, of Buhl died Sunday Nov. 12, 2000 at the Magic Valley Regional Medical Center.

Beverly A. Grammer, 62, of Gooding, died Saturday, November 11, 2000 at her home of an extended illness.

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LISTINGS

THROUGH NOVEMBER 16
TUESDAY, NOVEMBER 14-6:00PM
Household - Tools - Antiques
Consignments Welcome - Jerome
KLAAS AUCTION BARN
208-324-5521

THURSDAY, NOVEMBER 16-10:00PM
Curry Car Care - Automotive Shop Equipment
Liquidation - Twin Falls
Advertisement - November 11 - Ag Weekly - November 12 - Times News

FRIDAY, NOVEMBER 17-8:00PM
Sawtooth Donated School Benefit Auction
Vacations - Donated - New Items - Twin Falls
HUNT BROTHERS AUCTION
208-734-2848

SATURDAY, NOVEMBER 18-11AM
BA Mega Estate Model Autos - Tools
Household - Twin Falls
Advertisement - November 16
ALL AMERICAN AUCTION CO.
www.auctionidaho.com

SATURDAY, NOVEMBER 18-10:00PM
Auto Auction - Twin Falls
Preview Daily 9-11am, Mon-Fri
HUNT BROTHERS AUCTION
208-734-2848

SATURDAY, NOVEMBER 18
Wendy Wardell - Hay/Hauling Business
Trucks - Trailers - Gooding
Advertisement - November 15
MASTERS AUCTION SERVICES
www.mastersauction.com

SUNDAY, NOVEMBER 19-12:00PM
Auto Auction - Twin Falls
Preview Daily 9-11am, Mon-Fri
MASTERS AUCTION SERVICES
www.mastersauction.com

SUNDAY, NOVEMBER 19-12:00PM
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NEED HELP WITH QUICKBOOKS? Call Lisa at 737-0087 TRAINING, SETUP & SUPPORT

Cattlemen's STEAK WEEK A unique menu featuring a variety of prime steaks. NOV 13-18 FROM 5PM

Professional Hearing Aid Services 260 Falls Ave., Twin Falls, ID 3301 East 16th St., Burley, ID 83405 734-2900 • 678-7600

Classifieds 733-0931

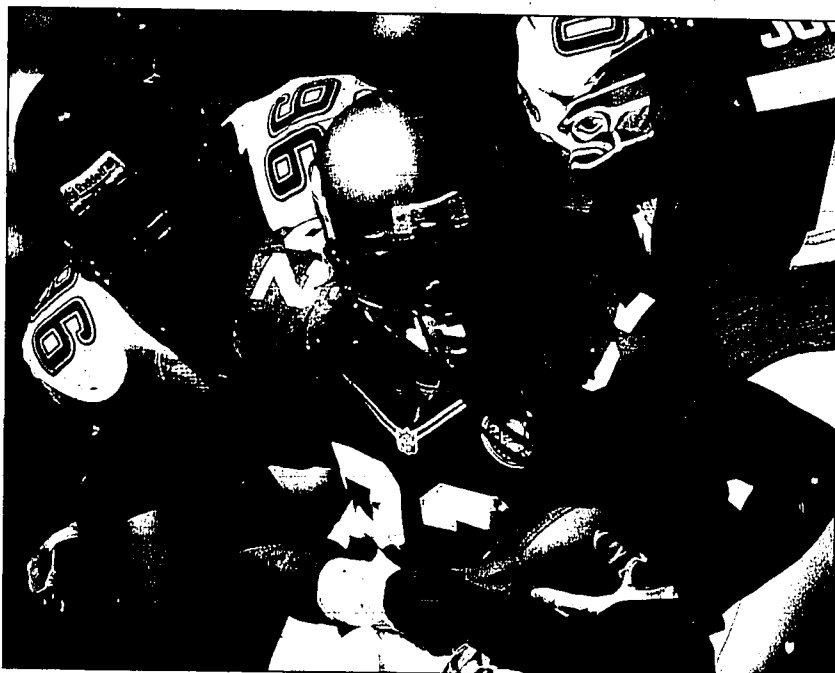
MORNING LINE

SPORTSQUOTE

“ Frustrated is when you pull your hair out. I ain't got no hair, so I ain't really frustrated. It's aggravating like a thorn in your side. Like something in your teeth that you can't reach, but you keep reaching your tongue back there, you know? ”

— Kevin Garnett's take on the penalties imposed on the Minnesota Timberwolves by Commissioner David Stern

Goal-line stand



Ricky Watters of the Seattle Seahawks runs for a short gain as the Jaguars' Gary Walker attempts to bring him down Sunday. The Seahawks won 28-21.

TRIVIA

QUESTION:

Which Pacific 10 schools share the dubious distinction of having finished 0-8 in final conference football standings?

...answer below

TODAY'S SCHEDULE

High school girl's basketball
Magic Valley Christian
at Ketchum, 6 p.m.
Dietrich JV at ISDB, 6 p.m.

IN BRIEF

NHRA professional finals a top draw

Pomona, Calif. — Close to 135,000 people showed up Sunday night in Pomona, Calif., to watch the championships of the 36th annual NHRA finals and they didn't leave disappointed. Gary Scelz of Los Angeles set the track on fire in the Top Fuel dragster division with a 4.54 second run at 318.75 mph to claim the championship in the standing quarter mile.

Scelz's 700-horsepower dragster was too much for runner-up Tony Schumacher of Chicago, who's U.S. Army sponsored car turned in a time of 4.76 at 316.09 mph eclipsed that of second place finisher Bruce Sarver.

In the Pro Stock division, Kurt Johnson of Sugerville, Ga. bested Columbus, Ohio native Jég Coughlin with a time of 6.85 at 200.54 mph.

Toyz for Kids touney needs teams

GOODING — Teams are being accepted for the Third Annual Toyz for Kids Volleyball Tournament on Saturday, Dec. 2 at Gooding High School. Registration is \$75 and one new toy per team, with four skill levels being offered at the day-long event. Proceeds will help purchase Christmas presents for underprivileged children. To register, or for more information, call Pam Perreault at 735-4124 or 324-0254, or Kenny at 536-6273.

Old Pirates sought for Hagerman alum game

HAGERMAN — The Hagerman Broster Club is holding an all-school Alumni Basketball Game on Saturday, Nov. 25 at 4 at Hagerman High School. All Hagerman alumni are welcomed and encouraged to play. To find out more about playing or for more information, contact Kim White at 837-6110.

TRIVIA ANSWER:

Oregon State, 1980, '95 and '97, and Washington State, 1998.

Two stops by the Seahawks breathe new life into season

The Associated Press

JACKSONVILLE, Fla. — Jon Kitna, comeback king? Seattle Seahawks, big-play defense? It looked that way Sunday as Seattle stopped Jacksonville at the 1-yard line with no time remaining to hang onto a 28-21 victory.

The final stop came just moments after Kitna threw a 4-yard pass to Ricky Watters with 2:01 left for the caper to a rally from 14 points behind.

In a crazy ending to a back-and-forth game, Seahawks safety Reggie Tongue got called for pass interference in the end zone with

NFL, Page A8

no time left. That brought the ball to the 1 and extended the game by one play.

Mark Brunell looked for Alvis Whitted, but the two got their signals crossed after Brunell audibled on what was supposed to be a quarterback sneak. The ball fell harmlessly, giving Seattle (4-7) the victory.

"Somebody had to make the great plays and had to make a goal-line stand," Seahawks coach Mike Holmgren said. "And today they did it. I'm very proud of them."

The Jaguars (3-7) saw any hopes of salvaging their season end in a mistake-prone game. The players weren't the only ones to blame.

On the last play, the Jaguars had Whitted in a spot where Pro

Bowler Jimmy Smith should have been.

"It was not Alvis' fault," Jaguars coach Tom Coughlin said. "That's my fault."

Coughlin also shouldered blame for a questionable decision with 13:40 left. He passed up the sure go-ahead points and decided to go for it on fourth down from the 1 with the score tied at 21.

Fred Taylor got stymied, and the Seahawks moved from the shadow of their goalposts to regain the field-position advantage. They also recaptured the confidence that had been tilting Jacksonville's way.

The Jaguars now start thinking about rebuilding, and it seems everybody will be under scrutiny. "It's everybody's future," Jaguars receiver Keenan McCardell said. "You've got to get better, and if you don't, you can't play in this league, period."

After falling behind 21-7, Kitna led the Seahawks on a 67-yard touchdown drive, capped by a 15-yard pass to Sean Dawkins at the end of the first half.

Jacksonville opened the third quarter with an impressive drive, but committed its only turnover when McCardell fumbled. Seattle answered with another touchdown to tie the game.

On the winning drive, Kitna moved the Seahawks 67 yards in eight plays, including a 29-yard pass on third down to Dawkins, who was in single coverage against rookie Kiwaukee Thomas. Four plays later, Watters caught the go-ahead touchdown.

Watters had 66 yards rushing and 61 receiving, and scored two touchdowns as the Seahawks won their second straight after losing five in a row. Holmgren will give them the entire bye week off for that.

MILE HIGH MONDAY

History of two franchises fuels feud

Knight Ridder

DENVER — For the networks, it's a perfect combination of two proven formulas: soap operas and reality TV. That's why the Broncos and Raiders have played during prime time seven times since 1992, and on Monday night five of the past six years.

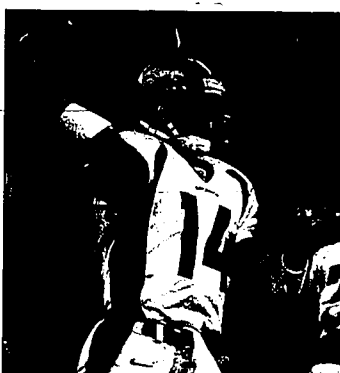
Television writers can't come up with better cliffhangers, plot twists and oddball endings. And when Denver and Oakland play, nobody is acting.

"The Raiders, everybody's always hated them," defensive tackle Keith Traylor explained last week. "The Broncos (5-4) and Raiders (8-1) renew their rivalry tonight, the final night game for Mile High Stadium. The Broncos, typically diplomatic when discussing opponents, struggle to hide their long-standing disdain for the Raiders."

"I think it's because of the arrogance of the Raiders in years past," Oakland receiver Tim Brown said. "And I'm sure our vaunted owner hasn't helped the situation at all."

Ah, yes. While games in late 1970s and 1980s usually determined playoff fates for the two clubs, the real wars have come in the past 12 years.

A rising Denver assistant named Mike Shanahan was hired



Monday Night Football

Oakland (8-1) at Denver (5-4),
7 p.m. (ABC)

by Raiders owner Al Davis in 1988 to coach his team. It was a match made in hell, and Davis fired Shanahan four games into his second season.

Shanahan rejoined the Broncos as an assistant. The Raiders won

11 of the next 12 meetings. Shanahan's hatred — and that's not too strong a word — for Davis and his organization swelled as the two argued about money

Please see FEUD, Page A8

Canadian express



Canadian golfer Mike Weir tees off during the last round of the American Express golf Championship Sunday. He went on to win the event by two strokes.

Weir turns away Tiger to claim \$1 million prize

The Associated Press

SOTOGRADE, Spain — Clinging to a two-stroke lead, Mike Weir climbed the crest of the 17th fairway just in time to watch another horror show unfold at Valderrama.

There was a grim-faced Tiger Woods, stomping away from the small pond that not only swallowed up another seemingly perfect shot, but also his chances of becoming the first player in 50

More than bragging rights

Rivalry games will decide bowl berths

The Associated Press

Rivalry Week has arrived, and not a moment too soon.

With computer madness kicking off arguments, glare over which teams are worthy of playing for a national title — for now, Oklahoma's in the lead, with Miami and Florida State right behind in the BCS standings — let's not forget what college football is really all about: braggin' rights, baubles and

There will be no shortage of prizes awarded next Saturday, and a few winners are sure to earn even more rewards. From The Game to the Big Game, the Iron Bowl to the Civil War, the Apple Cup to the Old Oaken Bucket — and more, there's plenty at stake.

No. 4 Florida (9-1) at No. 3 Florida State (10-1): Governor's Cup aside, this is the biggest game of the week in the world of the Bowl Championship Series. The Seminoles, 35-6 winners over Wake Forest on Saturday, have won a BCS game and a win over the Gators gives them a strong chance at defending their national title in the Orange Bowl on Jan. 3. Florida, SEC East champs after a 41-21 win over South Carolina, needs to win in Tallahassee, then take the SEC title game on Dec. 2 to make a claim for the national crown.

No. 5 Oregon (9-1, 7-0 Pac-10) at No. 8 Oregon State (9-1, 6-1) in the biggest Civil War game ever: The Ducks, who beat California 25-17, will be Pac-10 champs and head to the Rose Bowl with a win; the Beavers, 33-9 winners over Arizona, go the Rose Bowl for the first time since 1964 if they beat the Ducks and Washington State (4-6, 2-5) upsets No. 6 Washington (9-1, 6-1) in the Apple Cup game. Washington goes with a win over the Cougars and a loss by the Ducks.

In the Big Ten, there's a four-way tie for first place: No. 17 Purdue (7-3, 5-2), despite a 30-10 loss to Michigan State, earns its first Rose Bowl berth since 1966 with a victory at home over Indiana (3-7, 2-5) in the traditional game for the Old Oaken Bucket.

Please see RIVALRY, Page A8

Golf

years to win 10 times on the PGA Tour. Moments earlier, Nick Price was on one shot out of the lead until he was spooked into hitting two balls into the water.

Weir made sure he was only a spectator. With a deft par save from behind the green, the 30-year-old Canadian coasted home for a 3-under 69 and won the American Express Championship on Sunday, turning back Woods and a host of others to earn the \$1 million prize.

Please see GOLF, Page A8

SPORTS

Hurricanes handle Senators in 4-0 win

RALEIGH, N.C. (AP) — Shane Willis scored two goals, including one just nine seconds into the game as the Carolina Hurricanes beat Ottawa 4-0 Sunday in the Senators' third consecutive loss. Willis' goal in the opening seconds was the fastest in franchise history. Willis scored his sixth goal of the season 1:08 into the third period and added an assist.

second period, for the Thrashers, 2-0 in their last six road games. Donald Audette added two assists.

Offers 5, Wild 4 ST. PAUL, Minn. — Doug Weight had five points, including the game-winning goal 1:24 into overtime, as Edmonton led Minnesota and ended a three-game losing streak. Weight also had four assists for Edmonton.

Pistons fire on all cylinders to down Seattle

AUBURN HILLS, Mich. (AP) — Jerry Stackhouse scored 38 points to lead the Detroit Pistons to a 101-92 victory over the Seattle SuperSonics Sunday night. Detroit squandered a 21-point lead, but used a late 15-6 run to seal the win.

straight game. Lawrence Einderburke scored 14 points, Doug Christie added 13, and Jason Williams finished with 12 points and seven assists for the Kings, who led by 13 points at halftime and scored the first 11 points of the third quarter.

pered by back spasms, went 10-for-18 from the field, while Greg McClood had 12 assists for the Clippers. Lamar Odom was held to 10 points on 4-for-10 shooting.

Capitals 2, Thrashers 2

WASHINGTON — Ken Klee scored his first goal in 20 games midway through the third period as Washington rallied to earn a tie with Atlanta.

Coyotes 2, Rangers 0

NEW YORK — Sean Burke stepped 39 shots in his 24th career shutout and Shane Down and Teppo Numminen scored as Phoenix snuffed New York's three-game winning streak.

Red Wings 3, Mighty Ducks 2

ANAHEIM, Calif. — Brendan Shanahan scored twice on power plays as Detroit extended Anaheim's losing streak to four games and its winless slide to seven.

Kings 109, Mavericks 84

SACRAMENTO, Calif. (AP) — Peja Stojakovic scored 28 points and Chris Webber added 23 points and 13 rebounds as Sacramento won its fourth

Nuggets 95, Clippers 79

DENVER (AP) — Antonio McDyess had 22 points and 13 rebounds, and reserve Voshon Leonard added 19 points as Denver beat Los Angeles for the fourth time in five games.

Magic 105, Warriors 99, OT

OAKLAND, Calif. (AP) — Tracy McGrady scored 17 of his game-high 24 points in the second half as Orlando beat Golden State and snapped a two-game losing streak.

SCORES AND STATS

IN THE BLEACHERS By Steve Moore



"Try putting it forward, then quickly shove it into reverse."

NATIONAL BASKETBALL ASSOCIATION Standings table with columns for Team, W, L, PCT, GB, and Home/Away records.

BASEBALL Standings table with columns for Team, W, L, PCT, GB, and Home/Away records.

ICE HOCKEY Standings table with columns for Team, W, L, T, PCT, GB, and Home/Away records.

FOOTBALL Standings table with columns for Team, W, L, T, PCT, GB, and Home/Away records.

BASEBALL Standings table with columns for Team, W, L, PCT, GB, and Home/Away records.

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World Championship

World Championship Golf Standings table with columns for Player, Score, and Par.

Senior Match Play

Senior Match Play Golf Standings table with columns for Player, Score, and Par.

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OTHER VIEWS

America will survive this strange election

From the Chicago Tribune

Days after a presidential election, no one knows for certain who won. Lawyers for both the Democrats and Republicans are crawling all over Florida to determine who will head the United States government. We may not get an answer for weeks. And the candidate who wins the most votes may well be denied the presidency.

Yet, blessedly, in the face of such uncertainty, Americans are basically content to let the game play out as the rules say it should. There is no sense of crisis as might engulf a less stable nation. This will get sorted out. There will be an inauguration on Jan. 20. And along that way we'll learn some things about this nation, its leaders, its opinion-makers and its people. This is not a deeply divided nation, but it is a nation that approached Election Day with ambivalence. Americans weren't sold on George W. Bush or Al Gore. The next president will step into the White House with the sobering knowledge that a majority of voters preferred someone else.

Bush and Gore right now are concentrating on Florida. They should, as well, be thinking about the hurdles either one will face in governing.

Depending on the outcome of one last race in Washington state, the next president may have to deal with a symmetrical Senate: 50 Democrats and 50 Republicans. The new House is almost equally divided.

If there is a mandate from Tuesday's vote, it is that neither party has a man-

date much beyond this: It's time to get past the deep partisanship of the last several years. The new president would be smart to copy President Clinton, who made an overture to the opposition after his re-election by appointing a Republican, former Sen. William Cohen, as secretary of defense.

This isn't a call for parliament-style coalition government. The two-party system has served this nation extremely well. There will be one winner, one party controlling the White House. But that party should make an overt acknowledgment that the other party had significant - or even superior - support from voters.

That brings us to the Electoral College. There is a strong possibility that, for the first time in 112 years, the candidate with the most popular votes will lose the election. Although George Bush received fewer popular votes than Al Gore, Bush will carry the Electoral College (barring unanticipated shenanigans by rogue electors) if he wins Florida.

If Bush becomes president, the Electoral College will be cast as villain. Even before the balloting, the elector system was under assault from political leaders who seek a constitutional amendment to abolish it.

That would be a mistake. The Electoral College keeps campaigns from being fought only in populous urban areas, leaving the rest of the U.S. to watch on television. This system brings the battle to millions of otherwise uninvolved Americans. It should be preserved.

Americans are basically content to let the game play out as the rules say it should. There is no sense of crisis as might engulf a less stable nation. This will get sorted out.



Confusion may have been decisive vote

JIM SPENCER

Now that it looks as if the United States will be led for the first time in more than a century by a president who lost the popular vote, the predictable fight over whether voters should directly select their most important leader has begun. But at this point, that weighty debate threatens to overshadow an even greater irony.

The closest U.S. presidential election in modern times seems to have been determined not on the issues of Social Security, Medicare, tax cuts, education, defense spending or foreign policy. The campaign contributions of special interests didn't turn the tide. Neither did corruption or fraud.

Instead, confusion may have decided who will lead the most powerful nation on Earth.

In Florida, the state that seemed to put Republican George W. Bush in the White House by a margin of less than 250 votes at press time, election officials threw out 19,120 incorrectly marked ballots in a Democratic stronghold, Voters in Palm Beach County struggled to figure out which hole to punch in a so-called "butterfly" ballot that wasn't used in other localities. The butterfly ballot listed candidates side by side and ran a single line of holes down the middle.

Democratic voters skipped the first hole, which was for Bush. Some obviously assumed the second hole was for Gore, whose name was directly under Bush's on the ballot. It wasn't. It was for Reform Party candidate Pat Buchanan. It now appears that some of those who thoughtlessly or mistakenly punched the second hole tried to correct things by punching the third hole, which was for Gore.

All they succeeded in doing was disqualifying their ballots by simultaneously selecting two people for president.

Some 3,000 other would-be Democrats

may have punched the second hole only, giving their vote to Buchanan in an area where he normally would run only slightly better than Osama bin Laden.

Buchanan, to his credit, understands most of these people probably didn't mean to vote for him and says he doesn't want their votes.

But right now, this collective blunder comprises the margin of victory for the presidency of the United States. And while the law allows the disqualified and confused voters of Palm Beach to sue, the ability and willingness of the legal system to let them re-cast their votes or adjust the existing ballots is by no means sure. Florida law reportedly requires candidates' names listed in a line, rather than side by side. Still, Democratic officials approved the Palm Beach ballot before the election.

The problem is, laws aim to thwart fraud and misconduct. They may try to legislate clarity. At some point, though, voters assume responsibility for their actions.

Also, because America uses secret ballots that don't include anyone's name except the candidates', it will be impossible to identify with legal certainty who cast ballots that selected both Buchanan and Gore. The only alternative is to let everyone in Palm Beach County vote again or to ask a state court judge to adjust vote counts. A Florida judge made such an adjustment in a recent mayoral election in Miami.

Either move will draw rows of protest from Republicans, and with good reason. A re-vote in Palm Beach all but assures Al Gore's election.

The fairest solution might be to let everyone who voted Tuesday in Florida to vote again.

While the legal system will squirm justifiably at allowing a huge second bite at the apple, such a radical solution would inspire tantalizing prospects in democracy. Everyone would know his or her vote truly counted. A Florida re-vote could fire up the whole country for years to come.

In the end, however, that may not happen. If it does, the political re-minations and the myriad court appeals probably will leave a bad taste in everyone's mouth. But this crisis will produce changes. Expect the butterfly ballot to return permanently to its cocoon. Expect a personnel shake-up among certain election officials who approved the ballot. Expect hand wringing from both sides about how unfair this was. Above all, expect lingering legal battles that will cast a pallor over the next presidential administration.

But at the end of the day the only realistic outcome is an unspoken caveat. It comes from a group of people who saw the most important votes of their lives turn them from heroes of democracy to the butt of a cruel joke. The punch line of that joke teaches every American a lesson about assertiveness at the polls: Don't understand what to do? Take your time and ask for help.

Of course, that's easy to say in hindsight. When we're standing in the voting booth with hundreds of people waiting impatiently outside and election workers hustling us along, none of us wants to appear stupid. But now we know:

Jim Spencer is a columnist for the Newport News Daily Press, 7505 Warwick Blvd., Newport News, Va., 23607.

The Times-News

Stephen Hargren, Publisher

Clark Walworth, Managing editor Mike Snel, Advertising director

The members of the editorial board and writers of editorials are Stephen Hargren, William Brock, Clark Walworth, Steve Crump, Kevin Richard and Dan Fields.

LETTERS

Get-well-cards rallied determination

Our earlier request for support in the form of cards and letters for George McAdams was a resounding success. Not only have George and Coral received enough correspondence to re-paper his hospital room, George has rallied and is responding favorably to his new bone marrow.

To further inform those who have been so supportive and caring, George received his new bone marrow from his brother, Larry, on Oct. 14, which happened to be George's birthday. You could say it was the gift of a lifetime. Close friends and relatives visited briefly during the day. Coral and Gary Stone were with him during the procedure. When it was finished, they had a birthday party - sort of. Oct. 17 was Coral's birthday and Oct. 18 was Gary's, so all three were celebrated in George's hospital room. After the bone marrow transplant, there is a waiting period of 100 days to ascertain if it is truly a success. Now is when George's will and strength really get tested. Thanks to the continuing support he's receiving, he has a renewed determination. I think maybe it's not unlike Rulon Gardner, a recent Idaho-connected Olympic gold-medal wrestling winner. He said he wasn't going to let fear and his opponent's famous reputation scare him, and he won the most amazing victory of the Olympic competition.

I believe George McAdams has that same fierce determination toward his foe. The 100-day countdown began on Oct. 14. As of Oct. 30, George was responding well, his blood count was improving and we were actually able to speak to him on the phone for a few minutes. Another re-let-

ter day!

George and Coral have asked us to please convey their heartfelt gratitude for all the support they have received from all of you. They say they don't know how they will repay everyone, and I told them I was sure they were receiving back what they had given through all their years of teaching, public service and helping kids.

Say tuned for further updates; keep these cards and letters coming, and help us count down the days until George will be released from hospital.

Send mail to: George McAdams, in care of Earl McAdams, 9112 120th Ave. SE, New Castle, WA 98056.

BEV AND GARY STONE
Kimberly

Caught red-handed

To the inconsiderate, ignorant thief who stole the disability card out of my car Nov. 3 between 2:30 p.m. and 5 p.m.:

Congratulations, you were caught on tape. In your haste to steal the card, I guess you never saw the security cameras. As I sit here writing this, the assistant manager at Wal-Mart is looking at the tapes. When you appear, we will have a composite to give to the police.

We, the handicapped, do not receive these cards unless a doctor certifies that we are disabled, then we have to apply for a card and pay for it. It may not be costly to most people, but it is to us that are living on meager checks.

Shame be on you. As soon as a picture of you is printed, it's up to me to give it to the police.

BETTY SCHLUND
Jerome

Dairy supply and demand

Dairy lobby politicians Grindstaff, Brockman and Sandy have said no more bad dairies and dairies and they promise to clean up the existing stinking mess. I doubt it and here is my forecast: At a 10,000-cow dairy water rights transfer - hearing one year ago, several "expert" university witnesses testified under oath that the dairy would not pollute and the market would not be cyclical. Today, we have cyclical low milk prices and a lawsuit because of severe odor pollution!

There is a perverse syllogism at work here, dairy by dairy, processor by processor: The burdensome presence of polluting overcapacity has quickened the price competition and threatens individual market shares, but the only obvious industry response is to create more new capacity - that is, expand Jerome Cheese, WestFarm Foods, et. al., and add

200,000 more cows' worth of pollution to Magic Valley.

The resulting surpluses will then be lamented by the dairy lobby but generally regarded as a revolutionary condition beyond anyone's control.

According to Ricardo's theory of comparative advantage, the free market would solve this problem but, unfortunately, today's world is ruled by global advantage and not a free-market system. There is an unlimited and expanding world supply of fixed, poorly paid global labor that is government controlled, so who will buy all of this exponentially increased supply of cheese - nobody? The ever-increasing supply will continue to destabilize Magic Valley's one-industry economy. Now that 1,700 out of 2,600 dairies have gone out of business under the sword of these mega-thousand cow, immigrant dairies, have we solved the economic or pollution problem? No,

because the world demand does not have dairies to purchase production and the dairies don't have money to fix the pollution.

In the short run, the government will tax you to subsidize stinking, ever-expanding, untreated sewer lagoons that will preclude any local economic diversification, to buy these surpluses to give away in aid programs, et. al., to build paved roads for new producers, to allow processors to avoid paying taxes on fines like Jerome, to cover pollution-induced property devaluations, to make social welfare payments to broke dairymen and laid-off employees, to pay for a multiplicity of milk subsidies and then, finally, your last tax dollars will pay for dairy "buy out" programs to shut down the excess production. A sad commentary on leadership!

MAX HATFIELD
Dallas, Texas

LETTER

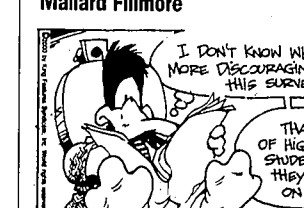
Doonesbury



By Garry Trudeau



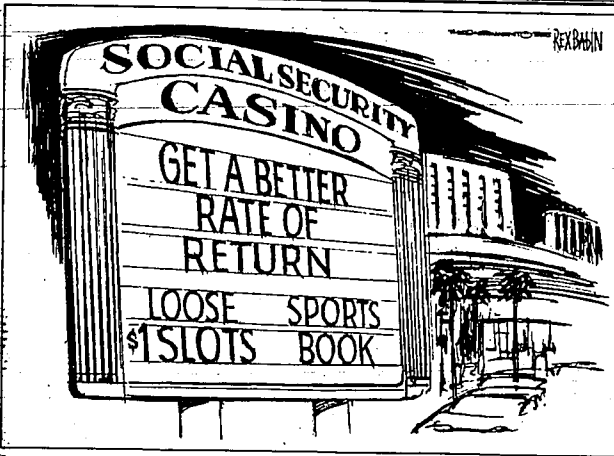
Fillmore



By Bruce Tinsley



OPINION



There's no place like Florida for wild political irregularities

Once again the eyes of the world are on Florida, where once again they are getting poked with a sharp stick.

To those who have lived in Florida and know and love it for the fabulous entertainment it provides, two things come as no surprise: first, that the closest presidential election in recent history would wind up hinging on the voting in this state; and second, that there would be allegations of "irregularities."

Florida breakfasts with irregularities, and spits.

Two years ago, Miami Mayor Xavier Suarez - affectionately called "Mayor Loco" because of idiosyncrasies that included unannounced late-night visits to constituents in his bathrobe - lost his job when it was revealed that his election involved many absentee ballots cast by persons who were technically dead, or in other ways unaware that they had voted.

And so Suarez's opponent became the new mayor. That would be Joe Carollo - affectionately called "Crazy Joe" because of past idiosyncrasies that included publicly challenging a political opponent to a duel.

For a time in the early 1990s, the publisher of the Miami Herald was so afraid of reprisals from right-wing elements of the Cuban American community that - at the advice of the FBI - he began starting his car with a remote-control device from inside his house. This same publisher later publicly mulled running for governor, a decision regarded as so intemperate and unwise he was accused of lunacy, in print, by the star columnist of his own newspaper.

Florida's most recent bizarre national publicity, of course, involved the matter of Elian Gonzalez. Elian was the little boy from Cuba who washed ashore and was adopted by relatives who refused to surrender him to his father, lionized for this act by a Cuban American community that worshipped the boy as a sort of messiah. It was during this contretemps that the telegenic young mayor of Metro Dade, Alex Penelas - looked to for calming civic leadership - stood on a street corner and absolved the city of blame if the populace, in righteous and justified indignation at the foul actions of Attorney General Janet Reno, rioted.

One of the calmest public voices during the Elian matter was Police Chief Donald Warshaw, widely praised nationally for having defied local authorities to help coordinate a peaceful rescue of the boy. Warshaw has since been indicted on charges that he looted a police charity and pension fund to pay for lavish dinners, hockey tickets, out-of-town trips, gifts to his girlfriend, and hours and hours of phone sex services.

And consider Alcee L. Hastings Jr., a federal judge from South Florida indicted in 1982 on charges that he conspired to accept bribes. A local jury acquitted him, but not long afterward he was impeached, based on the same evidence and then some, by

GENE WEINGARTEN

the House of Representatives, which didn't have much doubt of his guilt. The vote was 413 to 3. Then the Senate convicted him,

and Hastings lost his job. No problem. He simply ran for Congress. He won. He's still there, having been most recently reelected Tuesday. It wasn't close. No need for a recount.

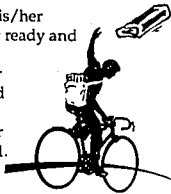
Gene Weingarten wrote this commentary for The Washington Post.

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NATION

Israeli prime minister visits Clinton

Leader holds little hope for peace

WASHINGTON (AP) — President Clinton was making another appeal Sunday to end the violence in the Middle East, meeting at the White House with Israeli Prime Minister Ehud Barak three days after a visit with Palestinian leader Yasser Arafat. Barak, whose trip was delayed after twice reversing his plane's course due to a hijacking crisis at home, has offered little hope the meeting could help to end the bloodshed that has killed nearly 200 people in the past six weeks. The Israeli leader is looking for



Ehud Barak

Clinton to put heat on Arafat to make a public declaration that the Palestinians should not attack Israeli soldiers and civilians.

But Arafat was defiant at an Islamic summit conference in Qatar, where Saudi Arabia, considered moderate by the United States, joined in a call on Muslim nations to cut any ties with Israel.

Arafat said the Palestinians "are determined more than ever to continue their jihad and the resistance of the occupation."

The violence has shattered what remained of Clinton's hopes for a settlement before his term ends in January.

Arafat, who held discussions Thursday with the president, indicated afterward that he would consider another Middle East summit, with Clinton as host, provided it was well-prepared "to ensure its success." And that, the Palestinian leader said, meant on accord on both Jerusalem and refugees.

Barak has refused to turn over East Jerusalem to the Palestinians, but offered them a larger role in running their daily affairs in Israel's declared capital. He has called a time-out in peace-making until the violence ends.

'Charlie's Angels'

stays top movie

LOS ANGELES (AP) — The angels banished the demons at the box office.

"Charlie's Angels" took in \$25 million to remain the top movie for the second straight weekend, leaving Adam Sandler's satanic comedy "Little Nicky" with a second-place debut, according to studio estimates Sunday.

"Little Nicky" grossed \$18.1 million, so-so numbers considering Sandler's last two comedies, "The Waterboy" and "Big Daddy," opened with about \$40 million each.

"Men of Honor," based on the true story of the Navy's first black master diver, opened at No. 3 with \$14 million.

Docs hope to make old hearts young

NEW ORLEANS (AP) — Doctors may soon be able to rejuvenate weakly pumping hearts by creating brand-new muscle and blood vessels fashioned from cells scavenged elsewhere in patients' bodies, new research suggests.

The idea is to repair the hearts of victims of congestive heart failure, a condition that afflicts nearly 5 million people in the United States, by recreating heart tissue damaged by heart attacks and the wear and tear of aging.

Several new reports on this approach were presented Sunday at the annual scientific meeting of the American Heart Association. Although most of the research is still being done in animals, French researchers described one attempt to patch a man's heart using muscle gathered from his thigh.

Heart failure occurs when damage to the heart muscle weakens the organ's power to pump blood forcefully enough. Although medicines can help, many victims suffer crippling shortness of breath, lack of stamina and swelling of the legs.

In the French case, first made public last month, doctors treated a 72-year-old man with severe heart failure resulting from a heart attack, which left his main pumping chamber scarred and disabled.

Under local anesthesia, they removed a bit of muscle from his thigh, then grew it in the lab to create millions of contracting cells called skeletal myoblasts. On June 15, they transplanted 800 million of these cells with a needle into and around the heart scar.

Alzheimer's victims under 65 claim discrimination

Knight Ridder News Service

MIAMI — The Alzheimer's Association, which traditionally has focused on the millions of senior citizens with Alzheimer's disease, now has another concern: the hundreds of thousands of people under age 65 stricken by the debilitating brain disorder.

While the disease has always claimed many middle-age victims, their needs are eclipsed by seniors, who can participate in a host of programs funded by the Older American's Act. The federal funds help only those older than 60.

Larry De Vico, whose 54-year-old wife, Maryann, was diagnosed with Alzheimer's disease two years ago, says that is age discrimination.

The De Vicos face a double-whammy typical to early-onset Alzheimer's disease, which occurs in people under 65. The disease sidelined Maryann's ability to hold a job, leaving Larry, who works at an auto air-conditioning shop, to pay all the bills.

The Alzheimer's Association concedes that more needs to be done for the early-onset population — estimated at anywhere from 200,000 to 400,000, between 5 percent to 10 percent of all those diagnosed with the disease.

For Larry De Vico, finding affordable day care for Maryann has proved a challenge. If she were older than 60, she'd be eligible for free services under the Older American's Act. Instead, the couple is looking at an \$800 monthly day-care bill, about half of De Vico's monthly income.

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The election that will not go away

We here in the news media have an announcement to make.

It turns out we made a few teeny mistakes in our coverage of the presidential election. Oh, we were correct on all the big stuff, such as what day the election was held, the names of the candidates and how many total states there are. But we messed up on some of the minor details, such as who, technically, got elected president.

This happened because, here in the news media, our focus is on speed. When we get hold of some new and possibly inaccurate information, our highest priority is to get it to you, the public, before our competitors do. If the news media owned airlines, there would be a lot less concern about how many planes crashed, and a lot more concern about whose plane hit the ground first.

Nowhere is the speed competition more fierce than among the TV news operations. This is why if you decided - God help you - to stay informed on election night by watching television, you saw the following sequence of events:



HUMOR
Dave Barry

• First, the major networks confidently declared, based on a careful analysis of the votes of approximately four people, that Al Gore had won Florida.

• A little while later, the networks announced that - Whoops! - Gore had not won Florida.

• Still later, the networks confidently declared that George W. Bush had won Florida, and therefore the presidency.

• Next, the networks explained, in some detail, how they had done it, and what he would be the first president of the United States.

• Then the networks declared that - Whoops again! - Bush had not won Florida.

• Then the networks declared that the World Series was actually won by the Mets.

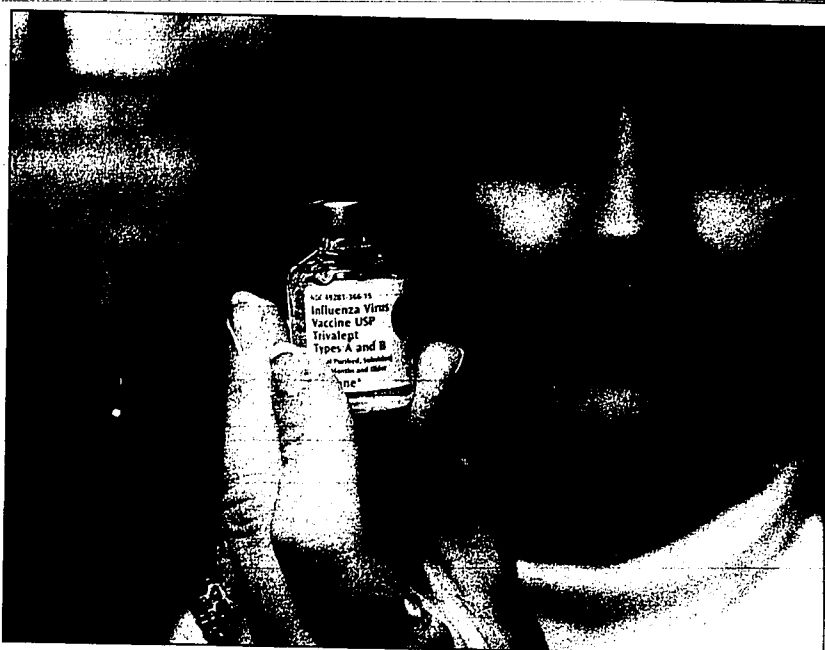
OK, I made that last one up. But all the other stuff actually happened. In other words, if you had hoped to inform yourself about the most important story in the world by watching network TV news - the most expensive and sophisticated news-gathering operation in history you actually wound up less informed than if you had spent the night staring at your refrigerator.

I am not saying the newspapers did any better. Oh, we tried to get you the story. We were in constant contact with our news sources. The problem is, our news sources are (Don't tell anybody!) the TV networks. So we were just as confused as anybody else, which is why any edition of *The Miami Herald* had a front-page headline declaring that the election had been won by the late Hubert Humphrey.

In fact, as I write these words, nobody knows who won the presidential election, because nobody knows who won Florida. We're having a recount, which should be pretty entertaining, because Florida's No. 3 industry, behind tourism and skin cancer, is voter fraud. Here in Miami, we've had elections where the dead voters outnumbered the live ones. Elsewhere in the state there have been reports of irregular voting procedures, including one Palm Beach County precinct where the "ballots" given to voters were actually pizza coupons. (As of right now, Extra Cheese holds a slim lead over Pepperoni, but Tip Ruzart says it is "still too close to call.")

So this election, which the nation had desperately hoped would be over by now, is going to drag on - nobody knows how long - because of Florida. We're here a really popular state right now. It wouldn't surprise me if, after this is all over, we get voted out of the union. That really would be a shame. Because I think Hubert Barry is going to make a damned good president.

Dave Barry is a humor columnist for the *Miami Herald*. Readers may write to him at the *Miami Herald*, One Herald Plaza, Miami, Fla. 33132.



A public health nurse in Lorain, Ohio, displays a vial that contains 10 doses of flu vaccine. Supplies of the vaccine have been delayed by production problems, and healthy folks in south-central Idaho may not be able to get flu shots until December.

Waiting for the flu

Can't get vaccinated yet? Wash your hands

By Steve Crump
Times-News writer

TWIN FALLS - The flu typically arrives with the holidays in south-central Idaho, and Dr. Robert Lobb wonders about the size of the welcoming committee this year.

"It's still worthwhile to get a flu shot if you can't get it until December," said Lobb, a pulmonary specialist at the Twin Falls Clinic & Hospital. "But if it's anything like a normal year, we'll probably see some cases of the flu by then."

What concerns Lobb is that enough people who normally get flu shots in October and November may have missed them to give any flu outbreak a head start.

In a normal year, a little fewer than one-third of the adults in the eight counties of south-central Idaho are inoculated during the course of the flu season, which runs from December through March. But this fall, healthy folks have had trouble finding the vac-

Why the delay?

The vaccine, which is typically distributed by late September or early October, has been delayed this year because of production problems. Four manufacturers had trouble cultivating the A Panama (H3N2) strain, a new type of virus in this year's vaccine's mix, and a food and drug administration administrative action against two of the vaccine-makers also set production back.

According to ABC News, a major bot-

leneck was caused by FDA sanctions against Wyeth-Ayerst, the second-biggest maker of flu vaccine with about one-third of the market. The agency required changes in the way Wyeth-Ayerst handled vaccine manufacturing and plant renovations, according to ABC.

Aventis Pasteur, which supplies about 50 percent of the flu vaccine in America, isn't expected to ship the bulk of its vaccine until later this month, ABC reported.

hospitals, clinics and physicians' offices last week found that very few had any vaccine - in fact, it's scarcer than it was a month ago.

"We are strongly encouraging people who are not at high risk of complications from the flu to wait to get their shot," said Linda Franor, immunization coordinator for the South Central District Health Department. "High-risk individuals really do need to get their flu shots first."

The National Association of Please see FLU, Page B2

Killer viruses: Should we be afraid?

Knight Ridder News Service

There's a killer stalking New York City.

It's not a person, but a mysterious and deadly virus called West Nile, which has killed eight people and hospitalized at least 76 others since last September. All of these victims were probably infected by simple mosquito bite.

The city is on alert. The most recent case, a 37-year-old Staten Island man, was reported only last month ago. Posters proclaiming "The Bite Stops Here," are plastered on bus shelters, telephone booths, community billboards, sanitation trucks, and in buses and subways. People are urged to wear clothes that cover their arms and legs after dark.

The New York City Health Department has distributed West Nile brochures and fact sheets in 15 languages and placed public-service warnings on radio and television. Storm drains have been treated with three larvicides, and larvae-eating fish were added to city water treatment plants.

Foreshadowing a massive ground-based pesticide campaign, the city shut down Central Park and canceled a New York Philharmonic concert in late July. Health officials had discovered the West Nile virus in the park's mosquitoes, and proceeded to blanket one of New York City's largest attractions with insecticide. Trucks then sprayed city neighborhoods and surrounding areas - the last to die of West Nile was an elderly New Jersey man - sending horrified residents running for cover and slamming their windows shut.

Even helicopters have been added to the city's mosquito-killing arsenal, delivering an airborne attack on the wetlands of Staten Island - more than 40 hard-to-reach lakes, ponds and marshes.

In the meantime, New York's worried city health officials are conducting a door-to-door campaign, collecting blood samples on Staten Island to get a better estimate of the total number of

Please see VIRUS, Page B4

Resurfacing options vary

DEAR PAULA: I've dealt with acne for more than 10 years now. I've decided that before I'm 30 I will have clear skin. I'm on Differin, a topical prescription antibiotic, and I just started with Orthotricyclin. If this doesn't work, my doctor will discuss Accutane with me. (And thanks to you, I know about the side effects but also about the benefits.)

I'm now actually looking to when I can have some "repair work" done on my acne scarring. I'm considering laser resurfacing but have also been told (by a licensed esthetician) that microdermabrasion is a better option. What do you think about microdermabrasion as compared to laser resurfacing?

Also, is there a certain amount of time that has to pass after using Accutane before having laser surgery? A pamphlet from The American Society for Aesthetic Plastic Surgery and the American Society of Plastic and Reconstructive Surgery suggests, "You may wish to discuss other resurfacing options (other than laser surgery) with your plastic surgeon if... you have taken Accutane during the past 18 months."

-LAURA
DEAR LAURA: Comparing laser resurfacing to microdermabrasion is like comparing oranges and apples, which means they have more differences than similarities. On second thought, there is no real comparison



COSMETICS
Q&A
Paula Begoun

between the two procedures.

Laser resurfacing is a serious medical procedure done by a physician and the effects can last for five years or longer. While laser resurfacing is a serious medical procedure, microdermabrasion can be performed by anyone, and I mean anyone. Microdermabrasion also requires repeated treatments to improve the outcome and then it is still only transient, with the positive effects lasting a few months at best.

While I agree it takes a long time for the skin to normalize after Accutane, I feel strongly that any resurfacing is problematic for at least a year, and 18 months would be even better. I don't even recommend waxing or using depilatories for a year after Accutane because of the risk of damage to the skin.

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

Researchers establish connection between job stress and depression

Job stress may cause workers to suffer from depression, Johns Hopkins University researchers have found. Researchers investigated the relationship between job stress and depression in 905 workers employed in the Baltimore area. They found that workers who considered their jobs to be highly stressful were more likely than others to have noticed they suffered various levels of depression within the last year, with symptoms ranging from feeling sad and blue to suicidal thoughts. Factors that caused the most strain seemed to be high job demands and little decision-making authority. Women and unmarried men seemed to be most sensitive to job strain.

Health notes

What root did they take?

A multimillion-dollar study is hoping to use DNA to link people with no recorded family history to their ancestral homelands. Brigham Young University's privately funded "molecular genealogy" project aims to blend traditional genealogy with cutting-edge DNA technology. To do this, researchers are taking blood samples from 100,000 volunteers.

Not much help

Fruit and vegetables may not protect against colorectal cancer, according to Harvard University researchers. They analyzed the diet and the incidence of cancer of the colon and the rectum of 88,764 women in

the Nurses' Health Study and 47,325 men in the Health Professionals' Follow-up Study. The participants in the former study filled out food questionnaires in 1980, 1984, 1986, and 1990. The participants in the latter study filled out similar questionnaires in 1986 and 1990. These surveys indicated there were 1,181 cases of colorectal cancer in the two groups. The participants' level of fruit and vegetable consumption did not seem to reduce the cancer risk for men or women.

Angina and hormones

Hormone replacement therapy may relieve chest pain for men, according to a study conducted in England. Researchers investigated the effects of low-dose testosterone therapy for 46 men who had lower than normal levels of the hormone. These men were about 62 years old and had a chronic chest pain known as angina, which occurs because of inadequate oxygen supply to the heart muscle. At the beginning of the study, all men received a sham treatment of patches that were applied to their thighs.

After two weeks, the researchers randomly changed the patches for 22 of these men so that they received 2.5 milligrams of testosterone instead of the sham treatment for the next 12 weeks. The men in the testosterone group could walk an average of 52 seconds longer without experiencing chest pain; those on placebo improved their treadmill time by only 25 seconds.

- compiled from wire service reports

HEALTH & FASHION

Find help, support in Magic Valley offerings

C-section classes

Cesarean childbirth class will be offered from 7-9 p.m. Tuesday in the Education Center at Magic Valley Regional Medical Center in Twin Falls. Preregistration is not required.

Alzheimer's group meets

SunBridge Care Center and Rehabilitation will offer an Alzheimer's Support Group which will meet from 10:30-11:30 a.m. Wednesday at the care center, 640 Field Ave. W., Twin Falls. For more information, call Becky Jacobson or Judy Black at 734-8645.

Support for diabetics

Diabetes Support Group will meet from noon to 1 p.m. Thursday at the Snake River Health Center, 640 Frog's Landing, Hagerman. For more information, call Jami Stroud at 837-6161.

Bereavement group meets

The Here and Now

To do for you

Bereavement Support Group will meet at 1 p.m. Thursday at Hospice-Visitors, 308 Shoshone St. E., Twin Falls. For more information, call Flo at 935-0121.

Childbirth course offered

A childbirth refresher course will be offered from 7-10 p.m. Thursday in the Education Center at MVRMC. Preregistration is required, call 737-2900.

Workplace training

The American Red Cross is offering a Workplace Training: Standard First Aid course at 6 p.m. Nov. 20 and 21 at the Red Cross office, 718 Shoshone St. E., Twin Falls. The five and one-half hour course includes adult cardiopulmonary resuscitation and first aid instruction.

The Red Cross is also offering recertification classes at 9 a.m. Tuesdays and 1 p.m. Fridays at

the chapter office in Twin Falls. Preregistration and prepayment are required. To register or for more information, call 733-6464 or (888) 367-6321, or visit the office.

Get your prostate screened

Prostate screening will be held from 5:30-8:30 p.m. Friday and 10 a.m. to 1 p.m. Saturday at the Snake River Health & Wellness Center, 640 Frog's Landing, Hagerman. Cost is \$20. For more information, call Jami Stroud at 837-6161.

Learn CPR

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.

Cardiac coupons available

Cardiac risk profile coupons are available to check cholesterol

(LDL and HDL levels), triglycerides and cardiac risk factor.

Cost is \$15. For more information, call MVRMC Laboratory Services at 737-2021 or stop by the main entrance lobby at the medical center to receive a coupon.

Cancer center seeks helpers

The Southern Idaho Regional Cancer Center at MVRMC is in need of volunteers to assist patients and their families at the cancer center. Volunteers are needed from 12:30-4 p.m. Tuesdays, Wednesdays and Thursdays.

For more information or to sign up, call Loraine Devey at 737-2006.

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 83403, or deliver to our office at 132 Third St. W.

WEDDING

BARNES-CENTER

PAUL - Brenna Barnes and Colby Center were married Nov. 3 in the St. Louis LDS Temple in St. Louis, Mo.

The bride is the daughter of Ronnie L. Barnes of Paul and the late Dawn Barnes. Colby is the son of Mr. and Mrs. Lindell Center of Fayetteville, Ark.

An open house to honor the couple will be held from 7-9 p.m. Saturday in the Emerson LDS Church, 127 S. 950 W. in Paul.



Colby and Brenna Center

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A diabetic's diet need not be daunting

The Seattle Times

When Laura Thelander learned, at 25, she had diabetes and needed to make some diet and other lifestyle changes, she swung into action. She knew those changes could be daunting. Yet the Seattle woman quickly discovered that with good information, smart management and a take-charge attitude toward her health, she could eat most of the foods she loved - even a bit of ice cream - and still keep her diabetes under control. Her modus operandi: learning all she could about what's in food and acting on her knowledge. Thelander's upbeat outlook might benefit millions of Americans as more and more are

diagnosed with diabetes. An estimated 16 million have the disease, though a third don't know it, says the American Diabetes Association. Diabetes increased at a stunning rate over the past decade, rising 33 percent between 1990 and 1998, the journal "Diabetes Care" recently reported. Experts blame the country's epidemic of obesity, a major risk factor for diabetes' most prevalent form, type 2. Thelander, however, has the less common type 1, which has different causes and no link to obesity. If you're among the newly diagnosed with either type, it could pay to see how others cope successfully with a disease that demands constant diligence.

Depending on the type, the condition inhibits the body's ability to make or process insulin, in turn sending blood glucose (sugar) shooting to unhealthy levels. The potential, long-term consequences of chronic high blood sugar: blindness, nerve damage, gangrene-related amputations, heart attacks and kidney failure. But experts say these are avoidable with careful diabetes management. In fact, a diabetic lifestyle, combining a balanced diet with regular exercise, is considered one of the healthiest possible. Diabetics must control their intake of carbohydrates - essential nutrients that turn into glucose in the body. Without adequate insulin, glucose piles up in the blood.

Some diabetics can control their condition with diet and exercise alone or in combination with oral medications. Others must take insulin. No single rule applies to every diabetic regarding carbohydrate intake because there are so many variables: exercise levels, insulin intake, overall diet and more. That's why experts recommend that anyone diagnosed with the disease consult a nutrition professional with diabetes experience to work out a personalized diet/exercise plan. "Food is by far the biggest target for most people," says Margaret O'Leary, manager of clinical nutrition at Virginia Mason Medical Center and until recently a diabetes educator.

Flu

Continued from B1
County and City Health Officials last week expressed concern over the delays and distribution patterns to the Center for Disease Control and Prevention. NACCHO says the fact that private providers have already received shipments of the flu vaccine and in many places are conducting "mall clinics" to vaccinate anyone wanting the shot is depriving some high-risk patients of the shots they need. Locally, both Costco Wholesale and Albertson's have offered the shots to the public this fall. Lobb expects the vaccine to start arriving in greater quantities soon, and Frazier said Thursday there's little doubt that anyone who wants a shot can get one this flu season. In the meantime, Lobb and Fullmer concur, there are few options besides prevention. "Wash your hands, and do it often," Fullmer said. "That's probably the single best thing you can do to avoid the flu." Flu viruses are spread by con-

tact with surfaces - one person touching an object that someone else has contaminated - but also through aerosol droplets in the air, spread by sneezing and coughing. "If you're in an enclosed space for any period of time with people who have the flu, that's hard to avoid," Lobb said. "You can wear a mask, but not many people do." Fullmer sees some flu-busting value in cleaning products that kill viruses - available through medical supply stores - and in chlorine-based cleansers, but Lobb isn't sold on their effectiveness against the spread of influenza. They agree, however, on the potential of antiviral drugs available by prescription that can diminish the severity and duration of the flu - or even prevent it. Relenza (zanamivir), Symmetrel (amantadine) and Rimadine (rimantadine) are effective if they're taken within 48 hours of the first flu symptoms. They're

also used to ward off flu in people who have been exposed to it, such as family members of a flu victim. "But these drugs are not going to do you any good if you've been sick for three days," Lobb said. "You have to get them as soon as the first symptoms show up." And it should become painfully obvious very quickly if flu, and not a cold, is your problem. "Flu symptoms - fever, aches, fatigue - are just much more severe than cold symptoms," Fullmer said. "If you feel like you've been run over by a truck, then it's probably the flu," Lobb said.

Times-News writer Steve Crump can be reached at 733-3223, or write to him at crump@magicalcity.com

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HIATAL HERNIA & HEARTBURN
Gastroesophageal Reflux Disease (GERD) is a digestive disorder that affects the lower esophageal sphincter (LES) - the muscle connecting the esophagus with the stomach. Many people, including pregnant women, suffer from heartburn or acid indigestion caused by GERD. Doctors believe that some people suffer from GERD due to a condition called hiatal hernia. In most cases, heartburn can be relieved through diet and lifestyle changes, however, some people may require medication or surgery. This fact sheet provides information on GERD - its causes, symptoms, treatment, and long-term complications.
What is Gastroesophageal Reflux?
Gastroesophageal refers to the stomach and esophagus. Reflux means to flow back or return. Therefore, gastroesophageal reflux is the return of the stomach's contents back up into the esophagus. In normal digestion, the LES opens to allow food to pass into the stomach and closes to prevent food and acidic stomach juices from flowing back into the esophagus. Gastroesophageal reflux occurs when the LES is weak or relaxes inappropriately allowing the stomach's contents to flow up into the esophagus. The severity of GERD depends on LES dysfunction as well as the type and amount of food brought up from the stomach and the neutralizing effect of saliva.
What is the Role of Hiatal Hernia?
Some doctors believe a hiatal hernia may weaken the LES and cause reflux. Hiatal hernia occurs when the upper part of the stomach moves up into the chest through a small opening in the diaphragm (diaphragmatic hiatus). The diaphragm is the muscle separating the stomach from the chest. Recent studies show that the opening in the diaphragm acts as an additional sphincter around the lower end of the esophagus. Studies also show that hiatal hernia results in retention of acid and other contents above this opening. These substances can reflux easily into the esophagus. Coughing, vomiting, straining, or sudden physical exertion can cause increased pressure in the abdomen resulting in hiatal hernia. Obesity and pregnancy also contribute to this condition. Many otherwise healthy people age 50 and over have a small hiatal hernia. Although considered a condition of middle age, hiatal hernias affect people of all ages. Hiatal hernias usually do not require treatment. However, treatment may be necessary if the hernia is in danger of becoming strangulated (twisted in a way that cuts off blood supply, i.e., paraesophageal hernia) or if complicated by severe GERD or esophagitis (inflammation of the esophagus). The doctor may perform surgery to reduce the size of the hernia or to prevent strangulation.
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GENBUS 450 Business Policies
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MGMT 410 Seminar on Organizational Leadership
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Magic Valley WOMEN'S HEALTH
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Women's Health Watch of Magic Valley
INDUCTION OF LABOR
A normal pregnancy is 40 weeks, or approximately 9 months long. It can seem a lot longer than that. We are often asked, therefore, "doctor, can't you just induce my labor?" Pregnant patients are often tired, sore, miserable, etc. Even the father is tired of waiting. They equate induction of labor with freedom from pregnancy. The rate of labor inductions in this country has more than doubled over the past 10 years, and unfortunately, not always with good results, as the reasons for inductions are not always appropriate. During pregnancy, your doctor is dealing with two patients - the mother and her unborn baby. Despite all the aches and pains associated with pregnancy, the benefits of labor induction must be weighed against the potential risks to both mother and baby. If the induction is done too early, the baby's lungs are not fully developed, and they will spend unnecessary time in intensive care. Another life-threatening illness due to prematurity. Inductions performed before the cervix is ready for labor have a high chance of failure, often resulting in an unnecessary Cesarean delivery. Inductions may last anywhere from a few hours to a few days, depending on several factors, most importantly of which is the condition of the cervix. There are many complications of pregnancy which necessitate early induction of labor, despite the risks of a failed induction and Cesarean delivery. However, we are most often asked to induce labor simply because the patient is tired of being pregnant, or because delivery on a particular day would best fit their schedule, or any number of social reasons simply for convenience. Agreeing to induce someone just to be "nice" is not often in the best interest of the patient. There are fairly standard guidelines set forth showing indications and contraindications to induction of labor. When your doctor tells you it is best to "let nature take its course," it is usually sound advice. Spontaneously going into labor offers a high chance of a normal delivery. Inductions done at the normal time of **40 weeks or more**, also offers a high chance for the same. If done too early, it can result in harm both to mother and baby. So when you ask, "can't I just be induced?", consider the consequences. Ask your doctor.
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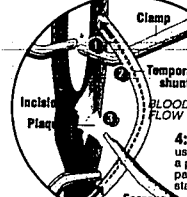
Just as the heart's arteries sometimes develop life-threatening blockages, the arteries that supply blood to the brain can become narrowed by fatty deposits. Two surgical treatments are currently in use.

Who is at risk? People over 45, especially smokers, overweight people and those with high blood pressure, high cholesterol, diabetes or a family history of those diseases.

1: Surgeon cuts into neck and clamps off carotid artery above and below the blockage

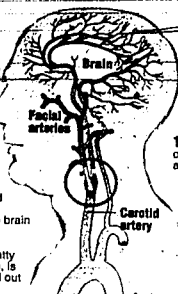
2: A small tube, or shunt, is inserted temporarily to keep blood flowing to the brain

3: The artery is opened and the fatty buildup, or plaque, is peeled or scraped out



4: The surgeon uses a vein, usually from the person's leg or a piece of synthetic fabric to patch the artery. Sutures or staples close the neck incision.

■ 2-hour surgery is performed under general or regional anesthesia



What it causes: Strokes or "mini-strokes" in which the blood supply to the brain is interrupted

Treatment: Surgery if arteries are narrowed 60% or more. Drugs and reduction of risk factors if less than 50%.

Carotid stent

1: Surgeon inserts a thin tube, or catheter, into a thigh artery and threads it into the neck

2: A thin, deflated balloon surrounded by a flexible metal cage, or stent, is threaded through the tube and into the carotid artery

3: The surgeon inflates the balloon; it compresses the plaque against the artery's walls

4: The balloon is deflated and removed; the stent remains behind to hold the artery open



■ 45-minute surgery does not require anesthesia; patient is given an intravenous sedative

© 2000 KRT. SOURCES: Dr. Michael Khoury, "The Human Body" by Gina Coleman, "Ages of Human Anatomy" by Frank Netter, Resuscitation/PALM ANESTHETIC, Diagnostic and Therapeutic DETROIT FREE PRESS.

Doctors develop less invasive way to unblock patients' necks

Knight Ridder News Service

Live surgery is under way on a large screen at the front of a darkened hotel conference room. Two hundred doctors sit enraptured, as if they are watching a movie premiere.

This is another new frontier of medicine. The physicians assembled for the Great Lakes Endovascular Symposium, conducted in September in Troy, Mich., are watching a minimally invasive alternative for high-risk patients with narrowed neck arteries.

There's already a proven operation for people who develop blockages of the carotid arteries, the vital pipelines that feed blood to the brain and face.

Called carotid endarterectomy (ce-ROE-tid en-dar-ter-EC-toe-me), it has been used successfully for 50 years. Some 170,000 operations are performed each year in the United States. Just 3 percent to 5 percent of patients need it again.

So why mess with what works so well?

Some people — many of them with severe heart disease and prior surgery or radiation to the neck — can't undergo the procedure because they are prone to complications. There's a small risk of stroke or death.

Borrowing well-tested technology used on heart blockages, doctors in the past decade have begun opening narrowed neck arteries with angioplasty procedures and stents — tiny balloons and metal devices threaded through an artery to clear a blockage.

The balloon is inflated briefly, then deflated and withdrawn. The stent — a nickel-titanium device that looks like a miniature Slinky — is left in place as a type

About carotid artery diseases

- **What it is:** Hardening of the arteries, or atherosclerosis, in either of the carotid arteries, which are in the neck and supply blood to the brain and face.
- **What causes it:** Stroke or mini-stroke, also called transient ischemic attack (TIA). Those with a TIA have a 30- to 40-percent chance of a stroke within 5 years; those with a stroke have a 50-percent chance of another stroke within 5 years.
- **Who's at risk:** People over 45 — particularly smokers, overweight people and those with high cholesterol, diabetes or heart disease; or a family history of them.
- **How it's diagnosed:** Angiogram, an X-ray study of the arteries, or other

of scaffolding to hold open the artery.

"This isn't intended to make anyone feel better or to sharpen Grandpa's memory, but to prevent stroke," says Dr. Bruce Perler, a leading vascular surgeon from Johns Hopkins University in Baltimore, as he talks about the new and old ways of opening neck blockages.

For the past two years, Perler, like the captain of a debate team,

tests. Angiograms involve the injection of a radioactive dye into an artery, usually beginning in the upper thigh, to highlight it for an X-ray picture.

• **How it's treated:** Severe blockages — ones where arteries are narrowed 60 percent, 70 percent or more — are treated with surgery. Arteries less than 50 percent blocked are treated with medicine or by attempts to reduce risk factors. A 50-year-old surgical procedure and a new investigational option for high-risk patients, now being studied across the country, are available at large medical centers. Vascular surgeons perform conventional surgery. New approaches frequently involve teams of vascular surgeons, cardiologists or radiologists.

— Source: Detroit Free

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CHRISTMAS WISH LIST

Counseling is just a computer click away

Chicago Tribune

While going through the rigors of a romantic breakup a few months ago, Karen Pereyra wanted some psychological counseling. So she logged on to her computer to get it.

"I was getting distracted at work because I was thinking about the issues I was having. I wanted to get a resolution as quickly as I could and that's what I got," said Pereyra, 32, a marketing manager in northern California.

Psychotherapy, it seems, is in major league transition. Couches are often merely icons on a computer screen now that what used to be called "talk therapy" is just a click away, if you wish, with typing taking over for talk.

Pereyra found her therapist through Here2listen.com, a Web site that launched a 24-hour cyber office last spring linking those who want psychological counseling to therapists via secure private chat rooms.

"Usually, I would prefer face-to-face interaction, but doing it over the Internet removes all the anxiety of the meeting," said Pereyra.

"It's easier to launch into whatever issue you're having and not have to deal with getting to know (the therapist) in person. After a minute or two we kind of had a rapport. We approached it as 'What's the problem?' and then worked back from there. She helped me identify why I was having the issues I was having. She also recommended some reading, which I did."

"It works well and it's nice because it's immediate. You get help when you're at the peak of wanting it. You don't have to drive anywhere or take time off from work. And it's very private."

Such experiments with so-called e-therapy are popping up all over. There are Web sites offered by individual therapists who do e-mail consultations, sites like Here2listen.com that provide private, real-time chat rooms, sites that simply list therapists

who do virtual counseling, sites that provide discussion groups, sometimes with a psychologist as moderator, and even group therapy.

The psychotherapeutic establishment is regarding the development — some sources say there are as many as 200 Web sites offering access to about 350 online counselors-with care. But it has not written the idea off.

"The bottom line in any emerging area is that we need to be cautious that we're gathering sufficient information and evaluating the application of the new technologies," said Russ Newmat, executive director for professional practice of the American Psychological Association.

Proponents, however, hail the technology's ability to bring treatment to those who might otherwise not get it.

"We believe there's a huge population out there that needs help but find it really difficult to reach for it," said Gunny Cho, chief executive officer and co-founder of Here2listen.com.

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WILL CODICILS
 QUESTION: What is a will codicil?

Dennis S. Voorhees

A codicil is a legal document which supplements or modifies a prior will. It must be executed with the same formalities as a will.

Codicils are useful when you want to replace your choice for estate executor or guardian of minors or enlarge or diminish the powers given to an executor or trustee of any trust provided for in your will.

Will amendments by codicil are strategically advantageous where you want to include or exclude another as beneficiary and your mental competency is in question. A successful challenge to a codicil's validity would not necessarily impact the validity of a codicil over an altogether new will calls into play a careful weighing of such factors as the complexity of proposed amendments, the likelihood of a later contest, and the presence of mental competency issues.

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How low carbohydrate diets work.
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HEALTH & FASHION

Virus

Continued from B1

people infected. Last year, a similar follow-up found that as many as 1,900 people were infected in northern Queens, the New York City borough where the first West Nile case in the Western Hemisphere was identified a little over a year ago.

An information line has handled more than 100,000 calls during the past six months, including hundreds reporting standing water, in which mosquitoes breed, and dead birds. Although the virus is passed between mosquitoes and birds, only mosquitoes pass it to people.

The scary part is that most people never know they have the disease, which causes flu-like symptoms, unless it develops into encephalitis, an inflammation of the brain.

It all reads like the latest best-selling thriller, except it's not. It's real. And it may just be the beginning.

Although researchers are tracking mysterious viruses worldwide, the next hot zone will emerge. West Nile isn't the only virus that is of great concern to researchers. There are four families of hemorrhagic fever virus — hantaviruses, bunyaviruses (hantavirus), filoviruses (Ebola and flaviviruses (West Nile, dengue) — that merit a close watch. How frightened should we be of these viruses? Researchers say it's difficult to know when and where they will strike, but they all agree that being ready for them is the key to containment.

When people think of a hemorrhagic fever virus, which causes severe internal bleeding, a high fever and shock, the one that's most likely to come to mind is Ebola. Ebola triggered paralyzing fear when it stalked the rain forests of northern Zaire in the early '90s, killing hundreds of people; the fear struck home when Ebola became airborne and began killing monkeys at a medical research facility near Washington, D.C. Four hundred and fifty monkeys were destroyed to contain that outbreak.

Then Ebola crept even closer, expanding into Texas in April 1996, when the virus was diagnosed in three monkeys shipped from the Philippines to the Texas Primate Center in Alice, Texas, south of San Antonio. All 100 monkeys in that shipment eventually were destroyed, but that strain of Ebola, like the one found in the Reston, Va., monkeys, turned out to be harmless to humans.

Scientists still do not know the origin of Ebola or exactly how it is transmitted or why certain strains are deadly to people, and some deadly to both.

Exotic new and re-emerging viruses, including several that cause hemorrhagic fever, are lurking in rats, mice, ticks and mosquitoes that haunt the United States. No one knows when or why they are looking for human hosts, no one knows just how close the hot zone is, said Dr. Charles Fulhurs, a virologist at the University of Texas Medical Branch in Galveston during a visit to his lab.

"Every time you turn around, someone's finding a new communicable disease," he says. The University of Texas Medical Branch in Galveston, which is now building one of the most sophisticated high-tech bio-labs in the country, has long led research on tropical diseases transmitted by mosquitoes, ticks and rodents. In recent years, Texas researchers have been

Viral killers

Influenza

• **What it does:** Infects the upper-respiratory tract.

• **Where it is:** Everywhere. Influenza kills more people worldwide each year than any other disease. The 1918 outbreak known as the Spanish flu killed 20 million or more worldwide.

• **How it spreads:** Highly contagious, influenza is transmitted through airborne droplets from the coughs and sneezes of infected people. A vaccine is available to prevent the flu; antiviral drugs lighten symptoms, if given early during the illness.

Human immunodeficiency virus

• **What it does:** Destroys the immune system, making it easier for opportunistic infections to kill. Causes AIDS, the best-known and most feared viral disease of the past 20 years.

• **Where it is:** Believed to have originated in Africa. It infects an estimated 33 million people worldwide — 13 million in the United States. First recognized in United States in 1981, HIV was isolated and identified two years later.

• **How it spreads:** Thought to have spread from monkeys to humans through saliva in bites. Spread from human to human in body fluids, especially blood and semen. Antiretroviral drugs limit the disease, but there is no cure and no vaccine.

Rabies

• **What it does:** Causes an acute infection of the central nervous system in mammals that leads to paralysis and death. Symptoms include intense thirst, fever, headache, loss of appetite, disorientation, seizures and coma.

• **Where it is:** Prevalent in dogs in Latin America, Africa and Asia. Texas is having a resurgence, with 303 cases in animals in 1998, 400 in 1999 and 213 cases in

the first three months of this year.

• **How it spreads:** Transmitted in the saliva of rabid animals — mostly wild dogs and bats in the United States — through biting. Other animals or humans: A vaccine is available to prevent the disease in domesticated animals.

Poliomyelitis

• **What it does:** Causes paralysis when the brain and spinal cord become infected. Frequently kills by paralyzing the muscles that breathe and swallow, severe headache, backache and stiff neck.

• **Where it is:** Now rare in developed countries, totally eradicated in the Americas, still a threat in some parts of Asia and Africa. It killed thousands of Americans in epidemics in the late 1930s, '40s and early '50s.

• **How it spreads:** Transmitted by contact with feces of an infected person, usually through contaminated food and drinking water, much like hepatitis A. The first of several vaccines was introduced in 1955.

Hepatitis C

• **What it does:** Attacks and destroys the liver.

• **Where it is:** Thought to infect about 3 percent of all people worldwide.

• **How it spreads:** Transmitted most commonly by contaminated needles in IV drug use, but also through blood transfusions and during sex. Blood donations in this country have been screened for hepatitis C since 1992. Interferon therapy is available. Vaccine is available to prevent hepatitis A and B, but there is no vaccine against hepatitis C.

Bunyaviruses (a form of arbovirus that includes hantavirus)

• **What it does:** Causes severe infections of the lungs and kidneys. The outbreak that started in New Mexico had a fatality rate of 43 percent. Texas has recorded 15 cases with one deaths.

• **Where it is:** Strains of the virus killed

more than 2,000 U.S. servicemen in the Korean War, about 600 people in 1970 after construction of the Aswan Dam in Egypt, and 68 people in 1993 in the four Caribbean nations (Cuba, Haiti, Santo Domingo and Venezuela).

Flaviviruses (includes yellow fever, dengue and West Nile virus)

• **What it does:** Causes severe diarrhea, vomiting and internal bleeding and is fatal 60 percent to 80 percent of the time.

• **Where it is:** Ebola hit Africa in 1976 and killed 280 in Zaire. It re-emerged in 1995, killing 240 in Zaire and hundreds more in Sudan. Another strain of Ebola became airborne and killed research monkeys in Reston, Va., in 1989 and in Alice, Texas, in 1996. The strain was harmless to humans.

• **How it spreads:** Marburg is carried by monkeys; Ebola is spread through monkeys, bats and rodents, but no one knows exactly how.

Flaviviruses (includes yellow fever, dengue and West Nile virus)

• **What it does:** Causes high fever, severe headache and backache, muscle and joint pain, abnormal bleeding from gums, the nose and injection sites. Also causes yellow fever, Japanese encephalitis and West Nile encephalitis, which killed eight since last September, mostly in New York.

• **Where it is:** Mostly in tropical areas, where dengue has infected 40 million to 80 million people a year. Large outbreaks in South Texas last year sickened 62 people and caused one death. All five cases recorded in Texas this year are believed to have been acquired through travel in Central and South America.

• **How it spreads:** Bites from mosquitoes that have fed on contaminated birds.

—Source: Fort Worth Star-Telegram

trated on hantavirus infections, dengue fever and several forms of encephalitis that threaten Texas and the rest of the world.

One of the high priorities is the Sin Nombre hantavirus, which first jumped from deer mice to people in 1993 in New Mexico. The outbreak quickly expanded through the Four Corners region, into Colorado, Arizona and Utah. It has now spread to more than 30 states, including Texas, killing 102 of the 260 people who became infected with the virus, most likely by breathing tiny airborne particles of dust contaminated with the rodents' urine, saliva or feces.

As of the end of August, the Sin Nombre hantavirus had infected 15 people in Texas and killed five of them. It has been identified in five species of mice and rats from 20 counties in Texas.

Fulhurs has just completed the first extensive survey of hantavirus in Texas — to be published in the December issue of the Journal of Vector Ecology. Working with a field team from Texas Tech University, he found the virus in 133 of the 3,000 rodents collected and tested at UTMB under a grant from the Texas Higher Education Coordinating Board.

"In at least 20 counties, we now know hantavirus is naturally occurring ... But, the evidence is that hantavirus has been here a long time — millions of years — in a lot of different rodents," Fulhurs says.

Two teen-agers — one from Amarillo, one from Lubbock — were stricken this summer with Sin Nombre hantavirus. Both recovered.

Another fatal outbreak, this one of dengue fever, occurred in Texas last year, with 62 cases reported, including one death. Five people have been hospitalized in Texas with dengue fever so far this year, says Julie Rawlings, chief epidemiologist with the

Texas Department of Health. All five cases are believed to be "imported," brought back from travels in Central and South America. There have been no deaths.

That's not all. On Aug. 30, Rawlings confirmed this year's first case of St. Louis encephalitis in Texas. A team from the Texas Department of Health was dispatched to the Lake Livingston area in far East Texas to assess the situation and determine whether insecticide spraying is needed to stop the spread of the virus. No cases were reported in the state last year.

The last real outbreak of St. Louis encephalitis was in 1995 when Texas had 22 cases, including 19 in Dallas County.

Both St. Louis encephalitis and dengue ("break-bone") fever are spread to humans by mosquitoes and are closely related to the West Nile virus.

Texas public health officials have expanded surveillance efforts to include West Nile on the list of diseases being monitored.

Public health officials will be especially vigilant as birds make their annual migration through the south from cooler climates in the Northeast.

"It is very important to be ready, to have the tools in hand. Things like arboviruses and hantavirus are very uncommon in this country, but we need to study them to be ready in case something happens that makes them become common," says Dr. C.J. Peters, chief of special pathogens

he said. "We've been on the verge of another flu virus introduction. We have 110 labs looking out for evidence of new strains, like we almost had with the Hong Kong 'bird flu' in 1997. We must always be on alert, constantly looking, trying to prevent any thing from slipping through," Heymann says.

The CDC's Peters says it has never been documented that any virus ever knocked out an entire species, although they have caused outbreaks that decimated various animals and plants.

Until 30 years ago, there was only one flu virus in humans. Then in the '70s, two new ones evolved in Southeast Asia and spread from chickens and ducks to pigs and people around the world.

The most contagious virus known to man is measles, but most of us are not afraid of the disease, which accounts for 900,000 deaths a year in developing countries, or even of influenza, which kills 10,000 to 40,000 people each year in this country. These viral diseases may not be as exotic as some, but they shouldn't be underestimated.

"The worldwide influenza outbreak of 1918 killed more people in a year than any other event of the 20th century — war, natural disaster, famine or epidemic," Peters says.

"Viruses are all around us, and many of them are real threats. We can't even begin to count the number of viruses around," Peters says. "They parasitize bacteria, plants and all sorts of animals. With each new virus I've studied, I've developed even more respect for how well they do their thing. In some ways they are the ultimate parasite, ideally adapted to whichever reservoir, vector or host they need to forward their cause."

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Information from the
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Dr. J. A. Starnes, MD

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SIGN/SYMPTOM	SINUSITIS	ALLERGY	COLD
Facial Pressure/Pain	YES	Sometimes	Sometimes
Duration of Rhinorrhea	Over 10-14 days	Varies	Under 10 days
Nasal Discharge	Thick, yellow-green	Clear, thin, watery	THICK, WHITE or thin
Fever	Sometimes	NO	Sometimes
Headache	Sometimes	Sometimes	Sometimes
Pain in Upper Teeth	Sometimes	NO	NO
Nad Breath	Sometimes	NO	NO
Coughing	Sometimes	Sometimes	YES
Nasal Congestion	YES	Sometimes	YES
Sneezing	NO	Sometimes	YES

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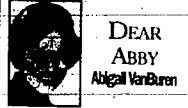
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MORNING BREAK

Couple mends broken marriage through love

DEAR ABBY: To those who wonder, "Can people fall back in love after having an affair?" the answer is yes. Here's what happened to me.



Six years ago, my wife found out that I had been having an affair with a woman at work for more than three years. Her husband called my wife and told her all the details. It happened five days before Christmas, and I had to call both our families to explain why we would not be attending the holiday gatherings. I also had to explain to our teenage daughter why I was moving out of our home.

important ingredient for a successful marriage is two people who really need each other. That understood, with counseling and both parties willing to work at rebuilding their relationship, there's no reason for a reconciliation to fail.

DEAR ABBY: Operation Dear Abby, your annual call for letters to servicemen stationed on foreign soil during the holidays, should be extended to include veterans in hospitals and nursing homes.

spending a little time visiting with them. If some of your readers would like to help and there are no nearby veteran facilities, the American Legion, the VFW or the library can provide an address to which they can send cards and letters. Veterans hospitals are located all over the United States. Thank you for considering an extension to your Operation Dear Abby.

- BONNIE L. KENDALL, DALLESPORT, WASH. DEAR BONNIE: That's a terrific idea. We owe our freedom to our veterans. But why stop with volunteering during the holidays? Volunteering 12 months a year, if possible - would be a meaningful gift to those who sacrificed so much for us.

Readers, our veterans are waiting and they need you. The time you give them will be much appreciated. You'll get more than you give by volunteering. I always have.

We are a very close family, and when I fixed the ugliness of what I had done and the hurt I caused, I realized what a fool I'd been.

After convincing my wife that I would do absolutely anything to stay married to her, she allowed me to move back home and seemed willing to give it a try.

- BLESSED IN ALABAMA DEAR BLESSED: That must have been one chilly Christmas. I'm pleased your story has a happy ending.

Many people will be reassured by your testimonial that a marriage can survive after infidelity has been uncovered. The most

We worked with a wonderful

Rhubarb, the best health food

Rhubarb cost three times as much as opium in the Europe of 400 years ago. And opium wasn't cheap. People got the notion that rhubarb was a health food beyond compare, and its price suddenly soared up the tulip trail.

Flames are hollow. This is as good a time as any to report that early baseball was called "the New York game."

On a statue of a woman, the head is as wide as the shoulders, if the sculptor follows the traditional dimensions of the art.

Q. What's an "idiopathic" disease?

A. A medical technician says that means "the doctor doesn't know what causes it." Low back pain is often so described.

A speech that could hold your attention might bore blind people. They train themselves to listen more swiftly. They can lose meanings when the words come along too slowly. So says a teacher of the blind.

For he who got here late: That antique cliché "to beat the band" originally meant to show up at the parade before the band started to play.

"Buffalo clover" is an oldtime name for Texas bluebonnets. Because they did well where buffalo grazed. Wasn't just the fertilizer. Hooves cracked the tough seeds and stamped them into the ground.

LAMPHOUSE THEATRE

WOMAN ON TOP

DATE: 4:30, 7:00, 9:15

ACROSS 1 Linguist or zis 6 Played again 14 Mashed potatoes 15 Banishment 16 Miser 18 Lander 19 Trower's big brother 20 Sidewalk 21 Profit figure 22 Gasp 23 Classic tune 24 Diamond star 25 Top of the foot 28 My Friend 29 Stevedores 30 Canteen bed 31 Utter sharply 32 Star 33 Dead boy 34 Sea of Asia 35 High-pitched 43 Raven or robin 45 Not yet broadcast

4 Neap or ebb 5 Vinegar 6 Meats 7 Glory 8 'Nip or nab? 9 Bear choice 10 "Nautilus" 11 Former coach Tom 12 As per schedule 13 Upsell an 14 "You - My Sunshine" 15 Indiana sackwater 19 Whitney or Waltach 23 Coat 24 Chatter 25 Indecently 26 Mart 27 Mate 28 Chapter 29 Subdivisions 35 Baby bear 37 Lana parlant 40 Roman-born abstract sculptor

Scorpio: Hold back, story is yet to be told

IF NOVEMBER 13 IS YOUR BIRTHDAY: As a thinker you are on your own at a relatively early age. You often felt estranged from family, embarked upon unorthodox career.

TAURUS (April 20-May 20): Money will be made available in surprising manner. Make fresh start; don't follow others. Leo plays dramatic role.

GEMINI (May 21-June 20): Cycle high; circumstances turn in your favor. Focus on tradition, family, marital status. You will be invited to seafood dinner. Bon appetit!

CANCER (June 21-July 22): Highlight diversity, versatility, intelligence. Laugh at your own foibles; help others to perceive fun in their own lives. Look behind scenes for answers.

LEO (July 23-Aug. 22): Rebuild, rewrite, try on new clothes. People will vie to wine and dine you. Romance stazes. Taurus, Scorpio persons play inspiring roles. Have luck with number 4.

VIRGO (Aug. 23-Sept. 22): Be ready for change, variety of sensations. Long-distance journey

HOROSCOPE Sydney Omarr

helps achieve major goal. Published material figures prominently. Former teacher arrives.

LIBRA (Sept. 23-Oct. 22): Attention revolves around domestic adjustment that could include change of residence, marital status. Talkative Gemini leaks vital information.

SCORPIO (Oct. 23-Nov. 21): Pull in your horns. Don't rush into romance. Hold back, story is yet to be told. Separation from loved one is temporary. Respond accordingly; play waiting game.

SAGITTARIUS (Nov. 22-Dec. 21): Obtain hint from Scorpio message. Check legal aspects of enterprise. If you wait you win. Marital status could be on shaky ground.

CAPRICORN (Dec. 22-Jan. 19): Obtain vital information from Scorpio, Sagittarius messages. Predict future; make it come true. Focus on universal appeal. Don't be discouraged by "little people."

AQUARIUS (Jan. 20-Feb. 18): Answer is, "Yes!" Do make new story, shake off emotional leeches. Imprint style. Don't follow others. Moon position coincides with physical attraction, romance.

PISCES (Feb. 19-March 20): Spotlight on who you live, decorating and remodeling, compatible terms with stubborn Cancer native. Focus on direction, motivation, meditation.

Beckie Kukal, Lois Bragg, Jeannette Jeffries, Twig Schutte, David Watson, WESTERRA, Brawley Realty, Canyonside Realty, GMAC, Irwin Realty, Magic Valley Realty

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PLASTIC SURGERY UPDATE

DELL P. SMITH, M.D., F.A.C.S.

ABDOMINOPLASTY (TUMMY TUCK)

THE PROCEDURE: Every woman wants a flat, even, firm tummy, but few succeed. Pregnancies, weight gain and weight loss take a tremendous toll on a woman's body, especially in the stomach area.

HOW LONG DOES THE SURGERY TAKE? Surgery takes about 2-5 hours depending on the extent of the repair.

DOES IT HURT? Some soreness and discomfort are expected but can be controlled with medication. Bed rest for 2-3 days is recommended. While in bed, legs should be bent at the hips in order to reduce the strain on the abdominal area.

HOW LONG BEFORE RESUMING NORMAL ACTIVITIES? After 2-3 days, walking and resuming daily activities may be expected with avoidance of overactivity and strain such as lifting. Activity should be limited for 4-6 weeks. Normal activity may be resumed with the surgeon's permission.

RISKS/COMPLICATIONS? There are the standard risks associated with anesthesia (allergy to the medicine, increased risk if you are not healthy, etc.), which you will need to discuss with your doctor. Scars are expected but become lighter and flatter with time. The risk of infection is ever-present, any time the skin barrier is broken, but with the care that is taken by the surgeon, the staff and you, the risk should be minimal.

ASK: Patients considering Abdominoplasty should ascertain that their surgeon is Board Certified in Plastic & Reconstructive Surgery.

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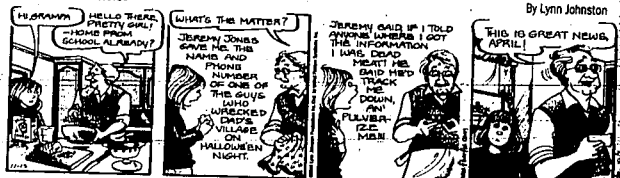
COMICS

Classic Peanuts



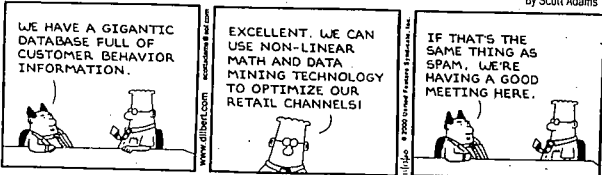
By Charles M. Schulz

For Better or For Worse



By Lynn Johnston

Dilbert



By Scott Adams

Blonde



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B.C.



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Pickles



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Hagar the Horrible



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Frank and Ernest



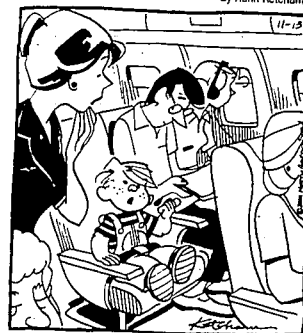
By Bob Thaves

The Born Loser



By Art Sansom & Chip

Donna the Menace



By Hank Ketcham

The Family Circus



By Bill Keane

Rose is Rose



By Pet Brady

Zits



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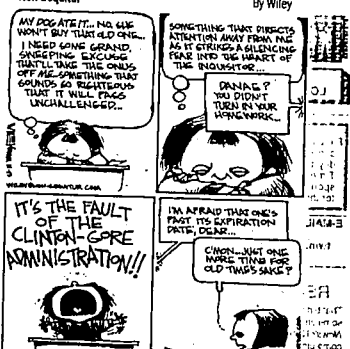
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- 101 Lost & Found
102 Card of Thanks
103 Dietary Aids
104 Personals
105 Happy Ads
106 Special Notices
107 Abortion Alternatives
108 Professional Services
109 Home/Health Care User
110 Entertainment Services
111 Child Care Services
3000 Service Directory

Personals

- 214 Employment Wanted
215 Resume Preparation
216 Employment Agencies
217 Employment Opportunities

Financial

- 301 Business Opportunities
302 Money to Loan
303 Money Wanted
304 Investments
305 Contracts & Mortgages
306 Financial Services

Education

- 401 Schools/Institution
402 Music Lessons
403 Tutoring

Real Estate

- 501 Open Homes
502 Homes for Sale
510 Out-Of-Area Homes
511 Out-Of-State Homes
512 Farms/Ranches/Dairies
513 Acreages and Lots
514 Properties and Lots
515 Commercial Property
516 Vacation Property/Time Shares
517 Condominiums
518 Mobile Homes
519 Bldg. Materials
520 Real Estate Wanted
521 Manufactured Homes

Real Estate Rental

- 601 Furnished Houses
602 Unfurnished Houses
603 Furnished Apts./Duplexes
604 Unfurnished Apts./Duplexes
605 Rooms For Rent
606 Mobile Homes
607 Office & Retail Rentals
608 Commercial Property
609 Condominium/Time Shares
610 Storage/Warehouse Rental
611 Farms For Rent

Pastures For Rent

- 612 Pastures For Rent
613 Pasture Wanted
614 Wanted To Rent
615 Mobile Home Space
616 Roommates Wanted

Agriculture

- 701 Livestock
702 Farm/Ranch Supplies
703 Custom Farm Services
705 Irrigation
706 Farm Seed & Fertilizer
708 Hay, Grain & Feed

Merchandise

- 801 Antiques & Collectibles
802 Appliances
803 Bazaars & Crafts
804 Baking Materials
805 Cameras & Equipment
806 Children's Items
807 Clothing
808 Communication Equipment
809 Computers
810 Firewood
811 Furniture/Carpet
812 Heating & Air Conditioning
813 Auctions
814 Jewelry & Furs
815 Lawn & Garden
816 Exercise Equipment
817 Miscellaneous For Sale
818 Musical Instruments
819 Office Equip./Supplies
820 Pets & Supplies
821 Stereo/Radio/CDs
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824 Video Eq. pment
825 Wanted To Buy
826 Camping Equipment
827 Garage Sales
828 Medical Supplies
829 Flea Markets
830 Wanted Collectibles

Recreation

- 901 ATVs & Motorcycles
902 Bicycles
903 Books & Accessories
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905 Guts & Rifles
906 Hot Tubs & Pools
907 Motor Homes & RVs
908 Snow Vehicles & Equip.
909 Sporting & Hunting Equip.
910 Travel Trailers
911 Utility Trailers

Transportation

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1002 Auto Parts & Accessories
1004 Autos Wanted
1005 Antiques & Collectibles
1006 Semitrailer Service
1007 Trucks
1008 Truck Parts & Accessories
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This holiday ad you placed some time ago in The Times-News is not responsible for errors after that time.

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DAIRY

Horizon Organic Dairy is now hiring night milkers looking for a Cook. Prof. someone with experience in institutional cooking...

DRIVERS

FT/PT needed OTR. RTR, Western States, Canada. \$500 sign on.

DRIVERS

Flatbed riggers. 500 sign on. TCT 800-635-5233.

DRIVERS

Gen State Transportation is looking for good drivers to run dry vans, trailers & walking floors...

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