



# The Times-News

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Twin Falls, Idaho/96th year, No. 211

Monday, July 30, 2001

50 cents

## GOOD MORNING

### WEATHER

Today: Mostly cloudy with a chance of scattered showers.  
High 76, low 50.  
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### MAGIC VALLEY

**Bad checks:** Twin Falls has been hit hard by a wave of bad checks.  
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### Stop: Stop sign violations

have become a perpetual problem.  
Page A4

### HEALTH & FASHION



**Back talk:** If you sit for a living, your spine may be headed for trouble.  
Page B1

### SPORTS

**Nomar's back:** Boston's All-Star shortstop returned to the field for the first time since last season.  
Page A7

**Ready for a fight:** Light heavyweight champ Roy Jones Jr. is ready for Felix Trinidad.  
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### OPINION

**Symbol of freedom:** Amending the Constitution to ban flag burning misses the point entirely, a guest editorial says.  
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### WORLD

**Violence flares:** Tensions in Jerusalem escalated and Israeli police stormed into a mosque compound.  
Page A12

## American wins again

### Cancer survivor cruises to victory

Los Angeles Times

PARIS — Cyclist Lance Armstrong took Paris by storm Sunday, winning his third straight Tour de France and establishing himself as the dominant figure in his sport and one of the top athletes in the world today.

When he whizzed down the sunny Champs-Élysées on Sunday afternoon and crossed the finish line near the Tuileries Gardens, the 29-year-old Texan became only the

### Armstrong savors third Tour de France win - A7

fourth rider to win France's epic race three times in a row. He completed the three-week, 2,165-mile event in 86 hours, 17 minutes and 28 seconds, beating Jan Ullrich of Germany by 6 minutes and 44 seconds.

Framed by the Arc de Triomphe in the distance and holding his racing cap to the breast of his yellow winner's jersey, Armstrong stood at attention for "The Star-Spangled Banner," shook hands with Paris Mayor Bertrand Delanoë and held his trophy aloft.

Thronging cafes, balconies, rooftops and even the sky decks of the Eiffel Tower, crowds filled resplendent central Paris to watch the Tour's 20th and final stage, which began in the village of Corbeil-Essonnes, about 100 miles away.

Armstrong's three-peat stirred awe among riders and fans, who included a number of Americans wearing U.S. flags as capes and head scarves. "I tried everything to seek out the slightest weakness, but Lance didn't have any," said Ullrich, who came in second in last year's competition as well. "This year, he is stronger than ever. Simply unbeatable."



Lance Armstrong celebrates on the podium after the 20th and final stage Sunday of the Tour de France cycling race. Armstrong is the only American to ever win the race three years in a row.

## SOCCER CENTRAL

### Neighbors object to plan for new fields west of Twin Falls

By Michael Journee  
Times-News writer

TWIN FALLS — A 12-field soccer complex is just too much of a good thing, say residents of a rural Twin Falls neighborhood.

Riled by a city Parks and Recreation Department proposal to slap the fields down in nearby farmland, outside of city limits, Michelle Downard, are writing letters to everyone involved, saying the proposal would ruin the quiet, rural lifestyle along 2700 East just west of the city.

Because the fields would be built in the city's area of impact, outside of city limits, Downard said council members had authority to grant approval of the \$190,000 complex May 21.

To slow the proposal, Downard and her neighbors have questioned the process leading to its approval by the Twin Falls City Council and the lack of infrastructure at the site for such an undertaking.

"It's really the traffic that would be the problem," said Downard, who penned letters to the City Council, the Twin Falls County Commission, and even the South-Central District Health department to stop, or at least scale back, the idea. Each was signed by at least 30 of Downard's neighbors.

Downard said the group is not trying to stop the building of the complex altogether. They just don't want the whole thing built in their neighborhood.

"Put a little bit here and a little bit somewhere else," she said.

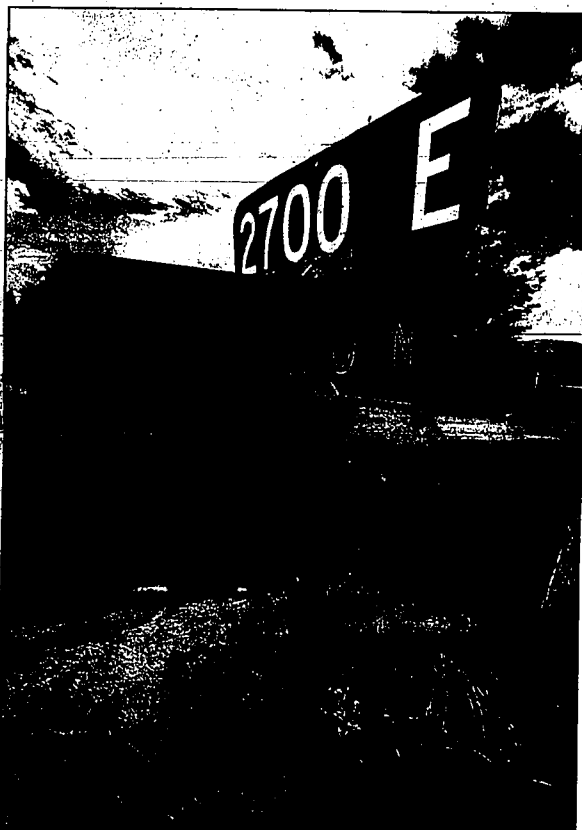
The influx of families from all across Twin Falls into the residential area on heavy tournament game days would overcrowd an already busy road system, they said.

"It sounds like the biggest thing in the state of Idaho will be dropped right in the middle of our neighborhood," Downard said.

In her letters, Downard says a "recent" Idaho Supreme Court decision — which she couldn't name or cite specifically — prohibits a city from governing in its own area of impact.

But City Attorney Fritz Wonderlich said the only Supreme Court decision dealing with cities' areas of impact in recent history — *Blaha vs. Board of Commissioners* — doesn't apply in Twin Falls County. The city and the county have a decades-old agreement that the city will administer its own areas of impact, despite not technically being in the city, Wonderlich said.

Downard also questions the lack of restrooms and other facilities for such a large complex, which had strong support from the surrounding farming community when discussed by the council.



Michelle Downard is one of a group of neighbors concerned about the planned site of the city's new soccer fields. Traffic on the rural road leading to the site is one of her concerns.

She and the neighbors even wrote South-Central District Health about the issue.

The proposal presented to the planning and zoning committee and the city council

shows no provisions for waste treatment other than portable sanitation units that would be used the first year," Downard wrote.

"We believe Please see SOCCER, Page A2

## Working without a net?

### Wendell rural fire chief tries to boost benefits for volunteers

By Mark Heinz  
Times-News writer

WENDELL — When volunteer firefighters answer a call, they face the same dangers the pros do.

But volunteers aren't provided the same safety nets as their paid counterparts, said one rural fire chief who is trying to smoke out more benefits for volunteers.

Specifically, Wendell rural fire chief Red Ors said he is trying to convince Idaho legislators to add the dependents of volunteer firefighters to the list of people eligible for scholarship benefits for the survivors of emergency personnel killed in the line of duty.

Ors said the volunteers in his department all have full-time jobs, and many of them are farmers. He said he's pushing for the scholarship benefit because he thinks it's unfair that people who leave their bread-and-butter occupations to face the risk of battling blazes don't qualify for it.

But there apparently are other gaps between the disability and death benefits available to professional firefighters and those offered to volunteers — who make up the front line of much of Idaho's rural fire defense.

While workman's compensation does offer some benefits, where firefighters work often determines what benefits they or their survivors stand to get should they meet with tragedy while on the job.

Idaho law is mute when it comes to death or disability benefits for volunteer firefighters, said Idaho Association of Counties spokeswoman Maggie Mahoney.

And while the firefighters are eligible for the same workman's compensation benefits state employees get, there's no coverage at the state level for the survivors of a volunteer killed on the job, she said.

So that leaves a lot up to the cities, counties or departments where the firefighters work, Mahoney said.

"Some of them are classified as county employees, but most aren't," she said. "Often, the rural fire departments themselves are simply their own taxing districts."

Federal workman's compensation can pay up to \$100,000 to the dependents of a volunteer firefighter killed on the job, said Gooding rural fire chief Pat Bishop.

"There has to be an investigation — it would have to be determined as a death directly related to fighting a fire," Bishop said.

So a fatal incident at a rural fire station probably wouldn't pass muster with federal benefits investigators, he said.

The city of Gooding and the Gooding Rural Fire Department have also chipped in to provide some injury benefits for volun-

Please see BENEFITS, Page A2

## Senate begins confirmation hearings for FBI nominee

The Associated Press

WASHINGTON — Robert Swan Mueller III is a man of few words. The Justice Department veteran, former federal prosecutor and Marine veteran tapped to head the FBI is known for the brevity of his public remarks throughout his entire career.

When President Bush brought him to the Rose Garden to announce his nomination on July 5, Mueller spoke for just 48 seconds about the biggest professional challenge of his life.

He has said less. Mueller (pronounced MULL-er) had only four words in 1988 about whether a stray cat living in a Boston courthouse should be evicted. "The cat is fine," said Mueller, a federal prosecutor in

Please see FBI, Page A2



President Bush presents Robert Swan Mueller III, right, as his choice to head the FBI July 5.

## Poll: Parents say they spoil their own children

The Associated Press

NEW YORK — Most Americans believe children are more spoiled than they used to be, and two-thirds of parents surveyed believe they spoil their own children, according to a poll released Sunday.

The poll, conducted for Time magazine and CNN, found that 80 percent of 1,015 adults surveyed believed children today are more spoiled than children of 10 or 15 years ago.

Three-fourths of those polled said children have fewer chores than in the past.

A subquestion of the polling group, made up of 351 parents, were asked whether they were more permissive with their children than their own parents were

with them. A third of the group believed they were more permissive.

Seventy-one percent think their children are exposed to too much advertising for games and toys.

When it comes to family fights, nearly two-thirds of parents say they're most likely to argue with their children about cleaning up their rooms, while 55 percent sometimes argue about fights the children are having with their siblings or others.

The Time/CNN poll was conducted by telephone earlier this month. The margin of error for the survey of 1,015 adults was plus or minus 3 percentage points. The margin of error for the subgroup of 351 parents was plus or minus 5 percentage points.

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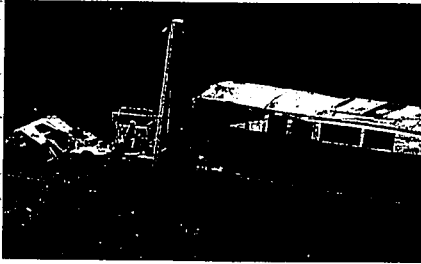
# Amtrak train derailed, injures passengers

SABULA, Mo. (AP) — An Amtrak train derailed early Sunday on a section of rural track that had been undermined by heavy rain, and hospitals said they treated 10 people for minor injuries.

The Dallas-bound Texas Eagle had left Chicago late Saturday with 174 passengers and 12 employees, Amtrak said. The train had two engines and 19 cars. A locomotive and three cars derailed at 2:17 a.m. The cars were lying on their sides, and several other cars also may have left the tracks, said Ron Murphy, the presiding commissioner of Iron County.

Four to 6 inches of rain had washed out much of the ground beneath the rails, said Mark Davis, a spokesman for Union Pacific, which owns the track. The hole caused by the erosion was 50 feet long and 4 feet deep, Davis said.

"The track was suspended in the air for 50 feet with nothing underneath it," Davis said. "The crew saw this section and was beginning to slow down, but it was too late. ... There was just no



Union Pacific crews work to right the lead locomotive of Amtrak's Texas Eagle Sunday in Sabula, Mo. A locomotive and three cars derailed.

support under the track at that point."

The derailment occurred near Sabula, an Iron County village about 130 miles southeast of St. Louis.

Passenger Barbara Walker of St. Louis said she had just dozed off when "I just felt a big jolt that knocked me out of my seat. From

there it was just total chaos. It was scary."

Walker was one of a group of eight women heading to Dallas to attend a convention. Their car at the end of the train remained upright.

The derailment occurred near a road crossing, and motorists had pulled over nearby because of the

sudden, heavy rain, said Jeff Castee, a volunteer firefighter who lives in the area. He called for emergency help.

"When you get the kind of rain we got — boom, you got trouble," said Castee.

Murphy said some of the passengers were put up at homes around the village of Sabula, while others were taken to a shelter set up at a school in nearby Annapolis.

"They took care of us really well," said Christen Little of St. Louis, another of the passengers going to the Mary Kay convention. "The whole town was there." Little, Walker and Tamara Booker of Kirkwood, Mo., said they had decided to take the train to avoid traffic congestion at Lambert Field International Airport in St. Louis.

"We thought it would be less stressful than flying," Booker said.

It was Walker and Little's first train ride and Booker's second. Asked if the experience had soured them on train travel, Walker quickly answered: "Oh, yes it has."

# Spacecraft to bring back first samples since moon rocks

CAPE CANAVERAL, Fla. (AP) — NASA is going after its first extraterrestrial samples since the Apollo moon landings. This time, instead of lunar rocks, the prize will be atoms from the sun blasted into space on the solar wind.

The robotic sun catcher, a spacecraft named Genesis, is due to be launched on its three-year, 20 million-mile, round-trip mission Tuesday afternoon. Liftoff had been scheduled for today, but was delayed Sunday night for unspecified technical reasons.

"It's obviously a big deal. We're extremely happy to be here. But it's only the first step," said the chief scientist, Don Burnett of the California Institute of Technology.

"The next step is to get this stuff back and then, over the next few years, actually do the things we want to do with it. That's when I'll really be excited," he said Sunday.

Burnett and other scientists hope the captured atoms that are brought back to Earth will help explain the origin of the solar system 4.5 billion years ago.

Genesis will travel beyond Earth's magnetic field to a spot 1 million miles away from the planet, and 92 million miles from the sun. It will spend about 2.5 years circling the imaginary point, gathering bits of solar material hardening by at more than 1 million mph.

A capsule containing the solar samples is due to return to Earth on Sept. 8, 2004, descending by parachute and then parafall before being caught by a helicopter above the Utah desert.

Burnett hopes for a yield that's equivalent, if all the desirable particles were piled up, to perhaps 10 grains of salt. "There's another way to look at it, which is more the way we look at it. It's a billion-billion atoms," Burnett said with a smile. "Take a billion somethings and you make a billion-piles-of-a-billion-somethings. That's how many atoms we've got — and that's a lot."

Genesis will be the first U.S. spacecraft since Apollo 17 in 1972 to return samples from outer space.

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# Sinusitis or Allergies?

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John A. Stevens, M.D.  
Sinus Specialist

SYMPTOM	SINUSITIS	ALLERGY	COLD
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Duration of illness	Over 10-14 days	Variable	Under 10 days
Nasal discharge	Thick, yellow-green	Clear, thin watery	Thick, whitish or thin
Fever	Sometimes	No	Sometimes
Headache	Sometimes	Sometimes	Sometimes
Pain in upper teeth	Sometimes	No	No
Bad breath	Sometimes	No	No
Coughing	Sometimes	Sometimes	Yes
Nasal congestion	Yes	Sometimes	Yes
Sneezing	No	Sometimes	Yes



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# Small community utilities increasingly move into cable and Internet service

WASHINGTON (AP) — The conventional wisdom that small towns are the boonies in today's communications boom is turned on its head in places like Glasgow, Ky., where nearly half of the 6,000 residents have high-speed Internet service at rates city slickers would envy.

In Glasgow, the local electric utility is offering speedy Web hookups for as little as \$24 a month, plus 50-channel TV viewing for a mere \$13.50.

In hundreds of small communities, communications services are coming from the local water, power or gas utility — outfits as familiar to citizens as the hardware store on Main Street.

Over the years, these utilities have discovered their networks of wires, plumbing or gas lines are handy, too, for offering cable television or phone service. Now they are getting in on the Internet as well.

While no federal law prohibits public utilities from providing this service, the telecommunications industry is holding foul.

"We feel that we shouldn't be competing against the entity that regulates us," said Steve Kipp of AT&T Broadband, which has challenged public utilities in a number of places.

Private companies say it is not fair for utilities to use tax dollars to operate an Internet service at a loss — as many do — or at a break-even cost that the industry could never hope to match.

The government, for example, can lay telecommunications equipment for free on its own land but could charge private companies millions to do the same, says Bill Bates of the United States Telecom Association, a phone lobbying group.

Municipal officials say if they did not bring Internet service to rural America, no one would, or at least not affordably.

"Iowa is just not a big market," says Patti Cale, energy services coordinator at the Iowa Association of Municipal Utilities. "If we are going to have state-of-the-art service, it seems in some cases municipalities are going to have to be the provider."

Private companies are not rushing in to places like Paragonville, Ark., population 23,000, where the power company plans to supplement its cable and regular Internet services this fall with high-speed Web access for \$35 a month.

"Why should our communities do without until they decide they

# Speeding up rural America

More and more people in small communities across the country are getting high-speed access to the Web — and many are connecting through digital subscriber lines (DSL).

Percent of subscriber ship, by people per square mile*	High-speed lines and annual percent change, by type of technology																										
<table border="1"> <tr> <td>June 2000</td> <td>December 1999</td> </tr> <tr> <td>Urban (more than 3,147)</td> <td>97.6%</td> </tr> <tr> <td>Rural (16 to 25 people)</td> <td>44.7%</td> </tr> <tr> <td>Over the wire</td> <td>27.9%</td> </tr> </table>	June 2000	December 1999	Urban (more than 3,147)	97.6%	Rural (16 to 25 people)	44.7%	Over the wire	27.9%	<table border="1"> <tr> <td>June 2000</td> <td>December 1999</td> <td></td> </tr> <tr> <td>DSL</td> <td>850,590</td> <td>+157%</td> </tr> <tr> <td>Other wireline</td> <td>369,702</td> <td>+96.2%</td> </tr> <tr> <td>Cable</td> <td>747,028</td> <td>+22%</td> </tr> <tr> <td>Coaxial cable</td> <td>609,909</td> <td>+69%</td> </tr> <tr> <td>Total</td> <td>2,114,153</td> <td></td> </tr> </table>	June 2000	December 1999		DSL	850,590	+157%	Other wireline	369,702	+96.2%	Cable	747,028	+22%	Coaxial cable	609,909	+69%	Total	2,114,153	
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\* Areas that have at least one high-speed subscriber



SOURCE: Federal Communications Commission

want to enlighten us?" asked Larry Watson, chief executive officer of City Light, Water and Cable in Paragonville.

At least 357 public power systems offer communications services, according to the American Public Power Association. Eighty-two offer cable and 82 offer Internet service.

Officials contend fast connections for a small community are a necessity to attract business. In places where private companies already compete, utilities say their presence drives down costs.

Just days before the electric Plant Board in Glasgow turned on its cable service, the existing company suddenly dropped its rates. Instead of charging consumers \$14.95 for 26 channels, it offered 50 channels for \$13.50.

"What you cities have in common is they all have their cable operators," said William Ray, the board's chief executive officer. The competition proved so fierce that last year, the private cable operator asked to have its remaining subscribers bought out

by the utility.

Similar results in other towns have prompted the private sector to seek legislative help.

In nearly a dozen states, companies and industry groups have lobbied for laws that limit or bar public utilities from offering communications services, despite a 1996 federal law that sought to open the door for new competitors in the local phone and cable markets.

Arkansas utilities cannot sell dial-tone phone service to residents. Utilities in Texas are prohibited from offering telecommunications services, even indirectly through a third party. Florida law levies special taxes on telecommunications offerings from public entities, which opponents say ultimately raises consumer bills.

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# Flood strikes for third time in a month

MAN, W.Va. (AP) — Heavy rain caused flooding and mudslides in West Virginia on Sunday for the third time in a month, chasing people from creek-side homes and from campgrounds. At least one death was blamed on the flooding.

Up to 2 inches of rain fell on already water-logged hillsides in just an hour early Sunday in many parts of the state, the National Weather Service said. More heavy rain was possible.

Flooding and mudslides in most areas were not as severe as during the devastating floods on July 8, but larger areas were affected, officials said.

Widespread evacuations occurred south of Charleston in Logan County along Buffalo Creek, the site of the 1972 flood caused by the collapse of a coal mine. At least 125 people were evacuated. That dam failure struck 16 miles of the hollow toward Mann Wiping and 11 communities and killing 125 people.

"On Sunday, we have 20 little camps communities under water," said Buffalo Creek Assistant Fire Chief Michael Compton.

# President misses Scout Jamboree

WASHINGTON (AP) — Rain forced President Bush to cancel his trip Sunday to the National Scout Jamboree in Virginia.

Bush had planned to join more than 32,000 boys in a quadrennial gathering known as "the Olympics of Boy Scouting." Heavy storms led organizers to scrap a ceremony the president was to attend.

The decision came after two Boy Scouts were struck by lightning Thursday during the gathering at Fort A.P. Hill, an Army facility about 40 miles north of Richmond. The boys were treated at a hospital and released.

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## AROUND THE VALLEY

# Businesses watch for bad checks

### Jerome City Council to meet on Tuesday

**JEROME** - The City Council will meet at 5:30 p.m. Tuesday at council chambers, 100 E. Ave. A. The meeting is open to the public.

### Watershed advisory group to hold meeting

**SHOSHONE** - An executive meeting of the Wood River Watershed Advisory Group will be held at 7:30 p.m. Aug. 8 at the Big Wood Canal Co. office, 112 S. Apple in Shoshone.

### Conservation council to host tour and steak fry

**GOODING** - The Wood River Resource Conservation and Development Council will host its annual tour and steak fry on Tuesday in Blaine County.

The tour begins at 1 p.m. at the Hayspur Fish Hatchery Campground on Highway 20 west of Picabo. Participants will visit the Hayspur Fish Hatchery, Silver Creek Preserve, a windbreak and living snowfence project at the Bashaw Ranch, and a proposed wildlife habitat project at the Dick Springs Ranch.

The steak fry starts at 5:30 p.m., also at the campground. The cost is \$9 per person. Anyone interested is invited. To make reservations or for more information, call the Wood River RC&D office at 934-4149, Ext. 4.

### Veterinarian author seeks stories for book

**BONNERS FERRY** - Former Twin Falls veterinarian Marty Becker is writing a new book, and he's looking for pet stories from his former clients in south-central Idaho.

"The stories I need from your readers are very specific," Becker said. "I've often said, 'There is only one greatest pet in the world, and every family has it.' I need stories, not of the world's greatest pet showcasing their love, loyalty, antics or special traits, but specifically stories of where a pet transformed someone's life physically, socially or emotionally."

Becker, who has co-authored two "Chicken Soup for the Soul" books about pets, appears on "Good Morning America" regularly, has his own show on The Animal Planet cable network and writes a nationally syndicated column, had a veterinary practice in Twin Falls through 1988. The stories are for a new book called, "The Healing Power of Pets."

Any of Becker's former clients with stories to share can send them Marty Becker, HCR 60 Box 177, Bonners Ferry, Idaho 83805, fax them to (208) 733-5405, e-mail them to thebond@aol.com, or phone him at (208) 734-8174.

### Some veterans will receive free park passes

**BOISE** - Some Idaho veterans will receive free Idaho State Parks Annual Passports this year and in future years, thanks to Legislative action this past session, according to the Idaho Department of Parks and Recreation.

Idaho veterans who are 100 percent disabled from a service-related injury can receive a free annual day-use pass to Idaho's 26 State Parks.

Veterans who qualify will also have a disability determination letter or a Veterans Universal Access Identification card, said IDPR Director Rick Collignon in a news release. "All they need to do is present the letter or card the next time they come to a park and we'll give them a free annual day-use pass. At that time we'll also get their name and address so we can mail them a free day-use pass each year for future use in Idaho State Parks."

Collignon stressed the program is for Idaho veterans only. Their disability must be service-related and the Veterans Administration must have judged the disability to be at least 100 percent, the news release said.

By Mark Heinz Times-News writer

**TWIN FALLS** - It might be impossible to stop all check fraud, a Twin Falls police captain said, but some business leaders don't want vigilant enforcement written off.

"What we're concerned about - not only as merchants but as individuals - (is that) whenever police departments become too busy to go after bad guys, the bad guys become more active," said Jim Vickers, owner of Vickers Western Stores in Twin Falls.

Twin Falls has been hit hard by a wave

### Watch out

**M**erchants need to pay special attention when accepting checks, especially those written for cash, said Twin Falls police Capt. Jim Massey. Always ask for identification, and be wary of checks that don't list a phone number or physical address. Account holders need to be careful too, Massey said.

of bad checks in a scenario that's playing out all over the country, said Twin Falls police Capt. Jim Massey. Advances in software and computer printers have

Don't leave a checkbook in a car or any place else it can easily be stolen. And bear in mind that thieves and forgers also like to get their hands on account numbers - even old ones, he said.

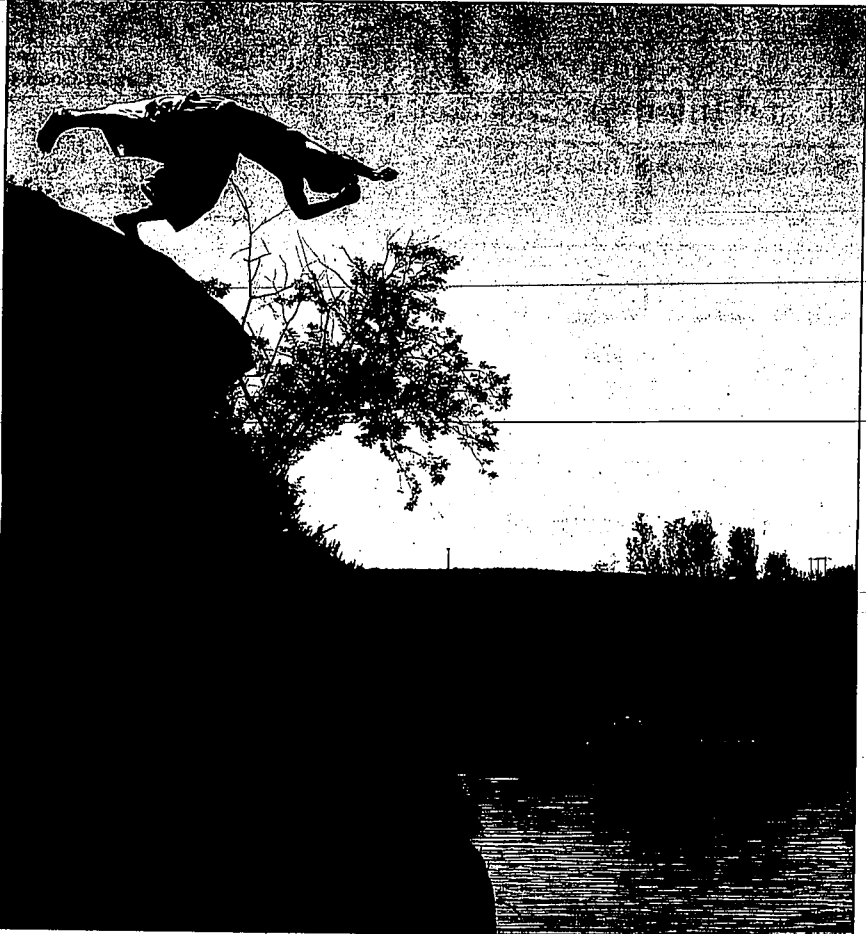
"If you close an account, don't just throw your old checks away. Burn them or shred them,"

But in and around Twin Falls, forged checks aren't the biggest problem, Massey said. Instead, people who knowingly or not - write checks against insufficient funds or crooks who get their hands on others' checkbooks or bank account numbers seem to be causing most of the local problems, he said.

The problem got bad enough that the local Applebee's restaurant for a time quit accepting checks from anybody, said manager Kent Cramer. But that restaurant recently reversed that policy in the face of overwhelming popular demand.

Please see CHECKS, Page A6

### DIVING IN



Twelve-year-old Eric Magana from Salt Lake City, Utah, cools off at Diarkes Lake in Twin Falls Sunday afternoon.

## Planners to hold hearings on request

The Times-News

**TWIN FALLS** - The Twin Falls City Planning and Zoning Commission will hold a public hearing tonight on a request for special permits to serve alcohol for consumption on the premises at 127 South Park Ave. W.

The meeting will begin at 7 p.m. in council chambers. Also tonight, public hearings will be held regarding requests to construct a 1,440-square-foot detached accessory building at 692 Park Ave. in the city's area of impact, and to operate an automobile repair business at 1001 Third Ave. W.

A public hearing also is planned regarding a request for zoning district change, zoning map amendment and comprehensive plan amendment from urban residential to professional office for properties located at 1316, 1334, 1404, 1426 and 1444 Falls Ave. E.

Other business includes a preliminary planned-unit development presentation by Pacific Security Financials for a zoning district change and zoning map amendment on 12 acres of land. The land is located within a 35.4-acre planned unit development on the south side of the 500 block of Park Avenue in the city's area of impact. Planners will also consider preliminary plans for the Sunflower Estates Subdivision located north of the intersection of 2700 East Road and Falls Avenue West and the Eastwood Meadows Subdivision located southwest of the intersection of Elizabeth Boulevard and 3200 East Road within the city's area of impact.

The commission also will discuss special use permit requests from Action Cycles 'N Sleds LLC, Barry and Tracy Knoblich, and John Holland.

## BLM gets new fire base in Burley

By Ruth Streeter Times-News writer

**BURLEY** - You can't have a fire hall that breaks fire codes. So after 30 years, the U.S. Bureau of Land Management is getting a new Burley fire base for fighting blazes on public lands in eastern Magic Valley and beyond.

The BLM won't be the only one to benefit. The BLM awarded the \$423,948 building contract to Twin Falls construction company Starr Corp. as part of a federal contract program that gives business to companies located within Idaho.

The federal contract award was one of the awards in excess of \$50,000 announced by the U.S. Department of Commerce and the U.S. Department of Defense for companies located in Idaho during the week of July 9.

Please see BASE, Page A6

## Detective urges public to report stop sign violations

By Lorraine Cavener Times-News correspondent

**RUPERT** - The Minidoka County Sheriff's department dealt with five fatalities in June, and four out of the five deaths were the result of two accidents where people did not stop at stop signs, said Detective Vic Watson.

Stop sign violations have become a perpetual problem, Watson said. While looking at statistics comparing the time period of January through July of 2000 and 2001, Watson said in Minidoka County of citations given in Minidoka County for stop sign violations has doubled.

Last year, 12 stop sign violations were given during that time period, while there were 24 handed out this year, he said. One thing that has helped is public involvement.



"We are getting more public complaints," he said. Stop sign complaints, which are given a high priority by the sheriff's department, are passed to patrol officers on a regular basis. The department has its best luck curbing stop sign violations when a pattern is noticed.

And Watson, whose pet peeve is stop sign violators, urges the public to continue to report people they see running stop signs.

"We hope we catch them before an innocent motorist catches them with a crash," he said. Violations often occur at rural stop signs, said Cassia County Sheriff Jim Higns, who has noticed the same stop sign violation pattern as Watson.

**Detective Vic Watson and Lt. Randy White, of the Minidoka County Sheriff's Office, discuss stop sign accident statistics.**

High rates of speed are often involved in rural crashes because one person, who has the right of way, is hit by another who has run the stop sign, Watson said. "That always results in serious injuries," he said.

Watson often hears the excuse that hazards make the stop sign hard to see. "We can't eliminate all hazards, but when you drive you are assuming responsibility," he said. Both Higns and Watson attend Mini-Cassia transportation meetings and regularly pass out information about stop sign hazards to county and state highway officials. Higns and Watson agreed that many truck drivers are notorious for running stop signs.

"It can cost me their (other motorists) lives and their future."

# CSI TODAY

# ON THE AGENDA

**Today**  
CSI and Idaho Dance Arts Alliance annual dance camp, all day, gymnasium and Fine Arts. 4H Ride Night, 6:30 p.m., Expo outdoor arena. Magic Valley Dilettantes board meeting, 7 p.m., Taylor 253.

**Tuesday**  
CSI and Idaho Dance Arts Alliance annual dance camp, all day, gymnasium and Fine Arts. Herrett Center summer hours, 1 to 9 p.m. Tuesdays through Saturdays. "The Dinosaur Chronicles," 4 and 7 p.m., Faulkner

**Planetarium**  
"Space Jammin'," 8:15 p.m., Faulkner Planetarium. "Regional View" art show, Jean B. King Gallery, Herrett Center (on display until Aug. 25).

**Wednesday**  
CSI and Idaho Dance Arts Alliance annual dance camp, all day, gymnasium and Fine Arts. "The Dinosaur Chronicles," 4 and 7 p.m., Faulkner Planetarium. "Space Jammin'," 8:15 p.m., Faulkner Planetarium.

**Thursday**  
CSI and Idaho Dance Arts

Alliance annual dance camp, all day, gymnasium and Fine Arts. "The Dinosaur Chronicles," 4 and 7 p.m., Faulkner Planetarium. "Space Jammin'," 8:15 p.m., Faulkner Planetarium.

**Friday**  
CSI and Idaho Dance Arts Alliance annual dance camp, all day, gymnasium and Fine Arts. "The Dinosaur Chronicles," 4 and 7 p.m., Faulkner Planetarium. "Space Jammin'," 8:15 p.m., Faulkner Planetarium. Narcotics Anonymous weekly meeting, 7 p.m., Desert 112.

**Saturday**  
Silver Sage Grotto cave club monthly cave trip, all day. For information, call Chris Anderson at 733-9554, Ext. 2663. "The Dinosaur Chronicles," 2, 4 and 7 p.m., Faulkner Planetarium. "Space Jammin'," 8:15 p.m., Faulkner Planetarium.

**Sunday**  
Magic Valley Bible Church, 9 a.m. to noon, Shields 117 and 118. Church of Christ, 10:30 a.m., Evergreen A05.

**Today**  
Jerome County Planning and Zoning Commission, 7:30 p.m., courthouse. Twin Falls County commissioners, 8:30 a.m., courthouse.

**Tuesday**  
Burley Public Library Board, 5:30 p.m. library conference room. Twin Falls City Planning and Zoning Commission, 7 p.m., council chambers. Twin Falls County commissioners, 8:30 a.m., courthouse.

**Wednesday**  
Oakley City Council, 7 p.m., city office, 200 W. Main. Twin Falls County commissioners, 8:30 a.m., courthouse.

**Thursday**  
Bellevue Planning and Zoning Commission, 7 p.m., City Hall. Fairfield City Council, 7:30 p.m., firehouse. Kimberly Public Library Board, 7 p.m., library. Murrah Planning and Zoning Commission, 7 p.m., City Hall. Twin Falls County commissioners, 8:30 a.m., courthouse.

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

*This list is compiled from advance schedules. The Times-News suggests that you confirm the information by calling the appropriate clerk's office before attending.*



A fire fighting tanker plane dumps fire retardant chemicals on the Green Knoll fire Sunday near Jackson, Wyo. The blaze, estimated at 4,620 acres, was considered 50 percent contained Sunday.

## Evacuees hope their homes will escape fire

WILSON, Wyo. (AP) — They gather at the post office, at the grade school, at Hungry Jack's General Store and Nora's Fish Creek Inn, sharing information, stories, rumors, tears. They are the Green Knoll Fire evacuees, displaced from their mountain homes by a dangerous forest fire, its flames still licking at exclusive neighborhoods in increasingly exclusive Jackson Hole.

They have gone through an emotional roller-coaster since sparks from a campfire grew to a 4,620-acre blaze in the tinder-dry Bridger-Teton National Forest eight days ago.

Michael Olin, an attorney who splits time between Wilson and Miami, Fla., along with his wife, Marlene, were among the first to be evacuated when the fire made a strong run Wednesday. They drove to a good vantage point the next day, and their hearts sank.

"All we could see from east to west was a line of fire within sight of our home," he said. "We got here Friday morning and saw the new map of the fire and saw that these guys had no chance. But (Saturday) was an amazing day."

Nearly every person connected

to the fire, from managers to residents to camp volunteers, has used similar terms to describe the way crews, in the face of terrible fire conditions — strong, erratic winds, high temperatures, crackling dry trees and low humidity — have kept all structures from harm.

Juniper Lopez rents a house just north of Indian Paintbrush subdivision. She was more hopeful after an update at the Wilson grade school Sunday.

"It seems like they are a lot more positive," she said of fire officials. "I've been dealing with acceptance over dealing with denial now, that it is a possibility that I could lose a home up there."

More good news came later in the day. "The roughly 100 evacuees might be able to return home Monday."

The fire that has marched over ridge after ridge was one foresters knew could come. Rainfall in the Jackson Hole valley this year is about 9 inches, down 57 percent. Also, recent winters have been mild with relatively low snowfall, further drying out the trees.

On July 22, the bad news came.

A fire had broken out and was moving toward a number of subdivisions about six miles southwest of Jackson and about three miles south of Wilson, an unincorporated hamlet.

The U.S. Forest Service brought in its elite firefighting corps: teams of finely tuned troops from all over the nation. The air attack includes 16 airplanes and 12 helicopters dropping retardant and water while putting on a show over a few square miles of heavily smoking timber.

One-fourth of the nation's air tankers are on the fire, and veterans say such heavy numbers and constant activity is unprecedented. The resources are available primarily because few large fires have erupted across the West this year.

The planes and helicopters were bombing the fire for several days, while 1,000 firefighters waged a ground battle royale. A few hundred more provide organizational support at a base camp not far from Jackson Hole Mountain Resort, a popular ski area.

The relentless air assault has been augmented by bulldozer

and shovel crews gouging out fire breaks, scout-plane pilots pinpointing new outbreaks, and hand and engine crews pouncing on them immediately with dirt and water. Before the flames drew near, local crews coated homes with foam and a gel dubbed "green slime" as a preventive measure.

For the first eight days, it worked, although the fire continued to bulge here and there, throwing sparks and embers and keeping crews hopping.

The price tag, and counting: \$6 million.

Some locals and nonresidents alike have questioned whether that kind of money should be spent on people who could pay for the fire themselves, those who live in homes valued at twice that amount.

They also wonder if the same type of response would have resulted if the fire threatened less expensive homes.

Fire officials have said repeatedly that the response is typical of any fire that threatens human life or property, and that without an aggressive response, many other homes would also be jeopardized.

## Annual gathering in Post Falls draws young and old

POST FALLS (AP) — Thousands traveled from all over the northwest to attend the annual Juleymsh Powwow in Post Falls this weekend.

More than 30,000 people were expected at the northwest's largest outdoor powwow. The event is hosted by the Coeur d'Alene Tribe and includes dancing and drum competitions.

When Theresa Blue Bird arrived Thursday night after a six-hour drive from Baker City, Ore., she could hardly find a place to pitch her tent. The level camping spots around the outdoor arena had all been taken.

Blue Bird and her two teenagers ended up on a slope. She awoke the next morning to find a friend from Eastern Oregon in a tent next to her.

"We enjoy being with other Indian people and mingling with them and making new friends," she said. "It's always an exciting time for us."

Stephen Small Salmon frequently waved and shook hands with people passing by as he tended a booth for renowned Spokane artist George Flett.

Small Salmon attends about 25 powwows per year, traveling to Canada and all across the United States. He has been dancing since he learned to walk, and at 62, he competes in the "golden divide."

"When I go out and dance, I listen to the drum beat," said the Flathead-Fend Oreille man from Roman, Mont. "I don't care who's watching. I forget about my worries."

Small Salmon said he helped bring back the use of round feather bustles in the Prairie Chicken dance.

The Prairie Chicken dance hails from Eastern Montana, and it is the featured dance at the Juleymsh Powwow. It developed when two young men were on their vision quest.

"The elders told me this story," Small Salmon said. The young men heard a drumming sound they did not recognize and came across a prairie chick-

en in a graceful dance. The dance developed after the men told a chief about their experience.

## AUCTION

- LISTINGS THROUGH JULY 20
- TUESDAY, JULY 31 - 5:00pm**  
Household - Tools - Antiques  
 consignments Welcome - Jerome  
**KLAS AUCTION BARN**  
208-324-8521
  - WEDNESDAY, AUGUST 1 - 11:00am**  
Furniture - Tools - Collectibles  
Household - Misc. - Twin Falls  
Twin Falls County  
**HUNT BROTHERS AUCTION**  
208-734-2548
  - WEDNESDAY, AUGUST 1 - 8:00pm**  
Tom & Sue Brazie - Household - Tools  
Shoshone  
Advertisement - July 30  
**MASTERS AUCTION SERVICES**  
www.mastersauction.com
  - THURSDAY, AUGUST 2 - 6:00pm**  
Dolores Hansen Living Estate - Household  
Collectibles - Lawn & Garden - Shoshone  
Advertisement - July 31  
**MASTERS AUCTION SERVICES**  
www.mastersauction.com
  - FRIDAY, AUGUST 3 - 8:00pm**  
Lesla Hundley Estate - Antiques  
Collectibles - Household - Twin Falls  
Advertisement - August 1  
**MASTERS AUCTION SERVICES**  
www.mastersauction.com
  - SATURDAY, AUGUST 4 - 11:00am**  
Auto Auction - Cars - Trucks  
RVs - Equipment  
 consignments Welcome - Twin Falls  
**HUNT BROTHERS AUCTION**  
208-734-2548
  - SATURDAY, AUGUST 4 - 11:00am**  
Fred & Martha Park Living Estate  
Antiques - Collectibles - Household  
Lapidary Equipment - Albion  
Advertisement - August 2  
**MASTERS AUCTION SERVICES**  
www.mastersauction.com
  - SATURDAY, AUGUST 4 - 10:30am**  
Desert Mountain Home Business Liquidator  
Real Estate - Construction Equipment  
Advertisement - August 2  
**NORTHWEST MARKETING**  
(208) 308-2659
  - SUNDAY, AUGUST 5 - 1:00pm**  
Katherine Uvely - Household - Buhl  
Advertisement - August 3  
**MASTERS AUCTION SERVICES**  
www.mastersauction.com
  - SUNDAY, AUGUST 5 - 11:00am**  
Warren & Margie Guyer - Antiques  
Collectibles - Guns - Autos - Tools - Kimberly  
Advertisement - August 3  
**JMA AUCTIONEERS**  
www.jmauctions.com
  - MONDAY, AUGUST 6 - 11:00am**  
Anne & Bob Catmull - Household  
Collectibles - Travel Trailer - Rupert  
Advertisement - August 4  
**MASTERS AUCTION SERVICES**  
www.mastersauction.com
  - SATURDAY, AUGUST 11 - 11:00am**  
Elizabeth Rice Estate - Chrysler New York  
Collectibles - Household - Twin Falls  
Advertisement - August 9  
**JMA AUCTIONEERS**  
www.jmauctions.com
  - SUNDAY, AUGUST 12 - 12:00 noon**  
Dan & Charlene Anderson - Tractor  
Dixon Motor - Horse Drawn Equip.  
Tools - Household - Twin Falls  
Advertisement - August 10  
**JMA AUCTIONEERS**  
www.jmauctions.com

## SERVICES

**A. J. Jay Korsean**, formerly of Paul, graveside service at 10 a.m. today at the Paul Cemetery (Hansen Mortuary Rupert Chapel).

**Billie Lee Hobbs of Idaho Falls**, service at 11 a.m. today at the Idaho Falls 7th Ward Chapel on Memorial Drive; family will visit with friends one hour before the service at the church (Wood Funeral Home in Idaho Falls).

**Whitney Anne Searle**, infant daughter of Chris and Emily Boden Searle of Nampa and formerly of Burley, graveside service at 11 a.m. today at the View Cemetery, 600 S. 700 E.; Burley; friends may call from 9:30-30 a.m. today at Rasmussen Funeral Home, 1350 E. 16th St., Burley.

**Audrey B. Schroeder of Burley**, service at 1 p.m. today at the Clover Lutheran Church; interment will follow at the Clover Cemetery (Parke's Magic Valley Funeral Home in Twin Falls).

**Kelly A. A. Olson of Hansen**, memorial service at 4 p.m. today at the Parke's Magic Valley Funeral Home, 2551 Kimberly Road, Twin Falls; no visitation is planned.

**Barbara Ann Strout Lowry of Jordan Valley, Ore.**, service at 11 a.m. Tuesday at the Rasmussen Funeral Home, 1350 E. 16th St., Burley; interment will follow at Gem Memorial Gardens; friends may call from 6-8 p.m. today and

## Abandonment of rail line seems imminent; officials urge purchase

**BANKS (AP) — Officials from Rio Grande Pacific railroad are urging county and state representatives to purchase the company's Idaho Northern Pacific Line connecting Cascade to Payette.**

Company Chief Executive Officer Richard Bertel suggested Monday, Boise, Gem and Foothill Counties form a rural rail authority and purchase the line for \$10 million as an alternative to abandonment. He also suggested officials apply for part of a \$1 billion grant from the Federal Railroad Administration for funds to buy the line.

"What we're really dealing with here is the clock," Bertel said. "Everybody in the area wanted to save the line but no body wanted to pay for it," he said of the company's recently abandoned rail line in Oregon.

Bertel said the line has only one major freight customer in the four county coverage area and that is not enough to keep

the line open.

The company has committed to operating the rail excursion line through the end of December as needed and excursions out of Cascade will continue next month.

After that Bertel said he is sure the U.S. Department of Transportation will grant continuation of Abandonment if there are no customers or shippers for the next two years. He added that the department has never declined an application for abandonment.

State Trails Coordinator for the Idaho Department of Parks and Recreation Leo Hennessy suggested the track bed be incorporated into the Rails to trails program.

**1828 Bridgeview Blvd. Twin Falls - 736-3933**

## DEATH NOTICES

**Billy Joe Mathews.**  
BUHL — Billy Joe Mathews, 20, of Buhl was pronounced dead at St. Alphonsus Hospital in Boise on July 28, 2001.

Arrangements pending under the direction of Farmer Funeral Chapel of Buhl.

**Domingo Zapata Jr.**  
JEROME — Domingo Zapata, Jr., 39, of Jerome, died early Saturday morning July 28, 2001 as a result of a truck accident near Huntington, Ore.

Services are pending and will be announced by Reynolds Funeral Chapel, Twin Falls.

**Olive Boren Stirland.**  
BURLEY — Olive McBride Boren Stirland, 96, of Salt Lake City, Utah and formerly of Burley, died Sunday, July 29,

will follow at Jerome Cemetery; friends may call from 6-8 p.m. Tuesday at the funeral chapel.

**Norma Arlene Silcock of Twin Falls**, service at 11 a.m. Thursday at the Twin Falls 9th Ward LDS Chapel on Eastland Boulevard; friends may call from 4-8 p.m. Wednesday at White Mortuary or 9:30-10:45 a.m. Thursday at the church; family will meet friends from 6-8 p.m. Wednesday at White Mortuary.

2001, in Salt Lake City.

The funeral is pending and will be announced by Rasmussen Funeral Home in Burley.

**Lillie P. Ealinger**  
TWIN FALLS — Lillie P. Ealinger, 84, of Twin Falls, died early Sunday morning July 29, 2001 at her home following an extended illness.

Services are pending and will be announced by Reynolds Funeral Chapel.

**Lucille Iserman Haight**  
TWIN FALLS — Lucille Iserman Haight, 87, of Twin Falls and formerly of Burley died Sunday, July 29, 2001, at the Alterra Wyndwood Assisted Living Center in Twin Falls.

Arrangements are pending and will be announced by Payne Mortuary in Burley.

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## MORNING LINE SPORTSQUOTE

“ We were going to drill him, flat out. I told him that. ”

— Brewers manager Ducey  
Lopes who stopped play in  
Saturday's game between  
Milwaukee and San Diego to  
scream at Ricky Henderson  
for taking second base  
uncontested with the Padres  
ahead, 12-5

## TRIVIA

**QUESTION:**  
What pitcher holds the record for most grand slams allowed?  
...answer below

## TODAY'S SCHEDULE

**Rodeo**  
SJRJA at Shoshone, 6 p.m.

## IN BRIEF

### TF Nationals finish fourth at regionals

HELENA, Mont. — The thrilling ride that took the Twin Falls Nationals to the brink of a berth in the Cal Ripken Baseball World Series ended with two defeats Sunday.

In the semifinal game of the Cal Ripken Pacific Northwest Regional Tournament, the Nationals managed eight hits against Willamette Valley Ore., but scored only two runs, losing 5-2.

Willamette Valley collected 11 strikeouts and Chris Ingles finished with a triple and a home run. The Nationals run came on solo home runs by Ryan Simmons in the second and Tyler Knigge in the fourth.

In the consolation championship, a four-run third inning lifted Ferndale, Wash., past the Nationals 7-5.

The Nationals played two in the first to open a quick 2-0 lead, but Ferndale tied the score in the second before going ahead for good in the decisive third inning. Nathan Randles took the loss: The Nationals finished fourth in the region.

“The kids did a great job,” Nationals coach Kent Knigge said. “We played against a level of talent that we’ve never seen before. And we hung in there. It was just a great experience.”

The Nationals finished the season 31-5.

Willamette Valley 8, Twin Falls 2  
Twin Falls 2001-1993  
Twin Falls 11-01-7113  
Manager: Edgley (1), Manager (1) and Packer and Hansen (2)  
Pitcher: Johnson (1), Johnson (2) and Johnson, 19. Dangler, 19. Randles, 19. Randles.

Compiled from staff reports

**TRIVIA ANSWER:**  
Nolan Ryan, 10.

# Tour de LANCE

## Armstrong shines on brilliant day in Paris

The Associated Press

PARIS — On this day of little suspense, there was one bit of drama at the Tour de France.

The Texas flag Lance Armstrong was waving briefly got caught in his bike chain, raising the uncertainty of a victory lap Sunday. He grinned sheepishly as he awaited help, then obliged the cheering crowd along the Champs-Elysees.

With the majestic Arc de Triomphe behind him, Armstrong listened to “The Star-Spangled Banner” and smiled with satisfaction as he savored an end to three weeks of grueling racing to win his third straight Tour title — the only American to do so.

His leader's yellow jersey was lost in the main pack as he crossed the finish line, but the man from Austin, Texas, already had shown he's in a class of his own — having survived life-threatening cancer to master the world's toughest cycling race.

Only a terrible accident could have kept him from the winner's stand, given the insurmountable lead he had built in the mountains a week earlier.

“It's the best feeling of the last three (wins),” Armstrong said in faltering French. “As always, I am happy to finally arrive, to finally finish the Tour. It's a special feeling.”

His ride to victory — with a lead of almost 7 minutes — had been in some ways the most impressive of all three wins. Because this time, the field that he crushed so definitively, including top rival Jan Ullrich, was in top form.

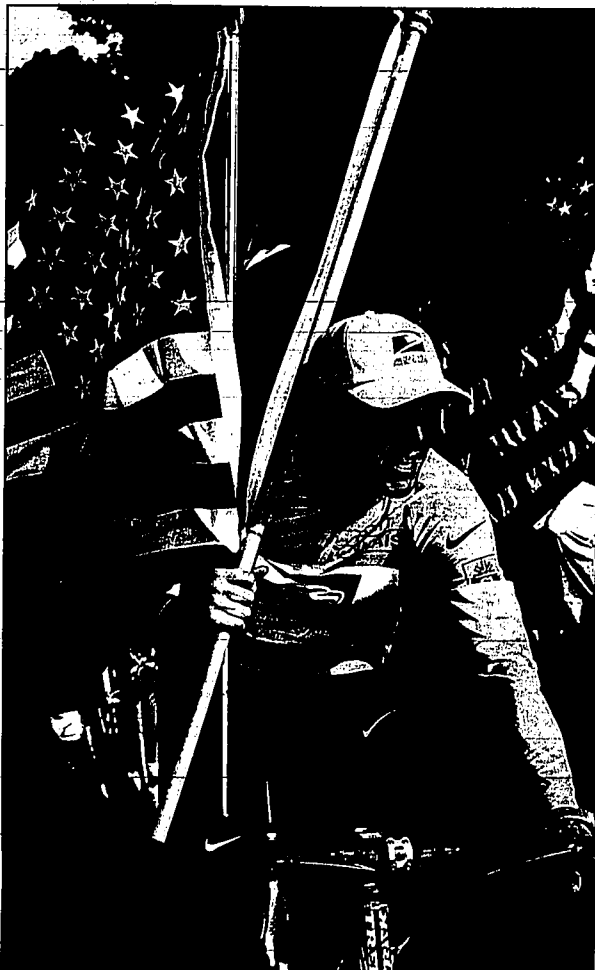
French fans, who favor their own cycling heroes and find Armstrong somewhat distant.

### Tour de France

A look at Sunday's 20th and final stage of the Tour de France:

**Final Results:** Lance Armstrong won his third straight Tour de France title. He was 6 minutes 44 seconds ahead of Jan Ullrich of Germany in the overall standings. Spain's Joseba Beloki was third, 9:05 behind. Stage: A 99.67-mile stretch from Corbeil-Essonnes south of Paris to the finish on the Champs-Elysees.

**Winner:** Jan Svoboda of the Czech Republic won in 3:57:28. Armstrong finished in 70th place.



Lance Armstrong, of Austin, Texas, rides with the U.S. and Texas flags down the Champs Elysees avenue after winning the Tour de France in Paris Sunday. It is the third straight year Armstrong has won the race.

## Armstrong still not a hero to the French

The Associated Press

PARIS — At home, Lance Armstrong is a genuine hero. But in France, where he's dominated the country's signature event three years in a row, the Tour de France champion evokes a more muted reaction.

Of course, it doesn't help that he isn't French. But it's more than that: The public admires Armstrong's huge talent, but sees the Texan as somewhat cold and distant.

And while his total mastery of this year's race should only add luster to his legend, it actually makes him less sympathetic to some fans here who like their champions to sweat, show some pain and, occasionally, lose.

“Arch-dominator,” the daily Parisien newspaper called Armstrong recently — an image a bit more suited to “Star Wars” than a cycling contest.

“Armstronginator,” said the sports daily L'Equipe.

But Armstrong is trying to change all that.

While insisting the Tour de France isn't a popularity contest, he has attempted to warm up to the crowds, speaking a pleasantly mangled form of French in TV interviews. He ended one such exchange with a cheerful “Merci, monsieur!”

“This year I've decided to try what I can,” he says of his linguistic efforts. “I've decided to be more accessible to the people and the media.”

“Nobody has a 100 percent approval rate, for whatever reasons,” he added in a conversation with reporters.

On the sprawling roads of the French countryside, fans applauded the Texan this year for his superior efforts, even if he didn't get the flag-waving and banner-flying reserved for local favorites.

“Armstrong was magnificent,” said 25-year-old Arnaud Blais of Paris after Sunday's finale. “It would have been nice for someone French to win, but they aren't strong enough.”

# Garciaparra returns to Boston with a bang

The Associated Press

BOSTON — Nomar Garciaparra made an impressive 2001 debut with a homer and a decisive two-run single, giving the Boston Red Sox a 4-3 win over the Chicago White Sox in his first game of the season.

Garciaparra, who also committed an error, was sidelined since undergoing right wrist surgery April 2.

With Chicago leading 2-1 in the sixth, the two-time AL batting champion hit a 405-foot solo homer to center field off Sean



Boston shortstop Nomar Garciaparra hits a two-run single in the seventh inning against the Chicago White Sox Sunday. Garciaparra also homered in his first game back since wrist surgery on opening day. Boston won 4-3.

### Yankees 9, Blue Jays 3

TORONTO — Tino Martinez and Jorge Posada hit back-to-back homers and Alfonso Soriano drove in three runs as New York won its eighth straight.

### Mariners 10, Twins 2

SEATTLE — Bret Boone went 4-for-5 with three RBIs, giving him an overall .59 on the season, as Seattle beat Minnesota for the eighth straight time.

Ed Sprague added four RBIs — matching his season total in one game — to help the major league.

Please see BASEBALL, Page A8

three runs on seven hits in six-plus innings. He struck out seven and walked one.

Ed Sprague (5-8) gave up a season-high eight runs and 10 hits in five innings.

### Tigers 8, Indians 3

DETROIT — Roger Cedeno continued his mastery of Dave Burba with a homer and three runs scored to lead Detroit past Cleveland.

Steve Sparks (8-5) pitched his fourth complete game this season, allowing three runs — two earned — on five hits and one walk.

Burba (9-0) allowed six runs on seven hits and one walk in just 3 2/3 innings.

### Seattle 10, Twins 2

SEATTLE — Bret Boone went 4-for-5 with three RBIs, giving him an overall .59 on the season, as Seattle beat Minnesota for the eighth straight time.

Ed Sprague added four RBIs — matching his season total in one game — to help the major league.

Please see BASEBALL, Page A8

# Roy Jones Jr. sets his sights on Trinidad

The Associated Press

LOS ANGELES — Roy Jones Jr. has become a big fan of Felix Trinidad.

The reasoning is simple: He's looking for a big-money fight against the WBA middleweight champion.

“You can't start negotiations until you have that other fight,” Jones said after winning a unanimous 12-round decision over previously unbeaten Julio Gonzalez on Saturday night at Staples Center to retain his world title.

Jones referred to the fact that Trinidad faces WBC and IBF middleweight champion Bernard Hopkins for the vacant 160-pound championship Sept. 15 in New York.

Should Trinidad beat Hopkins — an easy task — it appears only a matter of time before Jones and Trinidad meet as super middleweights (168 pounds).

“They say they want to in April,” Jones said. “Whatever's better for the fans. Maybe one of the biggest events in boxing in a long time.”

So Jones will be pulling for Trinidad?

“Yeah, of course, I'll be sounding like a high school cheerleader,” he replied with a big smile. “And if he wins, oh, my gosh.”

That would no doubt pave the way for the biggest payday of Jones' illustrious career.

Please see JONES, Page A8

# Late pass lifts Labonte at Pennsylvania 500

The Associated Press

LONG POND, Pa. — Bobby Labonte hasn't been very productive in defense of his first Winston Cup championship, but nobody could fault his winning performance Sunday in the Pennsylvania 500.

Labonte passed Dale Earnhardt Jr. with a little more than two laps remaining to get his first victory in 24 starts. The cars waged a magnificent battle for two laps until Labonte finally passed Earnhardt near the line at the end of the 198th lap, at Pocono

Raceway. “This is a great day for us,” said Labonte, who credited his crew with having more faith in him than he had in himself. “These guys just never gave up, and that was the big thing.”

When it was suggested that he never lost confidence, Labonte responded in a sarcastic tone: “Yeah, right.”

But there was no lack of determination after the cars craded the lead before the decisive pass. Earnhardt forced Labonte within a foot of the wall exiting the third turn, but the 37-year-old Texan

held his line and outraced him to the end. “I thought we could hold him off and I tried to block him, but he wouldn't let me,” Earnhardt said. “He just had a stronger

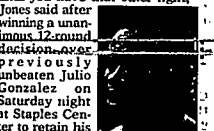
car at the end.”

Both benefitted when Jeff Gordon pitted to change a bad set of tires with 68 laps left. It was the

second time in six weeks Gordon lost after dominating at Pocono, but he took sole possession of the lead in the Winston Cup standings because Dale Jarrett wrecked twice and wound up 41st.

It was the third career victory at Pocono for Labonte, who swept on the mountaintop in 1999. But he has not been a factor in the points race this season, and is eighth after romping to the title last year. “It's been a humbling experience, but adversity sometimes brings out the best in you,” he said. “We feel like we're back and we can be competitive.”

Bobby Labonte



Roy Jones Jr.

SPORTS

On Tiger's coattails, the LPGA goes prime time

PALM DESERT, Calif. (AP) - Tiger Woods has carried the PGA Tour to record levels of exposure since he turned pro five years ago. Tonight in another prime-time exhibition, the LPGA Tour gets to come along for the ride.

Battle at Bighorn

What: An 18-hole match pitting the team of Tiger Woods and Annika Sorenstam against David Duval and Karrie Webb
When: Tonight, ABC at 6 p.m.

Sorenstam said, "We don't get the chance too often." If the last two prime-time events involving Woods are any indication, Sorenstam and Webb will play before a national television audience likely to be at least six times greater than what they normally get in their biggest tournaments.

"Showdown at Sherwood." A year ago, the ratings increased to a 7.6, as Sergio Garcia beat Woods at Bighorn. Those are numbers with which the LPGA Tour is not familiar. One week after Sorenstam became the first player in LPGA Tour history to shoot 59, she held off the biggest names in women's golf to win the first major of the year at the Nabisco Championship.

women's golf that Sorenstam and Webb agreed to give up two crucial days of practice for a major championship to take part in a made-for-TV event. The Women's British Open starts Thursday at Sunningdale, England, with plenty riding on the outcome. Sorenstam can strengthen her hold on player-of-the-year honors. Webb can become the first woman in 15 years to win three majors in one season.

Gossett grabs spot on PGA Tour at John Deere

SILVILV, Ill. (AP) - David Gossett earned a spot on the PGA Tour on Sunday, closing with a 5-under-par 66 for a one-stroke victory over Briny Baird in the John Deere Classic.

Delasin overcame a four-stroke deficit and Se Ri Pak in the final round to win the Giant Eagle LPGA Classic on Sunday. Delasin shot a 7-under 65 - the lowest round of the day on the Squaw Creek course - to pass both Pak and Tammie Green on the back nine and collect the first-place check of \$150,000.

Doyle made a 4-foot par putt on the third playoff hole to beat Bruce Fleisher in the rain-soaked State Farm Senior Classic. Doyle, the Ford Senior Players winner this month, shot a 5-under 67 to match Fleisher (69) at 11 under 205. Doyle earned \$217,500 to move within \$40,500 of Fleisher on the money list.

Stanley wins Senior British Open on playoff hole
NEWCASTLE, Northern Ireland - Australia's Ian Stanley won the Senior British Open on the first hole of a playoff with two-time champion Bob Charles of New Zealand.

Delasin repeats at Giant Eagle LPGA Classic
VIENNA, Ohio - For the second year in a row, Dorothy

Playoff putt lifts Doyle at State Farm Senior Classic
HUNT VALLEY, Md. - In a duel between the top two money winners on the senior tour, Allen

McGriff singles in debut with Cubs

CHICAGO (AP) - Fred McGriff went 1-for-3 in his Cubs debut and Roberto Machado hit a two-run homer as Chicago beat St. Louis 7-5.



Newly acquired Cub, Fred McGriff, left, gets a hand shake from St. Louis' Mark McGwire before their game Sunday. McGriff went 1-for-3 as the Cubs won 7-5.

lead in the first and Trammell, who had three RBIs, made it 2-0 in the second off Jamey Wright (8-7).

Mets 6, Phillies 5
NEW YORK - Mike Piazza homered with one out in the ninth inning Sunday, lifting New York to a 6-5 victory over Philadelphia in the 11th straight win against the Phillies.

Reds 8, Marlins 4
CINCINNATI - Todd Walker's two-run double off the glove of lunge left fielder Kevin Miller finished a five-run rally in the sixth inning as Cincinnati swept Florida.

Giants 4, Diamondbacks 3
PHOENIX - Marvin Benard hit a two-run pinch homer in the ninth inning off Byung-Hyun Kim (3-3) as San Francisco rallied to beat Arizona and sweep the four-game weekend series.

Rockies 3, Dodgers 2
LOS ANGELES - Alex Ochoa singled in the go-ahead run in the ninth inning of Colorado's 3-2 win over Los Angeles to snap a four-game losing streak.

Braves 8, Expos 1
MONTREAL - John Burkett matched his career high with 11 strikeouts and added an RBI single to lead Atlanta past Montreal.

Plates 4, Astros 1
PITTSBURGH - Todd Ritchie allowed one unearned run in eight-plus innings to lead

Padres 12, Brewers 5
MILWAUKEE - Ryan Klesko and Bubba Franks homered, and Alex Arias hit a bases-loaded double as San Diego won another series from Milwaukee.

Orioles 1, Angels 0
ANAHEIM, Calif. - Jose Mercedes pitched 6 2/3 scoreless innings and led Baltimore to a 1-0 win over Anaheim.

Athletics 6, Royals 4
OAKLAND, Calif. - Ramon Hernandez's two-run single capped Oakland's four-run eighth

Rangers 2, Devil Rays 0
ARLINGTON, Texas - Rick Helling pitched a four-hitter for

Devil Rays rookie starter Joe Kennedy (3-6) was also sharp, allowing two hits and five hits in 6.23 innings.

Mercedes (5-12) won for the first time in five starts, scattering six hits while striking out three and walking two. Buddy Groom, the fourth Baltimore pitcher, got four outs for his 10th save.

Baseball

Continued from A7
leading Mariners (76-29) sweep the three-game series. Eddy Castillo (42-2) outpitched Jose Linares in a matchup of All-Star pitchers.

Kansas City rallied for four runs in the top of the eighth against A's closer Jason Jennings (4-3), but Oakland tied the game in the bottom half against Jason Grimsley (0-5).

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Tour

Continued from A7
could not hide their admiration for Armstrong's achievement. "He's untouchable, it's true," said 43-year-old Dominique Maigret, who came to Paris from the Ardennes region near Belgium to watch the finish under a scorching July sun.

His most memorable triumph came in the climb to L'Alpe d'Huez, where he bluffed Ulrich and others by grimacing in apparent pain for the TV cameras. With his fellow riders thinking he was in trouble, he caught Ulrich, took a long, hard look, then pulled ahead at stunning speed. He finished 159 ahead of the German and set the tone for the entire race.

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"Armstrong was magnificent," said 25-year-old Arnaud Biais of Paris after Sunday's finale. "It

would have been nice for someone French to win, but they aren't strong enough."

d'Aet, he further tightened his grip in the last sprints by winning the last individual time-trial.

Mercedes (5-12) won for the first time in five starts, scattering six hits while striking out three and walking two. Buddy Groom, the fourth Baltimore pitcher, got four outs for his 10th save.

"It was a surprise for me even to make it back to the sport," he added, referring to his comeback from advanced testicular cancer that had spread to his lungs and brain.

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The Tour record is five titles, but for now Armstrong says he isn't interested.

"I was in my final year of school in Italy, and I was the strongest I've ever been, stronger than the previous two."

SPORTS IN BRIEF

Hawkins hit hole in one at 93 Golf Ranch
JEROME - Jimmy Hawkins used a pitching wedge to record a hole in one at 93 Golf Ranch on Sunday. Hawkins' shot came on the 122-yard fourth hole. The shot was witnessed by Jo and Alicia Hawkins.

Mathers acres hole at Jerome CC
JEROME - Willie Mathers hit a hole in one at the Jerome Country Club Sunday. Mathers used a 6-iron to ace the 170-yard, 15th hole. The shot was witnessed by Mike and Jordan Hamblin.

Jerome splits doubleheader with Pocatello
POCATELLO - Kiel Thibault went 4-for-5 with two triples and Doug Benson grabbed two singles as the Jerome American Legion baseball team split a doubleheader with Pocatello late Saturday night.

Irvin to be arraigned on cocaine charge
DENTON, Texas - Former Dallas Cowboys receiver Michael Irvin is scheduled to be arraigned today on felony cocaine possession charges.

Scelzi takes Top Fuel win in NHRA
KENT, Wash. - Gary Scelzi raced to his first victory of the season, beating Kenny Bernstein in the Top Fuel final of the NHRA Northwest Nationals.

Agassi jokes his kid will beat Sampras kid
LOS ANGELES - Andre Agassi beat rival Pete Sampras to win the Mercedes-Benz Cup, the tennis jokers said that the baby he and Steffi Graf are expecting would beat a future Sampras offspring.

Brooks a no-show at Bucs training camp
TAMPA, Fla. - All-Pro linebacker Derrick Brooks was a no-show for the start of training camp with the Tampa Bay Buccaneers on Sunday.

Redskins move camp back in Carlisle
WASHINGTON - Daniel Snyder, who changed almost everything about the Washington Redskins when he bought the team, is going back to the future.

Redskins opened camp Sunday back where they trained for 32 years until 1995 - in Carlisle, Pa.

Carlisle has been the Redskins' training camp since 1969.

Redskins are back because of new coach Marty Schottenheimer. Last year's camp was a Snyder idea that Norm Turner didn't want; Schottenheimer is doing things his way.

Jones dominated Gonzalez from the start before an announced crowd of 20,489 in the second major card at Staples Center since it opened nearly two years ago.

Two judges ruled in favor of Jones by scores of 119-106 and the other had it 118-107 as he easily retained his WBC, WBA and IBF light heavyweight titles.

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Compiled from staff and wire reports

Jones

Continued from A7
"I can make 168," said Jones, who weighed 173 pounds under the limit - for his bout against Gonzalez. "At 168, ooh, what! You think I'm fast now. You all must have forgot."



LOS ANGELES (AP) — Andre Agassi continued his recent domination of Pete Sampras with a 6-4, 6-2 victory Sunday in the Mercedes-Benz Cup final — his most lopsided win in two years over a rival.

Agassi said, "It brings out the best in my game." Sampras is 22-12 this year, and has won 14 tournaments without winning a trophy — the longest since he won his first ATP Tour title in the 34th event of his career in 1990.

Clijsters upsets Davenport for Bank of the West title — STANFORD, Calif. — Kim Clijsters finally got her title after coming up short in three previous finals.

Afterward, she shook her fists in victory. "I'm really excited to have a title this year," she said. "I've been in the finals several times, but I've never had to finish it off."

Lapentti wins Kitzbuehel title at General Open — KITZBUHEL, Austria — Nicolas Lapentti withstood course-side temperatures of 113 degrees to win the General Open on Sunday, beating Albert Costa of Ecuador, who was playing in his first final of the season.

Valero won the men's women's finals at the \$570,000 Prokom Open in which the title matches featured four Spaniards. Robredo won his first ATP title Sunday, defeating Albert Costa 1-6, 7-5, 7-6 (2) in a clay-court match watched by Poland President Aleksander Kwasniewski.

SCORES AND STATS

BASEBALL

AL BOX SCORES: CLEVELAND vs DETROIT. Cleveland 4, Detroit 3. Final score: Cleveland 4, Detroit 3.

IN THE BLEACHERS

AL STANDINGS: Cleveland 100, Detroit 88. NL STANDINGS: Atlanta 97, St. Louis 96.

ON THE AIR TELEVISION

TV SCHEDULE: ESPN 11 p.m., ESPN2 8 p.m., ESPN2 7 p.m., ESPN2 8 p.m.

FOOTBALL

ARCA FOOTBALL PLAYOFFS: Top 16 teams listed with dates and times.

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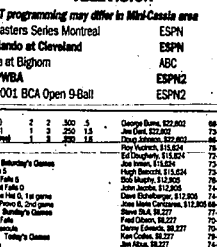
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Rookie athletic trainers.

ANGELS 6, ORIOLES 4. Final score: Angels 6, Orioles 4.

BASKETBALL

WOMEN'S NATIONAL BASKETBALL ASSOCIATION. Final scores for various games.

GYMNASIUM

Final scores for various gymnastics events.

GOLF

Final scores for various golf tournaments.

TENNIS

Final scores for various tennis matches.

ARCA FOOTBALL PLAYOFFS: Top 16 teams listed with dates and times.

AUTO RACING

Final scores for various auto racing events.

BASEBALL

AL BOX SCORES: CLEVELAND vs DETROIT. Cleveland 4, Detroit 3.

IN THE BLEACHERS

AL STANDINGS: Cleveland 100, Detroit 88. NL STANDINGS: Atlanta 97, St. Louis 96.

ON THE AIR TELEVISION

TV SCHEDULE: ESPN 11 p.m., ESPN2 8 p.m., ESPN2 7 p.m., ESPN2 8 p.m.

FOOTBALL

ARCA FOOTBALL PLAYOFFS: Top 16 teams listed with dates and times.

## OTHER VIEWS

### Flag burning amendment misses the point entirely

From The Salt Lake Tribune

The flag is the most recognized symbol of this country. It stands for all of the liberties Americans enjoy under the Constitution. As the most recognized symbol, it is raised behind politicians to show their patriotism, its glory is sung before every ball game, and it is burned in protest. Which of these uses venerates everything the flag stands for? The burning.

Raising the flag makes a statement about the beliefs of this country. One of the fundamental concepts that spurred the Constitution is the idea that the people have the right to protest against actions of the government. Citizens who stand behind the flag are making the silent statement that they support this core concept. People who burn the flag in protest are also making the same statement. The point of the First Amendment is summed up in the oft-quoted statement: "I don't agree with what you say, but I'll defend your right to say it."

The proponents of the flag-burning amendment are sincere in their belief that the flag is sacrosanct. Opponents are equally sincere in the belief that citizens have the right to use this symbol to make a clear statement of disagreement. Fortunately, the Supreme Court has ruled; flag-burning is protected speech.

*Asking Americans to amend the Constitution to protect the flag is wrong because it would prevent citizens from destroying that flag to make powerful, though unpopular, statements.*

*Asking Americans to amend the Constitution to protect the flag is wrong because it would prevent citizens from destroying that flag to make powerful, though unpopular, statements.*

If you support the flag, then you must support a citizen's right to use it in a manner that is protected by the First Amendment. Nowhere in the Constitution is it written that only the views of the majority are valid. Congress should act once and for all, any attempts to add such a caveat.

## The Times-News

Stephen Hartigan, Publisher

Clark Walworth, Managing editor; Mike Smith, Advertising director

The members of the editorial board and writers of editorials are Stephen Hartigan, William Brock, Clark Walworth, Steve Crump and Dan Florida.

## LETTERS

### Simpson legislation caters to rich

Rep. Mike Simpson has co-signed a resolution, H.R. 1031, which would assault on the political rights of working-class people in favor of those of the rich. This act attempts to open the floodgates for the rich to dominate our politicians' agendas by terminating citizen-funded elections, eliminating limits on campaign contributions and attacking labor's ability to participate in politics. This legislation solidifies the fact that we need to keep a close eye on our representatives to ensure that they are representing those who "elect" them instead of those who "invest" in them.

This act terminates the designation of income tax payments to the Presidential Campaign Fund, terminates the fund itself and another account and places the current balance into the treasury. Not only is this flat robbery, since taxpayers had donated that money to a campaign, but it privatizes elections for public office. Privatized funding means privatized policy at the public's loss.

By completely eliminating limits on campaign contributions, the act sells the working-class electorate's representatives to those who can best fund campaigns. The hard-working citizen who makes up the mass of every elected official's constituency, is limited in their ability to make campaign contributions by their income. Those who are being catered to are only a handful of votes and really do not need legislation passed in their favor because they have the money to give unlimited funds to a campaign.

The worst attack on the working person's political rights comes in this act's limits on labor's political activities. Labor consistently advocates for the rights of the working class. Without the political presence of labor to fight for the working class, no person would receive insurance from his or her employer, we would not have minimum wage, and there would be no workers' compensation. By attacking labor, the politicians sponsoring this bill assault the workers that elected them.

I plead with Mike Simpson to recall his sponsorship of this act. Also, I ask that he attempt to increase limits on

investment of the wealthy toward politicians. Level the playing field between the rich and poor and ease the difficult choice politicians are forced to make between representing those who invest in them and those who elect them. I beseech the people to make our officials represent us by watching their actions at <http://thomas.loc.gov>.

JAKE HARDING  
Jerome

### What's happened to America?

The American Dream: apple pie, baseball, dogs and jobs. What happened to the idea first written by the founders of our great nation? Don't get me wrong, I feel that everyone deserves the right to life, liberty and the pursuit of happiness. However, it should be earned, not handed out on silver platters to feed illegal immigrants with golden forks. They, too, should earn their keep the same as U.S. citizens, many of whom do not have health insurance.

Our country may seem to have roads paved with gold, but there are few stoplights creating a few traffic accidents. On our roads, we have drunk drivers, mothers neglecting or murdering their children, racial hate, FBI mistakes, questions concerning the death penalty, the division of science and ethics, and scandals within the White House.

At one intersection scientists want to use aborted embryos for stem cell research. What is overlooked is the fact that these stem cells are more useful and readily available from umbilical cords. After delivery of a newborn, it would be appropriate to ask for a percentage of the cord donated to research.

At a more local intersection is Planned Parenthood, who wants to set up camp in our woods. Has anyone really researched their services? Why should we need this office when we have The Pregnancy Crisis Center and the South Central Health District? I would rather have my children growing up knowing that abortion is not a form of birth control.

Again I ask what has happened to the American Dream?  
YVONNE RAY  
Twin Falls

## U.S. SURPLUS STOR



## Disarming the Social Security time bomb

Social Security, with 148.5 million Americans paying into the trust fund, is the third rail of our national politics. Public officials are reluctant to touch it for fear of getting zapped at the polls. As far as I can see, neither national party has had the courage to level with the American public and embrace the major reforms needed.

The public senses that the government's ability to deliver full benefits upon retirement to those now in their 50s is questionable. The reasons for the projected shortfall are well known: We can blame a declining birth rate and increased longevity. In 1940, the average male life expectancy was 60.8 years old, the average female 65.2 years. By 1994, the average life expectancy for white males was 73.3 years, and 79.6 years for white females. Black males can expect to live to 64.9 years; black women 73.9 years. In 1960, there were 4.9 workers for each retiree. In 2001, there are 3.4 workers per beneficiary. By 2016, with 2.7 workers per beneficiary, expenditures will exceed income from payroll taxes alone.

There is consensus on the options available: Raise the age of retirement, reduce benefits, increase Social Security taxes, draw from the government's general revenue or take an enormous public debt. The taxes we pay into the system are large and regressive — a flat percent of annual income, capped at the first \$76,200 earned, with a matching contribution from employers. My preference would be

ED KOCH

to raise the retirement age further and remove the wage cap, and tax the entire income exceeding progressive rates rather than the flat 6.2 percent.

There will be a dramatic change in the fund's ability to pay when the baby boomer contingent joins the rolls. Those born immediately after World War II up until 1964 are starting to leave the work force and will begin drawing on Social Security in 2008, when the first baby boomer turns 62. Some 57 million baby boomers are expected to be on Social Security in 2020.

Researching for this column, I read hundreds of pages of reports, commentaries and news clips. After a while, I felt I was in a quagmire of indecipherable statistics and needed an accountant.

My interest was initially piqued by a Bruce Bartlett column in the New York Post, the thrust of which was that the elderly "are the wealthiest group in American society and the least deserving of more government handouts," referring to prescription drug programs. I didn't believe that could be true so I wrote to U.S. Comptroller General David M. Walker, asking for information. He confirmed the columnist's facts. "This statement... is based on a measure of net worth which excludes home equity. When home equity is excluded from net worth,

the value of net worth falls considerably, especially for the older age groups and its value across age groups is not so disparate."

In 1995, the U.S. Bureau of the Census said net worth for people 65 to 69, including home equity, was \$106,408; excluding home equity, net worth was \$31,524. In contrast, the net worth for the age group 35 to 44 was \$7,428 including home equity and \$4,350 excluding the equity in their homes.

Before Social Security, seniors were the most impoverished group in the country. Some 63 percent of Social Security's beneficiaries over the age of 65 receive at least half their income from it. While seniors might have more assets than other groups, they are the ones with the lowest earning potential and the likeliest to have debilitating and expensive medical problems that prevent work and eat up those assets.

There are people who cynically view the Bush administration's alarm bells as a way of terrifying the public into approving the partial privatization of Social Security and turning over a portion of the fund to Wall Street, which would make billions on the investments.

Some officials do, refusing to acknowledge that a time bomb is set to go off unless defused, is a terrible disservice to the American people.

Newspaper columnist Ed Koch is a three-term mayor of New York City.

## Is this any way to hire American teachers?

JAY MATHEWS

District of Columbia schools just fired 531 teachers because they hadn't completed their certifications or other paperwork on time.

At the heart of the problem, according to an increasingly vocal group of education theorists and principals, is the certification system itself. Almost all states require some proof that a would-be teacher has taken three or four teaching-related university courses and has passed standardized tests in his or her specialty and in pedagogy in general. It sounds sensible — no one wants an undereducated teacher — but it's not producing the desired results.

From the certification system drives away many talented graduates who don't want to endure the jargon-filled textbooks and lectures that comprise teacher education. Second, the courses often ignore classroom realities and don't explain how to motivate children. Third, the system creates a situation where pieces of paper are the final arbiters of who gets hired and fired.

Worst of all, certification doesn't do what it's supposed to do. D.C. School Superintendent Paul Vauce knew full well when he fired the teachers without certificates that he'd be replacing many of them with other teachers without cer-

tificates. If anything, certificates have gained in importance. States have begun requiring that each school tell parents what percentage of its faculty is fully credentialed. The American public and education schools owe their existence to the steady demand for courses that lead to certification.

Principals grumble about this. Michael Duro, who once worked in the District of Columbia and is now principal of Springbrook High School in Montgomery County, Md., told me "my favorite war story was a Sorbonne graduate that D.C. would not allow me to hire" because she lacked proper paperwork.

The only way out of this fix is to alter the certification process to emphasize classroom performance and personal qualities rather than course work and test scores. Consider what Susan Schaeffer, the principal of the K.E.Y. Academy in Washington, did this year when she had to find six teachers for her new charter school. "The best way is to watch them teach," she said. So she visited the classrooms of the young teachers whose applications interested her. She based her choices on how well they managed children, how energetic they were and how deeply involved their students were in the lesson.

Jay Mathews covers education for The Washington Post.

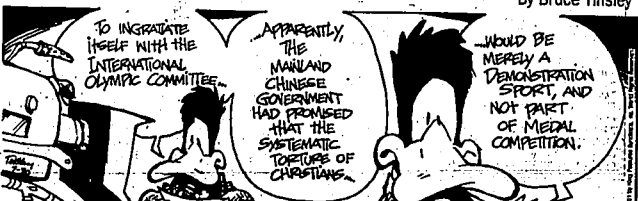
### Doonesbury



### By Garry Trudeau



### Mallard Fillmore



### By Bruce Tinsley

# If I were a carpenter ...

JOHN BALZAR

**M**ake \$75,000 a year. Challenging and satisfying work. Be your own boss. Choose whom you want to do business with. Pick your own hours. Let your creative side show through.

If there was such a job listing, you'd think Americans would be scrambling over each other for the chance. But actually, it's the other way around. Work like this goes begging for the lack of good people to do it.

Craftsmen who hang a door, install a stove, rewire a circuit box, build a counter top, Sheetrock a bathroom and thatch a Tikki hut are in high demand.

How can this be?

Well, I've been asking that very question as I try to transform the well-worn 47-year-old house we just purchased into a home.

JOHN BALZAR

I think blame rests with America's misguided tunnel vision about career values. A generation ago, vocational education earned a bad rap in public schools. Based not on aptitude but on ethnicity or socioeconomic upbringing, students were directed either into college-prep programs or vocational ed. Surely, this did many children wrong. But instead of fixing the system, educators began pushing everyone into college prep programs. By social consensus we agreed that college was the path to satisfaction, money and most important, status.

In a recent essay, Drew Linsky of City University of New York summed up this view. College, he suggested, is "the difference between a white collar and a job at Burger King."

That is silly. I personally know at least 10 Ph.D. marine biologists, not one of whom makes \$30,000 a year. The Washington Monthly recently ran a long-form first-person account titled, "Why a Ph.D. is a fast ticket to the unemployment line." The parents of these dead-end intellectuals are no doubt proud and still have their "my child is an honors student" bumper stickers.

But more than a few Ph.D.s are wondering about their career choices. Not to mention the many college grads in the same straits, backstabbing each other for footholds in the dreary world of mid-management.

Meanwhile, the social status white collar and a carpenter has not

risen to match the importance of their work.

Stories in newspapers describe programs that train juvenile delinquents and ex-cons how to build and fix things around the home. The successful among these students soon will realize that the joke is on society.

When you call for help, they'll respond at their leisure. If they approve of you, they may squeeze in time for your job. They may or may not feel obliged to meet the schedule they promised. They may disappear for days at a time. But if they do a sound job, in the end you'll call them back and recommend them to your neighbors. And if they do a really sensitive job, you'll do anything to keep them happy and working.

After finally locating a craftsman/contractor worthy of the title, I found myself driving three hours to watch him race his sprint car. I never felt the need to prove my loyalty to my dentist or doctor. But a top-flight craftsman cannot be shown too much respect. And I confess, when he smashed his race car into the wall and flipped, my concern for his welfare was mixed with worry about my half-completed kitchen.

A dear friend of mine has a 20-year relationship with his con-

tractor/handyman and calls him a more important person to the family than even the woman who provides at-home child care. That's because my friend knows that he can replace a child care worker.

A colleague recalled one day when he sneaked away mid-week and went surfing at the beach. The lineup was full of adults. "They said they were contractors, plumbers and tile layers," this colleague recalled. "No work was getting done that day, not when the swell was up."

"Personally, I'd never go back," a former corporate vice president told me. After 40 years climbing the career ladder, he was laid off. Now he's a handyman. "I'm not responsible for anyone but myself. This work provides instant gratification. You please a customer and they tell you so. You rarely hear that in the corporate world. Plus, I can pick the people I work for. For most of my life I couldn't do that."

Vocational education may be the wrong thing to call it. Handyman may not be enough of a title. But in this era of fleeting careers, there is something venerable and solid about putting a chisel to wood and getting the cabinet door to close as sweet as a vault. Especially if it gets you to the beach on those good days.

*John Balzar is a columnist for The Los Angeles Times.*

If Johnny uses a \$1 bill to buy a 65¢ candy bar, how much does Johnny get back?



TAX-CUT SUMMER SCHOOL

## Pushing the envelope of advertising

JOAN SILVERMAN

*What works are bigger ads that virtually pulsate, move and perk up our ears. These days, ads need to look different, to surprise, to show up where we least expect them. If they unseat us a bit, and make us question old assumptions, that may be enough to differentiate them from the pack.*

**I** imagine trying to sell a product in a market where everyone's doing the same thing, where every surface displays an ad, every product wears a banner or name.

No wonder advertisers are trying new strategies to win our attention. Several studies of Internet advertising all suggest the age-old truth that size matters. What works are bigger ads that virtually pulsate, move and perk up our ears. These days, ads need to look different, to surprise, to show up where we least expect them. If they unseat us a bit, and make us question old assumptions, that may be enough to differentiate them from the pack.

On its Web site, BMW is screening short films with auteur pedigrees. Different plots notwithstanding, each film has the requisite BMW, driven in the appropriate flashy style. Is this art or advertising?

Consider the video for Sting's hit "Desert Rose," featuring the rock star being chauffeured in a Jaguar S-Type. Fast forward a few months, and there's Sting again in the same car, same music, this time sponsored by Jaguar.

Who's selling what? As it turns out, both parties gained from their alliance: Sting's languishing CD zoomed up the charts, and Jaguar got a boost of aging rock star elan. Perhaps we should be thankful when products appear front and center, without pretense, as if to simply declare a selling opportunity.

Take the case of the CBS show "Survivor." Viewers who tuned in last season could hardly avoid noticing the show's sponsors. Sure, there were the usual ads, often given a castaway spin.

But more notable were the branded items on the show itself—product placements that plainly promote brand-name goods. Thus when the ever-grinning Colby Donaldson won a souped-up Pontiac on the show, the car was endorsed by the nation's most

that the characters so overwhelm the product that audiences may recall only that the ad is for beer, not necessarily for Budweiser.

At the other extreme is that rare ad that transcends the product itself and portrays an experience. Volkswagen currently has a four-page, three pages of which display photos of the most abstract, surreal-looking car lights, blurred and reflected on wet roads. On the fourth page, a poem, entitled "Night Driving," by Joyce Carol Oates, pulls out all the stops.

In language so evocative that you almost relive the experience of driving late at night, the ad goes beyond Volkswagen, beyond cars, to the core of that rarefied nighttime encounter with the road. Except for a VW logo and trademark, there's nothing Volkswagen-specific in the ad.

As the line between art and commerce, product and promotion, continues to blur, ads will find only more and different venues.

Unlike earlier advertisements that clearly promoted a single idea, ads are increasingly taking on multiple tasks. In the end, ambiguity may be the clearest theme.

*Joan Silverman wrote this commentary for BridgeNews.*

engely watched hunk of the moment. No amount of advertising dollars could have bought that apparently genuine thrill that Colby conveyed.

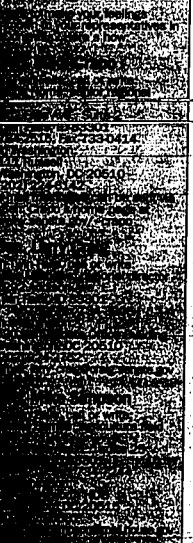
Doritos fared less well in the Australian Outback. In a "reward challenge," starring contestants were seen waging for a variety of foods—cheeseburgers, a turkey dinner, Doritos and salsa. If you've been relegated to eating rice for several weeks, and miserly portions at that, is Doritos the food you truly crave?

Inserting this product into the mix seemed a cynical ploy—a stunningly dumb tease for the purpose of promotion. On "Survivor," products took center stage, as if the Pontiac and Doritos were characters themselves.

Sometimes, though, the opposite scenario unfolds, where characters in an ad dominate the product. An example is the Budweiser series with the "Whassup!" routine.

This bit of cornball is about real guys and their quirky familiar patter. Yet it's entirely possible

## Getting in touch



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WORLD

Powell: Chinese pilots stop aggressive tactics

The Washington Post

BEIJING - Secretary of State Colin L. Powell said Sunday that Chinese pilots had stopped the aggressive pursuit tactics claimed for the collision April 1 between a Chinese fighter jet and a U.S. Navy surveillance plane off the Chinese coast.

"So far, since we resumed reconnaissance flights, we haven't seen anything like the kinds of things we had been seeing before," Powell told reporters flying with him to Australia.

Powell said it was one of many signs that China was interested in improving relations with the United States, its largest trading partner.

Powell left Beijing Sunday after a one-day visit during which both countries worked to ease lingering tensions caused by the collision.

Meanwhile, a national state-run television network broadcast a 24-minute interview with Powell twice Sunday, giving Chinese viewers a rare opportunity to hear a U.S. official speak at length about American policy toward China.

The interview was part of the press in which Powell pressed China to respect human rights, freedom of religion and rule of law.

"We don't want to point the finger at China and say you must do it our way. We think there are international standards that would benefit China to adhere



Secretary of State Colin Powell

to," Powell said, adding that the United States has had its own "problems over the years ... with respect to human rights. I'm a perfect example of it. As a black man 40 years ago, it would have been unthinkable for me to dream about becoming secretary of state, but here I am."

"So we have changed because our people have decided that if we were going to be faithful to the values we believe in, then it must apply to all Americans. And we think these are international standards. These are standards that follow a higher purpose and a higher order. And we think it will benefit the Chinese people."

Powell's relatively mild remarks - he did not mention specific abuses or the 1989 crackdown on the pro-democracy protests in Tiananmen Square - departed from the broadcast at 7:30 a.m. and 6:20 p.m. The editing suggests the Chinese government was willing to go only so far in the warm welcome it extended Powell, the senior U.S. official most committed to better ties in an administration full of advocates of a harder line toward Beijing.

Israeli police storm mosque compound

Blast kills six Palestinians in West Bank

JERUSALEM (AP) - Palestinians clashed with Israeli police at Jerusalem's most bitterly contested religious shrine, hours before six Palestinian activists were killed in a mysterious explosion early Monday in the West Bank.

The blast blew the roof off a shack near the Al-Fara refugee camp north of the town of Nablus, an eyewitness said, indicating that the explosive came from inside.

Palestinian security sources said the six were activists in Yasser Arafat's Fatah movement. Three were officers in a military intelligence unit, they said.

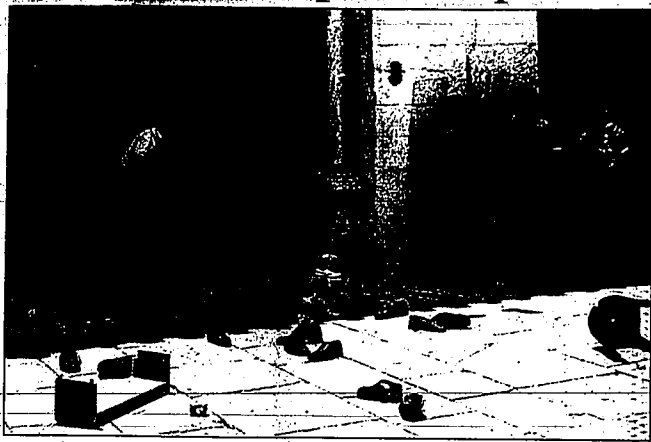
The Israeli military was checking the report. Palestinian security did not immediately blame Israel for the explosion, though Israel has targeted and killed Palestinian militants in the past. Other militants have died in explosions while preparing bombs, incidents the Israelis call "work accidents."

In Jerusalem Sunday, Palestinians rained stones on Jewish worshippers commemorating a holy day at the Western Wall, prompting Israeli police with stun grenades to storm a mosque compound at the Temple Mount.

The clash came exactly 10 months after the current round of Middleast violence erupted, inside the same hilltop compound where two large mosques, including the golden Dome of the Rock, were built atop the ruins of the biblical Jewish temples.

Israel claims sovereignty over the Temple Mount, though the Waqf, an Islamic trust, has day-to-day control. The compound, holy to both sides and known to Muslims as the Noble Sanctuary, was one of the most contentious issues in Israeli-Palestinian peace negotiations that broke down in January.

Clashes broke out Sept. 29 - the day after Israeli Prime Minister Ariel Sharon visited the mosque compound as opposition to the Israeli occupation.



Palestinian men clash with Israeli police outside a mosque on a disputed religious site known to Muslims as the Noble Sanctuary, and as Temple Mount to Jews, in Jerusalem's Old City Sunday.

*When the stone-throwing began, about 400 Israeli police in riot gear rushed inside the mosque compound. The police were met with a hail of rocks, and tossed stun grenades.*

70 A.D. The government blocked a group of about 30 ultranationalist Jews, the Temple Mount Faithful, from placing the symbolic cornerstone of a new temple within the compound but did permit the group to hold a short ceremony in a parking lot outside the walls of Jerusalem's Old City.

Shortly after, Muslims inside the compound began throwing stones, bricks and bottles at hundreds of Jews praying down below at the Western Wall, which forms an exterior wall of the compound.

The Jewish worshippers - who were not part of the ultranationalist group - fled the barrage, with some holding plastic chairs or prayer shawls over their heads for protection. None were hurt.

"The Jews are bullying us and no one is able to make them stop," said Abdullah Mohammed al-Khalbi, 53, one of several ultranationalist Muslim worshippers who were not going to quit until they take everything."

Jerusalem police chief Mickey Levy said officers were just trying to stop the stone throwing. "I really hope the Palestinians will not try to ignite things again," Levy said.

Several Arabic nations condemned the decision to allow the ultranationalist Jews to hold their ceremony and the Israeli police response. The Grand Mufti of Lebanon's Su'uni Muslims, Sheik Mohammed Rashid Kabbani, called the demonstration the "beginning of the end for the state of Israel," and the Iraqi Foreign Ministry urged the start of a "holy war" to liberate the Islamic site.

Jordanian Information Minister Saleh Qallab said the storming of the compound was a "provocation," and that the actions were "adding oil to the fire."

Palestinian medical workers said Israeli forces fired rubber bullets, but the Israeli police denied the charge. The initial police action quickly drove most Palestinians back inside the mosques.

Sicilians pray for safety from the eruption of Mount Etna

ON MOUNT ETNA (AP) - Sicilians living on the slopes of Mount Etna prayed for divine protection from its fury Sunday while an archbishop blessed the volcano in a Mass held at its base.



A woman prays in front of the Madonna of the Rock during a Mass celebrated at the base of Mount Etna Sunday to ask God to halt the flow of lava.

In Nicolosi, the only town near the molten rivers of lava, worshippers crowded the church of Santa Maria della Grazia for Mass and laid flowers at the shrine of St. Anthony, the town's patron saint.

People in Nicolosi believe St. Anthony protects them from the volcano. His shrine, a statue of the saint perched upon a lava rock, lies at the point where the lava stopped during an 1856 eruption.

"Local people still believe in miracles," said teacher Gianbattista Martinazoli as he left Mass. "If human technology can't keep the lava back, the Eternal Father is our only salvation."

The "human technology" took the form of around-the-clock use of bidazers and other heavy equipment to divert the lava from Nicolosi, population 6,000, and from a tourist base, Rifugio Spieziana, higher up the mountain.

The lava stopped several days ago about 2.5 miles from Nicolosi and appeared to have stopped advancing. But the tourist station remained in jeopardy, and efforts to save a ski lift nearby

Japan ruling coalition declares win, presses reforms ahead

Knight Ridder News Service

TOKYO - Empowered by his party's stunning triumph in parliamentary elections Sunday, Prime Minister Junichiro Koizumi pledged to press ahead with "bold and flexible" plans for painful reform of Japan's tattered economy.

"We can't turn back the clock," Koizumi said, after voters gave his party an ample majority in the Upper House of Japan's Diet, or parliament. "If we delay, the pain will be more intense."

NHK, the government-owned broadcaster, projected Koizumi's Liberal Democratic Party and its biggest coalition partner would win at least 76 of the 121 seats being contested in the 247-seat Upper House, more than enough to give it firm grip on every parliamentary committee in the chamber. Final results were expected

Monday afternoon.

Just six months ago, the Liberal Democratic Party, which has governed Japan for all but 10 months of the last 45 years, seemed on the verge of self-destruction under the bungling leadership of unpopular and gaffe-prone Yoshiro Mori.

The widely popular Koizumi single-handedly transformed the party's fortunes by insisting he could transform the party from within and using television to appeal directly to the Japanese people. Koizumi's maverick appeal and youthful style neutralized campaign tactics of the major opposition parties, while successfully attracting independent voters.

"When we go into the details of our reform plans, of course there will be opposition," Koizumi raspy-voiced and fatigued, said after the party's huge victory became obvious early Monday morning.

Rebels violate terms of cease-fire

The Washington Post

SKOPJE, Macedonia - Ethnic Albanian rebels are violating the terms of a new cease-fire in Macedonia by remaining in areas from which they promised to withdraw, discouraging Macedonian Slav refugees from returning to their homes and increasing the risk of renewed fighting, international observers said.

Slavs were set afire Saturday - apparently by rebels - in a village north of Tetovo, Macedonia's second-largest city and a center of the insurgency, the observers said. A top rebel commander denied the charge.

At least two people, whose ethnicity was not known, were killed Sunday when the vehicle in which they were travelling drove over a land mine on a road near Lesko, a village about five miles north of Tetovo, officials said.

Ex-president to head delegation

DHAKA, Bangladesh (AP) - Former President Jimmy Carter will arrive in Bangladesh next week to head a delegation assessing the country's preparations for full general elections, the group sponsoring him said Sunday.

Carter and his five-member delegation are to meet with government leaders, politicians, prominent citizens and academics during the 10-day visit, according to the Dhaka office of the Washington-based National Democratic Institute, the sponsor of the trip.

"The purpose of the delegation is to demonstrate the interest of the international community for a peaceful democratic election process in Bangladesh," the institute said Sunday in a statement.

Carter was originally scheduled to arrive in Bangladesh on Monday, but will now be landing in Dhaka on Thursday.

The Democratic Institute will send local and foreign officials to observe Oct. 15 elections for Bangladesh's 300-member parliament and its office of prime minister.

Advertisement for Magic Valley Regional Medical Center featuring Dr. Lucie Ann DiMaggio, Internal Medicine. Text includes: 'MAGIC VALLEY REGIONAL MEDICAL CENTER welcomes Dr. Lucie Ann DiMaggio, Internal Medicine. Dr. DiMaggio joins the outstanding physicians of Idaho Medicine Associates whose expertise and abilities provide the right care right here at Magic Valley Regional Medical Center. Dr. DiMaggio is a graduate of the University of New York Medical School. She is American Board Certified. Dr. DiMaggio is accepting new patients at Idaho Medicine Associates. To schedule an appointment Call 734-0206'

Find these internet savvy Advertisers on The Times-News Online Edition

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## Considerate guests use gas station bathroom

I received a letter from a reader named Dick Demers, who relates a shocking story:  
It seems Dick and his wife had driven a long distance to visit his wife's sister. Wishing to refresh himself, Dick went into the guest bathroom, took a shower, then dried himself off.  
That's the story. Pretty shocking, huh?  
Dick's wife thought so. She was horrified.

"You used the good towels!" she said.  
And he had. It's a mistake many guys make. A guy will be in a guest bathroom, dripping wet, and he sees a towel, and for some insane reason he thinks it was put there for guests to dry themselves with.

In fact, as Dick's wife angrily pointed out to him, the towels they were supposed to use were not in the bathroom; they were (Of course!) in the bedroom. The towel Dick used was intended solely as decoration.

### HUMOR Dave Barry

Here's a similar bonehead error that guys often commit in guest bathrooms: They see soap on a soap dish, and they use it to wash their hands. This of course ruins the guest soap, which is defined as "soap that guests are not supposed to use." Its purpose is to match the guest towels.

In his letter to me, Dick criticized this kind of thinking by comparing it to a hypothetical situation involving guys. Suppose, he wrote, that a guy is working on his car, and he asks you to hand him a wrench. You go over to some wrenches hanging on the wall, and you start to take one, and the guy yells, "Not those! Those are for deepening!"

The trickiest thing is the guest bed. Oh, it may have attractive pillows on it, and a comfy-looking quilt, but you are not supposed to use these. You're supposed to take the pillows - which are called "shams" - off the bed and replace them with the real pillows, which are hidden somewhere, generally in the closet, which is where you're supposed to put the quilt, which is on the bed solely to match the shams and should not come into contact with your disgusting oily guest body.

If you're a hostess subscribes to Martha Stewart Living, the guest bed may be so massively fortified with decorative objects that it can be deconstructed for sleeping use only by a licensed interior designer. In the center of the bed is surrounded by a dust ruffle and buried under a complex, towering arrangement of approximately 45 shams and other decorative pillows, which are fancy guest bedding which may be encased in a "duvet cover" and further accessorized by (these are real decorator names) a "soutache." In extreme cases, the entire bed will be surrounded by a giant net, as if to protect it from vampire bats (which will be dyed to match the duvet cover).

If you, as a guest, encounter a "no naparting" sign, back slowly out of the room, and sleep on the lawn.

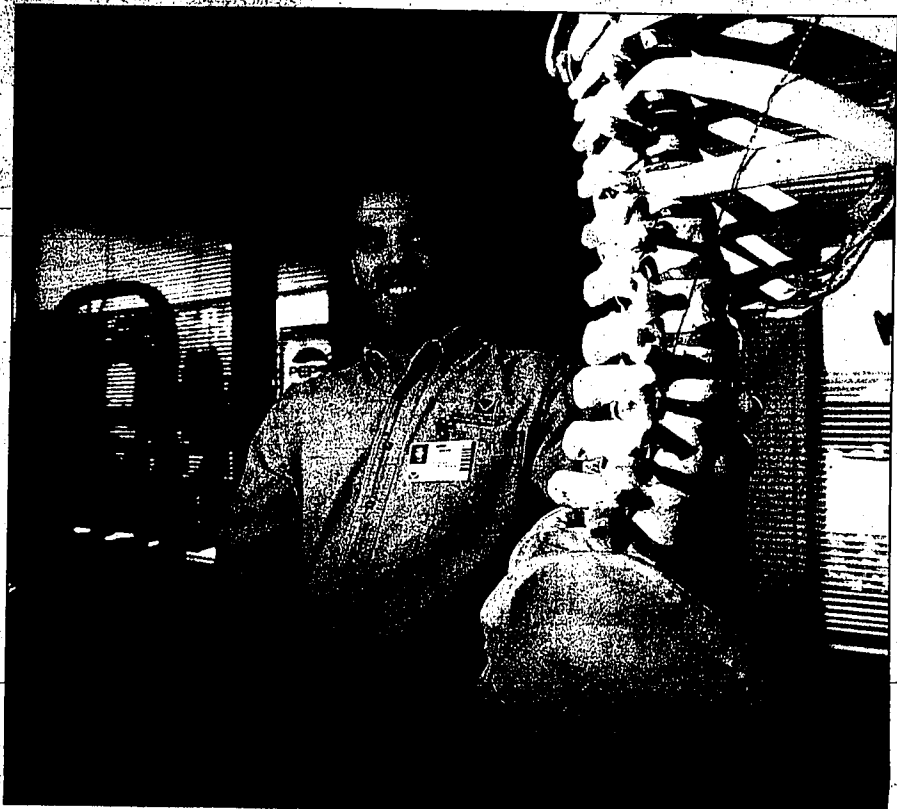
Of course, you won't encounter these problems if you're a guest in a household run by a guy, because he will have fancy guest bedding. In fact, he won't have a guest bed. You'll sleep on the sofa under a Batman beach towel with stains dating back to the Reagan administration.

Back slowly out of the room, and sleep on the lawn.

Of course, you won't encounter these problems if you're a guest in a household run by a guy, because he will have fancy guest bedding. In fact, he won't have a guest bed. You'll sleep on the sofa under a Batman beach towel with stains dating back to the Reagan administration.

And do not blow your nose on the shams.  
- Dave Barry is a humor columnist for the Miami Herald. Write to him at The Miami Herald, One Herald Plaza, Miami, Fla. 33132.

# THE SEDENTARY SPINE



Dave Barry sees lots of people every day with back problems. Barry is a physical therapist with Magic Valley Regional Medical Center's Rehabilitation Services department.

## If you sit for a living, your back may be in trouble

By Steve Crump  
Times-News writer

**TWINFALLS** - You shouldn't sit still for a bad back, Dr. David Hanscom believes.  
"Sitting puts far more pressure on (the disks in) your back than standing does," said Hanscom, a Ketchum orthopedic surgeon who also operates a clinic in Gooding. "You don't need to do heavy lifting in your job to hurt your back."  
So Hanscom, of the Sun Valley Spine Institute, is on a mission to make the world lumbar literate.

**Back school**  
Magic Valley Regional Medical Center's Rehabilitation Services sponsors a two-hour education course every month on preventing and treating back injuries. It's this Wednesday, and the first Wednesday of every month, from 5-7 p.m. at 560 Shoup Ave. W. in Twin Falls. Cost is \$25 per person. For more information and to register, call 737-2126.

"A healthy back is also proper mechanics, proper posture."  
Please see BACB, Page B2

By the numbers: A national census on pain and discomfort

- 50** Number, in millions, of Americans suffer chronic pain each year.
- 25** Number, in millions, of Americans who experience acute pain caused by injuries or surgeries.
- 20** Percentage of American children who experience chronic pain.
- 50** Percentage of all hospitalized patients have moderate to severe pain in their last days of life.
- 70** Percentage of cancer patients who experience significant pain sometime during their illness, and fewer than half get adequate pain relief.
- 90** Percentage of cancer pain can be alleviated with proper treatment.
- 26** Number, in millions, of Americans between 20 and 64 experience frequent back pain.
- 66** Percentage of American adults will have back pain during their lives.
- 25** Number, in millions, of Americans who suffer from migraine headaches.
- 90** Percentage of Americans who have non-migraine headaches each year.
- \$100** Cost, in billions, of pain to the U.S. economy each year, including medical expenses and 50 million lost days of work.

- Sources: American Pain Society, American Pain Foundation, American Chronic Pain Society, American Academy of Pain Medicine, Agency of Healthcare Research and Quality, South Florida, Sun Sentinel.

## Web site to send exam reminders

Do you need an electronic secretary to remind you to call for your yearly health exams? The College of American Pathology is launching a bilingual Web site - called [www.MyHealthTestReminder.com](http://www.MyHealthTestReminder.com) that is expected to be up and running by Thursday.  
The site is designed to send e-mail reminders in English or Spanish for your Pap, mammogram or colon cancer screening.

**Chemo and osteoporosis**  
Chemotherapy may cause a rapid loss of bone density, researchers in Ohio and Massachusetts have reported. They examined bone loss in 49 pre-menopausal women with stage I or II breast cancer within four weeks of their beginning chemotherapy, and again after six and 12 months.  
Thirty-five women, with an average age of about 44, experienced menopausal hormonal changes and lost ovarian function by the end of the first year. These women also experienced dramatic bone loss in the spine - 8 percent compared with 1 to 2 percent in healthy post-menopausal women - by as early as six months.  
Breast-cancer patients who experience premature menopause as a result of chemotherapy may wish to consult a physician about regular bone-density scans and early-intervention measures for bone loss, such as increased intake of calcium and

### Health notes

vitamin D and weight-bearing exercise. Bisphosphonates, a new class of experimental drugs, may also slow down bone loss during chemotherapy.  
**Painkillers and kidneys**  
Long-term use of painkillers does not damage the kidneys, researchers in Massachusetts have reported.  
They examined the relationship between the use of painkillers and the development of kidney problems in 11,032 predominantly white male physicians over a period of 14 years. The painkillers included aspirin products, acetaminophen (Tylenol, for example) and nonsteroidal anti-inflammatory drugs such as Advil.  
As a marker for kidney malfunction or failure, the researchers measured creatinine levels and how well it was cleared from blood.  
They found no significant difference in these measurements between men who did not use painkillers and those who took an average of three to four pills a week. Bottom line: Generally healthy men with no previous kidney problems may be able to take three to four doses of painkillers a week without increasing their risk of kidney malfunction.  
- compiled from wire service reports

## Improve skin without a Caribbean vacation; soak nightly in Epsom salts

**DEAR PAULA:** On a trip to the Caribbean last year, I noticed that all my skin ailments - psoriasis, eczema, and rosacea - cleared up almost completely. I could only guess that this miracle had something to do with all the time I was spending in the ocean. Can you recommend a cheap and effective way for me to get the benefits of seawater at home? By the way the rosacea, eczema, and psoriasis patches didn't return till about four weeks after I had returned home.  
-ALISON, VIA E-MAIL  
**DEAR ALISON:** Assuming it is the ocean water that caused the improvement, you can soak nightly in a bath of Epsom salts or Sea Salt to see how that works for you. And please do not use any other kind of bath salt product sold at cosmetics boutiques! These are highly fragranced and can prove incredibly irritating to skin.  
However, there can also be other reasons for the improvement in your skin.  
Weather is a big one, so if you live in a dry climate, the humidity in most of the Caribbean can make a difference. Some skin disorders such as psoriasis respond well to sun exposure (a risky but effective treatment).  
It could also be the quality of the water in your hotel. If you live in an area with hard water, that can be a problem for skin and the (most likely) soft water

**COSMETICS Q&A**  
Paula Begoun

found in the hotel could have helped.  
You may also be using a laundry detergent at home that your skin doesn't like.  
And there is also something to be said about being on vacation and relaxing, as there is some research suggesting stress can generate some skin disorders.  
As you can see, it can be complicated to figure out exactly what the mitigating factors were in your recovery.  
Nonetheless, it is still completely worth it to see if the Epsom salts produce the results you're looking for, and if they do, to say the least, it would be an extremely inexpensive, albeit time-consuming, answer to your problem.  
Paula Begoun is the author of "Don't Go to the Cosmetics Counter Without Me (5th edition)" (Beginning Press, \$24.95). Write to her at 13075 Gateway Drive, Suite 160, Seattle, Wash. 98168 or check out her Web site: [www.cosmeticscop.com](http://www.cosmeticscop.com)

HEALTH & FASHION

# Medicinal spirits: Beer or wine?

## Study gives beer edge as deterrent for heart disease

The Washington Post  
Chalk one up for beer drinkers in the debate over which is better at warding off coronary heart disease — a tall frothy one or a glass of wine. But it's too soon to call the matter closed.

Journal Epidemiology gives beer the edge. Researchers from the German Center for Research on Aging based their findings on data collected from nearly 800 people, more than a third of whom had coronary heart disease.

Researchers collected blood samples from participants and interviewed them about their drinking habits over the previous 12 months. Those who identified themselves as beer drinkers had the highest levels of HDL ("good") cholesterol and the lowest levels of fibrinogen — a protein in the blood-clotting process — two factors associated with lower levels of coronary heart disease.

of epidemiology and nutrition at the Harvard School of Public Health, says it's the ethanol in alcohol that reduces the risk of coronary heart disease. The apparent advantage of bags over grapes, or vice versa, in any one study may mask the role of more important factors, such as a participant's overall health or diet.

# Re-arm this summer with simple exercises

Weight Watchers News Service

If you're a parent, you're already doing arm exercises: hugging in the morning, socking the laundry and even carrying the baby around can build your biceps and tone your triceps. So, bend those produce-filled arms with gum and raise high those dumbbells, disguised as cans of cream or bottles of water.

Shaping up does not require fancy fitness equipment or a lot of extra time, says Shannon Forsythe, fitness coordinator at the Brewtown First Wench YMCA. She says the used cans of vegetables as weights to get more out of bicep curls and lateral raises to tone her arms after the birth of her first baby 20 years ago.

To strengthen shoulders and tighten those jiggy spots under your arms, try lateral raises: Hold a bottle of water in each hand (preferably 20 ounces or larger) with arms at your sides. Raise your arms laterally, elbows slightly bent, until arms are perpendicular to your body (arms straight out, palms down). Then slowly lower the bottles to your sides. Repeat 8 to 12 times.

Do not: lift weights above shoulder height or lock your elbows or knees.

To strengthen triceps, try presses: Raise bottles or cans straight up, arms extended over your head, stopping just before elbows lock, then bend elbows and lower weights to shoulder level. Repeat 8 to 12 times.

As an alternative, step forward with the left foot and bend forward at the waist while reaching straight back behind you as far as you comfortably can, with your right arm. Return slowly and alternate sides. Repeat 8 to 12 times.

For biceps, curl those cans or bottles.

• Step 1: Hold a weight in each hand, arms at your sides, palms facing forward.

• Step 2: Keeping back straight and elbows still, curl the weights to your shoulders.

• Step 3: Hold and release slowly. Repeat 8 to 12 times.

## Back

Continued from B1

ture, and knowing how to prevent injuries," Hanscom said. "That's why back schools are so valuable."

Dave Berry, a physical therapist at Magic Valley Regional Medical Center, runs a back school every month.

"It's for people with back injuries, but it's also for people whose backs are fine and want to keep them healthy," he said.

"There's a lot people don't know about their backs."

Including the fact that sitting for eight hours a day, and then going home and sitting some more, isn't fine with your spine.

Disks are the soft pads of tissue between the vertebrae; they're designed to absorb shock caused by movement.

Each disk has a tough center, a nucleus, and a spongy outer ring, or annulus. Movement within the nucleus allows the vertebrae to rock back and forth on the disks, which provides the flexibility you need to bend and move.

Disk size, shape and flexibility change throughout the day. While you sleep, the nucleus fills with fluid, which increases pressure on the disk. During the day, movement pushes the fluid in and out of the nucleus, which keeps it healthy.

But disks can wear out, tear, bulge or rupture — and they're under a lot of pressure.

Lift something the wrong way, or aggravate your back with poor posture, and you've got trouble.

"Disk injuries are the most common type of serious injury to the back," Hanscom said. "And once you have a disk injury, you can be in for a long grief."

So, it's back to basics.

"We basically teach people how to avoid injury by taking care of their backs," Berry said.

How to pick up a heavy object, for example, and how to turn and reach. And why it's important to sit up straight.

And the importance of exercising and of keeping extra weight off. A strong back, it seems, isn't implicit.

"Some injuries happen because the muscles aren't in good condition," Berry said. "So we teach people how to get them in shape."

A pelvic tilt, for example — essentially, lying on your back and tipping your hips — can help strengthen the all-important abdominal muscles that are the source of 30 percent of your spine's support.

But there are even more fundamental precautions, Berry explains, such as shifting positions often if you're working at a computer.

"We do see people who have repetitive motion-type injuries," he said. "It's important that your work station fits. If it doesn't, sometimes it shows up as back

## Body mechanics 101

### Lying down

- **When lying on your side, bend your knees and place a pillow between them.**
- **If you lie on your back, put a pillow under your knees.**
- **If you lie on your stomach, place a pillow under your abdominal muscles.**

### Bending and lifting

- **Bend at your knees and hips instead of your waist. Do your best to keep your hips in line with your shoulders.**
- **Hold objects close to your body to limit strain on your back.**
- **Lift your body and the load at the same time. Let your leg muscles do most of the lifting.**

### Standing

- **Stand with your knees slightly to the inside of your feet.**
- **Wear shoes that support your feet. This helps keep the spine aligned.**
- **If you must stand for long periods, raise one foot slightly. Rest it on a low stool or foot. Shift feet often.**

### Reaching

- **Shove common items between shoulder and hip level.**
- **Get close to the item. Use a stool or special reaching tool, if you need to.**
- **Tighten your abdominal muscles to support your back. Use the muscles in your arms and legs — not your back — to lift the item.**

### Tilting

- **Stand with your upper body as one straight unit, from your shoulders to your buttocks.**
- **Turn with your feet, not your back or knees. Point your feet in the direction you want to go. Then step around and turn. Maintain your spine's three curves.**

### Sitting

- **Sit in chairs that support your back. Keep your ears in line with your hips. If needed, support your lumbar curve with a rolled-up towel or a lumbar roll.**
- **Your knees should be level with your hips. Your feet should be flat on the floor or on a foot rest.**

—Source: The StayWell Co.



Berry demonstrates a stretch that's good for the back.

pain." Back injuries are overwhelmingly a problem of middle age — usually between 30 and 50 — when the spine begins to degenerate because of aging, twisting and bending associated with everyday living.

"Back injuries, for the most part, are a preventable problem, and a problem that can be pre-

vented by taking some basic precautions," he said.

"Anyone who has had a serious back injury — and I know, because I've had two surgeries — knows prevention is worth the effort."

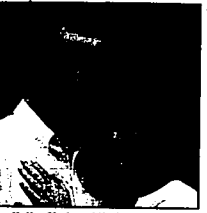
Hanscom is convinced that education is at least as important as therapy in getting you back to where you once belonged.

"It's not just learning proper mechanics," he said. "It's learning proper mechanics and using them the rest of your life."

—Times-News writer Steve Crump can be reached at 735-3223, or write to him at crump@magicalville.com

## ENGAGEMENT

CRITCHFIELD-CLARK



Hethie Clark and Katie Critchfield

OAKLEY — Nolan and Debbie Critchfield of Oakley announce the engagement of their daughter, Katie Critchfield, to Hethie Clark, son of Harlo and Beckie Clark of Oakley.

Critchfield is a 1997 graduate of Oakley High School and has attended Brigham Young University and Idaho State University. She will be working at Duke University in Durham, N.C.

Clark is a 1996 graduate of Oakley High School. He has attended Duke University for three years and will continue with his education there. He has also served an LDS mission to Czech Republic.

The wedding is planned for Friday in the Salt Lake LDS Temple.

A reception to honor the couple will be held 7-9 p.m. Saturday at the home of Nolan Critchfield.

The couple will live in Durham, N.C.

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# Faith-based restrictions

Religious diet can benefit body, spirit

The Orange County Register

There is a story about a group of Jewish diners at a restaurant discussing their failed attempts to lose weight.

The waiter comes by with a rich, creamy, fattening dessert, and no one at the table has the willpower to resist.

But before any of them can take the first heavenly spoonful, the chef bursts out of the kitchen and warns the diners that a spatula used to flip bacon had accidentally fallen in the dessert batter.

The dietary restrictions of Judaism forbid eating pork. So this same group of diners, who were ready to sacrifice their waistslines, now put their spoons down without a second thought.

There are worshippers of many faiths who won't listen to their doctors - or even their egos - when it comes to choosing healthy food. But if God or Allah or the Creator tells a believer that a certain food is harmful, it will never pass their lips.

From Muslims to Mormons, religious worshippers follow dietary restrictions for spiritual elevation, not necessarily for health reasons. But adherence to the laws also can have significant health benefits. And nutritionists and epidemiologists say nonreligious people and people of all faiths trying to keep a healthy diet can learn from the beliefs of others.

For instance, avoiding pork, as Jews and Muslims do, reduces the risk of developing trichinosis, a parasitic ailment.

Tobacco, off limits to Mormons, can cause lung cancer. Seventh-day Adventists and Hindus typically keep vegetarian diets, cutting back the amount of artery-clogging fat and cholesterol they consume.

"Religious people typically have more rigidity in their lives. In terms of how they behave, it's more health-conscious," said James E. Enstrom, research professor in the school of public health at the University of California, Los Angeles, who studies the low rates of cancer and long lives of members of the Church of Jesus Christ of Latter-day Saints.



Mormons live eight to 11 years longer than the typical Caucasian American.

### Mormonism

• **Belief:** Dietary laws in the Church of Jesus Christ of Latter-day Saints are found in the Word of Wisdom, or the prophecy of Joseph Smith in 1833. Some of the rules are rigidly followed:

• no alcohol, tobacco, coffee or tea.

Others, such as limits on eating meat, are not as stringently enforced, said Keith Atkinson, of the Southern California public relations office of the LDS church. "The basic principle is that the body is the temple of the spirit," he said.

• **Benefit:** A UCLA study of 10,000 Mormons over 14 years found that they lived an average of eight to 11 years longer than other white Americans. Researcher James E. Enstrom, who is not a Mormon, chalks his findings up to the avoidance of alcohol and tobacco and the faith's strong social structure that can serve as a safety net in times of trouble.

• **Belief:** According to one of the books of the Hindu faith, the Bhagavad Gita, the world is divided into three categories: satva (goodness), rajas (passion) and tamas (ignorance and darkness). So, too, are foods divided in these ways, said Shivakav Das, a priest in

the Sri Lakshmi Narayan Mandir Temple, in Riverside, Calif. "Fresh milk, fresh food, vegetables; these would be examples of satva foods. Food leading to passion, spicy things, these would be rajas," Das said.

• **Benefit:** because it is the result of killing, it is tamas. Not every Hindu has to shun rajas and tamas foods always, but they should strive for a satvic diet, he said.

### Knowing the rules

• **Belief:** "Vegetarianism can be extremely healthy, in that it restricts high-fat products. But you have to be more alert about having variety in your diet getting adequate B-12 vitamins," said Gail Frank, a Los Angeles, Calif., dietitian. Spicy foods can upset the stomach, causing insomnia, and can hide symptoms of angina.

• **Benefit:** "Vegetarianism can be extremely healthy, in that it restricts high-fat products. But you have to be more alert about having variety in your diet getting adequate B-12 vitamins," said Gail Frank, a Los Angeles, Calif., dietitian. Spicy foods can upset the stomach, causing insomnia, and can hide symptoms of angina.

• **Belief:** Many of its dietary restrictions are similar to Judaism's, including laws about the humane killing of animals. But the emphasis on moderation is especially stressed by Muslims during Ramadan, the holy month of fasting, said Hussam Alyouss, executive director of the Southern California chapter of the Council on American-Islamic Relations, in Anaheim. The Islamic prophet Mohammed advised followers to avoid gluttony.

And Ramadan reminds Muslims to eat only enough to keep alive.

• **Benefit:** Studies have found links between limited caloric intake and increased longevity. In rat studies, the kind of fasting done during Ramadan was shown to lower the animals' risk of heart disease. And a study of practicing Muslims found that eating patterns during Ramadan raised "good" cholesterol levels.

• **Belief:** The Hebrew Bible lays out kosher laws, or kashrut, in a list of do's and don'ts. Animals with cloven hooves that chew their cud - cows, goats, giraffes - are permitted to be eaten. Fish with scales are kosher, but shellfish are not. Birds of prey are off limits.

• **Benefit:** Among the benefits is the avoidance of bacteria in shellfish, said Frank, who is also a spokeswoman for the American Dietetic Association. "They can be a carrier of contaminants by virtue of where they're growing and where they're being tapped," she said.

• **Source:** The Orange County Register

# Big Kids Klub to meet Saturday

To do for you

Big Kids Klub will meet from 10-11:30 a.m. Saturday in the Sage Room of the Education Center at MVRMC. The class is designed to help prepare siblings for the new baby.

Cost is \$7.50 per family with one child or \$10 per family with two or more children. For more information, call 737-2900.

### Childbirth orientation

Right Start orientation to childbirth services will be held at 7 p.m. today in the Sage Room at the Education Center at Magic Valley Regional Medical Center in Twin Falls.

The session will include physician information, education opportunities, introduction to prenatal pregnancy care and a tour of the Women's and Infants Center.

Preregistration is not required. For more information, call 737-2900.

### Learning childbirth

Prepared childbirth course will be offered from 7:30 p.m. Wednesdays, beginning this Wednesday through Aug. 29, in the Sage Room at the Education Center at MVRMC in Twin Falls.

The program will include classroom instruction on wellness of the mother, the labor and delivery process with relaxation and breathing techniques, care of the postpartum mother and care of the newborn.

Cost is \$40. Preregistration is required, call 737-2900.

### About childbirth

Prepared childbirth classes will be offered from 7:30 p.m. Wednesdays, beginning this Wednesday through Aug. 29, at the St. Benedict's Health Education Center, 115 Fifth Ave. W., Jerome. The five-week series includes a refresher class on Aug. 8 and a cesarean class on Aug. 18.

The sessions emphasize preparation for labor and birth, changes during pregnancy and newborn care.

Participants are asked to

bring two pillows to each class. The classes are free for those who will be delivering at St. Benedict's Family Medical Center. To register, call 324-4301.

### C-section training

Cesarean childbirth class will be offered from 7:30 p.m. Thursday in the Sage Room of the Education Center at MVRMC.

The class will include discussion on cesarean deliveries, postpartum instructions, medications and hospital procedures.

Cost is \$15. Preregistration is not required. For more information, call 737-2900.

### HealthNet meets

Twin Falls County HealthNet Coalition will meet from 3:30-4:30 p.m. Aug. 7 at the Department of Health and Welfare building, 601 Pole Line Road, Twin Falls. The coalition addresses community health needs and is currently focusing its efforts on building youth assets.

### Learning CPR

Cardiopulmonary resuscitation class will be offered from 4-8 p.m. Aug. 7 in the doctors' meeting room at MVRMC in Twin Falls.

The class will include emergency procedures for mouth-to-mouth resuscitation, chest compression and choking for adults and infants.

The program includes classroom instruction and hands-on practice.

Cost is \$25. Preregistration is required, call 737-2900.

To-do-for-you-is-a-calendar-listing of health-related activities, events and education. Information should be submitted by Thursday for publication in the following Monday's Health & Fashion. Mail notices to: The Times-News, P.O. Box 548, Twin Falls, ID 83303, or deliver to our office at 132 Third St. W.

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# Lammas: We lost a holiday somewhere

Once upon a time, our ancestors watched the sky intently. Although curiosity and mysticism certainly motivated early stargazers, their primary impetus was survival. If you knew how to read the cycles of the heavens, you knew when to plant and harvest crops, and when migrating game would be headed through the best hunting grounds.

Not surprisingly, when something obvious happened to the sky - like the sun reversing its southward motion in late December - it was designated a holiday. People celebrated the continuation of the cosmic order, whose predictability ensured their survival. This was celebrated the solstices, when the sun was at its northern and southern extremes, and the equinoxes, when it was halfway in between.

But four holidays a year were too few for our forebears. So, lacking the social structure of our modern age, and the ability to cre-

### Sky calendar (through Saturday)

• **Planets:**  
One hour before sunrise:  
Jupiter: ENE, low. Very close to Venus Sunday morning, pre-dawn.  
Venus: E, low. Very close to Jupiter Sunday morning, pre-dawn.  
Saturn: E.  
One hour after sunset:  
Mars: S, low.

• **Moon:**  
Full moon, Friday, 11:56 p.m.

ate holidays by decree (e.g. Veterans Day, Columbus Day, Presidents Day, etc.) they made four new holidays halfway between the equinoxes and the solstices.

We still observe three of them to varying degrees: Halloween (halfway between autumn equinox and the winter solstice), Groundhog Day (halfway between

**SKYWATCH**  
Chris Anderson

winter solstice and spring equinox), and May Day (halfway between spring equinox and summer solstice). So what happened to the fourth one (halfway between summer solstice and autumn equinox)?

Long ago, it was called Lughnasadh, signifying the end of summer (pre-Christians considered the summer solstice to be a mid-summer's day, not the first day of summer) and the first harvest. Like many of our other ancient holidays, the Christian

church co-opted the pagan tradition, renaming it Lammas (of Loaf-mass, a celebration of the first loaf of bread from the harvest).

So if you'd like to observe (literally) our missing holiday, note where the sun rises along the horizon this week - it will be about one-third of the way from its maximum northerly point in the ENE to its equinox point due east. Why one-third and not one-half? That explanation will have to wait for a future column.

Next week: The year's best meteor shower.

Chris Anderson is the planetarium production specialist at the Faulkner Planetarium at the Herrett Center for Arts and Science at the College of Southern Idaho in Twin Falls. Write to him at cander-son@csledu

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QUESTION: Can putting my property in a living trust allow my spouse earlier eligibility for Medicaid-funded nursing home care and keep my estate free from future government claims for Medicaid reimbursement?

No. Living trusts have a number of good uses, but Medicaid eligibility and protection from later Medicaid reimbursement claims are not among them.

Congress has closed about every loophole that ever existed when it came to trusts and Medicaid. The logic is simple: Medicaid is expensive and the government needs money.

Taxpayers and their elected representatives have decided that people in need of nursing home care with the ability to pay their own way should do so.

By the same token, living trusts can be ideal for the incapacitated person with assets in need of responsible management and no practical ability to look after her financial affairs. Everything has its place.

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# HEALTH & FASHION

## Remove tattoos at your wallet's risk

Knight Ridder News Service

WASHINGTON - From making memories last to expressing individuality, people are turning to tattoos to make their mark. But, as tattooing becomes more popular, so does tattoo removal.

Mitchell Rider, a 27-year-old fund-raiser in Washington, is part of the 50 percent of tattoo wearers who want to get them removed. Rider got a Pink Panther tattooed on her ankle when she was 18 and loved it until she moved to Washington in 1997.

"I can't go to work with it showing," Rider said. "It's so annoying."

The professional atmosphere of the city and the tediousness of always having to cover it up led Rider to start researching the procedure and costs. Depending on the tattoo, treatment costs can range from \$250 to \$1,500 per session.

Rider is now in the second of possibly four laser removal sessions.

Dr. Sheryl Burgess, Rider's laser surgeon, said most patients require more than one laser treatment to remove a tattoo because it takes time for the body's scavenger cells to remove the treated skin pigment.

"They (the scavenger cells) are little bits that gobble it up and take it away," Burgess said.

Depending on the patient's sensitivity, Burgess said she applies a numbing cream or anesthesia. Then she uses a Q-laser to direct pulses of light on the tattoo, breaking up the pigment.

Over the next several weeks, scavenger cells remove the treated pigmented areas.

After the treatment, the tattooed area is covered with an antibiotic and non-stick covering. Each treatment takes about a month to heal, and most tattoos

take up to 10 five- to 10-minute sessions. The number and length of laser sessions depends on the size of the tattoo.

Rider said the biggest surprise for her was finding out the tattoo will not come off all at once.

"It just kind of looks like a scab," she said.

While laser surgery usually removes 95 percent to 97 percent of the tattoo, it often leaves skin lighter where the tattoo was.

"I have never seen one where it looks like there was never anything there," Burgess said.

Some other options for tattoo removal include excision, salabrasion and dermabrasion. Which method a doctor uses depends on the size of the tattoo, its location, the length of time it has been on the skin and how fast the patient heals.

Excision involves injecting anesthetic to numb the tattoo then removing it surgically. The edges of the tattoo are brought together and sutured.

With this procedure, there is minimal bleeding and in some cases involving large tattoos, a skin graft taken from another part of the body may be necessary.

Salabrasion, an older procedure, uses an anesthetic on the tattooed area after which a solution of ordinary tap water dipped in table salt is applied. An abrading apparatus or an even simpler device such as a wooden block wrapped in gauze, is used to vigorously scrape the area until it becomes deep red.

Then the spot is bandaged while patients wait for it to heal.

Dermabrasion is a method in which small parts of the tattoo are sprayed with a solution that freezes the area. The tattoo is then "sanded" with a rotary abrasive instrument causing the skin to peel.

In recent years, boxes of fiber-filled cereals and tubs of cholesterol-lowering margarine have been pitched like life preservers to consumers drowning in a sea of fast food.

Marketers have placed functional foods - sustenance with a physiological effect and nutritional value - somewhere between conventional foods and medicine. One day, the foods could make up nearly half of a U.S. food market now valued at more than \$500 billion, some experts say.

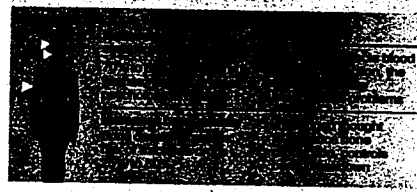
The trend speaks to generations of Americans accustomed to self-medication.

"Food should be your medicine. Only if food is not powerful enough should we look at medicine," said James Gordon, chairman of the White House Commission on Complementary and Alternative Medicine Policy.

## Association recommends against estrogen

### Hormone therapy's many effects

About 30% of U.S. women receive hormone replacement therapy (HRT) after menopause even though the risks and benefits are still only partially understood. There are some effects of HRT:



Doctors long believed that hormone supplements were good for women's hearts. But the heart association - one of the most authoritative organizations in the field of heart disease prevention - cited conflicting evidence that has come out over the past few years.

Hormone supplements combining estrogen and progesterone are prescribed to about 20 million American women, mostly to treat hot flashes and other postmenopausal symptoms and to lower the risk of brittle bones.

The heart association said that women taking hormones for the non-taking benefits do not need to stop. But women should not start taking hormones simply to prevent heart trouble.

The new guidelines were published in last Tuesday's issue of Circulation, a journal of the American Heart Association. They represent a shift from 1999, when the organization said that doctors may consider the use of hormones to help prevent heart disease.

The lead author of the guidelines, Dr. Lori Mosca, director of preventive cardiology at New York Presbyterian Hospital of Columbia and Cornell universities, said the widely held assumption that estrogen offers a protective effect is based on the fact that women generally have their

first heart attack 10 years later than men.

But a review of research on the topic found no clear evidence that hormone replacement therapy reduces the risk of heart disease in women, and actually found that in some cases, women had a higher risk of heart problems, Mosca said.

For example, a study published earlier this month in the Annals of Internal Medicine concluded that postmenopausal women who have had a heart attack or diagnosis of heart disease and are on hormone supplements for less than one year have an increased risk of another heart attack or dying from heart disease than those who are not on hormones.

While hormone treatment does benefit the heart by raising good cholesterol, reducing bad cholesterol and relaxing blood vessels, doctors know it also can have negative side effects, such as inflammation of blood vessels and blood clotting.

"The thing we thought was giving a benefit may cause problems in some women," Mosca said. "I think that a woman should be aware as to why she is taking hormone replacement therapy. Is she taking it because she thinks it's protecting her heart? I think women need to reflect upon why they are on it and consult with their doctor."

A study under way will continue to measure whether hormone replacement therapy has merit in being used solely to prevent cardiovascular disease. But the results are not expected for five years.

## Presence of herbs in foods worries some experts

Knight Ridder News Service

extreme sports, making them child magnets.

"No one can point to a cemetery and say, 'That's where you can find a lot of people who used to take herbs,'" said David Schanz, associate nutritionist at the Center for Science in the Public Interest in Washington, D.C.

"But we're embarking on a major experimentation here. We just don't know what's going on."

Critics and those who market functional foods agree that most products probably do not have enough herbs to deliver the promised health benefits. That presents another concern: People might turn against all herbal remedies if health benefits do not materialize from functional foods, creating a problem for the herb industry.

"If there is not enough of the product inside to cause a threat, then it's a rip-off because people are buying the product for the herb and there is not enough of it to have any therapeutic benefit," said Bruce Silverglade, legal affairs director for the Center for Science in the Public Interest.

No widely accepted authoritative body has looked at the research to establish what dosage of an herb might be effective or what might be too much, he said.

Last month, the U.S. Food and Drug Administration sent letters warning three makers of functional foods that their products were

labeled with rules allowable for dietary supplements but not for conventional foods.

The law allows supplement makers to put warning labels on products to inform consumers about possible side effects. But makers of functional and conventional foods were discouraged from using warning labels because of how the FDA interprets the law.

Warning labels were not placed on foods "unless the manufacturer wanted the product taken off the shelves," said Mark Blumenthal, president of the American Botanical Council in Austin, Texas.

The FDA viewed a food with a warning label as a supplement or a drug that was subject to recall or letters stating that the product was unlabeled, he said.

## Study finds some health clubs unable to deal with heart attacks

The Orange County Register

You work out at a health club because your doctor told you that exercise can help you fight your heart disease.

But if you have a heart attack on the premises, will the club's staff or instructors know what to do to save your life?

Maybe not.

A study published in the July issue of the medical journal Chest shows that some health clubs and fitness centers may be unable to deal with a heart attack.

And that's reason for serious concern, because people 55 and older are the fastest-growing group in health clubs.

One in four club members is over 55, according to a report recently released by the International Racquet & Sportsclub Association, an organization of health clubs.

The study's findings, based on survey responses from 65 health clubs in Ohio, include the following:

compliance with preparedness for a cardiac emergency.

People with cardiac disease are 10 times as likely to have a cardiac incident in a fitness center than people with no cardiac disease, said Dr. Robert Johnson, president of the American College of Chest Physicians. So seconds count.

He said the study has messages for three groups: club management, doctors and club members.

Clubs should have a plan for rapid response to heart attacks and adequate screening for underlying cardiac disease. CPR-trained staff and AEDS - machines that analyze heart rhythm and deliver needed shock - should be available.

New members should be screened comprehensively - asked questions about heart-disease-related habits such as smoking and conditions such as diabetes and high cholesterol.

Doctors should follow up on patients who have begun exercise programs in fitness centers, to make sure they're exercising at proper levels of intensity.

## SOUTH IDAHO FOOT & ANKLE CLINICS

David A. Blackmer, DPM and Randall L. Wraalstad DPM welcome S. Jeffrey Bray, DPM



After graduating from Burley High School and completing a mission to the Kingdom of Thugs, Dr. Bray received the Bachelor of Science degree from Brigham Young University, Doctorate of Podiatric Medicine in San Francisco and completed a foot and ankle surgical residency in Detroit. He has three years of private practice experience in Sheridan, Wyoming prior to returning to his hometown of Burley. Dr. Bray is now accepting new patients in Burley, Twin Falls, and Halley.

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# Study finds bacteria stronger than supposed

**Newsday**  
A recent study by a graduate student at the University of Illinois looking at the ability of disease-causing bacteria to survive on fresh vegetables was not particularly comforting.

Meredith Agle, a graduate research fellow in the department of food science and microbiology, contaminated parsley with shigella, bacteria that cause diarrhea, fever, nausea, vomiting and cramps. Transmitted usually by the fecal-oral route, shigella is among about 400,000 every year in this country. The latest big outbreak occurred among customers at a Chicago restaurant in 1999 who ate a bean salad. The parsley in the salad, grown in Mexico, was suspected to be the shigella carrier, Agle said.

Shigella is not the only food-borne bug: Some strains of E. coli, salmonella, listeria and the campylobacter bacteria are among the most common pathogens that can also be passed on via foods, cause illness and even death - especially in the very young, very old or in those who have weak immune systems. Food-borne illnesses account for about 325,000 hospitalizations and about 5,000 deaths every year in this country, according to the National Institute of Allergy and Infectious Diseases.

In her study, Agle washed some contaminated parsley with water for five minutes and some with a commercial wash that purports to kill bacteria, also for five minutes. The commercial wash was no more effective than water in removing the bacteria, she found. And although washing reduced the level of shigella, there was still enough to cause sickness.

Agle, whose study was presented at the Institute of Food Technologists meeting in New Orleans on June 26, also learned the bacteria could remain at contaminating levels for up to six days in the refrigerator; at room temperature, the shigella grew rapidly.

Agle said her findings should cause no one to panic. She contaminated her parsley with high levels of the bacteria, higher than probably found in a real-world contamination. Nevertheless, the fact that many of our fresh vegetables and fruit come from areas of the world with poor sanitation or water quality is cause for concern, she said.

## Bacteria busting

Here, from the Food and Drug Administration, are some ways to reduce your risk of contamination from bacteria in food.

- **Don't buy produce that is bruised or damaged.** If buying fresh cut produce, make sure it's refrigerated or surrounded by ice.
- **Chill and refrigerate foods.** Fresh whole produce such as bananas and potatoes do not need refrigeration. Any fresh produce that has been peeled or cut should be refrigerated within two hours of peeling or cutting. Leftover cut produce should be discarded if left at room temperature for more than two hours.
- **Wash hands with hot soapy water before and after handling fresh produce, raw meat, poultry, or seafood, as well as after using the bathroom, changing diapers, or handling pets.** These can all be sources of contamination.
- **Wash all raw fruits and vegetables with cool tap water immediately before eating.** Don't use soap or regular detergents.
- **Scrub firm produce, such as melons and cucumbers, with a clean produce brush.** Cut away any bruised or damaged areas before eating. Rinse thoroughly you don't get the outside, a knife piercing the fruit can carry bacteria into the interior.
- **Wash surfaces often.** Cutting boards, dishes, utensils and counter tops should be washed with hot soapy water after coming in contact with fresh produce, raw meat, poultry or seafood. Sanitize after with a solution of 1 teaspoon of chlorine bleach in 1 quart of water.
- **Don't cross-contaminate.** Use clean cutting boards and utensils when handling raw meat. If possible, use one clean cutting board for fresh produce and a separate one for raw meat, poultry, and seafood.
- **Don't consume food that has come in contact with fresh produce or raw meat.**
- **Use a cooler with ice or use ice gel packs when transporting or storing perishable food outdoors, including cut fruit and vegetables.**
- **Don't drink unpasteurized juice such as apple cider.** For more information, the government has a useful web site: [www.foodsafety.gov](http://www.foodsafety.gov).

— Source: Newsday

# Gowns catch up with good taste

**Knight Ridder News Service**

You've heard the stories: The dress was fuchsia polyester with purple sleeves suitable for little girls under 10. It was lime green with a dirndl skirt and flapping waist panels. It cost the price of Gucci stiletto shoes, and she never wore it again.

Bridesmaids' gowns have long been the dread of friends and family who agree to be wedding attendants. But fashion, like the times, change. And remarkably, today's dresses no longer deserve the bad reputation they had for so long.

While today's fare still includes some, well - to put it plainly - ugly dresses, the choices are far more extensive and many are more sophisticated and versatile enough to be worn for other events. And some have the glamour and glow of an Oscar red carpet dress.

Popular colors this summer have been sand and stone along with more traditional periwinkle pale lavenders and pale greens. Looking ahead to fall, the palette ranges from earthy and rich to include deep claret, mocha brown and more untraditional copper and gold. Even prints are on the block.

Increasingly aware of the challenges, some brides now specify color and allow attendants to wear any dress of their choice in that color range.

*Bridesmaids' gowns have long been the dread of friends and family who agree to be wedding attendants. But fashion, like the times, change. And remarkably, today's dresses no longer deserve the bad reputation they had for so long.*

"I call them garage sale specials," says Karen Martin, manager of David's Brides' Store in Overland Park, Kan.

Designer Nicole Miller says she started making gowns late because traditional dresses were so ugly that brides were shopping from her signature collection. Earlier this year the Wall Street Journal reported a trend among brides to forgo the bad dress memories.

"I think if they ever go to a black, she even, they could wear it," adds Morgan, a volunteer coordinator at Shawnee Mission Hospital.

One practical development is the popularity of two-piece dresses. "They're huge," Knox says. Some involve two colors such as white skirt and black top. Others are so seamless, they appear to be one. Younger, fit women even bare their midriffs.

And more and more brides specify a color and fabric in a two-piece style and allow attendants to choose the cut among several tops most becoming for them. They may consider tanks, camisoles, strapless bustiers and T-shirt like tops with sleeves.

Another important plus, after the wedding, the tops and bottoms may be mixed with other pieces such as velvet pants, jeans or a beautiful white blouse. Also short dresses that may later be worn to parties are available.

Bride's magazine's Martini Bratten says the improvements in dress styling are due in part to technological improvements, which allow manufacturers to produce cleaner, stronger colors and better fabrics at low prices. (Average prices are \$150 to \$300.)

# Less expensive perfume doesn't have to smell cheap

**Knight Ridder News Service**

It used to be that a woman who couldn't afford a designer bottle of perfume would buy a watered-down knockoff at a discount store. But thanks to the creation in the past several years of many more moderately priced fragrances, consumers are opting for a distinct scent in their price range.

"Knockoffs aren't an issue now like they were five, 10 years ago because of places like the Gap," said Annette Green, president of the Fragrance Foundation, a nonprofit educational organization based in New York. The Gap began producing its own scents in the mid-'90s. They're usually no more expensive than \$20 for a 3.4-ounce bottle, with minibottles available for \$4.50.

"People would rather buy those and have a specific image of the fragrance," Green said. "Sometimes, the biggest difference between a \$20 fragrance and one that sells for \$80 is a fancier bottle."

"A lot has to do with the positioning of the brand," said Betty Ollum, senior vice president of

marketing for Sephora, a retail beauty and fragrance chain. "If it's a designer label, they want to create something in that image." Journalists and bloggers are so ugly that brides were shopping from her signature collection.

"Perfume is an ephemeral, almost invisible product so you can't really see what you're getting," Green said. "What gives you an idea about the product is the bottle. The bottle begins to tell you what to expect about the fragrance."

A more elaborate bottle usually indicates a high-quality fragrance, but not always, experts say. Chances are if someone is putting a lot into the bottle, that says something about the quality and grade of the fragrance," Sephora's Ollum said.

But check the label won't tell you much about what's really inside - most manufacturers list alcohol, fragrance and water, without percentages or specific ingredients. The only clue for the consumer as to what's actually in the bottle is the clas-

sification of eau de parfum or eau de toilette. Few people buy true perfume today - it's just too pricey, at well over \$100 for less than an ounce.

The next best thing is eau de parfum, which has the highest concentration of fragrance besides perfume. Most upscale designers found at department stores - Beautiful by Estee Lauder, Michael Kors and the like - offer eau de parfum. They

usually sell for \$40 to \$60 a bottle, sometimes more. Estee Lauder's Daniel Annesse said a good eau de parfum should last for four to six hours.

Eau de toilette, which is what Gap scents are, contains less perfume and tends to evaporate quicker. Watch out: Many upscale labels, including Ralph Lauren and Calvin Klein, sell eau de toilette at eau de parfum prices.

# Allergy treatment research starts to make some progress

**Newsday**

**NEW YORK** - In the last five years, treatment for food allergies has become a viable research goal. Before then, most research focused on the mechanisms of an allergic reaction, trying to detail the molecular steps in which someone's immune system reacts to an allergen, in this case a protein in the food, as though it were harmful.

"The idea of actually treating it (food allergies) is fairly new," said Dr. Hugh Sampson, a pediatric allergist at Mount Sinai Medical Center in Manhattan. "Before, we were pretty discouraged. We had no good model to study."

Five years ago, Sampson and colleagues were able to make immune systems react like an allergic person's after the mice ate certain foods. Researchers could then test potential treatments. At the same time, improvements in technology and boosts in public and private funding have helped move the research along.

Now drugs in clinical testing that many hope will stall the reaction, called anaphylaxis, by gathering up the molecules, IgE antibodies, that fuel it. The research is being done by Tanox Inc, based

in Houston.

Six million to seven million Americans suffer from food allergies, most commonly to nuts, seafood, eggs, milk, soy and wheat. Symptoms can appear two minutes to two hours after eating the food. In a mild response, the allergic person's lips may start tingling. More seriously, lips, throat and tongue may swell. The person may have trouble breathing, feel nauseous and vomit. In the worst reactions, blood pressure drops, the individual loses consciousness and dies.

No data is available yet on the drug in testing, called anti-IgE, and researchers are still debating whether it will be potent enough to stop a severe reaction, said Dr. Robert Wood, a pediatric allergist at Johns Hopkins School of Medicine. Anti-IgE was originally developed to treat asthma and hay fever and even if it proves effective against food allergies, the FDA doesn't expect to approve it for two years, Wood said.

Wood thinks treatments targeted to turn off the immune reaction for specific allergies are more promising, but they will likely take about five to ten years to develop.



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Fellow of the American College of Gastroenterology

## PEPTIC ULCER DISEASE

An estimated 4 million Americans have peptic ulcer disease.

Your stomach lining is a remarkably resilient membrane that opens much like that of a sponge. It allows gastric juices as toxic as battery acid to begin the digestion process.

Peptic ulcer disease occurs when stomach acid penetrates the stomach and/or duodenal (first part of small intestine) lining and causes sores or erosions that may bleed, lead to anemia and/or cause abdominal pain, abdominal burning or gnawing and often times abdominal bloating.

### WHAT CAUSES ULCERS?

Scientists have discovered that most duodenal ulcers are caused by infection, not spicy foods or stress. This type of infection is known as Helicobacter pylori. If untreated, this infection can literally eat a hole in the stomach lining, requiring surgery. Chronic inflammation from an ulcer can cause swelling and scarring. Over time, the scarring may cause obstruction of the outlet of the stomach, preventing the passage of food and causing vomiting and weight loss. In severe cases, ulcer complications can lead to death.

The second most common cause of ulcers is the use of pain medications called non-steroidal anti-inflammatory drugs (NSAIDs), which include aspirin and ibuprofen. People often take NSAIDs to reduce pain and inflammation, often for arthritis. Frequent or long-term use of NSAIDs, especially among the elderly, can increase the risks of developing an ulcer.

### WHAT ARE THE SYMPTOMS OF PEPTIC ULCER DISEASE?

The most common symptom of an ulcer is a burning pain in the stomach, between your breastbone and your belly button. You'll often feel this pain when your stomach is empty, between meals, but it can occur at any time. Sometimes this pain will wake you in the middle of the night. The pain will last anywhere from a few minutes to several

hours. While not as common at stomach pain, other symptoms include nausea, vomiting, blood in the stool, or loss of appetite. Bleeding may be the first and only symptom of an ulcer when an ulcer bleeds and continues to bleed without treatment, a person may become anemic and weak.

### WHAT SHOULD I DO IF I HAVE SYMPTOMS?

Contact your physician and schedule an appointment as soon as possible. Your physician may give you one of several tests to determine if you are infected with the ulcer causing bacteria Helicobacter pylori. Another test for ulcers involves the use of endoscopy. In this test, the doctor inserts a small flexible telescope through the mouth and into the stomach while the patient is asleep. The telescope has a camera inside that allows the doctor to look for the presence of the inflammation of ulcers. The doctor can also take small samples from your stomach lining to be tested for the presence of Helicobacter pylori. An alternative to endoscopy is an x-ray test, where you are given chalky substances to drink, after which x-rays are taken to show the outline of your digestive tract. This test is called an Upper GI Series.

### WHAT IS THE TREATMENT FOR PEPTIC ULCER DISEASE?

If you have been diagnosed with Helicobacter pylori infection, your doctor will prescribe a treatment plan to kill the infection and reduce the acid in your stomach. It is important to follow the treatment plan exactly as your doctor has prescribed, and if you smoke, you should stop, as smoking inhibits ulcer healing. You should also not take NSAIDs, like aspirin or ibuprofen, and avoid alcoholic beverages.

### PREVENTION

The new era of peptic ulcer is at hand. With a firm understanding of how ulcers occur, with the potent acid-suppressing drugs now available, and with the knowledge that peptic ulcers caused by Helicobacter pylori can now be cured, the era of ulcers indeed bright for patients with ulcers.

No referral is necessary • We file insurance claims • 24 hour phone service  
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**3 DAYS**  
**6 LINES**  
**\$16**

Includes FREE Garage Sale Kit with prepayment

Deadlines: Thursday, 12:00 noon for Friday's paper  
Friday, 12:00 noon for Saturday's paper

Call a Customer Service Representative today  
**733-0931**  
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COMICS

Classic Poemists



By Charles M. Schulz

For Better or For Worse



By Lynn Johnston

Dibbert



By Scott Adams

Blondie



By Dean Young & Stan Drake

J.C.



By Johnny Hart

Pickles



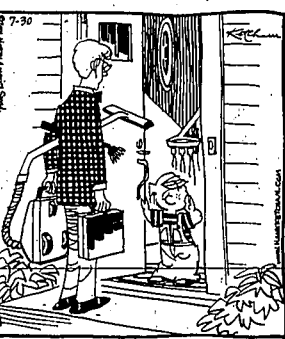
By Brian Crane

Garfield



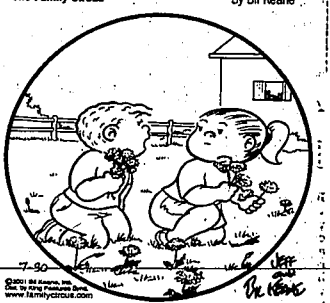
By Jim Davis

Dennis the Menace



By Hank Ketcham

The Family Circus



By Bil Keane

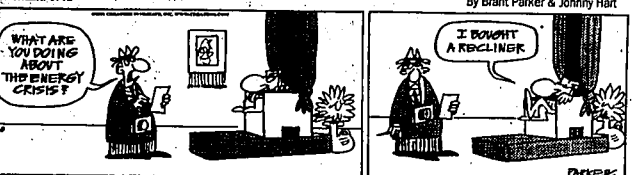
Hi and Lois



By Chance Browne

'Hey, Mom! It's one of those LIVE COMMERCIALS.'

The Wizard of Id



By Brant Parker & Johnny Hart

Rose Is Rose



By Pat Brady

Hagar the Horrible



By Chris Browne

Zits



By Jim Borgman and Jerry Scott

Beetle Bailey



By Mort Walker

Luann



By Greg Evans

Frank and Ernest



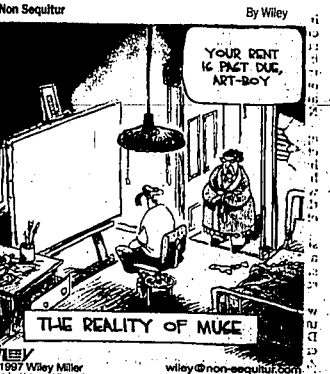
By Bob Thaves

Strange Brew



By John Deering

Non Sequitur



By Wiley

The Bonk Loser



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NOTICE OF PUBLIC HEARING
PROPOSED BUDGET FOR FISCAL YEAR (FY 2002)
CITY OF HOLLISTER, IDAHO 83301

Table with 3 columns: BUDGETS OF PAST YEARS, FY2000, FY2001, FY2002. Rows include General Income, Property Tax, Other Taxes, etc.

Attested: Maureen Floenor, Hollister City Clerk, July 16, 2001

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

THE PROSECUTING ATTORNEY FOR TWIN FALLS COUNTY, IDAHO, PETITIONER, vs. THE STATE OF IDAHO, RESPONDENT.

IT IS HEREBY ORDERED that the grand jury be summoned and convened in Twin Falls County, Idaho, on the 16th day of August, 2001, at the hour of 9:00 o'clock a.m.

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EMPLOYMENT

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United Opportunity
For Self-motivated disciplined outside insurance sales person...

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Twin Falls Care Center
Has immediate openings in the following positions:

METAL
Machinist- Job shop and CNC experience. Wage \$12.00 per hour...

SALES
Collection agency looking for a professional outside sales person...

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305-4123
TEACHER
Wood River Christian School is seeking an elementary school teacher...

TWIN FALLS (6)
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THE TIMES-NEWS CURRENTLY HAS THE FOLLOWING INDEPENDENT NEWSPAPER ROUTES ON THE WEST SIDE OF TWIN FALLS

RUPERT
\*\*\*\*\*
ATTENTION work from home. Mail order internet up to \$1500-\$5000 P/T/F/T...

302 MONEY TO LOAN
All Credit Mortgages
RESIDENTIAL COMMERCIAL
Competitive Rates

401 SCHOOLS/INSTRUCTION
Message training-Basic Business classes Fri. 7-10am & Sat. 10-30pm...

LANDSCAPING
\*\*\*\*\*
INSTALLERS to start immediately. Must have wide experience in landscape preferred...

MEDICAL
Night shift technician. Career opportunity, exc. salary, medical background required...

MISCELLANEOUS
CIRA Construction is now taking applications for laborers to work in the Halley area...

SALES
REPRESENTATIVE
SYSCO Food Products of Idaho, a Fortune 100 company...

217 EMPLOYMENT OPPORTUNITIES
PUBLIC SERVICE MESSAGE
Federal employment information is free. Remember, no one can promise you a job...

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

RUPERT
\*\*\*\*\*
If you live in the RUPERT area & are interested in being a Newspaper Carrier...

302 MONEY TO LOAN
All Credit Mortgages
RESIDENTIAL COMMERCIAL
Competitive Rates

501 OPEN HOUSES
Please check your ad for correctness on the first day that it runs...

MANAGER
APARTMENT MANAGEMENT
On site position, 80-112 luxury units in Twin Falls, Apt. or Hotel exp.

MEDICAL
Physician Therapist
Magic Valley Regional Health Services is seeking a full-time experienced Physical Therapist.

MISCELLANEOUS
CIRA Construction is now taking applications for laborers to work in the Halley area...

SALES
REPRESENTATIVE
SYSCO Food Products of Idaho, a Fortune 100 company...

217 EMPLOYMENT OPPORTUNITIES
PUBLIC SERVICE MESSAGE
Federal employment information is free. Remember, no one can promise you a job...

TWIN FALLS (8)
\*\*\*\*\*
THE TIMES-NEWS CURRENTLY HAS THE FOLLOWING INDEPENDENT NEWSPAPER ROUTES ON THE EAST SIDE OF TWIN FALLS

RUPERT
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If you live in the RUPERT area & are interested in being a Newspaper Carrier...

302 MONEY TO LOAN
All Credit Mortgages
RESIDENTIAL COMMERCIAL
Competitive Rates

502 HOMES FOR SALE
Please check your ad for correctness on the first day that it runs...

MECHANIC
Aggressive, self starter with 10 years experience in auto tools, experienced heavy equipment, dump trucks, pick ups, and diesel engines...

MEDICAL
Physician Therapist
Magic Valley Regional Health Services is seeking a full-time experienced Physical Therapist.

MISCELLANEOUS
CIRA Construction is now taking applications for laborers to work in the Halley area...

SALES
REPRESENTATIVE
SYSCO Food Products of Idaho, a Fortune 100 company...

217 EMPLOYMENT OPPORTUNITIES
PUBLIC SERVICE MESSAGE
Federal employment information is free. Remember, no one can promise you a job...

TWIN FALLS (9)
\*\*\*\*\*
THE TIMES-NEWS CURRENTLY HAS THE FOLLOWING INDEPENDENT NEWSPAPER ROUTES ON THE EAST SIDE OF TWIN FALLS

RUPERT
\*\*\*\*\*
If you live in the RUPERT area & are interested in being a Newspaper Carrier...

302 MONEY TO LOAN
All Credit Mortgages
RESIDENTIAL COMMERCIAL
Competitive Rates

502 HOMES FOR SALE
Please check your ad for correctness on the first day that it runs...

MECHANIC
Experienced Mechanic wanted, full benefits, food processing facility. Send resumes to Box 9000...

MEDICAL
Physician Therapist
Magic Valley Regional Health Services is seeking a full-time experienced Physical Therapist.

MISCELLANEOUS
CIRA Construction is now taking applications for laborers to work in the Halley area...

SALES
REPRESENTATIVE
SYSCO Food Products of Idaho, a Fortune 100 company...

217 EMPLOYMENT OPPORTUNITIES
PUBLIC SERVICE MESSAGE
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TWIN FALLS (10)
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RUPERT
\*\*\*\*\*
If you live in the RUPERT area & are interested in being a Newspaper Carrier...

302 MONEY TO LOAN
All Credit Mortgages
RESIDENTIAL COMMERCIAL
Competitive Rates

502 HOMES FOR SALE
Please check your ad for correctness on the first day that it runs...

EXPERIENCE NOT NECESSARY!
STOP WORKING A JOB, START BUILDING A CAREER!
IDAHO'S MOST PROGRESSIVE AND HIGHEST PAYING AUTO DEALER NOW SEEKS SALES PEOPLE WITHOUT EXPERIENCE!
BUSINESS IS BOOMING!!!
WE OFFER:
TOP COMPENSATION & MANY BONUSES
PROFESSIONAL TRAINING PROGRAM
401K RETIREMENT PLAN
HEALTH & DENTAL INSURANCE PLAN
5 DAY WORK WEEK
PAID VACATION
EMPLOYEE/FAMILY VEHICLE PURCHASE PLAN
FANTASTIC NEW & USED VEHICLE INVENTORY
SUPER MANAGEMENT OPPORTUNITY
GET INTO THE HIGHEST PAID PROFESSION, WITHOUT A FORMAL EDUCATION!
INTERVIEWS 2 DAYS ONLY!
MON. JULY 30TH & TUES. JULY 31ST 9AM-12 PM
BONAZZA MOTORS
PONTIAC BUICK GMC DODGE CHRYSLER JEEP
325 OVERLAND AVE. - BURLEY, ID.
NO PHONE CALLS PLEASE. DRESS FOR INTERVIEW OWNERS TRAGED BY COPYRIGHT VIOLATORS WILL BE PROSECUTED

TELEMARKETING
Appointment setting
Earn \$10, \$20, \$30/hr. or more! Base+huge commission. No selling. Great flexible eve. hrs. Looking for reliable people. \$75-190/week. When you have time around home you no longer need, advertise them.

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**BUHL** Super 2 bdrm with metal siding, sprinklers and 2-car garage. Call 423-5000. **SHOP, \$42,000.** Call and ask for Judy.

**BARKER** Realtors Call 543-4371

E-MAIL your classified ad to: [twined@micron.net](mailto:twined@micron.net)

**FILER MUST SELL!** New 3/2. Owner will help with closing. Call 423-5000. **HAZELTON 2,000 sq. ft., 4 bdrm., family room, deck, hot tub, a must see! Asking \$177,500. 829-5207.**

**HKD - VA Homes** Bank Owned Homes **TheRealTeam.com**

**JT & M** 5 bdrm., 2 car garage, fenced backyard. 102 East or call 324-3160

**JEROME** 5 bdrms, 3 baths, New 2 car garage. Located in a good neighborhood in Jerome. 2 bedrooms, 2 baths, great room, formal dining, in very open floor plan. \$178,000. Call 423-5000. **Highland Rd. 324-2778**

**KIMBERLY** 2 bdrms, 2 bath. Gas heat, AC, fenced yard. Call 423-5000. **Node A Home** Twin Falls Area - Boise Area - TheRealTeam.com

**RUPERT** 3 bdrm, 1 bath, dbl. garage, on 1/2 acre near river 431-4620.

**THE TIMES NEWS** Classified Department Home at 800 Mon thru Fri. Take care of your classified business before you leave your business. 1-206-733-0831 ext. 2 or Call: Bureau Office 1-206-877-4042

**TWIN FALLS** 3 bdrm, 2 bath, lots of extra \$24,000/offer. Call 731-0252.

**TWIN FALLS SHARP**, plenty of room in this 3 bdrm, 1 1/2 bath, 1 office/den/4th bedroom, Dining & family rooms, living room, fireplace, pool, 1681 sq. ft. Deck, sprinkler system, storage room, lot to build. Call 423-5000. **540 Broken St. N. Call 539-2131**

**TWIN FALLS \$198,000** Still new! 3100 sq. ft. 4 bedrooms, 2 1/2 bath. Unfinished basement. Call 734-0844.

**TWIN FALLS 2 bdrm, 2 bath** for \$269,900. Home for sale. Call 423-5000. **Call 423-5000**

**TWIN FALLS 2 year old** custom home w/drv't. Split 3 bdrm, 2 bath plan w/vaulted ceiling, gas fireplace, lg. pan-try, 60" x 42" granite, 2 car garage. Walk-in cooler, jetted tub in master suite. Finished in yd., w/ patio, \$259,900. Call 734-0844. **Circle, Call 732-0050**

**TWIN FALLS 3 bdrm, 1 bath**, updated, like new, great area, very affordable. Call 734-3491.

**TWIN FALLS 788 Canyon Park** in Breckenridge 3 bdrm, 2 bath, granite kitchen counter top, tile floor in kitchen. AC, sprinklers, complete landscaping and pizzeria. \$144,800. Call 731-4116.

**TWIN FALLS Beautiful** 5 bdrm, 2 1/2 bath, on landscaped 1 acre lot. Vaulted ceilings, auto garage, lg. deck with patio, and much more. \$190,000. Call 410-0385 or 841-1919.

**TWIN FALLS by owner**, 4 bdrms, 2 baths, auto sprinkler on quiet cul-de-sac. \$264,700. Call 734-3491.

**TWIN FALLS Great location**, 4 bdrm, 2 bath, 2 fireplaces, 3 decks, sprinkler system, brick. Don't miss this one. Call 734-5408 or 731-5408.

**TWIN FALLS Over 2000** sq. ft. 4 bdrm 2 bath w/ vaulted ceiling, garden rm., mature trees, close to country club. Call 423-5000. **\$139,900. 734-2171**

**TWIN FALLS Owner carry**, Hwy 93/2000 N. Berger, 90 acre, 3 bdrm, 2 bath, 2000 acres. \$1,200,000. Call 423-5000. **vacant. 731-9153**

**TWIN FALLS Trade property** plus building in town. Call 423-5000. **Call 423-5000**

**TWIN FALLS** 2 bdrms, 2 baths, auto sprinkler on quiet cul-de-sac. \$264,700. Call 734-3491.

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**TWIN FALLS** By owner, 120 acres, 3 miles S. of TF. Plotted in 5 acre. Call 208-733-3625.

**513 ACRES & LOTS**

**BUHL** 5.08 acres hot water, spring water, fish ponds, green house, 4 bdrms, 2 baths, 2 car garage. Call 423-5000. **Call 423-5000**

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**HANSEN** '06 3 bdrm, 2 bath, 1600 sq. ft. open & split floor plan, cheaper than rent, nice. Call park location, \$33,500. Call 423-5000 or 430-2973

**KIMBERLY** new 3 bdrm, 2 bath, 1600 sq. ft. open & split floor plan, cheaper than rent, nice. Call park location, \$33,500. Call 423-5000 or 430-2973

**POSITIVE CASH FLOW** immediate return on investment. Call 423-5000.

**SHOSHONE** '06 3x4x6 Oakbrook, in good shape, new metal roof, set up on blocks on lot within 1/4 mile. \$17,500. Call 888-9988

**FAIRFIELD Beautiful** 4 acre lot, 100 x 200 ft. Call 934-9996.

**HAZELTON \$13,500.** 10 acre, secluded country lot. Call 208-431-5817 or 208-431-5817

**RUPERT, Great Location**, 1/2 acre, 33 E. 100 N. \$4500/acre. Call 423-5000.

**WATER for your acreage** in Magic Valley. Call 825-5617 or 708-41-5817.

**WENDELL 20 ACRES** Call Gary at 731-5051 or Tony at 731-5551

**514 INCOME PROPERTY**

**COMMERCIAL BLDG** 4200 sq. ft. retail sales & roof, great location. Call 423-5000.

**CONV. MTRT** 1/2 acre, 100 x 200 ft. Call 423-5000.

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**MAGICADS SERVICES** magicads.com/rental/ Call 423-5000

**TWIN FALLS 1520 sq. ft.** 1 bdrm, 1 bath, 1600 sq. ft. open & split floor plan, cheaper than rent, nice. Call park location, \$33,500. Call 423-5000 or 430-2973

**TWIN FALLS 3 bdrm, 2 bath, 1600 sq. ft. open & split floor plan, cheaper than rent, nice. Call park location, \$33,500. Call 423-5000 or 430-2973**

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**TWIN FALLS** Under new ownership, management, 2 bdrm, 2 bath, 1600 sq. ft. open & split floor plan, cheaper than rent, nice. Call park location, \$33,500. Call 423-5000 or 430-2973

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**TWIN FALLS 2 bdrm, 2 bath, 1600 sq. ft. open &**



