



The Times

Twin Falls, Idaho/96th year, No. 288

Monday, October 15, 2001

30 cents

GOOD MORNING

WEATHER

Today: Sunny with a high of 67. Mostly clear tonight, low 36.
Page A2

MAGIC VALLEY

Virus season: Each year, pediatricians and hospital pediatric units brace themselves for Respiratory Syncytial Virus season.



Goshawks: They're found in high numbers in the South Hills, researchers say.
Page A4

HEALTH & FASHION



Exercise for backsliders: Fall off the fitness wagon? It's not that hard to climb back on.
Page B1

SPORTS

Staying alive: The Yankees and Seattle both forced a deciding Game 5 in their American League Division Series' on Sunday.
Page A7

Seahawk surprise: The Seahawks upset the Denver Broncos on Sunday.
Page A7

OPINION

Defending the press: Security measures and combat should not destroy freedom of the press, today's guest editorial says.
Page A10

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Sentencing remains

Museum owner claims he didn't know he was on BLM land when collecting artifacts

By Jennifer Sandmann
Times-News writer

TWIN FALLS—The sentencing of a collector of regional artifacts who pleaded guilty to excavating a site on public land near Milner Dam has been postponed.

Jerry Young of Hollister, operator of the Idaho Heritage Museum off U.S. Highway 93, was to have been sentenced today in federal court in Boise.

A new sentencing date has yet to be set, federal prosecutor Tony Hall said last week.

Young pleaded guilty in July to excavating a site near Milner Dam west of Burley. While his attorney and supporters have publicly defended him since the

In his own words - A10

case broke four years ago, Young has been silent until now.

In a letter published in today's Times-News opinion section, Young wrote that he pleaded guilty after learning that the Bureau of Land Management had re-surveyed the area in question.

"The results of their re-survey concluded that I was infringing on the outskirts of a small piece of property which they owned," Young wrote.

He concludes the letter, "Was I guilty of collecting a few arrowheads from BLM property? Yes. Was I guilty of knowingly collect-

ing arrowheads from BLM property? No."
Court documents tell a different story. Government investiga-

tors say hikers discovered Young and another man digging, standing shoulder deep in a hole at the mouth of a shallow cave. A BLM investigation found records that showed Young had been to the site on 26 days between 1996 and 1997.

Court records say the area was a Smithsonian-designated archeology site—a dry rock shelter typical of those utilized by prehistoric American Indians for as long as 10,000 years. Court records say the BLM investigation found that Young and individuals under his supervision had recovered about 800 "material remains of human life" at least 100 years old. One archeologist

Please see ARTIFACTS, Page A2

First CSI chairman dies at 76

Filer native served on board 1965-88

The Times-News

FILER—The College of Southern Idaho's first Board of Trustees chairman, Robert Stanley Blastock, died Saturday at his home in Filer.

He'd been fighting an extended illness. He was 76.

Blastock was appointed by Gov. Robert Smiley as CSI's first Board of Trustees' chairman in 1965. He served in the position until 1988.

Blastock owned and operated Blastock Builders, and he and his wife Georgia were co-owners of B&G Produce.

A Filer native, Blastock was the son of Robert and Irene Louder Blastock.

He grew up and attended schools in Filer and was stationed in the Philippine Islands in the U.S. Navy during World War II.

He was a member of the Idaho Woolgrowers, an active member of the Filer Kiwanis Club, a charter member of the Northwest Vegetable Growers, a member of the Filer Recreation Board, and a member and past president of the Dilettantes of the Magic Valley.

He is survived by his wife, two sons, Greg Blastock of Filer, and Robert Blastock of Twin Falls, three daughters, Carla Ohanesian of Clovis, Calif., Camille Blastock Glenn of Winston-Salem, N.C., Chris Blastock of Fresno, Calif., two sisters, Marianne Hall of Pasadena, Calif., and Barbara Barnes of Buhl. He had 10 grandchildren and two great-grandchildren.

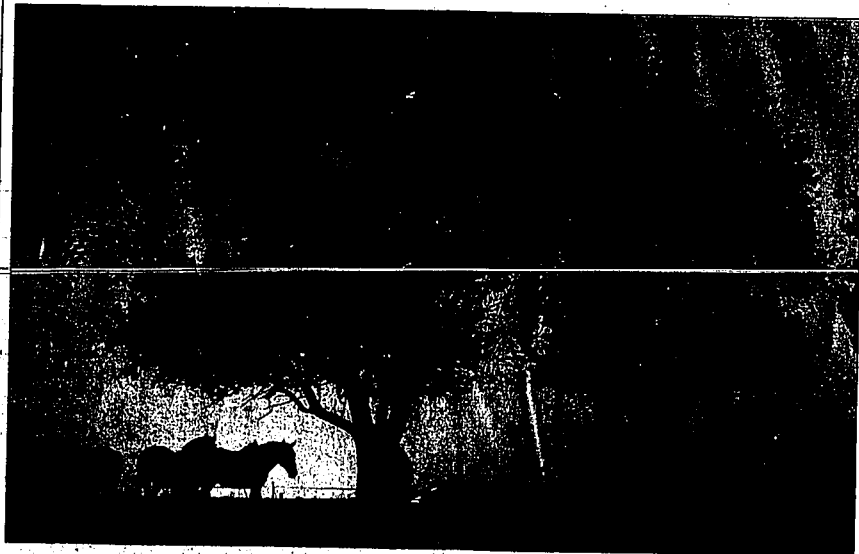
A prayer vigil with rosary will be held at 6 p.m. Tuesday at Reynolds Funeral Chapel. A celebration of life will be held at 2 p.m. Wednesday at Reynolds Funeral Chapel with Fr. Ernest Anderson of St. Edwards Catholic Church and Pastor Gary Benesh of Peace Lutheran Church officiating. Private interment will follow services in the Filer Cemetery.



Robert Blastock

Obituary - A5

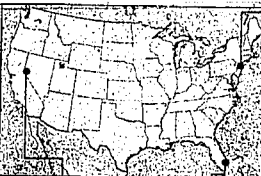
SCATTERED COLORS



Autumn puts on a fine color show recently at a farm on Rock Creek Road in Hansen. On a clear, cloudless day the sky is blue because molecules in the air scatter blue light from the sun more than they scatter red light. The colors here are so intense because when people look toward the sun at sunset, they see red and orange colors because the blue light has been scattered out and away from the line of sight.

More anthrax cases

At least three locations in the U.S. have reported cases of anthrax.



Reno, Nev.
On Oct. 13, a suspicious letter received by a Microsoft office tested positive for anthrax, officials said.

Boca Raton, Fla.
A tabloid photo editor died Oct. 5 of the inhaled form of anthrax; two employees had anthrax in their nasal passages and five more tested positive for exposure.

New York
An NBC employee contacted the skin form of anthrax after handling a threatening letter Sept. 25. On Oct. 13, another employee exhibited symptoms and on Oct. 14, anthrax spores were found on a police officer and two lab technicians.

SOURCE: Associated Press

Bush dismisses offer to negotiate

FBI confirms Florida anthrax, terrorist link

Knight Ridder News Service

WASHINGTON—Federal investigators looked for links Sunday between the recent anthrax scares in New York, Florida and Nevada and the Sept. 11 terrorist attacks, as President Bush emphatically rejected an offer to negotiate made by Afghanistan's Taliban regime.

In Boca Raton, Fla., the FBI on Sunday confirmed the first clear link between the hijacking suspects and American Media Inc., the tabloid company and one of its publications hit by an anthrax attack. The Sun



President Bush

editor's wife, who works for a real estate firm, rented a Delray Beach apartment this summer to two hijackers killed in the Sept. 11 suicide missions. The Sun employed photo editor Bob Stevens, who died earlier this month from inhalation anthrax. Two other AMI employees were exposed, and five more are being retested to confirm positive blood test results.

In New York, Mayor Rudolph Giuliani said a police officer and two lab technicians who had helped

Anthrax scare empties cathedral - A2

Controls on visas - A3
FBI combs Las Vegas - B6
Militants rush air base - B7

investigate an anthrax case at NBC were being treated for exposure to the bacteria. The three unidentified patients did not develop symptoms and are expected to be fine.
That brought to 12 the number of
Please see ANTHRAX, Page A2

U.S. launches second week of air strikes

The Associated Press

KABUL, Afghanistan—U.S. jets pounded targets in Kabul and other cities Sunday as the U.S. and other campaign to force the handover of Osama bin Laden entered a second week. The White House rebuffed yet another offer by Afghanistan's Taliban rulers to negotiate on the terror suspect's fate.

In neighboring Pakistan, Islamic militants opposed to the bombardment clashed with police while trying to storm an air base reportedly used by the Americans to support the air campaign. One person was killed

and about 24 injured, police said. Aboard the USS Enterprise, the launching pad for raids on Afghanistan, U.S. officers described Sunday's attacks as "cleanup" missions to hit targets pilots had missed in earlier raids. "We're sort of in a cleanup mode right now," the carrier commander told reporters without allowing his name to be published as part of military rules.

In the latest raids, U.S. jets destroyed Kabul's Chinese-built international telephone exchange, severing one of the last means of communication with the outside world. Residents
Please see ATTACKS, Page A2

Rebels plan attack on Afghan capital

The Washington Post

BAGRAM, Afghanistan—Fed up with waiting, Afghan rebel commanders say they are preparing to launch a drive to recapture Kabul within days even without U.S. military help or a political agreement on the shape of a post-Taliban government.

Trucks filled with soldiers and parades of guerrilla fighters on foot headed south in greater numbers this weekend from the Panjshir Valley in northern Afghanistan to the front lines about 25 miles north of the capi-

Taliban defections - A3

All told, according to one rebel officer, 6,000 troops have been moved from the Panjshir in the past week as part of a mobilization of 25,000 fighters to assault Kabul.

The rebel commanders' determination to go forward exposes a rift between military and civilian leaders in the Northern Alliance, the fragile coalition of quarrelsome tribes and ethnic groups
Please see REBELS, Page A2



Northern Alliance fighters move through a trench near Qura, Takhar province, Afghanistan, Sunday.

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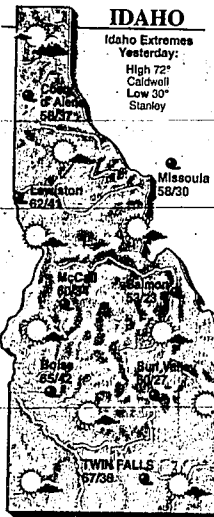
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FORECAST FOR MAGIC VALLEY



ALMANAC
Twin Falls through 8 p.m. yesterday
Temperature: High/Low 67°/42°
Normal high/low 64°/34°
High/low year 62°/19°
Record high 82° in 1954
Record low 22° in 1959

PRECIPITATION
24 hours ending 8 p.m. yest. 0.00"
Month to date 0.27"
Normal month to date 0.20"
Water year to date (Oct. 1) 0.28"
Normal year to date (Oct. 1) 0.28"
Humidity Yesterday at 4:00 33%
Barometric Pressure Yesterday at 8 a.m. 30.08 in.

FIVE-DAY FORECAST FOR TWIN FALLS

Weather forecast icons and data for Today, Tonight, Tuesday, Wednesday, Thursday, and Friday.

REGIONAL WEATHER

Southern Idaho: Abundant sunshine today with a very pleasant afternoon. Highs from near 50 degrees in the mountains to near 70 in the valleys. Mostly clear tonight. Low near 30 mountains to 45 in the valleys.
Boise: Abundant sunshine today with a pleasant afternoon, High 65. Mostly clear tonight with the low 42. Sunshine and a few clouds tomorrow with another mild afternoon. High near 70. Turning cooler Wednesday.

CANADIAN CITIES

Table of Canadian cities with today's and tomorrow's weather conditions and temperatures.

SUN AND MOON

Sunrise today 7:51 a.m.
Sunset tonight 6:56 p.m.
Moonset today 6:13 a.m.
Moonset tonight 6:49 p.m.

WORLD CITIES

Table of world cities with today's and tomorrow's weather conditions and temperatures.

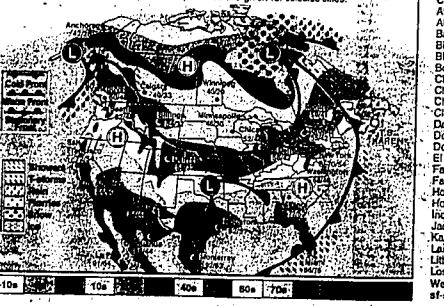
REGIONAL CITIES

Table of regional cities including Boise, Bonners Ferry, Burley, Coeur d'Alene, Elko, Eugene, OR, Hagaman, Idaho Falls, Kallispell, MT, Lewiston, Malad, and Malta.

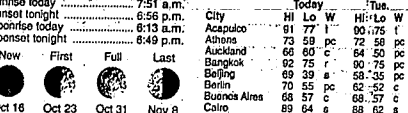
REGIONAL CITIES

Table of regional cities including McCall, Missoula, MT, Pocatello, OR, Richland, Salmon, Shoshone, UT, Soda Lake City, UT, Spokane, WA, Starley, Teton Valley, and Yellowstone, MT.

NATIONAL WEATHER



UV INDEX TODAY



meineke Discount Mufflers advertisement with phone number 735-8296.

NATIONAL CITIES

Table of national cities with today's and tomorrow's weather conditions and temperatures.

Powder stirs evacuation of Canterbury Cathedral

CANTERBURY, England (AP) - Several hundred people were evacuated from Canterbury Cathedral on Sunday in one of a rash of scares around the world prompted by the discovery of white powder.

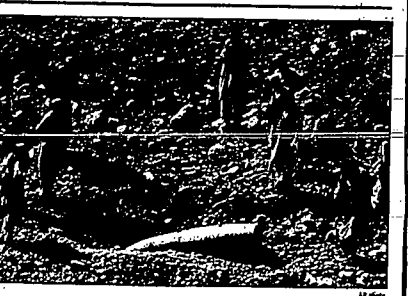
people reported feeling ill at a nearby rail station Saturday night, police said.
Cleaning staff at Janeiro's International Airport in Brazil found white powder on a flight from Frankfurt after passengers left the plane.

Artifacts

Continued from A1
estimated their "archaeological value" at about \$100,000. Another archeologist estimated the commercial or fair market value of 131 of the artifacts at about \$400.

Attacks

Continued from A1
also said the capital's historic Mogul-style Bahair Fort, built in the early 20th century, was in ruins. The report could not be confirmed because security kept outsiders from the area.



Villagers peer at what appears to be an unexploded bomb in Karam 30 miles west of Jalalabad, Afghanistan.

Rebels

Continued from A1
that has been fighting the ruling Taliban regime for years. Military commanders have complained angrily in recent days that the United States has not bombed Taliban troops protecting Kabul, and they bristled when told the attack would be postponed while a plan for an interim government was devised.

WAR ON TERROR

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Continued from A1
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Circulation and Mail information section with contact details for Daniel Wasloek.

Artifacts section continued with details about archaeological findings and their value.

Attacks section continued with reports on Taliban actions and international reactions.

Terrorists' easy entry stirs calls for visa controls

The Associated Press

He seemed eager to learn English in America. So he signed up for a four-month language course in California. Nothing seemed strange about that.

When Hani Hanjour didn't show up, the school wasn't alarmed. That happens now and then with foreign students.

A year later, he is believed to have been at the controls of American Airlines Flight 77 that plowed into the Pentagon on Sept. 11 that left more than 5,000 people dead in New York, Washington and Pennsylvania.

Most of the 19 hijackers entered the United States legally with the kinds of visas routinely granted each year to millions of

WAR ON TERROR

foreign tourists, students, workers and business travelers.

Some didn't leave the country when their visas expired.

Some may have used phony names. Their success in eluding detection spotlights the plight of immigration officials who are swamped by the flood of visitors and have no real hope of finding violators.

The ease with which the hijackers exploited the system has prompted calls for tighter immigration laws, a moratorium on new foreign students and a narrowing of America's open door.

"The terrorist attacks reveal to the whole world how weak our

immigration system is and how lax the enforcement of immigration law has been," said U.S. Rep. Lamar Smith, a Texas Republican and co-author of a 1996 wide-ranging immigration reform law.

Some lawmakers are urging steps to be taken to close immigration loopholes that terrorists might use to get across the borders and roam the country at will.

Sen. Christopher Bond, R-Mo., is pushing a measure that would require intelligence and law enforcement agencies to share information with the State Department and Immigration and Naturalization Service as a way of weeding out potentially dangerous visa applicants.

"The INS system is very, very inadequate," Bond said. "We

haven't put the personnel in, we haven't put the resources in INS to do the job that is reasonable to expect of them."

Similar warning lights flashed in recent years after it was discovered that participants in other terrorist plots on U.S. soil had violated immigration rules or managed to slip into the country.

Mohammed Salameh, who rented the van used in the 1993 World Trade Center bombing, had overstayed his visa. Sheikh Omar Abdel-Rahman, sentenced to life in prison for a plot that included plans to blow up New York landmarks, came in on a tourist visa even though his name was on a federal watch list of undesirable.

Not everyone is enthusiastic over the idea of fighting terror-

ism with immigration laws, saying that could harm businesses and universities. Some experts say better intelligence is needed.

"The idea that you can close the borders of the United States is just pure fiction," said Ira Kurzman, a Florida attorney and former president of the American Immigration Lawyers Association. "It's just not in our economic and political interests."

The sheer volume of visitors makes trying to impose controls a daunting task. Last year, the State Department issued 7.1 million visas - more than triple the number 30 years ago, according to the Center for Immigration Studies. And once people get in, there's no telling where they go or if they leave on time.

FBI checks truck school's student records

DENVER (AP) - The FBI checked student records at a truck-driving school in Colorado, an employee said, as federal agents nationwide tried to prevent the use of trucks loaded with dangerous materials in terrorist attacks.

Agents visited the school in Henderson, northeast of Denver, for a few hours last week, checking for specific names, classroom instructor Jack Atencio said Saturday.

Time magazine reported in its Oct. 22 issue that a former employee of Careers Worldwide told the FBI that 25 to 35 students took the school's two-week truck-driving course over the past two years.

'Smart cards' get a second look

NEW YORK (AP) - Smart cards, with their embedded computer chips, caught on more quickly among European and Asian credit card holders than Americans, who seemed reluctant to stop swiping bank cards with low-tech magnetic stripes.

But in a terror-shaken country where security is now a priority, computer chip cards are gaining favor for a new purpose: as secure ID cards to be checked at borders and airports - and to keep tabs on immigrants.

Some corporate leaders have even called for a national identification cards that uses the technology, now found mainly on credit cards such as American Express Blue.

Proponents say the chip cards, which can hold far more data more securely than a magnetic strip, represent the best available technology for a tamper-proof ID.



Defense Undersecretary Bernard Rostker displays the Common Access Card during a Pentagon news conference in this, Oct. 10, 2000 file photo. The card, based on smart card technology, replaced the older uniformed services ID card. Smart cards, with their embedded computer chips, caught on more quickly among European and Asian credit card holders than Americans.

Store a personal biometric on the card - a digital scan of a thumbprint, iris or hand - and

check it against the real thing, and the identity of the cardholder is airtight, proponents say.

4,000 troops defect from Taliban militia, led by their commander

The Washington Post

JABAL SARAJ, Afghanistan - About 4,000 troops defected en masse from the Taliban militia in northern Afghanistan in a significant blow to the ruling regime as it tries to stave off both U.S. airstrikes from abroad and guerrilla fighters at home, opposition officials said Sunday.

The reported defection would be the largest since the United States and Britain launched their aerial assault on Afghanistan on Oct. 7 and would play into the allied strategy of peeling off maverick local warlords to diminish Taliban power. It could also help rebel commanders choke off Taliban forces in the northern part of the country.

The troops were led to the

other side by their commander, Kaze Abdul Hai, in Sar-e Pol, about 65 miles southwest of the strategic city of Mazar-e Sharif, where Taliban and rebel forces have been battling for control, opposition officials said.

Predominantly ethnic Uzbek militias in that part of Afghanistan have often switched loyalties during the civil war that has raged since the Soviet Union withdrew its failed invasion force in 1989.

The defections could not be independently verified and details were scarce. Officials of the Northern Alliance opposition quoted the commander as saying he decided to throw his support to the rebels out of outrage at the assassination of their military leader, Ahmed Shah Massoud.

Massoud, a legendary figure among many Afghans for frustrating Soviet forces time and again, was killed by suicide bombers posing as Arab journalists on Sept. 9, two days before the attacks on New York and Washington. Osama bin Laden, the Saudi-born terrorist in kinship who operates his network out of Afghanistan, has been blamed for both incidents.

Hai's move followed a similar decision by 1,000 troops in central Afghanistan last week to drop their allegiance to the Taliban and sign up with the Northern Alliance. The enlistment of those troops gave the resistance control of the main north-south road used by the Taliban to supply its forces in the north.

Unions reach contract deals with Minnesota

ST. PAUL, Minn. - Leaders from the two largest state employees unions agreed Sunday to accept contract deals reached with the state, ending a two-week walkout by 23,000 government workers.

Nearly half the state's employees were killed by a strike, the largest by state workers in Minnesota's history. The unions represent workers ranging from tax collectors to parole officers to zoo staff.

They were expected to return to their jobs this week.

The executive directors of both unions said they would recommend ratification when the rank-and-file vote on the contracts, which probably wouldn't happen for several weeks.

Nation in brief

ments showed hints of abstract thinking by picking out various images on a computer screen, a surprising finding that raises new questions about evolution.

Scientists in France and the United States cautioned that only two baboons participated in the comparative tests, and those monkeys were veterans of earlier cognitive experiments.

Even so, researchers said, the results suggest baboons are capable of analogical judgment - the kind of "this-is-to-that" comparisons that psychologists say is fundamental to reasoning.

Previously, chimpanzees were the only non-human primates to demonstrate similar skills in experiments.

60 feet into a creek on Saturday, killing Benjamin Prescott and Ian Kohlmeier, both 14, and Tracy Kohlmeier, 40, the mother of another band member.

Three people were in critical condition Sunday.

Eleven were in serious to good condition, and 22 others were treated at hospitals and released.

Forecasters: Hurricane weakens into tropical storm

MIAMI - A hurricane weakened to a tropical storm in the Atlantic Ocean on Sunday and was expected to lose its tropical characteristics by Monday, forecasters said.

Tropical Storm Karen was moving north at almost 12 mph and was expected to gradually increase in speed as the system approached Nova Scotia.

office make medical decisions for incapacitated partners, sue for wrongful death, adopt a partner's child and will property to a partner.

"This bill is about responsibility, respect, and most of all about family - and it's about time," Davis said.

"This bill marks a stellar advance for lesbians and gays in California," said Democratic Assemblywoman Carole Migden, the bill's author.

"In one fell swoop, Gray Davis has cheapened every marriage in the state, undermined the vote of the people, pandered to the special interests, frivolously spent taxpayer money and broken his written promise to the citizens of California," said Randy Thomas, director of the Campaign for California Families, - compiled from wire reports

Students say school bus swerved to miss second bus

OMAHA, Neb. - A school bus that crashed while returning from a high school band competition, killing three people and injuring more than 30, had veered off the road to avoid a swerving tour bus, students on board told police.

The school bus crashed through a guard rail and plunged

California governor signs domestic partners bill

SACRAMENTO, Calif. - Gov. Gray Davis signed legislation Sunday providing about a dozen rights enjoyed by married couples to more than 16,000 registered gay, lesbian and domestic partners in California.

The bill lets partners who register with the secretary of state's

Memo to Staff #112

Heard one of you say "No." What was that all about?

Phil Chief Performance Evaluator

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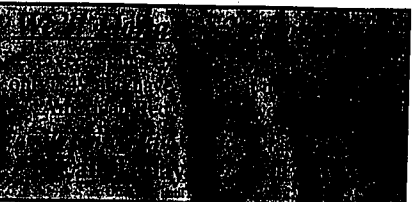
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AROUND THE VALLEY

Boise man dies in car crash near Twin Falls

TWIN FALLS - A one vehicle automobile crash took the life of a 23-year-old Boise man early Sunday morning.

Cody D. Brotzman was rebound on I-84 near milepost 177, between the Kimberly Road and Hwy 75 exits near Twin Falls, when he drove off the left side of the road, according to an Idaho State Police press release.

Brotzman was able to bring his 1982 Chevrolet Citation back onto the road, but he overcorrected and went off the right side of the road, rolling the vehicle.

He was not wearing a seat belt and was ejected from the car. The vehicle came to rest on top of him.

The accident is still under investigation.

T.F. County hospital board meets today

TWIN FALLS - The county hospital board meets today for its monthly business meeting.

Items on the agenda include an update on Magic Valley Regional Medical Center's cancer center. The hospital has been working with Twin Falls County commissioners to lease the center to St. Luke's Mountain States Tumor Institute of Boise.

The board will consider policy review for infection control; utilization, which covers evaluating medical necessity of hospital stays and the appropriateness, timeliness and efficient use of services and treatment; and necessity for continued hospitalization; and reporting medical errors.

Other items on the agenda include a check presentation from Magic Valley Regional Medical Center Foundation for cardiac ultrasound equipment. The equipment will increase diagnostic capabilities at the hospital.

The board will meet at 6 p.m. in the Sage Room in the education building behind the hospital.

Council to sign Dell Computer agreement

TWIN FALLS - A memorandum of understanding between City officials, the Urban Renewal Agency, the College of Southern Idaho and the Chamber of Commerce outlining the role each play in bringing a Dell Computer Corp. technical support call center to Twin Falls will be signed today.

The MOU, if signed by all involved, will be forwarded to Dell for signatures of the company's representatives.

Details of the memorandum were still being worked out Friday afternoon. Also on today's council agenda are a presentation by Russ Lively regarding the Humane Society's efforts to raise money for a new animal shelter.

John L. Ellis will also be considered for reappointment to the Airport Advisory Board. The meeting will begin at 5 p.m. at City Hall.

Flu vaccine will be available in November

TWIN FALLS - Influenza vaccine manufacturing delays will be experienced again this year but not as severely as 2000, district health officials said.

The delay means the South Central District Health Department will not be offering influenza vaccines until November and then only to people who are at high risk of serious complications from the flu. Influenza vaccine will be available to the general public through district health offices beginning in December.

"We will be receiving a portion of our total allotment of vaccine around the first of November," said Lisa Khaman, RN, immunization coordinator for South Central District Health. "That will only be enough doses to begin immunizing people who are at high risk of serious complications if they contract influenza. The rest of our vaccine will be delivered in late November and early December, at which we will begin scheduling clinics for the general public in all our district offices."

Individuals most at risk for serious complications include people age 65 and over and those with chronic long-term health problems including chronic lung disease, congestive heart failure or congenital heart disease, diabetes or kidney dysfunction, sickle cell disease, HIV and women who will be at least three months pregnant during influenza season.

For more information, call South Central District Health offices in Coeur d'Alene, 447-7111, or in Jerome, 324-8870. In Burley, 888-271-7653; or in Shoshone, 888-271-7653; or Twin Falls, 734-5900.

Compiled from staff reports

'COOL BIRDS'

Researchers say goshawks found in South Hills

By Carol Stephens
Times-News correspondent

TWIN FALLS - Researcher Kristin Hasselblad calls goshawks regal, bloodthirsty, energetic, soaring hunters.

"They're very sexy birds to study," she said. "They're very cool birds of the raptor world."

And they're in unusually large abundance in the portion of the Sawtooth National Forest south of Twin Falls known as the South Hills, said the Boise State University master's degree student who spent the summer studying goshawks there.

Hasselblad said the density of goshawks in the South Hills is, possibly, the highest in the United States.

"I never saw so many goshawks in my life. It was crazy," said Hasselblad, referring to her first visit last April.

What's unusual about that finding is the fact that the South Hills, on paper, offers less-than-optimum habitat for goshawks, which are listed as a sensitive species by the federal government.

Forest Service and Idaho Department of Fish and Game personnel were the first to notice the number of goshawks and their deviation from normal habitat, said Tom Bandolin, Sawtooth National Forest biologist. Knowing the preferred habitat of goshawks, he said, "They shouldn't even be there."

"The Forest Service wanted a study done so they would have some guidelines on goshawks in this forest that would function as better guidelines than the studies available," Hasselblad said.

Bandolin said, "We need to keep the habitat viable for the species. We want to make sure we don't do anything to change what makes them so comfortable."

Hasselblad said the South Hills habitat is different than has been documented in other parts of the United States in that "it seems to include a patchier forest, smaller trees than what the average goshawk nests in, and the nesting area seems to be closer to people and the roads."

The local goshawks do still nest in the biggest trees, oldest aspen stands and lodgepole pine, she said.

For a study on the South Hills goshawks, Bandolin said the Forest Service decided to offer what it calls a "challenge cost share agreement." With that agreement, the cost depends on the number of partners involved.

In this case, according to Hasselblad, the Forest Service offered money, Fish and Game provided transportation and receivers antennae to help monitor the transmitters placed on the birds, and BSU offered use of a vehicle and academic guidance, tuition and administrative help.

Hasselblad used research money for two assistants, provisions and equipment.

She and her two assistants were camping while working on



A male goshawk wears a transmitter which allowed Kristin Hasselblad and her assistants, using a receiver, to keep track of the male and determine the 'home ranges' of the goshawk in the South Hills.

the project until Ray Strolberg of Kimberly offered them the use of his cabin.

"We're really indebted to the Strolbergs," she said.

Hasselblad added the owners of Magic Mountain Lodge and ski area, Marty and Sherry Jacobs, were also kind and helpful with other logistical needs.

Hasselblad just happened to be working on a goshawk survey in the Sawtooth National Recreation Area when she received a call from her BSU advisor, Marc Bechard, about the South Hills project. Her master's studies are in raptor biology - the only such program in the world - and, she said, she was looking for a project.

"I have worked with raptors more than anything else, I really enjoy it," she said.

The first step of her project involved finding incubating goshawks. In May, the goshawks are quiet while nesting, and with the females hunkered over their

Please see BIRDS, Page A6



Hasselblad, right, is doing a two-year study as her master's degree project on the high number of goshawks in the South Hills and their use of a different-from-usual habitat. The man with the camera is Marc Bechard, her advisor at Boise State University.

Students in Mini-Cassia say no to tobacco

By Shari Chaney
Times-News writer

BURLEY - Students from the Mini-Cassia area are saying "no" to tobacco and encouraging others to do the same.

An anti-tobacco coalition has been formed to encourage youth to stay tobacco free and work to make a difference in their community, said Susie Beem, tobacco coalition facilitator.

The coalition held its first meeting last week, with about 15 students attending.

Meetings will be held at 6:30 p.m. the second Wednesday of every month at the South Central District Health Department in Burley, 2311 Park Ave., Suite A.

Beem said a diverse group of students, ranging from junior

An anti-tobacco coalition has been formed to encourage youth to stay tobacco free and work to make a difference in their community, said Susie Beem, tobacco coalition facilitator.

high to high school students, came to the first meeting. More junior high and high school students from both Minidoka and Cassia counties are encouraged to get involved, Beem said.

"I would like any number of students to be involved," Beem said.

An anti-tobacco coalition in Gooding currently has about 20 students involved, and the Twin Falls group has even more.

"The hardest part is getting the word out," Beem said.

Organizing an anti-tobacco coalition in the Mini-Cassia area seemed to be the next step for South Central District Health, Beem said.

Students will promote cessation programs and provide tobacco education programs, Beem said. They may also work on policy changes, participate in national activities and promote any other anti-tobacco projects that are important to the group.

"Ultimately, the kids make the decision," Beem said.

At last week's meeting, students discussed what other

Please see TOBACCO, Page A6

Hospital warns about infection

The Times-News

TWIN FALLS - Each year, pediatricians and hospital pediatric units brace themselves for Respiratory Syncytial Virus season, which begins in October and runs through late spring.

Magic Valley Regional Medical Center is reminding parents of at-risk newborns that infants who acquire RSV may become seriously ill and that protection from this potentially harmful virus is available.

"RSV is a common infection and is a frequent cause of childhood hospitalization," said Michele Randall, director of maternal child services at Magic Valley Regional.

"In premature babies and infants with lung disease, the virus can produce severe and lasting complications that may place the child's life at risk."

Half of all children develop an RSV infection by the age of one year; by age 2, virtually all

Reduce the risk

Simple steps parents can take to help reduce their babies' risk of exposure to the RSV virus include:

- Have family members and caregivers wash their hands with warm water and soap before touching a baby.

- Limit babies' exposure to people with cold symptoms or fevers.

- Keep babies away from crowded places.

- Do not smold around babies.

- Talk to your child's pediatrician about preventive measures and medication.

Please see VIRUS, Page A6

Survey shows seniors' impact on Blaine area

By Karen Bossick
Times-News correspondent

HAILEY - Ginny Junk set about to find out how a growing number of older people is affecting Blaine County.

The number of people 65 and older in Blaine County has doubled since 1990. Seniors now make up 10 percent of the county's population.

But she came to realize that the biggest differences may lie between the old-timers and newcomers. Put another way: between the long-timers and newcomers.

For instance, old-timers or those who have lived in a community for 10 years or more are more likely to buy locally out of loyalty to local businesses.

Newcomers are more likely to head for Twin Falls or Boise to do their shopping.

Old-timers are more apt to live here because of the laid-back lifestyle. Newcomers, by contrast, chafe when someone hangs a "Gone fishing" sign on their door.

"One person told me, 'People move in from California, or Seattle and expect everything to be done right now. They don't realize some of us ski and do other things outdoors. That is why we have our business here,'" said Junk.

Junk, professor of family and consumer sciences at the University of Idaho in Moscow, was in Hailey last week to share the results of a mail survey conducted with 196 Blaine County residents. The mail survey was augmented with information from 30 people in three focus groups, some of them younger than 50.

Blaine was one of five Idaho counties she surveyed, the others being Custer, Boise, Valley and Bonner. The results were different for each, in part because each is going through

Please see SENIORS, Page A6

SERVICES

Robert Leonard 'Bob' Anderson of Oakley, service at 11 a.m. today at Payne Memorial Chapel, 221 W. Main St., Burley; burial will be at the Oakley Cemetery; friends may call from 10-10:45 a.m. before the service at Payne Mortuary.

James Orrin 'Gino' Twitchell of Jerome, graveside service at 11 a.m. today at the Jerome Cemetery, Fir Street and West Avenue 1, Jerome (Farnsworth Mortuary in Jerome).

Vonda Edwards of Rupert, service at 2 p.m. today at Hansen Mortuary Rupert Chapel, 710 Sixth St., viewing for family and friends will be one hour before the service today at the chapel.

Virgil W. Wofford of Gooding, service at 2 p.m. today at Demary's Gooding Chapel.

Meg Anne Higginson Danielson, formerly of Buhl, memorial service at 10 a.m. Tuesday at the LDS Chapel, 501 Main, Buhl.

Cleda V. Whitlock of Burley, graveside service at 1 p.m. Tuesday at the Valley View Cemetery in Torrington, Wyo. (Rasmussen Funeral Home in Burley).

Irvin W. Hardy of Rupert, service at 11 a.m. Wednesday at Hansen Mortuary Rupert Chapel, 710 Sixth St.; viewing for family

and friends will be from 6-8 p.m. Tuesday and one hour before the service on Wednesday at the Hansen Mortuary in Burley; interment will be at the Rupert Cemetery.

Winnard 'Winn' Ellis of Twin Falls, service at 2 p.m. Wednesday at White Mortuary Chapel; interment will follow at Twin Falls Cemetery; friends may call from 4-8 p.m. today and Tuesday at White Mortuary, with the family greeting friends from 6-8 p.m. Tuesday.

Ivan Hobday of Wendell, service at 2 p.m. Wednesday at Demary's Funeral Chapel in

Gooding; interment will be at Elmwood Cemetery; friends may call from 5-7 p.m. Tuesday and before the service on Wednesday at the funeral chapel.

Dorothy Lillian Cunningham Painter of Newport, Ore., and formerly of Burley and Buhl, service at 2 p.m. Oct. 26 at Bayside Community Chapel in Depoe Bay; burial will be at Eureka Cemetery in Newport (Bateman Funeral Homes).

Ernest 'Ernie' Valdon Bowman of Filer, memorial service at 2 p.m. Tuesday at White Mortuary Chapel.

DEATH NOTICES

Raida Matthews Halford - BURLEY - Raida Matthews Halford, 89, of Burley, died Sunday, October 14, 2001, at Parke View Care and Rehabilitation Center. The funeral will be held at 11 a.m. Wednesday, Oct. 17, at the View First and Second Ward Chapel of The Church of Jesus Christ of Latter-day Saints, 550 South 500 East, Burley.

Lola M. Holford - ACEQUIA - Lola M. Holford, 81, of Acequia, died Sunday Oct. 14, at Minidoka Memorial Hospital Extended Care. Funeral arrangements will be announced by Hansen Mortuary

announced by Hansen Mortuary Rupert Chapel.

Andres Vasques - RUPERT - Andres Vasques, 80, of Rupert, died Sunday Oct. 14, 2001 at Minidoka Memorial Hospital. Funeral arrangements will be announced by Hansen Mortuary Rupert Chapel.

Ernest A. Rutschke - RUPERT - Ernest A. Rutschke, 70, of Rupert, died Sunday Oct. 14, 2001 at LDS Hospital in Salt Lake City, Utah. Funeral arrangements will be announced by Hansen Mortuary Rupert Chapel.

OBITUARIES

For obituary rates and information, call 733-0933, Ext. 278, between 2 p.m. and 5 p.m. Monday through Saturday. Deadline is 4:30 p.m. for next-day publication. The e-mail address for obituaries is obits@magvalley.com. Death notices are a free service and can be placed until 5 p.m. every day.

TWIN FALLS

John, Frank, Anthony, and Albert. She also was preceded in death by her sisters-in-law and brother-in-law. A Rosary will be recited at 7:30 p.m. on Tuesday, October 16, 2001 at Our Lady of Guadalupe Catholic Church in Twin Falls. A private Funeral Mass will be held on Wednesday, October 17, 2001. Burial will follow at Twin Falls Cemetery. Friends may call on Tuesday, from 12 p.m. to 5 p.m. at Reynolds Funeral Chapel, Twin Falls. The family suggests memorials be given to the Ascension Priory in name or to a charity of your choice. Contributions may be given to funeral chapel staff or mailed to Reynolds Funeral Chapel P.O. Box 1142-Twin Falls, Idaho 83303.

Mary Frances Klein

After a long journey, Mary Frances Klein passed away Saturday, October 13, 2001 at the Twin Falls Care Center. Mary was born on March 4, 1907 in Twin Falls, the fourth child to Frank Klein and Mary Rogner. She attended Bible and O'Leary schools in Twin Falls. As a young woman Mary began farming with her brother Joseph for J.P. Marshall. Hansen. They also farmed in Della, Utah, and eventually settled in the Buhl and Castleford area in the late 1930s. Mary's many talents were not only in the home. She participated in the many facets of farming including raising livestock. She took much pride in owning and operating her farm. Mary enjoyed her garden; flowers and excelled with her handwork and cooking. Mary and her brother Abe retired from farming in 1961 and moved to town in Buhl. Mary was a charter member of the Buhl Council of Catholic Women where she held many offices and a member of the immaculate Conception Catholic Church in Buhl. One of the numerous projects Mary enjoyed and worked on for many years was the church's fair booth. Mary was that "special" mother to her brothers and sister and dear Aunt "Mama" to her nieces and nephews. She has left us a legacy we shall cherish. Mary's surviving family are first, second, and third generation nieces and nephews: Mary Anne (Darren) Bourner of Tualatin, Michael (Vikki Smitty) Bourner and family, Timothy, Mitchell and Mollie of Buhl, Catherine Bourner of Boise, Julie (Blaine) Bur and family, Joseph and Catalina of Boise, Bridget (Rob) Aman and family, Megan and Lydia of Marsing, Anne (Ed) Burkley and family, Jonnie and Lily of Ketchikan, Alaska, Steve (Tammy) Barclay and family, Tony and Kara of Dixon, California, James Barclay of Sacramento, California, Barbara (Jeff) Ross of Vancouver, Washington, Robert (Karlene) Klein of Gresham, Oregon, Jason (Sarah) Klein and daughter, Tarah of Gresham, Oregon, Bernard (Charlene) Klein and family of Napas, California, John (Marta) Klein and family of Phoenix, Arizona, Mike (Shirley) Klein and family of Reno, Utah, and Jim (Karen) Klein and family of Mesa, Arizona. She was preceded in death by her parents, her sister, Julia (Morrison) her brothers, Joseph,

slister Marjorie Dennis. A Prayer Vigil with Rosary will be held at 6 p.m. Tuesday, October 16, 2001 at Reynolds Funeral Chapel. A Celebration of Life will be held at 2 p.m. Wednesday, October 17, 2001 at Reynolds Funeral Chapel. Fr. Ernest Anderson of St. Edwards Catholic Church and Pastor Gary Benedict of Peace Lutheran Church officiating. Private interment will follow services in the Filer Cemetery. In lieu of flowers the family suggests memorials to the College of Southern Idaho Foundation in the name of Robert S. Blastock, Jr. Contributions can be given to funeral chapel staff or mailed to Reynolds Funeral Chapel P.O. Box 1142 Twin Falls, Idaho 83303.

FILER



Robert Stanley Blastock, Jr.

Robert Stanley Blastock, Jr., 76, of Filer, Idaho died peacefully surrounded by his family Saturday evening, October 13, 2001 at his home following an extended illness. Robert was born May 19, 1925 in Filer, Idaho to Robert and Irene Louche. He grew up and attended schools in Filer and served in the U.S. Navy during World War II, stationed in the Philippines. Robert married Georgia Erhardt on February 8, 1948 in Twin Falls, Idaho. Robert was a prominent citizen of southern Idaho. He was appointed by Governor Smiley as the first chairman of the Board of Trustees at the College of Southern Idaho and served from 1965-1981. He was the owner and operator of Blastock Builders and co-owner with his wife Georgia of B&G Produce. He was a member of the Idaho Woolgrowers, was an active member of the Filer Kiwanis Club where he also served as District 12 Governor for Kiwanis International, a charter member of the Northwest Vegetable Growers, a member of the Filer Recreation Board, and a member and past president of the Dilettantes of the Magic Valley. Robert is survived by his wife Georgia of Filer, two sons Greg Blastock of Filer, and Robert Blastock of Twin Falls, three daughters, Caria Ohanesian of Clovis, California, Camille Blastock Glenn of Winston-Salem, North Carolina, Chris Blastock of Fresno, California, two sisters, Marlane Hall of Pasadena, California, and Barbara Barnes of Buhl, 10 grandchildren and two great-grandchildren. He was preceded in death by his parents, a brother Norman and a

FAIRFIELD



Mary Lou Carpenter Packham

Mary Lou Carpenter Packham, 86, of Fairfield, Idaho, died Oct. 13, 2001, of a sudden brain hemorrhage. She was the only child of Herbert and Ada Kate Wilkins Carpenter, born on Oct. 4, 1915, in Soldier, Idaho. She married Charles W. Packham on Aug. 5, 1934. It was later solemnized in the Ogden LDS Temple March 1, 1937. Mary Lou lived her entire life on Camas Prairie and attended local schools. She was a faithful member of the Church of Jesus Christ of Latter Day Saints and served in many positions in her church and she also served as a temple worker at the Boise LDS Temple, with her husband. She served as an American Cancer Society volunteer for 25 years. Her life was her family. She was a loving wife, mother, and grandmother. She enjoyed gardening and had planted won a number of prizes at the Camas County Fair. She also enjoyed crocheting and visiting with her friends and family. She is survived by her husband, Charles, of 67 years, and three children, Charles Herbert, Jr., Packham, of Heyburn, Nancy (Nick) Davies of Fairfield, and Steven (Janet) Packham of Salt Lake City, nine grandchildren, and twelve great grandchildren. She was preceded in death by a grandson, George Packham. Funeral services will be held at 10 a.m. on Wednesday Oct. 17, 2001 at the Gooding LDS Church. Friends may call at Demary's Gooding Chapel at 737 Main Street from 6:30 p.m. until 8:30 p.m. on Tuesday Oct. 16 and at the church for one hour before the service. Interment will follow at the Mountain View Cemetery.

CSI TODAY

- Tuesday: Parliamentary debate meeting for Twin Falls School District... Horticulture class for Twin Falls gifted and talented students... CSI Ski Club weekly meeting... CSI Student Disability Support Group... Wednesday: Advanced Regional Technical Education Coalition board meeting... Magic Valley school superintendents meeting... Student Support Group... Thursday: Idaho State Board of Education meeting... Vocational Industrial Clubs of America Skills USA Fall Leadership Conference... Friday: Idaho State Board of Education meeting... Vocational Industrial Clubs of America Skills USA Fall Leadership Conference... Saturday: Vocational Industrial Clubs of America Skills USA Fall Leadership Conference... Sunday: Magic Valley Bible Church...

ON THE AGENDA

- Today: Blaine County commissioners... Bliss School Board... Buhl School Board... Wednesday: Blaine County commissioners... Filer School Board... Thursday: Believee Planning and Zoning Commission... Friday: Twin Falls County commissioners... Tuesday: Burley City Council... Castleford School Board... Filer Planning and Zoning Commission... Hagerman City Council... Jerome City Council... Thursday: Burley City Council... Castleford School Board... Filer Planning and Zoning Commission... Hagerman City Council... Jerome City Council...

Utah budget woes won't impact university yet

LOGAN, Utah (AP) - Utah Gov. Mike Leavitt's announcement of budget cuts Friday won't affect Utah State University for the time being. USU President Kermit L. Hall, the news was better than expected. Hall said Leavitt's decision to exempt higher education and public schools from the \$177 million worth of cuts proves the governor's commitment to education. "I think the governor has taken an action which is supportive of higher education in light of recently significant shortfalls in revenues," Hall said. "He's willing to make higher education, and education generally, a priority and for that, we're grateful."

NEED HELP WITH QUICKBOOKS? Call Lisa at 737-0087 TRAINING, SETUP & SUPPORT. "We Give Sound Advice..." Professional Hearing Aid Services 260 Falls Ave., Twin Falls, ID 734-2900 • 678-7600

AUCTION THROUGH NOVEMBER 7 THURSDAY, OCTOBER 18 - 12 NOON... TUESDAY, OCTOBER 16 - 5:00PM... FRIDAY, OCTOBER 19 - 1:00PM... SAT, OCT. 20 - 11:00 AM PACIFIC TIME... SUNDAY, OCTOBER 21 - 11:00 AM... MONDAY, OCTOBER 22 - 11:00 AM... SATURDAY, OCTOBER 27 - 11:00 AM... SATURDAY, OCTOBER 27 - 10:30 AM... SUNDAY, OCTOBER 28 - 10:30 AM... SUNDAY, OCTOBER 28 - 12 NOON... WEDNESDAY, NOVEMBER 7 - 9:00AM

MORNING LINE

SPORTSQUOTE

“He’s the perfect guy to have out there in this situation. Not much fazes him. He’s pretty cool.”

”

—Mariner outfielder Jay Buhner on teammate Jamie Moyer, who will start Game 5 of the AL Division Series against Cleveland today

TRIVIA

QUESTION: Who holds the UCLA record for most touchdowns in a season?
...answer below

TODAY'S SCHEDULE

High school boys' soccer
Class 3A District Four Tournament, at Buhl
No. 1 Community School vs. Filer, 5 p.m.
No. 5 Magic Valley Christian vs. No. 4 Bliss, 5 p.m.
No. 3 Declo vs. No. 6 Buhl, 5 p.m.
No. 7 Wendell vs. No. 2 Wood River, 5 p.m.

High school girls' soccer
Class 3A District Four Tournament, at Buhl
No. 1 Wood River vs. No. 5 Wendell, 3 p.m.
No. 3 Buhl vs. No. 4 Declo, 3 p.m.

High school volleyball
SCIC District IV Tournament, at Gooding HS, TBA
No. 1 Wood River vs. No. 6 Kimberly, 5 p.m.
No. 2 Buhl vs. No. 5 Gooding, 6 p.m.
No. 3 Filer vs. No. 4 Declo, 7 p.m.
Buhl/Gooding loser vs. Filer/Declo loser, 8 p.m.
Magic Valley Conference Tournament, at Hansen HS
Match 6, MVC vs. Hansen (loser out), 7 p.m.
Match 7, Hagerman vs. Oakley (loser out), 7 p.m.
Match 8, Castledorf vs. Match 6 winner, 8 p.m.

Northside Conference Tournament, at ISDB
No. 4 Camas County vs. No. 5 Carey, 4 p.m.
No. 3 Community School vs. No. 6 Richfield, 5 p.m.
No. 7 Bliss vs. No. 2 Dietrich, 6 p.m.
No. 8 Shoshone
No. 6 Camas/Carey winner, 7 p.m.
Community School/Richfield winner vs. Bliss/Dietrich winner, 8 p.m.

IN BRIEF

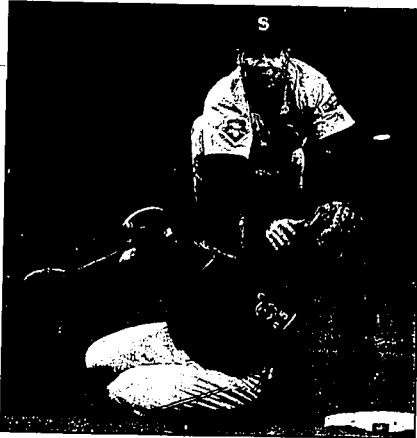
NASCAR mandates one engine for 2001

MARTINSVILLE, Va. — NASCAR Winston Cup teams will have to use the same engine to qualify and race next season, the series' governing body announced Sunday.
The move, seen as a cost-saving measure by NASCAR, means crews will spend the weekend tinkering with one motor instead of as many as three, said Eddie Wood, co-owner of the famed Wood Brothers racing team.
The teams arrive at the track with a qualifying engine in the car, change it to a practice engine after qualifying and then change again to the engine that will run the race.
“Hopefully it’s going to streamline the process,” Wood said. “This way, you’ve got to know what you brought here, so it’s going to limit practice.”
Compiled from wire reports

TRIVIA ANSWER:

Skip Hicks, 26 in 1997.

Survival of the Fittest



Mariners and Yankees force Game 5; Arizona advances to NLCS

The Associated Press

PHOENIX — Tony Womack turned disaster into delirium, and sent Curt Schilling and the Arizona Diamondbacks to the NL championship series.
Womack failed to get down a suicide-squeeze bunt, then singled home the winning run with two outs in the bottom of the ninth inning to lift the Diamondbacks over the St. Louis Cardinals 2-1 Sunday night in the decisive Game 5 of their division series.
In an awesome encore, Schilling won his second duel with Matt Morris in five days. Schilling allowed six hits, struck

out nine and walked one in his third consecutive postseason complete game.
The Diamondbacks will begin their first NLCS on Tuesday at home against the Atlanta Braves.
Reggie Sanders' 447-foot home run off Morris put Arizona up 1-0 in the fourth inning. J.D. Drew's two-out homer off Schilling tied it at 1 in the eighth.
Schilling, still throwing 98 mph, struck out Edgar Renteria and Mike Matheny with a runner on second in the St. Louis ninth. After that, the drama really began.
Dave Veres relieved Morris to begin the inning and Matt Williams, brutalized by boos from



Arizona players rush from the dugout after beating St. Louis 2-1 in the decisive Game 5 of the National League Division Series. Arizona advances to the Championship Series against the Atlanta Braves. Left, Bret Boone turns a double play against the Indians in Game 4 of their American League Division Series. The Mariners meet Cleveland in Game 5 today. Top, New York's Orlando Hernandez helped the Yankees force a Game 5 in their ALDS series with Oakland.

Seattle's season in Moyer's left hand

The Associated Press

CLEVELAND — Jamie Moyer and the Seattle Mariners meet now do what has come naturally all season.
They both need one more win. Moyer will face the Cleveland Indians in the decisive Game 5 at Seattle's Safeco Field today after the Mariners staved off elimination with a 6-2 win Sunday.
“There's nobody I'd rather have out there on the mound,” reliever Jeff Nelson said of the soft-tossing left-hander.

Outfielder Jay Buhner agreed: “He's the perfect guy to have out there in this situation. Not much fazes him. He's pretty cool.”
Moyer once again will face Cluck Finley in a battle of 38-year-old left-handers who have waited all their careers for a game such as this.
“It's exciting,” Finley said. “It comes down to the fifth game and your name gets called, you ought to be able to honor that and go out and enjoy it, try the best you can, and go out and win.”

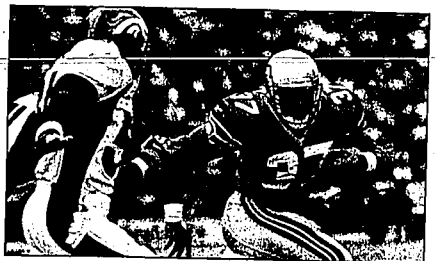
Seahawks pound Denver

The Associated Press

SEATTLE — Trent Dilfer is making it tough on Mike Holmgren to return him to the bench.
Dilfer, playing for the second straight week in place of Matt Hasselbeck, made it 13 consecutive victories as a starting quarterback as the Seattle Seahawks beat the Denver Broncos 34-21 Sunday.

Holmgren, Seattle's third-year coach, reiterated that he's going back to Hasselbeck is completely recovered from a pulled left groin. But he admitted it was getting harder to explain his position to the Seahawks' fans.
“I'll leave that up to you guys,” Holmgren told reporters. “They seem to listen to you more than me, that's for sure. I will try to explain it the best way I can to you fellows and if you can help me a little bit, I think they will get the message.”
Dilfer, the starter for the Baltimore Ravens in their Super Bowl win over the New York Giants in January, had a modest

day statistically, but he didn't commit a turnover as the Seahawks (3-2) ended a three-game losing streak against the Broncos (3-2). Denver had won nine out of 10 against Seattle.
Dilfer, signed by the Seahawks as a free agent in August, was 12-for-18 for 110 yards with no touchdowns and no interceptions. Hasselbeck replaced Dilfer with Seattle ahead 34-14 with 6:53 left because Dilfer suffered a groin injury in the second quarter and could barely run.



Seattle's Shaun Alexander runs past Denver's Lee Woodall for a second-quarter touchdown Sunday. Alexander rushed for 142 yards in Seattle's win.

Shoshone motors to Northside Tourney

The Times-News

GOODING — The road to Lewiston and the Class 1A state volleyball tournament begins today for the Northside Conference.
Virtually unstoppable the entire season, the Shoshone Indians (22-1, 11-1 Northside) entered the second season forward to advance to the district and state tournaments.
While their Southside counterparts are halfway to deciding their three representatives to Thursday's District Four Tournament at Hansen High School, the Northside Conference begins its own tournament tonight at Idaho School for the Deaf and the Blind in Gooding.
The top three teams from each tournament will meet on Thursday to decide District Four's four state-bound teams.

Northside Conference Volleyball Tournament

Where: Idaho School for the Deaf and the Blind
When: Today-Wednesday
Opening round:
Match 1, Camas County vs. Carey, 4 p.m.
Match 2, Community School vs. Richfield
Match 3, Bliss vs. Dietrich
Shoshone vs. Match 1 winner
Winners Matches 2-3



Only the conference tournament champions are guaranteed an automatic berth to state, which begins Oct. 25-27.
Led by senior 6-foot-3 middle blocker Monica Ulmg and an able support cast of Sarah Hubsmith, Stephanie Dalrymple, Jazz Harris and Jamae Jennings, the No. 1, Indians are the class of the conference, having ended the season-on a 12-match winning streak.
Shoshone will await the vic-

tor between Camas County (14-8, 8-4) and Carey (8-11, 4-8) in the second round. The Musers, who are led by seniors Becky Schiermeier, Sarah Vouch, Annika Backstrom and Bethany Engelsard, are the lone setback on Shoshone's otherwise perfect run through the Northside. Of course, that win occurred way back on Aug. 28.
No. 2 Dietrich (12-5, 9-3) may have the toughest road to

districts. Although the Blue Devils open with winless Bliss (2-15, 0-12), Dietrich is probably looking at a second-round match with the third-seeded Community School (10-4, 6-4), which opens with Richfield (6-11, 2-10). But the Blue Devils swept the Cuthroths on the season.
The top three teams from both the Northside and Southside conferences gather Thursday for the District Four Tournament at Hansen High School.
State berths are on the line when the Northside No. 2 plays the Southside No. 3 at 6 p.m., followed by the Southside No. 2 taking on the Northside No. 3 at 7 p.m.
The grand finale at 8:15 p.m. pits the top teams from each conference fighting it out for the district's No. 1 seed to the state tournament.

3A District Four Soccer Tournaments

Where: Buhl soccer complex
When: Today through Thursday
At stake: 2.5 state berths for boys; 1.5 state berths for girls
Today's first-round games
Boys (games start at 5 p.m.)
No. 1 Community School vs. No. 8 Filer, Field 1
No. 5 Magic Valley Christian vs. No. 4 Bliss, Field 2
No. 3 Declo vs. No. 6 Buhl, Field 3
No. 7 Wendell vs. No. 2 Wood River, Field 4
Girls (games start at 3 p.m.)
No. 1 Wood River vs. No. 5 Wendell, Field 1
No. 3 Buhl vs. No. 4 Declo, Field 3
No. 2 Community School receives bye

American Football Conference

Sunday's NFL leaders

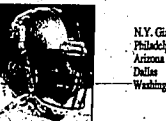
National Football Conference

Table with columns: Team, W, L, T, Pct, PF, PA, H, A, Yds, Avg, AFC, NFC, Div. Lists teams like Miami, NY Jets, Indianapolis, etc.

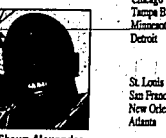
Tom Brady, Patriots - 33 for 54 for 367 yards and three TDs
Brett Favre, Packers - 27 for 34 for 334 yards and three TDs
Jeff Garcia, 49ers - 27 of 41 for 332 yards and three TDs

Ricky Williams, Saints - 147 yards on 31 carries and one touchdown.
Shaun Alexander, Seahawks - 142 yards on 33 carries, two TDs.
Corey Dillon, Bengals - 140 yards on 31 carries and a touchdown.

Terrell Owens, 49ers - nine passes for 183 yards and three TDs.
Antonio Freeman, Packers - nine passes for 138 yards and a touchdown.



Jeff Garcia



Shaun Alexander

Table with columns: Team, W, L, T, Pct, PF, PA, H, A, Yds, Avg, AFC, NFC, Div. Lists teams like NY Giants, Pittsburgh, etc.

Favre baffles Baltimore

GREEN BAY, Wis. (AP) - Brett Favre tore apart the Baltimore Ravens' vaunted defense for 337 yards and three touchdowns on 27-of-34 passing as Green Bay beat the defending Super Bowl champs 31-23 at Lambeau Field.



Green Bay quarterback Brett Favre reacts after throwing a touchdown pass to Favre Frank in the second quarter that the Baltimore Ravens pay. Favre led the Packers to a 31-23 win over the defending Super Bowl champs.

The Packers (4-1) forced four turnovers and scored more points against the Ravens (3-2) than any team since Jacksonville in a 39-36 loss to Baltimore on Sept. 10, 2000.
Ahman Green, the league's leading rusher, was limited to 54 yard on 20 carries.

Rams 15, Giants 14
ST. LOUIS - Trung Canidate, subbing for the injured Marshall Faulk, scored on 1-yard run with 4:16 to go, and the St. Louis Rams held on for a 15-14 victory over the New York Giants on Sunday.

Titans 31, Bucs 28, OT
NASHVILLE, Tenn. - Joe Nedney kicked a 49-yard field goal in overtime as Tennessee beat Tampa Bay 31-28 in a 14-point lead in the final 7:53 of regulation.

49ers 37, Falcons 31, OT
ATLANTA - Jeff Garcia threw his third touchdown pass of the game to Terrell Owens, a 52-yarder with 6:16 left in overtime to give San Francisco a victory over Atlanta.

Patrols 29, Chargers 26
FOXBORO, Mass. - Tom Brady rallied New England from a late 10-point deficit and helped set up Adam Vinatieri's 44-yard field goal in overtime to beat the Patriots over San Diego.

Bears 20, Cardinals 13
CHICAGO - R.W. McQuarters returned a third-quarter fumble 60 yards for a touchdown to lift Chicago over Arizona.

Chicago (3-1) held the Cardinals (1-3) without a touchdown until Jake Plummer hit Frank Sanders on a 7-yard pass, but the Bears (2-2) to punt. Joe Walker returned Mark Royals' 45-yard punt to the Tampa Bay 46 to set up the winning drive.

Saints 27, Panthers 25
CHARLOTTE, N.C. - Ricky Williams outran the Carolina defense on a 1-yard race to the end zone with no time left to win it for New Orleans.

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Vikings 31, Lions 26
MINNEAPOLIS - Daunte Culpepper rushed seven times for 83 yards and two touchdowns, and threw for another score as Minnesota withstood 20 straight Detroit points in the second half.

Jets 21, Dolphins 17
EAST RUTHERFORD, N.J. - The New York Jets rallied from a 17-point deficit to extend their winning streak over Miami to seven.

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Hurricanes storm to the top

Miami moves back to No. 1 in polls

By Richard Rosenblatt
The Associated Press

Look who's No. 1 again — the Miami Hurricanes. After a one-week absence, Miami regained the top spot in The Associated Press Top 25 media poll by virtue of its 49-27 victory over Florida State and Auburn's 23-20 upset of Florida on Saturday.

The Gators' loss dropped coach Steve Spurrier's team from No. 1 to No. 7 in this week's poll, while the Hurricanes (5-0) are being closely pursued by defending national champion Oklahoma.

The Sooners (6-0), who beat Kansas 39-10, moved up a spot to

No. 2, while Nebraska (7-0) jumped three places to No. 4, while Oregon (6-0) and Virginia Tech (6-0) held steady at No. 5 and No. 6, respectively.

In Sunday's balloting by the 72 sports writers and broadcasters on the AP panel, Miami had 48 first-place votes and 1,772 points, Oklahoma 21 first-place votes and 1,739 points. Nebraska had 2 first-place votes and 1,631 points, while UCLA received its initial first-place vote of the season.

The Bruins (5-0) handed Washington its first loss: 33-23 and moved ahead of Pac-10 Conference foe Oregon as well as Virginia Tech. The Huskies (4-1) fell five spots to No. 15.

Also dropping from the top 10 was South Carolina (5-1), which tumbled seven places to No. 16

after a 10-7 loss to unranked Arkansas.

Fresno State (6-0) remained No. 8 following its 25-22 overtime win at Colorado State, while Texas moved up two spots to No. 9, with Michigan at No. 10.

In the USA Today/ESPN coaches poll, Miami, Oklahoma, Nebraska, Virginia Tech and Oregon.

Florida State's streak of 14 straight top-5 finishes in the AP poll is in jeopardy after the Seminoles (3-2) fell from No. 14 to No. 21. Also at risk is Florida State's streak of 20 consecutive polls of being ranked in the Top 25, dating to Sept. 17, 1989. That streak is the second longest, behind Nebraska's 333 straight polls.

Tennessee was No. 11, followed by No. 12 Maryland (6-0), No. 13 Clemson, No. 14 Colorado,

No. 15 Washington, No. 16 South Carolina, No. 17 Georgia, No. 18 BYU (6-0) — No. 19 Washington State (6-0), No. 20 Auburn, No. 21 Florida State, No. 22 Northwestern, No. 23 Georgia Tech, No. 24 Purdue and No. 25 Toledo (5-0).

Maryland, off its 20-17 overtime victory at Georgia Tech on Thursday, made the biggest move forward — from No. 22 to No. 12. Colorado (5-1) beat Texas A&M 31-21 and moved up six spots.

New in this week's rankings are first-timers Washington State and Auburn, with Northwestern and Toledo moving back after brief absences.

Dropping out were Texas A&M, St. Mary's, Ohio State and Kansas State. The Wildcats (3-3) fell out of the Top 25 for the first time since early in 1995.

Even Lemieux can't help struggling Penguins

BUFFALO, N.Y. (AP) — Slava Kozlov scored twice to lead the Buffalo Sabres to a 4-1 victory over the Pittsburgh Penguins, NHL who matched their 1983 team for the worst start in franchise history.

Mario Lemieux, the NHL's sixth-time scoring champion and Penguins owner, failed to register a point after missing two games with a strained hip.

Wild 3, Oilers 3
ST. PAUL, Minn. — Janne Niinimä came out of the penalty box and set up Rem Murray in the third period as Edmonton and Minnesota played to a tie.

Niinimä left the box and took a pass from Todd Marchant and broke down the right side on a two-on-one.

Lightning 3, Ducks 2

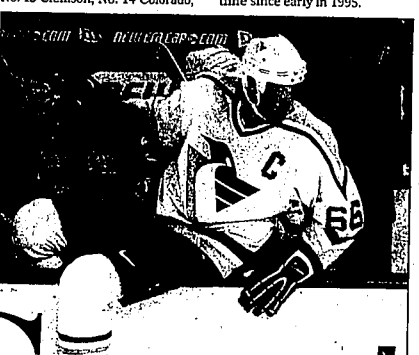
ANAHEIM, Calif. — Dave Andreychuk scored on a power play with 3:02 remaining and Nikolai Khabibulin made 33 saves for his first victory of the season as Tampa Bay beat Anaheim.

Blue Jackets 2, Blackhawks 2

CHICAGO — Eric Daze's second goal of the game early in the third period gave Chicago a tie with Columbus and kept the Blue Jackets winless this season.

Grant Marshall and Tyler Wright scored power-play goals for Columbus (0-1-4). Lyle Odelein assisted on both.

Michael Nylander had two assists for the Blackhawks (2-3-1)



Pittsburgh team captain Mario Lemieux goes over the boards for a shift on the ice during the third period against the Buffalo Sabres at the HSBC Arena in Buffalo, N.Y. on Sunday. This was Lemieux's first regular-season game after a preseason injury. Buffalo defeated Pittsburgh 4-1.

SPORTS IN BRIEF

Dye breaks left leg with foul ball

OAKLAND, Calif. — Oakland Athletics outfielder Jermaine Dye broke his left leg when he fouled a ball just behind his knee Sunday during Game 4 of the AL playoffs, and was lost for the postseason.

Dye will be in a cast for 8-to-12 weeks, A's trainer Larry Davis said.

Dye was injured in the third inning of Oakland's 9-2 loss to the New York Yankees. The deciding Game 5 will be tonight at Yankee Stadium.

Estes takes Invensys Classic

LAS VEGAS — Bob Estes came from five shots off the lead with a final-round 9-under 63 Sunday and took advantage of a critical mistake by Tom Lehman to win the Invensys at Las Vegas Classic.

It was the second win of the year and the 17th consecutive round in the 60s for Estes, who took the lead for good with a two-putt birdie on No. 16 and then watched Lehman and Rory Sabbatini miss putts to tie on the final green of the TPC at Summerlin.

Estes, who finished fourth and second in his last two tournaments, finished at 30-under for the five rounds, a shot ahead of Lehman and Sabbatini. Davis Love III finished fourth with a course-record 61.

Eagle putt lifts Rachels at Transamerica

NAPA, Calif. — Sammy Rachels made a 30-foot eagle putt on the 18th hole to cap a final-round 69 and win the Transamerica by one stroke over Raymond Floyd and Doug Tewell.

Rachels' 14-under 202 total gave him his second win on the Senior PGA Tour as he avoided a playoff by leaping over Floyd, who charged from behind with an 8-under 64, and Tewell, who shot a 66.

Roddick clinches Davis Cup qualifier

WINSTON-SALEM, N.C. — Andy Roddick beat India's Leander Paes in four sets Sunday and clinch the United States' 4-1 victory over India in their Davis Cup World Group qualifier.

Roddick beat Paes 4-6, 6-2, 7-5 to give the United States a 3-1 lead in the best-of-five event. James Blake capped it with a 6-3, 6-0 victory over Harsh Mankad.

The United States advanced to the 16-team World Group in 2002, with its first-round opponent to be determined Thursday.

Davenport downs Henin for fifth title of 2001

FILDERSTADT, Germany — Lindsay Davenport beat Justine Henin 7-5, 6-4 Sunday to win the Porsche Grand Prix for her fifth title of the year.

Davenport, who missed three months in the spring with right knee problems, won the 35th title of her career. Her prize: a Porsche sports car.

She had too much power and stamina for Henin, who has enjoyed her best season on tour. The 19-year-old Belgian was runner-up to Venus Williams at Wimbledon, reached the semifinals at the French Open, and won three titles.

Compiled from wire reports

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SCORES AND STATS

IN THE BLEACHERS



The Top Twenty Five teams in the USA Today/ESPN College Football poll, with the top five in parentheses, ranked through Oct. 13, 2001. The poll is based on a survey of 1,000 college football fans through a poll of 250 college sports and 750 non-college sports fans.

BASEBALL

Postseason Baseball

All-Time MLB Series	W	L
2001 NLCS	3	2
2001 ALCS	3	2
2001 NLDS	3	2
2001 ALDS	3	2

FOOTBALL

Canadian Football League

Winnipeg	12	0	28	441	321
Calgary	8	0	18	299	224
Edmonton	7	0	17	273	242
Hamilton	6	0	16	262	234
Toronto	6	0	16	259	234

USA/ESPN Poll

Top 25 Teams

1. Miami	149
2. Oklahoma	143
3. Nebraska	138
4. Virginia Tech	133
5. Oregon	128

BASEBALL

Baseball, Indians at Mariners, Game 5

Indians	1	0	1	1
Mariners	0	0	0	0

ON THE AIR

Television Schedule

Baseball, Indians at Mariners, Game 5	FOX	2 p.m.
Bowling, PWBA Tour from Lancaster	ESPN2	6 p.m.
Baseball, A's at Yankees, Game 5	FOX	6 p.m.
Figure Skating, ISU Four Continents Championship	ESPN	7 p.m.
Billiards, 2001 WPBA Classic Tour	ESPN2	7 p.m.
Football, Redskins at Cowboys	ABC	7 p.m.

TENNIS

WTA Tour Kivi Open

Justine Henin	6-4	6-4
Lindsay Davenport	6-4	6-4

NHL Division Series

NHL Division Series

Florida	3	0	3	0
Atlanta	0	0	0	0

COLLEGE FOOTBALL

College Football Polls

1. Miami	149
2. Oklahoma	143
3. Nebraska	138

GOLF

Vegas Classic

Sam Snead	137
Tommy Bolt	137
Tommy Aaron	137

HOCKEY

National Hockey League

Edmonton	1	0	1	1
Calgary	0	0	0	0

TRANSACTIONS

Transactions

Chicago	1	0	1	1
Los Angeles	0	0	0	0

OTHER VIEWS

Freedom of press can't dissolve in time of war

Los Angeles Times

President Bush's press conference on Thursday was amiable, if not terribly informative, bringing a tension that invariably infuses the relationship between the government and the news media in times of war. Earlier in the day, the FBI had warned local law enforcement agencies to be particularly alert to possible terrorist strikes. Bush said little to assuage the nation's fears. But by holding the first prime-time news conference of his presidency, he was acknowledging, we hope, that it is imperative for citizens of a democracy to be fully informed. Even in wartime. Especially then.

That people must be reminded of this is not surprising because in times of fear and crisis, viewing press freedom as an asset can be counterintuitive. When Americans see Osama bin Laden urging the world's Muslims to slaughter them, they vent anger at the television networks that give him a way to spew his hate. When members of Congress whisper to reporters, the president warns that leaked information could kill American soldiers and clamps down harder still. Such reactions, while natural, are ill-advised.

Now comes what may be the most difficult war to cover in modern history. And already, the Pentagon is delaying mobilization of a press pool, while here at home the Justice Department refuses to release the most basic information about some 650 people arrested on immigration charges since the Sept. 11 atrocities.

No one, of course, wants the press to

reveal anything that would help an enemy strike another blow. In fact, the government has always withheld critical intelligence and operational data, and the press has respected secrecy when lives and national security were at stake. Reporters and their bosses know that if they make a mistake that costs American lives, the public's judgment will be harsh. For all the risks a free press poses, stifling the media is more dangerous still. Information is what allows people to make solid decisions.

By the same token, the press seldom does the public a favor by bowing to pressure to self-censor. Bin Laden's views will be broadcast worldwide regardless of whether U.S. television networks air them, so the administration's warning of possible hidden messages would seem to be moot. And those who call for restrictions based on Bin Laden's overt propaganda underestimate Americans' ability to detect claptrap.

In this war, more than any other in recent history, the distinction between those in the right and those in the wrong is clear. People know this not because the Bush administration tells them but because they have free access to information and have sorted it out for themselves.

No reasonable person could watch Bin Laden's pleas for young men to kill themselves in jihad and see anything but the increasing desperation of a manipulative mass murderer.

No one can hear of the Taliban's repression of its own people - including their right to information - and think that it has a legitimate right to

This editorial, reprinted from the Los Angeles Times, says that in times of danger, stifling the media is an even greater danger for society.



BLM should have visible property lines

I am writing in an attempt to gain understanding from authorities who will decide the course of my future. I have been willing to cooperate with the government in every reasonable way. I was always under the impression that I was innocent of the charges against me. It is legal to excavate artifacts on private ground. It is, of course, illegal to do so on Bureau of Land Management-owned lands. I have been in the business of excavating and collecting artifacts all my life and have always been aware of this. Many school children and scouting groups have benefited from this collection. The question of my guilt was if I was digging on BLM lands. To the best of my knowledge, I believed I was on private ground.

I plead guilty after learning that the BLM had resurveyed the area in question. The results of its survey concluded that I was infringing on the outskirts of a small piece of property which it owned. In my defense, I wish to quote from this resurvey conducted by the BLM. This evidence will show that there would have been no way I could have known I was on BLM property without the aid of a professional land surveyor.

The BLM placed a surveyor's monument near the area where I was digging. This monument is between 100 and 150 feet from the area. The monument was



READER COMMENT
Jerry Lee Young

placed in the area in November of 1998 when I conducted the resurvey. My activities in the area were conducted in 1996, two years before this visible marker could be seen. The marker is located on a corner of the property designated 11 on the BLM plat. This marker was placed at the corner of its property because there was no marker remaining. This is quite understandable because the land had not been officially surveyed since 1909 in a mineral survey. This survey was referred to as the Mineral Survey No. 2443. As I was reading through the survey, notes I read, "No evidence of corners 2, 9, 10 or 11 of Mineral Survey No. 2443 were found during this dependent resurvey." The BLM acknowledged that there was no marker of any kind to be found. The BLM surveyor described his search for this point and others in the area as follows: "Preliminary to this resurvey, the lines of the previous surveys were retraced and a diligent search was made to identify

evidence of all previously established corner monuments and other calls of the record." The notes also provide "lost corners were restored and monumented at proportionate positions based on the latest official record."

As you can see, the BLM surveyors themselves made a "diligent search" and found no evidence of the property corners in the area where I was digging. These property corners form the property boundary between the private ground, which I believed I was on, and the BLM property. This property line has no fence along it. The cattle which have been grazing on the property for the last 90 years must have also been illegally trespassing and using BLM resources. The fact that there was "no evidence" of the property line made it impossible for me to know I was on the BLM property.

We know now, after a BLM resurvey, that I was on BLM land. I did collect a handful of arrowheads from the property and nothing more. Was I guilty of collecting a few arrowheads from BLM property? Yes. Was I guilty of knowingly collecting arrowheads from BLM property? No. I only wish for those in power over the future course of my life to understand the facts. I would not have risked my career, freedom and rights had I known this was BLM land.

JERRY LEE YOUNG
Hollister

The Times-News

Stephen Hartgen, Publisher

Clark Walworth, Managing editor; Mike Smith, Advertising director

The members of the editorial board and writers of editorials are Stephen Hartgen, Clark Walworth, Steve Crump, David Cooper and Shelley Ridenour.

LETTERS

High prices mean no candy for kids

Hi, kids. I must write this because this will be the first year I will not have any trick or treats for you. My porch light will be off and I will not answer knocks.

Why? I am a 75-year-old senior citizen and cost of living increase in Social Security was not enough to buy anything. One big problem, my level pay for my gas bill was \$29, then they were broke so they raised it to \$60 per month. This, along with all other raises, I have none left for candy. So, kids, try the big boys and money this Halloween.

My total income is entirely from Social Security. Take off supplemental medical insurance and medical bills (\$125 plus \$100 to \$200 per month), then ask mom and dad what other bills, etc.

A way back in 1959 when I came to Twin, my three kids looked forward to trick or treat more than Christmas.

Well, enough griping, but you adults will get the picture. Thank goodness my very old personal computer still works, along with my 7-year-old vehicle.

Have a lot of fun, kids. Bye for now.
LARRY SABIN
Twin Falls

Mexico lives in the present age

Regarding Angeli Paterson's letter published Oct. 4:

As an American presently working in Mexico, I wish to address only one of Ms. Paterson's statements.

Mexico is not "in the Stone Age." I'm working in Monterrey, Mexico, and would welcome the opportunity to show her around anytime she wishes to come down. Maybe then she can speak from experience.

Mexico is not a country of poor peons wearing a large sombrero, sleeping against a cactus. I don't care how many movies she has seen.

The rest of her letter is beneath contempt and does not warrant a reply.
JIM REID
Twin Falls

Letter misses forest for the trees

I read the letter by Stephen Poppino stating it was "good to see pictures of college students around the country marching for peace." He went on to cite this nation's mistakes over 50 years.

"Not seeing the forest for the trees" was my reaction to the letter.

My thoughts were of women gasping for air on window ledges 100 stories above cement. Or of airline passengers realizing they were on planes headed for death and destruction. Or of the mind-set of fanatics who don't think like people in ivory towers.

Give me a break. There will be time to criticize our government again. This is not the time. Unlike Korea and Vietnam, the war is at our door.
ART SELIN
Twin Falls

We all tend to divide ourselves

To Ms. Paterson:

Please don't use your visceral reaction to my opinions or to the most recent horrible tragedy as a foundation to promote your thinly disguised agenda of racism, xenophobia and bigotry.

Your accusations of my "hate and disdain for America, its citizens, laws, customs and culture" merely mask your own fears of the unknown.

What is it about my views that bother you most? That as our country (yes, the United States) progresses, we (people of all colors) can and will continue to fight for what is so freely given to others?

This isn't an issue of color or of being an illegal alien. This is an issue of wanting to better ourselves, to provide for our families, to live the "American dream."

For too long, it has been "us" and "them." "Us" being anyone not of our color (whether white, brown, black, etc); "them" being everyone else not part of our little world. We all do this. We all want a nibble of the infinitely plentiful pie proffered by Ms. Liberty. Yet, our biggest fear is that someone else will get our share.

I am of a Mexican, and proudly so. My parents were born and raised in Texas. I, in fact, was born and raised right here in Twin Falls.

Simply because I strongly believe in and support equal opportunity for all people regardless of color, race, gender,

sexual orientation, age, religious beliefs or immigration "status" does not make me any less of an American.

I am an American through and through.

I have incorporated cultural beliefs and traditions of not only my Mexican but my American heritage as well.

I have had experiences and opportunities that might never have been afforded had I been born in any other country. And for that, I am forever grateful.

However, Ms. Paterson, the fact that I

was born and raised in the United States and not elsewhere is really moot. The true fact is that, as a country, we cannot let our fear of the unknown keep us from embracing our brothers and sisters, illegal or not.

If we stand arm-in-arm in equality, rather than hurrying to step over the next person, we would prove a formidable and just society, eager to lend a hand up rather than a handout.
LUCITIA SOLIS
Seattle, Wash.

Getting in touch

Want to make your feelings known to your representatives in Congress? Here's how:

Sen. Mike Crapo
In Twin Falls, call or write:
Linda Norris, senior regional director
202 Falls Ave., Suite 2
Twin Falls, ID 83301
734-2515; Fax 733-0414
In Washington:
111 Russell
Washington, DC 20510
(202) 224-2144
e-mail messages can be sent via Sen. Crapo's home page at www.senate.gov/~crapo

Sen. Larry Craig
In Twin Falls, call or write:

Mike Matthews, regional director
2292 Addison Ave. E.
Twin Falls, ID 83301
734-6780; Fax 734-3905
In Washington:
520 Hart Senate Office Building
Washington, DC 20510
E-mail: larry_craig@senate.gov

Rep. Mike Simpson
In Twin Falls, call or write:
Charlie Barnes, agriculture field director
1201 Falls Ave. E., suite 25
Twin Falls, ID 83301
734-7245; Fax 734-7244
In Washington:
1440 Longworth HOB
Washington, DC 20515

Doonesbury



By Garry Trudeau

Mallard Fillmore

By Bruce Tinsley

During a war, the public doesn't need to know every last thing

Long ago and nearby, there was a minority stockholder in the Dallas Cowboys who had a speech impediment on purpose. This gent, who shall remain kindly nameless, was unable to pronounce "news-papers" without embellishment. With him, the word was automatically "damnnewspaper."

BLACKIE SHERROD

embused expression. The fellow wasn't asking a question, he was making a speech, and don't think he wasn't aware of the many TV cameras aimed in his direction.

From another daily press briefing came a skit that prompted a cringe from some of us armchair correspondents who were listening with half an ear. This was something about a report being prepared and the press secretary saying no, he would not reveal it to the media, that it was highly confidential.

"If you were going to read it to us," said one Frontpage Farrell, "how many pages would it be?" "Saturday Night Live," are you listening to this?

There was yet more idle TV monitoring, that of some young lady in the foreground holding a microphone, while in the dark behind her were exhaust flashes from aircraft. It was at some Air Force base in Louisiana, probably Barksdale.

The girl explained to her viewing audience, rather breathlessly, that those were B-52 bombers taking off. "The commanding officer has refused to tell us where they're going," she said in somewhat of a huff. Excuse me?

Perhaps the Froth Estate needs to realize these days are without precedent in newsrooms. This Middle East situation is not your normal combat. Most of its warfare, on both sides, depends on utmost secrecy. If this frustrates and infuriates the dedicated reporters, then so be it. If this

necessitates lying to the media, well, you do whatever is deemed necessary.

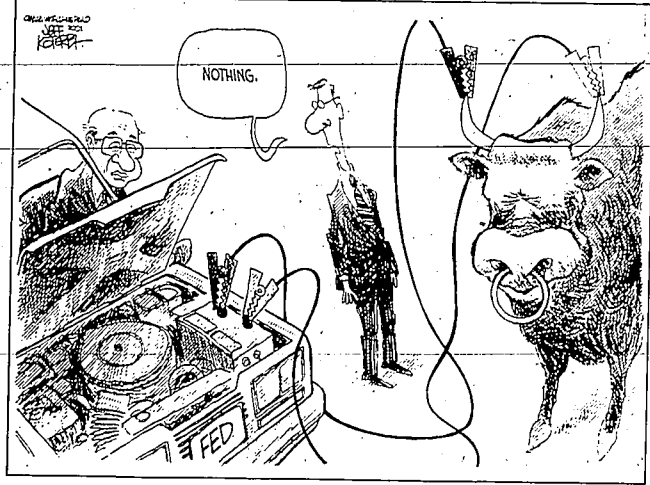
President Bush has clamped a gag on his underlings. He has threatened to withhold information from senators who are inclined to babble, especially if they see a stray camera running around unattended. Defense Secretary Donald Rumsfeld remembered Winston Churchill's warning: "In wartime, truth is so precious that it should always be attended by a bodyguard of lies."

Most of us old ink-stained wretches are firm believers in the First Amendment, all right; but in times like these, we can understand exceptions. Perhaps we should put ourselves in the other shoes—that is, see it from the position of those in charge of winning the war.

Hey, if withholding information, misleading the press, or flat-out lying wins one battle, saves one Delta squad, or prevents one more terrorist act, then I'm hiring Baron Munchausen as my press liaison. (The Baron, you may recall, was a teller of tall tales in the 18th century who could stretch the truth to an unrecognizable point.)

Heck, we might even bring Bill Clinton back to Capitol Hill to handle the media. Indeed, if the Pentagon or State Department withholds vital information from our distinguished members of the media, if that's all we have to worry about, then we're in much better shape than anybody thought.

Blackie Sherrod is a Dallas Morning News columnist.



Survival trumps the need for charity

Like me, you've probably been waiting impatiently for Richard Gere to speak up about the terrorist assault on America. Just when I was about to give up hope, the actor broke his silence:

KATHLEEN PARKER

hate to have to do this, we're going to have to kill some very bad people."

Love the terrorists, he said, whereupon 99.99 percent of Americans spit out their coffee and tried not to utter distasteful jokes.

"In a situation like this, of course you identify with everyone who's suffering," Richard bin Gere said in an interview with ABC News Radio. But, he said, we should also think about "the terrorists who are creating such horrible future lives for themselves because of the negativity of this karma."

Let's do talk about karma. Let's dial up our guys in Afghanistan who are risking their necks peering down gopher holes, trying to root out evil incarnate, and have a little chat about karma. But first,

musy in the presence of those who seek to destroy us.

Unfortunately, bin Gere isn't alone in his confusion. Even the House of Bishops of the Episcopal Church has urged the United States to wage reconciliation instead of war.

It may be that in the aftermath of this unprovoked war, we should examine ourselves, who we are, what kind of people we want to be, what role we want to play in this world.

We also may want to extend more love and compassion to others, but first we have to stay alive and preserve the freedom that permits such expansive thoughts.

We are right in this fight, never doubt it, and we must win or kiss freedom goodbye. Karma doesn't get any more negative than that.

Kathleen Parker is an Orlando Sentinel columnist and welcomes comments via e-mail at kparker@tparker.com.

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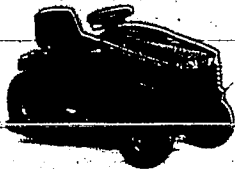
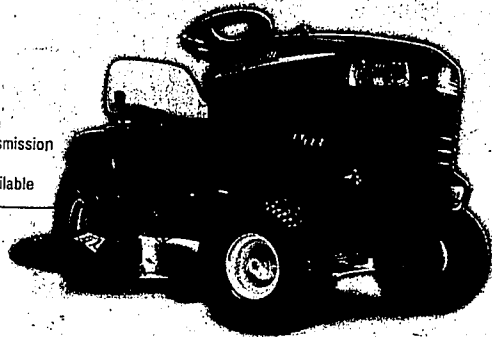
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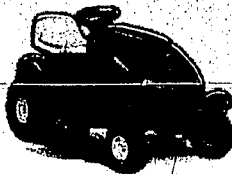
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Beer: Where no man has gone before

It's time for "Guys In Science," the feature in which we report on the heroic efforts of guys, using scientific knowledge, to exceed the limits of common sense.

We begin with this important safety advisory: The activities described here are very dangerous. Do not even read this column without safety goggles.

Our first guy is Simon Hansen of Auckland, New Zealand, where guys are called "blokes." According to Simon's website (<http://www.ascimotion.co.nz/beer/>), brought to my attention by many alert guy readers, Simon was in his garage, when he realized that he had a very serious guy problem: His beer was warm.

Now many people, faced with this problem, would solve it via some low-tech, unscientific method such as putting the beer on ice, or in a refrigerator. But Simon Hansen is not like you. He decided to cool his beer by

I am not making this up - building a jet engine. He welded it together, largely from automobile parts, right there in his garage.

To understand how a jet engine could make beer cold, you would need to know something about physics. Fortunately, I studied physics under the legendary Mr. Heideman at Pleasantville High School. Unfortunately, we fratered away our time studying topics as the fulcrum, and never got to the part about cooling beer with a jet engine.

But if I follow Simon's explanation, the whole purpose of his engine is to suck the fuel - liquid ethanol - out of the beer rapidly into a fuel tank. For some reason, possibly involving molecules, this rapid sucking action - in addition to being a good name for a rock band - causes the fuel tank to get very hot. When Simon wants to chill a can of beer, he simply puts it into a tub of water, puts the fuel tank into the tub, fires up his jet engine, and, *voila*, he is dead. That's because his engine has a noise level of 125 decibels. To give you an idea what that means, if you were exposed to that many decibels, at close range and without ear protection, you would be sitting in my son's car.

No, yes, it's noisy. But there's an old saying among scientific guys: "You can't make an omelet without breaking eggs, ideally by dropping a cement truck on them from a crane." The bottom line is this: When Simon ran his jet engine, his beer-can temperature decreased from 11 degrees Celsius to 2 degrees Celsius in just five minutes.

This is very impressive, and would be even more so if we knew what a "C" was.

The important thing is that this guy, using science, has found a new, innovative and - above all - loud way to cool beer. Perhaps this will inspire other guys to come up with an even more scientific method, such as shooting beer cans into outer space, or sending them backward in time to the Ice Age. That's how your major scientific discoveries are made, and that's why, in the interest of progress, it is so very important, when a guy is in his garage, never to interrupt him. My theory predicts that he from now on, take out the garbage, go to his wedding, etc.

For our other example of Guys In Science, we go to San Francisco, where a guy named Kimrick Smythe - who makes his living in the field of accident sales and repairs - recently attached several ordinary household vacuum cleaners to a propane fuel line, then turned them on. As you have no doubt realized, he had a scientific reason for doing this to see what happens.

It turns out that the reason is that they tend to suffer a major appliance malfunction, sometimes involving shrapnel.

This is an important experiment, because it proves that it would be a big mistake for us to try to build rockets using vacuum cleaners powered by propane. Somebody should tell NASA immediately. Maybe you could do that, OK? I'm going to have a cold one.

Dave Barry is the humor columnist for the Miami Herald.



HUMOR
- Dave Barry

EXERCISE for backsliders



Walking may be the best way to start getting back into shape; it's effective, and almost everyone can do it.

Fall off the fitness wagon? It's not hard to climb back on

By Steve Crump
Times-News writer

TWIN FALLS - Has your fitness regimen gone awry, awash in good intentions, overcommitment, boredom or downright laziness? Don't despair: Nineteen of the American adults who lose a significant amount of weight gain it back, according to the National Institutes of Health.

Understand that fitness is a process, not a goal, so starting over is no shame. Here, from local and national fitness experts, is how to go about it:

1 Don't let the ideal be the enemy of the good. Some exercise is better than no exercise, so if you can't work out for 30 minutes five times a week, do it for 30 minutes three times a week.

2 Walk, walk, walk. Walking isn't a complete recipe for fitness - you still need resistance training and more aerobic work - but it's a great way to begin. Walking is perhaps the perfect starting point for getting back into shape because it's self-regulating; you can only walk as far and as fast as your fitness level dictates. And you're far less likely to injure yourself by doing too much too soon.

3 Set short-term goals. Look for results you can see right away: the number of repetitions you can do, the amount of weight lifted, the distance you walk, or the amount of time you can last on a tread-

mill or a stationary bike. Figure what you want to accomplish tomorrow and over the next two weeks; forget about next month.

4 Beware home-based workouts. A study by the Fitness Products Council in 1997 found that home exercise equipment is used regularly in just one-third of American households. The biggest reason: Mental boredom from lack of variety in the exerciser's program, combined with waning motivation. The lesson here: Get yourself an exercise partner, go to a health club, or take a fitness class. Mutual support is everything in staying committed.

5 Jane Fonda doesn't own the franchise on aerobic exercise. Stepping up and down to Muzak in a gym loses its considerable appeal after a short time; remember that aerobic workouts ought to be the most interesting type of exercise because they can take so many forms: Walking, jogging, treadmills, stair-climbing; cycling, elliptical training, swimming, kick-boxing, in-line skating and trampolines, to name a few. Variety is all important when it comes to aerobics, because variety will keep you interested and motivated.

6 Resistance training doesn't equal barbells. In its simplest form, strength training can mean pressing your muscles against a wall or working out with an elastic band. Free weights and weight machines are for the dedicated, and defini-

tion is a process. Focus on flexibility. When you're flexible, you exercise more efficiently and more importantly, you limit your susceptibility to injury.

7 What's more, it's easy - stretching before your workout takes a couple of minutes, it's not strenuous and it puts you in a mood to exercise.

8 Remember that pain doesn't equal gain. What pain does is turn people off from exercise. Patience, pacing and persistence are the really important elements in sticking with a fitness program. Find your own comfort level.

9 Get comfortable with the unfamiliar. Make it part of your routine to do something totally different than what you normally do. Work out at a different health club. Put your TV in the closet for a month. Walk to work. Change your workout - routine - regularly. Variety will keep you focused and interested.

10 Remember, you can do this. If you've lost significant weight or gotten fitter once, you've already established a pattern for success. Don't waste your time kicking yourself for backsliding; just go back to what worked for you.

-Bodytrends.com contributed to this report
Times-News writer Steve Crump can be reached at 735-3223, or write to him at crump@magicvalley.com

Experts: Fitness leaves out some seniors

Los Angeles Times

We are constantly reminded that 30 minutes of regular exercise several times a week is crucial to good health and long life.

But what happens if you're one of the millions of older Americans who suffer from arthritis, Alzheimer's disease, diabetes, osteoporosis or some other physically limiting condition? You may be trapped at home, shut out of traditional gyms and health clubs, too discouraged or too depressed to challenge yourself with movement.

"They're the forgotten people," said Karl G. Knopf, president of the Fitness Educators of Older Adults Association. He's among a growing number of patient advocates and fitness professionals who worry that the one-size-fits-all fitness world has left behind the very people who may need exercise the most.

The numbers are striking. An estimated 54 million Americans have disabling or chronic illnesses such as asthma and diabetes. Two-thirds of them are over age 60. Almost all could benefit from physical activity.

Exercise has been shown to lower blood pressure and cholesterol, improve sugar metabolism, and boost mood and concentration. It also helps muscle tone, endurance, motor skills and balance. The health benefits, along with the psychological boost of social interaction, can increase

independence, staving off some of the deterioration that chronic illness can bring.

Without exercise, the chronically ill risk the setbacks of deconditioning, said Dr. Jeffrey L. Cummings, director of the Alzheimer's Disease Center at the University of California, Los Angeles. "If you let people sit in bed, they cannot get up again. You have to maximize your physical activity to reverse (deconditioning) to the extent you can."

But that's easier said than done. Only a few facilities can accommodate people with physical limitations. Programs tailored to special needs are scarce, and transportation is sometimes a problem.

And even if an appropriate fitness program is available, health insurance plans generally won't cover it. Only a few sick or elderly can afford to pay out of pocket.

Victor Suhr, for example, a 61-year-old former locksmith with post-polio syndrome, can barely scrape together the money for a weekly water class.

"When he was still working, he swam 50 laps each day at a Santa Barbara YMCA. But now, cool pool temperatures make his limbs cramp. He lacks the stamina to walk more than a couple of blocks."

Because Medicare won't pay for warm-water therapy, he cobles together his one-third share for the class sponsored by the

Please see FITNESS, Page B2

Baby face: How to look older | Prevent back injuries in your kids

DEAR PAULA: I am looking for makeup recommendations that will make me look more mature. I'm 35, but often pass for a teen-ager. I have had one professional makeover. They suggested dark brown eye shadows for a very dramatic look, stating that more makeup makes you look older. The look does make me look older and is fine for evening, but I think it is a little too heavy for the office. Do you have any suggestions?

-SUSAN, EMAIL
DEAR SUSAN: Generally, a "full" makeup application will make a younger-looking woman appear older, as most teens do not take the time (or have the skills) with this makeup application.

Make sure the colors you choose are strong but not too bold and never use pastel or glossy/shiny shades.

Stick with matte textures in sophisticated hues of browns, taupes, caramels, rust, gray, burgundy, rose, berry, and so on. Also, make sure your lipstick is carefully applied and is an opaque, matte texture. Glossy or greasy lips will only minimize color looking younger.

Have your eyebrows professionally shaped and maintain the shape at home with careful tweezing. An evenly-manicured brow with a soft arch can also look



more mature. Learn how to define and fill in your brow for a more elegant look, and wear at least two to three coats of mascara. Do line your eyes as that enhancement always adds a more sophisticated look.

Make sure your office wardrobe and choice of accessories is not adding to your "young" look. Tailored clothing that fits well is also a sign of elegance and generally not associated with youth.

Hair also plays a large part in looking more mature. Long hair is generally more youthful while shoulder-length is considered more serious and practical.

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

To prevent backpack related injuries in your kids:

• Ensure that your child's backpack is sturdy and appropriately sized. Some manufacturers offer special child-size versions for children ages 5 to 10. These packs weigh less than a pound and have shorter back lengths and widths to prevent slippage.

• Consider more than looks when choosing a backpack. An ill-fitting pack can cause back pain, muscle strain or nerve compression. To help distribute the load, look for packs with padded shoulder straps and waist straps.

• Ensure that the weight of your child's pack does not exceed 15 percent of his or her body weight. Avoid overloading by prioritizing the items your child carries and eliminating unnecessary contents.

Unintended effects

Inhaled asthma drugs can lead to bone loss, according to a study reported in the Sept. 27 edition of the New England Journal of Medicine. The study assessed the effect of triamcinolone acetonide (Azmacort and other brand names), on 81 women aged 18 to 45 who had asthma. After periodically testing the women's bone density, the

Health notes

researchers determined that bone loss at the hip and at one part of the femur was significant and was greatest in those who took the most doses to control their asthma. Bottom line: Inhaled glucocorticoids should be taken at the lowest dose necessary to control asthma.

Progestin and PMS

Is there evidence to show the effectiveness of progestin drugs for symptoms of premenstrual syndrome (PMS)? Not according to a study published in the Oct. 6 edition of the British Medical Journal. Past studies of the oral contraceptives and other drugs prescribed for PMS have often included women without a formal diagnosis of PMS. They have also been made dubious by showing high rates of effectiveness for the placebo with which the drugs were compared. But the new study reviewed 14 trials in which more than 900 women took a variety of these drugs. The research team concluded there was no evidence that progestin drugs had a clinically significant effect on symptoms of PMS.

-compiled from wire service reports

HEALTH & FASHION

Defend yourself against flu

The Seattle Times

Raise the barricades — flu season is charging our way.

Fortunately, we have the time and the means to prepare our defense. Influenza vaccine will soon be available at some clinics for high-risk groups such as the elderly, and through November and December for everyone else.

And because the main flu season runs from January to early April, we have plenty of time to get ourselves immunized, say public-health officials. Protection takes effect about two weeks after you're vaccinated.

Doing so is particularly important, officials say, for the over-65 crowd and for anyone, adult or child, with a chronic condition such as diabetes, asthma, heart disease or HIV, who can be especially hard-hit by the flu.

For most people, flu means a few days to two weeks of misery with such symptoms as fever, headache, muscle aches, sore throat, cough, weakness and fatigue.

But for those in high-risk groups, influenza can lead to pneumonia or even death. State health officials urge high-risk individuals to also get a pneumococcal vaccination if they've never had one.

With our nation under unusual stress following the Sept. 11 terrorist attacks, you might wonder if all of us — not only the high-risk folks — will be more susceptible to the flu or colds this season, since it's widely thought that our immune defenses suffer under stress.

Authorities don't dismiss that idea but say hard proof is lacking and that it would be difficult

Treating the flu

Don't count on antibiotics to cure your flu. A virus causes influenza (colds, too), and antibiotics don't face it.

However, antibiotics might help a sinus infection or other bacterial infection that could develop from the flu.

Aspirin or other painkillers can combat flu's aches. But don't give aspirin to a child or teen who has the flu, cold or other viral illness because this can lead to dangerous Reye's syndrome.

Several so-called anti-flu drugs are available by prescription. Unlike the flu vaccine, they do not prevent flu but can diminish or halt symptoms

once flu attacks. They must be taken within 24 to 48 hours after the first hint of symptoms. One limitation: Because colds are sometimes misdiagnosed as flu, you could end up taking the medication needlessly.

Better than battling the flu is not getting it in the first place. Try to evade it as you would a cold: Wash your hands often and well; keep unwashed hands from your mouth, nose and eyes; stand back from people who are coughing or sneezing; get plenty of sleep; and eat healthily to give your immune system a fighting chance.

— Source: Seattle Times

to link any increase in the flu or colds to worry about terrorism.

"It's a very interesting question," said Dr. Ann Kimball, a professor of health services and epidemiology at the University of Washington. "Stress is hard to measure. I believe most (of the evidence) is anecdotal." Yet some University of Washington research does suggest that stressed animals suffer more illness, she said.

In any case, it wouldn't hurt to take extra-good care of yourself, get plenty of sleep and eat healthfully during flu and cold season, said Dr. Margaret Dimond, a University of Washington professor of behavioral nursing.

However, flu shots are the best defense against influenza, experts agree. (There's no vaccine for colds.) Studies of healthy young adults have shown the vaccine to be 70 to 90 percent effective in preventing illness, say the federal Centers

for Disease Control and Prevention.

In at-risk groups, "the vaccine is often less effective in preventing influenza infection but is still very effective in reducing the severity of illness and the risk of serious complications" and death," says a CDC report.

This year's vaccine will arrive in stages because of delays in production, but officials say you'll still be able to be immunized well before the peak flu season hits.

For that reason, health officials are asking doctors, clinics and other providers to give priority to at-risk patients this month.

Only three pharmaceutical companies, instead of four, as before, are making this year's supply of vaccine, partly explaining the staggered arrival. However, delays are nothing new in the world of flu vaccines because of the special — even odd — complications involved in making them.

ers aren't aware of its value. Because doctors generally receive limited training in exercise benefits, they're less likely to know how, and where, to steer patients.

Some recommend physical therapy, although it is usually a very limited proposition — often just a handful of sessions to get someone through the acute phase of an illness or postoperative period.

"At some point they will be

discharged. That's where we see regression, and people lose the strides they make," said Janie Clark, president of the American Senior Fitness Association in New Smyrna Beach, Fla.

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Saturn moves back into our sky

Although I'm not a big believer in fate, I probably got a pretty good kick-start into a career in astronomy when I was about 12. My parents bought me my first telescope as a Christmas present. But thrilled as I was, I had no idea how to find the good targets, or what they'd look like in my department-store optics.

So on the first clear night, I huddled up, went out in the backyard in the northern Illinois snow, and set up my new prize. I couldn't even wait until dark, so as night settled over me, I would point at each bright star as it pierced the lingering veil of twilight. Throughout the telescope the stars just looked much the same as the naked-eye view, but brighter and with colorful halos — indicative of inexpensive optics.

Then I turned to what appeared to be just another bright star, and there in the eyepiece was not a pinpoint, but a ball girded with a spectacular phalanx of rings! Having had no inkling that my modest instrument could reveal Saturn's most famous feature, the



SKYWATCH
Chris Anderson

Sky calendar

(through Saturday)

- Planets:
One hour before sunrise:
Venus: E, very low.
Jupiter: S, very high.
Saturn: WSW, high.
One hour after sunset:
Mars: S, low.
- Moon:
New Moon Tuesday, 1:23 p.m.
Other: Orion meteor shower:
Saturday night, about 20 meteors per hour after midnight.

visual impact left me sitting in the snow, speechless. Shortly thereafter my parents must have been questioning their choice of presents as I dragged them out in the cold to see for themselves.

So I get a little nostalgic whenever I see Saturn returning to the night sky, even 27 years after my first glimpse of those glorious rings. Saturn has been sliding through the morning sky since it sunk into evening twilight last spring, and now it's rising in the east about 10 o'clock. Telescopic views are reminiscent of those of the early '70s, as Saturn's rings turned wide open, making them easier to appreciate even in small scopes. The rings only present themselves this well roughly

every 14 years, so if you have a telescope, now's a good time to train it on the ringed planet.

Next week: Identifying moon phases.

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@csi.edu

Fitness

Continued from B1

Arthritis Foundation and nearby St. Francis Medical Center. It isn't enough, but it's the best he can do.

Insurance poses another impediment, experts say. Many health plans don't provide physical therapy for chronic conditions. Some have trimmed rehabilitation benefits.

Exercise professionals say none of this will change until health plans, and the federal Medicare program, make exercise a priority.

"It's going to take some kind of a legislative mandate that would allow Medicare to fund fitness center memberships," said James H. Rimmer, head of the National Center on Physical Activity and Disability.

Access to exercise for those with special needs is often intertwined with — and as a result, often hindered by — the medical system. Doctors may not know what to recommend, and insur-

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WHEN PRUDENCE DICTATES

QUESTION: When is it wise to probate a deceased spouse's estate?

Good reasons for probating a deceased spouse's estate are: forcing resolution of creditor claims; vesting title to property in a rightful owner; implementing trust provisions of a will; distributing assets to charities or beneficiaries other than the surviving spouse; winding up business affairs; and assuring the title insurance company that property can be legitimately conveyed.

Needs and circumstances vary from one estate to the next. An informed decision on whether to probate a deceased spouse's estate must take into account the type and amount of property and debt involved; whether there was a will and what it said; and whether other parties than the surviving spouse might gain financial advantage in the absence of a probate proceeding.

As with other of life's more important decisions, a careful assessment of relevant circumstances makes the best answer fairly obvious.

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MAGIC VALLEY REGIONAL MEDICAL CENTER
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The right care, is right here.

Coalition will offer foot exams

Magic Valley Diabetes Coalition will offer foot exams for people who have diabetes. Dr. Craig Holman and Dr. Randy Wraistad will conduct the free exams from 1-5 p.m. Tuesday at South Central District Health Department in Twin Falls. Bristol-Myers Squibb will also sponsor a free hemoglobin A1C test, which measures average blood sugar levels.

People who have diabetes are vulnerable to nerve and vascular damage that can result in loss of protective sensation in the feet, poor circulation and poor healing of foot ulcers.

To make an appointment, call Susie Beem, diabetes program coordinator for South Central District Health at 734-5900, Ext. 246.

Learn CPR

Infant cardiopulmonary resuscitation and child safety class will be offered from 7-9 p.m. Tuesday at Cassia Regional Medical Center in Burley. Instruction will include first-aid techniques to assist infants who are choking. The class will be taught by a certified American Heart CPR instructor who also works as an advanced emergency medical technician and newborn nursery nurse.

Cost for the infant CPR and safety class, including several other childbirth classes, is \$20. To register or for more information, call 677-6500.

About C-sections

Cesarean childbirth class will be offered from 7-9:30 p.m. Tuesday in the Sage Room of the Education Center at Magic Valley Regional Medical Center in Twin Falls.

The class will include information on cesarean deliveries, post-partum care, hospital procedures and non-conforming labors.

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

Parkinson's group

Twin Falls Parkinson's Support Group will meet at 7 p.m. Tuesday at the KMYT community room, 1100 Blue Lakes Blvd. N., Twin Falls. Members are asked to wear their name tags.

Jerry Holman, funeral director, will be the guest speaker. A group discussion will follow the program.

For more information, call Don Brington at 733-8868 or Ray Clark at 324-5013.

'Baby and Me'

St. Benedict's Family Medical Center is continuing its series, "Baby and Me," from 10-11 a.m. every Tuesday at the Health Education Center, 115 Fifth Ave. W., Jerome.

The free classes are for parents of children from infancy through toddler years. Topics will include story telling, speech development, infant massage, safety in the home and pediatric

To do for you

dentistry. For more information, call Anita Barrels at 324-1122, Ext. 3361.

Infant CPR

Infant CPR class will be offered from 7-9:30 p.m. Wednesday in the Sage Room of the Education Center at MYVMC in Twin Falls. Topics will include child safety, choking and prevention of injury. New parents, grandparents and children are encouraged to attend.

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

Alzheimer's support

SunBridge Care Center and Rehabilitation will offer an Alzheimer's Support Group which will meet at 10 a.m. Wednesday at SunBridge, 640 Filer Ave. W., Twin Falls. For more information, call Steve Jones or Dawn McCoy at 734-8645.

Caregiver support

SunBridge Care Center and Rehabilitation will offer a Caregiver Support Group which will meet at 7 p.m. Thursday at the KMYT community room, 1100 Blue Lakes Blvd. N., Twin Falls.

The group will meet once a month at the same location. At each session, a speaker will discuss topics that relate to the caregiver.

For more information, call Laurate Smith at 734-8645 or fax 734-4645.

About Alzheimer's

Snake River Health and Wellness Center will offer an Alzheimer's Support Group which will meet at 6 p.m. Thursday at the center, 640 Frogs Landing, Hagerman. For more information, call 837-6161.

Childbirth course

Prepared childbirth course will be offered from 7-9:30 p.m. Thursdays, beginning Thursday through Nov. 15, in the Sage Room of the Education Center at MYVMC in Twin Falls.

The class will include classroom instruction on wellness of the mother, labor and delivery process with relaxation and breathing techniques, care of the post-partum mother and care of the newborn including breast and bottle feeding.

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

C-section class

A cesarean class will be offered from 7-9:30 p.m. Thursday at the St. Benedict's Health Education Center, 115 Fifth Ave. W., Jerome.

The class is free for those who will be delivering at St.

Benedict's Family Medical Center. To register, call 324-4301.

Get a mammogram

The Magic Valley Regional Medical Center Women's Health and Imaging Services will be open all day Friday for women who want to have a mammogram without making an appointment. Mammograms will be provided from 8 a.m. to 5 p.m. on a walk-in basis at 224 Martin St. in Twin Falls. For more information, call 737-2192.

Breast cancer drive-in

Drive-In-for-Breast Cancer Day is scheduled for Friday. Drive-in businesses across the Magic Valley are promoting Breast Cancer Awareness Month and National Mammography Day.

Participating businesses will distribute information regarding the importance of breast screening and early detection.

Health shorts

St. Benedict's Family Medical Center in Jerome will offer a new public service for the Magic Valley. Beginning in mid-October, the medical center will present Health Shorts on topics of interest to the community.

Articles will include information and advice in the areas of medicine, surgery, sports medicine and wellness. Many articles will teach how to prevent problems, when to seek care for symptoms or medical illnesses and what options and treatments are available, a news release said.

In honor of Child Health Month in October, the first Health Shorts topics will include "Keep Halloween Safe," "Are Immunizations Dangerous?," "Sleep Loss Affects Kids' Attention" and "Kids Exposed to Violence at Risk." The month of November will focus on "How to Quit Smoking" and December's Health Shorts will address "How to Deal with Winter and Stresses."

St. Benedict's Family Medical Center welcomes comments and suggestions for new topics.

Learn about Reiki

A free informational talk on Reiki, a Japanese self-healing art, will be held at 7 p.m. Oct. 26 at the Eighth Street Center in Buhl. The class follows at 8 p.m. and from 10 a.m. to 5 p.m. Oct. 27.

Cost is \$150. For more information, call Kathy Ruys, Reiki master, at 543-2888.

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.

Chicago Tribune

If you have a sweet tooth, blame it on monkeys.

Research shows that while foraging the jungle for food through the centuries, monkeys learned the young, tender leaves of plants were sweeter and most edible. The plant sugars in those leaves provided the best sources of carbohydrate energy. Developing a sweet tooth was a strategy for survival. Some scientists draw a parallel to humans, at least until the dessert tray arrives.

"We have an inborn taste for sweetness and salinity," said Dr. Walter C. Willett, chairman of the nutrition department at Harvard School of Public Health and a professor at the Harvard Medical School.

And there starts the problem for most people. Although monkeys had the right idea by eating a plant-based diet, many Americans have strayed far from the tree.

But it is never too late to reactivate yourself with healthy foods that still taste good — and ones you will even come to crave. The old adage that organic or natural used to mean gray or bland doesn't hold these days. You may be pleasantly surprised at some of the foods making the "eat frequently" section of a nutritionist's recommended list of foods.

Nutrition is the missing piece in most fitness plans. Diets don't work. What's effective is improving your eating patterns, perhaps best accomplished one food or one meal at a time.

No one said it will be, ahem, a piece of cake, though clearly you will be able to have a slice on occasion.

"The hardest thing I do is get people to change their eating habits," said Julie Burns, who operates SportFuel nutrition consulting and advises the Chicago Bulls, Chicago Blackhawks and Northwestern University sports teams.

Not surprisingly, what guides most Americans about what they eat is taste. A 1998 national survey published in the Journal of the American Dietetic Association indicated taste is the most influential reason that steers food selection, followed by cost and convenience. Where's health as a decision-maker?

A Gallup poll conducted about the same time lends insight. More than half of the respondents said eating a healthy diet was too much work. In response to another question, 36 percent said the fun is taken out of eating when good health is introduced. This group was especially prone to feel guilty when eating favorite foods.

Willett recommends finding new favorite foods. He no longer opts for his childhood meals of meat and potatoes, accompanied by a "salad" comprising iceberg lettuce slathered with mayonnaise.

"When I was growing up in Michigan, olive oil was the small

bottle on the back top shelf in the pantry turning rancid," said Willett, author of the new best-selling book "Eat, Drink and Be

Healthy" (Simon & Schuster, \$25). "Now it is clearly one of the best foods you can eat daily, and it makes your meals taste better."



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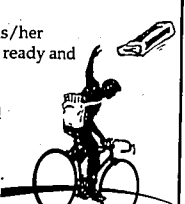
Proceeds go to the Crisis Center of Magic Valley and local Soroptimist Scholarships
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Headaches?

Because the symptoms of sinus headaches sometimes mimic those of tension-type or migraine headaches, you may not know that you need to see a sinus specialist. Review the chart at the right. If you suffer from sinus headache symptoms, Sinus Center-Idaho can help!

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HEADACHE SYMPTOM	SINUS TYPE	TENSION TYPE	MIGRAINE TYPE
Pain throughout the head	No	Yes	Yes
Pain and throbbing around one or both eyes that is worse upon arising	Yes	No	No
Nasal discharge, post-nasal drip or throat irritation	Yes	No	No
Pain in upper teeth	Yes	No	No
Increase in pain/pressure when leaning forward	Yes	No	No
Family history	Yes	No	Yes
Pain related to stress, hunger or fatigue	No	Yes	No
Nausea/vomiting or aversion to light and/or sound	No	No	Yes
Facial pain or pressure	Yes	No	No

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MORNING BREAK

CROSSWORD puzzle grid with clues for Across and Down sections.

Big-headed poet got dunked in ice spring

The poet William Cullen Bryant had an exceedingly large head, so large, in fact, that his father...



REVISITED L.M. Boyd

A. By all means. Of the nine British orders, the two lowest - the Victorian Order and the British Empire - are open to women.

REVISITED L.M. Boyd

First restaurant menu printed in this country was for Delmonico's in New York. In 1834, that was. It shows soup cost two cents, roast beef five cents, an entire pie four cents.

REVISITED L.M. Boyd

What passes for women's intuition, said George Jean Nathan, "is nothing more than man's transparency."

REVISITED L.M. Boyd

The locally legendary Rev. M. J. Smith, long known as "the martyring preacher of Birmingham," Ala., listed these three keys for successful marriage: 1. Cook hot biscuits. 2. Be nice to the in-laws. 3. Don't hide money.

REVISITED L.M. Boyd

Weeks after the funeral, where I went - including church - people would either try to avoid me or give me a pained look and ask, "And how are you?"

Saturday's Puzzle Solved grid with answers for the crossword puzzle.

Husband's affairs have cheated wife of a life

DEAR ABBY: I have been married for 50 years. I am 70, my husband is 73. We have eight grandchildren and are active in our church and community.



DEAR ABBY Abigail VanBuren

DEAR ABBY: I recently lost my wife to cancer. I could not believe the kindness and consideration of so many family members and friends.

DEAR ABBY: I have been married for 50 years...

DEAR ABBY: I have been married for 50 years. I am 70, my husband is 73. We have eight grandchildren and are active in our church and community.

DEAR ABBY: I recently lost my wife to cancer...

DEAR ABBY: I recently lost my wife to cancer. I could not believe the kindness and consideration of so many family members and friends.

Sagittarius: Be your own man, woman; follow no one

IF OCTOBER 15TH IS YOUR BIRTHDAY... you are musical, people are attracted to you for "protection and solace."

HOROSCOPE Sydney Omarr section with text for various zodiac signs.

HEALTH Are Immunizations Dangerous?

In recent years, there has been a lot of clamor over the occasional complications of immunizations.

HEALTH Are Immunizations Dangerous?

effective, that most of today's doctors have never seen illnesses like polio, diphtheria, measles and lock jaw.

ATTACK ON AMERICA

Advertisement for Times-News Expanded Coverage, featuring a large American flag graphic and details about subscription packages.

Family Physical Therapy & Sports Injury Clinic advertisement with contact information and a photo of Dave Little, P.T.

MAICO A-1 HEARING AID CENTER, INC. advertisement highlighting 40 years of service and a free hearing consultation.

At Twin Falls Clinic & Hospital, I found relief from my prostate problems, without surgery. Advertisement featuring a photo of a man and details about medical services.

THANKSGIVING IN OCTOBER advertisement for Salvation Army, offering a meat and grocery allowance and a bonus toward appliances.

Advertisement for furniture & appliance outlet, offering a bonus toward any mattress, sofa or bedroom group.

FOR THE RECORD

Cassia County

BURLEY: Recent activity in 5th District Court in Cassia County included the following:

Misdemeanor dismissals

Eric Patrick Wiley, 24, 2740 N.W. Blue Pointe Lane, Portland: infraction exceeding maximum speed limit, amended to misdemeanor driving away from vehicle, \$53 fine.
Timothy F. Toller, 37, 5842 N. 27th St., Coeur d'Alene: motor vehicle book violation, \$100 fine, Magistrate Judge Michael R. Crabtree.
Arvy D. Morrow, 23, 53 W. 450 N. Jackson: escape by one charged with a misdemeanor; Magistrate Judge Roy C. Holloway.

Misdemeanor sentences

Elizabeth Ann Montoya, 33, 11198 Sildow Ave., Lacombe, Wash: driving without privileges, amended to invalid driver's license, pleaded guilty, \$60 fine, \$150 court costs, Magistrate Judge Roy C. Holloway.
Barbara Willis Laylock, 18, 9300 S. Redwood Run, Apt. 1A13, West Jordan, Utah: inattention while driving, pleaded guilty, \$68.50 fine, \$150 court costs, Magistrate Judge Roy C. Holloway.
Michael R. Wood, 30, 300 N. Lindner, Meridian: motor carrier safety violations, pleaded guilty, \$263.50 fine, \$63.50 court costs.
Berick J. Smith, 47, 5016 N. Tannahill Way, Cedar City, Utah: motor carrier log book violations, pleaded guilty, \$43.50 fine, \$20 court costs.
Elgor M. Proskurin, 38, 8956 A Tinker Lane, Moses Lake, Wash: failure to obtain driver's permit, pleaded guilty, \$63.50 court costs.
**Casey R. Hill, 31, 7058 S. 21000 W., 180-lb weight exceeding allowable gross load, pleaded guilty, \$54 fine, \$63.50 court costs.
Chenais Gene Hepler, 58, 608 1/2 Central Ave., 200, Great Falls, Mont: two counts weight exceeding allowable gross load, amended to one count, pleaded guilty, \$63.50 court costs, one count, \$10 fine.
**Gregory M. Conroy, 31, 8776 S. 420 E., 150-lb weight exceeding allowable gross load, pleaded guilty, \$68.50 fine, \$63.50 court costs.
Monnie A. Ciderella, 14, 1211 19th St. Apt. 2, Heyburn: maximum driving and on-duty hours, pleaded guilty, \$43.50 fine, \$63.50 court costs.
**Juan Gulvan Lopez, 23, 1601 Albion Ave., 140-lb weight exceeding allowable gross load, pleaded guilty, \$63.50 fine, \$63.50 court costs.
**Evann Scott Fenton, 19, P.O. Box 302, 118-lb weight exceeding allowable gross load, pleaded guilty, \$63.50 fine, \$63.50 court costs, one count possession of a controlled substance, pleaded guilty, \$50 fine, \$63.50 court costs, Magistrate Judge Roy C. Holloway.
Skylene Gammato, 30, 24 Palmer Road, Buxley: infraction exceeding maximum speed limit, amended to misdemeanor driving away from vehicle, pleaded guilty, \$68.50 fine, \$63.50 court costs.********

Defaulted

Allen Rude Rollins, 43, 2872 Butte, Powell: five counts unlawful entry, four counts dismissed, one count defaulted, Magistrate Judge Michael R. Crabtree.

Juvenile sentences

Nicholas Brent Hurd, 16, 1300 Oriental Ave. Burley: misdemeanor invalid driver's license, pleaded guilty, \$68.50 fine, \$63.50 court costs.

Mindokoa County

BURLEY: Recent activity in 5th District Court in Mindokoa County included the following:

Misdemeanor dismissals

Ray Bagby, 52, 150 S.E. 950 E., Declo: insufficient funds check fraud, Magistrate Judge Larry R. Duff.
Felipe Juan Rojas, 28, 917 3rd St., Rupert: one count driving without privileges, one count driving without license, Magistrate Judge Michael R. Crabtree.
Peter O'Connell, 26, 363 N. Center, Wendville, Utah: infraction exceeding maximum speed limit, amended to driving offense by not controlling the vehicle, Magistrate Judge Larry R. Duff.
Bredrick Owen Sutherland, 36, 3942 W. 59th, Anchorage, Alaska: infraction exceeding maximum speed limit, amended to driving offense by person controlling the vehicle, Magistrate Judge Michael R. Crabtree.

Misdemeanor sentences

Ramon Reyes, 19, 1196 S.E. 9th Ave., Ontario: invalid driver's license, pleaded guilty, \$68.50 fine, \$63.50 court costs.
Billy S. McCullison, 28, 210 S. A. No. 24, Rupert: driving without privileges, amended to invalid driver's license, pleaded guilty, \$68.50 fine, \$63.50 court costs, 10 days in jail, 10 days suspended, 12 months' probation, Magistrate Judge Michael R. Crabtree.
Michael Earl Mitchell, 34, 1350 17th St., Heyburn: contempt of court, found guilty, Magistrate Judge Michael R. Crabtree.
Wendon E. Baustista, 19, 565 W. 13th St., Burley: contempt of court, pleaded guilty, Magistrate Judge Michael R. Crabtree.

Larry L. Castillo, 21, 1259 Normal Ave., Burley: contempt of court, pleaded guilty, \$68.50 fine, \$63.50 court costs, Magistrate Judge Michael R. Crabtree.
Bruce C. Cleverley, 43, P.O. Box 206, Rupert: funds insufficient funds check fraud, amended to misdemeanor insufficient funds check fraud, pleaded guilty, \$35.00 fine, \$63.50 court costs, 180 days in jail, 10 days suspended, 12 months' probation, \$2,300 restitution due to victim; Magistrate Judge Michael R. Crabtree.
**Any one of 18825 Gallatin Hwy, contemp of court, pleaded guilty, \$63.50 court costs, five days in jail, five days suspended, six months' probation; Magistrate Judge Michael R. Crabtree.
Israel Angel Talamantes, 26, 1618 Alma Ave., Burley: attempt to elude a police officer, amended to invalid driver's license, pleaded guilty, \$68.50 fine, \$63.50 court costs, 10 days in jail, 10 days suspended, one misdemeanor infraction driving without the influence, amended to misdemeanor inattentive driving, pleaded guilty, \$68.50 fine, \$63.50 court costs, 30 days in jail, 30 days suspended, 12 months' probation; Magistrate Judge Michael R. Crabtree.
Tereta Peggy Thompson, 905 S. St. Rupert: driver's license, pleaded guilty, \$68.50 fine, \$63.50 court costs.
Lori J. Durfee, 38, 807 A St. No. 3, Rupert: one count contempt of court, dismissed, one count invalid driver's license, pleaded guilty, \$68.50 fine, \$63.50 court costs, 10 days in jail, 10 days suspended, 12 months' probation; Magistrate Judge Michael R. Crabtree.
April O. Alvey, 19, P.O. Box 157, Heyburn: domestic violence, battery, amended to battery, pleaded guilty, \$68.50 fine, \$63.50 court costs, 30 days in jail, 10 days suspended, 12 months' probation; Magistrate Judge Michael R. Crabtree.
Kevin R. Funk, 31, 200 S. 245 E., Heyburn: one count driving without privileges, one count driving without license, pleaded guilty, \$68.50 fine, \$63.50 court costs, 30 days in jail, 10 days suspended, 12 months' probation; Magistrate Judge Michael R. Crabtree.
April O. Alvey, 19, P.O. Box 157, Heyburn: domestic violence, battery, amended to battery, pleaded guilty, \$68.50 fine, \$63.50 court costs, 30 days in jail, 10 days suspended, 12 months' probation; Magistrate Judge Michael R. Crabtree.**

Felony sentences

Kenneth Chad-Genity, 35, 61 E. 200 N., Rupert: two counts probation violation, pleaded guilty, two years' indeterminate penitentiary time, five years' indeterminate penitentiary time, time credited; probation revoked, sentence remainder imposed; District Judge John M. Melanson.
Daniel Reyes, 22, 742 Main Ave., Burley: attempt to elude a police officer, pleaded guilty, \$68.50 fine, one year six months' indeterminate penitentiary time, three years six months' indeterminate penitentiary time, time credited; District Judge John M. Melanson.
Dwaine L. Rupert, 20, 1659 Bennett Ave., Burley: two counts possession of a controlled substance, pleaded guilty, \$68.50 court costs, three years' probation, one year six months' indeterminate penitentiary time, suspended, three years six months' indeterminate penitentiary time, suspended; District Judge John M. Melanson.
Jonis L. Hoover, 35, 375 S. 200 W., No. 25, Rupert: delivery of a controlled substance, pleaded guilty, \$68.50 court costs, 60 days in jail, five years' probation, three years' indeterminate penitentiary time, suspended; District Judge John M. Melanson.
Gary Brandt, 43, 7190 Cascade Drive,

Baise: attempting to obtain a controlled substance by fraud, pleaded guilty, \$68.50 court costs, five years' probation, two years' indeterminate penitentiary time, time credited; District Judge John M. Melanson.
Donald Palmer Langley, 39, 1945 19th St., Heyburn: sexual abuse of child under 16, pleaded guilty, \$285.00 court costs, five years' probation, three years' indeterminate penitentiary time, suspended, time credited; District Judge John M. Melanson.
Robert T. Cutler, 1334 Oriental Ave., Burley: delivery of a controlled substance, pleaded guilty, \$68.50 court costs, 90 days in jail, five years' probation, three years' indeterminate penitentiary time, suspended, time credited; District Judge John M. Melanson.
Jessie Alex Juarez, Jr., 25, 213 Linden, Rupert: battery domestic violence traumatic injury, pleaded guilty, \$68.50 court costs, three years' probation, two years' indeterminate penitentiary time, suspended, three years' indeterminate penitentiary time, suspended; District Judge John M. Melanson.
Lon O. Laymon, 34, Mini-Cassia Jail, Burley: possession of a controlled substance, pleaded guilty, \$68.50 court costs, three years' indeterminate penitentiary time, four years' indeterminate penitentiary time, time credited; District Judge John M. Melanson.
Gary Brandt, 43, 7190 Cascade Drive,

Baise: attempting to obtain a controlled substance by fraud, pleaded guilty, \$68.50 court costs, five years' probation, two years' indeterminate penitentiary time, time credited; District Judge John M. Melanson.
Gregory L. Hillinger, 38, P.O. Box 92, Heyburn: burglary, pleaded guilty, \$68.50 court costs, two years' indeterminate penitentiary time, suspended; District Judge John M. Melanson.
Terry Lee Jones, 47, 156 Madison, Twin Falls: drug trafficking in methamphetamine, amended to delivery of a controlled substance, \$68.50 court costs, five years' probation, two years' indeterminate penitentiary time, suspended, eight years' indeterminate penitentiary time, suspended; District Judge John M. Melanson.
Dwaine L. Rupert, 20, 1659 Bennett Ave., Burley: two counts possession of a controlled substance, pleaded guilty, \$68.50 court costs, three years' probation, one year six months' indeterminate penitentiary time, suspended, three years six months' indeterminate penitentiary time, suspended; District Judge John M. Melanson.
Jonis L. Hoover, 35, 375 S. 200 W., No. 25, Rupert: delivery of a controlled substance, pleaded guilty, \$68.50 court costs, 60 days in jail, five years' probation, three years' indeterminate penitentiary time, suspended; District Judge John M. Melanson.
Gary Brandt, 43, 7190 Cascade Drive,

Deferred prosecutions

Brandon Barera, 19, 217 S. D St., Rupert:

**thief by receiving stolen property; Magistrate Judge Roy C. Holloway.
Sheryl L. Collier, 44, 545 Miller, Burley: theft by Magistrate Judge Roy C. Holloway.
**Juvenile sentences
Stephen T. King, 16, 678 E. 40th N., Rupert: infraction exceeding maximum speed limit, amended to misdemeanor driving offense by person controlling the vehicle, dismissed; Magistrate Judge Larry R. Duff.
Zacharias Accebedo, 17, 1459 Alma Ave., Burley: misdemeanor contempt of court, pleaded guilty, Magistrate Judge Larry R. Duff.
Detect A. Sanderson, 15, 356 S. 100 E., Rupert: misdemeanor invalid driver's license, pleaded guilty, \$68.50 fine, \$63.50 court costs.****

FEN-PHEN/REDUX USERS

Officials estimate that 1.2 million to 4.7 million Americans used the prescription drugs fenfluramine (half of the "fen-phen" combination) and dexfenfluramine ("Redux"), which have been linked to heart valve damage. Evidence reveals that up to 30 percent of those who used the drugs have developed heart valve abnormalities that can lead to various heart symptoms, endocarditis (a potentially fatal infection), and even heart failure.

We have represented more Idaho victims in this litigation than any other Idaho law firm. Although it has been four years since these drugs were removed from the market, it is not yet too late to bring a claim.

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The Natural Way Health Store

26th ANNIVERSARY

Annual Customer Appreciation Sale

September 3rd - October 22nd

20% Discount - All Merchandise

Gift Certificates
Bath & Beauty Gift Bags
Prescription for Nutritional Healing Books
"How To" Herb Books
Champion Juicer

2 GRAND PRIZES!

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Misdemeanor dismissals

Ray Bagby, 52, 150 S.E. 950 E., Declo: insufficient funds check fraud, Magistrate Judge Larry R. Duff.
Felipe Juan Rojas, 28, 917 3rd St., Rupert: one count driving without privileges, one count driving without license, Magistrate Judge Michael R. Crabtree.
Peter O'Connell, 26, 363 N. Center, Wendville, Utah: infraction exceeding maximum speed limit, amended to driving offense by not controlling the vehicle, Magistrate Judge Larry R. Duff.
Bredrick Owen Sutherland, 36, 3942 W. 59th, Anchorage, Alaska: infraction exceeding maximum speed limit, amended to driving offense by person controlling the vehicle, Magistrate Judge Michael R. Crabtree.

Misdemeanor sentences

Ramon Reyes, 19, 1196 S.E. 9th Ave., Ontario: invalid driver's license, pleaded guilty, \$68.50 fine, \$63.50 court costs.
Billy S. McCullison, 28, 210 S. A. No. 24, Rupert: driving without privileges, amended to invalid driver's license, pleaded guilty, \$68.50 fine, \$63.50 court costs, 10 days in jail, 10 days suspended, 12 months' probation, Magistrate Judge Michael R. Crabtree.
Michael Earl Mitchell, 34, 1350 17th St., Heyburn: contempt of court, found guilty, Magistrate Judge Michael R. Crabtree.
Wendon E. Baustista, 19, 565 W. 13th St., Burley: contempt of court, pleaded guilty, Magistrate Judge Michael R. Crabtree.

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ULCERATIVE COLITIS PART II

WHAT ARE THE SYMPTOMS OF ULCERATIVE COLITIS?
The most common symptoms of ulcerative colitis are abdominal pain and bloody diarrhea. Patients also may experience:

- Weight loss
- Loss of appetite
- Rectal bleeding
- Loss of body fluids and nutrients

About half of patients have mild symptoms. Other suffer frequent fever, bloody diarrhea, nausea, and severe abdominal cramps. Ulcerative colitis may also cause problems such as arthritis, inflammation of the eye, liver disease, osteoporosis, skin rashes, anemia, and kidney stones.

HOW IS ULCERATIVE COLITIS DIAGNOSED?
Blood tests may be done to check for anemia, which could indicate bleeding in the colon rectum.
Colonoscopy by a physician may be done to see any inflammation, bleeding.

ulcers on the colon wall. During the exam, the doctor may do a biopsy, which involves taking a sample of tissue from the lining of the colon to view with a microscope.

WHAT IS THE TREATMENT FOR ULCERATIVE COLITIS?
Treatment for ulcerative colitis depends on the seriousness of the disease. Most people are treated with medication. In severe cases, a patient may need surgery to remove the diseased colon. Surgery is the only cure for ulcerative colitis.

Some people whose symptoms are triggered by foods are able to control the symptom by avoiding foods that upset their intestines, like highly seasoned foods or milk sugar (lactose). Each person may experience ulcerative colitis differently, so treatment is adjusted for each individual. Emotional and psychological support is important.

Some people have remission - periods when the symptoms go away - that last for months or even years.

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WEST

FBI combs hijackers' tracks in Vegas

The Washington Post

LAS VEGAS - Additional FBI agents are being brought to this city to chase down hundreds of leads and track the movements of terrorists who repeatedly visited here in the months before the Sept. 11 attacks.

Hotel and rental-car records and other information place as many as five of the hijackers here between May and August, local law-enforcement officials have confirmed.

WAR ON TERROR

Whether the hijackers were planning to attack a Las Vegas location or simply using this party town as a convenient meeting place is unknown. Information about the exact movements of the hijackers while they were here remains sketchy.

One of the hijackers appears to have visited a computer store to log onto the Internet and others may have ventured into a topless cabaret for lap dances.

Law-enforcement authorities have asked security workers at casinos to look through their video surveillance tapes and records to see if any of the hijackers visited the gambling halls.

Mohamed Atta, a suspected ringleader of the terrorist attack that left more than 5,000 people dead, made at least two trips here, staying in an Econo Lodge on the seedy end of the famous Strip, Las Vegas Boulevard. Atta paid cash for his stays at the Econo Lodge, a Spartan two-story motel of cement block, where

Mohamed Atta, a suspected ringleader of the terrorist attack, made at least two trips here, staying in an Econo Lodge on the seedy end of the famous Strip, Las Vegas Boulevard.

weekday rates begin at \$35 a night.

The motel is a world away from the luxury hotels a mile or two down the Strip. Instead of fantasy casinos built to resemble Venice or Paris, this part of the Strip is dotted with storefront wedding chapels, liquor stores and hard-luck motels advertising on their marquees adult movies in the rooms. Even during the day, the occasional streetwalker can be seen here playing her trade with offers to "party" with men who slow their cars.

Across the street from the Econo Lodge, an "adult superstore" sells hard-core videos. A few doors down, Dino's lounge promises "the cheapest drinks on the Strip."

A worker at one of the pornographic video outlets said local police have visited the store and asked him to look at photographs of the hijackers. "They didn't look familiar to me, but we get all kinds in here," said the clerk, who asked that he not be named. "Middle Eastern guys? We get them all the time. But these? I couldn't make them."

The manager of the Econo

Lodge has been interviewed by FBI agents and has provided records of Atta's stays, one in late June and the other in mid-August.

In addition to Atta, authorities also believe that Marwan Al-Shehhi, Nawaf Al-Hazmi, Hami Hanjour and Ziad Samir Jarrah also visited the city. All five men were killed in the attacks in New York and Washington.

Atta appears to have visited an Internet cafe called the Cyber Zone across the street from the University of Nevada at Las Vegas. One of the store's employees said FBI investigators downloaded information from the hard drives of 10 of the cafe's comput-

ers. He said Atta visited the Cyber Zone "several times" and that he believes Atta spent most of his time on the Internet.

Cyber Zone, a storefront operation, is filled with rows of powerful computers offering fast Internet access and computer games. On Wednesday, about a dozen young men and teenagers sat before screens in the room, almost all of them playing games.

One of the most popular is "Counter Strike," in which a player armed with an automatic rifle hunts opponents through a maze of abandoned city streets. If the player loses, the computer announces: "Terrorists win."

Father, son presumed drowned

SALT LAKE CITY (AP) - A man and his son are believed to have drowned in Scofield Reservoir after their boat capsized in rough waters.

The missing pair, ages 39 and 12, were hunting Saturday with four others, said Carbon County Sheriff James Cordova. Cordova said high winds created the choppy conditions on the water, causing the boat to overturn.

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Conservation policies help keep energy forecast sunny

SALT LAKE CITY (AP) - Utah's conservation policies are getting partial credit for a winter energy forecast that looks better than it did less than a year ago.

In January, Gov. Mike Leavitt's Utah Energy Supply Forum, a formation of energy companies and state agencies, predicted the demand for natural gas would create rising energy costs.

Saturday, the same forum brought a more positive outlook for the future.

"But let's keep growing, moving forward," said Leavitt during the energy round table at the Capitol in Salt Lake City.

The other reasons for the positive outlook are falling gasoline prices - 58 percent this summer - a moderate summer and successful conservation practices.

Utah, unlike California, came through the summer without rolling electrical blackouts. As winter approaches, however, the price and supply of natural gas, used in heating, has been of prime concern. According to Questar, the state heads into winter with natural gas reserves of 100 percent. All indicators point toward low prices for natural gas.

Last year, the U.S. Department of Energy forecast the average residential natural gas price this year would be \$9.83 per thousand cubic feet, up from \$7.73 in 2000. Prices now are between \$2.50 and \$3 per thousand cubic feet of natural gas.

Alan Allred of Questar warned,

though, that prices need to stabilize or else Utahns would see the same fluctuations that worried homeowners and business owners last winter.

"We need to drill more and more wells," he said. "A \$1 gas price is no better in the long run than a \$10 price. Current prices are too low for drillers to keep drilling. It was the same situation that got us into high prices last winter."

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WORLD

Britain: Video amounts to an admission

LONDON (AP) — A videotaped threat from Osama bin Laden's al-Qaida group amounts to an admission of guilt for the Sept. 11 terrorist attacks on the United States, British officials said Sunday.

"In a statement broadcast Saturday on Qatar's Al-Jazeera television, al-Qaida spokesman Sulaiman Abu Ghaith told U.S. and British 'infidels' to leave the Persian Gulf region, and warned American and British Muslims to avoid planes and skyscrapers.



Prime Minister Tony Blair

"What I have heard about the message given," said Deputy Prime Minister John Prescott, "is basically confirming, I think, the guilt of bin Laden, who has made it clear that he wants to continue these actions."

"It was only a couple of weeks ago that he was denying he had anything to do with such atrocious actions, I believe almost condemning what happened in New York," Prescott told BBC TV from Moscow, where he was on an official visit.

Prime Minister Tony Blair's office said something similar. "This latest statement is a clear admission of responsibility for the terrorist attacks in the U.S. of 11 September," said the official of 10 Downing St., who spoke on condition she not be named.

"It can leave no one in any doubt of Osama bin Laden and al-Qaida's intention to continue to conduct, incite and support acts of terrorism," Downing Street said. "This is why we are determined to bring bin Laden, his al-Qaida network and those who support and harbor them to

Also Sunday, Palestinian leader Yasser Arafat arrived in London ahead of talks Monday with Blair and Foreign Secretary Jack Straw. "This is a very important visit and we hope we will discuss with the prime minister the whole situation in the Middle East and especially after what has happened with the terrorist activities," Arafat said outside Heathrow airport. He declined to comment further. Arafat also plans to meet with Charles Kennedy, leader of the Liberal Democrats, Britain's third-largest political party. He will travel to Dublin later Monday to visit with Irish Prime Minister Bertie Ahern. "Some people believe the struggle with Osama bin Laden's terrorism should be separated from the search for Israeli and Palestinian justice," Kennedy said Sunday. "I totally disagree. We must put even greater effort into helping Israelis and Palestinians to resolve these issues — which the terrorists are now exploiting for their own ends."

Militants surge toward Pakistani air base

ISLAMABAD, Pakistan — Thousands of Islamic militants converged on a southern Pakistani town Sunday, fighting pitched battles with police and paramilitary troops as they surged toward an air base that U.S. personnel are reportedly using.

One person was killed and 24 were injured in daylong battles around Jacobabad, police said. The desert city is the home to one of two Pakistani air bases made available to U.S. forces to support the air campaign against Osama bin Laden and his Afghanistan-based terror network.

As anger grew over U.S. airstrikes on Afghanistan, one militant leader exhorted followers to set Shabaz Air Base in Jacobabad on fire "at any cost," and another called on Pakistan's generals to overthrow the country's president, military ruler Gen. Pervez Musharraf.

Police and paramilitary troops from the Interior Ministry fired tear gas to repel hundreds of demonstrators marching toward the air base. Thousands of others massed along roads outside Jacobabad, prevented from reaching the city and base by a wall of armed authorities.

Nigerian army restores order after day of violence

KANO, Nigeria — Fires smoldered in burned cars and ruined buildings in the northern city of Kano on Sunday, a day after Muslim-Christian clashes left at least 13 people dead and religious tensions high.

The fighting Saturday was apparently ignited by clashes between police and an armed mob Friday following a protest by Muslims against the U.S.-led airstrikes on Afghanistan.

Hundreds of soldiers patrolled Kano, located 500 miles north of the commercial capital Lagos, restoring an uneasy calm Sunday.

World In brief

Police said they had confirmed 13 deaths in Saturday's violence, including five rioters shot by police. There were unconfirmed reports of hundreds dead but by Sunday no bodies were visible on the streets.

Iraqi newspaper signals shift on Osama bin Laden

BAGHDAD, Iraq — A newspaper owned by President Saddam Hussein's son sang the praises of Osama Bin Laden on Sunday, likely signaling a shift in the Iraqi government's attitude to the United States' No. 1 enemy.

While Iraq has been quick to condemn the United States for its airstrikes on Afghanistan, it had previously downplayed their target — bin Laden, the chief suspect in the Sept. 11 attacks on the United States. Protesters at a mass demonstration last week in Baghdad denounced America but did not carry bin Laden posters or chant his name.

Government officials denied reports of an Iraqi link to bin Laden. They pointed out Iraq does not recognize the Afghanistan government that harbors him.

Israeli snipers kill Islamic suspect in disco bombing

JERUSALEM — Israeli snipers Sunday shot dead an Islamic militant alleged to have organized the bloodiest suicide bombing in the past year's violence as the government prepared to withdraw troops and loosen its military blockade in some Palestinian areas.

The killing followed one of the least bloody weeks of recent memory in the fighting between Israelis and Palestinians, and raised fears of a fresh escalation in violence.

Israeli officials confirmed their security forces were responsible for the assassination of Abdel Rahman Hamad, 35, a member of the Islamic Resistance Movement.

WAR ON TERROR

or Hamas, and suspected mastermind behind the June 1 attack on a Tel Aviv discotheque that left 22 people dead and dozens injured, most of them Israeli teenagers.

private security guards who fly on many Chinese carriers, the Beijing Youth Daily said. Citing unidentified sources, it said the new force was being formed by the Civil Aviation Authority of China, the country's airline regulator.

Report: China creates police force to fly on airlines

BEIJING — China is creating a 2,000-member police force to fly aboard its airlines, prompted by terror attacks in the United States, a state newspaper reported Sunday.

The aviation police will replace

— compiled from wire reports

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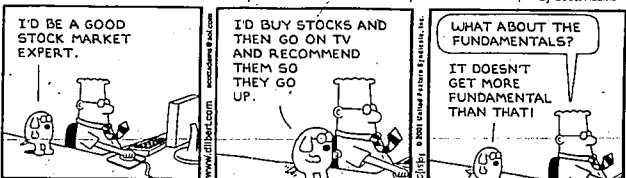
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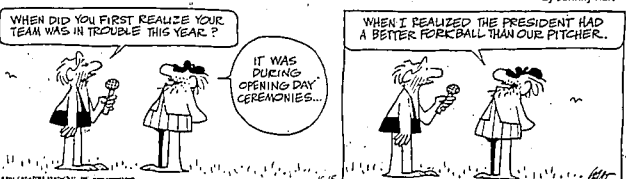
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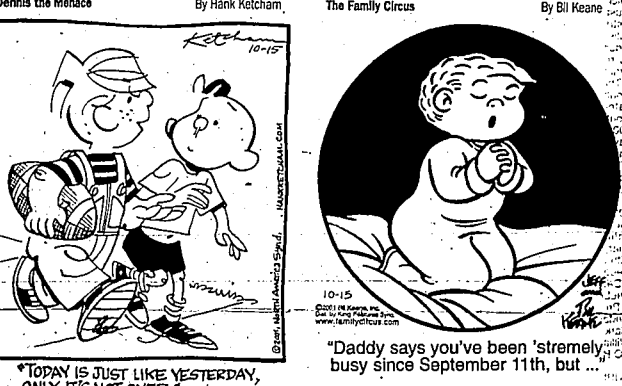


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920 HONDA '92 Accord LX... HONDA '92 Accord LX... HONDA '92 Accord LX...

921 CHEVY '77 1/2 ton... CHEVY '77 1/2 ton... CHEVY '77 1/2 ton...

922 CHEVY '96 Silverado... CHEVY '96 Silverado... CHEVY '96 Silverado...

923 CHEVY '93 school bus... CHEVY '93 school bus... CHEVY '93 school bus...

DODGE '00 Intrepid... MAZDA '91 MX6 2 door... MERCURY '88 Topaz... VOLKSWAGEN '83 pickup...

MERCURY '91 Topaz... MERCURY '91 Topaz... MERCURY '91 Topaz...

MERCURY '91 Topaz... MERCURY '91 Topaz... MERCURY '91 Topaz...

MERCURY '91 Topaz... MERCURY '91 Topaz... MERCURY '91 Topaz...

MERCURY '91 Topaz... MERCURY '91 Topaz... MERCURY '91 Topaz...

MERCURY '91 Topaz... MERCURY '91 Topaz... MERCURY '91 Topaz...

MERCURY '91 Topaz... MERCURY '91 Topaz... MERCURY '91 Topaz...

TOYOTA '97 Corolla 4 dr... VOLKSWAGEN '83 pickup... VOLKSWAGEN '83 pickup... VOLKSWAGEN '83 pickup...

VOLKSWAGEN '83 pickup... VOLKSWAGEN '83 pickup... VOLKSWAGEN '83 pickup...

VOLKSWAGEN '83 pickup... VOLKSWAGEN '83 pickup... VOLKSWAGEN '83 pickup...

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VOLKSWAGEN '83 pickup... VOLKSWAGEN '83 pickup... VOLKSWAGEN '83 pickup...

VOLKSWAGEN '83 pickup... VOLKSWAGEN '83 pickup... VOLKSWAGEN '83 pickup...

1001 VAN/BUSES... CHEVY '93 school bus... CHEVY '93 school bus... CHEVY '93 school bus...

CHEVY '93 school bus... CHEVY '93 school bus... CHEVY '93 school bus...

CHEVY '93 school bus... CHEVY '93 school bus... CHEVY '93 school bus...

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CHEVY '93 school bus... CHEVY '93 school bus... CHEVY '93 school bus...

CHEVY '93 school bus... CHEVY '93 school bus... CHEVY '93 school bus...

CHEVY '93 school bus... CHEVY '93 school bus... CHEVY '93 school bus...

1002 STOCK CARS... CHEVY Nova Grand... CHEVY Nova Grand... CHEVY Nova Grand...

CHEVY Nova Grand... CHEVY Nova Grand... CHEVY Nova Grand...

CHEVY Nova Grand... CHEVY Nova Grand... CHEVY Nova Grand...

CHEVY Nova Grand... CHEVY Nova Grand... CHEVY Nova Grand...

CHEVY Nova Grand... CHEVY Nova Grand... CHEVY Nova Grand...

CHEVY Nova Grand... CHEVY Nova Grand... CHEVY Nova Grand...

CHEVY Nova Grand... CHEVY Nova Grand... CHEVY Nova Grand...

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