



GOOD MORNING

WEATHER

Today: Limited sun, a shower of rain or snow. High 36, low 24.
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MAGIC VALLEY

Making the deadline: A Twin Falls County commissioner says he's met his self-imposed deadline.
Page B3

OPINION

Love those letters: We pay our annual homage to those who wrote letters to the editor in 2001, in today's opinion section.
Page A8

SPORTS



Pride matters: Denver upset the Oakland Raiders in a fierce AFC West showdown Sunday.
Page C1

Bowl extravaganza: Five College Bowl games, including the Humanitarian Bowl and the Liberty Bowl, fill out a full day of football today.
Page C1

HEALTH & FASHION



A sense of loss: If losing weight is your New Year's resolution, read how to make it happen.
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A Different America



The Thietten family plans to have two Christmases this year, one on the traditional date and one when brother and son Rob comes home from the Middle East.

We'll enter 2002 a changed people

The Times-News

TWIN FALLS - Hundreds of American families with loved ones in the military spent Christmas this year with an empty seat at the dinner table.

For the Thietten family of Twin Falls, the holiday was full with the hope of seeing their son and brother. The family Christmas celebration is postponed until his awaited return.

Rob Thietten, 24, is a fighter jet supply crewman with the F-15 Eagle Squadron from Mountain Home Air Force Base. Rob is living in a tent in the desert not far from Iraq. He crosses wooden planks through a minefield to report to duty.

Rob telephoned the week before Christmas to tell his family he will be home in January. The Thietten family of Idaho Home Health and Hospice - mom Judi, dad Gary and sisters Kayla Cuellar and Jaime Espil - are saving Christmas.

"We try hard to think of the positive things," Judi said.

"The family feels proud, worried, thankful Rob is safe, wishing he were home.

"Who are we to feel any more special because we have someone overseas?" Judi asks. "He is alive."

The Thietten aren't the only local people affected by the Sept. 11 terrorist attacks on the East Coast. While families of those in the military have perhaps felt the biggest impact, other shockwaves have reached Maple Valley residents: firefighters, police officers, students, charity organizers and recipients, veterans, politicians and others.

Since Rob left in mid-October, Judi said she prays more and appreciates more the closeness of her family.

The reality of war hit her when the first U.S. serviceman, Master Sgt. Evander Earl Andrews, 36, died in Operation Enduring Freedom. He was from the Please see DIFFERENT, Page A2

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Local economy

While the nation's economy sagged after Sept. 11, southern Idaho kept chugging along. "As far as the Magic Valley is concerned, we haven't seen much in the way of job loss at all," said Greg Rogers, regional labor economist for the Idaho Department of Labor. The area doesn't have major industries directly affected by the terrorist attacks. Areas dependent on tourism by air were hit hard, but the Magic Valley is not a destination location. A few people canceled their travel plans to Sun Valley, but snow arrived and the resort's numbers are back up, Rogers said. "We are an ag-based economy, and our biggest concern is getting enough water for the water year. So far so good," he said. Retail spending has been strong in the Magic Valley, and consumer confidence is high, he said.

While the nation's economy sagged after Sept. 11, southern Idaho kept chugging along. "As far as the Magic Valley is concerned, we haven't seen much in the way of job loss at all," said Greg Rogers, regional labor economist for the Idaho Department of Labor. The area doesn't have major industries directly affected by the terrorist attacks. Areas dependent on tourism by air were hit hard, but the Magic Valley is not a destination location. A few people canceled their travel plans to Sun Valley, but snow arrived and the resort's numbers are back up, Rogers said. "We are an ag-based economy, and our biggest concern is getting enough water for the water year. So far so good," he said. Retail spending has been strong in the Magic Valley, and consumer confidence is high, he said.

-Nate Johnson

A layoff in Burley

Effects of Sept. 11 reached one of the businesses at the Burley Municipal Airport. Campbell's Idaho Aviation laid off both of its employees after U.S. air travel was shut down Sept. 11 and will try and continue the business as a "mom and pop" operation, Sharon Campbell said. Sharon, and her husband Mike, own the aircraft service and maintenance company. Their two airplane mechanics, a husband and wife team, were laid off just after the terrorist attacks, but have since found work at China Lake Naval Weapons Center in California, Campbell said. Both mechanics were hit hard - financially by losing their jobs, and emotionally because both are involved with the military.

"It worked out for the best," Campbell said. "It turned out better for them." The winter is a slow time of year for the aviation company, and the mechanics would have been laid off through the winter if they hadn't been laid off after Sept. 11, Campbell said. Campbell said they have no plans to hire anyone back on even when the operation gets busier in the summer. The Campbells will make their systems more efficient and "just be a mom and pop operation from now on." Campbell said they have a regular clientele - many who "make a point to stop in Burley. We can take care of their needs."

-Shari Charney



Sgt. Mike Covington looks over some equipment in the special Twin Falls bomb squad van, an old converted ambulance, Covington and Det. Dan Lewin are the two-member bomb squad for the Twin Falls Police Department.

Attacks change business in the Magic Valley, but don't hurt it

By Virginia S. Hutchins
Times-News writer

TWIN FALLS - Magic Valley business isn't as usual, 3 1/2 months after the Sept. 11 terrorist attacks. But neither is it in distress. The attacks and their aftermath trimmed the demand for

trout from Clear Springs Foods Inc., for example, and slowed dog-training business at Goley Retriever Kennels in Buhl.

On the other hand, they accelerated already strong demand for Explorer Technologies Corp.'s security services and may have given a boost to Dekker's Please see BUSINESS, Page A3

Delivering aid to Afghans proves to be dangerous

MAZAR-E-SHARIF, Afghanistan - Warlords have threatened them, local Afghans have tried to rob them and the offices they used to store and distribute much-needed help have been looted down to the light fixtures. Aid workers racing to feed the needy in Afghanistan before winter makes that mission nearly impossible are encountering sometimes frightening obstacles. "This is very, very difficult, but we have to serve our people," said Mir Abdul Rahim, deputy field coordinator for the International Rescue Committee, a private aid organization with

operations in the northern city of Mazar-e-Sharif. Last week, one of Rahim's trucks was on its way to distribute food when a local commander tried to commandeer it before an angry crowd forced him to back down. In another district, a local official demanded the right to determine who gets assistance from the private aid group. When Rahim refused, the commander said he could not guarantee the aid workers' safety. At a camp where the group was counting displaced people to determine how much aid to distribute, armed soldiers drove up

Please see AID, Page A2



Afghan women sit in line on the ground waiting for their turn to receive Red Cross aid in a refugee camp outside Mazar-e-Sharif, northern Afghanistan, Sunday.

Farm worker wage bill takes effect with new year

The Associated Press

BOISE - On Tuesday, the issue that prompted demonstrators to disrupt debate in the Idaho Senate last winter becomes a law that even most supporters agree is more about form than substance.

The federal minimum wage of \$5.15 an hour will be extended to almost all Idaho farm workers on Jan. 1. Compromise legislation that broke years of impasse in the Legislature means almost all agriculture employees will be covered.

About 61 percent of the 15,000 to 33,000 seasonal laborers on Idaho farms and ranches already were covered by the federal mini-

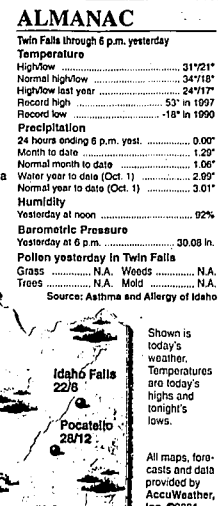
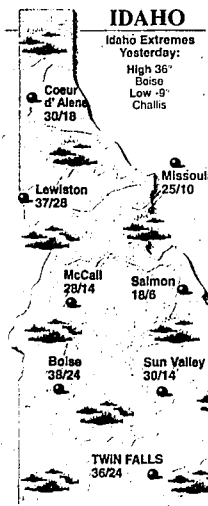
mum wage law, according to the Idaho Department of Labor. Idaho will be only the 10th state with a minimum wage law that treats farm workers the same as other workers.

The only exceptions will be an employer's immediate family members, some hand-harvest workers paid on a piece-rate basis and children 16 or younger doing hand-harvest labor on the same farm as their parents. People working in grape production of cattle and sheep also are exempted.

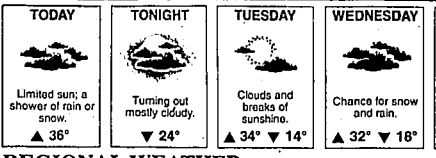
State Sen. Joe Stegner helped craft the compromise proposal credited with finally resolving a Please see LAWS, Page A4

FORECAST FOR MAGIC VALLEY

AccuWeather.com



FIVE-DAY FORECAST FOR TWIN FALLS



REGIONAL WEATHER

Southern Idaho: Mostly cloudy today with a bit of rain and snow moving across the region, especially this afternoon into early tonight. Highs ranging from the teens in the mountains to the 30s in the western valleys.

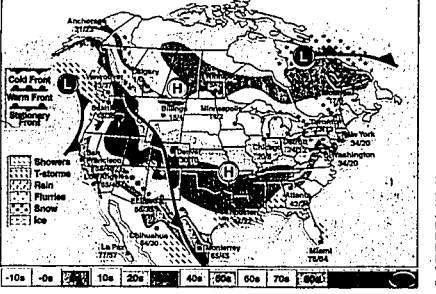
Boise: Mostly cloudy today with a couple of showers of rain and snow. High 38. Turning out mostly cloudy tonight after a leftover shower of rain or snow. Low 24. Times of clouds and sunshine tomorrow. High 36.

Northern Nevada: Rather cloudy today with a stray sprinkle in the far west. Highs generally in the 30s and 40s. Partly to mostly cloudy tonight.

Northern Utah: Mostly cloudy across the region today with a couple of rain or snow showers late in the day into early tonight. Highs ranging from the lower 20s in the mountains to upper 30s in the southwest.

Northern Idaho: Clouds and limited sunshine today with a stray shower or flurry. Highs ranging from the 20s in the mountains to the 30s in the low valleys. Partly to mostly cloudy and cold tonight.

NATIONAL WEATHER



CANADIAN CITIES

City	Today	Tue.
Calgary	1 0	8 12
Edmonton	24 6	29 12
Halifax	6 -8	21 6
Kelowna	34 18	33 32
Lethbridge	28 4	34 19
Regina	7 -7	15 8
Saskatoon	13 -5	19 -2
Toronto	29 13	20 9
Vancouver	7 7	48 14
Victoria	48 38	49 43
Winnipeg	5 -7	13 -3

SUN AND MOON

Sunrise today	8:08 a.m.
Sunset tonight	6:14 p.m.
Moonrise today	6:47 a.m.
Moonset tonight	9:26 a.m.

UV INDEX TODAY

Time	UV Index
10 a.m.	1
12 p.m.	2
2 p.m.	3
4 p.m.	4

NATIONAL CITIES

City	Today	Tue.
Atlanta	42 24	42 24
Atlanta City	35 14	35 16
Baltimore	34 15	34 17
Bilings	18 4	20 6
Birmingham	40 19	41 20
Boston	36 20	34 22
Charleston, SC	51 30	49 25
Chicago	20 8	20 6
Chicago	26 12	22 16
Cleveland	28 10	22 16
Dallas	30 10	28 15
Denver	19 -3	9 -11
Des Moines	24 12	23 15
El Paso	58 38	52 26
Fallaska	19 -3	9 -11
Fargo	15 -4	4 -4
Honolulu	83 83	79 81
Houston	45 48	48 23
Indianapolis	24 3	16 5
Jacksonville	57 38	57 38
Kansas City	22 8	22 8
Las Vegas	58 40	56 36
Little Rock	34 18	35 17
Los Angeles	65 48	67 46
Los Angeles	65 48	67 46

REGIONAL CITIES

City	Today	Tue.
Boise	38 24	36 22
Donner Ferry	30 23	37 28
Burley	37 17	36 18
Coeur d'Alene	32 22	42 22
Elko	36 18	38 22
Epupone, OR	48 36	46 38
Hagerman	34 24	40 28
Idaho Falls	22 6	24 6
Kalspohn	20 7	24 10
Lewiston	37 28	38 28
Malden	31 19	31 18
Mata	5 -9	5 13

City	Today	Tue.
Boise	38 24	36 22
Donner Ferry	30 23	37 28
Burley	37 17	36 18
Coeur d'Alene	32 22	42 22
Elko	36 18	38 22
Epupone, OR	48 36	46 38
Hagerman	34 24	40 28
Idaho Falls	22 6	24 6
Kalspohn	20 7	24 10
Lewiston	37 28	38 28
Malden	31 19	31 18
Mata	5 -9	5 13

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Different

Continued from A1

Mountain Home base, killed not in hostile fire but in a forklift accident in Alameda, Calif.

For Kayla, it's not her brother's deployment - always in the back of her mind - that has changed her as much as the events of Sept. 11. Family, home, how to impact lives close to home, the importance of these things were brought into focus.

"I think that makes you realize you don't have to do anything big to make a difference," she said.

A member of the Civil Air Patrol and a Vietnam veteran, Curry helped his son's unit pack the day after the attack on New York and Washington, D.C. He saw the resolve in the crew, and the public support for their mission.

"They wanted to go right then. They were mad and wanted to do something," he said.

Support for the military

Vietnam War veteran Lloyd Hernandez of Buhl said he has witnessed a groundswell of patriotism since Sept. 11.

"The one thing that has happened here is that it has brought people together through a great sense of patriotism," he said. "It has really been powerful."

Hernandez, who is commander of the Buhl branch of the Veterans of Foreign Wars, was involved in Marine aviation during his Vietnam tour. He said he was involved in support missions and not in combat.

"I've always been personally proud of my service," he said.

U.S. Army Sgt. George Olson says more people are going out of their way to tell him they appreciate what he's doing for his coun-

try. But he said Twin Falls has always been a patriotic kind of town.

"Since Sept. 11, I feel support for the military from the general public has gone up quite a bit, but people in Twin Falls have always been supportive," Olson said.

Olson, station commander at the Twin Falls Army Recruiting Station, said although a few more people have expressed interest in joining the Army, the enlistment numbers haven't gone up that much.

"There's been maybe three more enlistments," Olson said. "I think the only thing that's really changed is security has been tightened a little."

Jerome resident Bob Wagner is one of thousands nationwide who copes daily with post-traumatic stress disorder because of his Vietnam experience. He meets weekly with members of the Order of the Purple Heart. The events of Sept. 11 have reactivated PTSD for many of them, he said.

Patriotism among students

For senior Deanna Thompson and her friends at Twin Falls High School, reciting the daily Pledge of Allegiance has taken on a renewed significance since Sept. 11.

"Everyone seems more serious about it instead of saying it fast like before," she said.

Indeed, Debbie Van Engelen, a counselor at the high school, said she has witnessed a greater sense of patriotism among the student body. It's not unusual to see stu-



Staff Sgt. George Olson hasn't seen a wave of new recruits for the military, but then he says Twin Falls has always been a good place for military recruiters.

dents walking the hallways stop and place their hands on their hearts when the Pledge of Allegiance is broadcast over the school's loudspeakers, she said. Occasionally, students will follow the pledge with an impromptu rendition of the national anthem, she continued.

"I think it's wonderful," she said. "It gives me goose bumps."

Ted Larsen, a government teacher, said the terrorist attacks and the subsequent events have added a perceived relevance to his curriculum.

"I have detected an increase in student interest in current events," he said.

Since Sept. 11, he said, he devotes about 15 minutes each week in his class to update and focus on the latest events in the "war on terrorism."

While he, too, has seen his students exhibit patriotic feelings, he has also seen some of his male students asking questions about the draft with a sense of apprehension.

"Nobody relishes the thought of going to war," he said.

down in the months since, Covington said he doesn't want to see anybody lose their edge.

"I hope that people don't relax so much that we're just not aware anymore."

Covington and Det. Dan Lewin make up the police department's bomb and hazardous materials squad. And when a wave of anthrax letters scares the Magic Valley in the wake of anthrax deliveries on the East Coast, he and Lewin found themselves responding to a lot of calls.

Aucaire said his department also got busy.

"The anthrax thing changed us," he said. "It really brought home to us that we need to be trained and equipped for that sort of thing."

Capps said his department and others around the valley had before Sept. 11 already stepped up has-mat training in expectation that the Olympic Games in Salt Lake City could attract terrorists or other extremists.

Since the attacks, many specialized trainers at the federal level have been too busy to offer much training to small departments, Covington said. But he expects that he, Lewin and others will get more specialized training after things calm down.

Beeing up Capitol security

When local lawmakers return to the statehouse next month, they'll find security a lot tighter.

Since Sept. 11, the Department of the Administration has hired more security personnel for the State Capitol in Boise. They've closed all the entrances but two and they are requiring all who enter regularly to apply for and wear photograph ID badges.

been discussed prior to Sept. 11 anyway.

Mixed bag for charities

In the weeks following Sept. 11, Magic Valley businesses, groups and individuals responded along with fellow Americans by opening their pockets to help attack victims and their families. Most of those donations were made through the American Red Cross.

The result was a drop in donations for Magic Valley needs handled by the local Red Cross chapter, but other charities reported no drop in contributions.

Donations to the local United Way have been good since Sept. 11.

"I think the events of September 11 have increased the awareness of the importance of having local organizations," said Jim Pozzo, executive director of the South Central Idaho United Way.

Charitable organizations which rely on one-time donations may have been hurt by the siphoning of money into New York, but the local United Way gets most of its revenue from regular, periodic donations, Pozzo said.

"All through the American Red Cross has been receiving many donations, little of the money was given for local use.

"Donations are lower than they have been in two years," said Marty Buss, public support, marketing and fund-raising supervisor for the Sawtooth branch of the Red Cross.

People are being generous, but most of the money has gone to New York, while support for local services is trickling in more slowly than usual.

"In order for us to do local services, we need to have local donations," Buss said. Money that is not specifically designated for local use is funneled to the national organization.

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Aid

Continued from A1 and demanded 2,000 more families be added to the list, Rahim said.

About 500 tons of barley, wheat and corn were stolen from an aid warehouse near the Iranian border.

"There are people who should receive the food and people who should not receive the food, and the people who should not receive the food, such as commanders and bandits, are trying to take it," Rahim said.

So great is Afghanistan's need, especially now that winter has set in, aid workers hardly know where to begin.

The international Red Cross estimates there are as many as 400,000 families desperate for help along former front lines in northern Afghanistan.

In the central highlands, roughly one in five children are reported severely malnourished, said U.N. spokeswoman Stephanie

Bunker. Nearly a yard of snow has fallen in some areas, severely hampering aid deliveries.

Then there are the Afghans returning home from Iran and Pakistan, many with nothing to rebuild their lives. The U.N. High Commissioner for Refugees said 17,500 refugees re-entered the country in one week in mid-December.

After the Sept. 11 attacks on the United States, most foreign aid workers pulled out of Afghanistan. They are only now returning, often to find their offices ransacked and looted.

At the offices of the U.N. World Food Program in Mazar-Sharif, all that remained were a few desks too big to be easily removed.

The carpet, the type glued to the floor, had been ripped up, and even light fixtures removed. U.N. offices in the northeastern city of Kunduz were similarly looted.

Times-News writers Jennifer Sandmeyer, Julie Renshaw, Matt Hertz, Nate Johnson and Sandy Miller contributed to this report.

Afghan government OKs peacekeepers

KABUL, Afghanistan (AP) — The new Afghan government has reached an agreement with international peacekeepers on how they will function in the coming months, the country's interim foreign minister said Sunday.

Dr. Abdullah, who uses only one name, said that multinational troops would be allowed to operate in various Afghan cities, working with Afghan authorities to provide security. But he would not provide further specifics about the deal, which followed long and complicated negotiations both with the peacekeepers and among different factions of the Afghan leadership.

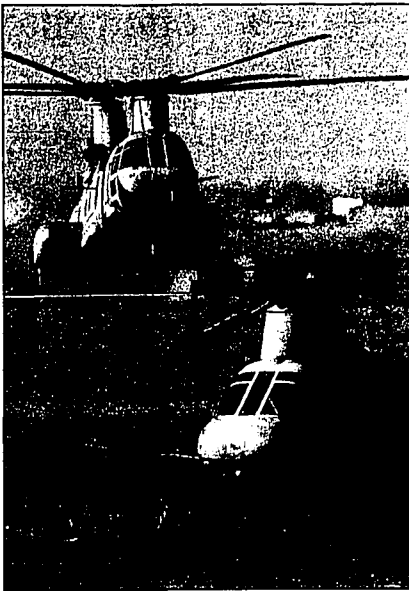
Abdullah also said Sunday that U.S. airstrikes would be needed as long as terrorist cells are in Afghanistan.

The first deployment of peacekeepers — British Royal Marines — arrived days before the Dec. 22 inauguration of a six-month administration. But discussions had bogged down over how many more troops will come and what their duties will be.

Some within Afghanistan's interim Cabinet wanted as many as 5,000 peacekeepers with a visible, pro-active role. Defense Minister Mohammed Fahim, however, thought international troops should be limited to 1,000 and perform peacekeeping duties with a low profile.

Though peacekeepers will be stationed initially in Kabul, the government also welcomes them in other cities, Abdullah said. Several countries, including two Muslim nations, already have committed troops and resources.

One sticking point may be the continued presence in Kabul of armed Afghan fighters. Under the agreement reached in Germany



Two CH-46E Sea Knights land at the Marine's base at Kandahar International Airport in Afghanistan Sunday.

that empowered the temporary government, those soldiers are allowed only outside the capital. However, Abdullah said "Afghan soldiers will be based in

military bases in and around Kabul."

While Abdullah said U.S. airstrikes still are necessary, other ministers in the week-old Cabinet

have said the bombing campaign, which helped defeat the Taliban and sent many al-Qaida fighters running, should stop to avoid more civilian casualties.

"Certainly we are concerned about that," Abdullah said. But bombing "should continue as long as it takes."

Some Taliban leaders are in custody, he said, but "quite a few have disguised themselves and gone elsewhere." He said Osama bin Laden may still be in the country — another incentive for foreign help in cleaning up the mess left by the former Taliban rulers. U.S. forces continue patrolling Afghanistan's rugged mountains, looking for the suspected terrorist and his followers. On Sunday, the chairman of the Senate Intelligence Committee said bin Laden probably is not dead.

"The latest intelligence we had indicates that the high probabilities are that bin Laden is still alive," Sen. Bob Graham, D-Fla., said on CNN's "Late Edition." "Where he is, is a question mark. The trail has gone cold as to whether he's still in the caves of Tora Bora or, in fact, has slipped out into Pakistan."

Speculation has run wild about bin Laden's whereabouts. Fahim said Saturday that bin Laden was believed to have gone to Pakistan. Abdullah says that may be false.

"We do not have the exact clear information about Osama," Abdullah said, "but he might be inside Afghanistan."

Abdullah said he favors an Afghan war-crimes tribunal that would investigate abuses by the Taliban's repressive five-year regime. But he acknowledged prosecuting such cases would be difficult and time-consuming.

Lawmakers hope diplomacy will defuse tensions

WASHINGTON (AP) — Members of Congress from both parties said Sunday they hoped the conflict between India and Pakistan could be resolved through diplomacy, not violence.

"It's very dangerous for everybody," Senate Assistant Majority Leader Don Nickles, R-Okla., said on NBC's "Meet the Press." "We don't want two allies fighting, and not to mention the fact that they're two allies that have nuclear weapons."

Both countries have been massing troops on either side of their shared border and trading angry words since a deadly shootout Dec. 13 at India's Parliament. India says Pakistan's government supports the Pakistani arsenal groups it blames for the attack.

Pakistan has frozen the assets of two groups and arrested one group's leader, India says that's not enough.

President Bush talked to lead-

ers of both countries by telephone on Saturday, urging Pakistani President Pervez Musharraf to crack down further on militants. Senate Majority Leader Tom Daschle said Sunday he thought Bush taking the right steps.

The tensions between India and Pakistan could affect the U.S. campaign against Osama bin Laden's al-Qaida terrorist network in Afghanistan, which borders Pakistan to the west.

Pakistan has told Washington it could take some of its troops that have been trying to round up fleeing al-Qaida fighters and send them instead to the Indian frontier.

On the other hand, has said Pakistan's participation in the global fight against terrorism must include a crackdown on terrorist groups in its own country. Pakistan has avoided calling them terrorists, preferring the term freedom fighters.

Business

Continued from A1

Machine & Engine Parts, a Jerome shop that rebuilds engines for customers who can't afford to buy new.

Explorer Technologies, with operations in Jerome and Castleford, this fall saw a huge increase in calls from a variety of local companies that use chemicals — accessible to anyone who drives up — and want information about security and leak-detection systems.

For a Burley maker of bean-harvesting equipment, the terrorist attacks, war and anthrax scare complicated international business relationships and domestic travel.

But local business people were sheltered from some of the Sept. 11 tragedy's immediate outcomes: staggering numbers of airline and aviation-manufacturing layoffs, major stock declines and a blow to tourism-related industries.

"That's because most Magic Valley-bound tourists take the highways, and most are Americans. Local consumers might bring home paychecks from food processors, dairies or plastics and precision parts makers — not from a jet maker, massive convention center or major airport. And local businesses aren't dependent on jets full of air passengers streaming into town with money in their wallets.

Local air travelers, however, see some changes since Sept. 11.

Pickett Equipment's traveling salesmen are having more trouble getting around within the United States because of heightened security at airports, said Neil Harper, shareholder and assistant manager of the Burley manufacturer.

The salesmen once in a while need to haul bearings, sprockets, hydraulic parts, chains and other equipment parts in their carry-on luggage when calling on clients. That's faster than shipping to a client's location. And the salesmen normally carry tools such as a Leatherman, a pocket-sized folding set of tools.

"Those are being restricted," Harper said.

Pickett Equipment's Brazilian manufacturing affiliate usually sends representatives to the Magic Valley at least once a year, Harper said. This year, however, the Brazilians opted against the trip for fear of finding themselves on a hijacked airplane.

"They elected not to come this year because of the fear of that and anthrax. ... They didn't feel safe flying into America," he said. So Pickett employees made a trip to Brazil instead.

Otherwise, Harper said, the Burley company has seen little effect from the events of Sept. 11. Its equipment shipments — by truck — are proceeding normally.

One Magic Valley company feels the national economic pulse more directly than most of its neighbors.

Clear Springs Foods of Buhl nationally distributes fresh boneless trout fillets, which are consumed within a week of shipping. It also sells some frozen trout fillets.

"Our core business for us is really center-of-the-plate casual dining and on up," said Larry W. Cope, president and chief executive.

That's a market sector with a lot of sensitivity to discretionary spending. Cope said Clear Springs Foods — whose product isn't in the lower brackets of the food-service market — saw a softening even before the attacks.

"But it was more dramatic following Sept. 11," he said. Sales were off about 10 percent in the past couple of months.

The company immediately observes changes in consumer buying. Fresh refrigerated trout — which accounts for two-thirds of Clear Springs Foods' business — can't build up in distributors' or restaurants' inventory like frozen product can.

"So there's a more immediate response to what is happening in the market in our sales patterns," Cope said.

Clear Springs Foods uses as an indicator the national consumer confidence index.

"We watch that pretty closely, because generally food service tends to track that to a great extent," he said. "People do have to eat, but they don't have to pay \$20 for dinner at a casual dining restaurant."

The Buhl business hasn't reduced employee numbers and doesn't anticipate doing so. But it has delayed some project spending.

"We're seeing good leading indicators out there, and we fully expect to rebound this spring and summer. ... We're not pessimistic at all going forward," Cope said. In the case of another major terrorist incident in this country, however, "then I think it's a new game for everyone."

Cope characterized the downturn as a normal business cycle — unfamiliar to young people but not to longtime business people.

"We've been around long enough we know what it's all about," he said.

The war on terrorism has gone well for the United States, he added, "and I think that helps attitudes, too."

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Firefighters work to extinguish the blaze of a huge fire in Lima, Peru, on Saturday. The fire broke out Saturday night when a cache of fireworks exploded near a street market and a fire spread to two blocks of apartments and stores.

Fireworks explosion starts blaze in downtown Lima

LIMA, Peru (AP) — Firefighters on Sunday dug through the rubble of a massive blaze sparked by a fireworks explosion in historic downtown Lima, retrieving 276 bodies by the afternoon. Officials were trying to learn what sparked the disaster.

Propelled by exploding fireworks at dozens of sidewalk stands, a wall of fire raced across four blocks Saturday night, trapping holiday shoppers and street vendors who had jammed the narrow streets lined with shops and aging apartment buildings.

There was little hope of finding survivors inside the burned-out buildings, where temperatures exceeded 1,100 degrees at the height of the fire.

Lima Fire Chief Tulio Nicolini initially said the blaze appeared to have started in a warehouse filled with fireworks. But several witnesses said it began when a firecracker exploded in an area spilling over with stands selling fireworks.

Augusto Vega, who was watching out the window of his second-floor apartment, said he saw someone set off a large firecracker in the street below, apparently to test it. It set off other fireworks nearby, he said.

"I had to jump to another roof, and I and a kid I helped to get out got a broken ladder and tried to get out whenever we could."

"Many people stayed behind to try to save their belongings and they died. I tried to get a crippled

man out but it was too late," he said, tears welling up in his eyes.

One survivor, 31-year-old Jose Fernandez Vega, said many people were trapped.

"The way out was blocked by taxis and people in the streets," Vega said from the Arzobispo Loayza hospital, where he was being treated for burns to his arms, face and ears.

"People were shopping, screaming, in cars and the trapped galleries. Old people, women, children," he said. "People were burning standing up. They were burning on top of one another."

"I thought I was going to die. The smoke was dark. Then I saw a light — from a rocket. I couldn't breathe, but I started running over the tops of the taxis. I jumped over three or four. They were burning."

At least 122 people, including small children, were found dead in the streets after the towering blaze raced down the streets, accompanied by the machine-gun-like explosions of fireworks from the stands that clogged the sidewalks. Many of the victims were trapped between two walls of fire and had nowhere to run.

Firefighters going through the rubble of fire-gutted buildings Sunday continued to find more and more bodies. By nightfall, Doris Sanchez, a Cabinet minister in charge of women's issues, said the official death toll was 276.

At least 144 more were hospitalized with burns.

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NATION

Medicine made great strides in '01

Angioplasty advance may be biggest gain

By Daniel Q. Haney
The Associated Press

Measured by headline size, the top medical stories of the year were the anthrax scare, the stem cell controversy and the artificial heart. But some doctors say a less heralded breakthrough may be the biggest news of all, for it will soon improve treatment for hundreds of thousands of Americans with heart disease.

The development is a surprising improvement in the way doctors do angioplasties, one that promises to keep these routine procedures from going bad so they can be done in more people who need them.

In almost every area of medicine — cancer, diabetes, infectious diseases and more — scientists are making impressive strides, using a molecule-by-molecule understanding of disease to design drugs and devices that tackle the illnesses at their roots.

The best test instrument in treating heart disease shows how this basic understanding pays off. It grows from an intimate knowledge of how smooth muscle cells pile up inside blood vessels in the response to the well-intentioned injury of an angioplasty. Every year, cardiologists perform about half a million of these in the United States and double that worldwide, threading balloons into clogged heart arteries to restore blood flow.

Often, though, the freshly opened arteries fill in again with scar-like growth, a complication that has bedeviled angioplasty since its invention in 1977. Doctors have tried lasers, cutting tools, radiation, even gene therapy, to improve results. In the mid-1990s, they began leaving behind tiny mesh tubes called stents to prop open the arteries.

Some of that help, but nothing solved the problem completely. The arteries still narrow up again about 20 percent of the time.

This history of failure helps explain why doctors are so astonished by what they heard in September at a suspension angioplasty meeting. Testing showed a new kind of stent, coated with growth-stopping medicine, is totally effective. Not a single artery closed up after angioplasty.

"It was too good to believe," says Dr. John LaSala of Barnes-Jewish Hospital in St. Louis. "Nothing in medicine works 100 percent of the time."

And yet, as far as doctors can tell, this one nearly does. Reports on three other companies' stents, similar but coated with different drugs, soon followed. In all, about 700 patients have been studied. The results are remarkably consistent with almost no failures.

"It's an enormous breakthrough," says Dr. David Faxon of the University of Chicago, president of the American Heart Association. "This is the Holy Grail for interventional cardiologists."

If no complications emerge, the stents could be on the market next year. Faxon says they could

February
A detailed look at virtually the entire human genome promised to help scientists search for disease-promoting genes, develop better drugs and tailor therapies to particular patients.



May
Gleevec, a drug that blocks chemical signals sent by cancerous cells, won regulatory clearance in record time.

July
Robert Tools became the first person to receive a fully self-contained artificial heart. He survived for an unexpected 151 days. The device was successfully implanted in four other patients.



THE YEAR IN SCIENCE AND MEDICINE

Artificial hearts, a heated debate over stem cells, drug breakthroughs — these were some of the scientific developments that started off the new millennium.

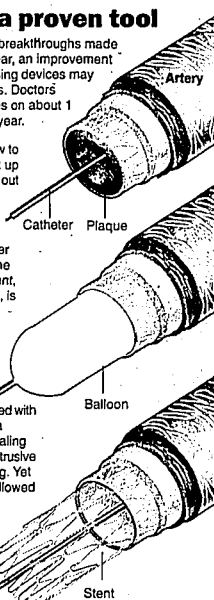
Improving a proven tool

Though other medical breakthroughs made bigger splashes this year, an improvement in existing artery-opening devices may have wider applications. Doctors performed angioplasties on about 1 million Americans this year.

To restore full blood flow to narrowed arteries, built up plaque must be pushed out of the way.

A balloon-tipped catheter squeezes plaque into the vessel walls. Then a stent, an expanding wire cage, is inserted to buttress the vessel.

The new stents are coated with polymer that releases a medicine during the healing process that prevents intrusive scar tissue from forming. Yet a thin layer of cells is allowed to grow over the stent, incorporating it into the vessel and reducing the chance of clotting.



August
Science backed up a long-suspected formula for lowering the risk of diabetes. For people at high risk, weight loss and exercise can dramatically cut the odds of getting the disease.

President Bush limited funding of stem cell research to work on existing colonies of the mother cells that could potentially be used to replace or fix failing organs.

November
The drug Xigris was approved to fight sepsis, a bacterial infection of the bloodstream that kills some 225,000 Americans each year.

SOURCES: American Heart Association; Associated Press

increase angioplasties by 20 percent to 30 percent, because doctors will use them in arteries considered too risky before. These include buildups in especially tiny vessels, ones that are long or difficult to clogged and bad arteries in diabetics.

The new stents were overshadowed by a more dramatic development in cardiology — the first artificial heart since the Jarvik-7 in the 1980s. By the end of November, doctors at four hospitals called Abiomed's self-contained, fully implanted heart in six men. One did not survive the operation, and two others died later.

Nevertheless, the heart itself appeared to work flawlessly, and the first patient survived nearly five months — far longer than his physicians had expected. Doctors said the artificial heart offers a chance of survival for terminally ill people with congestive heart failure who do not qualify for transplanted hearts, which are in short supply.

In cancer research, the biggest news of the year was Gleevec, a new drug effective against an unusual digestive cancer called gastrointestinal stromal tumors. It is also being tested in lung, prostate and brain cancer.

Standard chemotherapy goes after all fast-dividing cells and kills the weak indiscriminately. But Gleevec follows the new approach to drug design. It is aimed specifically at a protein unique to cancer, blocking it

without harming other parts of the body.

"The importance of it is far more than the drug itself," says Dr. Harmon Eyre, research director of the American Cancer Society. "It really is a proof of principle."

Some of the biggest news of the year involved developments that may be years away from practical use but lay the groundwork for future breakthroughs. In February, scientists published their first examination of nearly all the human genetic code. The next task will be learning what all these genes do. The answers will likely hold clues for treating many diseases.

Another field in its infancy is the study of stem cells, the primordial mother cells that give rise to all the body parts. Scientists believe these cells could be used to replace or fix failing organs.

Growing these cells, however, requires the death of a human embryo. In August, President Bush said his administration will pay for this research but limit funding to work on self-perpetuating colonies of stem cells that already existed, not new ones.

For the first time in decades, doctors had to deal with anthrax, spread now through the mail by terrorists. Although five died, modern antibiotics and hospital care often proved effective against the dangerous inhaled form of the disease. The affair also left a mystery: How did two older

women in Manhattan and rural Connecticut catch the bacteria?

Another development in infectious disease, however, is likely to affect far more people. In November, the Food and Drug Administration approved the sale of Xigris, the first drug ever for bloodstream bacterial infections, which kill 225,000 people in the United States annually. The drug works by curbing inflammation and clotting, the out-of-control processes that make these infections so dangerous.

For doctors treating diabetes, a major development was proof at last of what many have long suspected: Exercise and weight loss can lower the risk. A study found that walking and losing 15 pounds helped people at high risk to cut their chance of getting the disease in half.

"This is a major advance," says Dr. Christopher Saudek of Johns Hopkins University, president of the American Diabetes Association. "It had never been proven that a diet and exercise program can have enough effect over a four-year period to actually reduce the risk of new diabetes."

For those who already have the disease, researchers made progress toward developing sensors that continuously measure glucose levels in the bloodstream. Researchers hope eventually to tie this to an implanted insulin pump that will release the hormone in precise response to the body's needs, just as the pancreas does.

Decontamination effort enters third day

WASHINGTON (AP) — Poisonous gas was pumped for a third day into the Hart Senate Office Building to kill trace amounts of anthrax spores in the heating and ventilation system.

"Everything is just moving along, and it's simply a matter of doing engineering and mechanical things to keep it working right," Environmental Protection Agency spokeswoman Jennifer Browne said Sunday.

Technicians under the direction of the EPA on Friday began pumping chlorine dioxide gas into the heating and ventilation system of the southeast quadrant of the building, an area that tested positive for anthrax spores after an earlier fumigation effort.

Browne said the gassing had been extended beyond one day as a precautionary measure. Another chemical, sodium bisulfite, will be used to break down the gas. Throughout the process, a specially equipped EPA bus monitors the air outside to guard against any dangerous releases.

The building has been closed since Oct. 17, two days after an

aide to Senate Majority Leader Tom Daschle opened an anthrax-tainted letter. Daschle said Sunday he was confident the fumigation efforts were having the proper effect.

"There is a reasonable possibility that we'll see that the building opens sometime in the early part of next month, perhaps as early as next week," he said on NBC's "Meet the Press."

The EPA used chlorine dioxide gas to kill anthrax spores for the first time in early December, spreading it in Daschle's suite of offices among two floors. Officials have said they hope this will be the final fumigation using chlorine dioxide gas. Liquid and foam decontaminants were used in 11 other senators' offices in a building that provides work spaces for half the 100-member Senate.

Owing largely to the experimental nature of the fumigation and some equipment problems, EPA officials have sometimes had difficulty getting the gas fumigant to reach a saturation point that experts believe is necessary to kill the anthrax spores.

Bush hikes federal worker wages by up to 5.4 percent

CRAWFORD, Texas (AP) — President Bush is giving pay raises to most federal workers ranging from 4.5 percent to 5.4 percent, slightly more than the hikes they got a year ago.

Bush signed legislation last month authorizing raises for 1.2 million white-collar workers, and he outlined the specifics on Friday. He granted 3.6 percent across-the-board raises, plus increases that vary by regional cost of living.

Indianapolis, Orlando, Fla., and Kansas City, for example, are among cities with the lowest net increase at 4.52 percent; San Francisco workers will get 5.42 percent, the largest increase.

The new raises take effect the first pay period in January, Donald Winstead, an acting associate director at the Office of Personnel Management, said Sunday.

The workers' unions and some

lawmakers have argued for larger increases to help the government compete against the private sector in attracting talent.

One consideration for Congress and Bush was the budget. Bush is trying to keep a lid on spending at a time when the anti-terror war and the recession are squeezing federal finances.

Bush has long been skeptical of the federal bureaucracy, often arguing during the debate over education reform, for instance, that all wisdom does not flow from Washington. But after the Sept. 11 terrorist attacks, he seemed to warm to the government workers he oversees.

In the weeks following the attacks, he toured one government agency after another and praised rank-and-file workers for their response. To reward them, Bush closed the government on Christmas Eve so workers could have a four-day holiday.

Laws

Continued from A1

dispute that drew frustrated Hispanic leaders and farm worker advocates to the Statehouse year after year. A group of college students and other activists even targeted the issue with a verbal and leaflet-throwing barrage that brought the Senate's work to a 30-minute halt last Feb. 19.

"I've never before been this was as much an economic issue as a political issue," the Lewiston Republican said. "My interest in the bill was to send the political message that the state of Idaho cared about such things, and that hopefully we'd be a leader in the nation in an equality issue."

House Agricultural Affairs Chairman Doug Jones, a Filer farmer, agreed that so few farm workers or producers will be affected that the impetus for the change was simply to do the right thing.

"Everybody in the farm community saw it as a non-issue," he said. "Most farmers were already paying way above the minimum, and having trouble getting help even at what they were paying."

Yet progress was possible on the legislation only after the Idaho Farm Bureau Federation lifted its opposition, which based on the premise that government regulations already were hurting

farmers too much. Dennis Tanakuni, the Farm Bureau's assistant director for public affairs, said it remains unclear exactly what the impact will be on farmers already contending with low crop prices and foreign competition.

"The only thing that we can do is live with it," he said. "No matter what the situation and what our perspective on an issue has been prior to its adoption, we've always encouraged our folks to comply with the law."

Republican state Sen. Stan Hawkins, who raises cattle and grows hay and grain near Ucon, was one of the bill's more strident opponents in the Legislature. He still contends the law will victimize young people looking for seasonal employment and willing to work for less.

"People who are currently employed in agriculture — if they're doing a good job for their employer — are making at least 50 percent more than the minimum wage already, and it won't affect that at all," Hawkins said. "We haven't been able to hire anybody for minimum wage for years."

Sam Byrd, acting executive director of the Idaho Migrant Council, said he appreciated lawmakers who supported the

change even if it was only to make themselves feel better or the state look better. But he said law is much more important than they think to farm workers who are struggling to survive and raise their families.

"For those people who will be covered, those few, this will have a major impact. So it's all relative," Byrd said. "If you're an individual who's going to benefit as a result of getting the additional dollars, then from a human perspective how can you measure that?"

The Idaho Department of Labor has been getting word of the change out to farmers, ranchers and farm workers through producer groups and agriculture-related events. The agency has also distributed thousands of fact sheets on the new law to worker

advocates and grower organizations, including the Farm Bureau.

Some other changes in the law effective Jan. 1:

- A \$500-per-job state income tax credit for businesses that bring any kind of new employment to Idaho. The one-year tax break passed by the Legislature last winter was made retroactive to Jan. 1, 2001, and expires Tuesday. A credit for creation of jobs in resource industries remains in place.

- The state income tax credit for contributions to higher education institutions doubles on Tuesday, to \$100 for individual taxpayers and \$1,000 for corporations.

- A \$2 credit starts applying on Tuesday for people who filing their state income tax returns electronically.

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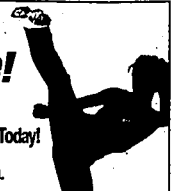
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Group hopes to protect South Fork of the Snake

POCATELLO (AP) — Matt Woodard grew up on a dryland farm along the banks of the South Fork of the Snake River.

Now, almost 40 years later, one of the nation's largest conservation groups is asking the Swan Valley native to spearhead its efforts to preserve the river's prized fishery and work with local, state and federal agencies to manage water flows, improve habitat and monitor the river's use.

Trout Unlimited, through its Home Rivers Initiative program, recently hired Woodard and

hopes the man who knows so much about the river's history and its fishery can be a catalyst when it comes to protecting it for generations to come.

"Matt has great community roots," said Scott Yates, Trout Unlimited's resource officer. "He has a lot of contacts in the watershed there are a lot of people interested in protecting this nationally known trout stream. Trout Unlimited has a lot of friends we'd like to bring in on this, and Matt is the person for the job."

Woodard, who recently quit his

position with John Deere in Idaho Falls, has his hands full of fishery and habitat issues.

The South Fork is best known for its native trout fishery. Home to trophy-sized Yellowstone cutthroats, the river has become a destination for anglers from all over the country. But the introduction years of non-native rainbow trout has made a dent in the genetic purity of the South Forks natives.

"We need to look at different ways to preserve the genetic stock," Woodard said last week. "Whether it's by different regula-

tions for rainbows, better flow management or habitat improvement, that's probably our first priority," Yates agreed.

"This is a main stem native trout fishery," Yates said. "There aren't very many of those left. That's where the focus has to be."

In the coming months, Woodard will likely put an advisory board together consisting of interested anglers, regional Trout Unlimited members and officials from various state and federal agencies, such as the Idaho Department of Fish and Game, the U.S. Forest Service and the

Bureau of Reclamation.

With \$450,000 in funding from Trout Unlimited and monetary commitments from other groups, Woodard and the advisory board will start to get some projects going on the ground, he said.

"I'm a little worried about some of the rivers tributaries," Woodard said.

Many of the South Fork's tributaries are spawning streams for the river's native cutthroats. Some of the streams are in need of habitat improvement, while others need weirs installed to prevent interloping rainbows from min-

gling with cutthroats over spawning redds, Woodard said.

On the whole, though, Woodard is surprised at the river's general good health.

"Remarkably, it's in pretty good shape," he says. "We're seeing a big increase in use on the river, and with that comes some problems. We need to see that increased use doesn't have a negative impact."

While Woodard said its unlikely the river's users will see tighter restrictions any time soon, there is always that possibility if other solutions cannot be reached.

Love of art eases political pressure for congressman

BLACKFOOT (AP) — If U.S. Rep. Michael Simpson could do anything with his life, he wouldn't be president, or governor, or even Tiger Woods, Barry Bonds or Michael Jordan.

"If there's one thing I could do and be really good and make a living at it, it would be art," the Idaho Republican said.

That's not just wishful thinking, Simpson is good. "Riverside Barn," a Simpson watercolor that ended up superimposed on the family Christmas cards this year, features such detail as barren winter trees, a lopsided cabin, and four birds — tiny specks, really — flying in the background.

It's one of about 30 Simpson originals, but the only one that hangs in his home.

"It's given me most of them away," said Simpson's wife, Kathy. "This is the only one I have."

The others — mainly landscapes, "Americana type stuff" — have been given to relatives, sold or donated to Republican Party auctions.

Simpson caught the bug after taking seventh-grade art at Blackfoot Junior High. Following his graduation from dental school in 1977, Simpson took a watercolor class from Idaho Falls artist Jeff Craven. That, and a trip to the Charles M. Russell Art Museum in Great Falls, Mont., served as inspiration.

For the past 23 years, Simpson has been an off-and-on artist.

Moving up the political ladder, from Blackfoot City Council to speaker of the Idaho House of Representatives to Congress is time-consuming and expensive. Even now, Simpson said he often goes six months without painting, then spends the next six months making up for lost time.

"I'm painting every second that I'm not doing something else," Simpson said. "When you're into it, you're into it full time. It becomes an obsession, almost."

It's also a way to forget. When you're debating farm bills and anti-terror legislation and cutting deals and all the while thinking about that looming



Relaxing at his Blackfoot residence Dec. 22, U.S. Rep. Mike Simpson displays some of his original art.

re-election campaign, it can easily become another kind of obsession. Painting takes Simpson's mind far away from the Capitol and the intrigue within.

"It lets you dream, lets you drift off," Simpson said.

But he isn't the only talented artist in Idaho's congressional delegation.

U.S. Sen. Larry Craig recently sold some doodles for \$2,550. The money went to the victims of the Sept. 11 attacks. Also, spokesman Mike Tracy said some of Craig's work is featured in a Washington, D.C., doodle museum.

"He's good," Simpson said. "He really is. It's amazing how balanced they are. They are com-

plicated little doodles." Simpson naturally admires those who paint for a living. Andrew Wyeth is a favorite, and he'll stare for minutes at a time at two pictures of fall hanging in his bathroom, marveling at the intricate details they contain.

And perhaps because of this artistic eye, Simpson's mind is wide open to new ideas. A tour of his house leads to a small den just off the garage. A shelf above the television set contains several novels by the late Edward Abbey, the man whose book "The Monkey Wrench Gang" inspired Earth First!, the confrontational environmental group.

Simpson, you see, wants to

know what's on people's minds. It doesn't make any sense, he says, to study a viewpoint already familiar to you. And Simpson is a connoisseur: He acknowledges that few human beings could write as well as Abbey.

Which brings us to another of Simpson's desires:

"I wish I could write like some people do," he said. "I love a well-turned phrase."

But that's another story for another day. For now, know that Simpson takes his work in the House seriously and that this art thing is much more than a part-time hobby. A student of history, Simpson understands that when civilizations fall, it's not the politi-

cians who are remembered. It's not the generals or the scientists or the moneyed captains of industry. "Literature and art live on," Simpson said. "That's what you remember."

County resolves EMS crisis

COEUR D'ALENE (AP) — Kootenai County commissioners and fire district officials have worked out a last-minute solution to keep ambulance crews on the road.

After a week of back-to-back meetings, an agreement was reached Friday that will employ at least 15 emergency medical technicians and paramedics who were set to lose their jobs on New Year's Day.

They were told earlier this month their jobs would be scratched due to mounting debts within the system. Commissioners agreed to loan the service \$305,000 needed for the transition to a fire-based system.

Under the approved plan, a debt of \$1.77 million will be paid off over a two-year period with revenue from an override levy in May.

After the debt is paid, the system would be self-supporting, with an annual revenue of about \$2.5 million and expenditures estimated at \$2.19 million, Coeur d'Alene Finance Director Troy Tymeson said.

Revenue will come from the levy and services provided by the three primary fire agencies: the city of Coeur d'Alene, Northern Lakes Fire District and Kootenai County Fire and Rescue.

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Lawmaker and wife span the globe to complete adoption of son

GENESEE (AP) — It was 5 a.m. when Dan and Cindi Mader finally arrived in Bangalore, India.

Exhausted from more than 24 hours of travel, the Maders had arrived on the other side of the world, geographically and culturally, from the bucolic setting of their 90-acre farm.

Even at that early hour, throngs of people milled around the airport, a number of them coming up to the disoriented travelers to try to coax them into one of the dozens of waiting cabs.

"We had been told not to go with just anybody, that it's not safe to go with just any taxi," says Cindi, 41, of their difficult first experience of India.

The Mader's marathon trip to Bangalore was the culmination of a year-and-a-half long process to adopt their new son, Jadon. "I think because we haven't been able to have children, and we wanted to have children, this was the next step for us," Cindi says.

Bangalore, the capital of the southern Indian state of Karnataka, is home to nearly six million people in a bitterly poor city with more than a third of its population in poverty.

With no one from the orphanage there to meet them at the airport, Dan, 46, went to the government taxi office to purchase the needed fare to take them from the airport to the hotel.

Dan, a Republican state legislator, has supervised five terms of legislative tumult in the House.

But political rancor is nothing compared to a taxi drive in India. "We get in with this (taxi driver) and he can't speak English. We tell him we're going to the St.

Marks Hotel and he heads off through the city like a bat out of hell," Dan said. There seemed to be no clear traffic laws, as the taxi driver swerved from one side of the street to the other, all the while honking the horn to clear the way through the crowded, noisy streets.

"It was like being, beep, beep — I mean, it was so unnerving," Cindi recalls. "You don't know how things work, so you're a little frightened."

And despite the speed of the driver, he apparently had no idea where he was going. The driver had to repeatedly stop and ask people where the hotel was.

Eventually reaching the hotel, exhausted but safe, the Maders spent the day sleeping off the jet lag in anticipation of meeting their new son the next morning.

Working through an adoption agency, the Maders had seen a number of pictures of Jadon and had reviewed his medical records.

But seeing him that next morning in the orphanage director's office made the whole process finally feel real.

Jadon, his short, dark hair neatly parted to the side, has dark, round pools for eyes and a curious and convivial personality that makes him seem older than his 21 months.

"We looked at him and we couldn't believe that this was going to be our son," Cindi says.

But for Jadon, that first meeting was a little unnerving. Cindi recalled the first encounter:

"One of the child-care workers brought (Jadon) down and sat him on the desk. And he just looked at us and his eyes went

back and forth from Dan to me and Dan to me about five times. And then all of a sudden his lower lip came down. He didn't cry, but you could tell he knew something was going on."

The orphanage cares for about 60 children, 45 of whom live in the orphanage while the others live in foster homes.

"The children pretty much know what's going on," Dan says. "And it's obvious that he knew we were there to be a change in his life."

Over the next three days, Dan and Cindi returned to the orphanage to get better acquainted with Jadon.

"We were just trying to get him used to us, so by the time we left with him he wouldn't be overwhelmed," Dan says.

On the fourth day, they brought Jadon back to the hotel. He cried for the first hour.

In the orphanage, he had many other children around. He kept circling the room as though expecting to find his companions hidden in the bathroom or behind one of the chairs.

"We would play with him a little bit, but you could tell his heart was heavy," Dan recalls. "And it stayed that way coming home."

Last year, more than 17,000 children were adopted from foreign countries, most from Russia and China. About 500 were adopted from India.

Now, after more than a month in his new home, little Jadon is more comfortable with his surroundings. He is quick to offer a visitor a drink from his juice cup or a cuddle with his stuffed monkey.

Effective January 1st, 2002 Twin Falls Clinic & Hospital's Emergency Room is Closed

All emergency services will be available at one, convenient location in Twin Falls. If you are experiencing a medical condition that requires emergency care please go to Magic Valley Regional Medical Center's Emergency Room, located at 650 Addison Avenue West.

- Go directly to the emergency room or call 911 for any of the following problems:
- You are having trouble breathing.
 - You are suffering uncontrolled bleeding.
 - You are experiencing chest pain or other symptoms of a heart attack.

SERVICES THAT WILL CONTINUE TO BE PROVIDED AT
MAGIC VALLEY REGIONAL MEDICAL CENTER'S DOWNTOWN CAMPUS
(Formerly Twin Falls Clinic & Hospital)
660 Shoshona Street East

- | | |
|---|--|
| <p>DOCTOR OFFICE SERVICES</p> <ul style="list-style-type: none"> • Medical care that requires prompt attention but is not life threatening • Routine medical care • Wellness checkups • Physicals • Flu shots | <p>OTHER SERVICES</p> <ul style="list-style-type: none"> • Imaging • X-Rays • MRI • Ultrasound • CT Scan • Mammograms • Lab services • Same Day Surgery |
|---|--|

To schedule an appointment call 733-3700.

We are happy to answer questions you may have about this change in service. Please call 208-737-2100, send an email to: questions@mvrmmc.com, or log onto www.mvrmmc.com for more information.



Idaho doctor returns to Vietnam to help out

COEUR D'ALENE (AP) - The X-rays still excite Dr. John Giesen.

They're no different from the broken femurs and tibias he's repaired during his 30 years as an orthopedic surgeon, except these mismatched bones belong to patients 8,000 miles away in a city he first encountered as a young man during wartime.

"Isn't she a beautiful girl?" Giesen said, studying a picture he took of a Vietnamese child. He recently inserted a stabilizing metal rod into her broken leg. His picture of her X-ray shows her tibia - the long bone from the knee to the ankle - in two pieces that no longer seem to fit together.

said, "I did what was needed." He learned that bone fractures are rampant in Vietnam's cities because of the multitude of motorcycles - 500 to every car. Vietnamese doctors typically set broken femurs and tibias with external braces. Patients can't walk with them on.

Dr. Lewis Zirkle Jr., son of Keytronics founder Lewis Zirkle, manufactures stainless steel rods that doctors insert through broken tibias and femurs. The rods allow patients to use their legs. Most are eventually removed. Zirkle donates rods all over the world.

Zirkle donated 70 metal implants to Giesen to take to Can Tho. Giesen decided the best idea was to teach the Vietnamese doctors how to use the rods so their patients could walk sooner.

"I always wondered what happened to those people."

- Dr. John Giesen

"I used the same set of sinks I scrubbed in 35 years ago," Giesen said, shaking his head with a smile. "It was deja vu if ever there was."

Giesen operated on the girl in Can Tho in the Socialist Republic of Vietnam during his trip there between Nov. 24 and Dec. 8. The city of 200,000 people sits near Vietnam's southern tip, just above the equator.

Can Tho had shimmered in Giesen's mind since he left Vietnam in 1966. It wasn't a blissful memory, but one that begged for answers.

"I always wondered what happened to those people," he said. He discovered Orthopedic Overseas two years ago. The organization finds volunteer doctors to share their skills in Africa, Central America and Southeast Asia. Giesen asked if he could go to Can Tho.

The Vietnamese city was the beneficiary of Giesen's help in 1965. The United States was fairly new to conflict in Vietnam. American support for fighting communism was high. Giesen was 28 years old, fresh from an orthopedic internship and eager to serve his country.

The U.S. Public Health Service snatched him up and assigned him to a surgical team caring for Vietnamese civilians in Can Tho. The hospital, Giesen performed 300 surgeries in one month. Eighty percent were war wounds, many inflicted by American bombs and airstrikes.

"I did a lot of surgery I was grossly untrained for," Giesen

just after Thanksgiving. The hospital's operating room was the same as he remembered it, down to the scrub sink.

Giesen fit three internal rods into patients his first day. But the next day, Giesen saw doctors still working with the exterior braces.

On his third day, Giesen persuaded the hospital to give him a few more patients. He met with 50 medical students and 10 doctors to go over the interior rod method again. One Vietnamese doctor took interest, Giesen said.

Giesen didn't ask the fates of the Vietnamese people who worked with him in 1965. He had heard any people who associated with Americans went to re-education camps. But someone told him where to find the head nurse, Mr. Tu, who worked with him in the emergency room 35 years ago.

Mr. Tu was healthy and gray-haired when Giesen visited his stark home. Giesen kept the conversation light.

"He'd lived through enough of communism that I didn't want to delve too much," he said. "It's very nice. It lived up to all my expectations."

Giesen says he will probably return to Can Tho sometime again.

"It's been 35 years," he said, trying to understand the city's hold on him. "I don't know why it's so important to me."



A street branching from Capitol Boulevard that leads to the Idaho Statehouse building in Boise was closed due to increased security in November. Gov. Dirk Kempthorne ignited a heated debate over his intensified Capitol security following the East Coast terror attacks.

Failing economy, politics mark 2001

By Bob Fick
The Associated Press

BOISE - The winds of recession took Idaho's economy from boom to bust in the 12 months of 2001 while the courts unraveled key pieces of the state's political system.

A \$300 million cash surplus that spawned a record tax cut became \$75 million in red ink while consumer electric and natural gas rates went through the roof.

Gov. Dirk Kempthorne ignited a heated debate over his intensified Capitol security following the East Coast terror attacks. And the federal government drew the state's wrath by proposing to expand the Superfund designation to the entire Coeur d'Alene Basin and spend \$359 million over 30 years to clean it up.

The headlines in 2001 chronicled angry children holding police at bay in the Panhandle, two deputies and a suspect killed in a drug raid gone wrong in the Magic Valley, a pair of killers condemned to death and two once-condemned inmates allowed to walk free.

Last January dawned on a state economy still running high on the momentum of a decade of expansion. Unemployment was at a near record low, income was strong, and tax collections were building to what would appear to be \$330 million in excess cash.

The nation's most Republican Legislature was intent on curbing taxes, and it made a record permanent reduction despite early signs that the bloom was off Idaho's economic rose.

Shut-off announcements began almost immediately. First it was five dozen at the Thompson Creek Mine in Challis. By mid-February, nearly 400 were put on notice at Boise Cascade mills in Emmett and Cascade and 130 at the Suncoast plant in Kelso.

Before lawmakers adjourned, the government said it wanted to cut more than 1,000 jobs at the Idaho National Engineering and Environmental Laboratory by the end of the coming year.

At the same time, a second year of drought combined with the power crisis in California to send utility rates skyrocketing. Natural gas rates soared as much as 65 percent while electric rates jumped 30 percent, draining cash from some rate payers.

Tax collections slid. The state was \$15 million short at the end of June. Two months later, the first of three spending cuts and two downward revenue revisions was announced, and now the state faces prospects of cutting \$150 million from the new budget lawmakers write this winter.

Those decisions are being made in an unsettled political atmosphere.

Fourth District Judge Deborah Ball stepped in last February and declared the state responsible for safe public school buildings something the state has long held was a local responsibility.

Bail has been slow to order a solution in the face of legislative intransigence. But if her patience runs out, the bill could run into the hundreds of millions of dollars.



Donald M. Parahls, with his wife, Vanessa, whom he married in jail, explains at a press conference in Boise how he is adjusting to life since getting out of prison after 21 years.

The headlines in 2001 chronicled angry children holding police at bay in the Panhandle, two deputies and a suspect killed in a drug raid gone wrong in the Magic Valley, a pair of killers condemned to death and two once-condemned inmates allowed to walk free.

Then in late November, the state Supreme Court voided a citizen commission's first attempt to redraw legislative districts as unconstitutional. That left lawmakers heading into the election-year session unsure of just which voters they will be courting next spring.

Two weeks later, the high court upheld the 1994 term limits law over objections from lawmakers and others who claim it strips government of experienced officeholders and denies voters the right to elect the candidates they want.

Sandwiched between was a federal court order voiding a key provision of the state's 1997 law making it more difficult to put initiatives or referendums on the ballot. U.S. District Judge B. Lynn Winmill said the requirement to secure a minimum number of signatures from at least half the 44 counties unconstitutionally gave rural voters preferential treatment.

That opened a potentially easier route to the November ballot for initiatives on Indian gambling and term limits.

Compounding the political and policy problems facing Kempthorne was the governor's decision to barricade the Capitol, restrict access and put dozens of military and State Police guards in response to the Sept. 11 terror attacks 2,000 miles away.

He said he had no choice. His critics called it an overreaction by a governor out of touch with the public.

Kempthorne, still indefinite about his re-election plans, stood firm, saying security would be scaled back when the federal government declares the threat past.

America focused on the Idaho Panhandle in late May and early June when six children aged 8 to 16 set wild dogs on authorities and held them at bay for five days after police arrested their mother, JoAnn McGuckin, for alleged child endangerment. Their father had died three weeks earlier.

The ramshackle home reportedly was filthy and inadequate, fueling speculation about another case of an Idaho family of armed anti-government survivalists. Instead, the McGuckins turned out to be a normal family beset by bad business luck that left them impoverished while illness claimed the main breadwinner.

The criminal charges were dropped against McGuckin, but she is still locked in a legal battle for custody of her children.

Amid the economic turmoil, the state's farm workers won a major financial victory when lawmakers extended state minimum wage coverage to them. That came five years after the state ended 79 years of denying mandatory worker's compensation coverage to farm hands.

Advocates overcame stiff industry opposition and a pro-minimum wage demonstration in the Senate gallery by politically naive college students - an incident used by some officials to justify restricted access to the Statehouse.

The year's limited prospects may well have been signaled on just its third day when two Jerome County deputies and a drug suspect died in a shootout during a botched raid.

The incident has spawned multimillion-dollar lawsuits but no specifics on just what happened the night of Jan. 3 at the Eden home of George Timothy Williams.

Two convicted murderers - Michael Allen Jauhola, who

Idaho's top stories

Here are how Idaho's newspaper editors and broadcast news directors ranked the top stories in the state during 2001.

1. Thriving economy goes sour.
2. Redistricting plan, Initiative revisions voided, term limits upheld.
3. Sept. 11 takes toll on Statehouse access.
4. McGuckin children hold police at bay for five days after mother arrested.
5. State extends minimum wage protection to all farm workers.
6. Record tax cut approved.
7. Judge holds state responsible for firing unsafe schools.
8. Federal government proposed \$359 million Coeur d'Alene Basin cleanup.
9. Electric, natural gas rates soar.
10. Two deputies and suspect killed in Magic Valley shootout.

killed another prison inmate, and Dale Carter Shackelford, who killed his ex-wife and her boyfriend - became the 20th and 21st inmates on Death Row.

They replaced Charles Irvin Fain, who was released after nearly two decades awaiting execution when DNA tests proved he did not rape and kill 9-year-old Daralyn Johnson. Fain was the first Idaho Death Row inmate to prove he was wrongly convicted.

And Donald Manuel Paradis negotiated a plea bargain with prosecutors for time served and was released last spring. Condemned for the 1981 slaying of Kimberly Ann Palmer, Paradis was the first to have an Idaho death sentence commuted when former Gov. Phil Batt did so in 1996 because of questions about the extent of his guilt. The federal courts then threw the conviction out for prosecutorial mistakes that could have enabled Paradis to prove Palmer did not die in Idaho.

Casino visitors create shrine to firefighters in Las Vegas

LAS VEGAS (AP) - The T-shirts flutter in the breeze beneath the neon and the fake New York skyline, their messages in black marker beside dozens of fire department insignias.

"Your sacrifice, your courage, brought our nation together," reads a retired Chicago firefighter's inscription. Another shirt proclaims: "Canadian firefighters will never forget 9-11."

The fence in front of the New York-New York casino became an impromptu shrine of flowers, flags and handwritten notes in the first weeks after the Sept. 11 terrorist attacks. Now, as the wilting flowers and rain-soaked paper messages are cleared away, this busy corner of the Strip is becoming a larger, longer-lasting memorial.

More than 60 T-shirts from fire departments across North America hang on the fence before a mock New York Harbor with water-spraying fireboats and a 150-foot Statue of Liberty. Firefighters on pleasure trips are leaving some of the shirts; others are being mailed from across the country as word of the shrine spreads.

The street's sidewalk has become a rare "mtn spot on a street dedicate. fun - a memorial that, visito," said, affirms firefighters' solidarity.

"It makes me feel like we're all still alive and doing well," said 73-year-old Al Will, a retired member of FDNY Rescue Co. 3, which lost five men at the World Trade Center.

Around the corner, Ohio fire-

fighters Matt Preuer and Mike Hart hung a Stow Fire Department T-shirt on the spikes of the fence. Many firefighters bring department T-shirts or patches on trips and wear them; they might meet and trade with others in the field, the men said.

In Las Vegas, dozens of those shirts have taken on a more serious purpose.

Smiling tourists slow and grow thoughtful as they pass T-shirts with messages from California, Illinois, Pennsylvania and elsewhere, including some remembering individual New York firefighters and police officers.

"We saw this and we were like, 'Oh man! It brings a tear to your eye,'" said Preuer, of the Stow Fire Department.

Hotel staff were surprised several weeks ago when T-shirts began to arrive by mail, addressed simply to the New York casino. Maintenance workers have been hanging the shirts on the fence and keeping up the memorial.

"I really didn't quite know to do it, but it was obviously a spontaneous public reaction and it was very positive," said Michal Richins, vice president of hotel operations. "It gave something to gather people together."

Firefighters like Vinall and other members of Ontario's Chatham-Kent Fire Service went to Las Vegas last month for a colleague's wedding. Vinall left an FDNY T-shirt with the signed message of Canadian support for New York firefighters.

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MORNING BREAK

ACROSS

- 1 Grow-ups
- 7 Little woods
- 11 Not many
- 14 Reserved
- 15 Song for Callas
- 16 Infant facts
- 17 Gerlwin song
- 18 Program
- 19 Choc and Gore
- 20 Outfit
- 22 Tooth coat
- 24 Trapped in branches
- 27 Make a choice
- 30 "The Zoo" story
- 31 Marine shocker
- 32 Actress Joanne
- 35 Hand-edged, in a way
- 36 Speaking frankly
- 39 Sales pitches
- 40 Granddaddy
- 43 Financial backer
- 47 Dismounted
- 49 Draping
- 50 Ford or Dodge
- 51 Misplaces
- 53 Came out on top
- 54 Exploiters
- 55 Lounghed about
- 58 Mirth
- 60 Made in the
- 61 Actor Neeson
- 64 Seasoned vet
- 68 Winter quarrels
- 69 First name in denim?
- 70 Doodad
- 71 Put a stop to
- 72 Sports fig.
- 73 Madden

DOWN

- 1 Madison Ave. output
- 2 Lawn moisture
- 3 Thurman of "Baldman & Robin"
- 4 Thrust
- 5 Exercise device
- 6 Soothsayer
- 7 Edible tuber
- 8 Choler
- 9 Evergreen
- 10 Finn's steam
- 11 Showiness
- 12 Ford of fashion
- 13 Actor Shipp
- 14 Sign of times
- 23 Writer Camus
- 24 Hanoi holidays
- 25 Gaiter
- 26 Emigrants' first stop, once
- 28 Family dog
- 29 Creek crosses
- 33 Beginning
- 34 Word with renewal or
- 44 At present
- 45 A pair
- 46 One of a "turandot" no
- 47 Hint at
- 48 Remove restrictions
- 52 Markets
- 55 Passover meal
- 57 Menu plan
- 59 Box seat
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Saturday's Puzzle Solved

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12/31/01

Don't tolerate drunk driving

DEAR ABBY: I just finished reading "Still Shaking's" letter to you about drunk driving. I am a 20-year-old college student. I hope you will print my letter as well, because teens and young adults can't hear this enough: Don't drink and drive. You are not invincible.

Although I'm ashamed to admit it, I have been a passenger in a car with a drunk driver. Never again. Sometimes it takes hearing a horror story to make an impression on young people, so here goes:

My best childhood friend drove home drunk from a party last Saturday night.

She had a 17-year-old passenger with her. My friend crashed into two utility poles three blocks from her house. Her passenger was killed.

At 20 years of age, my friend and funny friend is facing charges of manslaughter drunk driving.

Worse, she must face the grief she has inflicted on the girl's family and live with the guilt of killing her friend long past any prison time she may serve.



DEAR ABBY
Abigail VanDoren

Please, to my peers: As that lucky girl, "Still Shaking," begged you before, don't drive drunk, and don't get into a car with a drunk driver.

"Only one time" can kill you. "It's just down the street" can kill you. Or worse, it may kill a friend.

-SHOCKED AND SOBERED, AUSTIN, TEXAS

DEAR SHOCKED AND SOBERED: Your letter is timely because today is a holiday when even those who rarely drink are sometimes tempted or coerced into "having a little nip" - and maybe two or three - to welcome the new year and toast the passing of the last one.

It's also an occasion when people who are not used to drinking tend to binge.

The result is intoxicated dri-

vers on the road - a menace to themselves and everyone around them.

I hope that this year, partygoers of every age will pay attention to your important warning. Drunk driving is not limited only to younger people.

DEAR ABBY: The story in your column about people having themselves paged in a hotel lobby for recognition reminded me of the time I was a patient in our local hospital. I happened to be chairman of the board of trustees of the hospital as well.

My room was in a normally quiet wing of the post-surgical floor when I became aware of the pages being broadcast over the hospital intercom system. One doctor in particular seemed to be in great demand.

When I did a little investigating, I learned that he had himself paged on an ongoing basis - sometimes even when he wasn't in the hospital - as "free advertising." (He thought that if people heard his name being broadcast often, they would think he must be a great doctor.)

Needless to say, the audio paging was soon stopped. Now doctors are paged only on their personal systems.

-A READER IN PALM BEACH, FLA.

DEAR READER: I'll bet the patients are grateful for the peace and quiet. When someone is ill and trying to recover, incessant pages such as you have described are about as welcome as telemarketing calls while you're taking your Saturday night bath.

CONFIDENTIAL TO MY READERS: Farewell to 2001 - what a year this has been! Let's all say a prayer for world peace, for the health and safety of President Bush and Vice President Cheney, and for our members of the military who are far from their loved ones today. It takes only a minute to send greetings to our troops around the globe.

Simply e-mail them at www.OperationDearAbby.net and wish them Happy New Year. And to all of you, a happy, healthy and prosperous 2002.

Capricorn: Marriage question looms large

IF DECEMBER 31ST IS YOUR BIRTHDAY ... you were separated psychologically or literally from one or both parents at relatively early age. You have ideas of your own, and they are unorthodox. Taurus, Leo and Scorpio persons play significant roles in your life, could have these letters, initials in names: D, M, V. In 2002, emphasis will be on family, home and marital status. June will be your most romantic, profitable month of the year.

ARIES (Mar. 21-Apr. 19): What was lost, missing or stolen will be returned; express gratitude without being obsequious. Family member makes "peace gesture." Your life will be happier as result.

TAURUS (Apr. 20-May 20): Key is flexibility; keep options open. Entertain and be entertained. Individual "out of the blue" makes declaration of love. Maintain emotional equilibrium. Sagittarian involved.

GEMINI (May 21-June 20): Check details, be aware of correct measurements. Remove safety hazards; take nothing for granted. If thorough, you cannot lose. Leo, Scorpio and Taurus persons play major roles.

CANCER (June 21-July 22): On this New Year's Eve, you will be "star attraction." Stick close to home base, steer clear of bibulous individual. You make solid impression on potential benefactor.

LEO (July 23-Aug. 22): Focus on family, decisions relating to home and budget. Important to be diplomatic; realize you do not have to win every argument. Taurus, Libra individuals figure in dynamic scenario.

VIRGO (Aug. 23-Sept. 22): Define terms, perfect techniques.

HOROSCOPE Sydney Omarr

Some of your fondest hopes and wishes can become realities. Elements of timing and luck ride with you; stick to number 7.

LIBRA (Sept. 23-Oct. 22): On this New Year's Eve, you could make emotional commitment; be discriminating, choose with care. Person in position of authority says, "You're the one I've been looking for!"

SCORPIO (Oct. 23-Nov. 21): See beyond the immediate; your extrasensory perception surges forth. Individual in foreign land communicates; you receive invitation to visit. Aries figures prominently.

SAGITTARIUS (Nov. 22-Dec. 21): Let go of preconceived notions; stress the new, original thinking and inventiveness. You will experience a "different" kind of romance on this New Year's Eve.

CAPRICORN (Dec. 22-Jan. 19): Question of marriage looms large. You will be asked to be "in charge" of New Year's celebration. Be careful - family member could speak out of turn. Cancer native involved.

AQUARIUS (Jan. 20-Feb. 18): Have fun, but go easy on adult beverages. You will draw to you people who previously held you in awe. Speak freely, but be sure others are worth your words. Gemini represented.

PISCES (Feb. 19-Mar. 20): Favorable lunar aspect coincides with creativity, style and sex appeal. You will be made love to; don't believe everything you hear. Be selective; revise and review material.

Some birds get tuberculosis

Q. Friend-o, what can you tell me about birds?

A. Not much. Know some get tuberculosis. None has more than four toes. High fliers can ice up. A carrier pigeon wearing earmuffs can't fly. Only chickens have combs. That's all today. Stand by. Ladsybugs hibernate.

The savvy Edgar Watson Howe said, "A really busy person never knows how much he weighs."

Ridges on the oyster shell serve to show its age even as do rings on trees and scales on fish gills.

That the bride veil started out as a sack over the bride's head is widely known. There are no photographs of those early brides to show why. Just as well.

Better put "cowboy" on the endangered species list. Those who claim to know say fewer than 500 people now in this country are trained to work beef cattle.

How many payrolls have you been on since you first started working? Claim now is the average American holds down 10 different jobs in a lifetime.

Funeral directors don't like the



REVISITED
L.M. Boyd

word "undertaker." Polygraph examiners can't stand the term "lie detector." But veterinarians don't seem to mind "horse doctor." Nor do the animal control folks object overmuch to "dog-catcher." Why this difference? As you might expect, no label is more detested by those so labeled than "housewife."

Lines recommended to Rodney Dangerfield: "My tooth fairy left an IOU." "The dogcatcher ran off with my wife." "Dial-a-Prayer calls me collect." "Reform School doubled my tuition." "I hooked my microwave up to my pay TV and now I get scrambled eggs."

No animal on earth was ever much more than half as big as today's biggest whales.

...PUBLIC NEWS BULLETIN!...

Attention Magic Valley ~ this is a public news bulletin from Banner Furniture.

Banner Furniture will be closed today, December 31st, to slash the prices on their entire Million Dollar Inventory.

Banner Furniture will reopen on January 1st from 10am to 5pm with special **12 MONTH SAME AS CASH FINANCING, O.A.C.**

NOTICE: FREE hourly drawings for One Hundred Dollar Gift Certificates each hour 11am till 4pm. This is Banner Furniture's biggest sale of the year and you don't want to miss it!



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Big news

Some of the biggest news of 2001 in the Magic Valley:

Eden shooting: A Jan. 3 drug raid turns into a shootout, ending the lives of suspect Tim Williams and two lawmen, Jerome County Cpls. James Moulson and Phillip Anderson.

Drought: With reserves across southern Idaho used up by summer's end, irrigators pray 2002 will bring more water.

Jobs: Dell Computer Corp. announces plans for at least 230 jobs in a technical-support call center in Twin Falls.

2001
A look back

School construction: Voters in Wendell, whose decrepit middle school had been condemned, approve a special tax levy. Voters in Minidoka County do the same. Twin Falls school leaders make plans for a technical education center.

Dairies: State officials push Filer dairyman Hank Haflinger to fix problems at his Filer dairy. Twin Falls County enacts its fifth moratorium on dairy construction, prompting a suit by dairy interests.

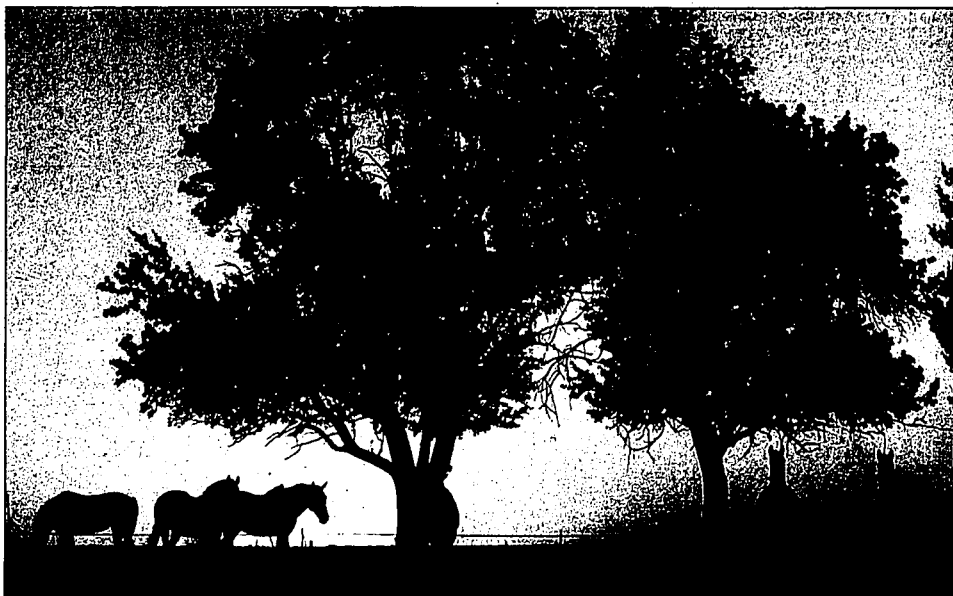
Jail proposal: Twin Falls County talks about turning South Park's former Norco windows plant into a regional jail.

Hospital sale: Twin Falls Clinic & Hospital flirts with Boise's Saint Alphonsus, then elopes with Magic Valley Regional Medical Center.

CSI growth: Fall enrollment at the College of Southern Idaho jumps 15 percent, faster than any other state higher-ed institution.

Ditch vs. well: Pressed by thirsty surface-water users holding senior rights, groundwater pumpers from King Hill to Island Park agree to state regulation.

Oust: Farmers in Jerome and Minidoka counties claim as much as \$95 million in crop damage from herbicide used on nearby federal land. No resolution by year's end.



Autumn puts on a fine color show at a farm on Rock Creek Road in Hansen.

LISA M. COLLARD/The Times-News



LISA M. COLLARD/The Times-News



BRUCE SHELDON/The Times-News

Above, Valerie Hoybjerg walks along a sidewalk in the old American Falls town site. Severe drought has drawn the reservoir down enough so visitors can walk among the crumbling foundations and tree stumps of the town that was first flooded in 1927.

Left, 'Brother Peace,' back right, meditates while other Rainbows exchange hugs and blessings. Their celebration for peace began with silent prayer and meditation beginning at dawn.

Right, B.L. Champion isn't deterred by the chilly water of the Snake River at Centennial Waterfront Park in Twin Falls. He was in town visiting friends and took the opportunity to test out the rope swing on a balmy afternoon.

Below, Clair 'Iriah' Daniels rides his Harley-Davidson motorcycle against the backdrop of a spectacular sunset. Daniels has been riding for more than 50 years.



LISA M. COLLARD/The Times-News



LISA M. COLLARD/The Times-News



BRUCE SHELDON/The Times-News



BRUCE SHELDON/The Times-News

Above, participants become emotional at the Twin Falls vigil held for victims of the terrorist bombings in New York and Washington, DC. The gathering had a large turnout of concerned citizens who sang and prayed together for the victims and their families.

Left, at the height of the Northern Lights storm, a burst of light appeared directly overhead with streamers trailing all the way to the horizon.

MAGIC VALLEY/WEST

Tribes oppose brothel name

RENO, Nev. (AP) — American Indians are opposing the name of a proposed brothel near here, saying it degrades a heroic 19th century Oglaia Sioux warrior.

Local and regional American Indian Movement members plan to attend a Storey County commission meeting Wednesday in Virginia City to protest The Crazy Horse Resort and Spa.

"It is real inappropriate to use the name of such a great American Indian for a brothel," AIM spokesman Rocky Boice of Cardiff City, told the Reno Gazette-Journal.

Crazy Horse led the defeat of Lt. Col. George Custer at the Battle of Little Big Horn in 1876.

Reno developer Lance Gilman and partner Susan Austin, who are seeking a license to open the brothel, did not immediately

return phone calls.

Storey Commissioner Bob Kershaw said he hoped they would respect the wishes of AIM leaders.

"If it is offensive to Native Americans, I don't see any problem in asking the prospective owners if they could change it," Kershaw said. "Everyone is pretty sensitive to Native American issues and I know the brothel applicants don't want to have anybody object to its name."

Gilman and Austin could face a lawsuit if they don't change the name, said AIM spokesman Russell Redner of San Francisco.

Earlier this year, a company settled a lawsuit brought by American Indians over the marketing of Crazy Horse Malt Liquor.

A lawsuit against another com-

pany in the case is still pending.

"They can't use the name legally," Redner said. "The family didn't give them permission and I doubt if this guy (Gilman) even talked to anybody about it."

Gilman wants to build the bordello along Interstate 80 about 10 miles east of Reno.

The site is a little east of the infamous Mustang Ranch brothel, which has been padlocked since 1999 guilty verdicts against the brothel's parent companies and manager in a federal fraud and racketeering trial.

"AIM has no objection to the brothel itself because brothels in Storey County can be good for their economy," Boice said.

County officials estimate the brothel would bring in as much as \$280,000 a year in tax revenues to the financially strapped county.

UNEXPECTED VISITOR



A tranquilized cow moose is dragged to a trailer by South Ogden Police and Wildlife Resources officers after it was found wandering through the backyards of several homes in Ogden, Utah, Friday.

SERVICES

Marie Mildred Johnson Skinner of Twin Falls, celebration of Mass at 10 a.m. today at Immaculate Conception Parish in Buhl (Farmer Funeral Chapel, Buhl).

Orval M. Searle of Burley, service at 11 a.m. today at the View First and Second Ward Chapel of the Church of Jesus Christ of Latter-day Saints, 550 S. 500 E., Burley; burial will follow at the View Cemetery; friends may call from 10-10:45 a.m. today at the church (Rasmussen Funeral Home, Burley).

day Saints, 127 S. 950 W., Paul; burial will follow at the Paul Cemetery; friends may call from 6-8 p.m. Tuesday at the Rasmussen Funeral Home, 1350 E. 16th St., Burley, and from 10-10:45 a.m. Wednesday at the church.

Fannie May Branche of Twin Falls, Idaho, memorial celebration of her life at 2 p.m.

Wednesday at Reynolds Funeral Chapel; private burial will take place at Sunset Memorial Park.

Ron L. Alger of Twin Falls, service at 2 p.m. Thursday at the Parke's Magic Valley Funeral Home, 2551 Kimberly Road, Twin Falls; burial will follow at the Twin Falls Cemetery; visitation will be held from 5-7 p.m. Wednesday at the funeral home.

DEATH NOTICES

Nina Moselle Watkins of Twin Falls, service at 11 a.m. today at the Twin Falls 11th Ward LDS Chapel, 847 Eastland Drive N.; viewing will be from 10-11 a.m. today at the LDS Church (Parke's Magic Valley Funeral Home, Twin Falls).

Arthur R. Chaburn of Filer, service at 2 p.m. today at White Mortuary; entombment will follow at Sunset Memorial Park Mausoleum (White Mortuary).

Thelma Lee
MURTAUGH — Thelma Lee, 91, of Murtaugh, passed away Saturday, December 29, 2001 at Heritage Retirement Center. Funeral services for Thelma will be held at 11:00 a.m., Wednesday, January 2, 2002 at the Murtaugh LDS Chapel. Viewing will take place on Tuesday, January 1, 2002 at White Mortuary from 4-8 p.m. and from 9:45-10:45 a.m. at the church the day of the service. A complete obituary will follow on Tuesday, January 1.

Benjamin Briggs
TWIN FALLS — Benjamin Briggs, 75, of Twin Falls, passed away December 29, 2001 at the Magic Valley Regional Medical Center in Twin Falls. Funeral services will be held on Tuesday, January 2, 2002 at 2:00 p.m. at Parke's Magic Valley Funeral Home in Twin Falls, with burial following at the Twin Falls Cemetery. Friends may call Tuesday, January 1, 2002 from 5-7 p.m. at Parke's Magic Valley Funeral Home, 2551 Kimberly Rd. Twin Falls, Idaho.

OBITUARIES

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

PAUL
Thelma S. Widmier
Thelma Sanford Widmier, 80-year-old Paul resident, died Friday, December 28, 2001, at the Cassia Regional Medical Center.

She was born March 14, 1921, in Paul, Idaho, the youngest child of Cyrus Gilbert and Mary Malinda Wheeler Sanford. She had three older brothers, Bill, Bud and Ray. She attended Lincoln Elementary School and graduated from Paul High School. Following graduation, she attended Albion State Normal School. She married Robert Oliver Widmier on December 27, 1939, in Burley.

Mother's music was an integral part of her life. She played the piano for her whole life starting when she was eight years old. She played in the Carl Black Band and with Bill and Jackie Martin. Her musical talent was enjoyed by her family and friends. She was the accompanist for the Variations singing group. Mom was an accomplished artist, painting landscapes and floral paintings for family and friends. She loved collecting, hobnob, spoons and angels. She loved to garden. Her flowers were never ending, they bloomed from the beginning of Spring until the first frost of Fall.

Mother loved her family and took great pride in her children, grand-children and great-grandchildren's accomplishments. Mom was busy and she spent time with the members of Jesus Christ of Latter-day Saints.

She is survived by three daughters, Sherrill (Larry) Mallory of Burley, Sheryl Brown and Kathleen Widmier both of Paul; four sons, Robert (Diane) Widmier of Murtaugh, David (Debra) Widmier of Lewiston, Idaho, Dennis Widmier of Salmon, Idaho and Craig (Liza) Widmier of Lewiston, Idaho; one daughter-in-law, Lois Jean Widmier of Heyburn; 28 grandchildren; and many great-grandchildren.

She was preceded in death by her parents; her husband, Robert; two sons, Kirk Widmier and Michael Widmier; one grandson, Cyrus Widmier; and her three brothers.

The funeral service will be held at 11:00 a.m. Wednesday, January 2, 2002, at the Emerson First and Second Ward Chapel of the Church of Jesus Christ of Latter-day Saints, 127 South 95th W., West of Paul, with Bishop Scott Stevenson officiating. Interment will follow at the Paul Cemetery.

Friends may call at the

Rasmussen Funeral Home, 1350 East 16th Street, Burley, on Tuesday, January 1, 2002, from 6:00 until 8:00 p.m. at the church on Wednesday, from 10:00 until 10:45 a.m.

WENDELL

Evan Stanley Jensen
Evan Stanley Jensen, 66, of Wendell, died of cancer on December 28, 2001, at his home with his family.

He was born October 11, 1935, in Sugawville, Utah, the fourth of seven children of Harold and Grace Wood Jensen. As a youngster, Evan and his brothers helped his father with the farm. He spent all the spare time he had playing sports, especially baseball, softball and basketball. He also enjoyed hunting and fishing a great deal. He attended Sutherland Elementary School and Delta High School, graduating in 1953.

When he was 19, he joined the Army, and was stationed first at Ft. Carson in Colorado Springs, Colorado, for four months, and was later stationed in Chicago, Illinois, as a gun mechanic for the 90 mm anti-aircraft guns. He was honorably discharged in December, 1956, and remained in the Chicago area and worked as a crane operator for Reynolds Aluminum. In the fall of 1957, Evan worked for the Souval Bros. Distributing Company. In the spring of 1959, he worked for Frank's Hardware in Arizona, where he worked as a warehouse manager for Arizona Sundries, which later changed to Alta Distributing, in the spring of 1960, he worked for Phoenix Foods, Inc., in Phoenix. He later started his own business called Popcorn & Stuff. Before retiring in 1995, he also worked as a security guard at Royal Oaks in Phoenix. In 1995, he worked as a greeter at Jules Harrison Ford, and later as a clerk at Canyon Rim Ace Hardware.

In April, 1957, he married Norma Rose Ker, of Chicago. Later that spring, his father hurt his back, so Evan and Norma moved to Sugawville and ran the farm until his father's death. Evan and Norma were divorced in 1962, and Evan raised their two children, Kathleen and David, on his own for the next six years. In June, 1968, Evan married Vera Lutzner of Phoenix. During 1995, he worked as a greeter at Jules Harrison Ford, and later as a clerk at Canyon Rim Ace Hardware.

In April, 1957, he married Norma Rose Ker, of Chicago. Later that spring, his father hurt his back, so Evan and Norma moved to Sugawville and ran the farm until his father's death. Evan and Norma were divorced in 1962, and Evan raised their two children, Kathleen and David, on his own for the next six years. In June, 1968, Evan married Vera Lutzner of Phoenix. During 1995, he worked as a greeter at Jules Harrison Ford, and later as a clerk at Canyon Rim Ace Hardware.

to his heart as loved as his own children. In 1972, Evan and Vera moved to Wendell, Idaho. They loved to go camping and canoeing, and took several trips to California together. Evan's family has always been the most important thing to him, and he shared with them a deep and abiding love. In 1995, Evan and Vera moved to Wendell, Idaho. They were sealed in the Boise Temple on October 16, 1999.

He was a member of the Church of Jesus Christ of Latter-Day Saints, and served in many different positions throughout his life time as Ward Athletic Director, Deacon's Quorum Advisor, Finance Clerk, Ward Clerk, Counselor in the Elder's Quorum, Secretary to the Missionary, and Assistant High Priest God Teacher.

Evan is survived by his children, Debra (Lerry) Wright of Glendale, Arizona, Kathleen Hedman of Idaho Falls, Idaho, Kelly (Eric) Jones of Wendell, Idaho, David (Pam) Ulrich of Utah, and three grandchildren, an eight great-grandchildren, as well as his brothers and sisters, Ronald (Gayle) Jensen of St. George, Utah, Maurine (John) McCoy of Orem, Utah, Virginia (Val) Sorenson of Hyrum, Utah, Alan Jensen of Henderson, Nevada, and Dick (Joann) Jensen, of Las Vegas, Nevada. He was preceded in death by his wife, Vera, and his parents, brothers Ralph Jensen and Ross Jensen, two nephews, and a niece.

Funeral services will be held on January 2, 2002, at the Buhl First Ward LDS Church on Main Street in Buhl, Idaho, at 11:00 a.m., with Bishop Donald Prigmore presiding. Friends may call at the Farmer Funeral Chapel in Buhl, Idaho, on Tuesday, January 1, 2002, from 8:30 p.m., and one hour prior to the service at the church. Burial will follow at the Buhl Cemetery. Funeral arrangements are under the direction of Farmer Funeral Chapel in Buhl.

The family would like to extend a special word of gratitude to the staff of Idaho Home Health & Hospice, in Lewiston, the family requests that donations be made to the Idaho Hospice organization. Also, thanks to Dr. Robert Ward and his nurse, Laurie, and the nursing staff at the Twin Falls Clinic & Hospital for the kind and compassionate care given to Dad during his illness. Also, special thanks to the many friends and colleagues who gave of their time and spirit to comfort and care for Evan and his family. Your kindness has not gone unnoticed.

College opens new residence hall

COEUR D'ALENE (AP) — North Idaho College unveiled its new residence hall this weekend, celebrating the return of dorm life after more than three years.

"They look like small apartments," Erna Rhinehart, director of public relations, said. "They're absolutely gorgeous."

The last dormitory that stood on the campus was built in 1963 and torn down in 1998.

"There's no comparison," College President Michael Burke, said. "The other one was

just a cinderblock house, just inadequate."

The \$5.1-million facility can house 202 students.

"I think the campus community felt that void of not having a residence hall on campus," Rhinehart said. "We're hoping this will bring some of that back."

Located at the heart of the campus, a stone's throw from the library, gym and student union buildings, school officials hope to please out-of-state parents concerned for the safety of

their children.

"Now they're guaranteed three meals a day, daily activities and a real student life," Burke said.

Between 50 and 60 students will occupy the hall when school reopens Jan. 10.

Bruce Gifford, vice president of student services, said he is optimistic all 202 spots will be filled by next fall.

"This is more than a building," Burke said. "It's a new home for students, and I can't wait for them to get here."

Store's doors will reopen next summer

HENRY (AP) — For the first time in a century, the old Chester's Store in Henry sat closed through the summer and fall season of 2001, inhabited only by rodents and insects.

But it will not remain vacant for much longer.

Christie and Scott Evans plan to reopen the store next summer.

The Evans will lease the store

for the out-of-state owners who purchased it after the death of owner Thomas Chester. They hope to add a gift shop and other attractions.

Weather-beaten and rustic, the store served ranchers, hunters, tourists and summer residents of the marina and surrounding area.

"I believe it may be the oldest

store in Idaho continuously operated by the same family," Tom Chester, the late owner of the store said when they celebrated the 100th anniversary of operation in 1992.

One hundred years ago Henry was a thriving town with a post office, school, stores, hotels, a blacksmith shop and several other businesses.

Judge vows to stop drive-by shootings

CALDWELL (AP) — Third District Judge Sergio Gutierrez plans to start the new year tackling the rash of drive-by shootings that has haunted some Canyon County neighborhoods in recent months.

Gutierrez said he believes new, untried solutions need to be devised to the problem of drive-by shootings.

"I think it's a very real and present problem that affects the well-being and safety of all of us," Gutierrez said. "There isn't any part of town or any family that isn't vulnerable to it."

He is putting together a group of community leaders and law enforcement that will address the problem.

"We all deal with these issues on a case-by-case basis," he said. "We address whatever is in front of us, but we don't have good follow through or anything that goes beyond the immediate solution."

The Gutierrez said the inspiration for the meetings came from a Nampa man he sentenced for involvement in a drive-by shooting.

"This gentleman wrote to me from prison and when I went and visited him, he expressed a desire to not only change his life but also to make changes in the community and a hope of helping others change their situations," Gutierrez said. "I thought, if he has that kind of desire and

commitment to risk his own life, because that is what he's doing by going against his gang, then perhaps we could do something in the community as well."

Gutierrez said the solution to the problem of gang activity lies not in costly programs, but in more personal community involvement.

"We have a good infrastructure in place in our law enforcement, education system, probation system and health and welfare," he said. "What we need is people to give of their time and talents and be involved. I don't think that takes money. It takes being unselfish and going back to the culture of community and helping each other out."

Troopers say breaking bad news is tough

SALT LAKE CITY (AP) — When people die on the state's highways, someone has to break the news to family members, and Utah Highway Patrol troopers say it's among their toughest duties.

Trooper Bruce Pollei says he will never forget one woman's screams.

"Over and over again — 'no, no, no,'" he said.

The woman seemed to know something had happened to her 18-year-old daughter.

"That death notification, Pollei said, has been the hardest thing he's had to do in his whole career.

Sgt. Doug McCleve describes the task as the "most unbelievable, awful, worst-by-far, life-changing experience. It's almost unimaginable."

Sgt. Phil Waters says he tries to distance himself from the grim task.

"I do paperwork, file the report and put it to rest," he said. "I don't think about it the next day. Otherwise, it's going to tear you

up and you're not going to last a long time."

There is no set script for the notifications. The rules are that it must be done in person by two people. Other than that it's up to the troopers to determine how best to handle the situation.

Capt. Kathy Slagowski said she's done 30 or more death notifications and says people take the news in various ways.

"Every emotion you can imagine," she said. "Some people, you

take them in your arms to comfort them. Others start beating on you. It puts you in their shoes and makes you think about how much the victim meant to them."

"You never know the reactions," McCleve said. "We're there for support and backup. No matter what happens, you've got help."

"You want so desperately to give the family proper treatment," McCleve said. "It's what I would want for my family."

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Fritz Kippes H.L.S.

Commissioner says he kept promise

Draft ordinance on CAFOs is available today

By Sandy Miller
Times-News writer

TWIN FALLS - County Commissioner Bill Brockman says he has met his self-imposed deadline. With no time to spare, Brockman had promised to step down from the commission if he and his fellow commissioners, Gary Grindstaff and Mary Hempleman, hadn't finished a set of ordinances on animal feeding operations by the end of the year.

Though the ordinances aren't adopted yet, the commissioners' draft of the last of them will be available today - New Year's Eve. The fifth and final ordinance covers larger confined animal feeding operations.

"I feel good about getting them done, and I'm happy with the results of them," Brockman said. "I think everyone will be

Elko will celebrate New Year's with fireworks

By Karen Terrell
Times-News correspondent

ELKO, Nev. - A large fireworks display will light the skies over Elko at the start of the new year.

Gloria Hammelef, one of the organizers, said this year's event will be a "very special patriotic tribute."

Hammelef is an employee of Full House Inc., one of several sponsors of the event.

"By staying home people will

Midnight display

A fireworks display for New Year's will take place at midnight today in downtown Elko, Nev. The event will be held on the 300 block of the parking corridor between Stockmen's and Commercial casinos. Admission is free.

miss the spirit of kicking off a new year and this one will look back and look forward ... kicking us out of a bad year and into a

good one," she added.

Anna Alberdi of KKKO radio said the fireworks will be choreographed as a salute to America. A patriotic theme was chosen after the events of Sept. 11 and the number of heroes involved in the incident.

Fire barrels will be placed in the parking corridor between Stockmen's and Commercial casinos and loud speakers will provide the musical accompaniment for the show.

For those not wanting to brave

the weather, radio stations will be broadcasting the event, Alberdi said.

The fireworks display is being sponsored by several local businesses and individuals and is expected to draw a large crowd.

Alberdi said that previous years several thousand people have been downtown to watch the colorful display.

In addition to the fireworks, many of the area casinos will be featuring live entertainment and party favors for celebrants.

CSI TODAY

- Today**
College campus is closed for Christmas/New Year's break.
- Tuesday**
Herrett Center is closed for New Year's Day.
- Wednesday**
CSI and Welch Music annual piano sale, 10 a.m. to 8 p.m., Fine Arts Auditorium.
CSI Golden Eagle men's basketball play at the Northwest All Stars, 6 p.m., gym.
- Thursday**
American Association of Retired Persons volunteer tax preparation training, 9 a.m. to 4 p.m., Evergreen C74.
- Friday**
American Association of Retired Persons volunteer tax preparation training, 9 a.m. to 4 p.m., Evergreen C74.
CSI Golden Eagle basketball against Salt Lake Community College in Salt Lake City; women play at 5:30 p.m. (game broadcast on 1450 AM); men play at 7:30 p.m. (game broadcast on 1310 AM).
Narcotics Anonymous weekly meeting, 7 p.m., Desert 112.
- Saturday**
National Traffic Safety class, 8 a.m. to 2:30 p.m., Shields 103.
Emergency Medical Technician national testing, 8 a.m. to 6 p.m., Aspen building.
Dell Computer Corp. interviews, 8 a.m. to 9 p.m., Shields and Taylor buildings.
Snake River Elks Lodge annual Hoop Shoot, 8 a.m. to 1 p.m., gym.
- Sunday**
Magic Valley Bible Church, 9 a.m. to noon, Shields 117 and 118.
Dell Computer Corp. interviews, 8 a.m. to 9 p.m., Shields and Taylor buildings.

ON THE AGENDA

- Today**
Jerome County commissioners, 9 a.m., courthouse.
- Wednesday**
Filer City Council, 7 p.m., City Hall.
Jerome City Council, 7 p.m., council chambers, 100 E. Ave. A.
Murtaugh City Council, 7 p.m., City Hall.
- Thursday**
Albion City Council, 7 p.m., city office.
Bellevue Planning and Zoning Commission, 7 p.m., City Hall.
Fairfield City Council, 7:30 p.m., firehouse.
Ferry City Council, 7 p.m., City Hall.
Kimberly Public Library Board, 7 p.m., library.
Murtaugh Planning and Zoning Commission, 7 p.m., City Hall.
Twin Falls County commissioners, 8:30 a.m., courthouse.

FOR THE RECORD

- Charles Duane Jenkins, 39, 2345 Orchard Dr. E., Twin Falls;** fugitive hearing set for Jan. 4, 2002; \$100,000 bond.
- Joseph Regua, 34, 119 Main Ave. E., No. 2, Twin Falls;** battery/domestic violence (traumatic injury); private costs waived; no plea entered; preliminary hearing set for Jan. 4, 2002; \$50,000 bond.
- Donald J. Jessan, 246 Second Ave. W., No. 21, Battleground;** domestic violence; public defender appointed; pleaded innocent; \$5,000 bond.
- Anthony John Ostrander, 22, 445 Fifth Ave. N., Twin Falls;** possession of drug paraphernalia; public defender appointed; pleaded innocent.
- Dora R. Henderson, 39, 138 Normal Ave., Burley;** possession of drug paraphernalia; public defender appointed; pleaded innocent. Petit theft; public defender appointed; pleaded innocent.
- Randy Joe Adams, 40, 806 Redwood Lane, Rupert;** possession of a mutilated, altered or revoked driver's license; pleaded guilty; sentencing pending; \$3,000 bond.
- Luis Cabrera, 28, 3000 N., No. 3, Twin Falls;** stalking; public defender appointed; pleaded innocent.
- Fernin Boradilla, 23, Twin Falls;** address not listed; driving under the influence (excessive); failure to purchase a driver's license; pleaded guilty; sentencing pending; \$3,000 bond.
- William Gerald Levings, 52, P.O. Box 1605, Twin Falls;** invalid driver's license; public defender appointed; pleaded innocent.
- Juan Manuel Tapia, 23, Buhl, no address listed;** driving under the influence; pleaded guilty; sentencing pending; \$1,000 bond.

Fomer gang members go straight - to the kitchen

SALT LAKE CITY (AP) - After getting arrested half a dozen times since age 15, serving a year in jail, and getting shot by his own gang members, Chris Calderon figured he'd had enough at age 28.

"I was good at being a gang member. But it wasn't where I wanted to go in my life," Calderon said. He said he knew if he didn't change his life drastically, where he ultimately was going was to prison. Osgood, Ore.

Now a culinary school graduate, Calderon opened his own Salt Lake City catering company a few months ago with his childhood friend and former gang member Danny Parker, also a cooking fanatic. The two have become the creative chefs behind Risent Pain Catering. The French name means "breaking bread."

Since late July, the duo have catered seven parties. The first was a birthday party for Calderon's mother, Julianne. The most recent was a friend's wedding. During the latter affair, 400 guests dined on mixed green salad accented with Gorgonzola; chicken saute; homemade bread, and assorted fruit platters rimmed with slices of prosciutto.

What little profit they have garnered so far has gone right back into the business, Chris Calderon said, buying top-of-the-line cookware and utensils.

"I like the expensive stuff," said Calderon, who graduated from the Scottsdale Culinary Institute in Arizona last year. "It lasts longer, it's easier to cook with, it's much more easy to clean and they just perform better."

At 6-foot-plus, and each weighing more than 250 pounds, with Gothic-style tattoos, the entrepreneurs still look more like gang-bangers than businessmen. But underneath all that brown are personalities as soft as the souffles they tenderly prepare.

Both men learned to cook from their mothers. In each of their homes throughout childhood, mealtime was a special family event.

"Our parents, ever since we were little, cooked fancy food all the time," Calderon, 34, said. "So I grew up with it, we both grew up with it. We both grew up around food. It became our passion."

Parker, also 24, says pasta dishes have become his specialty.

"Fettas, and I mean every kind of pasta, just because of Mom," Parker said.

After suffering gang initiation rites in Salt Lake City, the two were the designated cooks for

Hearings on the ordinances

Twin Falls County commissioners have completed five draft ordinances regarding animal feeding operations, and public hearings on the ordinances will be held from 4:30 p.m. to 9:30 p.m. Jan. 16 in the Shields Building at the College of Southern Idaho. People can sign up to testify at the hearings. The hearings will focus on the following ordinances:

- An ordinance establishing zoning standards for the siting of animal feeding operations from 100 to 999 animal units.
- An ordinance establishing regulations and standards for the keeping and care of livestock in Twin Falls County.
- An ordinance establishing the position of a hearing officer who would have the authority to grant or deny permits.
- An ordinance establishing operating permit requirements and procedures.
- An ordinance regulating large animal feeding operations.

Copies of the proposed ordinances can be picked up at the Office of Planning and Zoning, 246 Third Ave. E. The ordinances can be seen online at www.twinfallscounty.org. Click on proposed AFO ordinances.

The hearings have been rescheduled Jan. 16. The hearings will be held from 5:30 to 9:30 p.m. in the Shields Building at the College of Southern Idaho. The college not only has more space, but the four-hour hearing will make it possible for more people to testify, Brockman said.

Commissioners have received a lot of criticism in recent months over how long it is taking



Bill Brockman

them to get an ordinance in place. The Idaho Dairymen's Association, Gianbia Foods Inc., dairy operators Michael and Valerie Quesnell and John and Mary Nunes, heifer operation owners David and Leslie Snelson, Clear Creek Loan and Mortgage owner Jack McCall and radio and television broadcaster Zeb Bell filed a lawsuit against the commissioners. The group says the commission broke Idaho law and hurt businesses when they enacted five consecutive moratoriums that halted construction of new operations and expansion of existing operations.

Commissioners recently filed a response to the lawsuit denying the allegations and asking that their legal fees be reimbursed.

Times-News writer Sandy Miller can be reached at 735-3264 or by e-mail at smiller@magicvalley.com.



Minidoka County Assessor Max Vaughn, standing, talks with Scott Erwin of the Idaho State Tax Commission while Janice West works in the background at the new assessor's office at 702 G St. in Rupert.

Assessor's office changes location

By Shari Chaney
Times-News writer

RUPERT - Renovations have changed the building at 702 G St. from a doctor's office to an assessor's office.

The Minidoka County assessor's office has moved to the new location and is operating as normal, said County Assessor Max Vaughn.

"All in all it's been a good move," Vaughn said.

Computer systems are all up and running, Vaughn said, and although some small items still need to be worked out and rearranged, for the most part things are running smoothly.

It just may take a while for the public to get used to walking across the street to find the assessor, Vaughn added.

The extra room allows the office to be more efficient and user-friendly, Vaughn said. Employees are more accessible and additional room for files will allow for better organization.

"We'll have room," Vaughn said. "We have been out of space for about six years."

All county offices have needed more space, he added.

The building, which provides 400 to 500 additional square feet for the assessor's office, came up

TF Clinic's emergency room will close Tuesday

TWIN FALLS - The emergency room at the Twin Falls Clinic & Hospital will close Tuesday and patients in Twin Falls needing emergency care should go to Magic Valley Regional Medical Center in Jerome, Gooding County Memorial Hospital in Gooding, Cassia Regional Medical Center in Burley, Minidoka Memorial Hospital in Rupert and St. Luke's Wood River Medical Center in Ketchum.

You should go to a hospital emergency room if you are experiencing any of the following symptoms:

- You are having trouble breathing.
- You are suffering uncontrolled bleeding.
- You are experiencing chest pain or other symptoms of a heart attack.
- You are experiencing neurological symptoms such as severe headache or paralysis.
- You have any doubt as to which location to go.

Meanwhile, people with minor illnesses and injuries will still be able to go to the clinic. The clinic, located at 660 Shoshone St. E., will be renamed Magic Valley Regional Medical Center's Downtown Campus. The physicians clinic will be open from 9 a.m. to 8 p.m. seven days a week.

Valley in brief

- Blaine County's waterways are Magic Reservoir, Fish Creek Reservoir, Little Wood Reservoir, Alturas Lake and Petit Lake. The county's waterways funding comes from boater registrations designated for these lakes and reservoirs.
- Mary Austin Crofts, in a press release from the Blaine County Recreation District, said the annual budget for waterways is about \$17,000, which is used to fund docks, restroom and garbage facilities, maintenance and signing. Half of this fund is dedicated to the Sheriff's Department Marine Patrol.
- The Blaine County Waterways Committee applies for State Waterways Improvement Funds to help fund capital improvements such as docks. Crofts said this year's application will likely concentrate on repairs and improvements at Alturas Lake's Sprockets Bear boat access.
- Anyone who has ideas and/or comments regarding boating needs in Blaine County is encouraged to call Crofts at 788-2117, or Curtis Miller at the Blaine County Sheriff's Office, 788-5555.
- Twin Falls County commissioners to meet**
TWIN FALLS - County commissioners today will interview fertilizer salesman Paul Hokum for a position on the Twin Falls County Fair Board.
- The meeting will begin at 9 a.m. in commissioners' chambers on the fourth floor of the County Courthouse, 425 Shoshone St. N. The courthouse will close at 2 p.m. today and will be closed all day Tuesday.
- compiled from staff reports
- Residents can comment on waterway projects**
HAILEY - Blaine County boaters and interested residents are being asked to provide their ideas and comments for projects
- Know the score?**
Read The Times-News sports pages to see how your favorite team is doing.

NATION

What will happen in 2002?

by Associated Press

A sampling of news developments likely in 2002:

Domestic

- President Bush begins the second year of his administration on Jan. 20 with the fight against terrorism his top priority. After four years of budget surpluses, the administration projects deficits for the rest of Bush's term. His first year was marked by a recession that ended the longest stretch of U.S. prosperity on record—exactly 10 years.

- Congress returns in January for an election-year session facing fresh spending demands caused by the aftermath of the Sept. 11 attacks and the war. Still pending from 2001: energy legislation, patients' bill of rights, campaign finance reform.

- The stakes are high in the midterm congressional elections on Nov. 5. Democrats are trying to hold on to a 50-1 edge in the Senate. Thirty-four Senate seats are up for election, including 20 now held by Republicans. In the House, all 435 seats are up, and Republicans will try to hold on to a lead that now gives them a 221-211 advantage with two independent and a vacancy.

- More than 20 states must finish their redistricting process before the congressional elections.
- Thirty-six governors' seats will be up for election, including 23 now held by Republicans.

- The federal government will begin releasing its final major round of data from the 2000 Census in early spring. The numbers, based on responses from 1 of every 7 American households, will provide information on income, national origin, housing, commuting patterns, marital status, school attendance, level of education, languages spoken at home, rental and mortgage information, and plumbing and kitchen facilities available.

International

- For Israelis and Palestinians, the main question is how to end 15 months of violence that have killed more than 1,000 people and aborted an ambitious peace effort. Palestinian leader Yasser Arafat is under pressure to rein in Islamic militants who are increasingly popular among an impoverished and angry populace. Israeli Prime Minister Ariel Sharon could face early elections.

- In the European Union, New Year's Day means a new common currency in 12 of the bloc's 15 member countries. With that revolutionary step completed, the EU will focus more closely on another momentous project: creating its own military force for humanitarian and peacekeeping crises. By June, the EU hopes to have sorted out how it will proceed with its next expansion as 12 candidates jostle for membership.

- In Mexico, the thrill has worn off of President Vicente Fox's victory over the long-ruling Institutional Revolutionary Party. Entering his second year, Fox faces a slumping economy and a hostile congress as he tries to fulfill the promises of sweeping changes made during his campaign. Fox also is trying to reestablish the special relationship with Washington that has been overshadowed by the war on terrorism.

- South Africa's AIDS pandemic threatens to further damage a country trying to heal apartheid's wounds. President Thabo Mbeki will face increasing pressure—including lawsuits—to provide AIDS medicine to its 4.7 million infected citizens. He also faces the challenge of protecting Africa's largest economy from the fallout of elections in neighboring Zimbabwe, expected to be marred by political violence.
- China begins 2002 basking in goals achieved—an Olympic bid won, World Trade Organization membership realized, a spy-plane confrontation with the United States solved. But tensions over Taiwan may grow pricklier following the election victory by supporters of Taiwanese President Chen Shui-bian, who has not come out in favor of reunification. Beijing also worries about a low-level insurgency in its heavily Muslim Xinjiang region.
- The United Nations, where Secretary-General Kofi Annan begins his second five-year term, will be playing a major role in assisting Afghanistan's new government, providing aid and starting reconstruction. The year will

INTO THE MILLENNIUM

TAKING STOCK

Year One

Population of the world: 6.1 billion

Life expectancy at birth: 64.6 (male); 68.6 (female)

Fertility rate in developing countries: Under 3 children per woman, half of what the rate was in 1960

Adult literacy rate: 75.7 percent

Annual output of world economy in 1950: \$6.3 trillion. In 2000: \$42 trillion

Percent of world total economic output by the E-9—the nine largest industrial countries: 80 percent

Number of people who live on less than \$1 per day: 1.2 billion, or one fifth

Number of people in the developing world who are chronically malnourished: 800 million

Annual amount necessary to provide essential levels of health care in the least developed countries: \$30 to \$40 per person.

Average annual health spending by these countries: \$13 per person

Number of people without improved sanitation conditions: 2.4 billion

Percentage of those people living in Asia: 80 percent

Percentage of people with access to a safe water supply: 42 percent

Projected cost of providing adequate education, health care, food and safe water for all the world's people: \$40 billion

Net worth in 2001 of Microsoft co-founder Bill Gates, the richest person in the world: \$84 billion

Percentage of the world's 568 major natural disasters that occurred in developing countries between 1970 and 1998: 94 percent

Number of volcanoes considered active, having erupted in the

Puritans argued that the new millennium began in 2001, though most of the world chose the year before to celebrate a fresh chapter in time. Whether or not it comes with merchandise and its own computer virus, every new year is an occasion for reflection. Terror, and the response to it, commanded the world's attention in the fall and winter of 2001 and will continue to do so as the crisis stretches into 2002. But other conditions persist in the world that warrant evaluation in numbers.

By John Jurgensen
Associated Press

Last 10,000 years: 1,511

Earthquakes of a magnitude of 7.0 or greater in 2001: 15

Deaths caused by earthquakes in 2001: 21,436

Number of countries that endured serious conflicts in 2001: 59

Number of people living with HIV/AIDS: 40 million

Number of new HIV infections each day in 2001: about 14,000

Hospital infections caused by microbes resistant to antibiotics: 60 percent

Number of television sets per 1,000 people: 268.3

Number of mobile phones per 1,000 people: 85.6

Rank and spending on advertising by the

Share of world energy provided by oil, natural gas and coal, respectively: 32, 22, 21

World automotive industry: 1st, \$24 billion

Number of motor vehicles per 1,000 people: 122

Number of bicycles shipped by the U.S. organization Pedals for Progress to developing countries to provide mobility to the poor: 50,069

Annual increase in wind power in the 1990s: 24 percent

Annual increase in solar power: 17 percent

Country with highest per capita usage of solar energy: Switzerland

Number of top 10 nations using wind power that are European: 7

Approximate increase in carbon dioxide emissions since 1950: 300 percent

Rank of the year 2001 among the warmest on record for global average surface temperature: 2nd

Top warmest year on record: 1998

Estimated amount of waste generated annually per person in the United States, which produces most of the world's municipal waste: 1,587 pounds

Country that consumes the most beef and veal per person: Argentina; 124 pounds per person

Square kilometer of land deforested on average each year: between 1990 and 2000: 90,399

Number of companies in the Global Forest and Trade Watch, committing them to produce, trade or purchase products from forests certified as well-managed: 700

Estimated number of plant and animal species discovered each year, especially in rainforests: 27,000

Estimated total living languages: 6,809

Number of languages classified as nearly extinct: 417

Most widely spoken language: Mandarin; 1.1 billion

Rank of English among languages spoken by the most people: 4th; 514 million speakers

Estimated number of distinct religions: 10,000

Denominations within Christianity alone: 33,830

Internet hosts in 1995: 9.5 million

Internet hosts in 2001: 171.3 million

Computers infected by the "I Love You" virus, the most widespread ever: 3.1 million within one week

Number of calculations that the fastest supercomputer is capable of completing every second: 12 trillion. In that time it can solve a problem that would take one person using a calculator 10 million years to solve

Highest price paid at auction for a painting: \$82.5 million for Vincent van Gogh's "Portrait of Dr. Gache"

Total number of residents and visitors of the international space station during its mission of one year and two months: 79

Farthest man-made object from Earth: Voyager 1, about 7.6 billion miles. Launched in 1977, the craft has passed Pluto's orbit but still transmits radio signals to Earth.



SOURCES: World Bank, the State World Data, United Nations World Development Program, Global Business World Handbook, 2001, Smithsonian Institution, U.S. Census Bureau, 2000, 2001

see a continued focus on fighting AIDS, promoting peace, combating poverty and bringing East Timor to independence.

In Russia, Vladimir Putin starts his third year as president enjoying approval ratings above 70 percent but facing challenges: The war in Chechnya defies solution, and the economy is highly dependent on exports of increasingly cheap oil. Important differences also remain with Washington on NATO expansion, missile defense and Iraq despite closer relations following the Sept. 11 terror attacks.

Business

- Economists and business leaders expect the year to see a rebound in the economy, now offbally in recession. But they remain uncertain about exactly when it will happen.
- A federal judge will decide if and how a settlement of the government's anti-trust suit against

Microsoft will go forward. The opposition of nine states has complicated the deal, which would create a special panel to ensure it steps using predatory business practices.

- The painful shakeout among high-tech and telecommunication companies should have run its course. So the question now is: Will 2002 see a big payoff in smarter, more stable software, speedier computers and wireless communications and more broadband for the masses? And, if so, what specific companies and technologies will be part of that payoff?

Sports

- The Winter Olympics run Feb. 8-24, returning to the United States for the first time since 1980. The Olympics will be held with probably the largest security force ever, following the attacks of Sept. 11.
- Soccer's World Cup begins

May 31, held for the first time in two venues—South Korea and Japan. France is favored to repeat its 1998 championship.

- Pro football will have a new look with the addition of a 32nd franchise, in Houston, an addition that has enabled the NFL to realign its franchises and reduce geographical anomalies. Twenty-two teams will remain in their old divisions. Two expansion teams were slotted in divisions with teams that left their cities—Houston in the AFC South with Tennessee, and Cleveland in the AFC North with Baltimore.
- The New York Yankees, winners of four World Series in the last six years, will have dramatic changes in their lineup as they pursue a fifth straight American League championship. Three members of the Yankees' four straight AL championship teams retired. Six others were off-season free agents, expected to sign elsewhere.

To place a classified ad, call 733-0931

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AUCTION LISTINGS
THROUGH JANUARY 1
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5th Annual New Years Day Auction
Furniture - Primitives - Collectibles
Glassware - Toys - Coins & Misc.
Nampa - Ad 12-23 & 12-30
PICKET AUCTION
www.picketauctions.com

Happy New Year
www.mmgvalley.com

MORNING LINE

SPORTSQUOTE

“If I had to face that guy all afternoon I’d put on some track shoes.”

”

—Dolphins backup quarterback Roy Lucas on Atlanta rookie Michael Vick

IN BRIEF

Report: Six Cubans leave tournament

ROME — Six Cuban volleyball players reportedly left a tournament in Belgium and showed up in Italy, where they want to play professionally instead of returning to Cuba.

Most of the Cubans insisted that political asylum was not their goal, *Corriere dello Sport*, a leading Italian sports newspaper, said Sunday.

“There aren’t political motives behind our fleeing,” Cuban player Iliovany Hernandez told the paper. “We want to say that loud and clear so we’re not misunderstood.”

Italy’s Interior Ministry, which handles asylum requests, said no one was available Sunday who knew anything about the Cubans.

One player, Angel Dennis, was reported missing at the Flanders tournament near Antwerp on Friday and the others took off later from an Antwerp hotel. The Cuban national team was playing in the tournament.

Several of the Cubans had played in the past on professional teams in Italy.

Referee ejects

Temple Owl mascot

PHILADELPHIA — Temple’s mascot, Hooter the Owl, was ejected late in the game Sunday after going on the court and gesturing at the referee following a technical foul.

The ejection came with 3:12 left in the Owls’ 68-62 loss to Penn.

The man in the costume went on the court just after Temple coach John Chaney received a technical for arguing with official John Hughes.

The mascot approached Hughes at the foul line and made a gesture. He was given a technical and ejected.

The student in the costume, who would not give his name, had no comment. Temple officials would not release the man’s name.

Compiled from wire reports



SALT LAKE 2002

Countdown to the Salt Lake City Olympics

39 days until Opening Ceremony

The Torch Tour: The Olympic flame begins today in Syracuse, New York. After stops in Seneca Falls and Rochester, the 33-inch torch makes its last New York stop in Buffalo. The torch begins 2002 with a trip across Pennsylvania and Ohio.

March to the Medals: Inspired by a bad dream and a nightmare performance the day before, Jeremy Tevelin won the 10K sprint on the second day of the U.S. biathlon trials on Sunday, inching closer to one of four berths. One of the biathlon favorites, Tevela shot poorly Saturday and finished ninth.

BYU focuses on Liberty Bowl

Passing and points to be expected against Louisville

The Associated Press

MEMPHIS, Tenn. — The Brigham Young Cougars say thoughts of the BCS and Hawaii are gone, disappointments put away.

Prmise. The No. 19 Cougars can prove that this afternoon against 23rd-ranked Louisville. They have

been anxious to play again since that 72-45 loss to Hawaii on Dec. 8, which ruined their perfect season and knocked them out of the Top Ten.

“We’re grateful to be here and to play against these guys,” quarterback Brandon Doman said.

Coach Gary Crowton said his Cougars (12-1) knew all along they were coming to Memphis if they won the Mountain West Conference with the automatic berth. But he admits they held hopes for a national championship until BCS officials



dropped them from consideration days before their season finale.

That prompted talk of a possible lawsuit, which dissolved when Hawaii routed the Cougars. Crowton said he still doesn’t think the BCS decision was right.

“It had nothing to do with which bowl we were going to,” he said.

The Cardinals (10-2) sympathize. They had a seven-game winning streak ended with a 37-22 loss to Texas Christian on Nov. 23.

Please see BOWLS, Page C2

Today’s College Bowl Games

Sun Bowl

At El Paso, Texas
\$1 million
Washington State (9-2) vs. Purdue (6-5), 10 a.m. (CBS)

Humanitarian Bowl

At Boise
\$750,000
Louisiana Tech (7-4) vs. Clemson (6-5), 10:30 a.m. (ESPN)

Silicon Valley Classic

At San Jose, Calif.
\$750,000
Fresno State (11-2) vs. Michigan State (6-5), 1 p.m. (FOXSN)

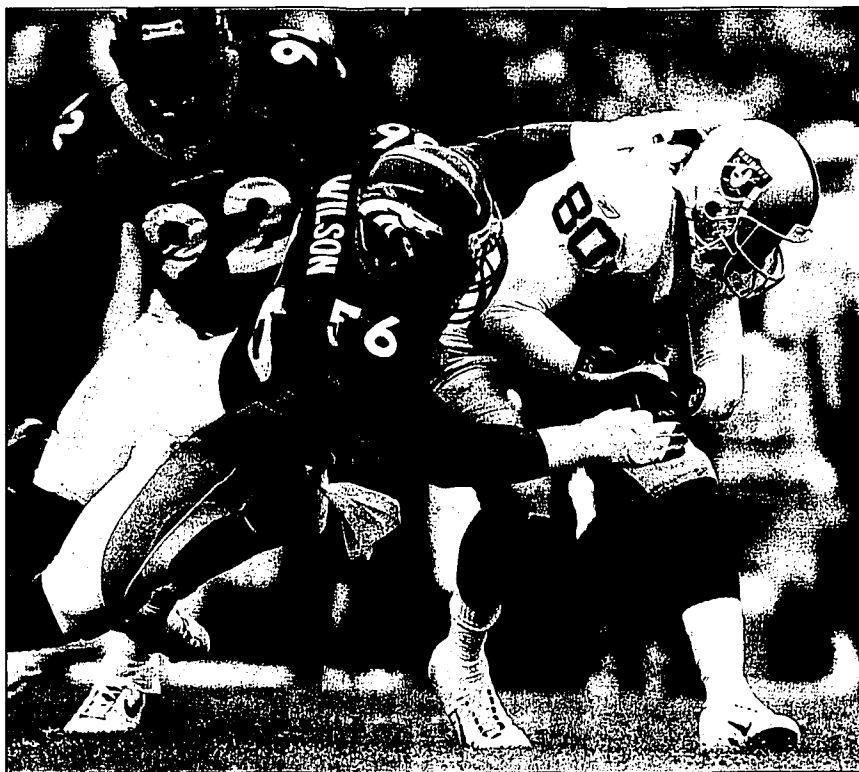
Liberty Bowl

At Memphis, Tenn.
\$1.3 million
BYU (12-0) vs. Louisville (10-2), 2 p.m. (ESPN)

Peach Bowl

At Atlanta
\$1.8 million
North Carolina (7-5) vs. Auburn (7-4), 5:30 p.m. (ESPN)

Playing for pride



Oakland wide receiver Jerry Rice is tackled by Denver Broncos linebacker Al Wilson (56) after Rice caught a 7-yard pass in the first quarter of their game in Denver on Sunday. The Broncos went on to win the game 23-17.

Denver burns Raiders in heated rivalry

By Kannon Simpson
The Gazette

DENVER — Back when the 2001 NFL schedule was drawn up, this was supposed to be the grandest of finales.

Back then, the Denver Broncos and Oakland Raiders were expected to be the class of the AFC, and this game was supposed to have been the end of the regular season.

It was supposed to have been a title bout, to determine the AFC West championship. Two hated rivals from the same division, both

Super Bowl contenders, slugging it out on the next-to-last day of the year.

Back then, this game figured to come down to the final play, down to one team’s goal line, down to the final second.

Which is exactly what happened at Invesco Field at Mile High on Sunday, minus the setup. The Denver Broncos beat the Oakland Raiders, 23-17, hanging on for dear life in their most dramatic victory of the season, despite playing for nothing more than their own pride.

More NFL — C2

“I think they’re trying to kill me,” said Broncos coach Mike Shanahan, shortly after catching his breath following a game-ending series in which the Raiders drove to the Denver 17-yard line and threw three passes into the end zone, with Rich Gannon’s last gasp intercepted by safety Kenoy Kennedy at the goal line as the clock struck zero.

“This type of game is obviously very tough on both sides of the field. Our guys played their hearts

out and found a way to win. It was a nice way to end the season at home.”

The season isn’t over because of the events of Sept. 11 and the postponed second week of the NFL season. Those games will be played next weekend, with the Broncos visiting the Indianapolis Colts. But beyond that anticlimax, the Broncos (8-7) failed to hold up their end of the bargain in fulfilling the expectations for Sunday’s game by playing their way out of the playoff race weeks ago.

Please see BRONCOS, Page C2

Pistons cool Heat

The Associated Press

AUBURN HILLS, Mich. — Jerry Stackhouse scored 24 points as the Detroit Pistons snapped a seven-game losing streak and handed Miami its sixth straight loss, 86-80 Sunday night.

The Heat fell to 3-10 in December and 5-23 overall. It was Miami’s first game since coach Pat Riley said he was committed to his team despite speculation that he was ready to bail out of his current situation.

Corliss Williamson scored 14 points for Detroit. Brian Grant scored 22 points

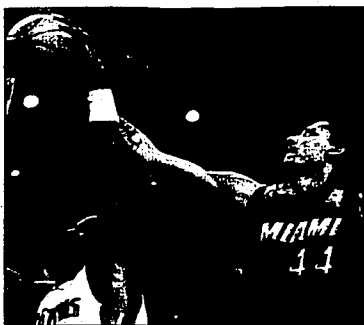
and Alonzo Mourning added 18 for Miami.

Spurs 83, Grizzlies 79

MEMPHIS, Tenn. — Tim Duncan had 27 points and 18 rebounds and David Robinson added 21 points and 12 boards as San Antonio used its inside strength to beat Memphis.

Memphis cut the San Antonio lead to 74-72 with about two minutes to play when Robinson took over, scoring three straight baskets.

Please see NBA, Page C3



Miami forward Brian Grant (44) shoots a shot by Detroit’s Michael Curry in the first half of their game Sunday.

Wells set to sign with Yanks

The Associated Press

NEW YORK — Lunch with New York Yankees owner George Steinbrenner was enough to persuade David Wells to return to pinstripes.

Just days after Wells was set to sign with the World Series champion Arizona Diamondbacks, The Boss did everything he could to bring back one of his favorite former players.

Wells has agreed to a \$7 million, two-year incentive-laden contract with the Yankees, pending a physical next week, according to his agent, Gregg Clifton.

“It happened at a Christmas lunch. George presented it to him and he said he wanted to come back to pinstripes and end his career as a Yankee,” Clifton said Sunday.

Just days earlier, Clifton said a deal with the Diamondbacks was “85 percent” complete. All Wells needed was a physical on his balky back to join Arizona.

But Wells returned home to Clearwater, Fla., before taking the physical and met Steinbrenner for lunch for the second time this month. The first time the two met, the Yankees did not have interest in bringing Wells back to New York.

But after a deal with the team that beat New York in the World Series was almost complete, Steinbrenner made an offer that Wells couldn’t turn down.

“He always wanted to be a Yankee,” Clifton said. “He thought it was over because when he met with Mr. Steinbrenner a few weeks back he didn’t think there was an opportunity for anything to happen. He was surprised as anyone when Mr. Steinbrenner said he wanted him back.”

All bodes well for Miller at slalom

The Associated Press

SNOW BASIN, Utah — Bode Miller, his spot in the Olympic Winter Games already assured by virtue of winning two World Cup races this season, earned a little bonus prize Sunday by winning the U.S. Ski Team Gold Cup slalom.

Miller, who was 0.07 seconds faster than Erik Scholpy in the first run, made that margin stand up by matching Scholpy’s time for the second run.

The Franconia, N.H., product was timed in 1 minute, 33.08 seconds for two runs down the Wildflower course.

Scholpy, winner of Saturday’s giant slalom, finished in 1:33.15. Winners of Gold Cup events are assured berths on the U.S. Olympic ski team, and Scholpy thus earned a bid by winning the GS. Miller, the first American since 1983 to win a World Cup slalom and giant slalom, had no worries about qualifying and used the GS to get a feel for Utah’s unique powder snow in advance of the Olympics.

SPORTS

American Football Conference

Sunday's NFL leaders

National Football Conference

Table with columns for team, W, L, T, Pct, PF, PA, Home, Away, AFC, NFC, Div, and game results for AFC teams.

Passing
Jon Kitna, Bengals - 35 for 68 for 411 yards and two touchdowns
Kurt Warner, Rams - 23 for 30 for 359 yards and four touchdowns

Rushing
Marshall Faulk, Rams - 25 carries for 118 yards and three touchdowns
Emmitt Smith, Cowboys - 26 carries for 126 yards

Receiving
Torry Holt, Rams - Seven catches for 203 yards and two touchdowns
Joey Galloway, Cowboys - Six passes for a career-high 146 yards and one touchdown
David Boston, Cardinals - Seven receptions for 127 yards and two touchdowns



Table with columns for team, W, L, T, Pct, PF, PA, Home, Away, NFC, AFC, Div, and game results for NFC teams.

Late stop saves Dolphins

MIAMI (AP) - Miami made two goal-line stands, stopping Bob Christian on fourth down from the 1-foot line with 47 seconds left, to clinch a playoff berth and eliminate Atlanta, winning 21-14. The Falcons' loss gave Tampa Bay the final NFC wild-card spot. The Dolphins found four turnovers, including Brock Marion's 26-yard interception return for a touchdown. They also made four sacks, knocked quarterback Chris Chandler out of the game in the second quarter and then hung on against Michael Vick, who threw for a score but also committed three turnovers. Atlanta (7-8) lost for the fourth time in five games.



Miami's Jason Taylor celebrates his teams goal line stand against the Atlanta Falcons that sealed the 21-14 Dolphins win Sunday.

Eagles 24, Giants 21
PHILADELPHIA - David Akers kicked a 35-yard field goal with 7 seconds left, and the Philadelphia Eagles clinched their first NFC East title since 1988 with a 24-21 victory over the New York Giants on Sunday.

Seahawks 25, Chargers 22
SAN DIEGO - Trent Dilfer threw three long touchdown passes, and Rian Lindell kicked a career-best 54-yarder as time expired for Seattle. The Seahawks (8-7), winning for the first time in four road games, can clinch a playoff spot with a win at home against Kansas City next Sunday and a loss by the New York Jets or Baltimore Ravens. The Jets and Ravens both lost this weekend.

Bears 24, Lions 0
PONTIAC, Mich. - Chicago (12-3) didn't have to add to its list of wild wins. Instead, Jim Miller threw two first-quarter touchdowns, and Matt Jones kicked a 40-yard field goal with 1:14 left.

Cowboys 27, 49ers 21
IRVING, Texas - Rookie Quincy Carter threw two touchdowns, including a 47-yarder to Joey Galloway, and ran for another, and Emmitt Smith gained 126 yards for Dallas.

Dolphins 21, Falcons 17
ST. LOUIS - Marshall Faulk scored four touchdowns and totaled 165 yards rushing and receiving for St. Louis. Kurt Warner and Torry Holt also had big games for the Rams (13-2), who clinched the NFC West with one game to spare against one of the most defenses in NFL history. Warner threw three touchdowns passes, two to Holt.

Packers 24, Vikings 13
GREEN BAY, Wis. - With Green Bay (11-4) trailing late in the fourth quarter, Brett Favre completed five passes on a 79-yard touchdown drive. Favre completed 18 of 29 passes for 169 yards, struggling to throw for much of a game that started in 19-degree cold, with a wind chill of 9. He moved to 300 at home in temperatures of 34 or below. Spenser Wynn went 11-of-30 for 114 yards, with three interceptions, for Minnesota (5-10).

Bills 14, Jets 9
EAST RUTHERFORD, N.J. - Shawn Bryson ran for 107 yards, and Alex Van Pelt smoothly directed Buffalo's offense in swirling winds. But the Bills (3-12) had to withstand two last-ditch drives by the Jets (9-6).

Cardinals 30, Panthers 7
CHARLOTTE, N.C. - Jake Plummer threw two touchdown passes to David Boston, including a 61-yarder, and new kicker Cedric Olesby made three field goals to lead Arizona to its biggest victory margin this season by far. The Panthers, who haven't won since Week 1, tied an NFL record by losing their 14th straight game. They can set the mark if they lose next week to the New England Patriots.

Chiefs 30, Jaguars 26
JACKSONVILLE, Fla. - Tony Gonzalez, unalphy with his role in Kansas City's offense this season, caught two touchdown passes. The victory was the third straight for the Chiefs (6-9), who stopped Mark Brunell inside Kansas City's 15 twice in the last two minutes to hang on. Brunell completed 22 of 37 passes for 263 yards and one touchdown for Jacksonville (6-9), but couldn't get his team into the end zone in the closing minutes to keep a three-game winning streak alive.

Bengals 26, Steelers 23, 01
CINCINNATI - Neil Rackers' 37-yard field goal in overtime beat Pittsburgh (12-3), which still secured home-field advantage throughout the AFC playoffs by virtue of Oakland's loss.

Browns 41, Titans 38
NASHVILLE, Tenn. - Phil Dawson kicked a 44-yard field goal with 55 seconds left, and Tim Couch threw for three touchdowns and a career-high 336 yards as Cleveland erased a 14-point deficit in the fourth quarter. The Browns (7-8), who ended a four-game losing slide, hadn't beaten the Titans in six previous games dating to the 1995 season. Tennessee's Eddie George topped 100 yards rushing for the first time this season and his second career 100-yard game.

Redskins 40, Saints 10
NEW ORLEANS - Stephen Davis ran for 111 yards and a touchdown, and Ki-Jana Carter added 51 yards and two TDs as Washington routed New Orleans. Washington (7-8) rallied from a 10-0 deficit as New Orleans (7-8) turned the ball over twice on downs, once on a fumble and three times on interceptions. It's the Saints' biggest loss under coach Jim Haslet and the team has lost three straight games for the first time in two years as coach. The Saints have given up 122 points in that slide, the most in a three-game span in franchise history.

Broncos
Continued on C1
Less Sanvay, while sitting at home during a bye, they were officially eliminated, leading many to wonder whether they would bother to show up for their final two games, including Sunday's Invesco Field finale, with or without the customary motivation of facing the Raiders. "Every year there's a play the Raiders, it doesn't matter if both of us are 0-15 going into the last game

of the year, it's going to be a dog-fight," said receiver Rod Smith, who caught eight passes for 56 yards and what proved to be the game-winning touchdown, 12 yards from Brian Griese with 9 minutes, 59 seconds remaining. "I just so happened they're going to be playing this year and we're not. A lot of people said we didn't have anything to play for. Before the game, someone in the locker

room said, 'We don't have anything to play for, so play for the guy next to you.'" That attitude proved to be enough against the Raiders (10-5), who have lost four of their past eight and three of the past five, and despite having won the AFC West for the second consecutive season, and are limping into the playoffs with as little momentum as possible.

NFL SUMMARIES

Summary table for NFL games including team names, scores, and key statistics.

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Bowls

Continued from C1
"We all feel completely embarrassed," Louisville quarterback Dave Ragone said. "A lot of us got our egos damaged in Fort Worth. We've got something to prove in Memphis." Louisville is making its ninth appearance in a bowl, second straight in the Liberty Bowl. But the Cardinals are 0-3 under coach John L. Smith and haven't

won a bowl since downing Michigan State 18-7 in the 1993 Liberty Bowl. Ragone wants to end that. "I'm sick of ending on a bad note, and waiting 200 days to get into a bowl game," the junior quarterback said. "This is the 23rd bowl game for BYU, but the first with Crowton as coach. The Cougars haven't

had much success lately and have won only three of 13 bowls since their 1984 national title." They haven't won a bowl since the 1997 Cotton Bowl and are winless in five bowls played east of the Mississippi River. BYU brings in the most potent offense in school history, a unit that averaged 46.7 points a game and set five offensive records.

SPORTS

Blackhawks, Thibault freeze Anaheim Gators bite Belmont

Caps skate to tie with Hurricanes

CHICAGO (AP) — Jocelyn Thibault made 30 saves and Kyle Calder and Steve Sullivan scored in the third period as Chicago defeated Anaheim 2-1. Anaheim's Patrik Kjelberg spoiled Thibault's shutout bid with his second goal...



Chicago defenseman Alexander Karpovets lets a slap shot fly as Anaheim's Oleg Tverdovsky defends and Blackhawks winger Eric Dale screens the goalie in the first period Sunday.

Hurricanes 5, Capitals 5

WASHINGTON — Rod Brind'Amour scored his second goal of the game with 4:28 remaining to give the Carolina Hurricanes a 5-5 tie with the Washington Capitals on Sunday, keeping the gap at 11 points between the top two teams in the Southeast Division.

Blues 7, Predators 2

ST. LOUIS — Pavel Demitra and Scott Young each scored two goals to lead St. Louis over Nashville. Demitra has a team-leading 20 goals and 38 points. Twelve

Chicago defenseman Alexander Karpovets lets a slap shot fly as Anaheim's Oleg Tverdovsky defends and Blackhawks winger Eric Dale screens the goalie in the first period Sunday.

Young, who scored 40 goals last season, now has 12 goals. Nashville, 1-9-10, was its last 11 games on the road, including 12-2 in the third period.

Mike Eastwood, Sergei Varlamov and Daniel Corso added St. Louis goals. Denis Arhipov and Cliff Ronning scored for Nashville.

Coyotes 4, Sharks 2 SAN JOSE, Calif. — Teppo

Numminen scored the go-ahead goal with less than seven minutes to play in the third period and Phoenix beat San Jose.

Claude Lemieux scored an empty-net goal and Krystof Kolanos and Landon Wilson also scored for the Coyotes, who snapped a nine-game road winless streak (0-7-2).

Stephane Matteau and Marco Sturm scored for the Sharks, who saw their winless streak (0-4-1) grow to five games.

Devils 2, Oilers 1

EDMONTON, Alberta — Martin Brodeur made 23 saves and New Jersey scored a pair of second-period goals for the victory over Edmonton.

Rem Murray spoiled Brodeur's shutout bid with just under six minutes remaining in the third.

GAINESVILLE, Fla. (AP) — Brett Nelson had 19 points and Udonis Haslem added 18 as No. 3 Florida used three big runs to tie a school record with its 10th straight win, 107-55 over Belmont on Sunday.

No. 4 Virginia 112, Grambling St. 67

CHARLOTTEVILLE, Va. — Travis Watson had 17 points and every player on the Virginia roster scored as the Cavaliers (9-0) reached the 100-point mark for the 12th time in four years under coach Pete Gillen.

No. 14 Arizona 74, Valparaiso 70

TUCSON, Ariz. — Jason Gardner's late four-point play gave Arizona the lead for good and the Wildcats won the Ban. One Fiesta Bowl Classic.

College Basketball

Milo Stovall fouled Gardner as his 21-foot shot dropped with 1:28 left, and the free throw gave the Wildcats (8-3) to a 71-68 lead.

No. 24 Miami 71, St. Francis, Pa. 48

MIAMI — John Salmons scored 21 points and the Hurricanes completed their first undefeated nonconference schedule. Miami (13-0) also matched the second-longest winning streak in school history.

No. 8 Maryland 72, NC State 65

RALEIGH, N.C. — Maryland won 8.5 minutes without a field goal in the second half, but Steve Blake and Juan Dixon produced enough offense late for the Terrapins to win the Atlantic Coast Conference opener for both teams.

NBA

Continued from C1. Kets, including a pair of dunks to build the margin to 80-74. The win snapped a three-game losing streak for San Antonio and marked the Spurs 16th straight victory over the Grizzlies.

Magic 94, Knicks 90

NEW YORK — Tracy McGrady scored 29 points and blocked an ill-advised shot by Charlie Ward with five seconds left as Orlando closed the game with an 18-2 run and beat New York.

The collapse was the latest in a series of them for New York, which has shown a penchant lately for blowing leads late in games. Losing for the fifth time in their last six home games, the Knicks were booted off the court. Latrell Sprewell led the Knicks with 28.

Kings 109, Celtics 94

SACRAMENTO, Calif. — Chris Webber scored a season-high 30 points as Sacramento won its fourth straight game. The Kings were off to their 10th straight time at Arco Arena, improving to an NBA-best 17-1 at home. The Celtics have lost six straight in Sacramento.

Peja Stojakovic made three 3-pointers and scored 23 points for the Kings, whose lead reached double figures in the first quarter and was at least 12 points the rest of the game. Mike Bibby and Hedo Turkoglu added 13 points apiece.

SCORES AND STATS

NATIONAL BASKETBALL

Table with columns for Eastern Conference and Western Conference, listing teams and their records.

Midwest Division

Table listing Midwest Division teams: Detroit, Indiana, Milwaukee, Minnesota, Phoenix, Portland, Sacramento, Utah, Vancouver.

Southwest Division

Table listing Southwest Division teams: Dallas, Houston, Memphis, New Orleans, San Antonio, Spurs, Utah, Vancouver.

NBA Boxes

Table with columns for Eastern Conference and Western Conference, listing games and scores.

Midwest Division

Table listing Midwest Division games and scores.

Southwest Division

Table listing Southwest Division games and scores.

Sunday's Men's College Basketball Scores

Table listing men's college basketball scores for various conferences.

Kings 109, Celtics 94

Table listing Kings vs Celtics game details and player stats.

Saturday's Late NBA Box Score

Table listing Saturday's late NBA box scores.

National Basketball Development League

Table listing NBA Development League scores.

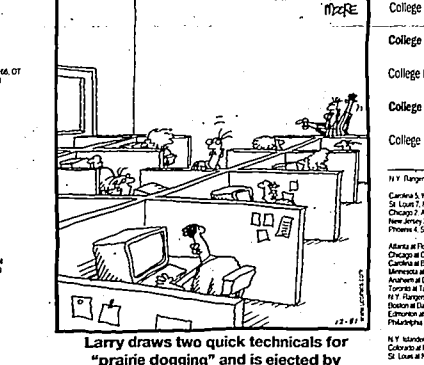
Central Association

Table listing Central Association scores.

Western Conference

Table listing Western Conference scores.

IN THE BLEACHERS



Larry draws two quick technicals for "prairie dogging" and is ejected by the cubic ref.

Table listing various sports events and scores.

Sunday's Women's Basketball Scores

Table listing women's college basketball scores.

Midwest Division

Table listing Midwest Division women's basketball scores.

Southwest Division

Table listing Southwest Division women's basketball scores.

ON THE AIR

TELEVISION

Table listing television broadcasts for college football and basketball.

Saturday's Late NHL

Table listing Saturday's late NHL scores.

Sunday's NHL Summaries

Table listing Sunday's NHL game summaries.

Transactions

Table listing NHL transactions.

Blackhawks 2, Mighty Ducks 1

Table listing Blackhawks vs Mighty Ducks game details.

Devils 2, Oilers 1

Table listing Devils vs Oilers game details.

SKING

Table listing skiing events and results.

SKI REPORT

Table listing ski resort reports.

Transactions

Table listing various transactions.

Transactions

Table listing various transactions.

Transactions

Table listing various transactions.

Transactions

Table listing various transactions.

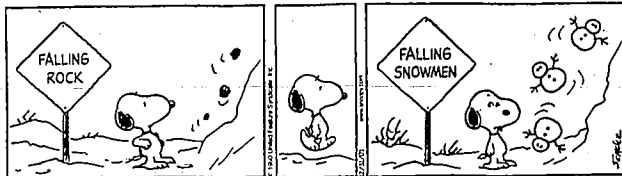
Transactions

Table listing various transactions.

COMICS

Classic Peanuts

By Charles M. Schulz



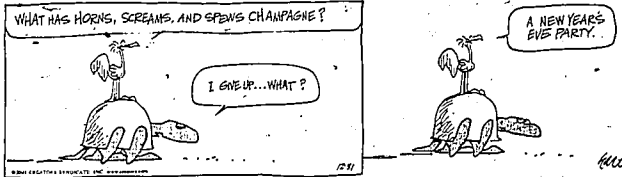
Dilbert

By Scott Adams



B.C.

By Johnny Hart



Garfield

By Jim Davis



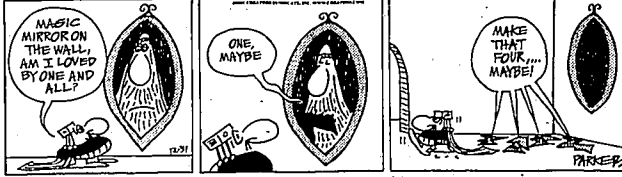
Hi and Lois

By Chance Browne



The Wizard of Id

By Brant Parker & Johnny Hart



Hagar the Horrible

By Chris Browne



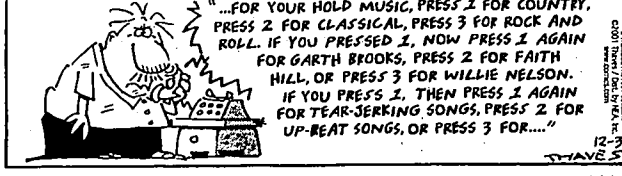
Beetle Bailey

By Mort Walker



Frank and Ernest

By Bob Thaves



The Bom Loser

By Art Sansom & Chip



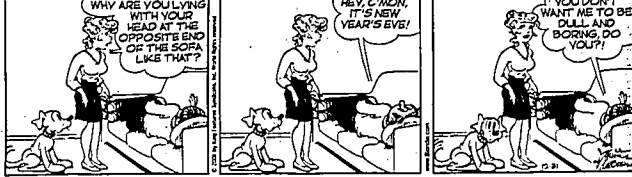
For Better or For Worse

By Lynn Johnston



Blonde

By Dean Young & Stan Drake



Pickles

By Brian Crane

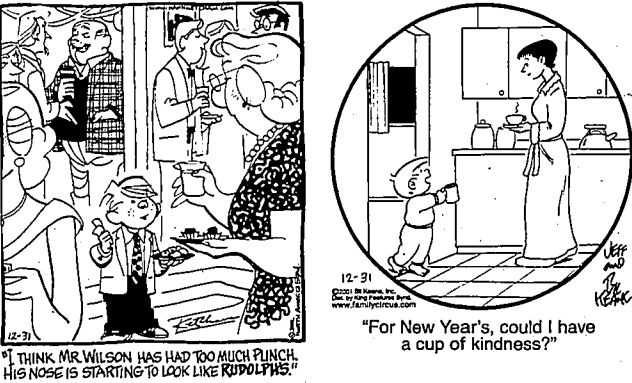


Dennis the Menace

By Hank Ketcham

The Family Circus

By Bil Keane



Rose Is Rose

By Pat Brady



Zits

By Jim Borgman and Jerry Scott



Luann

By Greg Evans



Strange Brew

By John Deering

Non Sequitur

By Wiley



The Times-News

www.magivalley.com

To Place An Ad

Twin Falls • 733-0931, Ext. 2 Burley • 677-4042

Twin Falls • 734-5538 Burley • 677-4543

twinaad@magivalley.com

Twin Falls • 132 3rd St. West Burley • 325 1/2 East 5th N

OFFICE HOURS: MONDAY - FRIDAY 8:00 AM TO 5:30 PM

733-0931 Extension 2 Twin Falls 677-4042 Burley

Line Ad Deadlines

Table with 3 columns: PUBLICATION DAY, DEADLINE, and another DEADLINE. Rows include Sunday, Monday, Tuesday, Wednesday, Thursday, Friday, Saturday.

Payment Options

Logos for MasterCard, VISA, Discover, and American Express. Text: THESE FINE CARDS, CASH, CHECK AND MONEY ORDERS ARE ACCEPTED FOR PRE-PAYMENT.

Policies: All advertising is subject to the newspapers' standards of acceptance. The Times-News reserves the right to edit, decline or properly classify any ad.

Classified ads grid with categories: LEGAL, FINANCIAL, ANNOUNCEMENTS, EDUCATION, REAL ESTATE RENTALS, AGRICULTURE, MERCHANDISE, RECREATION, TRANSPORTATION. Includes various listings for real estate, education, and services.

LEGAL NOTICE LEGAL NOTICE LEGAL NOTICE LEGAL NOTICE LEGAL NOTICE LEGAL NOTICE LEGAL NOTICE LEGAL NOTICE

TWIN FALLS COUNTY, IDAHO ELECTION CALENDAR - 2002. Pursuant to Idaho Code § 14-0503... HANSEN FREE LIBRARY DISTRICT... PRIMARY ELECTION... BALANCED ROCK SOIL CONSERVATION DISTRICT...

South, Range 17 East, Boise Meridian, Twin Falls County, Idaho, being Canyon Park North Subdivision and more particularly described as follows: COMMENCING at the southwest corner of said Section 34...

South, Range 17 East, Boise Meridian, Twin Falls County, Idaho, being Canyon Park North Subdivision and more particularly described as follows: COMMENCING at the southwest corner of said Section 34...

THENCE South 00'36'54" East 986.15 feet along the west boundary of Lakewood Subdivision #2 and Lakewood Subdivision #1 to the south boundary of said Section 2, also the centerline of Falls Avenue East...

ADVERTISEMENTS FOR SALE OF TENANTS PERSONAL PROPERTY. Pursuant to Idaho Code § 15-2101...

THENCE North 01'22'48" East 1,115.96 feet along the west boundary of said Section 34. THENCE continuing North 01'22'48" East 798.02 feet along said west boundary to a found marker corner...

THENCE North 01'22'48" East 1,115.96 feet along the west boundary of said Section 34. THENCE continuing North 01'22'48" East 798.02 feet along said west boundary to a found marker corner...

THENCE North 00'00'25" West 25.00 feet to a point of beginning, also the centerline of Carriage Lane North and the east right-of-way boundary of Carriage Lane North and the east boundary of the Cedar Park Subdivision plat...

NOTICE OF ANNUAL MEETING. You are hereby notified that the Annual Meeting of Depositors of First Federal Savings Bank of Twin Falls will be held at the Main Office of First Federal Savings Bank, 303 S. Broadway Street, North, Twin Falls, Idaho on Wednesday the Sixteenth day of January, 2002, at 1:00 p.m.

ORDINANCE NO. 2712. AN ORDINANCE OF THE CITY COUNCIL OF THE CITY OF TWIN FALLS, IDAHO, AMENDING AND REPEALING CERTAIN ORDINANCES...

THENCE North 01'22'48" East 1,115.96 feet along the west boundary of said Section 34. THENCE continuing North 01'22'48" East 798.02 feet along said west boundary to a found marker corner...

THENCE North 00'00'25" West 25.00 feet to a point of beginning, also the centerline of Carriage Lane North and the east right-of-way boundary of Carriage Lane North and the east boundary of the Cedar Park Subdivision plat...

NOTICE OF PROPOSED SALE OF PERSONAL PROPERTY. PLEASE TAKE NOTICE that the Minidoka County Highway District, a political subdivision of the State of Idaho, proposes to sell the Three Creek Highway District, a political subdivision organized under the laws of the State of Idaho, property described more particularly as follows:

THENCE North 01'22'48" East 1,115.96 feet along the west boundary of said Section 34. THENCE continuing North 01'22'48" East 798.02 feet along said west boundary to a found marker corner...

THENCE North 01'22'48" East 1,115.96 feet along the west boundary of said Section 34. THENCE continuing North 01'22'48" East 798.02 feet along said west boundary to a found marker corner...

THENCE North 00'00'25" West 25.00 feet to a point of beginning, also the centerline of Carriage Lane North and the east right-of-way boundary of Carriage Lane North and the east boundary of the Cedar Park Subdivision plat...

LEGALS
SECTION 43. That the Area of Impact and Zoning Districts Map for the City of Twin Falls, Idaho, be and the same is hereby amended to reflect the newly incorporated...

THE TIMES-NEWS WILL CLOSE Monday, Dec. 31 at 1:00 pm. and will be closed on New Years Day. Classified line ads to run on Tuesday Jan. 1 need to be placed by 11:00 am Monday.

News Room Phone Lines open on: New Years Day Reporter: Julie Pence, call 735-3241 (until 6 p.m.) Editor: Bruce Whiting, call 735-3233 (6 to 10 a.m.) The Times News will be open regular hours Wed. Jan. 2, 8:00 am Your Friends at The Times-News Wish you a Happy New Year

HEALTH & WELLNESS
Healthy New Year! Wellness Assessment and Toxin/Mineral Analysis from your hair. Call (208) 335-2114 www.inbliss.org
LEARN HOW TO LOSE 40 LBS. and keep it off! Call 516-616-3080
110 HOME/HEALTH CARE SERVICES
Health care worker needed in home. First aid, red cross, light housekeeping and cooking. Call 732-8576.
113 CHILD CARE SERVICES
18 YEARS EXPERIENCE
CHILD CARE OPENING
200 EMPLOYMENT

CONCRETE FINISHERS
CONCRETE FINISHERS Concrete 10' to 12' in length. We are looking for an individual of town. Travel, pensos & wages DOE. 734-0559 or 731-6172-420-2942.
DARR Milkner wanted full time. 526-2580 or 538-2580.
DELIVERY DRIVER NAPA Auto Parts is looking for a full time part time long term individual with a good attitude and neat appearance.
DRIVER Local trucking company seeking experienced drivers.
DRIVER TRUCK DRIVING Get your Class A CDL Tuition Assistance
DRIVER Now hiring for mixer driver/laborer, full time, benefits.
DRIVER Off road Wyoming, Haz Mat. 200-242-2 yrs. exp. No tickets. 200-443-6719.

NOW HIRING A COOK
Minimum of two years experience in Chinese cooking required. Only experienced need apply. Apply in person. \$7.00
MONGOLIAN HOUSE RESTAURANT
180 Blue Lakes Boulevard North Twin Falls • 208-736-2882

MEAT CUTTER journeyman needed. Must have experience. \$12.68 per hour. Full family benefits, retirement, day shift.
MEDICAL 12 hrs needed for 12 hr shift.
We Offer:
+ Health Plan
+ 401(k) Plan
+ Flex Plan Benefits
+ Vacation
+ Sick Leave
+ Holiday Pay
+ Tuition Assistance For Continuing Education
+ Professional Growth and Promotional Opportunities
+ Family atmosphere.
Send resume to: 500 Park St. E., Kimberly, ID 83341 or call Lita Ann for an interview at 423-5591. EOE M/F/D/V.

MEDICAL CHARGE NURSE FOR EMERGENCY DEPT. Full time - 12 hour night shift. Previous ER experience required. Must be ACLS & BLS certified. Trauma Core and Charge experience preferred.
MAGLE VALLEY Regional Medical Center PO Box 409 Twin Falls, ID 83303-0409 (208)37-2173 Fax (208)37-2741
PEOPLE UNITED TO CARE DRUG-FREE WORKPLACE
MEDICAL Now hiring CNA's and NAs for night shift. Small assisted living facility. 734-1666 or 734-4445.

MEDICAL Psychiatric Services is seeking a licensed Counselor. Must have L.P. certification.
MEDICAL Come to beautiful rural South Central Idaho. Openings for full time RN. Part Time opening for LPN. Shared call. Great benefits.
MEDICAL TECHNOLOGIST Laboratory Medical Tech., FT or PT. days, rotating call. Benefits. Full-service hospital facility.
MISCELLANEOUS FACTORY OUTLET 311 NEEDED \$1500/MONTH Local factory outlet expanding in Twin Falls. area is looking for new customer service reps.

MISCELLANEOUS FACTORY OUTLET 311 NEEDED \$1500/MONTH Local factory outlet expanding in Twin Falls. area is looking for new customer service reps.
MISCELLANEOUS LABOR LIGHT/HEAVY
GREENHOUSE LABOR
CONSTRUCTION/FORKLIFT
SANITATION - All Shifts
Food Processors
Mechanics/Welder
CDL Drivers

MISCELLANEOUS LABOR LIGHT/HEAVY
GREENHOUSE LABOR
CONSTRUCTION/FORKLIFT
SANITATION - All Shifts
Food Processors
Mechanics/Welder
CDL Drivers
PERSONNEL PLUS
111 Filer Ave. 733-7300
735 Overland 678-4040

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735 Overland 678-4040
What better way to ring in the New Year than with a New career?

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111 Filer Ave. 733-7300
735 Overland 678-4040
What better way to ring in the New Year than with a New career?
TELEPERFORMANCE USA
1399 Fillmore Suite 502 • Twin Falls, ID 83301

MILL OPERATORS
Experience Mill Operators. PAPER MILL PLUS www.personnelplus-inc.com 733-7300 or 678-4040
MORTGAGE ORIGINATOR
First Bank of Idaho
We live here. We live here. too! Join our local and innovative and expanding real estate lending team...
BLISS-HAGERMAN MOTOR-ROUTE (610)
The Times-News is currently looking for an independent Motor Route Carrier in the BLISS-HAGERMAN area.
BUHL 6 MOTOR-ROUTE
The Times-News is currently looking for an independent Motor Route Carrier in the BUHL area.

PRODUCTION Machine Operator needed at twin falls. Idaho. 58.50 per hr.-good benefits after 90 days.
PROFESSIONAL Behavioral Consultant. Seeking independent individuals with a desire to impact our community.
RESTAURANT Uke's is now looking for another great cook to join the team.

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SALES America's Largest Home Builder is looking for Sales Associates to fill a growing need in today's market.
SALES Napa Auto Parts is looking for an aggressive, motivated, professional sales person in Twin Falls.

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TWIN FALLS (7)
*** ** **
The Times-News currently has the following independent newspaper routes on the East side of Twin Falls
ROUTE 706
200-200 8th Ave. E. 2600-2800 blk. Sagebrush Dr.
ROUTE 718
1100-1400 7th Ave. E. 1100-1400 8th Ave. E. 1100-1400 9th Ave. E.
ROUTE 719
1100-1200 blk 10th 1100-1200 blk 11th 1300-1400 blk. Poplar Ave.

ROUTE 728
1100-1200 4th Ave. E. 1100-1400 5th Ave. E. 1100-1400 6th Ave. E.
ROUTE 735
1300-1500 blk. Hayburn Ave. 100-500 blk Locust Ave.
ROUTE 743
100-200 Juniper St. N. 1700-1800 Maplewood Dr. 400-500 Sophomore St.
ROUTE 746
1800-2100 4th Ave. E. 200-500 blk Morningside Dr.
ROUTE 750
500 blk Eastland Dr. 2000-2200 blk Elizabeth Blvd.

ROUTE 761
1800-2000 9th Ave. E. 1900-2000 blk Poplar Ave.
ROUTE 769
2000-2200 blk Concordia Way 500-700 blk MountainView Dr. 2000-2100 blk Oakwood Dr.
ROUTE 782
1700-1800 Grandale Ave. 700-800 Juniper St. 600-800 Route 2.
ROUTE 828
100-500 blk Adams St.
ROUTE 830
100-500 blk Madison St.
ROUTE 833
100-400 blk Vanburon St. 100-400 blk Harrison St.
ROUTE 854
500-700 Jackson St. 300-500 Meadows Ln.

ROUTE 854
500-700 Jackson St. 300-500 Meadows Ln.
If you live in the EAST side of Twin Falls & are interested in being an independent newspaper carrier...
PUBLIC SERVICE MESSAGE
Big profits usually mean big risk. Before you do business with a company, check it out with the Better Business Bureau.

BUHL
YOU DESERVE... a brand new 3 bdrm, 2 bath with AC, gas heat, rich carpeting and oak flooring.
BARKER Realtors Call 543-4711

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305 CONTRACTS & MORTGAGES
\$3 CASH NOW \$5 For Contracts & Mortgages. Call Diversified Capital. 208-734-8727

INVESTMENT CORP.
Call estate planners, Trusts, Mortgages and Real Estate Contracts. Call today for a free, no-obligation quote. (208)733-3821

501 OPEN HOUSES
We are working to make our classified section free of any errors. Please check your ads the first day it runs. After that time The Times-News will not be responsible for any mistakes.

502 HOMES FOR SALE
PUBLIC SERVICE MESSAGE
Selling property? Don't pay any fees until it's sold. For free information about avoiding timeshare and real estate scams, write to the Federal Trade Commission, Washington, D.C. 20580. Call the National Fraud Information Center, 1-800-876-7060.

A GUARANTEED AD
Buy the Guaranteed package and The Times News guarantees to sell merchandise or automotive items in 7 days and real estate in 15 days or we will return the ad an additional 7 days. There is a \$3 extra charge for the guaranteed package. Ads may be cancelled early for customer convenience but the charge will remain the same.

BUHL
YOU DESERVE... a brand new 3 bdrm, 2 bath with AC, gas heat, rich carpeting and oak flooring.
BARKER Realtors Call 543-4711

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CLICK! with the Right Realtor
The Times-News Homeseller Online
Debra Nelson
Lynn Rasmussen
Gam State Realty
Joe Taylor
Jack Hill
Mountain West Realty
www.magicvalley.com

GOODING Farm house on 17+ acres... \$60,000. 934-9004

FLEETWOOD '95 14 x 66 2 bdrm, 2 bath... \$29,000. 543-2362

TWIN FALLS 3 bdrm, 2 bath, 1600 sq ft... \$70,000. Call 731-0782

TWIN FALLS ***** Studio, 1 & 2 bdrm... \$300-560+ dep.

TWIN FALLS 5955sqwk \$349 mo. Quiet, microwave, refrig, & uds. Rd. 736-1908

CATTLE Range cows, bred to black Angus... \$200-822-4062

HAY 60 ton, 1st and 2nd crop, small bale... \$100 per ton. Call 436-5896

FIREWOOD Appleswood, by appointment... \$40 pickup load

DISH NETWORK Satellite system, over 100 channels... \$40-6393

THE TIMES NEWS Classified Department opens at 9:00 am... Take care of your classified business before you head to work

FAX YOUR AD TIMES-NEWS CLASSIFIED DEPARTMENT 208-734-5538 or 208-677-4543 (BURLEY)

TWIN FALLS 333,900 3 bdrm, 2 bath, 2 car garage... \$300-319-2323 ext. H732

TWIN FALLS 2 bdrm, 2 1/2 baths, 1520 Maple... \$79,500. 736-9473

TWIN FALLS 2700 Caswell 3 bdrm, 2 bath... \$89,000. 733-1550

TWIN FALLS Rock Garden Condo for sale by owner... \$275,000. Call 734-1187

TWIN FALLS (South Park) 3 bdrm, 2 bath, new carpet... \$139,000. Call 733-5947

TWIN FALLS - Settie Estate, 2 bdrm, 1 bath, partial unfinished... \$225,000. Call 733-5947

TWIN FALLS 1905 vintage, exc. cond. 3 bdrm, 2 bath... \$208-543-6999

TWIN FALLS 2 bdrm, 1 bath, partial unfinished... \$225,000. Call 733-5947

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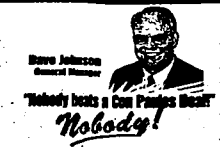
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Get your cloning manual

Human cloning: Will it be a life-saving scientific advance, like penicillin? Or will it prove to be a horrible mistake that unleashes untold devastation upon humanity, like the accordion?

As American citizens, we need to form strong opinions about this issue, so that we can write letters to our congresspersons, so that their staffs can, as a precautionary measure, burn them. But first we must inform ourselves by asking questions and then answering them in the popular "Q" and "A" format.

Q. Does Tom Cruise shave his chest?

A. We meant questions about cloning.

Q. Oh, OK. What is cloning?

A. In scientific terms, it is a procedure by which a theoretically infinite number of genetically identical organisms emerge, one at a time, from a *Volks wagen* Beetle.

Q. No, that's "cloning." Whoops! Our bad! Cloning is a procedure whereby scientists, using tweezers, manipulate DNA, which is a tiny genetic code that is found in all living things as well as crime scenes that have been visited by O.J. Simpson. A single strand of DNA can be used to create a whole new organism, as was proved when scientists at Stanford University took DNA from the fingernail of a deceased man and grew a six-foot-tall, 190-pound fingernail.

Unfortunately, it escaped from the laboratory and held police at bay for hours by screaming itself against a blackboard. It was finally subdued by National Guard troops equipped with ear plugs and a huge emery board.

Q. Have scientists cloned any other organisms?

A. In 1997, a group of Scottish scientists cloned a sheep named Dolly, which was genetically identical to the original sheep.

Q. How could they tell?

A. They had the original farmer take a hard look at it, and he said, quote: "That's her, all right!"

Q. Wow.

A. Of course, he said the same thing about one of the scientists.

Q. How could there be any other successful cloning experiments?

A. Yes. In 1995, scientists in Florida used a single strand of DNA from the Backstreet Boys to form 'N Sync. Or maybe it was the other way around.

Q. What did the firm do with them?

A. They are currently working in Customer Service.

Q. Is anybody else trying to clone humans?

A. Yes. A group called the "Raelians," which was founded in France, and which we are not making up, claims to be working on a human-cloning project. According to their Internet site (<http://www.rael.org>), the Raelians are named for a French journalist named Rael who, in 1973, "was contacted by a visitor from another planet." This visitor informed Rael that human life was brought to earth by aliens, who will come back and rule us in the year 2012, the year of the millennium. The Raelians estimate that this will cost \$20 million, and would appreciate donations for this vital mission.

Q. Where does the U.S. government stand on this?

A. There is growing bipartisan support for a nuclear strike against France.

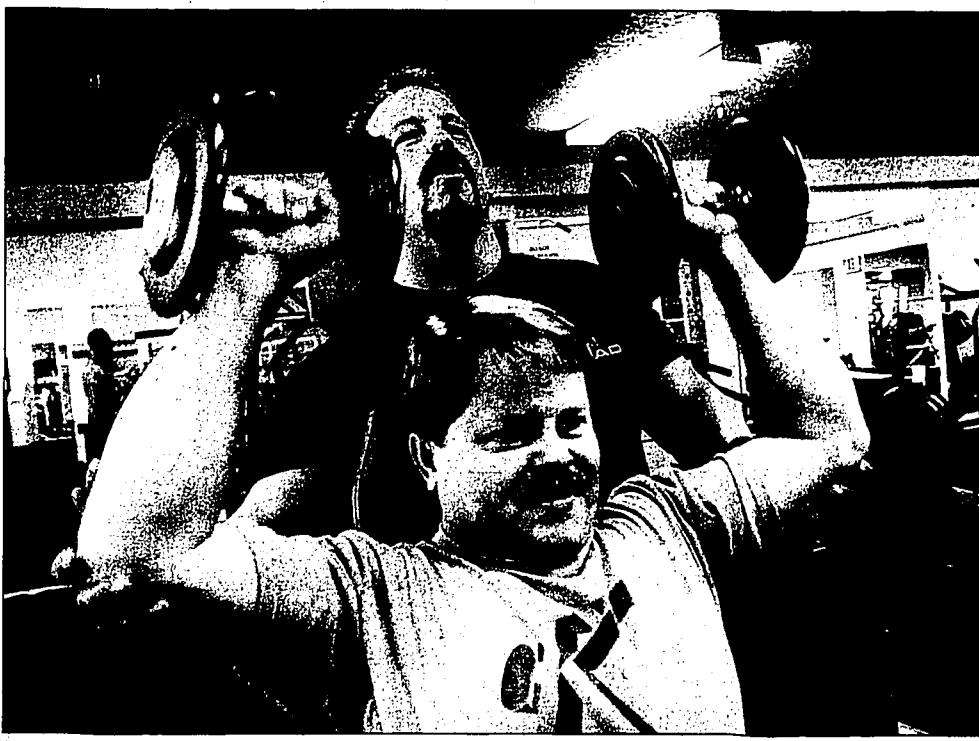
Q. Speaking of wacko cults, do you think Tom Cruise is so handsome?

A. We think he is a little chest-shaving wacko, but when we ask our spouse to confirm this, she just gets this dreamy look in her eyes.

Q. How do you, personally, feel about human cloning?

A. We do not think we refer to ourselves in the plural!

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



Jeff Bolton helps Gary Lounsbury during a workout at Falls Avenue Fitness in Twin Falls.

Be it resolved: Lose weight in 2002

By Steve Crump
Times-News writer

Losing weight in '02: A 12-step plan

- 1. Commit yourself.** Getting moving. There is no time like the New Year, so why not get started now? Sit down and develop your plan of action and stick with it.
- 2. Take it one day at a time.** Ask yourself what is one aspect of your health you need to change. Is it the amount of food you eat? The quick way in which you allow yourself to become angry and stressed out? The way you find excuses not to go out for a walk? Then reduce the size of that big goal to a small, realistic and digestible piece. What can you do — just today — toward that goal?
- 3. Set your goals.** Set goals, both short-term and long-term goals, and allow yourself rewards for meeting them. For example, you could set a short-term goal to exercise three to four times a week for 30 minutes of cardiovascular exercise and 30 minutes of strength training. Your long-term goal could be to lose weight or lower your cholesterol level.
- 4. Eat slowly and savor each bite** of a healthy meal without distractions such as TV, work or reading materials. Look at healthy food as a way to take care of your body and mind.
- 5. Abandon an all-or-nothing attitude.** Don't think of exercise with an all-or-nothing approach. If you don't get to exercise as planned, that's OK. Just get back on track tomorrow. Set realistic exercise goals but understand that some weeks you will meet your goals and other weeks you won't. If you don't reach your goals, do what you can.
- 6. Walk today.** Walk from your desk to the drinking fountain. From the parking lot to your desk. If you can't climb three flights of stairs, try one flight first. Walk again tomorrow. You will find that in a matter of days, you'll be able to walk farther without running out of breath.
- 7. Don't overdo it.** It's very common for people to try to exercise every day once they start an exercise program. However, this can often lead to exercise burnout and may lead to discontinuing exercise altogether. Therefore, you should set goals, which will enable you to improve your fitness level without overdoing it.
- 8. Be efficient.** Make sure that you are working out at a good intensity level for you. Find out your target heart rate range and aim for the upper end of it.
- 9. Schedule it.** It's so easy to get overwhelmed at work and skip your workout. One solution is to treat your workout like a business meeting. Write it in your planner and keep the appointment. After all, you will perform better at work if you are taking care of yourself.
- 10. Do a two-minute stretch** for your back and hamstrings — the big muscles in the back of your thighs, sit on the floor with legs straightened in front. Reach forward as far as you can toward your toes, pushing your abdominal muscles in. Remember to breathe. You don't have to reach your toes. Hold this position for as long as you can without bouncing.
- 11. Turn off the TV** for one hour today. Step outside. Watch the sunset or the stars. Appreciate the beauty of nature. And take a few moments to be thankful for precious life and for all that you do have.
- 12. Make exercise easy.** It's important to recognize your own barriers to exercise. Do you have trouble getting to the gym if you go home first? Do you always hit the snooze button when you plan to workout in the morning? Do you ever forget your gym clothes? Once you identify your barriers to exercise it is imperative that you try to reduce or eliminate them. Pack your gym bag the night before or keep a few extra sets of gym clothes in your car or at work. Go straight to the gym after work if you tend to have difficulty going once at home.

— Sources: Julia Kack, psychologist in Newport Beach, Calif.; Gail Frank, a spokeswoman in Orange County for the American Dietetic Association; and Jim Farmer, director of the Virginia Scope Wellness Center at Fullerton College; Lisa Liddane, Orange County Register; Mitz Dulan, weightloss@gold.com

Study: Pregnant women can exercise through most of their pregnancies

Healthy pregnant women can exercise moderately and frequently through most of their pregnancy, according to the American College of Obstetrics and Gynecology. In the past, the organization permitted limited amounts of exercise during pregnancy. Now, it recommends at least 30 minutes of moderate exercise most days of the week through most of the pregnancy. The group changed its guidelines because doctors are finding that moderate levels of certain types of physical activity don't adversely affect pregnancy outcomes and may even provide some benefit, said Dr. Manuel Porto, director of the division of maternal fetal medicine at University of California Irvine Medical Center in Orange, Calif. But pregnant women need to read the fine print. The guidelines apply primarily to healthy women who are already participating in physical activity several times a week and are not at risk for pre-term delivery, Porto said.

Lab assistance
Children with multiple disabilities including mental retardation, cerebral palsy, autism, and Down syndrome may benefit from animal-assisted therapy, says a study from the University of Illinois at Urbana-Champaign. Most of the 14 children in the eight-week study showed some improvement in attention span, physical

Health notes
movement, communication, and compliance, says Kathy Helmlich, a graduate student and lead researcher. The study involved Helmlich's black Labrador retriever, named Cody, and residents of Hope School, a Springfield, Ill., facility for children with severe disabilities. Participants were 7 to 19 years old.

Palmetto salve
A study of men with enlarged prostate glands found some improvement in their urinary tract symptoms after they took regular doses of saw palmetto, say researchers at the University of Chicago. Saw palmetto, an extract made from the berries of a palm tree, is one of the top 10 herbal remedies sold in health-food stores. The six-month study, reported in the current issue of the medical journal Urology, involved 85 men who were given a placebo or a twice-daily capsule of 160 milligrams of saw palmetto. The subjects used the International Prostate Symptom Score, a scale of 0 to 35 points, to rate the severity of their symptoms. The men who took saw palmetto reported an average 4.4-point improvement in those scores, while men taking the placebo improved 2.2 points.

Old fashions inspire sewing

"It's the season of reminiscing, and for many of us, the subject of vintage clothing comes to mind. We enjoy looking back on our favorite styles from the past, as well as gathering ideas for future sewing. Fashions from bygone days seem to have an ageless attraction. Many of the fabrics were high quality and have enduring appeal. The intricate details in the clothing; the workmanship showed examples of fine sewing; and the clothes have historical value and reflect the time and culture. If you're looking for vintage garments to buy — perhaps to rework or to use certain sections of them — shop thrift stores, flea markets, estate sales, antique shows and even garage sales. You can also use the Internet, especially the auction site (<http://www.ebay.com>). You'll be inspired by studying the styling and attention to detail in these clothes. As you shop, you're likely to find old patterns too, although many of us have vintage patterns in our own stashes. The newer resources, though, are the pattern companies themselves, offering re-issues of past fashions. Thankfully, these have the vintage look but not the hard-to-follow techniques. Vogue's <http://www.voguepatterns.com/> has lines for-line shows of the original patterns, going back to the 1930s, in its Vintage Vogue category. They have modernized the sizing, pattern tissues and the instructions to make them easier to use, but they haven't sacri-



SEWING
Barbara Gash
ficed the wonderful details. Between 1930 and 1960, clothes were more fitted than they are today. From the swing era of the '40s, for example, you can have a classic jacket and slim skirt with high contour waist (Vogue 244A). Authentic reproductions are also available from Butterick — <http://www.butterick.com/> — in a special line called Retro Butterick. Style No. 6256 is a shapely two-piece dress popular in 1947, with unmistakable Hollywood glamour. The fitted lined top has a shawl collar and flared peplum. And to prove that everything old is new again, Vogue even offers complete wardrobes of retro clothes for 11-inch fashion dolls such as Barbie. The patterns include lingerie, day dress, suit and gown. One pattern is circa 1945, and the others are from the '50s. Try sewing a vintage pattern, large or small, sometime soon!
Barbara Gash writes about sewing for the Detroit Free Press. Write to her at the Free Press, P.O. Box 828, Detroit, Mich. 48231, or send e-mail to compuser@ao.com

HEALTH & FASHION

Drugs offer hope in cold war

Los Angeles Times

As we cough, sneeze and sniff our way through the cold season, it may comfort us to know that technology has finally caught up with our expectations. Two new medicines promise to cure the common cold.

The drugs, one of which may be available within the next several months, stop cold viruses in their tracks — not just mask symptoms, as current remedies do. Patients who have taken them report feeling better almost immediately, sleeping through the night and having to use fewer tissues on the cold's hallmark runny nose. And one of the drugs also treats a handful of rare, but often life-threatening, ills such as chronic meningitis.

"These drugs are part of a revolution in the treatment of virally caused diseases," said Catherine Laughlin, chief of virology at the National Institute of Allergies and Infectious Diseases in Bethesda, Md.

Researchers fighting cold viruses have benefited both from the massive research effort to combat AIDS, a viral disease caused by HIV, and the development of tools that allow them to peer deep inside a cell. With these advances, they've learned how to overcome two major hurdles in devising an effective cold medicine.

The first was that viruses are tough to hit with any accuracy because they insinuate themselves inside cells. In contrast, bacteria colonize in bodily fluids and cavities, making them easy pickings for antibiotics.

Added to this was the fact that there wasn't just one kind of pesky microbe to keep at bay. A couple of different families of viruses, including rhinoviruses and coronaviruses, cause the majority of colds.

And within these groups, more than 110 distinct rhinovirus types have been identified, while three or four different coronaviruses infect humans.

"The drug has been designed to find a single drug that would work against the different families of viruses as well as one that would precisely target the virus without hurting the cells," Laughlin said.

Viruses are tiny capsules of protein that are much smaller than bacteria — the common analogy is that if a bacterium is equivalent to the size of a human, then a virus would be as large as an arm. Unlike almost any other living organism, viruses are incapable of reproducing themselves.



Two new drugs aim to prevent colds at the cellular level.

Instead, they must slither through a cell's wall and commandeer the host's genetic machinery, using it to churn out identical copies of themselves.

The two cold remedies now in the pipeline prevent this replication, thwarting the viruses without causing any apparent collateral damage in the host cells.

"Both of these drugs are very potent antiviral agents that work against a broad spectrum of different rhinoviruses," said Dr. Ronald B. Turner, a professor of pediatrics at the University of Virginia in Charlottesville.

Each drug attacks the virus at a different stage of its life cycle but ends up with the same result — the virus can't make copies of itself. One drug, called AG7088 for now because it's in an early stage of development, is a protease inhibitor similar to the drugs that revolutionized AIDS treatment.

Simple steps

Worries about catching colds reach a frenzied crescendo this time of year. It seems that everywhere we go — whether working, shopping, traveling or attending parties — we're exposed to sneezes, sniffles and coughing. But researchers say we have more to fear from those we come in close contact with — such as those adorable little germs known as children (who have an average of a dozen colds per year) — than from someone polluting the mall with their nasal secretions. Although you can catch a cold by inhaling a virus from droplets floating in the air, they say, the majority of colds are spread by direct contact, such as when you touch someone's skin or a contaminated surface like a doorknob or counter top.

Cold-causing rhinoviruses can stay alive for two or three days on plastic surfaces, though most die off after a few hours.

Spraying the house with disinfectants may make you feel better, but it probably won't kill all the viruses. A better infection prevention strategy is to consistently wash your hands after coming in contact with someone who is sick — soap washes the virus off your hands — and avoid touching your eyes and nose, which are lined with a mucous membrane that is an entry point for bugs.

"That's the easiest way to avoid getting infected," said Dr. Jack Gwaltney, a professor of medicine and head of the division of epidemiology and virology at the University of Virginia Medical School, who has done extensive research on cold transmission. "Just keep your fingers out of your nose and eyes."

— Source: Los Angeles Times

When thinking about peels, appeal to reason

DEAR PAULA: I have talked with two plastic surgeons about the pros and cons of various chemicals peels vs. non-ablative laser resurfacing.

One surgeon does a chemical peel and recommends more than one application.

In his opinion, the non-ablative laser resurfacing may not necessarily show enough improvement over the chemical peel to justify the higher cost of the laser.

The second surgeon has his aesthetician do a light chemical peel. The surgeon would then himself follow up with a non-ablative laser resurfacing using the Cool-Touch Laser.

I've read with interest your thoughts on non-ablative vs. ablative laser resurfacing, but I'm confused on the pros and cons of chemical peels vs. laser resurfacing. What is your take on this?

- FLOUNDERING IN FLORA
DEAR FLOUNDERING: I'm not sure I can keep you from floundering because the truth is all the options you've been presented with are viable. A series of chemical peels or a chemical peel combined with a series of non-ablative laser are both viable options for skin resurfacing or remodeling.

The main issues you have to assess for yourself are downtime and risk.

There are levels of peels. A light peel exfoliates the surface of skin with minimal scabbing, downtime, or risk of hyper- or hypopigmentation.

In combination with the Cool Touch Laser (for skin resurfacing and helping to stimulate collagen production, and which also has minimal risks or downtime associated with it), this can be a good option but the results are far from dramatic and will not produce a wrinkle-free visage.

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COSMETICS Q&A
Paula Begoun

A medium to deeper peel have some risks of skin discoloration and scarring, and there is a period of healing that can take up to several weeks.

Yet a medium to deep peel can also be more effective for improving deeper or extensive wrinkling.

Also, keep in mind that while medium to deeper peels are a one-time experience (or at least once every several years), the Cool Touch non-ablative laser resurfacing and light peels both require repeated treatments to gain maximum (though still relatively subtle results) benefits.

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



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Weight

Continued from D1

Medical Center. "There needs to be an exercise component."

Not only an exercise component, but exercise that combines aerobic with resistance training to build lean muscle.

"If you set out to lose weight and you don't do it with an exercise program, the first weight you're going to lose is muscle," Bolton said. "That's exactly the opposite of what you need to do."

The more lean muscle you develop, the more efficient your metabolism becomes — and the more effectively you can burn fat.

"A lot of people tend to go to extremes when they want to lose weight," Bruns said. "It's more effective if you do it slowly, gradually — make a plan and stick with it. Moderate exercise and moderation in the foods you eat."

Like a growing number of dieters, Bruns sees limited value in counting calories. She does so only when she goes out to eat, to avoid high-fat meals.

"What you eat (the balance of carbohydrates, fat and protein) is as important as how much you eat, in terms of calories."

Brun's first rule for eating sensibly: Never deprive yourself.

"Eat the high-fat meals," she said. "But learn to eat them in moderation."

Bolton, obviously fit, confesses a fondness of McDonald's French fries.

"It's a balance," he said. "That's the key to losing weight and keeping it off."

But losing weight needn't be labor of Hercules, he added. "Thirty minutes of exercise a day," Bolton said. "And it doesn't have to be 30 minutes at a time. You can do 10 minutes in

the morning, 10 in the afternoon and 10 at night."

Though those workouts need to mix aerobics with strength training, they don't have to be strenuous, he said.

"If you want to lose weight, you need to find a fitness program that you're comfortable and that you can stick with."

The No. 1 ailment for backsliding is lack of time, Bolton says, but it's an excuse he doesn't buy.

"Everybody has a half hour a day," he said. "Our club is open from 5 in the morning until 10 at night."

But exercise can get boring, Bolton concedes; so, counsels variety — and not working out alone, when you can avoid it.

"There are a lot of treadmills and Stairmasters in a lot of homes collecting cobwebs," he said. "And usually, the people who actually use their home

exercise equipment also work out in the gym."

Learn to measure progress in small increments, he advises — a minute longer, a half-mile more or a few additional reps a day — and keep your eyes on the prize.

"Two pounds a week is the most that's healthy and sustainable," Bruns said. "So if you're out to lose 20 pounds and you're starting tomorrow, plan on a few months."

Losing weight and keeping it off is less a process than a habit, Bolton said.

"It's changing your lifestyle," he said. "You know the habits that made you overweight; you need to develop new habits."

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

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NEW YEAR'S RESOLUTIONS

QUESTION: I want to update my financial and estate plan. Any ideas?

Dennis S. Voorhes

Here are some guidelines:

Health care directives. Make sure you have a current living will, health care power of attorney, and nomination for guardian and conservator. The living will allows you to die with dignity — using or withholding such artificial life-sustaining measures as you direct.

Beneficiary designations. Check the beneficiary designations on your insurance policies, brokerage accounts, annuity contracts, bank accounts, and retirement plans. The choices you made ten or fifteen years ago may not be what you want today.

Estate plan. Reread the provisions you've made in your will or trust instrument. Births, deaths, marriages, divorces, remarriages, and changing fortunes will almost certainly throw things out of kilter.

Advisors. Call or meet with your advisors. That's what they're there for. They might include your insurance agent, accountant, lawyer, financial planner, or broker.

Best tip: the first step is the most important one — start!

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HEALTH & FASHION

Experts say surgery errors are increasing

Knight Ridder News Service

Contemplating surgery? Add a permanent marker to your list of things to bring to the hospital, and write "wrong site, doc," or "correct site, doc," on the appropriate body part to avoid a medical mistake.

With surgical errors increasing — more than half involving outpatient operations in which patients are sent home the same day after an operation — the Joint Commission on Accreditation of Healthcare Organizations on Wednesday issued its second alert in three years on surgery mistakes, and gave the public tips on how to avoid errors.

Mistakes include operating on the wrong body part, the wrong person or doing the wrong procedure.

"Unlike other health care dilemmas, we know how to solve this problem," said Dr. Dennis O'Leary, president of the commission. "These mistakes are completely avoidable." He and leaders of two surgery associations talked Wednesday via a national telephone news briefing.

Since 1995, when the commission began a voluntary national database, 150 cases have been reported.

The commission investigated 126 of the cases. Forty-one percent involved surgery on feet, knees, hips and other orthopedic or podiatric operations, followed by neurosurgery (44 percent) and urology (11 percent).

More than three-fourths of the mistakes were procedures on the

wrong body part, 11 percent involved the wrong patient and 11 percent were the wrong operations entirely. This year, 58 surgery mistakes have been reported, up from 16 in 1995.

"A well-informed patient who is an active participant in their health care is going to have a better result," said Dr. Thomas Russell, executive director of the American College of Surgeons.

Four years ago, the American Academy of Orthopaedic Surgeons began its "Sign Your Site" program to get doctors to mark correct surgery sites with indelible markers. It followed studies showing that one of every four orthopedic surgeons will operate on the wrong place sometime in their surgical careers.

Two years later, "we found that only 60 percent, much to our chagrin, signed their site," said Dr. S. Terry Canale, immediate past president of the group. "We're continuing to work on it, but our results haven't been that good to date," he said.

The experts suggested that patients ask to be awake to talk to their surgeon in the operating room before being sedated.

Other suggestions for doctors: Compare scheduled procedures with medical records and tests; ask each surgery team member to identify the patient and surgery site after arriving in the operating room, and institute hospital systems to monitor surgery guidelines.

For patient-safety tips, visit the commission's web site at <http://www.jcaho.org/>

Center offers childbirth class

Childbirth refresher course will be offered from 7-10 p.m. Wednesday in the Sage Room of the Education Center at Magic Valley Regional Medical Center in Twin Falls.

The class is designed for those who have previously taken prepared childbirth classes.

Cost is \$15. Preregistration is required, call 737-2900.

Learning childbirth

Prepared childbirth classes will be offered from 7-9:30 p.m. Thursdays, beginning Thursday through Feb. 7, 2002, at the St. Benedict's Health Education Center, 115 Fifth Ave. W., Jerome.

The second class of the series will be a refresher course for mothers who have previously taken the childbirth classes.

The sessions, taught by a registered nurse, emphasize preparation for labor and birth, changes during pregnancy and newborn care.

Participants are asked to bring two pillows and a blanket to the class.

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

Big Kids Klub meets

Big Kids Klub will meet from 10:11:30 a.m. Saturday in the doctors' meeting room at MYRMC in Twin Falls.

The class is designed to help prepare siblings for the new baby.

Cost is \$7.50 per family with one child or \$10 per family with two or more children. To register,

To do for you
ter, call 737-2900.

Alzheimer's support

Holley Homes will offer an Alzheimer's Support Group, which will meet at 1 p.m. Jan. 9, 2002, at the Philo House, 525 16th Ave. E., Jerome.

Support group meets

Blaine County Senior Center will hold an Alzheimer's Support Group meeting at 2 p.m. Jan. 10, 2002, at the senior center, 721 Third Ave. S., Hailey.

For more information, call Brenda Shoppe at 788-3468.

Parenting apart

Parenting Apart classes will be offered from 7:30 p.m. Jan. 11, 18 and 25, 2002, at St. Benedict's Family Medical Center's Health Education Center, 115 Fifth Ave. W., Jerome.

The workshop is designed to help divorced and separated parents to work together for their children's well being.

The class is free. To register or for more information, call 324-1122, Ext. 3367.

Breast screening

A breast screening education program will be offered through MYRMC Women's Health and Imaging Services, 224 Martin St., Twin Falls.

The program will include facts about early detection of breast cancer, self-breast exam tech-

niques, information about mammography and an examination by a clinical specialist.

To schedule a free appointment or for more information, call 737-2192.

Stop smoking

Karen's Family Pharmacy in Hailey, along with the South-Central District Health Department, will offer the Idaho Pharmacy Smoking Cessation Program, designed to help adults quit using tobacco.

This free, six-week course starts Jan. 17 at 7 p.m. and continues every Thursday through Feb. 13.

Classes will be held in the Blaine County Senior Center, 721 Third Ave. S. Participants can register by phoning Karen Fisher at 788-4970, but space is limited.

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

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Water workout gives rush without hurt

Knight Ridder News Service

MIAMI — Approaching middle age, Millie Orr found herself out of shape and overweight, despite repeated gym memberships and fitness classes. The problem with exercise was it hurt — step aerobics, spinning, weight training, you name it.

"I tried it all. I was swelling up and in pain. For two days after a step class, I couldn't walk," said Orr.

Last June, a friend suggested a new routine that has changed her life. Six months and 38 lost pounds later, Orr is energetic, upbeat and addicted to her five-days-a-week morning aerobics class — in the water.

For two decades, surveys have shown that swimming is the most popular sport in America, despite the social isolation and boredom of counting laps, said physical therapist Bob Gailey, a professor in the University of Miami's Department of Medicine, who teaches graduate students about therapeutic exercise in the water.

Now, aquatic therapy "is sweeping the nation," said Gailey. "The neat thing is almost anyone can do it."

Water exercise has long been encouraged for people with arthritis and other joint or orthopedic problems because it reduces pain and inflammation, improves flexibility and builds muscle and endurance without stressing the joints causing pain.

"You can get the strengthening you want applied to the joints without the impact," Gailey said.

Therapists are using water to treat children with diabetes, birth defects and learning disabilities, obese people, pro athletes recovering from injuries and surgery, seniors with artificial hips.

"It runs the gamut," Gailey said. "Aquatic therapy improves balance and coordination, improves range of motion and works all muscles throughout the body."

On a glorious late-fall morning, Orr stepped into the massive L-shaped pool at the Biltmore Hotel in Coral Gables, Fla., for her water workout. "I love it," she said. "This is the first thing I've done that didn't hurt. It's just amazing. Even if you sweat, you don't realize it because you're wet."

As she splashes about, a water-proof monitor strapped to Orr's chest shows her heart rate on a wrist band — often racing at 150 beats a minute. That's comparable to an intense and sweaty spinning class, during which exercise bikers huff and puff, sweat buckets and revel in a no-pain-no-gain philosophy as the ache in their leg muscles intensifies. Comfortable and cool in the pool, Orr sometimes burns more than 500 calories in the one-hour class, according to the monitor.

Orr was stunned as her clothes size dropped from a 16 to a 14 to a 12 in a few short months. "Now I'm in a 10," she said. "I've been eating the same and feeling better and better." At 140 pounds, she's still dropping weight.

Standing in waist-deep water

decreases the force of body weight on the joints by half, Gailey said. In water up to your chest, only 25 percent to 30 percent of body weight rests on the joints. In neck-deep water, the force is down to 10 percent.

As a result, many people like Orr can enjoy the benefits of jumping jacks, leg kicks, hops, skips and jogging in the water without the pain or damage they could cause if done on land. And they can exercise longer in the water, a plus for cardiac fitness and fat-burning.

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Joe Somebody (PG)
Today 12:15-2:30-4:45-7:00-9:00
Honey (PG)
Today 12:45-2:55-5:05-7:15-9:15
Lord of the Rings (PG)
Today 12:30 - 4:00 - 7:30
All Shows 12:30-1:30 7:30-9:00 pm

the ODYSSEY 6
144 Main Twin Falls 733-2400
Black Knight (G)
Today 12:30-2:40-4:50-7:10-9:20
Ocean 11 (G)
Today 1:00-3:30-7:00-9:30
Sail Gold (G)
Today 12:45-3:00-5:10-7:20-9:40
How High (G)
Today 12:30-2:40-4:50-7:10-9:20
Not Another Teen Movie (G)
Today 12:45-3:00-5:10-7:20-9:40
Behind Enemy Lines (G)
Today 12:45-3:00-5:10-7:20-9:40
All Shows 12:30-1:30 7:30-9:00 pm

Twin Cinema 12
144 Main Twin Falls 733-2400
Jimmy Neutron: Boy Genius (G)
Today 12:30-2:45-5:00-7:10-9:45
Sea Giants (R) Robo-Bear (PG)
Today 4:45 - 7:30 - 9:55
Harry Potter: Sorcerer's Stone (PG)
Today 12:30 - 3:00 - 6:45 - 9:00 - 9:45
Lord of the Rings (PG)
Today 12:00 - 1:50 - 2:00 - 4:00 - 7:15 - 7:30 - 9:00
Vanilla Sky (R) Tom Cruise
Today 12:30 - 3:30 - 6:45 - 9:45
Matrix (PG) Jim Carrey
Today 12:30 - 3:30 - 6:45 - 9:45
Shallow Hal (G) 4:45 - 7:30 - 9:55
Joe Somebody (PG) Tim Allen
Today 12:00-2:15-4:30-7:00-9:15
Monsters, Inc. (G) Walt Disney
Today 12:00 - 2:15 - 4:30 - 7:00
Kate & Leopold (PG)
Today 12:00 - 4:00 - 7:00 - 9:30
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HEALTH & FASHION

Awkward kisses

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- **The first kiss:** "It's a Wonderful Life." Jimmy Stewart and Donna Reed get cozy sharing a phone. Stewart fights the mutual attraction until he finally grabs Reed, shakes her rather unlovingly and then delivers a lipsmacker.
- **The willing-to-smoke smooch:** "The Graduate." For their first kiss, young Dustin Hoffman kisses his chain-smoking lover, Anne Bancroft - Mrs. Robinson - in mid-drag. When he pulls away, she finally exhales, blowing smoke in his face.
- **The he-man kiss:** "In & Out." Tom Selleck and Kevin Kline break all kinds of ground when Selleck kisses the reluctant Kline full on the lips. As they lip-med, Kline lifts a leg - a la old-style Hollywood.
- **The kiss of death:** "Godfather II." Al Pacino plants one on brother John Cazale, telling him: "I know it was you, Fredo. You broke my heart." Bye, Bye Fredo. Oddly enough, this happens at a New Year's Eve party.
- **The thou-dost-protest-too-much kiss:** "When Harry Met Sally." Another New Year's Eve. Harry (Billy Crystal) rushes to the party where Sally (Meg Ryan) has decided to leave her boring date before midnight by "the thought of not kissing somebody is just ... Harry declares his love so wonderfully that even though Sally protests - "You say things like that and you make it impossible for me to hate you. And I hate you, Harry" - they kiss. And live happily ever after.

- Source: Kansas City Star.

Kissing strangers may not be ideal welcome to the new year

Night Rider Newspapers

The worst New Year's Eve kisses Tomima Edmark ever endured? Wet, sloppy smooches from drunken men she didn't know.

"I just remember being the victim of several men ... with dumb party hats on," said the Dallas author of three kissing guides. "I hate this kiss as much as everybody else."

Just goes to show that even the experts have been "victimized" by a tradition some say has gotten out of hand. There must be a better way to welcome the New Year, they say, than swapping spit with a stranger, or mere acquaintance.

Especially drunken ones wearing dumb party hats.

Especially during high-gorm season.

Especially when the only thing worse is feeling like a social pariah if midnight catches you without a designated kisser. What kind of loser are you?

"For some reason, New Year's Eve puts fear in people's hearts," said Boston area etiquette maven Jodi R.R. Smith. "It's a very social act. And if you're standing there by yourself you feel very self-conscious."

Edmark's beef is that this buss has become obligatory. And that's a no-no in her books, which include "The Kissing Book: Everything You Need to Know."

"Kisses are like shares of stock," preaches the self-proclaimed kissing guru. "If you issue too many of them, their value goes down."

"It does steal the meaning from it. The whole point is to welcome

in the new year with the one you love, not to be kissed by...the party drunk."

And, she says, "I really resent being kissed by strangers."

On the other hand, "sometimes a kiss is just a kiss," countered Pati Watkins of Westwood, Mo.

Watkins is the inventor of the Original Dump Kit, stocked with a

"Dear Jerk" letter and other tools to help women get over a relationship breakup.

A lot of newly single women visiting Watkins' Web site - <http://www.dumpkit.com/> - are lamenting how difficult the holidays are without a bel-loved.

But she advises embracing New

Year's Eve - or the closest cutie.

"It's actually a good opportunity to just have a lot of fun and go about the crowd and stand next to somebody you kind of have an eye on," Watkins said. "Because at midnight, there's a lot of kissing going on. And it might be something that helps you move on."

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A look ahead at Magic Valley Regional Medical Center

January 2002

Living Better



CPR Class * This class is offered to the community under the guidelines of the American Heart Association and includes emergency procedures for mouth-to-mouth resuscitation, chest compression and choking for adult and infant. The program includes both classroom instruction and hands-on practice. Pre-registration is required.

Fee: \$25.00

Monday, January 7, 4:00 - 8:00 pm
Doctors Meeting Room
To Register Call 737-2007

Saturday, January 12, 8:00 am - 12:00 noon

Doctor's Meeting Room
To Register Call 737-2007

Tuesday, January 22, 6:00 - 10:00 pm

Doctor's Meeting Room
To Register Call 737-2007

Back School * Learn proper body mechanics and exercises to help prevent and/or treat common back injuries. Pre-registration is required. Contact MVRMC Physical Therapy Services at 737-2126 for more information.

Fee: \$25.00

Wednesday, January 9, 5:00 - 7:00 pm
MVRMC Rehabilitation Services, 560 Shoup Ave W - Twin Falls

Monthly Board Meeting

Monday, January 14, 6:00 p.m.
Education Center - Sage Room

Volunteering is an energizing experience, providing many rewarding opportunities.

Volunteer opportunities include: patient visitor, refreshment cart hostess/host, information desk attendant, gift shop associate, clerical support, emergency room assistant, outpatient surgery hostess, and hospice patient companion. Bilingual volunteers also needed. To volunteer, please call Volunteer Services at 737-2006.

Healthy Women



Exercise, Nutrition & Weight Management: Healthy living means eating right, exercise and managing your weight.

Dr. Sara Johnson, MVRMC Family Practitioner, will help you learn how to make the most of your health throughout your life! For more information call Women's Health Services at 737-2685.

Nutrition Through Life's Stages: Part I
Tuesday, January 15, 7 p.m.
Women's Health and Imaging Services (224 Martin Street)

Exercise Through Life's Stages: Part II
Tuesday, January 22, 7 p.m.
Curves for Women (778 Falls Avenue)

Weight Management Through Life's Stages: Part III
Tuesday, January 29, 7 p.m.
Women's Health & Imaging Services (224 Martin Street)

Breast Cancer Support Group * This is an on-going group open to breast cancer survivors or patients (male or female) and their families and friends. Special programs and guest speakers are offered periodically. The goal is to offer support, information, hope and humor to those dealing with cancer.

Monday, January 21, 7:00 pm
Cancer Center Reception area
For more information contact Lydia Gilman at 737-2979 or Mary Howard at 734-1766.

Free Breast Screening Education Program. The Facts About Breast Care. Learn the facts about early detection of breast cancer, self breast exam, examination by clinical specialist, and information about mammography. This program is offered free to all women (no age limit) through MVRMC Women's Health and Imaging Services, 224 Martin St. For more information or to make an appointment call 737-2192.

Birth & Parenting



Childbirth Refresher Course * This class is designed for persons who have previously taken any prepared childbirth classes.

Childbirth preparation and procedures are reviewed, along with a tour of the Women's and Infant Center. Pre-registration is required.

Fee: \$15.00

Wednesday, January 2, 7:00 - 10:00 pm
Education Center Sage Room

Tuesday, January 15, 7:00 - 10:00 pm
Education Center Sage Room

Thursday, January 24, 7:00 - 10:00 pm
Education Center Sage Room

Big Kids Klub * A class designed to help prepare brothers and sisters for the new baby.

\$7.50/family with one child -
\$10/family with two or more children
Saturday, January 5, 10:00 - 11:30 am
Doctors Meeting Room
To Register Call 737-2900

Prepared Childbirth Course * A comprehensive program designed to prepare the expectant mother and support you for labor and childbirth. The course includes classroom instruction on wellness of the mother, the labor and delivery process with relaxation and breathing techniques, care of the post partum mother, care of the newborn including breast and bottle feeding, and a tour of the Women's and Infant Center. Pre-registration is required.

Fee: \$40.00

Tuesday, January 8 - February 5,
7:00 - 9:30 pm
Education Center Sage Room
To Register Call 737-2900

Healthy Kids

SAFE KIDS * Come in for a free inspection of your child's car seat or purchase a new one and have it installed for free. SAFE KIDS also has low cost snow helmets and skate helmets for sale! Call 737-2430 for information.

Cesarean Childbirth Class * This class is available to anyone wishing to learn more about cesarean deliveries, post-partum care instructions, medications, hospital procedures, non-conforming labors. Pre-registration is not required.

Fee: \$15.00

Wednesday, January 9, 7:00 - 9:30 pm
Education Center Sage Room

Tuesday, January 22, 7:00 - 9:30 pm
Education Center Sage Room

Thursday, January 31, 7:00 - 9:30 pm
Education Center Sage Room

To Register Call 737-2900

Infant CPR Class * Offered as part of the Prepared Childbirth Course, new parents, grandparents and children are encouraged to attend this class to learn infant CPR, and what to do if the infant should choke. Child safety and prevention of injury are also discussed. Pre-registration is not required.

Wednesday, January 23, 7:00 - 9:30 pm
Education Center Sage Room

VBAC Preparation Course * Mothers who plan on having a vaginal birth after a previous cesarean delivery have the opportunity to meet one-on-one with a childbirth educator. Safety is discussed, plus tools and information on coping with labor. Set an appointment by calling Karen at 737-2901.

To register for any of the classes contact, 737-2900. If you require special accommodations, call 737-2102 or TDD 737-2980 at least 24 hours in advance of the event. Interpreter services are available, contact Malena Rodriguez at 737-2163. Servicio de Interpretes disponible, por favor comuniquese con Malena Rodriguez Coordinadora al numero 737-2163.

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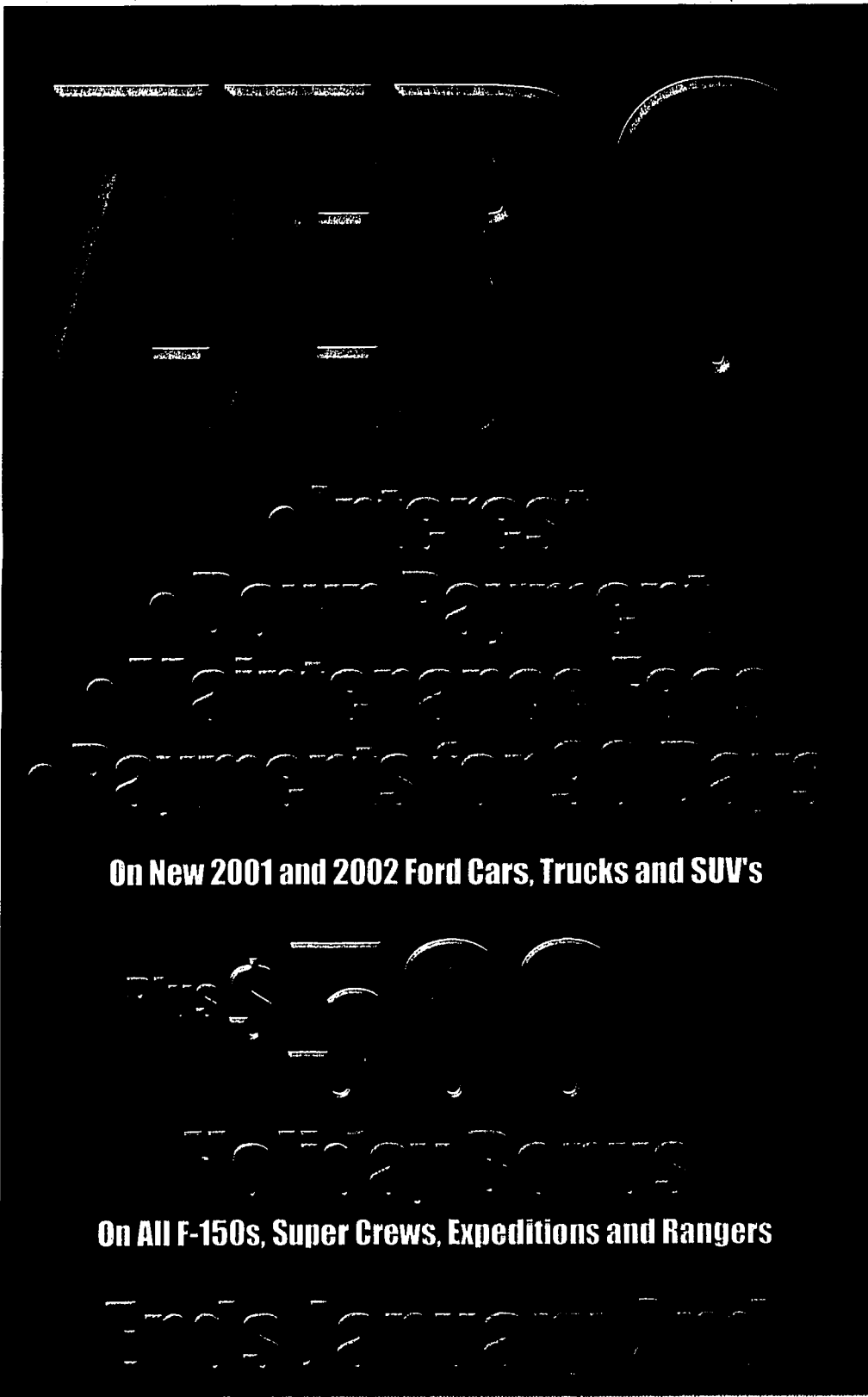
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Get your cloning manual

Human cloning: Will it be a life-saving scientific advance, like penicillin? Or will it prove to be a horrible mistake that unleashes untold devastation upon humanity, like the accordion?

As American citizens, we need to form strong opinions about this issue, so that we can write letters to our congresspersons, so that their suits can, as a precautionary measure, ban it. But first we must inform ourselves by asking questions and then answering them in the popular "Q" and "A" format.

Q. Does Tom Cruise shave his chest?

A. We meant questions about cloning.

Q. Oh, OK. What is cloning?

A. In scientific terms, it is a procedure by which a theoretically infinite number of genetically identical organisms emerge, one at a time, from a Volkswagen Beetle.

Q. No, that's "cloning."

A. Whoops! Our bad!

Cloning is a procedure whereby scientists, using tweezers, manipulate DNA, which is a tiny genetic code that is found in all living things as well as crime scenes that have been visited by CSI Simpson. A single strand of DNA can be used to create a whole new organism, as was proved when scientists at Stanford University took DNA from the fingernail of a deceased man and grew a six-foot-tall, 190-pound fingernail. Unfortunately, it escaped the laboratory and had police at bay for hours by screaming itself against a blackboard. It was finally subdued by National Guard troops equipped with ear plugs and a huge enemy board.

Q. Have scientists cloned any other organisms?

A. In 1997, a group of Scottish scientists cloned a sheep named Dolly, which was genetically identical to the original sheep.

Q. How could they tell?

A. They had the original farmer take a hard look at it, and he said, "Quo? That's her, all right!"

Q. Wow.

A. Of course, he said the same thing about one of the scientists.

Q. Have there been any other scientists cloning experiments?

A. Yes. In 1995, scientists in Florida used a single strand of DNA from the Backstreet Boys to form "N Sync. Or maybe it was the other way around.

Q. What about humans?

A. They are getting very close. Recently, a firm in Massachusetts announced that it had cloned some human embryos. However, these embryos were alive for only a few hours, and stopped growing after they had formed microscopic six-cell spheres.

Q. What did the firm do with them?

A. They are currently working in Customer Service.

Q. Is anybody else trying to clone humans?

A. Yes. A group called the "Realities of the Future" is based in France, and which we are not making up, claims to be working on a human-cloning project. According to their Internet site (<http://www.raef.org>), the Realities are named for a French journalist named Jean Baudrillard, who was contacted by a visitor from another planet. This visitor informed Raef that human life was brought to Earth by aliens, who will come back and visit us if we build them an embassy. The Realities estimate that this cost was \$20 million, and will appreciate donations for this vital mission.

Q. Where does the U.S. government stand on this issue?

A. There is growing bipartisan support for a nuclear strike against France.

Q. Speaking of wacko cults, do you think Tom Cruise is so handsome?

A. We think he is a little chest-shaving wacko, but when we ask our spouse to confirm this, she just gets this dreamy look in her eyes.

Q. How do you, personally, feel about human cloning?

A. Why do you think we refer to ourselves in the plural?

Dave Barry is a humor columnist for The Miami Herald, One Herald Plaza, Miami, Fla. 33132.



Jeff Bolton helps Gary Lounsbury during a workout at Falls Avenue Fitness in Twin Falls.

Be it resolved: Lose weight in 2002

By Steve Crump
Times-News writer

Losing weight in '02: A 12-step plan

1. Commit yourself. Set moving. There is no time like the New Year, so why not get started now? Sit down and develop your plan of action and stick with it.

2. Take it one day at a time. Ask yourself what is one aspect of your health you need to change. Is it the amount of food you eat? The quick way in which you allow yourself to become angry and stressed out? The way you find excuses not to go out for a walk? Then reduce the size of that big goal to a small, realistic and digestible piece. What can you do - just today - toward that goal?

3. Set your goals. Set goals, both short-term and long-term goals, and allow yourself rewards for meeting them. For example, you could set a short-term goal to exercise three to four times a week for 30 minutes of cardiovascular exercise and 30 minutes of strength training. Your long-term goal could be to lose weight or lower your cholesterol level.

4. Eat slowly and savor each bite of a healthy meal without distractions such as TV, work or reading materials. Look at healthy eating as a way to take care of your body and mind.

5. Abandon an all-or-nothing attitude. Don't think of exercise with an all-or-nothing approach. If you don't get to exercise as planned, that's OK. Just get back on track tomorrow. Set realistic exercise goals but understand that some weeks you will meet your goals and other weeks you won't. If you don't reach your goals, do what you can.

6. Walk today. Walk from your desk to your desk. If you can't climb three flights of stairs, try one flight first. Walk again tomorrow. You will find that in a matter of days, you'll be able to walk farther without running out of breath.

7. Don't overdo it. It's very common for people to try to exercise every day once they start an exercise program. However, this can often lead to exercise burnout and may lead to discontinuing exercise altogether. Therefore, you should set goals, which will enable you to improve your fitness level without overdoing it.

8. Make sure you break a sweat. Also, the higher the intensity level, the more total calories you burn per minute of exercise. However, you don't want to work out so hard that you can only exercise for a short period of time. Your goal should be three to four times a week for 30-45 minutes of continuous aerobic activity. At first, you might need to take a few breaks but as you become more fit you will be able to exercise for longer periods of time.

9. Schedule it. It's so easy to get overwhelmed at work and skip your workout. One solution is to treat your workout like a business meeting. Write it in your planner and keep the appointment. After all, you will perform better at work if you are taking care of yourself.

10. Do a two-minute stretch for your back and hamstrings - the big muscles in the back of your thighs. Sit on the floor with legs straightened in front. Reach forward as far as you can toward your toes, pushing your abdominal muscles in. Remember to breathe. You don't have to reach your toes. Hold this position for as long as you can without bouncing.

11. Turn off the TV for one hour today. Step outside. Watch the sunset or the stars. Appreciate the beauty of nature. And take a few moments to be thankful for precious life and for all that you do have.

12. Make exercise easy. It's important to recognize your own barriers to exercise. Do you have trouble getting to the gym if you go home first? Do you always hit the snooze button when you plan to workout in the morning? Do you ever forget your gym clothes? Once you identify your barriers to exercise it is imperative that you try to reduce or eliminate them. Pack your gym bag the night before or keep a few extra sets of gym clothes in your car or at work. Go straight to the gym after work if you tend to have difficulty getting once at home.

— Sources: Julie Keck, psychologist in Newport Beach, Calif.; Gail Frank, a spokeswoman in Orange County for the American Dietetic Association; and Jim Farmer, director of the Virginia Scope Wellness Center at Fullerton College; Lisa Liddane, Orange County Register; Mitzi Dulan, weightlossgold.com

Study: Pregnant women can exercise through most of their pregnancies

Healthy pregnant women can exercise moderately and frequently through most of their pregnancy, according to the American College of Obstetrics and Gynecology. In the past, the organization permitted limited amounts of exercise during pregnancy. Now, it recommends at least 30 minutes of moderate exercise most days of the week through most of the pregnancy. The group changed its guidelines because doctors are finding that moderate levels of certain types of physical activity don't adversely affect pregnancy outcomes and may even provide some benefit, said Dr. Manuel Porto, director of the division of maternal fetal medicine at University of California Irvine Medical Center in Orange, Calif. But pregnant women need to read the fine print. The guidelines apply primarily to healthy women who are already participating in physical activity several times a week and are not at risk for pre-term delivery, Porto said.

Lab assistance

Children with multiple disabilities including mental retardation, cerebral palsy, autism, and Down syndrome may benefit from animal-assisted therapy, says a study from the University of Illinois at Urbana-Champaign. Most of the 14 children in the eight-week study showed some improvement in attention span, physical

Health notes

movement, communication, and compliance, says Kathy Heilmich, a graduate student and lead researcher. The study involved Heilmich's black Labrador retriever, named Cody, and residents of Hope School, a Springfield, Ill., facility for children with severe disabilities. Participants were 7 to 19 years old.

Palmetto salve

A study of men with enlarged prostate glands found some improvement in their urinary tract symptoms after they took regular doses of saw palmetto, say researchers at the University of Chicago. Saw palmetto, an extract made from the berries of a palm tree, is one of the top 10 herbal remedies sold in health-food stores. The six-month study, reported in the current issue of the medical journal *Urology*, involved 85 men who were given a placebo or a twice-daily capsule of 160 milligrams of saw palmetto. The subjects used the International Prostate Symptom Score, a scale of 0 to 35 points, to rate the severity of their symptoms. The men who took saw palmetto reported an average 4.4-point improvement in those scores, while men taking the placebo improved 2.2 points.

— compiled from wire service reports

Old fashions inspire sewing

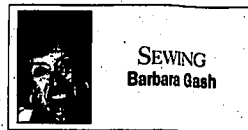
'Tis the season of reminiscing, and for many of us, the subject of vintage clothing comes to mind. We enjoy looking back on our favorite styles from the past, as well as gathering ideas for future sewing.

Fashions from bygone days seem to have an ageless attraction. Many of the fabrics were high quality and have enduring appeal; there were intricate details in the clothing; the workmanship showed examples of fine sewing; and the clothes have historical value and reflect the time and culture.

If you're looking for vintage garments to buy - perhaps to rework or to use certain sections of them - shop thrift stores, flea markets, estate sales, antique shows and even garage sales. You can also use the Internet, especially the auction site (<http://www.ebay.com>).

You'll be inspired by studying the styling and attention to detail in these clothes. As you shop, you're likely to find old patterns too, although many of us have vintage patterns in our own stashes.

The newer resources, though, are the pattern companies themselves, offering re-issues of past fashions. Thankfully, these have the vintage look but not the hard-to-follow techniques. Vogue's - <http://www.voguepatterns.com/> - has line-for-line duplicates of the original patterns, going back to the 1930s, in its Vintage Vogue category. They have modernized the sizing, pattern tissues and the instructions to make them easier to use, but they haven't sacri-



SEWING
Barbara Gash

ficed the wonderful details. Between 1930 and 1960, clothes were more fitted than they are today. From the swing era of the '40s, for example, you can have a classic jacket and slim skirt with high contour waist (Vogue 2444). Authentic reproductions are also available from Butterick - <http://www.butterick.com/> - in a special line called Retro Butterick. Style No. 6256 is a slinky two-piece dress popular in 1947, with unmissable Hollywood glamour. The fitted lined top has a shawl collar and flared peplum.

And to prove that everything old is new again, Vogue even offers complete wardrobes of retro clothes for 11-inch fashion dolls such as Barbie. The patterns include lingerie, day dress, suit and gown. One pattern is circa 1945, and the others are from the '50s.

Trying sewing a vintage pattern, large or small, sometime soon!

Barbara Gash writes about sewing for the *Detroit Free Press*. Write to her at the *Free Press*, P.O. Box 828, Detroit, Mich. 48231, or send e-mail to compuser@ol.com

HEALTH & FASHION

Drugs offer hope in cold war

Los Angeles Times

As we cough, sneeze and sniff our way through the cold season, it may comfort us to know that technology has finally caught up with our expectations. Two new medicines promise to cure the common cold.

The drugs, one of which may be available within the next several months, stop cold viruses in their tracks—not just mask symptoms, as current remedies do. Patients who have taken them report feeling better almost immediately, sleeping through the night and having to use fewer tissues on the cold's hallmark runny nose. And one of the drugs also treats a handful of rare, but often life-threatening, ills such as chronic meningitis.

"These drugs are part of a revolution in the treatment of virally caused diseases," said Catherine Laughlin, chief of virology at the National Institute of Allergies and Infectious Diseases in Bethesda, Md.

Researchers fighting cold viruses have benefited both from the massive research effort to combat AIDS, a viral disease caused by HIV, and the development of tools that allow them to peer deep inside a cell. With these advances, they've learned how to overcome two major hurdles in devising an effective cold medicine.

The first was that viruses are tough to hit with any accuracy because they insinuate themselves inside cells. In contrast, bacteria colonize in bodily fluids and cavities, making them easy pickings for antibiotics.

Added to this was the fact that there wasn't just one kind of pesky microbe to keep at bay. A couple of different families of viruses, including rhinoviruses and coronaviruses, cause the majority of colds.

And within these groups, more than 110 distinct rhinovirus types have been identified, while three or four different coronaviruses infect humans.

"The challenge has been to figure out how to work against the different families of viruses as well as one that would precisely target the virus without hurting the cells," Laughlin said.

Viruses are tiny capsules of protein that are much smaller than bacteria—the common analogy is that if a bacterium is equivalent to the size of a human, then a virus would be as large as an arm. Unlike almost any other living organism, viruses are inca-



Two new drugs aim to prevent colds at the cellular level.

ble of reproducing themselves. Instead, they must slither through a cell's wall and commandeer the host's genetic machinery, using it to churn out identical copies of themselves.

The two cold remedies now in the pipeline prevent this replication, thwarting the viruses without causing any apparent collateral damage in the host cells.

"Both of these drugs are very potent antiviral agents that work against a broad spectrum of different rhinoviruses," said Dr. Ronald B. Turner, a professor of pediatrics at the University of Virginia in Charlottesville.

Each drug attacks the virus at a different stage of its life cycle but ends up with the same result—the virus can't make copies of itself. One drug, called AG7088 for now because it's in an early stage of development, is a protease inhibitor similar to the drugs that revolutionized AIDS treatment.

Simple steps

Worries about catching colds reach a frenzied crescendo this time of year. It seems that everywhere we go—whether working, shopping, traveling or attending parties—we're exposed to sneezes, sniffles and coughing. But researchers say we have more to fear from those we come in close contact with—such as those adorable little germs known as children (who have an average of a dozen colds per year)—than from someone polluting the mall with their nasal secretions. Although you can catch a cold by inhaling a virus from droplets floating in the air, they say, the majority of colds are spread by direct contact, such as when you touch someone's skin or a contaminated surface like a doorknob or counter top. Cold-causing rhinoviruses can stay alive for two or three days on plas-

tic surfaces, though most die off after a few hours. Spraying the house with disinfectants may make you feel better, but it probably won't kill all the viruses. A better infection prevention strategy is to consistently wash your hands after coming in contact with someone who is sick—soap washes the virus off your hands—and avoid touching your eyes and nose, which are lined with a mucous membrane that is an entry point for bugs. "That's the easiest way to avoid getting infected," said Dr. Jack Gwaltney, a professor of medicine and head of the division of epidemiology and virology at the University of Virginia Medical School, who has done extensive research on cold transmission. "Just keep your fingers out of your nose and eyes." —Source: Los Angeles Times

When thinking about peels, appeal to reason

DEAR PAULA: I have talked with two plastic surgeons about the pros and cons of various chemical peels vs. non-ablative laser resurfacing.

One surgeon does a chemical peel and recommends more than one application.

In his opinion, the non-ablative laser resurfacing may not necessarily show enough improvement over the chemical peel to justify the higher cost of the laser.

The second surgeon has his aesthetician do a light chemical peel. The surgeon would then himself follow up with a non-ablative laser resurfacing using the Cool-Touch Laser.

I've read with interest your thoughts on non-ablative vs. ablative laser resurfacing, but I'm confused on the pros and cons of chemical peels vs. laser resurfacing. What is your take on this?

— FLOUNDERING IN FLORA
DEAR FLOUNDERING: I'm not sure I can keep you from floundering because the truth is all the options you've been presented with are viable. A series of chemical peels or a chemical peel combined with a series of non-ablative laser are both viable options for skin resurfacing or remodeling.

The main issues you have to assess for yourself are downtime and risk.

There are levels of peels. A light peel exfoliates the surface of skin with minimal scabbing, downtime, or risk of hyper- or hypopigmentation.

In combination with the Cool Touch Laser (for skin resurfacing and helping to stimulate collagen production, and which also has minimal risks) or downtime associated with it, this can be a good option but the results are far from dramatic and will not produce a wrinkle-free visage.

Use The Times-News Marketplace classifieds to turn possessions into cash.



A medium to deeper peel have some risks of skin discoloration and scarring, and there is a period of healing that can take up to several weeks.

Yet a medium to deep peel can also be more effective for improving deeper or extensive wrinkling.

Also, keep in mind that while medium to deeper peels are a one-time experience (or at least once every several years), the Cool Touch non-ablative laser resurfacing and light peels both require repeated treatments to gain maximum (though still relatively subtle results) benefits.

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



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Weight

Continued from D1
Medical Center. "There needs to be an exercise component."

Not only an exercise component, but exercise that combines aerobics with resistance training to build lean muscle.

"If you set out to lose weight and you don't do it with an exercise program, the first weight you're going to lose is muscle," Bolton said. "That's exactly the opposite of what you need to do."

The more lean muscle you develop, the more efficient your metabolism becomes—and the more effectively you can burn fat.

"A lot of people tend to go to extremes when they want to lose weight," Bruns said. "It's more effective if you do it slowly, gradually—make a plan and stick with it. Moderate exercise and moderation in the foods you eat."

Like a growing number of dietitians, Bruns sees limited value in counting calories. She does so only when she goes out to eat, to avoid high-fat meals.

"What you eat (the balance of carbohydrates, fat and protein) is as important as how much you eat, in terms of calories."

Brun's first rule for eating sensibly: Never deprive yourself. "Eat the foods you like," she said. "But learn to eat them in moderation."

Bolton, obviously fit, confesses a fondness of McDonald's French fries.

"It's a balance," he said. "That's the key to losing weight and keeping it off." But losing weight needn't be labor of Hercules, he added. "Thirty minutes of exercise a day," Bolton said. "And it doesn't have to be 30 minutes at a time. You can do 10 minutes in

the morning, 10 in the afternoon and 10 at night."

Though those workouts need to mix aerobics with strength training, they don't have to be strenuous, he said.

"If you want to lose weight, you need to find a fitness program that you're comfortable and that you can stick with."

The No. 1 alibi for backsliding is lack of time, Bolton says, but it's an excuse he doesn't buy. "Everybody has a half hour a day," he said. "Our club is open from 5 in the morning until 10 at night."

But exercise can get boring, Bolton concedes, so he counsels variety—and not working out alone, when you can avoid it.

"There are a lot of treadmills and Stairmasters in a lot of homes collecting cobwebs," he said. "And usually, the people who actually use their home

exercise equipment also work out in the gym."

Learn to measure progress in small increments, he advises—a minute longer, a half-mile more or a few additional reps a day—and keep your eyes on the prize.

"Two pounds a week is the most that's healthy and sustainable," Bruns said. "So if you're out to lose 20 pounds and you're starting tomorrow, plan for a few months."

Losing weight and keeping it off is less a process than a habit, Bolton said.

"It's changing your lifestyle," he said. "You know—the habits that make you overweight; you need to develop new habits."

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

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Dennis S. Voorhees
Here are some guidelines:
Health care directives. Make sure you have a current living will, health care power of attorney, and nomination for guardian and conservator. The living will allows you to die with dignity—using or withholding such artificial life-sustaining measures as you direct.
Beneficiary designations. Check the beneficiary designations on your insurance policies, brokerage accounts, annuity contracts, bank accounts, and retirement plans. The choices you made ten or fifteen years ago may not be what you want today.
Estate plan. Reread the provisions you've made in your will or trust instrument. Births, deaths, marriages, divorces, remanages, and changing fortunes will almost certainly throw things out of kilter.
Advisors. Call or meet with your advisors. That's what they're there for. They might include your insurance agent, accountant, lawyer, financial planner, or broker.
Best tip: The first step is the most important one—start!
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HEALTH & FASHION

Experts say surgery errors are increasing

Knight Ridder News Service

Contemplating surgery? Add a permanent marker to your list of things to bring to the hospital, and write "wrong site, doc," or "correct site, doc," on the appropriate body part to avoid a medical mistake.

With surgical errors increasing — more than half involving outpatient operations in which patients are sent home the same day after an operation — the Joint Commission on Accreditation of Healthcare Organizations on Wednesday issued its second alert in three years on surgery mistakes, and gave the public tips on how to avoid errors.

Mistakes include operating on the wrong body part, the wrong person or doing the wrong procedure.

"Unlike other health care dilemmas, we know how to solve this problem," said Dr. Dennis O'Leary, president of the commission. "These mistakes are completely avoidable." He and leaders of two surgery associations talked Wednesday via a national telephone news briefing.

Since 1995, when the commission began a voluntary national database, 150 cases have been reported.

The commission investigated 126 of the cases. Forty-one percent involved surgery on feet, knees, hips and other orthopedic or podiatric operations, followed by neurosurgery (14 percent) and urology (13 percent).

More than three-fourths of the mistakes were procedures on the

wrong body part, 11 percent involved the wrong patient and 11 percent were the wrong operations entirely. This year, 58 surgery mistakes have been reported, up from 16 in 1995.

"A well-informed patient who is an active participant in their health care is going to have a better result," said Dr. Thomas Russell, executive director of the American College of Surgeons.

Four years ago, the American Academy of Orthopaedic Surgeons began its "Sign Your Site" program to get doctors to mark correct surgery sites with indelible markers. It followed studies showing that one of every four orthopedic surgeons will operate on the wrong place sometime in their surgical careers.

Two years later, "we found that only 60 percent, much to our chagrin, signed their sites," said Dr. S. Terry Canale, immediate past president of the group. "We're continuing to work on it, but our results haven't been that good to date," he said.

The experts suggested that patients ask to be awake to talk to their surgeon in the operating room before being sedated.

Other suggestions for doctors: Compare scheduled procedures with medical records and tests; ask each surgery team member to identify the patient and surgery site after arriving in the operating room, and institute hospital systems to monitor surgery guidelines.

For patient-safety tips, visit the commission's web site at <http://www.jcaho.org/>

Center offers childbirth class

Childbirth refresher course will be offered from 7-10 p.m. Wednesday in the Sage Room of the Education Center at Magic Valley Regional Medical Center in Twin Falls.

The class is designed for those who have previously taken prepared childbirth classes. Cost is \$15. Preregistration is required, call 737-2900.

Learning childbirth

Prepared childbirth classes will be offered from 7:30 p.m. Thursdays, beginning Thursday through Feb. 7, 2002, at the St. Benedict's Health Education Center, 115 Fifth Ave. W., Jerome.

The second class of the series will be a refresher course for mothers who have previously taken the childbirth classes.

The sessions, taught by a registered nurse, emphasize preparation for labor and birth, changes during pregnancy and newborn care.

Participants are asked to bring two pillows and a blanket to each class.

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

Big Kids Klub meets

Big Kids Klub will meet from 10:11-11:30 a.m. Saturday in the doctors' meeting room at MVRMC in Twin Falls.

The class is designed to help prepare siblings for the new baby.

Cost is \$7.50 per family with one child or \$10 per family with two or more children. To register, call 324-4301.

To do for you

ter, call 737-2900.

Alzheimer's support

Holley Homes will offer an Alzheimer's Support Group, which will meet at 1 p.m. Jan. 9, 2002, at the Philo House, 525 16th Ave. E., Jerome.

For more information, call Carey Crist at 324-8524.

Support group meets

Blaine County Senior Center will hold an Alzheimer's Support Group meeting at 2 p.m. Jan. 10, 2002, at the senior center, 721 Third Ave. S., Hailey.

For more information, call Brenda Shoppe at 788-3468.

Parenting apart

Parenting Apart classes will be offered from 7:30 p.m. Jan. 11, 18 and 25, 2002, at St. Benedict's Family Medical Center's Health Education Center, 115 Fifth Ave. W., Jerome.

The workshop is designed to help divorced and separated parents to work together for their children's well being.

The class is free. To register or for more information, call 324-1122, Ext. 3367.

Breast screening

A breast screening education program will be offered through MVRMC Women's Health and Imaging Services, 224 Martin St., Twin Falls.

The program will include facts about early detection of breast cancer, self-breast exam tech-

niques, information about mammography and an examination by a clinical specialist.

To schedule a free appointment or for more information, call 737-2192.

Stop smoking

Karen's Family Pharmacy in Hailey, along with the South-Central District Health Department, will offer the Idaho Pharmacy Smoking Cessation Program, designed to help adults quit using tobacco.

This free, six-week course starts Jan. 17 at 7 p.m. and continues every Thursday through Feb. 13.

Classes will be held in the Blaine County Senior Center, 721 Third Ave. S. Participants can register by phoning Karen Fisher at 788-4970, but space is limited.

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

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Water workout gives rush without hurt

Knight Ridder News Service

MIAMI—Approaching middle age, Miller Orr found herself out of shape and overweight, despite repeated gym memberships and fitness classes. The problem with exercise was it hurt—step aerobics, spinning, weight training, you name it.

"I tried it all. I was swelling up and in pain. I tried to do a one-step class, I couldn't walk," said Orr, 48.

Last June, a friend suggested a new routine that has changed her life. Six months and 38 lost pounds later, Orr is energetic, upbeat and excited to her five days-a-week morning aerobics class—in the water.

For two decades, surveys have shown that swimming is the most popular sport in America, despite the social isolation and boredom of counting laps, said physical therapist Bob Gailey, a professor in the University of Miami's Department of Medicine, who teaches graduate students about therapeutic exercise in the water.

Now, aquatic therapy "is sweeping the nation," said Gailey. "The neat thing is almost anyone can do it."

Water exercise has long been encouraged for people with arthritis and other joint or orthopedic problems because it reduces pain and inflammation, improves flexibility and builds muscle and endurance without stressing the joints or causing pain.

"You can get the strengthening you want applied to the joints without the impact," Gailey said.

Therapists are using water to treat children with diabetes, birth defects and learning disabilities, obese people, pre-athletes recovering from injuries and surgery, seniors with artificial hips.

"It runs the gamut," Gailey said. "Aquatic therapy improves balance and coordination, improves range of motion and uses all muscles throughout the body."

On a gloriously late-fall morning, Orr stepped into the massive L-shaped pool at the Biltmore Hotel in Coral Gables, Fla., for her water workout. "I love it," she said. "This is the first thing I've done that doesn't hurt. It's just so relaxing. Even if you sweat, you don't realize it because you're wet already."

As she splashes about, a waterproof monitor strapped to Orr's chest shows her heart rate on a wrist band, often racing at 150 beats a minute. That's comparable to an intense and trendy spinning class, during which exercise bikers huff and puff, sweat buckets and revel in a no-pain-no-gain philosophy as the ache in their leg muscles intensifies. Comfortable and cool in the pool, Orr sometimes burns more than 500 calories in the one-hour class, according to the monitor.

Orr was stunned as her clothes size dropped from a 16 to a 14 to a 12 in a few short months. "Now I'm in a 10," she said. "I've been eating the same and feeling better and better." At 140 pounds, she's still dropping weight.

Standing in waist-deep water

decreases the force of body weight on the joints by half, Gailey said. In water up to your chest, only 25 percent to 30 percent of body weight rests on the joints. In neck-deep water, the force is down to 10 percent.

As a result, many people like Orr can enjoy the benefits of jumping jacks, leg kicks, hops, skips and jogging in the water without the joint or damage they could cause if done on land. And they can exercise longer in the water, a plus for cardiac fitness and fat-burning.

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Today 12:30 - 1:00 - 2:50 - 4:00 - 7:15 - 7:30 - 8:00
Vanilla Sky (R) Tom Cruise
Today 12:30 - 3:30 - 6:45 - 9:45
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HEALTH & FASHION

Awkward Kisses we love

• The first kiss: "It's a Wonderful Life." Jimmy Stewart and Donna Reed get cozy sharing a phone. Stewart fights the temptations of the phone until he finally grabs Reed, who then delivers a lip-sucker.

• The waiting-to-exhale smooch: "The Graduate." For their first kiss, young Dustin Hoffman kisses his chain-smoking lover, Anne Bancroft - Mrs. Robinson - in mid-drag. When he pulls away, she finally exhales, blowing smoke in his face.

• The he-man kiss: "In & Out." Tom Selleck and Kevin Kline break all kinds of ground when Selleck kisses the reluctant Kline full on the lips. As they lip-meld, Kline lifts a leg - a la old-style Hollywood.

• The kiss of death: "Godfather II." At Pacing plants one on brother John Cazale, telling him: "I know it was you, Fredo. You broke my heart." Bye, Bye Fredo. Oddy enough, this happens at a New Year's Eve party.

• The throat-protector-400-much kiss: "When Harry Met Sally." Another New Year's Eve. Harry (Billy Crystal) rushes to the party where Sally (Meg Ryan) has decided to leave her boring date before midnight but "the thought of not kissing somebody is just..." Harry declares his love so wonderfully that even though Sally protests - "You say things like that and you make it impossible for me to hate you. And I hate you, Harry" - the kiss. And live happily ever after.

- Source: Kansas City Star

Kissing strangers may not be ideal welcome to the new year

Knight Ridder Newspapers

The worst New Year's Eve kisses Tomima Edmark ever endured? Wet, sloppy smooches from drunken men she didn't know.

"I just remember being the victim of several men... with dumb party hats on," said the Dallas author of three kissing guides. "I hate this kiss as much as everybody else."

Just goes to show that even the experts have been "victimized" by a tradition some say has gotten out of hand. There must be a better way to welcome the New Year, they say, than swapping spit with a stranger, or mere acquaintance.

Especially drunken ones wearing dumb party hats.

Especially during high-germ season.

Especially when the only thing worse is feeling like a social pariah if midnight catches you without a designated kisser. What kind of loser are you?

"For some reason, New Year's Eve puts fear in people's hearts," said Boston area etiquette maven Jodi R.R. Smith. "It's a very social act. And if you're standing there by yourself you feel very self-conscious."

Edmark's beef is that this buss has become obligatory. And that's a no-no in her books, which include "The Kissing Book: Everything You Need to Know."

"Kisses are like shares of stock," preaches the self-proclaimed kissing guru. "If you issue too many of them, their value goes down."

"It does steal the meaning from it. The whole point is to welcome

in the new year with the one you love, not to be kissed by...the party drunk."

And, she says, "I really resent being kissed by strangers."

On the other hand, "sometimes a kiss is just a kiss," countered Pat Watkins of Westwood, Mo. Watkins is the inventor of the Original Dump Kit, stocked with a

"Dear Jerk" letter and other tools to help women get over a relationship breakup.

A lot of newly single women visiting Watkins' Web site -

<http://www.dumpkit.com/> - are lamenting how difficult the holidays are without a bel-lover.

But she advises embracing New

Year's Eve - or the closest cude.

"It's actually a good opportunity to just have a lot of fun and go about the crowd and stand next to somebody you kind of have an eye on," Watkins said. "Because at midnight, there's a lot of kissing going on. And it might be something that helps you move on."

We're here to stay -- and to serve you!

As we approach our third year in the Magic Valley, John Boyajian, M.D. and the staff at Sinus Center Idaho would like to thank our patients for their continued support while our office grows to better serve you.

The only clinic in Idaho of its kind, Sinus Center is dedicated to treating chronic sinus and nasal problems. Our expert staff is committed to treating the cause of miserable sinus problems. Call today for an appointment!

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THE RIGHT CARE IS RIGHT HERE

A look ahead at Magic Valley Regional Medical Center

January 2002

Living Better

CPR Class * This class is offered to the community under the guidelines of the American Heart Association and includes emergency procedures for mouth-to-mouth resuscitation, chest compression and choking for adult and infant. The program includes both classroom instruction and hands-on practice. Pre-registration is required.

Fee: \$25.00
Monday, January 7, 4:00 - 8:00 pm
Doctors Meeting Room
To Register Call 737-2007

Saturday, January 12, 8:00 am - 12:00 noon
Doctor's Meeting Room
To Register Call 737-2007

Tuesday, January 22, 6:00 - 10:00 pm
Doctor's Meeting Room
To Register Call 737-2007

Back School * Learn proper body mechanics and exercises to help prevent and/or treat common back injuries. Pre-registration is required. Contact MVRMC Physical Therapy Services at 737-2126 for more information.

Fee: \$25.00
Wednesday, January 9, 5:00 - 7:00 pm
MVRMC Rehabilitation Services, 560 Shoup Ave W - Twin Falls

Monthly Board Meeting
Monday, January 14, 6:00 p.m.
Education Center - Sage Room

Volunteering is an energizing experience, providing many rewarding opportunities. Volunteer opportunities include: patient visitor, refreshment cart hostess/host, information desk attendant, gift shop associate, clerical support, emergency room assistant, outpatient surgery hostess, and hospice patient companion. Bilingual volunteers also needed. To volunteer, please call Volunteer Services at 737-2006.

Healthy Women

Exercise, Nutrition & Weight Management: Healthy living means eating right, exercise and managing your weight.

Dr. Sara Johnson, MVRMC Family Practitioner, will help you learn how to make the most of your health throughout your life! For more information call Women's Health Services at 737-2685.

Nutrition Through Life's Stages: Part I
Tuesday, January 15, 7 p.m.
Women's Health and Imaging Services
(224 Martin Street)

Exercise Through Life's Stages: Part II
Tuesday, January 22, 7 p.m.
Curves for Women (778 Falls Avenue)

Weight Management Through Life's Stages: Part III
Tuesday, January 29, 7 p.m.
Women's Health & Imaging Services
(224 Martin Street)

Breast Cancer Support Group * This is an on-going group open to breast cancer survivors or patients (male or female) and their families and friends. Special programs and guest speakers are offered periodically. The goal is to offer support, information, hope and humor to those dealing with cancer.

Monday, January 21, 7:00 pm
Cancer Center Reception area
For more information contact Lydia Gilman at 737-2979 or Mary Howard at 734-1766.

Free Breast Screening Education Program. The Facts About Breast Care. Learn the facts about early detection of breast cancer, self breast exam, examination by clinical specialist, and information about mammography. This program is offered free to all women (no age limit) through MVRMC Women's Health and Imaging Services, 224 Martin St. For more information or to make an appointment call 737-2192.

Birth & Parenting

Childbirth Refresher Course * This class is designed for persons who have previously taken any prepared childbirth classes.

Childbirth preparation and procedures are reviewed, along with a tour of the Women's and Infant Center. Pre-registration is required.

Fee: \$15.00
Wednesday, January 2, 7:00 - 10:00 pm
Education Center Sage Room

Tuesday, January 15, 7:00 - 10:00 pm
Education Center Sage Room

Thursday, January 24, 7:00 - 10:00 pm
Education Center Sage Room

Big Kids Klub * A class designed to help prepare brothers and sisters for the new baby.

\$7.50/family with one child -
\$10/family with two or more children
Saturday, January 5, 10:00 - 11:30 am
Doctors Meeting Room
To Register Call 737-2900

Prepared Childbirth Course * A comprehensive program designed to prepare the expectant mother and support you for labor and childbirth. The course includes classroom instruction on wellness of the mother, the labor and delivery process with relaxation and breathing techniques, care of the post partum mother, care of the newborn including breast and bottle feeding, and a tour of the Women's and Infant Center. Pre-registration is required.

Fee: \$40.00
Tuesday, January 8 - February 5,
7:00 - 9:30 pm
Education Center Sage Room
To Register Call 737-2900

Healthy Kids

SAFE KIDS * Come in for a free inspection of your child's car seat or purchase a new one and have it installed for free. SAFE KIDS also has low cost snow helmets and skate helmets for sale! Call 737-2430 for information.

Cesarean Childbirth Class * This class is available to anyone wishing to learn more about cesarean deliveries, post-partum care instructions, medications, hospital procedures, non-conforming labors. Pre-registration is not required.

Fee: \$15.00
Wednesday, January 9, 7:00 - 9:30 pm
Education Center Sage Room

Tuesday, January 22, 7:00 - 9:30 pm
Education Center Sage Room

Thursday, January 31, 7:00 - 9:30 pm
Education Center Sage Room

To Register Call 737-2900

Infant CPR Class * Offered as part of the Prepared Childbirth Course, new parents, grandparents and children are encouraged to attend this class to learn infant CPR, and what to do if the infant should choke. Child safety and prevention of injury are also discussed. Pre-registration is not required.

Wednesday, January 23, 7:00 - 9:30 pm
Education Center Sage Room

VBAC Preparation Course * Mothers who plan on having a vaginal birth after a previous cesarean delivery have the opportunity to meet one-on-one with a childbirth educator. Safety is discussed, plus tools and information on coping with labor. Set an appointment by calling Karen at 737-2901.

To register for any of the classes contact, 737-2900. If you require special accommodations, call 737-2102 or TDD 737-2980 at least 24 hours in advance of the event. Interpreter services are available, contact Malena Rodriguez at 737-2163. Servicio de Interpretes disponible, por favor comuniquese con Malena Rodriguez Coordinadora al numero 737-2163.



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