

The Times-News

Twin Falls, Idaho/97th year, No. 42

Monday, February 11, 2002

50 cents

GOOD MORNING

WEATHER

Today: Sunshine mixed with a few clouds. High 40, low 16.

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MAGIC VALLEY



Widows help each other: The Office on Aging's weekly support group for widows helps Twin Falls women to know that they're not alone.

Page B1

Blaze claims house: Jerome School District Superintendent Jim Cobble's newly-built house was destroyed by a fire Sunday.

Page B1

SPORTS

All-Star performance: Kobe Bryant scored 31 points to lead the West team to victory in the NBA All-Star game.

Page C1

OPINION

Relief not needed: Congress couldn't pass a stimulus bill, and that only helps taxpayers, today's guest editorial says.

Page A8

HEALTH & FASHION



Hearts of tomorrow: A group of tests called a cardiac risk profile can help predict whether you need to worry about coronary heart disease.

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733-0931 or in Burley 677-4042

Power outage?



Joe and Geraldine Gorman's power bill has quadrupled since July. The couple, whose house is heated with electricity, is dipping more heavily into their retirement savings to pay their bill, which totaled nearly \$300 for January.

Costs soar for Idaho Power customers

By Jennifer Sandmann Times-News writer

TWIN FALLS - Comparing power bills has become a conversational staple in the Magic Valley this winter.

When Geraldine Gorman of Twin Falls opened her January electrical bill, she said her heart nearly stopped. It was \$290, compared with past typical winter power bills of about \$70.

Geraldine, 75, and her husband Joe, 90, live in a three-bedroom brick house in Twin Falls. They aren't heating two bedrooms this winter.

"A lot of seniors are complaining, especially if they are alone ... and have to pay these bills and they just can't cut it," Geraldine Gorman said.

Saving up for long-term nursing care is part of growing older, par-

ticularly for senior citizens who no longer have someone to care for them at home, she explained. The big increase in power costs is cutting into savings.

The Gormans' power bills have climbed since summer, but they said their last power bill was the largest.

The sticker shock has prompted many customers to call Idaho Power to question their bills.

Idaho Power Co., which serves much of Magic Valley, says its customers aren't seeing another rate increase. They are feeling the effect of higher rates adopted in May and September during cold winter months when electrical usage is higher.

State regulators approved a portion of the company's rate increase in May and another portion in September but denied Idaho Power's full request. The

result was an average 31 percent increase for residential customers, but that amount could be higher or lower depending on the amount of power used.

Retired Twin Falls resident Bill Ellis saw his monthly bill increase 45 percent. It rose from \$70 last year to \$225 this year, he said.

"I don't see why they had to raise it so much," he said.

Market, drought blamed

State utility regulators allowed Idaho Power to raise its rates to offset the cost of buying electricity in 2000 and 2001.

Between May 2000 and December 2000, wholesale electrical rates rose from 2.5 cents per kilowatt-hour to 52 cents. But Idaho Power's customers still were paying 5.2 cents per kilowatt-hour.

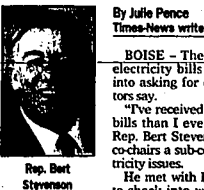
Please see **POWER**, Page A2

Help with power bills

A assistance with winter home heating bills is available on a limited basis. Eligibility depends on income and in some cases whether households include senior citizens and children. Here are some local programs:

- South Central Community Action Agency:** Federal grant money pays for the agency's energy assistance program. Program eligibility is based on income and includes other requirements. Contact the office nearest you: in Twin Falls at 733-9351; in Jerome at 324-8856; and in Burley at 678-3514.
- Project Share:** The Salvation Army offers heating grants to fix furnaces, buy firewood, propane or coal and to pay existing electrical or natural gas bills. The program is for low-income senior citizens, families and individuals. Contact the Salvation Army in Twin Falls at 733-8720.
- Winter moratorium:** From December to February, Idaho Power cannot disconnect electrical power to households who cannot pay their bills if the households include children 18 and under, elderly persons 62 and older, and people whose physical health or safety would be seriously impaired. If any of these circumstances describe your situation or if you need more information to determine whether you qualify, contact the company at 1-800-488-6151. The company must be notified of the situation before a household will qualify for the moratorium.

Lawmakers look into higher power rates



Rep. Bert Stevenson

By Julie Pence Times-News writer

BOISE - The jolt of suddenly soaring electricity bills has shocked constituents into asking for explanations, area legislators say.

"I've received more comments on power bills than I ever did on term limits, said Rep. Bert Stevenson, R-Rupert. Stevenson co-chairs a subcommittee that studies electricity issues.

He met with Idaho Power Co. last week to check into why rates have climbed so

dramatically. The answer was in line with what he had thought to be true. An almost record-low water year combined with record-high open-market electricity prices last spring and summer resulted in the company having to take drastic measures to provide service for its customers.

"And remember there is always a year lag," he said, referring to the fact that the company is just beginning to make payments on last season's energy crisis.

In fact, Sen. Laird Noh, R-Kimberly, who

Please see **LAWMAKERS**, Page A2

First weekend is golden for Utah's Olympic Games



Picabo skis today

SNOW BASIN, Utah - Picabo Street attempts a memorable Olympic goodbye today, trying to win a gold medal in the women's downhill. It would be her third straight medal with a silver in 2000. She is also a silver medalist in the women's slalom.

SEE STORY, PAGE C1

The Associated Press

SALT LAKE CITY - They began with a solemn tribute to a tattered flag, then quickly turned to the business of fun. Huge crowds cheered, the home team's athletes soared and Americans watched as never before.

The Olympics opened to rave reviews on a weekend where even the weather cooperated, with skies clearing to reveal a picturesque scene of snowy mountains towering over the city's Mormon Temple.

A \$310 million security plan worked almost flawlessly, people



Katy Clark of the U.S. competes in the Olympic trials on her way to winning the gold medal in the women's halpique event in Park City, Utah on Sunday.

Bush administration blazes new trail on nuclear arms

Los Angeles Times

WASHINGTON - Since he began his 2000 campaign, President Bush has sought to win recognition as the leader who cut the American and Russian nuclear arsenals by two-thirds, to "leave the Cold War behind."

Yet in the first year of his term, the Bush administration has overhauled the United States' nuclear arms policy in ways that reach far beyond the count of offensive warheads.

The Bush team has effectively set aside a 30-year-old tradition of arms control and asserted the need for a "flexibility" that will allow the United States to rebuild its arsenal on short notice. It has ordered construction of long-prohibited defensive weapons and is

Officials push for attack on Iraq

The Associated Press

WASHINGTON - Emboldened by success in Afghanistan, some lawmakers are beating the drum for quick action to get rid of Iraq's Saddam Hussein. They take a different view of other nations singled out by President Bush as trouble.

Saddam should be removed, and soon, of Democratic Sen. Joseph Lieberman of Connecticut said Sunday. "He is a time bomb."

An Iranian official, speaking for a government also labeled part of an "axis of evil" by Bush, bristled at the president's threatening language but pledged cooperation in keeping al-Qaida terrorists out of his country.

"What we have experienced in the past couple of weeks has been a great deal of U.S. rhetoric, outright animosity and hostility, that has been put by various U.S. officials against my country," Javad Zarif, Iran's deputy foreign minister for international affairs, said on "Fox News Sunday."

But he said al-Qaida terrorists are "a smattering of Iran and if any are found in his country, we will return them to their own countries or to the government of Afghanistan."

Bush's State of the Union speech, lumping Iran, Iraq and North Korea together as an axis threatening international security, continues to resonate - through Congress and around the world - almost two weeks after its delivery.

North Korea called off a visit by a group of former U.S. ambassadors in reaction to Bush's harsh words, two members of that unofficial delegation said on the weekend.

The trip had been arranged at North Korea's invitation as a way to expand informal dialogue.

Lieberman, like many in Congress and apparently Bush himself, does not think all three "axis" countries pose equal threats or deserve the same response. There are "different gradations" of what the United States should do, the senator said.

North Korea can be dealt with diplomatically, the Iranians "need us to be very tough" and in Iraq, Saddam can't remain in power, he said.

"We know that he has the means and motivation to do harm," Lieberman said. "We know that he has weapons, chemical and biological weapons. We have reason to believe he is developing nuclear weapons."

Democratic Sen. Bob Graham of Florida's Senate Intelligence Committee chairman, agreed, saying on NBC's "Meet the Press" that Saddam was an "evil force." But he cautioned that the focus should remain on terrorism; otherwise America might lose coalition allies.

"He should be taken out at some point," Graham said. "My question is, is this the time to do it? Shouldn't we be focusing on completing the war on terrorism?"

FEB 11 2002

Former Enron chairman Lay will invoke Fifth Amendment



Former Enron CEO Jeff Skilling, shown at left testifying before Congress last week, could face perjury charges as testimony from other Enron officials conflicts with Skilling's sworn statements.

Skilling could face charges of perjury

WASHINGTON (AP) — Former Enron chairman Kenneth Lay will assert his right against self-incrimination and refuse to answer questions when he appears before Congress under subpoena this week, his spokeswoman said Sunday night.

"Under the instruction of counsel, Mr. Lay will exercise his Fifth Amendment rights at the Tuesday hearing," Kelly Kimberly said in Houston.

She declined further comment.

Two committees snubbed by Lay a week ago have issued subpoenas compelling him to appear. Some lawmakers had said they expected he would assert his constitutional right against self-incrimination, though his attorney had not previously indicated he would do so.

"We will be respectful but tough," in questioning Lay, Sen.

Dorgan, D-N.D., chairman of a Senate Commerce panel on consumer affairs, had told CNN earlier Sunday.

Lay has been subpoenaed to appear Tuesday before the Senate Commerce Committee and on Thursday at a hearing of the House Financial Services subcommittee on capital markets.

Lawmakers say they have not considered granting immunity from prosecution to Lay or other Enron executives in return for their testimony, because they do not want to interfere with the Justice Department's criminal investigation of Enron. Congress can compel witnesses to show up but cannot force them to answer potentially incriminating questions without granting them immunity from criminal prosecution.

Lay's colleague at Enron, former chief executive officer Jeffrey Skilling, did testify last week.



Kenneth Lay

But a number of leaders of Congress' investigations of the Enron collapse made clear earlier Sunday that they didn't believe the sworn testimony of Skilling. One suggested Skilling could face accusations of perjury as a result of his testimony.

Lay, who was a friend and political backer of President Bush, has not spoken publicly about the Enron disaster since the company entered bankruptcy in December.

Lay's wife, Linda, said recently there were some things about Enron's finances her husband wasn't told about by other company officials.

After an intense week of hearings, lawmakers say they have strong evidence of illegal activity surrounding the failure of the energy-trading company, which slid into the biggest bankruptcy in U.S. history on Dec. 2.

A House investigative panel

heard hours of conflicting testimony Thursday from Skilling and other top company officials. Skilling said he knew few details of the complex web of partnerships that brought down Enron, and he insisted he was never warned of problems with the arrangements.

Rep. Jim Greenwood, R-Pa., chairman of the House Energy and Commerce subcommittee, and Rep. Billy Tauzin, R-La., who heads the full committee, told CBS' "Face the Nation" that they didn't believe Skilling.

"He was totally incredible," said Tauzin. "This is the guy who was in charge of the corporation. ... I'm afraid he may have put himself in some legal jeopardy as a result."

Asked whether Skilling could face a perjury indictment by federal prosecutors, Tauzin replied, "That could happen. I mean you can't come to Congress... take that oath as he did in front of Jim Greenwood, and then not tell the truth."

UN plans detailed environmental review of Afghanistan

Another casualty in Afghanistan: the environment

Like the stability of its new government, Afghanistan's environmental outlook is unsure. But predictions are dire, given years of war, intense drought and the destruction of infrastructure. Until a United Nations team completes its planned environmental assessment, experts can only speculate on how conditions in the country have declined.

Generally higher than the American Rocky Mountains, the rugged Hindu Kush mountains bisect the country and dictate much of its weather.

The Associated Press

As a scarred Afghanistan crawls toward peace, Western scientists plan to examine the desolate landscape, punished by war, drought and more war.

The United Nations is leading the first environmental assessment of Afghanistan in 25 years; a task that will tally damage done to everything from crops and water supplies to endangered animals.

The once-praised U.N. Environmental Program is still recruiting both Western scientists and exiled Afghan researchers willing to take on the risky job. The work won't begin for several weeks.

The environmental review will be the first comprehensive look inside the country since Western scientists last had access in the late 1970s.

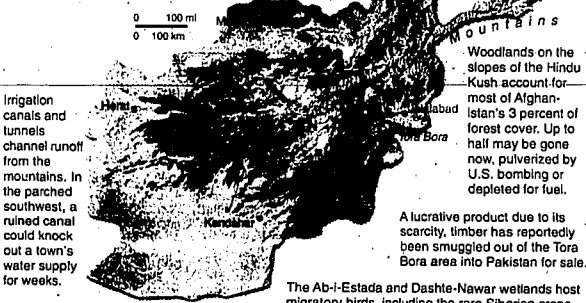
It also will be the second such postwar environmental effort led by the U.N., the first being the 1999 survey of the Balkans after the NATO air campaign. But officials say the Afghan assessment will be a more wide-ranging one.

U.N. officials are negotiating with local warlords and the interim national government to ensure the researchers' safe passage. After a generation of anarchy and five years with little rain, there is almost no firsthand knowledge of environmental conditions. But experts say refugees and videotaped news footage describe a disaster waiting.

"We are ready to go in as soon as there is a green light," said Henrik Slotte of the U.N. Environmental Program. "It is still a very dangerous and difficult place in which to work."

Afghanistan's environment is as complex and untamed as its politics.

To the west, golden sand dunes get less than 3 inches of rain a year. Gale-force winds pummel the city of Herat for 120 days every spring.



A varied landscape

Afghanistan is defined by extremes, but it's a land on which its people depend. An estimated 80 percent rely on agriculture.



- Desert and oasis
- Irrigated areas
- Oasis and pasture
- Plain-fed farming and pasture
- Forest and pasture

Withering dryness

Drought magnifies other damage. For example, without water to replenish vegetation, overgrazing by livestock could take years to reverse.



- Drought
- Severe
- Extremely severe

Species under pressure

Snow leopard pellets can fetch thousands of dollars. Probably fewer than 100 of the endangered cats survive. Other species are more valuable as food.



- Snow leopard
- Wild sheep
- Gazelle

SOURCES: Peter Zahler, University of Massachusetts; United Nations; International Center for Integrated Mountain Development; National Atlas of Afghanistan; Hassan Hodges; John Jurgensen; Tony Lugo; IAP

To the north and east, the snow-capped Hindu Kush and Pamir mountain belts soar 21,000 feet and flood the central plains with icy spring melts. They rumble with earthquakes and landslides as subterranean continental plates grind in an endless tectonic struggle.

Temperature extremes range from 20 below in the mountains to 120 degrees in the deserts. Lately, war and drought have made conditions unbearable, even by Afghan standards.

Refugees talk of rivers turning to sand, orchards stripped and hillsides eroded, grain fields and pastures gnawed to thorny scrub. Herds of shaggy, black-headed karakul sheep that provided wool for clothing and carpets were eaten long ago, or starved.

In the rubble of Kabul, scientific casualties include a gene bank for vital crops, seed banks and collections of native plants, most of the zoo's native species, a dairy research center, and laboratories and archives at the university.

"The groundwork has been laid for an environmental disaster," said University of Massachusetts wildlife biologist Peter Zahler, who has mapped waterheds and done species counts in central Asia.

"You've got a terribly poor country and you're doing big damage that will last a long time," he said. "Perhaps even centuries in some cases."

Nature has been a hidden casualty of war around the world for thousands of years. But the past century of bloody conflicts has been particularly hard on the environment.

"Only recently have scientists

begun to seriously examine war's effect on ecology.

Six decades after World War II, farmers and road-builders in Europe still unearth unexploded bombs. Coral reefs in the Pacific have not recovered from amphibious landings.

In Vietnam, U.S. aircraft sprayed 20 million gallons of defoliants to deny cover to Communist forces. Thirty years later, the carcinogen dioxin persists. Roughly 1 million people have suffered cancers, birth defects and miscarriages blamed on the spraying.

In tiny Kuwait, Saddam Hussein's messy retreat during the Persian Gulf War required a \$700 million cleanup.

In the Balkans, the U.N. Environmental Program's 1999 field assessment is the blueprint for what is being planned in Afghanistan.

The damage in Yugoslavia involved more chemical destruction than experts expect to find in Afghanistan. At the destroyed industrial complex near Belgrade, airborne measurements of vinyl chloride, an ingredient used in plastics, were thousands of times greater than safe levels.

Oil and hundreds of tons of mercury and nitric acid spilled into the Danube. "Yugoslavia was a highly industrialized country

and we knew there would be major environmental damage," Slotte said. "(That country) claimed it was nationwide, while NATO claimed the bombing was well-targeted. We found the truth was somewhere in between."

Slotte knows Afghanistan will be different: bigger, more remote, with generations of conflict to unravel.

Industrialized nations have pledged \$4.5 billion in aid over five years to finance a new government and national security force, open schools and hospitals and replace a shattered infrastructure.

Yet 80 percent of Afghanistan's 25.8 million people scratch out a living in scattered medieval villages. The U.N.'s latest appraisal is likely to concentrate on a few

key resources:

- Forests: Slow-growing woodlands made up just 3 percent of the landscape, and half might be gone now. A timber mafia and merchants have been smuggling wood to Pakistan. Since 1979, artillery and jets have pounded forests. Refugees have turned to the same woods for survival.
- "Imagine 20,000 people wandering around with nothing to eat or burn," Zahler said. "How long do you think a 400-year-old patch of juniper is going to last?"
- Water: The normal rainfall cycle is two dry years in every five. Some villages haven't seen a soaker since the mid-1990s. Wheat and barley fields are scorched. The water table could take centuries to recharge.

The network of irrigation tun-

nels known as karzees has largely collapsed or been blown up. American aircraft damaged the Kajaki Dam and hydropower station guarding the Helmand valley.

Afghanistan's illegal drug trade is based on drought-tolerant poppy fields; officials say irrigation is essential to restoring food crops.

Wildlife: Landlocked Afghanistan is a melting pot for desert, northern and tropical species. In the late 1990s, antelope and gazelle in the eastern Gah desert were indiscriminately hunted. Among endangered species, fewer than 100 snow leopards remain in the mountains. Falcons and other wildlife are smuggled live to wealthy Arab and Pacific Rim customers.

Usman Qazi, an environmental consultant based in Quetta, Pakistan, said the U.S. air campaign and drought have reduced bird migrations by 85 percent, including that of the rare Siberian crane.

Then there is the problem of contamination. The U.N.'s Slotte said that unlike Kosovo and the Gulf War, the Afghan environment may not be exposed to depleted uranium munitions or industrial chemicals. However, conventional arms and fuel dumps present hazards, as do millions of land mines.

Left unaddressed, the environmental damage could redefine Afghanistan's future in ways Islamic extremists never imagined.

"Afghanistan needs a Marshall Plan that includes the restoration of ecosystems," said Kabul University chancellor Amir Hassany, now in Tampa, Fla.

"Once our markets were filled with 100 varieties of pomegranates, pistachios and fruits," he said. "After 25 years of war it will take 10 or 15 years to recover. Maybe more."

Enron's law firm could face lawsuits

HOUSTON (AP) — An internal Enron Corp. report and a request for more information by the bankruptcy court committee have heightened the possibility that Enron's outside lawyers could be sued, legal experts say.

The "Houston" law firm of Vinson & Elkins is vulnerable to lawsuits by Enron's creditors, shareholders, former employees and even the company itself, the observers say.

Last week's report by a special committee of Enron's board provided more details about partnerships that inflated Enron's profits and hid losses.

The report also gave a rare glimpse at the work done by a major corporation's law firm. The authors said Vinson & Elkins helped Enron obscure details of the partnerships that seemed designed to enrich insiders instead of benefiting Enron.

"The report didn't paint a pretty picture for Vinson & Elkins," said James Finberg, a San Francisco lawyer representing pension funds that lost money in Enron investments. "A lot of things were brought to their attention, and they didn't do anything to stop the web of transactions."

Finberg predicted that lawyers for shareholders and Enron creditors would sue the law firm on grounds that it helped prepare misleading financial reports.

A senior partner at Vinson & Elkins declined to discuss details of the firm's work for Enron.

Sinusitis or Cold?

Because the symptoms of sinusitis sometimes mimic those of colds, you may not realize that you need to see a doctor. If you suspect that you have sinusitis, review these signs and symptoms. If you suffer from three or more, Sinus Center - Idaho can help!

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

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WEST

DNA test shines light on Old West in Virginia City

VIRGINIA CITY, Nev. (AP) — Archaeologists combing through areas beneath the burned floorboards of this 19th century mining town are using DNA testing in a way it's never been used before to learn new secrets about the Old West.

Some of the tests just down the hill from the Bucket of Blood Saloon might tell a story of the frontier rarely seen in Westerns or on the old "Bonanza" television series that helped make Virginia City famous.

Beneath one small home at 18 North G Street, traces of morphine have been detected on a 125-year-old glass hypodermic syringe. Researchers believe they've found either an opium den or the office of a doctor who treated prostitutes and their customers on the edge of the town's red-light district in the 1860s and 1870s.

It is believed to be the first time DNA residue has been extracted from historical artifacts other than human remains, according to independent experts and leaders of the joint research by Portland State University and the Nevada State Historic Preservation Office.

They say the technique using nuclear DNA testing will help give historians a better glimpse into daily life on the Western frontier, including the racial makeup of the townspeople.

"Hollywood has made us think of Virginia City as a 'Bonanza' type setting and even tourism today has carried that theme," said Julie Schablitsky, an archaeologist in Portland State's Urban Studies and Planning Department who first presented the findings last month at the Society for Historical Archaeology's annual conference in Mobile, Ala.

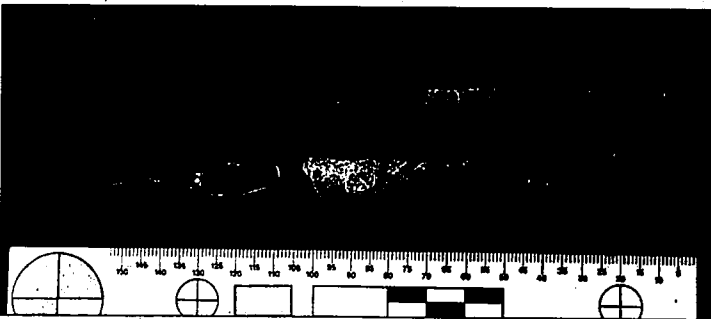
"As archaeologists and historians, we need to set the record straight," she said from Portland, Ore.

"This is an area where people from all over the world came and hard above and below the ground. ... Back then you could get morphine and a syringe at the local pharmacy. It was not a big deal," she said.

In the case of the syringe and six associated needles, the DNA testing confirmed they'd been used by at least four people, both men and women, including at least one black.

Experts say the ability to use DNA to link gender, race and number of people to specific personal items recovered at archaeological sites is a breakthrough.

"Schablitsky's innovative application of DNA analysis opens up an entirely new way of documenting and understanding the lives behind the material things that we left behind," said Donald Hardesty, an anthropology professor at the University of Nevada,



Above, University of Nevada, Reno Archeology field school students work a site in July, 2000 on the outskirts of Virginia City, Nev. Left, a 125-year-old glass hypodermic syringe artifact, approximately six inches in length, uncovered at a site in Virginia City, Nev., is shown.

Reno, who specializes in the American West.

At its peak in the 1860s, Virginia City was "one of the great mining districts of the world, one of the richest places ever found in human history," said Ron James, Nevada's state historic preservation officer and the author of two books on Comstock history.

"We have a very good idea from what was written at the time of what it was like to be white, rich and hale in 19th century Virginia City. But the rest of the story has to be pieced together by whatever means," James said.

"Any time you can talk about working class men, women and minorities, that provides a great opportunity to make the picture of history more clear."

Doug Scott, an archaeologist for the National Park Service's Midwest Archaeological Center in Lincoln, Neb., has used DNA testing of human remains — but not artifacts — in studies of Civil War and Indian battlefields.

"It is pretty exciting to think there is the potential for recovering this type of information, even after 125 years in the ground," said Scott, who has worked with the United Nations and interna-

tional human rights groups to identify remains of victims of war crimes and atrocities in Croatia, Bosnia and El Salvador.

"They got some incredible information from those needles and syringe about a very small slice of time," he said.

And it's more complex. It's not the simple view of the world of how things were in the good old days," Scott said. "There were people with reasons to be taking drugs, whether it was recreational or they had pain or medical problems."

Earlier research has established that Virginia City, with a

population of 60,000 at its peak, was unusually diverse for its time. Large populations of ethnic groups — including Africans, Jamaicans, Chinese, Irish and Germans — worked area gold and silver mines.

"At any one time, about 50 percent of the people there were immigrants from other places. It was a mixed racial group," Schablitsky said.

Most of Virginia City burned during a great fire in 1875, providing a clear mark in the soil that archaeologists can use to help gauge the age of various artifacts. When Schablitsky began dig-

On the Net
Nevada State Historic Preservation Office:
http://www.nevadaculture.org
Virginia City Convention and Tourism Authority:
http://www.virginiacitynv.org/

ging in the summer of 2000, she expected to find beads, buttons and straight pins used by the dressmaker who once operated a shop there, as well as marbles and children's toys from the family of British immigrants who later lived in the house.

"We didn't expect to discover a syringe and needles and an irrigator," said Schablitsky, whose find left her wondering how she could learn more.

"I started considering my options. DNA is a household name now. We have shows like CSI — Crime Scene Investigation. I thought, maybe we can get some DNA off this," she said.

The morphine on the syringe was confirmed by Dr. Raymond Grimso at the Intermountain Forensic Laboratories Inc. in Portland, Ore. He set the tests to recover degraded morphine because historical medical manuals discuss the frequent hypodermic injection of morphine during the 1870s and 1880s.

In addition to the needles and syringe found beneath the floorboards, researchers discovered a urethral irrigator used to treat venereal disease symptoms.

Historical documents indicate the home at 18 North G Street likely was built in the 1860s in the working class neighborhood between Chinatown and the red light district.

The dressmaker, Mrs. M.A. Andrews, operated a shop at the location in 1873. But by 1875, a British immigrant family, the Coopers, moved into the home.

Thomas Cooper worked as a carpenter and lived in the house with his wife and three children.

Schablitsky said forensic results eliminated Mrs. Andrews and members of the Cooper family as the syringe users.

One possibility is that during the late 1860s or early 1870s, at least four adults were involved in a social gathering in which morphine was injected for euphoric effects, Schablitsky said. When the needles became dull or damaged, they could have been discarded into the floor.

Schablitsky said a more realistic theory is that a doctor who specialized in treating venereal diseases was operating out of the house.

"People of all different races might have been going to this one doctor," Schablitsky said. "It could give us a better idea of how people in the past operated with each other at a racial level."

Builder hits it big making dispensers

ALBANY, Ore. (AP) — Cal Tigner hit it big via the lottery, but not in the manner that most people dream about.

Tigner is the founder and chief executive officer of Take-A-Ticket Inc., whose clear-plastic dispensers convinced Oregon and other states that more people would buy lottery scratch games if they were actually displayed.

The Albany company produces the equivalent of 75,000 single ticket dispensers a year and sends them to 38 states.

Tigner, who moved to North Albany from northeastern Washington at age 12, spent the first four decades of his working life as a builder, starting behind World War II and resuming his career following his discharge from the Navy in 1945.

On his way home from a construction job in the Eugene area one night in June 1985, he stopped to buy a can of pop at a market in Harrisburg. There, he happened to notice some Oregon Lottery scratch tickets in a drawer, almost obscured from view.

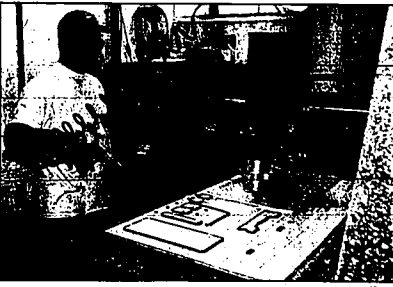
"As our hands met," said the 70-year-old Tigner, referring to the woman working the cash register, "I thought to myself, 'Out of sight, out of mind.'"

"Why, you had something to sell, would you hide it?" he said. Arriving home at 11 p.m., he went straight to work designing a device that would enable ticket sellers to securely display and dispense lottery tickets.

"At that time, 22 states had a lottery, and all of them were hiding their tickets in a drawer. I thank God it was that way," said Tigner.

His first prototype was constructed out of cardboard and is on display in the main office of the TAT plant.

In November of 1985, Take-



Zach Tigner blows dust off a piece of plastic being run through a computer controlled router at Take-A-Ticket's Albany, Ore., manufacturing plant last year. Cal Tigner, Zach's grandfather, is the founder and chief executive officer of Take-A-Ticket.

A-Ticket was incorporated, and he sold a few dispensers to Oregon the last part of 1985," he said.

"Then on Valentine's Day in 1986, we got an order for a thousand from the state of Oregon; that kind of opened the dam."

Tigner said it was the first dispenser of its kind in the world. TAT, which has been at its current downtown Albany location since 1989, employs 30 people and, Tigner says, is pretty much run these days by his two sons and two grandsons.

"I'm bordering on being hands-off anymore," said Tigner. "I just show up once in a while — well, nearly every day — and the boys handle it very nicely. Too many hands spoil the soup or something like that, so I let them do their thing."

The Tigners — Cal and his late wife, Estelle, who died in 1991 — raised their family in Albany after marrying in South

Carolina at the tail end of World War II.

After leaving the Navy in late 1945, he lived in Estelle's hometown of New York City for a year before returning to the mid-valley.

He went to work in the building business, in which he stayed until that magical 1985 night at the market in Harrisburg.

"I worked day and night up until 4 in the morning," he recalled of TAT's early days. "I'd never worked with plastic; I learned the hard way. It was interesting."

In addition to acquiring the skills needed to produce a quality product, Tigner had to slog his way through state bureaucracies as he attempted to get his dispensers sold.

"The reason this business succeeded is due to his vision and persistence," said his executive assistant, Lynette Scheben, a 15-year Take-A-Ticket employee.

Neighborhood 'big brother' gets jail time

TACOMA (AP) — The neighborhood "big brother" convicted in a deadly attack on a stranger has been sentenced to more than 26 years in prison.

Terrence Lashawn Hunt, 21, is said to have bragged that he did 28 knee drops on the head of victim Erik Toews, 30, who died six days after he was attacked by eight young men on Aug. 19, 2000.

The attackers said they were looking for someone to beat up when they left a barbecue at Hunt's mother's duplex. They found Toews, a stranger, and attacked him after stopping him to ask for a cigarette, prosecutors say.

All the accused either pleaded guilty or were convicted in Toews' death. Hunt pleaded guilty to first-degree murder in September.

Testimony in two trials indicated that Hunt, then a 19-year-old martial arts buff with few friends his own age, chased Toews down when he tried to run and beat him unconscious.

Hunt had been known in the neighborhood for holding barbecues for children, advising teens to stay in school, and shunning gangs and drugs.

"It seems that you have two faces," Superior Court Judge Karen Strombom told him Friday — one for friends and family and "a horrible face" for strangers.

Hunt looked small and thin in his dingy jail pajamas and bright white Nike tennis shoes.

"I just wanted to say that I'm sorry," he said. "Erik should be alive. I should be in college somewhere. There's nothing that can be done about that now. He got a far worse sentence than I could ever get."

Defense attorney Michael Austin Stewart has predicted

Terrence Lashawn Hunt, 21, is said to have bragged that he did 28 knee drops on the head of victim Erik Toews, 30, who died six days after he was attacked by eight young men on Aug. 19, 2000.

whether the "28 knee drops" actually happened.

"If you took a look at his life, with the exception of one week

in August 2000, he's not a bad kid," Stewart said. "A person is more than the worst thing he did."

Colleen Cornell, Toews' mother, said Hunt is getting off too easy. Under a plea deal, he was given the standard-range sentence and wasn't charged in a string of muggings that preceded the attack on her son.

Family and friends of Hunt and Andrews filled the small courtroom.

As guards led Hunt away in handcuffs and shackles, his 3-year-old daughter wailed.

"I love you, Daddy," she called out. "Bye-bye."

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Heinz Co. unveils funky fries

PITTSBURGH - Kids went wild for green ketchup and slurped up purple. Just as grown-ups are getting comfortable with those unexpected hues, Heinz has more surprises on the way.

Chocolate fries with your burger?
Beginning in May, H.J. Heinz Co. will ship a new line of Orinda frozen potato products called "Funky Fries" featuring five new shapes, colors and flavors, all intended to give kids even more say over their parents' grocery store lists.

The new products include french fries flavored with sour cream and chives, cinnamon-and-sugar "Cinna-Stiks," and "Crunchy Rings" - basically Tater Tots with a hole in the middle.
Then there's "Kool Blue," a sky blue, seasoned french fry, and brown, chocolatey "Cocoa Crispers," designed "for kids with a sweet tooth."
Pittsburgh-based Heinz started a year ago with 50-odd ideas (one that was rejected was Fruit Loops-flavored fries, says Carroll) and pared them, through extensive research and testing, down to five.

Westminster pays tribute to search, rescue dogs

NEW YORK - Most years, Apollo would never make it to the Westminster dog show.

He's getting a bit gray in the muzzle, his teeth are yellowing and he's slowing down. Not at all like the 2,500 perfectly primed pooches at America's most prestigious canine competition.

Come Monday night, though, the 10-year-old German shepherd from the New York Police Department will stand proudly in the center ring at Madison Square Garden.

Apollo will be among a dozen search and rescue dogs honored in a tribute to their tireless work at the World Trade Center and Pentagon following the Sept. 11 terrorist attacks.

"The first thing we thought was, 'How are we going to recognize these dogs?'" show chairman Thomas Bradley said. "We kind of mused it around, and being here in New York, we thought this was the way to do it."

Couple returns money that spilled from cash machine

PHILADELPHIA - A couple who made off with more than \$35,000 when a cash machine began spewing \$100 bills called police and returned some of the money, but more than half was still missing, police said.
Authorities said they would consider theft charges against Willie and Tawanda Anderson, who told police they went on a spending spree, gave cash to friends and bought gifts for their five children.

Police found bottles of champagne and cases of beer when they went to the house of Willie Anderson's mother to retrieve some of the money from under a mattress.

Murderer and best-selling author commits suicide

ALDEN, N.Y. - Jack Henry Abbott, whose prison writings became the best-selling book "In the Belly of the Beast," hanged himself in his cell Sunday, officials said.

Abbott was found dead Sunday morning in his single cell at Wende Correctional Facility, said to Jim Flatau, spokesman for the state Department of Corrections. He hanged himself with a bedsheet and a shoe lace and left a suicide note, Flatau said. Flatau would not disclose the contents of the note.

Abbott, who was 58, gained fame from writing "In the Belly of the Beast," a best-seller composed of letters he wrote to author Norman Mailer from prison between 1978 and 1981.

"During those years, Abbott was behind bars first for bank robbery and then for fatally stabbing another inmate. Mailer supported Abbott's parole, but six weeks after Abbott was released in 1981, he stabbed a 22-year-old aspiring actor outside a New York City restaurant.

- compiled from wire reports.



Robert Madison stands over his well in Northwood, N.H., on Friday. Madison and the rest of New Hampshire are suffering the second-worst drought in state history.

Longest drought since 1965 dries thousands of wells on East Coast

NORTHWOOD, N.H. (AP) - Until recently, Robert Madison didn't worry much about his water well. The 20-foot-deep well provided just enough for his family of 12.

Then it, and much of the East, began to dry up. Since last summer, the Madison family has had to cut showers short and cart drinking water into the home from a nearby spring.

Now he is one of hundreds of New Hampshire residents waiting until the second-worst drought in state history. "I'm telling the kids it's time to take spit showers," he joked. "The teen-agers don't like that."

Officials say that since the drought began late last summer, thousands of dug wells such as Madison's are gone dry. Dug wells are relatively shallow, reaching water 15 or 20 feet below the surface.

The drought stretches along almost the entire East Coast, from Maine to the Florida Panhandle, according to the National Drought Mitigation Center.

Northern Florida is considered abnormally dry, which means it has received less than 75 percent of normal precipitation for three months. Eastern Maine is in an extreme drought, meaning the state has received less than 60 percent of normal precipitation for the last 6 months.

The rest of Maine, most of New Hampshire and southern New England are in severe drought, a more moderate condition. Vermont is the wettest part of New England this year, with most of the state having a moderate drought.

Other part of the country are suffering as well.

Idaho, Montana, Wyoming, New Mexico and Texas have areas of extreme drought, while areas of severe drought are found in New Jersey, New York, Pennsylvania, Nevada and Oregon.

In New Hampshire, the drought came on slowly but could have troubling consequences, according to state climatologist Barry Keim.

Keim and other state officials warn that by spring and summer, when water demand spikes, already low ground water, river, lake and reservoir levels could face critical shortages.

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Part of the reason the drought sneaked up on the state is that last summer there was just enough rain to keep most people from noticing that things were drying out, Keim said. And it has worsened since winter set in.

"When you have a drought in the summer, the effects are more noticeable," he said. "People see plants and grass dying. But in the winter, no one notices anything is going on - until their well goes dry."

But state officials have noticed. All but two of the state's 24 ground water monitoring wells are at record lows, said Jim Gallagher of the state Department of Environmental Services. The wells are part of a state and federal program and were installed in 1966 after the state's worst drought.

The drying of rivers and streams creates problems for cities and towns, many of which rely on them to fill their municipal reservoirs.

And the relatively dry winter isn't helping. When spring comes, there will be little snow to melt and refill the lakes.

Most municipal water departments say it is still too soon to

enact water use bans, though Merrimack officials asked residents this month to conserve water to avoid a more severe problem later.

For farmers, the impact of the drought has yet to hit, though some perennial crops, such as apple trees and berry bushes, could be damaged because there is little snow cover to protect their roots from frost.

Wildlife experts say fish populations could be harmed and endangered plants and animals threatened. Some small streams will not be stocked with trout this spring if their water levels don't return to normal.

Boaters also will have problems if the drought doesn't turn around. Lake Winnepesaukee is at a record low level, some 34 inches below its summer level.

If it doesn't refill, state Fish and Game officials said boaters will encounter reefs and rocks that aren't on maps, and some boat launching ramps will be unusable.

So far, shallow residential wells, such as the Madisons', are the hardest hit.

Anthony Crowe of Brookline has had his dug well refilled by tanker trucks several times since the drought began. He has hooked his house's rain gutters to the well with a hose and has contemplated shoveling snow into it.

The unemployed stone mason is debating whether drilling a deeper well, at a cost he said would approach \$10,000, is worth it.

"Last month I would have said yes," he said. Since then, his well water level has returned a bit with the modest precipitation and snow melt in January.
"Maybe it's just one of those things you have to put up with in the country, like dirt roads," he said.

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Victims' families face burial decisions

NEW YORK (AP) - On the day of her daughter's 6th birthday party, Kathleen Buckley was notified that the medical examiner had identified part of her husband's body.

About a month later, when more of Dennis Buckley's remains had been found among the World Trade Center ruins, they notified her again, as she requested.

Buckley's excruciating decision - whether to be notified each time remains are found - is one that many families will face, as the city medical examiner's office works to match more than 14,000 body parts to fewer than 3,000 victims.

"I should get as much together as I can," said Buckley, 36. "It can't be any worse - I already know. It's really not sheltering me from anything."

Families already reeling from the loss of loved ones in the Sept. 11 terrorist attack have had to make unfathomable burial decisions - whether to bury an empty casket, whether to open the grave. If remains are someday found, how to make decisions conform with their religious beliefs.

Buckley held a funeral Mass for her husband, who worked at the bond firm Cantor Fitzgerald, on Sept. 29 - six days after she was notified of the first identification, which was made through dental records. The remains were cremated and held at the funeral

home. More remains were added to the urn in October.

"I'll bury it at some point, I can do that whenever," said Buckley, who has three daughters. "I'm just going to wait now until they say everyone has been identified or that they've done all they can."

When the medical examiner identifies a victim, the family is notified and given a form with three choices. If they do not wish to be notified, they check box No. 1; if they wish to be notified each time remains are found, they check box No. 2; and if they want the medical examiner to notify them after all additional remains are found, they check box No. 3.

"It seems like the overwhelming majority of people do want to be notified each time," said Ellen Borakove, a spokeswoman for the medical examiner. She did not know how many families had selected each choice.

As of Sunday, 712 victims had been identified. Body parts continued to arrive at the morgue each day.

Buckley, like many widows and family members, wanted to do what her Roman Catholic religion deemed proper for the treatment of remains. Although Catholics are traditionally buried, they may be cremated. She consulted her priest to determine the best option.

Administration weighs options in bank probe

WASHINGTON (AP) - The Bush administration is weighing whether to bring criminal charges against a French bank being defended by a prominent Washington lawyer who helped the president in the Florida recount.

On Monday, the head of the Justice Department's criminal division, Michael Chertoff, is scheduled to have a videoconference with California Attorney General Bill Lockyer and Insurance Commissioner Harry Low.

Lockyer, a Democrat who is seeking re-election, sued the bank last April and is still waiting for the go-ahead from Justice Department superiors in Washington, according to lawyers familiar with the investigation who spoke only on condition of anonymity.

Representing the financial institution is George Terwilliger, a former deputy attorney general in the first Bush administration and one of the legal strategists who helped George W. Bush during the Florida recount. More recently, Terwilliger was considered for the post of FBI director. He has been a vocal defender of the president's plan to use military tribunals in prosecuting the war on terrorism.

In an interview Sunday, Terwilliger declined to say whether he has met with Justice Department officials about Credit Lyonnais.

"Without acknowledging what has or has not occurred in this case, in my own experience at the Justice Department, it was not unusual to both have discussions internally with prosecutors and externally with attorneys for subjects of the investigations," said Terwilliger.

Credit Lyonnais in 1992 purchased the assets of the insolvent Executive Life Insurance Co. Federal law bars a bank from owning an insurance company and California law prohibits a foreign government from owning an insurance company. The French bank's secret role as purchaser didn't come to light until 1998.

Bill Gates might testify at Microsoft antitrust hearing

WASHINGTON (AP) - Bill Gates is among 13 Microsoft executives on the company's final witness list for its March trial on antitrust charges.

Gates, chairman of the software giant, did not appear in court during Microsoft's earlier antitrust trial, although excerpts from a videotaped deposition were played. The judge in that trial, U.S. District Judge Thomas Penfield Jackson, declared Microsoft a monopoly in 1999 and ordered its breakup in 2000.

Last year, U.S. District Judge Colleen Kollar-Kotelly took over the case and the Bush administration announced it would no longer seek a breakup of Microsoft. The Justice Depart-

ment and nine of the states suing Microsoft reached a settlement with the company, but nine other states and the District of Columbia rejected the deal and chose to continue pursuing the antitrust litigation.

Among the 35 names on Microsoft's witness list, which it released over the weekend to the non-settling states, are Microsoft chief executive officer Steve Ballmer and a number of non-Microsoft witnesses that include W.J. Sanders III, CEO of chip-maker Advanced Micro Devices; Howard Elias, vice president of computer manufacturer Compaq; and Philip Schatzner, vice president of the electronics retail chain Best Buy.

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WORLD

Palestinian gunmen kill two in Israeli city

BEERSHEBA, Israel (AP) - Two Palestinian gunmen sprang from a car and sprayed automatic gunfire at Israelis outside a military base in the southern desert city of Beersheba Sunday, killing two soldiers and seriously wounding five people before the attackers were shot dead by troops.



Palestinian youths took into a storefront destroyed by Israeli tanks in the West Bank town of Nablus Sunday.

Also, for the first time in more than 16 months of fighting, Palestinians fired two high-powered Qassem-2-type rockets into Israel from the Gaza Strip, Israel's military said. The rockets landed in farm fields and no one was injured, but Israel said it regards Palestinian use of the weapon as a serious escalation.

In apparent retaliation, Israeli warplanes and helicopters struck the main Palestinian security installation in Gaza City and what Israel said was a rocket factory in the nearby Jebalya refugee camp.

The Israeli army did not comment on the first strike but said the one in Jebalya targeted a mortar shell and rocket factory. The shooting attack in Beersheba came just hours before Sharon returned home from a U.S. visit.

The gunmen started shooting with automatic weapons outside a cafe near the gates of the army's southern command headquarters in the center of the city, police said.

Milosevic's ex-allies might play role in his trial

BELGRADE, Yugoslavia (AP) - Just what will "The Insiders" say? The case against former Yugoslav President Slobodan Milosevic may well hinge on what revelations former close aides are willing to make about his war crimes trial starts Tuesday.



Slobodan Milosevic

U.N. prosecutors plan to call hundreds of witnesses before the U.N. war crimes tribunal in The Hague, Netherlands, where Milosevic is charged with genocide in Bosnia and crimes against humanity in Croatia and Kosovo.

But testimony from those close to Milosevic during his 13 years in office also could be crucial because Western intelligence reports could be challenged as evidence. Insider testimony is also considered critical because it could provide detail on how the chain of command worked and may link Milosevic to the crimes.

Yugoslavia in 1993-97, when Milosevic wielded the real power as president of Serbia, the federation's dominant politician. Dumped by Milosevic for opposing his headline policies in Kosovo, Litic has acknowledged being approached by U.N. investigators.

Factions plan a 'security belt' around key city

KABUL, Afghanistan (AP) - An Afghan warlord who led the worst factional fighting since the fall of the Taliban vowed Sunday to fight rather than step down as governor of an eastern province. In the north, warlords agreed to create a "security belt" to keep unauthorized weapons out of a major city.

Under a plan reminiscent of stories about taming the American Wild West, travelers entering Mazar-e-Sharif will have to check their weapons upon entering - getting them back only on the way out. Checkpoints encircling the northern city will keep out guns under a pact by warlords to create a security force run by the central government, not local militias, an official said Sunday.

Iran closes office of former warlord who opposes interim government

TEHRAN, Iran (AP) - Iran has closed the office of a former Afghan warlord who opposes Afghanistan's interim government and the strong U.S. role in that country, one of his aides said Sunday.

The aide, who spoke to The Associated Press on condition of anonymity, would not give details about the closure, and Iranian officials did not immediately respond to a request for comment.

Argentines brace for freely floating peso

BUENOS AIRES, Argentina - Argentines braced for the peso to be freely floated today, an important test of whether the country's economy will continue imploding or start to recover from the recent shocks that have driven it to the brink of chaos.

World in brief

Police charge suspect with sending explosives to India - NEW DELHI, India - Federal investigators on Sunday charged an alleged crime boss linked to an attack on a U.S. cultural center with sending explosives and weapons from Pakistan to India for an Islamic holy war.

The government of President Eduardo Duhalde broke the peso's peg to the dollar on Jan. 4. It then set up a temporary, dual-rate system, in which the peso was fixed at 1.4 to the dollar for certain types of transactions, but announced a week ago that this, too, would be disbanded.

Indian police allege Aftab Ansari, also known as Farhan Malik, has close ties to Pakistani militants, including Omar Saeed Sheikh, who is believed to be behind the abduction of Wall Street Journal reporter Daniel Pearl. Authorities did not suggest Ansari was involved in Pearl's kidnapping.

Foreign exchange markets were closed last week, although black-market traders were swapping pesos for well under half their old rate. The government has taken steps to guard against a free fall of the peso, including using its significant dollar reserves if necessary to buy pesos to prop up its value.

Ansari was extradited Saturday to India from the Gulf emirate of Dubai and was immediately arrested by the Central Bureau of Investigation, the Indian equivalent of the FBI.

Allied Irish applicants American to probe loss

DUBLIN, Ireland - Allied Irish Banks PLC appointed a senior American banker to supervise an internal probe into \$750 million in allegedly fraudulent losses at its U.S. subsidiary, Allfirst Bank of Baltimore.

Kuwait's cabinet accepts oil minister's resignation

KUWAIT - Kuwait's Cabinet on Sunday accepted the resignation of the oil minister, who had offered to step down to take responsibility for a deadly explosion at an oil field.

Mr. Ludwig is an eminent banking expert. We are extremely fortunate to have found a man of such skill and expertise, with great knowledge of the banking system, to head up our investigation," said Lochlainn Quinn, chairman of Allied Irish Bank.

al-Subath - publicly offered to step down on Feb. 2, two days after the explosion in the Rawdatain oil field killed three Indian workers and a Kuwaiti firefighter.

Eleven die in South African shooting spree

CAPE TOWN, South Africa - Outraged at being drenched by his girlfriend, a South African man shot and killed her and nine other people before turning the gun on himself, police said Sunday.

The fire damaged an electrical substation that feeds the northern oil fields, temporarily reducing the country's production of 1.74 million barrels a day by 600,000 barrels.

Seven others were seriously wounded in the shooting spree by 29-year-old security guard Bulelani Yukuwa on Saturday night in the Mdantsane suburb of East London, about 560 miles east of Cape Town.

Information Minister Sheikh Ahmed Fahed Al Ahmed Al Sabah was chosen to take over the crucial post until a replacement is appointed. Deputy Prime Minister Sheikh Sabah Al Ahmed Al Sabah told the Kuwait News Agency.

Program makes appeal to help North Koreans

SEOUL, South Korea - The U.N. World Food Program said it has received only a fraction of the aid needed to help feed starving North Korea, where at least 2 million young children may die of hunger.

The WFP has received just 10 percent of the \$216 million it needs to provide about 611,200 tons of food to North Korea. "Further contributions, especially for sugar and cereals are urgently required to ensure continued food assistance to the most vulnerable populations for April and onwards," a WFP report issued Friday said.

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Mexico houses inmates with families in unusual experiment

By Mary Jordan
The Washington Post

ISLA MARIA MADRE, Mexico — Lorena Avila Suarez was 8 years old when she arrived by boat on this tiny Pacific island, coming ashore to be with her father, a convicted murderer.

She grew up among the other inmates and their children in one of the world's most unusual prisons, an island with a church, a bakery and a dance hall where convicts are allowed to serve sentences alongside their family members.

Then she fell in love with a convicted cocaine trafficker. So when her father was released a few years ago, and her mother and three sisters left with him, Avila Suarez stayed behind with her new husband. She still lives here in the prison where she has spent most of her life.

"Sometimes I would rather be on the outside. It is always the same here," said Avila Suarez, 25, nuzzling up to her husband, Jesus Lopez, 33, who has 18 years left to serve. "But when I leave, I would like it to be with him."

Isla Maria is a Mexican government prison experiment in the Pacific Ocean 95 miles south of Mazatlan. Started at the turn of the century as a Mexican version of Alcatraz, where the worst of the worst were condemned to a life of hard labor, it has been transformed into a relative paradise for inmates who have shown a willingness to reform.

Rehabilitation is a bedrock principle of the Mexican judicial system, so much so that neither the death penalty nor life imprisonment is allowed under law. Proponents say Isla Maria is a logical extension of that idea: If prisoners are going to have to return to life in a normal community one day, why not keep them in a prison that simulates a normal community?

There are no cells or bars here. The inmates are called "colonists." They wear no uniforms and live in ordinary housing on streets that look like those in any Mexican town. While navy officers on the perimeter of the 54-square-mile island carry machine guns, the prison guards carry no arms. About 600 children of inmates live in little houses with their parents and attend public schools on pretty, palm-lined streets.

"This prison used to be almost hell. The inmates were treated savagely and humiliated," said the warden, Raul Soto Calderon. Now, he said, "if you didn't know



Above, most of the inmates are at Isla Maria on drug convictions; the typical sentence here is 10 years for marijuana trafficking. But the sight of Luis Oscar Mendez Juarez, who killed a man during a robbery in Mexico City, swinging on a hammock by the ocean can be a bit jarring.

this was a prison, you wouldn't realize it. There is nothing like this in the world."

For one thing, it would be expensive to duplicate.

With an annual budget of \$4 million for 1,500 inmates, the government pays about three times as much to handle each prisoner here as it does for those at any other prison. Transportation costs for supplies and people are high. The warden, for instance, recently had to rent a small plane to air-lift a prisoner with a severe kidney problem.

Public Security Minister Alejandro Gertz Munero, whose department runs the prison, questions the wisdom of a cash-strapped government running what he calls a "paradise." He would like all Mexican prisons to focus on making criminals pay restitution for their crimes.

Some also question the wisdom of allowing children to grow up in prison. In several other Mexican prisons, children also live alongside their parents, usually their mothers. Although this practice is lauded for keeping families intact, it is also criticized because it means children are raised in a community of criminals, where

everything from freedom to food is limited.

"For some children it can be a little damaging," said Oliva Suarez Ilago, Avila Suarez's mother, who now lives on a peach farm in central Mexico. "They see things they shouldn't. They become aggressive and badly spoken."

Avila Suarez, who does not have children, says other parents worry about having to wait for medicine that arrives on a weekly ship. "Some children are exposed

to good people on the island who say to them, 'See where I am. Learn from me,'" she said. But other children live among "people who don't want to change."

Yet for some children, living here is far safer than it is in the rough neighborhoods they left behind, and the government white-washed housing is often better, too. "I like it here because I am here with my dad," Maribel Cisneros, 13, said recently as she sat at her desk in a history class. "My dad is here



No, this is not a luxury travel destination but a Mexican prison without bars. Proponents say it is a logical extension of the Mexican belief in rehabilitation: If prisoners are going to have to return to life in a normal community one day, why not keep them in a prison that simulates a normal community?

because of drugs."

The inmates clearly like it here. "When I got here I cried. What beauty!" said Guadalupe Rodriguez Quiroz, a convicted heroin-seller who spent four years in a crowded, violent Tijuana prison before arriving here. There, she said, guards made inmates pay for everything, including use of the bathroom.

A key element of the Isla Maria experiment is to take power away from guards, who have often turned Mexican prisons into sewers of bribery and illegal punishments. Here there are only 35 guards.

Most of the inmates are at Isla Maria on drug convictions; the typical sentence here is 10 years for marijuana trafficking. But there are a few who committed robbery, assault or even murder. And the sight of Luis Oscar Mendez Juarez, who killed a man during a robbery in Mexico City,

swinging on a hammock by the ocean can be a bit jarring.

The new warden said he is still weeding out the prison population. He said some of the inmates who have been sent here do not meet the island's current standards. He is in the midst of a major expansion, nearly doubling the inmate population this year to 3,000. He is also planning to order off the island any children over the age of 12.

All inmates have the option of bringing their families, but many spouses and children do not want to forfeit their jobs and routines on the mainland. For some, it is prohibitively expensive to get to Mazatlan, where a navy ship shuttles families to the island. Isla Maria has also been unable to completely shed its reputation for harsh treatment, so it has not been much in demand among the main prison population in Mexico. But word is getting out.

Russian media face enormous hurdles maintaining freedom

MOSCOW (AP) — Russia's independent media face huge hurdles in maintaining their freedom, Russian and U.S. participants said at a two-day conference examining the tense relationship between the country's press and government.

"We must fight for what we've been fighting for the last 15 years," said Boris Nemtsov, a leader of the Union of Right Forces, a liberal Russian political party that helped organize the conference, which concluded Saturday.

Nemtsov outlined a dismal portrait of media freedom 10 years after the collapse of the Soviet Union, telling his audience that the situation was "acute" in the regional press — where the majority of publications are controlled by politicians at the local, regional or federal levels.

The conference was held amid the latest battle for Russia's independent media around the country's leading independent radio station. The media arm of gas giant Gazprom — in which the government has a majority stake — appears set to try to force changes in the editorial board at Echo of Moscow.

Alexey Venediktov, chief editor of the station, told listeners in a live broadcast Saturday night that he would seek to form a new station.

Gazprom-Media holds a majority stake in the station and has long threatened its independence. The newest effort by Gazprom-Media to seize control of Echo of Moscow appears motivated by the radio station's decision to take on journalists from TV6, an independent TV station shut down by authorities last month.

"We mustn't be afraid," Venediktov said. He said he and his team of journalists would try to create a new radio station called Arsenal later this month if they were able to win an FM fre-

quency up for auction Feb. 27.

The moves against independent media have raised alarms with U.S. authorities and are likely to be brought up yet again at the U.S.-Russia summit in May.

Alexander Vershbow, U.S. ambassador to Russia, said independent journalists, such as those working for TV6 and Echo of Moscow, could help offer Russians "real diversity of opinion." Vershbow also said "it is hard to understand fully TV6's closure in solely a business or financial context."

Participants at the conference discussed the growing government stake in TV stations, the demise over the past year of two private TV stations brought down by companies majority-owned by the government, and political and corporate pressures on journalists.

Major players in Russian media attended the event, including prominent newspaper editors, state television directors, independent journalists, representatives of regional Russian newspapers, and U.S. experts on Russia.

"There are many problems and many dangers to freedom of the press in the regions," said Boris Kirshin, editor of the Chelyabinskii Rabochi (Chelyabinsk Worker) newspaper in an industrial zone of central Russia.

Kirshin and other regional media leaders said journalists are the press in the regions, said Boris Kirshin, editor of the Chelyabinskii Rabochi (Chelyabinsk Worker) newspaper in an industrial zone of central Russia.

The main sponsors of the conference were the Davis Center of Harvard University, the Union of Right Forces and Moscow State University's journalism department.

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OTHER VIEWS

Congressional gridlock saves taxpayers money

Chicago Tribune

The so-called economic stimulus plan died Wednesday, a victim of Capitol Hill gridlock. Thank goodness.

Republicans wanted to spend \$89 billion to goose the economy this year; Democrats had their own \$69 billion plan. Both agreed that people put out of work should be able to get an additional 13 weeks in unemployment benefits.

If clumsy bipartisanship had prevailed, maybe they could have split the difference. But the philosophical divide between the two parties over how best to confront the economic aftershocks of Sept. 11 was simply too deep. So it's dead.

Because of that the nation has saved itself at least \$69 billion in unwise spending and is that many billions closer to returning to balanced federal budgets. Glory be.

This isn't the first time the nation has been saved from unwise spending by partisan wrangling. Gridlock came to the rescue back when a Democrat was in the White House and Republicans controlled Congress.

As the economic boom gathered force in the late 1990s, tax payments poured into government coffers faster than even the most optimistic forecasters could count. Budget surpluses just kept growing. Democrats wanted to spend it; Republicans wanted to give it back to taxpayers. But they could never agree on a plan and the serendipitous result was that much of the money went toward paying down the national debt—at least for awhile. Now gridlock comes to the rescue

again. Allowing those out of work to collect an additional 13 weeks of unemployment benefits is humane assistance. And that assistance may yet happen. But just about everything else in both stimulus packages had more to do with political positioning for the November election than rushing to the economy's rescue.

Furthermore, the economy doesn't need Washington's meddling. After cutting short-term interest rates a record 11 times over the last year, the Federal Reserve passed up the opportunity to make it an even dozen this January because the outlook is now brighter.

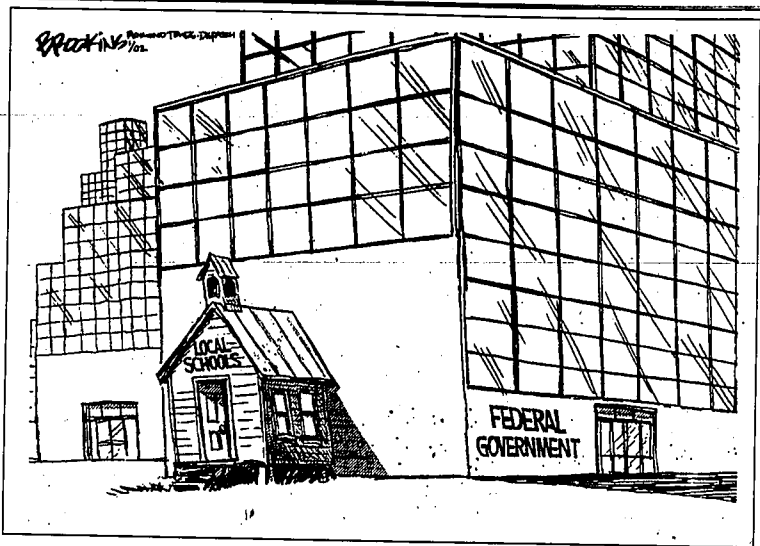
This editorial, reprinted from the Chicago Tribune, says Congress' inability to pass an economic stimulus bill was a blessing in disguise.

No, we're not out of the woods yet. But this may turn out to be one of the shortest and mildest recessions on record. The economy actually grew—albeit marginally—toward the end of last year. The jobless rate dropped last month.

The latest sign? Worker productivity surged late last year. That stunned economists who expected it to fall as it normally does when the economy slumps. Higher productivity is what allowed the U.S. to barrel ahead so strongly without igniting inflationary pressures during the late '90s. This means the stage may be set for an early resumption of solid growth.

It appears that the remarkable American economy is still resilient, even after the bursting of the high-tech bubble, the horrific tragedy of September, and a financial scandal that has shaken investors.

The politicians may not want to acknowledge it, but gridlock was precisely the kind of "stimulus" this economy needed.



Poor schools should make better use of funds

RONALD BROWNSTEIN

It's time for schools serving poor children to stand and deliver. For years, educators and their political allies have complained that Washington did not invest enough money in Title I, the massive federal program that provides extra funds for public schools in poor neighborhoods.

But Title I grew steadily under former President Clinton, and it's thriving under President Bush. In 2002, Bush and Congress hiked the program's budget by \$1.6 billion to \$10.35 billion, making it by far the largest federal education program. Bush has already requested another \$1 billion increase for 2003, making Title I one of the few domestic winners in the budget he's releasing Monday.

At the same time, the education reform bill Bush just signed into law targets the available funds more precisely on the neediest districts. Many big cities can't expect to see windfalls. Which makes this a very good time to ask how well schools are spending the money.

That's not a question many educators and administrators have liked to discuss. Partly because of byzantine federal rules meant to assure the money is actually spent on low-income kids, the programs in many districts have become secretive "fiefdoms" under the control of Title I administrators operating without much oversight from superintendents and school boards, says Kati Haycock, director of the Education Trust, a group that advocates for low-income students. "These are huge kingdoms or queen-doms," she says.

In many places, districts haven't established a clear plan for spending the money, leaving individual principals on their own. Often they have no idea how to effectively deploy the funds.

The result typically has been much different from throwing the money against a wall and hoping it sticks. In the absence of strong direction, the Title I money—like so much else in big

city education—has flowed more toward the needs of adults than children. "In many places," McClure says, "Title I has been thought of more as an adult employment program than an education program."

Many districts have used big chunks of their Title I grants to hire paraprofessional teacher aides, many of them mothers from the community. Although most are committed and hardworking, few of these aides have much qualification: A recent federal survey found that in the highest poverty elementary schools, only one in every 10 teacher aides had a four-year college degree. (In all Title I schools, the figure was just one in five.) Yet, nationally, schools spend more than \$1.1 billion in Title I money to hire paraprofessionals; the Education Department says schools nationwide have hired slightly more teacher aides than teachers with their Title I funds.

It gets worse. Most paraprofessionals report receiving less than two days of training. Yet in highest poverty schools—the schools where students typically need the most help—nearly half of the aides report they have taught classes without a teacher present. And while districts have spent heavily on the teacher aides, they've stinted on other services that could help struggling students. Only about one in nine students in Title I schools attend extended day programs. And Title I schools are spending only one-fifth as much training teachers as they are paying for the teacher's aides.

The good news is that a reform movement is budding from the bottom up. In cities from El Paso, Texas, to Providence, R.I., courageous administrators are seizing control of the Title I money and shifting its focus from providing jobs to helping kids. Two Southern California districts are at the forefront of the move-

ment. In San Diego, Superintendent Alan Bersin and Chancellor of Instruction Anthony Alvarado laid off 600 teacher aides in 2000 (offering them other jobs in the system). The district then redirected the money into extended day services, a summer-school and, most important, a coaching program that provides intensive, in-classroom training for teachers. In 1998, the district spent \$1 million annually training teachers; now the number is \$60 million.

None of this is easy. In San Diego, Bersin and Alvarado have faced virtually scorched-earth resistance to their elimination of the aides from teachers unions and some community groups. "The feelings still are strong about this," says Mary Hopper, deputy chancellor for instruction. "It's very difficult, and I'm not surprised that more... people haven't tried it."

Yet around the country more districts may have no choice but to follow their lead. The new federal education bill establishes clear mandates for all schools to improve student performance; those that don't will face escalating sanctions, including mandates that they divert Title I money into a program that will allow parents to purchase after-school tutoring from private companies. Eventually, failing schools face the dismissal of their leadership. That should concentrate the mind.

No one should minimize the challenge facing schools trying to help low-income students coping with chaotic neighborhoods and, too often, chaotic situations at home. It's fair for schools to protest that they can't solve all these problems alone. But it's equally fair for society to demand that schools place no other priority above helping kids. And using Title I as a local-patronage program falls far short of that fundamental test.

Ronald Brownstein is a national political correspondent for the Los Angeles Times.

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Write to us

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letters with false names will be permanently barred from publication. Letters may be brought to our Twin Falls or Burley office; mailed to P.O. Box 548, Twin Falls; ID 83303. We look forward to hearing from you.

Teach students crosswalk safety

This letter is not to place blame but rather to inform.

I have driven through the intersection of Filer and Maurice several times during school hours. I have witnessed high school students crossing this intersection without ever once looking for oncoming cars. They are usually in a small group and are preoccupied with talking to each other. I have even had a young woman step out in front of me, her back facing the street, while talking with her friends. Thankfully, my horn woke her up.

I am writing this in hopes that parents will remind their children about the basics of crossing a street. Crosswalks are just two painted lines on asphalt. They can't stop a car from hitting you. TINA MCMILLEN, Twin Falls

Students seek lacrosse coach

Lacrosse is considered to be America's first sport, born of the Native American Indians. Lacrosse is an exciting and fast-paced game that some consider a combination of soccer, hockey and basketball.

There are more than 1,600 high school lacrosse teams in the USA, and lacrosse has grown 65 percent in 10 years. There is an Idaho Lacrosse Association supporting nine high school club teams—six in Boise and two teams are forming in Coeur d'Alene this spring.

Lacrosse is played on a 110-by-60-yard field with 6-by-6-foot goals on each end. There are 10 players on each team on the field, and the objective of the game is to score the most goals. Lacrosse players have sticks with baskets on the end of the sticks. Lacrosse players throw, catch and scoop up a 2 1/2-inch ball into the small basket while running and/or contending the opposing team players for

the ball. Long sprints up and down the field with abrupt starts and stops, precision passes and dodges are routine in the game of lacrosse. The game requires and rewards coordination, agility and skill, not brawn. Therefore, lacrosse is an alternative sport to the youth who are not considered "jocks," though there are outstanding athletes who play the game. Because it is a game of skill and is a new sport to the youth of this country, there are boundless opportunities for the youth of Twin Falls to learn and develop in the exhilarating sport of lacrosse.

For more information about lacrosse, go online at www.idaholax.com and www.lacrosse.org.

I am a student attending Twin Falls High School and a large number of students have expressed interest in playing lacrosse. However, we will not be able to unless an adult having knowledge of the game is willing to coach a Twin Falls

team. Attempts have been made to get former lacrosse players to coach, but no one is willing to volunteer.

JEFF RASMUSSEN, Twin Falls

Term limits would have hurt town

I am writing in response to all of the comment that has occurred since the override of the Idaho Legislature on the governor's veto on term limits.

I am proud of the representation that I have making decisions in our State Capitol everyday. Needless to say, some of you feel otherwise. For those of you that reside in fairly large communities, term limits may not have been a problem. If the Idaho Legislature had settled with the governor's veto, the town in which I reside would soon have to be classified as a village. Of course, becoming a village is always the "small town" joke, but with the passing of term limits, we would be

faced with reality, without a city government.

We currently have open positions in our city government that no one is willing to fill. What would happen if all of those positions suddenly became vacant? Experience is something we should value in our state and national government. To dismiss all of our experienced lawmakers and fill the House with unknowledgeable individuals would cause more problems than you can imagine. It is for this reason that we have the continuing body of the Senate in Congress. Senators are elected for six-year terms, but elections are held every two years. We will, therefore, always have experience in our lawmakers.

For those of you who are still upset, you control your own term limits. If you don't like your representation in the local, state or national government, you can do one thing—don't vote for them. JESSICA HELSLEY, Dietrich

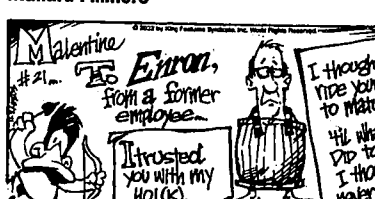
Doonesbury



By Garry Trudeau



Mallard Fillmore



By Bruce Tinsley



LETTERS

Idaho needs more Democrats

The arrogance of the Republican political machine (I won't say the Idaho Legislature, as they are better than this) is all too evident in the recent overturning of the term limits law. Twice, the Idaho voters passed the law, and now we hear this paternalistic argument that we didn't know what we were doing and must be saved by those who know better - our Republican elected representatives. The argument is a not-so-veiled cover to keep the status quo in place, the public be damned! Yes, we can choose to vote them out if any competition emerges capable of dismantling the machine. Fat chance.

This is not a healthy situation. We need a much stronger Democratic Party presence. History shows that too much concentrated power leads to corruption. Our democratic process has been circumvented in this case and our power nullified. In the 2002 elections, be vigilant!

ROSEMARY FORNSHELL
Twin Falls

Article gave too much info

However much I enjoyed reading your feature article on HealthNet Assets, it was overshadowed by a dread sense of the possibilities it exposes the child to.

I like reading *The Times-News* and enjoy living in rural Idaho after living on the central coast of California in a town populated by 60,000. But the one thing I find disturbing is the casualness with which children are left with no parent or responsible person with them.

Example: While at a local junior high, a 4-year-old was wandering throughout the building. When asked where dad or mom was, the answer was that dad was out back helping with football practice (that was a couple acres away) and the building doors were all unlocked. Anyone from the street had access to that building.

Another example: A child wanted to watch television in the lobby of a county building, so the child was left there while mother leaves shown to the front of the building several hundred feet away. The child was within 20 feet of two unlocked doors open to the public.

I am just amazed at the public "access" parents will give their children. I found the same true in this article. The name and picture I can understand (any proud parent would want that in the paper),

but to go on and list the school and the parents' name and the phone number really shocked me.

Maybe I'm just an alarmist, but this all seemed like too much information released on one small child, considering all the warped of society that are being released from our prisons or walking out there that no one is aware of.

I'm not writing this to get my name in the paper, I'm just asking for you to reconsider releasing so much information about our children and exposing them to who knows what kind of element and the unneeded exposure of information on our children.

GINA SUTTON
Rupert

Runners deserved coverage

I was very pleased with Ms. Wells' letter on Feb. 5 about the lack of news coverage for the Olympic Torch support runners. I, too, was very displeased to notice that the coverage was lacking in most media coverage.

KTVB out of Boise did mention the support runners but had no clue why they were running or even how much they were running. One statement was, "I think they run the whole race."

I feel that this showed very poor research skills on the part of all media. Even if these people had glanced at the Olympic Torch Relay Web site, they would have known about the support runners and their role and responsibilities related to the torch.

I would also like to once again express my disdain with the staff of *The Times-News*.

I happened to look at the special section for the relay and noticed the blatant omission of the support runners. I immediately called *The Times-News* to ask why they were left off and got an answering machine. I left a very detailed message and left my phone number. I never received a response from the staff. What a surprise! *The Times-News* staff never ceases to disappoint me. This just adds to the list of reasons why I don't subscribe and why I never will.

Thanks again to Cherie Wells for expressing my thoughts so well. Buck up, *Times-News* - print the names!

PATRICIA HEATH
Eden

Fix Maurice, Flier intersection

How long do we have to wait until a student or students have to be permanently maimed or killed at the crosswalk of Maurice and Flier before something is done - more than painting bars on the roadway or placing speed limit signs along the street (that nobody pays attention to after the new wears off) after the tragic accident of a year ago.

And now, here it has happened again! Sure, we can say that it was the student's fault for not being observant, but the morning of Jan. 30, the temperature stood at zero degrees and, surely, the young lady was bundled up to protect her face from the cold so might not have been able to see to the side as well as on a warmer day. Oh yes, the student driver was at fault for not obeying the speed limit or for being distracted by a fellow student on the sidewalk and did not see the student in the crosswalk.

Painting bars on a crosswalk or 15 speed limit signs placed along the street are not a guarantee that the crossing will be forever safe for a pedestrian to cross there!

The Twin Falls government, school district administration and we the citizens of this city are just as much at fault for not anticipating years ago after the high school was built and providing for child safety (they are not adults yet) at every busy and dangerous school crossing such as this for a crossing guard morning and evening when students are arriving or leaving, or preferably, a red traffic stop light (either timed or full time) when all traffic must stop long enough for pedestrians to cross safely; or, better still, an elevated crosswalk where the students on the walk will never be in danger of being hit by a car!

A fine of \$20 to \$100 for excessive speed would help to pay the cost of the elevated walk!

CARL ENGBRECHT
Twin Falls

Large signs might help speed

My heart goes out to the young ladies involved in the accident in front of the high school recently.

My grandson also was hit in front of the high school. We as a family were devastated.

On my walks around the high school, I've had some scary moments also have seen the police stopping people.

Maybe if large 15 mile-per-hour signs would be placed at the end of Lynwood and Flier, also Madrona and Flier, people would slow down before reaching the high school.

JEAN GARRISON
Twin Falls

Minute gap divides Dems, Bush

The economic stimulus package may be dead, but be assured that Congress will be having lively debates about its major sticking point - healthcare coverage for the uninsured - for the rest of the year.

What makes the impasse over the uninsured especially strange is that the difference between the two parties isn't that great, at least on the surface.

Under current federal law, workers who lose their health insurance because they lose their jobs can continue coverage under the previous employer's plan by paying the full premium - both what they used to pay and what their employer used to pay - for another 18 months or so.

To help them pay those premiums, the Democrats propose a 75 percent spending subsidy. The Republicans propose a 60 percent tax subsidy. The cost of both proposals is relatively small - less than \$15 billion out of a \$200 billion total stimulus package.

So if the dollars aren't far apart, what's the problem? In a word: politics. Bush is steadily gaining the upper hand in polls on both traditionally Republican issues like defense and taxes, and traditionally Democratic issues like education.

This is disturbing enough. But in the Democrat's view, nothing could be worse than the perception that President Bush and his fellow Republicans are solving health care problems. After all, nothing is more important to Democrat's long-term electoral prospects than Social Security and health care.

Yet it's not just that Bush is either pulling even or passing Democrats in the polls on these two critical issues, it's how he's doing it. Rather than the traditional Republican course of "me too, only less," Bush is pushing for a rival vision - a vision that reduces the role of government and increases the control of individuals.



PETE DU PONT

On health care, Bush would solve the problem of the uninsured by offering refundable tax credits so that families can purchase a private health insurance option that best meets their needs. This is anathema to the left wing of the Democratic Party.

Because they prefer government-run national health insurance, the left always prefers calling more people in government health programs.

But, if health insurance must be in the private sector, the left sees employer-provided insurance as always better than individually-owned insurance. They reason that if we ever to have national health insurance it is a whole lot easier for the government to take over an employer's benefit than to seize control of something that is individually owned.

That's why the Democrats' proposed subsidy would only be available to pay premiums for coverage under a previous employer's health plan. There would be no help for those who purchase their own insurance, even though individual policies often cost half as much as employer-provided coverage.

And there would be no help for the unemployed who were not covered under a previous employer's plan.

Bush's approach, by contrast, would give tax relief to every family regardless of the source of the insurance. People would be free to compare the cost and benefits of every plan offered in

the market. This approach saves money and more effectively meets people's needs.

It also opens the door to something desperately needed: personal and portable insurance. The problem with employer-provided coverage is that people must switch health plans whenever they switch jobs.

Given the prevalence of managed care, this often means they must also switch doctors. And for people with a health problem, that means no continuity of care.

Democrats argue that nationalized health care solves the portability problem. It does, but at a terrible cost to quality and flexibility.

Individually-owned health care provides portability, quality and needed flexibility.

Federal income tax subsidies for health insurance currently total \$141 billion a year. The problem is, the current system is arbitrary and unfair, lavishly subsidizing health insurance for some and providing no relief for others.

Properly designed, tax credits for health insurance need not cost the government extra money.

Instead, they would make sure that the money we are now spending is spent more rationally.

Pete du Pont is a former Republican Governor of Delaware and the policy chairman of The National Center for Policy Analysis, a nonpartisan, public policy research institute.

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The Heart Facts

- Heart disease is the leading cause of death in the United States.
- An estimated 240,000 women die annually of heart disease, five times the number who die of breast cancer.
- Women who have heart attacks are more likely to die within one year than men. In fact, 44 percent of women who have a heart attack die within one year, compared with 27 percent of men.
- Each year approximately 1.1 million people experience a heart attack. Almost 500,000 of these people die, and half of these deaths occur within one hour of the first symptoms.
- Approximately 14 million people in the United States have coronary heart disease.
- If you have been diagnosed with heart disease, your risk of dying suddenly is five to seven times that of the general population.
- Approximately 158,000 people die each year from stroke.
- Fifty million Americans have high blood pressure severe enough to require either medical monitoring or medication.

Caring for your Heart

Did you know...

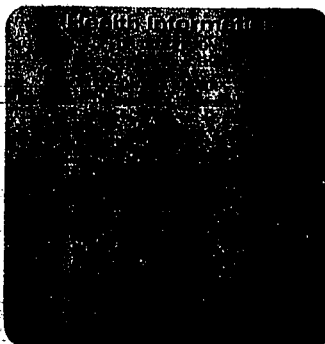
Magic Valley has the highest rate of coronary heart disease in Idaho. With the goal of combating heart disease, the leading cause of death among Idahoans, MVRMC offers a broad range of cardiac care services, including a diagnostic Cardiac Catheterization (Cath) Lab and other cardiac and pulmonary rehabilitation services.

MVRMC's Cath Lab can help diagnose heart problems — a service previously available only at larger hospitals in Boise or Salt Lake City. And it's the only lab of its kind in our local region.

Cardiac Cath is a common, relatively painless nonsurgical procedure. A cardiologist inserts a long, flexible tube called a catheter into a blood vessel and gently guides it toward the patient's heart. Once the catheter is in place, X-rays, digital images, and other measurements are made to help the doctor evaluate how well the heart is working. Watching a video monitor, the doctor is able to determine if blood vessels in the patient's heart are clogged, if the heart is pumping normally, if blood is flowing correctly, if the patient was born with heart problems, or if the patient needs heart surgery.

In the past, patients had to travel to Boise, Pocatello, or Salt Lake City to have the cath procedure. This typically involved an overnight trip with the added expenses of hotel and meals. When patients have their cardiac cath at MVRMC, they are almost always discharged on the same day and recuperate at home. MVRMC performs more than 500 cath annually.

MVRMC offers cardiac care for patients recovering from heart surgery and for those needing diagnostic tests for cardiopulmonary problems. These services include echocardiogram, treadmill stress tests, EKGs, respiratory therapy, pulmonary function testing, and cardiac and pulmonary rehab. Our respiratory therapy and cardiopulmonary personnel perform many functions, from various breathing and ventilator management treatments to stress echos. The cardiac care services at MVRMC are accredited by JCAHO, a national independent organization of healthcare professionals who set national standards for healthcare facilities.



What Can I Do To Reduce the Risk of Heart Disease?

Among the major risk factors, there are many that you have the ability to eliminate. Efforts at prevention focus on these because they are directly linked to heart disease, and people who have these risk factors have the ability to control them.

- 1. Smoking** - Smoking increases blood pressure, reduces the amount of oxygen delivered to your body, causes your blood to clot more readily, and decreases your level of HDL or good cholesterol.
- 2. High-Blood-Pressure** - High blood pressure affects approximately 25 percent of Americans, but according to research, only 70 percent of those affected are aware that they have it. High blood pressure causes the heart to work harder, and can lead to heart failure.



- 3. High Blood Cholesterol** - Cholesterol is a fatty substance that is consumed in our diet as well as made in our bodies. Because our bodies make all the cholesterol we need, excess blood cholesterol is caused by 1) eating a diet too high in saturated fats and cholesterol, 2) overproduction of cholesterol by our bodies, or 3) reduced clearance or removal of cholesterol from our bodies.
- According to the National Heart, Lung, and Blood Institute, for every one percent lowering in total blood cholesterol, a person can reduce the risk of a heart attack by two percent. Strategies for lowering blood cholesterol include restricting fat intake to less than 30 percent of calories, and increasing the amount of regular exercise.

- 4. Diabetes** - Heart and blood vessel disease is the leading cause of death for people with diabetes mellitus. If you have diabetes you are at increased risk for high blood cholesterol, heart disease, high blood pressure, and other circulation problems. Controlling your blood sugar definitely reduces complications associated with narrowing of the smaller blood vessels such as reduced vision or impaired flow of blood to the feet and other extremities. Blood sugar regulation may also reduce the risk for heart disease in diabetics.

- 5. Overweight/Obesity** - Overweight/Obesity has recently been added to the list of major cardiac risk factors by the American Medical Association. An estimated 57-70 percent of heart disease is associated with obesity. People who are overweight are more likely to have:
 - High blood pressure
 - Very high levels of blood fats (cholesterol and triglycerides)

Losing even a small amount of weight can reduce your chances of developing heart stroke. Reducing your weight by as little as 10 percent can reduce cholesterol and triglyceride levels, decrease blood pressure, and improve the overall functioning of the heart.

- 6. Sedentary Lifestyle** - Studies show that people who exercise regularly tend to live longer and have a reduced incidence of heart disease. The American Heart Association recommends that adults do 30 minutes of moderate intensity exercise for at least

three to four days per week. Unfortunately, 25 percent of Americans are completely sedentary, 60 percent perform some exercise, but less than the recommended amount, and only 15 percent meet recommended guidelines for exercise.

Regular exercise has many protective effects on the body, including reducing total blood cholesterol, controlling blood pressure, stabilizing blood sugar, and reducing body fat. Once these risk factors are identified, you and your doctor can develop a plan to eliminate or reduce those risks.

Local Doctors Who Can Help

- Dr. Jim Emery
- Dr. Reed Harris
- Dr. Wayne Wright
- Dr. David Kemp
- Dr. Stan Mogelson

Call Magic Valley Regional Medical Center Community Connection's Physician Information Line at 800-649-9798 to locate a doctor near you.

About Your Health Nutrition Tips for Prevention

- In Japan, where soy foods have been a staple for centuries, the death rate from heart disease is roughly half that of the United States.
- Numerous studies show that unsaturated fats such as olive oil and canola oil can protect the heart by helping lower blood cholesterol.
- Choose whole grain products. People who consume more whole grains reduce their risk for heart disease.

Class For The Community

Heartfelt Changes for Life
February 19th, Noon - 1:15 p.m.
Magic Valley Regional Medical Center, 650 Addison Ave. West, 2nd Floor, Sunflower Room

Highlights: Find an exercise plan that works for you, identify risk factors and develop a plan to combat them, nutrition that's healthy for you heart. Light refreshments served; goodie bag for all attendees.

Cardiac Risk Profile for \$10

Call 737-2000 or cut out this coupon.
A special offer from our Cardiac Laboratory
John B. Gray, M.D., Pathologist
Kirk C. Peterson, M.D., Pathologist
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Cholesterol + HDL, Cholesterol Fractionation
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Do not use this coupon if you are a patient of the Cardiac Laboratory.

MAGIC VALLEY REGIONAL MEDICAL CENTER
737-2000

Catching zzz's:
Hospital helps
some get good
night's sleep.

Page B3

AROUND THE VALLEY

Legislator launches her campaign

BUHL - State Rep. Celia Gould will launch her campaign for the lieutenant governor's office at her hometown high school today.

The eight-term Republican legislator is scheduled to follow that event with appearances at the State Capitol and at a Canyon County farm.

Ryan White, Gould's campaign manager, said she plans to formally announce her candidacy at 8:30 a.m. in a government class at Buhl High School, her alma mater. She then travels to Boise for a noon announcement in House Caucus Room 311 at the State Capitol, and to the Nell Hergert family farm in Canyon County for a 3 p.m. appearance.

Gould is challenging newly appointed Lt. Gov. Jack Riggs in this year's primary election. She was in the running for appointment to the position by Gov. Dirk Kempthorne last year.

Antique tractor pullers hold show this week

TWIN FALLS - The Magic Valley Antique Tractor Pullers Association will once again hold an antique tractor show at the Magic Valley Mall. The event is scheduled for today through Sunday and is free.

The display will include more than two dozen tractors built before 1950 and about 40 stationary engines, some dating back to the early 1900s, according to Aileen DeVisser, of Filer, secretary for the organization.

Also on display will be a collection of tractor toy pedal tractors and a model showcase.

Hospital board will discuss safety policies

TWIN FALLS - Magic Valley Regional Medical Center's Hospital Board will discuss an ongoing approval hospital safety policies at tonight's meeting.

The meeting will begin at 6 p.m. in the Sage Room in the hospital's education center behind the hospital.

The board will also consider a Finance Committee report and hear the results of the latest Quality Council report.

T.F. city council will meet at airport tonight

TWIN FALLS - The City Council will meet tonight at the Twin Falls airport and will be given a tour by manager Bill Carberry. The council meets at 5 p.m. at Joslin Field, Magic Valley Regional Airport.

Carberry will lead the council on a tour and will discuss issues and challenges facing the airport, including stricter air security regulations. The council will also consider the appointments of Lori A. Edson and Kim Robinson to the Twin-Falls Housing Authority Board.

Twin Falls School Board will meet today

TWIN FALLS - The Twin Falls School District will hold its board of directors meeting today at 7 p.m. at the administration building, 201 Main Ave. W.

Among the items to be discussed:

- Authorization for a new savings account for the \$7 million bond issue for the proposed professional-technical center.
- A presentation of the proposed center.
- Legislative update on the state's financial cutbacks for public schools.
- Term limits. While they were recently overturned, momentarily saving a school board member from stepping down, a new term-limit initiative might still end up on the ballot.

• The Foster Grandparent program will be requesting a gift for library books in honor of Grandma Hattie, who recently passed away.

Compiled from staff reports

Snowpack levels

Watershed	% of Average*
Upper Snake River	80
Salmon Falls Creek	109
Oakley Basin	117
Big and Little Wood	85

T.F. widows give support

By Sandy Miller
Times-News writer

TWIN FALLS - The box of Kleenex makes its way around the table several times during the two-hour session.

There are a few tears at the Office on Aging's weekly support group session for widows and widowers, but there's plenty of laughter, too.

Forgetfulness can be common in someone who's grieving. Bertha remembered how forgetful she was after Harry, her husband of 47 years, died of cancer in 1992. One day she lost her phone. She didn't find it until the next morning - when she opened up her refrigerator.

Bertha has been through the eight-week support group before and found it so helpful she brought her recently widowed friend, Shirley, to the group. For Shirley, whose husband Nyle died in July, the wounds are still fresh.

She shared with the group her difficulties eating and sleeping. "I just have no appetite," Shirley said. "I can't sleep at night but I fall asleep in front of the TV in the daytime. I've got my days and nights mixed up."

Everyone in the group seemed to understand just how she felt. "Understanding" seems to be what the people around the table get most, from the group - a chance to talk to someone who knows just how it feels to face the empty chair at the table, the empty spot in bed.

"I've met some people who can laugh and cry together," said Betty, who lost her husband Ralph in September after complications from heart bypass surgery. "It's nice to be around people who've been through the same thing."

"The biggest success of the group is the friends they make in the group," said Shawna Wasko, coordinator of Widowed Information and Consultation Services.

Wasko has been facilitating support groups for widows and widowers for 20 years, 10 of them in Idaho. Although her current group is made up of women, she said usually it's about half and half.

Wasko was just 23 years old



Bertha talks to a support group about her experiences after her husband died in 1992.

when her 25-year-old husband Ken was killed in a logging accident in Washington state back in 1980. She was left alone to raise their 2-year-old daughter, Brandie.

She said people tried to comfort her by telling her the statistics showed she would probably remarry. People meant well, but statements like those didn't make her feel any better.

"Statistics don't mean a hill of squat if you are one," Wasko said.

Besides, the statistic that most people remarry is simply untrue. Wasko said less than 10 percent of widowed women remarry. They choose not to remarry for three main reasons - they don't want to lose the deceased spouse's benefits, women outnumber men, and women just don't want to go through the pain of losing someone again. Wasko

Interested?

Support groups
For information on support groups for widows and widowers, call the Office on Aging at 736-2122.

About grieving
• Allow yourself to feel your emotions. Don't run from them.
• Many people experience aches and pains when they're grieving. If you're experiencing physical symptoms, have a checkup to rule out any physical problems and ease your worries.

• Share your feelings with others. Join a support group.
• Don't go through your loved one's belongings too soon, and don't allow others to go through them either. It can take two years before you're ready to go through your loved one's things.

• There's a difference between grief and clinical depression. If you feel you're suffering from depression, talk to a licensed therapist.
• Take care of yourself. Eat a balanced diet - popcorn is not a meal.

Try to go for a walk every day, or do some gardening or work out in a gym. It helps release pent-up energy. The key to life is balance.

• If you like animals, get a pet. A pet can bring comfort to a widowed person and ease loneliness.

• Start a journal. Writing down your feelings can help you sort through them.

Sources: Shawna Wasko, coordinator of Widowed Information and Consultation Services at the Office on Aging

never remarried. Wasko's weekly groups each focus on a different topic. Last week's group took a look at stress and how too much stress can break down the immune system

and open the door to illness. Everyone took a stress test which gives a person a certain number of points for a life event experienced during the last two years. Death of a spouse was worth 100

points, while a change in financial state was worth 38 points. Wasko said studies have shown that someone who scores more than 300 points on the test has a

Please see WIDOW. Page B3

BLM takes a good look at its vegetation treatment

By Lorraine Cavener
Times-News correspondent

TWIN FALLS - The Bureau of Land Management is asking for public comment to help create a new environmental impact statement regarding vegetation treatments on BLM land in the West.

The new EIS, which is scheduled to be completed by summer 2003, will update and replace four 1992 treatment policies, said a BLM news release.

Alternative methods for treating vegetation could include mechanical, chemical, biological, cultural (use of hand-pulling) and prescribed fires and fuel reduction. The EIS will provide baseline assessments that local BLM offices can use as they work to develop plans.

A public meeting Thursday at the College of Southern Idaho in Twin Falls is one in a series of

Talk to the BLM

What: Public meeting for ideas and opinions from the public regarding the Bureau of Land Management's vegetation treatment policies.
When: 6 to 9 p.m. Thursday at the College of Southern Idaho Shields Building, Room 117.
For more information, contact Ed Guerrero at 208-736-2355.

sessions across the region to gather input on the issue.

A number of issues dealing with treating forest and rangeland vegetation will be analyzed in the BLM study. Those issues include new chemical formulations for herbicides that might be more environmentally favorable than those now being used.

In light of pending litigation regarding the BLM's use of the herbicide Oust, the herbicide issue could be of major concern

While the BLM's revision of vegetation policies came at a time of criticism for the way it applied Oust, the agency was planning to revise outdated policies anyway and did not start the project because of the incident, said Mike Pellam, rangeland ecologist for BLM.

to many in Magic Valley. A coalition of growers who claim their fields were damaged by Oust when it was sprayed by

Please see BLM. Page B3

Law firm seeks Oust clients

By Lorraine Cavener
Times-News correspondent

RUPERT - Farmers who had crops damaged by the herbicide Oust are preparing to take their claims to court.

And the law firm that is representing them has invited all affected growers to join the case.

"If your 2000 or 2001 crops were damaged by Oust, the time to file your legal claim is rapidly approaching and must be filed very soon," said Shannon Menard, paralegal for the firm of Holland and Hart.

"Failure to timely file a claim will forever prevent you from recovering damages for your crops."

Holland and Hart was retained by group of farmers who claim

Meeting

What: Oust Crop Damage Steering Committee meeting.
When: 11 a.m. Wednesday
Where: McGregor Center, Minidoka County Fairgrounds.
How long: About one hour.
For whom: People who want to join a lawsuit seeking damages.
For more information, call 1-800-342-2030.

spraying of Oust by the BLM in the fall of 2000 caused around \$95 million in damage to their crops. The group has been offered no more than \$5 million compensation from the government, said member Scott Stevenson.

Growers who want to join in

Please see OUST. Page B3

Firefighters will attend academy

By Nate Johnson
Times-News writer

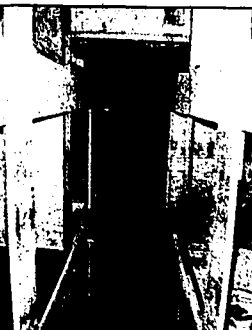
PAUL - Firefighters from Idaho, Utah and Nevada are enrolling in classes at West Minico Junior High School.

Instead of algebra and history, the 425 firefighters will study initial fire attack, victim extraction and self-rescue.

The eighth annual Southern Idaho Fire Academy will offer 18 classes. Instructors will cover basic topics, such as essentials of firefighting for rookies, and more specialized training for the veterans.

And the influx of students to Mini-Cassia provides a boost for the local economy. Motels, bars and restaurants can expect to do good business during the third weekend in Paul.

Please see TRAIN. Page B3



Randy Sutton works on a maze on the inside of a trailer. Firefighters will crawl through the narrow passages in the dark as part of a training class at the Southern Idaho Fire Academy. Organizers expect 425 students to attend the academy, scheduled for next weekend in Paul.

Blaze destroys Jerome superintendent's home

JEROME - Fueled by driving east winds, a fire destroyed Jerome School District Superintendent Jim Cobble's newly-built home Sunday. No one was injured.

It took seven hours for 19 men in six fire engines from fire districts in Jerome rural, Jerome city and Wendell, to extinguish the blaze.

"It was like an inferno," said Brian Capps, a Jerome school board member who witnessed the fire. "It's totally gutted; it's unreal."

Cobble and his family had just gone to breakfast when neighbors noticed smoke coming from the house and called the fire department, Capps said.

When fire crews arrived at 9 a.m., smoke was pouring out of the vents and from the furnace and garage areas, said Joe Robinette, Chief of Jerome Rural Fire District.

However, when it reached the attic, it quickly spread, fanned by the strong winds, making it impossible to save the house.

Though the incident is still under investigation, Robinette said the recently installed furnace is the likeliest cause.

Fire fighters were able to save some of the furniture, including the grandfather clock and piano.

Robinette estimated the damage to be between \$350,000 to \$400,000.

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MAGIC VALLEY/IDAHO

ON THE AGENDA

CSI TODAY

Today
Blaine County commissioners, 8:45 a.m., courthouse.
Buhl City Council, 7 p.m., council chambers.
Camas County commissioners, 9 a.m., courthouse.
Cassia County School Board, 7 p.m., high school.
Cassia County commissioners, 9 a.m., courthouse.
Eden City Council, 7 p.m., City Hall.
Elmore County commissioners, 9 a.m., courthouse, Mountain Home.
Gooding County commissioners, 9 a.m., courthouse.
Haley City Council, 6 p.m., Haley Town Center.
Hansen City Council, 8 p.m., City Hall.
Hollister City Council, 7 p.m., City Hall.
Idaho City Planning and Zoning Commission, 7 p.m., council chambers.
Jerome County commissioners, 9 a.m., courthouse.
Ketchum Planning and Zoning Commission, 5:30 p.m., City Hall.
Lincoln County commissioners, 10 a.m., courthouse.
Magic Valley Regional Medical Center board, 6 p.m., Sage Room.

Education Center.
Malta City Council, 5 p.m., Raft River Electric Co-op conference room.
Minidoka County commissioners, 9 a.m., courthouse.
Richfield City Council, 7 p.m., city office, 180 W. Lincoln.
Richfield School Board, 7:30 p.m., high school.
Shoshone School Board, 7:30 p.m., city office.
Twin Falls City Council, 5 p.m., City Hall.
Twin Falls County commissioners, 8:30 a.m., courthouse.
Twin Falls County Parks and Watershed Advisory Board, 7:30 p.m., 450 Sixth Ave. W.
Twin Falls School Board, 7 p.m., administration office, 201 Main Ave. W.
Valley School Board (Eden-Hastón), 7 p.m., superintendent's office.

Hagerman School Board, 7 p.m., elementary school.
Kimberly City Council, 7 p.m., community center.
Sun Valley Planning and Zoning Commission, 9 a.m., City Hall.
Twin Falls City Planning and Zoning Commission, 7 p.m., City Hall.
Twin Falls County commissioners, 8:30 a.m., courthouse.

Wednesday
Castelfore City Council, 7 p.m., J&D Printing Enterprises.
Declo City Council, 7 p.m., City Hall.
DeMary Memorial Library Board, 4:30 p.m., 417 Seventh St., Rupert.
Glenns Ferry School Board, 7 p.m., district office, 620 Old U.S. Highway 30.
Heyburn City Council, 7 p.m., City Hall.
Murtaugh School Board, 7 p.m., high school library.
Paul City Council, 7:30 p.m., city office.
Twin Falls County commissioners, 8:30 a.m., courthouse.
Twin Falls Public Library Board, 5 p.m., library board room.
Wendell City Council, 7 p.m., City Hall.

Tuesday
Blaine County School Board, 7:30 p.m., a school in the district.
Dietrich School Board, 7:30 p.m., school's business room.
Idaho City Council, 7 p.m., City Hall.
Gooding School Board, 7 p.m., district administration office.

Thursday
Bellevue City Council, 7 p.m., City Hall.
Cassia County School Board, 7 p.m., central office, 237 19th St., Burley.
Hagerman Chamber of Commerce, noon, Hagerman Senior Center.
Jackpot Advisory Board, 6 p.m., Jackpot Recreation Center.
Mink-Cassia Chamber of Commerce, noon, Rupert Elks Lodge.
Minidoka City Council, 7:30 p.m., City Hall.
Murtaugh Highway District, 7 p.m., district office.
Oakley City Council, 7 p.m., city office, 200 W. Main.
Twin Falls County commissioners, 8:30 a.m., courthouse.
Twin Falls County Planning and Zoning Commission, 7 p.m., 246 Third Ave. E.

Today
Golden Eagle Boosters luncheon, noon, Taylor 277.
CSI Student Senate weekly meeting, 4 p.m., Student Senate office.

Tuesday
CSI professional and classified employees in-service meeting, 7:30 a.m., Taylor 276/277.
CSI Ski Club meeting, 1 p.m., Shields 113.
CSI Inter-Club meeting, 1 p.m., Shields 101.
CSI Bilingual Education program meeting, 1 p.m., Shields 113.
Court Referral Services traffic court, 4:30 p.m., Shields 109.
"Half Time" art show debuts; reception for featured members of the CSI art faculty, 7 p.m., Herrett Center Jean B. King gallery.
"WSKY: Radio Station of the Stars," 7 p.m., Faulkner Planetarium.
High Desert Back Country Horsemanship meeting, 7 p.m., Taylor 256.

Wednesday
CSI Rodeo Team/Charmac Trailer seminar, all day, Expo Center.
Chemistry mentorship for Twin Falls District gifted and talented students, 9:15 a.m., Evergreen A09.
Northwest Evaluation Association Idaho Standards Achievement Test seminar, 3 p.m., Taylor 256.
Armed Services vocational aptitude testing, 5:30 p.m., Shields 106.
"Who's My Business Worth?" seminar, 6 p.m., Taylor 276.
Monthly 4-H Equine Studies meeting, 6 p.m., Evergreen A24.
CSI Annual Equine Nutritional Seminar, 6:30 p.m., Evergreen A05.
Magic Valley Amateur Radio Club monthly meeting, 7 p.m., Shields 113.

Thursday
CSI Rodeo Team/Charmac Trailer seminar, all day, Expo Center.

Saturday
CSI Rodeo Team/Charmac Trailer seminar, all day, Expo Center.
Armed Services aptitude battery testing, 9 a.m., Shields 106.
Golden Eagle baseball against North Idaho Community College, 11 a.m., Frontier Field.
Golden Eagle baseball against Dawson Community College, 2 p.m., Frontier Field.
"Golden Cat in Space," 2 p.m., Faulkner Planetarium.
"The Dinosaur Chronicles," 4 p.m., Faulkner Planetarium.
"WSKY: Radio Station of the Stars," 7 p.m., Faulkner Planetarium.

Sunday
Magic Valley Bible Church, 9 a.m. to noon, Shields 117 and 118.
Golden Eagle baseball against Dawson Community College, 2 p.m., Frontier Field.
Golden Eagle baseball against North Idaho Community College, 5 p.m., Frontier Field.

Friday
Twin Falls County commissioners, 8:30 a.m., courthouse.
This list is compiled from advance schedules. The Times-News suggests that you confirm the information by calling the appropriate clerk's office before attending.

County, MADD wrangle over deli

BOISE (AP) — Mothers Against Drunk Driving are voicing their unhappiness over a proposed deli that serves wine and beer moving into the new Ada County Courthouse complex.

"There are places for alcohol, but a courthouse is not one of them... it's just a really bad idea," Molly Cox, spokeswoman for Mothers Against Drunk Driving, said. "Everyone knows alcohol impairs judgment. People working in the courthouse or jurors do not need their judgment impaired."

She said it would set a bad precedent to serve alcohol so close to the courtrooms where cases are heard involving drunk drivers.

"I am not against drinking. The courthouse is just not the place to do it," Cox said.

But county officials and private developers working to fill empty retail space at the new courthouse said the deli is an appropriate use of the space.

"When it comes down to it, having a restaurant where you can have a beer with your nachos... my sandwich didn't seem like that big of a thing," Ted Argyle, chief civil deputy with the Ada County Prosecutor's Office, said. "This is part of the new urban/retail mix."

Civil Engineer of Idaho, in charge of leasing the retail space in the new court building, is in the process of reaching an agreement with a deli that plans to serve beer and wine by the glass, Consultant Mike Reuling said.

Ada County Commissioner Grant Kingsford said while the deli would be in the same building, there would be no direct access from the courthouse.

County workers, jurors, or anyone else going to the deli would still have to go outside, re-enter, and pass through security to get into county offices and courtrooms.

"I really don't see it to be a problem," Kingsford said. "If it was placed inside the courthouse, then I would not agree with it."

call from 6-8 p.m. Tuesday at the funeral chapel.

Jeanette Madrell Strunk of Jerome, Memorial Mass at 11 a.m. Thursday at St. Jerome's Catholic Church, 216 Second Ave. E., Jerome (Farnsworth Mortuary, Jerome).

2262 Hilland Avenue, with Pastor Dennis Stoneman, officiating. Interment will follow at Pleasant View Cemetery. Friends may call at the Rasmussen Funeral Home, 1350 East 16th Street, Burley, on Tuesday, from 6:00 until 8:00 p.m., and at the church on Wednesday, from 12:00 noon until 12:45 p.m.

Roberto H. Lopez TWIN FALLS—Roberto H. Lopez, 44 of Twin Falls, died Friday, February 8, 2002 in Jerome County of injuries sustained in a tractor-train accident.

A Vigil Service will be held Tuesday, February 12, 2002 at 6:00 P.M. at the Parke's Magic Valley Funeral Home, 2551 Kimberly Road, Twin Falls, Idaho.

Funeral services will be held Wednesday, February 13, 2002 at 6:00 P.M. at the Parke's Magic Valley Funeral Home, 2551 Kimberly Road, Twin Falls, Idaho.

Visitation will be held Tuesday, February 12, 2002 from 4:00-7:00 P.M. at the Parke's Magic Valley Funeral Home, 2551 Kimberly Road, Twin Falls, Idaho. Burial for Roberto will be held at a later date in Mexico.

Ila Williams TWIN FALLS—Ila Williams, 83, of Twin Falls died Sunday, February 10, 2002 at Bridgeview Estates.

Arrangements are pending and will be announced by White Mortuary, Twin Falls.

SERVICES

Memorial Park in Twin Falls; friends may call from 3-8 p.m. today at Reynolds Funeral Chapel.

Lyle Wilkinson of Burley, service at 11 a.m. Wednesday at the Hansen Mortuary Burley Chapel; family and friends may call from 2-8 p.m. today at Sunset Memorial Park (White Mortuary, Twin Falls).

Joe C. Phillips of Medford, Ore., and formerly of Jerome, service at 11 a.m. today at the Howe-Robertson Funeral Chapel; burial will follow at the Jerome Cemetery.

Theron Allen Cheney Sr., service at 11 a.m. today at the Archer-Sunnydell LDS Chapel in Arden; burial will be at the Sutton Cemetery (Demaray's Gooding Chapel).

Juanita Fancher Gillmore of Twin Falls, service at 2 p.m. today at Parke's Magic Valley Funeral Home, 2551 Kimberly Road, Twin Falls; burial will follow at Sunset Memorial Park in Twin Falls; visitation will be held from 1-2 p.m. today at the funeral chapel.

Clifford Gerald (Jerry) Baumann of Boise, rosary devotions will be recited at 7 p.m. today at the Flaibiff Funeral Chapel, Caldwell; Mass of Catholic Christian Burial will be celebrated at 10:30 a.m. Tuesday at St. Mary's Catholic Church, Caldwell. Burial with military honors will be at 1 p.m. Wednesday at the Twin Falls Cemetery.

Blair Ward of Hagerman, service at 1 p.m. Tuesday at the Hagerman LDS Church; family and friends may call from 11 a.m. until time of the service Tuesday at the church (Demaray's Gooding Chapel).

Gloria Lee Buehner of Twin Falls, cryptside service at 7 p.m. Tuesday at the Reflections at Sunset History Mausoleum at Sunset Memorial Park.

HOSPITAL

MAGIC VALLEY REGIONAL MEDICAL CENTER. Some names have been omitted at the patient's request. Admitted Jack Parrot of Twin Falls. Dismissed Barbara Mazza of Jerome.

OBITUARY

For obituary rates and information, call 733-0531, Ext. 278, between 2 a.m. and 5 p.m. Monday through Saturday. Deadline is 4:30 p.m. for next-day publication. The e-mail address for obituaries is obits@magvalley.com. Death notices are a free service and can be placed until 5 p.m. every day.

GOODING

Richard 'Dick' Strickland Richard "Dick" Bernie Strickland, 82, a Gooding resident, died Thursday, Feb. 7, 2002, at St. Luke's Regional Medical Center in Boise.

Dick was born December 19, 1919, in Medicine Lodge, Kansas, one of seven children born to George Frank and Chiora Mae Dark Strickland. He moved with his parents to Idaho when he was 13 years old, settling near Wendell, where he graduated from High School in 1942. During WW II, Dick served with the U.S. Army Air Corps as a flight engineer on a B-24 for 23 months all over the South Pacific. After being discharged in

1945, he returned to Wendell, where he married Dorothy Slickle on April 7, 1946. In Wendell, they farmed near Wendell and later at Fairfield. In 1954, they moved to Gooding, where they operated a farm and later the Strickland Real Estate Firm in Gooding. Dick retired as a Real Estate Broker in 2001.

Dick served as Head of the Democratic Party for many years, also for 12 years on the Gooding School Board, was a Past Master of the Orchard Valley Grange, a 4-H Leader and a member of the Gooding American Legion. Dick is survived by: his wife, Dorothy Strickland of Gooding; a son, Rick (Sharon) Strickland of Gooding; a daughter, Kathy (Bob) Locke of Gooding; a brother, Forrest Strickland of Cherraville, Kansas; five grandchildren, Brian

(Julie) Locke, Christine (Adrian) Calaya, Amanda, T.J., and Zach Foster; and six granddaughters, nephews and cousins. He was preceded in death by his parents, two brothers, Mark and Byron Strickland, and three sisters, Goldie Hawkins, Ethel Kiser and Hollie Kemp. Memorial services will be conducted at 2 p.m. on Wednesday, February 13, 2002, at the Gooding United Methodist Church with Reverend Mike Gregor officiating. Inurnment will follow at a later date at the Wendell Cemetery. In lieu of flowers, memorial contributions may be made in Dick's name to the Gooding United Methodist Church Choir Fund or charity of choice. Funeral arrangements are under direction of Demaray's Gooding Chapel.

Commissioner calls for school prayer restoration

COEUR D'ALENE (AP) — Ron Rankin wants Kootenai County students to pray in school without worrying about lawyers or school boards.

This week Kootenai County Commissioner Rankin called a resolution to "restore the freedom to pray in schools."

"A little prayer never hurt anybody," Rankin said. "Nobody is saying everybody will be forced into prayer. But why should everybody stop just because one person doesn't want to?"

Area school officials said the resolution will not change what students already practice.

"As long as you have math tests, there will be prayer in school," Charles Eberle, a member of the Post Falls School Board, said. "The Constitution never forbade this exercise of religion. It just said the state wouldn't support a specific denomination."

Lakeland board member Don Solman also wondered why the resolution was even needed.

"Most of the schools in our region have some type of student-led Bible study or other religious activity that currently meets on school property, during non-instructional time," Solman said.

"To say there's not prayer in the schools is really ludicrous," Rankin copied the resolution from a similar measure approved by the Washington County Commission in Pa.

Diana Irey, of Washington, Pa., said she had written the measure two weeks ago in hopes of starting a national effort to support an amendment to the U.S. Constitution. She sent letters to more than 3,000 county and city officials across the country.

"I'll sign Westfall, spokeswoman for the state Department of Education, said there are some instances where student-initiated and student-led prayers are allowed.

The courts have allowed prayers at graduations, as long as they are student-led and initiated. Within the school day a moment of silence can be observed. But school staffers cannot tell students to use that moment to pray.

"My hope is that it will have an influence on public opinion and show all the people out there that all is not lost," Rankin said.

"Our side has not been totally muted by a gang of liberal lawyers and left-leaning U.S. District judges."

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Resident proposes pollution prevention

By Nate Johnson
Times-News writer

BURLEY - An Albion man wants to work with the Cassia County commissioners to prevent surface water pollution on the Howell Canyon Road. Earl Warthen makes the county may be eligible for a grant through the Clean Water Act's nonpoint source management program to keep pollutants from the road out of the water. During the 1997 construction project on Howell Canyon Road, an 11-mile road up Mount Harrison - workers dug up a spring and did not mitigate to recharge the water into the ground, Warthen said. It's dangerous to have water running next to the road, he said. And he worries a spill on the road could contaminate water and wetlands downstream. Federal Highway Administration officials who scope the area before the project determined there were no wetlands along the road. But after paving was completed on the \$3.7 million road project, the U.S. Army Corps of Engineers found the highway administration should have obtained a wetlands permit. A January 1998 letter from the Federal Highway Administration

acknowledges and apologizes for its "unintentional violation of the Clean Water Act." A subsequent wetlands study by the Logan, Utah, firm BioWest concluded that the impacts were insignificant. Because the impacts were minor, BioWest personnel suggested the best mitigation opportunity was to restore other wetlands which had sustained greater damage. Acting on the recommendation from BioWest, the highway administration spent \$8,000 on an East Cassia Soil and Water Conservation District project outside the Howell Canyon Road corridor. A spring on U.S. Bureau of Land Management ground which had been impacted by cattle was fenced off in that project. The commissioners have additional concerns with the road and water. In one area there is a question as to whether the road bed has adequate drainage, said Commissioner Paul Christensen. Springs could deteriorate the asphalt if the road is not well drained, he said. *Times-News writer Nate Johnson can be reached at the Mini-Cassia Bureau at 677-4042 or by e-mail at njohnson@magicvalley.com.*

Company completes step in its plant plan

ST ANTHONY (AP) - A Rigby company has successfully completed another step toward building a hydroelectric power plant at the Chester Dam. Symbiotics-LLC was given permission to move ahead with the licensing process after a public hearing before the Federal Energy Regulatory Commission. The three-megawatt project is capable of generating enough power to light 2,000 homes. Co-founder of the company, Brent Smith said the company still has a long way to go before ground is broken on the project. The company's next step is to outline the reports needed before a license is issued. Smith said the process could take a year or more. He estimates the company will not offi-

cially apply for a license for at least 18 months. The company has been working with the Fremont-Madison Irrigation District, which manages the dam and canal for the Bureau of Reclamation, and the Henry's Fork Watershed Center to gather local input. If a license is issued the existing dam would be topped by an almost 3-foot-tall rubber dam, which will keep water behind it at the river's traditional high-water mark. The dam is not designed to store water. The company has about 70 preliminary permits for small hydroelectric projects scattered throughout the intermountain region, and is waiting for the regulatory commission to make a decision on another 25 permits.

Environmentalists seem wary of 'charter forests' proposal

The Associated Press

A plan outlined in President Bush's budget proposal to create "charter forests" out of public lands has irked some environmentalists who say it could be a scheme to evade laws governing timber sales. The plan calls for taking some national forest land out of the hands of the U.S. Forest Service and turning it over to local trusts, which would be responsible for managing it. The News Tribune of Tacoma reported Sunday. The Bush administration says the plan is designed to give greater control over the forests

to those who live near them and not an attempt to sidestep logging regulations. The budget also says the proposal should help "overcome inertia and an excessive decision making structure" at the Forest Service. "Sometimes a cigar is just a cigar," said Mark Rey, undersecretary of agriculture for natural resources and environment. "It isn't all about logging. There is no substitute here." The budget says the plan would emphasize local involvement and focus on such goals as ecological restoration and salvage logging to reduce fire hazards. No other details are provided,

however, and there is no indication which of the more than 190 million acres of national forests might be included. Rey said initially it would be a limited trial program. "We are interested in working with Congress to see if there are any merits to this," he said. Rey is a former timber industry lobbyist who also worked for two of the West's most conservative senators, Republicans Frank Craig of Idaho and Frank Murkowski of Alaska. Environmentalists said the charter forest proposal is similar to legislation Rey helped Craig draft several years ago. Bill Arthur, who heads the

Hospital helps some sleep

By Shari Chaney
Times-News writer

BURLEY - The sound of snoring can be heard at Cassia Regional Medical Center. The hospital is home to a sleep laboratory where sleep disorders can be diagnosed and treated, said hospital administrator Mike Olson. The sleep lab, much like a hotel room, is a place patients can come and spend the night while 21 sensors monitor their sleep. Hospital personnel look for signs of obstructive sleep apnea, as well as other sleeping disorders. Sleep apnea is when a person stops breathing during sleep, Olson said. It can be life-threatening but is easily treated. The lab has been up and running for about a year, said Shauna Reiter, manager of Cassia's respiratory department. The lab currently operates two nights per week. Regional officials saw a need and created the lab, Reiter said. People were having to drive out of town for sleep studies before the lab opened. There are labs in Twin Falls, Pocatello and Salt Lake City, but some people are reluctant to travel far away, especially for an overnight visit in the lab, said Polysomnography Technologist Jeff Critchfield. People don't realize sleeping problems can cause heart problems, fatigue, high blood pressure and a higher risk of stroke, Reiter said. A night in the sleep lab can lead to correcting a sleep problem, leading to improving a person's general health. The patient provides an extensive health history for the Pocatello-based doctors who interpret the study, Critchfield said. Patients also watch a video about sleep apnea and the sleep lab procedure. Twenty-one sensors are placed on a patient, then "we put them to bed and watch them

Some symptoms of sleep apnea

- Snoring
- Falling asleep when you shouldn't - at work, while driving
- Loss of energy, fatigue
- Choking and gasping during sleep
- Restless sleep
- Large neck size
- Overweight
- Forgetfulness
- Morning headaches
- Trouble concentrating



Cassia Regional Medical Center Polysomnography Technologist Jeff Critchfield demonstrates on Respiratory Department Manager Shauna Reiter where some of the sensors would go on a patient during a sleep study. It takes roughly 45 minutes to get someone wired up. Some people say it's hard to sleep with all the wires, Reiter said. But the majority of the people do well after the first few minutes, Critchfield said. If diagnosed with obstructive sleep apnea, the most common treatment is continuous positive airway pressure, Critchfield said. The person wears a mask which is attached to a compressor that splints the airway open while the person is sleeping. Masks come in

all sizes to ensure comfort for the wearer, Reiter said. Once they begin using the mask, most patients realize how miserable they were before, Critchfield said. Most people have had sleeping problems for so long, they are used to feeling bad. "They don't know they don't feel well," Critchfield said. Critchfield said one man, who worked as a truck driver, came in for testing and thought it was normal to fall asleep while driving. Falling asleep during the day is not normal and it means the per-

son is not getting enough sleep, Reiter said. It is estimated 12 million Americans have undiagnosed sleep apnea, Reiter said. Treating sleep apnea, or any other sleeping disorder, lowers the chance of health problems later. Reiter encouraged anyone with questions to call the sleep lab or talk with a doctor. *Times-News writer Shari Chaney can be reached at the Mini-Cassia Bureau at 677-4042 or by e-mail at schaney@magicvalley.com.*

BLM

Continued from B1
The BLM in the fall of 2000 plans to sue the federal government, manufacturer DuPont and the herbicide applicator. When BLM was first notified of the problem, Idaho BLM State Director Martha Hahn issued a statewide moratorium prohibiting the use of Oust. While the BLM's revision of vegetation policies came at a time of criticism for the way it applied Oust, the agency was planning to revise outdated policies anyway and did not start the project because of the incident, said Mike Pellant, rangeland ecologist for BLM. "A lot has changed," he said. "BLM has put together a team and hired a contractor."

One change to the BLM's policy will be the addition of an herbicide called Plateau, which Pellant said is as effective as Oust without some of the side effects. Plateau is more specific for grass control, but care still must be taken in applying it, he said. The agency is also adding more strict criteria for herbicide application in the new EIS. New criteria will be concerned with the possibility of going beyond label recommendations, he said. In the future, BLM plans to wait a full year after a fire to apply herbicides. Stages will be treated after it has had a chance to take root and stabilize the soil.

A whole package of conditions such as soil, wind direction and weather data will be evaluated before applying chemicals, he said. "Any use of any herbicide in the future will be very careful," Pellant said. The BLM needs to learn from the Oust incident, he said. Since the fire, the 17,000-acre burned area has been reseeded with crested wheat grass, sagebrush and other plants, which will provide wildlife habitat, Pellant said. "In the future it will minimize the risk of fire," he said. The new vegetation treatment EIS will also address human health risk assessments for a variety of chemical herbicides that

have become available since the previous statements were written, the news release said. "The BLM welcomes identification of additional issues and concerns by the public," said Celia Boddington, public relations coordinator for BLM. "A reasonable range of alternatives, including a 'no action' alternative, will be developed to respond to the issues." Alternatives will outline solutions to the issues and concerns brought out through public scoping to develop reasonable approaches to vegetation treatment, she said. *Times-News correspondent Loraine Cavenar can be reached at 436-1351 or lcavenar@caable.ore.net.*

Train

Continued from B1

each year. "It brings in a pretty good little extra chunk on a Friday and a Saturday night," said Rony Cruley, manager of CJ's Billiards in Burley. During the academy, firefighters will squeeze into desks made for smaller bodies while attending some lecture classes, but they will be out on the blacktop for hands-on training and live fire drills. More of the hands-on classes fill up than the indoor classes, said Randy Sutton, president of the board of the Southern Idaho Fire Academy. "People would always rather be outside than in class, even when it's 30 below," said fire academy board member Rich Rau. Firefighters hoping to escape the claustrophobia of small desks by taking hands-on classes may be in for a surprise. In one class, firefighters will crawl through a maze of narrow tunnels in pitch darkness. Harold Blakeslee designed the maze inside a trailer. After the academy, the maze will travel from one fire department to another, giving firefighters the chance to experience the sensation of being lost in a building, Sutton said.

Train

The maze represents an achievement for the academy. Eight years ago, the Southern Idaho Fire Academy offered a few classes to 60 students. Last year, the fire academy was the largest in Idaho. Sutton hopes the academy will have the money to purchase more mobile training units soon. The academy has been successful because the prices are reasonable and because it happens during a slow time of year, Sutton said. The board has tried to keep the prices low, recognizing that firefighters at rural and volunteer fire departments have limited financial resources. To pay for the classes, the academy enlists the help of local businesses, which donate money in support of quality fire protection. This year the academy will offer a class called Emergency Response to Terrorism: Basic Concepts. This class is designed to provide students with a general understanding and recognition of terrorism and criminal incidents. *Times-News writer Nate Johnson can be reached at the Mini-Cassia Bureau at 677-4042 or by e-mail at njohnson@magicvalley.com.*

Widow

Continued from B1
80 percent chance of becoming J.C., who recently lost Mike, her husband of 35 years, tallied up the highest number of points - 831. Over the past two years, not only did she lose her husband, but both her parents became ill, she was forced to close her business and claim bankruptcy, she lost her house, and she changed jobs and moved twice. She said

the stress has definitely taken its toll on her health and that she's on her knees the medication she was a year ago. Sometimes it just all seems overwhelming, she said. "I just started crying one day at work," J.C. said. "My license and registration had expired. It took me five days to get them renewed." Wasko said grieving people have many real worries. First, there's the fear of being alone.

Several of the people in the group didn't want to use their last names in this story because they feared their homes could be targeted by burglars. Then there are the financial worries. "According to Ralph Nader, widowed women as a whole earn less than \$2,000 a year," Wasko said. "Widowed women are the poorest people on earth." Wasko said grieving is a process with good days and bad

days. But she said things do get better and she does go to heal. "With the seasons, we ebb and flow just like the ocean," Wasko said. "Seasons bring back memories. There are anniversary dates. But there's light at the end of the tunnel. I promise you, you can be happy again." *Times-News writer Sandy Miller can be reached at 735-3264 or by e-mail at smiller@magicvalley.com.*

Oust

Continued from B1

the lawsuit can pay 50 cents per acre to join. Stevenson said. Holland and Hart is working on a contingency basis, which is why the group chose that particular firm, he said. Growers were hoping that they would not have to take the matter to court, but when they were told late in 2001 that no more money would be forthcoming that year, the growers group began to interview attorneys. "We believe 100 percent we have a strong case," said Dan Schaeffer, head of the growers

group. Holland and Hart attorneys plan to attend an Oust Crop Damage Steering Committee meeting Wednesday at the Minidoka County Fairgrounds. "If you have not yet retained Holland and Hart, it is important that you attend this meeting," Menard said. Those who have already retained the law firm do not need to attend the meeting. *Times-News correspondent Loraine Cavenar can be reached at 436-1351 or lcavenar@caable.ore.net.*

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MORNING LINE

SPORTSQUOTE

“If curling is a sport, then guys who shovel snow off driveways for a living should be making Michael Jordan money.”

—Circi Cole of the Miami Herald

TRIVIA

QUESTION: Who holds the career UCLA basketball record for most points scored?

...answer below

TODAY'S SCHEDULE:

High school boys basketball
3A District Four Tournament
No. 6 Buhl at No. 1 Deeto, 7 p.m.
No. 5, Wood River at No. 2 Kimberly, 7 p.m.
No. 4 Gooding at No. 3 Filer, 7 p.m.
2A District Four Tournament
No. 3 Valley at No. 2 Glenns Ferry, 7 p.m.
Magic Valley Conference Tournament
Magic Valley Christian vs. Raft River, loser-out, 4:30 p.m.
Martaugh vs. Hogerman, 6 p.m.
Castleford vs. Oakley, 7:30 p.m.
Northside Conference Tournament
Richfield vs. The Community School, 6 p.m., loser-out
Shoshone vs. Dietrich, 7:30 p.m.

IN BRIEF

Eagles drop last game at tourney

HENDERSON, Nev. — All things considered, the road trip to the Community College of Southern Nevada Aluminum Bat Tournament would have been a good one for the College of Southern Idaho baseball team — last year.

The Eagles (2-2) dropped their second game of the season Sunday, falling to Carritos Community College (Calif.) 4-3 to split their first four-game road swing of the season amid high expectations.

“We could have been 4-0 just as easily,” assistant coach Boomer Walker said. “We’re ahead of where we were last year at this time, but we just let them get away from us.”

Sophomore Jeremy Barnes hit a three-run home run in the top of the sixth to give CSI a 3-1 lead but the Eagles pitching staff surrendered two runs in the bottom of the inning to tie the game. Carritos scored the winning run in the eighth off reliever Thomas Henshaw.



Jeremy Barnes

Jerome holds sendoff buffet for girls team

JEROME — There will be a sendoff buffet for the Jerome High School girls basketball team Tuesday at 6:30 p.m. at El Sombrero. The buffet will include roast beef, potatoes, and a taco bar. The cost is \$7.

To make reservations or for more information call Terry at 324-8137. Reservations should be made by 9 a.m. Tuesday.

Compiled from staff reports

TRIVIA ANSWER:

Don MacLean, 2,608 points, 1989-1992.



Big air makes Kelly Clark golden girl

The Associated Press

PARK CITY, Utah — OK, snowboarders, maybe the Olympics really are cool, after all. Kelly Clark flew higher and nailed more dangerous tricks than anyone in the halfpipe Sunday to become the first American to take gold at the Salt Lake City Olympics.

“I can’t even explain what I’m feeling right now,” Clark said. “With rock music blaring over her headphones, she flew, twisted and slid her way down the hollowed-out snow chute in the final run of a thrilling day.”

The crowd of 16,500 was the biggest these athletes had ever performed in front of — it was a great day under a crystal-blue sky that might have muted many critics — in and out of the sport — who wondered whether snowboarding really belonged in the Olympics.

“Snowboarders have their reputations,” Clark said. “But my doing this, especially in the U.S.,”

Please see GOLD, Page C4

SALT LAKE CITY 2002 OLYMPICS

Snowboarder grabs first American gold



USA's Kelly Clark shows her form during the women's snowboarding half-pipe qualifying round for the 2002 Salt Lake City Olympics, in Park City, Utah Sunday. Clark went on to win gold in the competition, the first of the Games for America.

A perfect setting for Picabo's run

By Sam Donnellon
Knight Ridder Newspapers

SNOWBASIN, Utah — The slope is called Wildflower. Win or lose, fall or fly, it seems the perfect setting for Picabo Street to run what is likely her last Olympic race.

She is not a favorite in today's women's downhill and there is little reason to believe she can medal, even less that she can win gold. Except for this On Saturday, during timed training runs, Picabo Street blasted down the well-groomed mountain and recorded the day's best time.

A teammate, Caroline Lalive, had the second best time. “Like I told you all week when you asked me who my biggest competition is,” said Street, “it’s coming right off my team.”

That seemed to be the sentiment of skiers from several countries as they came off the mountain this weekend. “They have asked this mountain so much, it’s a huge advantage,” Italy’s Isolde Kostner said.

Street agreed. “We’re in America, we’re eating our food,



Picabo Street speeds down the hill during a women's downhill training run on Sunday. Today, Street will go for gold.

“We’ve got great chefs,” she said. “We’re staying in one place, as a team. We even jazzed in our downhill suits the other day. Just for fun. We’re just feeding off each other. We’re all trying to bring out the child within. That’s

needed to continue at this level. Her knees have been rebuilt and rebuilt again, and the thigh bone that she shattered one month after her improbable gold medal in the 1998 Super G at Nagano is thinner and vulnerable to a repeat break.

But the skier who spoke at the bottom of the hill over the weekend sounded anything but doubtful or apprehensive. “It’s just such a fun downhill,” she said of the course. “It kind of starts slow off the top and it’s really mellow. It gives you a good chance to kind of relax into it. Get into the middle of downhill and not be like all paranoid, and making all these weird turns right away. Once you roll over to the pitch it’s technical and you’ve got to kind of stay low, fly low with your chest.”

“The snow is perfect. I mean the volunteers have just done an unbelievable job of making this course perfect. I think some people are complaining how nice and smooth and perfect it really is. But, you know, we’re in America. We’ve got the manpower to make that happen. I’m just going to use it to my advantage.”

what the Olympics are about: Children and their dreams?”

This child is 30, with a gold medal and silver to show for her last two Olympics, with a scar running down outside of her left leg as an emblem of the sacrifice

NBA ALL-STAR GAME

West 135, East 120

Kobe steals All-Star show

The Associated Press

PHILADELPHIA (AP) — The booging began when Kobe Bryant was introduced, continued after he made a series of game-turning plays and reached a crescendo when he was handed the All-Star MVP trophy.

Back in his hometown where the fans show him no love, Bryant received none Sunday. Instead, he was practically treated like a traitor by the notoriously harsh Philadelphia fans.

“I was pretty upset,” Bryant said. “The boos were hurtful, but it’s not going to ruin this day for me.”

Bryant scored 31 points — the most in an All-Star game since Michael Jordan had 40 in 1988 — in the arena where he walked off the court last June with his sec-

ond championship, leading the Western Conference over the East 135-120 on Sunday.

Bryant, who grew up in Lower Merion, Pa., and whose father, Joe, played for the 76ers, played with tremendous hustle and flashes of flair in helping the West build a big halftime lead that they never surrendered.

But he was booed nearly every time he touched the ball, and when the game ended and he was given the MVP trophy, they let him have it long and loud one last time.

“What made me feel good though, at the end, was that the more people booed, some people started clapping and cheering even harder. That made me feel good,” Bryant said.

Bryant became the first player to reach 30 points since Jordan

did it in 1993, and he relegated Jordan, hometown hero Allen Iverson and every other All-Star into an afterthought by thoroughly dominating the game nearly every moment he was on the floor.

He also had five rebounds and five assists, shooting 12-for-25 from the field.

“What an incredible performance he put on. He was a step ahead of the best in the league, and that’s hard to do because there’s some great players out there,” West coach Don Nelson said.

It’s hard to fathom why fans in this city would turn on a player who grew up in the area and whose father was somewhat of a fan favorite when he played for the 76ers in the 1970s, but

Please see ALLSTAR, Page C2

Whirlwind weekend in Utah

SALT LAKE CITY — I’m a foreigner in my own country.

A stranger in an even stranger land — the 2002 Salt Lake Winter Olympics.

It’s everything you’ve heard of, from the Black Hawk helicopters overhead to the crush of camouflage men toting big guns, multiplied by a thousand.

For starters, I’ve emptied my pockets so many times already at security checkpoints, I don’t know if I’m coming or going.

I parked a mere eight blocks from where I was supposed to sign in and receive my “mark of the Games,” also known as an all-access press credential.

Some 2.5 hours later, exasperated and nearly exhausted from a 4-mile circuit searching for the damned accreditation tent, I was ready to give up and give in to Big Brother.

But then I stumbled, literally, upon the media tent.

Call it dumb luck, I guess, with me the big dummy.

Another two hours later, I was whisked away on a bus to Provo, Utah, to witness live my first-ever Olympics event — a men’s preliminary hockey match between Austria and Germany.

Three security checkpoints within 200 yards of each other and another emptying out of valuables, I was finally inside the Peaks Ice Arena.

First thing I noticed during the contest is the game clock counts up to the time limit, rather than down. But during intermission, the clock winds down — international rules at its finest.

Then there’s the high-tech cameras stationed above the ice rink. Each rotates every second on a 360-degree axis to follow the puck. At least the electronic eyes were fixed on the ice and not the crowd. That was reserved for the endless number of security personnel hovering at every corner, earphones in place.

During the second intermission, I asked a pair of the purple-vested personnel where I could get game stats. They told me to wait as both simultaneously put fingers to their earphones, listening intently. After a minute or two, one mumbled to the other to escort me back to the main floor. Apparently climbing the steps to where they were stationed was against the law and a violation of security protocol.

Back to the game, where the loudspeakers boomed organ/synthesizer music ranging from some bizarre mix of “Close Encounters of the Third Kind,” to Guns-n-Roses’ “Welcome to the Jungle.”

A jungle, this wasn’t; a circus was more like it.

Please see UTAH, Page C4



Western Conference All-Star Kobe Bryant (8), of the Los Angeles Lakers, is guarded by Eastern Conference All-Star Ray Allen (34), of the Milwaukee Bucks, during the 2002 NBA All-Star game in Philadelphia Sunday.

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Modano's goal, four assists dump Ducks

ANAHEIM, Calif. - Mike Modano scored a goal and tied a career high with four assists, and Dallas got power-play goals from Jere Lehtinen and Sergei Zubov in a 5-1 victory over Anaheim.

The five points were a season-best for Modano, whose 57 career points against Anaheim are more than against any other team.

Brendan Morrow had a goal and three assists for the Stars.

Rangers 4, Penguins 3

NEW YORK - Moments after complaining to a referee about a non-call, New York's Matthew Barnaby scored the game-winning goal with 2:13 seconds remaining, giving the Rangers a 4-3 victory over the Pittsburgh Penguins on Sunday.

With Barnaby stopping to talk to the official about a hook from behind by Ian Moran, Pittsburgh goalie John Hedberg came too far out of net to clear a puck. New York's Petr Nedved raced in to take advantage and found Barnaby, who was closing in on the far post.

Wild 4, Islanders 3

ST. PAUL, Minn. - Sergei Zholtok scored twice in the third period as goal-starved Minnesota



Anelias Matt Cullen takes the puck while teammate German Titov falls off the ice in the second period of their game with Dallas Sunday.

snapped a five-game losing streak.

Minnesota, which last won on Jan. 18 at Columbus, had scored only 10 goals in that nine-game winless span.

Devils 4, Sabres 1

EAST RUTHERFORD, N.J. - Jason Arnott had his first three-goal game since 1990 to lead New

Jersey over Buffalo.

Bobby Holik had a goal, and Martin Brodeur made 21 saves as the Devils won their second game in as many days and snapped the Sabres' season-high, five-game (3-0-2) unbeaten streak.

Taylor Pyatt scored in the third period for Buffalo, which also had a run of four consecutive overtime games ended.

The Devils are 4-1-1 since

Kevin Constantine replaced Larry Robinson as coach.

Oilers 4, Coyotes 3

PHOENIX - Jarne Niinmaa and Mike Comrie scored late in the third period to help Edmonton rally past Phoenix and snap an 11-game road winless streak.

Comrie tied it at 3 with 4:15 left. Niinmaa followed with a goal from the point 39 seconds later.

Shane Doan, Ladislav Nagy and Mike Johnson had goals for Phoenix. Eric Brewer and Josh Green also scored for Edmonton.

Sharks 4, Hurricanes 0

SAN JOSE, Calif. - Evgeni Nabokov entered the game as San Jose career leader in victories after he stopped 24 Carolina shots.

Nabokov entered the game tied with current Carolina goalie Arturs Irbe, who did not play, with 57 wins.

Patrick Marleau scored twice for the Pacific Division-leading Sharks, who extended their winning streak to four games. Teemu Selanne had a goal and assist, and Owen Nolan also scored.

Tom Barrow had 25 saves for the Hurricanes, who lead the Southeast Division despite their recent 2-4-6 slide.



Jose Maria Olazabal, of Spain, blasts from the bunker during the final round of the Buick Invitational Sunday. He won the event.

Olazabal takes Buick

SAN DIEGO (AP) - Jose Maria Olazabal shot a 7-under-par 65, then watched it hold up for victory in the Buick Invitational when J.L. Lewis three-putted No. 18 to blow his shot at a playoff Sunday at Torrey Pines.

It was Olazabal's first PGA Tour victory since he won his second Masters in 1999, and his sixth tour win overall. The Spaniard, who like Tiger Woods made the cut on the number, finished with a 72-hole total of 13-under 275.

Irwin shocks field at ACE Golf Classic

NAPLES, Fla. - Hale Irwin birdied two of the last three holes to senior Tom Watson and win the Senior PGA Tour ACE Golf Classic by one shot.

Irwin won \$225,000 of the \$1.5 million purse and added to his Senior Tour record with his 33rd career victory at the Club at Twin Eagles. The 56-year-old Irwin also passed the \$20 million mark in combined earnings on the regular and Senior tours.

SCORES AND STATS

IN THE BLEACHERS By Steve Moore



"He's an excellent guide and I pay him well, but sometimes I wonder how he's able to sleep at night."

BASEBALL

Sunday's College Baseball

Table with columns for game, score, and location. Includes games like Auburn vs. Georgia Tech, Wake Forest vs. Virginia Tech, etc.

BASEBALL

Major League Baseball

Table with columns for game, score, and location. Includes games like Yankees vs. Red Sox, Mets vs. Braves, etc.

BASKETBALL

National Basketball

Table with columns for game, score, and location. Includes games like Lakers vs. Bulls, Celtics vs. Pistons, etc.

BASKETBALL

Association

Table with columns for game, score, and location. Includes games like Utah vs. Arizona, New York vs. Boston, etc.

BASKETBALL

WRESTLING

Table with columns for game, score, and location. Includes games like Texas vs. Oklahoma, Iowa vs. Wisconsin, etc.

BASKETBALL

WRESTLING

Table with columns for game, score, and location. Includes games like Michigan vs. Ohio State, Penn State vs. Wisconsin, etc.

SCIENTIFIC WRESTLING

Table with columns for game, score, and location. Includes games like Texas vs. Oklahoma, Iowa vs. Wisconsin, etc.

SCIENTIFIC WRESTLING

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ON THE AIR TELEVISION

Editor's note: The television schedule for today's Winter Games appears on page C4

NBA Development League, Roanoke at North Charleston

Table with columns for game, time, and network. Includes games like Phoenix vs. Dallas, San Antonio vs. Houston, etc.

Saturday's Late NHL Summaries

Table with columns for game, score, and location. Includes games like Blackhawks vs. Avalanche, Oilers vs. Coyotes, etc.

FLAMES 4, CANUCKS 3

New Jersey at Dallas 5:30 p.m. Minnesota at Chicago 6:00 p.m. Philadelphia at Pittsburgh 6:00 p.m.

NHL Summaries RANGERS 4, PENGUINS 3

Philadelphia at Pittsburgh 6:00 p.m. New York at New Jersey 7:00 p.m. Dallas at San Antonio 7:00 p.m.

WILD 4, ISLANDERS 3

New York at New Jersey 7:00 p.m. Dallas at San Antonio 7:00 p.m. Philadelphia at Pittsburgh 6:00 p.m.

OLIVERS 4, COYOTES 3

Phoenix at Edmonton 7:00 p.m. Dallas at San Antonio 7:00 p.m. Philadelphia at Pittsburgh 6:00 p.m.

NASCAR Winston Cup Budweiser Shootout

Second International Speedway, Daytona Beach, Fla. Race 10:00 p.m.

TRANSACCIONS

Table with columns for game, score, and location. Includes games like Texas vs. Oklahoma, Iowa vs. Wisconsin, etc.

WEST COAST HOCKEY LEAGUE

Table with columns for game, score, and location. Includes games like Vancouver vs. Portland, Seattle vs. Tacoma, etc.

SKIING SKI REPORT Idaho

Boyer Basin - Sun 12-14 snowfall reported. 41 inches of snow on the ground. 25-30 mph winds.

HOKEY

Buffalo Bill's - Sun 12-14 snowfall reported. 41 inches of snow on the ground. 25-30 mph winds.

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SALT LAKE 2002 OLYMPICS

Curling stones start sliding at Olympics

Break out the brooms for odd sport of stones

OGDEN, Utah (AP) — Get out the brooms and stones. The Olympic curling tournament begins today with the U.S. men's squad opening preliminary play against one of the world's best.

The United States faces Sweden, winner of two of the last five world titles and among the gold-medal favorites. Switzerland, which won the first-ever Olympic tournament at the 1998 Nagano Games, and reigning silver medalist Canada, the 2000 world champs, also are top contenders.

The American men return three-fifths of the squad that finished fourth in Nagano, including Tim Somerville, the skip, or team captain. His father, Bud, is a two-time world champion and one of the U.S. coaches.

"We're just going to have to step it up," said Tim Somerville, of Coon Rapids, Minn.

The U.S. women play Japan on Tuesday. Canada, the tournament favorite, opens today against Sweden, the team it beat at last year's worlds.

Canada and Sweden have won every world title since 1992, with Canada taking the last two and Sweden the two before that. Canada won gold in Nagano, followed by Denmark and Sweden.

Karl Erickson said the U.S. women are eager to improve on a fifth-place finish at the 2001 worlds.

"I think we prepared ourselves mentally to go into the Olympics knowing we have to be strong for all nine games of the round-robin play and build from there," said Erickson, of Bemidji, Minn.

Curling is an oddity in the United States, often ridiculed as shuffleboard on ice. In Canada, though, it is the second-most popular sport behind hockey.

A game consists of ten ends, which are similar to innings in baseball. In an end, each of the four team members deliver two 42-pound stones toward a series of circles. Two other team members go in front of the sliding stone, sweeping the best path to the center of a 12-foot-wide circle. The skip gives directions.

Teams score by having their stones closer to the center of the circle than the opponent's. Whichever team scores in an end shoots first the next end.

"We understand that our game is a little less known than some of the more publicized sports out there but once people give our sport a chance and watch it for a while, it becomes fascinating and a little addictive," said Ann Swishelm of Chicago.



After lining up his shot, the United States' Myles Brundidge pushes off the hack to make his delivery during curling practice Sunday at the Ogden Ice Sheet in Ogden, Utah. Men's and women's preliminary competition begins today.

2002 Winter Games

Stars
• Kelly Clark, United States: Won the nation's first gold medal of the games on the day's final run in women's halfpipe snowboarding.
• Claudia Pechstein, Germany: Took 3,000-meter speedskating world record 3:57.70.
• Todd Lodwick, United States: His seventh-place finish in the Nordic combined was the highest ever by an American.
• Simon Ammann, Switzerland: Beat favorites Adam Malysz and Sven Hannawald to win 90-meter ski jumping.

Other Americans

Daron Rahivics was 16th, Jake Fiala 27th and Scott Macartney 29th in downhill. ... Matt Dayton 48th, Bill Demong 19th in Nordic combined. ... Shannon Dunn-Downing was fifth and Tricia Byrnes sixth on the halfpipe. ... Catherine Raye 13th and Annie Driscoll 21st in 3,000-meter speedskating.
Failed to finish update
The reasons Pravat Nagvajara quit less than halfway through his cross-country race on Saturday: He fell early, lost his sunglasses,

tired and was about to throw up. Nagvajara, a 43-year-old engineering professor at Drexel, is the first Thai in the Winter Olympics.

What's Next

American skier Picabo Street, 30, attempts to add another medal to her gold and silver in the women's downhill today. Kyo Ina and John Zimmerman have an outside chance to medal for the United States in pairs. Americans Tony Benshoof and Adam Hecht seek hope to sneak in for a medal against a luge field headed by three-time Olympic champion Georg Hackl of Germany.

Hackl and Zoeggeler set the stage for climactic duel in luge

PARK CITY, Utah (AP) — Georg Hackl came to the Winter Olympics determined to make history. After one day on the luge track, he found out it won't be easy.

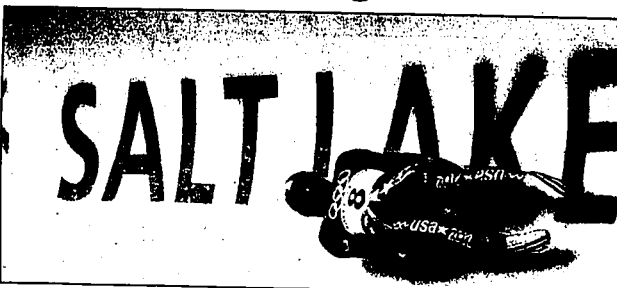
Hackl, seeking an unprecedented fourth straight gold medal, trailed Armin Zoeggeler of Italy by 41 hundredths of a second after the first two heats of what became a riveting duel Sunday.

It was Zoeggeler's night right from the start. With about 13,000 fans lining the 17-turn track and screaming encouragement at all the sliders, he broke his own track record twice and finished with an aggregate time of 1 minute, 29.067 seconds.

Trailing by 68 hundredths after the first heat, Hackl quickly proved why he is the greatest luger in history and still a threat at age 35.

With his black-and-white booties cutting through the icy air like a pair of lobster claws, the German stunned everybody with a run of 44.494 seconds, the fastest run of the day.

"I was very satisfied with the second run, but I'm angry with my starting times," Hackl said. "In training I was much better. In my mind, Zoeggeler was the



Tony Benshoof of White Bear Lake, Minn., competes for the United States during the men's singles luge at the 2002 Salt Lake City Winter Olympics in Park City, Utah, Sunday.

best in the world the past two years, but this track suits my style perfectly."
Another gold medal would place Hackl on yet another pedestal. No Winter Olympic has ever won the same event four straight times.
Four athletes — Carl Lewis in the long jump, Al Oerter in the discus, and Paul Elvstrom in sailing — have accomplished the feat

in the Summer Games. With any medal, Hackl will become the first winter athlete to make the podium in five consecutive Olympics.
Markus Prock of Austria, who has finished second twice in Hackl in the Olympics, was in third at 1:29.108.
The crowd might have provided the biggest boost to Adam Heidt of Northport, N.Y., who

was fourth and in medal contention heading into today's final two runs. No American slider has won a medal in singles Olympic sport since 1964.
"I'm pretty psyched," said Heidt, who trailed Prock by just 72-hundredths of a second. "It's great. I'm doing everything that I can."
Tony Benshoof of White Bear

'I don't know what happened. It's a tough corner and it just got me.'

— Tony Benshoof, American luger

Lake, Minn., was in seventh after a first run of 44.776 seconds but lost control of his sled and slammed a wall at the top of the track on the second to fall out of contention.

"I don't know what happened," said Benshoof, competing in his first Olympics. "It's a tough corner and it just got me. It's the most difficult part of the track and it was the most difficult for me, too. I lost a lot of time. Hopefully, I can make it up tomorrow."

Four years ago at Nagano, Zoeggeler won silver behind Hackl, but the German ace clearly was on a different level. He won all four heats and finished a daunting half-second ahead of Zoeggeler, who also won bronze behind Hackl at Lillehammer.

At the Games

2002 Winter Olympic Schedule

Today's televised events

On NBC — 2:30 p.m.
Men's halfpipe snowboard; men's singles luge
On NBC — 6:30 p.m.
Women's downhill skiing; pairs figure skating; men's singles luge; speedskating, men's 500-meter
On MSNBC — 11 a.m.-4 p.m.
Biathlon
On CNBC 4 p.m. to 10 p.m.
Curling, U.S. vs. Canada; men's hockey

Today's schedule of events

Subject to change
Alpine Skiing
At Snowbasin Ski Area
Women's Downhill, 10 a.m.
Biathlon
At Soldier Hollow
Women's 15km Individual, 11 a.m.
Men's 20km Individual, 1:30 p.m.
Curling
At The Ice Sheet, Ogden, Utah
Men
Draw 1
Denmark vs. Finland, 9 a.m.
France vs. Germany, 9 a.m.
United States vs. Sweden, 9 a.m.
Canada vs. Britain, 10 a.m.
Draw 2
Norway vs. Switzerland, 7 p.m.
United States vs. Canada, 7 p.m.
Denmark vs. France, 7 p.m.
Finland vs. Germany, 7 p.m.
Winter Games
Draw 1
Sweden vs. Canada, 2 p.m.
Britain vs. Norway, 2 p.m.
Switzerland vs. Denmark, 2 p.m.
Russia vs. Germany, 2 p.m.
Figure Skating
At Salt Lake Ice Center
Pairs, Free Program, 5:45 p.m.
Ice Hockey
At The Peaks Ice Arena
Women's Prelim, Sweden vs. Russia, 2 p.m.
Men's Prelim, Belarus vs. France, 7 p.m.
At E Center
Women's Prelim, Canada vs. Kazakhstan, 11 a.m.
Men's Prelim, Ukraine vs. Switzerland, 4 p.m.
Luge
At Utah Olympic Park
Men's Singles, Runs 3 & 4, 9 a.m.
Snowboarding
At Park City Mountain Resort
Men's Halfpipe, 10 a.m.
Speed Skating
At Utah Olympic Oval
Men's 500 qualification, 1 p.m.

RESULTS

Alpine Skiing
Downhill
1. (1) Sweden, Austria, 1:31.11
2. (2) Switzerland, 1:31.12
3. (3) Canada, 1:31.13
4. (4) France, 1:31.14
5. (5) Germany, 1:31.15
6. (6) Italy, 1:31.16
7. (7) Austria, 1:31.17
8. (8) Switzerland, 1:31.18
9. (9) France, 1:31.19
10. (10) Italy, 1:31.20
11. (11) Austria, 1:31.21
12. (12) Switzerland, 1:31.22
13. (13) France, 1:31.23
14. (14) Italy, 1:31.24
15. (15) Austria, 1:31.25
16. (16) Switzerland, 1:31.26
17. (17) France, 1:31.27
18. (18) Italy, 1:31.28
19. (19) Austria, 1:31.29
20. (20) Switzerland, 1:31.30

Utah

Cheerleaders improvised dance moves to every note, while holding up signs in English that read "Noise."
The crazed European fans made plenty of it.
And when the Austrians tied the game at 2-2 with 40 seconds left in the second period, the place erupted in cheers and waving Austrian flags.
Even better was the second intermission, where an Austrian

bobsledder started talking smack about the Deutschlanders and how his countrymen were going to beat "those Germans."
Germany ultimately prevailed, however, 3-2.
The Olympics are truly a cultural phenomenon.
As I'm writing this, a reporter to my right is speaking German on his cell phone, while on my left, two men are arguing in French and some other unintelligible tongue.

My head is spinning with all I've encountered in what is going on my 10th hour at Olympic ground zero.
It's already been a whirlwind 4.5 days in Zion.
From watching the College of Southern Idaho basketball team lose three of four games in St. George and Ephraim, and now hanging out among 9,000 of the world's media, I'm ready for anything.
Such as watching Idaho's

favorite ski bunny, Picabo Street, try to win her third Olympic medal today in her final Olympic games. Street is skiing in the women's downhill at Snowbasin's "Wildflower" course. She finished in seventh place during a training run on Sunday, behind all of the top-ranked Europeans.
Still, Street is known for her competitive fire when it's all on the line. Like she said earlier this week, "anything can hap-

pen."
That's been the motto of my weekend.
Times-News Sports Editor Kevin Hall is in Salt Lake City covering the Winter Olympics. Leave him a message at kevin@magicvalley.com, or 735-3239.

Gold

says a lot. Maybe it will shine a light on snowboarding, and people will look at it in a different way."
Clark's mark of 47.9 easily beat Doriane Vidal of France, who scored a 43.0 to win the silver, the first medal of these Olympics for her country. Fabienne Reuteler of Switzerland won the bronze.
American Shannon Dunn, the

bronze medalist in 1998, finished fifth and teammate Tricia Byrnes was sixth.
The 18-year-old Clark won the gold with 30 seconds of drama and tension in which most of the fans were squarely on her side.
Standing at the top of the chute, Clark played it cool, smiling and pumping her fist at the flag-waving fans.
With "Welcome to the Jungle" by Guns n' Roses playing over

the sound system, Clark cranked up Blink 182's "This is Growing Up" on her headphones and began her golden descent.
Normally, she uses the music to drown out the distractions, but that wasn't possible this time.
"The crowd was going so wild, I could hear them over the headphones," she said.
With every airborn move and perfect twist, things only got

louder. When it was over, she glided into the arms of her coach. Once her score was announced, she climbed over a retaining fence to celebrate with friends.
"I wouldn't have thought in a hundred years that I'd be here," said Clark, from Mount Snow, Vt.
"At the last Olympics, I was a kid sitting at Mount Snow Academy saying, 'Whatever.' I didn't really think anything of making it here until last season."

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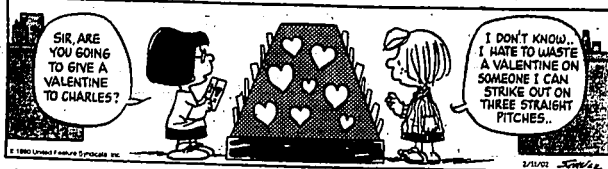
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COMICS

Classic Peanuts

By Charles M. Schulz



For Better or For Worse

By Lynn Johnston



Dilbert

By Scott Adams



Blondie

By Dean Young & Stan Drake



B.C.

By Johnny Hart



Pickles

By Brian Crane



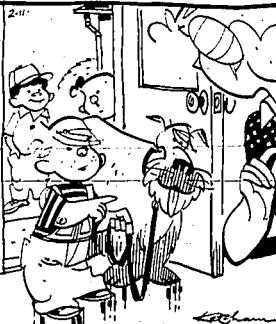
Garfield

By Jim Davis



Dennis the Menace

By Hank Ketcham



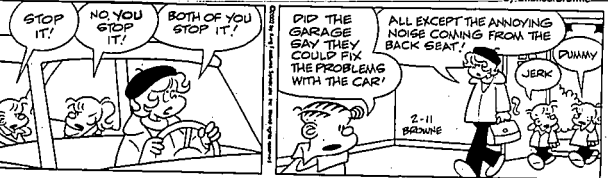
The Family Circus

By Bil Keane



Hi and Lois

By Chance Browne



The Wizard of Id

By Brant Parker & Johnny Hart



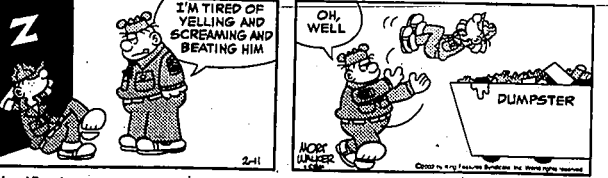
Hagar the Horrible

By Chris Browne



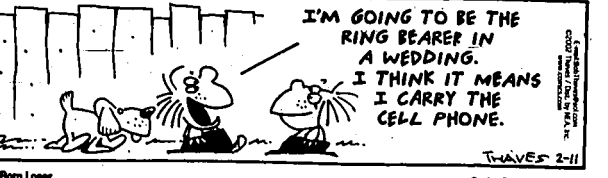
Beetle Bailey

By Mort Walker



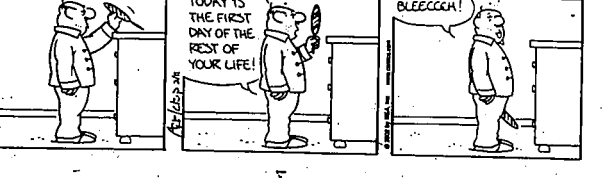
Frank and Ernest

By Bob Thaves



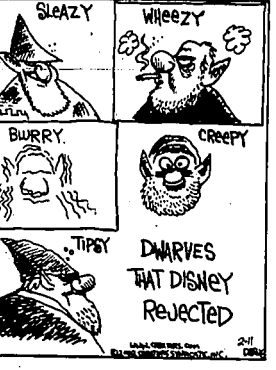
The Born Loser

By Art Sansoni & Chip



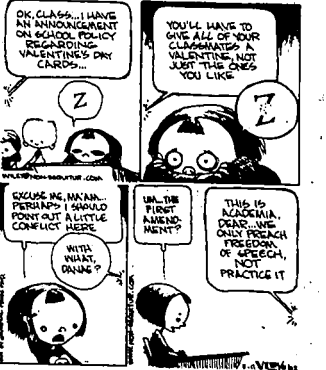
Strange Brew

By John Deering



Non Sequitur

By Wiley



FEB 11 2002

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Magic Valley Regional Medical Center will receive sealed written bids for the following equipment items until 10:30 a.m. MST Wednesday, February 20, 2002, at the office of the Chief Executive Officer...

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Asteroid nearly destroys earth and nobody cares

You can skip this column. I'm sure you have more important things to do. You don't need to waste your valuable time reading about how millions of people, possibly including you, recently were almost killed by a giant space rock and there are more coming and nobody is doing anything about it.

I am a little upset here. In case you didn't hear about it, which you probably didn't: On Jan. 7, an asteroid 1,000 feet across - nearly three times the current diameter of Marlon Brando - barely missed the earth, which is most likely your planet of residence.

What do I mean by "barely"? I mean that this asteroid, traveling at 68,000 miles per hour, came within 400,000 miles. In astronomical terms, that is nothing. To get an idea how close this thing came, imagine that your head is the earth. Now hold your right hand, representing the sun, at arm's length. Now take your left forefinger, representing the asteroid, and move it toward the earth at 68,000 miles per hour until your pinkie is up to the knuckle in your left nostril. Now try to type a sentence. That is what I mean by "barely."

What if this asteroid had hit the earth? According to British asteroid expert Benny Peiser, as quoted in the National Post of Canada, "Such an object could literally wipe out a medium-sized country." So if you live in a large country, you have nothing to worry about.

No, really, if this thing had hit anywhere on earth, it would have been seriously tragic. And don't think you're safe just because this one missed. There are plenty more asteroids and asteroids (which are your female asteroids) whizzing through space, and eventually one will hit us. Some already have. Astronomers believe that 65 million years ago, a large asteroid struck Earth and wiped out the dinosaurs; in 1985, a smaller one obliterated the career of Henry "The Fonz" Winslow.

The American Astronomical Society was holding a conference in Washington at the very same time as the asteroid nearly hit the earth. I know this because The New York Times covered the heck out of the conference. Here's the scary part: The Times not only print one word about the asteroid. Instead, as this thing whizzed past, The Times printed the following exciting astronomy news:

Jan. 8 - Astronomers have discovered that certain gamma rays, which they use to come from billions of light-years away, in fact came from only a few hundred million light-years away!

Jan. 9 - Having studied the far edges of the universe with the Hubble telescope, astronomers now believe that roughly 14 billion years ago, stars formed more quickly than was previously thought!

Jan. 10 - Astronomers "peering deep into the heart of the Milky Way" have discovered more than 1,000 sources of "powerful X-rays," far more than were previously known.

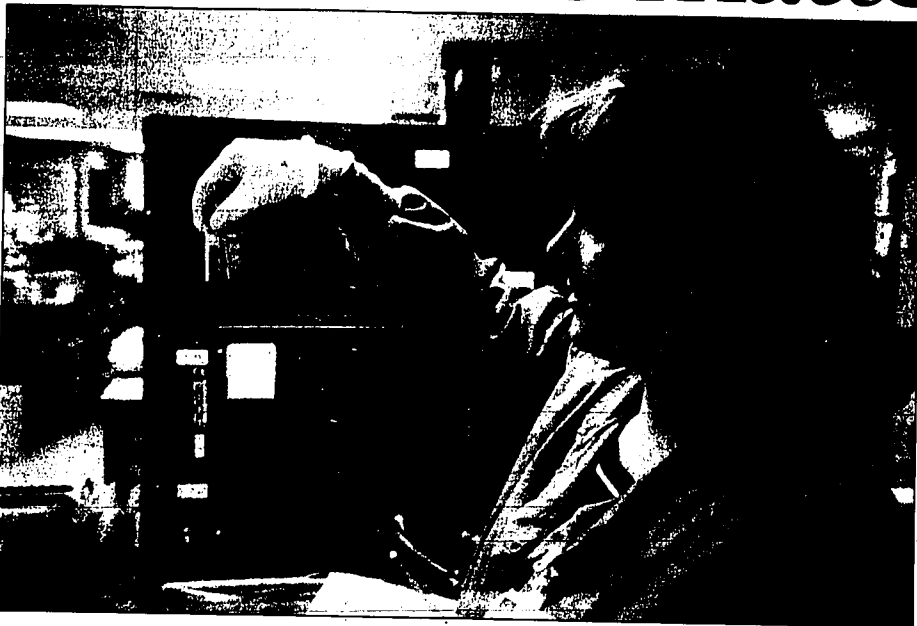
The astronomers aren't going to save us. Humanity must take matters into its own hands. Step One, of course, is for everybody to lay in at least a two-week supply of margarita ingredients. Step Two, is to mount a massive international project, based on the movie "Armageddon," to watch for an incoming asteroid, and then send up a rocket, commanded by Bruce Willis, to blow it up with a hydrogen bomb. Except that we can't really use Bruce, because he'd want \$20 million, plus a percentage of the asteroid. So we need someone else - someone with courage, skill and a proven ability to perform a course of grave danger. There is one name that comes immediately to my mind, as I'm sure it does to yours. Gerardo, your planet needs you.

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



HUMOR
Dave Barry

The heart of the matter



Magie Valley Regional Medical Center medical technician Mitze Crown examines blood samples of the type used for cardiac risk profiles.

Risk profiles can predict coronary artery disease

By Steve Crump
Times-News writer

TWIN FALLS - The shape of the future sits in a rack of test-tube like vials in the lab at Magic Valley Regional Medical Center.

They're blood samples, and inside these vials the residue of unhealthy living is sometimes apparent even to a casual observer in the form of visible fatty substances of the kind that can clog the inside of your coronary arteries.

This blood and the lipids it carries have been through a spectrographic analysis that doctors say can predict your chances of developing heart disease, and when.

"It gives you a picture of how you stand with some of the major risk factors for heart disease," said Dr. James Emery, a Twin Falls cardiologist. "That's the value of cardiac risk profiles."

The medical center is promoting risk profiles during February, which is American Heart Month. They're \$10 for the rest of the month - less than half the usual cost - if you present a certificate that the hospital is giving away.

Cardiac risk profiles present the most complete picture of your vulnerability to heart attack, stroke and vascular disease that you can get from blood tests. They measure triglycerides, one of the major forms in which fat is stored in the

To learn more ...
To get a certificate that will entitle you to a \$10 rate on a cardiac risk profile, call 737-2000.

body, as well as both high- and low-density lipoproteins - "good" and "bad" cholesterol - and estimate your prospects of developing coronary heart disease.

"It's not the whole picture," says Dr. John Gray, a pathologist at the hospital. "You have to take into account other factors such as family history, smoking, age and obesity."

But someone with a moderate risk, as measured by a cardiac profile, who also has a parent with heart disease perhaps should be taking the newest generation of cholesterol-busting drugs, he says.

"Cardiac risk profiles tell you who is good candidate for anti-cholesterol drugs, which are very effective," Emery says.

Taken over time, these drugs can head off coronary heart disease. "These profiles are valuable for people in their 20s and 30s with a family history of heart disease as well as for people with a moderate risk in the short term," Emery says.

The death rate from heart disease has ebbed over the past 15 years, the result of better drugs and healthier lifestyles. Please see PROFILES, Page D2

Cholesterol: It's worse than you think

The Baltimore Sun

A decade ago you decided to watch your cholesterol, so you avoided eggs, switched from butter to margarine and finally stopped eating much fat at all. Since then you've learned that eggs might not be as bad for you as everyone thought, margarine could be more deadly than butter, and not all fats are created equal.

You want to tear your hair out when you hear that lowering your cholesterol too far below the recommended level might not be the best thing to do. Studies have suggested a link between very low cholesterol and depression.

To make matters worse, you don't understand how there can be "good" cholesterol (HDL), which helps clear out your blood vessels, as well as "bad" cholesterol (LDL), which clogs them. You know cholesterol is a fat-like substance in your blood. How can that ever be good?

And what are triglycerides anyway? If you weren't confused enough, the government - specifically the National Heart, Lung and Blood Institute - has come out with complicated new guidelines for treating cholesterol, based on a number of studies done over the past 10 years.

Many more people fall in the high-

risk category than under previous guidelines - Consumer Reports estimates triple the number - which could put millions of Americans on expensive cholesterol-lowering medicines for the rest of their lives.

"We put a lot of attention on cholesterol because it's one of the factors we can modify," says Dr. Stuart Bell, a general internist in Baltimore.

The new recommendations, like the old ones, call for lifestyle changes and drugs to lower levels of LDL and triglycerides - another form of fat in the blood - and elevate HDL; but they also identify three new groups at high risk for heart disease and recommend aggressive treatment for them.

People with diabetes are now considered as much at risk for cardiovascular disease as someone who has already had a heart attack. Under the old guidelines, if you were a diabetic with no history of heart disease, your target level of bad cholesterol (LDL) was less than 160 milligrams of cholesterol per deciliter of blood (mg/dL). Now it's less than 100 mg/dL, a significant difference.

"We have much better data now about who's at risk for heart disease," says Dr. Roger Blumenthal, director of preventive cardiology at Johns Hopkins. Please see CHOLESTEROL, Page D2

Researchers: Use injured back muscles

It may seem natural to avoid using injured back muscles, but doing so might lead to recurring problems, say researchers at Ohio State University. A study in the Dec. 1 issue of the journal Spine found that people with back injuries inflicted twice as much twisting forces on their spine, and 1 1/2 times as much compressive force as uninjured people who lifted the same object. "People with back pain guard the injured area by using more muscles than they need to," said Prof. William Marras. "The more muscles they use, the greater the load there is on the spine." Greater loads can lead to more serious injuries, such as disc degeneration, which can require surgery. Also, lifting objects slowly, as injured people tend to do, intensifies the harm. The study suggests that physical therapy should include not only regaining strength but also learning to use back muscles naturally.

Versatile Picovir
The drug Picovir, which shows

Health notes

promise in fighting the common cold can also combat serious diseases caused by an enterovirus, another member of the picornavirus family, such as myocarditis, an often fatal inflammation of the heart, chronic meningitis, polio, and neonatal infections. And for a number of these patients, Picovir, which has been dispensed on a compassionate basis to more than 400 people, has been, quite literally, a life saver. Normally, many people suffering from chronic viral meningitis, for example, a once-incurable brain infection, slowly degenerate. "Picovir reverses that course," said Mark McKinlay, vice president of research and development for ViroPharma, the company that makes the drug. Other scientists have achieved similar results using Picovir to treat polio, where the drug cleared the virus from the patient's body, and infections that sometimes kill or severely

sicken newborns.

Non-stimulant ADD drug
Scientists have developed and are testing the first non-stimulant medication for attention deficit disorder. Results from a new study, published in the journal Pediatrics, suggest that the medication reduces inattention and impulsivity. In the study of 298 children received it and half received a placebo dose for 8 weeks. Three dosage levels were tested. Physicians have "been waiting for a medicine like this," said Dr. Lenard Adler, associate professor of clinical psychiatry and neurology at New York University School of Medicine. Prescription ADD medicines - the amphetamines Dextroamphetamine and Adderall - and the methylphenidate drugs Ritalin, Focaline, Merdate and Concerta - are stimulants. - compiled from wire service reports

Specialty feet prove useful

As noted last week, the wide range of machine presser feet can make your sewing easier and more professional. Examining the variations on the bottoms of these feet will help you understand their functions. In addition to the basic feet in our sewing boxes, here are a few specialty types that are nice to add:

- **Edgestitch foot** - This has a metal guide that makes it easy to do perfect edges and topstitching, as well as lace insertion and tucking.
- **Non-stick foot** - Has a Teflon coated surface that easily passes over sticky fabrics such as leather and vinyl. You can also try a roller foot, with a grooved roller to add friction on sticky fabrics.
- **Overlock foot** - Used with an overcast stitch; prevents fraying on edges, similar to a serger finish.
- **Even feed or walking foot** - Helpful when sewing two dissimilar fabrics that might shift, when working with napped fabrics, or when matching plaids. Quilters



SEWING
Barbara Gash

use it to prevent puckering when sewing bulky layers.

- **Piping foot** - Has a large groove on the bottom to hold cording and piping in place.
- **Clear darning foot** - For "free motion" embroidery with the feet dogs disengaged. You stitch while moving the fabric in all directions.
- **Pinlucking foot** - Multiple grooves underneath allow you to use this one with a twin needle to stitch perfectly parallel rows of pinlucking.

Barbara Gash writes about sewing for the Detroit Free Press. Write to her at the Free Press, P.O. Box 928, Detroit, Mich. 48231, or send email to compuser@ttd.com

HEALTH & FASHION

Center offers an infant care class

Infant care class will be offered from 5-7 p.m. Tuesday in the board room at Cassia Regional Medical Center in Burley. Topics will include infant care, feeding and bathing.

'Baby and Me'

St. Benedict's Family Medical Center will offer "Baby and Me" classes from 10:30-11:30 a.m. every Tuesday at the Health Education Center, 115 Fifth Ave. W., Jerome.

The sessions, which are for parents of children from infancy through toddler years, will be presented by Anita Bartels, RN, and various guest speakers. This week's topic will be "Developmental Milestones."

To do for you

The class is free. For more information, call 324-7262.

Childbirth classes

Prepared childbirth classes will be offered from 6:30-9:30 p.m. Wednesdays, beginning Wednesday through March 13, in the Sage Room of the Education Center at Magic Valley Regional Medical Center in Twin Falls.

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

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

Alzheimer's support

Holley Homes will hold an Alzheimer's Support Group meeting at 1 p.m. Wednesday 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. Thursday at the senior center, 721 Third Ave. S., Hailey.

For more information, call Brenda Shoppe at 788-3468.

CPR class offered

Cardiopulmonary resuscitation

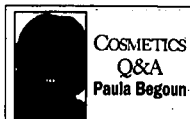
class will be offered from 8 a.m. to noon Saturday in the doctors' meeting room at MVRMC in Twin Falls.

The class will include emergency procedures for mouth-to-mouth resuscitation, chest compression and choking for adults and infants. The program includes classroom instruction and hands-on practice.

Cost is \$25. Preregistration is required, call 737-2007. To do for you is a calendar listing of health-related activities, events and education. Information should be submitted by Thursday for publication in the following Monday's Health & Fashion. Mail notices to: The Times-News, P.O. Box 548, Twin Falls, ID 83303, or deliver to our office at 132 Third St. W.

Smooth away frizzies in hair

DEAR PAULA: I have naturally curly hair that is very frizzy. Even though I try, I am not able to straighten or smooth it very well with my blow dryer so I have to also use a curling brush to smooth some of the frizzies. But it still doesn't do the job. I also have highlights in my hair, which only makes it drier I'm sure. Can you suggest any products - including shampoos, conditioners, smoothing gels, or mousses - that may help my hair? A lot of products make claims about taming the frizzies but none seem to do anything. Also, are there any that I should stay away from?



make the most of blowing your hair dry, and you will be ahead of the game!

DEAR PAULA: I constantly see products that claim to deliver oxygen to the skin. Is this helpful and something I should look for in a new moisturizer.

-DARLENE, SEATTLE DEAR DARLENE: It turns out that oxygen is not a skin-friendly ingredient. The whole basis for the antioxidant craze is using them to keep oxidative substances - meaning oxygen releasing substances - off the skin. Adding more oxygen to the skin would cause far more problems than it could possibly help.

DEAR TIM: My hair is a frizz styling products out there work very well. Perhaps you have not found the right combination of products yet.

It is difficult to suggest exactly which ones would work best for you, and the smallest quantity, or a combination of all three depending on the thickness of your hair.

As a general rule - and this is only a general rule - be sure to use a silicone serum (Cire Shyne makes a good one, but there are dozens more), and then a styling lotion or styling spray; for these types of products, L'Oréal's Studio Line has a great range of options to consider.

It is also important to be sure you are using the right blow dryer (higher heat is bad). Also a good, round, bristled brush works well. It is important to portion the hair in small sections and go slowly over each section several times.

Overall, even the best products may not be able to compensate for what nature has given you, or counteract the environment (outdoors or at work, such as humidity) you're facing.

The one ace you can play is to learn the best styling techniques for your hair. That will involve visiting a salon and working with a hairdresser who knows the ins and outs of naturally curly hair. Make an appointment to have a professional show you how to

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Prescription costs drive Idahoans across border

CRESTON, British Columbia (AP) - In a tidy examination room in Creston, B.C., Dr. Sydney Ketter looks over progress notes for patient Frances Dodd and comments on her medications.

"You're on a fair number, then," he notes. Ketter takes Dodd's blood pressure, checks for swelling in her ankles and listens to her lungs and heart. Then he pulls out a small green pad and writes a prescription for 10 medications.

"I'll give you a copy of this," he said. "If they ask for proof that you actually saw me, you'll have this."

"Dodd" means U.S. Customs Service agents. Dodd, 57, is a U.S. citizen who lives in a Coeur d'Alene retirement center. She travels 120 miles to these twice-a-year appointments in Canada, where prescription prices are regulated and much cheaper than in the United States.

She is one of a growing number of older Americans seeking ways to get prescription drugs for lower prices.

Nearly 80 percent of senior citizens use some type of prescription medicine every day, accounting for 40 percent of all drug spending in the United States. Spending on prescription medications increased nearly 19 percent in the year 2000 alone.

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up to 80 percent of Americans want Medicare to pay a portion of prescription drug costs. But a looming budget deficit, mid-term elections and an emphasis on defense spending might once again delay congressional action.

"It's something we want to do, but it goes back to: Do we have the money?" said Jeff Schrade, spokesman for Sen. Larry Craig, R-Idaho. "The devil's in the details. You're talking a humongous program."

Politicians are expected to float a variety of proposals, including coverage for drugs that manage selected chronic diseases, an "entry level" program that benefits low-income seniors, or a Medicare discount drug card.

In the absence of a national

Medicare prescription benefit program, some drug companies are offering discount cards, in addition to providing low-cost drugs to indigent patients.

This month, Pfizer Inc. announced the Pfizer Share Card, which allows Medicare recipients to purchase a 30-day supply of any Pfizer prescription for a flat \$15 fee.

Such stopgap measures won't substitute for a Medicare prescription drug benefit, said Jan Holloway, an active Spokane, Wash., AARP member.

Last July, on the 36th birthday of Medicare, she and other AARP members delivered a cake to Rep. George Nethercutt's Spokane office. The cake had a big hunk cut out of it and was decorated with the words: "Fill in the missing piece."

Profiles

Continued from D1

But coronary heart disease is still the leading killer in America.

"Risk factors for heart disease are well known and most can be changed once detected," says Dr. David Kemp, another Twin Falls cardiologist.

Cardiac risk profiles require just a blood sample and a willingness to fast for 13 hours before it's taken.

The blood goes through a high-tech machine that assesses the lipids. Health-care specialists review the results and recommend any changes in lifestyle that may reduce your risk of heart attack, stroke or vascular disease.

The test also provides baseline measurement for future cholesterol and triglyceride tests, which should be done every couple of years before age 50 - more often if you have a family history of heart disease or other risk factors.

Cardiac risk profiles are a useful predictor of future problems, but they're not destiny, he says.

Cholesterol

Continued from D1

Hopkins. Americans with "metabolic syndrome" and low HDL cholesterol - high-risk. This syndrome involves a group of seemingly unrelated symptoms, including a waist bigger than 40 inches for men or 35 inches for women, too-low good cholesterol (HDL) and too-high blood pressure and triglycerides.

The identification of the metabolic syndrome and how it raises the risk for coronary artery disease is one of the most important changes in the new recommendations, says Dr. Margo Denke, who was on the panel of experts that developed the guidelines, which were released this spring.

The third group is people who do poorly on the Framingham test, a heart attack risk test. People with a high Framingham risk score, according to the guidelines, should aim for an LDL of less than 100 mg/dL, although "We don't know

Fats: The good, the bad and the ugly

The kind and amount of fat you eat are keys to controlling your cholesterol.

Under new U.S. government recommendations, people with elevated cholesterol can eat more total fat than before but less of the "bad" kind.

The best for people with normal cholesterol did not change, although changes could come with a National Academy of Sciences report expected later this year.

For all, experts are giving more attention to a category called trans fats. Here's a rundown on this and other fats.

Total fat: Instead of getting no more than 30 percent of our calories from fat, as earlier recommended, the government now says up to 35 percent is OK as long as it's mainly unsaturated fat.

Saturated fat: It's the most artery-clogging kind, and the kind we should eat the least of. People with elevated cholesterol should get no more than 7 percent of their calories from saturated fat, government experts now say. For others, 10 percent is still considered acceptable.

Saturated fat predominates in fatty meats; whole milk and whole-milk products, such as ice cream and cheese; and in palm and coconut oils, used in many baked products. Check labels for amounts.

Polysaturated fat: Get up to 10 percent of total calories from this possibly beneficial fat. Polysaturated fats predominate in several vegetable oils.

Omega-3 fatty acid: This special kind of polysaturated fat may promote heart health by preventing artery-blocking blood clots: Omega-3 is plentiful in fish such as salmon and tuna and in certain oils, particularly flaxseed and soy oils.

Monounsaturated fat: Up to 20 percent of total calories can come from this fat, which predominates in olive oil, canola oil and avocados. It is thought to have cholesterol-lowering capability.

Trans fat: This is unsaturated fat that was originally liquid but has been saturated with hydrogen atoms to make it firmer. The process, called hydrogenation, turns the oil into a saturated, heart-unfriendly fat, frequently used in firm margarine and many baked products. Look for the words "hydrogenated" or "partially hydrogenated" on labels, and use little of those products. Soft tub margarines have less trans fat.

The Food and Drug Administration is proposing to require that products list trans-fat amounts.

Source: Seattle Times

Time-News writer Steve Crump can be reached at 737-3223, or write to him at crump@magicvalley.com

"It tells you what your risk is while it's there's time to make changes that will prevent heart disease."

Eating foods with soluble fiber that may affect your blood cholesterol positively, such as whole grains, dried beans, fruits and vegetables.

Exercising at least 30 minutes most, if not all, days.

Losing excess pounds. Weight loss and exercise often raise good cholesterol and lower the bad.

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Belt to tone abs might not work

Chicago Tribune

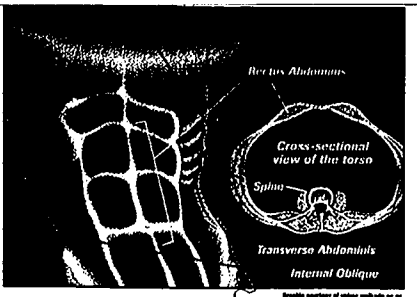
TV is humming with infomercials pushing electrical muscle stimulators, gadgets such as Fast Abs, Abtronic and Ab Energizer, that purport to help tone, tighten and strengthen the body without "exercise."

The thought of developing rock-hard abs without doing sit-ups, crunches or the dreaded 30 minutes of cardio workouts three times a week is downright seductive. But many doctors and exercise professionals say there's a problem with these devices: They may not work.

A study to be released in May in the *Journal of Strength and Conditioning Research* reportedly will confirm that EMS machines have little to no effect on firming abdominal muscles of healthy people.

"It's more of a gimmick than anything else," said Tommy Boone, professor and chairman of the department of exercise physiology at the College of St. Scholastica in Duluth, Minn., where he also is director of the school's department of Exercise Physiology Laboratory. "Some people would take issue with that, but those people probably have stock in the business."

Manufacturers of non-prescription, non-medical EMS machines often claim a scientific basis for product effectiveness. The devices are said to contract muscles by passing electrical currents through electrodes that are in contact with the body. The current for most of the products



is felt only once a gel or cream is applied to the electrode and to the skin. Nevertheless, the Food and Drug Administration has warned that EMS machines can cause electrical shocks and burns when used incorrectly.

If used correctly, there can be pain, Vickie Knight, an employee of Black Voices (a Tribune-owned Web site), bought one of the machines in December.

"I bought it to trim my midsection," she said. "The advertising said that one 10-minute session was equivalent to doing 600 sit-ups. That sounded great to me because I could keep it on while I was at work, at home, wherever."

"But when I put it on, particularly on my side, it was really painful," Knight said. "It hurts less when I put it on my stom-

Belts have a long history of dubious value

They say that electrical muscle stimulators are "new" or "revolutionary," but it's really accurate, according to Bob McCoy, owner of the Museum of Questionable Medical Devices in Minneapolis.

"These things have been around for more than 100 years," McCoy said. "There sure seems to be a lot of interest in them. The FDA should be looking into them, because they've been out before and they've been pulled off the market before."

One variation, the Heidelberg Alternating Current Electric Belt, appeared in a Sears catalog in 1900. Now, a century later, some people believe NASA astronauts use these machines.

"I don't know where people got this idea (that astronauts use these belts)," said Bob Shepherd, NASA's lead strength-conditioning and rehabilitation specialist at Johnson Air Force Base in Houston, where astronauts get in shape. "I've heard this, too, and it is not true. On the space station, the astronauts use a treadmill and two cycles, and both can be used to do upper-body work. In addition, they use a relative-exercise device for the upper body. On the space shuttle they mostly use a cycle. They do not use (EMS) machines. I wish it were that easy."

- Source: Chicago Tribune

A cough syrup of a different flavor

New system customizes medicine

Knigh Ridder News Service

Supposedly, a spoonful of sugar helps the medicine go down.

Dream on, Mary Poppins. During this season of colds and earaches, many parents of sick, cranky children find that nothing makes the medicine go down, though they've tried everything short of a straitjacket.

Kenny Kramm knows the feeling, which is why he invented a way to change medicine from yucky to yummy.

Some pharmacies are using his FLAVORx system, customizing bad-tasting medicine with flavors such as creamsicle, watermelon and bubblegum.

"The fruit flavors are most popular, especially grape," said Nancy Epps, pharmacist at the Kroger in Irmo, S.C.

Kramm is a pharmacist's son from Washington who faced a family crisis when his younger daughter was born. She was premature, had a seizure disorder and later developed cerebral palsy - and she wouldn't take her medicine.

"She would throw it out, she would spit it out; she would do anything but swallow it," he said.

He and his father, Harold, experimented with concentrated flavorings. After a few weeks, they came up with a banana flavoring his daughter liked.

As they continued to tinker with various FDA-approved flavorings, the word spread faster than a case of the sniffles at a day-care center. Now, Kramm runs a FLAVORx operation that has outgrown its old offices next to his dad's pharmacy and employs 25 people in nearby Bethesda, Md.

They've branched out into sugar-free flavors, kosher flavors and even veterinary concoctions to please the palates of

More than 40 flavors are available, and a 600-page book of guidelines helps pharmacists mix up the flavor a patient wants and needs. Grown-up flavors such as mocha cappuccino and pina colada might appeal to the elderly or other adults who have trouble swallowing pills.

pickypets.

Johnny Metheny, pharmacist and owner of The Medicine Shoppe in Lexington, S.C., has found the flavorings helpful when his own Lisa apps need medicine. But kids are the main FLAVORx consumers, he said.

"A lot of antibiotics taste quite bad, and it helps when we let kids choose which flavor they want," he said.

"We also can compound tablets into a liquid form and flavor that, which is especially helpful if it's a medication the child needs to take every day."

More than 40 flavors are available, and a 600-page book of guidelines helps pharmacists mix up the flavor a patient wants and needs. Grown-up flavors such as mocha cappuccino and pina colada might appeal to the elderly or other adults who have trouble swallowing pills.

Kramm said one study showed that the rate of compliance in taking prescribed medicine went from about 55 percent to more than 90 percent when the flavorings were used.

Kramm, who still does the taste-testing, said he aims to make medicines palatable, not to taste like candy.

He did make an exception for a boy who was dying of leukemia and struggled with his bitter medications.

"We made a special chocolate and peanut butter cup flavor just for him," Kramm said. "He was able to spend his last eight months at home, instead of in the hospital."

Eating healthy? Munchie sales keep rising

The Orange County Register

In 1994, Americans ate a mere 5.7 billion pounds of savory, manufactured snacks (chips, nuts, pretzels, popcorn, pork rinds and jerky), a 2.7 percent dip (hal a snack joke) from the year before. It was an isolated event. Our national snackathon grew by about a third during the 1990s, and by last year we were munching about 6.5 billion pounds of snacks annually.

All of which makes the Great Snack Fiasco of '94 stand out as a mystery, a riddle on par with Stonehenge, the giant heads on Easter Island, and Larry King's ability to find new brides.

Any mention of '94 can prompt wary speculation among snack feeders.

"It was the low-fat thing, probably," suggests Barry Levin, king of Snak King Corp., a California-based company that makes a full-line of nonbaked, noncandy snacks. "People always say they want to eat healthy. They talk the talk. Then, eventually, they go back to eating what they want."

Levin, 44, started at Snak King 20 years ago, when it was a three-man outfit making pork rinds for other brands.

"It's not as disgusting as it

The big 5

- Potato chips - 1.61 billion pounds.
- Tortilla/toastola chips - 1.48 billion pounds.
- Pretzels - 587 million pounds.
- Nuts - 504 million pounds.
- Microwave popcorn - 448 million pounds.

What's hot

- Jerky - up 26.2 percent
- Pumpkin/sunflower seeds - 11.7 percent
- Pork rinds - 4.9 percent

What's not

- Pretzels - down 3.1 percent
- Unpopped popcorn - 1.4 percent
- Already-cooked popcorn - 0.5 percent

What's it all mean?

Maybe a lot. Alan Hirsch, a psychiatrist and neurologist who runs the

Munchie mania

Smell & Taste Treatment Research Foundation in Chicago, interviewed 18,631 people to find out what, if anything, our snack-food choices say about us. His book is based on this research, "What Flavor Is Your Personality?" came out last year.

Such food astrology, a.k.a. "Food Horoscopes," might not be as wacky as it sounds. Hirsch points out that our senses of smell and taste are connected to the part of our brain that regulates emotion. He also says people who lose their sense of smell or taste often undergo strong changes in their personality, adding, "Remember, people don't eat snacks for their nutrient value.

Snack preference is at least as reliable as a Rorschach Test in terms of testing personality.

Here's what Hirsch says our favorite snacks say about us:

- Potato chips:** Ambitious high achievers who enjoy the good life. They tend to get frustrated by red lights, long lines and other aspects of daily life. Great fierce competitors.
- Tortilla chips:** Perfectionists, with

high expectations of themselves and others. Great house guests; modest to a fault.

- Pretzels:** Life-of-the-party types who tend to be interested in abstract ideas. Pretzel lovers tend to lose interest in day-to-day, routine tasks. Can be overly trusting, especially in romantic relationships.
- Crackers:** Shy, logical decision makers who don't like confrontation. They value their privacy and tend to work best solo.
- Cheese Curds:** Formal (despite the orange teeth), principled, family-oriented people who tend to see the world in terms of morality. Attention to detail, and a love of order: over-critical make them great housekeepers. Snooty.
- Pork rinds/jerky:** Gregarious talkers who don't like to be alone. Meat snappers tend to be loyal, good friends who will make sacrifices to please others. They also can be volatile and overtrusting.

- Source: The Orange County Register (Santa Ana, Calif.)

Alcohol use over 50: Researchers send mixed messages

Hartford Courant

For many people, enjoying a fine glass of wine with a well-prepared meal is one of life's simple pleasures, and some research has indicated that moderate drinking might even be good for your health. Studies have shown that seniors who drink wine regularly may lower their risk of heart disease, hypertension and diabetes and even increase bone mass.

One of the latest projects, published recently in the journal *Alcoholism: Clinical & Experimental Research*, found that elderly Italian patients who drank moderately were less likely to develop age-related dementia than teetotalers. But there is more agreement about alcohol's gastronomic qualities than about its health benefits.

Considerable research has also documented many negative effects of alcohol consumption in the elderly. A study at Ohio

State University indicates people have more alcohol-related problems after retirement. Another research project, done by the Center for the Advancement of Health at Duke University, shows heavy drinkers over the age of 50 are more likely to become disabled than non-drinkers. A study in the *Journal of the American Medical Association* showed that alcohol-related hospitalizations account for a substantial portion of Medicare dollars.

"People get mixed messages from the various studies that are published, and it can be confusing," says Alice Reilly, program manager for the geriatric day program at the Institute of Living. "A glass of wine a day may be OK if that's all you drink. The problem comes into play for those individuals who can't stop after one. And the reality is that for many older adults who are dealing with illness and medications, adding

any alcohol can be a very bad mix."

Researchers do agree that the amount consumed is key to positive versus negative effects. Even in the Italian study mentioned above, researchers found that drinking to excess raised the risk of developing age-related dementia.

"This study shows that among

older persons, moderate alcohol intake protects from the development of cognitive impairment," said co-author, Graziano Onder, a research associate in the department of geriatrics at Wake Forest University, when the study was released.

"However, alcohol abuse is associated with an increased risk of cognitive dysfunction."

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Ted L. Rea M.D., F.A.C.G.

GASTROENTEROLOGY • GASTROINTESTINAL ENDOSCOPY
Fellow of the American College of Gastroenterology

BELCHING

Everyone belches occasionally. Especially after eating. However, some people belch frequently, and it becomes annoying and embarrassing. Belching is the result of too much air in the stomach. It gets there by being swallowed with food or liquid. The stomach releases it by forcing it up the esophagus and out a belch. The more a person swallows, the more air goes into the stomach and the more belching. Some people are known as air swallowers. They gulp large amounts of air when eating or drinking; they may produce large quantities of saliva that requires frequent swallowing, or they may have a nervous habit of swallowing more often.

Occasionally, it is necessary to treat excessive belching with medicine. In most cases, however, patients can reduce belching by following simple lifestyle changes to correct the causes.

HINTS FOR REDUCING BELCHING

- Air swallowers should concentrate on trying to reduce the number of times they swallow.
- Avoid pipes, cigarettes, and cigars; chewing gum and hard candy; sipping through straws and bottles with narrow mouths; and dentures that do not fit properly. They can increase saliva or air swallowing.
- Avoid foods that contain air, such as carbonated beverages or whipped cream. Fizzy medicines, such as bicarbonate of soda, also add air to the stomach.
- Eat slowly. Gulping food and beverages adds large amounts of air to the stomach.
- Do not deliberately swallow air to force a belch.

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Estate Shape

...straight talk on wills, trusts, probate & estate planning

FIDUCIARY PARALYSIS

QUESTION: Is there anything that can be done when estate or trust matters seem to drag endlessly along?

Dennis S. Voorhes

More times than not there is. The first thing to determine is who is in charge of keeping things moving forward. In an estate it is the personal representative or, if named as executor or administrator, in a trust - the trustee, in a guardianship - the guardian, and in a conservatorship - the conservator. The shorthand term for these positions is fiduciary. The law requires the utmost loyalty and responsiveness from a fiduciary. This law requires that the fiduciary keep matters moving along at a reasonable pace and that all concerned parties know generally what is going on.

Second, understand that none of these responsibilities is necessarily easy to carry out. Seek to get a clear understanding of what is going on and what might be the cause for apparent delay. Amicable communication and understanding are always better than fighting in court.

Sometimes all else fails and a judge must intervene to resolve disputes that arise between fiduciaries and interested parties. This might be as simple as giving instructions from the judge on how to proceed in the face of an impasse. At other times it might involve getting a new fiduciary. There are available remedies.

For more information, consider attending a one-night class offered through the CSI Community Education Center entitled *All About Fiduciary Law and Responsibilities*. An elder law attorney and a certified public accountant will lead the discussion. The topic will be shared in a relaxed, non-technical environment. Times: 6:00, 8:00, 9:00. Dates: Tues, 12; Fri: 9:00 CSI campus - Shields Bldg. - room 203; Cost - \$10. Register by phone: 733-9554 ext 282.

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MORNING BREAK

Crossword puzzle grid with clues for Across and Down. Includes 'Saturday's Puzzle Solved' section with answers like CODARDS, ARUBA, and ELI.

11-year-old's eyes deceive her

DEAR ABBY: I am 11 years old. My family keeps telling me I am gaunt and too thin. I think I am fat — way fat. From my point of view, I have an enormous stomach, big legs, and I weigh and eat too much. My parents' view is, "Where'd she go?"



man I have ever talked to about "beauty" has told me he doesn't like girls who are too thin. Quote: "I like a little 'meat' distributed over those bones." Get the message?

DEAR ABBY: The letters about the doctors who had themselves paged repeatedly to advise me... I finally found out that "Dr. Duncan" was clinic "code" to let everyone who had time to take a break know that the snack truck had arrived at the back entrance.

physician's family. He lived and practiced until he was in advanced age, probably 80 or so. (But that's another story.) Legend had it when he first came to town as a young man, to try to drum up business, he'd occasionally get his horse and buggy out of the barn and, after a hurried run through the main streets, return home. People thought that he was very busy for a young doctor, and it made a great impression.

Toy sales rise as divorce rate does

Toy makers watch the divorce rate. When it rises, so do toy sales. Four parents and eight grandparents tend to compete, though subtly maybe, for a child's affection, so buy toys.



REVISITED L.M. Boyd fiber diet. It's a matter of record that Hippocrates, known as the father of medicine, all the way back in the Fifth Century B.C., recommended whole wheat bread as a sort of bowel bulim.

that's all. German gunfire smashed the plastic windshield of a Spitfire plane during World War II. Fragments cut into the pilot's eyes. But an examining doctor realized those fragments did little damage. This inspired the idea of implanting plastic lenses in human eyes.

Classifieds 733-0931

"I Loved this movie!" An astonishingly beautiful film and an amazing story! Other Side of Heaven

Grandson explores film star's hatred for Hitler

BERLIN (AP) — Marlene Dietrich was not the femme fatale she played in her films, but was an emotionally distant woman and a harsh disciplinarian with her only child, her grandson said Sunday.

beautiful blonde whose father was a Prussian general symbolized the Nazi ideal of the "Aryan" woman. Her decision to become a U.S. citizen and work in Hollywood after the Nazis took power in 1933 was a 'blow to Hitler and his propaganda chief Joseph Goebbels.

Of out San Francisco comes a note from a client. It begins: "I've been acquiring large estates we'd like to dress for show. What sort of stockings...?"

Q. When did the legal idea of alimony get started? A. A century ago, about. In 1857, The British Matrimonial Causes Act proclaimed a husband's legal responsibility went on after a marriage ended.

Q. Did you ever see an eclipse of a new moon? A. Won't bite on that one, sir. Any moon that isn't full is eclipsed.

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right thing for yourself and others via entertainment. You could invent games. Sagittarius involved. LEO (July 23-Aug. 22): You make news and could be in news. You will obtain legal clearance for unusual endeavor. Focus also on civic activities, marital status.

21): Relative has something important to reveal: it could have to do with business, finance. Short trip will take place no matter how reluctant you might be. Capricorn featured.

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