

GOOD MORNING

WEATHER

Today: Increasing clouds. Tonight, mostly cloudy with possible flurries. High of 39, low of 24.

Page A2

SCHOOL DAYS



Staying healthy: Kids learn how.

Page A4

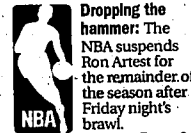
IMAGE



Slow burn: Want to lose weight? Then get to know your metabolism.

Page D1.

SPORTS



Dropping the hammer: The NBA suspends Ron Artest for the remainder of the season after Friday night's brawl.

Page C1

OPINION

Stop the whines: Democrats can't blame the moralis for their dismal election showing, today's guest editorial says.

Page A6

COMING UP

A \$70 portable video player
It's not for the hi-fidelity connoisseur.
Tuesday in The Times-News

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Iraq sets date for election

Violence sweeps through Sunni Muslim regions

The Associated Press

BAGHDAD — Iraqi authorities set Jan. 30 as the date for the nation's first election since the collapse of Saddam Hussein's dictatorship and pledged that voting would take place throughout the country despite rising violence and calls by Sunni clerics for a boycott.

Farid Ayar, spokesman of the Independent Electoral Commission of Iraq, said voting would push ahead even in areas still wracked by violence — including Fallujah, Mosul and other parts of the volatile Sunni Triangle.



A U.S. Army soldier looks through his rifle scope while searching for insurgents suspected of planting a roadside bomb in Mosul, Iraq Sunday.

Arabs, angry at the U.S.-Iraqi crackdown, will reject the election.

If either takes place, it could undermine the vote's legitimacy.

Ayar insisted that "no Iraq province will be excluded because the law considers Iraq as one constituency and therefore it is not legal to exclude any province."

U.S. and Iraqi troops have been clearing the last of the resistance from Fallujah, the main rebel bastion stormed Nov. 8 in hopes of breaking the back of the insurgency before the election.

U.S. soldiers say Afghanistan battle was a 'glorious' effort

By Tom Davis
The Record

HACKENSACK, N.J. — The bloody battles of Iraq are always on the TV news. Lenny Grant wishes he could change the channel and find "his" war.

Three years ago, the Rahway, N.J., native was a part of Operation Enduring Freedom, helping to maintain Air Force jets that were in the first wave of the war on terrorism. He left because he had a heart attack.

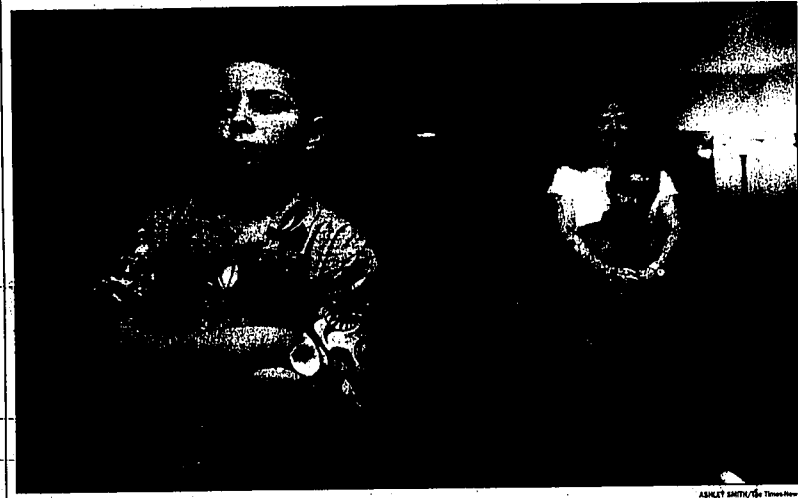
And when he arrived in Germany for treatment, doctors discovered thyroid cancer.

But the 55-year-old Air National Guard member doesn't consider himself a casualty. If anything, playing a role in routing the Taliban-led government of Afghanistan was glorious. He believes the American troops helped to breathe life into a once helpless nation.

"They show all that stuff in Iraq, the black smoke, a building burning," he said of televised reports. "They don't show us building schools, roads (in Afghanistan). Good news is no news. Bad news is all news."

Please see AFGHANISTAN, Page A2

KEEPING CALM IN A CRISIS



Eleven-year-old Auston Stromberg, left, called 911 when he found his mother Shannon unresponsive on the floor at their home in Filer recently. Auston's brother Skyler, 8, shown at right with Shannon, attempted to help his mother by performing CPR before emergency workers arrived.

Quick-thinking boys help save mom's life

By Lorretta Burkhardt
Times-News correspondent

FILER — Shannon Stromberg feels she owes her life to some level-headed teens on the part of her two sons—Auston and Skyler.

"I'm proud of my children," Stromberg said. "Without them, I probably wouldn't be here."

A scary situation took place during the evening of Nov. 14 when Stromberg, a licensed practical nurse and full-time College of Southern Idaho nursing student, was lighting some candles throughout the house.

When Stromberg attempted to light a candle near the sofa, she suddenly stopped breathing and collapsed.

Eleven-year-old Auston found his mother shortly after she dropped to the floor with the lighter still in her hand. He quickly remembered the car-

dipulmonary resuscitation techniques he had learned in swimming lessons.

Since the boys' father was out of the house working at the time, Auston called on 8-year-old Skyler for help.

Skyler made the life-saving call while Auston continued CPR. While Auston's actions were ineffective, the quick response on the part of the two boys is credited with saving Shannon Stromberg's life, Filer police officials said.

Auston said giving Skyler the task of calling paramedics may have been part of what helped to keep both of them calm before the police and Filer's Quick Response Unit arrived.

At the scene, Deputy Jose Duch of the Twin Falls Sheriff's Department commended the two boys for behaving "better than most adults" during a very traumatic situation.

While waiting for the family to arrive, Duch took the two boys downstairs, assuring them that all the right things were being done in their mother's behalf.

"I told them the medics were doing all they could, and I told them, 'I commend you kids,'" Duch said.

"The deputy added that Auston seemed 'very mature for his age — and knew what to do.' And while Skyler's lips quivered some, both boys remained calm.

"They 'fiddled' themselves well — they work well as a team," said the boys' father, Shawn Stromberg. "Our oldest is a responsible person, and his brother followed his orders. I had they hesitated, she would have died."

But it wasn't easy, the boys said.

"I was scared. I thought she was going to die," said a forthright Skyler.

"I was very scared — she was turning purple — and inside, I was more freaked-out than (Skyler) was," Auston added.

Following the whole ordeal — and acknowledging his lack of knowledge of life-saving techniques — skyler made a timely suggestion.

While the two boys are already involved in extra-curricular activities including wrestling and martial arts, they're about to add to their busy after-school agendas by enrolling in CPR classes.

The boys' parents say they're thankful for teaching their sons to be responsible.

"The more responsibility you give a child, the more responsible they are," Shawn Stromberg said.

Times-News correspondent Lorretta Burkhardt can be reached in Twin Falls at 734-3990.

Coming events could hint at status of ailing chief justice

WASHINGTON (AP) — Chief Justice William H. Rehnquist's health is shrouded in mystery, the extent of his thyroid cancer a closely guarded secret. Several coming events could give the public an idea about the seriousness of his condition.

Since announcing his illness in a statement on Oct. 25, the 80-year-old Rehnquist has run the nation's highest court from his home in suburban Virginia.



William H. Rehnquist

to a top aide.

The only update on his condition came in a short statement from the court three weeks ago. It said he was receiving chemotherapy and radiation treatments, which some doctors familiar with thyroid cancer said suggests Rehnquist has a fast-growing cancer.

Speculation about whether he will step down and give the court

its first opening since 1994 has swirled since disclosure of the illness. Three events could offer telling signs of Rehnquist's future after nearly 33 years on the high court, the last 18 as chief justice.

- The return of the court, which next hears arguments on Nov. 29.
- The annual court Christmas party on Dec. 17, an event Rehnquist relishes.
- President Bush's inauguration on Jan. 20. The chief justice normally swears in the president. Bush could choose another justice or other government official.

The Supreme Court has operated with minimal disruption up

to now. The next several weeks, however, will be critical as ailing chief justice who prides himself on keeping the trains on time ponders whether he can keep up, said Pepperdine University law professor Douglas Kmiec.

Rehnquist has missed every argument since mid-October, so if he is not on the bench when the court returns in a week, it will not be terribly noticeable.

More significant may be the Christmas party for court staff, that Rehnquist hosts each year. He makes meticulous plans, from the smallest of tree trimmings to leading a round of

Christmas carols that he insists all attendees join.

But the most significant — and most public — absence would be if Rehnquist is unable to swear in Bush. By then, Rehnquist should have completed most of his treatment and will have had time to fully assess his health and whether he is able to continue on the court.

If he does not appear, it would be only the ninth time the chief justice did not administer the oath. The last time was Nov. 22, 1963, when a U.S. district judge swore in Lyndon Johnson on Air Force One after President Kennedy's assassination.

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TWIN FALLS FORECAST

Today: Increasing clouds. Highs, upper 30s to lower 40s.
Tonight: Mostly cloudy. Humidity possible. Lows, 20s.
Tomorrow: Mostly cloudy and cooler. Highs, mid to upper 30s.

TWIN FALLS FIVE-DAY FORECAST

Table with 5 columns: Today, Tonight, Tuesday, Wednesday, Thursday, Friday. Includes weather icons and temperature forecasts.

Yesterday's Weather

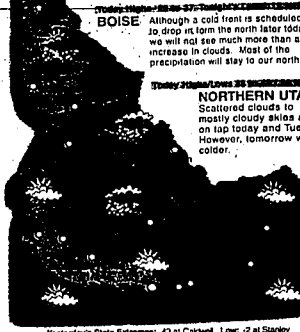
Table with 2 columns: City, Hi/Low. Lists weather for various cities like Boise, Idaho Falls, etc.

BURLEY/RUPERT FORECAST

Today: Becoming mostly cloudy with high humidity.
Tonight: A few flurries possible, otherwise mostly cloudy.
Tomorrow: Cooler with mostly cloudy skies.

IDAHO'S FORECAST

SUN VALLEY, SURROUNDING MTS.
An incoming cold front will allow scattered snow showers to form in the high country today through early Tuesday.



Yesterday's State: 43 in Shoshone, 2 in Stanley.
Weather key: Heavy rain, partly cloudy, mostly cloudy, cloudy, thunderstorms, snow showers, snow, sleet, freezing rain, mist, freezing fog.

ALMANAC - TWIN FALLS

Table with 5 columns: Temperature, Precipitation, Humidity, Barometric, Sunrise and Sunset. Includes weather icons and data for Twin Falls.

MOON PHASES

Table with 2 columns: Full Moon, Last 8, New Moon, First 8. Shows moon phases for Nov 22 and Dec 1.

MOONRISE AND MOONSET

Table with 2 columns: Today, Tomorrow. Shows moonrise and moonset times for Twin Falls.

U. V. INDEX

Table with 2 columns: Today, Tomorrow. Shows UV index levels.

POLLIN COUNT

Table with 2 columns: City, Today, Tomorrow. Shows pollen counts for various cities.

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REGIONAL FORECAST

Table with 3 columns: City, Today, Tomorrow. Provides weather forecasts for various regional cities.

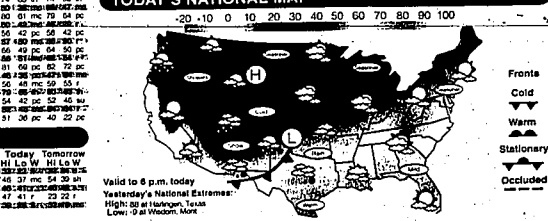
NATIONAL FORECAST

Table with 3 columns: City, Today, Tomorrow. Provides weather forecasts for various national cities.

WORLD FORECAST

Table with 3 columns: City, Today, Tomorrow. Provides weather forecasts for various international cities.

TODAY'S NATIONAL MAP



CANADIAN FORECAST

Table with 3 columns: City, Today, Tomorrow. Provides weather forecasts for various Canadian cities.

Toy

Continued from A1. 70,000 ride-on toy trucks distributed by Tek Nek Toys International. 225,000 Carrera's children's mirror books distributed by Kids II Inc. 314,000 Batman Batmobile toy vehicles distributed by Mattel Inc. 500,000 'Rock N Roller' baby strollers distributed by Dorel Juvenile Group USA. 314,000 Allen Iverson toddler's athletic shoes distributed by Reebok International.

Confrontation among hunters leaves five dead, three injured

HAYWARD, Wis. (AP) - A dispute among deer hunters over a tree stand in northwestern Wisconsin erupted Sunday in a shooting that left five people dead and three injured, officials said. The alleged gunman, a man from the Twin Cities area, was arrested Sunday afternoon at the scene.

The three wounded were taken to hospitals in Madison and Rice Lake, where officials said one was in critical condition, one was serious and one was fair. Bill Wagner, 72, of Oshkosh, was about two miles away near Deer Lake with a party of about 20 other hunters. He said they heard sirens, planes and helicopters and noticed the surrounding roads blocked off.

Afghanistan

Continued from A1. Some call it "the forgotten war." But America's first response to the Sept. 11, 2001, attacks is still very much on the minds of those who served in the men and women who scouted caves for terrorists, felled fighter jets and built roads and bridges. Since the United States launched Operation Enduring Freedom three years ago, 147 Americans have died in the war - compared with more than 1,100 in Iraq. More than 400 have been wounded in the operation, which also includes anti-terrorism missions in Pakistan, the Philippines and Uzbekistan.

missions seven days a week. Dropping troops in villages. They'd return with prisoners - some of them suspected al-Qaida terrorists - and tie their legs and arms together before bringing them aboard the chopper. "When they'd sit quietly while Hawk piloted them safely back to camp." "I was never one to worry about publicity," said Hawk, 58, who served in the Vietnam War. "I just wanted to do a job and keep the terrorists over there and not to have them over here."

STAR-SPANGLED AUTUMN Christmas in the Nighttime Sky returns to Twin Falls on the night after Thanksgiving. Friday in WeekEnd

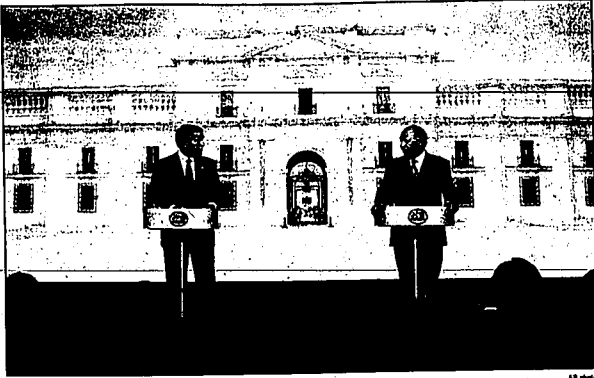
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NATION



U.S. President George W. Bush, left, and Chilean President Ricardo Lagos, right, give a joint news conference at the Moneda Palace in Santiago, Chile, Sunday.

Bush attempts to mend ties with Latin America

SANTIAGO, Chile (AP) — President Bush, trying to mend relations with Latin America, pledged Sunday to make a fresh push for stalled U.S. immigration reforms, saying they would strengthen border security and help the economy.

We would much rather have security guards chasing down terrorists or drug runners or drug smugglers than people coming to work," Bush said at a brief news conference. "And so, therefore, I think a guest worker program is important."

Winding up a three-day visit, Bush spoke at a news conference as a new security spat surfaced with Chile after an embarrassing fracas in which Bush intervened. But there was no mention of the issue as Bush appeared with Chilean President Ricardo Lagos.

On the closing day of the Asia-Pacific Economic Cooper-

ation forum, both Bush and Lagos acknowledged they had disagreed about the U.S.-led invasion of Iraq. "Most of the time we will be in agreement. Sometimes we won't," Lagos said. "But that's life."

Bush said he respected Lagos' decision and said they were still friends. "What we're doing is the right thing in Iraq and history will prove us right," the president said.

Bush said no one could argue that Iraq was better off with Saddam Hussein out of power, or dispute the need to support democracy. The president mistakenly said Iraq's elections were being planned for June 30 rather than January 30.

Bush said some of the Pacific-Rim leaders at the summit had expressed concern about the declining value of the U.S. dollar.

"I reiterated the fact that my

government has a strong dollar policy," Bush said. "The best way to affect those who watch the dollar's value is to make a commitment to deal with our short-term and long-term deficits."

He pledged to keep working with Congress on budgets aimed at reducing the massive U.S. deficit by half over five years. Congress is working on spending bills that meet those targets, the president said.

Over the long-term, Bush said he is committed to Social Security reforms that will help reduce long-term, unfunded liabilities.

"My commitment to the international world is that we'll deal with the short-term deficit and the long-term unfunded liabilities so that people can then take a look at our dollar in terms of fiscal austerity in Washington," he said.

Lawmakers hold out hope for intelligence bill

WASHINGTON (AP) — Unwilling to concede defeat, congressional leaders expressed hope Sunday that lawmakers could return next month to resolve a turf battle that has blocked passage of an overhaul of the nation's intelligence agencies. President Bush pledged to work with them for passage.

Congressional leaders said prospects depended on how successful Bush was in lining up support.

"For us to do the bill in early December it will take significant involvement by the president and the vice president. It will take real focus on their part."

“
For us to do the bill in early December it will take significant involvement by the president and the vice president. It will take real focus on their part.”

— Bill Frist, Senate majority leader

At a news conference after an economic summit in Chile, Bush said: "I was disappointed the bill didn't pass. I thought it was going to pass up to the last minute."

He said he and Vice President Dick Cheney had talked with key members of the House and "it was clear I wanted the bill passed." He did not respond directly to a question about whether opposition from Defense Secretary Donald H. Rumsfeld contributed to the deadlock.

Bush noted that Congress would return for another effort in December. "Hopefully, we'll get a bill done," Bush said, promising to work with interested parties. "When I get home I look forward to getting it done."

During a chaotic Saturday that was intended as the final meeting of the 108th Congress, negotiators announced a compromise on the intelligence bill. Hours later, opposition from the Republican chairman of two committees scuttled the legislation, which would create a national intelligence director.

Reflecting Pentagon concerns about the legislation, California Rep. Duncan Hunter of the House Armed Services warned

that the bill could interfere with the military chain of command and endanger troops in the field—Wisconsin Rep. James Sensenbrenner of the House Judiciary Committee demanded that the bill deal with illegal immigration.

Congress did manage to pass a 3,000-page, \$388 billion spending bill that covers most nondefense and non-security programs for the budget year that began Oct. 1.

But there will be a delay in getting President Bush's signature. The hang-up is because of a single line in the bill that would have given two committee chairmen and their assistants access to people's income tax returns.

The Senate approved a resolution nullifying the idea: House leaders promised to pass it Wednesday. Then, the spending bill will head to the White House.

"I have no earthly idea how it got in there," Frist said on CBS' "Face the Nation." But, obviously, somebody is going to know and accountability will be carried out."

Rhodes Trust names 32 U.S. students to study at Oxford

The Associated Press

A Paralympic basketball gold medalist who has campaigned to improve access for the disabled in the developing world and a scientist-turned-political philosopher who worked on ways to control the invasive kudzu plant were among the 32 Americans selected Sunday as Rhodes Scholars for 2005.

The scholars, chosen from 904 colleges and universities, will enter Oxford University in England next October. The scholarships fund two or three years of study.

"I'm still having trouble putting into words how it feels," said Jennifer Howitt of Georgetown University, a member of the U.S. wheelchair basketball team that won a gold medal at the Athens Paralympic Games. "In a lot of ways, it felt kind of like winning the gold in Athens. It kind of put this smile on my face that I couldn't take off."

New on the slopes

Sun Valley gets ready to flaunt its newest lodge on Dollar Mountain.

Thursday in the Ski section

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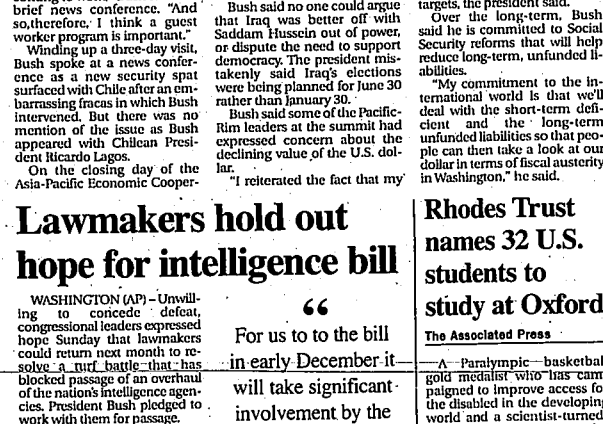
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SCHOOL DAYS

Community Editor: Pat Marcantonio - 735-3288



At Memorial Elementary School, April Wilson plays a game with Isela Juarez, Yasmin Zamudio, Isiah Luna, Justin Wilson, Braeden Hill and Joshua Eagle, which taught them how a body can stay healthy.

Students learn how to stay healthy

RUPERT - Pharmacist April Wilson, who attended Memorial Elementary School, visited Aia Morfin's first-grade class, where she spoke about the importance of learning and about her job and how to stay healthy.

Wilson talked about how parts of the body act as a defense mechanism to keep out

and to fight germs. Then, the children went outdoors, where they played a game, "War Against Germs." Wilson gave the students a large identification card to hang around their neck. The cards had the words "skin," "ear," "eye," "nose," "white blood cell" or "cut" written on it. The children took on the role of whatever was written

on the cards, so they could learn more about their bodies and the importance of staying healthy, their teacher said.

The students also brainstormed other ways to stay healthy, including eating healthy foods, drinking plenty of water, getting enough sleep and exercise, keeping clean and more.

MVHS mixes it up with focus on diversity

Magic Valley High School held its second annual Mix it Up Day by extending it past the traditional Nov. 16 day with activities all week.

MVHS MOMENT Jennifer Miller

Mix it Up is a nationally-recognized day of tolerance instituted by the Teaching Tolerance Organization. It is dedicated to recognizing and removing social boundaries that exist within schools by examining differences and noticing similarities. MVHS chose the theme, "Voices of Diversity" for this year's focus, and featured a poster created by Brent Walls and signed by the student body.

Many classrooms participated in curriculum-based activities, such as the math department's creation of a pie chart and bar graph displaying the cultural heritage of MVHS students. An all-school write focused on promoting diversity and tolerance.

Winners of the related-poetry contest were: third, Benjamin Salinas; second, Lopez Long-Claus; and first, Jessica Vallejo.



The cast of 'Voices,' which was presented during Mix it Up Day activities.

Several students were recognized for outstanding dedication to Mix it Up: Vanessa Kikku, Jenny Kikku, Tesha Bliss, Brent Walls, Hope Long-Claus, Josue Vela, Sylvia Tapia, Kaylee Watts and Nikki Watts. They were involved in different stages of the celebration, from making food that reflected their cultural heritage to starring in the student-written and staged production of "Voices: A Collective Unconscious," presented by The Main Street Players, MVHS' drama club.

Forty students were nominated by their peers as

candidates for Mr. and Ms. Diversity. Ms. finalists were Jessica Clark, Nikki Watts, Hope Long-Claus, Ynez Venestra and Tiffany Kimbrough. Finalists for Mr. Diversity were Sam Honora, Josue Vela, Justin Schaeffer, Tony Marston and Richard Claus.

To complete the week, the students heard a presentation by RoseAnn Abrahamson, who is a direct descendant of Suedgewa's brother, Chief Cameahwait.

Jennifer Miller is the English and speech teacher at Magic Valley High School in Twin Falls.

KEY CLUB



The 2004-2005 officers of the Buhl High School Key Club are, from left to right, Liz Woods, president; Adrea Storey, secretary; Landon Schofield, treasurer; Summer Lyday, Club member; and Jenni Vanhozer, vice president.

SCHOOL NEWS



Doris Sommer's English as second language class.

Students participate in literary campaign

TWIN FALLS - Seventh-, eighth- and ninth-grade students from O'Leary Junior High are helping others while they help themselves this school year by participating in Scholastic Book Clubs Classrooms Care.

A philanthropy-based literacy campaign designed to teach children about the joys and importance of reading and giving.

Between September through December, students in Doris Sommer's English as second language classroom read 100 books, and in turn, Scholastic Book Clubs will donate 100 books to disadvantaged children nationwide.

Three not-for-profit partners will ensure that the books get into the hands of the hardest to reach and neediest children. First Book, Reach Out and Read, and Save the Children will receive and distribute the donations to children in underserved communities across the United States.

JHS teachers gain recognition

Jerome High School is proud to celebrate the recognition of Janet Avery, Val Jones, Michelle McFarlane, David Quinley, Sara Teal and Terry Waitley for their nominations to Who's Who in American Teachers.

They were nominated by their students for their dedication to academic achievement and influence in students' lives.

More than 14,000 students were nominated for the Wendy's High School Heisman Award, and Jenna Bubak is a finalist and will compete at the state and national level for the award. Congratulations to Jenna.

Forty members of the Skills USA team flexed their gaming muscles at a day-long, tech party with a double elimination tech tournament. Alex Bonning and Danny Jackson organized the Xbox part of the competition with help from Sean Dempsey and Adam Smith. The team of Colin Smith, Josh Storoz, Jim Barry and Jose Ross won the bragging rights until the next tournament. Matt Stein, John Doherty, Logan Leininger and AJ Hernandez

"These students all come from other countries that don't have the resources we do here. Many know what it is like not to have enough books to read and now they can help others less fortunate get those books. These kids have been really reading to reach the 100 book total," Sommer said.

For more information, contact Sommer at 733-2155 or by e-mail at sommerdo@tsd.k12.id.us

School will hold harvest fair, fund-raiser

JEROME - The North Valley Christian School is having a harvest fair and fund-raiser from 7-10 p.m. Tuesday at the school, 900 N. Lincoln Ave.

There will be food, music and games. Free-will donations are accepted at the door.

For more information, call 644-9709.

Magic Valley Christian School is honored

TWIN FALLS - At the Association of Christian Schools International Convention in October, Magic Valley Christian School was presented the ACSI Exemplary Program Recognition for educational programs that provide opportunity to be involved in the traditional programs with its "Back-to-School Retreat."

The students at the beginning of the school spent two days at this retreat to solidify Christ, school and goals for the upcoming year, the school reported.

Filer students organize Veterans Day celebration

On Nov. 11, Veterans Day, the "Star Spangled Banner" rang throughout Filer High School's gym as veterans and students stood in recognition of their flag.

The word for the day was "Celebrate." This year's Veterans Day celebration was entirely organized by students Brad Griff and Larry Moore, and was also a time of remembrance.

WILDCAT WORD Diana Haffiger

At the end of the day, five of student council members said farewell and headed off to attend the Student Council Conference in Boise, presented Diana Haffiger, vice president Angela Brown, junior class vice president Willy Juarez, sophomore class president Nathan McGreggor and freshman class president C.R. Madson. They are now back, armed with creative ideas for the year.

Last Saturday, the FFA hosted the annual Saddle Hawk Dance with a Hawaiian theme. Girls' basketball kicked off the season with a win against the Lady Tigers of Jerome and a loss against the American Falls team. The boys basketball team has gone through a grueling three days of tryouts and are gearing up for another season.

We took part in the national mix it up last Wednesday. Students spent their lunch hour meeting and eating with new people from all grades. Students were "mixed up" during their Paw Tracks advisory period and then sent off to meet someone new. This was a great way to get out of our comfort zones and make some new friends.

As we look forward to Thanksgiving and having Wednesday off of school, we hope that the entire Magic Valley enjoys a Happy Thanksgiving, too.

Diana Haffiger is Filer High School student body president.

Shoshone schools release first-quarter honor roll

SHOSHONE - Shoshone schools have released their first quarter honor roll students.

Sixth grade: Michelle Aoi, Will Billington, Jessica Chitwood, Kalla Heidemann, Tamesa Johnson, Jennifer Kemper, Jessica Lowe, Clive Massee, Tamara Morales, Miryah Morrison, Alexis Murphy, Amanda Olsen, Cara Pantone, Candice Peterson, Tyler Preston and Thomas Wacker.

Seventh grade: Taylor Astle, Shelby Bozzuto, Rashelle Jensen, Daphne Jolley, Lacey Knip, Janni Merrick, Ashley Montgomery, Joshua Olsen, Jenny Perron, Tyana Scaramella, Victoria Vaughn, Logan Weber and Ivan Zavala.

Eighth grade: Marja Garcia, Kelly Perron, Bonnie Richards and Bobbie Ward.

Ninth grade: Paloma Camarago, Shane Carnohan, Shaynee Gulliford, Araya Ingram, Ian Ingram, Valerie Pantone, Dalton Plymel, Megan Porter and Lucas Carnohan.

Tenth grade: Kristin Davidson, Chickette Jensen and Rob Merrick.

Eleventh grade: Kyli Astle, Kallie Axelson, Zada Dains, Karla Davis, Carl Dayton, Cristen Fitzgerald, Anna Gedeberg, Chelsea Guenchen, Halley Harris, Rachel Pantone, Heather Porter, Teresa Russell, Katherine Strunk, Norma Vilalobos and Tara Wright.

Twelfth grade: Brock Astle, Kates Boller, Maddie Dye, Shellee Egbert, Engman, Davis (Conklin), Christina Gedeberg, Kris Mosley, Kirby Peymann, Meghan Sorensen, Judith Vilalobos and Griselda Zavala.



Patti O'Dell is principal of Jerome High School.

finished second. Jordan Walker is the president of the Skills for Life Club and Kathy Muscat is the club adviser.

Congratulations to the debate team. Eli Halper and Dan Jones received honorable mention in open policy debate. Leti Juarez and Kacey Robney were quarterfinalists in novice policy, and Kris Cruz and Keith Armstrong placed third in the same event.

A large team of thespians are traveling to Glenns Ferry for the district drama tournament, girls' basketball is under way and the girls celebrated an exciting victory over Century in their second game of the season. Catch some Tiger Pride.

Patti O'Dell is principal of Jerome High School.

MATH HONORS



Braden Stutzman and Haleigh Allen in Susan Jessor's second grade class at Sawtooth Elementary School in Twin Falls earned math honors. The students passed all the second grade 50 in a Minute during the first quarter of school. Braden and Haleigh are now learning the multiplication facts.

We want your school news

Please send your news and photos to:

Community Editor: Pat Marcantonio
 The Times-News
 80 Box 548
 Twin Falls, Idaho 83303
 733-0931 Ext. 288

Your Mini-Casalia contact:
 Trena Tegan
 The Times-News
 230 E. Main
 Burley, Idaho 83308
 677-4042, Ext. 600

Deadline: Thursday noon Fax: 677-4543 or 734-5538
 Email: pam@magvalley.com

Send your news and pictures:
 Honor rolls
 School events, such as carnivals, open houses, club meetings, parent organizations
 Club and school officers
 Special student achievements
 Club news
 School projects
 Fundraisers

Community
 A page for you and your neighbors.

The Times-News:
 Your guide to Magic Valley

MORNING BREAK

Internet only uses 10 percent of world's languages

This day in history: A historic day in transcontinental travel. On Nov. 22, 1933, Pan American's flying boat, "The China Clipper," left Alameda near San Francisco carrying the first pack of airmail across the Pacific. And on the same day in 1977, the supersonic "Concorde" began its service from Paris and London to New York City. According to UNESCO, the Internet uses only 10 percent of the world's 6,000 languages.

RANDOM KINDS OF FACTINESS
Jack Mingo
Erin Barrett

A true, blue Western cowboy always wore a Stetson. Stetson cowboy hats were invented and manufactured in the wild, wild East — Pennsylvania.

Some large species of tropical frogs eat small mammals and snakes.

The term "cells" in biology comes from the microscope pioneer, Anton van Leeuwenhoek. He was looking at a piece of wood under a microscope and thought the neatly lined squares in the wood resembled the living quarters for "cells" of monks.

The Kimberly-Clark Co. got its start during World War I when there were major cotton shortages. The company discovered a way to make what they called cellucotton, a cotton-like material made from the cellulose of spruce trees to make pads, bandages and filler for jackets. After the war, the company used the same material to make Kotex and Kleenex. Milton Hershey was interested in making chocolate for one main reason: to fund his Milton Hershey School for Orphaned Boys. The school trust still owns 58 percent of the company stock.

Lawyer Stephen Douglas was Abraham Lincoln's favorite person to debate. Their continuous and public political arguments were legendary. Few know, though, that they also argued over the affections of Mary Todd Lincoln won.

Selling yellow-colored margarine was illegal in dairy-rich Minnesota until 1965; Wisconsin held out until 1967.

A graphospasm is just a fancy name for writer's cramp.

Camels' humps don't really store water. It's fat, which allows them to go for weeks without food in the desert. As the camel uses up the stored fat, its hump gets floppy and bounces from side to side.

Erin Barrett and Jack Mingo can be reached at twinnbathroomcompanion.com.

Funny guy isn't always happy

The Associated Press

Jim Carrey says he is, better able to deal with depression now that he lives a life free of Prozac and alcohol.

In an interview for CBS' "60 minutes," Carrey said he took Prozac for a long time but the drug didn't cure his depression.

"I had to get off at a certain point because I realized that everything is just OK," he told reporter Steve Kroft.

Even when he was taking Prozac, the depression didn't go away entirely, he says. "It feels like a low level of despair you live in where you're not getting any answers but you're living OK and you can smile at the office," he said.

Carrey says he still has bouts of depression but he now deals with it without Prozac and alcohol.

Crossword, Dear Abby and Horoscopes on page A8

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Terry Melcher, hit-making musician and producer, dies at 62

Los Angeles Times

LOS ANGELES — Terry Melcher, surfin'-era singer, songwriter and recording executive who produced the Byrds' No. 1 hits "Mr. Tambourine Man" and "Turn, Turn, Turn" and co-wrote "The Beach Boys" well-loved "Kokomo," has died. He was 62. Melcher, who also worked on several projects with his mother, actress and singer Doris Day,

died Friday night in his Beverly Hills, Calif., home of cancer, publicist Linda Dorozev said Saturday.

Helping to shape the California surf, rock, and folk music scene in the 1960s, the multifaceted musician — singing background, played piano, wrote lyrics, composed music and produced records and shows, including the Monterey Pop Festival.

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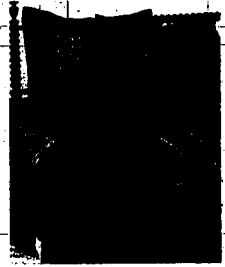
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OTHER VIEWS

Dems keep fumbling their peg on 'morals'

The Las Vegas Review-Journal

The hand wringing by Democrats over the Nov. 2 election results continues unabated. And by now, all the liberal pundits are clearly working from the same double-spaced page of talking points.

The election, they argue, wasn't a rejection of John Kerry himself, or the Democratic Party's long-standing embrace of higher taxes and bigger government, or the left's curious notion that the United States must appease Paris before pursuing its interests abroad.

Instead, they've decided, the election turned on vast armies of evangelicals.

Christians who have concluded that "moral values" are the most important issue facing the country today and that George W. Bush is their best hope for transforming the United States into a stifling right-wing religious state complete with an occasional auto-da-fé or book burning.

This is, of course, poppycock. But, hey, it helps Democratic fund-raising.

As Washington Post columnist Charles Krauthammer pointed out, the "moral values" issue arose from an amorphously worded exit polling question — the same exit polling question that showed John Kerry on his way to an easy victory.

If you buy the liberal paranoia, why has the so-called Christian right failed to implement a single major item of its social agenda in the 25 years since the left first trotted out this bogeyman following the election of Ronald Reagan?

Abortion? The courts at this

point won't even permit the abolition of partial-birth abortion, which amounts to legalized infanticide. Prayer in schools? Sex education? Pornography? Gambling? Sex and violence on TV and in the movies? Gay rights? On which of these issues has the Religious Right made headway?

True, on the matter of banning gay marriage, conservative nitwits appear to be prevailing.

But let's not forget that even in many blue states, public support for gay marriage remains tenuous.

Nevertheless, the call now comes from many progressives for Democrats to advance their own agenda in the context of morality. On the talking head shows, on op-ed pages and in

canal letters to the editor, liberals have picked up the party line: Issues important to Democrats have moral ramifications, too.

The irony and hypocrisy cannot be denied. Democrats fervently believe it's evil for evangelical conservatives to use the power of government to impose their vision of social morality. Yet they smilingly endorse hijacking the power of government to forcibly impose their own vision of morality?

Democrats are groping blindly. They didn't flame out this election because of Middle America's embrace of a religious right social agenda that has been stuck in the mud for a quarter century. They failed because much of the country rejects the Democratic Party's core political philosophy, which scorns individualism, personal responsibility, economic freedom and the aggressive defense of our nation.

Their view: This

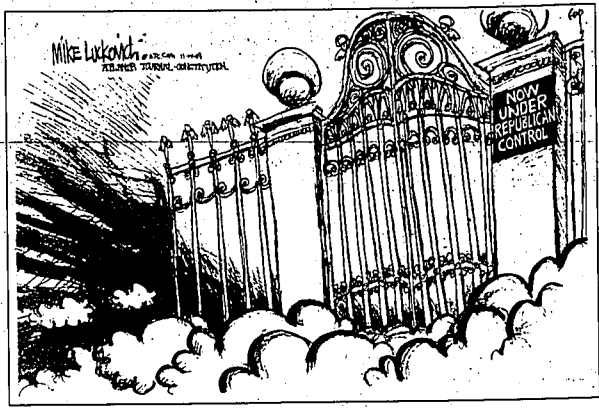
guest editorial from the Las Vegas Review-Journal says Democrats' post-election whining is for the wrong reasons.

What do you think? We welcome viewpoints from our readers on this and other issues.

WILLIAM MCKENZIE

Lefty evangelicals down, but not out

Advice to liberal evangelicals: You got whipped. You don't give up. You've got to give up. You have to give it to Christian conservatives, many of whom carry a literal interpretation of Scripture with American nationalism. They stuff envelopes and show up at Election Day. Evangelical Protestants shied away from politics for most of the 20th century until the Rev. Jerry Falwell reworked them up in the 1970s. They may now have become the most dominant religious force in American politics since the civil rights marchers.



Liberal evangelicals shouldn't stop trying to talk about faith and politics. They and their centrist kinfolk in Catholicism and mainline denominations like the Methodists have a huge role to play. Some on the East and West Coasts would prefer that this whole debate over moral values disappear. It won't, and America needs a full discussion going forward about the nation's most crucial values.

Liberal evangelicals could help both parties on this front. Take Republicans. They are on the ascendancy with Christian conservatives. But they could overplay their hand, and some Republicans know that.

Liberal evangelicals could help both parties on this front. Take Republicans. They are on the ascendancy with Christian conservatives. But they could overplay their hand, and some Republicans know that.

Liberal evangelicals could benefit Democrats, too. It struck me as I interviewed conservative Catholics at the Knights of Columbus annual meeting in Dallas in August that a Democrat could win some of these voters. Several identified themselves as Democrats, and they put issues like education and economics high on their priority list. But they weren't going to vote Democratic without more comfort about cultural issues like abortion.

Finally, liberal evangelicals can help the larger culture. We need go-betweeners, people who can speak to the Rush Limbaughs and the Al Franken's. Otherwise, we're going to just keep shouting at each other. Boring!

Liberal evangelicals can keep us from that outcome. They are one of the few groups who can speak to both left and right. I here's to hoping they help show us the way.

William McKenzie is an editorial columnist for The Dallas Morning News.

In this case, it is because of their concerns about gay rights, abortion and the culture at large. Conservative evangelicals were a big chunk of the 22 percent of the electorate who told us they'd cast their vote. And, in pivotal Ohio, they broke decisively for President Bush.

Liberal evangelicals didn't come close to that influence. In the days leading up to the election, the Rev. Jim Wallis of Sojourners Fellowship in Washington, wrote that progressive evangelicals and moderate Catholics could shape the election. They make up about 20 percent of the electorate, he noted. And they are influential in battleground states. Wallis said on Sojourners' Web site.

Those projections didn't pan out. Liberal evangelicals, who generally support the president, Bush's stands on issues like late-term abortions but who worry about America's aggressive posture around the world, didn't drive this election. Neither did moderate Catholics and mainline Protestants, who also occupy a large part of the religious center.

But here's a part two: Liberal evangelicals shouldn't stop trying to talk about faith and politics. They and their centrist kinfolk in Catholicism and mainline denominations like the Methodists have a huge role to play. Some on the East and West Coasts would prefer that this whole debate over moral values disappear. It won't, and America needs a full discussion going forward about the nation's most crucial values.

The Times-News

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Schumer sets out to save the Democrats

RICHARD SCHWARTZ

The latest version of "Mission: Impossible" doesn't star Tom Cruise or any other silver screen hunk. No, that job has fallen to the decidedly un-Hollywood actor Sen. Chuck Schumer, whose mission, which he has chosen to accept, is nothing less than to reconstitute the Democratic Party. Make it red-state friendly. De-Kerryize the place.

Those are Schumer's marching orders from new Senate Minority Leader Harry Reid, D-Nev. Given the drubbing the Dems took this month, Schumer's task is daunting at best, hopeless at worst. Running against Eliot Spitzer for New York governor might have been child's play in comparison.

But Schumer made his choice earlier this week, announcing he would skip a shot at the New York Governor's Mansion in '06 and instead help lead the minority party for the foreseeable future in Washington.

So, what made him do it? Savvy, street-smart guys from Brooklyn aren't known for being gluttons for punishment. "The bottom line is that this is what I know how to do," Schumer said. "This is what I'm good at."

Reid tapped Schumer for a prized seat on the Senate Finance Committee and made him head of the Democratic Senatorial Campaign Committee. In the campaign, he will control millions in political funds for Senate candidates. All of this is on top of his current spots on the weighty Senate Judiciary and Banking committees.

"These assignments make Chuck unquestionably one of the most powerful Democrats in the country," said political strategist Hank Sheinkopf. For can get things done for New York at a time when very few Democrats can bring home any bacon for their states.

His Finance Committee appointment will make him things possible for New York. Examples? Converting \$2 billion in unused 9/11 tax credits to link the Long Island Rail Road to lower Manhattan; making sure New Yorkers are able to continue deducting their state and city taxes if President Bush succeeds in reforming the federal tax code

Given the drubbing the Dems took this month, Schumer's task is daunting at best, hopeless at worst. Running against Eliot Spitzer for New York governor might have been child's play in comparison.

(no small matter to New Yorkers, who pay the nation's highest city and state taxes), and unding the capital gains tax, which would be a boon for Wall Street.
But here's the bigger question: Can Schumer use his newfound power to rebrand his beleaguered party into one that's more centrist, more connected to the heartland.
"If you ask people, 'What did our party stand for in 2004?'" said Schumer, "I don't think people know."
His solution? "We're going to put forward a message that's more moderate and more meat-and-potatoes. For instance, if we don't stand for a strong foreign policy, it will be much harder to win back the Senate."
Translation: Military preemption in the war on terror is OK. "We don't have to take the same stance as the president,

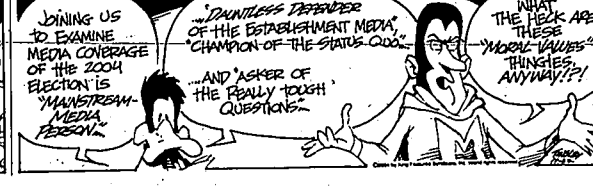
but we've got to be forceful," he said.
He also wants Dems to be successful on a host of other issues, such as the Patriot Act (which he supports) and tort reform (after years of opposing it, he's now for it).
Most of all, he wants people of faith back in his party. "We must make these people feel good. It's hard to navigate this world. Some people use deductive reasoning. Others use faith. What's wrong with that?"
That sort of rhetoric could draw new voters to the Democratic flock. Whether the more dogmatic members of Schumer's party have the smarts to follow suit remains to be seen. If they don't, Schumer may want to reconsider that race for governor.

Richard Schwartz is a columnist for the New York Daily News.

Doonesbury



Mallard Fillmore



By Bruce Tinsley

MORNING BREAK

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11/22/04

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AROUND THE VALLEY

Hospital offers back course

TWIN FALLS — The more time people spend sitting at desks, in cars or in front of televisions, the more they must do to prevent back pain. And the more active their jobs and lifestyles become, the more they must do to prevent and treat back injury. So Magic Valley Regional Medical Center has developed a plan to help everyone.

A two-hour course will be offered the first Wednesday of each month by Magic Valley Region's Rehabilitation Services. Instructors will demonstrate specific exercises for patients to help strengthen their backs after injury and provide information on preventing future damage and pain.

"Back injuries and back pain can happen to the best of us," said physical therapist Dave Berry. "Whether in our jobs or in our everyday activities, we are all prone to mishaps that can cause injury or pain. This class is designed to help people help themselves to better back health."

"Back School" will be held from 5 to 7 p.m. Dec. 1 at Magic Valley Regional's Rehabilitation Services, 560 Shoup Ave. W. The cost is \$25 per person. For more information or to register, call 737-2126.

Council awards grant to Burley teacher

BOISE — The Idaho Humanities Council, the state-based affiliate of the National Endowment for the Humanities, awarded \$53,141 at its October board meeting in Boise. The grant awards include support for 12 public humanities projects, including the Burley Project, and three Research Fellowships.

David Badger of Burley High School received a \$500 Teacher Incentive Grant to assist in collecting oral histories for the Burley Community Project publication in 2005. Students in 12th grade at the high school will be involved in taking photographs, interviewing seniors and transcribing materials for publication. The project publication will be available to the entire community.

Idaho Public Television received a public humanities grant for \$12,100 to support statewide broadcast of the 17th annual "American Experience," the award-winning documentary series about stories of the people and events that comprise the nation's history. The series airs to thousands of viewers. Sandy Sutherland is project director.

Motorists encouraged to utilize Road Report

BOISE — Motorists traveling during the Thanksgiving season are reminded to check the Idaho Road Report for weather-related road conditions across Idaho's highway system.

Beginning today, the Idaho Road Report will increase its reporting schedule to four times daily: 5:30 a.m., 9 a.m., 3 p.m. and 7 p.m. The reports are available 24 hours a day, seven days a week (including holidays) by phone or on the Internet. The hotline number is (888) IDA-ROAD (432-7623). For access to online road condition information, visit the transportation department's road report at ididaho.gov and click on "Traveler Services."

The online report offers the additional feature of a Road/Weather Integrated Data System, which provides real-time weather information from approximately 300 sites in Idaho and the surrounding states, including 35 Road Weather Information Systems sites.

T.F. council cancels meeting today

TWIN FALLS — The City Council will not hold its regular weekly meeting today.

Tree commission seeks new member

TWIN FALLS — The Twin Falls Tree Commission is seeking applications for a volunteer position with the commission. For an application and more information, call the Twin Falls Parks and Recreation Department at 736-2265. Application deadline is Dec. 10.

— compiled from staff reports

USING MAGIC VALLEY HORSEPOWER



TERRELL WILLIAMS/The Times-News

Six Belgian draft horses of Lee Family Belgians in Twin Falls are shown here pulling a wagon in the Wagon Days parade in Ketchum. Lee Family Belgians has accepted an invitation to pull a wagon carrying a television show east in the 2005 Rose Parade in Pasadena, Calif., on New Year's Day.

Rose Parade taps local Belgians

By Terrell Williams
Times-News correspondent

TWIN FALLS — In accordance with the 2005 theme, "Celebrate Family," Rose Parade officials have accepted an equine entry from Eric and JoAnn Lee of Twin Falls.

"Lee Family Belgians fit the theme," said Eric Lee, who has tried for three years to be in the New Year's Day floral extravaganza in Pasadena, Calif., with his hitch of six draft horses. "They really liked that it was a family hobby operation rather than a big corporate type of thing."

When they asked Eric Lee if his horses were trustworthy, he told them about an incident with his two lead horses. After hearing about this episode, the committee decided that, yes, the Lee Family Belgians were quite acceptable.

When an old-time horseman died in Shoshone, Lee volunteered to haul the casket to the cemetery with his team of draft horses.

The two Belgian geldings, Charlie and Eli, were washed clean, their blond coats soft and shiny, their white manes and tails braided with ribbons. Weighing 2,000 pounds each and standing 18-hands high, the big horses had more than enough power as Lee drove them for the friends' last wagon ride.

"Little did Lee know, it was close to being his own last ride.

To get back to his horse trailer, Lee had to drive the team across three parallel sets of train tracks that cross through this small-rural town. The three sets of tracks are about 12 feet apart, just wide enough to let trains pass each other.

Although this was once a popular stop of the early West, trains today don't even slow down in Shoshone. They thunder through town east and west at 50 miles per hour. Traffic is blocked behind barrier bars that drop at the tracks' intersection with Highway 83, running north and south.

On this still, hot July afternoon as Lee turned his team south on the highway to cross the tracks, there was no train in sight. Just as the horses reached the first set of rails, the tongue of the borrowed wagon broke and dropped. Lee pulled his horses to a quick stop, climbed down from the driver's seat and was about to unhook the team when a faint whistle blew. Seconds later, bells clanged, red lights flashed and the

Horses pass the spook test

By Terrell Williams
Times-News correspondent

SHOSHONE — Rose Parade officials worry that horses will get spooked and go out of control as they go through the noise and commotion of a people-packed parade route.

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solid crossing bar lowered right between the horses' rumps and the wagon.

The arm came down right behind their butts, so I couldn't go forward or back," Lee said. "We didn't have time to unhook anything. There was no getting out of there. Out-of-the-corner-of-my-eye, I could see the train coming. The light was coming and it was honking."

The wagon's few passengers jumped down and scrambled away as the train approached on the second, middle set of tracks. Lee took a deep breath and calmly stepped up between the big heads of his horses, standing with their front feet at the first set of tracks. Facing the tall Belgians, Lee took a firm hold of their bridles. His wife, JoAnn, climbed down from her seat on the driver's bench and hurried back to safety.

The engineer, perhaps trying to convince the horses and wagon to get out of the way, blew a warning whistle long and loud. There was no way the train could stop or even slow down. But the horses were there to stay.

"I could see everybody behind the wagon," Lee said. "Their eyes were getting as big as silver dollars."

Then the train was there, shaking the ground as it rumbled by on the center set of tracks not 12 feet from the horses' noses.

"I could feel the vibration pushing me on my back," Lee said. "That's how close it was. I just stood right in front of the horses and held them. At the time, I was in shock mode. It didn't affect me then."

Over the years, Lee had used this team to haul handicapped children, their electric wheelchairs buzzing on all sides. At schools, giving wagon rides to children. Charlie and Eli learned to tolerate crowds of youngsters who were screaming, running, and popping balloons. The gentle giants accepted sprinkler systems bursting into action, and children at parades grabbing for candy scattered across the streets. At fairs, rodeos and parades, the horses got used to cheering crowds, water guns, horns.

— Please see HORSES, Page B3

Book club donates totes for story time

By Amy Ballard
Times-News correspondent

FAIRFIELD — The six women who make up the Across the Prairie Book Club aren't just interested in reading.

Meeting in members' homes or at their favorite haunt, the Soldier Creek Brewing Company on Monday mornings, they often work on craft projects or plan excursions in addition to discussing books.

This month the women decorated 15 tote bags for the preschool children who attend the Camas County Public Library's story time, held Thursdays at 10:30.

"I just picked up the supplies and we all put them together," said Michelle Wolf, a library trustee and member of the book club.

"The other members are all very crafty and I am not. . . . Story time attendees are allowed to keep the totes, which Wolf said are handy for kids to carry their library books in while they

browse or when traveling to and from the library.

"I got the idea after I decided to do the story time," Wolf said. "Knowing preschoolers and having three kids of my own, I thought about how your arms are always juggling things. I thought it was a really neat thing for our small-town book club to do, to help make our preschool story time a success."

"Turnout is very good for our small library," said Librarian Mary Ballard. "We have about 12 kids most of the time. I think they're more careful with their books if they can keep them in a bag."

Story time will not be held on Thanksgiving Day. For more information, call the Camas County Public Library at 764-2553.

Luci Cuellar, 3, looks over the books she has collected in her tote bag to check out on Thursday. The totes were donated by the Across the Prairie Book Club.



AMY BALLARD/The Times-News

CSI Senate works on amending constitution

The Times-News

TWIN FALLS — The College of Southern Idaho Student Senate will begin working on a comprehensive change to the school's constitution soon.

Sophomore Sen. Isaac Moffett and a special amendments committee decided last summer the document was in need of major revisions when the senate began trying to work through some issues.

"We discovered that neither the senate nor the president could rectify the situations before changes were made to the constitution," Moffett said. "As we looked into it further, it be-

— Please see CSI, Page B3

Serving their country

Profiles of servicemen and women with local ties deployed to Iraq or Afghanistan. Information supplied by their families.



Spc. Jodi Beams
• Age: 23.
• Hometown: Jerome.
• Local family: Jeff and Mary Beams.
• Service, date of enlistment: U.S. Army, March 2002.
• Rank, assignment: Spc. E4, military police.
• Task: Military Police in Iraq.
• Additional information: Jodi has also done military police work in Washington, D.C., before her deployment to Iraq.



Spc. Ainslee K. Luttmer
• Age: 20.
• Hometown: Murtaugh.
• Local Family: Parents, Steve and Liza Luttmer; brother, Taylor; sister, Traci; grandparents, Gerhard and Janet Luttmer and Dan and Norma Harrison.
• Service, date of enlistment: U.S. Army National Guard, Jan. 11, 2002.
• Rank, Assignment: Spc. E-4, chemical operations specialist.
• Task: Deployed with the 2-116th Chemical Battalion, Iraq.
• Employment: Center for Independent Living in Twin Falls.
• Additional information: Currently training in Fort Bliss for HAZMAT Certification. Write to: Ainslee at Spc Luttmer, Ainslee K.; MRC5-116 BCT (Forward); Operation OIF; APO, AE 96359.

To send a message to those serving in the military go online to www.magicvalley.com and click on "Military Messages." To submit information and photos about local servicemen and women in Iraq and Afghanistan, please call Times-News clerk Jami Whit-ed at 735-3278 or e-mail jwhited@magicvalley.com. Please include your own name and contact information.

MAGIC VALLEY/WEST

ON THE AGENDA

Today
Blaine County commissioners, 8:45 a.m., courthouse, 206 First Ave. S., Haily.
Cassia County commissioners, 9 a.m., courthouse, 1459 Overland, Burley.
Elmore County commissioners, 9 a.m., courthouse, 150 S. Fourth E., Mountain Home.
Gooding County commissioners, 9 a.m., courthouse, 624 Main, Haily City, Council, 6 p.m., courthouse, 206 First Ave. S., Haily.
Jerome County commissioners, 9 a.m., courthouse, 300 N. Lincoln.
Ketchum Planning and Zoning Commission, 5:30 p.m., City Hall, 480 E. Ave. N.

Tuesday
Lincoln County commissioners, 8:30 a.m., courthouse, 111 W. B. Shoshone.
Minidoka County commissioners, 9 a.m., courthouse, 715 G St., Rupert.
Twin Falls County commissioners, 8:30 a.m., courthouse, 425 Shoshone St. N.

Wednesday
Bellevue City Council, 7 p.m., City Hall, 115 E. Poplar.
Glenns Ferry City Council, 7 p.m., City Hall, 110 E. Second St.
Gooding County Memorial Hospital board, 7:30 a.m., conference room, 1120 Montana St.
Gooding School Board, 7 p.m., administration office, 507

Idaho State
City Planning and Zoning Commission, 7 p.m., council chambers, 100 E. Ave. A.
Shoshone Planning and Zoning Commission, 7:30 p.m., City Hall, 207 S. 10th St. W.
Twin Falls County commissioners, 8:30 a.m., courthouse, 425 Shoshone St. N.

Wednesday
Twin Falls County commissioners, 8:30 a.m., courthouse, 425 Shoshone St. N.

This list is compiled from advertisements in The Times-News. We suggest that you confirm the information by calling the appropriate clerk's office before attending.

THIS WEEK AT CSI

Today
CSI Latinos Unidos weekly meeting, 11 a.m., Student Union 248.
CSI Golden Eagle Boosters luncheon, noon, Taylor 277.
Students with disabilities weekly meeting, 1 p.m., Student Union 247.
CSI Student Senate weekly meeting, 4 p.m., Student Union 232.
CSI Jazz Workshop with Brent Jensen, Steve Cox, Andy Nevada and Aaron Miller, 6 p.m., Student Union (free admission).
CSI Boxing Club practice, 9 p.m., Physical Education 236.

Tuesday
High school economic summit, all day, gym.
Bilingual Education Student Organization meeting, 2 p.m., Student Union 248.
CSI Ski Club weekly meeting, 1 p.m., Shields 106.
CSI and Department of Health and Welfare pre-service training for potential foster and adoptive parents, 6 p.m., Taylor 277.
CSI Faculty Art Show free public reception for the artists, 7 p.m., Herrett Center for Arts and Science, Jean B. King gallery.

Idaho Native Plant Society monthly meeting, 7 p.m., Taylor 276.
"The Greatest Wonders of the Universe," 7 p.m., Faulkner Planetarium.
CHI Alpha Christian Fellowship weekly meeting, 7 p.m., Desert 113.
Wednesday
CSI Renaissance Club weekly meeting, 1 p.m., Shields 110.
Styx Narcotics Anonymous meeting, 7 p.m., Desert 113.
CSI Golden Eagle mens basketball vs. Treasure Valley Community College, 7:30 p.m., Ontario Orm.
CSI Boxing Club practice, 9 p.m., Physical Education 236.

Thursday
Campus closed for Thanksgiving holiday.
CSI Golden Eagle women's basketball Coca Cola Classic tournament; team plays College of Eastern Utah, 8 p.m., gym.
Friday
Campus closed for Thanksgiving holiday.
"The Christmas Star," 2 and 7 p.m., Faulkner Planetarium.
"Steering Through the Holidays," 4 and 8:15 p.m., Faulkner Planetarium.

Narcotics Anonymous weekly meeting, 7 p.m., Desert 113.
CSI Golden Eagle women's basketball Coca Cola Classic tournament; team plays South Mountain Community College, 8 p.m., gym.
Saturday
Internal Revenue Service, AARP and Small Business Development Center volunteer tax training, 8 a.m. to 5 p.m., Evergreen 093.
Youth Orchestra rehearsal, 9 a.m., Fine Arts 121 and 133.
United Church of God weekly meeting, 10 a.m., Aspen 145.
"The Christmas Star," 2 and 7 p.m., Faulkner Planetarium.
"The Greatest Wonders of the Universe," 4 p.m., Faulkner Planetarium.
CSI Golden Eagle women's basketball Coca Cola Classic tournament; team plays Yakima Community College, 8 p.m., gym.
Steamrolling Through the Holidays, 8:15 p.m., Faulkner Planetarium.

SERVICES

Dale Lavern Taylor of Twin Falls, memorial service at 10 a.m. today at Park's Magic Valley Funeral Home, 2551 Kimberly Road, Twin Falls.

Marjorie Eileen Balls Baldwin of Ely, Nev., and formerly of Eden, graveside service at 10 a.m. today at Sunset Memorial Park in Twin Falls.

Oris Otto Gibson of Rupert, service at 11 a.m. today at the Rupert United Methodist Church (Hansen Mortuary Rupert Chapel).

Dwain D. Kirkham of Terreon, funeral at 11 a.m. today at the Terreon LDS Chapel; family will receive friends from 10 to 10:45 a.m. today at the church (Flamm Funeral Home, Rexburg).

Mary Josefa Frost Smith of Burley, funeral at 11 a.m. today at the Word of Life Fellowship, 1600 Overland Ave., Burley; friends may call from 10 to 10:45 a.m. today at the church (Payne Mortuary, Burley).

Therma S. Wilson of Fairfield, service at 11:30 a.m. today at the Community Church in Fairfield.

Dwain William French of Buhl, service at 11 a.m. Tuesday at White Mortuary in Twin Falls; friends may call from 9 a.m. until the time of the service Tuesday at the mortuary.

Robert Lee Martin of Twin Falls, funeral at 1:30 p.m. Tuesday at the Twin Falls 6th Ward LDS Chapel; friends may call from 4 to 8 p.m. today at White Mortuary and from 12:15 to 1:15 p.m. Tuesday at the church.

Mildred Mable Borchardt of Rupert, funeral at 2 p.m. Tuesday at the Rupert Assembly of God church, corner of Fourth and H streets; friends may call from 6 to 8 p.m. today at Hansen Mortuary Rupert Chapel and one hour before the service Tuesday at the church.

James E. Kevan of Glenns Ferry, funeral at 10 a.m. Wednesday at the American Legion Hall in Glenns Ferry; viewing from 9 a.m. until the time of the service at the Legion Hall, graveside service at 2 p.m. Wednesday at the Manard Cemetery southeast of Fairfield, followed by a get-together at the Senior Citizens Center in Fairfield (Demary's Gooding Chapel).

Idella Gold Cownover of Belton, Texas, and formerly of Wendell, funeral at 2 p.m. Wednesday at the Wendell LDS Chapel, 605 N. Idaho St.; visitation from noon until the time of the service Wednesday at the church (Farnsworth Mortuary, Jerome).

DEATH NOTICES

Carson Clifford Shupe
SALT LAKE CITY — Carson Clifford Shupe, a 21-year-old resident of Salt Lake City, died Sunday near Malta from injuries sustained in a vehicular accident.
Local arrangements are under the direction of Rasmussen Funeral Home, 1350 E. 16th St., Burley.
Arrangements are pending at Demmany Funeral Chapel of Gooding.

William Everett Conrad
GOODING — William Everett Conrad, age 82, of Gooding died Sunday at Gooding County Memorial Hospital.
Arrangements are pending at Demmany Funeral Chapel of Gooding.

OBITUARIES

For obituary rates and information, call 735-3278 Monday through Saturday. Deadline is 4 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 4 p.m., every day. To view or submit obituaries online, or to place a message in an individual online guestbook, go to www.magvalley.com and click on "Obituaries."

Idella Gold Cownover

WENDELL — Idella Gold Cownover, 70, of Salado, Texas and formerly of Wendell, passed away Nov. 18 at her home of causes incident to pulmonary fibrosis.
Idella was born Aug. 3, 1934 in Wendell, the daughter of Dick and Eunice Anderson Gold. She graduated from Wendell High School in 1953 and St. Benedict's School of Nursing in Ogden, Utah in 1956. On Aug. 25, 1957, she married William Norman Cownover in Ogden.
Idella was a Bell County resident for the past 40 years and was employed by the VA and Santa Fe Memorial Hospitals, both in Temple, Texas.
She is survived by her former husband, William N. Cownover, of Salado; three sons: William Ernest (Nadine) Cownover of Casper, Wyo., Jeffrey Norman Cownover of Salado and John Douglas



(Stacey) Cownover of Memphis, Tenn.; two daughters, Candice Adair (Brian) Meyer of Casper and Angela Dell (Paul) Williams of Belton, Texas; two sisters, LaTae (Arnell) Haberman of Jerome and LaTae (Walter) Stockham of Wendell;

and seven grandchildren, Morgan Williams, Kristin Williams, Ashley Williams, Heath Williams, Koby Williams, Kinsey Williams and Carter Cownover.
She was preceded in death by one brother, Ivan Gold.
Memorials are requested to Scott & White Hospice, c/o Development Office, Scott & White Memorial Hospital, 2401 South 31st Street, Temple, Texas 76708.
Funeral services will be held at 2 p.m. Wednesday in the Wendell LDS Third Ward Chapel, 605 N. Idaho St., with President Wayne Chandler officiating.
A visitation will be held at the church on Wednesday beginning at noon. Interment to follow in the Wendell Cemetery. Arrangements are under the care of Farnsworth Mortuary and Crematory, 1343 Lincoln St. S., Jerome.

Juan Carlos Espinoza

BURLEY — Juan Carlos Espinoza, a 29-year-old resident of Burley, died Nov. 20 at St. Alphonsus Medical Center in Boise from injuries received in an automobile accident.
He was born Nov. 27, 1974, in Coneo, Michoacan, Mexico, the son of Manuel and Margarita Garcia Espinoza. He received his education in Burley, graduating from Burley High School. He was a Boy Scout and enjoyed hunting, fishing, and going camping. At the time of his death, he was employed for Golden Valley Warehouse south of Burley.
He is survived by his parents, Manuel and Margarita Espinoza of Burley; one daughter, Guadalupe Es-



pinoza, and one son, Juan Manuel Espinoza both of Burley; his brothers and sisters,

Adrian (Julie) Espinoza of Rupert, Manuel (Veronica) Espinoza, Cecilia (Rodolfo) Rutz, and Alejandra Espinoza, all of Burley; and many aunts, uncles, nieces, nephews and cousins.
A vigil service with recitation of the rosary will be held at 7 p.m. Tuesday at Little Flower Catholic Church, 1601 Oakley Ave., Burley. The funeral Mass will be celebrated at 11 a.m. Wednesday, also at Little Flower Catholic Church with the Rev. Father Juan Garate as celebrant.
Friends may call from 6 p.m. until the time of the rosary on Tuesday, and one hour prior to the funeral Mass on Wednesday at the church.

Utah increases security to protect ancient findings

SALT LAKE CITY (AP) — The state of Utah is beefing up security at the remote eastern Utah canyon of Range Creek to protect an estimated 2,000 to 5,000 archaeological sites kept secret until last summer.
Archaeologists estimate as many as 250 households occupied the canyon over a span of centuries ending about 750 years ago. They left half-buried stone-and-mortar houses, cob houses and grayed caches, and painted colorful trapezoidal figures with spiky hair styles on canyon walls.
Researchers had quietly conducted surveys at the site for three years, but the significance of the finds was hidden until news reports surfaced in June about the transfer of the land from a rancher to the state.
Because the publicity causes a greater risk of looting, the state has allocated \$152,000 to secure the site through the end of the fiscal year 2005.
A combination of rangers and conservation officers will provide security for the site, and Division of Wildlife Resources employees will include it in some of their aerial flyovers. The area also is accessible only after rules of rugged road, affording some protection.
"Winter is when most of the vandalism occurs," said Mary Tullius, deputy director of Utah State Parks and Recreation.

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WORLD

Powell starts new Mideast peace mission

JERUSALEM — Secretary of State Colin Powell embarked Sunday on a mission to revive the Middle East peace process after Yasser Arafat's death, saying he will ask Israel to help with the upcoming Palestinian election to pick a successor.

Israel said it would consider pulling back troops from disputed areas in the West Bank. On his way to the Middle East, Powell told reporters on his plane that U.S.-Palestinian cooperation in setting up the elections "will encourage a degree of cooperation that can spread into other areas."

"This is a moment of opportunity," Powell said. "It will be encouraging both sides to do everything they can to make sure that this election comes off and that the maximum number of Palestinians get the opportunity to participate."

He said there were "many things" the Israelis could do to help, and he will discuss them during a Monday meeting with Israeli officials.

19 nations agrees to write off 80 percent of Iraq's debt

PARIS (AP) — Major economic powers agreed Sunday to write off more than \$31 billion in debt for Iraq in a deal that boosted U.S. efforts to help put the Iraqi economy back on its feet.

Under the agreement, the Paris Club of 19 creditor nations will write off 80 percent of the \$38.9 billion that Iraq owes them, group chairman Jean-Pierre Jouyet said. The Paris Club includes the United States, Japan, Russia and European

nations. Iraq owes another \$80 billion to various Arab governments. A clause in the agreement gives the Paris Club the option to suspend part of the debt reduction if it were not matched by Iraq's other major creditors — led by Saudi Arabia and Kuwait.

The United States had been pressing for up to 95 percent of the Paris Club debt to be lifted. Iraq has said its foreign debt was hindering postwar recon-

struction, already struggling amid the country's persistent insurgency.

Iraq's finance minister, Adel Abdul-Mahdi, hailed what he described as a "historic agreement."

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Reformist works to end Egypt's system of rule

CAIRO, Egypt — A prominent Egyptian American reformist said Sunday he would run for Egypt's presidency if a proposed constitutional amendment allowing "direct" elections for multiple candidates succeeded.

However, the chances of that happening are slim. Saad Eddin Ibrahim — a university professor, sociologist and critic of Egypt's military-controlled regime — acknowledges there is little hope of success. But he said he was putting the idea forward to try to break the taboo against anyone other than the sitting president being considered a candidate.

President Hosni Mubarak, 76, has led Egypt since the 1981 assassination of his predecessor, Anwar Sadat. In four previous presidential referendums, Mubarak was the sole candidate and Egyptians could only vote "yes" or "no." The next poll is set for October 2005.

Bahrain king pardons human rights activist

MANAMA, Bahrain — Bahrain's king ordered the immediate release of human rights activist who was convicted of inciting hatred of the government and sentenced to one year in prison Sunday in a case linked to criticism of the prime minister. The intervention by the king, Sheikh Hamad, came hours after Abdul-Hadi al-Khawaja was sentenced in a courtroom where scores of his supporters chanted slogans against the prime minister.

Al-Khawaja, the executive director of the now-dissolved Bahrain Center for Human Rights, was detained on Sept. 25 after he called publicly for the resignation of Sheikh Khalifa bin Salman Al Khalifa, accusing him of being responsible for economic failures and human rights violations.

The king ordered al-Khawaja released, saying he was "pardoning" al-Khawaja from spending the rest of his sentence in jail, to suffice with the period he spent in jail before issuing this decree.

— compiled from wire reports

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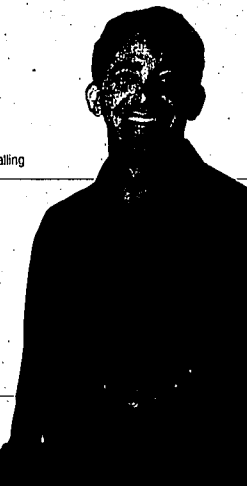
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Shell We Dance (R) 7:15 - 9:30
Alfie (R) 9:15
Motorcycle Diaries (R) 7:00 - 9:30

Jerome 4
Polar Express (G) 7:10 - 9:20
The Grudge (R) 7:15 - 9:15
SpongeBob Movie (G) 7:00 - 9:00
Disney's Incredibles (R) 7:00 - 9:30

Twin 12
Without a Paddle (R) 8:45
Saw (R) 7:15 - 9:45
Ladder 49 (R) 8:45 - 9:15
Incredibles (R) 8:45 - 9:15 - 9:45
Polar Express (G) 7:00 - 9:15 - 9:15
Friday Night Lights (R) 8:45 - 9:15
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MORNING LINE

SPORTSQUOTE

He has been Idaho's sportscaster of the year 32 times, which would be impressive if Idaho had more than one sportscaster.

Columnist John Blanchette in the Spokane Spokeman-Review, on Bob Curtis, who is quitting after 48 seasons as the radio voice of Idaho football

TRIVIA QUESTION:

Yes or No? Has a rookie quarterback ever started in a Super Bowl?

...answer below

IN BRIEF

Hulsh will sing at Stockton ceremony
SALT LAKE CITY - Twin Falls resident Burt Hulsh will sing the national anthem for tonight's New Orleans Hornets at Utah Jazz basketball game.

CSI booster luncheon set for Monday

TWIN FALLS - The College of Southern Idaho booster club luncheon will be held at noon Monday in the Taylor Administration Building's Room 277 on campus.

Fans and boosters can go through the food line in a cafeteria, buy their food and bring it to Room 277.

Utah State takes third at Top of the World

FAIRBANKS, Alaska - Guard Jaycee Carroll ended a scoring drought of nearly 12 minutes by hitting a 3-pointer to help boost Utah State to a 64-57 victory over Northwestern Sunday in the third-place game of the Top of the World Classic.

Utah State led by as much as 11 in the first half before taking a 31-16 lead into the intermission.

Fort Lewis knocks off Idaho by four in overtime

BOISE - Ryan Sonneck scored 29 points, including two crucial free throws with 20 seconds remaining in overtime, to help lift Fort Lewis to an 83-79 victory over Idaho in the Boise State Invitational Sunday.

NCAA Division II Fort Lewis (1-0) sent the game into overtime when sophomore forward Tim Bieri hit a field goal to even the score at 71 with nine seconds left in regulation.

Dillon Higdon single-handedly kept the Vandals alive in overtime, accounting for all eight of Idaho's points on three field goals.

Idaho (0-3) held a 36-33 halftime lead on the strength of three-point shooting by Jason Bowden-Key, who hit 3-for-3 from long range and recorded 11 points, but failed to score in the second half.

Compiled from staff and wire reports

TRIVIA ANSWER:

No.

NBA suspends Artest for rest of season

By Chris Sheridan Associated Press writer

NEW YORK - Ron Artest was suspended for the rest of the season Sunday as the NBA came down hard on three members of the Indiana Pacers for fighting with fans as a game against the Detroit Pistons degenerated into a melee.

Nine players from the teams were banned for a combined 143 games, including some of the harshest penalties the



league has ever issued. Artest is the first player to be suspended for nearly an entire season for a fight during a game. Pushing and shoving among players at Friday's game escalated into one of the worst fights in U.S. professional sports history when a fan threw a drink at Artest and he jumped into the stands, throwing punches. Nine people were treated for injuries, none serious.

Indiana's Stephen Jackson was suspended for 30 games and Jerome O'Neal for 25. Detroit's Ben Wallace - whose shove of Artest after a foul led to the five-minute fracas - drew a six-game ban, while Pacers guard Anthony Johnson got five games.

As powerful to players that they'll never do that again," Pistons CEO Tom Wilson said. All the suspensions are without pay. Artest, O'Neal and Jackson - who drew three punches at fans in the stands or on the court at the end of the nationally televised game Friday night - began serving their suspensions Saturday, when they and Wallace received indefinite suspensions. Indiana, limited to just six players before. Please see NBA, Page C2

Busch takes Nextel



NASCAR Nextel Cup champion Kurt Busch is soaked in champagne by his pit crew following his fifth-place finish at Homestead-Miami Speedway Sunday. The finish clinched the season points title for the 26-year-old Las Vegas native.

Final race decides season points title winner

HOMESTEAD, Fla. - Kurt Busch struggled mightily with an oversized champagne bottle, trying with all his strength to pry the cork out and begin his NASCAR championship celebration. He tugged at it, and banged the bottle against the championship podium. Nothing worked. The cork wouldn't budge, and he eventually gave up. It was the only obstacle Busch couldn't overcome in the Chase for the Nextel Cup Championship.

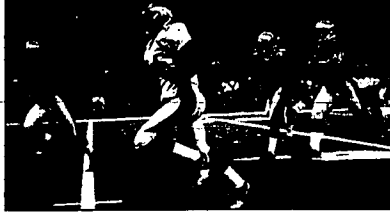
He stayed calm at every speed bump - including a track mishap when his wheel broke and his tire sailed off the car midway through the Ford 400. "It's unbelievable to be able to put such an effort into what it takes to make a championship-caliber team," Busch said. "Many things have to fall into place." That they do, especially under a radically new format started this season and designed to add drama to what had become a series of lackluster championship battles.

When the race went into overtime because a late caution made it impossible to finish in the original 267 laps. Everyone stripped in for what was sure to be a wild shootout to the end. The contenders stacked up in a line, fender-to-fender, knowing what was at stake. Gordon was in third, Johnson was in fourth and Busch in fifth. Busch's part was easy - stay out of trouble over the final four laps and the title was his. Gordon and Johnson, who came into the race trailing Busch in the standings, knew they had to run much more. One of them needed to win the race to wrap up the title. The field got the green flag, and the desperation was obvious in Gordon and Johnson, teammates and the closest of friends. Their Chevrolets darted to the bottom of the track, then back to the top, each looking for

Please see BUSCH, Page C2

Broncos run over Saints

NEW ORLEANS - Another blowout loss left Saints owner Tom Benson furious and wondering whether his team belonged in the NFL. Reuben Droughns rushed for 166 yards and a touchdown, Jake Plummer threw for 224 yards and two touchdowns, and the Denver Broncos manhandled the Saints 34-13 on Sunday. The Broncos were up 20-0 after the first quarter, when they had 185 yards of offense to 55 for the Saints. New Orleans had only two first downs in the quarter and 1 yard rushing. "It's the worst performance I've seen by them in the 20 years that I've owned them," Benson said. "They looked just like high school kids." Benson made a pitch Wednesday for the state to renovate the Superdome and pay the team millions of dollars until 2020 to keep it in Louisiana. The Broncos (7-3), AFC West leaders, have gone 12-12 to close out the last three seasons, but looked strong coming off their bye week. Denver had 389



yards in total offense and held the Saints to one touchdown. "We knew coming off the bye week that we'd have to get the job done and have to step it up in the second half of the season," Droughns said. "So far, so good." New Orleans (4-6) has dropped five of its last seven games, mainly because of a defense that is allowing almost 30 points a game - second-most in

Chargers keep pace in AFC West

OAKLAND, Calif. - San Diego figured its rematch with the Raiders would be much closer than the Chargers' rout of their division rival last month. It was, but with the same result. Antonio Gates had eight receptions for 101 yards and a touchdown. LaDainian Tomlinson ran for 164 yards and a score on 37 carries, and the Chargers won their fourth straight game, 23-17 over the Raiders on Sunday. Drew Brees passed for 226 yards and also ran for a touchdown to help the Chargers, which won 34-13 over the Raiders on Sunday. San Diego maintained a tie for first place in the AFC West with Denver, which won 34-13 at New Orleans. The Chargers play at Kansas City next week.

They host the Broncos the following Sunday. Oakland's Doug Gabriel had a 15-yard TD reception negated with 7:54 remaining after rookie tight end Robert Gallery was flagged for an illegal block in the back - another mistake in a season defined by missed opportunities for the Raiders (3-7). Instead, Oakland got a 31-yard field goal from Sebastian Janikowski and fell short again. Both teams had two weeks to think about this rematch with their bye last weekend. Kerry Collins, who spent extra time in the film room during Oakland's week off, went 16-for-30 for 227 yards and two touchdowns. He didn't throw an interception for the first time in nine games dating to last season with the New York Giants. It was one of his most efficient games since taking over as starter in Week 4.



SAN DIEGO CHARGERS

SPORTS

Seahawks 'D'feat Dolphins

Boulware interception return for score lifts Seattle, 24-17

SEATTLE (AP) — Rookie Michael Boulware saved the game for the Seattle Seahawks. Maybe the season, too.

Boulware intercepted a pass by A.J. Feeley and returned it 63 yards for a touchdown with 56 seconds remaining, lifting the Seahawks to a 24-17 win over the Miami Dolphins on Sunday.

It was the fourth time this season Feeley has had an interception returned for a TD, and his mistake spoiled the debut of interim coach Jim Bates.

Feeley was trying to throw to Chris Chambers in the right flat when Boulware, a linebacker in college who moved to strong safety this season, caught the ball in stride and raced down the left sideline.

As he streaked past the Seattle bench, coach Mike Holmgren turned and breathed a huge sigh of relief. With St. Louis (5-5) losing at Buffalo, Seattle (6-4) reclaimed first place in the NFC West.

was good enough to make the rally count.

The Vikings, ending a three-game losing streak, shut out Detroit in the second half and overcame a 12-point deficit in the fourth quarter to beat the sliding Lions.

Titans 18, Jaguars 15

JACKSONVILLE, Fla. — Steve McNair returned to the lineup for the first time in a month, throwing a touchdown pass and directing two other scoring drives.

McNair finished 18-of-30 for 209 yards despite showing signs of rust. The reigning league co-MVP bruised his chest Sept. 26 against Jacksonville and aggravated the injury a month later against Minnesota.

McNair led a 59-yard touchdown drive in 37 seconds that put the Titans (4-6) ahead 16-15, and then ran for the 2-point conversion.

Ravens 30, Cowboys 10

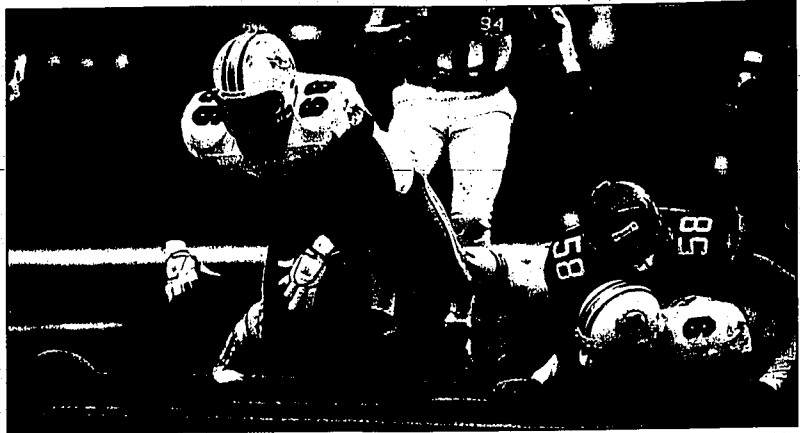
BALTIMORE — Down at halftime and playing without injured running back Lamar Lewis, the Ravens turned to Kyle Boller to ruin an inspired performance by the Dallas defense.

Showing the poise and confidence of a rapidly maturing quarterback, Boller threw two touchdown passes in the third quarter. Boller went 23-for-34 for 232 yards in his third straight game without an interception. The Ravens (7-3) have five wins in their last six games.

Jets 10, Browns 7

CLEVELAND — Quincy Carter threw an 11-yard touchdown pass to Justin McCareins with 5:32 remaining to give the Jets (7-3) an ugly win.

New York's Lamont Jordan, filling in for a banged-up Curtis Martin, rushed for 61 yards in



Miami Dolphins offensive lineman Red Hachnot (66) jumps on a fumble from backup-quarterback Jay Fiedler during the second quarter after Seahawks linebacker Isiah Kacyvenski (58), tackled him on a keeper Sunday in Seattle. Hachnot recovered the fumble.

the fourth quarter. He ground out 34 yards as the Jets ran out the final 9:55 to hand the Browns (3-7) their fourth straight loss.

Martin rushed for 88 yards on 17 carries. In the first quarter, he went over 1,000 this season and joined Hall of Famer Barry Sanders as the only players in NFL history to begin their careers with 10 straight 1,000-yard seasons.

Colts 41, Bears 10

CHICAGO — Edgerrin James punished the Bears' defense with 204 yards on 23 carries, and Peyton Manning threw four more touchdown passes.

The Colts (7-3) feasted on five Chicago turnovers, four by shaky rookie quarterback Craig Krenzel, who lost two fumbles and threw two interceptions as the Bears' three-game winning

streak ended with a thud.

Buccaners 35, 49ers 3

TAMPA, Fla. — Joe Lurevicus scored his first touchdowns since last year's season opener, getting into the end zone twice on passes from Brian Griese.

The victory was the fourth in six games after an 0-4 start for Tampa Bay (4-6). The 49ers (1-9) have lost five straight and were held to just 197 yards offense.

Panthers 35, Cards 10

CHARLOTTE, N.C. — Nick Goings ran for 121 yards and three first-half scores and the Panthers jumped to a 28-point halftime lead.

Muhsin Muhammad added two TD catches, the first with just 2 seconds left before halftime, for the Panthers (3-7) — who won their first home game of the season.

Eagles 28, Redskins 6

PHILADELPHIA — Donovan McNabb spent the first 2.5 quarters scrambling for his life and the final minutes resting on the sideline. In between, he sat in the pocket and picked apart Washington's secondary.

McNabb tied a career high with four touchdown passes, leading the Philadelphia Eagles to a 28-6 victory over the Redskins on Sunday.

Falcons 14, Giants 10

EAST RUTHERFORD, N.J. — The day belonged to Michael Vick and the Atlanta Falcons. The New York Giants have every right to believe the future belongs to Eli Manning.

Vick ran for 104 yards and threw two first-half touchdowns — passes to Alge Crumpler to lead the Falcons to a 14-10 win over

the Giants on Sunday, spoiling Manning's first start.

After a shaky first half, Manning led New York on two second-half drives that turned a one-sided game into a thriller.

A 6-yard touchdown pass to Jeremy Shockey got New York within 14-7 in the third quarter and another long drive set up a 24-yard field goal by Steve Christie with 6:29 to play.

Packers 16, Texans 13

HOUSTON — Brett Favre brought the Pack all the way back, even without buddy Ahman Green.

Favre moved Green Bay into scoring position with a flawless 2-minute drill and Ryan Longwell kicked a 45-yard field goal as time expired, sending the Packers to their fifth straight win, 16-13 over the Houston Texans on Sunday.

Bills 37, Rams 17

ORCHARD PARK, N.Y. — Drew Bledsoe answered his critics by hitting tight end Mark Campbell for three touchdowns, and Nate Clements returned a punt 86 yards for a score.

It was a dominating effort by a Buffalo team (4-6) that has won four straight at home, but was coming off its worst outing of the season, a 29-6 loss at New England.

Bledsoe answered those calling for rookie J.P. Losman to take over as starter, going 15-of-24 for 185 yards. His only blemish was an interception off Lee Evans' hand in the first quarter.

Vikings 22, Lions 19

MINNEAPOLIS — Daunte Culpepper guided the Vikings on another second-half comeback, and this time the defense

NBA

Continued from C1

cause of the suspensions and injuries, dropped an 86-83 decision to Orlando.

"I'm sick about that for Indiana. I'm devastated for them," Pistons coach Larry Brown said. "And we lost our heart and soul."

Stern noted that fans — who threw punches of their own and tossed drinks at players — shared the blame for the brawl.

He said the NBA must "redefine the bounds of acceptable conduct for fans attending our games and resolve to permanently exclude those who overstep those bounds."

He added that security procedures in all NBA arenas will be reviewed and rules need to be added to prevent a repeat of what happened at Auburn Hills, Mich., on Friday.

For Sunday night's home game against the Charlotte Bobcats — Detroit's first outing since the melee — the Pistons doubled the number of armed police in the arena to about 20 and increased other arena security personnel by about 25 percent.

Police were continuing to investigate the brawl, one of the NBA's most violent.

Artest and Jackson bolted into the stands near center court and throwing punches at fans after debris was tossed at

NBA's Longest Suspensions

72 games — Ron Artest, Indiana Pacers, (for the remainder of the season) for fighting with fans in the final minute of a game at Detroit Pistons on Nov. 19, Nov. 21, 2004.

68 games — Latrell Sprewell, Golden State Warriors, (for one year) after "physically assaulting" coach P.J. Carlesimo during a practice, Dec. 4, 1997. Arbitrator John Feenick overturned the Warriors' termination of the Sprewell's contract and reduced his one-year suspension by five months, ending July 1.

30 games — Stephen Jackson, Indiana Pacers; for fighting with fans in the final minute of a game at Detroit on Nov. 19, Nov. 21, 2004.

28 games — Kermil Washington, L.A. Lakers, (80 days) for punching Houston's Rudy Tomjanovich, 1977.

25 games — Jermaine O'Neal, Indiana Pacers, for fighting with fans in the final minute of a game at Detroit on Nov. 19, Nov. 21, 2004.

24 games — Dennis Rodman, Chicago Bulls, and fined \$25,000 for kicking a courteous television photographer, Jan. 17, 1997.

10 games — Vernon Maxwell, Houston Rockets, for going into the stands and hitting a fan, Feb. 6, 1995.

7 games — Nick Van Exel, L.A. Lakers, and fined \$25,000 for shoving a referee, April 9, 1986.

6 games — Ben Wallace, Detroit Pistons, for shoving Indiana's Ron Artest after a foul led to the 5-minute fracas in the final minute of a game against the Pacers on Nov. 19, Nov. 21, 2004.

6 games — Dennis Rodman, Chicago Bulls, and fined \$20,000 for head-butting a referee, March 18, 1996

Note: Does not include drug-related suspensions.

the players. Later, fans who came onto the court were punched in the face by Artest and O'Neal.

Wallace began the fracas by delivering a hard, two-handed shove to Artest after Wallace was fouled on a drive to the basket with 45.9 seconds remaining. Referees ultimately called off the rest of the game.

The initial skirmish wasn't all that bad, with Artest retreating to the scorer's table and lying atop it after Wallace sent him reeling backward.

But when a fan tossed a cup at Artest, he stormed into the stands, throwing punches as he climbed over seats.

Jackson joined Artest and threw punches at fans, who punched back.

Indiana players were pulled with drinks, popcorn and other items as they left the court; at one point, a chair was tossed into the fray.

Artest and Jackson bolted into the stands near center court and throwing punches at fans after debris was tossed at

them and steadily pull away.

"With 'Biffie stealing the win they needed, and Busch staying pat in fifth place, the championship was over."

Busch, a 26-year-old Las Vegas native considered an outsider in the NASCAR world, drove off with the title.

"We beat the best of over 10 races, and to have my name along the best names in history, it means so much to me," Busch said.

Busch

Continued from C1

the tiniest bit of room to squeeze through.

Johnson found a hole and skyrocketed past Greg Biffie.

Neither of them saw Greg Biffie, Busch's teammate, race past

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SCORES AND STATS

SPORTS IN BRIEF

BASKETBALL

National Basketball Association

All-Time TV

Atlantic Conference

Table with columns for Team, W, L, Pct, GB. Includes Boston, Miami, Philadelphia, New Jersey, New York.

Central Division

Table with columns for Team, W, L, Pct, GB. Includes Detroit, Cleveland, Washington, Orlando, Indiana.

Western Conference

Table with columns for Team, W, L, Pct, GB. Includes Dallas, San Antonio, Houston, Memphis, New Orleans.

Southwest Division

Table with columns for Team, W, L, Pct, GB. Includes Phoenix, Sacramento, Golden State.

WHAT'S ON T.V.

Basketball

Mau Invitational, first round, BYU vs. North Carolina, ESPN2, 7 p.m.

Mau Invitational, first round, Texas vs. Chamaine, ESPN2, 12:30 p.m.

Mau Invitational, first round, Iowa vs. Louisville, ESPN2, 2:30 p.m.

Duke at Davidson, ESPN2, 5 p.m.

Football

Pats at Chiefs, ABC, 7 p.m.

Baseball

Red Sox at Yankees, ESPN2, 7 p.m.

Braves at Mets, ESPN2, 7 p.m.

Pirates at Cardinals, ESPN2, 7 p.m.

Phillies at Nationals, ESPN2, 7 p.m.

Mariners at Rangers, ESPN2, 7 p.m.

Astros at Astros, ESPN2, 7 p.m.

Padres at Padres, ESPN2, 7 p.m.

Giants at Giants, ESPN2, 7 p.m.

Rockies at Rockies, ESPN2, 7 p.m.

White Sox at White Sox, ESPN2, 7 p.m.

Tigers at Tigers, ESPN2, 7 p.m.

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Hawaii cruises past Idaho Vandals, 52-21

HONOLULU — Timmy Chang took for 376 yards and a career-high six touchdowns as Hawaii kept its bowl hopes alive by defeating Idaho 52-21 late Saturday night.

Jason Rivers caught all four of his touchdowns in the first half and finished with nine receptions for 167 yards for the Warriors (5-5).

Down 14-10, Chang threw touchdowns of 22, 16, 13 and 15 yards in the decisive second quarter to give the Warriors a 38-21 lead at halftime.

With his six-touchdown performance, Chang overtook Marshall Chad Pennington for fourth on the NCAA career TD pass list. The 27-year senior now has 105 TDs and is chasing 17 Detmer's NCAA mark of 121.

Chang's first touchdown came on a 13-yard pass to Rivers in the second quarter. He needed just eight receptions in the game to break the school's 35-year-old season record of 95 catches set by Jerry Hendrix.

The Sooners defeated Baylor 35-0 on Saturday, and Auburn rallied in the second half to beat Alabama 21-13.

In the ESPN/USA Today coaches poll, USC is still No. 1 and No. 2 Oklahoma added two points to its lead over No. 3 Auburn, got two more first-place votes than last week, increasing its total to eight, and 1,536 points.

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LEGALS

IN THE DISTRICT COURT OF THE FIFTH JUDICIAL DISTRICT OF THE STATE OF IDAHO, IN AND FOR THE COUNTY OF TWIN FALLS MAGISTRATE DIVISION
Case No. CV-04-5095
NOTICE TO CREDITORS
In the Matter of the Estate of EDNA LOU CLIFF, Deceased.
NORMA FISCHUS has been appointed Personal Representative of the above estate. All persons having claims against said deceased person are required to present their claims within four months after the date of the first publication of this notice at the offices of Fredrickson, Williams, Messery & Lohspeich, LLP, 117 South Adams Street, Post Office Box 568, Jerome, Idaho 83338, or said claims will be forever barred. Claims must be presented to the Personal Representative at the above address and filed with the above Court.
DATED November 1, 2004
Edna L. Lohspeich
Fredrickson, Williams, Messery & Lohspeich, LLP
Attorneys for Estate
PUBLISH: November 8, 15 and 22, 2004

LEGALS
ID 83301
JO CAMPBELL, last known address: 454 E As 13175 North, Murietta, ID 83344
DARLENE WENZ, last known address: 526 North St. Filer, ID 83328
SHARON ANDERSON, last known address: 232 10th Ave. E, Jerome, ID 83338
ANDREW CUELLAR, last known address: 189 North Washington, Twin Falls, ID 83301
PUBLISH: November 19 and 22, 2004
Notice of Lien Sale
Bull Auto
Bull & Towing
4236 N 1500 E
Bull, ID 83316
(208) 540-6800
Will auction the following vehicle as per Idaho Code 45-505 at the above address on December 1, 2004 at 10:00 a.m.
Vehicle #0007PC25
2000 Chevrolet C25
2-door 4WD Pickup
VIN: 1G063R9R1R112839
Vehicle has white exterior, blue interior, aluminum wheels, air conditioning, cruise control, am/fm stereo cassette, automatic transmission, and camper shell.
PUBLISH: November 22 and 29, 2004

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PUBLISH: November 22 and 29, 2004

LEGAL NOTICE
TWIN FALLS STOR-AGE under provisions of Idaho Code 28-7-212 shall or dispose of stored items ASAP.
TERRI CARPENTER, last known address: 2433 Shoup Ave. W, Twin Falls, ID 83301
JO DANAHAN, last known address: 325 Elm North, Twin Falls, ID 83301
PUBLISH: November 8, 15 and 22, 2004

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NOTICE OF TRUSTEE'S SALE
T.S. No. ID-74634-C Loan No.: 0493795609
A.N. RPK0701010
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PUBLISH: November 1, 8, 15 and 22, 2004

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Thanksgiving Classified Line Ads
Because of the Thanksgiving Holiday, our ad deadlines will be early

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HUMAN RESOURCE Webbs Landscape, Inc. an ESOP Company is looking for a full time HR professional...

MAINTENANCE Experienced opening Industrial Maintenance Technician for food plant in Gooding Idaho Night Shift...

MANAGER Plant manager 5 yrs Ag products production experience. Full time position. Excellent benefits...

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MECHANIC Ranch Mechanic, seek with automotive farm & hay equipment. Housing suitable for family...

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A time for reflection, and Dan Rather

Thanksgiving is that very special holiday when we take a break from our hectic everyday lives to spend quality time with our loved ones, rediscovering all the reasons why we don't actually live with them.



DAVE BARRY

But Thanksgiving is also a spiritual time of quiet reflection — a time when we pause to remember, as generations have remembered before us, that an improperly cooked turkey is — in the words of the U.S. Department of Agriculture — “a ticking Meat Bomb of Death.”

Yes, it is a tragic but statistical fact that every Thanksgiving, undercooked turkeys claim the lives of an estimated 53 billion Americans (source: Dan Rather). Sometimes the cause is deadly bacteria; sometimes — in cases of extreme undercooking — the turkey actually springs up from the carving platter and pecks the would-be carver to death.

The only way to be sure you've killed all the bacteria in your turkey is to cook it until a thermometer inserted into the breast melts, indicating that the turkey has attained the same internal temperature as the sun. “Basically,” advises the surgeon general, “you want to be saving your family a 16-pound charcoal briquette.” Even then you should keep a flamethrower handy.

Speaking of which: The “hot” Thanksgiving culinary trend is to cook turkeys in big deep-fat fryers, which are huge popular because they give guys an excuse to spend Thanksgiving outside drinking beer and messing around with a device that could potentially destroy an entire neighborhood. Now that guys have decided to become seriously involved in their only matter of time before they come up with a recipe for mashed potatoes that involves a grenade launcher.

Of course not everybody is content with a shallow pan at 350 degrees, you can also use it for minor driveway repairs.

But Thanksgiving is not merely a time of eating until we are big fat bloated carbohydrate balloons lying motionless on the sofa watching the Detroit Lions while actual gravy oozes from our pores. Thanksgiving is also a time of giving thanks for the fact that the malls are open on Friday. Otherwise we'd have to spend another day cooped up with our loved ones, and the number of domestic drunksick assaults would be even higher than it is.

But in all seriousness, I want to wish you a happy Thanksgiving. Also, even though I have “poked some fun” at Mr. Dan Rather, I sincerely believe he is a credit to his home planet.

In closing, let's have a big group hug and join together in singing this traditional Thanksgiving song that we vaguely remember from childhood:

“Over the river and through the woods,
To grandmother's house we go!
The horse is reluctant,
And we can relate,
Because grandmother's house
has that weird smell.”

Dave Barry is a humor columnist for the Miami Herald. Write to him at The Miami Herald, One Herald Plaza, Miami, Fla. 33139.

DOING A SLOW BURN

Metabolism is the starting point for planning diet and exercise

St. Louis Post-Dispatch

Have you ever gone on a diet with a friend, eating everything the same and working out the same, and she lost weight while you gained? It can be very frustrating.

“Everyone has a unique metabolic rate that can affect how well he or she loses or gains weight. If your metabolic rate is lower than average, you may gain weight, even on a diet. If it's higher than normal, you may have trouble keeping weight on.”

Your resting metabolic rate, or RMR, is essentially how many calories your body burns at rest each day just to maintain to get bodily functions. These numbers can vary from person to person by as much as 1,200 calories a day or more. Formulas can help you determine your resting metabolic rate, but they just measure age, gender, height and weight (try www.bodybuilding.com/fun/calmr.htm).

Those formulas don't tell the whole story; all sorts of other factors, particularly genetics, can alter your metabolism.

“Definitely, estimating how many calories you burn can help you lose weight in the long run,” says Natalie Allen, a dietitian with Barnes-Jewish Hospital.

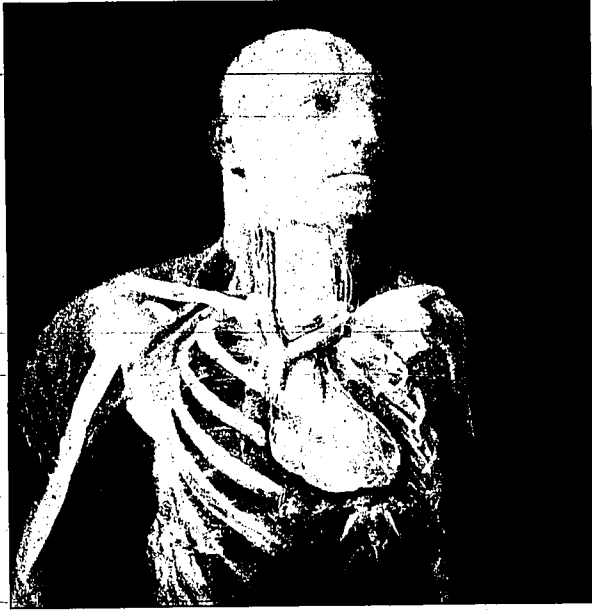
Until a few years ago, the only way to measure your RMR was to get hooked on expensive research equipment at hospitals and universities, using a method called indirect calorimetry.

But now, commercial devices are popping up in some gyms to help you determine your RMR. Most of experts say the devices used at gyms are similar to indirect calorimetry, though not quite as accurate. “And they certainly can't hurt you,” Allen says.

In the case of two area people, the RMR readings certainly helped. When Kathy Brooks joined Fitness in a Flash in O'Fallon, Mo., one of the first things she burned — her resting metabolic rate checked.

She sat down and breathed normally — well, as normally as possible with her nose pinched shut — into a tube that measured how many calories she burned just a day in a state of rest, with no walking to the car, no getting up to fix dinner and no working out.

“My metabolism was surprised her. It actually was actually really high,” says Brooks, 62. The test showed she had an RMR of about 2,400 calories, which is 38 percent faster than



Washington Post

Computer-generated images manipulated by artist Alexander Talaras underscore the intricate connections that keep the brain, stomach, heart and other vital organs operating in sync. If your metabolic rate is lower than average, you may gain weight, even on a diet. If it's higher than normal, you may have trouble keeping weight on.

Rev up

How to speed up your metabolism:

- **Exercise:** Physical activity, particularly weightlifting, can help rev up your metabolism. “You are not only burning calories as part of your workout, but because muscle burns more calories than fat, you are burning calories all day long,” says Natalie Allen, a dietitian at Barnes-Jewish Hospital. That could be as much as a few hundred extra calories a day.

- **Eat small meals throughout the day:** It's important to keep the fire burning by feeding it small meals every two to four hours. “Of course, we need to

Factors

Factors that affect metabolism:

- **Gender:** Men have a faster metabolism than women.
- **Age:** The older you are, the more your metabolism slows.
- **Amount of muscle:** Muscles burn more calories than fat.
- **Hormones:** An imbalance in hormones, such as those that control your thyroid, can affect your metabolism.
- **Genetics:** Some people are just genetically predisposed to burn more calories.
- **Previous diet history:** If you've gone on a diet and didn't get enough calories, this could significantly slow down your metabolism.

It should have been for someone of her age and size. “When I heard that, I realized I had a chance,” Brooks says. “I didn't have the excuse that I just had a slow metabolism. It

actually gave me the initiative to work harder.” And after nearly a year of working harder, Brooks has lost more than 40 pounds and gotten so healthy she no longer

Factors

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takes 10 medications that she used to take. She's since had her RMR retested; her metabolism is 45 percent faster than it should be for someone of her age

The calorie squeeze

Many teens eat constantly without gaining weight because their resting metabolic rate is higher than an older person's. As we age, our metabolism slows down. Here is an example of how that might work, based on information from Natalie Allen, a dietitian at Barnes-Jewish Hospital, and from “Anatomy's Textbook of Anatomy and Physiology.” This assumes that other factors that affect metabolism are equal.

- **At age 18:** A typical person may be able to eat 2,400 calories a day and maintain current weight.
- **By age 30:** That person can eat only 2,190 calories to maintain that same weight.
- **By age 40:** 1,970.
- **By age 50:** 1,775.
- **By age 60:** 1,595.
- **By age 70:** To maintain the same weight as the person weighed at age 18, he or she could eat only 1,435 calories, almost 1,000 less than as an 18-year-old.

Source: St. Louis Post-Dispatch

“That's one of the goals of this RMR testing,” says Angie House, personal trainer and co-owner of Fitness in a Flash. “It can break the denial for anyone; they can't just blame bad metabolism for their heaviness.”

Many, though, don't get that kind of good news when they learn their RMR. Karen Fields, 27, found that her metabolism was quite low when she had it tested recently at Bally's Total Fitness in St. Charles, Mo.

“The test showed I was at 1,380 (calories a day),” she says. “I think that's pretty darned low.”

When she saw the diet Bally's wanted to put her on, she realized how much she had been overeating.

“It was shocking to see how low in calories I had to go. But I guess the test confirmed some stuff that I thought all along. I figured I had a low metabolism, but I didn't figure it was quite that low. I'm pretty active with my job” as a veterinary assistant, she says.

Using Bally's plan, Fields has started a seven-month weight-loss and hopes to shed 40 pounds. “It helps to have this information,” she says.

How the tests work: Fitness in a Flash and Bally's use the same sort of technology to determine resting metabolic rate.

Please see BODY, Page D2

Becoming Gwen Stefani

Los Angeles Times

LOS ANGELES — On paper, Gwen Stefani's directness can sound like the height of hubris, but face to face it's clear that ego is the last thing driving the new phase of her career, which in the past two years has seen her launch her L.A.M.B. fashion line, formalizing her status as a font of street-smart couture;

her solo career; and land her first big-screen role, as Jean Harlow in Martin Scorsese's forthcoming film about Howard Hughes, “The Aviator.”

The afternoon is waning after a photo shoot in West Los Angeles that took up much of the day. She's traded the exotic ensembles for a humble zippered gray sweatshirt, a pair of well-lived-in blue jeans and canvas deck shoes.

Her hair, swept up for photos into a sort of Buck Rogers sci-fi of the '30s do, has been hastily combed out and is gathered loosely at the nape of her neck, tied off in a green bandanna that perfectly matches her shoes.

Gwen Stefani, Fashion Model gets to punch out. Gwen Stefani, Fashion Maven never does.

“She's as glamorous as Madonna ever was, for sure,” says Rose Apodaca Jones, West Coast Project, page D3



Los Angeles Times

With her first solo album, “L.A.M.B.,” due out this month, Gwen Stefani strove for '80s-style music with a contemporary spin. It's far from her only project of the past couple of years, including launching a fashion line.

Warm up to knitting for winter holidays

With a chill in the air these days, cozy up to some knit and crochet projects for holiday gifting.

A recent newsletter from City Knits, a great yarn shop in Detroit, listed 10 reasons to knit and crochet for others. Here are just a few that amused me:

Scarves nearly always fit and are generally more welcome than fruitcakes.

Your gift dollars work twice as hard — you get to enjoy the process, and your loved one gets to enjoy the product.

Stitching with friends is more fun than fighting mobs at the mall.

Falling to finish allows for creative presentations and guaranteed holiday humor!

Visit City Knits on the Web at www.cityknits.com.

“Ponchos and scarves are very in,” says Margaret Campbells of Hampton Mills, several in Birmingham, Mich.

“But I do have several customers who are making sweaters, hats and mittens to keep their loved ones warm and beautiful. These handmade things are usually very cherished.”



SEWING
Barbara Gash

ever now, with happy colors and interesting textures making a statement of their own. If time is limited, big needles will make quick work of many projects.

New books can inspire, too. Ask for them at your favorite yarn shop:

For beginners, try “Ready Set Crochet” or “Ready Set Knit” from Creative Publishing International (\$19.95 each).

“Hip to Crochet: 23 Contemporary Projects for Today's Crocheters” by Judith Schwarz (Interweave Press, \$19.95) starts with the basics and progresses to more advanced work.

“Vogue Knitting Advanced” (Sixth & Spring Books, \$24.95) is a collection of 60 stylish small items for all skill levels.

Barbara Gash writes about sewing for the Detroit Free Press. Write to her at the Free Press, P.O. Box 828, Detroit, Mich. 48231, or sew@e-mail.com. Letters cannot be answered personally.

IMAGE

District offers first aid, CPR

The South Central District of the American Red Cross will offer first aid and adult, infant and child cardiopulmonary resuscitation courses in Twin Falls. Participants must register in advance.

The classes will be held at the Red Cross office, 1139 Falls Ave. E., Suite B, and will include:

- First aid, adult CPR, infant and child CPR review, 6 to 10 p.m. today, Dec. 6 and Dec. 16.
- First aid, adult CPR, infant and child CPR, 9 a.m. to 5 p.m. Saturday, Dec. 4 and Dec. 18.

No classes are scheduled in Burley for November and December. If a class is needed, call the Red Cross office.

For more information on the cost or to register for a class, call the American Red Cross office at 733-6464, ext. 300 or (800) 853-2570, ext. 300.

'Baby and Me'

St. Benedict's Family Medical Center will offer "Baby and Me" classes from 10:30 to 11:30 a.m. Tuesdays at the Relaxation and Center, 115 Fifth Ave. W., Jerome. This week's topic will be "Pediatric Dentistry."

The session is for parents of children from infancy through toddler years.

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

About childbirth

Prepared childbirth classes will be offered from 6:30 to 9 p.m. Tuesdays, beginning Tuesday through Dec. 21. In the lobby at Magic Valley Regional Medical Center's Downtown Campus, 660 Shoshone St. E., 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 the newborn, including breast-

To do for you

feeding and bottle-feeding. Participants also will be given a tour of the Women's and Infant Center.

Cost is \$50. Preregistration is required; call 732-3148.

Breast-feeding 101

St. Benedict's Family Medical Center will offer a Breast-feeding 101 class from 7 to 8:30 p.m. Tuesday at the St. Benedict's Health Education Center, 115 Fifth Ave. W., Jerome.

The class is for expectant parents and other support persons. First-time parents and also as a refresher course.

Parents are encouraged to attend the class without two months of the baby's due date. The class is free for those who will be delivering at St. Benedict's Family Medical Center. To register, call 324-4301, ext. 3361.

Refresher course

Childbirth refresher course will be offered from 6:30 to 9 p.m. Nov. 30 in the lobby at Magic Valley Regional Medical Center's Downtown Campus, 660 Shoshone St. E., Twin Falls.

The class is for those who have previously taken childbirth classes. Childbirth preparation and procedures will be reviewed, and will include a tour of the Women's and Infant Center.

Cost is \$20. Preregistration is required; call 737-2900.

Labor rehearsal

Labor rehearsal class will be offered from 7 to 9:30 p.m. Nov. 30 at the St. Benedict's Health Education Center, 115 Fifth Ave. W., Jerome.

The class, which will be taught by a registered nurse, will include a full labor rehearsal

from first contraction to delivery using all skills and comfort measures learned in childbirth classes.

Participants are asked to bring two pillows and a blanket to the class.

The class is free for those who will be delivering at St. Benedict's Family Medical Center. To register, call 324-1122, Ext. 3361.

About back injuries

Back School, an educational course on preventing and treating back injuries, will be held from 5 to 7 p.m. Wednesdays, beginning Dec. 1, at Magic Valley Regional Medical Center's Rehabilitation Services, 560 Shoup Ave. W., Twin Falls.

The class will include information on the basic anatomy of the spine, common injuries and disease that lead to back pain, and instructions in posture and body mechanics to protect the spine and prevent injury. Participants will be provided with written materials.

Cost is \$25. To register, call Magic Valley Regional Medical Center's Physical Therapy Department at 737-2126.

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 Fairfield St. W.

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-Jennifer Stephenson, owner, Laughing Daisy

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The Times-News

Body

Continued from D1

The devices measure oxygen consumption to determine caloric needs.

Because oxygen is used in the metabolic process to create energy, you can determine a person's metabolic rate by measuring how much oxygen they consume when breathing. Bob Wildman, director of nutrition nationwide for Bally's Total Fitness, explains how it works: "Think of a fire: you keep it going with oxygen. Oxygen fuels the body's fire. We breathe to burn."

All of our cells are constantly active. Even when you are sleeping or sitting at a desk, your cells are working, explains Ethel Fresse, associate professor of physical therapy at St. Louis University and a board-certified cardiopulmonary specialist.

"There are active cells constantly at work in your body. They use oxygen... And the more active tissue you have, the more oxygen you consume. Even when you are just lying there and not being active, you are consuming X amount of oxygen to fuel working cells in your body."

Once you know your resting metabolic rate, you can use that number to figure out how many calories you might burn in a day. For instance, if the device tells you your RMR is 1,400 calories, that's how much you burn at rest. "That's your foundational metabolism," says

Wildman, who has a doctorate in nutrition and used to teach at several universities. "That's how much your body's most vital processes (such as the beating of your heart) burn to stay alive and well. It usually makes up 65 to 75 percent of how much we burn."

"Once you add activity, that number starts going up. It's a measurement we use to build upon to get a better understanding of how many calories a body burns totally."

Here's a hypothetical example of how this device would help people know how much to eat to lose weight. Say your RMR reading—the number of calories you burn sitting still—is 1,500. To that, add the calories you burn from basic movements, such as walking to the restroom at work and typing on the computer—say, 375 calories. Then add in the calories you burn from exercising an hour at the gym—say, 400 calories—and you are up to 2,275 calories a day to maintain your weight.

But if you want to lose weight, you need to burn 500 calories more a day through exercise, or eat 500 calories less each day, or a combination, to lose a pound a week. In this case, you need to eat 1,775 calories to lose weight.

"The bottom line is what you take in vs. what you burn off," Allen says. "There is no magic pill or magic equation. But it can be done."

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Elder Law Forum

Straight Talk on Elder Law and Estate Planning

IRA STRETCH-OUT

QUESTION: What should I keep in mind when attempting to maximize IRA benefits for my spouse and family members?

Highly technical rules govern your options. Here are some general guidelines.

1. **Delay withdrawals** for as long as possible. The payout commencement deadline is April 1 of the year following the year you turn 70½.
2. **Choose wisely** in each of two other matters prior to the arrival your payout commencement deadline. Those decisions are:
 - **Minimum payout calculation method.** You have two choices. The correct one depends on whether the beneficiary is your spouse or another family member. If it is a family member—his or her age may have a bearing on the decision you should make.
 - **Beneficiary designation.** If your spouse does not need the income payable from your IRA at your death, greater wealth can be accumulated by choosing a child or grandchild as beneficiary.

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IMAGE

It's personal health care — for a price

Knight Ridder News Service

ORLANDO, Fla. — Bill Lear cannot remember waiting more than 20 or 30 minutes for a return call from his physician — and that was during the day, when Dr. Jason Mercer is seeing patients.

After hours — including once at 3 a.m. — Lear reaches the Volusia County, Fla., doctor directly on his cell phone. Mercer also makes house calls, meets patients at the emergency room and alofts at least 30 minutes for an office visit.

These and other perks come with the \$1,500 annual fee Mercer charges patients. He is part of a growing trend called concierge medicine, in which doctors reduce their number of patients so they can offer high-

ly personalized attention, 24-hour access and extensive annual physicals.

Lear's wife also is treated by Mercer, and the Volusia resident thinks their combined \$3,000 fee is well worth the benefits.

It's just the most amazing, most delightful feeling to have an appointment at 10 a.m. on a Tuesday, and when you arrive, you go straight in," Lear, 76, said. "There's no waiting for hours on end to have the privilege of seeing your doctor for all of three minutes."

The movement is attracting criticism from some, who deride it as "wealth care" that will create an elitist medical system for the rich.

They argue as more doctors get involved, patients who can-

not afford the fees will overburden the remaining physicians in a community.

Supporters say the trend is a healthy revolt against the mind-numbing bureaucracy that has engulfed medicine. Doctors with fewer patients can devote more time to the preventive care that keeps people from getting sick in the first place, Mercer said.

A family physician, Mercer used to juggle about 2,400 patients. Now he is down to 310 and will handle no more than 600.

He transitioned to concierge medicine in 2002, at the height of his frustration.

Mercer made the change with the help of a Boca Raton, Fla.-based group called MDVIP, which has 65 doctors in 12

states, treating 20,000 patients. MDVIP physicians are limited to a maximum of 600 patients and charge a \$1,500-a-year fee to each — \$1,000 goes to the doctor and \$500 to MDVIP.

The company was founded in 2000 by Edward Goldman and others who saw the field emerging as doctors in Seattle and elsewhere were charging steep annual fees — sometimes \$10,000 or more — and offering, everything from same-day appointments to out-of-town house calls.

For joining MDVIP, the company helps doctors make the change and handles administrative issues, sometimes assisting with negotiations to get lower premiums for medical-malpractice insurance.

Mayor urges diabetics to control blood sugar

WASHINGTON (AP) — An Ohio mayor has a personal message to diabetics across the country: If he can work 15-hour days and still fit in regular exercise and healthy meals to control his disease, they can too.

Mayor Mike Coleman of Columbus, Ohio, is among 50 leaders nationwide who kicked off a public service campaign Thursday to encourage diabetics to regularly test their blood sugar levels and keep their readings low.

Coleman, a diabetic himself, said controlling his disease has given him more energy and helps him do his job as mayor of the nation's 15th largest city.

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ANNIVERSARY

THE HERGENREDERS

HEYBURN — Herman and Martha Hergenreder of Heyburn will be honored at a family celebration for their 60th wedding anniversary on Friday, Nov. 26.

The couple was married Nov. 26, 1944, at St. Pauls Congregational Church in Greeley, Colo. They farmed in Colorado until 1964 when they moved to Heyburn. They farmed there until 1988. He worked at the Amalga-

dated Sugar Company receiving staiden each fall from 1989 to 2003.

He also served in the Army in World War II. They are members of the Paul Congregational Church, Paul American Legion and Rupert Elks.

Their children include Dorothy (Jerry) Sparks of Rupert and Kathy (Earl) Leonard of Nampa.

They have four grandchildren and nine great-grandchildren.



Herman and Martha Hergenreder

Gwen

Continued from D1

Coast bureau chief for Women's Wear Daily. "With Madonna, she was like a god you couldn't touch, but Gwen has always seemed like somebody you could sit down with and have a drink."

More than that, she offered a new model of the pop sex symbol: the street-wise good girl.

As alluring as Madonna but more wholesome, Stefani demonstrated that a woman could go head to head with the men who usually surround them in executive suites, on stage and in the recording studio without selling her soul, or body, to get there.

She personifies the DIY credo of the punk-rock scene that spawned No Doubt, but she substituted a traditional American ethic of enthusiastic hard work and fair play for old-school punk's "no future" attitude.

And she carries a paid-my-dues resume largely missing from instant stars of the "American Idol" age and artistic sensibility lacking in the Britney Spears and Christina Aguilera of the pop world.

When Stefani wanted a distinctive onstage look, her modus operandi went hand in glove with the direction fashion took in the '80s and '90s, becoming edgier and

incorporating elements of underground culture also born of the punk-rock revolution.

She rooted through thrift shops and stitched together her own signature outfits, and even after she could afford to go haute couture, she worked side by side with designers such as Christian Dior's John Galliano to create new looks, rather than simply placing orders for them.

Stefani may look the part of the dizzy blond sex bomb, but she's no one's marionette.

"She has no barriers," says manager Jim Guerinot, a veteran concert and record company executive turned talent manager and hired by No Doubt in 1998.

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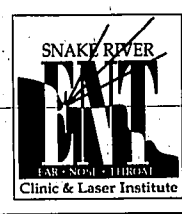
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By Lynn Johnston



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By Dean Young & Stan Drake



Pickles

By Brian Crane



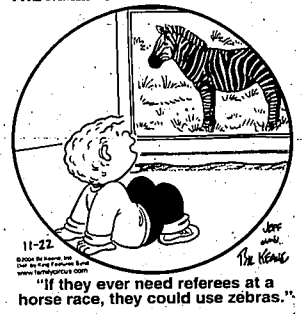
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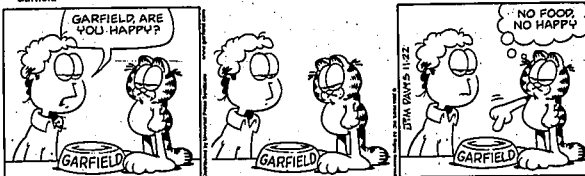
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The Wizard of Id

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Hagar the Horrible

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Beetle Bailey

By Mort Walker



Frank and Ernest

By Bob Thaves



The Bom Loser

By Art Sansom & Chip

