

GOOD MORNING

WEATHER

Today: Mostly sunny skies and near record warmth. High 64, low 35.
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MAGIC VALLEY

Not testifying: Sarah Johnson tells a judge she won't take the stand in her own defense.
Page B1

MONEY

Foreign trade: Magic Valley companies seek state help in wooing Mexican customers.
Page D4

FOOD & HOME



A clown's house: Send in the clowns at the Little family's Cassia County residence? Don't bother; they're here.
Page C1

SPORTS

Revvin' up: The Region 18 men's championship tournament starts today.
Page D1

OPINION

Contractor bill: New regulations for builders aren't perfect, but make a fair start, today's editorial says.
Page A6

COMING UP

Columbia Byway: A road trip filled with water, earth and greenery.
Thursday in The Times-News

Columbia Byway: A road trip filled with water, earth and greenery.
Thursday in The Times-News

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Rally attracts nearly 500,000

Pro-Syrian demonstrators gather in Lebanon's capital

The Associated Press

BEIRUT, Lebanon — Nearly 500,000 pro-Syrian protesters waved flags and chanted anti-American slogans in a central Beirut square Tuesday, answering a nationwide call by the militant Shites Muslim Hezbollah group for a demonstration to counter weeks of massive rallies demanding Syrian forces leave Lebanon.

Organizers handed out Lebanese flags and directed the men and women to separate sections of Riad Solh Square. Loudspeakers blared militant songs urging resistance to foreign interference.

Demonstrators held up pictures of Syrian President Bashar Assad and signs saying, "Syria & Lebanon brothers forever." Other placards read: "America is the source of terrorism," "All our disasters are from America," "No to American-Zionist intervention; Yes to Lebanese-Syrian brotherhood."

Black-clad Hezbollah guards handled security, lining the perimeter of the square and taking position on rooftops. Trained dogs sniffed for bombs. Large cranes hoisted two giant red-and-white flags bear-



A Lebanese police officer sits on a rooftop watching the crowd of pro-Syrian protesters gather below near the U.N. building during a pro-Syrian demonstration Tuesday in Beirut, Lebanon.

'NIP AND TUCK'



Preparing for this year's crop of food barley, Tom Billington spreads fertilizer on his fields Tuesday in Twin Falls. Billington gets water from both the high and low lines of the Twin Falls Canal Co., but near-record high temperatures may affect the canal company's irrigation plans.

Canal companies cope with high temperatures

By Michelle Dunlop Times-News writer

TWIN FALLS — The manager of one local canal company fondly recalls sending out newsletters celebrating the area's abundance of water.

"It sure will be nice to be able to write that again," said Vince Alberdi of the Twin Falls Canal Co. "The last few years it's just been nip and tuck."

And, if the unseasonably high temperatures and low precipitation evident in these early days of March continue, this water season could be as hot or worse than last year's. Over the past couple of days, the Magic Valley area has seen temperatures between 10 and 14 degrees above its average. High of 60.6 degrees, said Dave Decker with the National Weather Service in Boise. As of Tuesday afternoon, the area had received zero precipitation this month, falling 28 inches behind normal for this point in March and 1.14 inches less than the average for the year.

With highs of 64 and 65 degrees over the next few days,

Decker doesn't anticipate any big changes soon.

"This outlook includes pretty much above-normal temperature and below-normal precipitation," he said. "Canal company managers like Alberdi and Ted Diehl, of the North Side Canal Co., will pay close attention to spring rains and temperatures as they warily look at opening ditches."

The North Side Canal Co. also opens the canal gates around the beginning of April. Diehl said. However, the company isn't sure when the water will flow this year.

The North Side Canal Co. is about 100,000 acre-feet of water shy of what it had in storage at this time last year. Overall, Diehl said, the water this company has in storage falls about 200,000 acre-feet short of normal.

"I know we're hurting," Diehl said. "Everybody in the Northwest is hurting."

Alberdi can certainly agree with that. While he says it's too early to predict how short of its average the canal company will fall this year, the board has

set April 11 as a tentative date to begin filling the canals.

"It's really hinged upon the weather conditions at that time," Alberdi said.

If the area receives large amounts of precipitation prior to that date, then the canal company will look to hold off on releasing water into the system.

Alberdi is keeping a particularly close watch on precipitation in the area above American Falls. Early summer storms in that area last year meant that the canals in that region weren't turned on as early as in Magic Valley, allowing more water for Twin Falls Canal customers. Late spring storms could add snowpack, he said.

Spring rains and low temperatures could help the water picture, Diehl said.

"Good storms could change it around," he said.

"If those storms don't arrive, the North Side Canal Co. could look at shutting irrigation water off for a week at a time at different points this summer," Diehl said. For example, the company might close the

channel for a week and make up any favors, Alberdi said.

According to the Idaho Water Supply Outlook Report issued this week by the Natural Resources Conservation Service, southern and eastern Idaho snowpack levels range from 70 to 85 percent of average.

Above-average temperatures aren't doing the snowpack any favors, Alberdi said. Typically, the area warms up later and all at once forcing snowpack to turn into runoff.

Currently, temperatures are melting the snow slowly allowing the moisture to seep into the ground.

"There just isn't enough up there to get the runoff," Alberdi said.

Times-News reporter Michelle Dunlop can be reached at 735-3237 or by e-mail at mdunlop@magicvalley.com.

Complaint against bar fizzles out

By Candace Bata-Smyke Times-News correspondent

TWIN FALLS — To some observers, Lucky's might have been the beneficiary of a little good luck Tuesday night.

The Twin Falls Planning and Zoning Commission held a special meeting to determine whether to begin the revocation process of the nightclub's special-use permit to serve alcohol.

But after several hours of emotional testimony, the commission voted to drop the issue. The commission found that there wasn't enough factual evidence to proceed with a public hearing, planning commission Chairman Tom Frank said.

The commission found that themselves on the defensive during the meeting, giving an hour of testimony in front of about 40 in attendance.

The nightclub has been accused of increasing litter around Main Street, playing music too loud and encouraging loitering near other businesses at night.

"The people who brought this up are the same people who told us when we opened that they'd do anything in their power to shut us down," said Co-owner Forest Anderson. "And that's exactly what they are trying to do here."

Anderson said the reason music has been heard in the theater next door was because the movies showing were "Phantom of the Opera" and "The Notebook" — both relatively quiet films. And the loitering? He said he has no control over who stands on public sidewalks.

Anderson repeatedly said that he had not received a single citation of any wrongdoing from the city. Co-owner Armando Silva agreed.

"I don't feel like we can change something if we don't know what the problem is," Silva said. "And I have never gotten any citations. No fire citations, no noise violations, nothing."

In question were 66 police reports, ranging from theft and burglary to underage drinking, Police Staff Sgt. Dan McAtee fielded questions for about half an hour from the board.

"Any time you have an alcohol enforcement, you invite more opportunity for trouble," he said. But he also noted that Lucky's owners had been proactive in their efforts to curb problems.

Both Silva, Anderson and their employees made many of the 66 phone calls to police in an attempt to establish a good working relationship with law enforcement, Anderson said.

"We never thought our calls about small items would turn around and be used against us," Anderson said. "We thought the underage drinking was a result of his bouncer catching a fake ID when a woman tried to get into the club. The theft complaints," he said, "were about sweaters, coats and a purse."

"I wouldn't leave a purse unattended in Costco, let alone on a table at a bar," he said.

McAtee clarified that the issue had not brought the police up, but citizens making the calls had, and that was the reason for the meeting.

After the meeting, Frank said he wouldn't be surprised if the bar's detractors continue their fight.

"I anticipate this probably won't be the last we'll hear of it," he said.

Tests: King Tut was not murdered

The Associated Press

CAIRO, Egypt — The results of a CT scan done on King Tut's mummy indicates the boy king was not murdered violently, but may have suffered a badly broken leg shortly before his death at age 19 — a wound that could have become infected, Egypt's top archaeologist said Tuesday.

Zahi Hawass, secretary general of the Supreme Council of Antiquities, announced the results of the CT scan about two months after it was performed on Tut's mummy.

Hawass said the remains of "Nubkhamun," who ruled about 3,300 years ago, showed no physical signs that he had been murdered — dispelling a



Zahi Hawass, the head of the Egyptian Supreme Council of Antiquities, looks on as the 3,300-year-old mummy of the ancient pharaoh Nubkhamun is removed from his tomb in this Jan. 6 file photo.

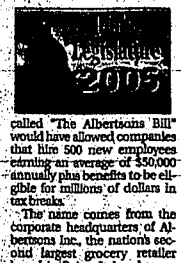
'Albertsons Bill' re-emerges

The Associated Press

BOISE — A newly tacked bill that would bring the question of hefty corporate incentive packages back to the Legislature was introduced Tuesday in the House, Rep. Committee on Finance said.

The latest incarnation of a measure that was killed in the Senate last year is a bill that says companies that have lost jobs in the state since 2001 can get a tax credit for up to \$500,000 annually plus benefits to be eligible for millions of dollars in tax breaks.

The name comes from the corporate headquarters of Albertsons Inc., the nation's second largest grocery retailer based in Boise. It has been a priority kept secret around the Statehouse that Gov. Dirk Kempthorne and Albertsons



Albertsons Bill, Page A2

TWIN FALLS FORECAST

Today: Mostly sunny skies and warm temperatures. Highs in the middle 60s.
Tonight: Partly cloudy and mild. Lows in the middle 30s.
Tomorrow: Sunshine and warm temperatures. Highs near 60.

BURLEY/RUPERT FORECAST

Today: Periods of sunshine and warm temperatures. Highs in the middle 60s.
Tonight: Partly cloudy and mild. Lows in the middle 30s.
Tomorrow: Sunshine and warm temperatures. Highs near 60.

IDAHO'S FORECAST

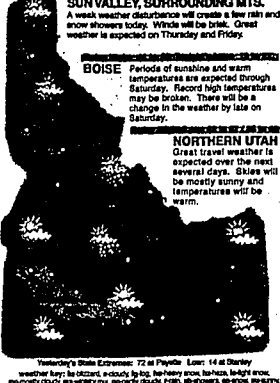
SUN VALLEY, SURROUNDING MTS. A week weather disturbance will create a few rain and snow showers today. Winds will be brisk. Great weather is expected on Thursday and Friday.

BOISE

Periods of sunshine and warm temperatures are expected through Saturday. Record high temperatures may be broken. There will be a change in the weather by late on Saturday.

NORTHERN UTAH

Great travel weather is expected over the next several days. Skies will be mostly sunny and temperatures will be warm.



Weather key: Partly cloudy, mostly cloudy, mostly sunny, clear, rain, snow, fog, haze, mist, ice, wind, etc.

TWIN FALLS FIVE-DAY FORECAST

Table with 7 columns: Today, Tonight, Thursday, Friday, Saturday, Sunday, Yesterday's Weather. Includes icons for sun, clouds, and rain.

ALMANAC - TWIN FALLS

Table with 2 rows: Temperature, Precipitation, Humidity, Barometric Pressure, Sunrise and Sunset, Moon Phase.

MOON PHASES

Small table showing moon phases for March 16, 17, 18, and 19.

MOONRISE AND MOONSET

Small table showing moonrise and moonset times for March 16, 17, 18, and 19.

U.V. INDEX

Small table showing U.V. index levels: Low, Moderate, High.

Pollen Count

Small table showing pollen counts for various allergens.

REGIONAL FORECAST

Table with 3 columns: City, Today, Tomorrow. Lists various Idaho cities.

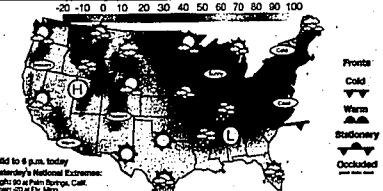
NATIONAL FORECAST

Table with 3 columns: City, Today, Tomorrow. Lists various national cities.

WORLD FORECAST

Table with 3 columns: City, Today, Tomorrow. Lists various world cities.

TODAY'S NATIONAL MAP



CANADIAN FORECAST

Table with 3 columns: City, Today, Tomorrow. Lists various Canadian cities.

Bill

Continued from A1. President and CEO Larry Johnson met several times to craft the legislation. Kempthorne acknowledged that he had Albertsons in mind in putting the legislation together...

the only ones that would qualify? Kempthorne told reporters at an Idaho Press Club luncheon on Tuesday. 'What I designed ... was something that had universal applications but I still believed would address the needs of an Albertsons that is looking to expand in determining where they should expand.'

people to recognize that her party won significant changes in the bill, including a section that eliminates companies from counting part-time jobs from the total required to receive the tax incentives, and one that sets a minimum salary. 'We didn't think it was appropriate to offer these kinds of incentives for employees who aren't making at least \$15,500 an hour,' Jarque said.

the Democrats. Kempthorne said at the luncheon, 'I have no problems with that.' When he outlined his tax-incentive idea his Jan. 10 State of the State address, Kempthorne saw it as a way to lure large, 'Fortune 500' companies to Idaho—and bolster his legacy as the governor who oversaw Idaho's re-emergence from a recession three years ago as one of the nation's most vibrant state economies.

Rally

Continued from A1. Participants stressed that the foreign influence they referred to was from the United States, France and other countries, not Syria, which they welcomed. 'Syria should not leave: We are one land and one people,' said 16-year-old Esmat Awad, who traveled by bus from Sharqiya in southern Lebanon. 'Why do they want us to split now?'

troops from Lebanon. In Washington, President Bush demanded again that Syria pull its troops out of Lebanon and allow free elections. 'All Syrian military forces and intelligence personnel must withdraw before the Lebanese elections for these elections to be free and fair,' he said Tuesday. The demonstration came a day after Syrian and Lebanese leaders announced that Syrian forces would transfer to eastern Lebanon before the nation's election.

Lebanese officials said a major redeployment of the Syrian army from central and northern Lebanon would begin late in the day and be completed by March 23. Lebanese Defense Minister Abdul-Rahim Murad told The Associated Press that 'all the force in the (central) mountains and north will move to the Bekaa Valley' of 10 p.m. He said that included the main Syrian intelligence offices in Beirut. Deputy Prime Minister Issam Fares, speaking to BBC television, said the full withdrawal to the eastern valley will be completed before the end of March, or in other words before the (Arab) summit, which falls March 23.

Most of the Syrian troops were still in position Tuesday, with AP reporters in the mountains overlooking Beirut seeing only scattered movement of military trucks heading toward the Bekaa Valley. Trucks carrying 11 soldiers and supplies headed east at midmorning but most of the military traffic was moving in the other direction—empty trucks and buses traveling west apparently to collect soldiers and equipment.

Tut

Continued from A1. mystery that has long surrounded the pharaoh's death. 'In answer to theories that Tutankhamun was murdered, the team found no evidence for a blow to the back of the head and no other indication of foul play,' according to a statement released by Hawass' office. 'They also found it extremely unlikely that he suffered an accident in which he crushed his chest.' Hawass told The Associated Press that, despite ruling out the theory that Tut was killed violently, he had no idea how the king actually died. 'I have two theories — that he may have died from natural causes — or that he was poisoned,' Hawass said.

though less likely that this fracture was caused by the embalmers. Some 1,700 images were taken of Tut's mummy during the 15-minute CT scan aimed at answering many of the mysteries that shrouded his life and death — including his royal lineage, his exact age at the time of his death and the reason he died. 'I believe these results will close the case of Tutankhamun, and the king will not need to be examined again,' Hawass said. 'We should now leave the talent rest. I am proud that this work was done, and done well, by a completely Egyptian team.' Tutankhamun's short life has fascinated people since his tomb was discovered in 1922 in the fabled Valley of the Kings in the southern Egyptian city of Luxor by a British archaeologist, Howard Carter.

The find revealed a trove of fabulous treasures in gold and precious stones that showed the wealth and craftsmanship of the Pharaonic court. Hawass had long refused to allow DNA testing on Tut's remains and only agreed to perform a noninvasive CT scan on the mummy, which has since been returned to its tomb. The CT machine was brought from Germany and donated by Siemens and National Geographic.

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The Times-News advertisement featuring subscription rates, contact information for publisher Brad Hund, editor Chris Steinhack, and advertising manager Janet Griffin.

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Allies decry AARP opposition to Bush plan

PORTSMOUTH, N.H. (AP) — President Bush and his allies are working hard to nullify the power of the AARP, the mighty lobby for older Americans that is the archenemy of his Social Security plan.

Everywhere he goes, Bush promises the group's members they won't be touched by his plan, while his backers charge that AARP is out of touch and prone to scare tactics.

Pollsters make it clear that young people like Bush's plan for personal accounts in Social Security while old people don't, so Bush is hoping to shift the debate away from the old and toward the young.

In an airport hangar here, college senior Amy Fartin joined the president onstage to serve as a human reminder of the future. Bush hit his central message over and over — people over 55 will not be affected by changes he's proposing. He used the phrase "nothing changes" four times.

"Once the seniors realize nothing changes, the voices you'll hear from are the Army of America," Bush told 2,000 people assembled recently for one of a string of campaign-style events pitching his Social Security plan.

At the same time, conservatives allied with Bush are trying to undercut the AARP.

"AARP doesn't care about the children or grandchildren of their own membership, and I think that's very shortsighted," Sen. John Sununu, R-N.H., contended Tuesday.

Last week, House Majority Leader Tom DeLay called the group's opposition to personal accounts irresponsible and hypocritical, adding that it sells mutual funds to its own members.

Cyber-thieves plead guilty in copyright case

HARTFORD, Conn. (AP) — Three men and two women accused of the "Robin Hoods of cyberspace" pleaded guilty Tuesday to putting millions of dollars worth of copyrighted computer games, music and software on the Internet so that people around the world could make copies for free.

All three said they made no money on the schemes, and did it just for the sport of it.

Seth Kleinberg, 26, of Los Angeles, Jeffrey Lerman, 20, of New York, and Albert Bryndza, 32, of New York, pleaded guilty to federal copyright charges. They are the first Americans convicted in what the Justice Department said was the largest-ever investigation of software piracy.

Investigators said that software valued at millions of dollars was copied and sold for pennies in foreign countries.

The investigation was aimed at an underground network known as the "warez scene."

"It's a competition of different groups racing to release pirated software over the Internet," said Kleinberg, who, with high-school education and a home computer, cracked the computer industry's toughest copyright protections.

Prosecutors said Lerman edited the software so it could fit on a single compact disc, and Bryndza built servers that stored the software.

They were released without bail for sentencing in July. They reached plea bargains calling for sentences of about three to six years.

High dose of statins cuts heart attack risk

Using high doses of statin drugs to lower cholesterol levels below government guidelines can cut the risk of heart attacks and strokes by 22 percent in people with moderate heart disease, according to a study of 10,000 patients released Tuesday.

The study is one of several in the past year that are gradually driving down what doctors consider an optimal level of cholesterol in patients with clogged arteries.

One concern is whether long-term use of statins can damage muscles and the liver.

One statin, Baycol, was pulled from the market in 2001 after it was linked to a toxic muscle degeneration. Three of the most common statins — Lipitor, Pravachol and Zocor — were shown to be relatively safe in a study published last year.

Some patients in the newly released study were taken off the drug after tests showed abnormal liver function, but the researchers said the risk is low and far outweighed by the benefits.

Nation in brief

Gallinas, who had been napped, choked with pantyhose, shot twice in the head, and tied naked to a four-post bed. Hopper had posed as a flower deliveryman to get into his victim's house.

Recruiting slows

The Army has been seeing a slump in recruiting young blacks and females since the terrorist attacks in 2001.

Army recruits, 2000-05



Clinton returns to hospital to remove scar tissue

NEW YORK — Six months after undergoing heart bypass surgery, former President Clinton will return to the hospital this week to have a rare buildup of fluid and scar tissue removed from his chest.

"I feel fine," Clinton said Tuesday in Washington, adding that he plans to play golf in Florida a day before the operation.

Doctors said the surgery is low-risk.

Army recruiting slump includes blacks, women

WASHINGTON — Young blacks have grown markedly less willing to join the Army, citing fear of being sent to fight a war in Iraq they don't believe in, according to unpublished studies for the military that suggest the Army is entering a prolonged recruiting slump.

Fear of combat also is a leading reason fewer young women are choosing the Army, the studies say. Although female soldiers are barred by law from assignments in direct land combat, they nonetheless have found themselves under attack by insurgents in Iraq, and 33 have died.

"More African Americans identify having to fight for a cause they don't support as a barrier to military service," concluded an August 2004 study for the Army. It also said attitudes toward the Army among all

groups of American youth have grown more negative in recent years.

"In the past, barriers were chocked with pantyhose or preference for another life choice," the study said. "Now they have switched to something quite different: fear of death or injury."

Statistically, the fear factor is about twice as strong among potential recruits as a whole as it was in 2000, the study said. That and other studies, all of which are posted on an obscure Defense Department Web site, cited the Iraq war as a major turnoff for many.

Michigan pileup kills one, injures more than 30

PLAINFIELD TOWNSHIP, Mich. — A snow squall caused a string of highway pileups involving as many as 90 vehicles Tuesday, killing one person and injuring at least 34 others, police said.

Rescue crews needed hours to untangle and clear what Fire Chief Dave Peterson described as "knots" of wreckage.

Two victims were hospitalized in critical condition.

School offers scholarships to kids of fallen soldiers

PHILADELPHIA — Widener University, a former military

college, announced Tuesday it would offer four full scholarships a year to children who have had a parent killed in action in Iraq or Afghanistan.

The program, to start in the fall, will provide \$25,000 a year to each recipient. The students will be eligible to receive aid for up to eight semesters, or until they complete the undergraduate program.

School officials expect the number of applicants to be small since many of the children of those killed in action are very young.

"It's most likely that this would not have a great impact for perhaps another decade," Widener President James T. Harris III said.

Investigators have concluded that a fatal 2003 ferry crash was caused by the unexplained incapacitation of the boat's pilot and the failure of the city Department of Transportation to implement and oversee safe and effective operating procedures.

Following a 17-month investigation of the Oct. 15, 2003, crash, which left 11 people dead and 73 injured, the National Transportation Safety Board findings were released Tuesday during a three-hour hearing in Washington.

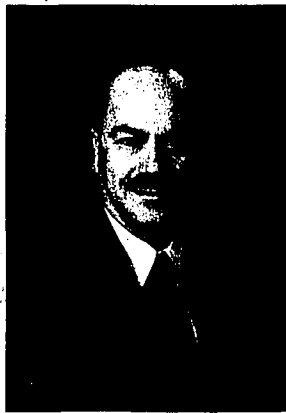
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Tamarack backs state land swap with feds

BOISE (AP) — A new Idaho ski resort wants the state to acquire 12,000 acres of federal land in a swap that would quintuple the resort's size and ease permits by consolidating expansion under a single landowner.

Tamarack Resort, which opened Dec. 15 near Donnelly, wants Idaho to take over federal land adjacent to 2,100 acres of state land on which it now operates.

Idaho has identified 52,000 acres of state land that could be traded and says a swap could increase revenue for Idaho schools.

The resort, whose skiing terrain is now just a fifth that of better-known Sun Valley, is counting on expansion to lure buyers of real estate that so far has sold for an average of more than \$450,000 per lot.

It's also pushing the swap to make sure it operates on land managed solely by Idaho, where lawmakers have already given Tamarack a 49-year lease, that could simplify obtaining land-use permits and reduce costs, ski industry observers say.

"There are examples in both Utah and Alaska where federal

lands have become state lands to allow ski areas to operate under a single landowner," said Michael Berry, president of the National Ski Areas Association in Colorado. "There's one set of regulations, one fee structure."

On Tuesday, the board that oversees Idaho's public lands — one member is Gov. Dirk Kempthorne, a vocal resort backer — agreed to study the swap proposal.

"It's already won backing from Idaho's U.S. congressional delegation."

"We will work with the federal government to ensure an open and public process that will result in an expeditious land exchange," according to a letter signed by Sen. Larry Craig, Sen. Mike Crapo, Rep. Mike Simpson and Rep. Butch Otter, all Republicans.

Still, the plan has aroused opposition from some area residents.

"A group in neighboring Indian Valley says the swap is just a way to skirt stringent federal regulations."

"Tamarack does not want to be on national forest any more than we do there requires ex-

tensive environmental assessment, whereas they have much more latitude on state lands," said Wendy Green, a member of the group, in a statement.

Tamarack's director of skiing, Jim Speiser, said the resort would still have to meet strict environmental standards.

Tamarack said it's invested \$200 million in what investors, including Frenchman Jean-Pierre Boespflug, have said could be a \$1.5 billion project. It includes more than 2,000 home and condominium sites, the ski area, a golf course and a marina on nearby Lake Cascade.

Tamarack is marketing itself to baby-boomers with disposable income: Seventy-five million Americans are over 50 and control half of the nation's discretionary spending.

On January, Tamarack sold 134 lots, raising more than \$91 million. It's next sale is set for May.

"I think the strength of the demand was surprising — even for those of us who are close observers," NNSA's Berry said.

The land swap process, Idaho Department of Lands Director Winston Wiggins

said it could boost revenue for an endowment that funds state public schools.

"We would anticipate the return would be significantly higher than the rents from the lands we are disposing of," Wiggins said, declining to estimate the increase.

Tamarack has already paid \$1 million to Idaho to lease 2,100 acres over the next five years.

State land available for the swap could include 52,000 acres in four remote central Idaho counties, as well as near the White Bird Battlefield, the area near Craters of the Moon National Monument, Lake Lowell and the Payette area.

Scott Turlington, Tamarack's director of external affairs, stopped short of saying Tamarack's ambitious expansion plans, which could include more lifts and trails, would be put on ice if the swap doesn't go through.

"We would definitely take a hard look at that," Turlington said. "With what we've got now, the area we have is sufficient for Tamarack's needs. But as we look long-term, there's a desire to add recreational amenities."

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Hospital releases wounded policeman

NAMPAN — Cpl. Allen Williamson, the Nampa Police officer shot following a foot chase last month, walked out of a Boise hospital Monday.

He will continue physical therapy on an outpatient basis. Mario Perez Jr. is accused of firing four shots at Williamson Feb. 9, after a routine traffic stop turned into a chase. One shot injured Williamson in the chest. He had been hospitalized since.

Perez has been returned to Idaho from Reno, where he was arrested Feb. 11.

Orofino pair return to Idaho from San Diego

GRANVILLE — An Orofino man and woman are back in custody at the Idaho County Jail since being extradited from San Diego. They were arrested trying to enter the United States from Mexico.

Brett Melving, 23, and Marianna Raff, 31, who were first

Idaho in brief

taken into custody in early 2004, face an assortment of felony and misdemeanor charges.

Melwing faces three felony charges, including possession of a functioning apparatus and counterfeit checks. He's also charged with grand theft, plus misdemeanor charges of driving without privileges, malicious injury to property and resisting arrest.

A felony charge of possession of a controlled substance is still pending against him in Clearwater County.

Other felony charges of attempted escape and injury to the county jail and removing a firearm from an officer were dismissed as part of an earlier plea agreement, but may be refiled at any time, said Jeff Payne, special prosecutor in the cases.

A pretrial has been set for April 21 and a jury trial May 2.

Blackfoot private birthing hospital goes up for sale

BLACKFOOT — After less than eight months of operation, Mountain River Birthing and Surgery Center is for sale.

The fully licensed private hospital provides gynecological and obstetric services.

Bingham Memorial Hospital CEO Louis Kraml recently signed a letter of intent to buy the building, securing it until March 15. There is no formal bid on the table, but hospital administrators will meet this week to discuss benefits of buying the upstairs hospital.

Bingham Memorial's spokesman Paul Kotter said the hospital is planning on expanding services that could be housed in the Mountain River Center.

The hospital's board of trustees and Bingham County's three commissioners will ultimately decide the sale.

— compiled from wire reports

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WORLD

Russia says rebel leader died in raid

ROSTOV-ON-DON, Russia (AP) — Chechen rebel leader Aslan Maskhadov, blamed by Russia for last year's school hostage crisis and other deadly terrorist acts, has been killed during a raid on his headquarters, the Federal Security Service told President Vladimir Putin on Tuesday. One report said he was killed accidentally by his bodyguards.

The shriveled body of the gray-bearded Maskhadov, lying on a concrete floor, was shown on Russia's NTV channel.

The death of Maskhadov, 53, would be a coup for Russia in its conflict with the Chechens and a political boost for Putin after a series of setbacks — from brutal terrorist attacks in Russia last year to the killing of 430 people to the loss of his preferred candidate in the Ukrainian presidential dispute.

But even beyond any possible revenge by Chechens, there could be longer-term implications because Maskhadov was the most prominent voice for moderation among the rebels and commanded respect in many European countries. His killing might have closed off the clearest path to talks ending the bloodshed that has raged in Chechnya for much of a decade.

Maj. Gen. Ilya Shabalkin, a spokesman for Russian forces in the region, said Maskhadov was killed when federal forces blew up a bunker in Tolstoy-Yurt, a village in northern Chechnya that generally has been under the tight control of the Kremlin.

The Interfax news agency, citing Chechnya's Kremlin-backed deputy prime minister, Ramzan Kadyrov, also reported that Russian forces intended to take Maskhadov alive, but he was killed by careless weapons-handling by his bodyguards.

Kosovo prime minister says he's resigning

The Washington Post

PARIS — Kosovo's ethnic Albanian prime minister, Ramuz Haradinaj, who rose from nightclub bouncer to guerrilla commander before switching to politics, announced his resignation Tuesday. He will travel to the Hague this week to defend himself against a war crimes indictment before a United Nations tribunal.

The indictment against Haradinaj by the U.N. Tribunal for the former Yugoslavia, had been expected for some time. But the timing, around several sensitive anniversaries in Kosovo, heightened political tensions in the province and raised fears of possible unrest by Haradinaj's supporters.

Summit: Terrorism eradication unlikely

MADRID, Spain (AP) — Nations must band together to fight an international terrorism threat because most are too weak to deal with it on their own, a world summit on the new century's scourge was told Tuesday.

Leading experts on terrorism also stressed that the enemy can only be contained and may claim lives for decades to come.

Brazil's former president, Fernando Henrique Cardoso, said countries must share intelligence with all nations and not just their closest allies. "It is clear that we need to establish a much larger level of international collaboration in order to anticipate terrorism," Cardoso said on the first day of the four-day conference, which coincides with the anniversary of the March 11 attacks that killed 191 on commuter trains in Madrid last year.

Israel will hand over control of Jericho, Tulkarem to Palestinians

EREZ CROSSING, Israel (AP) — Israel will turn over two West Bank towns to Palestinian control in the coming days, Israel's defense minister announced Tuesday after meeting the Palestinian leader, but disagreements remained over how much land around the towns would be transferred.

The two-hour meeting at the main crossing point between Gaza and Israel was Palestinian leader Mahmoud Abbas' first with an Israeli leader since a Feb. 8 summit, when he and Prime Minister Ariel Sharon declared a truce to end four years of bloodshed. Transferring control of five West Bank towns was part of

the truce package. Israeli Defense Minister Shaul Mofaz said Israel would hand over control of Tulkarem and Jericho in the coming days, but he did not say exactly when, which would be first, or how much territory would be included — reflecting disagreements with the Palestinians.

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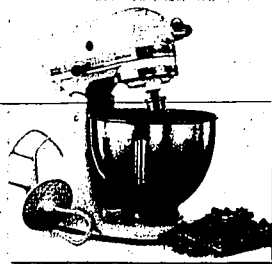
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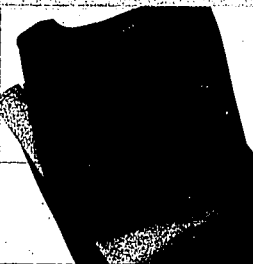
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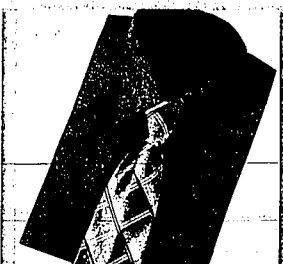
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Thank you, **Doreen Alexander**, for being the love of my life. **Joe**

EDITORIAL

Home contractor bill lays a foundation for licenses

The words "state regulation" may strike fear and loathing into the hearts of industry insiders. Not so, however, with members of the Idaho Building Contractors Association.

New legislation sponsored by the IBCA will finally put home contractor regulation on the books. The Contractors Registration Act passed through the Idaho House last week after years of failed attempts to approve similar rules. Idaho is the only state in the region that does not register and license housing contractors.

It's uncertain how much the bill would actually protect homeowners. But as far as homebuilder regulations goes, the legislation makes a valid start.

The bill would require contractors to register with the Bureau of Occupational Licensing — the same agency that licenses barbers, psychologists, architects and other professions. Contractors must give assurance that they:

- Have never had a license revoked in another state.
- Carry workers compensation insurance on all employees.
- Have liability insurance no less than \$300,000.

The cost for a contractor's registration license would be \$150 a year — not an enormous amount considering the high-dollar services of homebuilding. Smaller contractors argue that larger associations want state regulation to squeeze off work for the little guy. After all, if some of the larger contractors started out on their own without contracting laws, why change the laws now?

Opponents also say the bill's conditions are repetitive. Contractors are

already required to be licensed and bonded in many Idaho towns. Adding those hurdles at the state level just makes business more difficult.

Perhaps, but smaller contractors can still profit with state licenses. Many consumers prefer smaller builders over larger contractors, whether for price, service or other factors. If a contractor can show a state-approved license, that gives the service even more credibility.

Our view: A new bill to license building contractors makes a reasonable start for regulation.

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

Not a critic of the bill is its proposal for a Board of Contractors that would oversee licensed contractors and handle customer complaints. The five-member board would consist of four contractors, and one member of the public. That make-up may appear to tilt the scales in favor of builders and against consumers.

But most boards that oversee licenses in Idaho — whether for landscape architects, dentists, morticians or other jobs — consist of members of that profession.

They know the practices and codes of their profession, as well as when a consumer has been ripped off.

A board of contractors would be no different. The contractor legislation isn't perfect. It doesn't require a license applicant to prove qualifications, skills or understanding of building code.

So the customer's main assurance is the worker's past history and work references. But if you need a state license to cut hair or fit someone with a hearing aid, it's only fair that the same standard apply to someone who replaces your roof or frames your house. That's at a fair start to protecting homeowners from bad builders.

Correction

Tuesday's editorial on Twin Falls' downtown crow problem confused "the city's" two situations for getting rid of crows.

The city requested permission from the U.S. Department

of Agriculture to poison the birds with active DRC-1339.

The term selective enforcement, however, refers only to shooting the birds from trees.

The Times-News regrets the error.

The Times-News

Brad Hurd ... Publisher

Chris Steinhack ... Editor

The members of the editorial board and writers of editorials are Brad Hurd, Chris Steinhack, Steve Crump, Eleanor Burkhardt, Ramona Jones and David Cooper.

Getting in touch

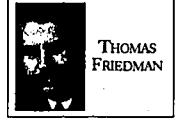
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Mooching off U.S. defense dollars

For the life of me, I simply do not understand why President Bush is objecting to the European Union's selling arms to China, ending a 16-year embargo. I mean, there is an obvious compromise that Bush could put on the table that would defuse this whole issue. He should simply say to France, Germany and their EU partners that America has absolutely no objection to Europeans' selling arms to China — on one condition: that they sell arms to themselves first.

There is an obvious compromise that Bush could put on the table that would defuse this whole issue. He should simply say to France, Germany and their EU partners that America has absolutely no objection to Europeans' selling arms to China — on one condition: that they sell arms to themselves first.

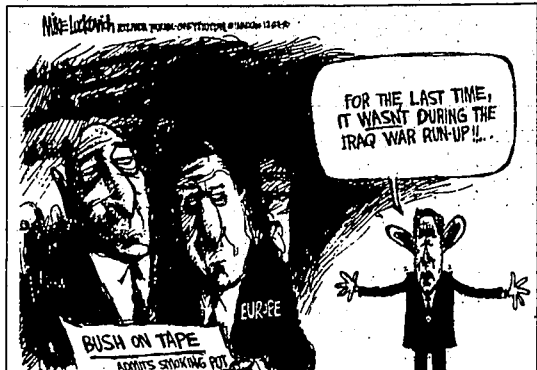


THOMAS FRIEDMAN

That's right, the United States should support the export to China of any defense system that the Europeans buy for their own armies first. Buy one, sell one. But what the United States should not countenance is that at a time when the Europeans are spending peanuts on their own defense, making themselves into a tiger and a tiger feeds on America for global policing, that they start exporting arms to a growing tiger — China.

Indeed, what really sold me on the European arms sale proposal to China is that the EU doesn't seem to be demanding any political price, even the slightest change in behavior, from Beijing in return, except some vague "code of conduct." Sure. Ask the software industry about Chinese promises not to pirate technology.

I am not part of the Bush-China lobby. I believe that the United States needs to engage China, not isolate it, and work with it so that it takes its rightful place on the world stage. I believe China is largely a force for stability in Asia, not instability. But one reason for that is that the United States has countered any other impulses from Beijing by maintaining a stable balance of power among China, Korea, Japan and Taiwan — a balance that has helped the entire region prosper. The sale of advanced European weapons to China can only weaken that balance.



But what really concerns me is Europe. Europe's armies were designed for static defense against the Soviet Union. But the primary security challenges to Europe today come from the Middle East, Central Asia and Africa.

If you put all the EU armies together, they total around 2 million soldiers in uniform — not the same size as the U.S. armed forces. But there is one huge difference — only about 5 percent of the European troops have the training, weaponry, logistical and intelligence support and airlift capability to fight a modern, hot war outside of Europe. (In the United States it's 70 percent in crucial units.)

The rest of the European troops — some of whom are untrained — do not have the training or tools to fight alongside America in the 21st century.

They might be good for peacekeeping, but not for winning a war against a conventional foe. God save the Europeans if they ever felt the need to confront a nuclear-armed Iran. U.S. defense spending will be over \$400 billion in 2005. I wish it could be less, but one reason it can't is that the United States of Europe is spending less than half of what we are. And the U.S. and EU really are the pillars of global stability.

The United States is building 180 C-17 long-range lift aircraft to transport troops and tanks anywhere in the world, and 112 C-5s, to replace the aging C-141s. The European NATO members have exactly four C-17s. The all belong to Britain, and even those are leased from Boeing. The Europeans are so short of long-range lift aircraft that they basically have to depend on leased Russian and

Ukrainian Antonov transports to get to the battlefield. George Robertson, the former NATO secretary-general, used to ask them what they would do if a war broke out during the Christmas season, when most of the Antonovs are leased to the U.S. for winter shipping electronic games around the world. Ride, mister?

For all of Europe's complaining about what the Bush team stands for, my ears are stinging with the remark that a German columnist recently made to me in Berlin: "What do we stand for?" he asked. What is Europe's foreign policy? America is saying that the largest strategic issue of our time is peacefully managing the rise of China. We have to get this right. Having a strong Europe on our side — not on both sides — would be a big help.

If Europe wants to go pacifist, that's fine. But there is nothing worse than a pacifist that sells arms — especially in a way that increases the burden on its U.S. ally and protector.

Thomas Friedman is a columnist for The New York Times.

LETTERS

Write to us

The Times-News welcomes letters from readers on subjects of public interest. Letters may be brought to our Twin Falls Office, 202 Falls Ave., mailed to P.O. Box 548, Twin Falls, ID 83303; faxed to (208) 734-5538; or e-mailed to letters@mag.cvalley.com.

Bush cronies strip away at public lands

As a public lands advocate, I am justifiably furious with the Bush administration. Here are five indisputable examples of the public betrayal that has occurred or is planned:

1. The Roadless Area Conservation Rule. After 600 public meetings and 1.8 million comments overwhelmingly in support of protecting the 58.5 million roadless acres of the national forests, BushCO has worked frantically since 2001 to eviscerate the rule.

They are trying to illegally remove nearly 10 million acres of growth in southeast Alaska roadless areas. (Tongass National Forest). Remember that roadless areas harbor the cleanest water, the best fisheries and the prime wildlife habitat.

There are already more than 400,000 miles of roads on the national forests with a maintenance backlog of 10 years. 2. Colorado's White River National Forest Land Management Plan. This well-crafted plan for the nation's most heavily used recreation forest was five plus years in the making, had 14,000 Public comments and was scientifically sound. Then a crotch of an agriculture under-secretary summarily threw the plan in the ashcan.

Public input was ignored and millions of taxpayer dollars wantonly wasted. Here is what

in her second year of teaching and is a first-grade teacher at Popplewell Elementary School in Buhl.)

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the Denver Post said: "Public comment and scientific study are being ignored, putting at risk the river's wild habitat, water quality and tranquility over federal lands. It's an egregious example of the Bush administration's fraudulent claims about herding science, local control and public input."

3. The Bush push to drill the 40,000 acre Vale Verde ("Valley of Light") in the Carson National Forest in northern New Mexico. This high elevation valley is home to the largest elk herd (2,000) in the state, clean water, quality fisheries and an irreplaceable western landscape. All of this would be destroyed for a 30-hour supply of natural gas.

4. Secretary of Interior Norton's crystal clear privatization plan for the public lands. The new Recreation Access legislation replacing "fee-demo" is an unconscionable scam.

The word "administration" describing this bunch of buffoons is an oxymoron. The puppet secretaries and undersecretaries of Agriculture and Interior couldn't "administer" their way out of a wet paper bag. (And by the way, who empties the Forest Service is a former timber industry lobbyist!) They slavishly follow the dictates of big oil and timber and corporate America.

This is really ugly stuff. We have a great country — let's save what's left of it! Otherwise it's going — going — gone!

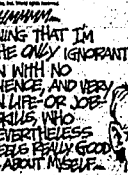
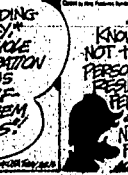
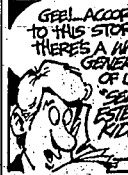
SCOTT PHILLIPS
Hullville, Idaho
(Editor's note: Scott Phillips is a retired forest service professional in outdoor recreation management.)

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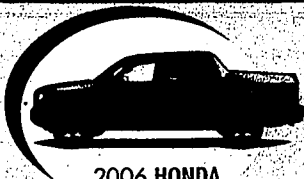
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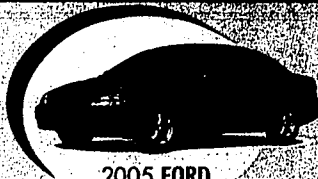


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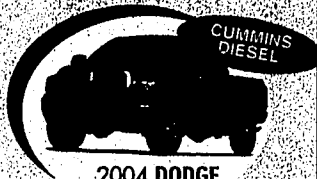


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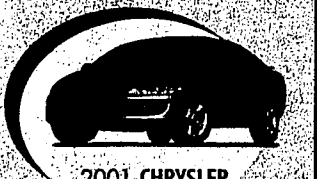


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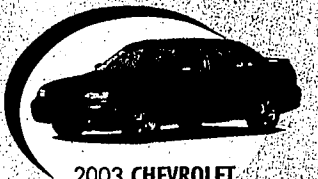


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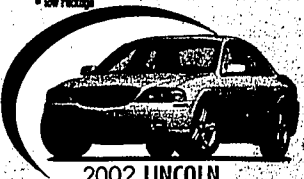
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AROUND THE VALLEY

Gooding police plan fundraiser

GOODING - The city police department is hosting a bike-athon to raise money for St. Jude's Hospital Children's Research for Cancer.

The event will be held April 30. Officers Trent Lusk and the department hopes to raise \$10,000 for cancer treatment worldwide.

Friedman airport gets \$4.5 million

HALLEY - Friedman Memorial Airport will get \$4.5 million from the federal government to improve safety.

The award, from the Department of Transportation, was announced Tuesday by Idaho Sens. Larry Craig and Mike Crapo and Idaho Rep. Mike Simpson.

"Safety is our top concern and this funding will improve conditions at Friedman Memorial," Crapo said.

The airport serves Halley, Ketchum, Bellevue and Sun Valley.

Evening of basketball to raise funds for kids

TWIN FALLS - Local doctors, lawyers, freighters and police officers will shoot some hoops to raise money for children who have been abused or living in unsafe situations.

"Hoopfest 2005" will be held from 6:30 to 9:30 p.m. April 8 at the College of Southern Idaho Gymnasium. Money raised from the event will benefit Children At Risk Evaluation Services.

Hoopfest sponsors and volunteer opportunities are still available. For more information, call CARES at 737-2600.

Family Readiness Group meets Thursday

TWIN FALLS - The Idaho National Guard Twin Falls Family Readiness Group will meet at 7 p.m. Thursday at the Twin Falls Armory.

The meeting is open to the public. Family and friends of soldiers in Iraq are specifically encouraged to attend. For more information, contact the armory at 733-2404 or Sherry at 734-4708.

CSI accepts nominees for distinguished alumni

TWIN FALLS - The College of Southern Idaho Alumni Association is accepting nominations for the organization's Distinguished Alumni Award. Those who wish to nominate can do so until April 1.

The association plans to honor one outstanding former student each year during graduation exercises in May. Nominations should consider community involvement, academic and professional achievements, and associations.

Each year's recipient will have a plaque on a Distinguished CSI Alumni Wall of Fame that will be created on campus. They also will receive campus and community recognition.

The CSI Alumni Association was founded in late 2003 and currently has more than 300 members.

For more information, contact Jolie Lickley, alumni coordinator, at 732-6294 or at jlickley@csid.edu.

— compiled from staff reports

Snowpack levels

Watershed	% of peak	% of normal
Salmon	82%	85%
Snake	82%	85%
Little Wood	82%	85%
Big Lost	82%	85%
Upper Snake Basin	79%	82%
Owyhee	79%	82%
Salmon Falls	79%	82%

Jones pulls manure-handling bill



By Julie Pence
Times-News writer

BOISE - Dairy farmers who have problems getting their manure covered up within 72 hours have one year to figure out how to manage it. Rep. Doug Jones, R-Filer, who is chairman of the House Agricultural Affairs Committee, has made an agreement with the Idaho Dairy men's Association to pull legislation that would have required spay manure to be tilled into the soil within



Rep. Doug Jones

three days of application. But if neighbors complain about poor manure management, the bill will come back for the 2006 session, Jones warned.

The letter put forth by the dairymen promises the industry will do the following:

• Work with the Idaho Department of Agriculture to educate manure handlers on when to incorporate manure for best use of nutrients and odor and fly control.
• Distribute education materials no later than May 1 to dairymen
• Make the materials available to other people who take manure from dairyland.

HEE-HAW HOOPS



OREY HETTER/The Times-News

Keeping his balance atop his donkey, Kenny Spencer scores two points Monday night for the parents' team during the annual Future Farmers of America Donkey Basketball Game at the old high school in Kimberly. The event helps pay for the FFA's many projects, including its annual Christmas project, and for travel expenses for state and national conventions.

Report: Cassia quick response units improve

By Renee Wells
For The Times-News

Cassia County's quick response units are high in quality but dwindling in number. That's the report Cassia County Commissioners received Monday.

"Our EMS in the county is continually improving as we get better medical direction from the hospital and cooperation from the sheriff's office, fire departments, search and rescue and other emergency responders," Vaughn Cook, president of the Cassia County Emergency Medical Services Foundation, told commissioners.

Cook said regional EMS officials in Twin Falls praised Cassia County at a recent combined training hosted by the Idaho State Police. The county how is developing "mutual aid" programs, partnered after the South Central Idaho EMS program.

INL plans more waste removal

Federal officials will discuss the plan at CSI tonight

By Michelle Dunlop
Times-News Writer

TWIN FALLS - Roughly 40 years ago, workers at the Idaho National Laboratory buried the equivalent of 1.1 million gallons of Cold War-era nuclear waste in unlined pits above the Snake River Aquifer in southeastern Idaho.

Tonight, Department of Energy officials will outline the second step in a plan to remove highly contaminated waste in order to protect the aquifer during a public meeting at the College of Southern Idaho.

Meeting Information

- When: Today
- Where: In the Taylor Student Union Building at the College of Southern Idaho
- 6:30 p.m.: Public can meet with project managers.
- 7 p.m.: Formal presentation begins.

Comment on Pit 4 and Pit 6 waste retrieval

- Contact person: Jeff Perry
- Mail: P.O. Box 4625, MS 1222, Idaho Falls, Idaho 83415-1222
- Email: jerry@id.doe.gov
- Online: <http://casidm.inel.gov>
- In person: At tonight's meeting at CSI
- Deadline: March 30, 2005

Pit 4 and Pit 6 waste retrieval plan

• Timeline: Retrieval operation commences in fiscal year 2006 and will take approximately one year, an additional six-month decontamination and decommissioning period will follow cleanup.

MAGIC VALLEY

OBITUARIES

For obituary rates and information, call 734-3278 Monday through Saturday. Deadline is 4 p.m. for next-day publication. The e-mail address for obituaries is obituaries@timesnews.com. Death notices are a free service and can be placed until 4 p.m. every day. To view or submit obituaries, or to place a message in an individual online guestbook, go to www.magicvalley.com and click on "Obituaries."

Roy E. Babbel



TWIN FALLS — On March 7, 2005, Roy E. Babbel left this earthly life for a glorious reunion with his Savior and family and friends.

He was born May 4, 1913, in Salt Lake City, Utah, to Frederick and Lena Babbel who had immigrated from Germany. He was the oldest of nine children.

The family moved to Twin Falls, in 1921 and he has resided here ever since. He was married to Rhoda Wedder on March 22, 1939, in the Salt Lake Temple and they are the parents of nine children.

He and his father founded Babbel's Cleaners in 1938. He enjoyed working hard and serving people throughout his life.

He was a faithful member of The Church of Jesus Christ of Latter-day Saints. He served his church through many life including being a Bishop, Counselor in several stake presidencies and serving three missions to Germany and Switzerland with his wife, Rhoda.

He is survived by his wife,

Rhoda; his children, Gary (Ann) of Twin Falls, Candy (Binh) Croft of Midway, Utah, Kay (Tim) Wine of Bountiful, Utah, Fred (Sond) of American Fork, Utah, Connie (Lee) Brundage of Idaho Falls, Idaho, Bob (Michelle) of Corvallis, Ore., Mary Ann (Darrall) Back of Sandy, Utah, and Mike (Loretta) Peoria, Ariz.; brother, Byron; sisters, Olea Wolf and Pearl Schenk; 46 grandchildren and 23 great-grandchildren.

He was preceded in death

by his son, David; two grandsons and one great-granddaughter, three brothers and two sisters.

He lived life to the fullest, loved the beautiful world and felt like he was the richest man on earth because of his family. He was so thankful for all the people in his life including his caregivers.

We love him and will miss his smile, his humor, his great example and just being with him!

A funeral will be held at noon, Thursday, March 10, 2005, at the 6th Ward LDS Chapel, 667 Harrison St. in Twin Falls.

Burial will follow the services at Sunset Memorial Park. A viewing will be held from 4 to 8 p.m. on Wednesday, March 9, with the family greeting friends from 6 to 8 p.m. at White Mortuary "Chapel by the Park" and from 10:45 to 11:45 a.m. on Thursday at the church.

The family suggests memorial be given to the LDS Church Charitable Fund or charity of choice.

Phil N. Ordaz



TWIN FALLS — Phil N. Ordaz, 91, of Twin Falls, died Sunday, March 6, 2005, at the Magic Valley Regional Medical Center in Twin Falls.

Phil was born on July 24, 1913, in Los Animas, Colo., the son of Macedonio and Francisca Lopez Ordaz. He grew up and attended schools in Colorado.

In the late 1930s Phil moved with his family to Idaho, where he worked as a laborer, settling in Twin Falls. Phil married Bernice Bates in 1940, she preceded him in death in 1984. Phil joined the U.S. Army in the 1930s and in 1942 he entered the U.S. Army, where he received his Purple Heart from injuries sustained in France. He was served his country proudly and was honorably discharged in 1946.

Following his service to his country he moved back to Twin Falls where he started working for Union Pacific Railroad as well as worked as a cook in Jackpot, Nev. Phil married Thelma Adams in 1951, they were later divorced.

He worked for Union Pacific until his retirement after over 30 years of faithful service. Phil married Elizabeth Aragon on June 15, 1974, at St. Edward the Confessor Catholic Church in Twin Falls.

Following his retirement, he became extremely active in the St. Edward the Confessor Catholic Church, volunteering

in the soup kitchen, working at the Guadalupe Fair booth for several years and also became a Eucharistic minister.

Phil is survived by his wife, Elizabeth Ordaz of Twin Falls; his children, Eugene (Marie) Ordaz of Newport, Ore., Phyllis (Steve) Platt of Rexburg, Idaho, Elaine Todd of Kimberly, Paity (Bart) Hutcheson of Kimberly, Mike (Gina) Ordaz of Jerome, and Ed (Patry) Bustos of Freeport, Ill.; one brother, Francis Ordaz of Canyon Springs, Colo. Also surviving Phil are 29 grandchildren and 42 great-grandchildren.

He was preceded in death by his parents; wife, Bernice; two sons, Richard Ordaz and Ray Bustos; four brothers and two sisters.

A funeral mass will be celebrated at 2 p.m. Thursday,

March 10, 2005, at St. Edward the Confessor Catholic Church with Father John Koelsch celebrating, Military Honors by the Area Veterans & Auxiliary. A rosary service will be recited at 7 p.m. Wednesday evening, March 9, 2005, at St. Edward the Confessor Catholic Church.

Friends may call from 5 p.m. on Wednesday until the time of Rosary at St. Edward the Confessor Catholic Church. Services are under the direction of Reynolds Funeral Chapel, Twin Falls, Idaho.

The family suggests memorials be given in Phil's name to the Adopt an Angel Fund at St. Edwards Catholic School. Contributions may be given to funeral chapel staff or mailed to Reynolds Funeral Chapel, P.O. Box 1142, Twin Falls, ID 83303.

Fern Ezel Vosburg Manning



TWIN FALLS — Fern Ezel Vosburg Manning, 92, of Twin Falls, died March 3, 2005, at a home with her family after a struggle with cancer.

She was born Aug. 18, 1912, in Willow Springs, Mo. At an early age, she came to Declo, Idaho, with her parents C.V. and Lora Vosburg. She attended Declo schools, graduating in 1931 as valedictorian of her class.

Fern attended Albion State Normal School, from 1931 to 1933, graduating with an Idaho state teaching certificate with a special certificate in public school music education.

She was active in band-orchestra, glee club and over 30 years in the Master Tap Dancing Team that toured Idaho for two years.

Fern continued her education in the next years at the Hammond Conservatory of Music, Chicago, Ill., Greeley School of Education, Greeley, Colo., University of California, Berkeley, Calif., College of Idaho, Caldwell, University of Idaho, Moscow, and Idaho State University, Pocatello, Idaho, receiving her Bachelor of Arts and two Master of Arts degrees.

She married Howard Manning in Declo, Idaho, in 1935. They taught school as a team at the Shamrock school south of Twin Falls for several years. Fern also taught school in Hooton, Butler, Declo, Idaho, Shoshone and Twin Falls, Idaho, plus six years, in Corvallis and Vale, Ore.

She was a gifted teacher for 32 years.

Fern was a talented musician and instructed countless students for 60 years in playing the piano, guitar and organ in the communities she lived in.

Her active community life also included being a school board member in Shoshone for six years, a 50-year member of the Order of Eastern Star, Evergreen Chapter, No. 48, Ruby, Idaho; a member of the Order of Reded, Teachers and ADK Sorority in Twin Falls; a member of Chapter B.E., P.E.O., Twin Falls and member of the Ascension Episcopal Church, Twin Falls.

When Fern retired, she traveled extensively, volunteered at the Buzz Langdon Visitors' Center in Twin Falls, was a regular member of the "Over 60 and Keeping Fit" class at C.S.J. for 27 years, played in the BJ and Friends Band, painted, did crossword puzzles and

loved her grandchildren. She was always active and involved in life.

Fern is survived by her daughter, Marilyn (Gene) Bright, Kimberly, Idaho; grandsons, Justin (Jennifer) Hill and Ryan Hill of Twin Falls; her much loved great-granddaughters, Michelle Rae, Sierra Byrnes and Braylee Ezel Hill of Twin Falls; brother, Kay (Barbara) Vosburg of Reno, Nev.; niece, Lynda (Lucky) De La Pena, Boise, who helped care for her during her illness and her special nieces and nephews, Pat, Judy, Vicki, Cindy, Lori, Debbie, Stan, Steve, Cliff, Fred and Gary.

She was preceded in death by her husband, Howard Manning; her parents, one sister and three brothers.

There will be a memorial service to celebrate this gifted and talented woman's life at 1:30 p.m. on Saturday, March 12, 2005, at the Ascension Episcopal Church on East and Adams in Twin Falls, Idaho. A family inurnment will be held prior to this in the Declo Cemetery.

Arrangements are under the direction of Reynolds Funeral Chapel of Twin Falls.

Because of Fern's love of education, in lieu of flowers, donations may be made to a scholarship fund in her name for students attending College of Southern Idaho at C.S.J. Foundation, P.O. Box 1238, Twin Falls, ID 83303, or to a charity of the donor's choice.

OBITUARIES

Terry Michael Barth



TWIN FALLS — Terry Michael Barth, 51, of Twin Falls, passed away Monday, March 7, 2005, at Magic Valley Regional Medical Center in Twin Falls, Idaho.

Terry was born Dec. 31, 1953, in Twin Falls, the son of Kenneth D. Barth and Betty Geraldine Hampton Madland. Terry grew up and attended schools in Twin Falls, graduating from Twin Falls High School in 1971. He then trained to become a medical assistant.

Terry was very easy going and never got tired. He enjoyed helping others through his work and, in his spare time, enjoyed skiing and art.

He was quite a collector of art and antiques. He was a dreamer who loved life.

Always saw the good in others and loved being with his family. He will be missed by all who knew and loved him.

Surviving Terry is his mother,

Gerry Madland; his stepmother, Evelyn Barth, both of Twin Falls; one brother, Clayton Lee (Rebecca) Barth of Bend, Ore.; one sister, Connie K. (Keith) Bell of Twin Falls; and numerous aunts, uncles, nieces, nephews and cousins.

His father, Kenneth Barth;

and stepfather, William "Bill" Madland Jr. preceded him in death.

A graveside funeral service will be held at 11 a.m. Saturday, March 12, 2005, at the Twin Falls Cemetery in Twin Falls with Pastor Lawrence Vedder officiating.

Interment will follow in the Twin Falls Cemetery. Friends may call from 5 to 7 p.m. Friday, March 11, 2005, at the Park's Magic Valley Funeral Home, 2651 Kimberly Road, in Twin Falls.

All services and arrangements are under the direction of the Park's Magic Valley Funeral Home of Twin Falls, Idaho.

Half past to God's hand and He will lead you safely through all trials.

Whenever you cannot stand, He will carry you lovingly in His arms.

St. Frances de Sales

Donald Novotny

BUHL — Donald Novotny, 67, passed away Feb. 17, 2005, at his home in Buhl, with his wife, Deanne, at his side.

Don was born Aug. 30, 1937, to Hugo and Rosale (Vana) Novotny in Chicago, Ill. He married Deanne Schroder on July 2, 1969, in Hialeah, Idaho. They had two sons, Damon and Deric. After serving in the U.S. Air Force for five years, Don worked as a salesman and custom fabricator for Young's Finest in Sacramento, Calif., from 1963 to 1998. Don loved Idaho. Don and Deanne spent numerous vacations with Deanne's grandparents in Hialeah. The many fond memories and beautiful scenery formed Don's desire to return to Idaho.

Don was known for being truly a kind and gentle man, always placing the concerns and

needs of family and friends before his own. Don's zest for life was expressed in his love of the outdoors, camping, sightseeing and especially water sports. He was an avid boater and water-skier and enjoyed the many water resources throughout the west. Don was blessed with an innate mechanical ability. Being a talented artist, his mechanical attributes were expressed through the beautiful metal sculptures he created. Don will

be missed by all who knew him.

He is survived by his wife of 44 years, Deanne; two sons, Damon Novotny of Idaho Falls, Idaho, and Deric Novotny of Buhl, Idaho, and numerous nieces and nephews.

Don was preceded in death by his parents.

A celebration of life in planned for a later date. Arrangements were under the direction of Farmer Funeral Chapel, Buhl.

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 Margaret Mead

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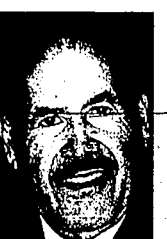
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Florence Brown

PORTLAND, Ore. — Former Twin Falls resident Florence Brown, 96, died of a heart attack March 3, 2005, in Portland, Ore. Cremation has taken place under the direction of Portland Memorial Funeral Home.

Florence Patton was born in Chenoa, Ill., Sept. 22, 1908. She spent her school years in Idaho Falls and Weiser, Idaho, settling in Twin Falls after high school. It was there that she met Archie Brown who was working for the War Relocation Authority in Hunt, They were married in San Diego in 1944 and returned to Twin Falls after the war.

Florence spent over 25 years working as a stenographer at the Twin Falls Clinic before retiring to Tucson, Ariz., with Archie in 1974. She lived in Tucson until Archie's death in 2000 after which she moved to Portland to be close to her son, Alan Brown, her only survivor.



Joseph Carrillo

RUPERT — Joseph Carrillo, 65, of Rupert, passed away Tuesday, March 8, 2005, at the Mindkoo Memorial Hospital.

A funeral will be held at 11 a.m. Friday March 11, 2005, at the Rupert 7th ward LDS Bishop Stanley Camp officiating a viewing will be held from 10 to 10:50 a.m. prior to the service at the church located on Eighth and G Streets in Rupert. Services are under the direction of Hansen Mortuary Rupert Chapel.

OBITUARIES

Lynette Michelle Rand-Webb

TWIN FALLS — Lynette Michelle Rand-Webb, 29, was killed in her home in Twin Falls, Idaho.

A memorial service will be held at Mount Olivet Funeral Home at a later date.

Burial will be in Mount Olivet Cemetery, Fort Worth, Texas. Lynette was born April 23, 1975, in Cheyenne, Wyo. She served in the U.S. Air Force and worked as a dental hygienist. Lynette also was a model and worked for several companies. She was a devoted mom, daughter and sister who will be dearly missed by her family.

Survivors include her daughter, Alexandra Webb; parents, Curt and Sue Rand of Sagarin; brothers, Scott Rand of



Phoenix, Ariz., and Jason Rand of Sagarin; grandmother, Linda Rand; and other loving family members.

Mary I. 'Lilla' Gallo

BUHL — Mary I. "Lilla" Gallo, age 80, of Buhl, passed away Sunday, March 6, 2005, at The Missions Hospice House in Jerome.

She was born May 12, 1924, in Florence, Italy, the daughter of Mario and Flora (Buonanni) Giannelli.

Mary was a World War II war bride from Italy. She married Victor Gallo in Thompson, Pa., May 29, 1947. For the past 14 years she had many pets throughout her life and loved them all. She enjoyed her friends at the senior center in Buhl, her trips to Jackpot and to see Danny Marona and especially Aaron Caruso. She loved to cook especially for friends and family. She helped her husband run Delle's Italian Restaurant in California for many years. Later she enjoyed cooking for Hagerman High School to help raise money for classes and special events.

Mary always remembered her friends and family's birthdays and anniversaries. She enjoyed her family and friends and all those who knew her loved her. Mary loved yard sales, she loved shopping and never missed a stranger. In addition to her husband, Victor Gallo of Buhl, she is survived by children, Luella (Devon) Rutherford of Buhl, Idaho, and Gary (Silvana) Gallo, of



Buhl, Idaho; sister, Tina Pestrelli of Marina de Pisa, Italy; seven grandchildren, Tony (Janet) Rukter, Travis (Bethany) Rukter, Aaron (Samantha) Rukter, Clayton Rukter, Danielle (Sam) Meter, Anthony Gallo and Nicole Gallo; and four great-grandchildren.

At her request there will be no public services. Cremation is under the direction of White Mortuary "Chapel by the Park." Should friends desire, contributions may be made to St. Luke's Tumor Institute, 656 Addison Ave. West, Twin Falls, ID 83301 or Hospice Visions Inc., 308 Shoshone St., E. Suite 1, Twin Falls, ID 83301. Contributions may be mailed directly to memorials or mailed to White Mortuary, 136 4th Ave. E. Twin Falls, ID 83301 for forwarding.

Animal shelter group will meet on Thursday

The Times-News

TWIN FALLS — The Animal Shelter Advisory Commission will meet from noon to 1 p.m. Thursday at 321 Second Ave. E. The agenda includes ap-

proval of minutes from February, a report from the shelter director on the shelter tracking system, discussion on adoption outreach programs and volunteer efforts, a citizen survey and new business.

Johnson

Continued from B1

Closing arguments are scheduled for early next week.

Two supporters of the defendant testified Tuesday.

Sarah's legal guardian, Pat Alder, smiled and blew Sarah a kiss as she took the witness stand. She testified that she's known the defendant since she was a baby in Alder's daycare.

Alder took over Sarah's legal guardianship in last July after petting out to have her removed from the care of Diane Johnson's sister, Linda Vavolil.

In contrast to other witness testimonies, Alder said that Sarah had a normal teenage relationship with her mother.

"I never saw anything unusual about it. She loved her parents," Alder said as she gazed at the jury and smiled.

She said she had a particularly good relationship with her father, which was "probably better than the one with her mother."

Alder appeared to begin crying as she spoke about how difficult the past year and a half has been for the defendant. But she quickly recovered as she described Sarah as "loving and caring, and just a beautiful little girl."

"She told me that her brother Matt would get all the money (from Alan and Diane's will) but that was OK because all she wanted was her father's ring and her car," Alder said. "She even asked me to help her get it, but there is nothing that I could do."

Under cross examination, prosecuting attorney Justin Whatcott said to Alder, "You're not even going to try to hide your bias toward Sarah. You're here to help her out."

"I'm here because I believe she is innocent of what she's been charged with," Alder replied.

Whatcott asked Alder about alleged statements to investigators that she had talked with Sarah and "probably could get more information out of her" but didn't want to.

"You told detectives that you wanted to know who killed Alan and Diane but didn't want Sarah to tell you because it would have put you in a horrible situation," Whatcott insisted.

Alder said she couldn't recall making any such statements. Johnson family friend Margot Rose told the jury about her experience employing Sarah as a babysitter.

"She was great with the kids," she testified. "I never saw a mean streak in her."

Rose said that she had never seen anything "funny" about Sarah's relationship with her mother. She told the jury that Sarah's mom "often praised Sarah's ability with children and was pleased that we employed her as our babysitter."

In an odd line of questioning, defense attorney Bob Pangburn asked hairsylist Shirley Hurley whether Sarah's hair was cutted to wear in a ponytail.

"A lot of girls wear it in pulled back when they sleep," she responded. "It keeps it from messing up."

Hurley said she had been asked by the defense last month to examine Sarah's hair and found it "smooth, one length" and appropriate to pull into a ponytail.

Witnesses have testified that Sarah's hair was neatly pulled back into a ponytail and it did not look like she had just been woken the morning of the murders.

"If you have nice thick hair it's easier to pull it back and wake up with it looking nice," Hurley testified.

Dairy

Continued from B1

supporting the bill because the Conservation League proved that even industries that are regulated under different rules are also vulnerable to lawsuits.

The dairy industry supports the bill, their attorney Ken McClure said, because it would return the DEQ to the kind of enforcement oversight it always had.

"You told DEQ air quality manager, Sen. Kate Kelly, D-

Boise, asked, "So, would this pre-empt the agreement?"

McClure assured lawmakers that the industry and Conservation League will address clean air issues, despite changes in the bill.

"Dairies have been trying to clean up their act," McClure said. "In retrospect, we have been too quick to defend the bad actors."

But Sen. Clint Stennett, D-Keetchikan, asked McClure if his people would be willing to memorialize the agreement in the law to ensure that the DEQ had some power in making their rule-making took place and that rules were enforced.

"We don't view that as necessary," McClure said, promising the industry would police its bad actors.

INL

Continued from B1

trial plan proposes to remove enough waste to fill between 7,000 and 10,000 drums, said Kathleen Trever, the state's oversight administrator at INL.

"This seems to be a practical approach for going after the waste we're most concerned about," Trever said.

Currently, all removed waste is scheduled to be shipped to the Waste Isolation Pilot Plant in New Mexico. However, some of the volatile organic compounds — which includes chemicals used as solvents and degreasers in weapons production — need to be treated before being sent to WIPP.

The department has targeted areas at the site with the most concentrated levels of waste. Jackson said. Waste of particular concern includes transuranic waste, such as plutonium and americium, and volatile organic compounds. The latter of the two poses a particular threat because of its mobility.

"We're removing the highest concentration of volatile organic compounds in these areas," Jackson said. "The state and the EPA agree with our approach."

The nuclear watchdog organization known as the Snake River Alliance, however, does not necessarily agree with DOE's approach. Executive director Jeremy Maxand understands the department's philosophy of removing the

most concerning waste first but questions the rationale of leaving waste behind.

"Why are we just cherry-picking the waste out?" Maxand asked.

The DOE will not be removing certain "non-targeted" waste including soil and other debris. In the first month of cleanup at Pit 4, workers discovered a leaden Digest from 1964 — this type of waste won't be removed, Perry said, nor will numerous steel pipes.

After proposing the initial Pit 4 cleanup, the DOE received a leaden Digest from 1964 — this type of waste won't be removed, Perry said, nor will numerous steel pipes. After proposing the initial Pit 4 cleanup, the DOE received a leaden Digest from 1964 — this type of waste won't be removed, Perry said, nor will numerous steel pipes.

They're telling us they haven't made a final decision, but their actions show otherwise," Maxand said. "We're taking actions that are indicative of a final action."

Times-News reporter Michelle Dunlop can be reached at 735-3237 or by e-mail at mdunlop@magicvalley.com.

SERVICES

Robert W. Park of Burley, funeral at 2 p.m. Wednesday at the Home Memorial Chapel, 221 W. Main St. in Burley. Friends may call from 1 to 1:45 Wednesday at the mortuary, 221 W. Main St. in Burley.

Mac Williams of Twin Falls, graveside service at 11 a.m. Wednesday at Sunset Memorial Park in Twin Falls (Park's Magic Valley Funeral Home).

Betty Jean Reinke of Twin Falls, celebration of life at 10:30 a.m. Thursday at Peace Lutheran Church; friends may call from 3 to 8 p.m. Wednesday with the family-greeting friends from 6 to 8 p.m. at Reynolds Funeral Chapel, 2466 Addison Ave. E. in Twin Falls.

Lucinda "Clady" Dale shown of Shoshone, viewing from 4 to 8 p.m. Wednesday at Demary's Funeral Chapel, 404 W. B. St. in Shoshone. Funeral at 11 a.m. Thursday at the LDS

church in Shoshone. Burial will be held immediately following the service at the Shoshone Cemetery with dinner for friends and family following at the LDS church.

Paulyne Molyneux of Idaho Falls, formerly of Twin Falls, funeral at 2 p.m. Thursday at the Idaho Falls First Baptist Church, 665 John Adams Parkway. The family will visit with friends from 7 to 8 p.m. Wednesday at Wood Funeral Home, 272 N. Ridge, and Thursday for one hour before the service at the church (Wood Funeral Home).

Margaret Crowell Jerome — Margaret Crowell, 89, of Jerome, died Monday, March 7, 2005, at her home in Jerome.

Ann E. Taylor of Rupert, funeral at 1 p.m. Thursday at the First Christian Church, 1110 Eighth St. in Rupert; friends may call from 6 to 8 p.m. Wednesday at Hansen Mortuary Rupert Chapel, 710 Sixth St., and one hour before the service on Thursday at the church.

Betty Jean Reinke of Twin Falls, celebration of life at 10:30 a.m. Thursday at Peace Lutheran Church, Sixth and Stevens in Piler. Friends may call from 3 until 8 p.m. Wednesday with family-greeting friends from 6 to 8 p.m. at Reynolds Funeral Chapel, 2466 Addison Ave. E. in

Twin Falls.

James Edward McCue of Jerome, funeral at 10 a.m. Thursday at Park's Magic Valley Funeral Home, 2551 Kimberly Road, Twin Falls.

Pilar A. Harris of Halley, Mass of Christian burial at 2 p.m. Friday at St. Charles Catholic Church in Halley (Wood River Chapel).

Winifred Ellen Stambaugh of Boise and formerly of Buhl, memorial service at 1 p.m. Saturday at Summers Funeral Chapel, Eagle and Ustick in Mendham.

DEATH NOTICE

A graveside service will be held at 11 a.m. Wednesday, March 9, 2005, at the Jerome Cemetery. Services are under the direction of the Have-Robertson Funeral Chapel in Jerome. No viewing is planned. No memorial donations may be made to First Choice Hospice, 147 Main Ave. E., Twin Falls, ID 83301.

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THE INCREDIBLES P P S S N N V V

HITCH P P S S N N V V

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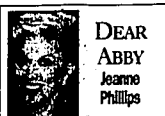
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MORNING BREAK

Doctor warns of new HIV strain

DEAR ABBY: The recent news of a possible new strain of HIV resistant to drug... DEAR ABBY: The recent news of a possible new strain of HIV resistant to drug...



DEAR ABBY: I'm 16 and a sophomore in high school. I have been struggling with my weight for two years... DEAR ABBY: I'm 16 and a sophomore in high school...

HIV and are negative, and of course, remain strictly monogamous... I am appalled that there has actually been 'debate' about whether the public should have been warned so quickly about what appears to be a new, more virulent strain of HIV that is drug-resistant...

not to eat between meals or consume a lot of junk food — but I just can't stop... My parents keep pressuring me to lose 40 pounds. Even my friends say I should lose weight... I can't do, so you could notice me more. Can you give me any tips for losing weight?

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When the postal service came up with "ZIP code," people thought it had to do with zipping mail along quickly... ZIP code stands for "Zone Improvement Plan."



And selections for Reading and Speaking From the Best English and American Authors... Random Acts of Kindness by Jack Mingo and Erin Barrett.

literary and arts names like John Milton (poet), Louis Daguerre (photographer) and Benvenuto Cellini (sculptor)... Poet Henry Wadsworth Longfellow was a direct descendant of Mayflower passengers John and Priscilla Alden. He immortalized the couple in his fictional poem, "The Courtship of Miles Standish."

medicinal value. We still haven't quite decided whether that's a surprisingly large percentage of a surprisingly small one... In opinion polls, at least, the United States is the most devout nation in the Western world, with about 90 percent of its people professing belief in a supreme being.

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46TH ANNUAL WEST END COMMUNITY AUCTION Thursday, March 10, 2005 Located: Buhl, Idaho • Buhl Rodeo Grounds (North Parking Lot)



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TNT AUCTION PUBLIC AUCTION SATURDAY, MAR. 19, 9 A.M. Preview: Friday, Mar. 18, 9 A.M. - 5 P.M. 2333 N. Redwood Road - Salt Lake City, Utah

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TRACTORS 1993 Case International 7110 diesel tractor, wide front, power steering, 18 speed power shift transmission, cab with heater and air...

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GRAIN DRILL - PLANTERS - CULTIVATORS Case International 5100 grain drill, 126 24 inch row, 5 cylinder grass reaper, hydraulic lift - John Deere 6 row No. 71 planter units...

BEST & OTHER FARM MACHINERY Alloway 6 row beet defolator with rear hydraulic driven toppler, triple drums, 100 P.T.O. - Parma 6 speed harvest mower conditioner...

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MORNING BREAK

To place a classified ad, call 733-0931

Leo: Try not to be negative or critical

IF MARCH 9 IS YOUR BIRTHDAY: With a new moon close to your sector of the zodiac it might be a perfect time to make important resolutions for the coming year as a new personal cycle begins. Be aware that storm clouds that threaten now will evaporate before they can cause you any trouble. By September, if you apply yourself anywhere, you will receive a long-awaited reward or opportunity to improve your circumstances. Look forward to a peaceful and pleasant year to come.

HOROSCOPE

Jeraldine Saunders

others with your offbeat ways for business success. Convince others of your ideas with ease and they will follow you anywhere, but hold off on signing contracts.

CANCER (June 21-July 22): Small kindnesses and gentle ways can wear down the defenses and win over even the fiercest competitor. Form new friendships by meeting others on the common ground of progressive ideas.

LEO (July 23-Aug. 22): The tendency to be negative or critical may turn off those close to you who merely want to have a good time or are in search of amorous adventures. Steer clear of quick flings tonight.

VIRGO (Aug. 23-Sept. 22): The new moon that begins in the west hours of the night takes place in your opposite sign, highlighting important relationships for a few weeks. Others could appear less ap-

pealing today.

LIBRA (Sept. 23-Oct. 22): Those in charge could misunderstand your playful maneuverings. Don't play romantic games at the workplace. Settle flirtations for the appropriate time and place with your special someone.

SCORPIO (Oct. 23-Nov. 21): Others close could surprise you with amorous intentions but don't mistake friendship for love. Go along for affectionate adventures with your current love, but avoid new hookups.

SAGITTARIUS (Nov. 22-Dec. 21): Stay focused on existing plans and avoid initiating anything new. You can obtain great feedback from others, so touch base by phone and curvy favor with business contacts.

CAPRICORN (Dec. 22-Jan. 19): Sudden attractions could prod you to spend money on exotic things or test your luck with a new conquest. You may regret impulsive moves, so put a temporary lock on your heart.

AQUARIUS (Jan. 20-Feb. 18): A spurt of popularity could make you the belle of the ball. Take advantage of these stars for seductive moments with a

lover and overcome all doubts about your true blue affection.

PISCES (Feb. 19-March 20): The new moon occurring early tomorrow morning may cast a harsh light on your love life and make you question your feelings and doubt others. Wait a few days before making decisions.

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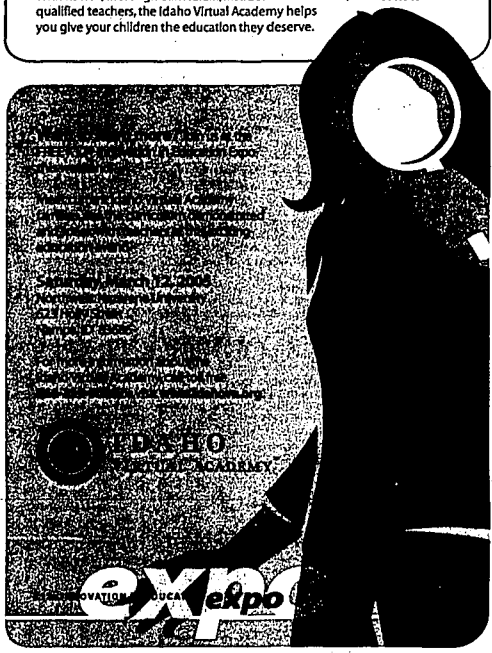
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U2 announces fall tour locations

Let the frantic rush begin: U2 has announced the fall leg of its Vertigo Tour, reports Billboard.

The first part of the tour begins March 28 in San Diego and wraps May 28 in Boston, with European dates from June 10 until Aug. 11.

Before playing a note, U2 has already sold 2.2 million tickets and grossed about \$185 million.

By the time Vertigo concludes, it will be one of the top-grossing series of all time, with a total nearing \$300 million.

Tickets go on sale this weekend, but subscribers to U2's official Web site (www.u2.com) will have the opportunity to reserve tickets in advance.

McMahon hospitalized for mild concussion

Ed McMahon, Johnny Carson's former sidekick, was hospitalized after a fall in his Beverly Hills home left him with a mild concussion and a laceration on his forehead, reports The Associated Press.

Mr. McMahon's prognosis is excellent, and he is expected to be released from the hospital in a few days, spokeswoman Susan Dubow said. The name of the Los Angeles area hospital was not disclosed.

McMahon, who turned 82 on Sunday, tripped and fell Friday afternoon, Dubow said. He was taken to a hospital where he received several stitches in his forehead, she said, adding that he had suffered a mild concussion.

McMahon is best known as Carson's sidekick on "The Tonight Show." Carson, who retired in 1992, died Jan. 23 of emphysema at age 79.

McMahon was also co-host of Dick Clark of the "Ed McMahon" show and appeared year after year on Jerry Lewis' Labor Day telethon.

Heidi Fleiss tells Martha Stewart to let go of jail

Heidi Fleiss knows a thing or two about the indignities of life in federal prison, reports The Washington Post.

Scrubbing pots and pans big enough to bathe in. Serving up slop. Mopping dirty floors. Constantly looking over your shoulder, and trying to smile on a mattress as hard as a floorboard.

"Prison is horrible," the for-

People in the news

mer "Hollywood Madam" revealed in a telephone interview from her home in Los Angeles.

Fleiss, who spent three years behind bars in Dublin, Calif., after her conviction on charges of conspiracy, tax evasion and money laundering, has some advice for Martha Stewart as the domestic diva resumes life on the outside.

"Forget about what happened in prison," Fleiss said. "Put it behind you, move on and work hard."

Fleiss, whose pricey prostitution ring served Tinseltown's rich and famous, said she admires Stewart.

"I get her magazine, and I send it to my former roommate" in the federal penitentiary, she said. "I think she's great, and I think she's going to be just fine. It's so wrong what they did to her, just because she is a powerful woman. But she will come out of this smarter and stronger, just watch."

Fleiss spent the first five months of her sentence in a prison camp similar to Alderson Federal Prison Camp in West Virginia, where Stewart completed her sentence.

"But you have to remember that Martha went in with a Betty Crocker label. I went in with the label of a pimp," she said.

Mexican pop group Kabah calls it quits

Mexican teen telenovelas will have to start looking for a new someone to sing their theme songs.

While promoting its latest, and last, album El Pop, the Mexican pop group Kabah announced that it has called it quits after 11 years together.

"It's not about a marketing strategy" member Federico told Reuters. "It's simply that the time has come for us to grow in other ways."

The three-guys-three-girls

combo invited fellow Mexican singers Alejandra Guzman, Gloria Trevi and the duo Haash to appear on the 12-track El Pop.

The rest of the group, Daniela, Sergio, Maria Jose, Rene and Andres, said they will announce their future plans at a later time.

Kabah is expected to start their last tour in April.

—compiled from wire reports

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The Jock 113 700-945

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Hide and Seek 113 700-915

Constantine 113 700-930

Incredibles 113 700-915

Jerome 4 1131 Main

Pacific 113 700-910

Hitch 113 700-930

Cursed 113 700-915

Million Dollar Baby 113 45-920

Twin 12 1131 Main

Are We There Yet? 113 700-945

National Treasure 113 45-935

Because Winn Dixie 113 700-930

Son of Moses 113 700-930

Pacific 113 700-730-915-930

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IDAHO/WEST

Shoshone-Bannock Tribes threaten lawsuit over water deal

The Associated Press

BOISE — Only five protesters from the Shoshone-Bannock Tribes showed up at the State House on Tuesday, but they came with an attorney and a warning.

If the Nez Perce Tribe's water rights agreement is approved, the protesters said, the Shoshone-Bannock Tribes will sue the state, the federal government and the Nez Perce.

"We are not going to stand by and let the state of Idaho or the Nez Perce Tribe exercise any kind of control of jurisdiction over our aboriginal territory," said Bill Bacon, the attorney representing the Shoshone-Bannocks. "We will take whatever steps we have to take to make sure this invasion of our territory doesn't take place."

The multimillion dollar agreement already approved by Congress and the Idaho House still must pass the state Senate and be ratified by the Nez Perce Tribe to go into effect.

"I call for the Nez Perce to drop their claims to nearly all the water in the Snake River Basin in exchange for annual rights to 50,000 acre-feet of water in the



Clearwater River, \$30 million in cash and land a pledge from the state and federal government to provide tens of millions of dollars for fish habitat and other environmental improvements.

The bill would protect irrigators in the Upper Snake River Basin and some loggers and landowners in the Clearwater and Salmon river basins from endangered species-based lawsuits.

Though the agreement has the support of dozens of trade, industry, agricultural and private organizations, groups have mobilized against it as well — including many residents living on or near the Nez Perce reservation, some local governments and food- and agricultural producers.

The Shoshone-Bannocks claim the agreement wrongly includes rivers and streams

“We are not going to stand by and let the state of Idaho or the Nez Perce Tribe exercise any kind of control of jurisdiction over our aboriginal territory.”

— Bill Bacon, attorney representing the Shoshone-Bannocks.

contained within their aboriginal land boundaries, and that the state and the Nez Perce used the closed-door negotiations to secretly try to steal the Shoshone-Bannocks' water rights.

Bacon said he had no problem with the part of the agreement that deals strictly with Nez Perce

land, but objected to provisions involving places he claims the Shoshone-Bannock Tribes have historically roamed.

"A lot of the Nez Perce claims are on their own turf and God bless them," Bacon said. "It's when they start sticking their nose in our turf that we have a problem."

But state officials have dismissed the Shoshone-Bannocks' claims, saying they have more to do with historic friction between the tribes than any real water claims. Besides said Mike Journe, a spokesman for Gov. Dirk Kempthorne, the Shoshone-Bannocks voluntarily withdrew their water rights claims during Snake River Basin Adjudication court proceedings a few years ago.

"The federal government determined that there was no basis for the Shoshone-Bannocks' claims," Journe said. "Secondly, the tribe voluntarily withdrew their claims as part of the SRBA court proceedings. Thirdly, everyone's interests were taken into account as the Nez Perce water agreement was in negotiation — everyone, including the Shoshone-Bannocks."

The threat of a lawsuit will not deter the state from complying with the agreement, Journe said.

"The governor is steadfast in his commitment that the Nez Perce agreement is the right path for Idaho and Congress and the United States agree with him," Bacon has already drafted a lawsuit against Kempthorne, U.S. Secretary of the Interior Gale Norton, the Nez Perce Tribe and the federal government. If the agreement is accepted, Bacon said, he plans to spend the next several years battling it in court.

The lawsuit would try to derail the agreement by asking a judge

to declare that it violates treaty rights guaranteed to the Shoshone-Bannocks.

Clive Strong, an attorney with the Idaho Attorney General's Office, said he has not had a chance to fully review the Shoshone-Bannocks' complaint but doesn't think the tribes have a legal basis for the lawsuit. "We do not see that there is any basis for a claim that the Snake River Water Agreement of 2004 affects any right or interest of the Shoshone-Bannock Tribes," Strong said.

Minidoka disaster director resigns

By Rose Marie Parsons for The Times-News

RUPERT — George Falkner has decided it is time for someone else to manage disaster services in Minidoka County.

Falkner, who has told commissioners he will retire at the end of this month, said he has two boats and at least 20 fishing poles that need his attention. "I'm going to try to wear them out," Falkner said.

When Falkner started work-

ing for the county 40 years ago, he had to attend one annual meeting in Boise. By contrast, he had three out-of-town meetings in one week last month.

"It's just become such a full-time job," Falkner said, explaining what prompted him to announce his retirement.

He said he worked 47 hours during one week in February even though his job description only calls for him to work two hours a day.

A native of Utah, Falkner has been in Minidoka since 1954,

when he drew a homestead at 600 West 825 North. He moved to Rupert to open a real-estate business in 1972 and retired from it in 1994. Falkner also completed 44 years of volunteer service in the civil air patrol in the late 1990s.

Cassia County Sheriff Jim Hagens serves as the disaster coordinator in his county, and the Minidoka County Commissioners are considering whether Sheriff Kevin Halverson should assume Falkner's responsibilities.

GOODING COUNTY COURTS

GOODING — Recent activity in 5th District Court in Gooding County included the following:

Misdemeanor arraignments

James Ferris Maye; reckless driving; pretrial conference April 4; Magistrate Judge Casey Robinson.

Jack R. McCormick; fishing — unlawful method, means, place, time, amount etc.; pretrial conference April 4; Magistrate Judge Casey Robinson.

Peyl Mendez Jr.; enticing of children; pretrial conference April 4; Magistrate Judge Casey Robinson.

Neil N. Wiley; aiming a weapon at others; pretrial conference April 4; Magistrate Judge Casey Robinson.

Alan K. Boyer; unlawful entry; status hearing March 7; Magistrate Judge Casey Robinson.

Ellis Charles Boyer; driving without privileges; pretrial conference April 4; Magistrate Judge Casey Robinson.

Bernis Anthony Cebus; petit theft; court trial March 7; Magistrate Judge Casey Robinson.

Christopher S. Ellison; failure to stop damage, leaving the scene of an accident; pretrial conference April 4; Magistrate Judge Casey Robinson.

James Robert Edgington; "same sex" — buying/possessing the wrong class, type, status hearing March 7; Magistrate Judge Casey Robinson.

Jose N. Eudave; failure to purchase/invalid driver's license; failure to stop damage, leaving the scene of an accident; pretrial conference April 4; Magistrate Judge Casey Robinson.

Thomas James Felix; injury to a child; pretrial conference April 4; Magistrate Judge Casey Robinson.

Justin Thomas Ray Kales; driving under the influence; driving without privileges; unlawful entry; pretrial conference April 4; Magistrate Judge Casey Robinson.

Pedro Avila; driving under the influence; 1,000 fine, \$500 suspended, 178.50 court costs, \$35 probation fee; 18 months supervised probation; 180 days in jail, 150 suspended, credit for 19 days served.

180-day driver's license suspension; Magistrate Judge Casey Robinson. Keith Allen Cox; driving under the influence; \$1,000 fine, \$500 suspended, \$75.00 court costs, \$35 probation fee; one year supervised probation, 180 days in jail, 178 suspended, credit for one day served; 443 probation fee; one year supervised probation; 180 days in jail, 178 suspended, credit for two days served; driving without privileges (second offense); residing or obstructing officers; dismissed by prosecutor; Magistrate Judge Casey Robinson.

Divorces

Vicencie Martinez vs. Deborah Martinez. Delia Borrero vs. Daniel F. Borrero Jr. Jose H. Miranda vs. Maria Alicia Miranda.

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Photo by LOREANNE CAWNER/For The Times-News

Frosty Little peeks his head from behind the tree that his wife Pat painted on their bathroom door.

A laugh
waits behind
every door
in the Little
household

Funhouse

By Lorraine Cawner
Times-News correspondent

BURLY — Creativity runs rampant at Frosty and Pat Little's house.

Take for example the large tree that Pat has painted on their bathroom door.

"If somebody wants to go to the bathroom I tell them to just go behind that tree," she said.

The couple is full of stories from a life full of memories of Frosty's years as a clown and Pat's years traveling with him.

In January, Frosty, 73, was honored in Las Vegas at a party given by Ringling Bros. and Barnum & Bailey Circus for being the last living Master Clown.

And the Littles live in a home full of decor that reflects that life.

The living room walls are covered with photos, posters and paintings of clown-in-circus characters, celebrities and performance acquaintances.

But that's only the beginning. Frosty's office walls are full of pictures and memorabilia from the circus and people they met along the way.

Frosty and Pat spent 10 1/2 months a year for 23 years traveling with more than 160 performers on a Ringling Bros. train while Frosty performed in circuses across the country.

Pat was the official circus photographer.

Along the way, they got to hang with folks such as Barbara Mandrell, Red Skelton, Dick Van Dyke, Ernest Borgnine, Natalie Wood and Robert Wagner, to name a few.

By 1980 Frosty was the director of all the Ringling clowns. He supervised 70 of them.

The clowns did hundreds of stunts and circus gags.

Frosty remembers one particular 1982 stunt.

"Eighteen clowns and six suitcases came out of a Volkswagen Bug," he explained.

How did they do it?

"I can't tell you," Frosty said. "It was a secret."

He recalls the clown who walked on stilts 31 feet high — about the height of a telephone pole.

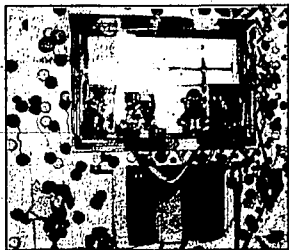
After the performance, the clown cut up the stilts, autographed each small section and passed them out to the other clowns. Frosty still has his.

He also has a pair of tiny shoes that belonged to the world's tiniest man — who was 29 inches high and known as Mishu.

In one stunt, a "mammy" and a "daddy" pushed a baby stroller with Baby Mishu inside.

Two "robbers" came along and knocked them down.

Mishu sneaked off and went into a



Details of a bathroom project recently completed by Pat Little. The home reflects 23 years of work with Ringling Bros. and Barnum & Bailey Circus.

phone booth and came out as Super-Mishu.

He grabbed the robbers' gun — which was made of exhaust tubing — and bent it. He then bent the exhaust-tubing telephone pole and flipped the robbers over on their backs.

Every year, 55 different gags were used in the show.

It was this stunt and about 175 others that Frosty created over 13 years which helped earn him the title of Master Clown, which is the exclusive order of the world's most legendary mirth-makers — the highest honor of recognition that can be bestowed upon a clown.

And Pat photographed it all.

"I was the only one allowed to take pictures backstage," she said.

She shot between 50 and 60 rolls of 36-exposure film every week with photos of the act and sold them to the performers.

The only place she was not allowed to take pictures was Clown Alley, which is an alleyway between the men's wardrobe and the flying acts.

"It's a place of mystery and taboo," Frosty said. "Nobody can come in. It's still like that."

That was the place where the clowns went to change costumes and to relax.

Before Pat's career with Frosty, she was a professional dancer and performed in the movie versions of "Oklahoma" and "Carousel."

She sometimes danced while a partner threw knives at her. She remembers one instance in particular.

"The knives got too close," she said. "I broke up with him."

When Pat and Frosty traveled she decorated their 32-foot railroad car apartment.

"It was all in solid oak," she said. "I loved it."

Now she works on decorating projects at their home in Burlington.

One of her latest is a bathroom that has walls covered in colorful painted balloons with clown figurines and matching towels.

The couple retired and moved to the Rupert area, where Pat's father lived, when Frosty was 65.

After traveling from coast to coast 45 times, they have a map of the United States posted on a wall with red pins indicating the places they have been.

Occasionally, people talk to Frosty about places they traveled overseas.

"This country is so big and beautiful," Frosty says.

Lorraine Cawner can be reached at 438-8446 or lcawner@pmn.org.

Frosty Little sits in front of a wall covered with circus posters, paintings and pictures.



Move over marigolds: New annual gardens feature more interesting flowers

The Boston Globe

Garden writer Wayne Winterrowd grow, up in a steamy Louisiana, where banana trees and calla lilies flourish free of winter. Now a lot of people are growing these same plants in New England, only treating them as annuals to be disposed of with the first frost. Winterrowd and his partner, Joe Eck, have contributed to this development. For almost 30 years they have been experimenting with uncommon short-lived ornamental plants at North Hill, their famous garden on 7 steep acres of Vermont hillsides which that winter visits without fail.

"In fact, Winterrowd has run a kind of underground railroad for tropical plants by extolling in print their merits for northern gardens, cajoling local, family nurseries to grow them, and putting out the word to gardeners who drive long distances to buy them. Now, after decades stuck in a ho-hum zinnia and marigold rut, the big growers

and mass-marketers are crashing the scene.

Annual ornamentals are where the action is.

Newly created hybrids with incredible flower counts, long-forgotten Victorian oddities, and tropical shrubs that don't know they were shipped to the wrong climate will all be converging at your local garden center this spring. Just when you're most eager after the sensory deprivation of winter, for the shock of novelty.

"Now snuff is appearing at an amazing clip. It's like living in the 19th century when the great plant explorers like E.H. Wilson entered China. There's an amazing richness of new plants," said Winterrowd, whose latest book, "Annuals and Tender Plants for North American Gardens," is a hefty but intimately knowledgeable encyclopedia about how to get the best performance from some 600 annuals, many of which have only recently become widely available.

"We are seeing a lot more new

What's out there

These new and little-known annuals are becoming more widely available. From "Annuals and Tender Plants for North American Gardens" by Wayne Winterrowd:

- *Centradella grandiflora* has purple-tinted leaves and blooms in spring and early summer. Use as a container plant.
- *Nemesia stramonia* "Nobuta White" should be planted in clusters of five or seven in

annuals than we used to. It's almost hard to keep up," said Rob Benoit, assistant growing manager at Lexington Gardens in Lexington, Mass., which will be offering a dozen new annual varieties this May.

It all started in 1995 with a new strain of spreading "Wave" petunias from Japan. Unprecedented publicity caused casual gardeners who had been paying \$1.60 for stacks of marigolds to shell out

\$6 for a single annual petunia. Wave proved both a remarkable performer and a best-seller. Growers, who had previously focused on keeping six-packs prices low, realized they could charge a lot more for annuals — but only if they were offering varieties that customers had never before seen. With new higher prices supporting the research, the hunt for new mass-market annuals shifted from standstill to warp speed.

hanging baskets.

- *Stachys abrotanoides* is a perennial in its native Mexico; requires full sun, and well drained, dryish soil.
- *Strobilanthes dysonii*, or Persian shield, an easy but dramatic foliage plant native to Northern India.
- *Rehmannia glabra*, or Chinese fuchsia, will grow to 3' feet in moisture-retentive garden loam.

Source: Boston Globe

"They've sent botanists throughout the world to find incredible garden plants that no one had ever seen before such as calibrachoa, which they call million bells. It's a big business," said Winterrowd.

"Many of these suppliers are in a race to find the next new plant first," said Chris Kennedy, nursery manager of Kennedy's Country Gardens in Shelburne, who sells annuals from Proven Winners, Terra Nova, the Ball Seed Co., and Flower Fields.

Botanically speaking, most of the introductions aren't true annuals with a one-year life cycle, but instead tropical and non-hardy perennials and shrubs from far corners of the world that grow quickly enough to provide a season of beauty before New England's fall frosts kill them — or before you move them inside for the winter. Because so many of the new annuals are actually long-lived tropical shrubs, some of the most desirable, such as brugmansia or Angel's trumpets, can be induced into

winter dormancy in a basement for a larger plant the following spring.

Wholesale companies have also exploited the growing vogue for container gardening. "Today's home owners want plants that perform particularly well in pots. (Visit provenwinners.com to see ideas for "recipes" and photos of combinations of new annuals for containers, as well as local retailers.)

"The people behind Proven Winners know that the gardener of today doesn't have a back-of-the-plot time, so seed starting, which used to be the mark of the true gardener, has become snazzy and rare," said Winterrowd. "Today's home owners have deep pockets and they are willing to spend money on their gardens to buy a large annual that they see as making that immediate fill in their spot. Such instant gratification makes these plants the horticultural

FOOD & HOME

Vegetarians can cook with wine, too

By J.M. Hirsch
The Associated Press

CONCORD, N.H. — All vegetarians are teetotalers, right?

Given the tone of most vegetarian cookbooks, you'd be forgiven for thinking so. For reasons that befuddle me, few veg writers tackle wine and spirits, and when they do, it often is little more than in a spare reference to wine for cooking purposes.

I don't get this. Enjoying tofu — or at least choosing not to enjoy meat — can coexist quite happily with an appreciation for the wines and other alcohols that can provide a meal with so much character.

Carnivorous food writers know this and have produced countless books dedicated to cooking with and enjoying alcohol.

Maybe old-school vegies think that wine's hip, uptown image clashes with the brown rice and tofuu notions so many early vegetarian cookbooks espoused. But meatless eating has come a long way and it deserves a serious toast.

A few years ago Vegetarian Times magazine picked up on this and added a wine expert to its contributors. For a while, nearly every recipe included wine pairing suggestions. Sadly, this was dropped during a recent redesign of the magazine.

The good news is that veg food writer Paulette Mitchell has filled this void with an outstanding new cookbook, "The Spirited Vegetarian" (Rodale, \$26.95).

Since I enjoyed this book so much, I'm going to get my two criticisms out of the way first. In hopes the publisher (and all publishers) get the message, I put this book through a few photos. If the food isn't bland, why should the book be?

Just listen to these recipes: tofuu-braised kale, Sangiovese tomato sauce, potato salad with red zinfandel dressing, and sangria fruit salad. Readers want to see (and by virtue of seeing, smell and taste) that sort of vibrancy.

Second, preparation times would help busy cooks judge whether a dish is weekday friendly. Please include them.

But enough kvetching. I loved this book, and there is a lot to like.

Mitchell opens with a concise primer for cooking with wine, complete with basic tips for adjusting flavors, how and when to use wines, a brief glossary and a chart for helping cooks select the best wine for a dish.

She also scatters more than 100 tips through the book — ranging from how to rinse cans to selecting the best peas — and a special index that helps readers find them.

Then there are the recipes. This is good food, real food. No tofuu pretending to be tenderloin here. How about some olives baked in cabernet, sweet potato stew with sherry, or chili with raisins and Syrah?

Most of the recipes are simple and don't require countless ingredients. Many are easy enough to pull together during the week, but also impressive enough to entertain with.

I was especially pleased with the variety of alcohols Mitchell uses: Not just red and white, or even just the many varieties of



Red Wine Ratatouille is a robust dish that's also easy to make, getting extra savor from shiraz or another red wine. It's satisfying enough to eat with nothing but a loaf of crusty bread, but it also would be great on pasta.

each. Mirin (a Japanese cooking wine) in sesame noodles, teruina in a fruit salad, and port as a portobello mushroom glaze.

I tested several recipes, all of which were quite good. I particularly enjoyed the bow-tie pasta with Marsala-mushroom sauce, and red wine ratatouille, which I ate with nothing but a loaf of crusty bread. It also would be great on pasta.

RED WINE RATATOUILLE

Makes six 1 cup servings
1/4 cup olive oil
1 large onion, quartered and cut into 1/4-inch thick slices
4 cloves garlic, minced
1 eggplant (about 1 1/2 lb.) peeled and cut into 1/2-inch cubes (about 6 cups)
2 cups green beans, cut to 2-inch lengths
1 green bell pepper, coarsely chopped
1 red bell pepper, coarsely chopped
15-ounce can tomato sauce
1/2 cup shiraz or other full-bodied red wine
3 tomatoes, cut into 1/2-inch chunks
1 tbs. sugar
2 tbs. finely chopped fresh basil, or 2 tsp. dried
1 tbs. finely chopped fresh oregano, or 1 tsp. dried
1/2 tsp. salt, or to taste
1/2 tsp. freshly ground black pepper, or to taste

Heat the oil in a Dutch oven or other heavy pot over a medium flame. Add the onion and cook, stirring occasionally, until tender, about 8 minutes. Add the garlic and stir constantly for 1 minute.
Reduce heat to low. Add the eggplant, green beans and bell peppers. Cover and cook, stirring occasionally, for 30 minutes. Add the remaining ingredients, cover and continue to cook, stirring occasionally,

until the beans are tender, about another 30 minutes. Ratatouille is best if allowed to stand for 20 minutes off the heat before serving.

BOW-TIE PASTA WITH MARSALA MUSHROOM SAUCE

Makes 4 servings
8 ounces bow-tie pasta
3 tbs. olive oil
4 cups sliced fresh mushrooms, such as cremini, shiitake, oyster, chanterelle or a combination (about 12 oz.)
1/4 cup minced shallots
3 cloves garlic, minced
1 tbs. all-purpose flour
1 cup milk
1/4 cup Marsala wine
2 tsp. finely chopped fresh tarragon, or 1 tsp. dried
1/2 tsp. salt, or to taste

1/2 tsp. freshly ground black pepper, or to taste
Finely chopped fresh flat-leaf parsley, for garnish

Bring a large pot of lightly salted water to a boil. Cook the pasta according to package directions.

Meanwhile, heat 2 tablespoons of the oil in a large skillet over a medium flame. Add the mushrooms, shallots and garlic. Cook, stirring occasionally, until tender, about 5 minutes.
Add the remaining 1 tablespoon of oil, then add the flour and stir until bubbly. Add the milk and stir until thickened, about 3 minutes. Add remaining ingredients except the parsley and stir until thoroughly warmed.

When the pasta is done, drain and arrange in shallow bowls. Top with the mushroom sauce and garnish.

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Flowers

Continued from C1
equivalent of take-out pizza, he added, noting, "But what's wrong with pizza?"

To grow big plants fast and preserve desirable characteristics, many are now grown from cuttings instead of seeds. Improvements in shipping have allowed large growers to propagate their plants in huge year-round facilities in Central American and other warm-weather regions abroad, further compressing the time between discovery and marketing.

But the very novelty of these new annuals means that even experienced gardeners can be in the dark about how to care for them.

That's where Winterrowd's book comes in. If you go to a nursery and you see a plant you don't know, perhaps an angelica, you can look it up in Winterrowd's book and learn that it's improved by pinching the tips of the stems. His entries authoritatively describe each plant's difficulty, the growing conditions it needs, the relative merits of its flowers, foliage and seedheads, and how to use it to best advantage in the garden.

Why should gardeners, who have enjoyed a two-decade love affair with long-lived perennials, suddenly bother with ornamentals that have to be replaced each year? Many gardeners will see this as pouring money into the ground.

But while most perennials bloom for only three weeks early in the summer because they must shepherd their energies to survive the winter, annuals are free to bloom non-stop. "The main reason people plant annuals is the length of color. You can have flowers all summer long," said Kenworthy.

All-perennial gardens tend to be shy of bloom after early July, which is just when most annuals are putting on their best show. "You don't need annuals blooming in June when your garden is dripping with roses, but you do need them in July and August. They are our friends for later in the season," said Winterrowd. Most tropical plants grow lustily right up until frost; they don't know it's coming. It's kind of a nasty surprise to pull on them, but they keep the garden looking lush until the moment the curtain drops.

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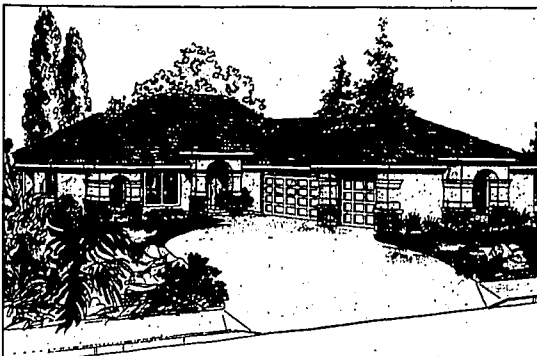
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FOOD & HOME



Suncrest features breezy design

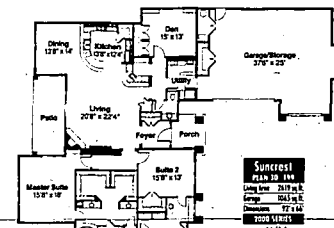
Like its name, the Suncrest is replete of sunny climes. Think Mediterranean, Florida, or the Southwest. You see it in the bold stucco columns supporting arched openings that frame the front door and two front-facing windows. And you feel it in the spacious, free-flowing family living areas, inside and out.

Twelve-foot ceilings amplify the sense of expansiveness in the entry porch, foyer and living room. Echoing the exterior arch, a lofty arched opening links the foyer to the living room. Similar arched openings connect this large gathering space to two other hallways.

A gas fireplace nestles into the far corner, between the entertainment center and wide sliding glass doors that access a partially covered patio. Families that enjoy swimming and soaking could add sparkle to their view by building a pool and spa here.

A raised conversation bar wraps around a handy wine and wet bar, which boasts its own sink and refrigerator.

Kitchen and dining room are to the right. A raised entry bar, shaped in a long easy curve, is all that separates the kitchen from the dining area. Standing



at the sink, you can gaze out at the rear yard. Additional light filters into the kitchen through glass blocks on both sides of the custom cook top.

Utilities, a den and a powder room are close by. The den could be a home office.

Two bedroom suites fill the bedroom wing. The Suncrest's master suite has a large his/hers walk-in closet. One section is noticeably larger. Amenities in the plush master bathroom include: a spa tub, oversized shower, two vanities, and a private toilet. Suite two

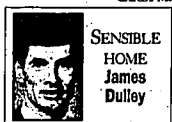
has its own bathroom, plus an exterior door. Skylights brighten both bathrooms.

For a review plan, including scaled floor plans, elevations, section and artist's conception, send \$25 to Associated Designs, 1100 Jacobs Dr., Dept. W, Eugene, OR 97402. Please specify the Suncrest 30-499 and include a return address when ordering. A catalog featuring more than 400 home plans is available for \$15. For more information, call (800) 634-0123, or visit our website at www-associateddesigns.com.

How to choose a steam iron

DEAR JIM: I need to buy a steam iron. I saw models that use from only 1,000 watts to more than 1,600 watts of electricity. Are the more powerful ones better, do they cost more to use and what features are best?

- CAREY M.



SENSIBLE HOME James Dullej

DEAR CAREY: Heating an iron is a very energy intensive activity. As you have noticed, they are very high-wattage electric appliances. Although the heating elements switch on and off, it will cost about eight cents for each hour you are ironing clothes. Over an entire month, this can be a lot.

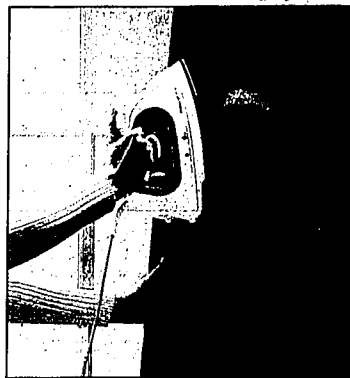
The iron wattage will neither affect its wrinkle-eliminating ability nor its operating cost to a great extent. A 1,600-watt iron will get to operating temperature quicker than a 1,000-watt one of the same size. Even though it draws more wattage (1,600 vs. 1,000), its elements are on less time.

The prices of steam irons range from about \$20 to more than \$125, so choose carefully. Many of the less expensive ones do an excellent job, but they may not have all the fancy features or sleek European styling.

Although most models have this, double check to make sure you select one with automatic shutoff. This shuts off the power to the iron if it is motionless in the upright rest or the in-use horizontal position. Check the delay time especially for the in-use position which can do the most damage.

The volume and force of steam output is important particularly if you iron mostly natural fabrics, such as cotton, linen and thick denim.

The extra steam will reduce the ironing time and reduce the total electricity usage. This feature is often called "burst of steam" or something similar on the packaging.



Less expensive steam irons can still do the job, but may have fewer fancy features.

A water spray button feature can also help on stubborn spots. The pattern of the steam holes in the soleplate impacts the effectiveness of the iron more than the number of holes. Rowenta, the most expensive irons, uses a unique hole pattern.

The center holes are the ones used for the burst of steam. This is also effective for long horizontal shots of steam to eliminate wrinkles on a garment hanging on a clothes hanger. If you generally use steam when ironing, the drag on better than just a standard stainless steel soleplate and it will be easier to clean off residue. Heavier irons are not always better. They range from about 2.5 to almost 4 pounds. A heavier iron can create more arm fatigue. Since you also push down with your hand, the extra iron weight does not help remove wrinkles faster. The following companies offer steam irons: Black & Decker (800-544-6986 www.blackand-decker.com), Hamilton Beach (800-851-6930 www.hamilton-beach.com), Panasonic (800-211-7262 www.panasonic.com), Rowenta (781-396-0600 rowenta-usa.com), Sunbeam (800-458-9407 www.sun-beam.com). Send inquiries to James Dullej, The Times-News, 6906 Royalgreen Dr., Cincinnati, Ohio 45244 or visit www.dullej.com.

DEAR JIM: I am looking for a gas or propane wall furnace for a large work room in my house. I have seen some counterflow ones which are more expensive than others. Is this design worth the extra cost?

-KEITH R.

DEAR KEITH: A counterflow vertical wall furnace is the most efficient design. Without getting too technical, the fact that the room air and the fuel gas flow in opposite directions in the heat exchanger, improves efficiency.

Most good quality wall furnaces will use a counterflow design. This should not increase the cost a lot, so shop around a little more. The ones you have priced so far probably have all the bells and whistles.

Plants can influence visiting wildlife

By Joel M. Lerner
The Washington Post

One of the things people often say when I ask them what they want in their gardens is wildlife. I usually can't resist teasing them a little. "Oh, wildlife? Deer? Mice? Raccoons? Rats? Snakes? Frogs? Geese?"

Well, no. That's usually not what they want.

They want wildlife that is pretty, cute and, sometimes, beneficial. Animals like butterflies, frogs, bees and maybe dragonflies.

But the truth is, you don't always get to choose. A garden is a natural habitat, and it will naturally attract critters of all types. If you put in plants and other features that offer the right kind of forage and shelter, you can draw more creatures than you really want.

What you get also depends on your location, climate and quirky local conditions, such as being near a pond or stream, or being out in the suburbs or dwelling in the heart of the city.

All critters have the same needs: water, food and shelter. By slightly tailoring these three requirements, you can better your chances of attracting the wildlife you want and not what you don't.

Let's start with water. A pond or other water feature will draw all kinds of living things. If the water is clean, moving in some fashion or contains fish, it will not be a habitat for mosquitoes, but it will bring birds, dragonflies, butterflies and frogs. An in-ground pond can also attract small mammals, such as raccoons and rats. It might also appeal to an occasional exotic visitor. A friends pond was just cleaned of fish by a passing

heron; they might need to install a net to protect the fish. An elevated fountain or birdbath will appeal mostly to airborne visitors, such as birds and butterflies.

When it comes to food, birds vary widely in what they prefer. Some birds, including robins and flickers, eat crawling insects and thrive where there are lots of worms to be had, such as in beds and lawns that contain lots of leaf mold or other composted organic material.

Robins, mockingbirds, catbirds, finches and sparrows like berries. Some of the best plant to provide this treat are serviceberries, hollies, hawthorns, bayberries, dogwoods and viburnums. Birds go for seeds. Colorful goldfinches, mourning doves, house finches and nuthatches are partial to seeds from perennial and annual flowers, such as zinnia, chlorey, black-eyed Susan, purple coneflower, thistle and gaillardia. Some species feed in flocks — robins, wrens, finches and cardinals among them — so if you provide a lot of food, you might actually create bird haven and get more visitors than you ever imagined.

Hummingbirds are a special case. They are nectar feeders and love tubular flowers such as

honeysuckle, trumpet vine and bee-balm (Monarda). They're also very fond of red. They will also come to hummingbird feeders containing a nectar-like liquid. If they get used to feeding around you, they can be absolutely fearless and will even come to a flower in your hand.

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FOOD & HOME

Enjoy summer grilling year-round

By Aleta Johnson
Knight Rider News Service

When the weather is cold and wet, only the most intrepid grillers will cook dinner outdoors. That danger, however, those of us who would rather stay warm and dry have to give up the flavors of grilled food until spring.

Numerous tools have come on the market in recent years to bring grilling back inside, where it began centuries ago. From the ubiquitous George Foreman "lean, mean, fat-reducing grilling machine" to Tuscan-style grills that slide into wood-burning fireplaces, there's a device for anyone who longs for the crisp edges and charred tastes of summer's barbecues.

Almost any recipe you like on the outdoor grill can be prepared indoors on relatively inexpensive equipment, though you may have to make a few adjustments. The best recipes for inside grilling involve spicy rubs or assertive marinades and quickly cooked cuts of meat, fish or poultry.

For large roasts, steaks or whole chickens, you need a countertop smoker. And only a stove-top smoker will deliver truly smoky flavors.

It has been intrigued by the George Foreman grills for years. More than 60 million of them have been sold since they were introduced by Salton a decade ago. The former heavy-weight boxing champion is the pitchman. There are more than two dozen models on the market, from the little two-burger "Champ" to the big new "Next Generation" with removable grilling plates.

However, most people I knew had done little more than prepare simple chicken breasts and burgers on the countertop appliance. It seemed to appeal most to those who had neither the time nor the inclination to really cook.

When barbecue guru Steven Raichlen took on indoor grilling in his new book this winter, I decided to take the plunge.

Raichlen covers contact grills — a category that takes in the George Foreman grills and many more powerful panini grills, based on Italian sandwich makers — along with free-standing electric grills, built-in grills, stove-top smokers, countertop rotisseries, charcoal grills and low-tech cast-iron grill pans in his book. In the interests of economy, I limited myself to a 1100-watt George Foreman I picked up for \$31.49 at Kmart and a pre-seasoned Lodge cast-iron pan with raised ridges I found for \$19.99 at Bed Bath & Beyond.

My first meat was not a success. The thick-cut pork chops I grilled on the George Foreman were dried out before they were done in the middle. That's because they were far too thick for a machine with limited power.

I later learned to use thinner cuts that cook through quickly. Pound chicken breasts worked much better. So did the single shrimp and mango kebabs marinated in garlic and sherry vinegar and the salmon fillets with a mustard glaze from Foreman's new cookbook, "Indoor Grilling Made Easy" (Workman).

Raichlen's Roman-style artichoke "sunflowers," bathed in olive oil and garlic, flattened and grilled until the leaves were browned and crisp, were terrific. So were his burgers, which he picked up smoky flavors from the crumbled bacon and grated, smoked cheddar cheese stirred into the meat before forming the patties.

The author of six cookbooks on barbecue and grilling, Raichlen takes an ambitious, international approach to grilling indoors. His recipes range from chicken liver yadon to tapas bar shrimp.

Although outdoor cooking is his first love, Raichlen says he was persuaded to write about indoor grilling by his editor and publisher. They wanted a book for people like themselves, who live in apartments and condominiums and can't grill outdoors.

"There are ways," he says, "to bring the vibrant flavors of the outdoors indoors."

Getting there, though, requires learning the quirks and limitations of your equipment.

The George Foreman machine preheats quickly — less than five minutes. It heats from both the top and the bottom, slicing cooking times by half. But my model has only one temperature — on — and never really gets hot enough to leave sharp grill marks or caramelize surfaces unless you use a marinade or glaze with a bit of sugar. A larger, 1,500-watt model

would do a better job. It's also a bit of a pain to clean because on most models, the non-stick cooking plates can't be removed. If you let the machine cool off while you eat dinner, it's difficult later to scrape off the bits of food lodged in the grooves between the ridges. The trick is to reheat the machine for a minute or so to soften any food left behind. Then most of the residue scrapes off easily with the toothed spatula included with the grill, and you can wipe the rest off with a soapy sponge. Removable plates would make the task a snap.

FILETS MIGNONS WITH GAUCHO SEASONING

Serves 4
1 clove garlic, minced
Kosher or sea salt and freshly ground black pepper
1 tsp. dried oregano
1 tsp. dried sage
2 tsb. distilled white vinegar or white wine vinegar
2 tbs. extra-virgin olive oil
2 tbs. boiling water
1 1/2 lbs. filet mignon (1 1/4-1 1/2 inches thick for contact grill, 3/4-inch thick for grill pan)

Place garlic, 1 teaspoon salt and 1/2 teaspoon pepper in a small heat-proof, nonreactive bowl or mortar and mash to a paste with the back of a spoon or a pestle. Add oregano and sage and continue mashing until combined. Add vinegar and whisk to mix. Whisk in the olive oil, followed by the boiling water. Taste of seasoning, adding more salt, pepper and/or vinegar as necessary. The sauce should be highly seasoned.

Season filets with salt and pepper. Cook on a preheated, lightly oiled contact grill or grill pan, 8-10 minutes on the grill, about 4 minutes per side on the grill for medium rare.

SPEEDY SALMON WITH DIJON GLAZE

1/4 cup extra-virgin olive oil
3 tbs. low-sodium soy sauce
2 tbs. Dijon mustard
1 shallot, minced
4 (6-oz.) skinless salmon filets, about 3/4-inch thick
1/4 tsp. salt
1/2 tsp. freshly ground black pepper

Whisk together olive oil, soy sauce, mustard and shallot in a small bowl. Transfer half the glaze to another small bowl and set aside to spoon over the cooked salmon.

Preheat contact grill to medium. (If your grill has a thermostat) and lightly oil. Season fish on both sides with salt and pepper. Place on the grill and brush with half the glaze. Grill for 2 minutes, brush with remaining glaze and grill for about 2 minutes more. To test for doneness, pierce an edge of the fillet with a fork. The fish should flake but the center will still be a bit rosy.

Serve the salmon either hot from the grill or at room temperature. Drizzle reserved glaze over the fillets just before serving.

A NEW CHEESEBURGER

Serves 4
For burgers:
4 oz. sliced bacon
1/2 lb. ground beef (sitoin or chuck)
6 oz. smoked cheddar cheese, coarsely grated
1 clove garlic, minced
Kosher or sea salt and freshly ground black pepper
4 hamburger buns
Arugula leaves
Ripe tomato slices
Sweet onion slices
Pickles, sliced

For chipotle mayonnaise:
1/2 cup mayonnaise
1-2 canned chipotle peppers, minced, plus 1 tbs. of their adobo sauce

1/2 tsp. sweet paprika
Place bacon in heavy skillet and cook over medium-high heat until deeply browned and crisp, 8 minutes total. Drain on paper towel and cool.

Crumble bacon into bowl. Add ground beef, cheddar and garlic. Mix with wooden spoon. Wet your hands with cold water and divide meat in 4 portions. Working quickly and with a light touch, pat each into a thick patty. Place on plate lined with plastic wrap and refrigerate, covered, until ready to cook.

Season patties on both sides with salt and pepper. Grill on preheated, lightly oiled contact grill or grill pan, 4-6 minutes for contact grill and 4-6 minutes per side in pan. Patties should feel moisty firm when pressed in center with fingertip.

While burgers are cooking, toast buns if desired. Whisk mayonnaise, chipotes and paprika together in a small bowl. Serve burgers on buns and pass garnishes and mayonnaise.

GRILLED TUNA WITH ROMESCO SAUCE

Serves 4
For sauce:
1/2 cup blanched almonds
1 slice firm white bread
2 red bell peppers
1 tbs. chopped fresh Italian parsley
2 cloves garlic, minced
1/2 tsp. red pepper flakes
1/4 tsp. sea salt
1/4 tsp. freshly ground pepper

1/3 cup extra-virgin olive oil
2/3 cup red wine vinegar
1/3 cup red wine vinegar
4 small tuna steaks, 1 1/4-1 1/2 inches thick
Extra-virgin olive oil

Freshly ground black pepper
To prepare sauce: Preheat oven to 350 degrees. Place almonds on baking sheet and toast until lightly brown, about 5 to 10 minutes. Remove crust from bread, toast bread and crumble. Roast peppers under broiler or over an open flame until charred and blistered on all sides. Place peppers in a closed paper bag until cool, then remove skin, seeds and membranes. Cut into pieces.

In food processor, finely grind almonds. Add toasted bread crumbs, peppers, parsley, garlic, red pepper flakes, salt and pepper and process into a smooth paste. Add vinegar and blend.

With motor running, slowly add olive oil in a steady stream through feed tube until it is incorporated and mixture thickens. Adjust seasonings. Will keep, tightly covered, in refrigerator for several days.

To prepare fish: Rinse tuna under cold water and pat with paper towels to dry. Brush steaks with olive oil and season with salt and pepper. Cook on lightly oiled contact grill or grill pan, 2-4 minutes for rare on contact grill, 2-4 minutes per side on grill pan.

Serve tuna with a dollop of sauce on top and pass remaining sauce.

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8 PATRONAGE

FOOD & HOME

Planning meals can ease stress

By Julie Kaufmann
Knight Ridder News Service

Getting a meal on the table on busy weeknights isn't really a cooking problem.

But it's a problem you can solve, without going anywhere special, using the Internet or buying anything but groceries. Your basic tool will be a weekly meal plan.

That may sound dull and old-fashioned, but it works. With a plan you can build a little island of certainty into every crazy day. Yes, there will be dinner, and here is what it is.

If I speak with the zeal of the recent convert, it's because I am.

When I went back to work full time a few months ago, after 14 years on a laid-back part-time schedule, my family's weeknight dinners spun out of control.

The plaintive calls and e-mails from my kids and husband came almost every afternoon. What are we having for dinner? Where is it? How do I cook it? What time do you have to leave for that meeting? When will you be home?

I usually did have a dinner plan, though sometimes it was little more than a vague notion of pasta and something, or I depended on a chicken I'd neglected to defrost or leftovers I didn't know someone else had eaten.

And always, whatever dinner plan I had resided solely in my head. In the days when I was home most afternoons, it hadn't been a problem — I was the chief cook. I liked to improvise, and I could always stop by the market.

But now, the dinner question loomed like a rain cloud every afternoon.

Our evening meals ranged from pretty good (when I had thought, shopped and defrosted) to slapdash (when I hadn't) to downright bizarre (on the nights we experienced total system failure).

One low point came one chilly Friday when my husband wasn't going to be home for dinner and I was running late. When my daughter called, I was almost home and formulating a Kentucky Fried plan (fast, I had enough cash, and the kids had

How to build a meal plan

- Plan for one week at a time.
- On or before the weekend, sit yourself down at the kitchen table with a pencil, some notebook paper and the family calendar.
- Down the left-hand side of the page, write the days of the week, leaving a few blank lines at the end. Next to each day write down any items on the family calendar that bump up against dinner time, along with the times the affected party will be eating home or leaving.
- Add any food-related commitments to the day in question. These could include classroom snacks, a dish for the office potluck lunch or refreshments for a meeting.
- Next, write in what you would like to have for dinner each night. Pencil in the main dish first, taking the day's schedule into consideration (in other words, don't plan roast chicken on a night the first cook gets home at 5:45 and someone has to leave for a class at 6:30).
- Once you settle on a main dish, add sides: vegetables, salad, bread, rice, etc.
- You can save money and frustration at the store if you don't specify which vegetables at this point. Just note any nights you want to have a separate vegetable side dish.
- Now gather any recipes you need and make a shopping list. If you're

not positive you have an essential ingredient, check now. Add the basics — milk, bread, eggs, salad makings, etc., as well as any items you need for the week's breakfasts, lunches and snacks. You will choose vegetables at the store based on price and quality.

• If the week's recipes are on cards or clippings, put them in an accessible place (I use a rack by the stove). If they're in books, bookmark or photocopy the pages or at least note the book name and page number on the correct day.

• After you shop, finish up the meal plan. Assign the vegetables you purchased to specific days. Wrap and freeze items such as meat and bread that will be used later in the week, then write a reminder note (take chicken out of freezer) on the day you'll need to defrost the item, not the day you plan to use it.

• Look for opportunities to make the week easier by cooking ahead of time. If you're having lasagna Thursday, you can make the sauce on Tuesday after dinner and assemble the casserole on Wednesday. Write in any do-ahead tasks on the day you plan to do them.

• Save your old meal plans in a binder, as well as any favorite recipes you've photocopied. That way, when you think you are out of ideas, you can look back over previous weeks.

liked it two weeks ago).

"What's for dinner, Mom?" she asked.

"I thought I'd get takeout," I said.

"Well, OK," she sighed. "But please not Kentucky Fried Chicken again."

A 12-year-old's standards were higher than mine.

Shamed, I drove straight home and found something to cook.

The next day I made my first meal plan, hit the supermarket for supplies, posted the next week's menu on the fridge and told the family: Here's what's for dinner. Whoever gets home first can start cooking.

Things started looking up.

With a plan in place, and the materials at hand, making dinner was easy. The hard part wasn't cooking, it was thinking, planning and shopping — and that whole knotty piece had been neatly shifted to an earlier stage of the process.

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Rice Federation holds recipe contest

Knight Ridder News Service

Rice enthusiasts have a chance to put their passions to the test with an upcoming contest.

The USA Rice Federation is holding its 7th annual "Rice to the Rescue" recipe contest.

Submit your favorite rice recipe that can be prepared in 30 minutes or less with no more than six ingredients and at least 1 cup of cooked rice. Dwellers to enter by April 15.

To obtain contest rules, send a self-addressed, stamped envelope to Rice to the Rescue 2005, c/o USA Rice Federation, 4301 N. Fairfax Drive, Suite 425, Arlington, VA 22203. You may also visit www.usarice.com/contest.

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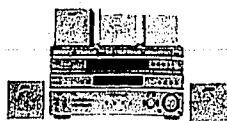
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A little sour cream helps everything to taste better

By Prudence Hillburn
New York Times-News Service

Add a special gourmet flavor to your favorite appetizers, soups, salads and baked goods. Make your cakes and quick breads moister and your pancakes and scrambled eggs fluffier. Add a little sour cream. Sour cream is a thick and creamy dairy product with a distinct flavor and consistency that is produced by the adding of special cultures to light cream.

The sour cream that is available today is quite different from that pioneer homemakers used. Their sour cream was actually "soured" cream. Because they had no refrigeration, the cream that was skimmed off milk became sour. To avoid waste, someone developed ways to use this product.

Sour cream began appearing in more dishes. Some housewives started making it by setting a container of heavy, sweet cream on the back of the old-fashioned wood stove until it had acquired that sour flavor and had become a thick.

When pasteurization was discovered, this way of making sour cream would no longer work. When the milk was pasteurized, the bacteria used to sour the cream was killed. Scientists then went to work on a way to sour pasteurized cream. Acid cultures were added and the cream was left to ripen.

The ways of using sour cream are limitless. For a tasty fruit dessert, add sour cream to a bowl of fresh fruit. This can be apples, pears, peaches, pineapple or a mixture of all these. Spoon this mixture into a shallow dish and sprinkle the top generously with brown sugar. Refrigerate for several hours or overnight. The brown sugar will caramelize into a syrup.

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FOOD & HOME

Meals Ready to Eat

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MREs make military meals tastier

The Washington Post

Chief Warrant Officer John Cantrell has turned into roughly 500 MREs—Meals, Ready to Eat—during his 20-year Army career, and he knows what to do when he gets one. He starts denting.

"Everyone wants the 'Tootsie Rolls,'" said the Kansas native, 45, who's served in Iraq, Saudi Arabia, Bosnia and Hungary. The chewy candies are in four of the current 24 MRE selections, and they hold up indefinitely. "I'll trade any of the fruit or any cakes or cookies for them," he says.

A strawberry shake can usually be traded for a whole meal," e-mailed Marine Cpl. Richard Wade, 21, from Ramadi, Iraq. As soon as they roll out of Marines open to MREs, you'll start hearing them yelling out trades. Everyone has their own recipes. Some guys get pretty religious about it."

More than a million troops have been sent to Iraq and Afghanistan since terrorists struck New York and the Pentagon in 2001. Plenty of them have subsisted at least some of the time on MREs, the portable chow eaten in the field, although many day-to-day meals are prepared and served in mess halls. MREs don't get a lot of respect from the troops who know them all by number. But today's descendants of canned rations are a technological wonder.

"They must be able to hold up for three years at 90 degrees or six months at 100 degrees, with standard altitudes from thousands of feet and hit into a rucksack. Their long shelf life makes them attractive to survivalists, who buy MREs online.

MREs have changed significantly even from those of the 1981 Persian Gulf War. Spaghetti with meat sauce has remained a constant, but vegetarian and lacto-ovo options (with dairy, but no animal or alcohol products) have been around since 1996. A wider range of ethnic entrees, such as this year's chick-

Then and now

More menu options and a greater variety of foods are the most noticeable changes in the military's MREs since the 1980s. The systems command in charge of menu planning has MREs working through 2007. A comparison of some popular items:

- Entrees, MRE No. 1 (1984) to MRE No. 6 (1985)
- Pork pattie
 - Ham and chicken loaf
 - Beef pattie
 - Beef slices in BBQ sauce
 - Beef stew
 - Frankfurters with beans
 - Turkey cloid with gravy
- Meat Entree, MRE No. 23 (2003) to MRE No. 27 (2007)
- Vegetable manicotti

- Almond poppyseed poundcake
 - Mexican macaroni and cheese
 - Cajun rice with sausage
 - Chicken fajitas
 - Cinnamon sconce
 - Blueberry-cherry cobbler
 - Jalapeno ketchup
 - Chili with beef
 - Mexican corn
 - Mango peach applesauce
 - Chocolate banana muffin top
 - Meatballs in marinara Sauce
 - Chicken and dumplings
 - Fried rice
 - Cornbread stuffing
 - Wild berry & tropical fruit Skittles
 - Reeses Pieces
- Source: Washington Post

en fajitas, goes far beyond the pork chow mein offered in 1993. They deliver at least 1,200 calories per meal (50 percent carbohydrates, 35 percent fat and 15 percent protein), or 3,600 per day for those who eat them for breakfast, lunch and dinner. Complete menus range from 1,200 to 1,350 calories per meal, formulated to fuel troops who operate in high gear. MREs contain a full meal, including a cardboard-boxed entree and side dish, dessert, and cracker or snack bread. Condiments, seasonings, utensils and flavored drink mixes are also included. And since the early 1990s, each one comes with a flapjack ration heater.

MRE menu planning starts at the U.S. Army Soldier Systems Center in Natick, Mass., part of the Defense Department's Combat Feeding Program. The combat feeding program employs about 100 people, primarily civilians. "We actively seek surveys and information from soldiers," says Max Biele, team leader for the Operational Forces Interface Group at Natick. Decisions on which rations stay in the MREs and which go are made "strictly by soldier input," he said.

For soldiers at various bases around the country, answering the call to MRE duty means testing items such as Meatballs in Marinara Sauce and Chicken and Dumplings, which will replace the Jambalaya and the Cajun Rice with Sausage in 2007 in MRE No. 27. Selected units that volunteer to participate while they're training in the field eat MREs for seven to 10 days, depending on the length of the field exercise, and then they fill out questionnaires.

"The food technologists at Natick adjust MRE menus accordingly on an annual basis and the responses can be brutal.

"Few people like the brownies. They're dry as hell," said Cpl. Wade via e-mail.

While some menu items never really find a following, Judith Ayward, senior food technologist and registered dietician with the Combat Feeding Program, said, "Comfort foods like beef stew have been enduring favorites since the beginning"—MREs dates from 1981. A current soldier favorite: MRE No. 6—Hamburger Party with Mexican Macaroni & Cheese, Bacon-Cheese spread, barbecue sauce and wheat snack bread.

Recreate

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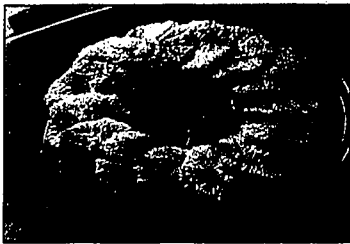
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FOOD & HOME

Chef keeps it stylishly simple

NEW YORK (AP) — His latest cookbook's recipes that didn't require a lot of stuff." Alfred Portale said, getting straight to the point.

That's his unpretentious style. In evidence in the book, as well as at an interview at his acclaimed Manhattan restaurant, Gotham Bar and Grill.



This photo provided by Morrow shows Oranges with Cinnamon, Honey and Orange Flower-Water, one of 125 recipes in the cookbook 'Albert Portale Simple Pleasures,' by Albert Portale and Andrew Friedman.

The book's focus is home cooking, which gets top billing on the cover above the title. 'Albert Portale Simple Pleasures' (William Morrow, 2004, \$34.95). But the book, co-written by Portale and Andrew Friedman, makes it clear that there's a link between Portale's stylish restaurant menus, and the food he cooks at home with his family.

"The difference between recipes that we cook at the restaurant and those we cook at home is that they all have about four less steps" in the home versions, he said with a smile.

About 90 percent of the dishes in the book are favorites that Portale cooks for the family, said the chef, a James Beard Foundation award-winner who lives in Manhattan with his wife and two teenage children. But although most were worked out at home, some have graduated up to a more formal level.

"That's what is special about this book," Portale said. "I developed all the recipes, and in the process I found some clever combinations that have come to the attention of the media. My watchwords: Nothing is sacred. Dishes evolve and change, just as the restaurant menu changes with the seasons."

He also traced the flavor of the book as being cross-cultural, centered on the kinds of cooking found around the Mediterranean.

"I come from a large Italian-American family, where meals and food and flavors were important," he said. Having grown up in that tradition, he said, he was influenced by other cooks, too, especially Paula Wolfert, to explore other Mediterranean cuisines, but always based on the food of the Italian culture.

He also trained as a chef in France and cooking with people he characterized as "some of the finest chefs," before returning to New York.

After doing two other cookbooks, he explained, "I'd come to recognize that chefs take a lot for granted" and resolved to take another tack, that of the home cook in this latest book.

"At home, I do most of the cooking in the summer, and at weekends, for family and friends," he said, adding that his wife is also a professional chef and involved in family meals.

ORANGES WITH CINNAMON, HONEY & ORANGE-FLOWER WATER

Makes 4 servings
3 lbs. honey
3/4 tsp. orange-flower water (see note)
3 or 4 large ripe oranges, preferably Honeybell or Minneola, peeled and cut crosswise into 1/2-inch slices
1/2 tsp. ground cinnamon
Leaves from 2 mint sprigs, julienned

In a small bowl, stir the honey with 1 1/2 tsp. warm water. Stir in the orange-flower water.
Arrange the orange slices on four chilled dessert plates. Drizzle the honey-water mixture over the slices, and sprinkle with the cinnamon. Scatter the mint over the oranges, and serve.
Note: Orange-flower water is available from baking or specialty food shops.

CHICKEN WITH OLIVES AND PRESERVED LEMON SAUCE

Makes 4 to 6 servings
2 chickens (3 1/2 lb. each), skinned and quartered
1/2 cup olive oil
1 tsp. ground ginger
1/2 tsp. sweet paprika
1/2 tsp. ground cumin
1/2 tsp. ground black pepper
1/2 tsp. saffron threads
1/2 tsp. ground turmeric, or an additional 1/2 tsp. saffron threads

6 garlic cloves, peeled and thinly sliced
1 cup grated onions, drained
2 preserved lemons (recipe follows), pulp removed and set aside, peel julienned
1/2 cup chopped parsley
1/2 cup chopped cilantro
Coarse salt
Juice of 2 lemons
1 cup pitted and halved green Moroccan olives
Fatless, optional (see note)

Put the chicken pieces in a baking dish that is large enough to hold them in a single layer.
Pour the oil into a small bowl. Add the ginger, paprika, cumin, pepper, saffron, turmeric, garlic, half the grated onion, and the

preserved lemon pulp. Stir, pour over the chicken, cover, and marinate in the refrigerator for at least 6 hours or overnight.
Put the chicken in a large, heavy-bottomed pot with a lid. Add the remaining grated onion, 1/4 cup of the parsley, 1/4 cup of the cilantro, 2 cups cold water, and a pinch of salt. Bring to a boil over high heat, then cover, reduce the heat and simmer very gently until the chicken is tender, 30 to 40 minutes.

Use a slotted spoon to transfer the chicken pieces to a warmed platter and set them aside, covered to keep them warm.

Let the cooking liquid sit for 5 minutes, then skim off any fat that has risen to the surface. Strain the cooking liquid through a fine-mesh sieve set over a bowl. Return the liquid to the pot and bring to a boil over high heat. Continue to boil until reduced to 1 1/2 cups, 5 to 10 minutes. Add the lemon juice,

olives, and preserved lemon peel. Warm through, and spoon the sauce over the chicken.
Serve the chicken from the platter, garnished with the remaining parsley, cilantro and, if desired, harissa.

Note: Harissa is a fiery-hot sauce from Tunisia, available in markets that sell Middle Eastern foods—where preserved lemons also may be found. In jars, as an alternative to homemade.

Preserved Lemons
5 lemons, quartered
1 cinnamon stick, broken
3 bay leaves
1/3 cup salt
1 and 1/3 cups freshly squeezed lemon juice
Arrange the lemon quarters in layers in a 1-quart jar, topping each layer with some of the cinnamon, bay leaves and salt. Pour the lemon juice over the lemon quarters. Seal the jar with a tight-fitting lid. Set in a cool, dry place for about 1 month.

Try to include more fish in your diet

Knight Ridder News Service

The National Fisheries Institute suggests half a dozen ways to prepare fish and incorporate more seafood into your daily diet:

- Substitute fish or shellfish for meat and poultry in favorite casseroles, stir-fries or salads.

- To convert meat lovers, serve "meatier" fish such as swordfish, mahi mahi, fresh tuna, halibut and shark, which are good marinated or with barbecue sauce and then grilled.
- Substitute seafood or shellfish one night a week, slowly making the switch.
- To enhance the flavor of


- fresh seafood, add lemon and lime juice, herbs such as dill and basil, onions or garlic.
- Cook fish correctly.
- When baking fish, do so in an oven preheated to 450 degrees, cooking for 10 minutes per inch of thickness or until fish just starts to flake in the middle.
- Try poaching fish in wine and herb-seasoned broths.

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what's happening?

Macy's Day Celebration

Saturday at all stores

We're kicking off this milestone event with Saturday festivities at each of our stores. Be among the first to experience Macy's in the Northwest as you enjoy opening day refreshments, special giveaways and more.

Opening Day \$200,000 in Gift Card Giveaways

The first customers to arrive at our stores on Saturday, March 12 will receive a free Macy's Gift Card. This stellar giveaway is available at every store for a grand total of over 20,000 Macy's Gift Cards—worth over \$200,000! Each Gift Card could be worth \$5, \$10, \$25, \$50, \$100 or even \$500 dollars! Quantities are limited by store so be sure to arrive early!

Macy's Thanksgiving Day Parade Sweepstakes

Enter for a chance to win a trip to New York City for the Macy's Thanksgiving Day Parade. The winner and three guests will fly round-trip to New York. The package also includes hotel accommodations, tickets to the parade, and \$1,000 cash to the winner!



*NO PURCHASE NECESSARY. Must be at least 18 years of age to qualify. One per person while supplies last. Employees and immediate families of Federated Department Stores and participating sponsors are not eligible. See store Gift Wrap Department for complete details.

**Enter in the Gift Wrap Department March 10-18, 2006. NO PURCHASE NECESSARY. Void where prohibited by law. Must be at least 18 years of age to enter. Employees and immediate families of Federated Department Stores and participating sponsors are not eligible. Each winner is solely responsible for taxes associated with prize and ground transportation associated with travel. Winner must travel between November 22 and 27, 2005. See entry form for complete official rules. Approximate total value \$7,000. Winner to be chosen on or about April 11, 2005.

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The Region 18 women's preview.

MORNING LINE

SPORTSQUOTE

I'm not good at surfing or skiing. But I am good at jalapeno eating. God gave me that talent.

TRIVIA

QUESTION: Who slater is the head women's tennis coach at UCLA? ANSWER below

TODAY'S SCHEDULE

College MEN'S BASKETBALL Region 18 men's tournament at CSI gym first round, see related story.

IN BRIEF

Buhl Babe Ruth signups begin

BUHL. — Buhl Youth Baseball will be conducting its 2005 registration for boys age 13-15 on Thursday, March 10 from 7-9 p.m. at the Buhl Middle School Gym.

This registration will cover all boys between the ages of 13 and 15 who wish to participate in the summer Babe Ruth baseball.

Those registering late risk not playing if teams are filled. Any player that did not play last summer will need to provide a copy of his birth certificate...

Parks & Rec soccer registration ends soon

TWIN FALLS. — The City of Twin Falls Parks & Recreation department is currently taking registration through March 11 for spring soccer.

The league is for boys and girls in kindergarten through seventh grade. Teams usually play twice a week for five weeks, beginning the week of April 11. Game times are 5:45 and 7 p.m. Volunteer coaches are needed.

Church softball league plans March meeting

TWIN FALLS. — The Magic Valley church softball leagues will hold its annual coaches meeting at 7 p.m. March 15 at Lighthouse Christian Fellowship, 259 Main Avenue East in Twin Falls.

Rule changes and fees for the men and coed teams will be discussed. Call Kevin Newberry at 737-1425. (days) or 734-3169. (nights) for more information.

Jerome Rec soccer registration continues

JEROME. — The Jerome Recreation District will offer youth coed spring soccer for players ages 4 through the sixth grade. The four-week season begins April 19 with registration running March 1-15. The fee is \$15. Shin guards are recommended. Registration is required to play.

Call 324-3389 for more information. Compiled from staff reports

TRIVIA ANSWER:

Pete Sampras. Stella Sampras Webster is the sister of tennis great Pete Sampras. Stella is in her fifth season as head coach at UCLA. In her eight seasons, UCLA finished in the Top 10 at the NCAA Championships seven times, including a trip to the finals in 2004 of course her former number one recruit won a second 14 Grand Slam titles before retiring in 2003.

South rises again

Area seniors enjoy themselves in final games

By Eric Larsen Times-News writer

SHOSHONE — From Hagerman's Sarah Jackson lobbying the referees to call a long jumper a 3-pointer to the pregnant dunk contest in warmups for the boys game. Tuesday night's Class 2A/1A All-star game at Shoshone high school was all about entertainment.

After the South girls squad rolled to a 61-30 victory and the South boys backed it up with a 88-75 defeat of the North squad, everybody — including the players themselves — left entertained.

"It's a lot of fun," Jackson said. "You play each other all season, but here you see a different side of people. You can kick back and have some fun."

Jackson sported a smile on her way to six points, seven rebounds, and two assists for the South girls squad, while Hagerman teammate Shannell Knight scored 13 to tie for the game-high with Glenn Ferris Kenzie King.

"It's good to have that chance to end out your career like this," Jackson said. "It was great to play with the girls from Glencus Ferry, since we never get to see them."

Wendell's Rosette Moreno drilled three 3-pointers on her way to a game-high 11 points for the North girls squad, while Brooke Norman of Richfield added four points and 13 rebounds.

The boys game was an up-and-down, entertaining affair that featured a combined 21 3-pointers, but understandably, not much defense.

The South squad was led by Raft River post Braden Barrett, who worked the post for a game-high 24 points. Hansen's Kyle King drained four 3-pointers on his way to 15 points while Murnaug's Bridger Ward scored 13. Ward is bound for the University of Montana-Western in Dillon on a basketball scholarship.

"I was exciting being out there with all the best players in the conference," Ward said.



Hagerman's Sara Jackson, left, takes a shot while Shoshone's Amanda Gullford defends during the second quarter of their 23A girls basketball all-star game at Shoshone High School Tuesday night.

"You can go out there, show your stuff, and have a fun time." No surprises here — Richfield's Victor Vazquez led the North squad with 23 points, including a 14-point outburst in the fourth quarter. Wendell teammates Kevin Oden and Michael Chandler each scored 14 for the North.

"I was just happy to come out and play another game with a couple of my (Wendell) teammates," Oden said. "Coming into the year, we knew we lost a lot, but I think we showed people that we still had talent. We came out and played well and could have won a state championship."

Tucker of Raft River and Evan McBride of Oakley both chipped in for the South, scoring nine and four points, respectively.

"It was a blast to play with that caliber of players," McBride said. "Nobody is weak and whoever has the ball is a threat. It was just a blast."

Mini-Cassia products C.I. Please see SOUTH, Page D2

CSI men will be Region 18 favorites this time around

By Kevin Colbert Times-News writer

TWIN FALLS — There will be no label of underdog this season. There will be no sneaking up on the competition, no hope of catching any other team off-guard.

It all adds up to something that head coach Glib Arnold and his College of Southern Idaho Golden Eagles will have to deal with, albeit early, when the 2005 Region 18 Men's Basketball Championship gets under way today at CSI Gymnasium. The tournament runs through Saturday, with the champion advancing to the NJCAA national tournament in Hutchinson, Kan. March 22-26.

Last season, the Eagles entered the tournament as the No. 4 seed, and won on back-to-back-to-back nights to earn the trip to Hutch. That team dressed just like players after a glut of dependencies and dismissals during the regular season.

This season has gone much smoother for sixth-ranked and top-seeded CSI (29-2 overall, 16-2 Scenic West Athletic Conference), which will have to wait until Friday to face the winner of today's game between fourth-seeded State College (19-11, 8-10) and fifth-seeded College of Eastern Utah (18-12, 7-11).

Arnold has a full arsenal of players to work with this year.

2005 Region 18 Men's Basketball Championship

Wednesday's Games

First round No. 4 Dale State (19-13) vs. No. 5 Eastern Utah (18-12), 2 p.m.

No. 3 Snow (24-6) vs. No. 6 North Idaho (13-17), 4 p.m. No. 2 Salt Lake (25-6) vs. No. 7 Colorado Northwestern (2, 2), 7 p.m.

Friday's Games

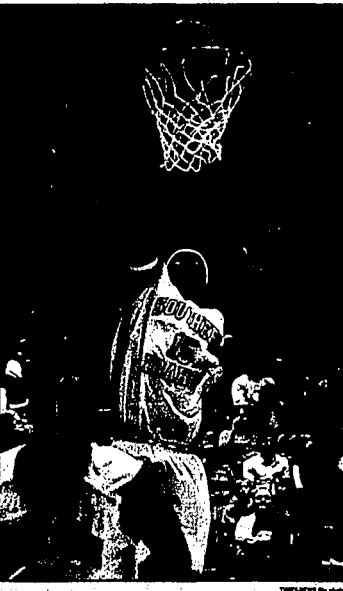
Snow/NIC winner vs. SLOC/CNC winner, 2 p.m. No. 1 Southern Idaho (28-2) vs. OSJC/CEU winner, 7 p.m.

Saturday Championship

Semifinal winners, 7:30 p.m.

Midway relies throughout the lineup. He prefers to rely heavily on sophomores Jamaal Brown, Mohamed Korne, Shaun Davis, Dan Hazzi, Abdoulaye Ndoye and Bruno Claudio. But the freshmen have also stepped forward, providing depth and energy the Eagles didn't have a year ago. Four freshmen — Travis Gabbidon, Zaryon Ferry, Nick Hansen and Reggie Larry — all average 12.5 minutes per game or more. "I think we've done a nice job

Please see FAVORITES, Page D2



College of Southern Idaho center Abdoulaye Ndoye drops the ball through the hoop during a recent game. CSI hosts the Region 18 men's and women's basketball tournaments.

Chukars surprise Eagles with split

By Kevin Colbert Times-News writer

TWIN FALLS — Just when all seems great for the College of Southern Idaho basketball team, the Golden Eagles come crashing back to earth.

CSI cruised in Game 1 of a doubleheader Tuesday against Treasure Valley Community College (One) 9-3 before dropping Game 2 in a sub-par effort 6-1 at Walker Field.

CSI (9-10 overall) played like a team that had won eight of its last 13 games. In the opener, using aggressiveness at the plate to knock out 10 hits and score nine runs against the Chukars (1-1), playing their first two games of the season.

That same boldness for CSI, however, disappeared in Game 2, as the Eagles let fat fastball after fastball from TVCC starting pitcher Jameson Maj cross the plate without so much as a flinch. When they did get a bat on Maj's deliveries, they beat balls into the ground. Maj recorded nine groundball outs in his five innings pitched.

"I was just looking for our guys to be a little aggressive," CSI head coach Boomer Walker said. "... in that first game we did a great job. But that second game was like a different team for us. We just can't seem to go back-to-back and know what makes us good. That second game, we just kind of sat back and didn't play the kind of baseball that makes us successful."

The top three in the Chukars' lineup — Aaron Sutton, Drew Echanis and Cory Powell — combined to go 9-for-9 from the plate, scored three runs and drove in a combined five runs.

"Whenever you can get a win at CSI, you'll take it, no question, with the tradition here," TVCC head coach Russ Wright said.

CSI starting pitcher Tim Penrod struggled in taking the loss, allowing three earned runs on four hits and two walks while hitting a batter in just two innings.

The Eagles' Hector Martinez went 2-for-2 at the plate with two doubles.

Game 1 CSI 9, Treasure Valley 3

TWIN FALLS — CSI's Eric Cantoni went 2-for-2 with a walk, two runs scored and an RBI, and teammate Anthony Jones drove in two runs with a double to center field in the second inning on the way to a 9-3 victory.

Winning pitcher Karl Mellhorn struggled at times but still gave up only one earned run, one hit and one walk in three innings. He also allowed two unearned runs in the third inning before leaving after throwing 11 pitches.

Greg Klein suffered the mound loss for the Chukars, allowing seven earned runs — eight total — in 3-1/3 innings.

Game 2 CSI 9, Treasure Valley 3

TWIN FALLS — CSI's Eric Cantoni went 2-for-2 with a walk, two runs scored and an RBI, and teammate Anthony Jones drove in two runs with a double to center field in the second inning on the way to a 9-3 victory.

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Overweight basketball players? A cautionary tale about measuring fat

By Malcolm Ritter Associated Press writer

NEW YORK — Last week it was obese football players. Now it's... overweight basketball players. All the way to the "obese" rank, most notably — you guessed it — Miami Heat

star Shaquille O'Neal. But the notion that 200 other NBA players out of 426 are even within a 3-point shot of tubby might make one wonder: just how good is the BMI at telling if somebody is too fat?

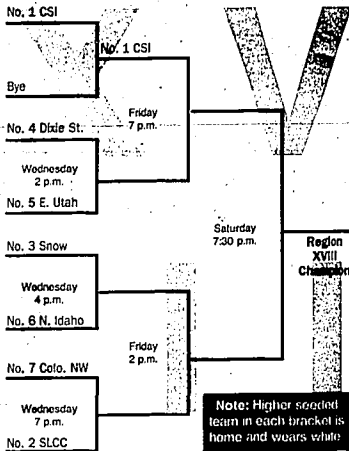
The finding follows a study of football players published last week in the Journal of the American Medical Association. That research concluded that according to BMI standards, more than half of National Football League players are obese, and nearly all are overweight. The study's validity was questioned by an NFL spokesman.

What's going on here? Obesity experts say the BMI really is a useful guide to identifying individuals who are too fat for their own good, but it shouldn't be used to judge athletes. "The value of the BMI for the (general) population is (it's a) Please see FT, Page D2

SPORTS

2005 REGION XVIII MEN'S BASKETBALL CHAMPIONSHIP

Single Elimination Tournament



Warriors garner rare road win

PHILADELPHIA (AP) — Jason Richardson scored 22 points and Mike Dunleavy added 11 to lead the Golden State Warriors to just their eighth road win of the season with a 104-85 victory over the tired Philadelphia 76ers on Tuesday night.



Bucks 105, Hawks 101 MILWAUKEE — Mo Williams had 22 points and 10 assists, and Desmond Mason also scored 22 points to lead the Milwaukee Bucks past the Atlanta Hawks 105-101 Tuesday night.

Continued from D1 with the freshmen and kept their role consistent throughout the year, Arnold said. They're going to come off the bench, and their job is to spark us and raise the tempo.

preference for a quicker pace. "We're an extremely unselfish team," he said. "That's why if we're in the half court, and you've got five guys that are unselfish and five guys that can score, then you're half-court offense is usually pretty good."

Cavaliers 111, Magic 92 CLEVELAND — LeBron James scored 23 points and Drew Gooden had 23 in the Cavaliers' starting lineup as the Cavaliers snapped a six-game losing streak.

Zyrunas Iliuskas added 18 points and Jeff McInnis 13 and eight assists for Cleveland. Steve Francis scored 21 points and rookie Jameer Nelson had 17 for Orlando, which had its win streak stopped at three.

Knicks 93, Wizards 83 NEW YORK — Improving to 5-1 since the trade deadline, New York received 19 points from Jamal Crawford and solid all-around contributions from several players.

Timberwolves 102, Bobcats 97 MINNEAPOLIS — Kevin Garnett refused to let the expansion Charlotte Bobcats pull off a season sweep of his Minnesota Timberwolves.

MEN'S REGION 18 CAPSULES

- No. 1 CSI Head coach: G. Lovell Record: 12-10 Overall Record: 18-10 Region 18 record: 10-6... No. 2 SLCC Head coach: G. Lovell Record: 12-10 Overall Record: 18-10 Region 18 record: 10-6...

UW-Milwaukee puts on its dancing shoes

MILWAUKEE (AP) — Adrian Danks took a free throw with 42 seconds left, giving Wisconsin, Milwaukee a 59-58 win over Detroit in the Horizon League championship Tuesday night.

College basketball

and was off-target on a contested jumper that would have sent the Titans to the NCAA tournament at 15-1.

Obesity test, not a slam dunk

Obesity experts say that body-mass index (BMI) is a useful guide to identify obese individuals, but should not be used alone because it doesn't directly measure fat.

Top five NBA players with the highest BMI

Table with 5 columns: Player, Team, Height (inches), Weight (pounds), BMI. Lists Shaquille O'Neal, Robert Taylor, Clarence Weatherspoon, Rodney Rogers, and Brandon Hunter.

South

Continued from D1 The final basketball game of the season is the Magic Valley All-Star game in at Twin Falls High School next Monday.

South Thursday

The Region 18 women's preview

Fat

good first step, and I underline, "It says 'Obesity' is one of the Pennington Biomedical Research Center — in Baton Rouge, La.

Continued from D1

been an issue in the league. "We've conditioned our players are some of the best-conditioned athletes in the world," he said.

Timberwolves 102, Bobcats 97

MINNEAPOLIS — Kevin Garnett refused to let the expansion Charlotte Bobcats pull off a season sweep of his Minnesota Timberwolves.

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SPORTS

SCORES AND STATS

SPORTS IN BRIEF

WHAT'S ON T.V.

Table listing TV schedules for Basketball, Baseball, and other sports events.

BASEBALL

Spring Training MLB schedule table.

NATIONAL LEAGUE

National League baseball scores table.

AMERICAN LEAGUE

American League baseball scores table.

WESTERN CONFERENCE

Western Conference basketball scores table.

BASKETBALL

NBA Eastern Conference basketball scores table.

WESTERN CONFERENCE

Western Conference basketball scores table.

Area ski report

Area ski report detailing conditions at various resorts like Sun Valley, Ketchikan, and others.

Baseball

Baseball scores table for various teams.

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Western Conference basketball scores table.

Soccer registration

Soccer registration information for the RUPET league, including dates and contact info.

Turin Olympic organizers

Turin Olympic organizers' concerns about the 2006 Winter Games, including budget and housing issues.

Bowling

Bowling news including the Utah Bowling Commission's efforts to regulate the sport.

Bonds says he'll be ready for Arizona's opener

Scottsdale, Ariz. - Barry Bonds' readiness for the Arizona Diamondbacks' season opener.

Bowe's next bout likely in Salt Lake

Utah's Willie Chapman will fight Bowe in Salt Lake City, officials said.

Miller needs to win at World Cup finals

Enzerheide, Switzerland - Miller needs to win the World Cup finals to win the overall title.

S.C.'s Thompson surrenders to police

Columbia, S.C. - South Carolina defensive lineman Matt Thompson surrendered to police.

Thompson surrenders to police

Thompson and teammate Kendall Miller were taken into custody by police.

Thompson surrenders to police

Thompson and Miller were taken into custody by police.

Also, six Gamecock players were charged with stealing equipment and faked photographs from the locker room area at Williams-Brice Stadium last November.

Boonen wins second stage of Paris-Nice

THIERS, France - Belgium's Tom Boonen won a leg of the Paris-Nice cycling race on Tuesday.

Boonen wins second stage of Paris-Nice

Boonen won Monday's first stage. This time, the Quick Step rider won a sprint finish ahead of Team CSC's Kurt-Asle Arvesen.

Bonds says he'll be ready for Arizona's opener

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BRIEFLY IN MONEY

The Kroger Co. announces results

TWIN FALLS - Cincinnati-based The Kroger Co. one of the nation's largest operators of supermarkets, on Tuesday announced preliminary financial results - excluding the effect of planned adjustments to the company's lease accounting.

Schlitz Food & Drug Stores, a division of Kroger, operates stores in Twin Falls and Burley. Kroger's Fred Meyer division has a Twin Falls store.

Kroger's fourth-quarter sales increased 5.1 percent to \$13.7 billion, while same-store sales, including fuel, grew 2.1 percent.

David B. Dillon, chairman and chief executive, said strong cash flow enabled the company to continue its "financial triple play" of reducing total debt by nearly \$400 million, repurchasing \$318.7 million in stock and investing \$1.6 billion in capital projects.

Kroger reported a net loss of \$675.9 million, or 92 cents per share, for the fourth quarter. That includes a goodwill impairment charge of \$804.0 million after tax, or \$1.21 per share.

A year ago, Kroger reported a net loss of \$337.4 million, or 45 cents per share, including items that collectively reduced net earnings by \$663.1 million, or 89 cents per share.

For the full year, sales increased 4.9 percent to \$56.4 billion. Kroger reported a net loss of \$1,280.0 million, or 17 cents per share, including items that collectively reduced net earnings by \$981.0 million, or \$1.33 per share. The previous year, net earnings were \$14.6 million, or 42 cents per diluted share, including items that reduced earnings by \$821.3 million, or \$1.06 per diluted share.

T.F. company wins government contract

TWIN FALLS - The federal government announced a contract award to a Twin Falls company.

The U.S. Department of Agriculture awarded a contract worth \$205.612 contract to Mesquite Inc. of Twin Falls for construction of structures and facilities at Laguna Visitor Information Center.

USDA's Forest Service office for Angeles National Forest, in Arcadia, Calif., awarded the contract.

Talks said to be in Delta with SkyWest

ATLANTA - Delta Air Lines Inc. is reportedly in talks with SkyWest Inc. to sell the Utah airline one or two of its regional carrier carriers.

Bradford Rich, chief financial officer of SkyWest, said Monday at an investor conference in Orlando, Fla., that the discussions were in the early stages, according to a report in The Wall Street Journal on Tuesday.

Delta has said publicly in the past that it was evaluating all of its assets, including its feeder carriers Comair and Atlantic Southeast Airlines, as it seeks to return to profitability. The company lost more than \$5 billion last year and has been racked by continually high fuel prices.

Rich did not say whether SkyWest - which operates flights in Magic Valley - was interested in one or both of the feeder carriers.

"I don't think we're in the best position of anyone to take advantage of this type of opportunity," Rich was quoted as saying.

A SkyWest spokeswoman at the company's headquarters in St. George, Utah, could not immediately confirm Rich's comments or provide a transcript of the comments when reached Tuesday by The Associated Press.

Asked about the report, Delta spokesman John Kennedy said Tuesday: "It's Delta policy not to comment on industry rumor or speculation that would be inappropriate for us to discuss Mr. Rich's comments."

-compiled from staff and wire reports

Firms seek trade with Mexico

By Megan Hinds Times-News writer

TWIN FALLS - Precision metal parts maker Seastrom, manufacturing already conducts business internationally.

In fact, about 5 percent of the Twin Falls-based company's total sales are to international firms like Canada-based aerospace giant Bombardier, said Cash Sigler, Seastrom's vice president of sales and marketing.

In 2004, Seastrom's international sales rose 12 percent from the year before. "Our business internationally is up tremendously," Sigler said.

But Seastrom wants to increase those foreign sales and is looking to a growing market to the south - Mexico. Seastrom, like a number of Magic Valley companies, is realizing the advantages of Mexican trade and turning to Idaho Commerce

and Labor's Mexico trade office to learn how to do business with Mexican firms.

Making the link

Armando Orellana, the department's Idaho-Mexico trade office director, spent two weeks in Idaho recently on a two-a-year state tour and met with several Magic Valley companies including Seastrom. Orellana works to link Idaho companies with Mexican firms - as both customers and suppliers.

Mexico is a growing and lucrative market for Idaho-made products, Orellana said last week. Last year, Idaho companies recorded \$100 million in sales to Mexico, up from \$97 million in 2003. Mexicans trust Idaho-made products, he said.

"Relations between Mexico and the United States have been strong for many years,"

Orellana said. Orellana acts as a translator, negotiator and mediator for Mexico and Idaho firms, often coaching both sides in the differences between business practices on either side of the border.



Armando Orellana

For example, he said, strong relationships are extremely important to doing business in Mexico. The American business world is more fast-paced.

"Mexicans look at developing relationships before going into business," Orellana said. "I explain to them about the importance of making something happen even if they haven't had all the time they

need to feel completely comfortable. It's about creating confidence between the two parties."

Attractive high-tech market

Seastrom met with Orellana last week to discuss opportunities in selling its precision metal parts to Mexican high-technology firms in the electronics, telecommunications and automotive sectors, Sigler said.

After the North American Free Trade Agreement was signed in 1992, many American manufacturing firms capitalized on cheap Mexican labor and established Mexican factories known as maquiladoras. The U.S. firms' plants make up about half of Mexican exports to the United States, according to the U.S. Federal Reserve.

Please see TRADE, Page D6

Class helps budgeting efforts along

By Candace Balta-Bryant Times-News correspondent

TWIN FALLS - Just a month ago, Beverly Carter had little to look forward to. She lives on less than \$600 a month and considered herself lucky when she had enough money to eat at a buffet at the end of each month.

Three budgeting classes Beverly Carter has gone from having just more than \$13 in a savings account to \$331.

"I used not to let it bother me to have a hole in my pocket," Carter said. Carter admitted to buying things like candy and drinks on impulse but said she has managed to save enough to attend Central Community Action Partnership's Dollar Sense classes. The classes stress frugality, and Carter said she has learned a lot.

"I used to spend a lot of money on my sister, but now I take care of me first," she said. "That was one of the lessons instructor Ken Whiting taught at each of the three classes. He told participants not to give money to friends or family, and to make their own financial interests a priority."

Whiting has more than 40 years of experience in teaching Dollar Sense classes.

"This last session was a little run," Whiting said, laughing. "The next class will try and struggle so we can get through more."

Whiting is heading an ongoing series of budgeting classes throughout Magic Valley. The next session starts tonight in Twin Falls and enrollment is open until the class starts at 6 p.m. Pizza and drinks are served. Fee of charge, at 6:00 p.m. Both dinner and the class will be held in the SCCAP building on Washington Street South.

"I'm hoping we can get started in Rupert and Burley," Whiting said. "We have had a lot of people sign up in other locations. And it has to be free, we can't afford to pay for a pizza - we're trying to show people how to save money. We have to set an example."

Please see BUDGETING, Page D5

FUN AND GAMES AT THE MALL



Teri Reynolds, left, Jeff Egbert, center, and Stephanie Pryor, from the Orange Julius, Tilt and Kurt's Hallmark, respectively, laugh about their wrong answer while playing a mock game show during a motivational meeting for Magic Valley Mall employees Tuesday morning. The event, "Keep the Money at the Mall," was geared toward getting stores in the mall to cross-promote each other to shoppers.

State promotes online job listing service

The Times-News

TWIN FALLS - Idaho companies have a new tactic available in their searches for employees.

Idaho Commerce and Labor last year introduced its Employer Job Entry (EJOE) System, a free online job listing service that allows Idaho employers to post announcements for open positions on the Internet.

The department's Magic Valley offices are in Halley, Twin Falls and Burley.

The system allows employers to view their listings, make changes if necessary and see information about the candidates who apply. Employers can have

potential candidates screened by local Commerce and Labor offices, or they can choose to accept applications and resumes directly.

The online system automatically creates a job description that coincides with the national occupational code for the position. Employers can modify it as they see fit.

If an employer isn't sure about the correct pay rate for a job listing there are links to link to market information that will show the average wage for similar jobs in all regions of the state. Even employers with little computer experience are guided through the listing process with easy-to-understand

prompts, Commerce and Labor's statement said.

"Instead of writing all my job listings down and waiting for a representative to get back to me, I simply create and edit them myself," said Jessica Shine, personnel supervisor at Express Personnel Services in Boise. "When a position is filled, I can jump on the Web site and close the offer and keep track of who actually applied through the referral page."

EJOE started as a pilot program in March 2004 and was officially launched in July. Since then more than 900 employers have signed up to use the service, and employers have added nearly 3,000 job listings, Commerce and Labor said.

Dell Inc. buys processor chips from Intel but eyes AMD

Knight Ridder News Service

DALLAS - It may all have been the big bang between Dell and Intel was broken.

Then, just as suddenly, Rollins silenced the rumors. Rollins was addressing concerns about its own technology plans and "starting to put customers a bit more at ease that they don't need to make the shift" to AMD, he said last month at an investor conference.

The matter, momentarily, was put to rest. But the potential for Dell and AMD to work together remains. Rollins is "shutting the door but not lock-

ing it," said analyst Sam Bhandari of research firm Current Analysis.

A relationship between the two could have big consequences for each.

Dell's partnership with Intel is important because it's a central part of the computer maker's business model. Dell, which is based in Round Rock, Texas, and operates a call center in Twin Falls - offers competitive prices by being extremely efficient, only building computers when they've been ordered, essentially keeping no inventory.

To do that, Dell must have close ties with suppliers, enabling it to respond instantly to shifts in demand. If there's a sudden spike in the popularity of flat-panel monitors, for instance, Dell's suppliers must be able to send more monitor parts on short notice.

California-based Intel, the world's largest chipmaker, has enormous manufacturing prowess, with four advanced chip factories. AMD has one. Intel has been the perfect complement to Dell's business model, an at-the-ready suppli-

er with a longstanding reputation for efficiency.

It's simpler, too, for Dell to stick to one supplier for processors, the brains of personal computers and computer servers. The fewer variables, the more smoothly Dell's machine can run.

But some Dell customers, the computer maker admits, would like to see the company make products with AMD chips. Last year, AMD introduced Opteron, a processor that can make calculations in 64-bit increments but also works with the 32-bit standard for most software.

Opteron, designed for servers, and its equivalent for personal computers, Athlon 64, have helped AMD make inroads against Intel's dominant market share, especially among advanced computer users.

Intel had its own 64-bit chip, but it didn't work with 32-bit software. So Intel has scrambled to introduce products that compete with AMD's chips.

firm AMD's 64-bit processor. AMD's head start has made the processor market more competitive than it has been in years.

That makes Dell's decision difficult. Does it stick with its longtime partner and avoid the risk of adding a second supplier, or does it adopt AMD to make sure it doesn't lose customers to AMD users such as Hewlett-Packard Co.?

AMD faces its own challenge. Dell holds about one-fifth of the x86 server market, where Opteron competes, and about 17 percent of the personal computer market. It will be tough for AMD to seriously challenge Intel's dominance without Dell.

On the other hand, Dell can be a tough customer. The computer maker is often compared to Wal-Mart Stores Inc. in its hard-nosed attitude toward suppliers, with a low tolerance for mistakes or price increases.

AMD can handle Dell, said Ben Williams, the Austin-based vice president of AMD's server and workstation business.

Get Involved

South Central Community Action Partnership is seeking members of budgeting classes in the Dollar Sense Program begins at 7 p.m. today in the organization's building on Washington Street South in Twin Falls.

Those who are interested should call ahead to enroll. The class is free, and pizza is provided to participants at 6:00 p.m. Call 733-5983. SCCAP is also enrolling participants for future sessions in other parts of Magic Valley.

The classes are free, but students must pay for their own order to attend, including falling at or below 125 percent of the poverty level.

AMD eyes Intel

"I'm hoping we're already working on that supplier relationship and partnering with that team," he said. "We don't know if Dell would be that different."

By refusing to buy AMD, Dell is putting the needs of Intel ahead of those of its customers, Williams said.

Dell acknowledges that some customers want AMD. But the company never enters a market until it's sure volume and the market will grow quickly. And it's not sure yet, spokesman Ben Anderson said.

"At this point we're not seeing a broad-based demand from our customers," he said. "We also factor in our own technology leadership. From any different type of supplier we're going to work with, AMD has made headway, but Intel still has significant technology investments and plans, he said."

But that view could change in any moment. Despite Rollins' comments, AMD is still considered a top priority for Dell. "We have AMD in our pipeline on labs that we are looking at. We've been very consistent with that," Anderson said.

Tech, oil weigh on markets

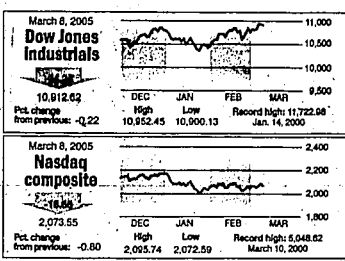
NEW YORK (AP) — Profit-taking in stocks modestly lowered Tuesday after oil prices tumbled \$5.5 a barrel and a disappointing earnings update from Texas Instruments Inc. cast fresh doubts on the tech sector.

The Dow Jones Industrial Average slipped with little economic or earnings news, the sharp rise in oil prices dominated trading. Crude oil futures rose above \$55 for the first time in more than four months before slipping lower at the end of trading. A barrel of light crude ended at \$54.59, up 70 cents, on the New York Mercantile Exchange.

Because of the lack of other news, oil becomes the big news, said Brian Bruce, director of global investments at Franklin Asset Management Inc. in Boston. In aggregate, they generally better than good news than bad news. But with nothing else going on today, you're seeing oil put a damper on everybody's enthusiasm.

The Dow Jones Industrial Average fell 24.24, or 0.22 percent, to 10,912.62.

Broad stock indicators were moderately lower. The Standard & Poor's 500 index fell 1.58, or 0.48 percent, at 1,219.43, and the Nasdaq composite index lost 16.66, or 0.8 percent, to 2,073.55.



Tech stocks slipped after gaining ground in Monday's session, with semiconductor stocks leading the way after Texas Instruments' earnings forecasts. That led investors to worry about increasing inventories and lagging sales in much of the tech sector.

Bonds fell along with stocks, with the yield on the 10-year Treasury note rising to 4.38 percent from 4.31 percent late Monday. Gold prices moved higher while the dollar dropped sharply against the euro and the Japanese yen.

"It's like the ghosts of Christmas past — oil and the dollar,"

said Bryan Pachowak, market analyst at Wachovia Securities. "But given that we're fairly steady, just a little lower, that's a good thing. Given the market's recent gains, a little bit of paring shouldn't come as a complete surprise."

Anticipation of Texas Instruments' mid-quarter earnings fueled buying on Monday, but the electronics manufacturer disappointed Wall Street by trimming the top end of its profit and revenue forecasts for the current quarter. Texas Instruments lost \$1.03 to \$26.34.

Qualcomm Corp. dropped \$1.10 to \$39.29 after the company announced that Paul Jacobson,

chief executive officer of Irwin Korman, would succeed his father in the top post on July 1. The elder Jacobson, who co-founded Qualcomm in 1968, will remain as chairman, the company said.

20-year-old McDonald's Corp. reported a 4.6 percent rise in U.S. sales in February at stores open at least a year. Global net sales rose 4.4 percent for the month at the fast food chain. McDonald's fell 73 cents to \$33.48, however, as investors worried about falling European sales.

Biogen Idec Inc. was up 76 cents at \$38.35 despite a report in The Wall Street Journal that cited a former employee who said the company provided illegal discounts to physicians who prescribed the drug maker's biotech products. The former employee, who was fired from the company, sued Biogen last month.

In its first earnings report since going public in December, Las Vegas Sands Corp. reported earnings of 16 cents per share for the quarter, on par with analysts' expectations.

The operator of the Venetian Hotel Resort Casino and the Sands Macau Casino missed its full-year earnings target, however. Las Vegas Sands said \$2.45 to \$47.35.

Harvard rejects applicants who hacked into computer system

BOSTON (AP) — Harvard Business School will reject 119 applicants who followed a hacker's instructions and peeked into the school's admission site to see if they had been accepted, the school's dean said.

"This behavior is unethical at best — a serious breach of trust that cannot be countered by rationalization," Kim Clark said in a statement. "Any applicant found to have done so will not be admitted to this school."

An unknown hacker posted instructions last week on a BusinessWeek online message board on how to view the status of their applications. Applicants who tried to access the school's website took advantage of the instructions, although most got only blank screens.

Though some Harvard applicants did not know they were applying to Harvard, school officials stressed that any decision was final until March 30.

Carnegie Mellon's Tepper School of Business has already said it will reject those who tried to have their names added to its list. Other business schools, including MIT's Sloan School of Management, Stanford's Graduate School of Business, Duke's Fuqua School of Business, and Dartmouth's Tuck School of Business, have not said whether they will reject applicants.

All of the schools use ApplicantTrack, an online application and notification program made by a Fairfax, Va., company. The company has said applicants could access only their own admissions records.

Some school administrators have said they're reacting cautiously while they investigate specifically who tried to access the admissions files. A spouse or parent, for example, may have had access to the password and a personal identification number given to an applicant.

But Clark told The Boston Globe that applicants were responsible for information that was posted on the school's Web site, regardless of who accessed it.

Sanford Kreisberg of Cambridge Enforce Service, which specifically apply to U.S. business students, said he thought Harvard was overreacting.

He said some applicants may have had inadvertent access to admissions files, but they were looking for confidential information, after they were e-mailed directions from other students who had copied them from a BusinessWeek message board.

"What they did was stupid, but that's all it was," Kreisberg said.

"This seems needlessly harsh and rigid."

Budgeting

Continued from D4

BPAC community service director Leanne Trappen said she is pleased with the responses from participants on an exit survey.

"Everyone seemed to really enjoy responding well to the program," she said. "They all said they would recommend the program to a friend or family member, and that's really a good thing."

Trappen said most of the participants didn't know anything about budgeting before taking the classes but have since been able to apply the principles to their daily lives.

"The participants said it was logical and informative, and they

really liked hearing from Key-Bank staff," she said.

Key-Bank employees taught one of the sessions so participants would know what to expect from banks, and why it's important that the Texas Instruments lost \$1.03 to \$26.34.

"The participants said it was logical and informative and un-

beat," Trappen said.

"I'm not spending my money anymore so I can save it," she said.

Times-Herald correspondent Candace Baltz-Smylie can be reached at CandaceBaltz@Hotmail.com.

Something missing?

We are able to customize our market reports. If you're interested in a stock, mutual fund or commodity that's not in our

report, give us a call and we'll try to include it. Please call Ramona Jones at 733-0931, Ext. 262, with your suggestions.

NEW YORK STOCK EXCHANGE

Price	Div	Last	Chg	Vol	Open	High	Low	Close
AAVE	1.25	23.00	-0.25	100	23.00	23.00	23.00	23.00
AAWG	0.00	1.00	0.00	100	1.00	1.00	1.00	1.00
AAWJ	0.00	1.00	0.00	100	1.00	1.00	1.00	1.00
AAWZ	0.00	1.00	0.00	100	1.00	1.00	1.00	1.00
AAWY	0.00	1.00	0.00	100	1.00	1.00	1.00	1.00
AAWV	0.00	1.00	0.00	100	1.00	1.00	1.00	1.00
AAWU	0.00	1.00	0.00	100	1.00	1.00	1.00	1.00
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AAWO	0.00	1.00	0.00	100	1.00	1.00	1.00	1.00
AAWN	0.00	1.00	0.00	100	1.00	1.00	1.00	1.00
AAWM	0.00	1.00	0.00	100	1.00	1.00	1.00	1.00
AAWL	0.00	1.00	0.00	100	1.00	1.00	1.00	1.00
AAWK	0.00	1.00	0.00	100	1.00	1.00	1.00	1.00
AAWJ	0.00	1.00	0.00	100	1.00	1.00	1.00	1.00
AAWI	0.00	1.00	0.00	100	1.00	1.00	1.00	1.00
AAWH	0.00	1.00	0.00	100	1.00	1.00	1.00	1.00
AAWG	0.00	1.00	0.00	100	1.00	1.00	1.00	1.00
AAWF	0.00</							

MARKETS

CLOSING FUTURES

Table of closing futures prices for various commodities including wheat, corn, soybeans, and oil. Columns include item, price, and change.

BEANS

Table of bean prices for various types such as navy, pinto, and lima beans. Columns include item, price, and change.

GRAINS

Table of grain prices for wheat, corn, and soybeans. Columns include item, price, and change.

POTCATOS

Table of potato prices for various grades and types. Columns include item, price, and change.

SUGAR

Table of sugar prices for various grades and types. Columns include item, price, and change.

LIVESTOCK

Table of livestock prices for cattle, hogs, and sheep. Columns include item, price, and change.

Metals/Money

Table of metal and money prices for gold, silver, and various currencies. Columns include item, price, and change.

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Mutual Funds

Table of mutual fund prices and performance data. Columns include fund name, price, and change.

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Trade

They're getting ready for harvest right now, he said... Johnson said Superior Chain has worked hard to develop and maintain its relationship with its Mexican partners...

Trade

Those are the types of companies that can use our products, Siger said... Siger said, "We've got open cases right now - we're open to new ways of doing business."

Trade

Relationships essential... Once dominated by manual labor and traditional farming methods, Mexico's agriculture industry has become more modern and automated in recent years...

Trade

As American market pulls for potatoes and onions have fallen in recent years, Geller has seen its American market... Geller is "fully equipped" to handle more sales, both domestic and international...

Trade

'50s fun... The Dilettantes of the Magic Valley... present "Grease" FRIDAY IN WEEKEND

Trade

When You're Serious About Investing... PERKINS, SMITH & BOYD, INC. CALL NITA BARNES CHLOZ FOR APPROPRIATE STOCKS, BONDS & MUTUAL FUNDS.

JANUARY EINSTEINS

COMMUNITY EVENTS

Lincoln Elementary School in Twin Falls announced its January Einsteins. They are, from left, top row: Erick Saldivar, Kadnja Haracic, Dino Haskic, Kevin Brown and Mikael Ferguson; middle row: Jonathan Schroedter, Angel Grenier, Daley Hartzel, Savannah Singleton, Maria Sanchez, Boden Sparks, Harley Owens, Kiana Garby and Jeremy Abramson; bottom row: Aaron Benedict, Igor Djoricic, Kately Sweet, Emily Bell, Madison Bell, Rebecca Miller and Sandra Sholl.

Photo courtesy of Lincoln Elementary School.

Sisters have strong bond

Jennifer
"What I want families to know about me is that I want my sister to have a good home no matter what. I want to stay in the same family, but I will accept it if I have to. I have two other sisters who live with their father who I want to keep in contact with."

"My idea of the way I think a parent should treat children is to tell them you love them and to always be there for them. If I were a parent, I would tuck them in at night and be there for them when they needed to talk to someone. I think spanking is so out I will never spank my child. I might ground her, but I would not spank."

Crystal
"Sometimes I might like to be a fire fighter, so I can help my community. But I'm not really sure what I want to be when I grow up. I know that I want to always stay in contact with my two sisters through with their father and visit them. I want to live with my father."

"When I have children, I will help get them out of trees and off the monkey bars on the playground. I will play tennis with them and show them how to do cartwheels and round-offs. (I love all of these things!) I will let them watch TV if their grades are good. I won't let them watch too much, because they will focus on that instead of studying. I will buy their stuff, but not too much or they might play instead of getting their work done."

Wednesday's Children



Jennifer, 16, and Crystal, 11

one who meets them. That doesn't mean they always agree or that their interests are the same. Their adoptive family could include big sisters, but Jennifer prefers no teenage brothers. That doesn't exclude either a single mom or a couple with a safe and stable father figure. These girls could also thrive as the only children in the family.

Just a few years away from adulthood, Jennifer and Crystal want a permanent family who will love and care for them forever.

Jennifer is ready to enjoy the teenage years; dating, driving and enjoying the company of her friends. So much of that depends on her knowing Crystal is receiving the love and nurturing of parents who will keep her safe and being able to be with her sister that she has been separated from for so long.

For more information on Jennifer and Crystal, call the Idaho CareLine at 1-800-998-2588. Inside Idaho you can dial 2-1-1. You may need to call the following reference numbers respectively: 30137 (Jennifer) and 30138 (Crystal).

The bond between Jennifer and Crystal is evident to any

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Acequia school presents annual patriotic program

RUPERT - Acequia Elementary Schools' fourth annual patriotic program will be held at 7 p.m. Thursday at Minico High School, 252 W. 100 S. Rupert. The program is presented by the third, fourth and fifth-grade students and will honor veterans and servicemen.

For more information, call 436-6385.

Declo Junior High presents talent show

DECLO - Declo Junior High School students will present a talent show at 7 p.m. Thursday in the Declo High School auditorium, 205 E. Main St.

The cost is a \$1 donation at the door. For more information, call 654-9360.

Pinochle party takes place at Paul Lodge

PAUL - A pinochle party will be held Friday at the Paul Masonic Lodge, 113 E. Idaho St. Dessert and coffee will be served at 6:30 p.m. with cards beginning at 7 p.m.

Open to all is invited. For more information, call 677-4748.

Historical society will hear parks presentation

JEROME - The Jerome County Historical Society will meet at 7:30 p.m. Thursday in the Jerome Library meeting room.

Guest speakers Steve and Terry Halbert of Buhl have traveled to all the national parks in the United States and will discuss them.

The meeting is free and open to the public. Refreshments will be served.

For more information, call 324-5641 or 324-7694.

Marital arts center offers a 'Bully Buster Clinic'

TWIN FALLS - Success Marital Arts, 1300 Kimberly Road, will host a "Bully Buster Clinic" at 2 p.m. Saturday.

For more information, call 733-8910 or visit www.BlackBeltMinds.com.

Jerome County 4-H holds mini-classes

JEROME - Jerome County 4-H is having daily mini-classes from 1 to 5 p.m. beginning March 21-24.

The projects are open to anyone age 8 to 18. Space is limited. Classes include scrapbooking, money management, embroidery, painting and crafts.

For more information or about registration, call 324-7578.

Relay for Life fund-raiser

TWIN FALLS - The Curves for Women Relay for Life Team is raffling a home entertainment center.

Tickets are for one \$3, two for \$5 or 24 for \$24. The raffle will be held Saturday as a fund-raiser to benefit the American Cancer Society's Relay for Life.

Tickets can be purchased at Curves, 690 Blue Lakes Blvd. N., 401 Elderwood Clubhome at 736-7205 or 734-8048.

Indoor Flier Flea Market takes place this weekend

FILER - The Indoor Flier Flea Market will be held from 9 a.m. to 5 p.m. Saturday and 10 a.m. to 4 p.m. Sunday at the Twin Falls County Fairgrounds on Fair Avenue.

Items include books to antiques, tools, crafts, toys and homemade suckers, jerky and more. Admission is 50 cents. Return privileges and pre-schoolers are free.

For more information, call 532-4439 or 312-4900.

T.F. man celebrates 90th birthday with open house

TWIN FALLS - George Kerbs of Twin Falls will be honored for his 90th birthday at an open house from 5 to 7 p.m. Saturday at the Redwood English Room, 3202 S. Falls Ave.



George Kerbs

Rotary Clubs

- Blakes - 7 p.m. Tuesday at Red Lion Hotel in Twin Falls. Call 736-0470.
- Boise - noon Tuesday at the Bailey Inn; call 486-8732.
- Grand Falls - 7 p.m. Thursdays at the Grand Falls 545-6628.
- Hailey - 12:15 p.m. Fridays at the Grand Falls 486-8732.
- Hayden - Noon Thursday at the Blaine County Courthouse 336-2222.
- Idaho Falls - Noon Tuesday at China Village, 123 S. Alder, 334-7000.
- Idaho Falls - Noon Thursday at Rico Pizzeria and Pasta Restaurant; call Bob Peters at 736-2333 or Shirley at 735-0543.
- Idaho Falls - Noon Wednesdays at the Turf Club; call 734-6543.
- Idaho Falls - Noon Fridays at Pizzeria Cafe, 2444 Overland Ave.; call 870-7233.
- Butley Sage - 7:30 p.m. third Tuesday at Burn Bureau conference room, 444 E. 320 N. Alhambra Road; call Janet Ellender, 870-2010.
- Gooding - 6 p.m. second and fourth Mondays at Coyote Lodge; call Betty Werth at 834-4605.
- Hailey - Noon first and third Wednesdays.
- Jerome - 7:30 p.m. first and third Mondays at Jerome City Hall, 226-7910.
- Kimberly - Noon Tuesdays at the Boise Days at Crossroads United Methodist Church, 423-5588.
- Madison - Noon second and fourth Wednesdays at World Cafe in Heyburn, 230 E. Idaho; call Mary Ann at 834-4605.
- Rupert Springs - 7:30 p.m. second and fourth Mondays at United Methodist Church, 230 E. Idaho; call Mary Ann at 834-4605.
- Twin Falls - Noon Wednesdays at the Jade Restaurant; call Joe at 730-6523.
- Wendell - Noon Thursdays at the Elmer's; call 734-4242.

Optical Clubs

- Twin Falls - Noon Thursdays at Mandarita House on Blue Lakes Boulevard; call 736-4242.
- Jerome - 8:30 p.m. Wednesdays, 600 N. 10th St.; call 324-5641.
- Wendell - 7:15 p.m. Tuesdays at the City Club; call 734-4242.

Beta Sigma Phi Sorority

- Alpha Theta - 7:30 p.m. first and third Thursdays in Twin Falls; call March at 623-4070 or July at 734-1387.
- Beta Chapter - Twin Falls - 7 p.m. third Tuesday; call Wendy at 628-1242.
- Gamma - 7:30 p.m. third Tuesday in Twin Falls; call July at 734-6661.
- Delta Chapter - 7 p.m. second and fourth Thursdays, first and third Thursdays in November and December. Call Lori at 736-2333 or Shirley at 735-0543.
- Epsilon K - 7:30 p.m. second and fourth Wednesdays; September. Call Mary Ann; call after 6 p.m. 870-2010.
- Gamma Chapter - 8 p.m. second and fourth Thursdays in October; call 834-4605.
- Hooper - 7:30 p.m. first and third Thursdays; call Mary Ann after 6 p.m. 870-2010.
- Idaho Falls - 8 p.m. second and fourth Thursdays in October at 333 Golf Ranch on Highway 83, call Mary Ann at 733-3241.

Moose

- Local Order of the Moose, Lodge 812 - 8 p.m. second and fourth Tuesday at 833 Falls Ave. in Twin Falls; call Dennis or Ron at 733-6373 (day) or 733-6981 (evening).
- Womens of the Moose, School Lunch - second and fourth Tuesday at 833 Falls Ave. in Twin Falls.

Welfare

- Gooding County Jaycees - call 834-5125 for more information.
- Idaho Falls Chamber of Commerce - 12:10 p.m. second and fourth Thursdays at the Golden Carpet Restaurant on Idaho Lakes Boulevard near in Twin Falls; call 733-5408 or 843-8100.

Welfare

- Idaho Falls Chamber of Commerce - 12:10 p.m. second and fourth Thursdays at the Golden Carpet Restaurant on Idaho Lakes Boulevard near in Twin Falls; call 733-5408 or 843-8100.

Other

- Boys Daughters - Bethel 18 - 7 p.m. second and fourth Mondays at 1919 Overland Ave. in Burley. Bethel 19 - 7 p.m. second and fourth Mondays at 2521 First St. in Jerome. Bethel 20 - 7 p.m. first and third Mondays at 315 Blue Lakes Blvd. N. in Burley. Bethel 26 - 7 p.m. second and fourth Mondays at 315 Blue Lakes Blvd. N. in Burley. Bethel Chapter 54 Order of the Eastern Star - 7:30 p.m. third Tuesday at Buhl Masonic Lodge at corner of Buhl and Main North and Locust Streets; call 543-5412.
- Buhl Royal Arch Chapter - 7:30 p.m. second and fourth Tuesdays at Buhl Masonic Lodge at corner of Buhl and Main North and Locust Streets; call 526-5959.
- Edinburg Chapter 760 - 7:30 p.m. second Tuesday at Flitz Masonic Lodge, 215 Main St.; call 206-5959.
- Gooding Chapter 760 - 7:30 p.m. second Tuesday at Masonic Temple, South Avenue and California Street.
- Jerome Chapter 54 Order of the Eastern Star - 7:30 p.m. third Tuesday at Idaho Masonic Temple, 228 First Ave. East; call 324-4732.
- Madison Chapter 77 Order of the Eastern Star - first and third Wednesday at the Masonic Temple, 113 E. Idaho Blvd.; call 436-6420.
- Rupert 39 Order of the Eastern Star - 7:30 p.m. second and fourth Wednesdays at the Star of the West Masonic Temple, 1610 Overland Ave. in Burley.
- Rupert Chapter 54 Order of the Eastern Star - 7:30 p.m. first Tuesday at Wendell Masonic Lodge, 447 Seventh Avenue S.E.
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- Audley meets at 7:30 p.m. second Tuesday at Post Office, 447 Seventh Ave. Jerome - Post 48, 8 p.m. second Tuesday at Legion Hall, North Lincoln Street and Seventh Avenue S.E.
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COMICS

Classic Peanuts

By Charles M. Schulz



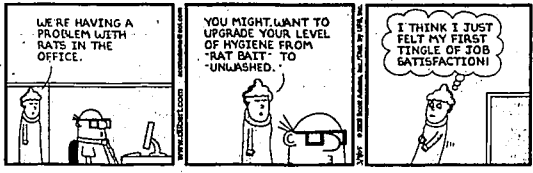
For Better or For Worse

By Lynn Johnston



Dilbert

By Scott Adams



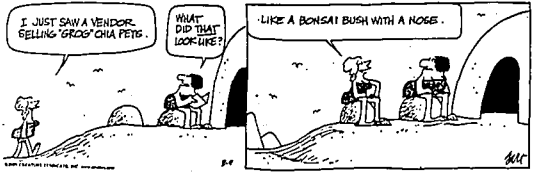
Bloode

By Dean Young & Stan Drake



B.C.

By Johnny Hart



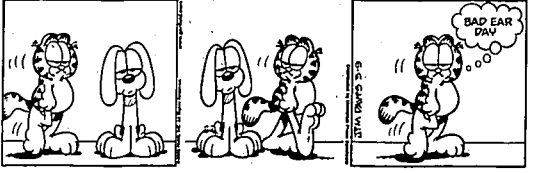
Pickles

By Brian Crane



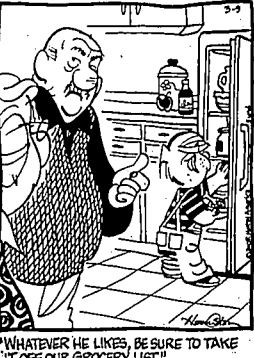
Garfield

By Jim Davis



Dennis the Menace

By Hank Ketcham



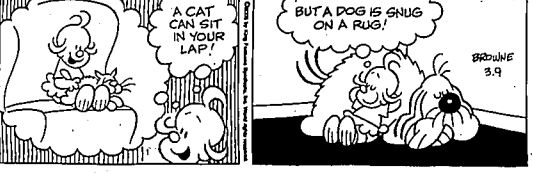
Bravity

By Guy & Rodi



Hi and Lois

By Chance Browne



Rose Is Rose

By Pat Brady



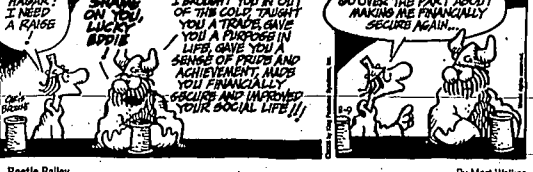
The Wizard of Id

By Brant Parker & Johnny Hart



Hagar the Horrible

By Chris Browne



Zits

By Jim Borgman and Jerry Scott



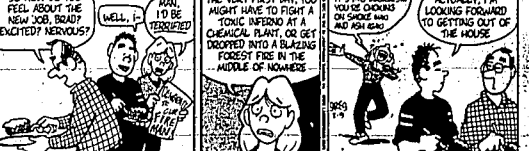
Beetle Bailey

By Mort Walker



Luan

By Greg Evans



Frank and Ernest

By Bob Thaves



Strange Brew

By John Deering



Non Sequitur

By Wiley



The Born Loser

By Art Sansom & Chip



EMPLOYMENT

CAREGIVER
Must be able to work any shift. Call Steve 208-733-3051.

CAREGIVER
Taking applications for on-call, part-time and full-time staff to work with developmentally disabled clients. All shifts. Call Teresa 208-536-2042.

CLERICAL
Full-time Administrative Assistant needed for our Twin Falls office. Looking for a reliable, organized person to answer phones, research files, etc. Must have experience in Word & Excel and customer service skills. Must be available Saturdays, 4:01k. Please fax resume to: Attn: Jamie (866)956-5778

COMMUNITY SERVICES
314 State Street applications for Community Support Specialist. Work with individuals and children with developmental disabilities. Background check req. Must be 18 years or older/would drivers license & insurance. 200 2nd Ave. N. Suite E. or call (208)732-0910 [johnson@tfn.com] Drug Free Work Place

CONSTRUCTION
Experienced concrete finishers, form setters, & welders. Call 208-234-9256

CONSTRUCTION
Aslett Electric is now accepting applications for Laborers, Experienced Backhoe Operator & Bore and Auger Operators. Will be working in Twin Falls or Halley and applications can be picked up at 212 Highland Ave., Twin Falls 735-9978.

CONSTRUCTION
Experienced concrete finishers, form setters, & welders. Call 208-234-9256

CONSTRUCTION
Insulation installer needed. Experience preferred, must have valid drivers license and own truck. Twin Falls or Carol 735-1910 or 308-6840

CONSTRUCTION
Vinyl siding installers, Experience mandatory. Call 316-0198

CONTROLLER
Union
Mountain View, WY Experience: 7-10 Years Telecommunications 7-10 Years Supply Regulatory CPA or MBA in accounting or finance. To Apply: 307-782-6288 E-mail: Linn@union-tel.com Equal Opportunity Employer

DISPATCH
The City of Twin Falls is accepting applications for COMMUNICATIONS SPECIALIST/DISPATCH. Beginning monthly salary \$2333. The primary responsibility is to take, prepare, process and dispatch both emergency and non-emergency calls for service. Must be willing to work a rotating shift to cover 24hr, 7 day/week operation. A job description and employment application are available at www.tfnid.org. For additional information you may contact the Personnel Office, 321 2nd Avenue East, Twin Falls, ID 83301, 208-735-7268 or direct email to: personnel@tfnid.org The City of Twin Falls is an Equal Opportunity Employer. Drug Free Workplace.

CUSTOMER SERVICE REPRESENTATIVE
Blip Printers needs a sales person with a "can do" attitude. Full-time customer sales, data entry, copy dept. Apply on-line. Experience preferred. Bonafide & salary. DOE. Apply to: 214 Blue Lakes Blvd. Drug Free Workplace & EOE

DAIRY
Feeder/Herdperson 305 Jersey, Buhr. Call 343-2168

DELIVERY
Taking applications for full-time Delivery Driver. Heavy lifting involved. Bring resume to: 421 Eastland Dr. 83301

DRIVER
Exp. fuel driver with Class A hazmat & tanker endorsements. J A C Custom 1987 Highland Ave. E. Dept. 1025 WorkPlace.

DRIVER
Experienced Driver with Class A CDL with 10 yrs. exp. to haul hay and farm commodities locally. Call 208-234-7147

DRIVER/CDL STRONG
UD10/827/MI
PLUS - (Strong Bonnet) (Equal to 3c/mile more!) PLUS - Oregon licenses from 550-5250 & many Homeless (208)956-5778 Low Cost CDL Training

DRIVERS
Owner Operator haul Las Vegas to OR, WA, ID and back. Weekend Post-coast fuel surcharge paid on all miles. Call 208-234-2717 for details.

DRIVERS

Professional Truck Driving School
Buy a new career with your tax return. Call 208-234-0588

Burley based tanker company looking for long haul drivers. Home every 7-10 days. Fuel tanker endorsement, 2 yrs OTR exp. req. Food Grade products. Earn up to \$23,000 based on experience and driving record. 1-800-967-2911 Mon-Fri 8 AM to 5 PM MDT

DRIVERS
Experienced Class A Tanker Driver. Must be home daily. Local company looking for help. Call 208-423-5047

DRIVERS
GEM STATE STAFFING
Need (15) Class A/B drivers for A S P. Call 208-735-7268. Apply in Person 870 Blue Lakes Blvd. N. Ste. 4 735-5999 Se Habla Espanol Never a Fail!

DRIVERS
TOP GUN TRUCK DRIVING ACADEMY
Put your Tax Return to Good Use This Year! Start Your New High Paying Career in The Trucking Industry! Call Now 208-568-5888 Se Habla Espanol. 420-7307

IRRIGATORS
87 Irrigators needed in numerous Idaho counties. 20 hrs. wk., H.L. needed. Must be able to work 48" or 64" sections of pipe per Job starts 4/15/06 with various ending dates of 11/1/06 and 11/15/06. Will include travel, gas, etc. \$18 per hour plus bonus of .008 per 4" pipe. Major worker housing for those who cannot return to their residence the same day. Includes work camp, tools, supplies and equipment provided at no cost. Guaranteed pay for 8/4 of the work contract. Reimbursement for travel costs at 80% of contract and paid upon completion of contract for 2006 & 2007 seasons. Contact: 208-735-7268 Contractors and labor only for referral.

TOP GUN TRUCK DRIVING ACADEMY
Teamed Up with
Invite You To Our Spring Job Fair!
Come and speak to a Werner Representative and learn what a new career in the transportation industry can mean to you and your family.
Saturday, March 12 10:00 to 2:00
2109 Highway 30
Halfway between Twin and Filter.
Free hot dogs and sodas
735-6656

DRIVER
Need full-time Ready Mix Concrete Driver. CDL required. Wage DOE. 208-478-1155

DRIVERS
Part-time & Full-time Drivers-Kimberly School District needs you! Route pay \$10.50 per hour. If interested call Cathy at 423-4170 x3358.

DRIVERS
Swins Coca-Cola has openings for a full-time driver. Drivers with excellent benefit package after 120 days. Successful candidates will have HS diploma, CDL, and a good driving record. Must be 21 or over and able to pass a background check. A apply in person with current 3 year driving record to 388 Victory Ave. Twin Falls Equal opportunity/affirmative Action Employer.

EDUCATION SUPERVISOR/Asst.
Direct Special Education Idaho State Dept. of Education invites applications for a Supervisor/Asst. Director of Special Education for the State of Idaho.

GENERAL
I do have a 114 school district and a variety of charter schools with total student population about 10,000. Unique opportunity for administrator capable of leading a state special education program having an excellent existing staff in Boise at State Department of Education, 315 S. and in regional area throughout the state. Idaho endorsement as an administrator of special education is required. \$50,000 to \$54,000 plus state benefits. Application deadline 3/15/06. Post Appointment date on or about April 2005 upon until filled. For complete description and application packet go to www.kos.state.id.us/job or contact Nancy Grigby at 208-345-3333. EOE Veterans Preference

GENERAL
Castro's
IF YOU THINK PLAYING AMERICA'S PETES IS FUN, TRY WORKING HERE!

Castro's Petas Resort
Casino invites you to work & play in the excitement and fun of a resort atmosphere. If you are team work oriented and enjoy a positive working atmosphere then Castro's Petes is the place for you.

FREE DEALER SCHOOL!!!
We are looking for Dealers! We are offering a six week dealer school for anyone who is willing to make a commitment, and must be able to get financing locally. This school will be offered in two different sessions one from 10am-1:30pm, and 2:00pm-5pm. Please call our Jackpot office for more information.

To fill out an application and view all openings visit our website at: www.jobfairs.com/america/ or call (888) 762-7111

EDUCATION
The Shoshone School District has an opening for a FT A Idw/Para of a station. Applicants will have to meet the Highly-Qualified criteria for a station. Meet qualifications of the local school district & background check. Apply at 409 North Apple Shoshone, ID 83352

GENERAL
Telephone 208-866-2333 or see our web site: www.shoshoneid.com Shoshone School District is an EOE. The job is open until filled.

FARM
Full-time. Applicant must have exp. with all aspects of large scale crop operation. Pivot exp a plus. Call for appt. 438-6234

FEDERAL OPERATOR
Seeking individuals well versed in total feed mill operations and delivery. CDL helpful but not required. Applicants need a positive attitude and proven work record with excellent dependability. Paid holidays, medical benefits, vacation, flex-plan, and 401K. Salary D.O.E. Send resume to: Box 90793 c/o The Times-News PO Box 540 Twin Falls, ID 83303

GENERAL
Developmental
Specialist to organize self-starter to supervise staff and work with developmentally disabled children and adults. Bachelor degree in Education, Psychology, Speech, Education or related field, human services field required. \$12 hour to start. Direct Care Work with people with developmental disabilities. No experience required. All training is provided. \$7 hour to start days 57.70 to start weekly shift. Excellent benefits for full-time. Medical, dental, prescription, vision, life, EAP, 401k paid Holidays, Vacation, and personal time. Apply in person at 158 Black St. N. Twin Falls, ID 83302 Drug Free workplace. Criminal history background check are required.

GENERAL
PERSONNEL PLUS
No application fee. No Hidden Fees/No Hidden Costs. Are you planning a move? Classifieds will point you in the right direction to find the house you desire. 733-0021

GENERAL
Career agent needed, evenings & weekends, valid drivers license, 30-35 hrs/week. Apply 8:30-11:30 am Mon-Fri. Arva Car Rental at the Twin Falls Airport. No Phone Calls Please

GENERAL
IMMEDIATE OPPORTUNITY GREAT BARE PAY BONDS INCENTIVES
As a member of our sales team, you will enjoy the warm weather and maximize your income as you help grow our business one customer at a time. We Are Seeking Individuals who are:
* Self Motivated
* Ambitious
* Customer Oriented

We Offer:
* Base Salary
* Medical/Dental/Life
* Paid Vacation
* Management Opportunities
Please apply in person 3755 N. 3381 E. Between Sam-Sun Mon-Fri EOE/AAE/DFW

GENERAL
Twin Falls
* Housekeeping
* Machine Operator
* Forklift Operator
* Carpenter
* Laborers
* Receptionist & Clerical
* Mechanic/Welder

Burley
CDL A/With all endorsements.
* General Laborers
* Inside/Outside Sales
* Parts Counter
* Cashier
* Part-Time Scale House (weekends)
* Dish Riders
* Construction
* Exp. Cabinet Makers
* Forklift Operator
* Customer Service Rep/Billing (High School Diploma Required)
* Security
* 735 Overland
* Burley
208-478-4040
www.persontelinc.com

LABORER
Horse Program Assistant, daily feeding and care of horses and cattle, varied hours, experience with kids a must. Full-time, excellent benefits, send resume to Idaho Youth Ranch Attn: Rod King 1275 North 400 East Rupert, ID 83350, EOE

FARM
Leader operators. Apply at J A C Custom LLC 1987 Highland Ave. E. Drug Free Work Place

GENERAL
Heavy Duty job openings at local food processor. Sanitation, Packaging, Processing. Openings available on all shifts must be drug free. Benefits available to all employees. Apply at 532 Blue Lakes Blvd. N. 735-5002

GENERAL
Lead person for stage covering/hay tarping. Wendell area. Full-time plus benefits. Solid pay. Fax resume to: 208-536-1198 or Call 208-220-1655.

GENERAL
R.L.S Inventory Specialist
Part-time inventory labors.
No experience necessary.
Must be 18 yrs. of age.
\$5.00 an hour to start
208-387-0904. Equal Opportunity Employer

GENERAL
We now have the following positions available:
* Irrigation Labor
* Potato Laborer
* Warehouse Labor
* Receptionist (resume required)
Please call 733-9277 for more information

JANITORIAL
Busy truck stop needs Janitorial/maint. staff. Availability for all shifts is required.
* Medical
* Dental
* 401k paid
vacations.
Apply in person at: Flying J Travel Plaza 5350 SW HWY 93 N-84 Exit 173 Jerome

PERSONNEL PLUS
No application fee. No Hidden Fees/No Hidden Costs.

LAW ENFORCEMENT
Applications for Corrections Officer for Correctional Deputy. Testing date: 2/28/06. February 26 @ 10:00am applications accepted until March 14th for final list. Jerome County Corrections 200 N Lincoln, Jerome, ID 208-234-7883

MARKET RESEARCH DISCOVERY
Has immediate openings for part-time (15-30 hr/week) weekly. Day Shift (7-3 M-F) Market Research
* Absolutely No Sales Calls Only
* No Experience Necessary
* Competitive Wages & Incentives
* No Office Distance from CSI Campus
* Starting Time to coincide with your schedule
* Flexible Scheduling
* Scholarships
* Looking for English/Spanish speaking applicants. For each completed Spanish survey we offer \$1.00 on top of regular pay. Please pick up an application at Discovery Research Group 782 Falls Ave. The Turt Plaza Or call (208)735-6601 - En Espanol Investigacion de Mercados. Tenemos aberturas inmediatas para trabajo temporal (15-30 horas a la semana) Turno de dia (7-3 P.M. - Vier.) Turno de noche. Si estas interesado en el agliento O En un ambiente tranquilo O Absolutamente no lamuse de vender solamente Investigacion de mercado O Salario competitivo O Incentivos O De distancia a la Universidad de CSI O Horario flexible que coincidir con horario escolar O Becas disponibles Por favor de recoger una aplicacion en Discovery Research Group 782 Falls Ave. The Turt Plaza Or call (208)735-6601

HAIR STYLING
Looking for (3) Hair Stylist in the Turley area. Please apply at 208-544-1500.

HANDYMAN
Painting, construction, plumbing, PT. Call 801-572-0622

MAINTENANCE
5 hrs/wk. opening for a maintenance person, working in 2 group homes for disabled children. \$13 an hr. If interested please call Teresa at 208-536-2042. EOE

MAINTENANCE
Regional Oil Company requires a General Maintenance person for Magic Valley locations. Working knowledge of electrical systems, wiring and code; concrete installation and excavation; petroleum piping, light duty truck and tractor operation with supervision with job bidding. Applicant must provide their own hand tools. Company vehicle provided, health insurance, and profit sharing program. Send resume to Ms. Earl, PO Box 5159 Twin Falls, Idaho 83303

MANAGER
Landscape Project Manager. Web Landscaping Inc., an ESOP company, is located in the Sun Valley/Ketchum area. We are opening for Project Managers in their landscaping divisions. Job responsibilities include: Estimating, job costing, on-site take offs, establishing budgets and scheduling construction activities. Some design drawing and plan development also. Salary DOE, great benefits, including health, life, 401k and more. Please e-mail resume to: brian@webland.com or fax to 208-755-4787.

MECHANIC
ASE Certified Mechanic for busy shop. Must have experience & own tools. Pay is commission flat rate \$22-\$32 w/ potential to earn more. Benefits Contact John or Ryan 208-728-8259

MECHANIC
Mechanic for daily. Large truck calls, accepting applications for a full-time medical secretary. Please apply at 528 Eastland Ave. Twin Falls, ID 83301 EOE

MECHANIC
Motorcycle mechanic Full-time or seasonal, experience required. Call for appointment. 829-8812 at Gary's All Sports. Hazleton ID

TWIN FALLS Care Center
LPN Full-time CNA's All shifts.

We offer:
* Paid Vacation
* Sick & Holiday Pay
* Health/Vision/Dental and Disability
* 401k
* Full employee programs
* Don't miss out! Join our professional team. Please apply in person at: Twin Falls Care Center 674 Eastland Dr. 734-4254 Contact Person: Lisa Moran

MEDICAL
Nurse FT & PT for 32 bed assisted living in Wendell. Call 536-2623

MEDICAL
FT/PT Medical Billing position must have experience and provide references. Knowledge of CPT and ICD 9. Send Resume to PO Box 5782 Twin Falls, ID 83303

MEDICAL
Great Basin Surgical Center in Elko Nevada - has an immediate opening for an experienced Scrub Tech. We desire to fill this position ASAP. Salary is DOE with opportunities for advancement upon demonstration of clinical abilities. We offer profit sharing, medical, dental, vision and PTO. Interested parties may fax a resume to the center, or contact either Mable or Bret for additional information. Call 208-735-4700 or fax 208-735-4703.

MEDICAL
Idaho Home Health & Hospice is now accepting applications for a full-time medical secretary. Please apply at 528 Eastland Ave. Twin Falls, ID 83301 EOE



EMPLOYMENT MEDICAL Full-time and Part-time CNA night shift openings... Call 208-331-1112

PSYCHOLOGICAL Full-time and Part-time CNA night shift openings... Call 208-331-1112

PROFESSIONAL Mental Health Specialist... Call 208-735-2134

RESTAURANT Lulu Cakes' Restaurant... Call 208-735-2134

RESTAURANT Hiring hostess and servers... Call 208-735-2134

WELDERS Stainless Steel Welders... Call 208-436-4060

ROUTES AVAILABLE The Times-News is currently looking for Independent Route Carriers... Call 208-735-3347

PUBLIC SERVICE MESSAGE Don't pay to find work before you get the job... Call 208-735-3347

BUSINESS OPPORTUNITIES 301 BUSINESSES AVAILABLE... Call 208-735-3347

MEDICAL Idaho Home Health & Hospice is now accepting applications for a FT Director of Home Resources... Call 208-331-1112

MEDICAL Radiology Tech ART or registry eligible... Call 208-331-1112

PROFESSIONAL Looking for a Dialysis Nurse... Call 208-331-1112

PROFESSIONAL Seeking Environmental Health Specialist level... Call 208-735-2134

SALES How would you like to sell vehicles for 20 to 40 percent... Call 208-735-2134

SALES Toyota sales are great with a superb new model lineup... Call 208-735-2134

SALES Need reliable carriers for our town routes in BUIH... Call 208-735-3347

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SALES Need reliable carriers for our town routes in BUIH... Call 208-735-3347

MEDICAL ST. BENEDICT'S FMC... Call 208-331-1112

MEDICAL Mtn. View Care is EOE... Call 208-331-1112

MEDICAL Assitant Manager & (2) Seasonal Maids... Call 208-774-7000

PROFESSIONAL United Way Success By 8th Grade Stars... Call 208-735-2134

RESTAURANT Part-time & Full-time Cashier... Call 208-735-2134

SALES Will's Toyota... Call 208-735-2134

WAREHOUSE DELIVERY Local FT ag business is looking for a FT Warehouse Driver... Call 208-735-2134

WAREHOUSE DELIVERY Local FT ag business is looking for a FT Warehouse Driver... Call 208-735-2134

WAREHOUSE DELIVERY Local FT ag business is looking for a FT Warehouse Driver... Call 208-735-2134

NOW HIRING: RNs Graveyard Shift 6pm-6am... Call 208-735-3333

NEWSPAPER DELIVERY SUBSTITUTES... Call 208-735-3347

OFFICE Payroll and Payable position... Call 208-331-1112

RESTAURANT Cook needed at Clear Lake Country Club... Call 208-735-2134

RESTAURANT Cooks, Servers... Call 208-735-2134

RESTAURANT Full-time Cook... Call 208-735-2134

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RETAIL TARGET! Target is looking to hire fast, fun, and friendly people... Call 208-735-2134

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Wednesday, March 9, 2005

THE ACES ON BRIDGE

Bobby Wolf

"They defend their errors as if they were defending their inheritance."

— Edmund Burke

Today's hand won Tony Forrester, seated East, the International Bridge Press Association's Award for Best Defense of the Year. Much to his embarrassment, though, it cropped up in a consolation event, after he and his partner had been knocked out of the main championships. Forrester's partner found the best lead of a low spade against six diamonds. South ruffed Forrester's ace and continued with the ace and king of clubs, preparatory to ruffing a club in dummy. Normally declarer would have ruffed the third club in dummy, played off the diamond ace to drop the king, then ruffed a spade back to lead to head out the diamond jack and 10, and conceded just one trump trick, with all the clubs good.

Forrester appreciated that declarer needed to be distracted from his course; can you see the route he followed? Well, it may sound simple if expressed in those terms, but it is quite an effort to think of it at the time — on the second club, Forrester dropped the queen! The ruse worked. With his club suit now ready to run, declarer no longer needed to ruff a club. So he changed tack and took the diamond finesse. In with the king, East returned a spade, which South ruffed. Now a diamond split on the ace revealed the 4-1 split. Although South and West now each held the same number of trumps, South could not get off dummy without losing trump control. In fact, whatever he did, he was doomed.

NORTH ♠ 9 10 9
♥ A Q J 4
♦ A Q
♣ 10 3

WEST ♠ K 5 3 2
♥ 8 8 5
♦ 7 5
♣ 7 5

EAST ♠ A 7 6 4
♥ K 10 7 5 3
♦ A K
♣ 8 4

SOUTH ♠ A
♥ J 10 7 4 2
♦ A K 9 6 2

Vulnerable: Neither

Dealer: North

The bidding:

South	West	North	East
2♦	Pass	1♥	Pass
3♦	Pass	3NT	Pass
4♠	Pass	6♠	All pass

Opening lead: Spade three

BID WITH THE ACES

South holds: ♠ Q J 10 9
♥ A Q 4
♦ A Q
♣ 10 3

South West North East
1♥ Pass Pass 2♦
2♦ ?

ANSWER: Double, for takeout. You want to take further action, but bidding two spades is too unilateral. So double (for takeout, since low-level suit-doubles facing a passing partner are not for penalties) and get your partner to decide what he wants to do.

If you would like to contact Bobby Wolf, e-mail him at bobwolf@msn.com. Copyright 2005, United Feature Syndicate, Inc.

QMC '99 1 ton 4x4, 4 door, single rear wheels, 83K. Hard to find, must see to appreciate. Call 208-638-4919.

QMC '98 Sierra, loaded, 5.3 liter V8, 4x4, exc. cab., exc. condition, \$14,000. Tradeable offer. \$43,999. Call 208-834-9059.

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ISUZU '97 Trooper 5 speed, loaded, V8. \$15,995 now \$9,995.

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QMC '94 Suburban, 4x4, all options, 98K, very nice, \$17,900. Call 208-731-1823.

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FORD '97 Expedition, 4x4, Eddie Bauer, loaded, \$9750.

FORD '02 Explorer Sport, 4x4, 3.0 liter, runs great. Was \$19,995 now \$9,995.

QMC '93 Suburban, 4x4, A.C.P.S., P.P., 83,000 miles, Powerstroke diesel, XLT, loaded. \$16,120. 324-6281.

FORD '01 Explorer Sport, new tires, good stereo, well maintained. \$13,500. 404-3134.

FORD '02 Explorer Sportrac XLT, tonneau cover, V8. \$16,995 now 17,495.

QMC '98 Suburban 4x4, great cond., runs good, 116K. \$23,300. Call 208-420-9140.

QMC '98 Suburban, good cond., 32,000 or best offer. \$16K. 392 L.S.A.B.R., media brakes, \$900. Call 208-316-1430.

QMC '01 Denali Yukon Ext. Cab, 4 door, loaded, \$23,000. Set of wheels winter & summer. \$15,699. Offer. Call 208-658-4337.

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DODGE '02 Grand Caravan, Must Sell! Top cond., \$15,000. Call 208-324-7899.

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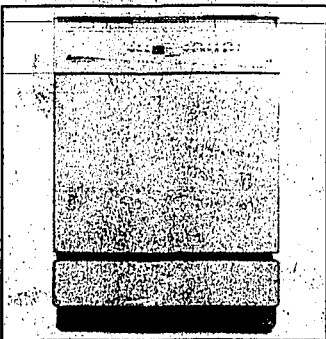
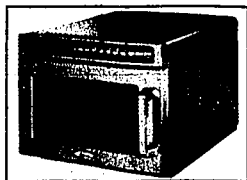
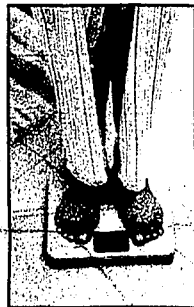
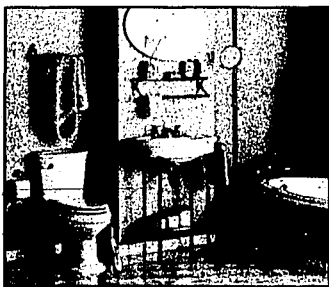
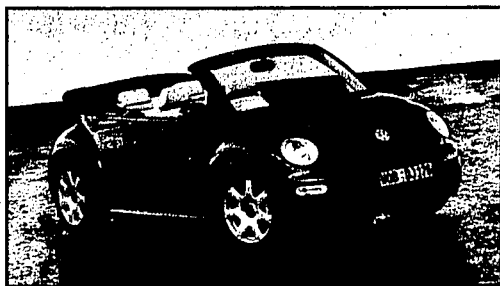
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HERE'S HOW *Guide*



**PICK THE RIGHT WIRELESS PLAN • CHOOSE A DENTIST
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 MAKE HOME REPAIRS YOURSELF
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HERE'S HOW

Series

CHOOSE A DENTIST

CHECK IT OUT

Don't leave your choice of dentist to chance

Choosing who will assist you in maintaining good dental health should be a careful decision. It should not be left to chance. It should not be based on who has a coupon for free X-rays or who offers some other temporary incentive. It is very important to have a dentist who takes a sincere interest in your oral health, not just someone who wants to perform procedures on you. You should expect personalized care. Dentists in general practice are fully qualified to provide all aspects of dental care. While there are certain specialties in dentistry, such as Oral Surgery and Orthodontics, there is no such thing as a "Cosmetic Dentist."



- Before selecting a dentist in general practice, you may want to consider several of these factors:
- Is the dentist prevention oriented?
 - Does the dentist provide oral health instruction and education?
 - Does the dentist seem genuinely interested in your general health situation?
 - How available is the dentist?
 - What arrangements does the dentist have for handling emergencies that occur outside of office hours? How available is the dentist after hours?
 - Consider the stability of the office - is there a constant turnover of staff members so you never see the same face year after year? Is there a new associate dentist every couple of years?

- After considering the recommendations, call a dentist for an appointment. At your first visit, you should be able to learn a lot about whether he or she is the right dentist for you. Try to evaluate the following:
- Is the general appearance of the office appealing?
 - Is the dentist and the dentist's staff courteous?
 - Is the appointment schedule convenient for you?
 - Does the office respect your time by being on time?

- Does the office help you pay for your care by helping you with your insurance and payment plans?
- Does the office seem up to date and modern? Does it use the latest technology?
- Does your dentist recommend that you buy vitamins, special toothpaste, mouthwash, etc., from the office?
- Does your dentist recommend a product because it will make more money for the office or does he or she make recommendations that benefit you?

Be open and frank when consulting your dentist. Do not try to establish your own diagnosis. Let your dentist evaluate your particular health situation and give him all the information he needs. Then discuss the possible treatment plans suggested for your particular case. Rarely is there only one possible treatment plan. If your dentist insists that you must have several crowns with no other options, consider the motivation of the dentist. If your previous dentist said you were fine, but your new dentist recommends several expensive crowns, the dentist may be considering his or her needs more important than yours.

Questions to ask when searching for a dentist

- When searching for a dentist, the American Dental Association offers these suggestions:
- Ask family, friends, neighbors or co-workers for recommendations.
 - Ask your family physician or local pharmacist.
 - If you're moving, your current dentist may be able to make a recommendation.
 - Call or write your local or state dental society. Your local and state dental societies also may be listed in the telephone directory under "dentists" or "associations."
 - Use ADA.org's ADA Member Directory to search for dentists in your area.
 - You may want to call or visit more than one dentist before making your decision. Dental care is a very personalized service that requires a good relationship between the dentist and the patient.



- What should I look for when choosing a dentist? You may wish to consider several dentists before making your decision. During your first visit, you should be able to determine if this is the right dentist for you. Consider the following:
- Is the appointment schedule convenient for you?
 - Is the office easy to get to from your home or job?
 - Does the office appear to be clean, neat and orderly?
 - Was your medical and dental history recorded and placed in a permanent file?
 - Does the dentist explain techniques that will help you prevent dental health problems? Is dental health instruction provided?
 - Are special arrangements made for handling emergencies outside of office hours? (Most dentists make arrangements with a colleague or emergency referral service if they are unable to tend to emergencies.)
 - Is information provided about fees and payment plans before treatment is scheduled?
- You and your dentist are partners in maintaining your oral health. Take time to ask questions and take notes if that will help you remember your dentist's advice.
- What is the difference between a DDS and a DMD?
 - The DDS (Doctor of Dental Surgery) and DMD (Doctor of Dental Medicine) are the same degrees. The difference is a matter of semantics. The majority of dental schools award the DDS degree; however, some award a DMD degree. The education and degrees are the same.

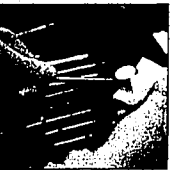
When it comes to finding a dentist, do the research

Consumers want to know how to spend their money wisely, and they want assurances about the quality of dental care they receive. Because dental care is a highly personalized health service that must vary from patient to patient, it is difficult to give hard-and-fast rules about what is "good" dentistry. According to the American Dental Association, you can have a good experience with dentistry by making the right choice of a family dentist and by practicing good oral health care at home between dental visits. In addition, proper home hygiene can reduce the costs of dental care by preventing dental disease.

specialized for full mouth rehabilitation.

Do your homework
Before selecting a family dentist, the Dental Consumer Advisor, a national non-profit organization dedicated to dental research and education, suggests considering any number of possible choices before making a final decision. And, with so many qualified dentists practicing today, it pays to do your homework. For example, even though many dental referral services are directly subsidized by the participating dentists, the consumer can obtain a large amount of information about the individual dentists on the service.

Choosing a dentist
For successful dental care it is important to have a family dentist who takes a sincere interest in the patient's general health. It makes sense to select and become acquainted with a dentist before a dental emergency arises. If you are a subscriber to one of the newer dental benefit modalities such as dental HMO's and capitation plans you will be limited in the number of dentists from which to choose in any given area. Nonetheless the following can still provide useful guidelines in the selection process.



- State Board licensed dentists in general practice are fully qualified to provide nearly all aspects of dental care. They can also provide referrals in cases where specialized treatment is required. Specialty areas in dentistry include:
- Endodontics - root canal therapy
 - Oral Surgery/Oral Pathology - the identification and removal of teeth or tissues from the oral cavity.
 - Orthodontics - braces and the repositioning of teeth.
 - Pedodontics - care exclusively for children & teens.
 - Periodontics - care of gums and supporting tissues.
 - Prosthodontics - dentists

In addition, during the past several years, there has been an increase in advertising for dental services. These advertising programs can be useful in the selection process. An excellent source of information would be advertisements in your local newspaper. However, remember that in many states, it is considered unethical or unprofessional for any dentist to advertise that his/her treatment is "superior" to another. After completing your research, call a dentist for an appointment. At your first visit you should be able to learn a lot about whether the dentist is right for you and your family. By spending the small amount of time necessary to make an intelligent choice of a dentist, you will help create a doctor-patient relationship founded on mutual trust and respect.

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HERE'S HOW

Series

PRE-PLANNING A FUNERAL



Each year over 1,000,000 people in the U.S. plan for their funeral in advance of need.

Estate Planning Basics

Estate planning is a broad term that encompasses the distribution of your assets to people you choose after you are deceased. It generally involves the drafting of a will, and where necessary, the creation of real estate trusts. It can also include funeral preparation information, the name of your designated executor (the person who will carry out the terms of your will) and plans for organ donation, child care and guardianship.

It is important to have a plan in place, whether simple or all-encompassing, regardless of your age, marital status, financial status or health situation. However, if you live an unusually risky life, or are very wealthy, it's wise to set up an estate plan immediately to protect your assets.

One of the main advantages of a will is that it avoids the probate process, which occurs when there isn't a will in place, and requires the court to split up your possessions. This could result in your property going to people you might not want it to go to. For example, the majority of your assets could be left to your children, with your spouse left financially floundering. Then he or she would need to seek the court's permission to spend the money — a timely and costly process. A will helps head off concerns with probate.



Q: Can I make a handwritten will since I don't have much property?
A: These types of wills, called holographic wills, are valid in very few states. 1. You must date and sign the will. 2. The will must be signed by at least two, or in some states, three, witnesses. They must watch you sign the will, although they don't need to read it. Your witnesses, in most states, must be people who won't inherit anything under the will. Generally, you don't need the will notarized. If you have questions about the requirements, contact an attorney.

Q: What makes a will legal?
A: If you are of sound mind, then there are only a few other requirements. 1. The document must expressly state that it's your will. 2. You must date and sign the will. 3. The will must be signed by at least two, or in some states, three, witnesses. They must watch you sign the will, although they don't need to read it. Your witnesses, in most states, must be people who won't inherit anything under the will. Generally, you don't need the will notarized. If you have questions about the requirements, contact an attorney.

Q: What if I don't want to leave assets to my spouse?
A: Your spouse is legally protected against walking away with nothing from your will. In some states (Nevada, Arizona, California, for example), he or she inherits half of your estate, regardless of what your will indicates. In most other states, your spouse is entitled to a portion of your estate.

Q: What if I have young children?
A: You can leave assets to young children, but they will need to be managed by an adult until they reach 18 years of age. If this is your plan, also name an adult financial guardian in the will.

COMMON WILL QUESTIONS

Though most people are aware that they need a will, the majority — about 70 percent of Americans — doesn't have one, according to Nolo.com, a legal information Web site. The reasons for procrastination vary (many people don't like to think about death and dying). But, once the will is done, you can rest a little easier knowing that your wishes will be followed after your death.

Because it is such an important document, here is some information you should know:

Q: Do I need a lawyer to draft a will?
A: In most cases, no. Making a will rarely involves complicated legal rules, and most people can draft their own will with the aid of a good self-help book or software program. However, if you stumble across roadblocks or questions, seek the advice of a lawyer.

Q: Can someone challenge my will once I've died?
A: Very few wills are ever challenged in court. When they are, it's usually by a close relative who feels somehow cheated out of his or her rightful share of the deceased person's property. Usually, only a spouse would be entitled to a share of property.

"Dying is one of the few events in life certain to occur, yet one we are not likely to plan for. We spend more time getting ready for two weeks away from work than we do our last time on Earth."
 Time Magazine, Sept. 2000

Pre-Planning A Funeral

Why do people choose to pre-plan their funeral?
 Two reasons. First is a financial reason. They have decided to pre-plan and pre-pay for their funeral as part of their financial planning and in particular to make sure they don't put a financial burden on their survivors.

The second reason is simply peace of mind. Many people still see their funeral as their responsibility, even though they will be dead. Planning their funeral in advance, making most of the major decisions, makes them feel as if they will not be a burden to their spouse or family.

Can I pre-plan a funeral without paying for it?

Yes. Some people first pre-plan their funeral, making the major choices that need to be made. Then, perhaps when they are more financially able, pay for the funeral, either in a lump-sum or using monthly payments. Using a small life insurance policy to pay for a funeral has become the best way to do this.

What age group typically pre-plans their funerals?

People between the ages of 50 and 80 are the ones most often pre-planning and pre-paying for their funerals.

Why is pre-planning a funeral helpful or important?

Primarily pre-planning helps in two ways. It allows the pre-planner to set aside money to pay for the funeral, ensuring that financial burden does not fall on anyone else's shoulders.

Second, pre-planning is an acknowledgment of the inevitable that so many people try to ignore or block out of their minds. Many people have found that pre-planning their funeral provides them with a peace of mind to live their remaining years in a much more fulfilling way.

What will my family think if I make my own funeral arrangements in advance?

Different people have different reactions, but the vast majority of children of people who make pre-arrangements strongly support the idea that someone should have something to say about their funeral and how it will be conducted. Sometimes spouses can disagree about pre-planning. However, in most of

those instances, after the topic has been brought up it can lead to the discussion that is necessary between spouses. "We are both going to die, and one of us will be first. How should we plan for that?"

After buying insurance to pay for my funeral, can I change funeral homes?

Most states require that a person always has freedom of choice in selecting a funeral home whether or not any time of prearrangement or pre-planned funeral has been arranged through a funeral home. However, some funeral homes may have as part of their prearrangement contracts financial penalties for canceling the prearrangement contract. Please read any such contract carefully and be sure to ask whether any penalties, financial or otherwise, will happen if you choose another funeral home. Many people have made pre-arrangements in one state, only to move to another at the time of their retirement.

After making my funeral plans in advance, can I change my mind?

Generally yes. Most plans can be added to, or deleted from, or completely changed or completely deleted. However, read any such pre-planned funeral contract carefully and ask whether any type of financial or other penalties occur if you make any such changes.

What happens if someone dies while traveling far from home?

Usually, the next-of-kin is contacted, and they will call their local funeral home. The local funeral director then contacts a funeral home near the location of death to make arrangements for the body to be removed from the location of death and moved to the funeral home where more than likely, the body will be embalmed.

A funeral is a ceremony of proven worth and value for those who mourn. It provides an opportunity for the survivors and others who share in the loss to express their love, respect, grief and appreciation for a life that has been lived. It permits facing openly and realistically the crisis that death presents. Through the funeral the bereaved take that first step toward emotional adjustment to their loss.



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HERE'S HOW

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DESIGN A HOME THEATER

UNDERSTANDING HOME THEATER

Home theater is a fact that is sweeping across America, and what was once limited to the wealthy is now available to nearly everyone. Technology is the chief culprit. Electronics are getting bigger and better, and at the same time prices on everything continue to fall. That 31 inch TV you purchased in 1991 cost over \$1,000 and are now available for around \$300. Those first big screen TVs were big, expensive and seemed great at the time, but now newer technologies have made them seem pathetic. Now in this digital world we've been spoiled and seem to expect perfection. So, what is a Home Theater? I would say that, at a minimum it should consist at least these basic elements:

- A larger than usual video display.
- A surround sound system that accentuates the video image.
- Digital media to run the system. There is no point in having a larger than life analog system.
- A room that has plenty of seating, and is suitable for controlling the ambience.

So, what is a Home Theater? Let's talk about video display devices and technologies associated with them. First, what is high definition? HDV (HDV) is a new high-resolution video format that will, in time, replace standard definition TV (640x480). It is available in a couple different formats, 1080i and 720p. The resolution for 1080i is (1920x1080), and for 720p it is (1280x720). Even though the 1080i has a higher overall resolution, it is not necessarily better. The "i" that follows that 1080 indicates that it is an interlaced signal, meaning that it displays the even and odd scan lines in alternating frames, thus there are only 540 lines displayed every frame. The "p" following the 720 indicates that it is a progressive scanned signal, and thus displays all 720 lines every frame. Enhanced definition TV, EDTV is simply a widescreen version of standard definition, usually (848x480).

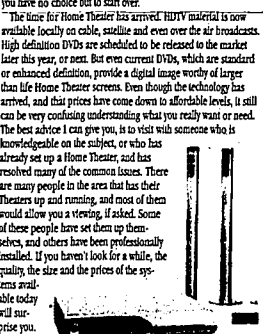
Second, there are all the definitions associated with the devices themselves, CRT, LCD, LED, LCOS and Plasma. CRT's "cathode ray tube" are an analog technology that has been around for a very long time and will continue to be available. CRTs can be compatible with HDV, but are not a true digital device and thus the least expensive of the big screens. LCD "liquid crystal display" has been around since the late seventies, when it showed up in your digital watch. It has made its way into several quite different digital devices, rear projection TVs, flat panels, and projectors. LCD works by controlling the amount of red, green and blue light by simply turning the pixels in the panels on or off. When they're on the light passes through, and when off the light is blocked. DLP "Digital Light Processing" controls the red, green and blue using a Digital Micromirror Device, DMD developed by Texas Instruments. The DMD consists of a panel layered in micromirrors, one for each pixel that pivots up 12 degrees when on, and flat when off. Initially the light passes through a spinning color wheel composed of red, green and blue. As each color section changes the color of the light, the appropriate mirrors, that need that specific color, pivot up in order to reflect that color to the screen. Each of these mirrors is capable of cycling up to 720 times per second, and the amount of cycles determines the amount of that specific color that is sent to the screen. All this is coordinated with a color wheel that is spinning at the equivalent of up to 18,000 rpm. LCOS "liquid crystal on silicon" works using LCD technology in a manner similar to

DLPs. It uses liquid crystal to operate, however it does not allow the light to pass through. Rather, it uses it to reflect the light similar to the DLP's mirrors. LCOS is used by only a handful of manufacturers, thus there are not as many units available with this technology. Plasmas are flat panel displays that use a sealed gas tube. Each of these gases glow red, green or blue, and also account a similar price. Also keep in mind that the gases do diminish over time, and are not rechargeable.

So, where do you start? First, you must take a good look at the room in your home that would become your Home Theater. Is it big enough? It's impossible to turn a 10' by 10' room into something that anyone would call a "Theater". Next, can you control the ambient light? Remember, all commercial theaters are dark for the reason. Darkness helps the contrast in the picture, and also helps

you to be enveloped by movie. After you have assessed your room, you can start developing some plans. The size of the screen can be determined by the position of your seating area. You should seat yourself away from the screen is less than 1.5 times the screen's width. Too big, is usually only a problem with a conventional big screen, LCD flat panel or Plasma, however it can be when you are using front projection with screen sizes up to 12 feet. Most people who live in their home, what they would call a dedicated Home Theater, use front projection. Front projection, which used to be the way for the wealthy, has now become affordable for nearly everyone. A similar projector to one that sold for \$5,000 just two and a half years ago can now be purchased for around \$1,300. Even though the projectors have come down in price, the lamps are still rather expensive. They will typically run \$350 to \$500 to replace. Most lamps now have a rating of around 3,000 hours which equates to about 1,500 to 2,000 movies. So if the lamp ran \$350, this would equal approximately 17.5 to 23 cents per movie. However, when the gases in a plasma are depleted, you have no choice but to start over.

The time for Home Theater has arrived. HDV material is now available locally on cable, satellite and even the air broadcasts. High definition DVDs are scheduled to be released to the market later this year, or next. But even current DVDs, which are standard or enhanced definition, provide a digital image worthy of larger than life Home Theater screens. Even though the technology has arrived, and that prices have come down to affordable levels, it still can be a very confusing undertaking, you who really want or need. The best advice I can give you, is to visit with someone who is knowledgeable on the subject, or who has already set up a Home Theater, and has resolved many of the common issues. There are many people in the area that has their Theaters up and running, and most of them would allow you a viewing, if asked. Some of these people have set them up themselves, and others have been professionally installed. If you haven't look for a while, the quality, the size and the prices of the systems available today will surprise you.



HERE'S HOW

Series

PURCHASE A HEARING AID

SPREAD KNOWLEDGE OF LIVING WITH HEARING LOSS

For many people it is difficult to imagine living life without the assistance of one or more senses. We often take it for granted how much we rely on these senses to get us through our daily lives. However, for someone who is deaf or hard of hearing, certain tasks may be more challenging and require different ways to tackle them. That is why it is important for the public to be aware of each other's differences. It is also why events like Deaf Awareness Week were initiated.

Deaf Awareness Week is the last full week (Sunday through Saturday) of September, in commemoration of the First World Congress of the Deaf held that week in 1951. The World Federation of the Deaf (WFD) is an international organization composed of 120 national associations of the deaf which, in collaboration with the United Nations, serves all countries in the enhancement of the social, economic and cultural lives of deaf and hard of hearing people. The WFD is international.

SHOPPING FOR HEARING AIDS

There are ten questions you should ask your hearing care professional when shopping for a hearing aid.

1. What hearing aid manufacturers do you offer? Keep in mind that no one manufacturer has a product that will fit everyone's needs. Purchasing a hearing aid that is recognized and serviced all over the world is important if you travel.
2. What style hearing aid do you recommend? There are different styles available you will want one that fits your needs. Don't sacrifice quality hearing for looks.
3. Do I need a hearing aid or not? Naturally, you are designed to hear from both sides of your head, just as you are designed to see with two eyes... you don't see many people wearing a monocle any more and for good reason! Of course there are always exceptions, such as a person who only has a loss in one ear or someone who has a deaf ear.
4. What types of technology do you offer? It's important to understand the difference between analog, programmable, and 100% digital technologies. All these technologies are very different.
5. How many bands and/or channels do you recommend for my loss? Not all hearing aid technologies are created equal. Bands and channels refer to how many different frequencies can be adjusted on the hearing aid. You can imagine that a two channel instrument will operate much differently than a 15 channel, and it will therefore have a much different price tag.
6. Will you offer me options like a volume control, a remote control, and a telecoil? These are all options that can make your life easier, depending upon your needs.
7. Will you fit me with hearing aids that help with background noise? Not all hearing aids come equipped with this feature.

Deaf Awareness Week is, as is its international affiliate, The National Association of the Deaf (NAD). Activities promoting the event range from school-based exhibits, performing arts, Deaf Awareness booths at shopping malls, and promotions coordinating with sporting events.

- You can stage your own Deaf Awareness Week events. However, keep in mind the main objectives of the initiative when planning:
- To become familiar with terminology related to deafness.
- To be able to differentiate between misconception and fact about deafness and deaf culture.
- To understand the differences in the attitudinal approaches to deafness by the hearing public and deaf people themselves.
- To learn about types, degrees, and causes of hearing loss and other audiological information.
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8. What kind of service plan do you offer? Hearing aids need periodic maintenance and occasional repairs. Do you offer complete Hearing Healthcare to ensure that your hearing aid functions at the maximum performance level?
9. What kind of consumer education do you offer?
10. What are your credentials and how long have you been doing this? Hearing aid fitting is a specialty, it's no simple procedure! Will be seen by a licensed and manufacturer trained Hearing Aid specialist.

(Article Courtesy of Widex Hearing Aids)

Do You Need a Hearing Aid?

If you answer yes to one or more of these questions, make an appointment with an audiologist or other hearing professional. (Source: Widex for the World of Hearing)

- Do others accuse you of turning the television too loud?
- Do others accuse you of not paying attention?
- Do you mishear names 50% for 15 and 60 for 16?
- Can you hear better with one ear than the other on the phone?
- Have you stopped attending plays and lectures because of the strain extended to hear the music?
- Do you have trouble understanding someone speaking to you from another room?
- Do you have difficulty understanding speech when there is background noise?
- Do you miss the punch line of jokes?
- Do you seem to hear the words but not understand them?
- Do you have a history of ear infections, earaches or running ears?



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A Patient's Perspective

Professional Hearing Aid Services Betty Martin Did!

Most people would agree that if you have experience at doing something for 20 years or more, then you probably know a little bit of what you're talking about. Betty Martin has worn hearing aids, five pairs in all, since the eighties. "I've never had a pair as good as these Widex Divas," she explains. "I still respond to questions with a 'Huh!' or laughed just because others were laughing. I figured that whatever was said must have been funny."

Betty has nerve deafness, probably caused by a hereditary condition since both her parents had hearing loss and her sister wears hearing aids. Betty got her first set of hearing aids in 1972. "There's nothing like these new Divas," she says. "You see me in the newspaper all the time for cheap hearing aids, and let me tell you, you get what you pay for!" She added, "If you are going to cut corners don't do it with your hearing, and don't do it with the hearing professionals who are going to help you with your hearing aid."

Betty and her husband, Leonard, have known Fritz of Professional Hearing Aid Services since he was in high school. "We used to buy cattle with his parents," she says. "When Fritz opened Professional Hearing Aid Services, he was always asking me to come in and try the new Diva technology, and I'm glad I did."

Since changing over to her new digital hearing aids, Betty has more fun with her four children, twelve grandchildren, and three great grandchildren. "It's so much better when you can hear them," she says. "The littlest one talks so fast and at a high pitch. My Diva hearing aids take care of that for me."

Betty Martin

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HERE'S HOW Series

MAKE YOUR HOME MORE HEAT AND COOLING EFFICIENT

COOL YOUR HOME WITHOUT MAKING SACRIFICES

With warmer weather on its way, many homeowners turn their thoughts to air-conditioning systems—namely what will be the best option for their home. Central air-conditioning systems are often desired, but for homes that are already ducted for central air, installation can mean ripping out walls or ceilings.

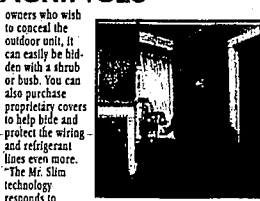
Traditional window air-conditioning units are another option. But, many homeowners consider them an eyesore because they can be bulky, obtrusive and loud—detracting from the style and aesthetic appeal of a room at home and blocking the view to the outdoors. What's more, most window units can be removed rather easily, making them an inviting entry point for criminals.

For homeowners who wish to maintain a cool indoor environment without sacrificing space, aesthetics or home construction, split-system technology is ideal. It offers a quieter system, giving homeowners their window space while improving efficiency and comfort.

Mitsubishi Electric, who pioneered the technology, offers its own Mr. Slim (R) split-system air-conditioning and heat pump systems. Comprising an outdoor unit and up to three indoor units, installing is fast and easy, and only a small, three-inch opening is required in the wall to connect the indoor and outdoor units with refrigerant piping and control wiring. (The piping is split between the units, hence the term split-system.)

Its indoor and outdoor units connect easily with wiring that runs through a small opening in the wall. Small and discreet, the Mr. Slim indoor component is mounted high on the wall, easily blending into a room and freeing up valuable window space. Without a bulky window air-conditioning unit, homeowners can open and close windows to take advantage of fresh air and panoramic views.

The compact and quiet outdoor unit is unobtrusive and compact, and requires minimal ground space. For home-



owners who wish to conceal the outdoor unit, it can easily be hidden with a vent cap or bush. You can also purchase proprietary covers to help hide and protect the wiring and refrigerant lines even more.

The Mr. Slim technology responds to room temperature changes and delivers the exact amount of cooling or heating required," says Paul Doppel of Mitsubishi Electric HVAC. "Since homeowners can cool and heat specific spaces as needed, they can save money on fuel and electric bills.

Mr. Slim's unique technology helps eliminate drafts while saving energy. This system provides finely tuned performance that precisely maintains the set temperature. Much like the cruise control on a car, which maintains a desired speed, the system's compressor speeds up or slows down as necessary to ensure that the environment remains evenly comfortable.

"Mr. Slim" not only maintained the architectural integrity of a house, but introduced us to a technology that is quiet, reliable, and efficient and that will give me years of worry-free operation," says Herbert Mehl, a New York homeowner.

A hand-held, wireless LCD remote controller completes the package and offers homeowners complete control with the touch of a button. With summer right around the corner, be sure to stay cool and comfortable.

'THE EDGE'

Comfort and Lower Utility Bill

When Madison, Wis., homeowner Dick Reinhard decided to replace the 15-year-old aluminum siding on his five-level ranch house in June 2001, he wanted to do more than just improve his home's appearance. He wanted to improve comfortable living in his home—especially during the winter.

In January, the average temperature in Madison is 16.1 F, according to data compiled by www.city-data.com. January snowfall averages 10.9 inches, with wind speeds averaging 10.3 mph.

Reinhard, a civil engineer, was familiar with Force-For Board with The Edge, the continuous foam-filled hollow-core by Ulma Composites USA, in his job as technical director for PPS Corp. in Madison. Force-For Board consists of a unique composite-folded design of 1/4-inch extruded and breakable polystyrene foam bonded between two layers of tough fiberglass. The product is uniquely designed with compressed edges at the top and bottom that create protective overlap joints, which help keep moisture and cold water from entering homes through seams that are routinely damaged during construction. Air leakage accounts for approximately one-third of heat loss in homes.

In home remodeling applications, Force-For Board can help seal air leaks as recommended by ENERGY STAR, a program of the U.S. Environmental Protection Agency (EPA) and the U.S. Department of Energy. The EPA recommends sealing the envelope that surrounds your living space, including the outer walls.

"The always thought that this was a good idea because it works in all the seams," says Reinhard. "The product has been tested and approved for use in

completely going to use case in a 4-by-8-foot piece that were bonded together during installation. The Force-For overlap makes a better joint."

So, Reinhard decided to install continuous Force-For Board beneath new vinyl siding that is maintained in 45-foot lengths to create a "seamless" effect. He also chose to install vinyl siding replacement windows at the same time.

Reinhard, who is trained in "blower door" testing as part of his job, decided to perform this test on his home both before and after the remodeling project.

"The air seal job and I have noticed how quiet the house is," says Reinhard. "You can watch the wind blowing the trees back and forth outside, and you can't in the house. Down the street, a kid drives by and out with a noisy muffler. I know this because my neighbor complains—we don't hear it."

During the winter following the home improvement job, Reinhard said his wife would tell him that the house felt more comfortable—"that the walls and windows don't feel like cold."

Her personal assessment proved accurate when, in April 2004, Madison Gas & Electric Co. made a mid-season adjustment of the complex monthly billing process, including:

- by representing
- at 43 percent

HERE'S HOW Series

MAKE HOME REPAIRS YOURSELF

DO IT YOURSELF?

Quiz helps answer the question 'to drill or not to drill?'

Do-it-yourself jobs are a popular trend in the home improvement industry. However, before grabbing a hammer and starting to swing, this is a trend with a few potential problems.

Before you decide to do-it-yourself, the National Association of the Remodeling Industry recommends taking this quiz:

- Do you enjoy physical work?
- Are you persistent and patient?
- Do you have reliable work habits—meaning that once the project is started, will it get finished?
- Do you have all the tools needed and, more importantly, the skills required to do the job?
- What quality level do you need for this project? Are your skills at that level?
- Do you have the time that will be required to complete the project? (Always double or triple the time estimated for a do-it-yourself project, unless you are highly skilled and familiar with that particular project.)
- Will it matter if the project remains unfinished for a period of time?
- Are you prepared to handle the kind of stress this project will create in your family relationships?
- Do you know all of the steps involved in the project?
- Have you gotten the installation instruc-

tions from the manufacturer to determine whether this is a project you will want to undertake? (Most manufacturers will send you installation instructions before purchase to determine whether the product will meet your needs.)

- Is this a job you can do completely by yourself or will you need assistance? If you do need assistance, what skill level is involved for your assistance? If you need a professional subcontractor, do you have access to a skilled labor pool?
- Are you familiar with your local building codes and permit requirements? (Some jurisdictions require that the work be completed by a licensed and bonded professional in order to meet code.) It is best to check these requirements before beginning work on the project.
- What will you do if the project goes awry? (Most contractors are wary about doing on a bonded do-it-yourself job, and many just won't take them.)
- Is it safe for you to do this project? If you are not familiar with roofing or do not have fall protection restraints, you may not want to venture into a roofing job.
- If you are unsure about your own ability, leave it to a professional. Some jobs can be left to a non-performed contractor. Your health and safety should be the

primary concern. Never exceed a do-it-yourself project that would jeopardize either:

- Will you be able to obtain the materials you need? Who will be your source of supply? Will they deliver?
- Are you attempting to do-it-yourself for financial reasons? If so, have you looked at all of your costs, including the cost of materials, your time, and the tools you need to purchase? If you are new to the do-it-yourself game, you may also want to look at the cost to correct any mistakes you may make, such as the damage factor. Will it still be a cost-saving venture?
- If you are using do-it-yourself for the satisfaction of a job well done, can you ensure that the job will be "well done"? If it does not come out right, how will you feel? Will you be able to afford to redo any unsatisfactory work?
- If you answered yes to eight or more of these questions, you might attempt a do-it-yourself project. But before you get the nearest hardware store, review those questions you marked "no" and carefully consider the potential problems you will face in those areas if you proceed with the project. Hiring a professional might still be your best choice.

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HERE'S HOW Series

ORGANIZE YOUR OFFICE

WHIP YOUR OFFICE INTO SHAPE

A messy desk and chaotic filing system can drain your time, energy, focus and productivity. That's why you should follow these tips for getting your home/office organized.

1. Die into your piles. Don't despair over an unruly mess of paper piles. Devote a small amount of time to sifting through them daily. This makes the job more manageable, and you'll suck it to you will reach the end in no time.
2. Make the trash can your best friend. As you sort through those papers, assess what you really need and what can be tossed. If you fear throwing things out, develop a two-can system. Put the "numbers" in one can and "refinders" in another. This way you'll be able to retrieve items should you need them. Be sure to dispose of the trash frequently.
3. Establish a filing system. Keep current files in a deep desk drawer or a filing cabinet with reach of your desk. Store items you use periodically in a less accessible location. Try color-coding files for better organization. On the electronic front, give computer documents logical names so you'll recall them faster.

4. Keep often-used items within reach. Items you use frequently should be kept on your desk. This includes pens, a calculator, a message pad and any other items that are part of your daily routine. Store a tape dispenser, a stapler, a calculator, paper, etc. in a desk drawer so they are accessible, but are not cluttering your surface space.
5. Establish "in" and "out" boxes. Using your inbox to receive incoming papers and an outbox to hold assignments you've completed before forwarding them to the appropriate person.
6. Create an efficient desk setup. Position your desk so that you can see people who approach the door. Place your computer monitor directly in front of you to discourage interruptions by family members & co-workers. Ensure that your desk chair is comfortable and fits your posture.
7. Avoid juggling notes on small pads. "Sticky" pads and small note pads are great for some things, but important information should be better adapted. Don't want to lose a crucial phone number or associate's name. Use a bound

notebook, like a spiral one, to hold all your notes. Mark the date and any notes you have for the day. This way you'll be able to retrieve information fast and have a record of what business transpired.

8. Don't mix business with home life. Blending business and personal work at your desk is visually distracting. Resist buying household paperwork like bills, catalogs, brochures and other personal items in your work space as they can distract you. Also, don't browse the Internet, talk on the phone for personal reasons or keep the television on during your work hours unless absolutely necessary.
9. Get family members & co-workers to respect your space. Set up rules for your home/office.
10. Know when to close up shop. Spending too many hours working can leave you drained and unfulfilled and may lead to careless errors. Resist the temptation to do work after hours if possible. A well-rested, focused employee is the most efficient one.

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HERE'S HOW

Series

TO LOSE WEIGHT

Learn the Differences Between the Latest Fad Diets

Simple Exercises That Anyone Can Do

Make sure you tell yourself you are here to work out. Perhaps you lack the motivation to hit the gym. Or maybe you think you are just too old to exercise. Those habits are doing you more harm than good. Exercise improves your mental and physical well-being. It's a key component of living a long life and practicing a healthy lifestyle.

But, you can't just start exercising. You have to find the right fitness program and products for you. It's easy to get overwhelmed by the hundreds of fitness products out there because just results with minimal effort. You can also spend hours wading through the exercise videos on the market, trying to find the one that will give you the results you need. Look to the simplest solution — using your own body to achieve fitness goals.

USE SELF-RESISTANCE

According to JB Berns, a natural arts and fitness system designer and creator of the JB Berns Dynamic Freedom Exercise System, you can learn the weights, machines, games and more. With only 15 minutes a day, seven days a week, you can achieve noticeable fitness results. There's no truth secret to Berns' program. You simply use resistance training to tighten muscles and strengthen the body — separating yourself into shape.

"We use traditional isometric and isotonic exercises which work by using the body's own self-resistance combined with concentrated focus on each muscle being worked and the muscle for perfect toning. Our slow contractions with slow motion training for a total body workout can show results in just 21 days," says Berns.

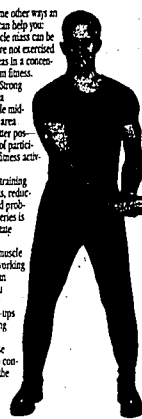
TRAINING BENEFITS

Many people have already discovered the positive effects of isometric resistance training. It creates deep, even different workouts, one for each day of the week, so you can work your body evenly. These workouts emphasize low impact stretching and strengthening movements, and are designed to target major muscle groups, strengthen the spine, improve balance and agility, and promote flexibility.

There are benefits for people of all ages — especially seniors and those with physical limitations who want to retain flexibility and build and

increase strength. Here are some other ways an isometric resistance program can help you:

- **Keeps muscles working.** Muscle mass can be lost with age, but the muscles are not exercised frequently. Working these areas in a concentrated way promotes long-term fitness.
 - **Strengthens the abdominal.** Strong abdominal muscles result in a stronger back and more stable middle. Targeting the abdominal area can mean more flexibility, better posture and a higher likelihood of participating in sporting and other fitness activities.
 - **Keeps bones strong.** Regular training helps protect bones and joints, reducing the risk of arthritis-related problems and osteoporosis. The series is designed to help you rehabilitate from injuries or weaknesses.
 - **Boosts weight loss.** Building muscle boosts your metabolism. By working on key muscle groups, you can effectively burn pounds as you maintain a healthy diet.
- Self-assess and muscle warm ups are recommended prior to doing the exercises and during all the movements. As with any exercise program, it is recommended to consult a doctor before beginning the system.
- For more exercise tips, visit www.freedomexercise.com.



Nutrients for Healthy Bones

Stress can take its toll on your body. It can affect your blood pressure, cause you to lose or gain weight and take enjoyment out of your life. People who are depressed tend to have an excess of the toxic amino acid, homocysteine. Did you know that elevated homocysteine is more highly correlated with heart disease than cholesterol? It can also lead to a host of other health problems.

A new report published in the *New England Journal of Medicine* examined two major studies from Rotterdam and Amsterdam involving 7,406 subjects ages 55 or older. Subjects with the highest levels of homocysteine were nearly twice as susceptible to osteoporosis-related bone fractures compared to other subjects.

According to Dr. Richard Rodell, clinical professor at New Jersey's Robert Wood Johnson Medical School, the nutrients TMG, folate and other B vitamins protect your heart and help ward off osteoporosis-related broken bones that may be caused by elevated homocysteine levels. Foods naturally rich in B vitamins or calcium include dairy products, broccoli, leafy green vegetables, carrots, avocados, cantaloupes and apricots.

To make life easier, The Green Turtle Bay Vitamin Co. has developed a supplement named "Stress" that combines these stress-reducing, homocysteine-lowering nutrients with St. John's Wort.

A fast-food mentality, a preoccupation with slender figures. A sedentary lifestyle. What do all of these statements have in common? These are leading factors in America's infatuation with weight loss and dieting.

An estimated 50 million people will start a diet this year, according to the National Center for Health Statistics. Most seek advice from books and television diet gurus. Some consult support groups, doctors and clinical programs. To the end, we have turned the weight-loss industry into a billion-dollar business, says said U.S. Food and Drug Administration.

Leading the weight-loss trend are fad diets that promise amazing results in relatively short amounts of time. Millions try these diets with varying degrees of success. Their effectiveness has been the subject of debate and their safety often questioned. The diet that is usually the first type of a diet a person will try is one of traditional calorie reduction and exercise.

If you're thinking about going on a diet, there is enough information out there to make your head spin. Here is a breakdown of the top fad diets, listing their pros and cons and a brief description of what they entail.

1. **The Atkins Diet** — It's perhaps the most well-known and popular fad diet of our time. This program has spawned a low-carbohydrate wave across the country. Now, most food companies, fast-food restaurants and the like offer lower carb options to complement the program.

The plan: You eliminate most carbs early in the program and then slowly reintroduce some later on as weight loss milestones are achieved. Emphasis is placed on eating high protein foods and certain foods high in saturated fat.

Dr. Atkins encourages dieters to skip some fruits and vegetables, which many health experts feel can deprive the body of much-needed vitamins, fiber and water. Also, it has not yet been proven if the permissible fatty foods contribute to increased bad cholesterol levels or heart problems down the road.

Good: Following the diet will make you lose weight — at least 15 pounds initially. However, some of this weight loss is due to water loss and reduced calorie intake, which occurs by limiting the foods you eat.

Bad: The South Beach Diet — Riding the waves of Atkins' success, this diet is the one on the market today. Celebrities and regular folks alike have touted its wonders.

The plan: According to the diet's official Web site, "The South Beach Diet is not low-carb, nor is it low-fat. Rather, it teaches you to rely on the right carbs and the right fats and enables you to live quite happily without the bad carbs and bad fats." Like Atkins, certain foods

are "banned" initially and then reintroduced later on. Bad thing: You're told to eat up the foods you love cold turkey, can discourage many dieters. They may feel like they are being deprived.

Good: You do get to indulge in meats, cheeses and bacon. You will lose 8 to 15 pounds in the first two-week phase but, again, this is probably attributed to water loss.

3. **The Zone Diet** — Once a Hollywood staple (Bird and Jen were reported to have favored it), still a favorite among dieters.

The plan: You control insulin production by balancing protein and carbohydrate consumption at meals to help your metabolic foods more efficiently and lose weight. The insulin-control component of the program can be described as a moderate-carbohydrate, moderate-protein, and moderate-fat dietary program. It is a lifelong program.

Bad: This diet focuses on a limited calorie intake, which most nutritionists say is too stringent to be healthy over the long haul. Experts agree that the 40 percent carbs, 30 percent protein and the 30 percent fat equation doesn't necessarily help you reach a metabolic state that will keep you thin, but rather, eating smaller portions will.

Good: It's an easy-to-follow plan that will guide you on correct portion size and help you control food intake.

4. **The Slim-Fast Plan** — It's endured popularity for years and has had notable celebrity endorsements. The plan: Meal and snack replacements shakes and bars are enjoyed at breakfast and lunch instead of regular foods, and the dieter eats a "sensible" dinner.

Bad: Dehydration and weight gain may be common with this diet. Many people do not feel full with the diet shakes and snack bars, which provide a controlled amount of calories. They may then snack on other foods in addition to having the meal replacements.

Good: Packaged foods are pre-portioned and portable. Plus, the plan is simple to follow. An emphasis is placed on eating a balance of healthy foods, combined with moderate exercise.

Most nutritionists agree that a healthy combination of portion control, reduced calorie intake and exercise are the keys to weight loss. However, some feel that fad diets can be used to jump-start weight loss when necessary. Before embarking on any diet program, consult with your doctor for a health assessment and to determine which plan is right for you.

Lose Those Holiday Lbs NOW!

The vicious cycle happens year in and year out. There's Thanksgiving with its turkey, stuffing and pumpkin pie. By the time you're finished on these leftovers, the Christmas cookies are baking in the oven and the gourmet food baskets are arriving at the office. Come Christmas, your pants are already starting to feel snug.

No now it's the new year and you are a new pants size. Don't panic or head straight to the department store for a whole new wardrobe. Exercise and follow these tips instead, and you'll have your body back on track in no time.

Which your portions. It's not what you eat but how much you eat. There's no need to keep certain foods off-limits. With that mindset you're bound to want more and more when you do satisfy that craving, you'll only feel guilty. Instead, fill your plate with lean meat, steamed or sautéed veggies and healthy salads. And of course sample those other favorite-but-not-so-healthy foods, but in moderation.

Calories cannot be saved for later. In theory it seems like a good idea: Skip breakfast, maybe even lunch, and eat everything when you want the dinner. The problem, however, is that you're so hungry by the time you get to dinner you end up overeating. Instead, eat a sensible, healthy breakfast and lunch and then follow the portion-control rules for dinner. That way, you're less likely to overeat or make bad decisions.

Don't confuse thirst with hunger. Before you head back for second helpings or pop open that tin of cookies for a midday snack, make sure you're really hungry and not just dehydrated. It's easy to confuse the two, since your stomach makes noises to signal both. While cooking or waiting for dinner, sip some water. Also, when you head to the mall to return that ugly sweater from Aunt Ida, take a bottle of water with you as well as some healthy snacks. It's good to stay hydrated in the hot, stuffy stores, and if the water doesn't seem to do the trick, at least you'll have something healthy to snack on and won't be tempted to indulge in the food court's often unhealthy options.

Avoid pressure eating. At the holiday table you've likely heard cries like, "Dear, you've hardly eaten a thing!" It's the holidays. Have a second helping! — or "You must try the creamed spinach and the bread stuffing!" Often during holiday dinners, so much is going on that you ignore how quickly you're eating or who's putting what on your plate. Now that the holidays are over, slow down. Take the time to listen to your body, see what it's saying and respond with conscious choices.

Stay positive. It's not impossible to fit back into your favorite jeans. When you sit down for a meal, don't let the food overwhelm you. Take control of your food choices or you'll make poor dietary decisions.

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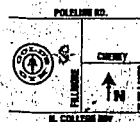
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HERE'S HOW

A short guide to real estate lingo and acronyms

Real estate ads are usually full of acronyms and terms that are unfamiliar to first-time buyers. Here's a cheat sheet from Homestore Inc. and Realtor.com to let you in on the lingo.

4B/2B - four bedrooms and two bathrooms. "Bedroom" usually means a sleeping area with a window and a closet, but the definition varies in different places. A "full bathroom" is a room with a toilet, a sink and a bathtub. A "three-

CHOOSE A REALTOR

Can a real estate agent really help in buying and selling property? THE ANSWER IS YES!



When you're ready to think about selling your property, ask yourself the following questions: Do you have the time, energy, sources of information, and contacts to do the job yourself? If you were one of the "do-it-yourself" people, would the results be as good or better than they would be if you had professional assistance? Would it have gone smoother? Would it have given you more personal time? Would you have purchased for less, or sold for more, if a real estate agent was involved?

agent's help, you do not have to allow strangers into your home. Agents will generally pre-screen and accompany qualified prospects through your property.

NEGOTIATING

The negotiation process deals with much the same issues for both buyers and sellers. Your agent can help you objectively evaluate every buyer's proposal without compromising your marketing position. This initial agreement is only the beginning of a process of appraisal, inspections, and financing - a lot of possible pitfalls. Your agent can help you write a legally binding, win-win agreement that will be more likely to make it through the process.



CLOSING

Between the initial sales agreement and closing (or settlement), questions may arise. For example, unexpected repairs are required to obtain financing or a cloud in the title is discovered. The required paperwork alone is overwhelming for most sellers. Your agent is the best person to objectively help you resolve these issues and move the transaction to closing (or settlement).

AGENT PAY

Real estate agents or brokers are generally paid through the sales commission paid by the seller when a transaction closes. While you have expenses and financial obligations just like you, so it will be to your mutual benefit if you choose a real estate agent and stick with that person. The agent will respect your loyalty and respond with a sincere commitment to you.

PRICING

This process generally begins with a determination of a reasonable asking price. Your real estate agent can give you up-to-date information on what is happening in the marketplace and the price, financing, terms, and condition of competing properties. These are key factors in getting your property sold at the best price, quickly and with minimum hassle.

MARKETING

The next step is a marketing plan. Often, your agent can recommend repairs or cosmetic work that will significantly enhance the salability of the property. Marketing includes the exposure of your property to other real estate agents and the public.

SECURITY

When the property is marketed with the

How to choose a Realtor

Not all agents or brokers are created equal

A prerequisite to selling real estate, a person must be licensed by the state in which they work, either as an agent/salesperson or as a broker. Before a license is issued, minimum standards for education, examinations and experience, which are determined on a state by state basis, must be met, according to Homestore Inc.

After receiving a real estate license, most agents go on to join their local board or association of Realtors and the National Association of Realtors. They can then call themselves Realtors. Differences between buyer's/seller's broker

Suppose you sign an offer to buy a home for \$150,000. You really want the property and there's a chance other offers are coming in, so you tell the broker that "We'll go up to \$160,000 if we have to. But of course don't tell that to the seller." If you're dealing with a seller's agent, he or she may be duty-bound to tell the seller that important fact. In most states, the seller's agent doesn't have any duty of confidentiality toward you. Honest treatment might require that the agent warn you that "I must convey to the seller anything that would be useful so don't tell me anything you wouldn't tell the seller."

If you're dealing with seller's agents, it's a good idea to keep confidential information to yourself. These days many home buyers prefer instead to hire a buyer's broker, one who owes the full range of

duties, including confidentiality and obedience, to the buyer. A buyer's broker is often paid by the seller, regardless of the agency relationship. How to evaluate an agent.

In making your decision to work with an agent, there are certain questions you should ask when evaluating a potential agent. The first question you should ask is whether the agent is a Realtor. You should then ask:

- Does the agent have an active real estate license in good standing? To find this information, you can check with your state's governing agency.
- Does the agent belong to the Multiple Listing Service (MLS) and/or a reliable online home buyer's search service? Multiple Listing Services are cooperative information networks of Realtors that provide descriptions of most of the houses for sale in a particular region.
- Is real estate their full-time career?
- What real estate designations does the agent hold?
- Which party is he or she representing - you or the seller? This discussion is supposed to occur early on, at "first serious contact" with you. The agent should discuss your state's particular definitions of agency, so you'll know where you stand.
- In exchange for your commitment, how will the agent help you accomplish your goals?

quarter bathroom" has a toilet, a sink and a shower. A "half bathroom" or powder room has only a toilet and a sink.

assum. fin. - assumable financing.

closing costs - the entire package of miscellaneous expenses paid by the buyer and the seller when the real estate deal closes. These costs include the brokerage commission, mortgage-related fees, escrow or attorney's settlement charges, transfer taxes, recording fees, life insurance and so on. Closing costs are generally paid through escrow.

CMA - comparative market analysis or competitive market analysis. A CMA is a report that shows prices of homes that are comparable to a subject home and that were recently sold, are currently on the market or were on the market, but not sold within the listing period.

contingency - a provision of an agreement that keeps the agreement from being fully legally binding until a certain condition is met. One example is a buyer's contractual right to obtain a professional home inspection before purchasing the home.

dk - deck

expansion pot'l - expansion potential, meaning that there's extra space on the lot or the possibility of adding a room or even an upper level, subject to local zoning restrictions.

fab pentm - fabulous penthouse, a room on top (but under the roof) that has great views

fplc, fplc, FP - fireplace

gar - garage (garden is usually abbreviated as "gard.")

gmet kit - gourmet kitchen

HDW, HWF, HDwd - hardwood floors

hi cells - high ceilings

in-law potential - potential for a separate apartment, subject to local zoning restrictions

MLS - Multiple Listing Service. An MLS is an organization that collects, compiles and distributes information about homes listed for sale by its members, who are real estate brokers.

upr - upper floor

vw, vu, vws, vus - view(s)

What's New in REAL ESTATE!

Multiple Listing Service of Idaho




Nikki Boyd
ASSOCIATE BROKER, ABR, GRI
308-1429




Colbie Blawins
REALTOR, ABR, BROKER/OWNER, & TOP HOUSING SPECIALIST, GRI
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Sue Lunsell
REALTOR, ABR, GRI, REAL ESTATE SPECIALIST
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HERE'S HOW

Series

PICK THE RIGHT WIRELESS PLAN

Keeping connected without losing your wallet ... or your minutes

In less than a decade, wireless phones have evolved from heavy, brick-sized car phones to those that fit in the palm of your hand, providing the latest in headline news and stock quotes with mobile-commerce right around the corner.

It's probably safe to say that whether it's for business or personal use, whether you're 16, 66, or anywhere in between, wireless phones are a way of life.

Today, more than 130 million Americans own a wireless phone, roughly translating to nearly 50 percent of the U.S. population — and this number continues to grow.

With the increase of people turning to wireless phones, companies are offering a continual stream of new options, from decorative face plates and rings that are reminiscent of favorite songs to dozens of payment plans from which a consumer can choose.

In a market that changes as fast as the weather, however, it can be a real conundrum as you pen your name to a contract that could last two years. So how do you choose a wireless plan that suits your budget and meets your ever-changing needs in today's fluid market?

A survey recently conducted by JD Power and Associates found the average "connected" person uses 422 airtime minutes per month.

The average calling plan is roughly 750 minutes, a number that has more than quadrupled in the past year—leaving hun-

dreds of minutes unused since most of these "wasted" minutes come from times when the phone-owner is asleep.

It's important to know your options, especially if you find yourself on the other end of the spectrum by exceeding contract minutes that end up costing more and more, with each 40-cent minute quickly ticking by. Most wireless users have been in this situation and recognize how this bill is hard to swallow (when you are like millions of Americans who live month to month).

Luckily for the rapidly growing number of wireless phone users, companies are looking for new and different ways to make owning a wireless phone easier and more affordable than ever. Prepaying for your wireless airtime is one alternative that offers flexibility in your budget and flexibility in your airtime minutes. In fact, it's a trend that's quickly catching on, with more than 18-million users.

Until recently, prepaid wireless plans had limited features and were more expensive than their traditional calling plan counterparts.



New phones offer fascinating features

What some may call a revolution is setting a new tone for mobile phones right now. Mobile phones — once used only in emergencies and now used more and more often — are becoming much more useful devices than just making voice calls.

The wireless world is embarking on an ever more exciting era as a result of new technology called Multimedia Messaging Service, or MMS for short.

What this means is that phones can show pictures, play games, do e-mail — all to enhance our communications with greater ease and more fun. The trend among wireless users lately has been to customize their phones by changing phone covers to match their mood, outfit, or favorite team.

MMS is taking this trend further by letting owners personalize their phones to their hearts' content. Parents can save photos of children as the background on their phones.

A couple can have "their" song play as a ring tone whenever one calls the other, or someone can have the theme song "The God, The Bad, and The Ugly" play whenever the boss calls. In addition to MMS, users can tailor what their phone can do for them by using Java, software that creates personalized settings and games.

Images are not just for wallpaper or screen savers on these new phones, they can be sent back and forth between users much like e-mail is done today.

Think of it, in the past a woman might ask her husband to get a can of diced tomatoes from the store. He would call to say there were five different kinds. Today, she can send a photo of the can she needs plus a note — "please pick up 1/2 on your way home."

Such phones are available today. For example, one such phone has a radical new keypad with 4-way scroll to make navigating the high-resolution color display or accessing the built-in browser fast and simple.

A popular model has two games already installed, but others can easily be downloaded. In addition to games, other features that can be downloaded, including a world clock, a currency converter and a bilingual dictionary.

Users can also find a restaurant with the restaurant guide or book a flight. Rather than an ordinary buzzer, many of today's cell phones have speakers that vastly improve sound quality for the FM radio, melodi-ous ring tones and sound files.

Another popular feature is an integrated hands-free speaker, which makes it possible to listen to the radio within a group.

Cell phones today also serve as fashion accessories and multimedia receivers, and, oh yes, did we forget to mention they're great at making phone calls, too!

No strings attached to prepay wireless plans

If you want wireless service that has no strings attached, it may help to learn about prepay plans.

Wireless carriers offer prepay plans that appeal to those with a budget in mind, those who want to try wireless without a credit check or monthly bills, or to those who don't want to commit to a contract.

With a prepay calling plan, consumers can control their wireless spending by paying in advance, giving them the freedom and convenience of having a wireless phone, with the ability to closely monitor how much they spend. When choosing among prepay wireless calling plans, experts say there are several factors to consider, just as when selecting any wireless calling plan, the network should be the most important criteria since the quality and coverage will determine the calling area and call quality.

Those who travel frequently throughout the United States or who make calls outside their home calling area should look for a service provider that has the most extensive network in the areas where the phone will be used. The likelihood of dropped calls is much less when the wireless provider has an expansive and robust network.

Some prepay wireless calling plans offer minute meters that show how many minutes are remaining so customers will always know when they are about to run out of minutes. And when it comes to renewing airtime and buying more minutes, the name of the prepay game is convenience.

Look for a provider that lets the consumer purchase minutes in a variety of ways.

For example, renewing minutes should be a relatively painless procedure. On the best plans, consumers can purchase more minutes by calling a special toll-free number,

by visiting the carrier's stores or online.

In addition, many carriers let their customers buy additional airtime at convenience stores and at authorized retail locations and at ATMs. This way, minutes can be recharged wherever and whenever needed.

Many prepay wireless services also include added features such as domestic long distance and lower per-minute night and weekend rates. Other features may include short text messaging (SMS), voice mail, caller ID and call waiting.

Another popular service is international dialing that lets customers call almost anywhere in the world from their prepay wireless phone.

When thinking about purchasing prepay wireless service, try to remember the three most important features: network and coverage area, easiest payment method and supplemental services.

Prepay wireless service may be just the right option on the road to wireless.




Be a courteous cell phone user

- When driving, only use your cell phone in an emergency situation, and then pull off on to the shoulder at the earliest opportunity.
- When you're in a theater, restaurant or other public place in which a ringing phone would be a distraction, turn off your phone or put it on vibrator mode if your phone has that feature.
- Don't yell! Cell phone connections, once filled with static and interference, are now clear enough to talk in normal tones.
- When expecting a phone call during lunch or a meeting, advise other diners or colleagues beforehand.
- If you must take a call when you're out with other people, apologize for the interruption, then excuse yourself and retreat to a private spot.
- Tell people when they can reach you via your wireless phone.
- Callers to cell users also should exercise courtesy: Keep calls short and call only during appropriate hours.

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