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GOOD MORNING

WEATHER

Today: Sunny skies, mild temperatures and breezy.
 High 63, low 37.
 Page A2



STRETCHING THEIR LEGS

Meet a few Magic Valley people who are trying to get more active.
 Page C1



BETTER LATE ...

Astros defeat the Braves in 18 innings to advance.
 Page D1

A CELEBRATION?

Columbus Day remains a controversial holiday in some circles.
 Page B1



WATERLOGGED

Hurricane Katrina has claimed some 200,000 cars.
 Page A10

COMING UP



Cabbage Patch Kids
 Woman sells doll collection to help children.
 Tuesday in The Times-News

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THE AFTERMATH

Death toll climbing

Rescuers struggle to reach survivors of 7.6 quake

The Associated Press
MUZAFFARABAD, Pakistan — The legs of a dead child dangled from the rubble of the Islamabad Public School as villagers grabbed at slabs of concrete, desperately searching for at least 250 schoolmates trapped under the pancaked building.
 Villagers swung sledgehammers at the pile of cement

chunks, where brightly colored backpacks containing the day's lessons were wedged tight. Soldiers with white cloths tied around their mouths and noses pulled a small girl's dust-covered body from the ruins.
 This Himalayan city of 600,000 people was devastated by Saturday's magnitude-7.6 earthquake, Pakistan's worst ever. Rescuers struggled to reach remote, mountainous

areas Sunday after the earthquake near the Pakistan-India border wiped out entire villages, buried roads in rubble and knocked out electricity and water supplies. The death toll stood at 20,000 and was expected to rise.
 "We are handling the worst disaster in Pakistan's history," chief army spokesman Maj. Gen. Shaikat Sultan said.
 Please see **QUAKE**, Page A2



Pakistani army soldiers search for victims in the debris of a school in Muzaffarabad on Sunday.

Kick it to the CURB

Twin Falls residents adjust to new recycling program

By Joshua Palmer
 Times-News writer

TWIN FALLS — This was the first week of Twin Falls' recycle program and — all things considered — the city didn't do that bad.
 Those who participated in the recycle program did fairly well for the first week. Some of the blue recycling bins — or totes — were marked with fluorescent orange notes when residents tried to recycle items that PSI would not accept — such as glass and plastics.

"We're about 50-50 right now in terms of people who are doing it right. Mostly, the things we are getting that we can't take are plastics, and then some glass bottles," said Chet Johnson, the PSI recycle route driver, after sticking an orange note on a recycle bin with an entire plastic tricycle sticking out of it.

The number of households participating in the program varied by neighborhood. Small clusters of homes with totes seemed like islands among long stretches of homes without the recycle totes. Kelly Lookingbill, who lives on Filer Avenue, said it was an individual decision for each person.

"Personally, I think it's a good idea because I have a business that produces a lot of cardboard," Lookingbill said. "And this is better than just burning it."

Although participation in the program is optional, all residents receiving trash collection services pay an additional \$1.05 for the recycling service.

PSI Environmental Systems began collecting recyclable materials after the City Council included a curbside recycling program in the current trash-collection contract with PSI. Although this was the first time that many people flattened, separated and organized their trash, there were many people who took advantage of the service.

"Out of about 1,800 stops on my three routes, I will probably pick (recyclable material) up from about half of them," Johnson said before driving down Lawrence Avenue to reach the only tote at the end of the street.



Chet Johnson picks up items that fit the guidelines for recyclables that PSI accepts.



Chet Johnson, a recycling pick-up man for PSI, breaks down cardboard boxes Friday morning in Twin Falls. The city is in its second week of a curbside recycling program.

Execution may come early for Saddam

He could receive sentence before all charges play out

By Nancy A. Youssef
 Knight Ridder News Service

BAGHDAD, Iraq — Saddam Hussein could be executed before the Iraqi Special Tribunal finishes charging him with all his alleged crimes, a source close to the tribunal said Sunday.

For members of some groups allegedly abused by Saddam, the possibility that he'd not face their allegations drew mixed feelings.

His first trial, along with seven co-defendants, is set to begin Oct. 19. It will weigh charges that they massacred 143 people in Dujail, a predominantly Shiite town north of Baghdad, in 1982 after a failed assassination attempt. If convicted, Saddam could be sentenced to death.

On Sunday, officials began releasing more details of how the court will operate. Instead of a jury, a five-judge panel will hear the case and one will be the presiding judge. The defendants will be charged together, unlike in U.S. courts.

Each defendant will have his own attorney, an official close to the tribunal explained, and the judges may reach a different verdict for each. The official asked not to be identified because he is not authorized to speak publicly for the tribunal.

Once the court is finished with the first case, Saddam will likely face another trial for allegedly committing similar crimes in other communities, mostly Shi-

Please see **SADDAM**, Page A2

Miers will face tough questions on abortion

By Hope Yen
 Associated Press writer

WASHINGTON — As doubts grow about her abortion views, Harriet Miers will face vigorous questioning on privacy rights and her qualifications for the Supreme Court, the chairman of the Senate Judiciary Committee said Sunday.

Sen. Arlen Specter, R-Pa., said President Bush's pick to replace retiring Justice Sandra Day O'Connor must show she can handle complicated legal issues and has not cut deals with the White House to overturn Roe v. Wade.

Miers' nomination has caused division among conservatives, and a leader of the right said he will not be satisfied until it is clear whether



Miers

Miers, a longtime Bush confidante who has never been a judge, would overturn the 1973 landmark abortion ruling.

"You can be an evangelist and a good person," you can be self-described pro-life. But it doesn't tell us what she will do about a decision like Roe that has been set in stone now for over 30 years. And that's the rub," said Gary Bauer, president of the American Values Coalition.
 Specter, noting that a justice has lifetime tenure, said, "If
 Please see **MIERS**, Page A2

Too little sleep can take its toll

Research is finding strong links between lack of rest, poor health

By Rob Stein
 The Washington Post

With a good night's rest increasingly losing out to the Internet, e-mail, late-night cable and other distractions of modern life, a growing body of scientific evidence suggests that too little or erratic sleep may be taking an unappreciated toll on Americans' health.

Beyond leaving people bleary-eyed, clutching a Starbucks cup and dozing off at afternoon meetings, failing to get enough sleep or sleeping at odd hours heightens the risk for a variety of major illnesses, including cancer, heart disease, diabetes and obesity, recent studies indicate.

"We're shifting to a 24-hour-a-day seven-day-a-week society and as a result we're increasing, not just sleeping like we used to," said Najib Ayub of the University of British Columbia. "We're really only now starting to understand how that is affecting health, and it appears to be significant."

A large, new study, for example, provides the latest in a flurry of evidence suggesting that the nation's obesity epidemic is being driven, at least in part-by a corresponding decrease in the average number of hours that Americans are sleeping, possibly by disrupting hormones that regulate appetite. The analysis of a nationally representative sample of nearly 10,000 adults

found that those between the ages of 32 and 49 who sleep less than seven hours a night are significantly more likely to be obese.

The study follows a series of others that have found similar associations with other illnesses, including several reports from the Harvard-run Nurses' Health Study that has linked insufficient or irregular sleep to increased risk for colon cancer, breast cancer, heart disease and diabetes. Other research groups scattered around the country have subsequently found clues that might explain the associations, indications that sleep disruption affects crucial hormones and proteins that play roles in these diseases.

"There has been an avalanche of studies to date, and it's moving very rapidly," says Daniel Mignot of Stanford Uni-
 Please see **SLEEP**, Page A2

TWIN FALLS FORECAST

Today: Sunny, clear, high 63, low 37
Tonight: Clear, low 37, high 63
Tomorrow: Sunny, high 63, low 37

BURLEY/RUPERT FORECAST

Today: Sunny, high 63, low 37
Tonight: Clear, low 37, high 63
Tomorrow: Sunny, high 63, low 37

IDAHO'S FORECAST

SUN VALLEY, SURROUNDING MTS.
Beautiful weather and clear skies...

BOISE Temperature: A...
SPOKANE Temperature: A...
TWIN FALLS Temperature: A...

SOUTHERN UTAH
SPECIAL REPORT: A...
SALT LAKE CITY Temperature: A...



Weekly State Extremes...
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TWIN FALLS FIVE-DAY FORECAST

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

ALMANAC - TWIN FALLS

Table with 4 columns: Temperature, Precipitation, Humidity, Barometric Pressure. Includes sunrise and sunset times.

MOON PHASES

Table showing moon phases for Oct 10, 17, 24, and Nov 2.

MOONRISE AND MOONSET

Table showing moonrise and moonset times for Oct 10 and 17.

U.V. INDEX

Table showing U.V. index levels: Low, Moderate, High.

REGIONAL FORECAST

Table with 4 columns: City, Today, Tomorrow, Wednesday. Lists cities like Boise, Idaho Falls, etc.

NATIONAL FORECAST

Table with 4 columns: City, Today, Tomorrow, Wednesday. Lists cities like Atlanta, Boston, etc.

Yesterday's Weather

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

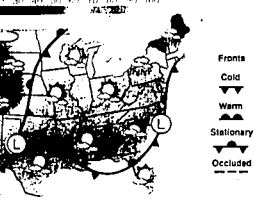
Pollen Count

Table with 2 columns: Pollen Count, Sunrise and Sunset.

WORLD FORECAST

Table with 4 columns: City, Today, Tomorrow, Wednesday. Lists cities like London, Paris, etc.

TODAY'S NATIONAL MAP



CANADIAN FORECAST

Table with 4 columns: City, Today, Tomorrow, Wednesday. Lists cities like Toronto, Montreal, etc.

The Times-News

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Miers

Continued from A1
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Saddam

Continued from A1
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Quake

Continued from A1
The United Nations said more than 2.5 million people need shelter and urgently appealed for 200,000 winterized tents.

Sleep

Continued from A1
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Quake

Continued from A1
The quake was felt across a wide swath of South Asia from central Afghanistan to western Bangladesh. It swayed buildings in the capitals of three nations, with the damage spanning at least 250 miles.

Sleep

Continued from A1
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VW from Stanford wins robot race

Team takes home \$2 million prize

PRINCE GEORGES, Md. (AP) — A driverless Volkswagen won a \$2 million race across the rugged Nevada desert Sunday, beating four other robot-guided vehicles that completed a Pentagon-sponsored contest aimed at making warfare safer for humans.

The race displayed major technological leaps since last year's inaugural race, when none of the self-driving vehicles crossed the finish line.

Stanley the VW Touareg, designed by Stanford University, zipped through the 132-mile Mojave Desert course in six hours and 53 minutes Sunday, using only its computer brain and sensors to navigate rough and twisting desert and mountain trails. The Stanford team celebrated by popping champagne and pouring it over the mud-covered Stanley.

"This car, to me, is really a piece of history," Stanford computer scientist Sebastian Thrun said after receiving an oversized check for the \$2 million prize, funded by taxpayers. He said he did not know how he would spend the money, but joked that he needed to buy cat food.

Stanford spent \$500,000 on the race, some of which was



Defense Advanced Research Projects Agency Director Dr. Tony Tether sets a medal on Stanford Racing Team's Stanley No. 03, a tricked-out Volkswagen Touareg R5, before declaring it the official winner of the DARPA Grand Challenge 2005 in Primm, Nev., on Sunday.

provided by sponsors. In second place was a red Humvee from Carnegie Mellon University called Sandstorm, followed by a customized Humvee called Highlander. Coming in fourth was a Ford Escape Hybrid named Kat-5, designed by

students in Metairie, La., who lost about a week of practice and some lost their homes when Hurricane Katrina blew into the Gulf Coast.

The Humvee, which finished in seven hours and four minutes, traveled farther than any

other vehicle last year despite completing only 7.5 miles of the course.

It's unclear how the Pentagon plans to harness the technology used in the race for military applications. But Thrun said he wanted to design automated systems to make next-generation cars safer for everyone, not just the military.

Called the Grand Challenge, the race began Saturday with a fleet of 23 autonomous vehicles. Eighteen failed to complete the course because of mechanical failures or sensor problems. Even so, most covered more distance than Sandstorm did last year.

Race organizers and team members say improved technology and a familiarity with the race allowed multiple robots to sprint across the finish line.

The robotic vehicles had to navigate a course designed to mimic driving conditions in Iraq and Afghanistan. The course consisted of winding dirt trails and dry lake beds filled with overhanging brush. Parts of the route forced the robots to zip through three tunnels designed to knock out their GPS signals.

The race is part of the military's effort to fulfill a congressional mandate to cut casualties by having a third of the military's ground vehicles unmanned in 20 years.

New York subway concerns ease

NEW YORK — A reported plot to bomb city subways with remote-controlled explosives has not been corroborated after days of investigation, law-enforcement officials said Sunday amid an easing sense of concern.

Interrogations of suspects captured in Iraq last week after an informant's tip about bomb-laden suitcases and baby carriages have yet to yield evidence that the plot was real, officials said.

The intelligence community has been able to determine that there are very serious doubts about the credibility of this specific threat," Homeland Security Department spokesman Russ Koethe said. "This is after ongoing review and analysis."

Homeland Security officials have been skeptical about the

Nation/World in brief

threat since it was publicly announced Thursday, but officials who were more assertive about the potential danger last week also appeared to be softening their assessment.

Hundreds feared buried under Guatemala slides

GUATEMALA CITY — Dozens of foreign tourists fled devastated lakeside Mayan towns on foot and by helicopter Sunday as Guatemalan officials said they would abandon communities hit by landslides and declare them mass graveyards. Villagers who had swarmed over the vast mudslides with shovels and axes digging for

hundreds of missing, gave up the effort Sunday, five days after Hurricane Stan made landfall on the Gulf of Mexico coast, bringing torrential rains before weakening to a tropical depression.

More than 640 people died and hundreds more were missing across Central America and southern Mexico after a week of rains. In hardest-hit Guatemala, 519 bodies had been recovered and buried. Some 330 were listed as missing.

"Panabaj will no longer exist," said Mayor Diego Esquina, referring to the Mayan lakeside hamlet-in Guatemala covered by a half-mile-wide mudflow as much as 15 to 20 feet deep. "We are asking that it be declared a cemetery. We are tired. We no longer know where to dig."

— compiled from wire reports

The Times-News: Your guide to life in Magic Valley

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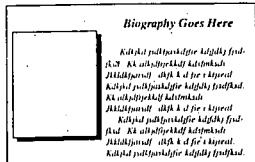
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Getting an edge



Roque Hernandez works on building a wall during his class time earlier this week as part of construction academy offered through the school district.

Blaine County helps students pursue career interests

By Joshua Palmer
Times-News writer

HAMLEY Luk Ortega and Roberto Ochoa are learning how to construct the frame of a residential structure. They spend a few hours each week completing their safety certification, building miniature detailed frames and constructing full-size structures.

On the Web

To see what educators are saying about career-oriented learning, visit the Magic Valley Education blog at <http://www.mvalley.com/blog>.

They are both 17-year-old juniors in high school and already have a competitive edge in the residential construction labor market.

The Blaine County School District is helping students pursue their interests in either college or the career field. The district prepares the students through Career Academies — where students can select one of eight academies that focus on their career interests. The academies were initiated by Jim Lewis, the superintendent of the Blaine County School District, more than three years ago. And it's all part of the school district's mission statement, which begins: We WILL create successful support programs for

students. "Sound familiar? It should, because the academies are similar to the Idaho State Board of Education's new proposal to require that all high school students take "career focused activities." What sets the Career Academies apart from the state's idea of focused electives is that Blaine County does not require students to take the academy courses, and the program was designed by the district, as well as the community rather than the state. It is a different, four-state-mandated program that can be seen in the classroom.

Inside Michael Wilds' residential construction academy classroom, students work independently to prepare for their occupational safety certification, learn structural design and to work with industry work. While new computers teach the students about workplace safety through multi-media programs, other students use hammers and saws to construct frames.

"This provides access for the kids to develop their skills," Walsh said. "And so far we have everyone on board because they see the need we have here in the valley."

Beyond the valley's need, the students in the residential construction academy say they have a desire to simply work with their hands and create something.

"I like to work with wood," Ochoa said. "And, it's fun to make new things and work with the tools. It's just some-



A group of actors from the Performing Arts Academy perform an improvisation. The Blaine County School District is offering a performing arts class as an elective for students.

thing I've always wanted to do.

Although the courses are demanding, the results are promising. Students must complete academy courses in addition to high school graduation requirements, and most students spend their sum-

mers working in internships with local businesses. But even with more challenging requirements and additional course work, not one student has quit to take an academy course since.

The theory is simple: If

Photo see EDGE, Page A5

HASKIN SCHOLARSHIPS



Brittney Nelson, center, daughter of Val and Jacque Nelson, is one of this year's recipients of the Ashley Haskin Scholarship. The scholarship was set up in memory of Ashley Haskin, daughter of Mike, left, and Tracy Haskin, following her death in 1992 from cancer. Brittney is a 2005 graduate of Minico High School and plans to attend Pacific University in Oregon this fall where she will major in English and Journalism.



Deana Jessop, center, daughter of Dennis and Donna Jessop, is another recipient of the Ashley Haskin Scholarship. Deana is attending Boise State University where she plans to obtain a degree in business administration.

Filer High School homecoming is a hit

Homecoming was a hit at Filer High School.

The week ended on Sept. 30 with a pep rally and the homecoming game. This year an extra feature consisted of a special dance number performed by a group of senior boys. During half-time, the homecoming nominees were led in front of the field, dressed in sparkling dresses and nicely ironed shirts.

Then, the homecoming royalty was announced. The homecoming queen was Maiteena Hoyt accompanied by the King Andy Hudley. The homecoming princesses were Brittney Beard, junior, Jessica Kack, sophomore, and Danelle Hausman, freshman. Escorting the

WILD CAT WORD
Allison Ko

princesses as the homecoming princesses were Jason Bergsma, junior; Jacob Williams, sophomore; and Nathan Hughes, freshman.

The upcoming fall music concert consisting of a variety of musical productions will be conducted by Larry Larson, jazz band, choir, Madrigals and concert band will be performing. Come and see them at Filer Middle School on Oct. 25.

Allison Ko is Filer High School student body president.

SCHOOL NEWS

DAR announces history essay contests

TWIN FALLS — The Daughters of the American Revolution are again sponsoring the American History essay contest for students.

For fifth- through eighth-graders, the topic is "Benjamin Franklin — More Than a Revolutionary." Franklin was a writer, publisher, inventor, scientist, humorist, poet, musician, philosopher, economist and businessman. Students are asked to write about his contributions to American culture and society other than his participation in politics and his contributions to the American war for independence and to explain how these contributions continue to influence American life today. Essays must be 300 to 600 words for students in grade five, or 600 to 1,000 words for students in grades sixth through eighth.

Students in grades nine through 12 are eligible to enter the Christopher Columbus essay contest with the topic, "The Santa Maria to the New World and the Apollo Mission to the Moon: Christopher Columbus and the Astronauts."

Students should compare and contrast the two voyages of exploration — Columbus' first voyage in 1492 and NANAS Ajido 11 voyage in 1969. Essays should be no more than 750 words.

The contest is open to all public school, private school and home-schooled students in the Magic Valley. Complete contest rules may be obtained by e-mailing give@northrn.net or writing to Maureen Williams, DAR American History chair, 3258 E. Canyon Place, Twin Falls, ID 83301.

All entries must be postmarked by Dec. 15. Local winners will be recognized at a reception in February 2006 and their essays will be forwarded to the Idaho State FARM for consideration for state-level awards.

For more information, call Diane Greene at 655-4100.

GALC starts block with variety of classes

GOODING — The Gooding Accelerated Learning Center will start its second block on Oct. 17 through Nov. 28. Students are encouraged to register during this week, Oct. 10, at 906 Main St. or call 934-4214.

9:05 a.m. to 12:10 p.m.: Fashion merchandising, English 11, English 12, intro to technology and pre-algebra.

12:35 to 3:30 p.m.: U.S. history 11, residential carpentry, CAD, physical science II and welding II.

CPA will display Thanksgiving artwork

TWIN FALLS — The artwork of Bickel Elementary students who participated in the Cooper Norman Certified Public Accountant's Thanksgiving Day card contest will be on display in the lobby of its Twin Falls office, 155 Second Ave. N., over a 10-day period.

Staff and clients will vote for the winning design, which will be printed on the front of the firm's holiday greeting card. First, second and third place winners receive back packs filled with art supplies, and cash prizes go to each of the winning classrooms.

For three years, Cooper Norman has partnered with Bickel Elementary School to create a personalized unique holiday greeting card, the firm reported. It also is supporting a similar

program in a school in Idaho Falls and Boise where its other offices are located.

For more information, call 733-6591.

Murtaugh elementary seeks volunteers

MURTAUGH — Murtaugh Elementary School is in need of volunteers this year.

Parents and grandparents are encouraged to participate. For more information or to volunteer, call 432-5233.

Castleford FCCLA Chapter thanks QRU

CASTLEFORD — The Castleford Family Career and Community Leaders of America has thanked the local Quick Response Unit and firefighters for their service to the community with baskets filled with a variety of homemade cookies.

The thank you baskets is just one of the chapter's community service projects.

For more information, call the school at 537-6511.

Kimberly Elementary starts reading program

KIMBERLY — Kimberly Ele-

mentary School, 141 Center St. W., is starting a Volunteer Reading Program soon. Volunteers are needed to read to children. They commit as little as half hour any day Monday through Friday.

For more information or to volunteer, call Natasha at 423-5034.

Children's Concert Choir takes place after school

KIMBERLY — The Kimberly Elementary third- through fifth-graders are invited to join the Kimberly Children's Concert Choir.

It will meet from 3:15 to 4:15 p.m. Mondays in the Primary Building, Room 30, at the school, 141 Center St. W.

Songs from different cultures will be taught and students will perform at the school and in the community. Permission slips are outside Ms. Beck's door.

For more information, call 423-5118, ext. 3030 or at 423-6818.

Kimberly teacher collects cans for equipment

KIMBERLY — Kimberly Elementary School physical

education specialist Brian Willford is again collecting aluminum cans this year.

He recycles the cans and uses the money to help buy equipment.

If a child brings 30 cans, he gives them a "Bulldog Buck" in return. A classroom collects 20 "Bulldog Bucks," they get to help choose a PE activity.

Kimberly School PTSO seeks volunteers, members

KIMBERLY — The Kimberly School PTSO is encouraging all parents and patrons to get involved in the school.

The organization is still looking for volunteers to help with a clothing sales fundraiser for Christmas sales. Call Deb Itonggen at 736-6522 to help.

Volunteers are needed to round up prizes for the chili supper raffle in February. Call Itonggen. The board meetings are held at 3:30 p.m. on the fourth Monday of each month in the elementary school library.

The Times-News:
Your guide to Magic Valley

Foundation awards scholarships

GOODING — The Idaho School for the Deaf and the Blind Foundation Inc. Board members have awarded the following scholarships:

Justin Cal — \$500, ISDB class of 2005 Senior Class Scholarship Award. Call is a 2005 graduate of ISDB and full-time student at the College of Idaho on the President's honor roll and majoring in education. He is studying to become a music teacher. Call plays the drums and is a mentor to other deaf and hard of hearing students for

the Access STEM Idaho program through the University of Idaho.

Gloria Reyna Sanchez — \$500, Continuing Education Scholarship Award. Sanchez is a 2002 graduate of ISDB and full-time student at CSI with a 3.846 grade point average. Her major is early elementary education. She is studying to become a bilingual pre-school teacher for deaf or hard of hearing children.

Courney Robbins — \$1,250, Continuing Education Scholarship Award. Robbins is a 2004 graduate of the Orville Casey

Foundation. Robbins is a 2004 graduate of Borah High School and the ISDB Outreach Program. She is a full-time student at the Academy of Professional Careers in Boise, majoring in medical/dental administration. She is studying to become a medical administrative assistant.

Work Based Learning Program — \$250 awarded to assist with the September 2005 Work Based Learning Program Appreciation Dinner. Work Based Learning is an ISDB program that places students into real

work positions in the local business community.

The ISDB Foundation is a nonprofit organization founded to assist financially and to promote responsible growth and educational services for the Idaho School for the Deaf and the Blind and to enrich the lives of the young people involved in ISDB programs.

ISDB and its regional outreach offices assist more than 800 deaf, hard of hearing, blind, and visually impaired students throughout the state of Idaho.

Soroptimist International announces Girl of the Year

BURLEY — Kelli Babbitt was chosen as the Soroptimist International of Burley Girl of the Year.

Babbitt attended Oakley High School. She is the daughter of Vicki Babbitt. She has been involved in the Oakley Valley Arts Council since

she was judged on leadership, community service and academics. The Soroptimist International of Burley Girl of the Month were:

September 2004 — Aubrie Ward, Burley High School, daughter of Douglas and Julie Ward.

October 2004 — Leslie Searle, Burley High School, daughter of Todd and Natalie Searle.

November 2004 — Heather Westergard, Burley High School, daughter of Donna Westergard.

January 2005 — Kelli Babbitt, Oakley High School, daughter of Vicki Babbitt.

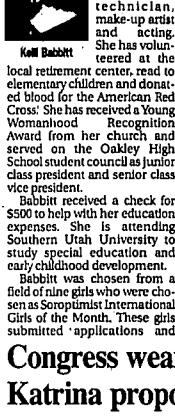
February 2005 — Whitney Lynn Anthon, Declo High School, daughter of Cyde and Verlynn Anthon.

March 2005 — Hannah McCombs, Declo High School, daughter of Dee and Kate McCombs.

April 2005 — Amanda Geary, Burley High School, daughter of Jed and Susan Geary.

May 2005 — Molly Nelson, Burley High School, daughter of Brad and Shelly Nelson.

Applications for Soroptimist International of Burley Girl of the Month for the 2005-2006 year are available at all Cassia County High School counseling offices.



Kelli Babbitt

Clover school celebrates Oktoberfest

BUHL — Clover Trinity Lutheran School will hold its eighth annual Oktoberfest Dinner and Auction Friday.

An authentic German dinner with brats, sauerkraut and German potato salad will be served from 5 to 6:30 p.m.

There will also be smoked sausages, hot dogs and fries. Cost for the dinner is \$20 for a family, adults \$6, and children \$4. Tickets can be purchased at the door.

The evening will be filled with a variety of children and adult activities, including Don's Mini-blow-up jumping toys and climbing wall for the children. New this year will be the Covenant Players, who will be performing on the outdoor stage. Inside the Alpine Spieler Band will perform.

During the evening, participants can put in their bids at the silent auction, visit the baked goods sale booth or enjoy ice cream.

The live auction will begin at 7 p.m. with Lyle Master's Auction Service. A large variety of items are arriving daily, including animals, produce, household, farm and services. The school reports. Check out the sale bill on its Web site.



Clover Trinity Lutheran School students, from left, Sara Kastar, Katie Fleming, Ben Meyer, Kandice Woody, AJ Easterday, Tyler Ridgeway and Darby Robertson show auction items.

www.cloverfcs.org (click on Oktoberfest).

Proceeds go to the school, which is located at 3552 N. 1825 E. Buhl. For more information or directions, call 326-5198.

Schools picking up the playtime slack

Most kids see less recess

Chicago Tribune

For many kids, elementary school isn't only about learning how to read and write. School also is the place to pick up the finer points of kickball, figure out how to capture the flag and master the best bounce in four seconds. But at home, school break time and gym classes are dwindling.

Forty percent of American schools do not have recess, according to the American Association for the Child's Right to Play. And the average lunch break is just 23.7 minutes, according to Erik Florman of the School Nutrition Association.

Why are some schools clamping down on fun, especially now, with an increased focus on kids getting exercise? Florman thinks these schools may be struggling to prep for the tests required by the federal No Child Left Behind Act.

"More time is spent on read-

ing, writing and arithmetic, and less time on lunch and extracurricular," he says.

Natalie E. 11, of Chicago has gym once a week at the Chicago Academy, a contract school of the Chicago Public Schools system. The school day is less than five hours long, so Natalie doesn't have recess regularly.

"Sometimes on Fridays we get to play games," she says. "We have lunch and then our specials. It's fine that we don't have recess. We do learning games, so it's pretty fun."

Sometimes Natalie's class gets gym twice a week, and she says her teacher makes up fun games. During gym, her class exercises, talks about heart rates and warms up before games with sit-ups, push-ups and running. "Gym is always fun. I'm always excited to go there," Natalie says.

Her school also offers after-school sports, and Natalie plans to try out for the basketball and softball teams. Morgan Park

Academy sixth-grader Sydney H. 11, of Falls Heights, also plays a school sport. She's in the tennis club, so she skips gym and goes to tennis practice instead.

"We don't compete. It's just a way to play tennis," she says. "The actual teams, like basketball and soccer, have an after-school commitment."

Middle school kids can sign up for a club sport like Sydney, or take a 45-minute gym class instead. "In PE, they have units and rotate the units, so you could have a two-week unit on softball," she says. "You get to try lots of different sports, and that helps you decide whether you want to play on a sports team."

Thanks to gym class, Sydney knows she likes baseball and soccer. Volleyball hurts her arms and running "just isn't my thing," she says.

Besides gym, kids at Morgan Park Academy, even the high schoolers, also get a 15-minute recess. "Some of the kids play with equipment like football and Frisbee," Sydney says.

"Other people play on the equipment. And four squares was one of the big games last year."

Sports also are big with Jimmy A. 11, of Elmwood. At Elmwood Jr. High School, where they just started a new program that gives students health or gym class every day. He has gym on Mondays and Fridays for 40 minutes, and he says they start with exercises and move on to fun games.

Jimmy's class gets to go outside for recess on days they don't have gym and on Fridays, if they're good," he says.

A double dose of play is an excellent reason for his class to behave. "I think it's fun to go outside," he says. "It's a good break. It's very important ... so you're not inside the full day working."

Sydney also thinks students need a break.

"People can get stressed out during class," she says. "Gym and recess are a time to forget about it. It gives you the chance to relax."

Congress weary of FCC's Katrina proposal for schools

The Associated Press

WASHINGTON — Lawmakers expressed concern Thursday that a federal plan to help Katrina-devastated schools and libraries may short-change poor kids at schools elsewhere.

The proposal by the Federal Communications Commission seeks to provide money to eligible schools and libraries in the Gulf Coast region that can reconnect to the Internet.

The estimated \$132 million would come from the commission's E-Rate program, which provides discounted Internet access and connection equipment to help expand Internet availability, especially in rural and inner-city areas.

Democrats said schools in other states could lose out on much-needed federal aid.

"This plan is yet another example of how the Bush administration shuffling funds from one region of the country to pay for (the) Katrina relief effort, leaving some of our schools empty handed," said Rep. Brad Stupak, D-Mich.

If the money for Katrina relief is drawn from E-Rate's \$2.25 billion in annual funding, then other states could be directly af-

ected, said Lisa Zaina, chief executive of the Universal Service Administrative Company, the contractor that handles day-to-day operations of E-Rate.

The impact may be lessened if the FCC uses a separate \$365 million E-Rate rollover fund, she said.

Final details are being worked out, said Thomas Navin, head of the FCC's wireline bureau, who also testified at a House Energy and Commerce subcommittee hearing.

The E-Rate program has been riddled in recent years with fraud and other problems, and the subcommittee has investigated. A report could come out Friday.

Republican Rep. Marsha Blackburn of Tennessee said lawmakers do not want to see those same fraud and abuse problems with the commission's Katrina relief proposal.

Sen. Dan Claitor, R-Missouri, H. Walker Fester III, testified that he would ask for follow-up audits by the Universal Service Administrative Company.

In his testimony, Navin said the FCC also would consider additional audit requirements. Navin said about 600 schools and libraries would be eligible for the federal aid.

Edge

Continued from A4

students have a desire to succeed, the district will provide the opportunity.

But there is no safety net for students who have difficulties keeping up with the course curriculum. The district responds by offering a diverse selection of academies, which they hope will appeal to the students' interests and strengths.

The academies evolved from two career focused academies to eight. Educators, students and the community say the academy's support is what has fostered the program's success.

All of the academies require substantial financial support. For example, the engineering academy program has a hodgepodge of expensive engineering tools, which were purchased through grants applied for by the instructor, Kevin Lupion. The remainder operating expenses are paid for by local taxpayers.

Nate Douthitt, a senior who is finishing his last year in the Architectural and Engineering Design Academy, said he "always kind of knew" that he wanted to pursue a career in mechanical engineering, but the academy gave him the opportunity to solidify his decision while preparing for college.

Douthitt certainly seems prepared. Last year, he and Luke Titcher — who graduated and is now studying engineering at Boise State University — decided to re-engineer a better ball for one of their final projects.

"We had to search through all

the patent designs on skateisks, and design one that felt as real," Douthitt said holding a scale model that he and Titcher created to demonstrate the design. "A normal skateisk bounces, and it doesn't quite imitate the compression that a snow ski has on the snow, so we designed one that would compress to a certain point."

The academies not only focus on professional careers, but also the liberal arts.

The Performing Arts Academy is one of the nonprofessionals academies promoting student involvement in the arts. The academy is a stark contrast among other districts that are cutting their arts programs.

The performing arts academy instructor, Rebecca G. Miller, said the academy has not only helped the students in art academies, but it has also given them the hope of pursuing a career in which they are interested.

"We have them for two years," Miller said. "But the affect that we have on their lives is great. You can see it in the way they act, the way they feel and the way they think about the future."

But during a time when educators are focusing on requirements that will prepare students to compete in the future market, teachers like Miller are trying to prepare them, quite simply, for the future.

"These kids are the cream of the crop," Miller said before turning to the kids in the class. "OK, you're in college. College is to see what you look like in college!"

CAN THEY RETURN?

For some students hit by Katrina, question not 'where' but 'if' they'll continue

The Associated Press

In Mississippi, all but one of 10 community college campuses that were damaged have reopened. But thousands of students have not returned. Enrollment is down about a quarter at the six campuses of Gulf Coast Community College.

"There's a lot of students who are a lot different" than at traditional four-year colleges, Louisiana Technical and Community College systems Chancellor Walter Bumphus said. Most students in the system live at home and 80 percent are working their way through school. Many of their jobs no longer exist.

"So, them it's a matter of trying to get their legs under them with regards to their families," Bumphus said. "We've heard from a number of students who were just trying to get their lives back together."

Perry's first priority after the storm was tracking down her husband. Only recently have they even seen their home, which was badly damaged by mud; their only consolation was finding a kitten that survived.

Students who have managed to continue their coursework have often faced considerable obstacles, despite efforts by other schools. At Nunez, Chancellor Thomas Warner said he thinks only about a third of his school's 2,400 students were currently enrolled elsewhere.

“For them it's a matter of trying to get their legs under them with regards to their families. We've heard from a number of students who were just trying to get their lives back together.”

— Walter Bumphus, Louisiana Technical and Community College system chancellor

New Orleans, scrambled to find a place to finish her credits. Each of the half-dozen campuses she called and visited was full. Finally, about to give up, she heard El Centro College in Dallas was taking Delgado nursing students. With her four sons she moved in with a brother in nearby Arlington, determined to finish even though there was no job there to support her.

"I really did it for them," she said of her children, ages 7 to 16. "Having kids, I couldn't live off of \$5.15 (an hour) for the rest of my life. If it was just me, probably would have just sat out and waited."

Besides Delgado and Nunez, three campuses of Louisiana Technical and Community College offered extensive flood damage and will

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COMICS

B.C.

By Johnny Hart



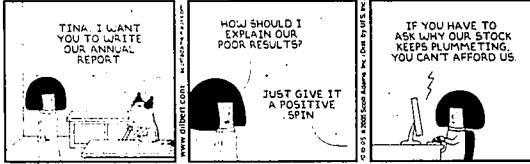
Baldo

By Hector D. Cantu and Carlos Castellanos



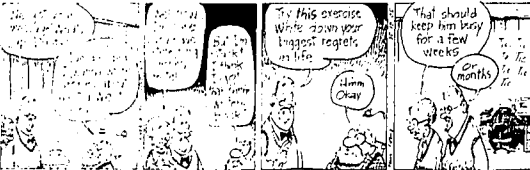
Dilbert

By Scott Adams



The Elderberries

By Phil Frank and Joe Troisi



Frank and Ernest

By Bob Thaves



Mallard Fillmore

By Bruce Tinsley



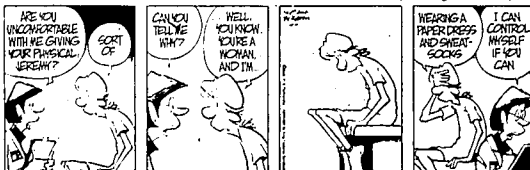
Pickles

By Brian Crane



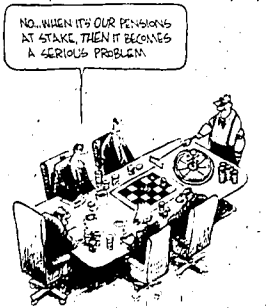
Zits

By Jim Borgman and Jerry Scott



Non Sequitur

By Wiley



Strange Brew

By John Deering



Baby Blues

By Rick Kirkman and Jerry Scott



Brevity

By Guy & Rood



Doonesbury

By Gary Trudeau



For Better or For Worse

By Lynn Johnston



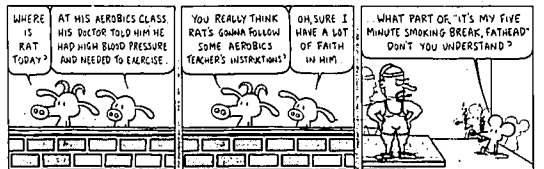
Luann

By Greg Evans



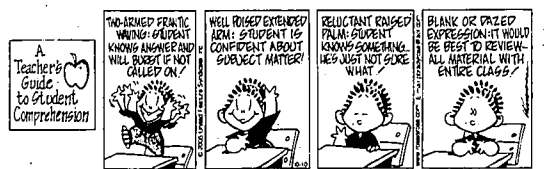
Pearls Before Swine

By Stephan Pastis



Rose Is Rose

By Pat Brady



Leo: Work hard and play hard

IF OCT. 10 IS YOUR BIRTHDAY: The more things change, the more they stay the same. November may be marked by restless urges to be more independent, or circumstances outside your control may disrupt your current steady path. You may be more popular than usual and join a new group of like-minded buddies. Relationships that are good for you will endure and be enriched by a change of pace — especially in February and August, when you will be more attuned to loved ones. February and September are especially good months to improve your health or find a romantic soul mate.

ARIES (March 21-April 19): Don't play hooky from work. Tackle big problems by finding big solutions. A dedication to ideals and a passion for getting things accomplished will result in financial success in the long run.

TAURUS (April 20-May 20): A body put in motion stays in motion. Once you rev up the ambition engines you are unlikely to falter if there is a firm destination in mind. Don't daydream away your precious time.

GEMINI (May 21-June 20): Venus has moved into your sign, but that doesn't mean you can sit back and bask in the glow of

HOROSCOPE

Jeraldine Saunders

unqualified affection. Others close will expect dynamic action and may prod you along.

CANCER (June 21-July 22): You might be out of sorts for a few hours today if things don't go your way. Don't let family matters or worries that others are unappreciative interfere with reaching business aspirations.

LEO (July 23-Aug. 22): Work hard and play hard. Throw yourself into work and you can accomplish twice as much as usual under these stars. Ignore minor upsets that might temporarily put you down in the dumps.

VIRGO (Aug. 23-Sept. 22): A solid work ethic will please family members — or some extra effort is needed to finish a household project. You are likely to change your mind or run into a sudden surprise tonight.

LIBRA (Sept. 23-Oct. 22): Let those close work at their own pace and much more will be accomplished. A trusted companion could provide the know-how to fill your pocket-

book, so let someone else take charge.

SCORPIO (Oct. 23-Nov. 21): Two heads are better than one. Pair up with someone else and add your ideas to the mix so a major project can be completed this week. Nothing can stand in the way of your ambitions.

SAGITTARIUS (Nov. 22-Dec. 21): Get down to brass tacks and quit procrastinating. You will have the competitive edge if creativity is given free rein. Don't expect instant gratification, as dedicated effort is required.

CAPRICORN (Dec. 22-Jan. 19): A little self-consciousness is good for the soul. You may work better in private or with few distractions. Creative ideas flow tonight, so it's a good time to take stock of where your talents lie.

AQUARIUS (Jan. 20-Feb. 18): A solid work ethic will please an open mind and who knows what exciting news might show up. Success can be achieved by sticking to unwavering effort where your career is concerned.

PISCES (Feb. 19-March 20): The old saying might be true that it takes money to make money. Make every penny count toward reaching your most treasured ambitions. Don't fritter away the gains.

Beetle Bailey



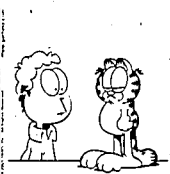
Blondie



The Bom Loser



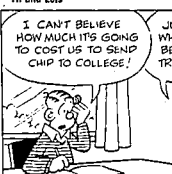
Garfield



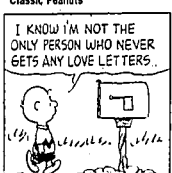
Hagar the Horrible



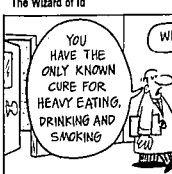
Hi and Lois



Classic Peanuts



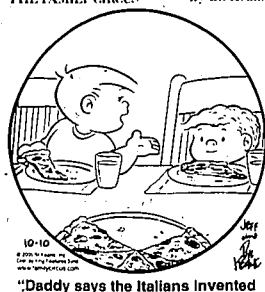
The Wizard of Id



Dennis the Menace



THE FAMILY CIRCU



By Mort Walker

By Dean Young & Stan Drake

By Art Sansom & Chip

By Jim Davis

By Chris Browne

By Chance Browne

By Charles M. Schulz

By Brant Parker and Johnny Hart

By Hank Ketcham

By Bil Keane

Son's shaving his legs is rough for mother to handle

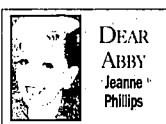
DEAR ABBY: My son, "Max," is 14. We have always been able to talk about everything. I have always told him he could trust me and his father. I am very proud of him.

Yesterday I was shocked speechless because Max shaved his legs. Although I almost had a heart attack, I tried to remain calm. He says that all his friends are doing it, and that the girls like it. His father sat down with him and told him that men do not shave their legs. My son says it is the fashion, and hairy legs are not "in."

So, I am a wonderful young man. People always tell me how lucky we are to have such a terrific son. Am I overreacting? I'm confused and beginning to feel the generation gap.

—WORRIED MOM IN PUERTO RICO
DEAR WORRIED: Calm down and stop worrying. You have asked your son to trust you; now it's time to trust your son. Many perfectly normal males shave their legs — including athletes, bodybuilders, bicyclists, swimmers and people in the public eye. And I'm sure many girls do it, because it shows maturity. It is a definition to better advantage. BS. It's only hair. It will grow back.

DEAR ABBY: When I was 18, I



DEAR ABBY
Jeanne Phillips

married my best friend, "Tom." A year later, we had a baby girl, "China Lynn." When she was about a year old, Tom and I loved that although we loved each other, we were not in love. Tom moved next door so he could see our daughter every day. It has worked out great.

When China Lynn was 5, I met "Larry," the love of my life. Tom met a terrific gal, and the five of us got along like one big happy family.

Harry and I just had a new baby boy. We want Tom and his new wife to be our son's godparents. A lot of people are saying it's just not right, or we should ask someone else. I feel fortunate that China Lynn has four parents who love her, and I want my son to have that, too. Tom and his wife already treat him like they do China Lynn. Is that wrong?

—HAPPY NEW MOM IN TROY, N.Y.

DEAR HAPPY NEW MOM: I see nothing "wrong" with it. It

may be unusual, but it only underscores the healthy, positive relationship you have with your former husband and his new wife. I say, go for it.

DEAR ABBY: I am a single, 29-year-old male who has had a wonderful 20-year-old woman, "Robin." Would it be wrong for me to date Robin because of the age difference? I have never been married and have no kids. I have a green card and a home. I really like her.

My 20s were wild. I loved them and did many amazing things. But now I am moving into my 30s, and Robin is barely starting her 20s. She hasn't experienced the bar scene or other things I have moved on from. I still love to hit a sports bar and grab a beer, but the late nights out and the all-nighters are over. Would it be wrong for me to deprive her of her chance to experience her 20s?

—OLDER GUY BLUES IN CALIFORNIA

DEAR OLDER GUY: You're asking the wrong person. Ask Robin if the bar scene would be more attractive to her than a serious relationship — and possibly marriage. If her answer is yes, then you're not too old for her; she is too immature for you.

Billiard ball was patented today

This day in history: Take a cue from John Hyatts who patented the billiard ball on Oct. 10, 1865.

The longest burning light bulb in history hangs in the Livermore, Calif., fire station. First turned on in 1901 and never turned off, the "centennial light bulb" is still going strong. Don't believe us? Check out the bulb live Web cam at <http://www.centennialbulb.org/photos.htm>.

According to the Crayola company, the favorite crayon colors of past and present celebrities include robin's egg blue (Bingey Spears), wild strawberry (Betty Woods), pink (Mario Andretti), Caribbean green (Ol Robert), burnt sunset blue (Crestal blue belt (George W. Bush), cerulean (Katie Couric), blue (Mike Myers), dandelion (Candice Bergen), and lemon yellow (the hit song "Rivers of Mr. Rogers' Neighborhood").

You think it's nice when con-



temporary musicians perform on cartoon soundtracks? It's an old tradition. For example, 1930s superstars Louis Armstrong, Duke Ellington, Fanny Brice and Cab Calloway all performed for the soundtracks of Betty Boop cartoons.

When asked which day they hate most, many more Americans said they hate a dental appointment day than the April 15 tax deadline. The score was 33 percent dental to 15 percent tax.

About 80 percent of people over 50 suffer from some degree of arthritis.

New Mexico has the dubious

distinction of having the highest rate of pedestrian deaths. Blame the high number of car-centric suburbs without crosswalks, sidewalks or pedestrian-friendly streets.

The U.S. Patent Office received 400,000 patent applications last year.

Bed means stop. In the most recent survey conducted for 176,000 people in the United States are injured in incidents of red light running, and 934 were killed.

More men than women believe in UFOs. More women than men believe in angels, supernatural miracles and heaven.

Chief executive officer salaries continue to rise. Last year in the top 500 companies, the already-well-paid guys got an average raise of 54 percent.

Erin Barrett and Jack Mingo can be reached at factmatters@mingo-barrett.com.

Thieves steal church's dome covering

CLEVELAND (AP) — One of the domes atop Ohio's oldest Russian Orthodox cathedral, which was pledged of its copper covering by thieves who apparently wanted to sell the metal for scrap.

"Who could steal from God?" said Ted Lentz, the church caretaker, as he looked up at the

damage Wednesday.

The St. Theodosius Russian Orthodox Cathedral, which appeared in scenes of the Oscar-winning film "The Deer Hunter," is topped with 13 onion-shaped copper domes, one for Jesus and each of his 12 apostles.

At each of the four corners of

the church, there are smaller half-domes. Police say the thieves who struck Tuesday night chose one of those to pilfer.

While the going rate for copper is at its highest in years — about \$1.25 a pound — the stolen copper probably wouldn't fetch more than \$100.

Boy George arraigned on drug charge

NEW YORK (AP) — A lawyer for Boy George is denying that drugs found in the British singer's apartment belonged to him.

Authorities said the singer, whose real name is George O'Dowd, was arraigned on drug charges early Saturday.

He had called 911 to report that his home had been burglarized around 3 a.m. Friday, said Detective Kevin Zaritsky, a police spokesman. Officers arrived at O'Dowd's apartment and discovered a small amount of cocaine next to a computer, police said. They were continuing to investigate.

The singer was released Saturday without bail after being

charged with fourth-degree criminal possession of a controlled substance.

The substance, allegedly more than an eighth of an ounce of cocaine, said Brie and a Thompson, a spokeswoman for the Manhattan District Attorney's office. He was scheduled to return to court on Dec. 19.

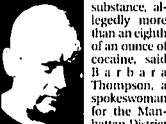
"It was a small amount of drugs," lawyer Lou Freeman told the New York Post on Saturday. "It does not know

where it came from. It's had a lot of people in his house."

A phone message left for Wallace early Saturday was not immediately returned. He served more than four years in prison after a 1993 conviction of second-degree burglary and received a 10-year sentence according to state corrections records.

In August, prosecutors decided not to charge photographers whom Wallace had hired for his magazine. The incident left some of the children in tears.

"Tabloids must realize that 'battering and endangering a child to get a picture for their

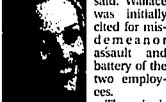


Boy George

magazines is criminal and not business as usual," said Witherspoon's attorney, Hilar Berk. A phone message left for Wallace early Saturday was not immediately returned. He served more than four years in prison after a 1993 conviction of second-degree burglary and received a 10-year sentence according to state corrections records.

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"Tabloids must realize that 'battering and endangering a child to get a picture for their



Witherspoon

Photographer charged in Witherspoon incident

ANAHEIM, Calif. (AP) — A photographer was charged with child endangerment and battery for allegedly striking a 5-year-old child with his camera and shoving another out of the way to take pictures of these Witherspoon and her children.

Todd K. Wallace, 44, was charged Friday and was due back in court Wednesday, Assistant City Attorney Patrick Ahle said.

The photographer also is charged with battering a 5-year-old's mother, who is a friend of Witherspoon, and two employees at a Disney theme park, said Anaheim Police Sgt. Rick Martinez.

Wallace became angry when

magazines is criminal and not business as usual," said Witherspoon's attorney, Hilar Berk.

A phone message left for Wallace early Saturday was not immediately returned. He served more than four years in prison after a 1993 conviction of second-degree burglary and received a 10-year sentence according to state corrections records.

In August, prosecutors decided not to charge photographers whom Wallace had hired for his magazine. The incident left some of the children in tears.

"Tabloids must realize that 'battering and endangering a child to get a picture for their

OTHER VIEWS

Military not the sole solution for bird flu

The Baltimore Sun

Official Washington is finally in a public tizzy over a possibility that a particularly deadly strain of avian flu could explode into a worldwide pandemic that could quickly take millions of lives here and around the globe — just like the lethal 1918 flu outbreak.

The heightened sense of alert is very much needed and long overdue — but it is not enough. It is not enough to prompt aggressive and thorough preparations, not a wholesale evacuation for deploying the U.S. military for civilian law enforcement, as President Bush suggested Tuesday. If quantities might be needed, the focus instead ought to be on preparing for local and state emergency.

Many experts believe it's only a matter of time before a form of bird flu mutates sufficiently to start passing among humans — with the real potential for terrible consequences. In the 20th century, such pandemics arose three times: the post-World War I "Spanish flu" that took 300,000 lives in the United States, and as many as 50 million worldwide; the 1957-1958 "Asian flu" that caused 70,000 U.S. deaths, and the 1968-1969 "Hong Kong flu" that killed 34,000 Americans. (These days, about 200,000 Americans annually are hospitalized with ordinary seasonal influenza, with about 36,000 dying each year.)

This century's first candidate for the source of the next pandemic is an Avian flu known as H5N1, which has infected millions of birds in 11 Asian countries and more than 100 people, most of whom have died, going back to 2003. In only one case has H5N1 been suspected of having been

transmitted between humans, but scientists announced Wednesday they now fear that the virus could easily mutate to allow human-to-human transmission — much like the 1918 flu.

Health and Human Services Secretary Michael O. Leavitt held private, tight-

Their view: This guest editorial from the Baltimore Sun says federal agencies have plenty of reason to act now for bird flu prevention.

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

ly closed briefings on this threat that included the warning that as many as 2 million Americans could die. Part of the reason for that is the United States is dangerously short of the antiviral drugs used in treating the H5N1 virus; the Senate wasted little time approving \$2.9 billion for preparedness, including funds for developing vaccine for 20 million Americans and producing antiviral doses to help another 20 million.

Even as his department is putting the final touches on a comprehensive plan to combat a flu pandemic, Mr. Leavitt also is going to Asia next week to talk about another virus surveillance and prevention threat. And Australia announced Wednesday that it will host the first Asia-Pacific summit to coordinate a regional response to the avian flu threat. Again, it's about time.

Meanwhile, the president said Wednesday that he's reading a new book about the 1918 pandemic, an outbreak made worse by government inaction. After 9/11 and Hurricane Katrina, Mr. Bush appears rightly concerned about getting blindsided again, but focusing on breaching the long-standing prohibition against using the armed forces for domestic law enforcement is a counterproductive distraction from the big public health tasks of preparedness and prevention. The military is not the answer to this problem.

Mediocrity reigns with new nominee

When in 1962 Edward Moore Kennedy ran for his brother's seat in the Senate, his opponent famously said that if Kennedy's name had been Edward Moore, his candidacy would have been a joke. If Harriet Miers were not a cousin of the president of the United States, her nomination to the Supreme Court would be a joke, as it would have occurred to one else to nominate her.



David Cooper
KIAW-TV/ANSA

We've had quite enough of these politics over the past decades. If considering the nomination of Harriet Miers, and William Henry Harrison, I pity the schoolchildren of the future who will have to remember who was who in the Bush 41 nomination of Harriet Miers (from 1989 to 2017.) But nominating a constitutional *tabula rasa* to sit on what is America's constitutional court is an exercise of legal authority with the constitutionality of *King Lear* by having general a particularly plish duck. The only advantage he makes some of those that Supreme Court decisions are not hereditary.

It is particularly disarming that this act should have been perpetrated by the conservative party. For half a century, liberals have corrupted the courts by turning them into an instrument of radical social engineering — school prayer, abortion, busing, death penalty that people belong to the elected branches of government. Conservatives have opposed this arrogation of the judicial role and called for the restoration of the purely interpretive role of the court. To nominate someone whose adult life reveals no record of even participation in debates about constitutional interpretation is an insult to the institution, and to that vision of the institution.



There are 1,094,561 lawyers in the U.S. What distinguishes Harriet Miers from any of them other than her connection with the president? He has selected her, when conservative jurisprudence has J. Harvie Wilkinson, Michael Luttig, Michael McCumall and at least a dozen others on a bench deeper than that of the New York Yankees, is scandalous. It will be argued that this criticism is elitist. But this is not about the Ivy League. The issue is not the *résumé* of Miers' constitutional scholarship, experience and engagement. The issue is their nonexistence.

Moreover, the Supreme Court is an elite institution. It is not one of the "popular" branches of government. That is the reason Sen. Roman Hruska can't have such insight into the support of an undistinguished Nixon nominee to the court, that, yes, C. Harold Carswell is a mediocrity, but mediocre Americans deserve representation on the court as well.

To serve in Congress or even the presidency, there is no requirement for scholarship and

brilliance. For good reason, it is not needed. It can even be a hindrance, as we learned from the opposition with Alexander Wilson, the most intellectually accomplished president of the 20th century and also the worst.

But constitutional jurisprudence is different. It is, by definition, an exercise of intellect steeped in scholarship. Otherwise it is nothing but raw politics. And it is not the conservative complaint that liberals have abused the courts by having them exercise raw super-legislative power, the most egregious example of which is the court's most intellectually bankrupt ruling, *Roe v. Wade*.

Miers will surely shine in her judiciary committee hearings, but that is because expectations have been set so low. If she can give a fairly good facsimile of John Roberts' testimony, she'll be considered a surprisingly good witness — but what does she bring to the bench?

This, she says she advocates: We are now at war and therefore different laws of war apply is the Nixon II powers of the president to wage war. For four years, Miers has been immersed in war-and-peace decisions and therefore will

have a deep familiarity with the tough constitutional issues regarding detention, prisoner treatment and war powers.

Perhaps, We have no idea what her role in these decisions was. But to the extent that there was any role, it becomes a liability for years — crucial years in the war on terror — she will have to recede herself from judging the constitutionality of these decisions because she will have been a party to having made them in the first place. The Supreme Court will be left with an absent chair on precisely the laws-of-war issues on which she is supposed to bring so much.

By choosing a nominee suggested by Senate Democratic leader Harry Reid and well known only to George Bush, the president has ducked a fight on the most important domestic question dividing liberals from conservatives: the principles by which one should read and interpret the Constitution. For a man whose courage is marked by a courageous willingness to think and do big things, this nomination is a sorry retreat into smallness.

Charles Krauthammer's e-mail address is krauthammer@washpost.com

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.

LETTER

New ideas are needed on T.F. City Council

I truly believe, as Chris Kalfington said, it is time for new ideas and new members on the Twin Falls City Council. I was approached by several friends and acquaintances at the fair, city council and planning and zoning meetings asking me to run for city council. I believe in being an active member of our community, and I have been before the city council on many occasions to support citizens' concerns.

Last year during my campaign for county commissioner, I gained a lot of knowledge about our city. The downtown area is, and should be, a special place that we seek to retain and enhance business. I supported keeping county offices in the downtown area. Small businesses are concerned with the lack of support shown by the city council. The city council needs to promote, support and help new and current small businesses owners. Encouraging our travel contractors must be done with caution and support to business success. Our zoning of newly annexed

areas must be done with a partnership of the property owners. New subdivisions must fit in with current property sizes. City water and sewage lines must be replaced. Construction Water is and should be a primary concern. Five or six lots on an acre should not be zoned until our water availability has been increased. The city council asked us to conserve water but did not look far enough ahead to see that they would lose revenue. Planning and zoning regulations that are not realistic will make a difference.

Last year, the City Firefighters Local endorsed me. They know I will support the fire and law enforcement staff responders in Twin Falls City.

I would like to be the new city councilman in Seat 1. With the support of the city voters and the support of the city council can win this election. Your support and vote will ensure new leadership in Twin Falls City. It is time for a change. Your vote is critical to a new direction.
Bob Powers for City Council, Seat 1.
BOB POWERS
Twin Falls

Conservative revolt may haunt Bush

These front-page headlines on a single day last week testified to the on-again, off-again nature of the Bush presidency.



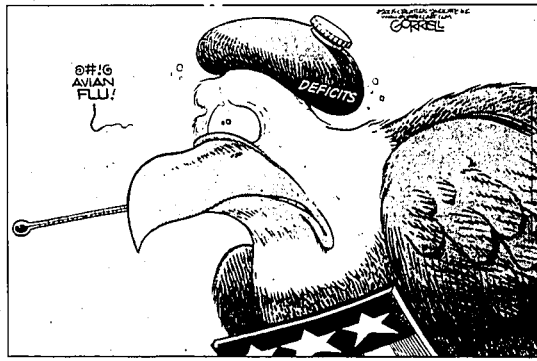
David Broder

The lead story in The Washington Post on Thursday reported that the Senate defied the White House yesterday and voted to set new limits on interrogating detainees in Iraq and elsewhere, with 81 Republicans joining the Democrats to pass restrictions on prisoner abuse so unacceptable to President Bush that he has threatened his first-ever veto.

A second story on the same page recounted that "the conservative uprising against President Bush escalated yesterday as Republican activists angry over his nomination of White House Counsel Harriet Miers to the Supreme Court confronted the president's spokesman during a pair of news closed-door meetings." Participants described it as the biggest split with the GOP base in his five years in office.

And elsewhere on the page was the news that the Central Intelligence Agency's director had rejected a recommendation from his inspector general that he convene a fact-finding "accountability board" to judge the possible complicity of senior officials in the failures that preceded the Sept. 11 terrorist attacks. The action followed a statement of concern from the Republican chairman of the Senate Intelligence Committee and criticism from families of 9/11 victims.

These developments came against a background of rising conservative criticism in Congress of runaway spending of continuing investigations of the administration's faltering response to Hurricane Katrina and of criminal indictments and grand jury probes that have focused on the chief White House procurement officer and



the House Republican majority leader and may implicate other top officials of both branches.

Coming at a time when Bush is recording his lowest-ever job-approval scores, this Bush-led asher analyst as John Kenneth White of Catholic University to describe this as "a presidency on life support."

Noting the precipitous decline in Bush's ratings from underdogs and independents, White argues that continuing problems — notably that of Iraq, the high cost of gasoline and home heating fuels, an unending stream of deficits — are likely to plague Bush for the foreseeable future.

A valuable historical perspective on all this came from Stephen Skowronek of Yale University in a talk to the American Political Science Association just before Labor Day. At the time, it seemed a bold — even questionable — thesis. Now it looks prescient.

Skowronek, a presidential scholar, defined Bush as "an orthodox innovator," meaning someone who inherits a governing doctrine from others (in his case, Ronald Reagan) but applies it in different circumstances and with different techniques.

Other presidents of the same ilk, he said, include James Polk, Theodore Roosevelt and Lyndon Johnson. Johnson, for example, took a number of ideas that had been on the shelf since New Deal days and tried to apply them to a hugely different time, succeeding spectacularly with a Medicaid plan rooted in Social Security but failing disastrously when he applied the analogy of Hitler to the '60s civil rights.

Skowronek said that historically, what leads to ultimate failure for orthodox innovator presidents is "sectarian infighting." They fail, he said, not because the political opposition becomes so strong but because their own supporters fall out among themselves — some insisting on the original orthodoxy and the inherited philosophy, others demanding more change to adapt to the new conditions.

When Skowronek spoke, barely a month ago, I was skeptical. But now such strains are plainly visible inside Bush's coalition. Some fiscal conservatives are demanding a return to smaller government and balanced budgets while others in the coalition — neoconservative hawks and worried Southern elected officials — back Bush in pledging "whatever it takes" to win in Iraq and

repair the Gulf Coast. Similarly, among social conservatives, some are no longer satisfied with Bush's personal assurances that his tight-lipped Supreme Court choices will eventually roll back the school prayer, affirmative action and abortion rulings now in effect while others applaud Bush for taking what they regard as the course of prudent ambivalence.

Skowronek said the long rivalry between Bush and Sen. John McCain — something that flared again in last week's fight over the treatment of detainees — was reminiscent of the battles between Polk and Martin Van Buren, LBJ and Robert Kennedy — fights which spill their parties wide open.

But he also noted that the unprecedented organizational strength and top-down control of the Republican Party forged in the Bush years served for a long time to keep these internal pressures from erupting. Whether that discipline will continue to hold through Bush's lame-duck years is another — and very different — question. It must be keeping Karl Rove awake at night.

David Broder's e-mail address is davidbroder@washpost.com

OPINION

LETTERS

Gifted minds stay away from low salaries

My mother was an educator. I am an educator, my husband is an educator, my only brother is an educator and his wife is an educator as well. Just penning these statements swells my heart with pride.

My husband and I have taught for 26 years, and for the last six years, we have been at the end of credit and experience advancement on the Twin Falls School District pay scale. We are, in essence, "stymied" on the Twin Falls School District pay scale. If there is no increase on the base salary, we don't get an increase in compensation.

Consider this: I have three Twin Falls-educated children pursuing careers that don't involve education. Why? Not because they don't know about the standards and how one can engage with and the vital need for outstanding educators. Not because of the benefits received from teaching students and the satisfaction of working in an environment rich with exuberance and knowledge, and certainly not because they don't want to be educators. They have all shown sparks for teaching, but they simply cannot afford the paltry wages afforded to teachers. Wages that don't begin to keep pace with comparable careers. Low pay is much more than a matter of teachers having to take on extra jobs to make ends meet. Low pay for public school professionals has serious consequences for education and ultimately for the students who depend on teachers for building their knowledge and skills that will help them attain a high quality of life.

This I know for sure. The people of Twin Falls understand this concept explicitly and are very supportive of public education and especially its teachers. For this I am eternally grateful. Patrons do not feel that the school board is behaving in their best interest by suppressing teacher's wages and teachers' morale via a lack of vested time and interest in the negotiations process.

I urge you to talk to your children's teachers and let them know your support then in attaining a fair and equitable settlement. Teachers need your support. The school board needs to hear from patrons as well.

In conclusion, may I paraphrase a commercial slogan by saying: Twin Falls, Idaho — Exquisite, Twin Falls Parents and Students — Superb, Twin Falls

Educators — Awesome. Twin Falls Educators working without a living wage — Shameful! **SUZANNE WILKIN**
Twin Falls

Lanting would be a strong city councilman

I am writing in support of Greg Lanting, who is running for the city council in the position being vacated by Elaine Steele.

Mr. Lanting is a lifelong Idahoan, and he and his family have long been involved in community service to the people of Idaho. He has been in education for 29 years, first in the classroom before becoming principal of Hill Middle School. He has been actively involved in community service by serving several terms on the planning and zoning board (including two years as vice chairman) and has also been on the Twin Falls Golf Course Advisory Board, as well as serving on the board of directors of the Idaho Golf Association.

His wife, Maria, is also very active in community service, as she was the former Chamber Person of the Year for her involvement in substance abuse in the area of Hill Middle School. Mr. Lanting has taken the time to research issues that are of vital concern to the citizens of the Magic Valley. He will work hard to actively pursue better paying jobs for the area — ones that are full time and provide health care for their employees. He is also very much aware of the need to plan for quality growth in the area, with the infrastructure necessary to support that growth.

These are concerns that impact the citizenry of the area, and because of his keen interest in bettering life in the Magic Valley, I hope you will join me in supporting Greg Lanting for City Council, Seat 5.

KAREN STRODER
Twin Falls

Use a bit of tolerance with the letters

To Mr. Guymon, Mr. Walsh and Sgt. Roberts:

Thank you for your letters Tuesday. Even though I may or may not have agreed with you, it really helped me get over one or two submissions that were probably the worst I have ever read.

Don't get me wrong, I am proud of those around me who will stand up in my face with passion for what they believe and allow me the same cour-

tesy. The people I have a hard time with are those who honestly believe that they are the only enlightened ones, those who try to please everyone with their comments, and those who write a letter just to kill time and really don't say anything.

I can deal with Mr. Enlightened, even Mr. Please. Everybody. These types will always be around, and to live peacefully, we must exhibit some form of tolerance. The only people that I have a problem with are the ones who take up space with useless comments and pointless dialogue. I honestly can't say why that bothers me so, except for maybe the frustration that they would write such meaningless trash and take up quite a bit of space that could be reserved for someone who has a point! Recent example: Mr. Ken White.

Mr. White, I have a message for you. Nobody cares that you think you could do a better job than the president. After all, who doesn't? If you truly believe that, then get up and run for office. Heck, I will even support you if you are true with your beliefs and I agree. But if you don't have any intention of doing your part other than a useless commentary in a local paper, then please spare us your rambling. All you did was join millions of people who do say the same thing you did and do

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nothing. By the way, I have a friend with a major airline. Maybe I can arrange some one-way tickets to Canada for you and the Dixie Chicks. And just to show you that there's no hard feelings, I'll even put you on standby for first class.

I know a lot of you will disagree with me, and even toss me into your useless file. But if you write a letter to The Times-News, I will be more than happy to read it. As long as you have a point.

TIM YENNE
Twin Falls

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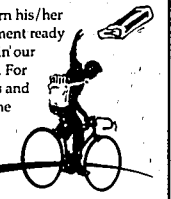
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Movies

Orpheum
Flight Plan 11:30 7:00 9:05
Odyssey 6
Emmy 10:30 11:15 9:45
Waiting 10:30 9:45
Dukes of Hazard 11:30 9:45
In Her Shoes 11:30 9:45
Dukes of Hazard 11:30 9:45
An Unfinished Life 11:30 9:30

Jerome 4
Wallace & Gromit 10:10 9:30
Into the Blue 11:30 9:30
Flight Plan 11:30 9:30
In Her Shoes 11:30 9:30

Twin 12
Two for the Money 10:10 9:45
Into the Blue 11:30 9:30
Greatest Game Ever 10:10 9:45
Wedding Crashers 11:30 9:30
Serenity 11:30 9:45
Corpse Bride 10:30 9:45
40 Year Old Virgin 11:30 9:30
Just Like Heaven 11:30 9:45
Wallace & Gromit 10:10 9:45
Lord of War 11:30 9:30
Cinderella Man 11:30 9:45



NATION

Katrina claimed 200,000 cars

Los Angeles Times

NEW ORLEANS — As electricity gets slowly switched back on and drinkable water starts to flow again, the city is turning to another Herculean labor — the removal and scrapping of more than 200,000 waterlogged and abandoned cars.

The corroding cars are strewn about the city, on freeway medians, side roads and parking lots. They are stranded in front of homes and apartments, and in some areas, the middle of the street.

So far, the city has towed about 1,600 of them. At that rate, it will take about a decade to finish the job.

"This is junk car city," said tow truck driver Joe Messina, unloading a blue and white church van with a "Jesus First" license plate last week.

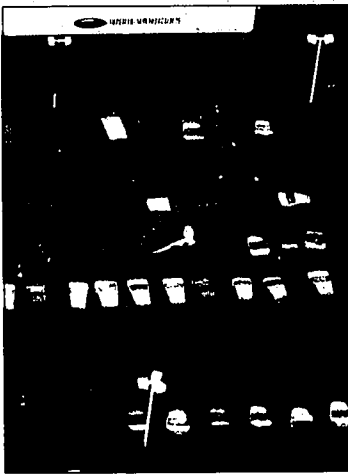
The slow pace of removal hasn't been for lack of effort, but of resources. Over the past month, the only break for drivers like Messina came courtesy of Hurricane Rita. Within that same period though, the city has had only 10 tow trucks — six operated by the city, another four by a sub-contractor — tackling the task.

"Ten trucks isn't going to get it done," said John Shire, chief of the city's public works department, who declined to estimate the length and cost of the massive project. "We haven't even scratched the surface yet."

It's far from the only problem the city faces. Officials are still scrambling to restore the basics — water, electricity and sanitation — which are still not available in all neighborhoods. Still, officials realize the urgent need to haul away the vehicles that pockmark the city landscape.

Shire's hopeful state and federal officials will provide additional funding to hire more tow truck sub-contractors to speed up collection, and the bureaucratic process that precedes junking the cars can be streamlined.

For now, the city's abandoned vehicles are towed to one of four parking lots for temporary storage. Once there, vehicle identification numbers are recorded, state police catalog the pick-up, and insurance



Flooded cars are shown on a New Orleans dealership lot in this September file photo.

companies are notified. Adjusters will inspect the vehicles — the vast majority of which are expected to be total losses — and then the cars will have to be towed again to a scrap yard in another part of the city.

In some cases, owners may be allowed to reclaim their vehicles and contents, but in many cases the contamination is so severe that even if owners want the car, they won't be allowed to

have it for public health reasons.

If the city had unlimited space, this wouldn't be a huge obstacle, but the city's four storage lots are filling up fast, even with the relatively small number of cars in them.

"We're not sure where else we can store the cars, so we have to speed things up," said Shire. "We've got to start crushing them as soon as possible."

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Tape shows New Orleans PD beating

NEW ORLEANS (AP) — Two New Orleans police officers repeatedly punched a 64-year-old man accused of public intoxication, and another city officer assaulted an Associated Press Television News producer as a cameraman taped the confrontations.

There will be a criminal investigation, and the three officers were to be suspended, arrested, and charged with simple battery Sunday, Capt. Marlon DeFillo said.

"We have great concern with what we saw this morning," DeFillo said after he and about a dozen other high-ranking police department officials watched the AP/TV footage Sunday. "It's a troubling tape, no doubt about it. ... This department will take immediate action."

The assaults come as the de-

partment, long plagued by allegations of brutality and corruption, struggles with the aftermath of Hurricane Katrina and the resignation last month of Police Superintendent Eddie Compass.

The AP/TV tape shows an officer hitting the man at least four times in the head Saturday night as he stood outside a bar near Bourbon Street. The suspect, Robert Davis, appeared to resist, twisting and falling as he was dragged to the ground by four officers. Another of the four officers then knelt Davis and punched him twice. Davis was face-down on the sidewalk with blood streaming down his arm and into the gutter.

Meanwhile, a fifth officer ordered AP/TV producer Rich Mathews and the cameraman to stop recording. When

Mathews held up his credentials and explained he was working, the officer grabbed the producer, leaned him backward over a car, jabbed him in the stomach and unleashed a profanity-laced tirade.

"I've been here for six weeks trying to keep ... alive ... Go home," shouted the officer, who later identified himself as S.M. Smith.

Police said Davis, 64, of New Orleans, was booked on public intoxication, resisting arrest, battery on a police officer and public intimidation. He was treated at a hospital and released into police custody. A mug shot of Davis, provided by a jailer, showed him with his right eye swollen shut, an apparent abrasion on the left side of his neck and a cut on his right temple.

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AROUND THE VALLEY

Columbus Day brings closures

TWIN FALLS — Many offices and facilities will be closed today for Columbus Day. Here's a roundup of what will be closed or open.

- Twin Falls City Hall will be closed; some local city offices will be open.
- County offices will be closed.
- State and federal offices will be closed.
- U.S. Post Offices will be closed.
- Local banks will be closed.
- Twin Falls Public Library will be closed.
- The College of Southern Idaho will be closed.
- The YMCA/Twin Falls City Pool will be open from 6 to 8 p.m.
- Magic Valley Mall will be open from 10 a.m. to 9 p.m.
- Trash collection will follow the regular schedule.

Economic summit will take place at CSI

TWIN FALLS — Wanted: secretaries, USA representatives and world bankers.

The annual economic summit at the College of Southern Idaho is looking for a few more volunteers to help with the event that organizers say will be their biggest ever. It will be held all day Nov. 15 at the CSI gym.

The Region IV International Economic Summit, sponsored by the Idaho Council on Economic Education, teaches students how to implement economic theories and concepts they learn in the classroom. The all-day activity features authentic costumes, flags and speechmaking.

"More than 300 students will represent countries from throughout the world, with teams developing strategic plans to increase that country's standard of living," said Bryan Matsuoaka, director for the Idaho Small Business Development Center and event organizer. "During the summit, teams negotiate trade alliances, prepare and discuss trade issues, and trade for scarce resources to reach their goals."

The event is looking for "summit secretaries" to track points and generally aid the students through the day.

Volunteer USA representatives will trade and negotiate as a first-world nation, and "world bankers" will loan money during the trading sessions and count currency at the end of the session. Time frames for volunteers vary depending upon the roles they play.

For more information, call Matsuoaka at 732-6151.

Work Center events slated for Thursday

TWIN FALLS — District 5 Community Corrections and the Twin Falls Community Work Center will hold open house events from 11 to 5 p.m. Thursday.

The public is invited to stop by either location — 594 Washington St. S. or 616 Washington St. S.

Refreshments will be served.

Hospital Board will meet today at 6 p.m.

TWIN FALLS — Magic Valley Regional Medical Center's Hospital Board today will hear a report from the hospital's Community Relations Committee on the first year of grants from its Community Health Improvement Fund.

The fund distributes money to programs that work to improve health in the community.

Also on today's agenda are reports from the board's finance, quality, community relations and medical ethics committees.

The board meeting will begin at 6 p.m. in the Sage Conference Room located in the former Norco building just east of the Addison Avenue campus. The meeting is open to the public.

— compiled from staff reports

Columbus remains controversial

Holiday brings bitter reminder for some; others refute common beliefs about explorer

By Candace Baltz-Smylie
Times-News correspondent

While millions of Americans take a break from work, school, and stress, Columbus Day is not a time to celebrate for people of the Shoshone-Bannock Tribe.

In the last two decades the reputation of Christopher Columbus has been brought into question by historians, blaming him for greeting the native people of "The New World" with disease, rape and genocide.

It's no wonder that the holiday is a bitter reminder to Carolyn Boyer Smith, a member

of the tribe, of what could have been.

"It is not important to us. He brought the new travelers to this world, and in that sense our world started to deteriorate," Smith said. "So we don't celebrate his achievements."

Smith says it is important for all people to learn the true history of Columbus and the forming of the United States.

"It is something that the rest of the nation may not want to remember," she said. "There were diseases brought, types of alcohol and the taking of land that they fell was not being used

to call their own...and I think it is important (to learn about). It is a part of history and no need to cover it up. What he did was important to some people, but there must also be credit given to that side that is never told."

Smith also said American Indians would be better off if Columbus had never arrived in the Americas.

"We suffer today because of all the atrocities done, policies made, concentration of Indian people in certain places — even if it wasn't where they were necessarily from — because of the amount of people wanting to

use the land," she said. "Now you have a number of people in areas that were forced there, herded to move to the reservations. There could be resentment."

So instead of celebrating Columbus Day, the Shoshone-Bannock Tribe, who live on the Fort Hall Reservation, celebrate Indian Day on the last Friday of September.

"It gives us a chance to celebrate as an Indian group together, something that the rest of the nation may not want to remember," she said.

Please see COLUMBUS, Page B3

Disease, drought taking toll on trees

Candace Baltz-Smylie
Times-News correspondent

Something is killing the birch trees in the Magic Valley, and Dave Wright knows what it is — and it's ugly.

Wright, president of Kimberly Nurseries, said the tall, white-barked trees are the victims of two things: too many years of drought and flat-headed birch borers.

Birch trees, which are naturally found around streams and other wet areas, require more water to stay healthy than many other varieties. And when droughts take residents to cut back on their water usage during the past few summers, it caused more than brown spots in lawns. It led to a brown infestation.

While Wright said the problem could have been prevented if birch tree owners had deep-watered their trees throughout the summer, for many of the trees, it's too late.

Because of drought, the flat head bore — a dark colored insect that looks like a cross between a wasp and a locust and measures about half an inch in length — has found a jackpot of weak trees in the Magic Valley.

"Before it got here, Salt Lake had it really bad," said Wright of the flat head birch bore. "They seem to be headed east to west. It's definitely a problem. There's lots of host trees here. If you look out across the Magic Valley, all the trees are in somebody's yard. There are no native trees. If you lived in a forest, it wouldn't be as bad."

Wright said part of what lead to the problem is the trans-planting of trees from other climates and regions which, now in Idaho, aren't having their needs met for good health. This makes the tree a target for opportunistic predators — like the borer.

"When the pests attack the trees, it further compounds the problem," Wright said. And not knowing how to properly get rid of the borer makes it even worse.

Please see TREES, Page B3

'It takes a village to raise a child'

Blaine County residents help foster academies for students

By Joshua Palmer
Times-News writer

HALLEY — There must be something strange in the water up in Halley. When you walk into Wood River High School it comes as a shock to see a senior explaining how he engineered a better skate ski, and a sophomore designing homes on the next generation of architectural software. But the real surprise is the level of community support.

Want to know more?

Read more about Blaine County's career academies in School Days on A4.

The Blaine County School District offers eight academies that focus on student career interests. The program — which includes focus areas in architectural and engineering design, culinary arts, performing arts, residential construction, information technology and teaching — is a three-year program designed to prepare students for college or careers in their fields of interest. But what sets the career-focused courses apart from those in other districts is the level of community support.

"It takes a village to raise a child," said Stacey Smith, the career academies director for the Blaine County School District. "And that is essentially how the academies operate."

Granted, Blaine County has more than 6,000 people whose average income is about \$75,000 a year. But this village is using more

Please see VILLAGE, Page B3



Nate Houthin notes the improvements he and a partner made to the skate ski.

Former WWII POW sacrificed for America

By Jami Whitte
Times-News writer

PAUL — The atrocities from World War II that followed Hubert Seal stayed with him all his life, but it didn't stop him from being the best he could for his loved ones.

He grew up on a farm in Rupert where he walked a mile to and from school, rode his horse while it fully and providing the best he could for his loved ones.

He grew up on a farm in Rupert where he walked a mile to and from school, rode his horse while it fully and providing the best he could for his loved ones.

The good, hard-working times of his quiet farm life changed forever during the Depression.

In the winter of 1939, he had been excited to store a crop of beans with the purpose of buying Christmas gifts. When it came time to sell, there was no market for the crop and, with too few choices, he joined the U.S. Army.

World War II began on Dec. 7, 1941, and Seal served honorably in the Philippines. Soldiers eventually surrendered after Hubert was taken to Cabanatuan prison camp.

His parents received notification that he was missing in action and later postcards from his captors.

"The Japanese would write something and have him sign it like he was OK," said Parker.

"But he wasn't."

Seal spent two and one-half years at Cabanatuan, wearing only pants and a pair of shoes.

In 1944 he was sent to Japan where he spent about a year in the Fukuoka Camp No. 7, working in underground coal mines as a slave laborer.

"He talked about it, but he was very selective," said Carol York, his stepdaughter. "I don't think he ever told the whole story."

He helped plant sweet potatoes, where human waste was used as fertilizer, and had to help bury dead people while in the Philippines. Seal told Parker there had been as many as 200 in a grave with dirt between layers of bodies.

The prisoners ate whatever they could find including snakes, spiders and weeds. Once he was given a stick of bread he was stuck between wet gunny sacks to eat the bread.

Ironically, what had driven him to the war had ended up helping him survive.

He was often severely beaten by guards, including Masafumi Sugi. Sugi's boot left a permanent concave in Seal's ribs and he was asked to testify at Sugi's war crimes trial, but the painful memories were too great.

In 1945 he returned to America and recovered from severe facial fractures, illnesses and severe malnutrition. He weighed just 80 pounds when he was rescued.

After his discharge from the hospital in 1946 and the Army about two months later, he moved to Pocatello and married his first wife and later divorced. He farmed and drew a homestead north of Paul with his second wife, Ida Holditt, who died of Parkinson's disease. Then he married Norma Harris Bond, mother of Charlotte Schorzman and Carol York. She died in 1991.

His survivors will probably never know all of what happened to him; often times Seal would start to talk about an experience but couldn't finish the story.

"It took its toll on Paul," said Schorzman. "He didn't talk about it early on, but it little would come out now and then."

Much of his story was told when Schorzman's son interviewed Seal for a history project and more details emerged in her daughter's recent tribute to him.

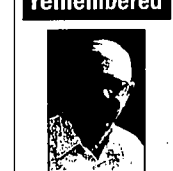
While stories of his time as a prisoner stay fresh in his family's minds, memories of his sense of humor always bring a smile.

When asked why he rolled through a stop sign, he told the officer he only had one good eye or why was he driving so slow? "Well, he wasn't in any hurry."

One traffic incident landed him in court and when asked if he had anything to say, Seal answered, "Yes, but I guess I better not though."

His military service held deeper

a Life remembered



Hubert Seal
Born: Aug. 18, 1917.
Died: Sept. 30, 2005.
Survivors: Sister, Beth Parker; stepdaughters, Charlotte (Lloyd) Schorzman and Carol (Dean) York; and several nieces and nephews.

ties throughout his life, he was a regimented man who liked things kept clean and in order, and while the hardships from the war hurt him emotionally and physically, it couldn't break his quick spirit or his love for the farm, fishing and "dancing around the world."

Times-News writer Jami Whitte can be reached at 735-3278, or write to her at jwhitte@magvalley.com

Mountain Home Police investigate dog's shooting by officer

MOUNTAIN HOME (AP) — The Mountain Home Police Department is investigating the shooting of a family dog.

The shooting happened Sept. 30 after a police officer responded to a 911 call.

Police said the officer felt he was being hit by the dog. The dog's owner, Jim Terrell, said the dog, Rascal, was being friendly.

Terrell told the Boise television station KTVB that he was sitting with his friend Frank Hahn on his porch Sept. 30 when a police officer pulled up across the street.

"He said the officer got out of the car, walked to the house, and the dog trotted toward him."

"He greets everybody, so he got up when his tail wagging and went to him," the officer didn't say a word," said Terrell. "The next thing we knew, we heard a shot, looked up, and (he) shot twice more and killed the dog."

Terrell said the officer watched the shooting from his driveway.

The Mountain Home Police department said the officer felt the dog was attacking him, and that is why he shot the animal.

"He was an Australian shepherd, medium size, wasn't a pit bull or Rottweiler. It was a hard time believing that his life was threatened," said Hahn.

The three witnesses said after the first shot, the dog turned to run away, but the officer fired two more shots.

The Mountain Home Police chief said when the department's investigation is complete, it will be turned over to the Idaho State Police for an independent investigation.

MAGIC VALLEY/WEST

Artists decorate new wall around Boise Tower

BOISE (AP) — The future of the Boise Tower is still unclear and the abandoned foundation has become an eyesore, but local residents have joined forces to paint a mural around the construction site.

When you see rusted rebar and garbage, that is not a good indicator of what's going on in Boise.

"It's nice to not see all that construction and stuff down in the hole down there," said Tom Ahlrichs, Boise resident.

Navy recovers another crash victim

Two of three on helicopter that went down have been retrieved

EDMUNDS, Wash. (AP) — A Navy ship has recovered the remains of a second crewmember from more than 500 feet of water where the aircraft crashed into Browns Bay near here, killing a pilot and two nurses on board.

The ship, from the Naval Undersea Warfare Center in Keyport, Kitsap County, uses sonar and remote-control underwater vehicles to recover lost objects.

Investigators asked for the Navy's assistance after initial attempts to locate wreckage from the accident turned up little of the two engine A-100/Mark 11 medical transport helicopter.

The remains were turned over to the Snohomish County Medical Examiner's Office, but on Sunday no identification was available.

The wreckage will be held by insurance company C1 Systems Aviation which the National Transportation Safety Board investigates the cause of the accident, Jones said.

The helicopter was headed back to its home base in Arlington when it plummeted into Puget Sound, killing pilot Steve Smith, 59, of Whitehead Island, and nurses Erin Reed, 48, and Lois Suzuki, 47, both of Seattle.

ON THE AGENDA

- Today
Campus closed for Columbus Day.
CSI Outdoor Program rock climbing rally, all day.
CSI Science and Technology Expo for southern Idaho sixth graders, all day.
Science and Technology Expo, "Family Night," 6 to 9 p.m., gym (free admission).

SERVICES

- Harold "Pete" Durfee of Almo, funeral at 2 p.m. today at the Almo Ward Chapel of The Church of Jesus Christ of Latter-day Saints; visitation from 1 to 4:45 p.m. today at the church (Rasmussen Funeral Home).
Clyde A. "Tobe" Bowers of Burley, funeral at 11 a.m. today at the Burley United Methodist Church; visitation from 10 to 10:45 a.m. today at the church (Rasmussen Funeral Home).

DEATH NOTICES

- Brandon H. Easterdson
BURL — Brandon H. Easterdson, 29, of Burl died Friday near Wendell from injuries received in an automobile accident.
Services will be conducted at 11 a.m. Wednesday at the Twin Falls Reformed Church. Interment will follow in the West End Cemetery in Burl. Friends may call from 4 to 8 p.m. Tuesday at White Mortuary Chapel of the Park.

THIS WEEK AT CSI

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OBITUARY

For obituary rates and information, call 735-3278 Monday through Saturday. Deadline is 4 p.m. for next-day publication. The e-mail address for obituaries is obit@magvalley.com. Death notices are a free service and can be placed until 4 p.m. every day. To view or submit obituaries online, or to place a message in an individual online guestbook, go to www.magvalley.com and click on "Obituaries."

Charles "Chuck" Robert Geska

BURL — Charles "Chuck" Robert Geska, 65, of Burl, Idaho, passed away due to a massive stroke at 7 p.m. Oct. 8 at Magic Valley Regional Medical Center.

SERVICES

- Inez "Snooks" Voeltzel Barber of Paul, graveside service at 1 p.m. Wednesday at the Elmwood Cemetery in Gooding; friends and family may call from 1 to 8 p.m. Tuesday at Rasmussen Funeral Home, 1550 E. 16th St., Burley.
Mary Margaret Moeller of Jerome, memorial service at 11 a.m. Saturday at First Presbyterian Church, 252 E. Ave. A.

DEATH NOTICES

- William Carroll "Bill" Sellars Jr. of Olympia, Wash., and formerly of Twin Falls, memorial Mass at 1 p.m. Saturday at St. Mary's Church, 2612 W. State St., Boise.
Services will be conducted at 11 a.m. Wednesday at the Twin Falls Reformed Church. Interment will follow in the West End Cemetery in Burl. Friends may call from 4 to 8 p.m. Tuesday at White Mortuary Chapel of the Park.

Subscribe today. Call 733-0931 for delivery.

Advertisement for Cremation Service & Planning, featuring a photo of a woman and text about funeral services, pre-funded plans, and a hearing evaluation offer.

Advertisement for Two stranded hikers rescued near Stanley, featuring a photo of a hiker and text about a rescue mission by the Idaho State Search and Rescue team.

MAGIC VALLEY/IDAHO

Biologists restore Boise hillside scarred by wildfire

BOISE (AP) — The state is replanting grass and brush on a hillside after the plants were obliterated in a July wildfire.

Biologists at Bottom manages the Boise River Wildlife Management Area for the Idaho Department of Fish and Game. He and other department employees have used a 14-foot wide ranging drill attached to a bulldozer to tackle the gentler slopes of the scarred area of the Boise foothills, planting wheat grass, bitterbrush and sagebrush seeds in the blackened soil.

The Homestead Fire started July 26 and burned more than 1,200 acres. The burn scar is visible for miles. The land was critical winter range for mule deer and elk.

Bureau of Land Management investigators determined the fire was human-caused, but no one has been charged.

"It just made me sick," said Bottom of the fire, as he looked at neat rows of charred bitterbrush that represented decades of careful planting destroyed in just hours by the fire.

The fire stripped the hills of much of their vegetation, raising concerns about flooding in the neighborhoods below. If the plants being seeded grow, their deep roots should stabilize the soil, Bottom said.

The grass and brush also should eventually attract game back to the area.

The Boise River Wildlife Management Area has more than 300 species of animals; its 6,000 mule deer and 500 elk in the winter.

But many of the deer that winter in the fire-affected area may just keep moving when they find nothing to eat, Bottom said.

"Wildlife are going to go there, and they're going to wonder what happened, and I don't know what they're going to do," he said. "They will move to another area probably."

She said businesses see a return on their investments in the academies through student contributions in internships. More importantly, the businesses have the ability to guide the curriculum toward the most current trends in the industry.

"Businesses have been extremely pleased with the students they work with," Woodyard said. "And it's an extraordinary experience for the professionals because, not only do they get the first pick of the best students, but they are also helping shape the curriculum."

The academies are growing rapidly. Within two years the program expanded from one to ten academies and the school district is now looking at ways to manage enrollment that has almost doubled in some courses. But something the district is always striving for is more community involvement — which this village believes is the key to student success.

Village

Continued from B1

Each academy has advisory board members who work in fields related to each academy's focus.

"It's an important part of the academy concept to have industry experts involved," Smith said. "Not only for instruction and guidance, but we also hope that we can offer internships through them."

While big-ticket items such as a three-dimensional printer for the design academy are covered by outside grants, the operational costs of the academies are supported by local taxpayers. Some local businesses also donate time and resources to provide specific help for each academy, while others offer paid internships for students.

Sue Woodyard, president of Woodyard Enterprises and the coordinator for the construction academy, was a teacher until her husband died two years ago and she filled his position as a real estate developer.

Continued from B1

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Trees

Continued from B1

Bores lay their eggs in the cracks and crevices of the bark of a tree. The larva then eats its way into the tree, and then eats its way back out as an adult, leaving a circle large enough to fit a pencil eraser in. And then the cycle begins again, and doesn't stop until the tree is completely dehydrated and dead.

"Generally, the death starts at the top of the tree and works its way down," Wright explained. While it is wise to cut off any

dead branches to try and save a tree, those branches must be destroyed, Wright said. If the branches are simply cut up and stacked for fire wood, the bores will leave the wood and find another tree to destroy.

"It's important to have the trees sprayed or injected with a product designed for birch bores," he said. "And to make sure to water the trees in winter, and to deep-water the trees in addition to what the sprinkler gives them."

Wright also suggests using dormant oil on the bark of birch

to smother eggs of the bores.

But for many of the trees, it's too late, Wright said. It's better to just destroy all the wood from the infested tree and start over with a tree that is better suited to the southern Idaho climate. Or, for people who are on birch trees, he said there are new hybrid varieties that are tougher and more resistant to drought.

Candace Baltz-Snylike can be reached by e-mail at Candace.Baltz@hotmail.com

Columbus

Continued from B1

But not everyone is down on Columbus.

"For us and millions of other Americans, Columbus Day is a patriotic holiday that celebrates the cultural exchange between Europe and the Americas," Donna De Santis, Ph.D., and executive director of the Order of Sons of Italy in America, told "The Times-News." Columbus was the first to open these permanent lines of communication through which have flowed the tenets of Roman law, Greek democracy, lifesaving scientific and medical breakthroughs, inventions and technology that have made America the world leader she is today. Millions followed him to find and earn a better life for themselves and their children. So we say Viva Columbus E vive l'America!"

The Order of Sons of Italy in America, the oldest and largest organization for men and women of Italian heritage, released a study on Columbus this week that highlights his contributions to current society. Using sources like Columbus' journal and letters, the OSIA's Columbus Day in America argues that Columbus did not bring disease to America, that tests on pre-Columbian mummies discovered far away from

the first colonies, show the native populations suffered from syphilis, tuberculosis, arthritis and periodontal disease, and that few lived past the age of 40, according to a press release from OSIA.

The statement also goes on to refute claims that Columbus participated in slavery, and argues that the Vinland Map, which historians have cited as proof that the Vikings arrived in North America in A.D. 1000, is likely a forgery.

The OSIA also claims that Columbus did not consider

American Indians to be racially inferior, and that in fact Columbus admired the Indians, whom he described as beautiful, generous, innocent and intelligent, according to a press release.

But it is those qualities exactly that Smith says many have exploited since Columbus' arrival. She said American Indians have been forced to become very guarded about their culture, beliefs, traditions and wisdom, because it has been used against them in the past. And why exactly Columbus Day is no holiday to them.



Through November 5

<p>MONDAY, OCT. 10, 11:00AM Jenny Owens, Twin Falls Furniture • Antiques • Garden Sporting • Auto • Misc. Times-News Ad: 10-13 MASTERS AUCTION SERVICE www.mastersauction.com</p>	<p>MONDAY, OCT. 10, 6:00PM General Merchandise, T.F. Furniture • Household • Tools Misc. • Consignments Welcome 734-1635 • 731-4567 IDAHO AUCTION BARN www.auctionsidaho.com</p>	<p>MONDAY, OCT. 10, 11:00AM Russ & Kathy Dean, Twin Falls Household Moving Auction Farm • Electronics • Lawn/Grdn Times-News Ad: 10-13 MUSSER BROS. AUCTIONEERS www.mbauctions.com</p>	<p>TUESDAY, OCT. 18, 5:00PM Derald Glenn, Kimberly Utility Tractor • Implements Shop Items Times-News Ad: 10-16 MUSSER BROS. AUCTIONEERS www.mbauctions.com</p>
<p>TUES-THURS, OCT. 11, 10:00AM PST Sorenson Dairy, Fallon NV Dairy Cows & Heifers, Tuesday Farm & Dairy Equip., Thursday Times-News Ad: 10-3</p> <p>US AUCTION www.us.auctioneers.com</p>	<p>TUESDAY, OCT. 11, 5:00PM Household • Tools • Antiques Outrageous Oddities • Jerome KLAAS AUCTION BARN</p>	<p>THURSDAY, OCT. 20, 11:00AM Tim Martens Farm Auc, Jerome Tractors • Trucks & Equipment Auto Ag Weekly 10-15 Times-News 10-16 MUSSER BROS. AUCTIONEERS www.mbauctions.com</p>	<p>SATURDAY, OCT. 22, 1:00PM Tom Tverdy Family, Buhl Bedroom, Living, Dining Furn. Other Furniture & Appliances Times-News Ad: 10-20 MASTERS AUCTION SERVICE www.mastersauction.com</p>
<p>THURSDAY, OCT. 13, 12:00PM Lester & Peg Bryan, Twin Falls Antiques • Furniture • Household • Guns Times-News Ad: 10-11 MASTERS AUCTION SERVICE www.mastersauction.com</p>	<p>SATURDAY, OCT. 15, 10:30AM Dean Bell Estate, Buhl Classic Auto • Farm • Shop Collectibles • Household • Lawn Times-News Ad: 10-13 MASTERS AUCTION SERVICE www.mastersauction.com</p> <p>To find out more, click Auctions on www.magicvalley.com and Classifieds Category #812</p>	<p>SATURDAY, NOV. 5, 9:00AM Tumbleweed Galleries, Glenns Ferry Antiques & Collectibles RAFTER J. AUCTION CO. Joe Lisle 208-280-1909 or 208-366-3153</p>	

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Do you know someone who participated in a Magic Valley Fair?

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MAGIC VALLEY FAIR RESULTS TAB

Tuesday, October 18, 2005
Deadline 10/13 • 5pm

This publication will feature all of the results from the following county fairs:
Lincoln, Camas, Jerome, Minidoka, Blaine, Cassia, Gooding, and Twin Falls.

- ✓ Congratulate someone who participated in a fair.
- ✓ Place a thank-you to leaders.
- ✓ Congratulate a club.
- ✓ Advertise a show animal for sale.

Businesses: If you ran an ad in any fair section this year, run an ad in the Fair Results Tab at 50% off.

BIG BUCK & BULL Photo Contest

OCTOBER 13TH THRU DECEMBER 15TH


Take a photo of your "Big Buck" to Sportsman's Warehouse in Twin Falls & you could win "Big Bucks"!

One winner each week will have their photo published in the Times News on Thursday in the Outdoor Section and online at magicvalley.com. Weekly winners will get a \$100 gift certificate from Sportsman's Warehouse in Twin Falls. On December 21st one Grand Prize winner will be selected from the weekly winners to receive a \$1000 gift certificate from Sportsman's Warehouse in Twin Falls.

Pick up an entry blank at Sportsman's Warehouse in Twin Falls. Complete the form & return it along with your photo*. Winners will be selected by the staff at Sportsman's Warehouse according to size of the Buck or Bull & composition of the picture.

The animal must be taken legally in Idaho in the 2005 season. Contestants will be required to provide your license or tag number and the date the animal was taken.

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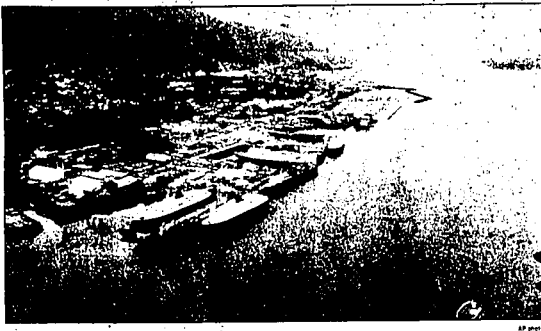
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WEST



The Tongass Narrows separates the Alaska town of Ketchikan, on the left, from Gravina Island, on the right, where the Ketchikan International Airport is located.

Bridge to nowhere?

Alaska defends highway project critics call waste

ANCHORAGE, Alaska (AP) — For others, simply at Southeast Alaska's so-called "bridge to nowhere." Leaders in Ketchikan, the small port town on the receiving end of the project, aren't sure what they call a bridge to the future.

The \$224 million two-bridge project would connect the airport to Revillagigedo Island, where most of the 13,000 residents of the Ketchikan Gateway Borough live.

The airport is separated from its users by a quarter-mile-wide channel of water, forcing travelers to catch either a ferry or a water taxi.

Some Ketchikan leaders, in fact, want to rename the airport after Rep. Don Young, R-Alaska, but all the federal money he's brought to the area, including the bridge, Young is chairman of the House Transportation Committee.

"It's been very supportive of all our infrastructure projects," said Lark Shay, a member of the Ketchikan Borough Assembly who proposed the renaming.

Critics in Alaska and the lower 48 say the funds earmarked for the bridge and some other projects in the federal

transportation bill would be better spent on hurricane recovery.

Shay said he would have no problem deferring the funds for a year if the money is instead used on Gulf Coast projects. But he disagrees with opponents who say the bridge is a bonanza.

The airport is separated by long, narrow "narrows" from the town, which sits near the edge of another island. Scheduled ferries and water taxis now carry travelers back and forth from town, about 235 miles southeast of Juneau.

"We've only been a state relatively short time, so we're a way behind the other states," said Shay. "Don Young has been a great help catching us up with other states."

Young has said that the federal money helps build basic connections between communities in Alaska, just as the government long ago built connections between cities in the lower 48 states.

"Because of its geographical location, Ketchikan has long been recognized as the Gateway to Alaska," Young wrote. "Yet the community is accessi-

ble only by air and sea and has run out of land."

The town — Alaska's entry port for northbound cruise ships — is literally out of room for expansion, said Glen Thompson, a borough assemblyman.

The town is seven blocks wide and eight miles long, backing up to forest and mountains. There's no place left to go but across the channel to Gravina Island, population 50, where the airport is located. It is relatively flat and prime real estate for development.

A road link between the two shores is crucial for growth, Thompson said.

"We don't consider it a bridge to nowhere," he said. "We consider it a bridge to the future."

Many Alaskans, including some Ketchikan residents, aren't convinced a bridge is necessary. Ferries run every 15 minutes in summer and every half hour in winter, said Sharron Spring, who is gathering signatures around town for a petition drive in favor of diverting the money to hurricane victims. A ride across the channel takes just a few minutes, he said.

Astronaut conference comes to SLC

SALT LAKE CITY (AP) — Vance Brand was part of space history 30 years ago, the commander of an Apollo crew that docked with a Soviet capsule in a rare moment of cooperation during the Cold War.

That was back when space landings were still splashdowns and the United States and former Soviet Union were fierce rivals. Political tensions and space travel have changed considerably since then, but Brand said studying what happens outside the Earth's atmosphere is every bit as relevant.

"I think there are people that probably feel that we've got all of the knowledge and technology that we'll ever need when it comes to space exploration," said Brand, who will take part in the Association of Space Explorers' Planetary Congress in Salt Lake City.

"I don't agree with that. I agree more with the young people and the older people that say that exploration is what we're all about."

The Association of Space Explorers, a nonprofit organization of international space explorers, promotes the benefits of space science and exploration. It also gives former astronauts and cosmonauts a chance to talk about their days in orbit. The opening ceremony

is Monday and public events are scheduled through Thursday.

The 19th Planetary Congress is being hosted by former U.S. Sen. Jake Garn, who was a crew member on the Discovery shuttle in 1985. Garn, a native of Richfield, Utah, said the possibilities of space exploration are still inspiring.

"It's the excitement of the unknown," Garn said. "I still dream about it."

Part of the conference is trying to pique children's interest in space, many that traveling in orbit seems almost routine rather than the novel idea it was 50 years ago.

Astronauts will visit school districts throughout the state on Wednesday, telling children from kindergarten through high school about topics like being weightless, the food they ate in space and — the question Garn said he gets most often from the youngest students — how they got to the bathroom.

But the astronauts have much more important facts to tell the children.

Students today can't specifically prepare for the unimagined opportunities and technology of the future, but if they understand the value of education, they'll be ready, Garn said.

Utah's connection to space

travel goes beyond Garn, who represented the state for three terms in the Senate. Utah State University in Logan is home to the Space-Dynamics Laboratory, which brings in \$60 million annually in grants and research funding.

Alpine Schaud District has the Christa McAuliffe Space Education Center, named for the late member of the 1986 Challenger crew, and the Ogden City School District runs the Astro Camp Center.

The red-rock terrain on southern Utah is home to the Mars Desert Research Station, which tries to simulate conditions on Mars.

The congress also marks the 30th anniversary of Brand's first space mission. Members of the crew on the Apollo flight and cosmonauts from the Soviet Soyuz capsule will be honored during the conference for the mission anniversary. The American capsule and Soviet spacecraft docked together for two days, unloading crews from the two superpowers that weren't exactly getting along down on Earth.

"Something that hard to realize is that was back at a time when relations between East and West were purely tense," Brand recalled. "It was sort of a breakthrough, opening a crack in the door between East and West."

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The Times-News

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Diana Wright (right) and her husband, Ed Wright, of Twin Falls follow their morning workout routine Friday which usually includes walking in the canyon after some weight training at the College of Southern Idaho gym.

Photo by MEGAN THOMPSON/The Times-News

Stretching legs, stretching lives

Magic Valley residents pursue fitness

Three stories of people pursuing healthy lifestyles

By Matt Christensen
Times-News writer

TWIN FALLS — Your clothes are getting snug, you're winded after walking short distances, your backhand isn't what it used to be. Well, what are you going to do about it?

Pull on some sweat pants, lace up the walking shoes and grab a dumbbell. It's time to get in shape.

The Times-News is following a handful of Magic Valley residents who are fed up with their fitness shortcomings and are ready to do something about

them. Ian Salisbury is jumping on the treadmill. Ed and Diana Wright are hitting the track. And Donna Stalley is pumping iron.

Inspired? Before you dust off the weights, it's important to have a plan, said Mike Alys, fitness coordinator at the Twin Falls YMCA. "Set goals, and know what you want to accomplish. Also, keep a log book to track progress."

The log, Alys said, will keep you motivated and on track.

"It is powerful to see what you can accomplish," Alys said establishing goals, tracking

success and following these three tips will ensure a safe — and successful — fitness program.

1. Start slowly
Going too fast will bring sore muscles or injuries, not faster results. And pain and injuries are the No. 1 reason people quit fitness programs, Alys said.

2. Allow for recovery time
The body needs at least 24 hours between periods of activity to rebuild. "Workouts too close together can increase blood pressure," Alys said. And high blood pressure can make a person moody, tired and less motivated to work out.

3. Shake it up
Alys said working out the same way every time isn't as effective as combining several exercises. "The body gets used to being exercised the same way over and over, usually after about six weeks." Varying workouts also ensures that multiple muscle groups get attention.

Also essential: having a support system — whether it's a friend or a newspaper character you can identify with. Follow the progress of Salisbury, Stalley and the Wrights in other installments of "Stretching legs, stretching lives," coming to future *Image* sections.

1 Diana and Ed Wright


The Wrights retired to Twin Falls about a year ago. Less yard work and fewer worries than life in Elko, Nev., where Ed taught at the community college and Diana worked at a bank.

But their retirement also meant less physical activity. When the Wrights noticed they were feeling lethargic and putting on a few pounds, they joined a fitness class for older folks, which meets three times a week.

"We weren't doing as much outside when we retired here," said Diana, 64.

A few months ago, the couple began taking long walks along the canyon rim to complement the class. The walks give them added energy.

Their 30-minute strolls take them along paths above Centennial Park,



Now: Walk 3 miles on inclined outdoor paths 5-6 days a week.

Ed and Diana Wright: Age gracefully

Start: Walked a few miles a day on an indoor track.

Goal: Feel like they did a year ago.

across the Perrine Bridge, then back to the car, where Diana rests while Ed continues down the road to the boat launch. The steep grade along the road hurts Diana's hips. She reads while Ed puts in another 30 minutes.

Since they started their outdoor walks, the Wrights said they've lost a few pounds and enjoy a better

quality of life.

"You know, I just feel better — I can do more," said Ed, 66.

"The walks have an added benefit, as well.

"If you exercise your heart, you're cutting the risk of heart failure," Ed said.

"It's preventative," said Diana. "And we're more relaxed out here."



Jan Salisbury, a student at the College of Southern Idaho, lifts weights Friday morning in the CSI gym. Salisbury started her morning weight-lifting routine Tuesday and says she feels sore after her workouts, but she is sure it will pay off. She says she is confident that come summer she will have the figure she did a few years ago.

Jan Salisbury


Salisbury, who is over-weight, became worried when several of her relatives had strokes. Then a few family members developed diabetes. She got scared, however, when her dad died of a heart attack.

"That's when I knew I had to make some changes," she said.

A month ago, Salisbury, 35, contacted a College of Southern Idaho fitness instructor who customized a program to address her weight.

The program emphasized improving Salisbury's heart health. A steady dose of cardiovascular workouts — five days a week — had her gasping for air. And tightening her belt.

"My clothes aren't as tight as they used to be," she said. "My shirts fit bet-



Now: Beginning a weight program in addition to cardio.

Jan Salisbury: Dodge family health problems

Start: Out of shape; clothes fit tightly.

Goal: Fit into size 10 jeans.

ter around my arms."

In fact, her instructor believes she's made enough progress to take it up a notch. Salisbury started lifting weights in addition to her cardio workouts last week. And she's excited to begin the next step in her program.


Salisbury's greatest obstacle isn't staying motivated, it's making it to

the gym. Last week, one of her children flipped over the bicycle handlebars, chipped a tooth and fractured a kneecap. She spent Thursday's gym time at the dentist's office.

"My goal is to fit in size 10 jeans," she said. "Who knows, maybe I'll get there."

If her kids can avoid future injuries, she just might.

2 Donna Stalley



Now: Begins weight training today.

Donna Stalley: Improve tennis game

Start: Regular tennis player.

Goal: Build muscle mass.

The allure of a faster serve, a better backhand and beating her husband down the baseline is enough to pull Stalley, an avid tennis player, off the court and into the gym.

"I've just put it off for so long," she said about getting in better shape. "The older I get, the harder it is to get started."

No time like the present. She starts her program, which consists of light weight training, today.

But it won't be her first time in a gym.

Stalley, 60, has been active on and off for years. She has exercised in the

past to maintain good general health, but now she's focusing her activity.

She hopes stronger muscles will equate to stronger serves.

"I'd like to be firmer in

my thighs and arms. I want to develop muscle."

"I need more upper-body strength. And it would be nice," she added, "to take a few inches off my waist."

Eating right can be a blast

By Sally Squires
The Washington Post

WASHINGTON — The federal government is hoping to help kids blast off to better eating habits with an online game and a food pyramid created just for 6- to 11-year-olds.

But if you're like the students at Samuel W. Ford Elementary School in Alexandria, Va., who tried the new pyramid and game recently, you may find that it's a little hard to get your rocket to lift off with the food and activity you get now.

This is the first food pyramid ever designed for 6- to 11-year-olds. The goal is to "take kids in 'fast night' exercises," said Steve Kim, agriculture secretary. Mike Johnson told a roundtable of fifth graders.

Father this year the department of agriculture redesigned the food pyramid for adults and for kids 12 years and older. The pyramid for kids, 11 books, a lot like that one, with food colorful strips for each food group.

Change stands for food made from grains, such as bread, crackers, pasta and rice. It is for fruit. Green is for the color in vegetables. Blue is for milk and other dairy products, including yogurt and cheese. Purple stands for protein, including beans, nuts, lean meat, seafood, eggs and chicken or turkey without the skin. Yellow is the color for olive oil, margarine, butter and other types of fat.

There's also a starburst on the side of the pyramid, a reminder to be more active. Kids should get at least an hour of physical activity every day.

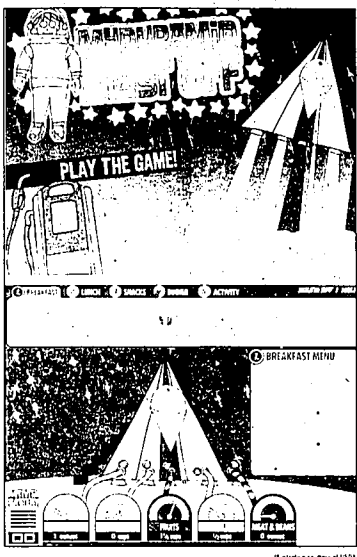
But what makes the 6-11 pyramid kid-friendly is Blast Off, an online game that can be played at school or home. Blast Off, available at www.mypyramid.gov, lets kids see what foods they need to eat and how much daily exercise they need to stay healthy.

The idea is simple: The more healthful foods you eat and the more exercise you get, the more your rocket builds up fuel. When it has enough fuel, you can Blast Off to Planet Power.

But the third graders who tried Blast Off at Luke's computer lab found that it didn't have some of their favorite foods. Kids couldn't find strawberries, blueberries or cantaloupe. It also didn't list the powdered sugar doughnut that Claudia Jones, 8, had had for breakfast, or the biscuit eaten by Paige, 7. (The three groups of fourth grade periodically so the game is a little different each time you play, you might not find cantaloupe one time, but it might be there the next.)

A big problem today is that kids don't get enough exercise. They spend too much time watching television or playing video games. But Blast Off might not be able to keep up with really active kids. The game lets you record only up to 60 minutes of exercise a day.

Super athletes look forward to being active. That Web site is www.presidentschallenge.org.



What makes the first food pyramid ever designed for 6- to 11-year-olds kid-friendly is Blast Off, an online game that can be played at school or home. Blast Off, available at www.mypyramid.gov, lets kids see what foods they need to eat and how much daily exercise they need to stay healthy.

Consumers alerted to Medicare Part D scam

By Tom Graham
The Washington Post

Even before marketing of Medicare Part D's new prescription drug plans began Oct. 1, officials and advocates for seniors were issuing warnings about what might go wrong as private insurers try up sales of torts.

"While you're checking on all the promotions," advises AARP on its Web site, "remember that there are some scams out there."

"You can't sign up yet," notes the advocacy group, pointing out that no one can enroll until Nov. 15. "If anyone tries to get you to sign up for a plan before that date, it's a scam." Other advice from AARP:

- Signing up for a plan is free, so don't let anyone charge you an application fee.
- You won't lose your other Medicare benefits if you choose not to join a Part D plan. If anyone tries to tell you otherwise, they're wrong.
- If you think you've seen an incident of fraud, contact Medicare or your states attorney general.

"One thing we're most worried about is the telephone calls directly to seniors," said Carolyn Quattrone, a special assistant to Maryland Attorney General J. Michael Curran. Plans that are

marketing themselves are going to ask you to sign up with their plan and not necessarily educate you about which of the plans would be best for you or even more important, whether you ought to be signing up for Part D at all.

Marketers calling people on the phone are not going to be helping them address that question.

According to Medicare's rules, "outbound telemarketing may be used solely to solicit requests for pre-enrollment information, describe the benefits, and to alert existing beneficiaries to new benefits or health-related offers. Organizations can also conduct follow-up calls to establish the receipt of requested information and to field questions regarding programs."

In addition, telemarketers skirting the rules, said Quattrone, the sales campaign for Part D is just a good time for the real scam artists who recognize that the enrollment process is a real opportunity to talk people out of money and personal information while posing as sales reps. Among her tips: "Don't pass over the phone, make them send you a bill."

To avoid telemarketing, you can add your phone number to the National Do Not Call Registry. Call 1-877-324-6222 or visit www.donotcall.gov.

Playing the numbers game

The Washington Post

\$500 Extra medical care and absenteeism costs incurred annually by overweight women workers, compared with women of normal weight, \$1,372 Extra costs incurred by women with grade B obesity

Excess medical care and absenteeism costs incurred by women with grade II (BMI of 35 to 39.9): \$2,405 Extra costs incurred by women with grade II (BMI of 35 to 39.9). Source: "The Costs of Obesity Among Full-time Employees," published in the American Journal of Health Promotion, a peer-reviewed journal.

College students, fight back with nutrition

Barbara Quinn
Knight Ridder News Service

You're sick. You're backlogging and coughing and away at college without your usual vigor. It's that time of year, dear when more than 200 viruses hit their peak and make you feel miserable — right when school starts.

Your doctor and antibodies don't help viruses. What will? Besides listening to your mother, here's a list from health experts.

- Eat at least 2 cups of fresh fruit each day. Peel that orange! Bite into those strawberries! Your blood will soon be streaming with nutrients — such as vitamin C — to fight that nasty cold. Vitamin C also motivates

histamine, the substance responsible for your runny nose and congestion.

- Eat at least 2 cups of something green or red. Bright orange (MSMs don't count) for lunch or dinner. Brightly colored greens and other vegetables contain large doses of immunobolus. Bright orange (MSMs don't count) for lunch or dinner. Brightly colored greens and other vegetables contain large doses of immunobolus.

- Crush a couple of cloves of fresh garlic into your food or salad dressing each day. It may not help your love life, but can stimulate your immune system to better fight off viruses.
- Wash your hands. With soap and warm water. Often, it keeps viruses from spreading.
- Take a daily multivitamin with 100 percent of the daily

value (DV) for the major vitamins and minerals listed on the label. Supplements can't take the place of a good diet, but they can fill in the gaps on those days when you choose deep-fried mozzarella sticks over vegetables.

- Add nutrient-rich foods to your diet — foods that give you a nutritional bang for a smidgen of calories. Spinach, for example. Put a handful on your sandwich or as a colorful addition to your macaroni and cheese. Malt! This cup is just 7 calories and is loaded with vitamin A from beta carotene — a potent antioxidant that protects your precious cells from infections.
- Practice eating a wide variety of foods. According to the

American Dietetic Association, this is the best strategy to keep you healthy for life. Like that sn-try place — the waitress gave each of us a hand to fill with our choice of assorted fresh vegetables, fruit, lean meats, fish, chicken, oat, nut- and seasonings. A guy sizzled out food selection on a hot grill and served it back to us over rice or noodles. Yummy variety!

- Get enough protein. Foods such as lean meats, chicken, fish, tofu, eggs and dairy foods release protein into your blood to reinforce your body's disease-fighting front line. Zinc, a mineral found abundantly in lean meat — works with protein to strengthen your immune system as well.

Anorexia fatal for at least 10 percent of those afflicted

By Cary Leizer 'ogrin
The Gazette

COLORADO SPRINGS, Colo. — At the end, no amount of food would help help help, said one woman. Her digestive system, damaged by years of starvation and laxative use, was long past working. When she did eat, an obvious gurgling would follow within minutes — the sound of food quickly passing from her stomach to the colostomy bag she wore for nearly a decade.

Burdell, 38, of Colorado Springs, Colo., died June 1 after a 21-year battle with eating disorders.

"Anorexia nervosa" is listed on her death certificate as the cause of death. Before she died, she reached her brother, a psychiatrist, to name the illness in her obituary. "She told me what to write,"

said Lark Burdell, an editor in Washington, D.C. She wanted to let it be well-known that she had died of anorexia, hoping it would help other people.

Anorexia is a mental illness that gets attention when someone famous — Karen Carpenter, Princess Diana or a member of the Hollywood set — is afflicted. But experts say the illnesses, in which people eat or throw up what they do eat, are more common than people think. They report that eating girls at younger ages and crushing more women.

It's estimated 1 million people suffer from anorexia and an additional 2 million from bulimia, but Doug Burdell, past president of the National Eating Disorders Association, said those are conservative statistics. Some view both as diets gone bad or lifestyle choices, but

Burdell says they are complicated illnesses with complicated treatments.

Anorexia — characterized by self-starvation and dramatic weight loss — has the highest mortality rate of any psychiatric illness, said Burdell, clinical director of the Renfrew Center of Connecticut, which treats eating disorders.

The best estimates are about 10 percent of the women with anorexia nervosa will ultimately die as a result of their illness," he said. "Most people still see these disorders as fairly benign. You don't really appreciate until you have it in your family how damaging they are and how much have they weak."

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DATED October 7, 2005 STEVEN C. HUTCHINGS P.E. Chief Engineer

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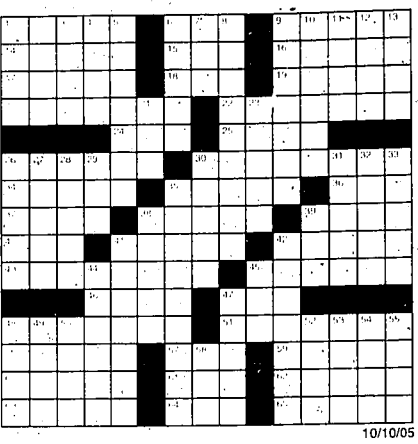
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The Times-News Call 733-0931 Ext. 2 or 800-658-3883 ext. 2

Monday, Oct. 10, 2005

THE ACES ON BRIDGE Bobby Wolff

When we are planning for posterity, we ought to remember that art is as hereditary as Thomas Paine

NORTH
♦ A 4
♦ K 10 9 8 4
♦ Q 13
♦ K 7

WEST
♦ A 6
♦ A 3 3
♦ K 10 9 8 2
♦ Q 10 4

EAST
♦ 9 8 7 2
♦ J 7 6
♦ J 7 5
♦ 6 5 3

SOUTH
♦ Q J 10 5 3
♦ 2
♦ A 4
♦ A J 9 8 2

Although four hearts is probably the best spot for North South because of the solidity of the heart intermediates, when this hand occurred in the U.S. Nationals at Atlanta, three no trump was often reached. The lead of the diamond 10 showed an internal sequence, the auction marking West with virtually all the missing high cards. How should one take advantage of that information?

Some declarers won the diamond queen at trick one and took a club finesse, allowing West simply to clear the diamonds and wait to get in with his heart ace to cash all of his diamond winners. Other declarers won the diamond ace and took an immediate finesse of the heart 10. East won the heart jack and returned a second diamond, again allowing West to cash out for one down when he obtained the lead with the heart ace.

The winning line is elegant, but really quite simple. It only requires you to win the diamond ace at trick one and lead a heart. West must duck, or declarer has nine tricks at least because the heart suit is coming in. So you can score dummy's heart king — you do not need to risk the deep heart finesse. Now simply play the spade ace and a second spade, ignoring the finesse. With five tricks in the majors and two top club tricks, you cannot be prevented from taking two diamond winners, unless the defense establishes even more tricks for you elsewhere.

Vulnerable: North-South Dealer: North

The bidding:

South	West	North	East
1 A	2 ♦	1 ♥	Pass
3 A	Pass	3 ♦	Pass
4 NT	All pass		

Opening lead: Diamond 10

LEAD WITH THE ACES

South holds:

♦ K 5 3 2
♥ 10 7 4
♣ Q 5 3
♠ K 4

South West North East
Pass 3 ♥ Pass 4 ♥
All pass

ANSWER: Lead the diamond three. The king of clubs is an intriguing if dangerous alternative, but it does put all your eggs in one basket. The diamond lead is safer, while still providing setting up tricks for your side.

This column is a translation of Bobby Wolff's syndicated "Contract" syndicated column. Contact: www.bobbyswolff.com

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When purchasing a vehicle, make sure you read the title in the name of the seller. Under Idaho motor vehicle code a vehicle cannot be sold unless the title is in the name of the seller (exception: Idaho title vs. current dealer). The seller shall provide the new purchaser a signed bill of sale showing the following full description of the vehicle, vehicle identification number, amount paid and name(s) and address of the new purchaser. The bill of sale must be signed, dated and include the following mileage at the time of sale. If you have any questions or need to schedule a local assessor's office.

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SPORTS

Coming Tuesday

• Burley's Stephanie Johnson sets the standard.

MORNING LINE

SPORTS QUOTE

No way, I couldn't do that. Coach (Bear) Bryant wouldn't like it.

— Ozzie Newsome when a reporter asked him why he never did an end-zone dance after scoring touchdowns for the Cleveland Browns

TRIVIA

QUESTION:
I was the first American-born player to win the NHL's Conn Smythe Trophy as playoff MVP in 1994. Who am I?
...answer below

TODAY'S SCHEDULE

- High School**
- Volleyball:**
Thomark at Glenns Ferry, 7 p.m.
- Wendell at Castledorf, 6 p.m.
- Boys Soccer**
Wood River at Burley, 4 p.m.
- Wendell at Community School, 5 p.m.
- Girls Soccer**
Burley at Wood River, 4 p.m.

IN BRIEF

KYA offers girls hoops league
KIMBERLY — The Kimberly Youth Association will offer a girls' basketball league for grades 3-6.
Registration is 6:30-8 p.m. on Monday, Oct. 10 at the L.A. Thomas Gym (404 Oldmansum). The fee is \$25. For more information, call Imolee at 423-6173.

Richfield HS holds special meeting
RICHFIELD — The Richfield school district board of trustees will hold a special meeting at 7:30 p.m. tonight.
Among items to be discussed will be the status of the Richfield High School volleyball program. Six members of the varsity team left the squad two Fridays ago over disagreements with head coach Debin Ay.

No CSI booster luncheon today
TWIN FALLS — The College of Southern Idaho booster club will not host its weekly booster luncheon today.
The next luncheon will be held next Monday.

Jerome rec. plans add co-ed meetings
JEROME — The preseason volleyball meeting will be at the Jerome Recreation District Gymnasium on Tuesday, Oct. 11 at 7 p.m.
Any team planning on playing should have at least one member of the team present at the meeting.
The annual organizational meeting for men's basketball will be Wednesday, Oct. 12 at 7:30 p.m. in the JR's Conference Room.
Due to the on-going construction, the RD parking lot is closed. Please watch for signs to the alternate parking area. For more information, contact Pat Parker at 324-3389.

Minico boosters meet tonight
The Minico High School Booster Club will meet at 5:30 p.m. Monday, October 10th in the Minico High School Library.
Parents with students in grades 9-12 are urged to attend. Call 436-5260 for more information.

— Compiled from staff reports

TRIVIA ANSWER:
Brian Leetch, a defenseman, helped the New York Rangers win the Stanley Cup in 1994. After his first season, Leetch highlighted his superb play with five goals and six assists in the Stanley Cup Finals against the Vancouver Canucks.

Burke's blast lifts Astros

Astros prevail in longest postseason game in MLB history

By Stephen Hanks
Associated Press writer

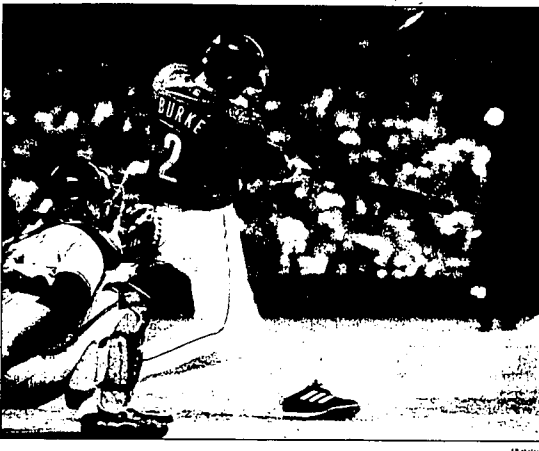
HOUSTON — Roger Clemens and the Houston Astros gave a whole new meaning to the word "longevity."
The 43-year-old pitcher came out of the bullpen to rescue the Astros and Chris Burke ended the longest postseason game in baseball history with a home run in the 18th inning, lifting Houston over the Atlanta Braves 7-6 Sunday and into the NL championship series.
The Braves took a five-run lead into the eighth, and were poised to send this first-round series back to Atlanta for a decisive Game 5 Monday night. Instead, Lance Berkman hit a grand slam in the eighth and Brad Ausmus tied it with a two-out homer in the ninth, barely beyond center fielder Andruw Jones' outstretched glove.
Then, at 6-6, the Braves and Astros began the real endurance test that wound up lasting 5 hours, 50 minutes. The previous longest postseason game also occurred in Houston — the 1986 NLCS with a 16-inning game at the Astrodome.
With Clemens pitching three innings in his first relief appearance since 1981 — and thus atoning for a poor start in Game 2 — the Astros advanced to play the St. Louis Cardinals in the NLCS starting Wednesday night at Busch Stadium.

It will be the first NLCS rematch since Pittsburgh and Atlanta played in 1991-92. Last October, the Cardinals beat Clemens in Game 7, denying the Astros their first World Series appearance.

Burke entered the game in the 10th inning as a pinch-runner. He came up with one out in the 14th against rookie Jerry Dye, and launched a drive over the left-field wall.

Burke was mobbed by his teammates after the home run, the sixth series-ending homer in history, and the first since Aaron Boone sent the Yankees over Boston in the 11th inning of Game 7 of the 2003 ALCS.

Batting just before Burke, Clemens first entered the game as a pinch-hitter in the bottom of the 15th, and had a sacrifice bunt after a leadoff walk by Craig Biggio. But after another walk, Morgan Larnberg grounded into an inning-ending double play.



ABOVE: Houston Astros batter Chris Burke hits the game-winning homer in the 18th inning of Game 4 of the National League Division Series on Sunday in Houston. The Astros defeated the Atlanta Braves 7-6.

BELOW: The Houston Astros celebrate the win. From right are Astros' Chad Qualls (50), Charles Gipson (32), Luke Scott and Mike Gallo.



Clemens took a mighty swing and missed against Dye before striking out. Clemens has never hit a home run in the majors.
Clemens first entered the game as a pinch-hitter in the bottom of the 15th, and had a sacrifice bunt after a leadoff walk by Craig Biggio. But after another walk, Morgan Larnberg grounded into an inning-ending double play.

MLB Postseason Longest Games

- 18 Innings — Houston 7, Atlanta 6, NLCS, Oct. 9, 2005.
- 16 Innings — New York 7, Houston 6, NLCS, Oct. 15, 1986.
- 15 Innings — New York 4, Atlanta 3, NLCS, Oct. 17, 1999.
- 15 Innings — New York 7, Seattle 5, ALDS, Oct. 4, 1995.
- 14 Innings — Boston 5, New York 4, ALCS, Oct. 18, 2004.
- 14 Innings — Boston Red Sox 2, Brooklyn 1, World Series, 1916.
- 13 Innings — New York 3, San Francisco 2, NLDS, Oct. 7, 2000.
- 13 Innings — Cleveland 5, Boston 4, ALDS, Oct. 3, 1995.

will-card spot, though they finished 11 games behind St. Louis in the NL Central.

Cardinals ready for Astros after sweep

By Janie McCauley
Associated Press writer

SAN DIEGO — Chris Carpenter soaked up champagne in the St. Louis clubhouse as he reeled off everything the Cardinals are doing right this postseason.
They jumped to big leads in all three first-round games against San Diego. Carpenter and the other starters were superb and the bullpen sealed it each time. The defense turned away all the NL championship series for the second straight season and fourth time in six years after finishing a division series sweep Saturday night.

"We've got a great club," Carpenter said during a brief break from dousting.
"We've got to continue to play the way we've been playing in this series to continue to move on. We've got some quality guys here. We played quality games. We went out and swung the bats early."

This St. Louis team has long considered itself a World Series contender, especially hungry for another shot at winning it all after being swept by the Boston Red Sox for the championship last October.
Only two members of the Cardinals have rings: Reggie Sanders with the Arizona Diamondbacks in 2001 and David Eckstein in 2002 with the Angels.

Sanders with the Arizona Diamondbacks in 2001 and David Eckstein in 2002 with the Angels.

Both played key roles in Saturday's 7-4 win at Petco Park, where the Padres and their sell-out crowd had little chance of slowing the Cardinals. St. Louis has carried the success from its major-league best 100-72 regular-season record into the next phase.

The 37-year-old Sanders, in the postseason for the fifth time in six years, set an NLCS record for RBIs with 10 in the series. He hit a grand slam and drove in an NLDS-record six runs in a 7-5 Game 1 victory, then added two-run doubles in each of the next two games.

Afterwards his teammates chanted "MVP! MVP!" and "Reggie! Reggie!" through the clubhouse.
"In a short series, that's kind of what you look for," manager Tony La Russa said. "You get a hot hitter or two, a hot pitcher or two, youassing the games. He was big in each game. I don't think he had a meaningless RBI... One of the things we believe about our club is that we have a bunch of guys that are believers. They're not afraid to take big at-bats. He's one of them."

The personable Eckstein, who stands all of 5-foot-7 and weighs only 165 pounds, hit a two-run homer that just cleared the left-field fence in the second — his first career postseason home run in 22 games.
Sanders' bases-loaded, two-run double came four batters later.

standing up despite a strong throw from Guerrero, leaving runners at the corners.

Letter at the center of so many big moments for the Yankees, topped a slow bouncer to third, forcing Chone Figgins to charge the ball.

Figgins, who made a couple of outstanding defensive plays earlier in the series, launched a wide throw to the plate, and the slow-footed Posada barely beat it without a slide. Catcher Bengie Molina angling the call, as did Angels manager Mike Scioscia.

Winning pitcher Al Leiter got Darwin Eddis to ground into an inning-ending double play in the seventh. With the season on the line, Irivera got six outs for his record 34th career postseason save and fourth of the series.

Acquired from Colorado for a pair of minor league pitchers in late July, Shawn Chacon was one of the fill-in starters who helped save the Yankees down the stretch — and he delivered again in his playoff debut.

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Testaverde just wins

EAST RUTHERFORD, N.J. — The New York Yankees' 41-year-old Vinny Testaverde's desperation quarterback because they figured a guy with his experience wouldn't make a mistake that would cost them a game.

He gave them a bonus Sunday. Not only was he almost mistake-proof, but he made the only play he really had to, a 17-yard completion to Laveranues Coles just north of the 2-minute warning that not about put away a 14-12 victory over Tampa Bay.



DAVE GOLDBERG

"He did what a veteran does," said Mike Hemmerling, the Jets' new offensive coordinator, who totally scrapped the new offense he had worked on for eight months to accommodate the new-old QB. "He threw a ball to a place where our guys could catch it and they couldn't get it."

The play came with 2 minutes, 35 seconds left and the Jets clinging to that 2-point lead, with third-and-4 at their 31. The Jets had two timeouts left and an incomplete pass and a punt would have given them plenty of time to drive for a winning field goal.

Instead, Testaverde drilled the ball between two Blues. Coles went up and got it and the Jets had a first down at the 48. The Jets had to use both their timeouts, and finally got the ball back at their 12 with a minute left.

"They tried, but the game had essentially ended on the Testaverde-Coles play," Brooks Bollinger, the third-stringer who was the losing pitcher in last week's 13-3 loss in Baltimore, wouldn't have been asked to make the play. He wouldn't have been asked to make the play because on NFL coaches have that kind of confidence in a young guy who had thrown just nine NFL passes in two-plus seasons before his start.

Which is why they get Testaverde when Tampa Bay's Bruce Barber noted, "had been sitting on his couch eating potato chips" until he got the call. "Vinny has always been a New York favorite. He grew up on Long Island a few minutes away from where the Jets train and finally joined them in 1998 after stints in Tampa, Cleveland and Baltimore. He quarterbacked them to the AFC Championship Game that year. So when he was introduced before the game, he got a standing ovation — he is, after all, one of New York's own."

"I felt the chills go down my spine," Testaverde said. "I knew they'd welcome me back, but..."

But did anyone really expect

Please see GOLDBERG, Page D4

Yankees force ALDS Game 5 with narrow win

By Mike Fitzpatrick
Associated Press writer

NEW YORK — Derek Jeter, Mariano Rivera and the New York Yankees are still around — by the slimmest of margins.
Slow-footed catcher Jorge Posada barely beat the tag for the go-ahead run on Jeter's seventh-inning bouncer, and the New York Yankees scratched out a 2-1 victory Sunday night over the Los Angeles Angels to force a decisive fifth game in California.

Pinch-hitter Ruben Sierra came through with a tying single and, with Yankees Stadium rocking, Rivera retired Vladimir Guerrero for the final out to finish off a two-inning save as the Yankees overcame the best-of-five AL playoff series at two games apiece.

After a rainout Saturday postponed Game 4, the teams must now fly cross-country overnight to play Monday in Anaheim at 6:15 p.m. EDT. Both scheduled pitchers were already winning out

standing up despite a strong throw from Guerrero, leaving runners at the corners.

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New York Yankees outfielder Gary Sheffield hits an RBI single in the sixth inning of Sunday's ALDS Game 4 against Los Angeles in New York.



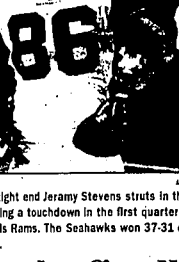
Week 5

Table with columns: AFC, East, West, North, South, Midwest, and National Football Conference (NFC) standings.

Table for Lions 35, Ravens 17. Includes game recap, stats, and individual player performances.

Table for Colts 28, 49ers 3. Includes game recap, stats, and individual player performances.

Table for Jets 14, Buccaneers 12. Includes game recap, stats, and individual player performances.



Seattle Seahawks tight end Jeremy Stevens struggles in the end zone after scoring a touchdown in the first quarter against the St. Louis Rams. The Seahawks won 37-31 on Sunday in St. Louis.

Seahawks finally edge St. Louis

ST. LOUIS (AP) — Even without their two starting receivers, the Seattle Seahawks just kept throwing the ball down the field.

The Seahawks totaled 433 yards in total offense to hand the Rams a rare home game for 137 yards and a touchdown, and Shaun Alexander ran for a pair of scores in a 37-31 victory over the St. Louis Rams on Sunday.

The win put the Seahawks — playing without injured wide receiver Bobby Engram — in first place in the NFC West. Seattle (4-2) edged a four-game losing streak against the Rams that included a first-round playoff loss last season.

Steven Jackson had 79 yards rushing and a touchdown, and 43 yards receiving for the Seahawks. Engram — in his first career game — could not keep pace due to a porous defense that has surrendered 41 points in its last two games.

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Table for AFC and NFC standings, including columns for teams, wins, losses, ties, and points for/against.

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Table for Panthers 24, Redskins 20. Includes game recap, stats, and individual player performances.

Table for Broncos 21, Redskins 19. Includes game recap, stats, and individual player performances.

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Broncos nip Redskins

DENVER (AP) — Mark Brunell drove the Redskins 94 yards for a touchdown and it looked like Washington's chances were in for their annual nice ending.

Broncos running back Tatum Bell breaks for a 34-yard touchdown run past Washington Redskins cornerback Walt Harris during the first quarter in Denver on Sunday.

White Golly big play saved the game, Tatum Bell made the difference for Denver (4-1) in the rest of the game, rushing for 127 yards and two long scores to help Denver to a 21-10 lead.

In the first quarter, Bell took a toss on fourth-and-1 and faked out Redskins linemen Phillip Daniels en route to a 34-yard score.

That stand as Bell's longest career run in the third quarter, when he burst through the Washington defense on a sweep for

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Corrales, Castillo headed for third bout

LAS VEGAS (AP) — Diego Corrales had barely picked himself off the canvas and plans were already under way for a third fight with Jose Luis Castillo.

In the ring Saturday night, Corrales' promoter asked his fighter if he wanted the fight right away or if he wanted to wait a few fights instead.

"Immediately," Corrales replied.

Corrales could have been excited if he wasn't thinking of fighting Castillo again so soon. He had just been stopped in the fourth round by a vicious left hook that quickly finished what had been expected to be a battle of attrition.

The punch made short work of a highly anticipated rematch of the classic first fight between the two boxers, a battle won by Corrales when he

got off the canvas twice in the dramatic 10th round to stop Castillo.

There would be no dramatic fight for Corrales this time. Castillo never gave him a chance to continue fighting with a punch so devastating that Corrales crumpled to the canvas before getting to his feet as a daze as he was counted out by referee Joe Cortez.

As he landed the big left hook, Castillo immediately raised his arms in triumph. "I knew he wasn't getting up," Castillo said. "I told everybody I was going to knock him out by the seventh round."

Corrales made no excuses for the loss, praising Castillo for landing a shot he didn't see. But his promoter and those around him complained bitterly that Castillo had an advantage because he never

had to get down to the 135-pound lightweight limit like Corrales did.

Castillo tried to enjoy his knockout win, but grew irritated when asked repeatedly at the post-fight press conference about his inability to make weight.

"This is like a court," Castillo said.

The two fighters began their second fight much like they fought the first, at close quarters in the middle of the ring, each giving no ground, but it was Castillo who landed the better punches from the opening bell and he opened a cut over the right eye of Corrales in the second round.

Castillo rocked Corrales with a right hand in the third round, then put him away with a punch that sent him reeling to the canvas 47 seconds

into the fourth.

"Am I let down that I made the same mistake twice?" asked Corrales, who was checked by the left hook in the first fight. "Yes, I should have learned from the first fight."

Corrales kept his lightweight title belts because Castillo didn't make the weight, and he contract the two fighters had called for a third fight. Corrales said he wanted the fight as soon as possible, and Castillo said he had no problem fighting Corrales again.

"I think his style is perfect for me," Castillo said. "He fights inside and that's what I like to do." Castillo said he wouldn't mind even more fights.

"If they want to make it like the Rocky movie and us fight five or six times, let's do it," he said.

SPORTS IN BRIEF

Martin dominates In needed Cup victory

KANSAS CITY, Kan. — Mark Martin dominated a costly and chaotic victory Sunday at Kansas Speedway, keeping the veteran racer's slim championship hopes alive.

But to get the 35th victory of his career and stay in the hunt for the Nextel Cup, Martin had to hold off his teammates. A lot.

Martin and teammate Greg Biffle led Roush Racing's sweep of the top three spots, and Roush cars took four of the top five. It was the 46-year-old Martin's first win since Dover in June 2004.

But the last laugh might belong to Tony Stewart, who finished fourth and extended his Chase lead from four points to 75. It was Stewart's 15th top 10 in the last race, the 100-mile, 75-minute Bristol race.

Americans add to their medal haul in Rio

RIO DE JANEIRO, Brazil — Americans Chelsea Mumme and Alicia Sacramone combined for a gold-medal sweep in the individual event finals at the Pan American Gymnastics Championships on Sunday, raising the U.S. team medal total to 12.

The Americans won both team titles on Saturday, and the women added seven more medals Sunday. The U.S. men added two medals.

Mumme, who won the all-around title on Saturday, took gold on balance beam and uneven bars. Her 9.713 on bars was the highest score Sunday, and she shed American teammate Bianca Fedor on beam.

Sacramone won the vault and the floor exercise. She and teammate Jana Hieger finished 1-2 on vault, and Sacramone beat out former world silver medalist Hypolyta on floor.

In the men's competition, Guillermo Alvarado won a silver on floor. Joseph Hagerty took the bronze on high bar.

Penn State jumps In AP football Top 25

NEW YORK — Penn State is in the top 25 of Michigan's list of schools in the Associated Press Top 25.

The eight-ranked Nittany Lions (6-0) are off to their best start in six years and have their highest ranking since they were No. 6 in the Nov. 7, 1999, poll.

Southern California is No. 1 for the fifth straight week, receiving 58 first-place votes in the media rankings released Sunday with Texas and Virginia Tech holding onto the next two spots.

The Wolverines received seven first-place votes, one more than last week. Florida State is fourth followed by a pair of Southeastern Conference teams, Georgia and Alabama.

Miami is No. 7 and Penn State, Notre Dame and LSU round out the top 10.

Penn State, which started the season unranked, held Ohio State 17-10 on Saturday night in State College, Pa., to jump to the top of the AP poll.

Michigan had a streak of 114 straight weeks in the rankings snapped when the Wolverines fell out of the rankings two weeks ago, following their second loss of the season.

Michigan jumped back into the Top 25 after losing to Michigan State last week, but the Wolverines fell to 3-3 with a last-second loss to Minnesota and were dropped from the rankings again.

Falling out of the Top 25 along with Michigan were Georgia Tech and Arizona State.

U.S. youngsters fail to impress at Costa Rica

SAN JOSE, Costa Rica — With the U.S. team long since guaranteed a trip to the World Cup, coach Bruce Arena said he wanted to test new things against Costa Rica. The results weren't that great.

A veteran-led U.S. squad qualified for the World Cup by finishing 25th in the World Cup qualifying tournament Saturday night before a giddy but drenched crowd at Saprissa Stadium.

A 63-minute shootout string by the Americans came to an end in the 33rd minute as Paulo Wanchope knocked home a rain-soaked ball that slipped past several defenders and into the net.

Carlos Hernandez added two more goals in the second half, but the Americans came to an end that left gaping holes before the goal.

Only four men on the 18-player U.S. roster played in the first game. The Americans lost to Salt Lake City on June 4, a 3-0 American win.

"We wanted to look at different combinations of players," Arena said. "We did achieve that."

Raikkonen records win with daring move

SUZUKA, Japan — Struck behind Giancarlo Fisichella heading into the final lap of the Japanese Grand Prix, Kimi Raikkonen was the only driver to take a last-second lap to pass on the inside of the track.

Fisichella made Raikkonen's decision easier.

Victory in home debut helps Great One

GLENDALE, Ariz. — A couple of losses didn't make Wayne Gretzky's sense of humor.

"To get my first ... in my," Gretzky said of his initial NHL coaching victory. "Scotty Bowman's second (1,243 goals) is pretty safe."

The Phoenix Coyotes rallied for a 2-1 victory over the Minnesota Wild Saturday night.

The Coyotes' second loss — in Los Angeles on Thursday — was accompanied by an uncharacteristic blunder by the Great One, who signed off on a lineup card that took forward Fredrik Sjostrom off the roster.

Check, who died at his home in Oldsmar, Fla., was best known for his streak, which ended at 27.5 seasons on June 3, 2004, because of his father's death.

WHAT'S ON T.V.

Baseball
MLB Division Series, Game 5
Yankees at Angels (if necessary), FOX, 6 p.m.

Football
Steelers at Chargers, ABC, 7 p.m.

Hockey
Penguins at Sabers, OLN, 5 p.m.

BASEBALL
MLB Postseason
All-Star Game
Division Series

Baseball
American League
National League
World Series

Baseball
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National League
World Series

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SCORES AND STATS

Table with columns for Team, Score, and Game Info. Includes MLB Division Series Game 5.

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MIDDLEKAUFF advertisement for Honda Accord EX-VL. Features images of the car and promotional text: '2003 ACCORD EX-VL', '2002 ACCORD EX-VL', '2004 ACCORD', 'Certified Pre-Owned Vehicles Up To 50% Off Original MSRP', '208.733.7700', '1.800.548.6280'.

SPORTS

Vinny, Jets ride Martin to win

EAST RUTHERFORD, N.J. (AP) Vinny Testaverde looked as comfortable in the pocket for the New York Jets on Sunday as he was when he came from his coach 10 weeks ago.

The Meadowlands crowd welcomed Testaverde back with rousing cheers as he led the Jets' rushing attack, and in the end, he delivered. The 31-year-old quarterback led the Jets to a 14-12 win Sunday over the Tampa Bay Buccaneers.

Curtis Martin ran for two touchdowns and Testaverde looked sharp despite a nine-minute lull.

Matt Ryan kicked four field goals for the Jets, 34, who played without injured running back Carnell Williams because of foot and hamstring injuries.

It took a little while for the Jets, 2-4, to take their first lead, following their first possession of the second half. Justin Miller had a nice 7-yard return on the kickoff, and Testaverde capped the Jets' drive down the field, going 4 for 4 on 12 yards on the series.



New York Jets quarterback Vinny Testaverde hands off to running back Curtis Martin during the second half against the Tampa Bay Buccaneers, Sunday in East Rutherford, N.J. The Jets defeated the Buccaneers 14-12.

terback, Nate Clements and Buffalo's veteran defense would let this one get away. With Buffalo on the verge of squandering a 17-point lead, Clements stripped Miami running back Ronnie Brown of the ball, securing the victory.

The turnover. Miami's fifth of the game, came with 1:37 left and with the Dolphins threatening inside the 10. The Jets (2-3) snapped a three-game losing streak and gave Kelly Holcomb a win, the veteran backup getting his first start of the season in place of P. Tomlin.

Lions 35, Ravens 17

DETROIT — Kevin Jones scored two first-quarter touchdowns and Detroit beat Baltimore, helped in part by the Ravens' 21 penalties — one short of the NFL record — and two interceptions.

The Jets had two interceptions and recovered a fumble for the Lions (2-2), who lost their previous game at Tampa Bay when a TD catch by Lions tight end Marcus Ballard was reversed by replay with 13 seconds left.

Detroit's Joey Harrington was 10-of-23 for just 97 yards with a TD and two interceptions.

Titans 34, Texans 20

HOUSTON — Steve McNair threw for 220 yards and three touchdowns and ran for another to lead Tennessee over hapless Houston.

The performance gave him more than 25,000 career yards passing. He is the second player in franchise history and the 49th player to reach the mark. Titans coach Jeff Fisher earned his 10th victory.

Perrot takes Longs Drugs Challenge

AUBURN, Calif. — Chale's Nicole Perrot earned her first LPGA Tour victory, rallying from a two-shot deficit.

The 21-year-old Perrot, of the 2001 U.S. Girls' champion, finished three bogeys on the front nine

Cowboys 33, Eagles 10

IRVING, Texas — Throwing deep from the start and gladly taking all kinds of chances, Drew Bledsoe and Dallas jumped on Philadelphia with two early touchdowns and turned it into a stunning rout.

Bledsoe finished 24-of-35 for 289 yards and three touchdowns, with Terry Glenn catching the first one. Glenn had seven catches for 118 yards.

The Eagles (3-2), who came in with the NFL's best offense and top passing attack, were held to 129 total yards and 10 passing, Detroit McNabb playing with injuries to his abdomen, chest and groin, was 13-of-26 for 131 yards and four sacks. Terrell Davis had five catches for 40 yards and failed to score for the Eagles, who had won nine of 10 meetings.

Jaguars 23, Bengals 20

JACKSONVILLE, Fla. — Byron Leftwich threw two touchdowns, fired Taylor ran for a season-high 132 yards, and the Jacksonville Jaguars handed the Bengals their first loss of the season, 24-20 Sunday night.

Josh Scobee kicked three field goals, including a 51-yarder in the second period and a 53-yard pass by 9:45 to play that gave the Jaguars (3-2) a 10-point lead.

Darryl Smith knocked the ball out of Carson Palmer's hand at the Jacksonville 45-yard line with 1:28 to play. Akin Ayodele, who dropped a possible interception, recovered it.

The Jags ran out the clock from there.

Haas wins Greater Hickory Classic

CONOVER, N.C. — Jay Haas rallied with a 7-under 65 for his first Champions Tour victory. The 51-year-old Haas, who splits time between the PGA Tour and the 50-and-over tour,

Bickerton wins on European Tour

TENERIFE, Canary Islands — John Bickerton won the Abama Open de Canarias, shooting a 3-under 68 to beat Stuart Little and Michael Kirk by five strokes.

Woods outduels Daly for American Express title

SAN FRANCISCO (AP) — In a phenomenal display of power between golf's two biggest slugger, Tiger Woods outlasted John Daly in the American Express Championship because of a 3-hour put.

Cards

Continued from D4 later, and just like that the Cardinals had taken a 5-0 lead and knocked former teammate Woody Williams out of the game after 1 2-3 innings and 53 pitches.

Goldberg

Continued from D1 much? Since 2002, Testaverde was 8-10 as a starter.

Packers 52, Saints 3

GREEN BAY, Wis. — Brett Favre made the most of a makeshift offense and carried Green Bay to a much needed victory.

Favre completed 19 of 27 passes for 215 yards and three touchdowns with an interception in three quarters and the Packers earned their first win of the season by routing New Orleans.

Browns 20, Bears 10

CLEVELAND — Brent Miller connected with wide receiver Antonio Bryant for two touchdowns in a 30-second span late in the fourth quarter as Cleveland rallied to top spluttering Chicago.

Bills 20, Dolphins 14

ORLANDO PARK, N.Y. — No matter who the starting quar-

White Sox in waiting mode for next round

CHICAGO (AP) — The tense days of late September when they were fighting to keep what they'd held all season in a first place — seemed far away Sunday when the Chicago White Sox stepped into the cool air and warm sun for a workout.

Manager Ozzie Guillen announced his rotation for the ALCS that will begin Tuesday. After then reflecting the loss at Anaheim, he has nurtured all season, he picked up a bat and stepped into the box during a simulated game with young right-hander Brandon McCarthy on the mound. That he went 0-1-2 didn't matter.

After sweeping the defending World Series champion Red Sox in the division series, and taking a day off, the White Sox were hoping to stay sharp, not knowing or caring too much if their next opponent is the Yankees or the Angels.

"I think we all need it mentally and physically. We have played with so much intensity the last three weeks," Guillen said. His team nearly squandered a 15-game lead before hanging on to win the AL Central wire-to-wire.

If there is a Game 5 in Anaheim on Monday, the Angels-Yankees wire-to-wire, at least he is wary from flying from coast-to-coast and then back to the middle of the country.

"I don't worry about stuff I can't control. Whoever is coming is coming," Guillen said.

"We'll do our part. Whatever happens on either side," Jose Contreras will start Game 1 Tuesday just as he pitched the opener against the Yankees. And Scott Podsedes will again pitch Game 2 at U.S. Cellular Field.

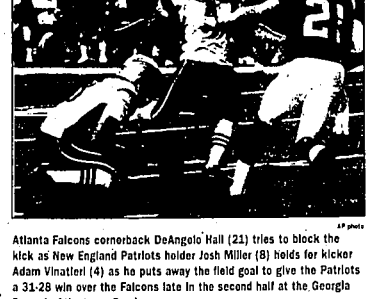
But when the series shifts to either New York or Anaheim for the middle three games, Guillen will use 18-game winner Jon Garland in Game 3 with Freddy Garcia in Game 4. The White Sox were 3-3 against New York and 4-6 against the Angels.

Garland didn't start against Boston, so he will be pitching on nearly two weeks rest. That's why he and the talented rookie McCarthy — who was again left off the mound — were throwing to batters Sunday in simulated games along with relievers Damaso Marte and Luis Vizcaino.

"I don't want him to have too many days off," Guillen said. "If we start Garland the first game, we hurt three guys. I know it's not fair for Gar to have that much time off. ... It's not my fault we were in three games. It's a good thing we did."

"This kid pitched his heart out in St. Louis. Sometimes you have to make a decision you don't want to."

Garland didn't seem too upset about another wait, but as a sinker ball pitcher, he acknowledged that some of his best stuff often comes when he's weary, rather than fresh. "Usually my best pitches are when I'm tired and it's a regular five days. That's when it's good," he said. "We'll see how it goes."



Vinatieri, Patriots comeback again

ATLANTA (AP) — The Atlanta Falcons kept coming back, even when Michael Vick, but Tom Brady and the New England Patriots simply don't lose two in a row.

Brady threw for 350 yards and three touchdowns before Adam Vinatieri kicked a 29-yard field goal and 17 seconds left to lead injury-plagued New England past the Falcons 31-20 on Sunday.

Matt Schaub filled in admirably for the injured Vick, matching Brady with three TD passes while taking the Falcons from deficits of 14-0 and 28-13 against the defending Super Bowl champion.

Atlanta (3-2) tied the game at 20 when Schaub threw a 14-yard scoring pass to Dez White with 3:52 remaining. Then went to Brian Timberlin for a 2-point conversion.

New England (3-2) was coming off a dismal performance, falling to San Diego at home 41-17, and faced the very real possibility of its first losing streak since 2002.

But, with the Patriots backed up at their own 26 on second and 20, Atlanta cornerback Brian Rossman was called for a blatant pass interference on

Devion Branch — the last of a four-penalties-in-four-plays stretch that gave New England a first down at the Falcons' 41.

Patrick Pass, replacing the injured Corey Dillon, broke off a 15-yard gain that set up the 19th game-winning kick of Vinatieri's career — including, of course, two Super Bowls.

Vick went out the previous week with a strained ligament in his right knee. In a questionable if the NFL injury report, he backtracked on that week but was listed as probable until Saturday, when the Falcons downgraded him to questionable.

On Sunday, Vick wasn't even active. He watched the game from the sideline, dressed out in a visor and gray sweatshirt.

Schaub, a second-year player from Virginia, did just fine in the most important start of his young career. He completed 16-of-34 for 298 yards and didn't have any turnovers. Fineman caught five passes for 103 yards.

But the Falcons' defense can't slow Brady, who completed 22-of-27, Branch, MVP of the last Super Bowl, had eight catches for 107 yards. Tight end Daniel Graham piled up 119 yards on the ground, including a 45-yard TD.

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