

GOOD MORNING

WEATHER

Today: Breezy with rain likely. High 42, low 34.

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NFL PLAYOFFS

Bucs in: Carolina, Pittsburgh, Tampa Bay and Washington clinch playoff spots.

Page D1



OVER 60 AND GETTING FIT

Image: Senior exercise program expands to rural towns.

Page C1



LIFE AFTER CHRISTMAS

Magie Valley: Given the chance, Christmas trees can be used to help other things grow.

Page B1

OPINION

Power to neighbors: The ability to locate electricity plants should include neighboring counties; today's guest editorial says.

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Middle-class jobs vanishing across nation

By Kathy Barke Hoffman
Associated Press writer

LANSING, Mich. — Thirty years ago, Dan Fairbanks looked at the jobs he could get with his college degree and what he could make working the line at General Motors Corp., and decided the GM job looked better. He still thinks he made the right choice. But with GM planning to end production of the Chevrolet SSR and shut down the Lansing Craft Centre

where he works sometime in mid-2006, Fairbanks faces an uncertain future. "Back when I hired in at General Motors 30 years ago, it seemed like a good, secure job," said Fairbanks, president since June of UAW Local 1618. Since then, "I've seen good times and I've seen bad times. This qualifies as a bad time, in more ways than one." Many of the country's manufacturing workers are caught in a worldwide economic shift that is forcing companies to slash payrolls or send jobs elsewhere,

leaving workers to wonder if their way of life is disappearing. The trend in the manufacturing sector toward lower pay, fewer benefits and fewer jobs is alarming many of them. "They end up paying more of their health care and they end up with lower pensions — if they keep one at all," says Michigan AFL-CIO President Mark Gidycz. As wages and benefits drop, "It's the working class that's paying the price."

Please see JOBS, Page A2

66
They're destroying the working class.
Why can't people see this?
99
— Gary Colflesh, 38, manufacturing worker

A FAMILY AGAIN



Sgt. Jeanie Clemmer holds her son Kendrick, 8, on her son Mason, 12, marches in the living room Thursday on what Sgt. Clemmer says is a typical night in her home in Twin Falls. Sgt. Clemmer spent 18 months away from her family when she was in training and serving in Iraq, and now that she is home again she says that she and her boys are learning to be a family again.

Mom comes home from Iraq

By Sandy Miller
Times-News writer

TWIN FALLS — She sang in 2004 as a year that held much promise. She was a full-time student, taking education classes through Idaho State University on the College of Southern Idaho's campus. Taking 15 credits in a semester, she was getting close to becoming a teacher.

Her two sons seemed to be thriving, even her oldest, who is autistic. The divorced mother had also signed up with the Idaho National Guard, and in exchange for a weekend a month and two weeks in the summer, was making a little extra cash and looking forward to the education benefits. And if the National Guard wasn't for her, she could opt out after a year.

The call came one afternoon in February the day Sgt. Jeanie Clemmer put her life on hold. She and other soldiers of the 116th Brigade Combat Team had been placed on a stop-loss, meaning even if their time was up, they had to stay in. Soon after, they were activated on an 18-month deployment that would include a tour of Iraq.

"I was upset," Clemmer said. "I was in the middle of a semester in school." Clemmer, who is with the 145th Support Battalion of Bravo Company,

“ We have to learn how to be a family again. There are new rules, a new house, a new school and a new daycare.”

— Sgt. Jeanie Clemmer

shipped her boys off to their father in California and headed off to combat, training in Texas and then Louisiana. In the fall of 2004, she found herself in a convoy headed from Kuwait to the northern Iraqi city of Kirkuk. "The biggest thing that worried people was the convoy up," Clemmer said. But it was uneventful. She and her fellow soldiers arrived safely at Warrior, the forward operating base that would be their temporary home for the next 10 months or so.

The base was an improvement from the tent city they'd known during their most recent post in Louisiana. "We had a lot better facilities than I

thought we'd have," she said. The soldiers lived in pairs in container housing units, or "chuks." Clemmer roomed with a soldier from Wisconsin, and during what little free time they had, they worked out in the gym or grabbed pizza at the small Pizza Hut kiosk on the base. There was also the occasional movie night between chuks where they'd relax in lawn chairs and watch movies thanks to a projector and screen they'd found on the base.

By day, Clemmer could be found under the hood of a Humvee in the base's maintenance shop. There were some tense moments. "When we first got there, there were mortar and rocket attacks," Clemmer said. "That was kind of scary."

A woman's perspective

Clemmer was one of four women in Bravo Company's 145th Support Battalion. She said her fellow soldiers treated her with respect.

"The guys treated you well," she said. "The 116th, for the most part, were gentlemen." So is the Army just like any other job?

"I had to carry an M-16, so it's a little different than your normal job," she said.

Please see FAMILY, Page A2

President: Leak about domestic spying hurt the nation

Senators support hearings on secret order

By Deb Riehsman
Associated Press Writer

SAN ANTONIO — President Bush strongly defended his domestic spying program on Sunday, calling it legal as well as vital to thwarting terrorist attacks, and contended the leak making it public had caused "great harm to the nation."

This is a limited program designed to prevent attacks on the United States of America and I repeat, limited," Bush told reporters after visiting wounded troops at Brooke Army Medical Center. "I think

most Americans understand the need to find out what the enemy's thinking." In Washington, lawmakers are preparing for hearings to consider Bush's domestic spying program. Four senators — two of them Republicans — indicated Sunday that congressional hearings were appropriate for considering Bush's assertion that he had constitutional and congressional authority to authorize domestic wiretaps without a court order in the aftermath of the terrorist attacks of Sept. 11, 2001.

thorized the NSA program and pointed to informing congressional leaders and regular reviews by administration officials as evidence of oversight for the program. The Justice Department on Friday opened an investigation into the leak that resulted in news stories about the secret order to eavesdrop on Americans with suspected ties to terrorists.

The fact that somebody leaked this program causes great harm to the United States," Bush said before returning to Washington from a holiday break at his Texas ranch.

"There's an enemy out there," he said. The Times reported Sunday that a top Justice Department official objected to aspects of the NSA program and would not sign off on its continued use as required by the administration's guidelines. Sen. Tom Coburn, a top deputy to then-Attorney General John Ashcroft, was concerned with the program's legality and oversight, the Times and Newsweek reported.

Please see SAM, Page A2



Today: Cool breezy with a good chance for showers. Highs in the low 40s.
Tonight: Clouds and mixed precipitation. Lows in the low to mid 30s.

Tomorrow: Partly cloudy skies, maybe a lingering shower or two. Highs in the low 40s, lows in the upper 20s.

Today: Cloudy with a good chance for showers. Highs in the low to mid 40s.
Tonight: Clouds and mixed precipitation. Lows in the upper 20s.

Tomorrow: Partly cloudy skies, just a slight chance for a shower. Highs in the upper 30s, lows in the upper 20s.

BOISE: Mostly cloudy with a good chance for showers... NORTHERN UTAH: Mostly cloudy with scattered showers... SUN VALLEY, SURROUNDING MTS.: A good chance for showers...

Weather forecast table with columns for Today, Tonight, Tomorrow, Wednesday, Thursday, Friday. Includes icons for sun, clouds, and rain.

Temperature, Precipitation, Humidity, Barometric Pressure, Sunrise and Sunset table.

MOON PHASES table for Jan 6, 14, 22, 30.

MOONRISE AND MOONSET table for various cities.

U.V. INDEX table for various cities.

EDUCATIONAL INSTITUTIONS table for Boise.

NATIONAL METEOROLOGICAL SERVICE table for various cities.

DAYWEATHER, INC. table for various cities.

Weather forecast table for Boise, Idaho, including temperature and precipitation data.

Weather forecast table for various cities including Denver, Dallas, Houston, etc.

U.S. NATIONAL MAP showing weather patterns across the United States with a color-coded legend.

CANADIAN FORECAST table for various Canadian cities.

Weather forecast table for various cities including Denver, Dallas, Houston, etc.

Weather forecast table for various cities including Denver, Dallas, Houston, etc.

meineke car care center advertisement with phone number 735-8286.

The Times-News advertisement listing contact information for Brad Hurd, news, advertising, and circulation.

Sam Continued from A1... and peanuts may count themselves as losers... Among the in-betweens may be the Girl Scouts of America...

manufacturers are expected to follow a similar policy... This year's energy bill includes several consumer incentives intended to lower fuel usage...

tax provisions that have limited their deductions and personal exemptions for a decade... Working poor parents will be able to claim about \$1,000 more and still qualify for the Earned Income Tax Credit...

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whole... In recent years, double-digit percentage increases in the Medicare Part B premium have been eating away at the Social Security COLA...

Jobs Continued from A2... West Virginia steelworkers are all too familiar with the problem. The former Weirton Steel Corp., which 20 years ago had some 13,000 employees...

They're destroying the working class, they call people like this," asked the 38-year veteran... "Anybody who works in manufacturing has no future in this country, unless you want to work for wages they get out in China..."

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and half their belongings still sit in boxes waiting to be put into their respective places... Clemmer stops the interview and gives her son her complete attention...

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The Times-News Information Line 735-3350. Lottery and Weather Information are just a phone call away!

Family Continued from A1... Clemmer already had plenty of military experience behind her. She was in the Air Force for 12 years, having joined up after graduating in 1987 from Jerome High School...

It blew the windows out. It blew the doors off the bomb shatters off. It blew off the elevator doors. I got out of there.

time and earn money for school. She signed up in 2003. Before she knew it, she was on her way to Iraq.

Bush begins 2006 visiting wounded

SAN ANTONIO, Texas (AP) — President Bush began his new year on Sunday at the bedside of wounded servicemen and women, and awarded nine Purple Hearts to U.S. troops who served in Iraq and Afghanistan.

The president, aboard the Marine One presidential helicopter before dawn on his trip in Crawford and flew more than an hour to Langley Air Force Base. His motorcade drove to Brooke Army Medical Center, a 224-bed hospital at nearby Fort Sam Houston, to meet with about 50 injured members of various branches of the armed forces and their families.

"This hospital is full of healers and compassionate people that care deeply about our men and women in uniform," the president said after his visit with the wounded troops. "It's also full of courageous young soldiers and marines, airmen, and sailors overwhelmed by the great strength of character of not only those who have been wounded but of their loved ones as well."

Bush spent the past week relaxing at his ranch where he rode his bike, cleared brush and prepared for his sixth year in office. He was with his wife, Laura, and his mother, Jenna Welch, stayed at the ranch on New Year's Eve.



President Bush delivers remarks after visiting wounded soldiers at Brooke Army Medical Center, Sunday, in San Antonio, Texas.

The president had a two-inch scratch across the left side of his brow.

"As you know, the president was injured in a helicopter crash in Afghanistan while on a mission to deliver humanitarian aid to a village."

The president, who was flying back to Washington after visiting the military hospital, has no public events scheduled for Monday, a federal holiday. He is to spend the rest of his first week of 2006 focused on Iraq and the economy.

On Tuesday, Bush is meeting at the White House with a group of U.S. attorneys to urge Congress to renew the Patriot Act.

On Wednesday, he will be at the Pentagon making a statement about the war on terror.

Bush is hosting a bipartisan group of current and former secretaries of state and defense on Thursday to discuss terrorism and present his case for winning the war in Iraq. He travels on Friday to Illinois to visit the Chicago Board of Trade and make a speech on the economy.

Officials say U.S. is still not ready for the bird flu

WASHINGTON (AP) — The U.S. is making fast progress in preparing people for a bird flu pandemic, including measures to close down schools and quarantine the sick, but vaccine supplies remain inadequate, health officials said Sunday.

"We've got a lot of work to do," said Julie Gerberding, director of the national Centers for Disease Control and Prevention, citing "bottlenecks" in vaccine production and the delivery of health care if there's an outbreak.

"We've got to get more and better anti-viral drugs. And we've got to have every single link in our public health system as strong as it can be so it can detect this country," she said on CBS' "Face the Nation."

A strain of a bird flu that has killed more than 70 people in Asia since it first appeared two years ago has sparked concerns of a super-flu that could kill millions worldwide. Almost all the victims were in close contact with poultry.

While stressing that chances remain slight, health experts have said it could lead to a global pandemic if the bird flu mutates to start spreading easily among people. The U.S. still has not seen any signs of the strain in birds or people, but only enough doses now for 4.3 million people.

Gerberding said some immediate measures to combat the flu in the U.S. and worldwide would include isolating the sick and their immediate contacts. That might entail closing schools, large meetings or otherwise separating the afflicted from the rest of the community.

Bush added "I don't think any of us are thinking about those kinds of Draconian measures to really completely quarantine a community or even quarantine a country."

President Bush last week signed a bill that gives \$3.8 billion to prepare for bird flu and liability protections for drug manufacturers. The administration is working under the worst-case scenario that as many as 90 million Americans would become ill and 2 million would die in a pandemic, although it would never predict when or if it will happen.

A Congressional Budget Office report released last month estimated the chances of a flu pandemic were less than one-third of 1 percent annually. But it also said a pandemic would wreak havoc on the U.S. economy should it occur, sickening 30 percent of workers in urban areas.

Health and Human Services Secretary Mike Leavitt, appearing on CNN's "Late Edition," praised the money approved by Congress as a good step that will fund one year of preparedness.

Still, he said the U.S. is not ready, saying additional money is needed to ensure there would be enough vaccine supplies for all Americans within six months of an initial outbreak. State and local governments also need to step up efforts, Leavitt said.

"Don't count on Washington, D.C. to manage your pandemic because it will be about your schools, it will be about your parades, you need a plan," Leavitt said, adding that he will meet with governors in the coming weeks.

U.S. troops miss home but say they are still needed overseas

BALAD, Iraq (AP) — Sgt. Isahil Killough would love to be with his wife, who's due to have a baby any day. Instead, the 20-year-old military policeman is spending time with detainees in Iraq.

"The only bad thing is being away from my wife right now," said Killough, of West Plains, Miss. "But we're doing a good thing here, and if we leave too early then it would leave us where we started."

Several service members at U.S. bases had mixed reactions to the recent announcement by the Bush administration that some troops in Iraq and Afghanistan could start going home, but all agreed it was important to stay until the job was done.

"I've got a wife and kids at home," Sgt. Richard Boush, 40, of Middleburg, Fla., said at a base near Kabul, Afghanistan. "I would love to see everybody pulled out, but I don't want it to happen too soon. Then we'd be right back where we started."

Facing congressional pressure and waning public support for the conflict in Iraq, Defense Secretary Donald H. Rumsfeld

announced plans for the U.S. military to start reducing its troop strength in Iraq and Afghanistan during a surprise visit to the region in late December.

He ordered the number of troops in Afghanistan to be cut from 19,000 to about 16,500 by spring, but he did not reveal the exact size of the reduction in Iraq and cautioned that removing forces too quickly would impede the long-term hunt for terrorists.

Capt. Blaine Kustelke, 27, of St. Petersburg, Fla., said further withdrawals should only occur when the Iraqis are up to speed — and that could be a while.

"I think committing to a timeline would be detrimental to the process of handing over to the Iraqis," he said. "It is a good sign to pull the numbers down a bit, but not substantially, until we can be sure that removing forces too quickly would impede the long-term hunt for terrorists."

As of late last month, 17 of the 109 former Iraqi bases used by coalition troops since the 2003 invasion had been transferred to Iraqi command, while 30 have been shut down, Army officers say.

Some Iraqi forces have exceeded and fought well alongside

Americans, but other units have been humiliated by weapons shortages and some have had their soldiers caught working with insurgents.

In some places, Iraqi troops have failed to report for duty, gotten caught with bomb-making materials or allowed insurgents to attack U.S. convoys or other coalition soldiers by using the other way, Americans say.

Iraqi soldiers and police units were responsible for much of the security for the Dec. 15 parliamentary elections, which were free of the violence and bombings that U.S. officials expected.

Army Spc. Larry Powers, based near ousted leader Saddam Hussein's hometown of Tikrit, agreed, even though his brigade has lost more than 30 men since arriving nearly a year ago.

"The withdrawal is good for us," the 20-year-old from Roseburg, Ore., said during a visit to fellow U.S. forces at Balad, about 55 miles north of Baghdad. "For the Iraqis, it's good to get them in control, but their numbers aren't that high."

terim government after a Jan. 30 election that was boycotted by the Sunni Arabs at the core of the insurgency.

The first quarter of 2006 looks more crucial as Iraq tries to shape an administration that will govern for four years. U.S. officials are pushing the parties to form a broad-based coalition government, and failed negotiations could worsen the civil strife.

"This is perceived, inappropriately or inaccurately perhaps, by the enemy as a time of vulnerability, as the government transitions from its transitional government to a permanent government, and the constitutional-based, democratically elected four-year permanent government," said Brig. Gen. Donald Alston, spokesman for the U.S.-led coalition force.

Roberts seeks lower courthouse rent

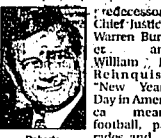
Los Angeles Times

WASHINGTON — New Chief Justice John G. Roberts Jr. in his first year-end report to the federal judiciary, called on Congress Sunday to raise the salaries of federal judges and to lower the rents the government charges for courthouses.

"It is a bit preposterous for me to issue this report at this time, barely three months after taking the oath as chief justice," said Roberts, who as leader of the Supreme Court is also head of the federal court system.

"It remains for me very much a time for listening rather than speaking."

But he said he did not want to "start the New Year by breaking the 30-year old tradition" established by his



predecessors, Chief Justices Warren Burger and William H. Rehnquist. "New Year's Day in America means football, parades and, of course, the year-end report on the federal judiciary," Roberts wrote.

Like Burger and Rehnquist, Roberts said federal judges deserve higher salaries. Since 1969, the real pay of federal judges, adjusted for inflation, has fallen by almost 24 percent, he said.

Congress recently approved a 7.9 percent increase for U.S. judges as of Sunday. The salary would be \$192,000, up from \$212,100, while the other jus-

tices of the court will earn \$203,000. U.S. appeals judges will be paid \$175,100, and federal district judges, \$165,200.

Paying the rent is a less familiar problem for federal judges. The new chief justice said he, like many others, was surprised to learn that the federal judiciary must "pay a large and ever-increasing portion of its budget as rent to another part of the government — the General Services Administration."

The Defense Department does not pay rent on the Pentagon or its military bases, and the government does not pay rent for prisons, embassies, hospitals or congressional office buildings, court officials note. But the federal judiciary is charged rent for courthouses, even though it has built and paid for decades earlier.

Financial Lesson of the Week

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Can You Benefit from Roth 401(k)?

As 2005 ends, you are a year closer to retirement. Even though that day may still be a long time away, it will eventually arrive — so you'll need to prepare for it. And starting next week, you may have one more retirement savings vehicle — the Roth 401(k).

Just like a regular 401(k), a Roth 401(k) allows you to spread your money among a variety of investments. But there are differences between the two types of 401(k) plans. When you invest in a traditional 401(k), you generally contribute "pre-tax" dollars, which means you are not taxed on your contributions today. These contributions and your earnings will be taxed when you withdraw them at retirement. Using the Roth feature in your 401(k) allows you to contribute "after-tax" dollars, which means you pay taxes on your contributions right away. However, your withdrawals and earnings will be tax-free (provided you're at least 59½ and you've had the account for at least five years when you retire).

Furthermore, if you leave your job, you can roll over the Roth portion of your 401(k) into a Roth IRA — and Roth IRAs don't force you to take required minimum distributions after you turn 70½, which could be a big advantage if you won't need the money until later in your retirement years.

And here's one more advantage of the Roth 401(k): There are no income restrictions attached to it.

Of course, your employer may not even choose to offer the new Roth feature in your company's 401(k). But if it is available, should you contribute? Before deciding, consider these factors:

- **Your age** — The younger you are, the more advantageous it may be to contribute some of your 401(k) dollars into the Roth portion of your plan. As a young worker, you'll have more years to take advantage of the tax-free earnings potential provided by the Roth feature. This additional time helps compensate for the cost of having to fund your plan with after-tax dollars.
- **Your tax bracket at retirement** — If you expect to be in a high tax bracket when you retire, you may find the Roth 401(k) to be particularly appropriate. The value of being able to withdraw tax-free is worth more if you're in a high tax bracket.
- **Your willingness to divide 401(k) dollars** between "pre-tax" and Roth — Your total 401(k) contributions — from all sources — are limited to \$15,000 in 2006 (or \$20,000 if you're 50 or older). You could choose to put all \$15,000 into either the pre-tax portion of your 401(k) or the Roth (after-tax) portion. You could also divide the \$15,000, in any ratio you choose, between the two portions. For example, you could defer \$7,500 into the pre-tax portion and \$7,500 into the Roth portion.

Before investing in the new Roth feature of your 401(k), you may want to consult with your tax advisor and investment professional. You might only have a few years in which to take advantage of the Roth 401(k), because it will cease to be offered in 2010, unless Congress acts before then to make it a permanent fixture of the retirement planning landscape.

As long as it's around, though, the Roth 401(k) is going to be a valuable retirement savings vehicle — so think about putting it to work for you.

- Questions:
1. True or False — You have to pay taxes on the growth in your Roth.
 2. True or False — Unless Congress acts, a Roth will no longer be offered after 2010.

Newspaper in Education

Thank you to these Edward Jones Representatives for Supporting Education.

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NATION

Rovers still roam Red Planet

LOS ANGELES (AP) — The warranty expired long ago on NASA's twin robots mooring around Mars.

In two years, they have traveled a total of seven miles. Not impressed? Try keeping your car running in a climate where the average temperature is 67 below zero and where dust devils can reach 100 mph.

These two golf "A"-sized vehicles were only expected to last three months.

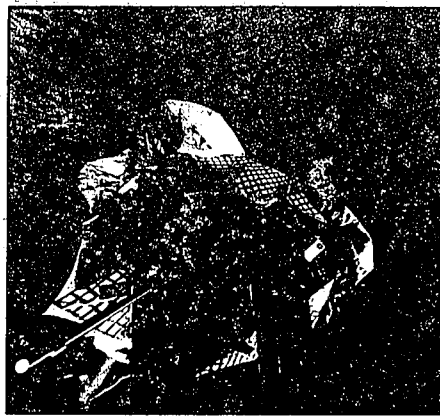
"These rovers are living on borrowed time. We're so past warranty on them," says Steven Squyres of Cornell University, the Mars mission's principal researcher. "You try to push them they don't hold every day because we're living on borrowed time."

The rover Spirit landed on Mars on Jan. 3, 2004, and Opportunity followed on Jan. 24. Since then, they've set all sorts of records and broken them. Spirit's mission's main assignment: finding geologic evidence that water once flowed on Mars.

Part of the reason for their long survival is pure luck. Their lives were extended several times by dust devils that blew away just that covered their solar panels, restoring their ability to generate electricity.

Like most Earth-bound vehicles, these identical robots have their own personalities. "The wrenched Opportunity dazzled scientists from the start. It eclipsed its twin by making the mission's first profound discovery — evidence of water at or near the surface — a discovery that could have implications for life."

The rock-climbing Spirit was slow in the history books by becoming the first robot to scale an extraterrestrial hill. Last summer, it completed a dare-



This mosaic file image taken by the navigation camera on the Mars Exploration Rover Spirit and released by NASA JPL, shows an overhead view of the rover on the surface of Mars after its successful landing on Jan. 3, 2004. The second, Opportunity, followed on Jan. 24, 2004. Since then they've set all sorts of records and succeeded in the mission's main assignment: finding geologic evidence that water once flowed on Mars.

devil climb to the summit of Husband Hill — as tall as the Statue of Liberty — not despite fears that it might not survive the weather.

The rovers haven't been all get-up-and-go — technical hiccups have at times limited their activity, even from the start. At one point, Spirit had a balky front wheel, but engineers overcame the problem by driving it in reverse. Last spring, Opportunity got stuck hump-deep in sand while trying to crest a foot-high dune, and was freed after weeks of effort by the Earth-bound engineers.

The six-wheeled traveler, managed by NASA's Jet Propul-

sion Laboratory in Pasadena, also is showing signs of aging. In November, a motor on Opportunity's robotic arm stalled and the arm failed to extend while it was surveying a rock outcrop. The engineers fixed that problem after two weeks. This mission is the first time any probe has extensively rolled across Mars, whose rocky landscape is a dangerous place for man-made objects to settle and roam.

There have been four previous Mars landings that succeeded. Of those, NASA's stationary Viking I lander operated the longest, from 1976 to 1982. NASA's Sojourner was the first

rover, but it stayed close to its Pathfinder lander.

Spirit and Opportunity parachuted to opposite ends of Mars. Spirit landed in Gusev Crater, a 90-mile-wide depression south of the Martian equator. Opportunity followed three weeks later, touching down on Meridiani Planum on the other side of the planet.

In two years, Spirit has traveled over three miles and beamed back 70,000 images including self-portraits and panoramas of the rust-colored planet's surface. Opportunity has driven over four miles and transmitted more than 58,000 images.

South Carolina tosses minibottles

COLUMBIA, S.C. (AP) — The year 2005 wasn't the only thing being tossed away in South Carolina. Partygoers and bar owners finally said good-bye to the minibottle.

For 22 years, South Carolina law required bartenders to use the tiny 1.7-ounce bottles most often associated with airplanes and hotel minibars.

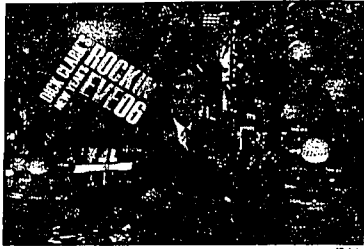
Then last year, South Carolinians voted the minibottles out, and lawmakers followed through earlier this year by approving regulations to give bars and restaurants a choice to pour from the big bottles starting Jan. 1.

With the law change, the state's method for taxing liquor sales changed too. South Carolina collected 25 cents for every minibottle sold; now, it

will charge 9 percent on every drink.

"I thought it was going to be us — South Carolina — and the airplanes forever," said Matthew Andrade, celebrating with a Red Bull and vodka. Rookies Sports Bar & Grill in Columbia. The staff was free pouring while guests were still kissing, hugging and toasting over champagne early Sunday.

While the new liquor law took effect just after midnight, a calendar quirk wouldn't let many bars in the state take advantage. Sunday alcohol sales are banned in most of South Carolina outside of the Columbia area and the coast, meaning last call at most bars had to come before 2005's end.



This photo provided by ABC shows Dick Clark — the personality who's been riding in the New Year for decades making his first television appearance since a stroke in late 2004 Saturday during ABC's broadcast of the festivities in New York's Times Square to ring in the New Year 2005.

Fed funds for research, development drop

Defense and space see increase, other programs feeling the pinch

WASHINGTON (AP) — Defense and space programs account for most increases in federal R&D spending, but other programs are feeling the pinch.

The Bush administration counters that federal research and development spending remains near an all-time high and is close to 45 percent higher than when the president took office.

"That's a strong statement of the high priority this administration places on innovation, competitiveness, science, technology and research," said Donald Tighe, a spokesman for the Office of Science and Technology Policy, which advises the president.

Federal research and development spending will rise \$2.2 billion, or 1.7 percent, in 2006, to about \$135 billion, according to an analysis by the American Council on Education.

Of that increase, 97 percent will go to Department of Defense weapons development and National Aeronautics and

Space Administration spaceflight programs, AAS said. Funding for other federal R&D increases only slightly, and actually falls if adjusted for inflation. AAS analyst Kei Koizumi said.

"For 2006, for most areas, it's looking pretty bad. The total is going to be a new record, but it's going to be big increases in two areas," Koizumi said. "Obviously, that's big priorities but in an overall budget in which Congress and the president are trying to cut domestic spending, all other R&D programs are flat at best and falling in most cases."

The nation's universities and research institutes feel the emphasis increasingly falls on development, which tends to help industry, instead of the experimentation and exploration associated with basic research.

Research spending is falling or stagnating, disproportionately hurting the colleges and universities that depend on federal support to run their electrical engineering, computer science and other departments, said John Smith, senior federal relations officer for the Association of American Universities.

The groups 60 research universities and 200 federally supported, university-based research.

Most immediately, decreased

R&D spending will lead to layoffs and other cutbacks at some facilities that rely on federal funding, including the Department of Energy-supported Relativistic Heavy Ion Collider at Brookhaven National Laboratory.

The Long Island particle collider creates subatomic head-on collisions between intersecting beams of gold ions, allowing nuclear physicists to study what conditions prevailed at the birth of the universe.

A roughly \$40 million cut in the center, coupled with higher electricity costs, will force the collider to shut down for the year, said Michael Lubell, a City College of New York physicist and spokesman for the American Physical Society. About 100 workers will lose their jobs, he said.

"Once you go down that road it is very difficult to make a U-turn and go back to where you were," Lubell said.

NASA will see a 7.3 percent increase in R&D funding, much of it for spacecraft to carry humans to the moon and beyond. R&D spending on the department of Homeland Security, Transportation and Interior, including the U.S. Geological Survey, will rise. But spending on Energy, Commerce and Agriculture will drop, as it will for the NIH, AAS said.

Dick Clark returns to TV to mark another new year

NEW YORK (AP) — There was more to celebrate than the ball dropping in Times Square for Dick Clark — the personality who's been ringing in the New Year for decades made his first television appearance since a stroke in late 2004.

Clark, sitting behind a desk with the rock scene in the background, sounded hoarse and occasionally was hard to understand, but he said, "I wouldn't have missed this for the world."

"Last year I had a stroke," he explained. "I left me in bad shape. I had to teach myself how to walk and talk again. It's been a long, hard fight. My speech is not perfect but I'm getting there."

After his Dec. 6, 2004, stroke, Clark had to sit out "New Year's Rockin' Eve" last year for the first time since starting it in 1972. He's Philbin was his emergency sub.

Clark, 76, declined interviews and television appearances as he rehabilitated, and his spokesman said the former "American Bandstand" host viewed New Year's as his personal coming-out party. He told pictures of Clark using a cane or wheelchair led to questions about whether he was up to it.

He remained seated during

"New Year's Rockin' Eve," his right hand resting on the desk and his left arm by his side. Clark counted down the seconds until the ball dropped. He stayed at his desk past 1 a.m. as the crowds thinned out.

"I've had a wonderful time tonight," he said. "There's nothing like being in Times Square on this New Year's Eve and believe me, this is one night I will never, ever forget."

With increased competition, it sometimes seemed as if Times Square was a giant television studio.

Philbin was back this time for Fox. Carson Daly was host of an NBC party. News anchor Anderson Cooper was amid revelers for CNN, and Stuart Scott was on ESPN2. Kanye West was the featured guest at MTV's soiree.

But with Mariah Carey crooning for Clark, "New Year's Rockin' Eve" figured to be the dominant TV party of the night. ABC and Clark's production company this year made plans to keep the show alive when Clark can no longer do it, signing "American Idol" host Ryan Seacrest as his successor.

Seacrest opened "New Year's Rockin' Eve" with New York City Mayor Michael Bloomberg, and introduced Clark.

Familiar piece of Times Square nears end

By Stevenson Swanson
Chicago Tribune

NEW YORK — The pipe-and-carous shack at the north end of Times Square has witnessed more than 30 tumultuous New Year's celebrations, but Saturday's revelers welcoming 2006 may finally be its last.

The TKTS discount theater ticket booth, built as a temporary structure in 1973, is slated to be replaced in the spring with a bigger, permanent building, a change that will mark a new phase in the redevelopment of Times Square, the heart of New York's theater district as well as one of the most popular spots to celebrate the New Year.

The modest booth is not as impressive as the Empire State Building nor, as moving as the Statue of Liberty, yet it is one of the most recognizable features of New York, at least as seen through a theater-loving tourist's eyes. The building, which sells about 1.5 million tickets, 60 percent of them to out-of-towners. "It's a destination," said Victoria Bailey, executive director of the TKTS booth. The nonprofit Theater Development Fund, which runs the booth. "When you come to New York, what you're going to do in the city is go to see things you can't see elsewhere. The TKTS booth makes that easier on the budget by provid-

The modest booth is not as impressive as the Empire State Building... yet it is one of the most recognizable features of New York...

ling cut-rate tickets to same-day matinees and evening performances on and off Broadway. Discounts are typically 25 percent to 50 percent off the face value, which for Broadway shows routinely hovers around \$100.

Stephen Sondheim's "A Little Night Music" won the Tony Award for best musical the year the TKTS booth opened, and John Lindsay was the mayor of New York. The major downtown construction trailer to house the operation, which sits on 47th Street on a pie-shaped traffic island between Broadway and Seventh Avenue.

Back then, Times Square was a sordid, crime-ridden place full of porn shops and strip clubs. Theater operators and civic leaders hoped the ticket booth would

help attract people to the area and give theatergoers an outlet for unsold tickets.

"The original concept was, 'Let's see if it works,'" said Bailey. "Way back then, I don't think anyone understood or imagined that it would take off the way that it did."

Now, long lines form well in advance of the booth's opening and mirroring the success of TKTS, Times Square has been reborn as a neon-bright magnet that draws visitors from around the world. But despite the new corporate skyscrapers for Reuters, Conde Nast and others, the square's streetscape remains scruffy, as exemplified by the rundown and dated ticket booth.

Australian architects John Choi and Tai Hopcraft won an international competition to design the replacement booth. The new TKTS will be tucked beneath semicircular bleacher seats that will rise about 18 feet, creating a meeting place and people-watching spot without further cluttering sidewalks and streets.

The winning design for the new booth, whose \$125 million construction cost will be funded by private and public sources, was announced in 2002. Groundbreaking is scheduled for March.

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Recovering New Orleans hopes for a better 2006

NEW ORLEANS (AP) — Dr. Jeffrey Coak's business is gone, along with his wife's job, his children's school and the first floor of his house, but he was hopeful as he stood amid the debris in his front yard on New Year's Day.

"Unless someone in my family gets sick, I can't imagine it can be worse," he said. Coak and his wife and three children returned to New Orleans especially for a New Year's Eve party held at a neighbor's house that did not flood in the aftermath of Hurricane Katrina. They stayed in the second story of their own house.

"We normally have a fireworks display that rivals most ball parks," he laughed. "We toned it down a lot this year because all the blue roofs throughout the city are covered with blue plastic tarps."

Coak, an infectious disease specialist, does not expect to return to his job in good time until April or May. He just received his flood insurance check, along with many of his neighbors.

"I don't know what that people were waiting for," Coak said. "Now they can start getting things back to normal. That's my New Year's resolution — to get back to New Orleans and back to normal."

Unlike the Ninth Ward, where miles of houses were destroyed, sparse signs of life returned to the Front and Back neighborhoods, although trailers stand in front of some water-damaged houses, and muddy streets are lined with



Lower 9th ward resident, Oreta Gladney, wears her ACORN t-shirt during a candlelight vigil in front of her flood-damaged home along with her son, Stephen, left, in New Orleans, La., Saturday.

debris, ruined appliances and drowned vehicles. "It was kind of spooky at first," said Ray Bigelow, a criminal court judge who is living with his wife and children on the second floor of their house. "But now we have a neighbor two doors down and we can see some street lights down the way."

Unlike buildings across the street that were submerged to the roofs, Bigelow's house was flooded only 3 feet deep. The bottom floor has been gutted and the family plans to use a trailer parked in the yard as a kitchen and dining room, but their electricity has been reconnected. It's two miles to an open grocery store and 10 to a gas station.

"His children plan to return to schools in the city later in the month, and he will be holding court in a couple of rooms furnished by the federal court. "I'd like life to get back like it was, but that won't happen this year," Bigelow said. "It probably won't happen in 10 years."

Fabian Schott Mumme Jr., 59, spent the first day of the new year trying to get more stuff out of his parents' house. The roof still leaked, despite two tarps, and there was no electricity, but Mumme was living there. His own house took 7 feet of water.

"You got to learn to hit the curve ball," he said. "Because they just kept throwing them at you."

other companies sent truckloads of canned water to shelters during the hurricane-relief effort. A month ago or more, shelters in East Texas and Louisiana gave pallets of unused water to FEMA, and the agency stored them at its Fort Worth, Texas, regional distribution center. That facility serves disaster sites, including Louisiana.

Getting overstocked with supplies is not uncommon during disaster-relief efforts, Jacks said. Many times, he said, companies simply send truckloads of foodstuffs and water to shelters or FEMA distribution facilities without knowing what the needs are and "it sort of bogs down the system, in a way."

for donations to help afloat the choir, which has a \$5 million debt.

He also called on Mayor Michael Bloomberg to let the group stay free at the Choir Academy of Harlem, a public school at 2005 Madison Ave. The chorus recently got an eviction notice from the city with an offer to operate only as an after-school program in the building.

"It costs \$100,000 a year to keep a kid on Riker's Island, and all we're asking for is Mr. Mayor, can you spare a dime?" Rangel said.

"Keep these kids going." After the news conference, Rangel met privately with Deputy Mayor Dennis Walcott, who said the city isn't budging.

The 30-year-old choir has been mired in fiscal problems

to forget about filling out a job application.

Stuart M. playwright Charles MacArthur, turned his City News experiences into "The Front Page," which he cowrote with Don Hecht. "You learned about good reporting and bad reporting," Hersh said of his City News experience.

"I learned about the streets. I saw dead people. I saw things that I wouldn't have seen" in other jobs.

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Experts see Roberts and Alito as potential big-business allies

WASHINGTON (AP) — Business couldn't do any better than Chief Justice John Roberts and Samuel Alito on the Supreme Court.

One represented corporate interests as a private attorney; the other often sided with employers in lawsuits filed by workers. The prospect of the two on the Supreme Court signals to manufacturers and businesses that they will have allies in high places, say academics and business experts.

Beyond their decisions in individual cases, the Roberts court also has the potential to craft a consistent philosophy on business issues, something that several academics argue has been lacking in recent years since the departure of Lewis Powell in 1987. A former corporate lawyer, Powell built a reputation as business' friend during his 15 years on the Supreme Court.

The courts highly selective docket for the current term will give Roberts and Alito, assuming the latter is confirmed, ample opportunity to shape the court. Among the critical issues for companies are the Supreme Court's decisions in antitrust cases, government regulation of land development and the commerce clause.

Certain to catch any court watcher's attention is how the new justices decide on whether

to limit punitive damages in lawsuits against corporations. "Both of them come out of a tradition of reading statutes narrowly. Both of them come out of a tradition of confining congressional power to the proper sphere," said Nathaniel Persh, a professor at the University of Pennsylvania Law School. "In contrast to the more liberal members ... I see them more in favor of business."

Roberts spent more than a decade with the private law firm of Hogan & Hartson, arguing on behalf of Toyota and health maintenance organizations. He wrote friend-of-the-court briefs for the U.S. Chamber of Commerce, participated in its most court and earned its endorsement.

Alito compiled a record of backing businesses in employment claims of sex and racial discrimination during 15 years on the Philadelphia-based 3rd Circuit U.S. Court of Appeals. Corporate suits were prominent in the appellate court, whose jurisdiction includes Delaware. More than half a million business lawsuits call Delaware their legal home.

Abortion and social issues dominate the public debate over the Supreme Court, but business matters make up a significant portion of the justices' work.

Of the business cases,

"while some are constitutional cases, many are statutory interpretations where Congress failed to decide or a written statute it is impossible or difficult to tell what they meant," said Quentin Riegel, vice president for litigation at the National Association of Manufacturers.

In December, the association endorsed Alito, saying, "With justices like Judge Roberts and Samuel Alito on the Supreme Court, we can begin to reduce the exorbitant cost of our legal system that consumes 2.3 percent of our GDP."

Lawyers and court watchers will be keeping close tabs on where Roberts and Alito stand on punitive damages against corporations. Victor E. Schwartz, a lawyer and general counsel to the American Tort Reform Association, wondered what side Roberts and Alito would favor, especially since the court's coalitions have bucked the liberal-conservative lineup on social issues.

"The Supreme Court of the United States. In recent years, has held that the due process clause puts limits on the punitive damages awarded," Schwartz said. He noted that Justice Sandra Day O'Connor has lowered limits, but Justices Antonin Scalia, Clarence Thomas, Ruth Bader Ginsburg and John Paul Stevens have not.

Box office blahs: What's to blame?

By William Booth
The Washington Post

LOS ANGELES — Hollywood ticket sales took a little wane in 2005. Why? The consensus hypothesis appears to be that the movies were — brace yourselves — not good.

The industry and its observers are also variously blaming DVDs, video games, iPods, cellular phones, HBO, crying babies, \$10 tickets, Chinese pirates, big screen plasma TVs, an aging demographic, liberal bias, video-on-demand, annoying pre-fecture commercials and the Bush administration's energy policy.

The Great Box Office Slump has been covered by the entertainment press with a kind of giddy obsession ever since the summer proved blockbuster-deficient. Each week, the prognosticators sought deeper meaning in the weekend failures for undercooked turkeys such as "Stealth" and "The Legend of Zorro." There was hope in the Hollywood press that "King Kong" might "save the day," but alas, the big ape has so far "disappointed." If it is possible for a

\$66 million opening five-day gross to disappoint (which it is), since Peter Jackson and Universal spent \$220 million making the movie).

Hollywood ended 2005 having sold about 1.4 billion tickets in the United States, which is a 6 percent decrease from last year.

Revenue at the box office is expected to reach about \$9 billion, trailing last year by 4 to 5 percent (the dip is slightly less than it would have been otherwise because of rising ticket prices).

This would be no big deal, except it appears to be a trend — this marks the third consecutive year for declining attendance. And so the billion-dollar question: Does this represent the beginning of a fundamental shift in the moviegoing habits or was it just another off year in cyclical show business?

Not only are the studio suits and the pundits not sure what is behind the box office drop, but there is also disagreement over its significance.

"It's not a little off. Six percent is a big number," says

Brandon Gray, founder of Box Office Mojo, an online movie publication and box office tracking service. "And they've got a big problem."

Not so, says Tom Rothman, the cheery chairman of 20th Century Fox, which had a record-breaking year. Rothman describes the current clamor as "the great over-hyped, over-exposed, over-reported box office decline."

Rothman believes there is no fundamental revolution occurring in the movie theater business and that the year's totals were lower simply because a relative handful of high-profile potential blockbusters did not perform to expectations.

Rothman insists that history is on his side. "They said sound was going to kill the movies, that TV would, that cable would, that pay-per-view would. Every time, the hand-wringing: The woe-is-happened! And instead what happened was the pie gets bigger."

FEMA dumps donated water

By Margarita Martin-Hidalgo
The Dallas Morning News

DALLAS — A million cans of drinking water donated for hurricane relief ended up in a scrap-metal business in Balch Springs, Texas, where the water was dumped into a sewer.

The water — 400,000 liters of bottled water — was donated to a Dallas household for more than a year — hadn't been dispensed when evacuees from hurricanes Rita and Katrina left shelters in Texas and Louisiana. So the 19 truckloads were sent last month to Lake Juno Scrap Metals, where the cans were put through a machine and drained. The water was dumped and the flattened cans sent for recycling.

Ex-mayor may take over boys' choir

New York Daily News

NEW YORK — Former New York Mayor David Dinkins is considering taking over the cash-strapped Harlem Boys Choir, now hobbling without a staff and facing eviction by the city.

Dinkins said he wants to help the flailing organization get out of its fiscal mess, perhaps becoming its interim board chairman.

"I truly do love children," said Dinkins, flanked by Rep. Charles Rangel, D-N.Y., other elected officials and members of the choir in front of City Hall.

"The cause is right. I just got to find, got to convince myself that I've got the time to give it and make it a success."

Rangel, who represents Harlem, appealed to the public

Doors close at Chicago's City News Service

CHICAGO (AP) — The story has ended for Chicago's venerable City News Service.

Saturday was the final day of business at the agency that trained generations of journalists and writers and inspired "The Front Page."

"I'm sad," said City News Editor Paul Zimbrakos. "What can one say?"

The Chicago Tribune, which owned Dec. since 1939, announced Dec. 1 that it would eliminate the service and its 19 jobs at the end of the year to cut costs and stop serving up news to the Tribune's online and broadcast competitors.

The newspaper said it will replace City News with a 24-hour news desk to serve the Tribune's Web site alone.

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READY TO SWIM



Corvallis Aquatic Team novice swimmers, from left, Logan Olbrich, 7, Jackson Brookes, 7, and Sagan Rauscher, 8, clutch stuffed polar bears and try to stay warm while posing for a group picture before plunging into the 50-degree outdoor pools during the Third Annual Polar Bear Swim at O'Brien Aquatic Center in Corvallis, Ore., Sunday.

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WORLD

Al-Qaida suspect faked death to hide trail, says expert

ISTANBUL, Turkey (AP) — An alleged al-Qaida operative accused of serving as a key link between the group's leaders and suicide bombers hid his tracks so well that even fellow militants thought he was dead.

Loaf Muhammad (H) Bakr Saqqa, wanted by Turkey for 2003 bombings in Istanbul that killed 58 people, is said to have eluded intelligence services by using an army of fake IDs, employing aliases even within his al-Qaida contacts and finally faking his death in Fallujah, Iraq, in late 2004.

Turkish al-Qaida suspect Burhan Kus said al-Abu Gharib that he had heard al-Saqa and Habib Akdas, the accused ring-leader of the Istanbul bombings, were killed in a U.S. bombardment of the Iraqi town of Fallujah in November 2004.

"Al-Saqa apparently faked his own death, borrowing a disinformation tactic used by Chechen militants," said Ercan Cilligolu, a terrorism expert at the Center for Eurasian Strategic Studies in Ankara, the Turkish capital.

Several accused Turkish al-Qaida suspects recognized al-Saqa's photos but identified him with different names, most calling him "Syrian Alaaadin."

"The al-Saqa case clearly shows how the use of an advantage of fake IDs and porous borders to spread its terror, forcing countries to take more sophisticated measures, like taking fingerprints in the United States, to increase border security," Cilligolu said.

Analysts said his capture was a blow to al-Qaida since he was well-known to a few people who understood the infrastructure of an organization that lacks permanent, hierarchical ranks.

"That is a serious blow because it is very hard to replace these kind of people," said Radu.

But Turkish security officials warn that others still operate in the region. One official, who spoke on condition of anonymity, described al-Saqa as one of fewer than a dozen al-Qaida "middle managers" who serve as contacts between local cells and the al-Qaida leadership.

Al-Saqa's success in eluding capture for so long underlines the challenges that authorities face in trying to crack down on al-Qaida and the insurgency in Iraq.

He apparently fled Iraq after spreading the rumor about his death in Fallujah. Nine months later, police responding to the Antalya explosion discovered more than 1,320 pounds of bomb-making materials, falsified Syrian and Turkish IDs and two Turkish passports.

All bore al-Saqa's picture. He eventually was captured at Diyarbakir airport in southeastern Turkey with yet another fake Turkish ID.

Wildfires break out north of Sydney

SYDNEY, Australia (AP) — Walls of flames 100 feet high swept through parched eucalyptus forests Sunday as several fires raged out of control in southeastern Australia, injuring one man and destroying several homes and seven fire vehicles.

Dozens of people fled their homes north of Sydney — some using boats — as hundreds of firefighters battled flames lapping the edges of the city. Authorities closed the main freeway heading north from the city as a huge pall of gray smoke drifted across the area.

Three houses were destroyed near Woy Woy, nearly 40 miles north of Sydney, the New South Wales state Rural Fire Service said.

Elsewhere, a wildfire destroyed five houses and blackened nearly 60,000 acres in June, 100 miles southwest of Sydney. A man was hospitalized with burns to 60 percent of his body.

Dozens of fires burned across New South Wales state, fanned by hot dry winds from the Australian Outback as temperatures reached 111 degrees in Sydney — the hottest New Year's Day on record for the city.

Several blazes north of the city merged into one "very fast-moving fire," consuming seven firefighters' vehicles, Rural Fire

Service spokesman Cameron Wade told Australian Broadcasting Corp. radio.

Rebel Tibbert, a spokeswoman for the fire service, said the fires appeared to be man-made, though whether "that's deliberate or accidental really remains to be seen." There had been no lightning strikes, she told Nine News.

Late Sunday, hundreds of firefighters were pulled back from the flames and deployed to protect homes as a cold front moved toward the region, bringing gusts of more than 60 miles per hour and causing extremely dangerous conditions, Rural Fire Service Commissioner Phil Koperberg told reporters.

Water bombing by helicopters also was forced to stop at nightfall.

A change in wind direction sent thick black smoke and glowing embers toward the village of Karlong, home to hundreds of people, but there were no immediate reports of damage. Some 170 firefighters were patrolling the village protecting homes.

Earlier, Koperberg warned that if winds turned the fires to the north, many more homes would be under threat.

"But if everyone does what they're told, hopefully we should get to tomorrow morning with very few losses," he said.



A huge plume of smoke is seen over Woy Woy on the New South Wales central coast, 39 miles north of Sydney as bushfires rage Sunday. A number of residents were forced to flee their houses, some of them taking to the water in boats, as hundreds of firefighters battled the flames and authorities closed the main freeway heading north from Sydney.

Heavy rain, snow lash Pakistan's quake zone, ground copters

MUZAFFARABAD, Pakistan (AP) — The season's heaviest rain and snow lashed Pakistan's earthquake-hit areas Sunday, grounding helicopter aid flights and deepening the misery of survivors huddling by campfires to keep warm.

Aid workers have warned that cold weather in the Hila-

malayan foothills, where temperatures have already fallen below freezing, may claim more lives after the magnitude-7.6 quake Oct. 8 left about 67,000 dead and 2.5 million homeless. Poor visibility forced a suspension of flights by helicopters from the United Nations, foreign militaries and

Pakistan's army, which have been delivering winterized tents, clothes, food and other provisions to survivors, said an air force officer at Chakdara air base, near the capital, Islamabad.

The weather was likely to clear up enough for flights to resume by later today, he said

on condition of anonymity, in line with Pakistan government policy. The United Nations estimates 2.5 million people are living in tents below 5,000 feet and up to 400,000 others are in higher areas where it is feared that snow and rain will make it harder for helicopters and trucks to reach them.

Russia halts natural gas sales to Ukraine in price dispute

MOSCOW (AP) — Russia's natural gas monopoly halted sales to Ukraine in a price dispute Sunday and began reducing pressure in transmission lines that also carry supplies to western Europe.

Ukraine's natural gas company Naftogaz acknowledged the reduction by Russia's Gazprom, the gas not flowing at all through some transit routes, which can lead to a fall in pressure in all the pipelines and halt the overall supply of gas to Ukraine and Europe, said Naftogaz spokesman Eduard Yanuk.

However, he said, "for the people and municipal services pipes will be enough gas."

Gazprom had given Ukraine a deadline of midnight Saturday to agree to pay quadruple the amount it previously paid for Russian gas, which accounts for about a third of the consumption in the country of 48 million people.

The showdown has undermined the tensions between the two former Soviet republics since Ukrainian President Viktor Yushchenko — a West-leaning leader who wants

to reduce Moscow's clout in his country — defeated a Russian-backed rival in a bitter electoral battle a year ago.

The gas crisis comes as Ukraine prepares for parliamentary elections in March, in which Yushchenko's bloc faces a strong challenge from the party of Viktor Yanukovich, who lost the presidential ballot after mass street protests forced a revote.

The Russian Foreign Ministry said Sunday that Ukrainian authorities "consciously decided to ruin the talks process with the Russian side and to use the gas problem almost to create the image of an enemy with the goal of manipulating the internal political situation."

On Saturday, Russian President Vladimir Putin said Ukraine could continue paying the old price of \$20 per 1,000 cubic meters for the first quarter of 2006, but only if Ukraine agreed by the end of the day to start paying the new price of \$230 in the second quarter.

Gazprom spokesman Sergei Kupriyanov said Ukraine refused the offer, but Naftogaz denied that claim Sunday.

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OTHER VIEWS

Local officials shouldn't go it alone on plant sites

The Idaho Statesman

Boise city planning commission members are in an unworkable blind. They need to sort through an application to build a natural gas-fired plant in Boise. And the city has a direct financial stake in the decision. Mountain View Power Inc. would pay \$57,845 a year to lease 25 acres at a city-owned park — on top of the property taxes that would go to the city.

Local officials shouldn't be forced to go it alone on a decision of this complexity. The interests of neighboring communities need to be part of the dialogue. The state needs a say in power plant decisions.

A legislative committee tabled a proposal to set up a state power plant siting commission. Lawmakers need to take another look at the idea when their session convenes on Jan. 9 — the same day, coincidentally enough, that the Boise Planning and Zoning Commission will consider Mountain View Power's proposal.

Sen. Clint Stennett, D-Ketchum, says he will press the issue in 2006 in an attempt to block a \$1.4 billion coal-plant plan which may shut electricity out of the region. Commissioners in Southern Idaho's Jerome County are considering the proposal. Stennett's panel would in-

clude representatives from several state agencies, including the departments of Environment, Quality and Health and Welfare. Any city or county within 50 miles of a plant site would be allowed to appoint a delegate to the panel.

This is a good balance: state agency expertise to ensure systematic,

scientifically sound decisions, and local representation to having people "spying" on community concerns.

No such balance exists now. The decision-making in Mountain View plant falls, by default, to the Boise Planning and Zoning Commission, or to the City Council, which would have the final word if someone appeals the planning commission decision. It's asking a little much of city planning commission members, however well versed in local laws and issues, to become quick studies in the complexities of power plants. They will need to sort out the science of air quality, the economic impacts of power scarcity vs. worsening air pollution, and the health effects of a new power plant, and all in short order.

As the nation's third fastest growing state, Idaho will only face more decisions about how and where to produce needed electricity. Idaho is one of the few states that does not have a say in power plant decisions, Stennett says. It's time to change that.

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When civility trumps the need for spies

If we've been trying for several days now to get upset about the National Security Agency's eavesdropping program, No, wait, make that President George W. Bush's illegal, unratified, domestic spying scandal.

That sounds more darkly nefarious, more richly conspiratorial and, most important, more impeachable. But is it true? Is Bush spying illegally on Americans? As usual, it depends on whose

head is talking and how one spins the yarn.

The president has authorized a domestic spying program without court approval "sounds like Big Brother is breathing down all our necks." "The president has authorized national security agents to wiretap suspected terrorists" sounds like common sense.

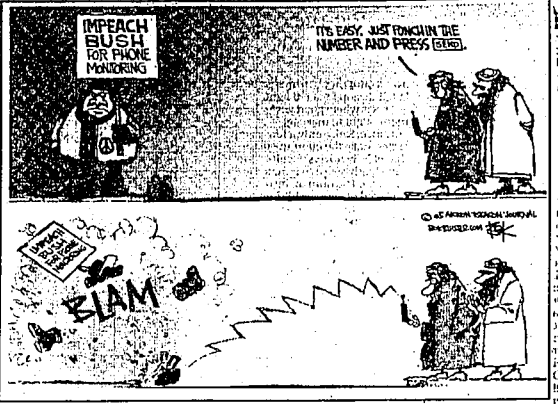
Thus try as I might, I can't muster outrage over what appears to be a reasonable action in the wake of 9/11. As a rule, I'm as averse as anyone to having people "spying" on me. I'm also as devoted to protecting civil liberties as any other American.

But the privilege of debating our constitutional rights requires first that we be alive. If federal agents want to listen in on suspected terrorists as they plot their next mass murder, please allow me to turn up the volume.

Meanwhile, unless I start placing calls to Peshawar using phrases such as "I want my 72 virgins now," then I figure I'm safe to make my next hair appointment without fear of exposure. OK, fine, so I highlight.

I'm not making light of legitimate concerns about government power over private lives — vigilance is critical and debate worthwhile, but this seems like a self-inflicted controversy. It also reminds us yet again that America's decency may be her greatest weakness.

It is our nature to project our own values and qualities we hold dear. But it is our enemies' nature — and their strategy — to take advantage of those same



with names and numbers to create a mosaic of potentially murderous intent.

Sometimes we might get it right and prevent another attack; sometimes we might mistakenly eavesdrop on an innocent conversation. What we save — possibly thousands of lives — compared with what we lose (most notably the exposure of our embarrassing dull lives) would seem sufficiently self-evident to preclude the meme-driven hysteria now clotting Air and, oh yes, People Died.

Or maybe not. Maybe people *do* die because federal agents acted in the moment and wiretapped someone they thought might be a threat to U.S. security. Maybe thousands *didn't* get blown up on the Brooklyn Bridge as Iyman Faris had plotted because agents wiretapped Faris' phone.

Now we learn that Faris, who pleaded guilty in October 2003 to working with Qaeda, is prepared to sue Bush for illegally wiretapping him. The crux of his case would be that Bush's NSA policy violated the 1978 Foreign Intelligence Surveillance Act, which requires a warrant from a special court before an American citizen can be wiretapped.

That, at least, is his attorney's position. Other legal authorities assert that Bush is well within his constitutional authority to pursue foreign in-

principles. If not for our openheartedness toward diversity and our generous spirit in welcoming all comers to these shores, Sept. 11, 2001, might never have happened.

Instead, 19 terrorists traveled freely and lived among us undetected because we were too fat, dumb and happy to imagine that anyone would try to kill us. We were innocent then, but no more. Now we look for dots and try to connect them. We use sophisticated technology to track calls, collate data, and match suspicious-sounding words

telligence and to monitor communications without a warrant. For more on this read "Unwarranted Complaints" in the Dec. 27 New York Times by David B. Rivkin and Lee A. Casey, both lawyers who served in the Justice Department in the Reagan and George H.W. Bush administrations.

However the fine legal points are resolved, the current tenor of debate smears out of tune with events. In theory, I don't want to be wiretapped without due process, no matter how unlikely it is that anyone would want to know the shade of my highlights.

But in practice, the task of getting scores or hundreds of warrants to wiretap terrorism suspects mid-conversation seems impossible to imprudent.

More to the point, I want the government to connect all the little dots it can in order to prevent another slaughter on American soil. How rich that Bush should be treated as a criminal for trying to prevent another 9/11 attack, while a known Al Qaeda terrorist could be set free on a technicality.

Our decency may kill us yet.

Kathleen Parker, a syndicated columnist for the Orlando Sentinel, welcomes comments via e-mail at kparker@kathleenparker.com, although she cannot respond to all mail individually.

The Times-News

Brad Hurd... Publisher Chris Steinhach... Editor
The members of the editorial board and writers of editorials are Brad Hurd, Chris Steinhach, Steve Crump, Eleanor Berkhart, Ramona Jones and David Cooper.

LETTERS

Church separation not found in Constitution

Today, I read the Constitution of the United States in its entirety. At no place in this document did I see the words "separation of church and state."

History has taught me that many of the people who came here from Europe, and mainly England, came here for religious freedom. The King of England had declared that Christians could only worship in accordance with the Church of England. Those who desired freedom of religion came to America.

When the Constitution was written, this freedom of religion was written into it. The First Amendment states, "Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof." It does not say "Congress shall make no law allowing religion."

There is a difference! Many years ago, wise men put "In God We Trust" on much of our money. Children were allowed to pray at home, in schools, in public places. Religious symbols were placed in public places, on public schools and in public documents. It was not illegal then. It is not illegal now.

Let's stop this nonsense! **RAY TWEEDLEY**
Twin Falls

An Idaho tradition continues for pollutants

Idaho is noted for many things. Two things rated at the top are our great potatoes and our willingness to accept almost any pollutant that other states reject.

Other states' nuclear plants produce materials too deadly to keep within their own borders. Yup, Idaho says, "We've just the place for it" (over our aquifer and fault lines).

Confined animal feeding operations and mega-dairies have been pushed out of other states. Idaho says, "Howdy! Come on in. We have plenty of water for you, and your milk will get past our inspectors. How venal and short-sighted do the people considering Sempra will need lots of water and will spend deadly pollution. Add in tax dollars and what's not to love?"

How venal and short-sighted do the people considering Sempra have to be? My guess is... very!

PENNY SCHELL
Twin Falls

Make an energy saving resolution in 2006

Every year at this time, many Americans start thinking of ways to improve in the New Year. Like joining a health club, saving more money or finding a new job. But I'd like to suggest a different New Year's Resolution — one that can save you money on your monthly utility bills and help reduce overall energy demand, which is good for everyone. This year, why not resolve to be more energy efficient?

Greater energy efficiency is an important part of America's overall energy security, and being energy-efficient is a good practice at any time of year. But resolving to be more energy efficient at home is a particularly attractive work in this New Year's for a couple of reasons.

First, Hurricanes Katrina and Rita did significant damage to America's energy infrastructure. This damage, along with growing demand for energy resources around the globe, has caused the price of gasoline and natural gas to go up. Higher prices have already put a pinch on family budgets. But by being more efficient, you can help bring

ing equipment. If you're looking to buy hybrid or other fuel-efficient vehicles may be eligible for a tax credit of up to \$3,400 in 2006.

At home, the legislation signed by President Bush provides a number of tax credits for the installation of energy-efficient products. Families can get tax credits up to \$500 for qualified energy efficiency improvements to their home, including \$200 for installing new energy-efficient windows, \$50 for purchasing an advanced main air circulating fan, \$150 for installing a highly efficient furnace or boiler, and \$300 for purchasing a highly efficient central air conditioner, heat pump or water heater.

These are just a few examples of the many ways you can be more energy efficient. At the same time, the Energy Department has many free resources to help you on your way. At the Web site you can find regional guides that explain how to build an energy-efficient home in a particular climate, tips on saving gasoline when you're driving, and an online home energy savings calculator to help you

those costs down.

Second, the energy bill signed by President Bush this year has made great energy efficiency even more enticing. Starting Jan. 1, new tax credits will go into effect that provide incentives for making energy efficiency improvements at home and at work.

Getting started is easy — turn down thermostats a degree or two, especially when you're not at home, or install a programmable thermostat to do the work for you to save up to 10 percent on your heating costs. Caulk around ducts and windows to plug holes and cracks where warm air can escape to save another 10 percent. And replace regular incandescent light bulbs with energy efficient bulbs to save up to 50 percent on the lighting part of your electric bill. And that's not all. The new tax incentives included in the energy bill, this year it will be easier for individuals and businesses to invest in fuel-efficient vehicles, appliances and heat-

SAMUEL BODMAN

address your family's individual needs.

If you do choose to make your New Year's Resolution greater energy efficiency, you won't be going it alone! The Department of Energy has also launched a major effort to help reduce energy use at large federal facilities and 200 of the nation's largest manufacturing plants. Through the coming year, teams of energy savings experts will work with energy managers across the country to perform comprehensive energy assessments that hopefully will result in much less energy used at these facilities.

With the energy efficiency tax credits that go into effect in January, and armed with inexpensive, easy energy saving strategies, American families and businesses can rest assured that a resolution to improve energy efficiency in 2006 won't be a hard one to keep.

Samuel Bodman is secretary of the U.S. Department of Energy. Readers may write to him at Energy Department, 1000 Independence Avenue SW, Washington, D.C. 20585; Web site: www.energy.gov

Mail service move to Boise an unwise plan

A part of an ill-advised cost-cutting scheme, the U.S. Postal Service has announced plans to consolidate mail-processing operations at its Mail Processing and Distribution Center in Twin Falls.

If these plans go forward, mail for the 833 ZIP codes

will likely be trucked to Boise to be processed and sorted, then transported back to Twin Falls for distribution.

The root cause of the Postal Service's financial difficulty is a flawed postal rate structure that grants better cost discounts to large business mailers and advertisers. Other contributing factors include

the requirement that the U.S. Postal Service pay for the military retirement costs of its employees — unlike all other federal agencies — and the requirement that is placed in escrow billions of dollars per year.

The Postal Service should stop giving money away to big business and keep the Twin Falls Mail Processing

operations where they are. That way, it would be able to continue to provide quality service to the small business and ordinary citizens that rely on it.

ROB HENDRICKSON
Twin Falls
Editor's note: Rob Hendrickson is the president of Local 175 of the American Postal Workers Union.

Write to us

The Times-News welcomes letters from readers on subjects of public interest. Because of space constraints, please limit letters to 400 words. Include your signature, mailing address and telephone number. Writers who sign letters

with false names will be permanently barred from publication. Letters may be brought to our Twin Falls or Burley office; mailed to P.O. Box 546, Twin Falls, ID 83303; faxed to (208) 734-5538; or e-mailed to letters@magratway.com.

It's time to test older drivers

You know who you are. You're contemplating hiding your father's car keys in a spot where he won't find them. You hope that this will cool his desire to drive to head out as he has for the past 60 or so years, driving himself wherever he wanted — lots of these times, taking you where you wanted to go.

Maybe you're among those who hope that your elderly mom won't notice that her driver's license is about to expire (as if you'll be able to persuade her to stop driving once she learns that she will need to re-take the driver's test to renew her license).

You look at the photo of an elderly parent's face on the expiring license and realize that mom or dad will look even older in a new DMV photo — wearing the faint smile of the elderly who cling to their independence and freedom, increasing age and infirmity tax their remaining vitality.

Of course, you are not alone: Millions of all-grown-up children with all-grown-up children of their own are waking in a cold sweat from the nightmare of an elderly parent driving up onto a sidewalk and into a crowd of pedestrians, or hitting the gas instead of the brake outside the eatery with the big, shiny plate-glass windows.

It is not a comforting predicament to be in: trying to convince your aged mother and father that it's time to stop driving is more one of them is seriously hurt behind the wheel or, worse, causes the death of someone else.

Parents, fearing loss of independence, shy away from a lecture about the risks of driving when the time has come to quit. When the lecturer is their own all-grown-up child, they find it doubly impertinent.

Yes, who are you to tell them — but you know you're right. Especially after you've been with them when they've backed into a parked car at the shopping mall or driven up

RICHARD HARSHAM

over a curb they'd misjudged or failed to stop for a red light.

This is where good government ought to make its entrance. Sadly, only a few states make the effort to ensure that elderly drivers' faculties are sufficiently sharp to remain on the road. The burden, instead, is placed on grown children to convince their elderly parents that driving is a privilege better left to those who can see where they're going and who can stop in time. It's hard enough for children to watch their parents decline as maladies multiply in old age — and the memory of one's parents' can-do spirit becomes all the more poignant.

It's high time that all Departments of Motor Vehicles grapple with the fact that elderly drivers need to be re-tested to ensure that they can handle the myriad demands of operating a vehicle.

If, say, beginning at age 80, drivers undergo yearly testing, there would be far fewer auto accidents related to the elderly and far greater numbers of grown-up children who didn't wake in a cold sweat with worry over their parents continuing to drive past the point they should have hung up the car keys.

Next time you're behind an elderly driver who appears to be driving erratically, it wouldn't be a bad idea to make a cell-phone call to police to alert them — before there's an accident. Think of it this way: That erratic driver is some grown child's parent in all likelihood — the elderly parent of a child who worries in the worst way about jelling mom and dad that they shouldn't be driving.

Richard Harsham is the author of "Rude Awakenings From the American Dream."



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What racism is, and what it isn't

You'll probably think I'm racist for asking this, but ...

Countless emails begin this way. And most of the writers can assure themselves that no, they are not racists. Not by my definition. Not for just asking a question.

If ever a world has spun out of control, it is "racist." And yes, it is most often misused by the people who hurl it at others.

Far too often, simply posing a question garners this assault, questions that some in society have deemed too "sensitive" to ask. So receiving a real reply is impossible. And having an in-depth conversation also becomes out of the question.

How convenient to keeping things status quo.

To anyone who has ever been falsely accused, racism is about power and money. People are not racist if they simply dislike you. People are not racist if they note the negatives about a group of people, but refuse to see examples that contradict their view. This could qualify as pig-headed, simplistic thinking. But it is not inherently racist.

Racism is using a race or ethnicity-based belief to hurt someone economically. Like deciding that because someone is Latino, that is cause to deny them a job, or a bank loan, or a promotion. Everything else is simply bias or prejudice. And we all do that.

Racism is economic. It is about hurting someone in a tangible, bankable way. Which is also why, in years past, white people had a far greater chance of being racist than people of color. They simply were more likely to be in powerful enough positions to ever leverage their hatred.

That didn't mean people of color were any less apt to be hateful. Some of the most hateful people I've ever met have been black and Hispanic. And the hating they put out was true, and bankable way. Which is also why, in years past, white people had a far greater chance of being racist than people of color. They simply were more likely to be in powerful enough positions to ever leverage their hatred.

MARY SANCHEZ

So maybe the saddest thing is their hatreds often backfire to hurt only themselves or their own families.

This is not to argue that, "You might find this racist but ..." doesn't often precede some outlandish thoughts.

I've stopped being surprised by the level of insipid commentary people can offer. But more often than not, the questions that follow the statement are usually the ones that sting with a bit of truth.

Like, why are so many Latinos dropping out of high school?

Why are so many minority babies born out of wedlock?

Why are domestic violence rates are so high among Latinos?

Why are blacks and Hispanics "minorities" in the general population; but literally fill many jails and prisons?

Left unanswered, these questions take on lives of their own. Suddenly, it is race that becomes the reason for crime, dropout rates, violence. The factors of poverty, poor parenting, a lack of self esteem get left out of the understandings.

Sadly, the ugly truths never get peeled back to find that race is sometimes a factor, but often not in the way people first perceive. Race is not the "cause" of these social problems.

So for 2006, here's a wish for more questions to begin: "I hope you don't think me racist for wondering but ..."

And a few more replies that begin, "I'm glad you felt OK to ask that, here's what I wish you knew..."

Mary Sanchez is an opinion page columnist for The Kansas City Star. She may be reached at: Kansas City Star, 1229 Grand Blvd., Kansas City, Mo. 64108-1413, or via e-mail at msanchez@ksstar.com.

WILSON-BATES
No Hidden Expenses!

WORLD

Tribesmen release three women among five Italians kidnapped hours earlier

SAN'A, Yemen (AP) — Tribesmen seized five Italian tourists Sunday, but released three female hostages after a government negotiator convinced the kidnappers that abducting women violated tribal values, Yemeni officials said.

Sheik Darham al-Daman, secretary-general of a government council in Marib Province, said negotiations were continuing for the release of the two Italian men, according to the Web site of Yemen's ruling party.

The kidnapping came a day after the government negotiated the release of a family of five Germans who also were taken hostage while on vacation.

Yemeni President Ali Abdullah Saleh pledged Sunday to hunt down "outlaws" who kidnap foreigners.

Tribesmen frequently grab tourists in an attempt to force concessions from the government on this poor, mountainous nation on the southern tip of the Arabian peninsula.

Hostages are usually released unharmed, but several were killed in 2000 during a botched police raid to free them.

Security officials, who spoke on condition of anonymity because they were not authorized to speak with reporters, told The Associated Press that the Italians' kidnappers were members of a tribe responsible for past kidnappings of foreigners and Yemenis.

The kidnappers have demanded the release of eight

fellow members of the al-Zeydi tribe, one of whom faces murder charges and was extradited to Yemen from the United Arab Emirates.

One of the negotiators who won the release of the three Italian women also met with the two male hostages and found them in good health, the ruling party Web site said.

The Italian Foreign Ministry said in a statement that it could not confirm that the three women had been freed.

The five Italians were seized in the Sirwah region of Marib Province, in the rugged mountains about 75 miles northeast of the capital, San'a. Their names were not released.

The Foreign Ministry said that it was pushing for the hostages' release, and working to monitor the estimated 100 other Italians in Yemen.

"The ministry has long recommended against tourism in the tribal areas of the country," it said.

On Saturday, a German family and three Yemeni guides were released by kidnappers in eastern Yemen who also were seeking to pressure the government into releasing detained members of their tribe.

The hostages — a former German deputy foreign minister, his wife, three children and the three Yemenis — were let go after the government said it would negotiate with the kidnappers about their demands.

Palestinian security free Italian hostage

GAZA CITY, Gaza Strip (AP) — Palestinian security officers stormed a building where an Italian hostage was being held Sunday, freeing the man in a shootout with his kidnappers.

It was a rare show of force in a wave of snappings, shootouts and other mayhem in the Gaza Strip that has embarrassed Palestinian leader Mahmoud Abbas, threatening to undermine his Fateh Party in Jan. 25 legislative elections and boost the Islamic militant group Hamas.

The hostage, Alessandro Bernardini, was abducted early Sunday in the town of Khan Younis. An aide in the European Parliament, he was traveling on a minibus with a delegation that included two European Union lawmakers.

Armed men stopped the vehicle, forced him out and sped away with him.

After a four-hour search, Palestinian security agents burst into a Khan Younis building with guns blazing and freed Bernardini.

"We stormed the place after we surrounded it. We broke in and succeeded to release the hostage safely," said Col. Araf Ilyan of the Palestinian preventive security service. The kidnappers escaped after exchanging fire with the raiders, he said.

There were no reports of injuries, and Bernardini was escorted to Gaza City under heavy guard.

Bernardini later told reporters he was treated well in captivity, receiving tea and cigarettes, and said he remained committed to the Palestinian cause.

"I'm not going to change my ideas about the Palestinians," he said.

Syria's ruling party dismisses former vice president

DAMASCUS, Syria (AP) — Syria's ruling Baath Party stripped the country's former vice president of membership and joined parliament in demanding his trial on a charge of high treason, the official news agency SANA reported Sunday.

The move came two days after former Vice President Abdul-Halim Khaddam said in a television interview from Paris that Syria's leader threatened former Lebanese Prime Minister Rafik Hariri months before Hariri was assassinated in a truck bombing.

Khaddam told the Al-Arabiya satellite channel that Syrian President Bashar Assad warned Hariri in August 2004 that he would "crush whoever attempts to overturn our decision" to extend the term of Lebanon's pro-Syrian president.

While Khaddam said in the interview that he planned to return to Syria with his family to write a book, it was unclear if he would go back facing a treason charge. Conviction would bring the death penalty.

"Khaddam has joined the band of enemies who are targeting the country and its affluents," the Baath Party statement said. "Khaddam has betrayed the party, the country and the (Arab) nation. The National Leadership has decided to dismiss Khaddam from the party and put him on trial."

The French Foreign Ministry confirmed Khaddam has been in France for several months but declined to give any details on his whereabouts or whether he has asked for protection.



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AROUND THE VALLEY

First baby of the New Year arrives

TWIN FALLS — Magic Valley Regional Medical Center's first baby of 2006 arrived at 2:34 a.m. Sunday, according to a news release from the center.

The daughter of Sean and Kara Spagnolo of Jerome weighed in at 8 pounds, 7 ounces and was 21 inches long. She was welcomed into the world by Dr. David Allen and Magic Valley Regional nurses Kim Luper, Shelley Allen, and Karen Anderson-Barker.

The hospital's Women and Infants Center staff donated a wicker bassinet filled with gifts, sleepers, blankets, gift certificates for meals, a carbon monoxide detector, nursery monitor, abouncer, stroller, baby bath tub, diaper genie and kneapsake items. Safe Kids donated a certificate for an appropriate child safety seat and free installation.

St. Benedict's has new administrator

JEROME — Al Stevenson is the new chief administrator at St. Benedict's Family Medical Center. Stevenson has held chief administrator positions at Mountain Community Hospital/Wood River Medical Center in Blaine County, the Haley Medical Clinic in Huley and Barnock Regional Medical Center and Geriatric Center in Pocatello, according to a news release from St. Benedict's. He's also served as president and chief executive officer of Health Ventures Corporation, a Boise-based health insurance organization, and most recently, as executive director of Magic Valley Health Network, a large physician contracting organization based in Twin Falls.

For 11 years, Stevenson served on the board of directors for Blue Cross of Idaho. He was chairman of the board in 1993-1994, the news release said. Stevenson received his bachelor's degree from Stanford University and his master's degree in administration from the University of California-Irvine.

New Year's holiday brings several closures

TWIN FALLS — Many offices and facilities will be closed for the New Year's holiday. Here's a rundown of what will be open or closed today.

- City and 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.
- YMCA/Twin Falls City Pool will be open from 10 a.m. to 4 p.m. and 8 to 9 p.m.

- At Magic Valley Mall will be open from 10 a.m. to 9 p.m.
- Trash collection will follow the regular schedule.

Cabin Fever Day will take place Jan. 7

TWIN FALLS — The annual Cabin Fever Day, sponsored by the Twin Falls Parks and Recreation Department, will be held Jan. 7.

For one day only, Twin Falls businesses will open their doors to the public for free. Activities include scuba diving, kayaking, scuba diving, rock climbing, golf, roller skating, photography, pottery, fitness training, and treasure hunt at Costco and more.

Anyone interested is invited to pick up a brochure from the recreation department at 126 Maxwell Ave., or call 736-2265 for more information.

Snowpack levels

Watershed	% of Avg.	% of Normal
Bateman	113%	47%
Big Wood	138%	55%
Little Wood	120%	52%
Little Lost	120%	42%
Little Lost	107%	42%
Herrys Fork/Teton	112%	47%
Upper Snake Basin	119%	48%
Upper Snake Basin	128%	60%
Bateman Falls	128%	60%

As of Dec. 21

Buhl Board ratifies contract

BEA and school district agree to terms after months negotiations

By Blair Koch
Times-News correspondent

BUHL — Buhl districts will be receiving a \$500 one-time bonus on their paychecks in January 2006.

The Buhl Education Association and the Buhl School District had been negotiating the contract terms since May 2004 and was finally ratified by the board. The contract is for the current school year, meaning that both sides will be back to the drawing board in a few months to finalize the details for

the 2006-2007 school year. Susie Jones, the BEA president, said that she is pleased both sides finally came to an agreement.

"We get a \$500 bonus this year and the district agreed to continue paying 100 percent of the teachers' health insurance premiums," she said. "We are pleased that the contract is ratified."

Ryan Bowman is a BEA member and part of its negotiating team. He said, "You always would like to get more but we also understand the district's position."

The BEA was hoping to

secure a permanent increase in pay that the district would pay out of the general fund, but the school board thought that a one-time bonus was more appropriate.

Ken McDonald, board chairman, said, "Rather than give a salary increase that would be permanent we decided to give a one-time bonus."

He explained with rising costs — like health insurance premiums — the district will pay about \$300 more per teacher this year. McDonald said he didn't want to go to voters for more

money to pay teachers in the future, especially since he feels they're making a great wage already.

"The lowest paid teacher in Buhl, working a full day is making about \$20 an hour and the highest is paid about \$50," he said. "That isn't a bad wage for Buhl, Idaho."

As part of the contract, the BEA will not be able to try to secure a bonus again next year.

Blair Koch lives in Buhl. She can be reached by e-mail at blair_206@hotmail.com or by calling 316-2607.

Wasted:

Some experts view nuclear reprocessing as beneficial

By Kathleen L. Turner
For The Times-News

HAILEY — Technology has given the world solutions to some very challenging problems over the past few decades. There is still debate, however, over how to dispose of spent nuclear fuel from reactors producing what some experts refer to as "clean" power around the globe.

Some experts see spent fuel reprocessing as a way to reduce the space required for high-level nuclear waste storage after use in generating power in a nuclear reactor. Others feel there is no volume advantage to a transfer from one type of waste to another. Old technology reprocessed spent fuel in ways that jeopardized security. Fear of proliferation outweighed the early era of reprocessing.

New technology employing new collection media and offering more security control has returned reprocessing to the forefront of nuclear power discussions. As national demand for electricity increases and new power sources are sought, nuclear power and how to dispose of the resulting fissionable products remains a concern.

The proposed fuel repository at Yucca Mountain, NV, recently took a hit when U.S. Sens. Harry Reid and John Ensign introduced a bill calling for dry cask storage of nuclear waste that would remain on site wherever it was generated. Yucca Mountain was once a candidate for collection and storage of nuclear waste produced throughout the country. Issues surrounding water contamination and rail transport have put the Yucca Mountain plan on hold.

To understand what the reprocessing debate is about, a review of Chemistry 101 is useful. If that's a stretch, read on for the CIE's Notes. A number condensed here from the Nuclear Energy Institute at www.nei.org. Fuel for nuclear reactors is U-235 or U-238. The uranium is packaged in pinky-finger sized pellets that are stacked inside long rods. The rods are then inserted into

Please see NUCLEAR, Page B3

GOING BACK TO THE EARTH



Jerry Foster of Twin Falls adds his Christmas tree into the disposal pit December 28 at the Christmas tree dump behind the City Parks and Recreation building in Twin Falls.

Christmas trees can keep on giving

By Tony Smith
Times-News writer

TWIN FALLS — Given the chance, Christmas trees can be used to help other things grow.

That's part of the idea behind the city's annual Christmas tree collection. Chopped up Christmas trees make a good mulch, said Sherry Jeff, city utility services director and sanitation inspector.

"It is part of our recycling program," she said. "It's an environmentally sound practice to do that."

The practice also saves on landfill space, Jeff said. "It keeps those trees out of the landfill waste stream."

Trees are collected at 170 Maxwell Ave. and chipped and sent to the east of the City Parks and Recreation Department building. Periodically, Street Department personnel fire up the chopper and shred the trees into mulch. The mulch is used around the city at various parks and other beautification locations. It's also free to anyone who wants some, Jeff said. "If they want some it, they can go down and get it," she said.

The city will collect trees until Jan. 17. Jeff said only Christmas trees should be brought to the area. A collection point for fallen branches and other tree parts will be reopened on March 6.

Jeff suggests that neighbors team up to bring trees to the collection point. "Anybody that does have a pickup — help your neighbor," she said.

Jeff urges citizens to take advantage of the program and put those trees back into the earth.

"There's a better use to that than to put them in the trash to go to the landfill," she said.

Buhl man worked hard for fish industry

By Jami Whitton
Times-News writer

BUHL — Herding sheep as a boy at Porcupine Springs left many happy memories for Nyal Hoffman, who always wanted to return to what he thought was the best job in the world. But as time passed, he instead found himself as a pioneer for Idaho's fish hatchery industry.

On Dec. 13, 73-year-old Hoffman died, leaving a legacy as a visionary, thinker and giver. Several hatcheries, farm ponds and more structures locally and throughout the United States all received a helping hand from Hoffman. He even designed hatcheries in Turkey, Brazil and Guatemala.

One of the highlights of his career was helping build the first automated fish elevating machine for Snake River Trout Company in 1956. Hoffman, Ted Eastman and a group of investors started Clear Springs Trout Company where he and his first wife, Joyce, worked.

"That was a pretty big deal," said Glenn Eastman, whose father helped Hoffman build the machine and the company. "Before that time, all the conversation was done by hand and Dad and Nyal developed a machine that gutted 'em at a time — it was worked together and creative, but it worked."

Hoffman loved construction so much he even built a miniature gas station that can be found near the go-cart track at Lagoon. Utah, which was his wife, He often joked with his wife,

aLife
remembered



Nyal Calvin Hoffman

Born April 6, 1932
Died Dec. 13, 2005

Survivors: Wife, Judy of Filer and children, Linda (Denny) Barnett of Wendell, Dennis (Tina) Hoffman, Stacy (John) Meeuwse of Hagerman, Scott (Linda) Hoffman of Buhl, Tracy (Judy) Hoffman of Gooding and John W. Willie (Linda) Bennett of Castlerock.

Memorial Donations can be made to the Nyal Hoffman Memorial Scholarship Fund, c/o Buhl Public School Foundation, P.O. Box 409, Buhl, ID 83316, or Farmington Chapel, P.O. Box 349, Buhl.

Judy, that if someone wanted a job done the fastest and most efficient way, they should give it to the laziest guy.

"He always figured he was the laziest guy," Judy laughed. "He

Please see LIFE, Page B3

New BLM manager meets with M-C county officials

By Renee Wells
For The Times-News

BURLEY — The new field office manager at Burley's Bureau of Land Management office introduced himself to county officials last week and pledged his wholehearted cooperation in matters that involve both entities.

Ken Miller told county commissioners he has a long commission history and is pleased to be present at all meetings set up for discussion of issues pertinent to the county.

The new manager told commissioners BLM is seeing some major administrative changes, including the retirement of BLM State Director K. Lynn Bennett at the end of this month.

Asked if Bennett's retirement would affect decisions about a proposed large-scale wind farm on BLM-managed public land in the Cottrell Mountains, Miller said the responsibility for the project will stay in Washington, D.C. "The final draft of the Environmental Impact Statement for the Cottrell project is expected the first week of April 2006. Miller said BLM is developing responses to 68 public

comments received during the last round of hearings.

"Of the 88, eight percent have pages of information," Miller said. "In comparison, the BLM received 2,000 responses on the Cottrell study (a couple years ago)."

Miller also discussed the effect of court action regarding the Jarbidge Resource Management Plan. The 9th Circuit Court action on Jarbidge has caused the plan to be raised on National Environmental Policy Act (NEPA) documents and will slow it down a bit," Miller said. "Sempra (which is proposing a coal-fired generation project near Jerome) will also take a great deal of our time."

BLM will be involved with a study of the Sempra project because its transmission lines cross land managed by the bureau. The proposed plan is to private ground, but BLM will still have to do a complete study, Miller said.

"At least this one will be fully reimbursable," Miller said. "The applicant is funding it work."

One of the issues Miller hopes to concentrate his efforts on in Mini-Cassia is recreation. He told commissioners BLM's recreation sites are not up to par. "As I worked to get a feel for what needs help most, recreation jumped to the top of the list," Miller said. Public Lands Board member Kelly Adams told Miller and the commission that the Cassia Public Lands Committee is looking for someone in the county who has a special interest in off-highway vehicles to serve on the board.

Heliski operation turns 40

By David Larsen
For The Times-News

KETCHUM — Take a helicopter. Add buddies. Throw in a couple thousand vertical feet on a snowpacked mountain and you have Mark Baumgardner's job. Baumgardner runs Sun Valley Helicopter Ski Guides, now celebrating its 40th year as the oldest such operation in the U.S. and the only business of its kind in Idaho.

Heliskiing is alpine skiing using a helicopter to gain altitude instead of ski lifts. Many people sign up to go from different starting points into untouched areas, while also enjoying fresh powder.

According to Baumgardner, he got his start by being a Canadian Mountain Holidays. A man named Hans Gmoser was skiing in the Canadian Rockies when he decided that instead of hiking up to go from different starting points into untouched areas, while also enjoying fresh powder.

Baumgardner got involved in 1963, leaving up to go from different starting points into untouched areas, while also enjoying fresh powder.

While it sounds like cake, there is more to heliskiing than what you may have seen on TV. Today, a veteran Miller video, that of Baumgardner's guides are looking at weather on a computer screen while speaking in hushed tones. There are

Please see HELISKI, Page B3

MAGIC VALLEY/WEST

Biodiesel in Washington state

Just a waste of energy?

By Warren Corneil
The Seattle Times

REARDAN, Wash. — On a blazing day last July at his farm west of Spokane, Fred Fleming placed a machine that looks like a giant grinder the size of a truck engine on a concrete slab and started dumping tiny canola seeds into the top.

The machine kept chugging as it squashed the seeds into oil and Fleming was reduced to slowly pouring in the seeds.

After three straight days under the searing, Eastern Washington sun, he shut down the crusher. After all that, he had managed to produce about 400 gallons of vegetable oil, which eventually was sold to become some of the first homegrown biodiesel ever made in Washington.

The biodiesel was a pale yellow trickle, not even enough to fuel a loaded semi truck from Spokane to Seattle.

"That was one of the dumbest things I did," Fleming said, recalling the heat and "wondering if I should really be committed and be in counseling."

Such is the state of Washington's biodiesel industry — mostly farmyard experiment than full-sized fuel.

The fuel — a mix of vegetable oil and mineral used in place of diesel to fuel engines — has been pushed as a way to help both struggling farmers and the environment, with talk of Washington farm fields producing 100 million gallons of clean-burning fuel a year and pumping millions of dollars into the state's faltering farm economy.

Gov. Christine Gregoire recently proposed low-interest loans for biodiesel factories, although she remains to be sold in the state contain at least some biodiesel. State lawmakers from both parties are vowing to promote the similar plans when the Legislature convenes in January. And Congress last summer included a tax credit for biodiesel in its energy bill.

At least four companies plan to build biodiesel plants, and a

refinery is already operating in Seattle. But even the enthusiasts say there are daunting obstacles to actually making money. Skeptics point out that recent history has seen plenty of hype around crops like sugar beets that were supposed to be the salvation of Washington farmers but flopped.

"The bio-diesel oil carcass out there and everyone's circling to see if it's going to make us sick when we eat it," said Fleming, a fourth-generation farmer.

Though getting fuel from plants isn't new, the industry has been mostly confined to the Midwest, where corn is turned into ethanol and soybean oil is made into biodiesel. Biodiesel can be mixed with regular diesel or, in some engines, used alone.

But recent high gas prices and global warming, joined with farmers' hunger for a new lucrative crop, have people in Washington talking seriously about growing the fuel.

While most of the biodiesel today comes from soybeans, the oil can also come from canola and mustard seeds that grow well in Washington.

Seattle Biodiesel, the state's largest refiner, made about 1 million gallons this year, and about 2 million to produce 5 million gallons as the market grows. But that's a fraction of the 1 billion gallons of diesel fuel sold in the state. And for now, the company imports its soybean oil from the Midwest.

So would be biodiesel companies are trying to figure out how to convince farmers enough for their crops to make them worth planting, and where to get the millions of dollars to build a factory to turn the crop into biodiesel.

"Everybody will tell you they can sell all the biodiesel they can produce. Nobody wants to take on the risk that's involved in the crushing or the production," said Chad Kruger of Washington State University's Climate Friendly Farming Project.

Mike Roekes would like to grow canola again, if he could

just make money at it. The past few years, he has grown tall, leafy canola plants on his farm just south of Spokane. But he stopped this year, when the price of the seeds plummeted.

"At most recent count, in 2002, about 20,000 acres of canola and mustard were grown in Washington. But that's only enough to make 1 million or 2 million gallons of biodiesel."

On a recent November day, Roekes, 51, stood in his brightly lit machine shop and listened impassively as David Ostheiler, a farmer who serves on the board of Cooperative Agricultural Producers, talked about the co-op's plans to build a biodiesel plant to be fed with local crops.

"There are beef projects for a long time that don't pan out," Roekes replied. "So I'll believe 'em when I see 'em."

Even if farmers planted the crops, so far no one has risked the \$9 million to \$12 million it could cost to build a plant capable of crushing the seeds into oil. The closest large-scale crushers are in central Montana and in southern Alberta, Canada.

"We need the capital for a crusher and a refinery, that's the biggest hurdle to produce," said Mike Conklin, president of Palouse Biodiesel, an alliance of four Eastern Washington farm cooperatives, including Cooperative Agricultural Producers.

Back at his farm outside Spokane, Fleming said his first summertime frustrations with biodiesel were not extinguished by his enthusiasm. He sees huge promise in biodiesel if private enterprise and government work together.

Helles to think of it as something akin to President Franklin Roosevelt's New Deal, when the federal government helped build industries and create jobs during the Great Depression.

So Fleming planted canola again last year.

But he planted only five acres. "This is sort of an experiment," he said. "Just to see what we could do."

Pearl Klausner of Burley, funeral at 11 a.m. Tuesday at the Burley 2nd, 4th and 10th Ward Chapel of The Church of Jesus Christ of Latter-day Saints, 515 E. 16th St.; friends may call from 6 to 8 p.m. today at Rasmussen Funeral Home, 1350 E. 16th St., Burley, and from 10 to 10:45 a.m. Tuesday at the church.

Laura Gallegos of Rupert, funeral at 11 a.m. Tuesday at the Twin Falls Community Assembly of God Church, 317 W. 27th St.; friends may call from 5 to 8 p.m. today at Hansen Mortuary Chapel and one hour before the service at the church.

James "Jim" Gergens of Burley, funeral at 11 a.m. Tuesday at Hansen Mortuary Chapel, 321 E. 16th St.; viewing for family and friends from 6 to 8 p.m. today and one hour before the service Tuesday at the mortuary.

Ray Mederhoff of Buhl, graveside service at 11 a.m. Tuesday at the West End Cemetery, viewing from 2 to 5 p.m. today at Farmer Funeral Chapel in Buhl, Spoke area.

Gail L. Diamond of Twin Falls, memorial service at 1 p.m. Tuesday at Paul's Magic Valley Funeral Home, 2551 Kimberly Road, Twin Falls.

Donna Lea Hager-Riedinger of Paul, funeral at 2:30 p.m. Tuesday at the Paul Baptist

THIS WEEK AT CSI

- Today**
Campus remains closed for semester break.
Idaho Small Business Development Center, Internal Revenue Service and AARP volunteer tax-aid training, 8 a.m. to 5:30 p.m., Evergreen C33.
- Tuesday**
Campus re-opens at 8 a.m. for spring registration.
Idaho Small Business Development Center, IRS and AARP volunteer tax-aid training, 8 a.m. to 5:30 p.m., Evergreen C33.
"Mysteries From the Depths of Space," 7 p.m., Faulkner Planetarium.
"Contemporary Landscape Paintings" by Allison Hall, Herrett Center, Jess B. King gallery (through Jan. 29).
- Wednesday**
"Postcards from Twin Falls" CSI Photography and English Department exhibit, Rich Allen Community Room (through Jan. 17).
Idaho Small Business Development Center, IRS and AARP volunteer tax-aid training, 8 a.m. to 5:30 p.m., Evergreen C33.
South Idaho Valley Agricultural Teachers monthly meeting, 6 p.m., Evergreen A31.
Styx Narcotics Anonymous meeting, 7 p.m., Desert 113.
- Thursday**
Idaho Small Business Development Center, IRS and AARP volunteer tax-aid training, 8 a.m. to 5:30 p.m., Evergreen C33.
Golden Rule Jewish Center, 7 p.m. ball w/ College of Eastern Utah.
- Friday**
Idaho Department of Health and Welfare public hearing on Medicaid Reform Plan, 7 a.m. to 7 p.m., Taylor 276 and 277.
Idaho Small Business Development Center, IRS and AARP volunteer tax-aid training, 8 a.m. to 5:30 p.m., Evergreen C33.
"Mysteries From the Depths of Space," 7 p.m., Faulkner Planetarium.
Narcotics Anonymous weekly meeting, 7 p.m., Desert 113.

ON THE AGENDA

- Tuesday**
Albion City Council, 7 p.m., city office, 225 S. Main.
Blaine County commissioners, 8:45 a.m., courthouse, 206 First Ave. S., Halley.
Burley City Council, 7 p.m., City Hall, 401 Overland Ave.
City of Burley, 7:30 p.m., City Hall, 300 Main.
Friedman Memorial Airport Board, 5:30 p.m., Blaine County Courthouse, 206 First Ave. S., Halley.
Gooding City Council, 7 p.m., City Hall, 308 Fifth Ave. W.
Halley Planning and Zoning Commission, 6:30 p.m., courthouse, 206 First Ave. S.
Jerome City Council, 7 p.m., Jerome chambers, 100 E. Ave. A.
Jerome County commissioners, 9 a.m., courthouse, 300 N. Lincoln.
Ketchum City Council, 5:30 p.m., City Hall, 480 E. Ave. N.
Kimbury Zoning Commission, 7 p.m., community center, 120 Madison W.
Rupert City Council, 7 p.m., City Hall, 203 F St.
Shoshone City Council, 7 p.m., City Hall, 207 S. 1st St. W.
Twin Falls City Council, 5 p.m., council chambers, 305 Third Ave. E.
Twin Falls County commissioner, 5:30 a.m., courthouse, 425 Shoshone St. N.
Twin Falls County Historic Preservation Commission, 7:30 p.m., Twin Falls Mediation and Arbitration Center, 163 Second Ave. W.
- Wednesday**
Glenns Ferry School Board, 7 p.m., district office, 820 Old Highway 30.
Hagerman City Council, 7 p.m., City Hall, 110 W. Main.
Twin Falls County commissioner, 8:30 a.m., courthouse, 425 Shoshone St. N.
- Thursday**
Bellevue Planning and Zoning Commission, 7 p.m., City Hall, 115 E. Poplar.
Kimberly Public Library Board, 7 p.m., library, 120 Madison W.
Twin Falls County commissioner, 8:30 a.m., courthouse, 425 Shoshone St. N.
Wendell City Council, 7 p.m., City Hall, 300 Main St.
- Friday**
Twin Falls County commissioner, 8:30 a.m., courthouse, 425 Shoshone St. N.

This list is compiled from advance schedules. The Times-News suggests that you confirm the information by calling the appropriate clerk's office before attending.

SERVICES

- Church; friends may call from 6 to 8 p.m. Tuesday at Hansen Mortuary Chapel and one hour before the service Tuesday at the church.
- Donnie Heworth of Jerome, funeral at 11 a.m. Wednesday at the Jerome 2nd Ward LDS Chapel; friends may call from 6 to 8 p.m. Tuesday at the Howe-Robertson Funeral Chapel in Jerome.
- Nuburn "Bud" Mason of Twin Falls, graveside service at noon Wednesday at Sunset Memorial Park (White Mortuary).
- Lewis James Holloway of
- Twin Falls, memorial service at 1 p.m. Wednesday at the Church of the Brethren, 461 Fliter Ave. W.; Twin Falls friends may call from 4 to 8 p.m. Tuesday at White Mortuary.
- Walter Wheeler of Kimberly, service at 1 p.m. Wednesday at Park's Magic Valley Funeral Home, 2551 Kimberly Road, Twin Falls.
- Floyd T. Fox of Burley, funeral at 11 a.m. Thursday at Rasmussen Funeral Home, 1350 E. 16th St.; family and friends may call one hour before the service Thursday at the funeral home.

DEATH NOTICES

- Mary E. Buel**
CALDWELL — Mary E. Buel, an 88-year-old former resident of Caldwell, died Jan. 30, 2005, at West Valley Hospital in Caldwell.
The funeral will be held at 2 p.m. Tuesday, Jan. 5, 2006, at Rasmussen Funeral Home, 1350 E. 16th St., Burley, where friends and family may call one hour prior to the service.
Officiating will be Alex Michael. Burial will be in Rupert Cemetery.
- Dr. Max Wendell Carver**
TWIN FALLS — Dr. Max Wendell Carver, 94, of Twin Falls passed away Saturday, Dec. 31, 2005, at Magic Valley Regional Medical Center.
Services are pending and will be announced by White Mortuary, "Chapel by the Park."
- Louise Pedersen**
TWIN FALLS — Louise Pedersen, 86, of Twin Falls, died
- Saturday, Dec. 31, 2005, in Beautiful Utah.
Services will be conducted at 2 p.m. Wednesday at the 7th Ward LDS Chapel, 847 Eastland Dr. N., Twin Falls. Services include the direction of White Mortuary, "Chapel by the Park."
- Bernice Tepy**
BUHL — Bernice Tepy, 91, of Buhl passed away Jan. 1, 2006, at Magic Valley Regional Medical Center.
Funeral services will be announced by Farmer Funeral Chapel of Buhl.
- Esther Ivalou Rynaerson**
WENDELL — Esther Ivalou Rynaerson, 87, of Wendell, a former Twin Falls resident, died Saturday, Dec. 31, 2005, at the Gooding Rehabilitation Center.
Services are pending and will be announced by White Mortuary, "Chapel by the Park."

Search resumes for missing snowshoer

Missing snowboarder found

SALT LAKE CITY (AP) — For the second day in a row, search and rescue teams called off a search for a missing snowshoer in the snowy mountains of Utah. Searchers found the snowshoer, but he was unable to locate Higgins' body.

Several new avalanches also came down the mountain Sunday, making teams wary, Cannon said. Some of the slides were triggered by dynamite charges dropped from a helicopter, but others were from natural causes, he said.

The slide is in the same general area as a 2003 slide that killed three Utah County youths. But Higgins and Frederick had hiked faster than anyone, southeast of the ski area boundaries, she said.

The boy appeared to be suffering only minor medical problems related to cold exposure. A doctor assessed his condition at Saturday and sent the boy home with his parents. The family is in Utah visiting relatives.

"The decision not to go up

there is best for now anyway," Cannon said. "As conditions change, we'll reevaluate."

The boy, who is from California, was located about 11:30 a.m. Sunday by a pilot from Wasatch Powderlift Guides, a commercial helicopter skiing company assisting in the search. Snowblid's Director of Public Relations Laura Schaffer said.

When located, the boy was down-canyon, southeast of the ski area boundaries, she said.

The boy appeared to be suffering only minor medical problems related to cold exposure. A doctor assessed his condition at Saturday and sent the boy home with his parents. The family is in Utah visiting relatives.

Ray Mederhoff of Buhl, graveside service at 11 a.m. Tuesday at the West End Cemetery, viewing from 2 to 5 p.m. today at Farmer Funeral Chapel in Buhl, Spoke area.

Gail L. Diamond of Twin Falls, memorial service at 1 p.m. Tuesday at Paul's Magic Valley Funeral Home, 2551 Kimberly Road, Twin Falls.

Donna Lea Hager-Riedinger of Paul, funeral at 2:30 p.m. Tuesday at the Paul Baptist

OBITUARY

For obituary rates and information, call 735-3286 Monday through Saturday. Deadline is 4 p.m. for next-day publication. The e-mail address for obituaries is obits@magicvalley.com. Death notices are a free service and can be placed until 4 p.m. every day. To view or submit obituaries online, or to place a message in an individual online guestbook, go to www.magicvalley.com and click on "Obituaries."

Lala Gallegos
Lala Gallegos, 88, of Rupert passed away Dec. 29, 2005, at Mindoka Memorial Hospital in Rupert.
Lala was born on April 10, 1917, in Lamadera, N.M., the daughter of Abraham and Abrieta Grego Gallegos. She attended school in Lamadera. She married John Gallegos April 8, 1936, in Grand Junction, Colo., and he preceded her in death in 1985. They moved to Rupert in 1983 where she has since resided.
Lala is survived by her children, Donna (Joyce) Gallegos of Burley, Tony (Carmelita) Gallegos of Heyburn, Alfonso (Betty) Gallegos of Rupert, Rae Archuleta of Rupert, John Jr. (Luz) Gallegos of Rupert, Henry Gallegos of Rupert, Reed (John) Martinez of Rupert, Genevieve (Margaret) Diaz of Grand Junction, Colo., Rosemarie (Dorothy) Gallegos of Anna (Carlo) Villalobos of Rupert, George Gallegos of Rupert, Gilbert (Carly) of Denary, Lily (Dorothy) Haux of Rupert, Andy

(Dionna) Gallegos of Burley and Dennis Anderson of Rupert. She has 169 great-grandchildren, 168 great-great-grandchildren, and two sisters, Ruby Gallegos of Sacramento, Calif., and Bernida Cowley in Idaho.
Her husband John, sons George and Michael, four sisters and four brothers preceded her in death.

A funeral will be held at 11 a.m. Tuesday, Jan. 3, 2006, at the Twin Falls Community Assembly of God Church at 317 W. 27th St. in Burley with Pastors Doyle Fulkes and Randy Gardner officiating. Friends may call from 5 to 8 p.m. Monday at Hansen Mortuary, Rupert Chapel and one hour prior to the service at the church. Interment will be in the Rupert Cemetery.

Man calls Tacoma police, says he killed woman in Spokane area

TACOMA, Wash. (AP) — A man was jailed in Pierce County after he called police and said he'd killed a woman in the Spokane area.

Police weren't sure at first whether to believe the man, but took him into custody Saturday evening and checked with authorities in Spokane Valley to see if a crime had been committed.

Apparently what he said was true. Tacoma police spokesman Mark Pulghum, told the (Tacoma) News Tribune.

Authorities in Spokane were investigating. They apparently were not aware of the crime until Tacoma police called, Pulghum said.

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Counties will receive FEMA money

TWIN FALLS — Emergency food and shelter programs in Cassia, Minidoka, Twin Falls and Jerome counties have received notification of the Phase 24, 2006 funding from the Federal Emergency Management Agency.

Twin Falls County will receive \$2,885,656; Minidoka County, \$12,749; Cassia County, \$10,215; and Jerome County, \$7,822. A national board representing several charitable organizations, such as the Catholic Charities and United Way of America, distributes the federal money to expand the capacity of food and shelter programs in high-need areas.

Sawtooth forest landscape architect retires

TWIN FALLS — Terry Fletcher, landscape architect for the Sawtooth National Forest, is retiring on Tuesday after 34 years of public service.

"Terry has made many significant contributions to the management and protection of national forest land during his 34-plus years of working for the USDA Forest Service," said Forest Supervisor John Monahan. "His influence on a number of recreation facilities on the Sawtooth National Forest is very evident. In addition to his work here, Terry worked more than 20 years on National Incident Management Teams helping to fight some of the nation's largest and more complex wildfires."

"The Forest Service is going to greatly miss Terry," Monahan said. "He has been our 'Go To Guy' when we needed a person to lead a team and provide a number of projects here on the Sawtooth National Forest. All of us want to wish Terry and his family the very best as he begins his well-deserved retirement."

Monahan added that the work done by landscape architects often goes unrecognized. "People who visit the national forests are looking for great views. The unspoiled vistas we enjoy along forest roads and trails, the way that developments appropriate fit into the landscape and the ease with which people

Magic Valley in brief

South Central Community Action Partnership administrators the federal emergency program in Twin Falls, Jerome, Cassia and Minidoka counties.

Sun Valley firefighters receive award after fire

KETCHUM — A tie was recalled in two Sun Valley firefighters receiving Firefighter of the Year awards. Mal Prior, 46, and Matt Christian, 29, received the honor recently at a Christmas party for Sun Valley and Ketchum volunteer firefighters held at the Outboundz Lounge in Warm Springs.

Financial report available for Blaine County

HAILLEY — The Blaine County Commissioners recently released their 2006 Financial Report, which details the revenues and expenditures of the county as well as property tax information and county accomplishments.

More heavy rain washes across California as residents clean up after flooding and mudslides

GUERNEVILLE, Calif. (AP) — The second major storm in two days washed across Northern California on Sunday, prolonging the threat of flooding as residents tried to clean up thick layers of mud and debris left behind by the first wave of floodwater.

Hundreds of homes and businesses across the region had been inundated. So far, a heavy rain sent the Napa and Russian rivers spilling over their banks. In many areas, the rivers and creeks were back in their banks Sunday, though some towns remained flooded or they flooded again as the rain, heavy at times, ended and went throughout the day Sunday. The Sonoma County town of Guerneville was among those still fighting floodwater amid pouring rain.

At least 10 more inches of rain was forecast across Northern California on Sunday, on top of the 4 to 9 inches that had already swamped the region, the National Weather Service said. "It's coming in wetter and windier than expected," said Arthur Hinojosa, chief hydrologist of the state Department of Water Resources.

Wildfire-damaged areas of Southern California were also under a flash flood watch and a threat of mudslides as heavy rain headed in their direction. In Pasadena, the Rose Parade's floral floats were being prepared for what could be the first rainy Rose Parade in half a century.

Massive mudslides kept road crews busy moving rock and debris that shut down Interstate 80 for a day through the Sierra Nevada. On Sunday, water topped a levee in the Sacramento-San Joaquin Delta, forcing as many as 100 people to evacuate Twitchell Island. Along the Sacramento River, near Collinsville, in Solano County, several dozen people were evacuated as the strong winds thrashed the water over levee walls, cracking them under the pressure, said Paula Tynbue, spokeswoman for the Solano County Sheriff's Department.

"It's getting worse. It's actually tearing up the levees," he said. In Guerneville, where the Russian River crested 10 feet above flood stage early Sunday, the floodwater was largely spared but heavy rain on an unknown number of homes flooded, said Linda Eubanks of Sonoma County's Office of Emergency Services. Officials were urging residents who had left to stay out for another day, and those who hadn't to evacuate. About 50 people were in emergency shelters, Eubanks said.

facilities in every city within Blaine County. A native of Southern California, Prior worked in the film industry before moving to Sun Valley. Prior has three children, including a son attending eighth grade at Wood River High School. A daughter, 14, is a senior at Wood River High School and a daughter finishing her senior year in college in California at Berkeley. Christian moved to the area five years ago from Boulder and currently works as a real estate salesman for Sun Valley Group in Ketchum.

Financial report available for Blaine County. HAILLEY — The Blaine County Commissioners recently released their 2006 Financial Report, which details the revenues and expenditures of the county as well as property tax information and county accomplishments.

Readers of the report will become well-versed on the county's property taxes, including the percentage of every tax dollar spent on county schools, regional city expenditures and other taxing districts. Additionally, readers can get more information concerning tax relief offered by the State of Idaho and who to contact about reforming Idaho's property tax system. The report is available digitally at the Blaine County Web site, www.blainecounty.org, and at the Sun Valley Web site, www.sunvalleyonline.com. A printed version of the report can be obtained at the Commissioners office in Hailley.

One of the highlights of Fletcher's career was serving as the transportation coordinator for the Capitol Holiday Tree in 2003, where he had the responsibility of transporting the nation's Capitol holiday tree from Idaho to Washington, D.C. Fletcher has also been a volunteer with the Access to the Outdoors and the Special Olympics Winter Games.

Fletcher plans to remain in a public community organization that has been involved in over the years, such as president of the Magic Valley Hodge, board of directors, board member of Magic Valley Hog (Harley Owner's Group) and First Presbyterian Church.

Terry and his wife Phyllis, a retired Twin Falls schoolteacher, have two children in the Twin Falls area. The Fletchers have two sons, Matthew, 28, who works for Idaho Power in Boise and Paul, 26, who works for Greenwood's Sports in Boise.

During his early years with the Forest Service, Fletcher was involved in water pollution control, riparian zone and site design, open pit mining assessments, timber sale preparation, and proposed ski sites. He was promoted to 1979. Fletcher is married to Phyllis, a longtime leader

in the Vista neighborhood, said the city should provide incentives for neighborhood-friendly businesses to move into aging parts of the city. "I don't see any extra effort going to help turn around the neighborhoods that are in trouble," she said.

Riley said the Boise School Board has used the report as they planned what to do with aging school buildings. The reports also have been used to support potential branch library locations, and by Boise Parks and Recreation for their decisions on which schools to focus certain after-school programs. It was not a comment on any adverse "any changes," Simmons said. It was done "to get a feel for what was going on out there in the neighborhoods."

Heliski

Continued from B1
3-D maps on walls, official-looking gadgets hanging from the walls, a season's ski gear hanging by a shoe string on a thumbtack and topographical maps laid out on desks with paper strewn in every direction.

"It's usually a three day, two night trip in the heart of wonderful ski terrain," Baumgardner said. "The food is wonderful. For helisking, a number of people whom I'd go again, then they usually go alone. Locals, people with house keys, 'ski tourists' all use the service."

Though helisking may sound like all gravy, clients must remember they are usually skiing in unmarked areas. "Some people watch it on the movies and think, 'wow, that's what helisking is,'" the owner says. "It's a lot more to it. Our first thing is to take responsibility for our guests. The guides will tell them what hazards to avoid, there's a reason our guides do a lot of work there's a lot to it to make it work. The backcountry is not a place to push the envelope."

"I really fun. We have a good team of guides and it's just a great excuse to spend the winter together for us. It's a fun thing to be involved in. Guiding is the original North American tradition."

David Larson writes for The Wood River Journal in Hailley. He can be reached at 208-788-3444.

Nuclear

Continued from B1
cylindrical bones in the reactor where they will release energy in the form of heat as the atoms inside are split. The heat of the reaction is turned into usable energy via turbines.

Some forms of uranium are readily "fissionable" or split but others are not so easily split. The fissionable particles created from the splitting of atoms are eventually rendered incapable of sustaining a nuclear reaction effectively and then become waste. The waste is a clean, untainting spent fuel must then be removed and replaced with new ones. The quantity remains what to do with the old fuel containing the spent fuel. Enter reprocessing.

For a clear and simple review of nuclear reprocessing go to www.wikipedia.org or find a thorough explanation try <http://www.world-nuclear.org/education/nf.htm>. Reprocessing basically separates uranium and plutonium from other unusable nuclear waste products. Older reprocessing methods involving water were expensive, highly ineffective and produced a clean up a difficult process. New technologies of pyroprocessing employ other molten salts or molten alloys of uranium and plutonium opposed to water. These methods appear to be more effective but also more expensive than reprocessing with water.

Actually, separate tests show that sort out all of the actinides such as plutonium, uranium, cesium and thorium, reduce

Leaders try to maintain vibrant neighborhoods

BOISE (AP) — Officials in Idaho's largest city are keeping a close watch on the economic and civic health of Boise's neighborhoods.

"People stay in Boise, or move in, because of the area's strong history. Factors such as parks, schools, test scores, crime, and the vitality of the downtown all play a role in their decisions."

City leaders say Boise faces sprawl, investment outside the urban area, and declining enrollment in public schools — all things that can damage neighborhoods.

So far, there haven't been any signs of serious deterioration in the city's neighborhoods near the downtown area, said Hal Simmons, Boise planning director.

Simmons said it's important to track signs of decline because when an area becomes stigmatized, and middle-class people start moving out, the neighborhood is almost lost to experience similar problems.

"Eventually you end up with a very large hole in the middle of the city," Simmons said. He said the city is collecting and analyzing data about the economy and about crime since 1999, and has completed two studies. City planners used the data to examine how many children are using the reduced lunch program at school and how many homeowners and renters live in a certain area, such as crime rates and property values.

Jade Riley, an assistant to Mayor Dave Bleter, said the city might add new data and divide the city into several parts, creating a "report card" for each area. The city might start collecting other information, like whether the retail areas are vibrant or deteriorating in different parts of town, Simmons added.

The two studies have shown that home ownership is declining in some areas, and there is a growing number of low-income families in the inner city, Simmons told the Idaho Statesman.

The reports could help the city allocate resources, Simmons said. For example, if a neighborhood applying for a grant was marked as an aging area in need of reinvestment in the future, it would be seen as a higher priority, Simmons and Riley said.

Sue Pisaní, a longtime leader

Police arrest two after drive-by shooting, chase

PARMA (AP) — A 3-year-old boy was injured by gunfire in a drive-by shooting Sunday, and two men were later arrested after a car chase, Idaho State Police said.

The incident started in Ontario, Ore., just after noon on Sunday. Police officers were fired at the home of Ivan Cuevas, 22, said Idaho State Police spokesman Rick Ohnsman. He said the boy was in the house and was hit in the shoulder. His injuries were not believed to be life-threatening.

Ohnsman said the suspected shooter's vehicle. Ohnsman said Idaho State Police Sgt. Scott Dye spotted the vehicle in Caldwell and followed it. A chase between the two vehicles that the suspects drove more than 120 miles per hour in an attempt to get away.

Dye made contact with the suspects again in Parma and they crashed into Dye's car as they

were backing at high speed out of an alley, police said in a prepared report. Dye's hand was injured in the crash. The men fled the scene of their car; Dye and a Parma police officer then chased them on foot, catching the driver, Manuel J. Casan, 32, and the passenger, Juan Carlos Riquelme-Garcia, 28, of Parma.

going to make some money, and we never did," Judy said, laughing. "When he started laughing, I was like, 'That's it,' she said. "Honey, we're going to buy some birds, and we aren't going to make any money?"

Along with a good sense of humor, he also had a pleasant personality that had a deep impact on those around him. Judy said she was a little surprised at how many of the foster care children came to visit him in the hospital.

"Everybody loved him," she said. "He had a good heart and was a really nice person. I think somebody that needed a hand up, not a handout."

Times-News writer *Joni Whitaker* can be reached at 783-3272, or write to her at jwhitaker@magvalley.com

Life

Continued from B1
figured out the easiest and most efficient way to do things."

His work was a big part of his life, but family and friends are his priority. He has a wife and two children. He has a good job and is making a lot of money. He has a good job and is making a lot of money. He has a good job and is making a lot of money.

who got married and spent his honeymoon with them.

Helping others however he could was just the way of giving back, but the people had to be willing to help themselves, too. A muscle disease slowed Hoffman physically, but the condition was just the way of giving back. He enjoyed family gatherings and Christmas Bves at home with his family and keeping a parcel of his land looking like a piece of heaven.

He enjoyed grilling trout fillets for family and friends during the summer and for family gatherings and other functions. Sometimes up to 400 people would enjoy his family's favorite recipe.

Above all else though, he had a passion for hunting with his good friend, Dick Eggenstein.

"Bless his heart," Judy said. "I

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WEST

Making amends

Injustice of 1884 on Washington state agenda for '06

**By Rachel Tueller
The Spectrum**

OLYMPIA, Wash. — In 1884, a 10-year-old Indian boy and his 10-year-old sister were taken from their home in Washington Territory north into Canada, abducted a 10-year-old Indian boy and his 10-year-old sister from a tree.

The boy, a Stoic tribe member named Louie Sam, had been rescued by the Americans after killing a shopkeeper and was framed by the mob leaders. Owen is planning to ask the Legislature in January to pass a "healing" resolution acknowledging Louie Sam's innocence and decrying the lynching.

The killing nearly sparked a cross-border race war.

Now, more than a century later, Washington Lt. Gov. Brad Owen says there is convincing evidence the boy had nothing to do with killing the shopkeeper and was framed by the mob leaders. Owen is planning to ask the Legislature in January to pass a "healing" resolution acknowledging Louie Sam's innocence and decrying the lynching.

He also wants to pursue other gestures to make amends with the boy's descendants, such as possibly returning a Stoic spiritual stone that is now in the University of Washington's Burke Museum.

"From everything I've seen, there was a definite injustice done to this young man," Owen said.

But he denied recent news reports that he plans to push for a formal apology from Washington state.

"I find it difficult to go back and apologize for something that happened over 100 years ago when Washington wasn't a state and you don't have all the details," Owen said. "The issue that I have difficulty with is making an apology for people you have no relationship with — you have nothing to do with this and nothing to do with this incident."

Owen first learned about Louie Sam in September, while attending a Government House reception in Victoria, B.C. Owen's counterpart, British Columbia Lt. Gov. Iona Campagnolo, recounted the lynching in a speech. She said it is more fortunate of history to some "but ... is as alive today

Now, more than a century later, Washington Lt. Gov. Brad Owen says there is convincing evidence the boy had nothing to do with killing the shopkeeper and was framed by the mob leaders. Owen is planning to ask the Legislature in January to pass a "healing" resolution acknowledging Louie Sam's innocence and decrying the lynching.

with the Stoic people of the Fraser River as it was when it occurred."

Campagnolo asked Owen to join her in urging both the British Columbia and Washington state governments to apologize to the Stoic.

Owen sent a letter last month telling Campagnolo his office would look into the matter. British Columbia government officials have indicated they will also respond to Campagnolo's request.

Owen's staff has enlisted two historians, one of them Keith T. Carson from the University of Saskatchewan, over to come up with wording for a legislative resolution.

Carson, a former historian for the Stoic nation, has researched the Louie Sam case for more than a decade and is writing a book about the saga. Using government archives, Carson's research is structured in remarkable detail the events leading up to the lynching and the futile efforts by British Columbia to bring the mob leaders to justice.

Carson's research was put to film recently in "The Lynching of Louie Sam," a documentary that has been making the film-festival circuit.

Louie Sam was accused of killing Nookack shopkeeper James Bell. When trial leaders found out he was a suspect, they turned the boy over to provincial police, who left him in the custody of a local settler.

But that night the boy was abducted by the mob. His body was found the next morning,

hanging from a tree a few hundred feet north of the border.

Stoic leaders initially considered sending warriors on a retaliatory attack against Nookack.

"They couldn't decide whether to get down and grab the first white people they saw and hang him from the same tree or to slay one American for each member of the mob, Carson said.

But Carson said, the Stoic decided against an attack after government officials said they would look into the tribe's contention that the boy was innocent.

The claim was confirmed several months later by two British Columbia provincial police officers who had been sent to Nookack on an undercover operation. The investigation implicated two Nookack men in the shopkeeper's murder — one who later took over the dead man's business and another who married his estranged wife. Both helped lead the lynch mob.

The British Columbia government asked American authorities to apprehend the lynchers and send them to Canada to stand trial for the boy's murder. But the Canadian government got little cooperation from the Americans and dropped the case.

Carson said he thinks both governments share in the blame for not clearing Louie Sam's name and pursuing his killers.

Lt. Gov. Owen agrees.

"The politics of the day was just more powerful than this incredible injustice," Owen said. "I don't put a value on this, young life."



Day laborers gather on a sidewalk on the far side of an entrance to a Home Depot as Minuteman protesters take up positions on the near side, in Phoenix, Ariz., on Saturday, Arizona is the busiest illegal entry point on the U.S.-Mexico border.

In his backyard

Immigration's dilemma hits close to Bush's home

**By Warren Vliet
Los Angeles Times**

WACO, Texas — Angelica Tellez and her family migrated to central Texas from northern Mexico in 1983, seeking a better life. Today she owns her own business, Angie's Bazaar, selling bridal gowns and quinceañera dresses to Waco's burgeoning Hispanic community.

Here is a classic immigrant entrepreneur success story, the kind President Bush likes to cite as he tries to attract more Hispanics into the Republican fold.

But there's a catch: For her first eight years in this country, Tellez was an illegal immigrant, living in the shadows of the law and the back alleys of the economy.

"I worked so hard to own what I am now, to have my own business, to have my own house," said Tellez, 38, who became a legal resident in 1991 after marrying a U.S. citizen. "It's the people without papers who work the hardest."

Looking to ship them all out of the country's borders, Tellez said, could threaten to cause more economic damage than it prevents.

"We need to get control of our borders for a lot of reasons," said Carey Hobbs, president of Hobbs Bonded Fibers Inc. and a prominent Waco-area Republican. "But there are a lot of businesses where if you took the illegal aliens out, it would shut them down."

Among them: hotels, restaurants, building contractors, landscaping companies, food processors and farming operations, according to employers and labor market analysts.

Hobbs's 260 employees make acoustic insulation for cars and other fiber batting products. Many of his plant workers are Hispanic, and he said the company makes sure they have Social Security numbers and other required documentation.

"As far as we know they're all legal, but probably some of them aren't," Hobbs said. "They're great workers, and they contribute a lot to our success."

Waco custom homebuilder Steve Sorrells said he considered it up to his subcontractors to verify the legal status of their employees. He also said he believed construction companies would be crippled by the mass deportation of illegal immigrants.

"If there was a flip of the switch and all of a sudden undocumented workers couldn't stay here any more, it would be devastating," Sorrells said. "My feeling is, let's assimilate them into America and try to make it work. There's no way we're ever going to shut it down."

It remains uncertain that Washington will wind up trying to shut down illegal immigration entirely. The "enforcement-only" bill approved by the House appears unlikely to make it through the Senate in its current form. Bush has called on Congress to enact broader legislation that would create a temporary work program to accommodate undocumented immigrants already in the country.

But the business groups and immigrant advocates are troubled by the president's kind

words for the House bill, which would make it a crime for social service agencies and church groups to offer support to illegal immigrants, withhold federal aid from cities that prosecute immigrants seriously without verifying legal status, and build some 600 miles of fence along the U.S.-Mexico border.

His concerns have created a political alliance between groups such as the U.S. Chamber of Commerce and National Council of La Raza, a leading Hispanic organization. At the same time, it has created fissures within the Republican coalition, pitting business interests against cultural conservatives who believe illegal immigration is overburdening community resources and contributing to social ills.

Some Waco-area immigrants and their families have come to the influx of illegals has contributed to crime and other problems, and that some new arrivals have gained the system to obtain public services and government benefits. But they insisted those people were a distinct minority, and most immigrants are working hard to contribute to the community to take jobs many Americans consider distasteful.

"I'm sure there are people who do scams, but that's not everyone. They can't just categorize us all," said Maria Rodriguez, who arrived in Waco from Mexico with her parents and three older brothers in 1991.

"My family, we've been working here for 15 years," Rodriguez said. "We never asked for any government money. We can't, because we're working with illegal documents. The only thing we can do is just work."

Father Sergio Lopez, who ministers to about 8,000 Mexican-Americans at Waco's historic St. Francis Catholic Church on the banks of the Brazos River, guesses at least a third of his congregation is undocumented.

"They might have broken the law by coming to this country without papers, but they're not criminals," Lopez said. "They just want to make something of their lives."

Police arrest INL security guard after handgun incident Sunday

IDAHO FALLS (AP) — Police arrested a gun-wielding security guard at the Idaho Falls Mall on Sunday, after the man barricaded himself into a secure area of the facility with a handgun and threatened to harm himself.

The incident occurred around 10 a.m., and the man was taken into custody at around 12:45 p.m., said INL spokesman John Walsh.

Nobody was injured. It's not yet known if charges will be filed, Walsh said.

The INL is an 890-square-mile U.S. Energy Department com-

plex in the isolated desert of eastern Idaho, with headquarters in the Falls. It has one of the largest advanced reactor in the country. INL workers conduct nuclear research and national security-related projects for the agency.

Walsh said he didn't know how long the security guard had been employed at the INL, or the guard's name or age. Nor could he say whether the guard would be permitted back to his job.

"The situation will have to be evaluated," he said.

Walsh said the incident began

after the guard reported to work at 7 a.m. Sunday, left a note — the contents of which were not released — and then walked out of the building to a fenced area used for checking vehicles as they arrive at the INL.

When police officers saw him and alerted the response team, and so at that point they got him under observation and tried to communicate with him and were eventually able to get him into custody, Walsh said.

There are about 300 guards employed at the INL, Walsh said.

Audubon event annual tradition among birders in St. George

**By Rachel Tueller
The Spectrum**

ST. GEORGE, Utah — Hiking through thick underbrush, slogging across muddy reservoirs and climbing in the rain, weather, such as the wind and rain storm that caused county-wide power outages, would fall short of what most might consider a relaxing way to spend Boxing Day.

But last week, birders across the county volunteered their time to do just that — and more than a quick glimpse of native birds like the downy woodpecker, vesper sparrow, junco, chickadee, goldfinch, and junco.

The purpose of the event, called the Christmas bird count, which is hosted by the National Audubon Society and the local chapters, is to collect data on the abundance of birds in the area. The data is used to help determine the health of the bird population.

But some volunteers also hope to find their own birding interests in the birding community. "I hope they'll find their favorite species or even rare ones."

During last year's Audubon event, a sighting recorded and reported by St. George resident Marshall Topham on the state's birding Web site caused a stir

statewide among the entire Utah birding community.

Topham indicated he'd sighted a rufous-backed robin and the word about the bird "spread like wildfire," he says. Topham said, Soon birders from the Wasatch Front flocking to Southern Utah to witness the rare robin sighting were flocking to the site. "The location became somewhat of a frenzied site from an influx of interested birders."

They were lined up there along the fence like paparazzi with their cameras," said Topham.

"Birders are drawn to the hobby for a variety of reasons," he said. "Some people like the Topham and Keith Davis — both birders for more than 30 years — it's a hobby that gets them outdoors."

"People who are interested in birding have a sense of friendly rivalry," he said. "It's a friendly competition."

There's always a trophy sighting then you can argue back and forth," he said while smiling. "I was there at the 26th at that time. I was the only one to tally the data numbers."

While some might not understand a birder's obsession for sightings, Topham has an easy explanation.

"Some people collect stamps or spoons. I collect sightings," Topham said.

Others birders' interests lie in recordings and sightings as indicators of climate or other environmental changes.

"You can use that data to track changes in bird population — you can see if some species are becoming more or less prevalent over time," Waldon said.

Statistics, birders say, are measurable indicators not only of global and national environmental changes such as pesticide use and West Nile virus activity, but include local indicators as well, such as the current shift among St. George's two populations.

Marilyn and Keith Davis say the towhees have shifted to the Tonaquint Nature Center and to the confluence of the Virgin and Santa Clara rivers since last year's flood waters wiped out much of their habitat.

"We see a lot of them now sitting on the ground here at the nature center because there's not a lot of habitat left," Marilyn said.

Each year, Southern Utah volunteers conduct a broad sweep by land from St. George, Silver Reef, Zion, Cedar City, Kamb and the Salt Lake to gather the statistics. Marilyn Davis said the Christmas bird count is the largest observation project in the United States.

Lawmaker well after kidney transplant

SALT LAKE CITY (AP) — State Rep. Susan Lovejoy, R-East Millcreek, got the gift of life for Christmas 2005 — a kidney from her sister, Margey King.

Lovejoy and King underwent the transplant surgery Dec. 13 and both women are reportedly doing fine.

"As long as we don't have to bend over, pick something up or laugh, we're feeling fine," King said. "A little tired, but nothing worse."

Lovejoy suffers from polycystic kidney disease, a hereditary condition that caused her kidneys to fail. Last summer she had her kidneys removed and then suffered complications that also damaged her liver, forcing a population of urgent liver transplant plans for several months.

The hereditary nature of PKD could have prevented King from acting as a donor, but tests showed no sign of the disease. King's kidneys also matched her sister's almost as closely as

those from twins, which minimized the risk of rejection for long-range problems after a transplant.

"This has been a miracle. I was out of the hospital the first day possible, and I feel great," Lovejoy said. "Both of Margey's kidneys are working, they're just not working together."

Both women are expected to make a full recovery.

In fact, King plans to return to her job teaching third- and fourth-grade students at Bohneville Elementary School while Lovejoy resumes her holiday break.

Such a speedy recovery is common for a live-kidney donor, said Ben Dietterle, the procedure allows for a shorter recovery time and seems to be increasing the pool of willing donors.

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Got New Year's resolutions?

"The best thing about the future is that it comes only one day at a time."
—Abraham Lincoln

Nobody doubts the old Chinese adage "A journey of a thousand miles begins with a single step." But getting started isn't the hard part — staying started is.



ALIVE & WELL
Jan Mittlender

Creating New Year's resolutions that actually "stick" is, at best, difficult. For most of us, New Year's resolutions, often about diet and exercise, are derailed before the first crocus peeks above the thawing dirt.

Why? Advice is somewhat limited because it's tailored to differing types of personalities at diverse stages of life, not to individuals. But regardless of our differences, tapping into the natural intuitive process of change to see where you fit can be beneficial. These steps based on research by Dr. Finnie Prochaska and others found that all people progress through five stages when adopting a new habit or lifestyle.

Understanding the stages of change is important for setting yourself up for success:

1. **Precontemplation** is a potentially lengthy stage in which the negative aspects of an undesirable behavior remain at the periphery of a person's mind.

2. **Contemplation** occurs when a person begins to toy with the idea of changing, with thoughts about the benefits and the barriers.

3. **Preparation** unites the intention to change with a plan of action by taking concrete steps to begin the process.

4. **Action** shows up when actual steps are taken to modify behavior. People in this stage take empowered, informed charges, but they do depend upon support from others.

5. **Maintenance** is the prevention of a relapse. The first 30 days of any new endeavor are the most difficult, according to behavioral experts.

Several cycles through the stages are generally required before effective change occurs. "Only one in five persons who try to change behavior succeed the first time," says Dr. Simeon Stricker, editor of *The John Hopkins Medical Letter*.

But there's more ... Merely stating a behavior that you want to change stays in the realm of wishful thinking unless you set up specific parameters that transform the wish or whim into a well-defined goal.

Instead of saying or writing, "I have to get more exercise," try, "I will ride my stationary bike while watching the news before dinner every evening during the week."

Be precise about what you plan to achieve and how it will happen. Talent without the habit of setting SMART goals—specific, measurable, achievable, relevant and trackable—resembles an octopus on roller skates. There's plenty of movement, but you never know whether you're moving forward, backward or sideways.

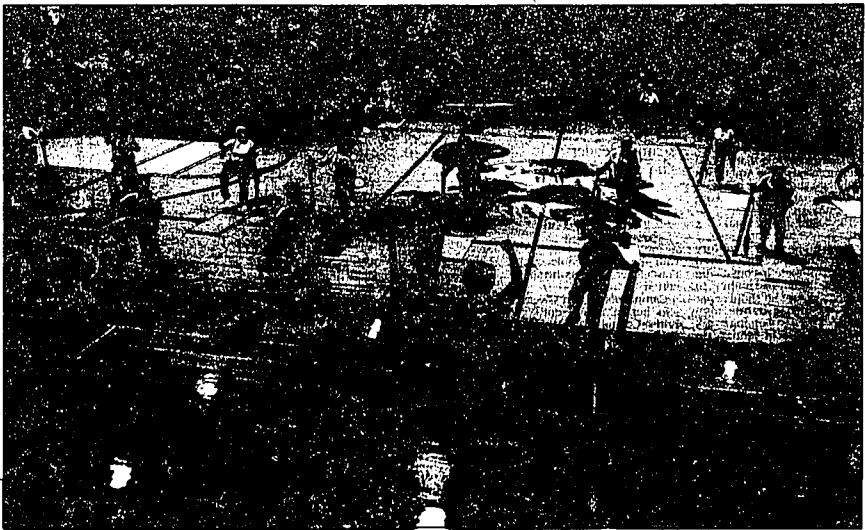
Making resolutions without support is like walking a tightrope in high heels without a net. It's possible, but when you waver or fall—and most of us will—it's difficult to pick up and try again. Friends, family, colleagues or a class can affirm your goals and remind you that you're not alone in a process.

Think of each new day as a fresh beginning, or, as basketball coach John Wooden once said, "Make each day your masterpiece." Try this: Set your goals and reward yourself for small successes.

Remind yourself that you are making these changes because you are a wonderful person, not in order to become one. Nor can you expect someone else to change to meet your specific goals. It rarely works.

Don't bother teaching a pig to stink; it wastes your time, and it irritates the pig.

Jan Mittlender is a Twin Falls health educator.



Jan Mittlender leads a College of Southern Idaho exercise class for seniors in the school's gymnasium. The free "Over 60 and Getting Fit" classes — already offered in nine Magic Valley towns — are expanding to Hagerman this month.

SENIORS up shape

Over-60 exercise program blends activity, socializing

By Matt Christensen
Times-News writer

TWIN FALLS — Every holiday season, Elmer Harmon puts on about 20 pounds.

But he doesn't lug the extra weight for long.

Starting in about two weeks, the Twin Falls 71-year-old expects to shed those 20 pounds — and perhaps more — in the free "Over 60 and Getting Fit" class offered through the College of Southern Idaho.

The fitness program, geared toward seniors over 60, was started about 25 years ago by Jan Mittlender, a CSI professor of physical education. In its first incarnation, the class was no more than a yoga workout for a handful of elderly women on a warehouse floor.

Now, hundreds of Magic Valley seniors at nine satellite locations sweat through a guided walk, resistance training and a flexibility workout at each class session. An additional location, in Hagerman, is new for the upcoming session that begins mid-January.

Mittlender and class participants say the program improves fitness, builds confidence and promotes general wellness. And it's a great social club, too.

The biggest benefits, however, are seen outside the gym.

"Lifting the grandkids, getting up and down off the floor, things like that are easier because of the class," said Angela Burgess. The Twin Falls 69-year-old powered through every session since she turned 60 and became coaxed her 74-year-old hus-

'Over 60 and Getting Fit' spring semester schedule

Where	When	Classes meet	Classes begin
College of Southern Idaho gym, Twin Falls	9-10 a.m.	Monday, Wednesday, Friday	Jan. 15
Aerobic Recreation Center	9-10 a.m.	Monday, Wednesday, Friday	Jan. 16
Filer Elementary School	9-10 a.m.	Monday, Tuesday, Thursday	Jan. 17
Goshone High School	9-10 a.m.	Monday, Wednesday, Friday	Jan. 18
Idaho School for the Deaf and the Blind, Gooding	10-11 a.m.	Monday, Wednesday, Friday	Jan. 18
Buhl Junior High School	10:30-11:30 a.m.	Monday, Tuesday, Thursday	Jan. 17
Mint-Cassia Outreach Center, g/m, Burley	11:30 a.m.-12:30 p.m.	Monday, Wednesday, Friday	Jan. 18
Rupert Civic Center gym	9-10 a.m.	Monday, Wednesday, Friday	Jan. 18
Blaine County Campus gym, Halley	9-10 a.m.	Monday, Wednesday, Friday	Jan. 18
Hagerman High School gym	9-10 a.m.	Monday, Wednesday, Friday	Jan. 18
*Over 60 and Getting Fit is a free exercise class through CSI geared toward seniors over 60. Enrollees receive one college credit at CSI. To sign up, call coordinator Jan Mittlender at 732-6483.			

band, Keith, to join her.

"You're never too old or out of shape to start."

Mittlender said staying active in the second half of life may be more important than being fit in the first half. Activity fights the effects of aging and chronic illness, she said, and even someone who never exercised before will benefit from the class.

"Even people in their 90s who are slowing down improve after 10 weeks," she said.

The class is geared toward any age over 60, any fitness level. A mixture of walking, stretching and light resistance training — with glab rubber bands and poles — targets balance, agility, flexibility, strength and endurance. If a segment of the class is too strenuous, participants are encouraged to take a break.

But exercise is no fun, right?

Not true, said Helen Shevemaker, who'd only say she was in her late 70s. The Twin Falls woman has met lots of friends in her seven years taking the

"It's a very social group. You learn everyone's name," Shevemaker said.

In fact, several folks in the class have become more than friends. A handful of participants met future husbands and wives in the program.

Mary Martin, instructor for the Filer and Buhl programs, emphasizes socialization. She plays oldies and jazz during her sessions to lighten the mood. And about once a month, she invites schoolchildren to join the class. The two generations — separated by more than 50 years — hokeypokey, dance and sometimes swap jokes.

Although classes at each location are generally similar, instructors have autonomy. Martin incorporates tai chi in her sessions. And each class ends with a group rubdown.

The program fuels the body, mind and spirit, Martin said. And like Mittlender, she sees the results.

"One man in the class was thinking about widening his doors for a wheelchair when he joined," Martin said. "Now, he's planning a trip to

Europe."

Members of the program traveled recently to Canada, Italy and Peru, where seniors climbed ruins, shopped and took in the sights. The program, said Mittlender, opens doors that folks thought were locked forever.

"Over 60 and Getting Fit" is funded in part by grants through the Office on Aging and by contributions from CSI. The 10 instructors receive salaries comparable to adjunct professors. And the buildings where the classes take place are all used rent-free through local school districts. Enrollment in the class is free, and participants get one college credit for each semester. Some folks have been motivated to go back to school.

"The class has so many benefits," said Harmon, who's gearing up to lose those 20 pounds. "It's just so much fun."

Times-News features writer Matt Christensen can be reached at 735-3243 or matt.christensen@lee.net.

Friends make the difference in a goal of sobriety

By Jeannine Stain
Los Angeles Times

LOS ANGELES — For a group of moderate social drinkers, hopping on the wagon for a month shouldn't have been that daunting a task.

These are not just any moderate drinkers, but a handful of men and women who are exceptionally fit, as in training-for-a-marathon fit. They are used to discipline and healthy lifestyles, people who can get through a rigorous boot camp class. Yet some found that wagon trip more uncomfortable than they thought, and didn't last a month. Some didn't make it a week.

"It was really hard," says participant Lala Alvarez. "I told people I was laying off the alcohol, and there was this pressure — 'Have a drink with us! This drink tastes fantastic!' I'm like, stop!"

The few who made it, successfully braving social occasions and surprisingly intense peer pressure, are now believers in what their boot camp instructor promised all along (although almost all started drinking again after the month was over): No alcohol means better sleep, more energy, healthier eating habits — and improved workouts.

And while one new study casts doubt on their efforts, camp instructor Marco Reed, who had gone without alcohol for a month and found it gave him more confidence, improved his memory and boosted his energy. "I actually felt amazing," Reed says. "I felt more clear-headed control over my actions." And after a while, he adds, he didn't feel like drinking "was something I had to do."

Reed, 34, has developed a devoted following of boot camp students and personal training clients in his three years in Los Angeles. He has encouraged individual clients to stop drinking, especially those training for something such as a marathon or those with hefty weight-loss goals. By he's never asked an entire class to take the plunge. (By the way, he can tell if a client has downed a few the night before: telltale signs include smelling like alcohol, exercising with less gusto and seeming a bit "off.")

The holidays seemed a good time to propose sobriety again, considering it's a season filled with health-busting landmines. "I find that people who drink have trouble getting to their fitness goals," Reed says. Drinking "is really a sabotage. It breaks down their discipline."

So with a cautiously optimistic eye ...

Please see 50BRIETY, Page C2



Boot camp instructor Marco Reed, in orange, cheers on his students. He persuaded some of them to participate in "Sobor October," a month of no alcohol meant to improve workouts.

IMAGE

Back care class scheduled

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

The class will include information on basic spine anatomy, common injuries and diseases that lead to back pain, along with instructions in posture and body mechanics to protect the spine and prevent injury. The class is offered on-site at local businesses, if desired.

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

Baby and Me

St. Benedict's Family Medical Center offers "Baby and Me" classes from 10 a.m. to 11 a.m. Tuesdays at the Health Education Center, 115 Fifth Ave. W., Jerome. This week's topic is "Kiss Me Music."

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

The cost is free. For information, call 324-7262.

About childbirth

Prepared childbirth classes will be offered from 7 to 9:30 p.m. Wednesdays, this week through Feb. 8, at the St. Benedict's Health Education Center, 115 Fifth Ave. W., Jerome.

The six sessions, taught by a registered nurse, emphasize preparation for labor and birth, postpartum care and newborn care. Individual classes may be taken as refresher courses.

Participants are asked to bring two pillows, a blanket and one or two support people to each class.

The suggested fee is \$30 for the class series or \$5 per class. To register, call 324-1122, ext.

To do for you

3361, and leave a message with your name, address, phone number, doctor's name, due date and the month of the class. Registration also can be completed by mailing the same information to St. Benedict's Family Medical Center, Attention: Anita, 709 N. Lincoln, Jerome, ID 83338.

Refresher course

A childbirth refresher course will be offered from 6:30 to 9 p.m. Thursday in the lobby at Magic Valley Regional Medical Center's Downtown Campus, 660 Shoshone St. E., Twin Falls. The class is for those who have previously taken childbirth classes. Childbirth preparation and procedures will be reviewed, along with a video tour of the Women's and Infant Center. Cost is \$20. Pre-registration is required; call 732-3148.

Flu shot clinic in Burley

An influenza vaccination clinic will be held from 8:30 to 11:30 a.m. Friday at South Central District Health, 2311 Parke Ave., Unit 4, Suite 4, Burley. The health district said it chose the date for those who have responded to the appearance of influenza in Idaho.

To make an appointment for a flu shot, call 678-8221. Flu shots are \$18 each.

Also, some Mini-Cassia health care providers received December shipments of influenza vaccine, so the health district encouraged clients to call their physicians for appointments if they were told to get vaccinated in December.

Big Kids class

Big Kids Klub will meet from

10 to 11:30 a.m. Saturday in the Sage Room at Magic Valley Regional Medical Center's Education Center, 588 Addison Ave. W., Twin Falls. The class is designed to help prepare allings for a new baby. Cost is \$10 per family with one child, or \$15 per family with two or more children. Pre-registration is required; call 732-3148.

Caregiver support

The Caregiving Support Group will meet from 1 to 2:30 p.m. Jan. 9 at the Office on Aging Annex building, 989 Washington St. N., Twin Falls.

Sherry Cann, facilitator, will present the program, "Setting Up a Plan of Care." The support group is for those who care for sick, disabled or elderly family members or friends. For information, call the Office on Aging at 736-2122 or (800) 574-6656.

Learn CPR

A Heartsaver cardiopulmonary resuscitation class will be offered from 4 to 8 p.m. Jan. 10 in the Sage Room at Magic Valley Regional Medical Center's Education Center, 588 Addison Ave. W., Twin Falls.

The class is offered under the guidelines of the American Heart Association and includes emergency procedures for mouth-to-mouth resuscitation, chest compression and choking response for adults and infants.

The program includes classroom instruction and hands-on practice. Cost is \$25. Pre-registration is required; call 737-2007.

CPR for babies

An infant safety and cardiopulmonary resuscitation

class will be offered from 6:30 to 9 p.m. Jan. 10 in the lobby at Magic Valley Regional Medical Center's Downtown Campus, 660 Shoshone St. E., Twin Falls. The program is offered as part of the prepared childbirth course. Organizers invite new parents and grandparents to attend to learn about infant CPR, choking, child safety and prevention of injury.

The class is free. Pre-registration is required; call 732-3148.

About tobacco cessation

Fresh Start, a smoking cessation program organized by the American Cancer Society, will be offered at 5:30 p.m. Wednesdays, Jan. 11 through Feb. 15, at South Central District Health, 1020 Washington St. N., Twin Falls.

The program is free. To register, call Taml Pearson at 737-5945.

About C-sections

A Cesarean childbirth class will be offered from 6:30 to 9 p.m. Jan. 12 in the lobby at Magic Valley Regional Medical Center's Downtown Campus, 660 Shoshone St. E., Twin Falls.

The class is offered as part of the prepared childbirth course. Topics will include Cesarean deliveries, pain management, hospital procedures and non-comforting labors.

The class is free. Pre-registration is required; call 732-3148.

"To do for you" is a listing of health-related activities, events and education. Information should be submitted by Thursday for publication in the following Monday's Image section. Mail notices to: The Times-News, P.O. Box 548, Twin Falls, ID 83303, or deliver to our office at 132 Fairfield St. W.

Wall-to-wallet fitness

By Michael Proctor
The Dallas Morning News

With a bad back and 67 birthdays under his belt, Bob Guarsaci knew he had to get fit. "I'm not the type who gets up early in the morning and goes to the gym," said Guarsaci, whose company produces video training courses. "But I felt I had to do something proactive."

So he brought the gym to his Colleyville, Texas, home. What was a spare bedroom is now a fitness center, with no traffic jams on the way, no lines for machines and no excuses for not working out.

"Every time I think about sitting on the couch or in a chair and watching TV," he said, "I tell myself, 'Why not get upstairs and do something!'"

The concept isn't new. Treadmills in the bedroom and barbells in the garage have been buffing us up — or collecting dust — for decades.

But a lot of people are going Guarsaci's route and giving their own a room of their own. "It's more comfortable working out at home," said Noel Mikseka, CEO of Your Body Fitness, a Dallas company that supplies personal trainers and runs corporate fitness programs.

"We see more and more homes with gyms," he said. "It's like people making media rooms instead of just having a TV. I think more people have fitness rooms than media rooms."

Mike May, a spokesman for the Sporting Goods Manufacturing Association, said the trend is advancing on two fronts: homeowners converting a room where they already live and builders including a fitness room in new homes.

"People are setting aside the space," he said. Americans spent about \$5 billion in 2004 on fitness equipment, just over half of that total on treadmills, according to the National Sporting Goods Association. Home gym machines were second, followed by stationary bikes and elliptical trainers.

Guarsaci already had a treadmill, "but frankly, I never used it much."

So last January he fitted a busy body for a fresh start. A fitness-minded companion and a sales staff steered him toward an elliptical trainer.

"I got on and I was sold in the first 30 seconds," he said. "It was low impact and it was comfortable."

That took care of the cardio. Over at the weight machines, Guarsaci's friend was a fan of Vectra, a high-end system.

Then it was just a question of which stations you want," he said. "I ended up with a donee stack and pretty much the entire system."

He completed the makeover

Get the basics for a great home workout without busting the budget

You want to work out at home, but your budget — or your living space — is as slim as you wish you were.

So if you can't invest in a full-size home gym, are there low-cost fitness gizmos that can help you get in shape? Absolutely, said Cheryl Boswell, a personal trainer.

"You can get a lot of things to help get a good workout, and you don't have to spend a lot of money," she said.

To prove the point, we took Boswell to SuperFerg with a \$100 budget. Here's how she filled our shopping cart:

- **The Top Total Body Sculpting Program (\$59.95).** The set includes a step for aerobics, two 3-pound dumbbells, a resistance band, a workout ball and three instructional DVDs featuring fitness instructor Cathie Fridrich.

- **The step Total Body Sculpting Program (\$59.95).** The set includes a step for aerobics, two 3-pound dumbbells, a resistance band, a workout ball and three instructional DVDs featuring fitness instructor Cathie Fridrich.

- **The step Total Body Sculpting Program (\$59.95).** The set includes a step for aerobics, two 3-pound dumbbells, a resistance band, a workout ball and three instructional DVDs featuring fitness instructor Cathie Fridrich.

- **Workout mat (\$19.99).** One 3-pound dumbbell (\$7.99). "As you get stronger, you'll want to add more weight," Boswell said.

- **Jump rope (\$2.29).** "A great, easy aerobic workout," she said.

- **Pedometer to step-counter (\$8.43).** "You need to keep moving to burn calories," Boswell said. "The counter helps you keep track and encourages you to do more."

- **That's almost \$99 before tax.** You really ought to have a second 3-pound dumbbell, and you could spend a little more for a fancier jump rope and pedometer, Boswell said.

- **But you get the idea.** "The main thing isn't equipment," she said. "It's motivation."

- **With small dumbbells, a stability ball, mirrors, carpeting and a nice TV.** About \$1000 later, Guarsaci had his fitness room.

- **You don't need to spend that much, but I'm fortunate that I could,"** he said. "I tried to make it a room I would want to go to."

Sobriety

Continued from C1

mistle "OK," six out of eight members of his West Hollywood boot camp enthusiastically agreed to stop drinking for what Reed dubbed "Sober October."

Melissa Holton already knew the price of indulgence. The L.A.-based entertainment attorney in her mid-30s says that even a couple of drinks leave her dragging mentally and physically the next day and makes her dehydrated. Drinking the night before also takes a toll on her performance in Reed's class, especially balance maneuvers.

"None of us are getting any younger," says Bolton, who finished out the month. "It's not like when we were in college. It messes with you the next day."

Jimena Barrera, who also took the pledge, found that not indulging in her usual two glasses of wine or a martini one-half resulted in more energy and earlier workouts the next morning. "Instead of running at 9:30 I'd go at 7:30," says Barrera, a 31-year-old medical office worker. "In boot camp I won't as tired and I would get there 15 minutes before class started, instead of at 11 sharp."

Curtis Larsen, who socializes with clients and friends several nights a week, noticed a difference immediately. "It made me aware of my bad sleep patterns," says the 40-year-old account manager from West Hollywood. When he drank, he fell asleep, but staying awake was more difficult. Not drinking allowed him to sleep through the night. Larsen caved after five days when a tempting Cabernet beckoned, but for the record, he feels fully about it.

Fewer cocktails also meant less food for Alvarez, who works in marketing and sales. "I found myself more conscious of my eating habits," says the 34-year-old from Burbank. "I wasn't as likely to make poor decisions. It was easier to avoid appetizers. Alcohol makes you so relaxed, so you're thinking, 'So what, I've already had these



In Marco Reed's boot camp, Charles Mesure, center, carries Nichelle Hines. Reed asked participants to skip alcohol for a month.

extra calories in the drink, why not try this?"

Some experts warn that even moderate drinkers can experience deleterious effects, even the next day.

"One, two or three drinks does affect a number of functions," says Dr. Ernest Noble, professor of psychiatry and director of the Alcohol Research Center at the University of California, Los Angeles. Alcohol, he adds, can affect cognitive abilities, sleep and sexual functions.

And after a fitness fest such as a 10K run, says Noble, the best follow-up may not be downing a few cocktails. "The muscles have been under tremendous stress, and alcohol further damages them," he says.

One research study in 2001 found that

moderate alcohol consumption after exercise resulted in adverse changes in blood viscosity. When blood is too viscous, or thick, it can damage blood vessel walls.

But there is some good news for the weaker-willed. A new study published recently in the online journal BMC Public Health, found that moderate drinkers are less likely to be obese than nondrinkers and heavy drinkers. Researchers found that people who drank one to two glasses regularly, but less than five a week, were significantly less likely to be obese than other groups.

But don't start devising the mal-t diet. The study's authors say that they're not quite sure why this is, but suggest further study.

Coming up in The Times-News

WATER AEROBICS

How to get involved, and how you'll benefit. Next week in Image

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Keeping track

Wattage meters give numerical picture of cyclist progress

By John Horn
Los Angeles Times

Golfers measure their progress in strokes. Marathoners map out their improvement in minutes. And weightlifters track their strength in pounds. But what's a bicyclist to do?

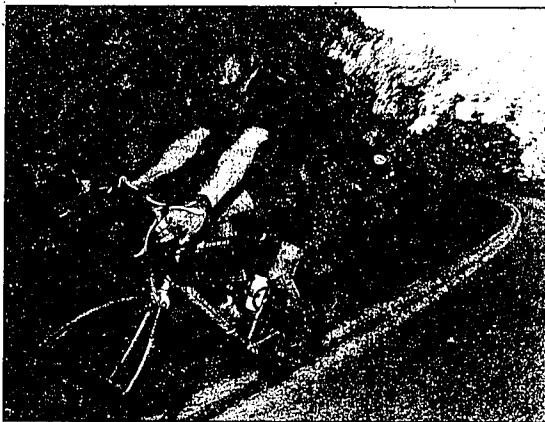
Elite and weekend riders alike record their workouts by monitoring average speed, heart rate and perceived exertion. Yet speed can be thrown off by wind and elevation, heart rate can be affected by caffeine and weather, and your own assessment of exertion is subjective and unscientific. What's more, none of it tells you if you're getting in better shape.

To solve this problem, a growing number of recreational riders are strapping wattage meters on their handlebars, taking advantage of lower prices for the gizmos and the promise of unadorned workout data.

A "power meter," as wattage meters are also known, offers a precise snapshot of true effort, an apples-to-apples comparison of fitness from one day to the next. If you can put out an average of 225 watts for 30 minutes in June, and 250 watts for 30 minutes in July — both at the same heart rate — you are in fact pushing the pedals more than 10 percent harder. That's why trainers and athletes are turning to power meters will soon replace heart-rate monitors as the favored sports gadget, especially for cycling, in which power is so easily recorded. Newer stationary bicycles now display wattage.

"Wattage is a true indication of what your body is doing," said Lance Armstrong, who relied on a wattage meter to prepare for his seven consecutive Tour de France victories.

Though some meters are built into a bike's cranks, most PowerTap SL (\$1,199) wattage meter from CycleOps is part of the rear hub. Regardless of the manufacturer, power meters work the same basic way. By



John Horn uses a PowerTap SL to digitally measure wattage, speed, pedal cadence, ride time and heart rate.

gauging infinitesimal strains, or torque, placed on a bike's components, they constantly determine a rider's physical output in watts, a measure of power in a specific time.

During a ride, the meter sends that data to a cyclometer mounted on the handlebars. In addition to tracking the current average and maximum watts, the unit also logs speed, pedal cadence, ride time, distance and, with a chest strap monitor, heart rate. After the ride, you slip the cyclometer into a cradle linked to a personal computer, which uploads the data and transforms it into a spreadsheet displaying everything from the total calories burned to your average and maximum heart rates.

That spreadsheet can be transmitted via the Internet to

an online coach, allowing the coach to badger you for not trying hard enough even if he's 1,000 miles away.

My coach's goal in our first session last March was to determine the highest point of exertion I could maintain during a three-mile ride. Those figures — 265 watts, at an average heart rate of 170 beats per minute — helped establish my maximum sustainable power at lactate threshold, or "LT," the point at which muscles produce lactate acid faster than the body can clear it. Exercise above that level for even a minute, and you will soon feel as if you're climbing Mount Everest — without oxygen.

The goal was to push my LT higher, and to produce more watts at or below my LT in other

words, be stronger with less exertion.

The PowerTap was not without its bugs. It would occasionally record wattage figures that not even the incredible Hulk on steroids could produce, which meant you had to stop and reset the unit. (PowerTap's manufacturer says that kind of malfunction is very rare.) And Floyd Landis, a Tour de France racer who competed with a PowerTap, saw his cyclometer fly off its mount in one of this year's Tour stages.

Still it's an invaluable tool for riders eager to find new ways to improve performance. Wattage meters are going to be the standard," said Dr. Shannon Svardal of the coaching company Thrive HFM. "It's what cycling has been looking for."

Downloading your way to better fitness

By Jeannine Stolt
Los Angeles Times

When runners want sage advice on their sport, they can turn to a slick newsstand magazine or to a 31-year-old computer tech support rep from San Antonio, Texas, named Richard McCue.

Although he's completed four marathons, McCue has never graced the cover of a runners magazine, never been offered a mega-contract from a sponsor and never had adoring fans ask for his autograph. But he does host "Runcast Weekly," a podcast about running in which he shares his experiences and dispenses advice and information.

"I'm an amateur runner," he admits. "I don't approach subjects from a professional point of view. I'm learning just like everyone else and sharing what I've learned with others."

McCue, who debuted his show from his home last April, has the distinction of being one of the earlier players to bring out podcast technology. A podcast, the product of fusing "Pod" and "broadcast," is an Internet audio program that can be downloaded onto an iPod and an MP3 player, or listened to on a computer. It's one of the hottest new uses of the Internet, and as sales of portable players grows, so will podcasting.

In the last year, the number of fitness- and sports-related podcasts has climbed steadily, yielding eclectic offerings. A scroll through podcast directories turns up recreational enthusiasts such as McCue, personal trainers doling out strength-training advice, physical therapists talking about sports injuries, athletes with top trainers, and hosts, numerous motivational messages — and audio workouts to up-tempo music. Some have sponsors and mini-commercials to help offset costs.

Even Runner's World magazine entered the podcast sphere in 2005 with several broadcasts led by New York City marathoner. They went over so well (an estimated 23,000 downloads) that more are planned.

Podcasts offer exercise-

Where to find some fitness podcasts

Fitness and sports-related podcasts include interviews with athletes, motivational messages as well as tips and techniques.

Here are a few of the Internet's offerings:

- www.podcember.com
- www.runcastradio.com
- www.marlinspodcast.com
- www.runcastweekly.com
- www.rearadio.com
- www.runradio.com
- www.strengthradio.com

-minded listeners a few nuances that most magazines, Web sites and books do not: a human voice, a sense of environment (some podcasts are taped during a race or training session) and immediacy (most are taped and aired quickly).

But podcasts' unscripted broadcasts have a roughness absent from most of today's ultrasmooth audio. They're sort of the audio equivalent of blogs, which are unpolished about poor spelling, clumsy grammar and unpolished tone. It's not unusual to hear a barking dog or someone's toddler in the background of a podcast, and hosts have varying broadcast abilities. Some are unrepentant monotone speakers, "ummhm" -ers or awkward posers.

But podcasts are convenient. With MP3 players and iPods, people can listen in their cars, on public transportation — or while exercising.

Like other Internet offerings, podcasting comes with a hefty caveat: empot factor. Some hosts giving advice have little or no training or certifications to back them up, leaving listeners to decide what is valid.

The best use of podcasts, says Gregory Flores, spokesman for the American Council on Exercise, may be as "a way to connect with people for motivation, a training or certification purposes if you can't afford a personal trainer and you keep falling off the wagon. You can play it when you're feeling bad. It's almost like therapy in an iPod."

Ten things you can do to beat a cold

By Joan Morris
Knight Ridder News Service

You bared your arm for a flu shot, stocked up on antibacterial soap and you're staying outside the sneeze zone of sniffling children. Your medicine cabinet is well-stocked with echinacea, and you're taking so much vitamin C that you rattle when you walk.

And you know — you just know — that's nowhere near enough. You're still staying in April, you know that once the doors to cold and flu season open, which they are officially now, you're going to catch a cold.

So buck up, me heanies, and accept your fate. Science has yet to find a cure for the common cold, but here are 10 grand, me best home remedies to help you get through the worst of it. In just time for spring allergy season.

1. Call in, stick for, heavens sake. Experts agree the best thing you can do for a cold or the flu is to stay home and stay

off your feet. Hide under the covers or camp out in your Barcelona, but keep those nasty germs at home.

2. Pretend you're cold is a vampire. The evidence is anecdotal, but many people recommend slaying your cold by adding garlic to your menu. Suggestions include adding a few drops of garlic oil to a teaspoonful of onion juice and diluting it in a cup of water, adding garlic to your favorite soup; chopping one large clove of garlic and mixing it with a spoonful of honey; and as a last resort, eating a couple of raw cloves. We don't know about driving a cold away, but it should keep your friends and family at bay.

3. Nothing beats good old chicken noodle soup. There are no curative powers in mom's soup — or Campbell's, either — but the warm broth will hydrate you on your throat, and the liquid will help keep you hydrated.

4. Zinc lozenges. Again, the scientific evidence is mostly an-

ecdotal, but they keep your throat moist and they just may help ward off some of the bad cold vibes.

5. Keep warm. Battling a cold gives you the perfect opportunity to snuggle beneath a down comforter in your soft, fuzzy pajamas. Dig out your Christmas socks and hide bed-head under a woolly hat. It won't cure your cold, but don't you feel better just thinking about it?

6. Keep a positive attitude. There is evidence that maintaining your sense of humor and looking on the bright side of things (wow, you get to watch Oprah) and "Judge Judy" can speed the recovery process. Watch a comedy on TV or cue some calming music on the iPod.

7. Soak on it. Take a long steamy bath. Add some lavender or eucalyptus to the water to help open those stuffy, tortured nasal passages. When you get out of the tub, wrap up in a warm robe and relax for an hour or so.

8. Pump up your nose. When

we have a cold, our nose seems to take the bulk of the abuse. Show it some love by using a saline flush or spray to hydrate inside and use tissues treated with lanolin to reduce irritation on the outside.

9. Breathe easy. If the congestion settles in your chest, try rubbing a menthol salve on your chest and breathe deep the fumes. Nasal sprays may also help ease congestion.

10. When all else fails, have a shot. Grandma always recommended a hot toddy for battling a cold into submission. Brew up your favorite tea, add some honey and lemon, and a little bit of the stuff that made Granddad happy. Other recipes call for a teaspoon of honey, a shot of lemon, a jigger of whiskey and a teaspoon of hot water; an ice-cold glass of vodka with two teaspoons of black pepper; four ounces of honey, four tablespoons of lemon juice and a shot of Wild Turkey — or, for the underage and nondrinkers, try a cup of tea or hot water with honey and lemon.

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WARTS

Question: My son has a spot on his foot that is getting larger. I think it's a wart, but the over the counter treatments aren't working. What should I do?

ANSWER: A wart is a skin infection caused by a virus. They occur most often in children, teens, or people with weakened immune systems. They can be single lesions or grow in clusters and spread to other areas. They can be moderately itchy, very painful depending on the location. Many treatments exist ranging from over the counter acids, liquid nitrogen, laser ablation, medications, or surgical excision. All treatments have some chance of failure, and the wart may recur. Whatever the treatment, it's always easier to treat these infections when they're smaller in size and fewer in number. Our office is very experienced in the treatment of warts. Please call your foot specialist if you have any additional questions or need help.

Increase in drug prices
The Washington Post

19 — Percentage increase in the manufacturer's price of Atrovent, a drug used for asthma and bronchitis, in the first half of 2005.

14 — Percentage increase for Ambien, a sleeping pill.

5 — Percentage increase for Lipitor, a cholesterol-lowering drug.

1.5 — Percentage increase in general inflation.

0.9 — Percentage increase in prices for a weighted sample of generic drugs for the second half of 2004 and the first half of 2005.

Source: AARP Public Policy Institute

ASK The Expert
How May I Help You?

Scotty Moore
Comprehensive Elder Care
Wills Care

• 10 years in law, specializing in wills
• 20 years in elder care, specializing in wills
• 15 years in estate planning, specializing in wills
• 10 years in probate, specializing in wills
• 5 years in trust administration, specializing in wills
• 2 years in estate tax, specializing in wills
• 1 year in estate planning, specializing in wills

You have questions, We have answers!

Elder Law Forum
Straight Talk on Elder Law and Estate Planning

NEW YEAR'S RESOLUTIONS!

QUESTION: I want to update my financial and estate plan. Any ideas?

Here are some guidelines:
Health care directives. Make sure you have a current living will, health care power of attorney, and nomination for guardian and conservator. The living will allows you to die with dignity — using or withholding such artificial life-sustaining measures as you direct.

Beneficiary designations. Check the beneficiary designations on your insurance policies, brokerage accounts, annuity contracts, bank accounts, and retirement plans. The choices you make ten or fifteen years ago may not be what you want today.

Estate plan. Reread the provisions you've made in your will or trust instrument. Births, deaths, marriages, divorces, remarriages, and changing fortunes will almost certainly throw things out of kilter.

Advisors. Call or meet with your advisors. That's what they're there for. They might include your insurance agent, accountant, lawyer, financial planner, or broker.

Best tip: the first step is the most important one — start!

HAVE A SAFE AND HAPPY NEW YEAR

Voorhees LaMure LLP
Key Bank Building - 2nd Floor • 208.736.6000
Certified Elder Law Attorney by the National Elder Law Foundation
Certified Estate Planning Law Specialist by the Estate Law Specialist Board, Inc.

COMICS

Beetle Dabzy By Mort Walker

Blonde By Dean Young & Stan Drake

The Born Loser By Art Sansom & Chip

Garfield By Jim Davis

Hager the Hombler By Chris Browne

Hi and Lois By Chance Browne

Classic Peanuts By Charles M. Schulz

The Wizard of Id By Brent Parker and Johnny Hart

Domps the Menace By Hank Ketcham

THE FAMILY CIRCUS By Bill Keane

Veteran worries son's protest may provoke serious threat

DEAR ABBY: I am an armed forces veteran who spent a tour of duty in Iraq in 2004. My wife and I separated three years ago and she and our four children now reside in another state. Neither of us has "moved on," and we may reconcile later in life. I am writing about my oldest son, "Jon," who is 18 and not yet out of high school due to poor grades. He and I do not have a good relationship and have very different views regarding life and politics. Jon was, and still is, bitter over his mother and me separating.

After returning from Iraq on mid-tour leave, I gave him the uniform jacket I wore in combat with all the rank, flags, name tags, etc., on it as a gift. I know from my own youth that I would have been proud to have had something from my uncles or father that they wore during the war. Jon started wearing it as soon as I gave it to him, and I was proud of him to do so.

I have not seen him much since my return to the United States from the war. However, I did see him a little over a month ago and noticed that he's still wearing the jacket. My wife says he wears it often. He has written an anarchy symbol in permanent marker on the American flag on the right sleeve under my combat patch. I am angry and disappointed, but I don't want to make waves. I am not sure how to handle this, and I'm afraid that a returning soldier may



DEAR ABBY
Jeanne Phillips

take one look and vent his problems from combat tour of duty on my son.

—AMERICAN VET IN ALABAMA
DEAR AMERICAN VET: Your son may be defacing the jacket to punish you for the separation, or as a political statement. We live in a country that guarantees freedom of speech. Ask him if he realizes the effect that anarchy symbol he penned on the American flag may have on other vets (including you). If the answer is yes, then he may have to learn the hard way what can happen when someone does something that's deliberately inflammatory.

DEAR ABBY: My husband left me a year ago, and our divorce became final two months ago. We have a 3-year-old daughter who lives primarily with me, but sees him frequently.

I am a preschool teacher, and my daughter attends classes at the same school where I teach. I have just learned that my ex was dating — and is still communicating with — one of my co-teachers, "Danielle." Ironi-

cally, she and I were working in the same classroom when he left me, and I cried on her shoulder about the situation. We bonded because her husband had left her.

It gets worse. It seems at least one other teacher has known about the situation for several months. Danielle was apparently reading e-mails from my ex in the staff room and shared a message with another teacher, whispering "Shhh" as she pointed to his name on the screen.

I feel furious, betrayed and humiliated. I wish I could visit his dad. My advice is to keep your cool and continue to avoid Danielle. There is nothing to be gained — and you could have a lot to lose — if you create a scene at the school. Should you run into her away from the school and choose to give her a piece of your mind, mind your privilege. But do count on sharing with the shameless — because that's what she is.

—EX-WIFE IN WASHINGTON

DEAR EX-WIFE: Don't blame you for feeling betrayed, but you can't control who your ex sees or who might be with him. I wish you could visit his dad. My advice is to keep your cool and continue to avoid Danielle. There is nothing to be gained — and you could have a lot to lose — if you create a scene at the school. Should you run into her away from the school and choose to give her a piece of your mind, mind your privilege. But do count on sharing with the shameless — because that's what she is.

Only a third of American households own more than \$5,000 worth of stock

Only a third of all American households own more than \$5,000 worth of stock.

This day in history: On Jan. 2, 1942, in a Los Angeles recording studio, the Andrews Sisters recorded the hit fanfare rendition of "Boogie Woogie Bugle Boy." Their commercial instincts were good — recorded less than a year after the surprise attack on Pearl Harbor, a good-natured song about fun in the home-front folk.

Five presidents had beards: four had mustaches but no beard. Of the five who had beards, two were assassinated.

RANDOM KINDS OF FACINNESS
Jack Mingo
Erin Barrett

more of an inventor than a marketer — his name for it was the "X-Y position indicator for a display system."

The world's largest cast metal statue is a 56-foot likeness of the Roman god of fire, Vulcan. Made for the 1904 World's Fair in St. Louis, Mo., it now resides on a hill in Birmingham, Ala. Its

lighted torch is normally green, but it changed to red whenever there's a traffic fatality.

The American hound is a cross between an English hound and a French hound. Its original French ancestor was a present given to George Washington.

During the moonwalks, astronauts never visited the night side of the moon. That's because temperatures drop to negative 243 degrees F, and space suits aren't equipped to handle those frigid temperatures.

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

New California law hits aggressive paparazzi hard in the pocketbook

LOS ANGELES (AP) — They lurk in bushes, camp out in vans and hover in helicopters. Some are brazen enough to openly brandish their cameras, like old Western gunslingers.

They may be hated, but their work — candid pictures of celebrities in unguarded moments — is coveted. They are the paparazzi, purveyors of pix that are the lifeblood of a media-by-star-tracking mags and tabs. Their photos demand huge sums of money and are circulated worldwide. And as the public hunger for such glossy gists has grown, they've become ever more relentless and ruthless. But starting Jan. 1, there'll be some new reins on the paparazzi parade.

That's when a new California law goes into effect that increases penalties against overly aggressive photographers — dubbed "stalkers" — who forcefully thrust their cameras into famous faces or crash their car into a celebrity's vehicle. They'll now be liable for three times the damages they inflict, plus lose any payments their published photos might earn. Publishers can also be held liable.

"Now the paparazzi are going to have to think twice about chasing down a celebrity anywhere in California," said Assemblywoman Linda Montanez, who drafted the bill, which was signed into law in October by Gov. Arnold Schwarzenegger. The former actor had an infamous paparazzi moment in 1998 when they used their cars to surround his SUV as he and wife Maria Shriver picked up their child from school.

The new law was inspired by a rash of recent celebrity car chases, Montanez said. In May, a paparazzi following Lindsay Lohan crashed into the



Actress Lindsay Lohan, far right, follows the lead of a friend as they pass through a small group of paparazzi in the back alley behind Kol restaurant in West Hollywood, Calif. In this Aug. 12 photo.

actress' car in West Los Angeles. The photographer was booked for assault with a deadly weapon, but prosecutors found insufficient evidence to press charges.

In August, actress Scarlett Johansson was involved in a minor car crash in a Disneyland parking lot after being followed by paparazzi, and actress Reese Witherspoon said photographers tried to run her car off the road in April. No criminal charges resulted from those incidents, but the Los Angeles District Attorney's office continues to investigate paparazzi photographers' aggressive tactics, said spokeswoman Jane Tolson.

Montanez said the new legislation "targets those who break the law in their attempt to get the photograph."



AP photo

Though the legislation is aimed at paparazzi photographers, it could have a chilling effect on newspapers and other media, said Jim Ewert, legal counsel for the California Newspaper Publishers Association.

"This law now gives celebrities the ability to quash a photograph, and potentially a story resulting from the photograph, with a frivolous lawsuit in an attempt to keep the public from being informed," he said. The constitution demands a limit on higher standards the government puts the kibosh on a newspaper's ability to publish that story.

Montanez insists the law was "specifically crafted in a way so there is no infringement on the rights of journalists."

"This is about paparazzi who want to hunt down celebrities, their prey, until they catch the celebrity in a state of compromise," she said. They engage in assaultive behavior, and we can't condone that."

su do | ku

© Puzzles by Pappocom

2	3	4	9	8	9	7	6
3	6	9	1	5			
9	2	4	1		6		
8	5						1
			6	1	2	8	
7	5	1	8				9

V. EASY # 28

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. That's all there is to it. There's no math involved. The grid has numbers, but nothing has to add up to anything else. You solve the puzzle with reasoning and logic. Find the answers for today's puzzle on page C-10.

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Hanson Ave. to Hilland Ave. & East 18th St. to East 27th St.
RT. 223: Burley
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RT. 427: Rupert
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9	3	2	4	1	5	8	6	7
1	4	7	6	8	3	5	9	2
5	8	6	9	7	2	3	4	1
4	9	3	7	6	1	2	8	5
6	2	8	5	3	9	7	1	4
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CHEVY '98 1500, 4WD, CD, low pkg, 74K miles. Very clean, asking \$2,750. Call 208-404-3134

DODGE '00 1500, quad cab, 4x4, AT, FWD, PL, 200, 55K miles, \$7,000. Call 208-539-7261

DODGE '97 3500 chrysler, 4WD, 5 speed, Cummins diesel, \$16,000 or best offer. Call 878-8125 / 312-1126.

CHEVROLET '99 Tahoe Sport utility 4 door, LT, AC, power windows, door locks, tilt, cruise, single compact disc, ABS 4 wheels, leather, dual power seats, \$12,888. **MIDDLEKAUFF** 208-730-2480

CHEVY '97 Suburban XLT, loaded and all power, brown w/ochery trim, excellent condition, 115,000 miles, \$9,000. Call 208-699-1600

JEEP '92 Wrangler

Hardtop, 6 cylinder motor, 5 speed, baby lift, \$9,000.

PRACTICAL CAR SALES 730-4481

DODGE '05 Durango SLT

Rod, V-8, Limited, 12,800 miles, 3rd seat. \$25,888

PRACTICAL CAR SALES 730-4481

JEEP '01 Grand Cherokee

White, V-6, Laredo pkg, nice, 21K miles. \$9,900

PRACTICAL CAR SALES 730-4481

DODGE '04 Durango SLT, 4x4, 41,000 miles. Exc. cond. \$20,000 or best offer. Call 208-423-4136

DODGE '92 Dakota, club cab, V8 5.2 liter, AT, 2 WD, AC, tilt, cruise, cassette, ABS 4 wheels, sliding rear window, bed liner, towing pkg. \$3124. **MIDDLEKAUFF** 208-730-2480

FORD '93 Explorer, 74K, good shape, \$3,500/offer. '97 Ford Ranger, \$1,100/offer. Dodge D-50 sport truck \$200/offer. Call 208-733-5453

GMC '01 Topkick, gas, runs great, good tires. Asking \$7,500/offer. Call Scott at 208-734-0516.

1007 Truck Parts And Accessories

CHEVY '85 350 4 bolt Keith Black performance bottom end engine, \$400. Dodge '89 Dakota 4x4, new paint, wheels, tires, sprayed bed liner, nice truck, needs new motor. \$1,500/offer. Ask for Jeremy, 208-436-8088.

1006 SUVs

FORD '98 Explorer Eddie Bauer, 4x4, loaded, leather, well maintained. \$7,650. Call 208-708-0003.

HONDA '99 CRV EX, AWD, AT, AC, extra silver, 1 owner, 120K miles, exc. car, \$8500 firm. 209-733-6187

JEEP '01 Wrangler Sport

Large, 6 speed, hardtop, 6 cylinder, LOADED. \$18,488

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JEEP '04 Wrangler unlimited sport utility, 2 door, 6 cylinder, 4 door, 8 cylinder, 4 door, AT, AWD, AM/FM stereo, dual front airbags, privacy glass. \$19,547. **MIDDLEKAUFF** 208-730-2480

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HONDA '04 Pilot EX-L, #11676, 2008, \$28,900. Call 208-324-3900 dr.

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Redskins, Panthers are playoff-bound

PHILADELPHIA (AP) — Joe Gibbs and the Washington Redskins are back in the playoffs.

Clinton Portis ran for 112 yards and two touchdowns, leading the Redskins to a hard-fought 31-20 victory over the Philadelphia Eagles

On Sunday, Washington (10-6) clinched the NFL's first playoff spot and its first postseason berth since 1999 with its fifth straight win. The victory also eliminated Dallas from contention. The Redskins play

Rank	W	L	T	Pct	PP	PA	Home	Away	AFC	NFC	Div
1	11	5	0	.688	221	214	7-1	6-0	10-0	8-0	0-0
2	10	6	0	.625	298	295	8-2	6-0	7-0	7-0	0-0
3	10	6	0	.625	241	241	6-0	6-0	7-0	7-0	0-0
4	10	6	0	.625	239	241	6-0	6-0	7-0	7-0	0-0
5	10	6	0	.625	237	237	6-0	6-0	7-0	7-0	0-0
6	9	7	0	.563	288	288	6-0	6-0	6-0	6-0	0-0
7	9	7	0	.563	283	283	6-0	6-0	6-0	6-0	0-0
8	9	7	0	.563	279	279	6-0	6-0	6-0	6-0	0-0
9	9	7	0	.563	278	278	6-0	6-0	6-0	6-0	0-0
10	9	7	0	.563	277	277	6-0	6-0	6-0	6-0	0-0
11	9	7	0	.563	276	276	6-0	6-0	6-0	6-0	0-0
12	9	7	0	.563	275	275	6-0	6-0	6-0	6-0	0-0
13	9	7	0	.563	274	274	6-0	6-0	6-0	6-0	0-0
14	9	7	0	.563	273	273	6-0	6-0	6-0	6-0	0-0
15	9	7	0	.563	272	272	6-0	6-0	6-0	6-0	0-0
16	9	7	0	.563	271	271	6-0	6-0	6-0	6-0	0-0
17	9	7	0	.563	270	270	6-0	6-0	6-0	6-0	0-0
18	9	7	0	.563	269	269	6-0	6-0	6-0	6-0	0-0
19	9	7	0	.563	268	268	6-0	6-0	6-0	6-0	0-0
20	9	7	0	.563	267	267	6-0	6-0	6-0	6-0	0-0
21	9	7	0	.563	266	266	6-0	6-0	6-0	6-0	0-0
22	9	7	0	.563	265	265	6-0	6-0	6-0	6-0	0-0
23	9	7	0	.563	264	264	6-0	6-0	6-0	6-0	0-0
24	9	7	0	.563	263	263	6-0	6-0	6-0	6-0	0-0
25	9	7	0	.563	262	262	6-0	6-0	6-0	6-0	0-0
26	9	7	0	.563	261	261	6-0	6-0	6-0	6-0	0-0
27	9	7	0	.563	260	260	6-0	6-0	6-0	6-0	0-0
28	9	7	0	.563	259	259	6-0	6-0	6-0	6-0	0-0
29	9	7	0	.563	258	258	6-0	6-0	6-0	6-0	0-0
30	9	7	0	.563	257	257	6-0	6-0	6-0	6-0	0-0
31	9	7	0	.563	256	256	6-0	6-0	6-0	6-0	0-0
32	9	7	0	.563	255	255	6-0	6-0	6-0	6-0	0-0
33	9	7	0	.563	254	254	6-0	6-0	6-0	6-0	0-0
34	9	7	0	.563	253	253	6-0	6-0	6-0	6-0	0-0
35	9	7	0	.563	252	252	6-0	6-0	6-0	6-0	0-0
36	9	7	0	.563	251	251	6-0	6-0	6-0	6-0	0-0
37	9	7	0	.563	250	250	6-0	6-0	6-0	6-0	0-0
38	9	7	0	.563	249	249	6-0	6-0	6-0	6-0	0-0
39	9	7	0	.563	248	248	6-0	6-0	6-0	6-0	0-0
40	9	7	0	.563	247	247	6-0	6-0	6-0	6-0	0-0
41	9	7	0	.563	246	246	6-0	6-0	6-0	6-0	0-0
42	9	7	0	.563	245	245	6-0	6-0	6-0	6-0	0-0
43	9	7	0	.563	244	244	6-0	6-0	6-0	6-0	0-0
44	9	7	0	.563	243	243	6-0	6-0	6-0	6-0	0-0
45	9	7	0	.563	242	242	6-0	6-0	6-0	6-0	0-0
46	9	7	0	.563	241	241	6-0	6-0	6-0	6-0	0-0
47	9	7	0	.563	240	240	6-0	6-0	6-0	6-0	0-0
48	9	7	0	.563	239	239	6-0	6-0	6-0	6-0	0-0
49	9	7	0	.563	238	238	6-0	6-0	6-0	6-0	0-0
50	9	7	0	.563	237	237	6-0	6-0	6-0	6-0	0-0
51	9	7	0	.563	236	236	6-0	6-0	6-0	6-0	0-0
52	9	7	0	.563	235	235	6-0	6-0	6-0	6-0	0-0
53	9	7	0	.563	234	234	6-0	6-0	6-0	6-0	0-0
54	9	7	0	.563	233	233	6-0	6-0	6-0	6-0	0-0
55	9	7	0	.563	232	232	6-0	6-0	6-0	6-0	0-0
56	9	7	0	.563	231	231	6-0	6-0	6-0	6-0	0-0
57	9	7	0	.563	230	230	6-0	6-0	6-0	6-0	0-0
58	9	7	0	.563	229	229	6-0	6-0	6-0	6-0	0-0
59	9	7	0	.563	228	228	6-0	6-0	6-0	6-0	0-0
60	9	7	0	.563	227	227	6-0	6-0	6-0	6-0	0-0
61	9	7	0	.563	226	226	6-0	6-0	6-0	6-0	0-0
62	9	7	0	.563	225	225	6-0	6-0	6-0	6-0	0-0
63	9	7	0	.563	224	224	6-0	6-0	6-0	6-0	0-0
64	9	7	0	.563	223	223	6-0	6-0	6-0	6-0	0-0
65	9	7	0	.563	222	222	6-0	6-0	6-0	6-0	0-0
66	9	7	0	.563	221	221	6-0	6-0	6-0	6-0	0-0
67	9	7	0	.563	220	220	6-0	6-0	6-0	6-0	0-0
68	9	7	0	.563	219	219	6-0	6-0	6-0	6-0	0-0
69	9	7	0	.563	218	218	6-0	6-0	6-0	6-0	0-0
70	9	7	0	.563	217	217	6-0	6-0	6-0	6-0	0-0
71	9	7	0	.563	216	216	6-0	6-0	6-0	6-0	0-0
72	9	7	0	.563	215	215	6-0	6-0	6-0	6-0	0-0
73	9	7	0	.563	214	214	6-0	6-0	6-0	6-0	0-0
74	9	7	0	.563	213	213	6-0	6-0	6-0	6-0	0-0
75	9	7	0	.563	212	212	6-0	6-0	6-0	6-0	0-0
76	9	7	0	.563	211	211	6-0	6-0	6-0	6-0	0-0
77	9	7	0	.563	210	210	6-0	6-0	6-0	6-0	0-0
78	9	7	0	.563	209	209	6-0	6-0	6-0	6-0	0-0
79	9	7	0	.563	208	208	6-0	6-0	6-0	6-0	0-0
80	9	7	0	.563	207	207	6-0	6-0	6-0	6-0	0-0
81	9	7	0	.563	206	206	6-0	6-0	6-0	6-0	0-0
82	9	7	0	.563	205	205	6-0	6-0	6-0	6-0	0-0
83	9	7	0	.563	204	204	6-0	6-0	6-0	6-0	0-0
84	9	7	0	.563	203	203	6-0	6-0	6-0	6-0	0-0
85	9	7	0	.563	202	202	6-0	6-0	6-0	6-0	0-0
86	9	7	0	.563	201	201	6-0	6-0	6-0	6-0	0-0
87	9	7	0	.563	200	200	6-0	6-0	6-0	6-0	0-0
88	9	7	0	.563	199	199	6-0	6-0	6-0	6-0	0-0
89	9	7	0	.563	198	198	6-0	6-0	6-0	6-0	0-0
90	9	7	0	.563	197	197	6-0	6-0	6-0	6-0	0-0
91	9	7	0	.563	196	196	6-0	6-0	6-0	6-0	0-0
92	9	7	0	.563	195	195	6-0	6-0	6-0	6-0	0-0
93	9	7	0	.563	194	194	6-0	6-0	6-0	6-0	0-0
94	9	7	0	.563	193	193	6-0	6-0	6-0	6-0	0-0
95	9	7	0	.563	192	192	6-0	6-0	6-0	6-0	0-0
96	9	7	0	.563	191	191	6-0	6-0	6-0	6-0	0-0
97	9	7	0	.563	190	190	6-0	6-0	6-0	6-0	0-0
98	9	7	0	.563	189	189	6-0	6-0	6-0	6-0	0-0
99	9	7	0	.563	188	188	6-0	6-0	6-0	6-0	0-0
100	9	7	0	.563	187	187	6-0	6-0	6-0	6-0	0-0

On Sunday, Washington (10-6) clinched the NFL's first playoff spot and its first postseason berth since 1999 with its fifth straight win. The victory also eliminated Dallas from contention. The Redskins play

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Tampa Bay (11-5) won an NFC wild-card game next Sunday.

Panthers 11, Falcons 11

ATLANTA — DeShaun Foster rushed for 157 yards and Jake Delhomme threw

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On Sunday, Washington (10-6) clinched the NFL's first playoff

SCHOOL DAYS

AFTER-SCHOOL MENTORING



Students and mentors in the BEACH Club enjoy games at its recent holiday party.

BEACH Club extends holiday wish, fun to help children

By Brandon Fiala
For The Times-News

Jerome — The BEACH Club celebrated the holidays.

Students won prizes, ate and performed Christmas songs.

BEACH stands for "Building Excellence in Academics, Character and Health." The Jerome School District and Catholic Charities of Idaho Inc. partnered to create the club, an after-school mentoring program for children in fourth through eighth grades.

"We invite parents in to see their kids perform," said Joy Karavadas, program director. "We have prizes for mentors and students."

Students had earned BEACH "bucks" from attendance, homework and attitude. During the party, they exchanged them for prizes in a raffle.

Daniel Whistler, an eighth-grader at

Mentors needed

Mentors are needed to volunteer from one to three hours a week.

For more information, call Joy Karavadas at 324-3398 ext. 2831 or Millie Cowbra at 324-4286.

Jerome Middle School, used his BEACH bucks to win a gift card.

"It's all fun, I like all the activities," he said.

BEACH Club is a program designed to keep students involved in school. It works by pairing students with volunteer mentors and offering activities, such as field trips and games three times a week after school.

"There has been a lot of community support," Karavadas said.

There are currently 60 students in the

program and 34 mentors.

"We have some double-up, and we have a lot of group activities," she said.

During the party, some mentors were recognized for their work. Many mentors are students at the College of Southern Idaho, who participate as part of a leadership program.

Becky Diaz, whose daughter has been in BEACH for two years, said activities like the party have helped her daughter make more friends.

"I'm glad she's in it. She has been able to get to know other people," she said.

The program, which is funded by a three-year grant from the U.S. Department of Education totaling \$550,000, is approaching its second year in Jerome.

Brandon Fiala is North Side News editor.

THIS student meets tennis greats at journey

By Megan Tillquist
For The Times-News

The roar of the crowd, the splash of a tennis racket, and the feeling of butterflies in my stomach, this is an event I'll never forget.

I got to chance to be a ball person at the Rock of Racquets tournament. The tournament was held at the Taco Bell Arena in Boise on Dec. 3. Some of the greatest tennis players were there: Andre Agassi, Scott Gimpf, James Blake, Bob and Mike Bryan, and the no. 1 youth tennis player in the world, Victoria Azarenka.

At all professional tournaments there are ball people. The ball person is the one who stands in the corner of the court and throws a tennis ball to a player when they ask for it.

I was able to be a ball person, and it was amazing. All of the ball people got to go to stand very close to Agassi and Blake, but we all got new matching outfits.

To become a ball person, I had to try out. I had to go up to Boise on Nov. 5 and meet at a country club. Everyone who was trying out was split into three groups and sent to a station.

At the first station I had to run a short distance which was timed. Next, I had to throw three balls to a woman and I was graded on my accuracy and strength. Finally, I had to have three balls thrown to me where I was graded on how well I caught them.

Out of 60 people, 24 were chosen. The chosen ball people had to show up to two more practices where we practiced where to stand and when to throw the balls.

During the day of the tourna-

ment we had to show up early and receive our clothes. We were even allowed to go onto the court early and watch the players warm up.

There were three matches and the 24 ball people were split into three groups of eight. A team of ball people were assigned to a match. I was lucky to have gotten the Agassi vs. Blake match.

Once it was time to be on the floor, we ran out and took our spots. I was flooded with feelings of nervousness, excitement and shock.

With in a few minutes the players were on the floor and I was throwing them balls.

Once the match started I relaxed a little, that is, until Blake was serving toward me and I realized that if Agassi missed the serve, I would be hit in the face.

There were a lot of close calls where I could have been hit with a ball. One time a ball moving at 130 mph ball hit a score board about eight inches away from my hand.

Both players were extremely nice and it seemed like they were just there to have a good time. All the money that was raised went to The Andre Agassi's Charitable Foundation.

In the end I realized that this was a once in a lifetime opportunity and that I was extremely lucky. I was even able to get Bob Bryan's and Victoria Azarenka's autograph.

"I know that I will remember this for the rest of my life, and it is something I can tell my grandchildren. I'll never forget my short time of being among a few of the most amazing tennis players in the world."

Megan Tillquist is a staff writer with the Jerome High School Tiger News.

ESSAY WINNERS



Several Cassia County fourth-graders participated in Living Idaho History Day and wrote essays about what they learned. Winners were, from left, first, Josh Hillscher and his teacher, Tim Archibald of Oakley Elementary School; second, Kael Carpenter and her teachers, Norma Wyatt and Roby Gehhart of White Pine Intermediate School; and third, Jun Contreras and his teacher, Marv Straus of White Pine. At right is Vayompe Ridenour of the Cassia County Historical Society. The winners received cash awards at a ceremony. Each student who wrote an essay also received a Sacagawea dollar.

LINCOLN EINSTEINS

Lincoln Elementary School in Twin Falls named its Einstein Awards for November. They are, from left to right, top row: Bayer, Arnold, Aaron Benedict, Angel Brinkler, Kyle Bunton and Jazmyrn Garner; middle row: Chase Mayo, Sabina Babio, Storme Jansson, Samantha Lewis and Edgar Ramirez; bottom row: Oscar Heland, Danny Lewis, Juan Peaz, Olivia Brower and Tyler Anderson.



We want your school news

Please send your news and photos to:

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733-0001 Ext. 288 877-4042 Ext. 600

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Boise, Idaho 83718
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Deadline: Thursday noon

Fax: 877-4543 or 734-5538
Email: pdm@magnolia.com

Send your news and pictures:
Honor rolls
School events, such as concerts, open houses, club meetings, parent organizations
Club and school officers
Recent student achievements
Club awards
School projects
Festivities

SCHOOL RECOGNITION

Raft River Junior/Senior High School has been recognized as one of 68 schools in Idaho who made Adequate Yearly Progress in special population groups.

Principal Mary Alice Telford treated her faculty to lunch in Malta. From left, back are: Pat Manning, Randy Spaeth, Eric Boden and Greg Scott; center: Alysean Alves, Jodie Carpenter, Kandace Norris, Dennis Lee, Arlene Ward and Rena Bovee; and front: Mary Alice Telford and Cassi Schenno. Not pictured are: Bowelle Triery, Alicia Howard, Jeff Greenwood, Jeremy Qualls and Ilene Wischel.

Photo courtesy of Raft River High School



MUSIC, MUSIC



Students entertain at the Shoshone Middle and High schools fall concert. The music instructor is Ross Gedberg.