

SIMPLY SHOCKING

LaDainian Tomlinson breaks NFL's single-season TD record.

SPORTS, SEE PAGE B1

A NEW SPIN ON WEIGHT

Twin Falls woman diligent in keeping the pounds off.

IMAGE, SEE PAGE D1

Good Morning

High: 44
Low: 30



Mostly cloudy, Details: B4

Times-News

MONDAY
December 11, 2006
50 cents

MagicValley.com

New liquor law goes into effect

By Farid S. Hopkins
Times-News writer

TWIN FALLS — Mick Barnes, half-way through a second basket of chicken wings on Sunday, finished off another wing and wiped his mouth with a napkin.

Then he reached for his glass of whiskey and water.

Barnes normally works as a truck driver on the weekend. On Sunday, he was one of many at the Pressbox Sports Bar, 1749 Kimberly Road, enjoying an ordinance passed Monday by the Twin Falls City Council. It

allows Sunday liquor sales in bars and restaurants.

"It's nice to be able to have a cocktail instead of having a beer," Barnes, 37, said. "I drank beer when I was a kid but now I'm an old man."

The Twin Falls City Council — citing "inconsistency" in a 1947 state law and a need to accommodate change — voted 5-2 last Monday in favor of allowing liquor-by-the-drink sales. Bar and restaurant owners said lifting the ban will stimulate business and cut down on people who travel to where Sunday liquor-by-the-

How does the liquor-by-the-drink ordinance affect you?

"We go wherever we can get served (liquor)."

— Yammie Gonzalez, Jerome

"I've had about 10 calls and each call has been, 'If we can get liquor we'll be down there,'"

— George Salinas, bartender at the Pressbox in Twin Falls

"It could be good in the summer ... you can call your friends up and say, 'want to have a drink?'"

— Doug Gudenua, Twin Falls

"I don't really drink anything but beer ... It's just that you get to drink more, you get more of a choice."

— Jamie Benavides, Twin Falls

drink sales are allowed, including laptop. New.

"We go wherever we can get served," Yammie Gonzalez said at the Pressbox. Gonzalez is from Jerome and said she and her friends typically go elsewhere but anticipates more

visits to Twin Falls on Sundays. Lawmakers said not having liquor was wrong because the amount of alcohol in a beer or glass of wine is the same as a drink of liquor, and some residents agreed.

"It's not a big deal; it's just

having more choice," said Jamie Benavides, who was having a mixed drink.

Of all the local watering holes, the Pressbox might best illustrate the impact of the new ordinance; the bar consistently fills up on Sundays with foot-

ball fans and when it closed the council vote on Monday, people cheered.

George Salinas, a bartender at the Pressbox for seven years, said about two out of

Please see LIQUOR, Page A3



This photo provided by the Cosmos of Marine Life shows a Kiva lizard, the Yui crab, a new species found near Easter Island.

Scientists seek to unlock mysteries of the deep

By Ruedolph E. Schmid
Associated Press writer

WASHINGTON — Peering deep into the sea, scientists are finding creatures more mysterious than many could have imagined.

On one site, nearly 2 miles deep in the Atlantic, shrimp were living around a vent that was releasing water heated to 765 degrees Fahrenheit.

On the other site, nearly 1 mile deep in the Atlantic, shrimp were living around a vent that was releasing water heated to 765 degrees Fahrenheit.

Water sur-

Vicious dog or accident?

Authorities weigh several factors in deciding what to do with dogs that bite

By Cassidy Friedman
Times-News writer

TWIN FALLS — Animal control can draw a lot of public grows.

Even more than people control.

In Jerome, a single high-profile dog bite may move the City Council to stiffen city policy toward dogs, according to Jerome Animal Control Officer Gordon Leininger.

The Twin Falls animal shelter impounded 10 percent more dogs for biting this year — 26 than last year, generates less interest. It's a statistic.

But not for Twin Falls resident Noralee Fairbanks, who watched a neighborhood bird dog attack her 3-year-old Yorkies at 7:30 a.m. Nov. 28 as they ran for their doggie door.

"These dogs are out of control," Fairbanks said.

But a dog that has bitten does not automatically get lumped in with other bad dogs.

Biting dogs are handled case-by-case. The fate of the dog that bites is left to the discretion of animal shelter personnel, the animal control officer, the victim and the dog owner. What they are generally interpreting is how to apply the law to the incident. The ultimate discretion for doing that, however, rests with a judge, but a variety of people play key roles in the process.



The fate of a dog that bites is left to the recommendation of animal shelter personnel, the animal control officer, the victim and the dog owner before it goes to court and is decided by a judge.

Twin Falls Animal Shelter

It's not just about the dog.

Once Debbie Blackwood, director of the Twin Falls Animal Shelter, has scrutinized the dog and the crime scene, she looks at the dog owner.

Pinpointing who is at fault is only half her job. The other half is asking how likely a recurrence would be. If the dog has a "Is this a freak accident and these people are incredibly responsible or does this seem to be a repeat scene?" Blackwood said. If dog owners blame everyone but themselves, that's a problem, she said.

She checks her file to see if the dog has ever escaped before. She checks the person's record to see if they are responsible. Also, she sees if the problem can be fixed.

"We try to make a good decision to see exactly how vicious is this dog," Blackwood said.

Animal control officers

Was it a nip or a wound?

"It matters. Especially in a region that trains pets to move sheep and cattle by nipping at the rear legs.

"If it's ripping and tearing, then that would put it in the category of something

we would want to address immediately," said Ken Danson, animal control deputy for Twin Falls County. Not just the brutality of the wound but also a dog's temperament indicates to Danson whether the act was malicious.

According to a state code that both Jerome and Twin Falls have adopted, a dog that bites when it is provoked is not necessarily guilty of retaliation.

"A vicious dog ... shall not include a dog that bites, attacks or menaces a person or other animal that has tormented or injured the dog," according to the Jerome city ordinance.

The tormentor, in this case, has to be the victim. But Danson said if a third party torments the dog immediately before the dog lashes out, that may prove a mitigating circumstance.

After eight years of controlling animals in the county and five years for the city, Danson has encountered many vicious dogs.

Eighty percent of the vicious dogs he encounters are within the city, where dog owners must abide by a different set of rules than in the county. In the city, for example, dogs must be restrained on the property by a leash, a chain or inside a fence. In the county, no restraint is needed so long as they don't amble off the

property.

Jerome Animal Control Officer Gordon Leininger responded Nov. 28 to Horizon Elementary school after two Rottweilers attacked two first-graders in the playground. He released the dogs to their owner, he said, because at the time one of the boy's parents had said it was OK. Leininger said he also takes the dog owner's wishes into consideration.

There are three types of reactions from dog owners, said Danson.

"Typically, people are wanting to do the right thing," Danson said. "Most people, their opinion is, 'If my dog ever bit somebody like that I would shoot it or kill it or have it put down.'"

The most recent vicious dog case in Jerome, involving two Rottweilers that bit two first-graders, will be arraigned at 9:15 a.m. today at the Jerome County Courthouse.

"I'm sure after this Rottweiler incident they are going to be changing things again," said Leininger. Not because of the severity of the incident, he said, but because of the publicity surrounding the case.

Reporter Cassidy Friedman can be reached at (208) 735-3241 or cfriedman@magicvalley.com

ELECTION '06 Otter and Sali spent millions to win in November

By Jesse Harlan Alderman
Associated Press writer

BOISE — The recent races for governor and an open seat in Idaho's 1st Congressional District were likely the most expensive in state history, Secretary of State Ben Ysursa said.

Gov.-elect C.L. "Butch" Otter, a former Republican congressman and millionaire rancher from Sun, spent nearly \$2.8 million to defeat Democratic newspaper publisher Jerry Brady, according to campaign finance reports filed with Ysursa's office.

U.S. Rep.-elect Bill Sali, an eight-term state lawmaker — from Kuna, spent slightly more than \$1 million to beat back Democrat Larry Grant. Sali also carried almost \$235,000 in debt and unpaid bills after the election, according to his Federal Election Commission spending reports.

Both candidates also benefited from so-called 527 organizations — groups that spend money on elections independent from candidate committees.

Otter received support from the anti-tax Republican Governors Association, while the anti-tax lobby Club for Growth and the National Republican Congressional Committee spent more than \$1 million on pro-Sali ads attacking Grant as "too liberal for Idaho."

"The amount of money they spend, like everywhere else, is really going up in Idaho," Ysursa said after the election.

The races saw a major influx of money. Still, Ysursa said when all statewide campaigns are adjusted for inflation, a 1980 U.S. Senate contest between Frank Church and Steve Symms wins out as Idaho's most expensive political race.

Ysursa said internal polls which showed the governor's race as "the likely spur" to a major fundraising drive in the final days. On election day,

Please see ELECTION, Page A3

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Movies A4
Nason C1
Outdoors A5
Quizzes A5
Sudoku C3
Weather B4
World C1



TODAY'S FORECAST

TWIN FALLS		
Today	Tonight	Tuesday
Mostly cloudy	Cloudy, could see a snow shower late	Slight chance of rain or snow
High 44	Low 30	41 / 29

MINI-CASSIA

Today: Mostly cloudy. Highs tower 40s.
Tonight: Cloudy with a snow shower possible late. Lows near 30.
Tomorrow: Cloudy with a slight chance of a rain or snow shower. Highs near 40.

Complete weather report: See page B4

TODAY'S HAPPENINGS

ARTS AND ENTERTAINMENT

Concert at Radio Rondevo, featuring Voodoo Glow Skulls and the Useless with guests Timmonik and Autumn Faire, 5 p.m., 241 Main St., Twin Falls, 56, 736-4282.

GOVERNMENT

- Lincoln County commissioners, 8:30 a.m., courthouse, 111 W. B. Shoshone, 866-2173.
- Twin Falls County commissioners, 8:30 a.m., courthouse, 425 Shoshone St. N., 735-4068.
- Camas County commissioners, 9 a.m., courthouse, 501 Soldier Road, Fairfield, 764-2242.
- Cassia County commissioners, 9 a.m., courthouse, 1459 Overland, 878-7302.
- Elmore County commissioners, 9 a.m., courthouse, 150 S. Fourth E., Mountain Home, 587-2129.
- Gooding County commissioners, 9 a.m., courthouse, 624 Main, 934-4841.
- Jerome County commissioners, 9 a.m., courthouse, 300 N. Lincoln, 644-2700.
- Minidoka County commissioners, 9 a.m., courthouse, 715 G St., Rupert, 436-7111.
- Malta City Council, 5 p.m., Raft River Electric Co-op conference room, 155 N. Main, 645-2211.
- Twin Falls City Council, 5 p.m., council chambers, 305 Third Ave. E., 735-7274.
- Ketchum Planning and Zoning Commission, 5:30 p.m., City Hall, 480 E. Ave. N., 726-7801.
- Hayley City Council, 5 p.m., City Hall, 115 Main St. S., 788-4221.
- Buhl City Council, 7 p.m., council chambers, 203 Broadway Ave. N., 543-5650.
- Camas County School Board, 7 p.m., high school, 610 Soldier Road, Fairfield, 764-2242.
- Hansen City Council, 7 p.m., City Hall, 388 Main, 423-5158.
- Hazelton City Council, 7 p.m., city office, 246 Main, 829-5415.
- Hollister City Council, 7 p.m., City Hall, 2392 Main, 655-4225.
- Richfield City Council, 7 p.m., city office, 180 W. Lincoln, 487-2755.
- Twin Falls School Board, 7 p.m., administration office, 201 Main Ave. W., 735-6900.
- Valley School Board (Eden-Hazelton), 7 p.m., media center, 882 Valley Road S., 829-5333.
- Hagerman School Board, 8 p.m., elementary school, 324 Second Ave. N., 837-4777.

HEALTH

College of Southern Idaho's Over Sixty and Getting Fit programs, a guided walking workout with stretching and gentle resistance training, 9 to 10 a.m. at several Magic Valley locations: CSI gym, Jerome Rec Center, Shoshone High (old gym), Rupert City Gym, Blaine County Campus Gym and Filer Elementary; 10:30 to 11:30 a.m. at Buhl High School; and 11:30 a.m. to 12:30 p.m. at CSI Burley Outreach Center Gym, no cost, 732-8475.
TOPS (Take Off Pounds Sensibly) 10 No. 3 Chapter of Twin Falls, weigh ins at 11:30 a.m., meeting from 12:30 to 1:30 p.m. Fellowship room, Magic Valley Church of Christ, 2005 Filer Avenue E., no cost to visit, 736-7237 or 736-9282.

THIS WEEK AT CSI

Today

CSI library is open 7:30 a.m. to 10 p.m. through Thursday and 7:30 a.m. to 6 p.m. Friday.
CSI Testing Center is open 8 a.m. to 9:30 p.m. through Thursday and 8 a.m. to 5 p.m. Friday.
CSI Adult Basic Education Center is open 8 a.m. to 4:30 p.m. (also Friday).
CSI Idaho transfer student day, 9 a.m. to 2 p.m.; Student-Union-Building Eagles-Nest.
CSI Golden Eagle Boosters weekly luncheon and meeting, noon, Taylor 277.
CSI Early Childhood Program education training, 9:30 p.m., Taylor 277.

Tuesday

CSI Adult Basic Education Center is open 8 a.m. to 9:30 p.m. (also Wednesday and Thursday).
Hagerman High School campus visit, 9 a.m. to 2 p.m., all campus.
Herrett Center for Arts and Science is open 9:30 a.m. to 9 p.m.
CSI Foundation board meeting, 11:30 a.m., Taylor 276.

Jazz at Java: CSI Jazz Club performance, 5 to 7 p.m., Java at 228 Blue Lakes N. (free and open to the public).
Circle and Traffic Safety School, 5 p.m., Student Union 247.
Circle: Amber Scon art exhibit, Herrett Center, Jean B. King Gallery (through Jan. 20).
High Desert Back Country Horsemen general meeting, 7 p.m., Student Union 248.
CSI Music Department recital, 7 p.m., Fine Arts Rectory Hall 219.
"The Christmas Star," 7 p.m., Faulkner Planetarium.
Steamrolling through the Holidays, 8:15 p.m., Faulkner Planetarium.

Wednesday

Regional school superintendents' monthly meeting, 8 a.m. to 3 p.m., Taylor 277.
Herrett Center for Arts and Science is open 9:30 a.m. to 4:30 p.m.
Idaho State University student teacher celebration, 4 p.m., Taylor 276 and 277.
CSI Ag Department Food Products and Agronomy Center Development workshop, 4 p.m., Evergreen classrooms.
White Honors graduation for associate degree nurses, 7 p.m., Fine Arts Auditorium.

Stryx Narcotics Anonymous meeting, 7 p.m., Desert 113.
The Herrett Forum presents Del Parkinson with a Gershwin piano concert and lecture, 7:30 p.m., Herrett Center for Arts and Science, Rick Allen Community Room (free and open to the public).
Magic Valley Radio Amateurs monthly meeting, 7:30 p.m., Shields 102.

Thursday

CSI library is open 7:30 a.m. to 4:30 p.m.
Twin Falls Chamber of Commerce and Idaho Small Business Development Center ribbon-cutting ceremony for BHR & Associates, 11 a.m., Evergreen Planetarium.
Southern Idaho Economic Development Organization full board meeting, 11 a.m., Taylor 277.
Idaho State Board of Nursing Licensure presentation, 11 a.m., Taylor 276.
CSI White House graduation for practical nurses, 5 p.m., Fine Arts Auditorium.

Friday

CSI library is open 8 a.m. to 4:30 p.m.
Huggle Bears Narcotic Anonymous weekly meeting, 7 p.m., Desert 113.

Friday-Saturday

Herrett Center for Arts and Science is open 1 to 9 p.m.
"Fat Out Space Places," 2 and 4 p.m., Faulkner Planetarium.
Fifth Judicial District basic mediation training, 5 p.m., Taylor 276 and 277.
"The Christmas Star," 7 p.m., Faulkner Planetarium.
"Steamrolling through the Holidays," 8:15 p.m., Faulkner Planetarium.

Saturday

Idaho Small Business Development Center volunteer tax/audit training, 9 a.m., Evergreen C93.

Saturday-Sunday

CSI Recreation Center hours, noon to 10 p.m.
LDS Twin Falls Institute of Religion "Evenside's Christmas to You" program, 8 p.m. on Saturday, 7 p.m. on Sunday, Fine Arts Theater.

MAGIC VALLEY



Buhl parade draws festive crowd

BUHL — With temperatures hovering above freezing, Saturday night was a beautiful night for enjoying a parade, and in Buhl many people did just that.

SEE PAGE A4

Red Cross offers tips for a safe holiday

TWIN FALLS — Many homes are already aglow with festive Christmas trees and lights, a reminder of the season but also a reminder to be smart about possible fire hazards.

SEE PAGE A4

CSI plans week-long celebration of rights

TWIN FALLS — Three days of events, including the second annual Magic Valley Human Rights Celebration, have been planned at the College of Southern Idaho for Human Rights Week beginning Jan. 16, the day after Martin Luther King, Jr. Day.

SEE PAGE A4

Shoshone man's work ethic remembered

SHOSHONE — By all accounts, Richard Oneida was just a regular guy. But his exceptionally strong work ethic and genuine love for his family set him apart from many Oneida, who died Dec. 4 at age 75, worked with his family in farming and ranching in Shoshone — a job he truly enjoyed.

SEE PAGE A4

SHOOTERS' GALLERY



This was a fun assignment, with the sounds of saws and sanders in the air, I parachuted into a flurry of activity at the woodworking shop at the College of Southern Idaho. I chose this image because I like the layers of information in the photo as well as the angle. In the foreground you see Justin Bright working on his cherry wood computer desk, while in the background, you see two other gentlemen working on their projects. I think the overhead angle helps to give the feel and perspective of the woodworking shop. This photo was taken with a Canon EOS-1D Mark II w/ f-2.8, 1/125 second with a 16mm lens.

— ASHLEY SMITH, Times-News chief photographer

IDAHO/WEST

Campaign finance reports filed

BOISE, Idaho — The recent races for governor and an open seat in Idaho's 1st Congressional District were likely the most expensive in state history, Secretary of State Ben Yursa said. Gov.-elect C.L. "Butch" Otter, a former Republican congressman and millionaire rancher from Star, spent nearly \$2.8 million to defeat Democratic newspaper publisher Jerry Brady, according to campaign finance reports filed with Yursa's office.

SEE PAGE A1

Push for more math and science classes

POST FALLS, Idaho — The Idaho Board of Education is preparing to push for stiffer math and science requirements in Idaho high schools during the upcoming Legislative session, sparking debate over how much math Idaho's students really need. The majority of states require high school students to take three years of math and science, and Idaho's two-year requirement isn't enough for students to stay competitive, educators say.

SEE PAGE AB

Part of Boise River to be water park?

City planners are pushing to turn a stretch of the Boise River near downtown into a whitewater rafting park. "It would be great," said Scott Van Hoff, who manages Idaho's National Flood Insurance Program. "It would be like, 'It's lunch hour, let's go have some fun.'"

SEE PAGE AB

OBITUARIES

Lola Fayé (Norris) Deatheage, 87
Shirley Rebecca Clark, 84
Marion Pugline, 88
Jolenta F. "Minnie" Halfhide, 85

SEE PAGE A5

NATION/WORLD

Ex-Chilean dictator Pinochet dies at 91

SANTIAGO, Chile — Gen. Augusto Pinochet, who terrorized his opponents for 17 years after taking power in a bloody coup, died Sunday, putting an end to a decade of intensifying efforts to bring him to trial for human rights abuses blamed on his regime. He was 91.

SEE PAGE C1

Iraq panel defends plan for new strategy

WASHINGTON — Leaders of a bipartisan panel on Iraq defended their call for a new war strategy Sunday, saying it embraces President Bush's goal of an Iraq agreement that can defend and sustain itself.

SEE PAGE C1

Astronauts take stock of shuttle's heat shield

HOUSTON — The orbiting Discovery crew started the meticulous inspection of the shuttle's heat shield on Sunday, looking for any possible damage from liftoff.

SEE PAGE C1

Obama says he still hasn't decided to run

MANCHESTER, N.H. — Sen. Barack Obama sparked an early frenzy Sunday during his initial visit to the nation's first presidential primary state, but said he still hasn't decided whether to run despite large crowds that he said have shown his "15 minutes of fame has extended a little longer."

SEE PAGE C1

SPORTS

Tomlinson sets NFL season TD record

SAN DIEGO — With chants of "L.T.L.T." pouring from the stands, LaDainian Tomlinson delivered a record and a division title for San Diego. Tomlinson scored three touchdowns Sunday, including the final two in a span of 47 seconds late in the game, to break the NFL single-season record with 29 TDs. He led the Chargers to a 48-20 win over the Denver Broncos on Sunday.

SEE PAGE B1

Seahawks stumble against Cardinals

GLENDALE, Ariz. — The Seattle Seahawks gave away a chance to clinch their third straight NFC West title Sunday. Arizona scored 14 points off Seattle fumbles and a Seahawk comeback came up a half-yard shy at the finish in the Cardinals' 27-21 victory over the reigning NFC champs.

SEE PAGE B1

Utah defensive coordinator staying

SALT LAKE CITY — Utah defensive coordinator Gary Anderson has taken himself out of consideration for the coaching job at Idaho State. Anderson interviewed at Idaho State last week, but decided over the weekend to stay at Utah. "The future of the University of Utah football team is extremely bright. My family and I love the Utah and Salt Lake City and want to stay here," he said in a statement.

SEE PAGE B1

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FROM PAGE ONE

Liquor

Continued from page A1
every five customers on Sunday were ordering liquor or mixed drinks.

"I've had about 10 calls and each call has been, 'If we can get liquor, we'll be down there,'" he said. "I expect it's going to get slammed real busy on Sundays."

Some popular spots, including The Oasis — Fine Food and Spirits and Kruger's, are expected to remain closed Sundays, but bars that cater to nighttime regulars were expecting a busy Sunday night.

At Woody's in Old Towne, a small group took shots, and a gentleman munched on peanuts as he sipped on the bar's first mixed-drink on a Sunday — Jack Daniel's and Coca-Cola.

"I know a lot of people are stoked about the liquor change so they'll be here," said bartender Amy Whitmore.

Reporter Jared S. Hopkins can be reached at (208) 733-3204 or jhopkins@maglevale.com

Ocean

Continued from page A1
found a way to make a living just about everywhere," said Jesse Ausubel of the Sloan Foundation, discussing the findings of year six of the census of marine life.

Added Ron O'Dor, a senior scientist with the census: "We can't find anywhere where we can't find anything new."

This year's update, released Sunday, is part of a study of life in the oceans that is scheduled for final publication in 2010. The census is an international effort supported by governments, divisions of the United Nations and private conservation organizations. About 2,000 researchers from 60 countries are participating.

Ausubel said there are nearly 16,000 known species of marine fish and 70,000 kinds of marine mammals. A couple of thousand have been discovered during the census.

The researchers conducted 19 ocean expeditions this year; a 20th continues in the Antarctic. In addition, they operated 120 research sampling sites and, using satellites, followed more than 20 tagged species including sharks, squid, sea lions and albatross.

Highlights of the 2006 research included:
• Shrimp, clams and mussels living near the super-hot thermal vent in the Atlantic, where they face pulses of water that is near-boiling despite shooting into the frigid sea.

• In the sea surrounding the Antarctic, a community of marine life shrouded in darkness beneath more than 1,600 feet of ice. Sampling of this remote ocean yielded more new species than familiar ones.

• Off the coast of New Jersey, 20 million fish swarming in a school the size of Manhattan.

• Finding alive and well, in the Coral Sea, the type of shrimp called Neoglypheo neocaledonica, thought to have disappeared millions of years ago. Researchers nicknamed it the Jurassic shrimp.

• Satellite tracking of tagged sooty shearwaters, small birds, that mapped the birds' 43,500-mile search for food in a giant figure eight over the Pacific Ocean, from New Zealand via Polynesia to foraging grounds in Japan, Alaska and California and then back. The birds averaged a surprising 217 miles daily. In some cases, a breeding pair made the entire journey together.

• A new find, a 4-pound rock lobster discovered off Madagascar.

• A single-cell creature big enough to see, in the Nazare Canyon off Portugal. The fragile new species was found 1,000 feet deep. It is enclosed within a plate-like shell, four-tenths of an inch in diameter, composed of mineral grains.

• A new type of crab with a furry appearance, near Easter Island. It was so unusual it warranted a whole new family designation, Kiwaidae, named for Kiwa, the Polynesian goddess of shellfish. Its furry appearance justified its species name, hisuta, meaning hairy.

Election

Continued from page A1
Otter prevailed 54 percent to 43 percent.

Yor had a proven fundraiser in Butch Otter who showed very early, trying to get out of the blocks how well he could raise money," Yursa said.

Brady had not submitted his campaign finance report on Friday, a day after the state's Dec. 7 filing deadline. As of Oct. 31, Brady had raised nearly \$1.5 million.

Former Gov. Dirk Kempthorne spent close to \$1.2 million to beat Brady in 2002 — about \$1.6 million less than Otter spent on his victory.

In the race for Otter's former seat in the 1st District, Sali outpaced Grant in spending almost 2-to-1 without including the independent spending. Grant spent about \$682,000 and received essentially no outside money from the Democratic party and national interest groups.

Democratic activists and bloggers have groused that Grant and other candidates ignored by top party strategists could have won with more money. Grant fell short by about 5 percentage points, or 10,000 votes.

Jasper LICalzi, a professor of political economy at Albertson College of Idaho,

disputed that logic. He said Grant was unlikely to overcome his party's registration gap in the heavily Republican district, even if he spent millions of dollars.

"There's a threshold that you hit where the money is almost wasteful," LICalzi said.

Sali is still working to raise money to pay off his campaign debts, said campaign manager and treasurer Jessee Sali.

The Republican still owes almost \$110,000 to Spartac LLC of Meridian, a little-known company founded last year by Lou Esposito, a man Sali called the "CEO" of his campaign.

Sali has paid Spartac more money than any other company or individual, according to FEC reports. Sali's reports payments to Spartac for media buys, direct mail, grassroots organizing, polling, get-out-the-vote operations and general consulting.

He also paid other companies for those same services.

Sali still owes \$55,000 to another mailing services firm, Blueprint Consulting of Scottsdale, Ariz. Blueprint frequently receives money from the Club for Growth, according to campaign finance watchdog groups.

Earn your Bachelor's degree without leaving Twin Falls!
Rhonda Breske did.

Rhonda earned her Bachelor's in Elementary Education from Idaho State University-Twin Falls.


We also offer classes in Psychology, Nursing, Respiratory Therapy, Human Resource Training and Development, and More!

Financial aid, academic advising and registration services are also available. It's not too late to register for Spring semester. Classes begin January 8.

We are located in the Evergreen Building on the CSI Campus.
Call: 736-2101 or email vaagchr@isu.edu




Try Something Extraordinary



Let us help you apply on-line to be a BLM firefighter
Wednesday, December 13 3:00 to 7:00 PM


In Burley: 3630 Overland Ave.
In Shoshone: 400 West F Street

Applications are only accepted on-line!

Computers will be set up and people will be there to answer questions and assist in completing applications

Visit www.southidahofire.blm.gov
Have your resume completed and get help with the rest of the process that evening!

Requirements to apply:
18 years old by June 1
U.S. Citizen
High School diploma or GED




WANTED

30 PEOPLE WHO

Have difficulty hearing and understanding in background noise. These 30 people are needed to evaluate Miracle-Ear's latest and most advanced digital hearing instruments and the effectiveness of the directional microphone systems in background noise. Candidates will be asked to evaluate our instruments for days (risk free*). At the end of the 30 days, if you are satisfied with the improvement in your hearing and wish to keep the instrument, you may do so at tremendous savings.

Candidates will be selected by 12/31/06.


If you are interested
Call (208) 733-3340 for your appointment.



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208.733.3340

Free hearing tests* are provided to anyone interested in knowing if they qualify for this program.

*Hearing tests always free. Hearing test is an audiometric test to determine proper amplification needs only. Risk free offer, the aids must be returned within 30 days of delivery if not completely satisfied and 100% of the purchase price will be refunded.
*Hearing aids do not restore natural hearing. Individual experiences vary depending on severity of loss, accuracy of evaluation, proper fit and ability to adapt to amplification.



AROUND THE VALLEY

Sewer work shuts down part of 300 South

HEROME — The city of Jerome is installing a sewer main line, and crews will be working along 300 South Road between 100 East Road and 200 East Road.

The road will be closed to through traffic beginning today, with traffic being detoured around the construction site.

In the near future, 300 South Road between 100 East and South Lincoln will be closed for the project.

The city's public works department apologizes for any inconvenience.

Updates will be issued on road closures as the construction progresses.

Club offers \$3 childcare for parents

TWIN FALLS — The Boys and Girls Club of Magic Valley is offering to watch your kids from 7 to 10 p.m. Friday. Cost is \$3 per child. Children ages 6 and up will enjoy Christmas movies, gym activities, and arts and crafts — while parents can take the night off.

Parents need to sign up before Thursday by calling Hobyn, 736-7011.

Group to host Christmas potluck

WENDELL — The Magic Valley Military Support Group will hold a Christmas potluck at 6:30 p.m. Saturday at the Wendell American Legion Hall, 610 W. Main. Entertainment by the Old Time Fiddlers will follow dinner.

Anyone with family or friends in the military is invited.

Bring a dish to share. Drinks and table service will be provided.

Legislators invite public comments

RUPERT — District 26 legislators Rep. Maxine Bell, R-Jerome, Rep. Bert Stevenson, R-Rupert, and Sen. Dean Cameron, R-Rupert, will be available at 11:30 a.m. Friday to hear and discuss residents' concerns for the next legislative session.

Anyone is welcome to drop in the Main County Senior Center, 702 11th St.

For more information, call 436-9107.

CSI students vie for free tuition

TWIN FALLS — A raffie fundraiser for students in the College of Southern Idaho's Surgical Technology Club is offering a semester's worth of CSI tuition to one winner.

The prize, valued at \$1,000, will be awarded Jan. 19 and can be used by the winner or transferred to another person. Tickets are \$5 each or five tickets for \$20.

Tickets are available from Surg-Tech Club members or by calling Janell Jackson at 309-1808. Club members will sell tickets at a table in the CSI Student Union Building from 10 a.m. to noon Monday through Friday and again Jan. 16 through 18.

Snowpack Levels

Watershed	Av. % peak*
Salmon	70% 18%
Big Wood	67% 18%
Little Wood	65% 17%
Big Lost	65% 16%
Little Lost	66% 16%
Honey Fork/John	64% 16%
Upper Snake Basin	65% 16%
Oakley	90% 21%
Salmon Falls	76% 19%

*A comparison of basin snowpack, on Dec. 10, with a 30-year average.

**An indicator of basin snowmelt.

†By the entire watershed.

‡By the peak snowing.

Buhl enjoys 'old-fashioned Christmas'

Night Light Parade and other festivities bring out a crowd

By Blair Koch
Times-News correspondent

BUHL — With temperatures hovering above freezing, Saturday night was a beautiful night for enjoying a parade, and in Buhl many people did just that.

Whether for the lighting of the Memory Trees, taking in caroling at the Eighth Street Center or enjoying a bowl of hot chili, the annual Night Light Parade has become a tradition for residents and visitors alike.

Debby Christophersen of Buhl took in the festivities with her daughter, Janna

Cowger of Burger, and mom, Vivian Diass of Buhl.

"Ever since they started the parade, I can't remember not going to it," Christophersen said. "The Moose Lodge has their party on the same night of the parade so it has just become tradition to watch it together."

Christophersen was enjoying the mild temperatures but confessed to wishing it was more of a white Christmas. "I would rather it be snowing," she said. "Then it would feel more like Christmas."

Buhl's holiday celebration is one that Susan Copen of Kimberly won't miss.

"We don't go to any other Christmas parade but Buhl's," Copen said. "I bring my children every year. My family is from Buhl. It is our true hometown."

Her children, Emily, 6, and Noah, 8, watched the lighting of the Memory Trees at the corner of Broadway Avenue and Main Street prior to the parade's start.

"It was neat," Emily said. "But we didn't get any hot chocolate."

It took four tall evergreens to hold the 425 commemorative decorations that were sold to benefit the Buhl Boys and Girls Club. After they were



The Filer Middle School Choir cheers some holiday cheer Saturday during Buhl's Night Light Parade.

It, a group caroled for the crowd as they awaited their turn to watch the parade roll by.

"This is how we ring in Christmas," Copen said. "It is really a festive event."

Times-News correspondent Blair Koch can be reached by e-mail at blairkoch@magval.com or by calling 216-2607.

SUNDAY EVENING PERFORMANCE



Members of the O'Lazy Jazz Band under the direction of Dennis Bortz perform Sunday evening at the Twin Falls City Park during the 22nd annual Christmas in the Park celebration.

CSI to host human rights celebration

Times-News

TWIN FALLS — Three days of events, including the second annual Magic Valley Human Rights Celebration, have been planned at the College of Southern Idaho for Human Rights Week beginning Jan. 16, the day after Martin Luther King, Jr. Day.

CSI Multicultural Student Services Coordinator Kim Prestwich says CSI's observance will begin with an appearance by award-winning actor, singer, writer and composer Daniel Beaty.

A Yale-honors graduate in English and music, Beaty has appeared in two seasons of HBO's Def Poetry Jam, NBC's Showtime at the Apollo, and has been featured before numerous live audiences, including the Kennedy Center

and the White House.

His one-man show of rhyming history, Emancipation, in which Beaty portrays some 40 characters from a slave ship, opened this fall at the Public Theater in New York City.

Beaty will perform some of the parts of his new play and talk with the audience about how we would react to the issues of slavery if they were part of America today.

His performance will be 6:30 p.m. Jan. 16 in CSI's Fine Arts Theater. The public is invited and admission is free.

A reception will be held immediately after his presentation at which this year's Magic Valley Human Rights Leader will be recognized from the nominations that are submitted for the award.

Nominations are being encouraged through Jan. 10 for individuals or organizations that have demonstrated exceptional commitment to fair and equal treatment for all people regardless of race, religion, nationality, social or economic standing.

Nominations can be e-mailed to kprestwich@csi.edu or mailed to Kim Prestwich, College of Southern Idaho, P.O. Box 1238, Twin Falls, ID 83303.

From 9 a.m. to 2 p.m. Jan. 17, Beaty will give presentations to high school juniors and seniors who will be visiting the CSI campus for Multicultural Student Day.

The Multicultural Student Office will sponsor a screening of the film *Crossing Arizona* at 6 p.m. Jan. 18 in CSI's Fine Arts Recital Hall 119. Admission is free.

Shoshone man worked hard for his family

By Jani Whitard
Times-News correspondent

SHOSHONE — By all accounts, Richard Oneida was just a regular guy. But his exceptionally strong work ethic and genuine love for his family set him apart from many.

Oneida died Dec. 4 at age 75. He was born and raised in a Shoshone boarding-house and lived with not only the people who boarded there, but also many of his extended family.

Life at the house was ripe with activity and left many memories. Happy ones included the indoor bowling alley where children were paid 5 to 10 cents for setting up the pin line.

After serving in the Army as a drill sergeant during the Korean War, Oneida returned to Shoshone and worked with his family in farming and ranching — a job he truly enjoyed.

"It was so much fun," said his daughter Rhonda King. "It truly was a way of life that is no longer present."

After the ranch was sold, Oneida became manager of the Big Wood Canal Company and the American Falls Reservoir District, where his work ethic continued to shine.

"He was easygoing, easy to get along with and easy to work with," said Mne Adams-Garrett, a former employee.

"I really liked Dick ... he did a good job for the farmers."

He also was good to his employees. Adams-Garrett said. Aside from getting them better benefits, he also had a Christmas party for them and even hand-delivered their turkeys.

He received several awards while at the canal company. In 1990, he received the Idaho Water Users Association Water Management Award. In 1997, he received the Lifetime Achievement Award in recognition of his efforts to Idaho water users and another award for 16 years of service to the company. He also won an Idaho Water Users Turkey Award. The family isn't sure what that one is for, since their dad could be a character at times.

Adams-Garrett grew up with Oneida's children and said he was very much a family man v.ho was proud of his kids and always tried to be there for them.

"As a kid on the outside seeing the family, it was a neat family to be around," she said.

Family car rides filled with singing and getting to stay up and help wrap gifts while drinking homemade Tom and Jerry's are some of his children's fondest memories.

"He was a pretty quiet person," said his other daughter, Toni. "He would do anything for anyone, but he was pretty quiet and private and kept to himself."

In later years, his wife's health declined and one of the things that people remember most about Oneida was how well he took care of Mary.

"I had the utmost respect for Richard," said longtime friend Carlos Hahn. "When his wife got sick, he took her every place he thought of to find relief for her."

He not only tended to her every need in the following years, but kept up on the housework including cooking, cleaning, laundry and the yard. No one heard him complain.

"He made sure things got done," Hahn said. "That is a man to be respected."

a Life remembered

Richard Matthew 'Dick' Oneida

Born: Sept. 7, 1931.
Died: Dec. 4, 2006.

Survivors: Children, Rhonda (David) King of Kalama, Wash., Kim Browne, Ben (Kathy) Oneida and Toni (Charles) Cooke, all of Shoshone; 12 grandchildren; 12 great-grandchildren; sisters-in-law, Ruth Spencer of Gooding and Georgia Womall of Pocatello, N.M.; and numerous nieces and nephews.

Memorial: To the Gooding Basque Association, 285 Euskadi Lane, Gooding, ID 83330.



Red Cross offers holiday safety tips

TWIN FALLS — Many homes are already aglow with festive Christmas trees and lights, a reminder to be smart about possible fire hazards.

During November, December and January, house fires mobilize local Red Cross volunteers more often than any other type of incident, according to a press release from the American Red Cross of Greater Idaho.

Red Cross volunteers in Idaho responded to 61 home fires during that three-month period last year and helped 231 people.

While volunteers stand ready to help people find temporary shelter, provide them with vouchers for food and clothing and provide referrals and other needed assistance, a little planning can stop tragedy before it starts.

The Red Cross offers the following holiday safety tips:

How to help

To donate, call (800) 853-2570 or visit <http://www.redcrossidaho.org>. Contributions also may be sent to the American Red Cross of Greater Idaho, 404 S. 8th Street, Ste. 232, Boise, ID 83702.

tree, be sure it is labeled "flame retardant."

• Use tree lights that have been approved by a testing laboratory.

• Never use electric lights on a metal tree.

• Never use light strings that have frayed or broken cords, or have loose bulb connections, and try to place the tree so that electrical cords are not running long distances.

• Unplug all holiday lights before leaving home or going to bed.

• Keep candles away from decorations and other combustible material, and blow out candles before leaving a room or going to bed.

• Place trees away from heat sources and make sure that they do not block any exits.

• Water trees daily to keep needles from drying out.

• Make sure chimneys are inspected before the holidays and cleaned if necessary.

• Keep space heaters at least three feet away from bedding, clothing, furniture, drapes and any other combustible material.

• Use space heating equipment that is approved for indoor use.

• Turn space heaters off if you are not available to monitor this equipment.

• Remember children anywhere near space heaters must be supervised at all times.

• Don't wear loose-fitting clothing when cooking to avoid ignition by stove burners.

OBITUARIES

Jolenta F. 'Minnie' Halfhide

JEROME — Jolenta F. "Minnie" Halfhide, age 85, died Dec. 5, 2006, at the St. Joseph's Valley Regional Medical Center in Twin Falls, Idaho.

Jolenta was born on July 28, 1921, in Bukowa, Poland, to the late Joseph and Victoria Ruszczyk. As a teenager during World War II, she was taken from Poland, to work and live in Germany. She never again saw her father, mother, and two of her sisters, who were killed during the Nazis' Invasion of Poland. Although she did stay connected to her biological family by mail, it would be 30 years before Jolenta would return to Poland for her first and many visits. While in Germany, she met and married Everett H. "Hap" Halfhide, who was an officer in the U.S. Army. They came to America with two children, and shortly after, a third child was born. A devoted wife and mother, Jolenta never gave up on her husband, her children, or her grandchildren. She was proud at the times when her husband, Everett, made his communion into the Catholicism of the Roman Catholic Church, during his progression and growth as a Catholic man, and during his time as the Grand Knight of the Blackfoot chapter of the Knights of Columbus.

Minnie loved going to Mass, to bible study, to retreats, and to all religious gatherings. When her children would visit her from out of town, if her Polish Cadillac was not at her home in Blackfoot, they knew they could find her at St. Bernard's. She participated in many of her social functions and was famous for her American apple pie and donuts and her Polish gatabaki and pierogi. Minnie and Hap successfully managed the Catholic food table at the Eastern Idaho State Fair for well over 20 years. Minnie avidly traveled to destinations in Europe and the United States. She spoke several European languages and translated an order of capacity for the United States government, the State of Idaho's Immigration Program, American Potato, and other companies. Minnie became

the unofficial "Polish connection" for many families coming to her home from Poland. A devoted state gardener, Jolenta enhanced the visual beauty and succulent aroma of flowers by orchestrating them in pots and in the garden. At their home in Blackfoot, the children's room clock would surprise her with the sound of their mother turning on the hose to water her flowers. Neighbors, friends, and strangers often would stop and compliment her on the beautiful flowers in her yard and at St. Bernard's church grounds.

Jolenta is survived by her daughter, Josephine H. Halfhide, and her granddaughter, Mary Anita Angalak, both of Boise, Idaho; her daughter, Vickie A. Ogata; and her husband Bill of Jerome, Idaho; her granddaughters, Delta Johnson and Susan Travis, and Sada Ogata, all of Las Angeles, Calif.; her sister, Helen Krajewska of Bukowa, Poland; and many nieces and nephews who she helped and loved very much. Jolenta was preceded in death by her son, Everett Jr.; her husband, Everett Sr.; her parents, Andrew and Victoria Ruszczyk; and siblings, Zosia Wojcik and Joseph Peter, Maria and Anna Stuzwicki.

Her daughters graciously accept your prayers and will continue on with their lives in the loving memory of their mother and friends and tell to them. "When my time comes and I have to go, this would be my call from God."

A memorial Mass will be held at 1 p.m. Wednesday, Dec. 13, at St. Bernard's Catholic Church, 594 W. Sexton St. in Blackfoot and another at 11 a.m. Thursday, Dec. 14, at St. Jerome's Catholic Church, 216 Second Ave. E. in Jerome, Idaho, to honor her life and to offer prayers.

Jolenta was a follower of Christ in the truest sense and "never" hesitated to help someone who was in need. She loved to see the fruits of her labor with friends and those who were less fortunate and/or in distress. Because this was her nature, the family requests that you send flowers, but consider making a contribution to a charity of your choice. Arrangements are under the care of Farnsworth Mortuary and Crematory, 1343 S. Lincoln, Jerome, ID 83338.

HAGERMAN — Marion Pugmire, 88, passed away Dec. 6, 2006. She was born on Aug. 19, 1918 in St. Charles, Idaho, to Emerson and Iris Margery Floyd Pugmire. The only son in a family of five children. In 1926, Marion moved with his family to Hagerman, Idaho, where he resided until moving to Boise in November 2003.

Marion attended schools in Hagerman, graduating in 1936. On June 14, 1936 he married Elaine Thompson. They later had two sons, Darwin and Doyle.

In November of 1944, Marion and his father purchased a partnership in Cady Auto company in Hagerman, becoming full owners in 1951. This company consisted of a hardware store, service station, repair shop and a fleet of trucks. The trucks hauled livestock, farm commodities and cement for Idaho Power during the construction of hydroelectric

dams on the Snake River. The fleet of trucks with flatbeds and wood racks for lumber, carried a fleet of light-weight trucks and trailers hauling as many as 500 hundred sheep per load. Over time, Marion introduced many innovative improvements to the trucking industry, some of which are utilized today. He helped lead policy changes in transportation insurances, freight rates, licensing, hauling capacities, and Interstate and Interstate laws in the trucking industry.

In October 1964, following the death of his father, Marion became full owner of Cady Auto and was joined by his sons. Following the loss of Elaine to cancer in 1967, Marion married Marie Bridges of Hialeah, Idaho in 1968. Marie and her two children, Tom and Kay, pursued Marion's love for animals, particularly horses. After the sale of Cady Auto in 1976, Marion became semi-retired to follow his passion for horses and cattle. He spent his time roping, branding and ranching with his neighbors and his grandchildren. Marion restored old buddies and he

and Marie were participants at many fairs, rodeos and civic events. A horse-drawn buggy ride from the church to wedding receptions was always a must for Marion's grandchildren and many family friends. Marie passed away Jan. 7, 1998 from injuries sustained in a car accident in Arizona. Marion was also seriously injured in the accident.

Marion was a member of the Hagerman LDS Church, Hagerman Lions Club, Hagerman Schools Alumni Association, Idaho Cattlemen's Association, Idaho Horsemen's Association, Idaho Trucking Association and Idaho Motor Transport Association. He was President of Big Springs Water Users Association, Chairman of the Hagerman Pioneer Days Rodeo and Parade and Chairman of the Hagerman Community Parade and Celebration. He served as a board member for Idaho State Bank. In 1994 Marion was inducted into the Southern Idaho Livestock Hall of Fame.

Marion was preceded in death by his parents Emerson and Iris, wives Elaine and

Marie, sister Venice and brother-in-law Glen Prince, sister Harlin, sister Frances, sister Lillian and brother-in-law Jack Martin, sister Georgia Clark, nephew Marc McKay and numerous close friends.

He is survived by sons Darwin, Bessie and Doyle (Bessie) stepson Tom Bridges, all of Boise, and stepdaughter Kay (Petie) Stinemates of Eagle, eight grandchildren, and nine great-grandchildren. He is also survived by sister Lou Ann and brother-in-law Bill McKay of Boise, brother-in-law Sylvan Clark of Hagerman and many nieces and nephews.

Friends and family will remember "Grandpa" for his love of horses, people and practical jokes. He greeted everyone with a hearty handshake, a big smile and an open door.

A graveside service is scheduled for 2 p.m. Tuesday, Dec. 12 at the Hagerman Cemetery. A gathering of friends will follow at the Hagerman LDS Church. In lieu of flowers the family invites you make a contribution to charity of your choice.

Arrangements are under the direction of Demaray Funeral Service in Gooding.

Shirley Rebecca Clark

Delta Delta Delta women's sorority at University of Idaho; the National Secretaries Association; and the Professional Secretaries Organization. She attained her Certified Professional Secretary rating in 1960. Shirley was a member of the First Presbyterian Churches of Boise, Jerome and Twin Falls. She recently accepted a position on the Board of Directors for the First Presbyterian Church in Boise.

Shirley was preceded in death by her father, George W. Clark, Sr.; her mother, Fern Opal Clark; her oldest brother, James R. Clark; her youngest brother, George W. "Bill" Clark, Jr.; and her niece, Ann Haugen.

Shirley is survived by her older brother, Ray A. (Maxine) Clark of Buhl, Idaho; her younger sister, Laurel Coates of Nikiski, Alaska; her sister-in-law, Mable Clark of Twin Falls, Idaho; her sister-in-law, Susan Clark of Boise, Idaho; 13 nieces and nephews; several cousins; and her many friends, especially Darlene Wilcox.

There will be a private family service for Shirley in Twin Falls. Services in Boise will be held at the First Presbyterian Church on State Street on Dec. 19, at 1 p.m. In lieu of

flowers, the family requests that donations be made in Shirley's name to the First Presbyterian Church in Boise.

TWIN FALLS — Our beloved sister and aunt, Shirley Rebecca Clark, 84, was called home to be with her Savior on Dec. 8, 2006. She was an inspiration to her family and friends and will be sorely missed.

Shirley was born on Jan. 23, 1922 at Buhl, Idaho. She was the eldest daughter of George William Clark, Sr. and Doralee Stanley Clark. Shirley attended elementary schools at Three Creek and Hollister, Idaho. She graduated from Filer High School in 1938 and graduated from the University of Idaho in 1944 with a bachelor's degree in business, with a major in secretarial studies.

Shirley was first employed as Secretary to the Director at Idaho Fish and Game. After a year she was employed in the work for Idaho Power in the General Office in December 1945. She was Secretary to the CEO and President of Idaho Power until May 1971, then serving as Supervisor of Shareowner Services, Director of Investor Relations and Junior Officer Assistant Treasurer until her retirement in 1987 at the age of 65. Shirley was a member of the

Leola Faye (Norris) Deatherage

England. There, she helped tend those first wounded from Omaha, Bataan, Iwo Jima. Having met her intended on a troop train before being deployed to England, she married James Wallace Deatherage in Chard, England on Nov. 28, 1918.

After the War, the newlyweds began a family and moved several times before purchasing a farm near Castleford, Idaho, in 1951. There, Leola and James had five children and hosted many more grandchildren (19) and great-grandchildren (48).

She worked for nearly 20 years as nurse at Harlow's Nursing Home in Buhl, and still found time to cultivate a garden and paint beautiful landscapes. Later, in her eighties, she added woodworking and historical readings, especially on World War II, to her activities. Her life was a living testimony of the love of Christ, characterized

by care and service to those around her, especially to our country. Since the death of her husband in 1994, Leola has eagerly anticipated her reunion with him in the presence of her Lord.

She is survived by one brother, Carl Norris, one special-needs sister for whom she gave daily care, Janice Norris, and her five children Jim (Janene) Deatherage, Harold (Dick) Wilson, Judy (Arl) Watkins, Don Deatherage, and John (Cynthia) Deatherage, who all mourn their loss but rejoice in knowing she has been reconciled to God by faith in the Person and redeeming work of her Lord and Savior, Jesus Christ.

Funeral Services will be on Friday, Dec. 15, at 10 a.m. at Berean Baptist Church, 2975 E. Fire St., Idaho Falls, Idaho, where friends may visit with the family one hour before services. Graveside Service will follow at 3 p.m. at the Buhl West End Cemetery.

DEATH NOTICES

Services are pending and will be announced by Hansen Mortuary Rupert Chapel.

Swan Jering
TWIN FALLS — Swan Jering, 97, a resident of Twin Falls and

formerly of Gooding, died Saturday, Dec. 9, 2006, at Bellevue Estates in Twin Falls.

Funeral arrangements are pending and will be announced by Demaray Funeral Service in Gooding.

Myrna Johnson Halverson

RUPERT — Myrna Johnson Halverson, a 70-year-old Rupert resident, passed away Sunday, Dec. 10, 2006 at Valley Vista Care.

Jazzman McShann dead at 90

The Washington Post
Jazz McShann, whose robust, blues-flavored style of jazz piano helped shape the Kansas City sound of the 1930s... and who launched the career of jazz great Charlie Parker, died Dec. 7 at St. Luke's Hospital in Kansas City, Mo. He was admitted to the hospital Nov. 27 for a respiratory ailment. His age is a matter of some dispute, but

most reliable sources say he was 90.

After learning piano in his native Oklahoma and performing across the Southwest early in his career, McShann came upon Kansas City's vibrant music scene in the mid-1930s.

In a city filled with now-legendary musicians — Count Basie, Lester Young, Mary Lou Williams and Big Joe Turner — McShann established himself

as a leading pianist and bandleader. McShann, nicknamed "Hootie," began his career as a fleet-fingered pianist in the mode of Thomas "Fats" Waller and Earl "Fatha" Hines.

See service times on page A8

CENTURY CINEMA 5 & BURLEY THEATRE
THE HOLIDAY
7:28 • 9:58 (PM)
APOCALYPTO
7:28 • 9:58 (P)
HAPPY FEET
7:18 • 9:20 (PM)
THE NATIVITY STORY
7:28 • 9:28 (P)
DECK THE HALLS
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PATIENT SPOTLIGHT

"I didn't want just any hearing aid; I wanted the best."
—Steve Widmer, Twin Falls

I lost my hearing operating "I"noisy machinery dairy farming for 25 years. When I sold my farm and became an insurance agent, my wife convinced me that I should get a hearing aid. But I didn't want just any hearing aid; I wanted the best. With my Senso Diva digital hearing aid from Widex, I can hear better on the phone. In large groups everything used to be muddled. Now I can pick out the voices speaking to me. Working with Fritz and his staff has been very rewarding. They are professionals who really take care of you. When people ask about my hearing aids, I tell them it's simple... you want to buy the best of the best!"
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TUESDAY, DEC. 12, 10:00am
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Building Supplies
Ad: Times-News 12-07, 12-10
www.us-auctioneers.com
TUESDAY, DEC. 12, 5:00pm
Household • Tools • Outdoors
Outrageous Odds • Jerome
KLAAS AUCTION BARN
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Tools, Burley • New Digital
Cameras, Commercial Photo
Equip • Ad: Times-News 12-14
ESTES/BRVAO AUCTION
www.idahoauctioneers.org
SATURDAY, DEC. 16, 10:00am
Chuck & Thelma Tippett
Living Estate, Buhl
Household Items • Tools
Ad: Times-News 12-14
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To find out more, click Auctions
on www.magicalvalley.com
and Classified Category #812
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OTHER VIEWS

Treasure Valley can't be left behind by legislators

Idaho Statesman

We have ended up with a very conservative, rural-dominated Idaho House leadership, and that could hurt urban interests. Treasure Valley lawmakers, who account for 36 of the 105 legislators, need to work together and with House leadership to see that our critical needs are met because as the Treasure Valley flourishes, so does the state.

The 51 House Republicans elected Midvale conservative Lawrence Denney as speaker over Nampa insurance agent Bill Deal, who we lobbied for because he is better attuned to the needs of the Valley and how those needs can affect the rest of the state. The only Treasure Valley lawmaker elected to leadership in the House was Star rancher Mike Moyle.

The Democrats also couldn't find a place for area lawmakers in leadership, electing Coeur d'Alene's George Sator over Boise's Nicole Clevinger as assistant minority leader and Lewiston's John Rusche over Boise's Anne Passy Stuart for the open caucus chair seat.

The Treasure Valley is home to the state's biggest school districts, half of the population and the wealthiest private businesses, not to mention the center of state government. The Treasure Valley creates more state tax revenue than it spends, sending needed dollars to rural communities.

The Valley is thriving but faces the challenges of continued growth. A community college, improvements on Interstate 84 and a local-option tax for public transportation should be high priorities not only for Treasure Valley lawmakers but also for those in leadership.

• Highways. Money needs to be devoted to accelerating highway improvements, especially for Interstate 84 between Caldwell and Boise. Borrowing remains a wise approach to addressing neglected highway needs but debt isn't an easy sell. Lawmakers may have to scale back the plan due to rising construction costs, but Interstate 84 should be a priority.

• Community colleges. The Treasure Valley will soon be home to more than 1 million people, yet we lack a community college. There's no reason the state can't support one here when money is already supporting community colleges in other parts of the state.

• Nursing. No other community can better train nurses than ours. We have Idaho's largest nursing program, serving Idaho's population center with two of its largest hospitals to provide clinical internships.

Boise State University needs only \$5 million for a new building that would train 150 more graduates a year, up from the current 120. This is a bargain.

• Air quality. The Treasure Valley needs to improve air quality. Stricter federal standards could trigger restrictions on the growth of local businesses or limit our ability to attract new ones. That will affect the financial status of the whole state.

The new speaker and his leadership team will help drive the success of those issues in the 2007 Legislature.

It would be wise for Denney and the Treasure Valley delegation to work together to see that these things get done.

Doing the right things for the Treasure Valley means doing the right things for all Idahoans.

Their view: The guest editorial from the Idaho Statesman says Treasure Valley issues need more support from the entire Legislature. What do you think? We welcome viewpoints from our readers on this and other issues.

MIKE LUKOVICH © 2006 CMM ILLUSTRATION



Bush ignores report at his peril

On the 65th anniversary of the attack on Pearl Harbor, the pieces moved into place for a foreign policy-national security debate as consequential as any this nation and its allies have faced since the start of World War II.



DAVID BRODER

The Iraq Study Group — 10 senior statesmen, equally divided between the political parties — threw down the challenge in a unanimous report that showed no signs of being compromised or softened in the interests of bipartisan comity. This was not a happy-talk report.

The next day, President Bush and British Prime Minister Tony Blair, heirs to the role of Roosevelt and Churchill, responded in equally forceful tones — and the debate was on.

Bush and Blair described the government they are trying to save in Baghdad as a democratic reflection of the essentially moderate mainstream of Iraq society, weak in military strength and beset by extremist Shiite and Sunni forces; financed and armed by neighboring dictators in Syria and Iran.

Bush approvingly quoted Blair as saying, "The violence is not an accident or a result of faulty planning. It is a deliberate strategy. It is the direct result of outside extremists tearing up with internal

extremists — al-Qaida with the Sunni insurgents, and Iran with the Shia militia."

The ISG — a self-selected group of longtime pro-Bush officials — came right back to insist that this view was a fundamental mischaracterization of the situation. The problem in Iraq, according to an interview Thursday with the ISG co-chairmen, James A. Baker III, the former Republican secretary of state, and Lee Hamilton, the former Democratic chairman of the House Foreign Affairs Committee, is something almost entirely different. They contend that the Iraq politicians, chosen from religious communities, have been unwilling to make the political trade-offs necessary to build support in the public and in the army and security services for the secular state promised by the Iraqi constitution. The Iraq politicians procrastinate on dividing up the oil revenues to include the Sunni minority, and they drag their feet on setting up regional governments.

These widely different diagnoses of what ails Iraq and plagues the Iraqi people and vexes the American and British forces lead to very different conclusions. Bush wants to step up the training and assistance for the nascent Iraqi army. The ISG would offer more help — economic, military and diplomatic — only if the government in Baghdad began soon to repair its factional fights. Otherwise, it would gradually reduce that aid and, in any case, reduplicate most allied combat brigades by the first quarter of 2008.

The different strategies appear most vividly when it comes to Iran and Syria. In a passionate response to a question about the ISG suggestion that those two nations be invited to participate in seeking a settlement in Iraq and the broader Middle East, Bush said, "In Iraq, they support terrorists and death squads who are fomenting sectarian violence. ... In Lebanon, they're supporting Hezbollah. ... In Afghanistan, they're supporting remnants of the Taliban. ... In the Palestinian territories, they are working to stop moderate leaders. ... In each of these places, radicals and extremists are using terror to stop the spread of freedom. And they do so because they want to spread their ideologies — their ideologies of hate — and

impose their rule on this vital part of the world. ... And should they succeed, history will look back on our time with unforgiving clarity and demand to know what happened?"

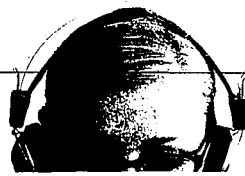
Agree with Bush's policy or not, there is a theory of history — and of political science — behind it. You may label it as neoconservative, but that does not denigrate it.

Baker, who was running diplomacy when this Bush was still part owner of the Texas Rangers baseball club, looks at Syria and sees a country that wanted to be helpful to the West and aided us in Afghanistan. He looks at Iran and sees a complex society, with nothing to be lost by reaching out to any moderate elements in its government.

The ISG report has been embraced by most congressional Democrats. It has been greeted warily by most congressional Republicans. The president has asked for — and deserves time — to take in all its recommendations and absorb its chilling picture of what faces us in Iraq.

But one thing is clear. As Baker and Hamilton say, there is no other way forward — print for the future. Bush will reject it at his peril.

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



DAVID GRIMES

Are any telemarketers actually human?

I am still receiving unwanted calls from telemarketers (is there such a thing as a wanted call from a telemarketer?), even though my number is (allegedly) on a national do-not-call registry.

Clearly, telemarketers are smarter than I am and also smarter than the federal government, which is not saying a lot, either way. I have written about this issue before only to receive a lot of hateful e-mails arguing that telemarketers are pesky, too, and have the right to make a living even if it involves calling an overwrought newspaper columnist just as he is about to lift that first restorative forkful of Hamburger Helper to his trembling lips.

I didn't buy it then and I'm not buying it now. I am an avid reader of the scientific journals (What do you think? I do with my free time? Nap?) and I have never seen a single article that

help answering. It's like all those studies that warn us that excessive eating of french fries and double cheeseburgers will make us fat. Or that sucking down two packs of Marlboros a day will increase our chances of lung cancer.

We can figure out some things for ourselves, people. So I think we can state with utter certainty that telemarketers are not human. Maybe they once were, but they're certainly not now. When I roust myself from my nap — excuse me, I mean my scientific-journal reading — to answer the phone, I invariably get a recorded message. The voice wants to refinance my mortgage, give me yet another credit card or help me pay off my credit-card debt. (There's something eerily familiar about this, isn't it? I'm afraid we are the dogs.) Sometimes I engage the recorded voice in conversation:

Me: Hello! How's it going?
Voice: ... 5.9 percent APR ...
Me: Really? That's too bad. I had one of those once myself, but I got my doctor to lance it.

Voice: ... no payments 'til ...
Me: Phobias? You want to talk about phobias? I'm the king of phobias. Here's what you need to do. Seal yourself in a wooden box ... yes, cast-ke-size would be about right ... with 25 hungry rats. Give it about an hour and you'll be perfectly normal.

Voice: You've already been pre-approved!
Me: Well, it's been nice talking to you stay off the ledge, now it's a long way down!

None of these calls, but somehow it makes me feel better.

David Grimes is a columnist for the Herald-Tribune in Sarasota, Fla. Contact him at david.grimes@heraldtribune.com.

LETTER

Wendell issues fuzzy math for new bus contract

This letter is in response to Josh Palmer's article on the bus company change in Wendell. Mr. Palmer interviewed only Superintendent Greg Lowe, so the information included is Superintendent Lowe's. He inferred that Hub City Bus was the cause of the district going over the state funding cap by \$120,000 due to the bus routes it ran. Fact: the school board approved all bus routes during the 2003-04 and 2005-06 school years. Therefore, it is responsible for going over the cap.

The state held an appeals meeting for schools to recover some of their lost funds. Lowe failed to attend the meeting, costing the district money. Could the district cover the over-cap money? Fact: District financial records show that for every year from 2000-01 to 2005-06 that actual transportation expenditures exceeded actual revenue by \$50,000 to \$120,000. The district made up the difference.

Superintendent Lowe stated that in order to get under the state cap, a new bus company had to be hired.

Fact: For the 2005-06 school year, Hub City Bus had a daily cost of \$1,906.38 and a total cost for November of \$33,940. The 2006-07 costs are: Bus routes, \$17,88.34 plus fuel costs, bus barn rent, utilities and insurance paid by the district for a total of approximately \$21,000. The cost for November 2006 would be about \$36,000. Bus routes, \$32,277; barn rent, \$2,500; gas, around \$3,000; plus bus barn utilities and insurance. It appears this is about a \$4,000 increase over last year's cost.

Superintendent Lowe and the school board need to explain why a local company was put out of business. Local families lost their livelihood and school money is now going to Nampa instead of staying in Wendell. YOGI BEHRENS, Wendell (Editor's note: Yogi Behrens is a retired teacher, coach and athletic director from Wendell High School.)

New mission for Congress: 'Operation Surrender'

The "bipartisan" Iraq panel has recommended that Iran and Syria can help stabilize Poland in 33.

Now that Democrats have won the House, they can concentrate on losing the war. Despite all the phony conservative Democrats who got elected as gun-totin' hawks, the Democrats will uniformly vote to dismantle every aspect of the war on terrorism. They've started a runaway train and can't stop it now.

The Democratic base is at a fever pitch with visions of storm troopers listening to their phone calls and ruthlessly torturing innocent accountants at Guantanamo, where the average inmate has his own lawyer, his own prayer rug and is wondering what to do about that extra weight known as the "Glimo 20" — he's put on since being captured. They are oddly copacetic about actual storm troopers' daily harassment of actual citizens at airport security checkpoints. Liberals have no problem with government oppression as long as it's mandatory and applied equally to all Americans.

In a broadcast on the fifth anniversary of the 9/11 attacks, NBC's Matt Lauer tried to nail down the Manhattan portion of his audience by aggressively questioning President Bush about the possible use of "waterboarding" against terrorists like Khalid Sheikh Mohammed, the mastermind of the Sept. 11 attacks. Lauer said ominously, "It's been reported that with Khalid Sheikh Mohammed, he was what they call 'water-boarded.'"

At NBC, they apparently expected most Americans to react to this fact by exclaiming: *They did WHAT to Khalid Sheikh Mohammed? Wait — are you sure about that? OK, that's it. I will never vote Republican again!*



ANN COULTER

President Bush refused to discuss techniques used on terrorists, saying, "We don't want the enemy to adjust." But Americans "need to know," he said, "we're using techniques within the law to protect them."

While normal people would be happy if we were using earbuds on the mastermind of the 9/11 attacks, Lauer was testy about the possible use of waterboarding against him. "I don't want to let this 'within the law' issue slip," he said. I mean, if, in fact, there was waterboarding used with Khalid Sheikh Mohammed — and for the viewers, that's basically you strap someone to a board, and you make them feel as if they're going to drown. You put them under water. If that was legal and within the law, why couldn't you do it at Guantanamo? Why'd you have to go to a secret location around the world?"

In point of fact, we strap people to wooden boards and make them feel like they're drowning all the time in this country. Mostly at theme parks like Six Flags. Bush again said he wasn't going to talk about techniques. But Lauer's relentless grilling was getting to him. If he'd been at Cimo, at this point Bush would have demanded a lawyer, another copy of the Quran and a couple of chocolate eclairs.

Lauer continued to pester the president, demanding to know whether these "alternative techniques you use ... if they are used, are you at all concerned that at some point, even if you get results, there's a blurring of the lines — between ourselves and the

people we're trying to protect us against?"

Hey, I forgot: When did Khalid Sheikh Mohammed use aggressive interrogation techniques in an effort to thwart another 9/11-style attack on thousands of innocent civilians?"

There are few better examples of how out of touch liberals are. They go right to Khalid Sheikh Mohammed and expect Americans to be outraged that he may have been waterboarded.

Khalid Sheikh Mohammed was the principal architect of the 9/11 attacks and is believed to have played a role in the 1993 World Trade Center bombing, the Bali nightclub bombings, the

filmed beheading of Wall Street Journal reporter Daniel Pearl, a thwarted 2002 attack on a bank tower in Los Angeles, and Operation Bojinka, a plot to blow up 11 commercial airliners simultaneously. Oh, and he took home the coveted "world's crueziest terrorist" prize at al-Qaida's end-of-season office party last year.

I think waterboarding should be a reward for Khalid Sheikh Mohammed. OK, you're being good, Mohammed, we're only going to waterboard

you today. Let's get you out of those cold electrodes and onto a nice, warm waterboard, OK? Now that they're our new

best friends, how about we turn to Iran and Syria for help on our interrogation techniques?"

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LETTER

Enforce immigration laws beyond lip service

In Response to Deena Lyons letter:
You are actually quite correct in that America is a country of laws. It would be beneficial if more practiced what you preach. Yes, it would be appropriate if more practiced what you preach. And it would be beneficial for us to be compassionate to our own citizens. How about universal health care or raising the minimum wages for our poorest workers?
It is implied that illegal aliens are the only ones not respecting our country and its laws. That is a very selective perspective. Yes, I agree with you, educating ourselves is important but separating fact from opinion is as important. Clearly blaming illegals for costing Americans billions of dollars is shortsighted. Obviously illegal aliens are breaking the law.

but so are the employees who are paying low wages. The result, as you know, is low food prices. Yes, follow the money and you will find "greed." Look for those who have profited from the labors of these illegals.
It should be clear why the illegal alien problem has not been solved. The laws that have been enacted need to be enforced not given "lip service." The solution is not building walls.
ROBERT HOLM
Rupert

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OBITUARIES/IDAHO

Stretch of Boise River could become whitewater park

BOISE (AP) — City planners are pushing to turn a stretch of the Boise River near downtown into a whitewater rafting park.

"It could be great," said Scott Van Hoff, who manages Idaho's National Flood Insurance Program. "It would be like, 'It's lunch hour, let's go have some fun.'"

If approved, the proposed Boise River Park — which would be developed in conjunction with the Esther Simplot Park project — would add 100 acres of parkland to the downtown area. The city just began its fundraising efforts, and must collect about \$6.5 million in private donations to pay for Esther Simplot Park and the whitewater park.

The two parks would be part of a downtown redevelopment project that's meant to take advantage of underused land along the 30th Street corridor. The next step is to hire a company to

perform a land-use study on an area that takes up about 240 acres near downtown.

Turning an industrial river into a whitewater park is a "bold" move, said Scott Van Hoff, who manages Idaho's National Flood Insurance Program. "It would be like, 'It's lunch hour, let's go have some fun.'"

Engineers plan to create several drops in the river to satisfy those who would come downtown looking for thrills, she said. Developers would also add new vegetation and dams to the river, creating a better environment for fish too.

"The river will be modified," Stahl said. "But in fact, it will be improved."

City planners found their inspiration for the project by developing downtown water parks across the country, like the Truckee River Kayak Park, located at the casinos of downtown Reno, Stahl said.

More math, science classes urged in Idaho classrooms

POST FALLS (AP) — The Idaho Board of Education is preparing to push for stiffer math and science requirements in Idaho high schools during the upcoming Legislative session, sparking debate over how much math Idaho's students really need.

The new requirements are part of a package of new standards the board wants voted schools across the state to meet by 2013. Other changes include mandatory college entrance exams, like the SAT or the ACT, and a senior-year project.

But it's the extra math and science classes that have set off alarm bells. The majority of states require high school students to take three years of math and science, and Idaho's two-year requirement isn't enough for students to stay competitive, educators say.

But some students say the extra year would be too much for those who are already struggling, and could crowd out elective programs.

As more colleges — including Boise State University and the University of Idaho —

begin requiring three years of math and science for admission, school districts across the state have started discussing requirements on their own.

The Post Falls School District requires three years of math and science, and a committee of teachers, principals and administrators voted Wednesday to ask the Coeur d'Alene School Board to raise their district's requirements.

"Let's not talk about it. Let's talk about what, when and how much," said Coeur d'Alene School District Director Jim Facciano. "Whether (students are) going to college or not, they'll need more math and science just to survive."

Facciano estimates that 50 percent to 60 percent of juniors take a third year of math already, and that many go on to take more their senior year.

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SERVICES

Jane L. Hafer Canfield Berline of Twin Falls, celebration of life at 11 a.m. today at Reynolds Funeral Chapel, 2466 Addison Ave. E. in Twin Falls.

Thelda Lorena Linder Gransbury of Heyburn, funeral at 11 a.m. today at the Hansen Mortuary Rupert Chapel, 710 Sixth St., viewing one hour before the service today at the funeral chapel.

Leo E. Watkins of Oakley, memorial service at 1 p.m. today at the Oakley LDS Stake Center (Payne Mortuary in Burley).

Omar Eldredge of Jerome, funeral at 11 a.m. Tuesday at Farnsworth Mortuary Chapel, 1343 S. Lincoln in Jerome; graveside service at 1:30 p.m. Tuesday at the Bellevue Cemetery on Chestnut Street in Bellevue. Friends and family may call from 6 to 8 p.m. today and one hour before the funeral Tuesday at the mortuary.

Ralph H. "Kelly" Poulton of Oakley, funeral at 11 a.m. Tuesday at the Oakley LDS Stake Center, 355 N. Center Ave.; friends may call from 6 to 8 p.m. today at Rasmussen Funeral Home, 1350 E. 16th St. in Burley, and from 10 to 10:40 a.m. Tuesday at the church.

Ethel Alleen Combe Loveday of Kimberly, funeral at noon Tuesday at the Kimberly LDS Stake Center, 3857 N. 3500 E.

viewing from 4 to 8 p.m. today at White Mortuary in Twin Falls with family greeting friends from 6 to 8 p.m. and viewing one hour before the service Tuesday at the church.

Frances Gale "Fran" Gooch of Murtaugh, graveside service at 1 p.m. Tuesday at the Oakley Cemetery; friends may call from 11 a.m. to noon Tuesday at the Payne Mortuary, 221 W. Main St. in Burley.

Charles Justin "CJ." Gose of Boise, memorial service at 2 p.m. Tuesday at the Immanuel Lutheran Church; inurnment at 2 p.m. Wednesday at the Fielding Memorial Cemetery in Twin Falls (White Mortuary in Twin Falls).

Rhea R. Peavler of Hagerman, funeral at 11 a.m. Wednesday at the Hagerman LDS Church (Demary's Gooding Chapel).

Blanca Chalez of Burley, funeral Mass at 11 a.m. Wednesday at the Little Flower Catholic Church; viewing from 6 to 7 p.m. Tuesday at the church, with rosary at 6 p.m. (Hansen Mortuary Burley Chapel).

Eula Anita Brady of Rupert, funeral at 2 p.m. Wednesday at the Hansen Mortuary Chapel, 710 Sixth St.; viewing for family and friends from 6 to 8 p.m. Tuesday and one hour before the service at

the mortuary.

Steven T. Lammers of Nampa and formerly of Butte, memorial service at 4 p.m. Thursday at the Ten Mile Community Church, 444 E. Columbia Road in Meridian (Alsip & Persons Funeral Chapel in Nampa).

Bernice Reynolds of Gooding, funeral services will be held on Thursday, December 14, 2006 at 3:00 p.m. at Demary's Gooding Chapel; friends may call from 5:00 to 7:00 p.m. on Wednesday at the chapel and on Thursday from 2:00 p.m. until service time. Burial will follow at the Elmwood Cemetery in Gooding. (Demary's Funeral Service in Gooding).

Notice of Availability

The U.S. Air Force invites public comment on the Draft Environmental Assessment for Republic of Singapore F-15SG Aircraft Beddown at Mountain Home Air Force Base

The U.S. Air Force proposes to establish a foreign military training squadron within the 366th Fighter Wing at Mountain Home Air Force Base (AFB), Idaho, to support agreements between the U.S. government and one of its foreign allies and to train a team to perform in a multinational force structure. Under the proposed action, the Republic of Singapore Air Force (RSAF) would beddown 10 operational F-15SG aircraft, personnel, and equipment beginning in 2009 to operate the squadron. The intent is for the squadron to operate at Mountain Home AFB for 5 to 20 years.

A copy of the Draft EA and Draft Finding of No Significant Impact are available for review at the following libraries beginning December 11, 2006.

Twin Falls Public Library
Mountain Home Public Library
Mountain Home AFB Library

201 4th Avenue East, Twin Falls
790 North 10th East, Mountain Home
Bldg 2427, 520 Phantom Ave., Mountain Home Base

You may request a copy of the document from the Mountain Home AFB Public Affairs Office (208-828-6800), the HQ ACC/A7ZP (757-764-6156), or by requesting it from the address below. An electronic version of the EA is also available for public review at www.aecplanning.org. Please provide any comments on the draft EA by January 3, 2007, and submit them to:

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Injuries Occur Frequently From Ice-Related Falls

With the hectic pace of the holidays, serious injuries from ice-related falls inevitably occur and can be a major cause of ankle sprains and fractures. It's critical to seek prompt treatment to prevent further damage that can prolong recovery. Dr. Pilling, an associate of the American College of Foot and Ankle Surgeons, said the ankle joint is vulnerable to serious injury from falls on ice. "Ice accelerates the fall and often causes more severe trauma because the foot can go in any direction after slipping."

Pilling added that in cases of less severe fractures and sprains, it's possible to walk and mistakenly believe the injury doesn't require medical treatment. "Never assume the ability to walk means your ankle isn't broken or badly sprained. Putting weight on the injured joint can worsen the problem and lead to chronic instability, joint pain and arthritis later in life," he said. "It's best to have an injured ankle evaluated as soon as possible for proper diagnosis and treatment," he said. "If you can't see a foot and ankle surgeon or visit the emergency room right away, follow the RICE principle — Rest, Ice, Compression and Elevation — until medical care is available."

Most ankle fractures and some sprains are treated by immobilizing the joint in a cast or splint to foster healing. However, surgery may be needed to repair fractures with significant malalignment to unite bone fragments and realign them properly.

Dr. Pilling recommends scheduling an appointment with his office if you have injured your ankle or foot in any way. "If you fall on an icy spot and hurt yourself, seek medical attention immediately. This aids in early diagnosis and proper treatment of the injury and reduces the risk of further damage."




Dana Henry, MSOM, LAC.

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NFL WEEK 14: TOMLINSON MAKES HISTORY

All charged up

L.T. runs to TD record in blowout win

By Bernie Wilson
Associated Press writer

SAN DIEGO — LaDainian Tomlinson had barely swept into the end zone and the record book when he was engulfed by the behemoths on his offensive line.

They hoisted him onto their shoulders and carried him toward the sideline, with Tomlinson holding the ball high in his right hand and waving his left index finger, a 48-20 win over the Denver Broncos and the AFC West title all wrapped up.

With chants of "L.T. L.T." and "MVP! MVP!" pouring from the stands, everyone got to celebrate Tomlinson's NFL-record 29th touchdown of the season.

Really, the star running back, who may be one of the more humble athletes in all pro sports, wouldn't have it any other way.

"Once I got over the pylon, my initial thought process was to bring every guy on the offensive unit over to share that moment," Tomlinson said. "When we're old and can't play this game anymore, there are the moments we are going to remember, that we'll be able to tell our kids, tell our grandchildren. We can talk about something special that we did. We made history today."

"There's no better feeling than to share it with the group of guys that's in that locker room."

With three touchdowns, including the final two in a 47-second span late in the game, Tomlinson broke Shaun Alexander's year-old record of 28.

The Chargers' seventh straight victory, coupled with Kansas City's 20-10 loss to Baltimore, gave San Diego (11-2) its second division title in three seasons.

The Chargers also grabbed the inside track to home-field advantage throughout the AFC playoffs when Indianapolis lost 43-17 at Jacksonville to fall into a tie with Baltimore at 10-3.

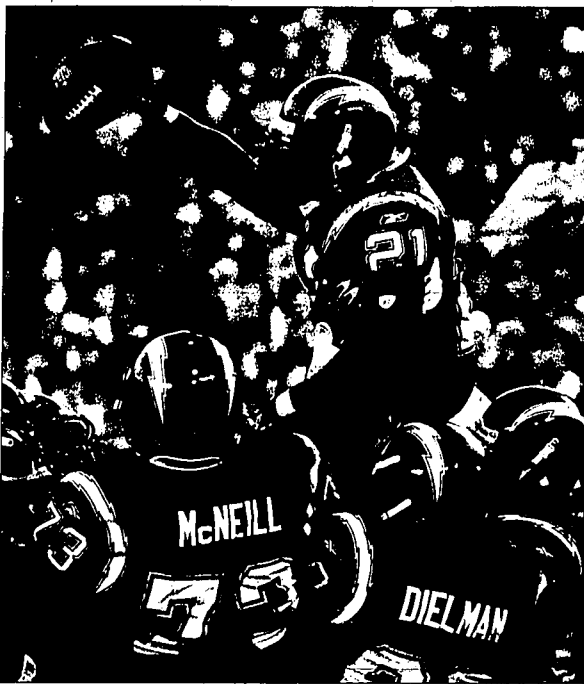
But this game was all about Tomlinson, who has become the MVP front-runner by scoring 26 touchdowns in the last nine games.

"He came into the huddle and said, 'I want all of you guys to join me in the end zone when I get it,'" right tackle Shane Olivea said.

Tomlinson was now on the shoulders of 300-pound men.

"He is a king and he should be treated like one," left guard Kris Dielman said. "That is what a king gets."

Said fullback Lorenzo Neal: "I think he will go down in history as the best."



San Diego Chargers running back LaDainian Tomlinson is hoisted by teammates after scoring his 29th touchdown of the season, breaking the NFL single-season record, in the Chargers' 48-20 victory over the Denver Broncos Sunday in San Diego.

NFL Season Touchdown Leaders

Through Dec. 10		
Top single season touchdown totals in the National Football League:		
Player	Year	No.
LaDainian Tomlinson, S.D.	2006	29
Shaun Alexander, Sea.	2005	28
Priest Holmes, K.C.	2003	27
Marshawn Faulk, St.L.	2000	26
Ernie Smith, Dal.	1995	25
Priest Holmes, K.C.	2002	24
John Riggins, Wash.	1983	24
Terrill Davis, Den.	1988	23
Jerry Rice, S.F.	1987	23
O.J. Simpson, Buf.	1975	23
Ernie Smith, Dal.	1994	22
Chuck Foreman, Minn.	1975	22
Gale Sayers, Chi.	1965	22

Couch Marty Schottenheimer has long contended that Tomlinson is the best running back he's ever seen. On Sunday, he amended that feeling.

"I believe he is the finest running back to ever wear an NFL uniform. Tomlinson was greeted by several

Broncos at midfield after the game. He ran to the far end zone to celebrate with fans, then ran back along the sideline, both arms upraised, while heading to the locker room.

Tomlinson scored on a 13-yard early in the second quarter, helping the Chargers to a 28-3 halftime lead.

The Broncos, behind rookie quarterback Jay Cutler, scored 17 straight points in the third quarter to make it a game.

But, with the Chargers leading 34-20, Luis Castillo sacked Cutler on fourth-and-2, giving the Chargers the ball at the Denver 28.

Tomlinson led Alexander's record of 28 when he scored on a 6-yard run with 3:57 left. He got hit at the 3, but spun right and scored.

The Chargers got the ball back when Shawne Merriman came from behind Cutler to cause and recover a fumble at the Denver 7. On the next play, with the crowd at full throat, Tomlinson ran to his left and scored.

The play was called power 50, which is designed to go inside.

"I could have guessed that that was the play we were going to call because it was Marty's favorite play," Tomlinson said. "It was fitting to break the record on Marty's favorite play."

Erickson can't resist ASU job

By Bob Baum
Associated Press writer

PHOENIX — There was no official word on Dennis Erickson getting the Arizona State coaching job on Sunday. That probably won't come until Monday.

Still, there was no doubt that the well-traveled Erickson had abandoned his plans for a career-ending stint at Idaho, where his head coaching career had begun in 1982.

Idaho athletic director Rob Spear said Erickson told him Saturday that he was taking the ASU job.

At 59, he apparently couldn't resist one more shot in a big-time program.

Arizona State athletic director Lisa Love, at the news conference announcing the firing of Dirk Koetter, made it clear she believes the Sun Devils should be better than their recent record of mediocrity in the Pac-10.

She turned to a coach who brings a winning resume but also some baggage, including NCAA violations during his time at Miami and a drunk driving arrest while he was coach of the Seattle Seahawks.

Those events occurred years ago, however. More recently, Erickson took over an Oregon State program that had an NCAA record 28 consecutive losing seasons. The Beavers were 7-5 in his first year and in his second season, capped an 11-1 campaign with a 41-9 rout of Notre Dame in the Fiesta Bowl.

Erickson left Corvallis after three seasons for a five-year, \$12.5 million contract with the San Francisco 49ers, but he lasted just two seasons. He was fired after a 2-14 campaign in 2004 and was out of coaching in 2005.

But he said he wasn't ready to quit, and went back to Idaho, the first of the six schools where he has coached in his long career.

"I just thought it was an opportunity for me to come back, give back and get back to coaching college football — my first love," Erickson said at the news conference to announce his Idaho hiring.

He signed a five-year contract for relatively paltry \$200,000 per season, and told athletic director Rob Spear that this would not be a brief stop en route to a new job.

"Erickson decided otherwise, though, and he's back in the Pac-10. He inherits a program that has been to bowl games three straight years but is just 2-15 against ranked opponents in the past six seasons under Koetter."

Quinn may be top pick

By Ralph D. Russo
Associated Press writer

NEW YORK — Heisman Trophy night belonged to Troy Smith. Brady Quinn's big day will come in April at the NFL draft.

Seniors Smith and Quinn have one more game left in their stellar college careers.

Ohio State No. 1 Ohio State into the national championship game on Jan. 8 against Florida, where he'll try to wrap up his career with the ultimate prize. Quinn and Notre Dame are off to the Sugar Bowl to face LSU on Jan. 2.

It's his time to start thinking about getting paid. At the next level, that Heisman Trophy on Smith's resume doesn't mean much — Eric Crouch, Danny Wuerffel and Gino Torretta can attest to that.

Smith was the overwhelming choice of Heisman voters — a record 86.7 percent of them put him first on their ballots. Arkansas running back Darren McFadden was the distant runner-up and Quinn came in third, one spot up from his 2005 Heisman showing.

Quinn, however, appears to be most wanted by the NFL. He's among the early favorites to be the first player drafted.

Size and system are Quinn's advantages. He's 6-foot-4 and under coach Charlie Weis, Quinn has been running, essentially the same offense Tom Brady and the New England Patriots used to win three Super Bowls.

In two seasons under Weis, Quinn has thrown for 7,197 yards and 67 touchdowns with seven interceptions and a completion rate of 64 percent. Plus, there's no question about his character and ability to handle the spotlight — no small thing for an NFL quarterback.

Anybody that's able to start at Notre Dame and handle that pressure is very impressive," said Gil Brandt, an analyst for NFL.com, who was Dallas' vice president of player personnel from 1960-69.

Smith is listed at 6-1, which is less than ideal for the pros, and perhaps that's even a drawback. The most important part of Smith's pro workouts might be when he faces the tape measure.

"He's about the same height as Drew Brees and Michael Vick, and Brees is playing about the best of any quarterback in the NFL right now," Brandt said.

Seahawks stumble against Cardinals

By Bob Baum
Associated Press writer

GLENDALE, Ariz. — The Seattle Seahawks gave away a chance to clinch their third straight NFC West title Sunday.

Arizona scored 14 points off Seattle fumbles and a Seahawk comeback came up a half-yard shy at the finish in the Cardinals' 27-21 victory over the reigning NFC champs.

"We were just too careless with the ball," Seattle coach Mike Holmgren said. "That's pretty much the game in my opinion."

Edgerrin James topped 100 yards rushing for the second game in a row and Matt Leinart threw touchdown passes of 56 and 5 yards to lead the Cardinals (4-9) to their third victory in four games.

The last of Seattle's three lost fumbles led to Leinart's 5-yard scoring pass to Larry Fitzgerald for the go-ahead score on the first play of the fourth quarter.

After NFL Ruckers' 40-yard field goal with 3:45 minutes to go to put Arizona up by six points, Seattle (8-5) drove from its 17 to tie the Cardinals 15.

But on third-and-12 from the 17, ex-Seahawk Charlie Okefor sacked Matt Hasselbeck for an 8-yard loss.

On fourth down, Hasselbeck threw to Deion Branch but the receiver was tackled by Adrian Wilson at the Arizona 6, less than a yard shy of the first down.

It was the last of several big plays by the

Arizona safety.

"Big tackle — Adrian, fumble recovery — Adrian, break up on the pass — Adrian," Cardinals coach Dennis Green said. "That's the kind of game he had and the kind of game he has every week."

Green called Okefor's play "the pass rush of the year for us."

"He went up against maybe the best lineman in the game (Seattle tackle Walter Jones) and made a great move," Green said.

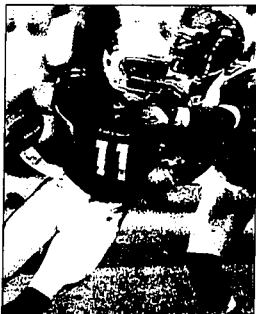
Seattle had won four of five and, with San Francisco's loss to Green Bay, could have wrapped up the division crown. Instead, the Cardinals have won two in a row for the first time this season.

The Seahawks may well have lost a fourth fumble had Hasselbeck not made a head-first dive to recover it.

"We had some opportunities and it came down to the last play of the game basically," Hasselbeck said. "It's hard to overcome a few and it's very hard to overcome a bunch of fumbles. That's just kind of where it was today."

James, who had no 100-yard efforts in his first 11 games with the Cardinals, gained 115 yards on 26 carries to become the first Arizona back to have consecutive 100-yard games since Marrett Shipp in 2003.

"Edge is just running the ball great," Leinart said. "He's finding holes, he's finding seams, he's dragging guys, making guys miss. When we're putting all this together as an offense, it's tough



Arizona Cardinals wide receiver Larry Fitzgerald (11) is brought down by Seattle Seahawks defender Linell Williams during Sunday's game in Glendale, Ariz.

to stop us."

Leinart completed 21-of-34 for 232 yards, including a 56-yard touchdown pass to Bryant Johnson on Arizona's first play from scrimmage.

SPORTS

Jacksonville runs all over Indianapolis in blowout

JACKSONVILLE, Fla. — There was nothing Peyton Manning could do to prevent this outcome — unless he decided to play offense or special teams. Jacksonville...

Maybe out of contention for home-field advantage in the AFC with Sunday's 44-17 blowout. Fred Taylor was equally confident that his league's worst run defense...

The Colts allowed a franchise record 375 yards rushing. Indy's Marvin Harrison became the fourth player in NFL history with 1,000 receptions...

Ravens 20, Chiefs 10 KANSAS CITY, Mo. — One big pass play, one big defensive day — and that was it for the AFC North title...

National Football League

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Week 14 Thursday, Dec. 14

Week 15 Thursday, Dec. 14

Week 16 Thursday, Dec. 14

Week 17 Thursday, Dec. 14

Week 18 Thursday, Dec. 14

Week 19 Thursday, Dec. 14

Week 20 Thursday, Dec. 14

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Week 25 Thursday, Dec. 14

Week 26 Thursday, Dec. 14

Week 27 Thursday, Dec. 14

Week 28 Thursday, Dec. 14

Week 29 Thursday, Dec. 14

Week 30 Thursday, Dec. 14

Week 31 Thursday, Dec. 14

Week 32 Thursday, Dec. 14

Week 33 Thursday, Dec. 14

Week 34 Thursday, Dec. 14

Week 35 Thursday, Dec. 14

Week 36 Thursday, Dec. 14

Week 37 Thursday, Dec. 14

Week 38 Thursday, Dec. 14

Week 39 Thursday, Dec. 14

Week 40 Thursday, Dec. 14

Week 41 Thursday, Dec. 14

SCOREBOARD

BASKETBALL

NBA

At Home

Team	W	L	PTS	REB	AST	STL	BLK
Atlanta	15	7	102	42	22	10	5
Charlotte	11	11	95	35	18	8	3
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Three Second, Grand State coach

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GAME PLAN

LOCAL

Castellano, 7:30 p.m.

TV SCHEDULE

ESPN - Chicago at St. Louis 6 p.m.

GOLF

WGC World Cup

At Seaside Links Country Club Seaside, Ore.

WGC World Cup

At Seaside Links Country Club Seaside, Ore.

SKI REPORT

Big Bear

packed powder machine groomed 11-23-26

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High school

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Washington	11	11	95	35</			

AROUND THE WORLD

CHILE

Former Chilean dictator Pinochet dies at 91

SANTIAGO, Chile — Gen. Augusto Pinochet, who terrorized his opponents for 17 years after taking power in a bloody coup, died Sunday, putting an end to a decade of intensifying efforts to bring him to trial for human rights abuses blamed on his regime. He was 91.

Supporters saw Pinochet as a Cold War hero for overthrowing a democratically elected President Salvador Allende at a time when the U.S. was working to destabilize his Marxist government and keep Chile from exporting Communism in Latin America.

But the world soon reacted in horror as Santiago's main soccer stadium filled with political prisoners to be tortured, shot, disappeared or forced into exile.

Pinochet's dictatorship laid the groundwork for South America's most stable economy, but his crackdown on dissent left a lasting legacy. His name has become a byword for the state terror, in many cases secretly supported by the United States, that retarded democratic change across the hemisphere.

Pinochet died with his family at his side at the Santiago Military Hospital on Sunday, a week after suffering a heart attack.

"This criminal has departed without ever being sentenced for all of the acts he was responsible for during his dictatorship," lamented Hugo Gutiérrez, a human rights lawyer involved in several lawsuits against Pinochet.

Hundreds of Pinochet supporters gathered outside the hospital, weeping and tiding insults with people in passing cars. Some shouted "Long Live Pinochet" and sang Chile's national anthem.



Pinochet in 1977

Violent clashes broke out between police and Pinochet opponents who threw rocks at cars and set up fire barricades on the city's main avenue. Police used tear gas and water cannons to disperse the crowd. Authorities said there were a number of arrests, but no immediate reports of injuries.

IRAQ

Rumsfeld pays surprise visit to U.S. troops

BAGHDAD, Iraq — Secretary of Defense Donald H. Rumsfeld, with only days left in office, paid a surprise farewell visit to U.S. troops in Iraq this weekend, telling them the consequences of the war's failure would be "unacceptable."

The trip came as war policies he helped create are under scrutiny and as sectarian violence raged on the streets of Baghdad, with a fresh outburst of retaliatory attacks and clashes between Shiites and Sunnis.

At least 83 people were killed or found dead throughout the country, including 59 bullet-riddled bodies that turned up in different parts of the capital.

A roadside bomb also killed one U.S. soldier and wounded another Sunday west of Baghdad, the military said. The death raised to 43 the number of troops who have died this month and pushed the total U.S. military death toll to 2,331 since the war started nearly four years ago.

Rumsfeld, casually dressed in a gray jacket and an open-collared shirt, traveled to several different U.S. bases in the country, shaking hands and joking with troops.

"We're not going to win this war militarily, we're going to win it politically," Baker said. "There must be a political reconciliation among the warring factions in Iraq or we're going to continue to have major league problems."

"It's no answer to say just because it's tough we don't do it," Baker said.

In the Sunday talk shows, former GOP Secretary of State James A. Baker III and former Democratic Rep. Lee Hamilton said their recommendations for a more robust regional diplomacy was the best approach to promote peace and stability in the region.

"We're not going to win this war militarily, we're going to win it politically," Baker said. "There must be a political reconciliation among the warring factions in Iraq or we're going to continue to have major league problems."

"It's no answer to say just because it's tough we don't do it," Baker said.

NEW HAMPSHIRE

Obama says he still has not decided to run in '08

MANCHESTER, N.H. — Sen. Barack Obama sparked an early frenzy Sunday during his initial visit to the nation's first presidential primary state, but said he still hasn't decided whether to run despite large crowds that he said have shown his "15 minutes of fame" has extended a little longer.

The Illinois senator said he is still "running" things through the traps" as he considers whether to join a field of Democrats that's expected to include front-runner Sen. Hillary Clinton and several other more experienced political hands.

"This is an office you can't run for just on the basis of ambition," Obama told reporters at a news conference between packed events. "You have to feel deep in your gut that you have a vision for the country that is sufficiently important that it needs to be out there."

At every turn in New Hampshire, Obama got encouragement to enter the race. He drew 1,500 Democrats to a fundraiser and several hundred more at a book signing in Portsmouth. Organizers of both events had to turn away many others who wanted to get in. The media

contingent was so large it crowded into a Portsmouth coffee shop with the senator and knocked into tables and chairs as he tried to shake hands with the customers.

NASA

Astronauts take stock of Discovery's heat shield

HOUSTON — The orbiting Discovery crew started the meticulous inspection of the shuttle's heat shield on Sunday, looking for any possible damage from liftoff.

Mission specialist Nicholas Patrick maneuvered the shuttle's 50-foot robotic arm and similarly long boom with cameras and sensors as the exam began on the spacecraft's right wing.

The thorough sweep will examine the wings and nose cup for chips and other damage from foam, a procedure made mandatory after the deadly Columbia accident in 2003. The survey began 3:08 p.m. and was expected to last 5 1/2 hours.

During tests late Saturday, the robotic arm's latching mechanism was not working automatically, so Patrick manually ordered the arm to grasp the boom. Otherwise, the inspection was without incident. Engineers are examining the camera images in real time and also will review them in greater detail later on.

Preliminary radar reports from Discovery's launch showed nothing of concern,

NASA spokesman Kyle Herring said.

LEBANON

Hundreds of thousands protest government

BEIRUT, Lebanon — Hundreds of thousands of Hezbollah members and their allies flooded central Beirut on Sunday demanding changes in the government's makeup as soldiers struck more barbed wire around the offices of the Western-backed premier.

Buyed by the big turnout after a week of street protests, the pro-Syria opposition gave Prime Minister Fuad Saniura an ultimatum of a "few days" to accept its demand to form a national unity government with a big role for Hezbollah or face an escalating campaign to oust him.

Saniura, who has been holed up in his fortified office downtown, rejected the demand and urged his foes to resume negotiations. The opposition should "return to the constitutional institutions to discuss differences and reach real solutions," he said in a written statement.

Political unrest has split the country along sectarian lines, with most Sunni Muslims supporting the Sunni prime minister and Shiite Muslims backing the militia Hezbollah. Christian factions are split between the two camps.

But despite the heated rhetoric of the political confrontation, Sunday's mass gathering remained peaceful and left the

door open to the possibility of a settlement.

HOLLYWOOD

Gibson wins box office as 'Apocalypse' debuts

LOS ANGELES — Mel Gibson's bloody epic "Apocalypse" debuted as the No. 1 weekend movie, proving the filmmaker still can deliver a winner despite his drunken-driving arrest and anti-Semitic rant last summer.

"Apocalypse," a Disney release set in the Mayan civilization and told in an obscure Mayan language, opened with \$14.2 million, according to studio estimates Sunday.

It was a modest haul compared to the \$83.8 million opening weekend of Gibson's last movie, the 2004 religious blockbuster "The Passion of the Christ," which went on to do \$370 million domestically.

But "Apocalypse" overcame the baggage of Gibson's personal troubles as well as its difficult subject matter, which features a no-name cast in a hyper-violent tale that includes beheadings and images of hearts ripped from people's chests.

"The movie obviously succeeds on its own level. I think people probably are a bit on the surprised side around town that it's No. 1," said Chuck Vlane, head of distribution for Disney. "Two months ago, nobody would have bet on that."

— The Associated Press

WASHINGTON

Panel co-chairs defend plan as best approach

WASHINGTON — Leaders of a bipartisan panel on Iraq defended their call for a new war strategy Sunday, saying it embraces President Bush's goal of an Iraq government that can defend and sustain itself.

Thank-you to these Edward Jones Representatives for Supporting Education.

 Diane Kiehl, Ed. Jones Rep., Twin Falls, ID 208 335-7700	 Ann Minter, Ed. Jones Rep., Twin Falls, ID 208 335-7700	 Madeline White, Ed. Jones Rep., Twin Falls, ID 208 335-7700	 Red Murgill, Ed. Jones Rep., Twin Falls, ID 208 335-7700	 William Martin, Ed. Jones Rep., Twin Falls, ID 208 335-7700	 Debra Jantz, Ed. Jones Rep., Twin Falls, ID 208 335-7700
 Lynn Hamilton, Ed. Jones Rep., Twin Falls, ID 208 335-7700	 Geraldine M., Ed. Jones Rep., Twin Falls, ID 208 335-7700	 Lisa A. Ford, Ed. Jones Rep., Twin Falls, ID 208 335-7700	<p>Newspaper in Education Inc</p>		

PLEASE DONATE THIS SEASON

Times-News FOOD DRIVE

A Season of Giving

Add this to your list:
Fill a bag with canned goods and drop it off at the Times-News, Smith's, Swensen's, Albertsons, Winco or any First Federal location.
(All proceeds go to the South Central Community Action Partnership)

H2 HILEX **FIRST FEDERAL**

I would like to help feed a hungry neighbor by making a cash donation.
(Please make your check payable to "Times-News Food Drive")

Name _____ Phone _____
Address _____
City _____ State _____ Zip _____
email (optional) _____

Please mail this along with your donation, to: TN Food Drive, PO Box 548, Twin Falls, ID, 83303-0548

Financial Lesson of the Week
Brought to You by **Edward Jones**
www.edwardjones.com • Member SIPC

This Year, Give a Gift That Lasts

The holidays are upon us, which means that it's time, once again, to search for those "perfect" gifts. This year, why not add financial gifts to your shopping list? They can make a big difference in the lives of the people you care about.

What types of financial gifts should you consider giving? Let's look at a few possibilities:

- Contributions to Section 529 plans** - If you have a child (or grandchild) that will be headed off to college in a few years, you may want to contribute to a Section 529 college savings plan. Your contributions may be tax deductible if you are participating in your own state's plan. Plus, your earnings and withdrawals will be exempt from federal taxes as long as the money goes toward paying college costs. (However, withdrawals used for expenses other than qualified education expenses may be subject to federal, state and penalty taxes.)
- Contributions to an IRA** - If you know a loved one has an IRA, consider making a contribution. Many people don't fully fund their IRA each year - so any help you can give toward that goal will be important.
- Stocks** - Consider giving shares of a company that produces products or services that are used by your intended recipient. If you're going to give away some of your own shares, you'll need to know what you originally paid for the stock, how long you've held it and its fair market value at the date of the gift. Recipients of your gift will need this information to determine gains or losses if they decide to sell the stock. You'll also need to determine if you have to pay gift taxes. You can give up to \$12,000 per year, free of gift taxes, to as many people as you want; over your lifetime, you can give up to \$1,000,000 without incurring gift taxes.
- Zero-coupon bonds** - These types of bonds can make nice gifts if you know that your intended recipient would like to achieve a specific financial goal - such as a new car, a dream vacation, etc. - in a given number of years. You buy a zero-coupon bond - usually issued by the Treasury under the name of STRIPS - at a deep discount; when the bond matures, you - or in this case, the recipient of your gift - collects the full face value. In other words, the accrued interest is paid at maturity, so you - or the recipient - won't receive periodic interest payments. Keep in mind, however, that these "phantom" interest payments will still be taxed as ordinary income each year until the bond matures. Also, market prices of zero coupon bonds tend to be more volatile than bonds that pay interest regularly.
- Charitable gifts** - You may want to make a financial gift to an organization in the name of a loved one - especially if this person is an enthusiastic supporter of the charity. Your generosity will be appreciated, and you'll get some significant tax benefits. First, you may get an immediate tax deduction for your gift. Second, you'll avoid paying capital gains taxes by donating appreciated assets, such as stock or real estate. And third, you'll be removing an asset from your taxable estate.

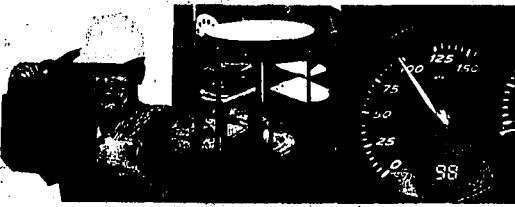
A financial gift can brighten a loved one's holiday season - and your thoughtfulness will be felt long after the holidays are over.

Questions:
(1) True or False - A contribution to a 529 plan is a great gift for someone heading to college in a few years. (2) True or False - A gift to a charity gives you no tax benefits.

nie Newspaper in Education

Times-News
magicvalley.com

Classifieds



We care about quality! The Times-News strives for your ad to be error free. Please review your ad the first day it runs and call us with any corrections.

Get it Sold!
208-733-0931 ext. 2
Phone Hours: M-F 8:00 am to 5:30 pm
Or to place an ad in person
Office Hours: M-F 8:00 am to 5:30 pm
132 Fairfield St. Twin Falls
or place your ad online at
www.magicvalley.com

Jobs

- 200 Employment
- 218 Newspaper Carriers
- 301 Business Opportunities
- 306 Financial Services

Homes

- 501 Open Houses
- 502 Homes for Sale
- 512 Farms/Ranches
- 513 Acreages and Lots
- 517 Condominiums
- 518 Mobile Homes

Rentals

- 601 Furnished Homes
- 602 Unfurnished Homes
- 603 Furnished Apartments
- 604 Unfurnished Apartments
- 605 Rooms for Rent
- 606 Mobile Homes
- 616 Rentals to Share

Ag

- 701 Livestock
- 702 Dairy Supplies
- 703 Horses & Tack
- 704 Pets & Supplies
- 705 Farm Equipment
- 706 Farm Supplies
- 707 Irrigation
- 708 Seed & Fertilizer
- 709 Hay/Grain Feed
- 710 Produce
- 712 Miscellaneous
- 713 Farm Rentals
- 714 Pasture Wanted
- 715 Farm Auctions
- 716 Ag Services

Stuff

- 050 Legal Notices
- 101 Lost & Found
- 113 Child Care
- 802 Appliances
- 803 Bazaars/Crafts
- 805 Electronics
- 812 Auctions
- 822 Wanted to Buy
- 828 Garage Sales

Wheels

- 901 ATVS
- 902 Motorcycles
- 903 Watercraft
- 904 Campers/Shells
- 905 RVs
- 906 Snow Vehicles
- 907 Travel Trailers
- 1006 Trucks
- 1007 Truck Parts
- 1008 SUVs
- 1009 Vans & Buses
- 1010 Automobiles



Visit us online anytime 24/7 at www.magicvalley.com

LEGAL

PUBLIC NOTICE
Actions planned and taken by your government are contained in public notices. They are part of your right to know and to be informed of what your government is doing. As self-government charges all citizens to be informed, this newspaper urges every citizen to read and study these notices. We advise those citizens who seek further information to exercise their right to access public records and public meetings.

IMPORTANT
Please address all legal advertising to:
LEGAL ADVERTISING
The Times-News
PO Box 544
Twin Falls, Idaho
83303-0544
email to: legal@magicvalley.com

Deadline for legal ads: 3 days prior to publication, noon on Wednesday for Sunday, noon on Thursday for Monday, noon on Friday for Tuesday and Wednesday, noon on Monday for Thursday and noon on Tuesday for Friday and Saturday. Holiday deadlines may vary. If you have any questions call Ruby, legal clerk, at 208-735-3324.

Do-It-Yourself Ideas

Gift of Christmas
If you'd like to add a personal touch to your holiday this year, a 128-page guidebook, "The Gift of Christmas," will help you get the results you want. Whether you're looking for decorating ideas or gifts to make, the book features detailed instructions with full-color, step-by-step photographs for dozens of creative projects that will give you the home that special holiday touch. Projects include ornaments and garlands for the tree, stockings, handmade cards, gifts for the home and more.

Gift of Christmas guidebook
(No. CC5) ... \$14.95
Ultimate Guide
Qualified for Christmas guide (No. B176) ... \$19.95
Please add \$3.00 s&h

To order, circle items. Please be sure to include your name, address and the name of this newspaper. Allow 1-2 weeks for delivery.

Or call (800) 82-U-BILD
or call (208) 735-3324

101 Lost and Found

PEOPLE FOR PETS
420 Victory Ave.
PO Box 1163
736-2289
Twin Falls, Idaho

FOUND

1. Min Pin female, adult
2. Min Pin male adult
3. Spaniel X female, gold pup St Lukes Hospital
4. Lab X male gold pup, St Lukes Hospital
5. Rot X female adult 200 E 3400 N
6. Pit Bull white with black spots male adult water tower on Washington
7. Spanish Chihuahua male adult 3600 E 3900 N
8. Lab X ivory pup male Washington St
9. Border Collie X black and white 2000 black Filer E
10. Lab Collie female pup 600 Black 2nd Ave E.
11. Aussie Spaniel X white and tan blue eyes Twin Falls
12. Terrier X male adult 400 Tyler

101 Lost and Found

LOST Doberman, black & tan, lost in Jerome,ampa, male. Call 208-420-0626

LOST dog Justice Grade 11/29, black & gray female schauzer, answers to Zoey, \$50 reward! 208-807-8085

LOST female black Lab 8 years old. Pink collar - with tag - "Ami" South of Twin Falls by Franklin Building Supply, Filer, Call 208-288-0768 or 731-0037

LOST small English Springer on Dec. 5 on Hwy 24 Kamina area, 1 yr. old female, wearing red collar. Reward: 208-532-4215.

LOST Wirehaired Pointer on 1150 W. 900 N. in Paul, Fremont, wearing leather collar, very timid. 431-1431

115 Community Events

ART WORKSHOP
Beginners-Advanced Starting January 27th
Self-Portrait, Understanding Light, Form & Color II
With Maria Smith
The Artist's Atelier in Twin Falls
Please call 825-4119 for details

200 Employment

BEAUTY
Hair Dressers and Nail Techno needed. Call 208-788-9319

CAREGIVER
Caregivers needed for Rosetta Assisted Living. Apply at 1177 Extradire Cl in Twin Falls or call Lisa Janod 208-734-9422

CASHIERS
Part-time or full-time Cashiers needed AT&T, payroll, Word, weekends. Flexible scheduling. Starting wage \$8.00/hr. Apply online at fnyling.com or in person 532 E. Jerome

200 Employment

CONSTRUCTION
Skilled and non-skilled Laborers for job in Jerome. Tax resume 801-583-3373 For info call 801-706-4045

DAIRY
Looking for experienced Milker for local dairy. Call 423-4252 or 212-5658

DELIVERY
Product delivery Driver, Magic Valley, Wood River Valley and Cassia. Good driving record. Apply in person 2502 Locust S. Twin Falls

101 Lost and Found

LOST Alaskan Malamute female, in Oakley, very beautiful and affectionate, misses her family. Please call 882-9287

FOUND dog at Kentucky Fried Chicken in Burley on 12/03/06. Call to identify, 208-679-0409.

FOUND German Shorthair, male near Giamero 11/28. 324-5276 or 320-2454.

FOUND kitten long haired gray female, 3rd Ave. North end in Twin Falls. 208-9873

FOUND Shih Tzu on Kimberly Rd. Call to identify 208-410-1562 for more information.

FOUND small white dog with short hair at 100 S. E. Burley. Wearing red collar with yellow band. Front left foot hurt or deformed. 208-431-2194 or 208-678-3954

101 Lost and Found

LOST black CPL tool box on 500 W. 300 S. in Paul. The box was stocked with Snap-On & Cornwell tools. Has initials DGT, SRT, & TS. Reward! Please call Dirk at 208-431-5365 or 208-316-2250

LOST black Lab, registered 10 months old, at 400 S. Burley. Wearing orange and brown collar. Answers to Boole. 208-678-3415

LOST Cal, black male, white belly and paws. Young, short hair, neutered. Lost near Barbours Hot Spring off of River Road between Burt and Hogman. May have traveled far. Call 208-543-5839 w. msg.

LOST Cal, female, spayed, 1½ years old, gray/brown, hot lobby. Lost near O'Leary. Call 734-2013.

108 Professional Services

Bankruptcy Chapter 7
Guaranteed lowest price for attorney representation. We are a debt relief agency. Free Consultation Call 1-866-688-2399.

Do you need a Santa?
Purchase your Christmas tree at home for only \$20. City limits or outside extra. Call Santa at 734-5194 or 731-5193

HOUSE CLEANING
Good references. 2 years experience. 735-8272 or 316-1899

108 Professional Services

SANTA FOR HIRE
Larry Evans
Leave Message 208-326-5258
www.evansforhire.com
Available Days & Evenings

115 Community Events

All advertising is subject to the newspaper's standard of acceptance. The Times-News reserves the right to edit, abbreviate, decline or properly classify any ad. Receipt of copy with photo (for e-mail, etc.) does not constitute final acceptance by this newspaper. The advertiser, not the newspaper, assumes full responsibility for the truthful content of all advertising messages.

200 Employment

Classified Private Party Ads
Requires pre-purchase. Major credit/debit cards, and cash accepted. Check processing over the phone. 733-0931
The Times-News

200 Employment

DRIVER
Local delivery driver. Must have CDL with 5 yrs exp. Call 208-735-8955.

DRIVER
Local distribution company is seeking a motivated, experienced, CDL with High School grad diploma or GED for delivery route. Full-time with benefits (vision, dental, 401k) must be able to lift 50 lbs continuously. Physical screening and substance abuse test required. Apply at: Gem State Paper & Supply 1801 Highland Ave E., Twin Falls, 8-5pm Mon-Fri.

DRIVER
Van driver, to transport children ages 3-15. Background check & drug test required. \$7 and up DOE. Employment contract but not necessary. Pick up applications at 423-4252 or fax resume to Suite 1030, Twin Falls

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ADOPTIONS

1. Lab cross female adult, black.
2. Cheslea cross female, liver, pup.
3. Lab X chocolate neutered male adult
4. Rot X black & tan male adult
5. Lab X male, big pup, chocolate.
6. Terrier X white male adult
7. Pit Healer X brindle and white female pup
8. Aussie X male pup
9. Healer X female adult
10. Pit/Lab white female adult

AGAPE CHILD CARE

has (2) full and (1) part-time openings for 3 year olds and up. Licensed, CPR and ICCP with large fenced playground. Call 208-734-3653

CHILD CARE

In home, has openings. Call Amanda 733-5090.

DAY CARE has openings, ICCP, 9 yrs experience. Call 208-734-1006 for info.

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How To Make Your Washer Disappear...

Simply advertise in the Classifieds and get results quickly!

CALL

208.733.0931 ext. 2
1.800.658.3883 ext. 2

Classifieds
magicvalley.com

BIRTHDAY PHOTOS

Have you forgotten to pickup your birthday photos? We have some photos we are sure you don't want us to toss. These can be picked up at The Times-News Classified Dept

DON'T FORGET US!

Many cats/kittens for adoption!
www.magiclink.com/v
welp@online
Hours: Mon-Fri, 10:00 am-5:30 pm Saturday
10:00 am-2:00 pm Closed Sundays and Holidays

We can only keep animals 48 hours, they are then sold or DESTROYED. Please check daily

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D. L. Evans Bank

Are you ready to advance your career with a proven and progressive Idaho company?

D.L. Evans Bank, Idaho's HomeTown Community Bank for over 102 years, has an opening in Burley and Rupert for a

Part-time Teller

The ideal candidates for these positions will be dynamic, sales oriented individuals with excellent customer service skills and cash handling experience.

Applications for employment are available at any D.L. Evans Bank location. EOE.

su do ku

© Puzzles by Pappocom

				1	6	5
2	3	7	9			
6		4	5		7	
5			4		1	3
	1	9	3		8	4
3	6		2			8
9			8	4		3
			7	3	9	
4	5	6				1

V. EASY #18
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 todays puzzle on page C-8.

200 Employment

MANAGER
Apartment Manager
Need strong computer and leasing skills. Must be bosome. Salary plus commission. Send resume and salary requirements to hr@hcmr.com

MEDICAL ACTIVITIES DIRECTOR
Full-time position to coordinate & direct activities program to meet individual resident needs in skilled nursing facility. Qualified therapeutic recreation specialist or Activities professional licensed or eligible for licensing. Two yrs exp with working knowledge of Minimum Data Sets. Competitive wage and benefits. Apply with St. Benedicta Family Medical Center, 709 N Lincoln, Jerome, ID 83338. Email: afmrc@stbmc.com FAX: 208-332-3076.

MEDICAL
Searching for quality Review RN. Need skills to coordinate quality measures at 3 nursing homes in Magic Valley. Call May Tan at 208-251-2573

NEWSPAPER
Need Extra Holiday Cash? Complete the benefits of a Times-News delivery route. You can start extra income early in the morning and still have your days and evenings free. We offer bonuses and rewards in customer service and a sign on bonus on some routes. To be eligible you are available in your area call 208-735-3349 Apply in person at: Simplot Grower Solutions 230 S. 200 W., Rupert

DRIVERS
O/O's Cattle Truck drivers. CDL Req. No Comm. Team and local Drivers. Call 208-733-2978

GENERAL
Operation Support 1. Full-time position. Knowledge of skidders, hyspols, light maintenance and CDL required. minimum Class B. Apply in person at: Simplot Grower Solutions 230 S. 200 W., Rupert

MECHANIC
Experienced and energetic. Under limited supervision perform skilled mechanical repair and preventive maintenance work on automotive, small engine and diesel heavy equipment. Ability to keep accurate records of equipment repairs and service of all. Pay DOE. Benefits. hr@robgreen.com 208-788-3161

GENERAL
We need 4-Concrete Form Setters
5-CDL Drivers (Hazmat a plus)
4-Framers
4-Carpenters
4-Concrete Finishers
Rebar Labor
Forklift Operators
Immediate Hire
Apply Today
1-870 Blos Lakes N
735-5999
So Hebla Espanol
Nevor a Feal

SunBridge Healthcare
Do You Have Experience in the Kitchen and Love to Cook?
DIETARY AIDE
Openings available. Shifts 7am-3pm 1pm-5pm
Contact Lorraine Weekes 208-734-8645 or apply in person 640 Filer Ave W, Twin Falls, ID 83301

COMPANY DRIVERS
Owner/Operators
Deluxe Late Model Equipment
Weekly Settlements
Holiday & Vacation Pay Health Insurance - 401K

CIRCULATION
The South Idaho Press currently has the following position available in the Circulation Department:
Customer Service Part Time
Representative Part Time
This position would be scheduled to work Mon-Fri, evenings, 4pm-approx. 7pm. Responsibilities include customer service via telephone and walk-in traffic, customer retention, dispatching newspaper delivery, redelivering newspapers as needed, and other tasks as assigned. Some weekends and holidays could be included.
Ideal candidates will possess good verbal and written communication skills, good computer skills, and have a good telephone presence. We are looking for people who enjoy working with the public, are self-motivated, self-starting, and comfortable doing outbound calling. To be considered, all candidates must have a valid driver's license with a good driving record, and be able to work weekends and holidays.
To apply, please submit an application/resume to:
Jeni Busick
Circulation Director
South Idaho Press
230 E. Main St.
Burley, ID 83319
jbusick@southididpress.com

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We need 4-Concrete Form Setters
5-CDL Drivers (Hazmat a plus)
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4-Carpenters
4-Concrete Finishers
Rebar Labor
Forklift Operators
Immediate Hire
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200 Employment

EDUCATION
Special Ed
Paraprofessional-Gooding Middle School
Contact Clara Allred at 934-4321 ext: 111

NIGHT DISPATCH
position available with local Trucking Company. 6pm to 6am with rotating 4 days on, 4 days off.
Contact Mark at 324-4255. EOE

MEDICAL
NIGHT OWL/INSOMNIAC? WHY NOT PUT IT TO WORK FOR YOU?

NA/CNA'S
needed for NCS Shifts Positions available in Alzheimer Care Unit and in LTC
Dawn Detero. 208-734-8645 or 208-251-2573 Fax: 208-735-3349 640 Filer Ave W, Twin Falls, ID 83301

PROFESSIONAL
Behavior Systems is seeking an IBI Professional to provide quality and ethical IBI services. Flexible hours. Competitive wages DOE. All benefits provided. Developmental Therapist aft school. Competitive wage DOE. Call 208-435-4811

RECEPTIONIST
Part-Time in Fairfield. Medical office Receptionist/Secretary needed 3 days per week for 735 East 2nd St. Send resume to FHS, Attn: A. Snyder 735 East 2nd St. Twin Falls, ID 83301 EOE

RESTAURANT
Servers, Hostess & Dishwashers needed. Apply in person at 735 Blue Lakes Blvd.

GENERAL
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DO YOU LIVE NEAR ANY OF THESE LOCATIONS? IT'S AN EASY WAY TO PICK UP EXTRA CASH...

Capri Dr., Chase Dr., Falls Ave. E.	Alturas Dr., Rainbrush Dr., Heyburn Ave. E.	Bitterroot Dr., Dorlan Dr., Palmhurst Dr. N.	Mountain View Dr., Rancho Vista Dr., Sunrise Blvd. N.
Brookfield Ct., Galea Ct., Stonecrest Ct.	Ironwood Dr., Alderwood Dr., Rainbrush Dr.	Adams St., Jefferson St., Madison St.	Lynnwood Blvd., Fremont St., Alder St.
Carriage Ln., Castgate Dr., Sagebrush Dr.	Morning Sun Dr., Sunbeam Dr., Carriage Ln. N.	Bitterbrush Dr., Sagebrush Dr., Trotter Dr.	Twin Parks Dr., Park Meadows Cr., Parkway Dr.
11th Ave. E., Addison Ave. E., Maple Ave.	Crestwood Dr., Del Mar Dr., Shery Dr.	Jackson St., Monroe St., Quincy St.	Harrison St., Tyler St., Van Buren St.
Anny Dr. E., Ashley Dr., Bradley St.	Main to 16th, Conant & Burton, Park Ave.	4th Ave. E., 3rd Ave. E., Link Apartments	S. Lincoln Ave., W Ave. G, W Ave. I (Sign on Bonnet)

Substitutes Needed

15th Ave. E., 16th Ave. E., 17th Ave. E. (Sign on Bonnet)

Town Routes Sign On Bonus FILER

Sign on Bonuses!

Read The Classifieds Every Day!

JEROME/TWIN FALLS
 Now commercial buildings ready for occupancy May 2007. Located in the hub of Magic Valley's new 250 acre **Business Park Enterprise Center**. Center, Junction of US 93 & Hwy 84. Shop/office/light industrial/commercial/retail. Lease or buy. Call as soon as possible so we may customize these buildings to suit your business needs. Fee free to call for more information or free turn-key estimates 208-404-4345 drg-construction.com/roaroads.htm

MAGIC VALLEY AREA Are you ready to help BUILD your OWN home? Would you like to learn new skills and get to know your neighbors in the process? If so, **Mercy Housing Idaho** may be your future! Funded by USDA-RD and IHFA

504 Investments
PERSONAL INVESTORS wanted to help you with your investment portfolio. Call 208-961-1905 Kudro

502 Homes For Sale
TWIN FALLS 1,788 square feet, 4 bdrm, 2 1/2 bath, 7500 sq. ft. lot. Must see now! Please call 208-308-0703

502 Homes For Sale
TWIN FALLS 3 bdrm, 2 bath, 1600 sq. ft. roof porch, close to golf course 995,000 \$56 Callaway Ct. Call 208-441-1111

502 Homes For Sale
TWIN FALLS brand new 3 bedroom both home in Phasanti Meadows. Has extra, 1,218 sq. ft., 139,900. Call 208-899-8561

512 Acroage and Lots
BUIH 90 or 365,000. View from Easton Point Estates Call 208-543-4228

502 Unimproved Homes
BUIH 3 bedroom 2 1/2 bath, 1600 sq. ft., 5600 month + 1st, last and cleaning deposit. Ref. No pets/smoking. Call 208-404-4703

502 Unimproved Homes
BUIH Roomy 2 bedroom w/walkway garage and more, 3450/mo. Credit checks and references required. Call 543-4371

501 School Instruction

CLASSIFIEDS
 It pays to read the line print. Call Times-News to place your ad 208-733-0931 ext. 2

501 Open House

PUBLIC SERVICE MESSAGE
 Selling Property? Don't say anything until it's sold. For free information about avoiding time share and real estate scams, write to: Federal Trade Commission, Washington, D.C. 20580 or call the National Fraud Information Center, 1-800-876-7060.

502 Homes For Sale

GOODING 1120 sq. ft. home, \$79,500. Own or will carry, \$10,000 down.

SHOSHONE 160 acre ranch, \$189,450.

WENDELL New 2,000 sq. ft. custom home, \$189,450.

WENDELL Brand new 1,440 sq. ft. home, \$149,000.

TWIN FALLS Log home just minutes from city, 3 bdrm, 2 bath, brand new kitchen/dining room & main level. Overized 2 car garage, fenced yard & more. Call: Harriett 538-7102 or Westera 733-7853.

TWIN FALLS N.E. location, 2000 sq. ft. 4 bdrm, 2 1/2 bath, 2 car garage, \$189,000. Call 208-358-1453

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TWIN FALLS N.E. location, 2000 sq. ft. 4 bdrm, 2 1/2 bath, 2 car garage, \$189,000. Call 208-358-1453

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TWIN FALLS N.E. location, 2000 sq. ft. 4 bdrm, 2 1/2 bath, 2 car garage, \$189,000. Call 208-358-1453

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501 School Instruction

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602 Unfurnished Homes

JEROME large 3 bdrm, all appls, W/D hook up, \$700 mo + \$350 dep. Call 206-324-2244

603 Unfurnished Homes

TWIN FALLS 3 bdrm, 1 bath, \$550 + deposit. Call 206-731-3742 or Alex 533-5758

604 Unfurnished Homes

WHO can help YOU rent your rental? Classifieds Can! 733-931 ext 2. www.iamagency.com

605 Furnished Apts. And Duplex

TWIN FALLS 2 bdrm, duplex, DW, AC, carpet, no smoking/pets. \$525. Call 206-731-5742

606 Unfurnished Apts. And Duplex

TWIN FALLS 2 bdrm, duplex, DW, AC, carpet, no smoking/pets. \$525. Call 206-731-5742

607 Commercial Property

Office, Shop, Warehouse, 1,150 - 122,000 sq ft. Twin Falls Rentals

703 Horse and Tack

HORSES for Christmas 2 genitid broke, abandoned mares \$350-\$450. Unused 16' Western

704 Pets And Pet Supplies

FREE Boxer mix, abandoned, needs a good home, female, about 1 yr old. 206-324-2668

704 Pets And Pet Supplies

FREE puppies, small to medium size, ready to go in 1 week. Call 206-323-8223

JEROME small 1 bedroom

Jerome & Wendell, no smoking/pets. \$375 + dep. \$24-290. Call 206-731-5745

TWIN FALLS brand new home

4 bdrm, 2 bath, like new approx. 1765 sq ft. 206 Borah Court, Jefferson. No pets. \$206-731-3742

TWIN FALLS large 3 bdrm

2 bath, W/D hook up, \$850 mo. + \$500 dep. Available 01/01/07. Call 206-731-5900

TWIN FALLS 2 bedroom

1 bath, duplex, hardwood floors, gas heat, \$525. 337 Shop Ave. W. \$525 month. No smoking. Call 736-9429

TWIN FALLS 2 bedroom

1 bath, all appls, linoleum. No pets, no smoking. Call 206-731-4120

TWIN FALLS 2 bedroom

1 bath, garage, 1100 sq ft. No pets, no smoking. Call 206-731-4120

TWIN FALLS 2 bedroom

1 bath, all appls, linoleum. No pets, no smoking. Call 206-731-4120

TWIN FALLS 2 bedroom

1 bath, all appls, linoleum. No pets, no smoking. Call 206-731-4120

TWIN FALLS 2 bedroom

1 bath, all appls, linoleum. No pets, no smoking. Call 206-731-4120

JEROME small 2 bedroom

1 bath house, \$375 month + deposit. 513 7th Ave. W. No smoking/pets. Call 206-324-5637/mrg

TWIN FALLS brand new home

4 bdrm, 2 bath, full landscaped, great location. Immediate occupancy. \$1100. Call 206-731-5900

TWIN FALLS large 3 bdrm

2 bath, W/D hook up, \$850 mo. + \$500 dep. Available 01/01/07. Call 206-731-5900

TWIN FALLS 2 bedroom

1 bath, all appls, linoleum. No pets, no smoking. Call 206-731-4120

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K & G Property Management

Where landlords and tenants come together. Call 206-732-5570

TWIN FALLS Classic remodeled 3 bdrm

2 bath + office, dining room, great location. \$400. 206-731-5900

TWIN FALLS Clean 2 bdrm house

No smoking/pets. \$475 mo. + \$475 dep. 411-8089 or 734-1045

TWIN FALLS Clean 3 bdrm

2 bath, 2 car garage, no smoking/pets. \$525. Call 206-318-0435

TWIN FALLS Clean 2 bdrm

1 bath, 1 car garage, no smoking/pets. \$475. Call 206-318-0435

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KIMBERLY 1 bedroom apt

\$400 + \$300 deposit. \$206-212-1676

KIMBERLY small country home

3767 N. 3400 E. \$450 + dep. \$24-424-4844

SHOSHONE 3-4 bdrm

1 bath, 2nd, 3rd, 4th. \$650. 2 bdrm apt. \$450. No pets/smoking. Call 206-318-0435

SHOSHONE for rent or sale

3 bdrms, covered carport, nice neighborhood. \$600 month + deposit. No smoking and no pets. 431-3838 or 206-431-0088

TWIN FALLS 1338 Duxey Court

Cody house, 3 bedroom, 2 bath, gas heat, central AC, 2 car garage, fenced with auto sprinkler, \$1100 + security deposit. No smoking/pets. Property Management. Lyle @ 731-6549

TWIN FALLS 1369 Washington St

S, 3 bdrms, 2 bath, \$700. 1st floor, pet friendly. No pets. 734-4101

TWIN FALLS 1956 Laura Circe

3 bdrm 2 bath, \$700. 1st floor, pet friendly. No pets. 734-4101

TWIN FALLS Like new, quiet, 3 bdrm, 2 bath

home in NW Twin Falls area. Wheelchair friendly, 2 car garage, fenced yard, landscaping, lawn care provided. No smoking. \$995 mo. Call 206-404-0293

TWIN FALLS Nearly 1,400 sq ft. in N.E. location

3 bdrm, 2 bath, private gas/AC, appls, \$750 month + deposit. Call 206-208-1909

TWIN FALLS 3 bdrm

2 bath, \$650 month. Call 206-731-5900

TWIN FALLS Clean 2 bdrm house

No smoking/pets. \$475 mo. + \$475 dep. 411-8089 or 734-1045

TWIN FALLS Clean 3 bdrm

2 bath, 2 car garage, no smoking/pets. \$525. Call 206-318-0435

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TWIN FALLS 304 Blue Lakes #1

2 bdrm, appls. W/D. \$495. 337 3rd Ave. E. 1 bdrm, appls. \$375. No pets/smoking. Call 206-735-0473

TWIN FALLS 321 N. 2nd

2 bdrm, 2 bath, \$700. Call 206-293-537

TWIN FALLS A newer 3-4 plus new CSI and 4-plus new garage

W/D hook up, 2nd floor and garage, W/D hook up, 2nd floor and garage, W/D hook up, 2nd floor and garage. \$625 + dep. \$206-731-5900

TWIN FALLS APTS. 3 bdrm, 2 bath

W/D, \$575 + \$375 dep. No smoking/pets. Call 206-324-2244

TWIN FALLS APTS. 2 bdrm, 1 bath

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TWIN FALLS 321 N. 2nd

2 bdrm, 2 bath, \$700. Call 206-293-537

TWIN FALLS A newer 3-4 plus new CSI and 4-plus new garage

W/D hook up, 2nd floor and garage, W/D hook up, 2nd floor and garage, W/D hook up, 2nd floor and garage. \$625 + dep. \$206-731-5900

TWIN FALLS APTS. 3 bdrm, 2 bath

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ACROSS

1	Junk e-mail	2	Part of U.A.R.	3	Items	4	Equestrian game	5	French mother	6	In a dominant position	7	Business partner	8	Missouri river	9	Oxford fastener	10	Third-party contract	11	Red ink	12	At any time	13	Chop off	14	"Kidnapped" author	15	Videoaping device	16	Glacial epoch	17	Be indispensed	18	Colton button	19	Bird or Linville	20	Place	21	Strasind film	22	... vera	23	Derek and	24	Joined in marriage	25	Appetizers	26	Org. with maps	27	Decade divs.	28	Walking stick	29	Baltic capital	30	Flynn and others	31	More vigorous	32	Bea Arthur sitcom	33	Wretched	34	"King Solomon's"	35	Will of "The Waltons"	36	Temperate	37	Feeling of apprehension	38	Disarrange	39	Pindar's output	40	DOWN	41	Health resorts	42	Fancy schmancy	43	As well	44	Bellowed like Bossy	45	Good-natured	46	Bounces back	47	Comic Johnson	48	Busy insect	49	Free up	50	Engraved	51	Daneb or Vega	52	African nation	53	Priesthood	54	Bone to bad	55	12 African nation	56	13 our out	57	Pierhood	58	21 Bane to	59	Dad	60	12 African nation	61	13 our out	62	21 Bane to	63	Dad	64	12 African nation	65	13 our out	66	21 Bane to	67	Dad	68	12 African nation	69	13 our out	70	21 Bane to	71	Dad	72	12 African nation	73	13 our out	74	21 Bane to	75	Dad	76	12 African nation	77	13 our out	78	21 Bane to	79	Dad	80	12 African nation	81	13 our out	82	21 Bane to	83	Dad	84	12 African nation	85	13 our out	86	21 Bane to	87	Dad	88	12 African nation	89	13 our out	90	21 Bane to	91	Dad	92	12 African nation	93	13 our out	94	21 Bane to	95	Dad	96	12 African nation	97	13 our out	98	21 Bane to	99	Dad	100	12 African nation	101	13 our out	102	21 Bane to	103	Dad	104	12 African nation	105	13 our out	106	21 Bane to	107	Dad	108	12 African nation	109	13 our out	110	21 Bane to	111	Dad	112	12 African nation	113	13 our out	114	21 Bane to	115	Dad	116	12 African nation	117	13 our out	118	21 Bane to	119	Dad	120	12 African nation	121	13 our out	122	21 Bane to	123	Dad	124	12 African nation	125	13 our out	126	21 Bane to	127	Dad	128	12 African nation	129	13 our out	130	21 Bane to	131	Dad	132	12 African nation	133	13 our out	134	21 Bane to	135	Dad	136	12 African nation	137	13 our out	138	21 Bane to	139	Dad	140	12 African nation	141	13 our out	142	21 Bane to	143	Dad	144	12 African nation	145	13 our out	146	21 Bane to	147	Dad	148	12 African nation	149	13 our out	150	21 Bane to	151	Dad	152	12 African nation	153	13 our out	154	21 Bane to	155	Dad	156	12 African nation	157	13 our out	158	21 Bane to	159	Dad	160	12 African nation	161	13 our out	162	21 Bane to	163	Dad	164	12 African nation	165	13 our out	166	21 Bane to	167	Dad	168	12 African nation	169	13 our out	170	21 Bane to	171	Dad	172	12 African nation	173	13 our out	174	21 Bane to	175	Dad	176	12 African nation	177	13 our out	178	21 Bane to	179	Dad	180	12 African nation	181	13 our out	182	21 Bane to	183	Dad	184	12 African nation	185	13 our out	186	21 Bane to	187	Dad	188	12 African nation	189	13 our out	190	21 Bane to	191	Dad	192	12 African nation	193	13 our out	194	21 Bane to	195	Dad	196	12 African nation	197	13 our out	198	21 Bane to	199	Dad	200	12 African nation	201	13 our out	202	21 Bane to	203	Dad	204	12 African nation	205	13 our out	206	21 Bane to	207	Dad	208	12 African nation	209	13 our out	210	21 Bane to	211	Dad	212	12 African nation	213	13 our out	214	21 Bane to	215	Dad	216	12 African nation	217	13 our out	218	21 Bane to	219	Dad	220	12 African nation	221	13 our out	222	21 Bane to	223	Dad	224	12 African nation	225	13 our out	226	21 Bane to	227	Dad	228	12 African nation	229	13 our out	230	21 Bane to	231	Dad	232	12 African nation	233	13 our out	234	21 Bane to	235	Dad	236	12 African nation	237	13 our out	238	21 Bane to	239	Dad	240	12 African nation	241	13 our out	242	21 Bane to	243	Dad	244	12 African nation	245	13 our out	246	21 Bane to	247	Dad	248	12 African nation	249	13 our out	250	21 Bane to	251	Dad	252	12 African nation	253	13 our out	254	21 Bane to	255	Dad	256	12 African nation	257	13 our out	258	21 Bane to	259	Dad	260	12 African nation	261	13 our out	262	21 Bane to	263	Dad	264	12 African nation	265	13 our out	266	21 Bane to	267	Dad	268	12 African nation	269	13 our out	270	21 Bane to	271	Dad	272	12 African nation	273	13 our out	274	21 Bane to	275	Dad	276	12 African nation	277	13 our out	278	21 Bane to	279	Dad	280	12 African nation	281	13 our out	282	21 Bane to	283	Dad	284	12 African nation	285	13 our out	286	21 Bane to	287	Dad	288	12 African nation	289	13 our out	290	21 Bane to	291	Dad	292	12 African nation	293	13 our out	294	21 Bane to	295	Dad	296	12 African nation	297	13 our out	298	21 Bane to	299	Dad	300	12 African nation	301	13 our out	302	21 Bane to	303	Dad	304	12 African nation	305	13 our out	306	21 Bane to	307	Dad	308	12 African nation	309	13 our out	310	21 Bane to	311	Dad	312	12 African nation	313	13 our out	314	21 Bane to	315	Dad	316	12 African nation	317	13 our out	318	21 Bane to	319	Dad	320	12 African nation	321	13 our out	322	21 Bane to	323	Dad	324	12 African nation	325	13 our out	326	21 Bane to	327	Dad	328	12 African nation	329	13 our out	330	21 Bane to	331	Dad	332	12 African nation	333	13 our out	334	21 Bane to	335	Dad	336	12 African nation	337	13 our out	338	21 Bane to	339	Dad	340	12 African nation	341	13 our out	342	21 Bane to	343	Dad	344	12 African nation	345	13 our out	346	21 Bane to	347	Dad	348	12 African nation	349	13 our out	350	21 Bane to	351	Dad	352	12 African nation	353	13 our out	354	21 Bane to	355	Dad	356	12 African nation	357	13 our out	358	21 Bane to	359	Dad	360	12 African nation	361	13 our out	362	21 Bane to	363	Dad	364	12 African nation	365	13 our out	366	21 Bane to	367	Dad	368	12 African nation	369	13 our out	370	21 Bane to	371	Dad	372	12 African nation	373	13 our out	374	21 Bane to	375	Dad	376	12 African nation	377	13 our out	378	21 Bane to	379	Dad	380	12 African nation	381	13 our out	382	21 Bane to	383	Dad	384	12 African nation	385	13 our out	386	21 Bane to	387	Dad	388	12 African nation	389	13 our out	390	21 Bane to	391	Dad	392	12 African nation	393	13 our out	394	21 Bane to	395	Dad	396	12 African nation	397	13 our out	398	21 Bane to	399	Dad	400	12 African nation	401	13 our out	402	21 Bane to	403	Dad	404	12 African nation	405	13 our out	406	21 Bane to	407	Dad	408	12 African nation	409	13 our out	410	21 Bane to	411	Dad	412	12 African nation	413	13 our out	414	21 Bane to	415	Dad	416	12 African nation	417	13 our out	418	21 Bane to	419	Dad	420	12 African nation	421	13 our out	422	21 Bane to	423	Dad	424	12 African nation	425	13 our out	426	21 Bane to	427	Dad	428	12 African nation	429	13 our out	430	21 Bane to	431	Dad	432	12 African nation	433	13 our out	434	21 Bane to	435	Dad	436	12 African nation	437	13 our out	438	21 Bane to	439	Dad	440	12 African nation	441	13 our out	442	21 Bane to	443	Dad	444	12 African nation	445	13 our out	446	21 Bane to	447	Dad	448	12 African nation	449	13 our out	450	21 Bane to	451	Dad	452	12 African nation	453	13 our out	454	21 Bane to	455	Dad	456	12 African nation	457	13 our out	458	21 Bane to	459	Dad	460	12 African nation	461	13 our out	462	21 Bane to	463	Dad	464	12 African nation	465	13 our out	466	21 Bane to	467	Dad	468	12 African nation	469	13 our out	470	21 Bane to	471	Dad	472	12 African nation	473	13 our out	474	21 Bane to	475	Dad	476	12 African nation	477	13 our out	478	21 Bane to	479	Dad	480	12 African nation	481	13 our out	482	21 Bane to	483	Dad	484	12 African nation	485	13 our out	486	21 Bane to	487	Dad	488	12 African nation	489	13 our out	490	21 Bane to	491	Dad	492	12 African nation	493	13 our out	494	21 Bane to	495	Dad	496	12 African nation	497	13 our out	498	21 Bane to	499	Dad	500	12 African nation	501	13 our out	502	21 Bane to	503	Dad	504	12 African nation	505	13 our out	506	21 Bane to	507	Dad	508	12 African nation	509	13 our out	510	21 Bane to	511	Dad	512	12 African nation	513	13 our out	514	21 Bane to	515	Dad	516	12 African nation	517	13 our out	518	21 Bane to	519	Dad	520	12 African nation	521	13 our out	522	21 Bane to	523	Dad	524	12 African nation	525	13 our out	526	21 Bane to	527	Dad	528	12 African nation	529	13 our out	530	21 Bane to	531	Dad	532	12 African nation	533	13 our out	534	21 Bane to	535	Dad	536	12 African nation	537	13 our out	538	21 Bane to	539	Dad	540	12 African nation	541	13 our out	542	21 Bane to	543	Dad	544	12 African nation	545	13 our out	546	21 Bane to	547	Dad	548	12 African nation	549	13 our out	550	21 Bane to	551	Dad	552	12 African nation	553	13 our out	554	21 Bane to	555	Dad	556	12 African nation	557	13 our out	558	21 Bane to	559	Dad	560	12 African nation	561	13 our out	562	21 Bane to	563	Dad	564	12 African nation	565	13 our out	566	21 Bane to	567	Dad	568	12 African nation	569	13 our out	570	21 Bane to	571	Dad	572	12 African nation	573	13 our out	574	21 Bane to	575	Dad	576	12 African nation	577	13 our out	578	21 Bane to	579	Dad	580	12 African nation	581	13 our out	582	21 Bane to	583	Dad	584	12 African nation	585	13 our out	586	21 Bane to	587	Dad	588	12 African nation	589	13 our out	590	21 Bane to	591	Dad	592	12 African nation	593	13 our out	594	21 Bane to	595	Dad	596	12 African nation	597	13 our out	598	21 Bane to	599	Dad	600	12 African nation	601	13 our out	602	21 Bane to	603	Dad	604	12 African nation	605	13 our out	606	21 Bane to	607	Dad	608	12 African nation	609	13 our out	610	21 Bane to	611	Dad	612	12 African nation	613	13 our out	614	21 Bane to	615	Dad	616	12 African nation	617	13 our out	618	21 Bane to	619	Dad	620	12 African nation	621	13 our out	622	21 Bane to	623	Dad	624	12 African nation	625	13 our out	626	21 Bane to	627	Dad	628	12 African nation	629	13 our out	630	21 Bane to	631	Dad	632	12 African nation	633	13 our out	634	21 Bane to	635	Dad	636	12 African nation	637	13 our out	638	21 Bane to	639	Dad	640	12 African nation	641	13 our out	642	21 Bane to	643	Dad	644	12 African nation	645	13 our out	646	21 Bane to	647	Dad	648	12 African nation	649	13 our out	650	21 Bane to	651	Dad	652	12 African nation	653	13 our out	654	21 Bane to	655	Dad	656	12 African nation	657	13 our out	658	21 Bane to	659	Dad	660	12 African nation	661	13 our out	662	21 Bane to	663	Dad	664	12 African nation	665	13 our out	666	21 Bane to	667	Dad	668	12 African nation	669	13 our out	670	21 Bane to	671	Dad	672	12 African nation	673	13 our out	674	21 Bane to	675	Dad	676	12 African nation	677	13 our out	678	21 Bane to	679	Dad	680	12 African nation	681	13 our out	682	21 Bane to	683	Dad	684	12 African nation	685	13 our out	686	21 Bane to	687	Dad	688	12 African nation	689	13 our out	690	21 Bane to	691	Dad	692	12 African nation	693	13 our out	694	21 Bane to	695	Dad	696	12 African nation	697	13 our out	698	21 Bane to	699	Dad	700	12 African nation	701	13 our out	702	21 Bane to	703	Dad	704	12 African nation	705	13 our out	706	21 Bane to	707	Dad	708	12 African nation	709	13 our out	710	21 Bane to	711	Dad	712	12 African nation	713	13 our out	714	21 Bane to	715	Dad	716	12 African nation	717	13 our out	718	21 Bane to	719	Dad	720	12 African nation	721	13 our out	722	21 Bane to	723	Dad	724	12 African nation	725	13 our out	726	21 Bane to	727	Dad	728	12 African nation	729	13 our out	730	21 Bane to	731	Dad	732	12 African nation	733	13 our out	734	21 Bane to	735	Dad	736	12 African nation	737	13 our out	738	21 Bane to	739	Dad	740	12 African nation	741	13 our out	742	21 Bane to	743	Dad	744	12 African nation	745	13 our out	746	21 Bane to	747	Dad	748	12 African nation	749	13 our out	750	21 Bane to	751	Dad	752	12 African nation	75
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Monday, Dec. 11, 2006

THE ACES ON BRIDGE

Bobby Wolff

"Without trials and tribulations, no one can become a Buddha."
Chinese proverb

This week's deals come from the U.S. Trials of 1999. On this deal from the second set of the finals of those trials, Roger Bates handled his delicate four-spade contract very carefully, finding a fine line of play.

The auction brought up a subtle point: was three spades preferred? Ralph Katz, as North clearly thought so, or else he would surely have passed it. In fact, a call of two spades would certainly have done the South hand justice. Be that as it may, Bates declared a game with only half the high cards in the pack. While a heart lead would have made things impossible for declarer, on a diamond lead and to East's ace and a heart shift Bates, was still alive. He went up with the heart ace and played a club. West took his ace and played two more rounds of hearts. Bates ruffed, led the diamond king, ruffed a diamond, then cashed the club king, dropping the queen.

Now was the time for counting. Since East had promised three hearts in the auction and had shown up with four diamonds and apparently only two clubs, he must have four spades. Thus, a single finesse in spades would not bring the suit home safely. The only legitimate chance was to find West with the singleton spade queen. So Bates played a trump to the ace, and when the queen fell, he had his 10 tricks.

NORTH 12-11-A
 ♠ 9 4
 ♥ J 4 2
 ♦ 10 3
 ♣ K J 10 7 5 3

WEST
 ♠ Q
 ♥ Q 10 9 8 6
 ♦ 8 6 4
 ♣ A 9 8 6

EAST
 ♠ K 7 3 2
 ♥ K 7 3
 ♦ A Q J 7
 ♣ Q 2

SOUTH
 ♠ A K J 10 8 5
 ♥ A 5
 ♦ K 9 5 2
 ♣ 4

Vulnerable: North-South
Dealer: North

The bidding:

South West North East
 Dbl. 1♥ 2 Pass Dbl.*
 3♣ Pass 4♠ All pass
 *A support double, showing three hearts precisely

Opening lead: Diamond four

LEAD WITH THE ACES

South holds:
 ♠ J 7 5
 ♥ A 10 7 5 2
 ♦ 9 5 2
 ♣ 4

South West North East
 1♥ Pass 1♠ Pass 2♥ Pass 2♠ Pass 2

ANSWER: Nothing seems very attractive, but leading the club queen might get that suit going for your side and set up winners there before declarer can establish the diamonds for discards.

If you would like to contact Bobby Wolff, e-mail him at bobbywolff@mindspring.com.
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Sulddoku Answers:

9	7	4	8	3	1	6	5	2
2	5	3	7	9	6	8	1	4
6	8	1	4	5	2	3	7	9
5	2	8	9	4	7	1	3	6
7	1	9	3	6	8	4	2	5
4	3	6	1	2	5	7	9	8
1	9	7	2	8	4	5	6	3
8	6	2	5	7	3	9	4	1

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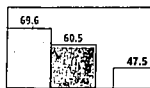
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1000 SUVs

INSIDE: Race still playing a factor in health screenings, D4



INSIDE: Comics, D2-3 | Horoscope, D2 | Dear Abby, D3 | To do for you, D4

Bust those beastly food-borne bugs

Kyle Allgood from Chubbuck would have been 3 years old this month. He died Sept. 20 from kidney failure caused by eating a fresh spinach smoothie tainted with the most deadly form of E. coli. Frankly, I haven't eaten a single snippet of spinach since the nationwide outbreak and Kyle's untimely death.



ALIVE AND WELL
Jan Mitteldeier

Although fresh greens are potentially packed with powerful nutrients, do we have to worry that even the healthiest foods could harm or kill us?

The good news is that people are eating more fresh fruits and vegetables than they did 20 years ago, according to the Center for Science in the Public Interest. The bad news: Greens in a bag may conceivably create bigger and more frequent outbreaks. Bacteria from just one contaminated leaf in a bag, as you can imagine, will infest all the leaves in the bag by the end of the distribution chain.

It's tough to get bacteria off greens, even the triple-washed stuff, according to Robert Tauxe from the Centers for Disease Control, which estimates that 76 million Americans get sick with a food-borne illness each year. "If it's got contamination on it, there's no way to wash it off, even if you use bleach or detergent," explains Tauxe. "It's a pooling issue, like ground beef. How many cows are in one patty of ground beef?"

It means that procedures have to be in place to keep potentially deadly germs out of our salad bowls. Perhaps the Food and Drug Administration needs to have more authority to inspect fruit and vegetable processors in our country and abroad regularly. Just as the USDA certifies the safety of local and foreign meatpacking plants.

Perhaps we need half-mile buffers between feedlots and produce farms. "Bugs are transferring from animals to plants or cycling back and forth from animals to plants," says Tauxe.

Perhaps we need a single independent food safety agency rather than the diluted efforts of several agencies to prevent food poisoning outbreaks that kill 5,000 people every year in this country alone.

Safety at home

Although our spinach scare shows us that contamination is not under control, there are some commonsense precautions we can use at home to squelch potentially harmful bugs:

1. Prevent growth of bacteria in the kitchen by thoroughly washing anything that comes in contact with raw meat — including hands, counters and utensils — using hot, soapy water, bleach or disinfecting wipes.
2. Wash your hands for 20 seconds with warm water and soap before and after preparing any food.
3. Wash fruits and vegetables under running water just before eating, cutting or cooking, even if you plan to peel them. Avoid using soap which leaves a residue.
4. Scrub firm produce like melons with a clean produce brush, and allow them to dry before cutting.
5. Remove the outer leaves of heads of leafy vegetables like cabbage and lettuce.
6. Avoid eating raw sprouts (alfalfa, bean, clover and radish).
7. Refrigerate or freeze leftovers within two hours of cooking.
8. Reheat solid leftovers to 165 degrees and liquid leftovers to a rolling boil.

One bacterium that divides every two hours can produce 17 million progeny in only 12 hours with enough warmth, moisture and nutrients. How you handle food really does matter.

Health educator Jan Mitteldeier is coordinator of the Over 60 and Getting Fit Program at the College of Southern Idaho.

A new spin

Twin Falls woman diligent in keeping pounds off

By Blair Koch
Times-News correspondent

TWIN FALLS — Not even winter's first snowfall could keep Susan Blair at home. She teaches a 5 a.m. spinning class at Gold's Gym, and while over half of her regulars skipped the early-morning workout that day, she has conquered more than a little black ice in reaching her now slim frame.

The 43-year-old Twin Falls resident has greater-than-average determination — and for good reason. She vowed to never again be the person she was before a 1997 New Year's resolution.

"I was 380 pounds then," Blair said. "I couldn't play with my kids. I couldn't really do anything, and I decided it was time for a change."

Over the next year and a half, Blair lost her first 115 pounds, though she said it was a slow start.

"At first I could only walk one block, so that's what I did — took it block by block," she said. "Sure there were times when it was tough, but I was determined and had my mind set. I wasn't going to give up."

She hit a plateau after the initial weight loss and reached out for help from Gold's Gym personal trainer Jeff Bolton. Her regimen kicked into high gear. Instead of mere walks around the block, Bolton had her lifting weights and doing cardiovascular exercises.

"It would take me 24 hours to describe her training. We had her doing everything," Bolton said.

"She has kept the weight off and continues to do better."

Blair's progress astounded Bolton, who said that as the weight dropped Blair changed radically.

"Her confidence came up and she transformed into a new person. It was really a life-changing event," Bolton said. "Susan has more determination than any other person I have seen come in here; I haven't seen anybody do what she has done."

Once she joined ranks with Bolton, the last 125 pounds slid off in a matter of six to eight months.

"When you have that much to lose it can come off pretty fast," Bolton said. "She lost it in a safe manner."

To help stay fit, Blair still exercises regularly and became a role model for others. For over a year she has led the 6 a.m. Monday and Wednesday spinning class, as well as the 5 a.m. Tuesday and Thursday spinning sessions at the gym. Before coming to Gold's, Blair taught spinning at Twin Falls Fitness Center.

"She is highly motivational," said Sandy Roberts of Jerome. Roberts has been spinning for years and said Blair's class is still a workout.

Blair has scars, inside and out.

"When you lose that much weight the extra skin just doesn't go away. I have had over eight surgeries, on my thighs, stomach, arms, all over, to get rid of it," Blair said. "I don't even look like the person I was and never remember being thin. At 2 years old I was



ABOVE AND BELOW: Susan Blair leads a spinning class Wednesday morning at Gold's Gym in Twin Falls.



Susan Blair, now 140 pounds, weighed about 380 pounds when this photo was taken in May 1997.

Dealing with stress

Megan Osborne, a licensed professional counselor in Twin Falls, shared tips on how to cope with day-to-day stress, without turning to food.

- **Recognize your symptoms of stress.**
- **If you enjoy writing, keep a journal or blog and write about your feelings.**
- **Look at the situation at hand and recognize what you are in control of and what you are not. Let go of what you cannot control.**
- **Use relaxation techniques such as massage or deep breathing.**
- **Go for a walk instead of eating when you are not hungry.**
- **Get enough rest and sleep.**
- **Surround yourself with positive, supportive people.**
- **Talk with others — friends, support group or relatives — about what is bothering you.**
- **Get away for a while.**
- **Read a book, watch a movie, play a game or listen to music — just leave some time for yourself.**

overweight, and by 8 years old, my mom had me in Weight Watchers. When I lost weight we'd celebrate with a shake, like that's going to work."

Blair's three children say it's awesome she is fit, she said, but her marriage crumbled.

"It was weird; my spouse wanted me heavy," Blair said. "He got threatened by my weight loss, and we didn't make it. People don't anticipate you changing, but you have to. Instead of hiding behind the weight you have to deal with your pain and cope with what's really going on."

Licensed professional counselor Megan Osborne specializes in helping people find peace with food. She said people can lose perspective while someone close to them loses weight.

"If weight and shape become a strong identity

factor, this situation of others being threatened is very real. Others viewing the person's weight loss can bring out their own insecurities, vulnerabilities and jealousy with the desire to lose weight themselves."

Osborne's suggestion is to look not just at losing weight but rather at gaining a healthy lifestyle, stronger heart and healthy bones and muscles to overcome others' sabotage.

Even with a marriage awash and having spent over \$10,000 to nip and tuck her skin, Blair would do it all over again.

"I'm not that person anymore. I'm healthy; I can do things with my kids," Blair said. "If I had to choose to do it again I would, in an instant."

Times-News correspondent Blair Koch can be reached at blairkoch@gmail.com or 316-2607.

A workout that's not quite as easy as 1-2-3

By Janet Crowley
Los Angeles Times

The ballroom dance that scandalized polite English society the 19th century for its salacious pairing of men and women is causing a ruckus again. The waltz, it turns out, can have health benefits.

In a study of 110 heart-failure patients that was presented at a recent meeting of the American Heart Association in Chicago, researchers reported that dancing the waltz three times a week for eight weeks was just as effective in improving cardiopulmonary function as exercising on a treadmill or bicycle for the same period.

That's because the waltz, which looks so smooth and elegant when done well, is



Shuart Cole, with student Theresa Woo, leads an American waltz class in Hacienda Heights, Calif.

deceptively rigorous. Because of that, its aerobic

benefits extend to others as well, says Dr. William Avрил,

a cardiologist and past president of the associations Los Angeles Division.

Of course, die-hard aficionados knew this — and regard the recent study as vindication.

"The waltz is more of a workout than aerobics or running," says Stuart Cole, co-owner of Vivo Dancesport Center, in the Los Angeles area. On a recent Tuesday night, he was teaching both the slow (American) and faster (Viennese) styles of the waltz to several dozen students.

The waltz is done in three-four time, or three beats to the bar. Imagine counting 1-2-3, 1-2-3, 1-2-3, very rapidly, with a weight change on every step, says Jeff Allen, author of "The Complete Idiot's Guide to

Ballroom Dancing," in the American-style waltz, there are 30 to 36 bars per minute, so you're doing 90 weight changes per minute, he says. This style of waltz is great for toning and strengthening muscles, says Tamli Stevens, co-owner of the Pasadena Ballroom Dance Association in Pasadena, Calif. "You're elongating and stretching your body as you move," she says. "We do a lot of turns and variations on it, so at the end of the dance, your heart is beating harder because you've been turning and twirling."

The Viennese-style waltz is performed at 56 to 61 bars per minute, roughly twice the speed of the American waltz — even faster than a Lindy

Please see DANCE, Page D4

COMICS

B.C. By Johnny Hart

YOU KNOW JUNIOR IS OVER THE "RUBBER DUCK" PHASE WHEN HE SINKS A TOY BOAT IN THE BATHTUB AND BEGINS TALKING SANCTIONS.

YOU KNOW

YOU KNOW

YOU KNOW

Baby Blues By Rick Kirkman & Jerry Scott

WHAT ARE WE GOING TO DO? THIS STUFF WON'T MEANT FOR US!

WHEN MOM AND DAD WAKE UP AND SEE ALL THIS STUFF THEY'LL KNOW WE'VE BEEN HERE ALL YEAR!

MAYBE SANTA COULD COME BACK AND TAKE THIS STUFF WHERE IT BELONGS!

WE'VE BETTER HURRY! IT'S ALMOST MORNING!

SANTA!!

Baldo By Hector D. Cantu and Carlos Castellanos

Pitos

helo—the color of ice cubes after the city has been working on our waterlines.

TRAVEL TO THE CARIBBEAN IS AVAILABLE TO YOU

Brevity By Guy & Rodd

THE FIRST ANNUAL POTATO WEEK

"ICH BIN EIN POTATO"

I GOTTA STOP LETTING OLEARY WORK ON THE SPEECHES.

Dilbert By Scott Adams

I NEED YOUR COMMENTS ON THIS BEFORE I SUBMIT IT.

JUST LEAVE IT HERE AND HOPE I BECOME THE SORT OF BOSS WHO GETS AROUND TO DOING THAT SORT OF THING.

DID SOMEONE TELL YOU THAT HOPE WORKS?

Doonesbury By Gary Trudeau

MY NAME'S BOB, AND I SERVED IN NAVY GULF WAR. I'M HERE TO TELL YOU HOW I FEEL ABOUT THE WAR.

I DON'T REALLY BELONG IN GULF WAR. I'M HERE TO TELL YOU HOW I FEEL ABOUT THE WAR.

THE TRUTH IS I'M FEELING A LOT OF PAIN. I'M FEELING A LOT OF PAIN. I'M FEELING A LOT OF PAIN.

COULD YOU PLEASE STOP THAT? I'M FEELING A LOT OF PAIN.

The Elderberries By Phil Frank and Joe Treise

AH!! Here we are.

After you, Dusty.

Oh, no. You first, General.

Really, Dusty. I insist.

No! I insist!

My... My... at Elderspark are so polite.

In your dreams, girl! That's the room for flu shots!

For Better or For Worse By Lynn Johnston

YOU'RE DOING WELL, IF YOU HADN'T BEEN ABLE TO GET THAT CUTE GIRL WHO'S BEING AWAY WITH YOU WHEN WE DID WE WOULD HAVE BEEN ONE OF THOSE KINDS OF RECESSIVE.

YOUR BALANCE IS IMPROVING. THE BALANCE IS IMPROVING. THE BALANCE IS IMPROVING.

AND... THE MOVEMENT OF YOUR HANDS IS REMARKABLE!

I'M SPEECHLESS!

Frank and Ernest By Bob Thaves

THERE'S TWO RULES... YOU CAN PUT SOMETHING ON IF IT'S COLD AND SMOKING IS NEVER ALLOWED.

WELCOME!

CLOTHES BUT NO CIGARI!

NUDIST COLONY ORIENTATION

Luann By Greg Evans

COOL! CHECK OUT ALL THE BUBBLES!

NONE FOR YOU, BUDDY. YOU DON'T BRING PRESENTS TO DOGS.

ONLY TO HUMANS.

GUESS YOU'RE OUT OF LUCK THEN, BOB!

OH, HA! WE USE A DOG, LUANN. I KNOW!

Mallard Fillmore By Bruce Tinsley

MALLARD'S WORST MARKET HOLIDAY FOOD #32

MALL-SHORE LUNCH-WREST GIFT BASKETS: TYPICALLY GIVEN TO CO-WORKERS AND OTHERS WHOM ONE FEELS OBLIGATED TO GIVE SOMETHING TO, THESE BRAND SALVAGES AND RECYCLED PROCESSED-CHEESE-FOOD BASKETS ARE NEVER ACTUALLY EATEN, BUT PASSED DOWN GENERATIONS TO BECOME CHERISHED HEIRLOOMS...

Pearls Before Swine By Stephan Pastis

DON'T YOU HATE IT WHEN YOU'RE ON A HIGHWAY WITH ONE LANE AND THE SLOW DRIVER IN FRONT OF YOU WON'T PULL OVER AND MATTER HOW MANY CARS ARE LINED UP BEHIND HIM?

WELL, I THINK I'VE FOUND A PRACTICAL SOLUTION. IT'S CALLED THE OPEN HIGHWAY FACILITATOR.

HOW'S IT WORK?

YOU PRETTY MUCH JUST PULL THE TRIGGER.

DO NOT SELL HIM HEARMS.

HE SAID HE'D BE PREFERABLE.

Pickles By Brian Crane

OPAL, WOULD YOU MIND FINISHING THIS CROSSWORD PUZZLE FOR ME?

WHY? BECAUSE IT'S TOO HARD FOR YOU?

MAYBE.

I GUESS THAT'S YOUR WAY OF SAYING YOU THINK I'M SMARTER THAN YOU.

ACTUALLY, IT'S MY WAY OF GETTING THE TV REMOTE OUT OF YOUR HANDS.

Rose is Rose By Pat Brady

WINTER PLAN? YOU'VE BEEN AT THAT FOR HOURS—GO TO BED!

OKAY, ROSE?

WHAT WERE YOU THINKING WORKING ON FOR SO LONG?

WINTER PLAN? YOU'VE BEEN AT THAT FOR HOURS—GO TO BED!

I SHOULD HAVE KNOWN!

Zits By Jim Borgman and Jerry Scott

MOM, DAD, I'VE DECIDED THAT THE BARBICIDE TEEN-AGER IS AN OLD MODEL.

IT'S TIME FOR ME TO ENTER IN A NEW ERA OF QUEERER CONFESSION.

JEREMY, THAT'S—

"A NEW LEVEL OF SUCCESS, RIGHT?"

"YOU SHOULD HAVE SEEN YOUR FACE!"

Non Sequitur By Willy

THAT, BO, IT TAKED TWO KIDS TO USE THE FART POINT OF THE VOYAGE.

HANG ON, KID—IT TAKED TWO KIDS TO USE THE FART POINT OF THE VOYAGE.

39¢ USA

WOODSTOCK, FORTY YEARS LATER

Virgo: Lay groundwork for future success

IF DEC. 11 IS YOUR BIRTHDAY: Occasional emotional fluctuations should not detract from an otherwise good year. Your powerful personality makes you nearly irresistible. You will have lots of energy, although accessing it may be difficult at times unless you take care to balance activity with appropriate periods of rest. Some restrictions on learning or travel will lift as the year progresses — expect both expansion and changes in these areas later in your year.

ARIES (March 21-April 19): Your words could make a great impact today, so take great care in what you say. Put your copious energies toward accomplishing long-term goals. Mental pursuits have the greatest boost in activity now.

Taurus (April 20-May 20): Things quiet down today after a spicy weekend. Take this opportunity to catch up on both work and rest. Flying under the radar could be relaxing for the time, and you'll be back in the spotlight soon.

GEMINI (May 21-June 20): Haste makes waste, but good planning can make the most of your current momentum. Put your mind in gear before you say or do anything. High energy persuasiveness allows you to be especially convincing.

CANCER (June 21-July 22): You probably have itchy feet and a strong desire for change today. Be discerning — and only change the things that really need changing. If you can, incorporate something out of the ordinary into your day.

LEO (July 23-Aug. 22): Money matters could be fortunate now, as long as you keep both feet on the ground. Your combination of charisma and strength is impressive, and you seem to know just the right things to say and do.

VIRGO (Aug. 23-Sept. 22): A little more patience is necessary — you'll be freer and more able to attain your aims by Wednesday. Use your high energy to lay the groundwork for future success. There's more to do than you might think.

LIBRA (Sept. 23-Sept. 22): This could be a very interesting and powerful time. It's unlikely that you'll settle for the status quo if that really isn't working. Aim toward truly constructive transformations, rather than just seeking novelty.

SCORPIO (Oct. 23-Nov. 21): If you are not currently involved in some kind of philanthropic activity, this could be a good time to begin. Your desire to affiliate with like-minded people is strong and you are an excellent leader now. **SAGITTARIUS (Nov. 22-Dec. 21):** Staying busy and physically active is the key to producing using your energy now. You are especially spunky — so be daring, not combative. Make sure to get enough rest to ensure that you don't burn out. **CAPRICORN (Dec. 22-Jan. 19):** Extra care in making and confirming plans will pay off in fewer misunderstandings and misfires of all kinds. Architecting future dreams: should wait for now; your ideas will need reamplifying soon. **AQUARIUS (Jan. 20-Feb. 18):** Business matters receive a stellar boost for a week or two. Use this time to work hard toward achieving your goals. You can build a strong team to assist you now, so work toward enlisting the right people. **PISCES (Feb. 19-March 20):** You have energy to burn and charisma to spare, but don't burn yourself out. Conserve your strength and advance your aims patiently. Your efforts will pay off as long as you keep the faith.

HOROSCOPE
Jeraldine Saunders

Beetle Bailey

By Mort Walker



Blondie

By Dean Young & Stan Drake



The Born Loser

By Art Sansom, & Chip



Garfield

By Jim Davis



Hagar the Horrible

By Chris Browne



Hi and Lois

By Chance Browne



Classic Poanuts

By Charles M. Schulz



The Wizard of Id

By Brant Parker & Johnny Hart



Dennis the Menace

By Hank Ketcham



THE FAMILY CIRCUS

By Bill Keane



Husband who likes to kiss is stuck with wife who doesn't

DEAR ABBY: I have an unusual problem that I'm not sure how to handle. As a man in my late 20s, I consider myself quite young. I dated a bit before getting married and enjoyed kissing. My wife, however, does not seem to enjoy it or perhaps isn't that "skilled." I'm not sure which. I feel like one of my needs isn't being met. We have been married almost three years. I have tried talking with her about it, but it always seems to come up like I'm comparing her "abilities" to my past girlfriends — and that's not what I intend at all. I honestly don't think this is a question of technique, but rather of effort. This hasn't caused my major arguments or anything yet, but it is something I find seriously lacking. Any ideas?



DEAR ABBY
Jeanne Phillips

yourself on your wedding night. Please be satisfied with that, and stop obsessing.

What you are looking for isn't information about another woman; it's really confirmation about your husband's feelings about you. Because you need reassurance, that is what you should be asking your husband for — not information about a woman who wasn't able to earn his love regardless of how much she gave him.

DEAR ABBY: My husband, "Trey" and I have been married a year and a half. Most of the time I am very happy. I say that because we argue sometimes, which is normal. They get upset with me when I ask questions about the ex-lover he had before me. (I ask him about his intimacy with her and how she was.) I often ask these questions out of the blue. I just want to know because I become jealous. I never had a man in my life before. My husband was my first man ever, but I don't feel that "special" anymore because his ex was a virgin, too, and gave him her all as I did on our wedding night. I just don't feel like I gave him anything that special when someone before me already did. In other words, I wanted to be the first virgin he ever had. How can I get past this?

DEAR ABBY: Friends of mine received an invitation to a holiday party that I have attended for the last few years, but I did not get an invitation this year. The same thing happened last year. When I mentioned it to the hosts, they said it was an oversight and to attend the party anyway. My friend who got an invitation said he can't make it, so I should attend in his place. Is this proper protocol? What should I do?

—MISSING THE KISSING IN CALIFORNIA
DEAR MISSING THE KISSING: You may "honestly not think it's a question of technique, but rather of effort" — but I'm not entirely sure I agree. Not all men are equally talented at kissing, so my suggestion to you is to demonstrate the kind of kisses you would like to be able to share with her. And when you do, do not mention your past or any other woman — just what kind of kisses make you feel the most loved and cherished. If your wife loves you, and your breath isn't a turn-

—UNDECIDED
IN MICHIGAN
no circumstances should you attend the party in your friend's place. You were not invited to the gathering and do not belong there. My advice is to make plans for the evening go out and enjoy yourself with other friends. (And I sincerely hope you take it)

UNSATISFIED
IN SPRINGFIELD, VA.
DEAR UNSATISFIED: You gave your husband the one gift that nobody else could ever give him: You gave him

extra shortening, liberally smeared it with coconut oil and salt, and named it after a grand hotel. The result? The Ritz Cracker. Our household animals' favorite palindromer? "Step on no peats." To make one 12-ounce jar of peanut butter, it takes 548 average peanuts.

Ant Farm, Raid were invented the same year

This day in history: The Piggrits landed at Plymouth Rock on Dec. 11, 1620, fatally ill-prepared for the upcoming winter. Within a year, 46 of the original 102 Mayflower passengers would be dead. Coincidence? You decide: The Ant Farm was invented the same year as Raial insecticide.



RANDOM KINDS OF FACTNESS
Erin Barrett & Jack Mingo

Company took its basic cracker, removed the yeast, added

In 1825, John Quincy Adams installed the first toilet in the White House, leading to much commentary, many jokes, and the adoption of "Quincy" as a slang word for toilet.

In the game of Monopoly, the squares most frequently landed on are B&O Railroad, Illinois Avenue and the "Go" square.

In the 1930s, it wasn't a baseball or football star, but a wild animal trainer named Maria "Disruptin'" first appeared on a box of Wheaties.

Doris Day's real name was Doris von Kappelhoff. She took her professional name from a song, "Day After Day."

In general, a penguin can have up to 70 feathers per square inch on its body. There's a good reason for having that density: its feathers are wonderful insulation from water and cold.

This may come as no surprise to those with navy experience, but the German U-boat got its name from the German "Unterseeboot." Considering that the U-boat is a submarine, "under-sea boat" makes a lot of sense.

An old French proverb goes something like this: "Long of hair, short of brains."

In 1934, the National Biscuit

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Whose Inheritance Anyway?
Straight Talk on Elder Law and Estate Planning
QUESTION: If I leave a sizeable bequest to my niece in northern Idaho will her husband necessarily inherit part of it?
No. The general rule in Idaho is that an inheritance becomes the sole and separate property of the beneficiary named in the will or trust. Even though Idaho is a community property state, the rule of separate property applies.
That's not the end of it, though. Another rule: generally, the interest earned on an inheritance once in the hands of a married person is the community property of the couple. Example: wife inherited thirty thousand dollars twenty years ago and put her money into high-grade corporate bonds which have since earned five thousand dollars.
Result? The earnings are community property, jointly owned by the parties. The original thirty thousand dollars remains the wife's separate property.
A final but important rule: Idaho law permits a person to designate by will, trust, or gift that income earned by an inheritance or gift remains the separate property of the beneficiary, not the joint community property of the couple. The probate deed or instrument conveying the gift must state the restrictive provision.
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IMAGE

St. Luke's offers cesarean childbirth class

A cesarean childbirth class will be offered from 6:30 to 9 p.m. Tuesday in the lobby at St. Luke's Magic Valley Regional Medical Center's downtown campus, 660 Shoshone St. E., Twin Falls.

The class is part of the prepared childbirth course. Topics include cesarean deliveries, pain management, hospital procedures and nonconforming labors. The class is free. Pre-registration is required; call 732-3148.

'Baby and Me'

St. Benedict's Family Medical Center offers "Baby and Me" classes from 10:30 to 11:30 a.m. Tuesdays at the Health Education Center, 115 Fifth St. W. Inquiries: This week's topic is "Looking Good."

The session is for parents of children from infancy through toddler years. The class is free. Call 324-7262.

About infant care

The sixth class of the prepared childbirth classes will be offered from 7 to 9:30 p.m. Tuesday at the St. Benedict's Health Education Center, 115 Fifth St. W. Inquiries: This week's topic is "Infant Care."

Topics include infant care and early parenting. Bring two pillows, a blanket and one or two support people. The suggested fee is \$5.

Alzheimer's Support

Bridgeview Estates will hold

To do for you

An Alzheimer's Support Group meeting from noon to 1:30 p.m. Wednesday in the Great Room at Bridgeview Estates, 1828 Bridgeview Blvd., Twin Falls. 45 for Twin Falls County residents who have family members with Alzheimer's.

A free lunch will be provided. Reservations are required; call 736-3333. For information, call Maureen Brerley at 736-3333.

More Alzheimer's support

Rosetta Hilland will hold Alzheimer's Support Group meetings from 6 to 7 p.m. Wednesday and from 3 to 4 p.m. Saturday at the center, 1919 Hilland Ave., Burley.

The support group is for Mini-Cassia residents who have family members with Alzheimer's. For information, call Lisa Junod at 677-5451.

Breast-feeding 101

St. Benedict's Family Medical Center will offer a Breast-feeding 101 class from 7 to 9 p.m. Wednesday at the St. Benedict's Health Education Center, 115 W. Fifth St., Jerome.

The class is for expectant mothers, fathers, grandparents and other support people: first-time parents; mothers who haven't breast-fed their babies; and other parents as a refresher course.

A registered lactation con-

sultant will teach. Organizers encourage parents to attend the class within two months of the baby's due date.

The class is free. To register, call 324-4301, ext. 3361.

About first aid

Adult first-aid classes will be offered from 5:30 to 8:30 p.m. Thursday at the American Red Cross office in Twin Falls.

The class includes proper care for broken bones, burns and bleeding.

Cost is \$31. Prepayment is required. To register, call 1-800-853-2570; go online at www.redcross.org, or stop by the Red Cross office, 853 Fourth Ave. N., Twin Falls.

Refresher course

A childbirth refresher course will be offered from 6:30 to 9 p.m. Thursday in the lobby at St. Luke's 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.

Learn CPR

A Heartsaver cardiopulmonary resuscitation class will be offered from 8 a.m. to 1 p.m.

Saturday in the Sage Room at St. Luke's 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. It includes classroom instruction and hands-on practice.

Cost is \$25. Pre-registration is required; call 737-2007.

Injury support group

The Brain Injury Support Group will meet from 6:30 to 8 p.m. Dec. 19 at St. Luke's Magic Valley Regional Medical Center's Outpatient Rehab, 569 Shoup Ave. W., Twin Falls.

Dr. Rick Yvruian will discuss emotional changes after traumatic brain injury; recognizing and coping with brain injury and medications. The support group is for people who have had a brain injury and for their family, friends or caregivers. The meeting is free. Call 737-2126.

"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: Times-Herald, P.O. Box 548, Twin Falls, ID 83403, or deliver to our office at 132 Fairfield St. W.

Making the iPod's BPM work for your BMI

By Stephanie Shapiro
The Baltimore Sun

Way back when iPods were a twinkle in Steve Jobs' eye, gym rats sweated to fast-paced music, but generally couldn't tell you how many beats per minute their favorite workout tunes contained.

In those formative years of fitness training, a song's actual tempo was known to your instructor alone, says Alyssa Shaffer, fitness director of Fitness magazine.

"The shift has been going from instructor-based routines, to the whole iPod revolution. Now you have the ability to create your own playlist and your own intensity mixes," she says.

Instructors have always relied on the ability of a song, depending on its "beats per minute" to boost heart rates and return them to normal.

Even for the most enterprising of exercisers, though, it wasn't easy to assemble a personal workout tape with the right pulse for the right moves. "All of a sudden, the power has shifted to the everyday person," Shaffer says.

For fitness buffs, it's now second nature to know that music in the 115 to 120 BPM range is ideal for walking, while music for cardio workouts can range from an easy-120-to-a-nausea-inducing 180 in a spinning class.

Anyone with a computer and an MP3 player can tailor a workout soundtrack according to the desired BPM. With software that manipulates a song's BPM and BPM-counting gadgets on the market, staying on top of the beat becomes even easier.

There is also Exerciseradio.com, a streaming site established by New York City-based trainer Terri Walsh. The site's four channels offer music with BPM counts suitable for strength training, cardio workouts, kickboxing and boxing and yoga.

The free Internet radio station is designed to "cover the spectrum," Walsh says. "Someone who is advanced should be able to use it as well as someone who is just starting out."

Since January, Steve Boyett, known professionally as disc jockey Steveboy, has compiled music mixes with a high BPM count for a regular podcast called Podrunner. In recent weeks, Boyett's free mixes have soared to the top of the iTunes list of its 100 most popular podcasts.

Podrunner's appeal for runners and other athletes lies in its "fixed-BPM," hourlong mixes," the Los Angeles DJ says.

"The point with Podrunner is to give you a partner, an asset for your workout, that helps you literally pace yourself," Boyett wrote in an e-mail. "Not to sound like Baba Ram Dass; but the whole point is to 'be here now.' Or, more pertinently: 'Be. Hear. Now.'"

Exercisers can also fine-tune their workouts by downloading BPM-based mixes from Web sites such as fitPod. The site, "for people who work out to music" was launched in May by Bob Gray of Baltimore, and Tyler Peppel of San Diego.

Boyett also creates Podrunner mixes exclusive to fitPod members. "We saw the success of Podrunner and we were pleased that it kind of validated our idea about what we wanted to do," Gray says. This is to "make BPM-oriented music available to people involved in exercise and fitness."

Using ComputerBand, Apple Computer software for creating music on a Mac, Gray has composed "Whispers of the Dharma," ambient music for yoga practitioners that is available on fitPod. To set the right tempo, Gray had to craft ComputerBand "as low as it would go, which is 40 BPM." "That, as any fitness fanatic knows, is barely alive."

Race gap persists in health screening

By January W. Payne
The Washington Post

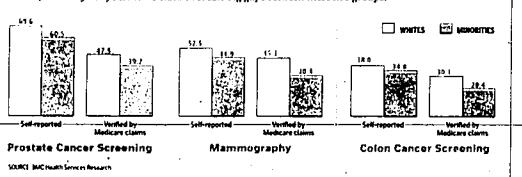
Racial and ethnic differences in getting such potentially lifesaving preventive testing as mammograms, Pap smears and colon cancer screenings appear to be larger than previously thought, according to a new study.

While screening gaps between whites and minorities seem to be narrowing in surveys where people state when they last had specific procedures, the reality may be that such gaps are widening or remaining stagnant, suggests the study, which compared such self-reports by a large group of patients against the Medicare claims filed by their doctors.

"Our sense is that probably the claims data are giving us a better picture of the true disparities here in services than in simply asking people whether they've received a preventive service or not," said Kevin Fiscella, the study's lead researcher and an associate professor of family medicine and community and preventive medicine at the University of Rochester School of Medicine. The research, published online in BMC Health Services Research, was funded by the Federal Agency for Healthcare Research and Quality.

Rates of Key Health Screenings for Whites and Minorities

While the percentage of minorities who say they received screenings is sometimes similar to that of whites, an analysis of Medicare claims reveals big gaps between these two groups.



The study "highlights the importance" of using different types of data — including insurance claims, self-reports and medical charts and records — to get an accurate picture of disparities, said Ernest Moy, a senior service fellow at AHRQ who did not take part in the study.

The research was prompted by other surveys indicating that black women were getting mammograms nearly as often as white women; such data suggested that efforts to reduce this disparity have paid off. Yet racial gaps in breast cancer mortality rates persist, Fiscella said.

"That made us wonder, 'Is this (other) data really accurate?'" he said. "And if so, why are (black women) dying and

being diagnosed at later stages?" There are many explanations, he said, "including that the (self-reported) data may not be accurate."

In the study, Medicare participants were asked to recall whether they'd had certain preventive services in the preceding year.

Those responses were then verified against Medicare claims data.

The study looked at more than 7,000 patients eligible for prostate cancer screening, 18,300 eligible for flu shots, 4,700 eligible for Pap smears, 10,400 eligible for cholesterol testing, 7,400 eligible for mammograms and 1,400 eligible to be screened for colorectal cancer.

Respondents were 65 and older. Most were white, with minorities representing 9 to 13 percent of each test group. Previous research shows that people often underestimate how much time has passed since they received preventive care, according to the study.

The study found that 52.5 percent of whites who were eligible for a mammogram reported having had one in the previous year, while claims data showed 45.1 percent had actually received the test. About 45 percent of eligible non-white Hispanic and African-American women reported having had mammograms, yet claims data showed only 30.4 percent had had the test done.

Dance

Continued from page D1

Hop-o-jitterbug, Allen says. "You have to work yourself up to a Viennese waltz very much like an aerobics workout, because it's nonstop," says Loren Kalin, owner of the Long Beach Dance Centre in Long Beach, Calif. "The music is 1-2-3, and your feet have to move to that rhythm."

"If you're not in peak condition, you're going to be almost done by the time you end the song," Allen says.

The dance requires excellent balance as the couple moves in and out of various positions, which isn't easy. "The rib cage has to be lifted and supported from the abdominal muscles," Allen says, while dance hangers and glutes stretch vertically to keep an erect carriage.

The muscles work even harder as the dancer moves across the floor. As the dancer puts one foot down and moves another, he's carrying the

entirety of his torso weight plus his head, on every single dance step, he says. "If you can do the Viennese waltz, you don't really have to worry about your health because you have to be in shape," Allen says.

Not even "Dancing With the Stars" contestants will tackle that style of waltz — and that includes all-time NFL rushing leader Emmitt Smith, this season's "Dancing With the Stars" winner (nicknamed "Twinkle

Toes" by the judges). Although the running back proved deceptively smooth and light on his feet, particularly in the waltz, he and other contestants mostly stayed away from the classic Viennese style.

"It's just too fast," Allen says.

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