



THE SLAVE NEXT DOOR Child maids now being exported to the U.S.

EASTERN TITLE GAME Dolphins beat Jets for AFC

East title. **MES**

day, December 29, 2008

Keys to the treasure chest CSI will ask lawmakers for funding to open new building CSI will ask lawmakers for

On the campus of the College of Southern Idaho, a new building is taking

College of Southern Idano, a new building is taking shape. The college has enough money to finish the new Health Sciences and Human Services building, but legis-lators will decide in early 2009 whether the state will

pay for the building's operating costs.
Occupancy costs for the building — such as paying for custodians and utilities — are among the legislative funding proposals CSI officials will make to the 2009 Legislature. Other proposals include securing funding for nursing faculty and starting a dual credit pilot program for rural schools.

For the college, the biggest challenge will be securing funds during an economic crisis that forced Gov. CL. Butch' Otter to order state agencies to plan for budget cuts of up to 10 percent for fiscal year 2010. The 2009 Legislature convenes in Boise on Jan. 12.

CSI President Jerry Beck

Please see CSI, Page A2



crew works in November on the new Health Sciences and Human Service building at the

800 Sculp that in Stunded with Rederal grents. 6,700 ran that would it science and in rural schools

75 cents

ealth Sciences prices building musry 2010.

81,700

Amother's



Jerome woman remembers daughter who died of hypothermia

By Ben Botkin Times-News w

Joleta Jenks started her Christmas Day ke many mothers: expecting her chil-

Joleta Jenks started her Christmas Day like many mothers: expecting her children to arrive for the holiday.

On Christmas morning, 12-year-old Bear Aragon and 11-year-old Sage lenks Aragon began the trip from their Jerome home to see their mother, Joleta, in West Magic. The children's father. Robert Aragon, who they lived with, was taking them to visit her. For Sage, a car stuck in snow and hours of exposure to chilly winter weather would bring her life to a premature end. Prellmlnary results of an autopsy show she died of hypothermia.

But that was all still to come on Christmas morning.

"I called in the morning," Jone Said. "Everyone was all happy, On Christmas Day, we were waiting for them."

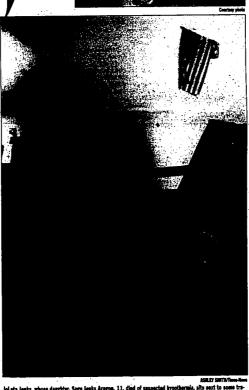
During that phone call before 9 a.m., Jenks said, she reminded the father that a storm was in the forecast.

Later that, day, Jenks became concerned. No one had arrived.

She called Aragon's cell phone. There was no reception.

Robert Aragon's vehicle became stuck in snow after turning onto West Magic Road off state Highway 75 at about 9 a.m., according to the Lincoln County Sheriff's Office. Sometime after the vehicle became mired in snow, the two children were allowed to leave and walk the remaining

Please see MOTHER, Page A2



Teacher pay plan may survive revised budget

BOISE—The state Education Departmer may still push for compensation of Idah teachers based on performance instead to experience, but lawmakers aren't expecte to fund that idea or institute of any pay hikes for INSIDE teachers in 2009.

teachers in 2009.

The agency is considering whether to shelve the proposal until the economy improves a play for seek job funds.

See page A11

until the economy improves or plow forimproves or plow forward and ask lawmakers to approve the framework for a payfor-performance plan without the \$18 milllon price tag, spokeswoman Melissa
McGrath slad.
There's not going to be really any money
for teachers next year," McGrath said, 'but it
would be possible for us to propose a pay-

Please see PAY, Page A2

Israeli troops mobilize as Gaza assault continues

By Ibrahim Barzak and Karin Lauh Associated Press writers

Associated Press writers

GAZA CITY, Gaza Strip — Israel widened its deadliest-ever air offensive against Gaza's Hamas ruters Sunday, pounding smuggling tunnels, government strong-holds and a central prison, sending more tanks and artillery toward the Gaza border and approving a reserves callup for a possible ground invasion.

Israeli leaders said they would press ahead with the Gaza campaign, despite continue, despite across the Arab world and Syria's decision to break off indirect peace talks with the Jewish state. Israel's foreign minister said the goal was to halt Gaza rocket fire on

Please see GAZA, Page A2

How normal will life be for Obama's famous daughters?

NEW YORK — They're only 10 and 7, and already designers are angling to dress them. They've been on the cover of People and Us Weekly. And there's that standing invitation—unlikely though it is to be redeemed — to the set of 'Hannah Montana.' Malia and Sasha Obama are unquestionably the world's

most famous tweens, and they haven't even moved into the White House yet. When they arrive, do they have even a chance at the normal existence their parents have often said they want for them?

A look at history expects

their parents have often said they want for them?

A look at history suggests that the media, at least, will keep their distance. Chelsea -Clinton, 13 when she entered the White House, was largely left alone at the request of her parents. Amy Carter, who came

at age 9, was allowed to live a fairly normal life. And the much younger Kennedy kids were kept from the public glare by their mother, Jackie, who even set up a school for Carolline at the White House. But this is a different world, one where photos and video can be snapped not just by mainstream photographers but anyone with a cell phone, and uploaded to the Web within minutes. It's also a world where

force, eagerly devour news about celebrities closer to their

about celebrities closer to their own age: Miley Cyrus, for example, or the 'High School Musical' bunch. Are the Obama girls celebri-ties in their own right? 'If you're talking about people who fasci-nate the public, then yes, 'absolutely' says Larry Hackett, managing editor of People,

Please see NORMAL, Page A2



presidential boseful Sex at a rally with Michelle iu Iowa, on Jan. 3,



.A10 Dear Abby Horoscope ..B7-12

Movies Nation/World Opinion

Service Directory....B10

High: 42 Low: 26 ezy, rain or snow shower Details: B12 and tive at

MORNING BRIEFING.

TODAY'S HAPPENINGS

ARTS AND ENTERTAINMENT

Great Riff Society Holiday Bash, featuring Tony Bowler, Zach O'Connes, Emily O'Conner, Keston Wilson, Carter Wilson and special guest Breit Jensen, 7 to 9 p.m., The Eighth Street Center, 200 N. Eighth St., Buhl, free admission; donations accepted, 543-5417.

FAMILY

Kids Winter Fitness Camps, fitness games, sports, snacks, nutrition classes and fun for children ages four to eight years, 9 a.m. to noon, Jerome Recreation District, 2032 S.

noon, Jerome Recreation District, 2032 S. Lincoin, \$8 per day, 324,3398.
"Evening Fun for Youths," adult-supervised activities for ages 6-14 including arcade games, crafts and fast-track auto racing, 6 to 10 p.m., Sun Valley Inn Continental Room, Sun Valley, \$25 per person at the door, (208) 622-2135.

<u>COVERNMENT</u>

Twin Falls City Council will not meet.
Twin Falls County commissioners, 8:30 a.m.,
courthouse, 425 Shoshone St. N., 7364068.

Jerome County commissioners, 9 a.m., court-house, 300 N. Lincoln, 644-2700. Jerome County Planning and Zoning

Commission, 7 p.m., courthouse, 300 N. Lincoln, 324-9116.

HEALTH AND WELLNESS

Fit and Fall Proof Exercise Class, 10 to 11 a.m., Blaine County Senior Connection, 721 S. Third Ave., Halley, no cost, 737-5988. Fit and Fall Proof Exercise Class, 10:30 to 11:30 a.m., Ageless Senior Citizens, Inc., 310 Main St. N., Kimberty, no cost, 737-

SilverSneakers Fitness Program, closed until lan 5, 733-4384

Jan. 5, 733-4384. Fit and Fall Proof Exercise Class, 1:30 p.m., front lounge, Woodstone Assisted Living Facility, 491 Caswell Ave. W., Twin Falls, no cost, 737-5988. Choices for Recovery, a non-traditional, 12-step spitting Imprasm once to all faithe

step spiritual program open to all faiths, issues and addictions, 4 to 5:30 p.m., west conference room, Minidoka Memorial Hospital, Rupert, no cost, 431-3741.

To have an event listed, please submit the To nave an event listed, please submit the name of the event, a brief description, time, place, cost and contact number to Suzanne Browne by e-mail at sbrowne@magicvalley. com; by fax, 734-5538; or by mail, Times News, RO.Box 548, Twin Falls, ID 83903-0549.

CSI.

• •

Cortinued from page Al will seek \$281,700 for occupancy costs needed to open in 2010 the \$21 million, 72,400-square foot building along North College Road. He said getting money to open the building is a top priority, and noted the importance of CSI providing services in a rough economic climate.

mate.
"I think the Legislature fully understands that in the times we are in, we need to do everything we can." Beck

said.

Beck and it's too early to predict if CSI will get the full amount requested to open the building, adding that finding other sources of money is challenging.

We're going to figure out how to open that building, he said. The question becomes: What do you cut? I don't have cash sitting cash

don't have cash sitting around that I can throw at it." Joint Finance-Appropri-

ations Committee Chairman Sen. Dean Cameron, R-Rupert, said next year's budget will be smaller and that the other colleges' requests will be considered, too.
"At this stage, I don't know," he said of the request for occupancy familing, "Its too carly to tell." Rep. Leon Smith, R-Twin

Rep. Leon Smith, R-Twin Falls, said he wants to see the new building open.
"Once we build it, we've got to use it," he said. "We can't get it usable without the operations costs. I'm very hopeful that it will be budgeted in."

Rep. Wet.

geted in.

Rep. Wendy Jaquet. Detection, said opening the building would help the entire state—not just CSI.

"We know that we need more nurses and our hospitals are crying out for that," she said. "Some decisions will be made on what's the best outcome for the state

and this is one that has that

and this is one that has that argument."

CSI is seeking \$175,800 to continue the funding for about three existing nursing faculty positions that were paid for by federal grants and donations that have since directing.

donations that have since dried up. The college is also asking for \$276,700 for a pillot program of math and science dual credit courses to eight rural high schools. The request which would pay for faculty to teach courses, was made last year but went unfunded.

"I think everybody's trying."

unfunded.
"I think everybody's trying to handle it differently," Beck said of the state's budget

Ben Botkin may be reached t 208-735-3238 or bhotkin@m

Normal

Continued from page A1 which has featured the

which has featured the Obama family on its cover three times. "But if you mean celebrity in the sense that we can cover their every move, then no. These are kids."

then no These are kids."
Figuring out just how public the Obama girls can and should be, Hackett says, will be a tricky process not just for the media but for the Obama family. "I think the Obama family." I think the Otama sarcitanty aware there's a fascination with the girls and how they're going to lead their lives, Hackett says. They're going to try to chart a course."

course."
Though the Obama girls
weren't constant fixtures on the campaign trail, they were hardly invisible, either. They occasionally appeared at ral-lies, spoke onstage to a video image of their father at the image of their namer at the Democratic convention, and, with their parents, gave an interview to "Access Hollywood," a move Obama later said he regretted. "I think that we got carried away in the moment," he said, "We wouldn't do it again."

said. "We would."

again."

Yet the girls, who captured
many hearts with their
poised, joyful, color-coordi-

"Will there be the occasional photo? I'm sure. But the people around these girls are going to work very hard to let them go about their routines."

n Stock, who was White House social secretary during the Clinton administration

during nated appearance on election night in Chicago, were clearly an asset to Obarna the candidate, asy lanice Min, editor of Us Weekly.

"These images of the Obarna kids have been incredibly heartwarming," asys Min. "No one could doubt that these were great parents, and that they have great girls."

But now, says Min. "It's

parents, and that they have great girls."

But now, says Min, "it's time for business, and a texpect there will be far fewer pictures." Except, of course, for the inauguration and perhaps a flurry of activity whenever their hotly awaited puppy makes his or her actival.

Certainly, there will be slipups, no matter how protective the Obamas try to be. Paparazzi shots of a shirtless Obama on a Hawaii beach were one thing, but those of daughter Sasha in a blue blikini may have been another.

the Clinton administration or at least according to some angry commenters on the photo agency's Web site. But once safely in the White House, the girls will be well protected and nurtured, says Ann Stock, who was White House social secretary during the Clinton adminis-tration.

during the Clinton administration.

Will there be the occasional photof I'm sun. But the people around these gifs are going to work wey hard to let them go about their routines," says Stock, now at the John F. Rennedy Center for the Performing Arts.

Can the gifs live a normal life, or close to it? Stock, who watched Chelsea Clinton spend her preteen years in the White House, thinks they can. "Iknow it can work," she says. "Chelsea went to her ballet rehearsals. Then she came home, did homework, as ed dinner with her parents, went to bed."

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S ... Pat Marcantonio go and do today

 The Great Riff Society Holiday Bash features mu Holiday Bash reatures music from 7 to 9 p.m. at the Eighth Street Center, 200 N. Eighth St. in Buhl. Admission is free, but they won't turn down donations. Information, 543-

5417.
• The work of three artists inspired by the idea of superheroes is on display at "Superheroes & Secret Identities" through lan. 7 at the Sun Valley Center for the Arts, 191 Fifth St. E. In

Ketchum. it features Mark Newport's knitted life-size superhero costumes; Dulce Pinzon's photographs of Mexican immigrants in Mexican immigrants in superhero costumes as they work at low-wage jobs; and Robble Cooper's photographs of computer gamers. Gallery hours are 9 a.m. to 5 p.m. Monday through Friday, it's free.

A marble soda fountain

is one of the many interest-ing items on display at the

Minidoka County Historical Society Museum, 99 E. Baseline Road, one mile east of Rupert. It's open from 1 to 5 p.m. Monday through Saturday. It's a good way to spend an aftermoon and who says history can't be fun?

Have your own pick you ant to share? Something that is unique to the area and that is unique to the area and that may take people by sur-prise? E-mail me at patm@magicvalley.com.

Mother

Continued from page A1

10 miles to the house, according to authorities.

Robert Aragon worked to get the vehicle unstuck after the children walked away, deputies said.

the children wanted away, deputies said. For hours, Jenks was unaware her children had walked away from the car. "They didn't even call me, telling me they were walking." Jenks said.

Jenks said she finally got in touch with Robert Aragon on the phone in the afternoon. She said he had already returned to Jerome and told her the children were on their way to see Jenks. "I'm like: "What are you talking about?" she said. "I go: "No way. The roads are already starting to get bad."

Jenks called the police and a

Jenks called the police and a search began. It's unclear how long the children trudged through the snow after leaving the car. But police have said at some point they apparently became separated.

"(Bear) kept on telling her:
'Let's go, Sage, let's go, Sage,"

Jenks said, recalling what her son told her. "She said, 'No, I'm going back." The brother, who survived, stayed in a rest area's bathroom by himself.
Blaine County Search and Rescue workers found Bear on Christmas night, but Sage was not with him.
Instead, she was found later—early Friday morning, Jenks said — one mile east of the rest area towards state Highway 75.

Highway 75.
The mother's spirits briefly lifted when she heard of the

discovery.

"I thought she was alive because they said they found her," Jenks said. "I was excited, going 'OK, all right, they found her."

er." Only later did Jenks receive ord that her daughter was

A new chapter of the tragedy begins today. Robert Aragon will have his first appearance in court fol-lowing his arrest. He's currently being held on charges of second degree murder and two felony counts

of child endangerment stem-ming from the incident, according to the Lincoln : County Sheriff's Office. Lincoln and Blaine County law enforcement officials could not be reached for com-ment Sunder.

law enforcement officials could not be reached for comment Sunday.

As for Jenks, she cannot understand the fathers alleged decisions in the tragedy. She said Amgon has the en a bad father. The two are not married.

"When I do see him, I'm not going to say anything," she said. "I don't need to sit and, yell. I know he's going through hell right now."

For now, Jenks Is comforting her son and remembering the daughter she lost on Christmas Day.

"She wanted to try to make sure all of her friends are equal," Jenks said. "If they were hurt or something, she could sense it. That's one of the things she would do with me. She would know off the. but If I wouldn't say anything, She'd be like, 'Mommy, is everything OK?"

Ben Botkin may be reached.

Ben Botkin may be reached t 208-735-3238 or

Gaza.

Continued from page AI Israel for good, but not to reoccupy the territory. With the two-day death toll climbing above 290 Sunday, crowds of Gazans breached the border wall with Egypt to escape the chaos. Egyptian forces, some firing in the air, tried to push them back into Gaza and an official said one border guard was killed.

them back into Gaza and an official said one border guard was killed.

Hamas, in turn, fired missiles deeper than ever into israel, near the Israell port city of Ashdod, and continues to command some 20,000 fighters.

Yet Hamas leaders were forced into hidding, most of the dead were from the Hamas security forces, and tarnel's military intelligence chief said Hamas' ability to fire rockets had been reduced by 50 percent. Indeed, Hamas rockets firedropped off sharply, from more than 130 on Saunday israel's intense bombings — some 500 air strikes since

Israel's intense bombings
— some 300 air strikes since
midday Saturday — wreaked
unprecedented destruction
in Gaza, reducing entire
buildings to rubble.



Shlomo Brom, a former senior Israeli military official, said it was the deadliest force ever used in decades of ever used in decades of Israell-Palestinian fighting. "Since Hamas took over Gaza (in June 2007), it has become a war between two states, and in war between states.

more force is used," he said.
European leaders called on both Israel and Hamas to end the bloodshed.
French President Nicolas-Sarkozy spoke Sunday with Palestinian President Mahmoud Abbas, who has set up a rival government to Hamas in the West Bank, and condemned the provocations that led to this situation as well as the disproportionate use of force.
The White House was

as well as the disproportionate use of force."

The White House was mum about the situation in Gaza on Sunday after speak; ing out expansively on Saturday, blaming Israel's retallatory strikes on Hamas,, In the most dramatic, In the most dramatic, attacks Sunday, warplanes; struck dozens of smugding, tunnels under the Gaza-Egypt border, cuttling off a lifeline that had supplied Hamas with weapons and Gaza with commercial goods. The influx of goods had helped Hamas dety an 18-month blockade of Gaza; by Israel and Egypt, and was by Israel and Egypt, and was key to propping up its rule. Sunday's blasts shook the

ground several miles away and sent black smoke high into the sky.

Pay.

Codinal from pap AI
for-performance plan that
could be approved and then
implemented another year."
Gow C.L. "Butch" Ofter has
ordered state agencies to cut
4 percent of their budgets,
about \$130 million, and delay
spending another \$54 million
in case things get worse. Ofter
has indicated he will not recommend our valess for state

has indicated he will not recommend pay raises for state employees during the legislative session that stars next month. He has not guaranteed there won't be layoffs. Superintendent of Public Instruction Tom Luna requested \$27 million for teacher raises and a pay-forformance plan in his \$1.5 billion proposed budget for teatate's public schools in 2009 and 2010.

Now, as some groups and

Now, as some groups and encies trim their legislative

proposals, doubting lawmakers will be willing to spend more money during econom-ic hard times, Luna concedes the \$1.5 billion request no longer seems realistic. McGrath sald the

McGrath said the Education Department plans to submit a revised budget proposal to lawmakers in January.

proposal to lawmakers in January.

As part of the revision, Luna is considering a proposal to designate two-thirds of any teacher salary increase for a pay-for-performance plan, McGrath said. The remaining one-third would go to increase the base salary for teachers.

"The pay-for-performance plan wouldn't be funded until legislators decided to raise teacher pay," McGrath said. Since at least the early 1980s, Republican lawmakers

have sought to change the existing teacher compensa-tion system, based on class-room experience, arguing that it rewards good teachers the same as the bad.

that it rewards good teachers the same as the bad.
Last year, however, law-makers killed a \$21 million, pay-for-performance plant proposed by Luna.

"What is different about this plan is, it wouldn't have a particular price tag on it." McGrath said.
In its revised budget, the agency is also likely to ditch a request for an additional \$1.3 million, for a mathematics initiative based on teacher training and additional help for struggling students. The program now gets \$3.9 million.

"It's looking like it will probably stay at the \$3.9 million." McGrath said.

Mormons well-served by self-reliance in hard times

SALT LAKE CITY — Bishop's Storehouse looks like any other grocery store at first glance: The shelves are neatly lined with canned goods and the smell of fresh bread wafts through the nisles

But there are no cash registers. The fruits and vegetables, Just-made cheeses and milk are free — a safety net for those in need provided by the 13 million members of The Church' of Jesus Christ of Latter-day Saints. "We like to call it the best food money can't buy," said Jim Goodrich, who oversees the storehouse and other facilities on the church's 13-plus acre Welfare Square. Mormons may be among the country's best prepared to weather the current economic hard times. Since the Great Depression, church at there are no cash reg-

Great Depression, church leaders have preached a doctrine of self-reliance and

doctrine of self-reliance and selflessness, calling on members to plan for their own future while tending to the needs of thers. "It's a critical cology," said Bishop David Burton, a sen-ior church administrator who oversees the faith's worldwide welfare and humanitarian services pro-grams.

humanitarian services programs.

Members are encouraged to squirrel away a few months' worth of Ilving expenses and stock a one-year supply of emergency food. Church handouts, classes and a Web site describe how to prepare, store and cook with emergency food supplies so nothing goes to waste.

-Each month, members skip two meals and give the money they would have spent on food to church welfare programs, paying

welfare programs, paying for the commodities, cloth-ing, job training and other services made available to

Services made variable to the needy.

The church also works in partnership with other faith traditions and local social service agencies to share surplus commodities and support services.

Goodrich's Welfare Square



plus are side.

Is the heart of the program.
Founded in the 1390s, the
square is home to a carnery, milk and cheese processing facility a 16-million
pound grain elevator; and a
bakery, storehouse, thrist
store and employment center, all of which are run
mostly by volunteers serving church missions.

Over the years, the safety
net has extended worldwide
to include farms, orchards,
dairies and cattle runches
that provide the raw material for the commodities harvested, processed and packaged at church facilities.

Each product carries the
"Deserte" label — a Book of
Mormon word that is a synonym for honeybee and a
metaphor for the industriousness of church members.
"What we see today is the

bers.
"What we see today is the product of 60 years of inspired leadership and a lor of hard work." Burton said. "I can't tell you the cumulative investment, but it's minor in terms of the cumulative effort on the part of thousands and thousands."

Sands."
Church members seek out their local congregation leader, called a bishop, to access the system. Bishops

— there are 27,000 world-wide — also have a pool of cash to pay for housing, medical needs or keep the utilities on, although the church prefers to provide commodities first, Burton said.

said.
Assistance comes with
the expectation of reciprocal service, whether it's a
few hours of volunteer work
on the Square stocking
shelves or some other form

of service.

Jennifer Williams was hesitant to accept help. Fresh out of college and in the middle of a difficult the middle of a unicon-divorce, she was struggling

divorce, she was struggling to find a career that matched her skills — fluency in flussian and selidence education.

"One of the things that makes it so hard is that you think his just for people who don't have a job, not for someone like me, working, niddle-class and educated," said Williams, 29, now of Washington, D.G. "But, you know, needing help is OK."

Without money to buy a

OK."

Without money to buy a gallon of milk, she temporarily stocked her pantry with church commodities and used the training she got in an executive job

lts unclear how many individuals and familles need church assistance each year. Church statistics from 2007 show some 210,000 people used employment centers and training to find jobs. But church officials declined to

raining to find jobs. But church officials declined to provide a demographic snapshot of the average welfare recipient, the amount of time most recipients use the programs and an average value for the commodifies provided.

Without that information, it's difficult to assess the effect the church programs have on the community, said Glenn Bailey, director of Crossroads Urian Center, an advocacy and direct services agency for the poor in Salt Lake City that annually gets a share of church commodities for its own emergency food bank.

"I think they play a critical role, it's just that there's no way to tell the size of the gap they fill," Bailey said. "Obviously they are doing a lot of work and helping a lot of people who would go without or seek assistance elsewhere."

Simplot, Studebaker among notable south-central Idaho passings in 2008

BOISE. Idaho — J.R. Simplot, the Idaho boy who helped rum America into a nadon of ravenous french fry caters, was among the states heroes of business, war and the arts who died in 2008.

J.R. Simplot's journey — from an empty-pocketed teem who left home in Declo at 14 and shot wild horses to feed his hogs during the early 1920s to the front office of the agricultural conglomerate that bore his name — was the kind many Idaho residents say illustrates their values hard work, pluck and an earthy, plain-spoken common sense ted to an arid but fruitful land.

When he died May 25 at age 99, Simplot left behind a family fortune of some \$3 billion, a business empire that produces fertilizer, seed and beef cattle from Bolse to Beijing — and, of course, the legacy of having helped develop and popularize his company's mainstay, the frozen french ryk largely through a deal with McDonaid's Corp. founder Ray Kroc.

At a memorial service in loss.

Ray Kroc.

At a memorial service in
Boise, Simplot's son, Don, told
mourners his father had expected to live to be at least

expected to live to be at least 100.

"I was sure he had some money on it." Don sald. "He bet on everything."
Simplot, whose name adoms dozens of buildings, ski lodges, YMCAs and other charitable institutions that benefited from his philanthropic largesse over the years, was just one of a number of notable idaho residents or natives who passed in 2008. Here are some of the others.
Sen. Tom Gannon, a Buhl Republican, died June 24 attage 62 after a long battle with cancer. Gannon was chairman of the Senate Agriculure Committee and as a member of the Education Committee was an outspoken supporter of traditional public education.
During the last session he

of traditional public education.

During the last session he
was a staunch critic of the
State Board of Education for
its financial mishaps and testing mistakes. This is so basic
that it would lead to the belief
possibly that the structure isn'
there or there is too much
responsibility that causes
something like this, where you
totally miss something that's
so basic as the over-appropriation of funds," Gannon told
the board at a hearing.

Sen. Chuck Coiner, R-Twin Falls, was considered Gannon's closest friend at the Legislature, and said Gannon was a mentor. "We tagreamed on a lot of different issues," said Coiner. "He will be missed greatly. I'll miss that collaboration."

collaboration."

• William Studebaker, an Idaho writer, poet and teacher, died July 3 after drowning in the East Fork of the Sauth of the William State of the Sauth of the Saut • William Studebaker, an

influence Western expression. He wrote about deserts, rivers, the landscape. There's no other writer in the state we can call the true poet laureate

other writer in the state we can call the true poet laureate of Idaho."

*W. Mark Felt, a Twin Falls, Idaho, native, 1935 University of Idaho graduate and former FBI second-in-command whose shadowy role as "Deep Throat" gave reporters at The Washington Post the Inside scoop on stories that helped force President Nixon's resignation in 1974.

Felt, who fied Dec. 18 at age 95 at a hospice near his home in Santa Rosa, Callf., after suffering from congestive hear failure, helped make Post reporter Bob Woodward a household name, while keeping his own a secret for 30 years.

keeping his own a secret for 30 years.

2-People will dehate for a long time whether I did the right thing by helping woodward. Felt wrote in his 2006 memoir, "A G-Man's Life: The FB!, Deep Throat' and the Struggle for Honor in Washington." The bottom line is that we did get the whole ruth out, and isn't that what the FB! is supposed to do?"

- Warren McCain, 82, led Albertson's Inc. for a quarter century, guiding the super-market chain through a period of mpid expansion and profitability between 1976 and 1981. During his terme, Albertson's, now owned by Minnesota-based Superbulk, went from \$900 million in yearly sales to \$8 billion.

\$10,900

Music teacher adds lyrics to classic works

OGDEN (AP) — Ludwig van Beethoven likely never imagined adding lyrics to his Fifth Symphony, but Debbie Rowe did. A music teacher, Rowe added lyrics to about 70 classic works from Mozart, Beethoven, Vivaldi and others as a means of teaching her students the history behind the masterpieces and the details of the composer's lives.

bohind the masterpieces and the details of the composers' lives. Rowe first began writing the lyrics three years ago, while teaching classical music at a treatment facility for male juvenile sex offenders, who were struggling on tests about the composers. "It hought, "What can I do to help them learn is?" I thought, "What if they sang to the music words about the composers?" Rove said.

said.

Rowe teamed with her brother-in-law, Rulon Christiansen, who holds a doctorate in musical arts. He helped her with arrange ments and made any neces-sary musical tweaks to accommodate the words.

"We tried to keep the melodies as close as we could to the originals," Christiansen said.
Rowe then printed the lyrics, played the music and asked the boys to sing along.

lyrics, played the music and asked the boys to sing along.

The results? Students with ruditionally low performance started acling tests.

"I had a sixth-grader come in halfway through what we were doing and he got 75 percent on the test." Rowe sald. "It was just amazing how well they did, and they loved singing."

Rowe is now using the music at Archway Youth Services School, where her students are runaways, in

students are runaways, in trouble with the law or are

from families house them.
Despite the turmoil in their lives, the teens respond the music and have memorized facts about Vivaldi, Gregorian chants and Beethoven,

chants and Beethoven, Rowe said.
"It exposes them to a whole other world," Rowe said. "A lot of these kids,

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especially a lot of the kids I get that are disadvantaged, they've never been to a symphony. They've never been exposed to it, yet it's everywhere.

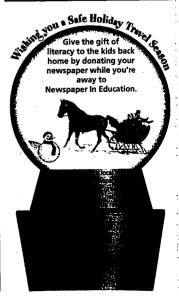
Rowe and Christiansen now sell their program to other educators.

Teaching

eaching composers is fficult that I decided I

needed some kind of aid to help the kids learn and retain information about classical composers." said Chris Lyon, who plans to use the program in January with students at Joel P. Jensen Middle School in West Jordan. "It's good to have something new, some thing fresh for the kids."





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proposed site for

Death Valley works to preserve night sky

DEATH VALLEY NATIONAL PARK, Calif. — 1figh atop Dante's View, overlooking sheets of salt flats and ribbons of sand dunes, night watcher Dan Duriscoe shone a laser beam at the North Star and steadled his digital camera at

steadled his digital camera at the starry heavens. Click. The sky looks dark. Duriscoe panned the camera toward the light factory of Las Vegas, 85 miles away but pecking out like a white halo above the mountains in the eastern horizon. Click. The sky is on fire. "You can see the Luxor vertical beam," said Duriscoe, cointing to a time-exposure shot on his camera-connected laptop showing the Vegas Strip pyramid-shaped hotels famous searchlight. "That's the brightest thing out there."

pyramius snaped in the common searchlight. "That's the brightest thing out there." Acclaimed for its ink black skies, Death Valley, the hottest place in North America, also ranks among the nation's unspoiled stargazing spots. But the vista in recent years has grown blury.

The glitzy neon glow from Las Vegas and its burgeoning bedroom communities is stealing stars from the park's eastern fringe. New research reveals light pollution from Vegas increased 61 percent between 2001 and 2007, making it appear brighter than the ing it appear brighter than the planet Venus on clear nights as seen from Dante's View.

seen from Dante's View.
Duriscoe, a soft-spoken,
mustachiced physical scientist with the National Park
Service, is part of a roving fed-eral team of night owls wilcos job is to gaze up at the sky and
monitor for light pollution in
national parks.

jon is to gaze up at the sky and monitor for light pollution in maional parks.

"What is alarming to me is, what's going to happen three or four generations from now if this growth of outdoor lights continues?" he asked.

Amid such concerns, Death Valley, the largest national park in the Lower 48, hus set an ambitious goal: It wants to be the first official dark-sky national park.

Since the dawn of civiliza-tion, humans have been enthralled by the night sky's romantic mystique. Early sea-fairers relied on stars to steer their ships. Farmers looked toward the night sky for clues to plant and harvest crops. Ancient cultures spun mythologies from staring at the cosmos. Civilization is also the chief

injuniogies into stating at the cosmos.
Civilization is also the chief reason why the night sky is vanishing in many corners. As the world grows, so do the number of lamp posts that sprout up like trees in sprawling subdivisions. Pass by



Anywhere. USA and chances are you will see lighted shopping strips, twinkling auto mails and flashy billboards.
Todny, it's estimated about one fifth of the world's population and more than two-thirds in the United States cannot see the Milky Way from their backyards.

backyards.
Further, studies have shown exposure to artificial lights can interrupt animals' biological clocks and disrupt ecosystems. Migratory birds have been known to be confused by bilinding lights on skyscrapers and fly smack into them. Last year, the cancer arm of the World Health Organization listed the graveyard shift, where workers toil under artificial lights, as a probable carchogen.

cinogen.
The International Dark-Sky the international Dark-Sky Association, an Arizona-based nonprofit whose slogan is "Carpe Noctem," has noticed an increased awareness about the perils of light pollution, but acknowledged there's a limit to promoting dark skles. "I don't think you can get Paris to turn off the Effel

Tower or persuade Times Square to turn off all of its lights," said Pete Strasser, the associations managing direc-

association's managing director.

The same could probably besald for Las Vegas, the sparkly
desert playground where
men signs blend into the natural landscape.

"It's part of the whole
ambiance. It's the selling point
of Las Vegas, "sald Barbara
Ginoulias, director of comprehensive planning for Clark
County, New, where Vegas is
located. Still, she added,
"We're certainly cognizant of
light pollution and we try to
address it in the best way."

Cinoulias' department oversees unincorporated parts of Clark County, which are required to shield outdoor lights or cast the light downward. Next month, the county commission will consider an ordinance that would set lighting standards on digital billiboards on Interstate 15 that runs along the Vegas Strip. As for the main drag, Las Vegas Boulevard, Ginoulias said signs are reviewed casely-case. Newer signs tend to be less flashy or not have the glaring white background, she said.

With no control over the Vegas glow, park rangers at Death Valley are looking inward to fix the light problem

Death Valley are fooking inward to fix the light problem at home as they pursue their goal of becoming the first dark-sky national park.

To gain that distinction, the park must shield or change out two-thirds of its existing outdoor light fixtures. Death valley has about 700 lights in Isa 3.3 million acres; including parking to tilght poles, flood lights, fluorescent tubes and ergess lights next to doors. Only about 200 lights meet the sky-friendly standard. At the Furmace Creek Visitor Senter located 190 feet bodies at level, the pedestriam walk pedes and the formace is lined with over tubes and was of fluorescent tubes under a canopy, From Dante's under a canopy, From Dante's and the formace is lined with overhead rows of fluorescent tubes under a canopy, From Dante's and the formace is lined with overhead rows of fluorescent tubes under a canopy.

nead rows of inforescent tubes under a canopy. From Dante's View at night, the visitor cen-ter appears as dancing white and blue dots.

and blue dots.
"This is a really bright spot
in the park," sald Terry
Baldino, chief of interpretation at Death Valley, "All the campgrounds have to share their night sky with the lights here. If we can reduce that

then we're going to improve their night stay."

The park has replaced some fixtures with tin can-shaped designs that focus light onto the ground instead of side-ways or upward. Rangers are also debating whether to turn off outdoor lights in some

on outdoor ingus it some
cases.
"We're doing little by little,"
said Baldlino.
So far, Utah's Gold Tier
Natural Bridges National
Monument
Pennsylvania's Cherry Springs
State Park are the only two
parks certified by the
international Dark-Sky
executions as durk-sky International Dark-Sky
Association as dark-sky
enclaves. This fall, the group
gave a tentative OK to the
Geauga Park District's
Observatory Park 40 miles cast
of Cleveland for its work to preserve darkness over the observatory and nearby park

Diskurdady interest place of the control of the con from Zabriskie Point, a popular lookout just south of the visitor center.

u don't see this in LA "You don't see this in L.A." said Karen Zimmerman, 49, who works at the Huntington Library, Art Collections, and Botanical Gardens in San Marino, Calif. "You forget how many stars there are."

As Zimmerman spoke, a hazy glare could be seen from

hazy glare couro be seen nom-a distance.

Zimmerman's wife, Debra,
44, chimed in: "One of the things that concerns us is los-ing darkness. You just don't get darkness in Los Angeles. It's

Just nonexistent."

Back at Dante's View, a 5,475-foot panoramic view-point overlooking: the glimering valley floor, Duriscoe is working his second night taking sky brightness readings. The crescent moon, which formed a triangle with lupiter and Venus earlier in the Jupiter and Venus earlier in the night, has dropped below the

rizon.
The night is still — save for the occasional breeze and whirring noise of Duriscoes camera mounted on a moving womring noise of Duriscues camera mounted on a moving tripod that automatically takes 45 images, covering the entire sky. The images are then stitched together, and by sub-tracting the light by known stars, scientists create fisheye and panoramic maps of light invasion. Duriscoe has been skygaz-ing at national parks for a liv-ing since 1999 and made the first sky brightness compar-isons two years later. A self-described deser trat. Duriscoe excitedly points to the Orion, Aquartus, Pieces and Aries constellations. The Milky Way, which arches across the night

Aquarius, Pisces and Aries constellations. The Milky Way, which arches across the night sky, bleeds into the Vegas light dome 30 degrees above the horizon. The glow from the greater Los Angeles region forms a long, narrow band. Skywatchers can theoretically see some 6,000 stars in the blackest and pristine skies of Death Valley, With light polution from Vegas, scientists estimate about 2,500 stars are visible from Dante's View. Sitting on the ledge of Dante's View, his legs stretched out and his back toward Vegas, Durtscoe pondered the shrinking sky. "This is the real universe," he said.

high-tech: corridor BOISE (AP) - A coall-

tion of private businesses and state and local gov-ernment officials say they have a plan to entice togoth high-tech companies to relocate to southwest

relocate to southwest Idaho.

The group of more than 100 individuals and companies said it will officially, launch the Eagle-Star Technology Corridor, called ESTech, on Jan. 24. The plan calls for attracting high-tech companies to some 79,000 acres near Eagle and Star.

Lloyd Mahaffey, chairman of ESTech, said California has many high-tech companies that might consider looking at the same of the companies that might consider looking at the same of the same o

Camornia has many high-tech companies that might consider looking at southwest Idaho.

"You fish where the fish are," Mahaffey told the Idaho Statesman, "I think I can show any high-tech company in California that they should move to

that my should move to than. Backers of the plan say Idaho offers lower taxes, affordable housing, and fewer transportation properties than some other law than some o jobs with Micron Technology and Hewlett-Packard but who want to ate in the area

state in the area.
One company that has already made the move: from California to southwest idaho is Ugobe, qrobotics company that relocated from Emeryville,

relocated from Emeryville, Califf., to downtown Eagle earlier this month. "Companies in the Bay Area of California keep losing people to 10-man companies in Wisconsin and Wyoming," said John Sosoka, co-founder of Ugobe.

Ugobe.

For some people, money is not the big thing. Here we're minutes away from skiing, snowboarding, mountain climbing and kayaking. And if we have a problem at work, you can walk around the hills and talk it out. Where e can you do that?

Utah company jumps on the geothermal bandwagon

By Paul Foy Associated Press writer

Associated Press writer

PROVO, Utah — Within six months of discovering a massive geothermal field, a small than company had erected and fired up a power plant—just one example of the speed with which companies are capitalizing on state mandates for alternative energy. Anticipation of new energy policies has sparked a rush on land leases as companies like Raser Technologies Inc. See the property that hold geothermal fields and potentially huge profits.

Baser's find about 155

Raser's find, about 155

miles southwest of Provo.

200,000 homes.

The company said it will begin routing electricity to Anaheim, Calif. within weeks.

Earlier this month. California adopted the nation's most sweeping plan to cut greenhouse gas emissions

to cut greenasta. — sions.

"We made a pleasant discovery, lefs put it that way," said Brent M. Cook the company's chief executive.

The number of government land leases and drilling permits have risen quickly, said Kermit Witherbee, who beards un the leasing program heads up the leasing program for the U.S.-Bureau of Land

Management, with more than two dozen companies now trying to make a score like Raser.

Two years ago, the U.S. Bureau of Land Management approved 18 geothermal drilling permits. That number more than doubled in 2007 and has nearly quadrupled this year.

2007 and has nearly quadru-pled this year.

The government leased a staggering 244,000 acres for geothermal development in the past 18 months. Another 146,339 acres went up for bid Dec. 19 in Utah, Oregon and Idaho.

Dec. 19 in Utah, Oregon and Idaho.
All of It was claimed.
Raser's find 'has the potential to become one of the more important geothermal energy developments of the last quarter century.' Said Greg Nash, a professor of geothermal exploration at the University of Utah.
The company quickly redrew its business planbumping up its planned development of 10 megawatts of power to 230 megawatts. That is in line with the field's power potential according to calculations by Geothermit's processor of the property of sulting firm.

sulting firm.

By comparison, the largest group of geothermal plants in the world are The Geysers, about 60 miles northeast of San Francisco, The Geysers

geothermal basin produces about 900 megawatts of ener-gy, enough to power the city, said Ann Robertson-Tait, a senior geologist and vice opment for GeothermEX. Geothermal technol

Geothermal technology creates energy using heat that is stored in the earth. But geothermal still generates less than 1 percent of the world's energy, according to the Paris-based International

Energy Agency.

"The outlook for geothermal is great," said Brian
Yerger, an energy analyst for
New York-based Jesup &

New York-based Beart Lamont. The push for geothermal power has been accelerated by state mandates like those in California, which this month said utilities must obtain a third of their elec-terity from renewable

month said ulmines misoibilin a third of their elec-tricity from resonable sources by 2020.
Raser, which specializes in low-boil geothermal sites, started buying leases five years ago on hundreds of thousands of acres that had been passed over because of their lower heat potential. New technology, however, has made low-boil water useable for geothermal power units from UTC Power, a subsidiary of United Technologies Corp.

AROUND THE WEST IDAHO

New college hopes for late enrollment surge

NAMPA — The president of the College of Western Idaho says the school will open as planned on Jan. 20 despite enrollment numbers that so far are only about a third of

tar are only about a turd of what's expected.

Dennis Griffin says the school in southwest Idaho will open with 11 full-time and 45 part-time faculty, offering all the classes students need to pursue in the first two years of college.

The school could still reach its goal of 1,700 students when classes start next

month.
Only 516 students have so far registered for classes, but 1,570 have applied and paid the school's \$25 application

School officials say they are hoping for a rush of last-minute signups.

Tourist interest waning in sex sting bathroom

III Sex Sung Daturroon

BOISE—The men's room at
the Minneapolls-St. Paul
International Airport where
U.S. Sen. Larry Graigs Relândo,
was anrested in a sex sting has
lost interest as a tourist stope,
an official says.
Patrick Hogan, director of
public affairs for the
Metropolitan Airports
Commission, said that the
surge of publicity also
brought an abrupt end to the

type of activity in the rest-room that had prompted lewd-conduct complaints,

lewd-conduct complaints.

This the busiest restroom at Minneapolis-St. Paul International,* Hogan told The Spokesman-Review, "listright in the middle of our main thoroughfare."

Craig was accused of soliciting sex in the bathroom in June 2007 and pleaded guilty to disorderly conduct in August 2007. Craig — who has maintained his innocence and heterosexuality — has said he only pleaded guilty to keep the embarrassing situation quiet. The Minnesota Court of Appeals carlier this month rejected Craigs attempt to withdraw his guilty plea to disorderly conduct. Craig said he's considering yet another appeal.

Craig did not seek re-election in last month's election for the seat he has held for 18 years. He will be replaced in January by Idaho Li. Gov. Jin Ilssch, a Republican.

Hogan said one person offered to buy the restroom stall for \$5,000, but that air-port officials declined.

W Y O M I N G

Wyoming Avalanche kills skier at Wyoming ski resort

JACKSON — An avalanche has killed a skier at a Wyoming ski resort. Jackson Hole Mountain Resort spokeswoman Anna Olson says David Nodine, of Wilson, was skiing down an

expert trail with a companion. Saturday when the avalanche buried him under 8 feet of snow. The companion was , not injured.

not injured.
Olson says ski patrollers found Nodline within six minutes but could not revive him. The 31-year-old was pronounced dead at a clinic at the resort base.
Olson says ski patrol had taken precautions to reduce a

At least six people have died in U.S. avalanches this ski sea-

COLORADO Avalanche kills two snowmobilers

GRAND LAKE — An ava-lanche in Colorado has killed nobilers

The Grand County sheriff's The Grand County sheriff's office says the avalanche occurred Saturday afternoon as four Colorado residents were snowmobiling near Grand Lake, on the western side of Rocky Mountain National Park. Three of them were caught in the slide but one of them was able to escape.

one of them was accepted to the control of them who were burled were declared dead at the scene near Gravel Mountain. Their names haven't been released. Recent snows and winds have raised the risk of avalanches in parts of Colorado's mountains.

— Whe reports

MES-NEWS • SPORTS EDITOR MIKE CHRISTENSEN: (208) 735-3239 SPORTS@MAGICVALLEY.COM

INSIDE: NFL. A6 | NBA & Scoreboard, A7

Warner, Fitzgerald lead Cards past Seattle 34-21

GLENDALE, Ariz. — Kurt Warner and Larry Fitzgerald sent the Arizona Cardinals into the playoffs

and Larry Fitzgerard sent net as Artzona Cardinals into the playoffs as Winners. Warner threw four touchdown passes, his most in seven years, then sat out the fourth quarter Sunday and the Cardinals beat Seattle 34-21 to spoil the finul game of Mike Holmgren's decade as Seahawks Coach.

Pitzgerald, who caught five passes for 130 yards.

The Cardinals (9-7), who had been been out twice since clinching the NFC West title, finished the regular season with a winning end for the first time in a decade and only the second time since 1994. They will play a first-round playoff game at home against Atlanta next weekend.

Fitzgerald, in a spectacular performance with teammate Anquan Boldin out with a shoulder Injury.

had touchdown catches of 5 and 38 yards and caught a 50-yarder to set up another score.

Warner completed 19-0f-30 for C30 yards and was intercepted once. His four touchdown passes gave him a franchise-record 30 for the season. Matt Leinart played the final quarter in relief of Warner and directed the team to a pair of field coals.

Edgerrin lames, in his first exten-Edgerrin James, in his lirst exten-sive play since he was benched eight games into the season, carried 44 times for 100 yards. His 35-yard run, the longest in his three seasons with the Cardinals, set up Neil Rackers' 23-yard field goal that put Arizona ahead 31-21 with 8:26 to

Seneca Wallace threw two touch-down passes and was intercepted twice for the Scahawks (4-12). Arizona finished 6-0 against NFC West foes.

West foes.

Holmgren's team beat the New York lets in his final home game as coach a week ago, but there was no fond farewell this time. The coach,

who is stepping down and vows to spend at least one year out of foot-ball, has a 174-122 career NFL record, 90-80 with Seattle.

record, 90-80 with Seattle.

Steve Breaston caught five passes for 91 yards, the last a 7-yarder in the waning seconds, to join Fitzgerald and Boldin as 1,000-yard

receivers.
It marks the fifth time in NFL his-

It marks the fifth time in NFL his-tory that three teammates passed the 1,000-yard mark. Breaston had 999 before the late pass. Fitzgerald's gorgeous 38-yard catch in the corner of the end zone put Arizona ahead for good 21-14 with 04-19 left in the third. After Seattle punted on its next posses-sion, the Cardinals went 68 yards in nine plays, capped by Warner's 14-yard TD pass to Breaston, and it was 28-14.

Both teams committed turnovers on their first possessions of the

on their lirst possessions of the game.
On the second play from scrim-mage, Ralph Brown intercepted Wallace's pass at the Arizona 49, ending the Seattle quarterback's



Arizona Cardinais running back Edgerrin James stiff arms Seattle Seahawks' Will Herring during the third quarter Sunday, in Glendale, Ariz. The Cardinais won 34-21.

franchise-record string of 184 attempts without an interception. But two plays later, Darryl Tapp sacked Warner. The Arizona quar-terback fumbled and the ball was

recovered by Seattle's Josh Wilson at the Seahawks 36. Seattle went 64 yards in 12 plays for the touchdown. T.J. Duckett scoring from the 2 to make it 7-0.

Recen

One year after going 1-15, the Dolphins claim AFC East title

EAST RUTHERFORD, N.I. —
Chad Pennington walked off the
field where he spent his first eight
NFL seasons, surrounded by cameras
and jubilant teammates after leading the
Miami Dolphins to an improbable AFC East

title.
On the New York Jets' sideline, a disappointed Breit Favre jogged off the field and into the locker-room, maybe for the last time in a storied

Invit Ewre jogged off the field and into the locker-monn, maybe for the last time in a storted
carrier.

Pennington, cut in the offseason by the Jets to
make room for Favre, threw two touchdown passess in leading the Dolphins to a division title with a
24-17 victory Sunday.

A year after going 1-15, the Dolphins completed
a remarkable turnaround under first-year coach
fromy Sparano, Joining the 1999 Indianapolis Colls
as the only teams in NFL history to make 10game improvements. Miami, which has won
five straight and nine of 10, made the playoffs
for the first time in seven seasons. It's also the
Dolphins first AFC East title since 2000.
Miami (11-5) will host Baltimore (11-5) in the
first round next weekend.
The Jets (9-77) knew they needed a win and
laid timore to lose to Jacksonville to even get Into
the postseason after New England beat Buffalo 130 earlier Sunday.
After showing the Jaguars taking an early 7-3
lead, the score wasn't displayed on the stadium
scoreboard as the Ravens ran away from
Jacksonville 27-7.
The loss ended a collapse for Favre and the Jets,
who spent more than \$140 million in free agency
in the offseason and got off to an impressive

Please see MUMI, Page A6

Please see MIAMI, Page A6



CSI women warm up with three games in Arizona

By Mike Christensen Times-Nows writer

Times-News writer

Call it a multi-purpose trip. On the basketbal side of things, the College of Southern Idaho women get three final nonconference marm-ups before opening Scenic West Athleite Conference play. On the personal side, the Golden Eagles get to warm up in sunny Arizona for a few days.

The 19th-ranked CSI women will play three games in the Grand Canyon State, beginning with two outlings at the Central Arizona Tournament in Coolidge, Artz. The Golden Eagles face Odessa (Texas) College at 5 p.m. today before challenging the University of British Columbia at noon Tuesday.

Central Arizona

Tournament

(CSI games only)
Today
SI vs. Odessa College,

5 p.m. Tuesday
No. 19 CSi vs. British Columbia, noon
Note: All games broadcast on
1270 AM and stream live at
http://athletics.csi.edu

The trip concludes with a Thursday game against Yavapal College in Prescott. All three games will be broadcast live on 1270 AM KTH and streamed at http://athletles.csl.edu. Today's game is the first for CSI

since a Dec. 6 win over Columbia Basin (Wash.) College. Head coach Randy Rogers said the trip is important with SWAC play is important with Swac pages beginning Jan. 9 at Colorado Northwestern Community

College.

"It's good because we have such a long break between games," said Rogers. "It would be tough to have that break and jump right into SWAC play. These games are good just to get our legs back."

The best foe of the trip is Odessa, which owns an 11-2 record, both losses coming against teams in the NJCAA Division I women in the NJCAA Division I to make the second of the second of the NJCAA Division I to make the NJCAA Division I to make the second of the NJCAA Division I to make the second of the NJCAA Division I to make the second of t

overtime last season, but Rogers called them "much improved." British Columbia is just 6-12 on the season, but is a four-year school and has a few upperclassmen on the roster. Second-year forward Alex Vleweg is the team's leading scorer at 10.0 per game. Yavupai is 7-4 on the season and has a balanced offense, led by double-figure scorers Bjonce Reaves and Lerrin Cook. The Rough Riders' setbacks include a one-point loss at Snow College on Nov. 29.

The Golden Eagles next home

Nov. 29.
The Golden Eagles next home game is Jan. 17 when SWAC foe North Idaho College comes to Twin Falls.

Mike Christensen may be reached at 208-735-3239 or sports@magicvalley.com.

Bolts buck Broncos to claim **AFC West**

By Bernie Wilson Associated Press

SAN DIEGO — The mild, mild AFC West belongs to LaDainian Tomilinson, Philip Rivers and the rest of the San Diego Chargers.

The Chargers won the NFLs weakest division with an 8-8 record, becoming the first team to go from 4-8 to the playoffs by routing the Denver Broncos 52-21 in the Ed Hochuli Bowl on Sunday night.

night.
Mission Valley turned into Mediocre Valley for the evening as the Chargers became the first team to win a division at 8-8 since the Cleveland Browns did it in 1985.

Tomilisson, who didn't return after straining an abdominal muscle in the third quarter, had his first three-touchdown game of the season. Rivers threw his 33rd and 34th touchdown passes to break Hall of Famer Dan Fouts' 1981 team single-season record.

Denver (8-8) completed a monumental collapse, becoming the first team since division play began in 1987 to miss the playoffs after having a three-game lead with three weeks to go. Needing just one win to wrap up the division, the Broncos lost at Carolina, at home to Buffalo and then to the Chargers

The Chargers were 5-1 in the division but 3-7 outside it, and had zero wins against playoff teams. San Diego will host Peyton Manning and the Indianapolis Colts on Saturday night. San Diego wills the Coltan form Jay Cutter's graps and was recovered by Chargers inside line-backer Tim Dobbins, Hochuli ruled it an incomplete pass instead of a fumble.

Hechuli later acknowledged his decision was wrong. However, by rule, the call could not be changed and Denver kept the ball. The Broncos scored on fourth down, followed by the winning 2-point conversion.

conversion.

On Sunday night, the Chargers looked like world-beaters and Tomilisson was far more animated than at any point of the worst year of his otherwise brilliant career.

After he scored on a 14-yard run midway through the third quarter, L.T. celebrated with his teammates and then high-stepped across the field to the bench.

Eagles stomp Cowboys to clinch playoff berth

PHILADELPHIA — The Eagles overcame daunting odds to capture an NFC wild-card spot with a dom-

inating victory.

So much for all that preseason

inating victory.

So much for all that preseason
Super Bowl hype — America's Team
can start its vacation plans early.
Surely, it'll be a drama-filled offseason, as owner ferry Jones has to
answer more questions about
coach Wade Phillips' joh and perhaps consider a major overhaul.
In a game that become do-or-die
for both teams shortly before kickoff when Tampa Bay and Chicago
lost, the Eagles (9-6-1) thoroughly
outplayed the error-prone
Cowboys (9-7). Donovan McNalo
threw two touchdown passes and
ran for another, and Brian Dawking
forced two fumbles that were
returned for scores.

PACKERS 31, LIONS 21

PACKERS 31, UNIS 21
GRIEEN BAY, Wis. — The Detroit
Lions own a distinction no team
wants: worst in NFL history.
Facing one last chance to avoid
their dubbious destiny, the Lions lost
Sunday's season finale to the Green
Bay Packers 31-21 to complete the
leagues first 0-16 season. The 1976
expansion Tampa Bay Buccaneers
(0-14) were the last NFL team to
complete a season without a victory.

THE WIKINGS 20, GIANTS 19

MINNEAPOLIS — Ryan
Longwell's 50-yard field goal as the
game ended lifted the Vikings to
the NFC North title for their first
postseason appearance in four
years. They face Philadelphia next
weckend.
David Carr took over at quarterback for Ell Manning after haltime
and threw a touchdown pass to
Domenik Hixon midway through
the third quarter for a 16-10 lead.
But New York (12-4), the NFC East
winner with home-field advantage
throughout the playoffs, was on
cruise control from there with a
hunch of backups on the field.

PANTHERS 33, SAINTS 31

NEW ORLIEANS — John Kasay's
42-yard field goal with a second left
locked up the NFC South title and
the second seed in the conference
for the Panthers (12-4).

Caroline, the only team to go 4-0.

Carolina, the only team to go 8-0 at home this season, will get a first-round playoff bye and then a chance to extend its perfect record in Charlotte in the divisional

round.

**TALCONS 31, RAMS 27

ATLANTA — After a wild ending to their improbable regular season, the Falcons are headed to a wild-card playoff game.

Jerious Norwood ran for two touchdowns, including the go-thead 45-yard run with 3-41 left, and the Falcons held off the Rams (2-14) to ellinch the No. Seed in the NEC. The Falcons improved to 11-5, completing their improbable run to the playoffs after a 4-12 finish in 2007. They will traved to NFC we champion Arizona for a wild-card game next weekend.

RAVENS 27, JAGUARS 7

RAYES 27, JAGIJARS 7

BALTIMORE — Le'Ron McClain
ran for two touchdowns in the pivotal first half as and the Ravens
routed the Jaguars.
It was 24-7 at halftime, and
Baltimore (II-5) never let up
against the stumbling Jaguars 11), who committed four turnovers
and were held scoreless over the
final 45 minutes. The seven points
were a season low for Jacksonville.

49ERS 27, REDSKINS 24
SAN FRANCISCO — The followed Joe Nedney's game-ending field goal with an even bigger bang, swiftly confirming that coach Mike Singletary will be back next year. Nedney kicked a 39-yard field goal as time expired, and the 49ers dramatically finished their late-



AP shoto

Westbrook, right, outruns Dailas Cowbo linebacker Zach Thomas in the first qu ter of an NFL football game, Sunday, in

season surge under their no-longer-interim coach. A few min-utes after Nedney's kick sneaked inside the upright to cap a cool 60-second drive led by Shaun Hill, the 49ers officially announced Singletary will keep his job.

STEELERS 31, BROWNS 0

PITTSBURGII — Ben
Roethlisberger gave the playoffbound Steelers a major scare by
sustaining a concussion during an
essentially meaningless victory
over the embarrassed Browns that
likely was Romeo Crennel's last as
Cleveland's coach.
Despite the lone delarmed

Cleveland's coach.
Despite the long delay.
Roethlisberger's tearmates did not react as if he had been seriously hurt and the quarterback flashed a thumbs-up while being driven off the field. Unless follow-up tests unexpectedly reveal additional problems, the injury probably won't sideline Roethlisberger for the No. 2-seeded Steelers' AFC playoff game Jan. 10 or 11.

TEANS 31, BEARS 24
HOUSTON — The Bears' playoff chances ended against a team long eliminated from postseason contention. Andre Johnson had two touchdowns for the Texans, who finished 8-8 for the second straight wear.

COLTS 23, TITANS 0
INDIANAPOLIS — Indianapolis
got those pesky milestones out of
the way quickly, yanked its starters
early and still managed to win its
ninth straight, beating AFC South
champion. It marked the sixth
straight season Indy has won at
least 12 games, and that want the
only big achievement for the Colts.

BENGALS 16, CHIEFS 6
CINCINNATI — Cedric Benson
ran for 111 yards and a touchdown,
putting a little bite into the Bengals'
depleted offense, and Cincinnati
completed its late-season surge.

RAIDERS 31, BUCCANEERS 24
TAMPA, Fla. — Oakland third-stringer Michael Bush rushed for a career-high 177 yards and scored on a 67-yard fourth-quarter jaunt that helped the Raiders rally to end the Buccaneers' season.

PATRIOTS 13, BILLS 0
ORCHARD PARK, N.Y. — A nasty wind strong enough to tilt the goal posts was no match for Matt Cassel and the Patriots.
LaMont Jordan scored on a 2-yard run set up by Cassel's 12-yard completion into the wind on fourth down, and Stephen Gostkowski hit a pair of field goals.

—The Associated Press

Miami

8-3 start. They controlled their playoff fate, but dropped four of their last five games and missed melayoff septle having an NFL-high seven Pro Bowl selections. Pennington, who went from the scrap heap to an MYP candidate. Pennington, who went from the scrap heap to an MYP candidate finished 22-6-130 for 200 yards and TD throws to Ted Ginn Jr. and Anthony Fasano. Phillip Merling also returned an interception 2 yards for a score for the Dolphins. If this truly was for Favre, who has yet to amnounce his plans, it wasn't a pretty endling. The 10-year veteran, who said this week that his shoulder was bothering him. was 20-6-64 for 233 yards and a touchdown, but threw

three interceptions. It's also uncertain whether coach Eric Mangini will return for a fourth

Eric Mangini will return for a fourth season.
The Jets took a 17-14 lead on Leon Washington's 10-yard touchdown run and a 2-point conversion early in the third quarter after taking advantage of a special teams mistake by the Dolphins. Punter Itrandon Fleds couldn't handle John Denney's high snap, and the ball bounced behind him before he fell on it at Miant's 28. Facing a third-and-14 at the 32. Favre connected with Jericho Corchery for 15 yards to keep the drive alive. After a 7-yard run, Washington went up the middle for 10 more and a score.

VFL SCOREBOARD





hird Quarter (Prater Mch), 12-47, as from Rivers (Kaed

7. d 11-76, Marshall 6 rv 4-47, 1,8e8 4-31.

eer Rushing Tox

Anthony scores 32 in return, Nuggets beat Knicks

Denver Huggets forward Kenyon Martin goes up for a shot with center Nane Hilario looking on in the first half of the Nuggets' 117-110 victory over the Knicks at

NEW YORK — A week of rest was all Carmelo Anthony needed to rediscover his scoring touch.
Playing the defenseless New York Knicks probably helped, too.
Anthony scored 32 points after missing three games with a bruised right elbow, and the Denver Nuggets sent the Knicks to their sixth straight loss with a 117-110 victory Sunday.
It was only the third 30-point game this season for Anthony, who has been bothered by the elbow since he was originally hurt in a victory over Houston on Nov. 30. The Nuggets decided to give their leading scorer a break after the averaged just 11.5 points on 8-0-27 shooting in losses to Cleveland and Phoenix on consecutive nights.

"I think that was the best thing that ever happened to me," Anthony said.
At first I was a little hestant about doing it Any time you can get rest during a long season like this, it helps."

The Nuggets blew the double-digit

lead they seized by making 15 of 20 shots in the second quarter, but recovered behind Anthony's flawless fourth.

CAVALIERS 93, HEAT 86

CLEVELAND — Not even Dwyane Wade can humble the Cavaliers at home

Water can harmonic home.
LeBron James scored 33 points—four more than good buddy Wade, the NBA's leading scorer—and Cleveland remained the leagues only unbeaten team on its own floor with a 93-86 win over the Miami Heat on Sunday night.

MAVERICKS 98, CLIPPERS 76

LOS ANGELES — Josh Howard had
29 points, nine rebounds and a careerbest seven assists, leading Dallas over
Los Angeles while Mavericks leading
scorer Dirk Nowitzki served a onegame suspension.

HORNETS 105, PACERS 103
INDIANAPOLIS — Chris Paul scored
11 points in the final 3:36 and David

West made a 17-foot fadeaway jumper with 2.5 seconds remaining to help New Orleans rally for a victory. Paul and James Posey scored 19 points each for the Hornets (18-9), West added 18 points, Rasual Butler scored 15 and Peja Stojakovic had 12.

CEITCS108, IGNES 63

SACRAMENTO, Calif. — Kevin Garnett had 21 points and 11 rebounds and the Boston Celtics rebounded from back-to-back losses in emphatic fashion, beating the Sacramento Kings 108-63 Sunday night in one of the most anne-sided wins in franchise history.

The 45-point margin of victory is tied for the sixth biggest ever by the Celtics, who also beat the New York Knicks by that amount last season. The last time Boston had a bigger win was a 153-107 victory over the Baltimore Bullets in 1970.

-The Associated Press

SCOREBOARD

(1231 6 pm(F0X) g. m. 3 BASKETBALL GAME PLAN International Borel Al Toronto Percent \$790,000 A Serveror LOCAL Antonio MEN'S COLLEGE BASKETBALL 5 p.m. ESPN2 — Georgetown at At Chandala, Arts Propert \$17 miles rs. Unio State TOURDMENT, 5 p.m. TV SCHEDULE COLLEGE FOOTBALL 1 p.m. ESPN — Papajohns.com Bowl. N.C. State vs. Rutgers, at Birmingham, Alo. 8 p.m. ESPN — Alamo Bowl, Missouri Connecticut 7 p.m. ESPN2 — Cincinnati at p.m.(ESPH) Thumber, Jun. 8 BCS Hellows Champtonship At Bibers Payout: 8.37 million Florida (12-1) vs. Odeshome (12-1), 5 p.m.(FCO) TRANSACTIONS BASEAUL MICHOGRAPHO IN COMPANY WITH OF NHL HOCKEY 867 807 452 433 22 20 25 19 - 85 22 22 14 35 - 93 pm 314 (Cock 24 Santa BASKETBALL mented Associated Associated Associated Cales Fort No temperate for a part fo 22 12, Balkman 34 3-3 9, Smith 7-12 0-8, Carter 2-3 0-0 5, Natra 2-4 0-0 5, Totals 79 21-30 117. Senday, Jan. 11. Urtrona or Atlanta a n.(FQX) Se Notice At II Par 11 a FOOTBALL stonel Footbal League 15-Placed WR James He re. Signed RB Bruce Hall Worth, Toron 6: 6780,000 HOCKEY Gred F Hyle insight Breek At Tournes Arts proof: \$1.2 mill (AHL). HEW YORK ISLANDERS - Reci 11 1 49 15 5 39 14 6 37 16 9 29 20 4 28 A Abuquet most \$700 40 for Cultural Book Al Tompo, Fit prof: \$3.2 mll 40, Franco State Adendurg (Fil.) B Payout \$1 million 11, Marrychia 14 Las Vegas Brad Payout \$1 million m Orient, 6 p.m. on Antonio, 630 p.m. stas, 630 p.m. nd, 6 p.m. lacer House a At Housele speed: \$750,000 invest 21 house 23 house 25 house FOOTBALL Playoff Glanco Wiscold Payofis Sehartis, Jan. 3 Isna, 220 p.m.(NC) Sendoy, Jan. 4 Namil, 11 p.m.(RC) Honolog, Jan. 4 Harracta, 220 p.m.(RC) Playofis PPI SEA WOLVES - Released F (AHL) (TAN GRIZZES - Signal TAN GRIZZES - Signal TAN GRIZZES - Signal

No. 1 North Carolina routs Rutgers 97-75

CHAPEL HILL, N.C. — Tyler Hansbrough had 26 points and 10 rebounds, and No. 1 North Carolina routed Rutgers 97-75 on Sunday night for its school-record 12th straight double-figure victory. Ty Lawson added 19 points, Danny Green had 18 and the Tar Heels (12-0) shot 51.5 per-

cent. They surpassed the previous mark of consecutive blowouts set by the 1992-93 team that went on to win the national championship. No opponent has come within 15 points of these far Itels.

Freshman Mike Rosario scored 26 points, Corey Chandler had 14 and Anthony Farmer 12 for flutgers (9-4).

Shipp leads Bruins to 78-55 win over La Tech

WIN OVER LA IECH
LOS ANGELIES — Three-time defending
Pac-10 champion UCLA appears ready to
compete for another conference title.
Josh Shipp returned from a two-game
absence to score 16 points, and the 13thranked Bruins never traffed in beating outmanned Louislana Tech 78-55 Sunday.
Freshman guard Jure Itoliday added 12
points, a career-high 10 rebounds and five
assists.

assists.

Alfred Aboya had 12 points and six rebounds, and freshman Jerime Anderson scored a carer-high 11 points for the Bruins (10-2), who took a 20-point halftime lead in breezing to their sixth straight victory. They have won those six games by an average of 26.3 points.

The Bruins return to action Friday night at

Oregon State in the Pac-10 opener for both teams.

FOOTBALL

La. Tech tops NIU 17-10 in Independence Bowl

SHEEVEPORT. La. — Phillip Livas returned a kickoff 97 yards, Daniel Porter rushed for 78 yards and a touchdown and Louisiana Tech won the Independence Bowl by beating Northern Illinois 17-10 on

by beating Nortnern Illinois 17-10 on Sunday. It was Louislana Tech's first postseason win since the 1977 Independence Bowl and the Bulldogs' seventh come-from-behind win of the season in what was essentially a home game. The Bulldogs (8-5), from near-by Ruston, haven't won eight games since 1999.

1999.
The victory over Northern Illinois (6-7) marks a quick turnaround under coach Derek Dooley, former protege of Nick Saban and son of Iconic Georgia coach and athletic director Vince Dooley. As his father did, Dooley won his first bowl.

MAGIC VALLEY Holiday open gym in Twin falls

TWIN FALLS — Twin Falls Parks and Recreation will offer holiday basketish open gym at Robert Stuart Junior High, From 6-9 p.m. today and Tuesday, 6-9 p.m. Friday, Jan. 2 and Saturday, Jan. 3, and noon to 4 p.m. Sunday, Jan. 4.

Sports Shorts Donnelley Sports or Twin Falls High school. Information: Matt Harr at 737-5208, ext. 3050.

Open gym is free. Information: 736-2265

Club Canyon/CSI volleyball

Camp nears

JEROME — The Club Canyon/College of Southern Idaho Winter Volleyball Camp will be held Monday and Tuesday at the Jerome Recreation Center. The camp is open to girls in grades 5-8 and applications may be downloaded from the CSI volleyball Web site at athletes.csi.edu or picked up at the Jerome Recreation Center. The cost is \$60 and the camp is limited to 40 athletes. Sessions will run from 9 a.m. to 1 p.m. each day.

ach day.
Information: Jim Cartisser at 404-2768.

Bruin Little Dribblers holds signups

TWIN FALLS — The Bruin Little Dribblers camp is scheduled from 8 to 10 a.m., Tuesday and Wednesday for boys and gifs in grades & through 3. The competition camp for boys and gifs in grades & through 8 is scheduled from 10 a.m. to noon the same days. This year's camps will be held at O'Leary Junior High School. The cost is \$30, which includes a camp ball and T-shirt. The K-camp will perform at halfilme of the Bruin girls game on Jan. 8. Forms can be found at

CSI holds winter baseball camp

TWIN FALLS — The 25th annual Southern Idaho Baseball Camp will be held today at the Eldon Evans Expo Center. The camp, which has a long tradition of offering great instruction at an affordable price, features instruction for hitting, pitching, catching and infield and outfield plays, Information: 732-6650 or 734-6285.

Local travel VB team seeking members

TWIN FALLS — The Southern Idaho Volleyball Club is seeking girls 16-18 years of age for its 18 and under traveling volleyball team. The club competes within the Intermountain Volleyball Association and will begin tournament play in mid February of 2009.

or 2009. Information: Jay Bride at 420-2524 or jay-bridecpa@magiclink.com.

Idaho Prep Basketball holds tourney

TWIN FALLS — Idaho Prep Basketball will hold youth tournaments Jan. 17 and Feb. 14 for boys and girls in grades 4-8 from Twin Falls and Bull. Information: Call (360) 885-7810 or visit http://www.idahoprepbasketball.com for more information.

- Staff and wire reports

EDITORIAL

Budget cuts notwithstanding, mental health programs must stay

rent Reinke isn't steeping well these days.
The director of Idaho Department of
Correction fears that cuts to drug, mental
health and counseling programs in Idaho
could make the state's slowly
declining prison population
Increase again.

Our view:

Bottom line: Mental

health serv-

ices keep

people out

of jail. The

Legislature should keep

them, even in a reces-

What do

you think? We welcome

viewpoints

from our readers on this and other issues.

sion.

"Enough that it keeps you awake at night," he told the *Idaha*

It's a legitimate worry. Earlier this month, Gov. Butch Otter ordered heads of state agencies to help him trim \$169 million from the state budget for the fiscal year that starts July 1. That's on top of holdbacks of 3 percent and 1 percent that the governor ordered in December and September, respectively, in the current budget.

We don't know yet what additional cuts the governor has in

tional cuts the governor has it mind for Health and Welfare we'll find out when he delivers his budget message to the Legislature on Jan. 12 — but we share Reinke's hope mental health services are spared. Of the 6,520 men and 778 women in Idaho Department of Correction facilities, 30 percent of men and 60 percent of women are mentally ill. And in county jails statewide, between one-fifth and one-fourth of prisoners are considered mentally ill. ve'll find out when he delivers

tally ill.

It costs \$20,000 a year to incarcerate a single inmate in the state prison, and mental health services—especially mental health and drug courts and counseling—are pennies-on-the-dollar cheaper. Those services are the chief reason why the state's prison population actually declined in 2008 after years of growth.

years of growth.

Unfortunately, mental health services are redheaded stepchildren whenever cuts are made at
Health and Welfare — it happened in 2002 and again
in the holdbacks this year. There's no constituency
for emotionally disturbed people, many of whom
are in the criminal justice system.
Idaho ranks 47th in spending for mental health
services and 49th in spending for community-based
services — the kind of help that keeps mentally ill
exemple put of fail

ple out of iail.

people out of jail.

If Otter and the Legislature are wise, they'll act on a report by the Western Interstate Commission for Higher Education's Mental Health Program that proposes creating regionally operated districts — much like the seven existing public health districts — to deliver mental health services.

And they'll keep mental health, drug and alcohol courts intact and counseling programs funded. Idaho can pay the costs of mental liness and substance abuse now, or we can pay them later in the form of higher taxes and shattered lives.

Times-News

Brad Hurd . . . publisher Steve Crump . . . Opinion editor The members of the editorial board and writers of editorials are Brad Hurd, James G. Wright, Steve Crump, Bill Bitzenburg and Ruth S. Pierce.

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Join the discussion

Voice your opinion with local bloggers: Progressive Voice, Conservative Corner and In the Middle. On the opinion page at Magicvalley.com

An enduring crisis for the black family

In the nearly half-century in which we have gone from George Wallace to Barack Obama, America has another, less hopeful story to tell about racial progress, one that may be even harder to reverse.

tell abour racial progress, one that may be even harder to reverse. In 1965, a young assistant secretary of labor named Daniel Patrick Moynihan stumbled upon data that showed a rise in the number of black single mothers. As Moynihan write in a now-famous report for the Johnson administration, especially troubling was that the growth in illegit imacy, as it was universally called then, coincided with a decline in black male unemployment. Strangely, black men were joining the labor force more, but they were marrying — and fathering — less.



KAY HYMOWITZ

There were other puzzling facts. In 1950, at the helght of the lim Crow era and despite the shartering legacy of slavery, the great majority of black children — an estimate dB percent — were born to their two married parents. Just 15 years later, there seemed to be no obvious reason that that would change. With the passage of the Civil lights Act, legal barriers to equality were falling. The black middle class bad grows usubstantially, and the first five years of the 1960s had produced 7 million new jobs. Yet 24 percent of black mothers were then bypassing marriage. Moyniban wrote later that he. like everyone else in the policy business, had assumed that "economic conditions determine social conditions." Now it seemed, "what everyone knew was evidently not so."

President Lyndon Johnson

was deeply shaken by Moynihan's findings, Neither Moynihan's findings. Neither man was driven by senti-mentality or religious conviction, but both believed that fatherlessness undermined the "basic socializing unit." Intent on sounding a public alarm, Johnson declared during a commencement address at Howard University. "When the family collapses, it is the children that are usually damaged. When it happens on a massive scale, the community isself is crippled."

ings were as prescient as they were reviled. Civil rights leadwere revoled. Civil rights leaders, worried about reviving racist myths about black promiscuity, objected to what they viewed as blaming the vietim. Ferninists were inclined to look on the strong black women" ralsing their children without men as a symbol of female autonomy, By the fall of 1965, when a White House conference on the black family was scheduled, the Moynilhan report and the subject had isappeared.

But the silent treatment was the wrong medicine. ers, worried about reviving

was the wrong medicine. Since 1965, through economic recessions and booms, the

ways that have little parallel in human cultures. By 1980, black fatherlessness had doubled; 55 percent of black births were to single moth-ers. In inner-city neighbor-hoods, the number was clos-er to 66 percent. By the 1990s, even as the overall fer-tility of American women, including African Americans, was falling, the majority of black women who did bear children were unmarited. children were unmarried.
Today, 70 percent of black
children are born to single
mothers. In some nelghbor

mothers. In some neighborhoods, two-parent families have vanished. In parts of Newark and Philadelphia, for example, it is common to find children who are not only growing up without their fathers but don't know anyone who is living with his or her biological father. And what has this meant for racial progress? Fifty years after Jim Grow, black U.S. households have the lowest median income of any racial or ethnic group. Close to a third of black children are poor, and their chauses of third of black enduren are poor, and their chances of moving out of poverty are considerably lower than those of their white peers. The fractured black family is not the sole explanation for not the sole explanation for these gaps, but it is central.

While half of all black children born to single mothers are poor, that is the case of only 12 percent of those horn to married parents. At least three simulations are poor, that is the case of married parents. At least three simulations are possible to the children of the potential health the children of the potential health property would be dramatically lower had marriage rates remained what they were in 1970. Through the power of this own example, Obama presents a chance to review what lynden Johnson called "the next and the more profound stage of the battle for civil rights," Yet rackling this issue won't be easy. When Obama gave a Fathers Day speech lamenting "fathers... missing are a Fathers. Day speech lamenting "fathers... missing from too many lives and too many homes," lesse Jackson was so incersed that he said he wanted to castrate Obama, Still, painful as the

was so increased that he said he wanted to castrate Obama. Still, painful as the subject is, the alternative is far worse: racial inequality as far as the eye can see.

Kay Hymowitz, a contribut-ing editor of City Journal, is author of "Marriage and Caste in America." She wrote this commentary for The Washington Post.

LETTERS TO THE EDITOR

Is there need for charter schools?

I start by acknowledging that I am a teacher for a

that I am a teacher for u charter school. In the controversy that seems to surround the for-mation of a charter school in Gooding, the point of con-tention always seems to be about the money involved and who gets it. I would sub-bit that the true question is why are there so many groups that seem to feel the need for a charter school? The back-up question to that one is why does it seem like it is so easy to attract signifi-cant numbers of children to charter schools? charter schools?
DUWAYNE KRAUSE

Clifford, Luna are blessings for Hagerman

Diessings for Tagerman
We both drive the
Wendell-Hagerman road on
a daily basis and would like
to comment on the care of
this highway during the winter months.
For more years than we
can remember, Clyde
Clifford was the head of the

Tell us what you think

ON PAPER: The Times-News welcomes letters from readers on subjects of public interest. Please limit letters to 300 words. Include your signature, mailing address and phone number. Writers who sign letters with false names will be permanently barred from publication. Letters may be brought to our Twin Falls office; mailed to BO, Bos 458, Twin Falls, 10 B3303; faxed to (208) 734-5538; or e-mailed to letters@magicvalley.com.

Hagerman Highway District. Clyde's maintenance of this road was the best in this area, if not the state. When it snowed, you could always count on him to have the roads plowed and sanded for

count on him to have the roads plowed and sanded for everyone to get to work or school. The students at Ilagerman often complained about how efficient he was because it was rare when Ilagerman had snow days. Clyde retired a few years ago and Mike Luna has taken on the job of caring for the roads in the Ilagerman area. Replacing Clyde Clifford Is no easy task, but Mike is doing an excellent job, and we appreciate his hard work. When we get on the road caring in the morning, Mike has them plowed and sanded, which makes the commute much safer

and easier. You can definitely tell where the Hagerman Highway District ends and Highway District begins as the plowing and sanding stops there. We would like to thank Mike Luna for the great job he is doing keeping the roads around Hagerman as safe as possible and Clyde Clifford for the many years of hard work he gave to the citizens of the Hagerman Valley. We are truly fortunate to have two men like this in our community.

RANDY CLAIK
DONNA CLAIK
Hagerman

Light diendays bring

Light displays bring Christmas cheer

I love Christmas. I love seeing the people doing

their Christmas shopping, the Salvation Army bell ringers, the Christmas lights, the Christmas lights, the Christmas carols. I'm usually the first one in my neighborhood to put up the outside lights, Christmas live, we made a point of checking out the neighborhood recommended by the Wartens, Turn south at Curry Crossing for 1.2 miles of Win View Lane after 5 p.m. and before 11 p.m. and you will see the most spectacular display we've ever seen. As you turn east you will see one set most spectacular display we've ever seen. As you turn east you will see one set most spectacular display we've ever seen. As you turn east you will see one late the pright with a great particult heme. Proin View is a long cul de sac, with every yard, fence line, house, all ill up with fantastic displays, and there are at least two beautiful nativity scenes to remind us of the reason for the season.

If Christmas was not all

on. If Christmas was not all you hoped for in this eco-nomic time, take the family to see this great display. It's not even very far to go down Addison West. Merry Christmas and Happy New

Year. IOHN THIEBERT Twin Falls

THE LIGHTER SIDE OF POLITICS

Doonesbury









The problem when Big Labor calls in its chits

emocrats face some political potholes on the road to governing with their expanded majorities in the 111th Congress. The hazards are certain; falling in them is not.

Three areas of risk deserve

special navigation — rela-tions with organized labor, executive branch oversight, and fostering bipartisanship. Failure to navigate any of

Failure to navigate any of these could produce serious setbacks. All deserve careful management in the months ahead.

Dealing with unions creates major challenges. No special interest group deserves more credit for electing and expanding a Democratic majority in Congress than organized labor.

labor. Unions infused Unions infused Democrats with money, manpower and message support across America. Their resources are both concentrated and large, and they continue to provide



GARY ANDRES

ctoral and legislative

According to OpenSecrets.org, over 90 per-cent of the millions of dollars of union money spent in 2008 went to Democrats — no big shift from previous years.

years.
Business interests are typically more bipartisan and pragmatic. Many just try to gain access and win favor

gain access and win favor with the party in power. Democrat or Republican. Corporate and trade asso-ciation giving shifted follow-ing the 2006 election to reflect the new Democratic majority. Labor's approach, on the other hand, is more overtly political. They engage overtly political. They engage in less "strategic giving." Labor supports Democrats whether they are the majori-ty or the minority in Congress.

The problem for

problem for Democrats is a mismatch between labor's growing political clout and its declin-ing numbers. Unions now represent less than 10 per-cent of the private sector work force. Yet they domi-nate the Democrats legisla-tive agenda in Congress. A long-time Republican Capitol Hill staffer told me that "most major pieces of legislation have somethi-either his

A rong time reported to the Capitol Hill staffort told me that "nost major pieces of legislation have something either big that labor wants." Labor's political power was on display again recently with the auto balioul legislation. Many—including Republican Sen. Bob Corker of Tennessee, who played a key role in the negulations—believe the United Auto Workers' opposition to forced union concessions led to the demise of legislation in the Senate.

Are Democrats completely controlled by big labor? Not

necessarily, but the party would do well to demon-strate a little more separation from the union label. Voter cynicism likely will increase if from the union label. Voter cynlcism likely will increase if Democrats engerly embrace the UAW's agenda when it comes to trade, the future of the auto Industry, and other legislative priorities. And if this perception grows, it could cause a severe electoral backlash. Legislative oversight also deserves serious attention. Most Americans support Congress as a check support Congress as a check on executive branch excess. But when the same party controls both ends of controls both ends of Pennsylvania Avenue, tough and independent oversight is challenging. Political parties often look the other way when it comes to investigating their own people. It's human nature, but it's also politically risky. Congressional Republicans faced a similar challenge after George W. Bush took office in 2001 while the GOP controlled Congress. controlled Congress.

Americans want accountabil-

tency in government. The Democratic Congress should ensure the Obama administration meets those require-ments. Finally, Democrats should try to brask the cycle of polarization and partisan-ship when it comes to rela-tions with Republicans. Barack Obama's election gives them both means and motivation to do so. Americans want Congress to solve problems. But style matter. Then is no means. tration meets those requirematters. There is no reason why Democratic leaders and committee chairs can't insticommittee chairs can't insti-tutionalize meetings and outreach with their col-leagues in the minority to seek more opportunities to work together and change the tone in Washington. True, deep philosophical disagreements exist on some issues. But that doesn't mean

areas to lower the decibel level and find new areas of common ground. This might be a corollary of the Woody Allen Rule (80 percent of suc-

cess in life is just showing up). Just trying a little more civility and inclusiveness might yield some surprising

might yield some surprising results.

Americans believe Washington is dominated by special interests, wastes money and is too polarized. Democrats in Congress risk fulfilling the country's worst fears — caving in to unions, condoning incompetent government and pursuing a purely partisan agenda. Due to unique institutional conditions, including the country control, and generations of corroste partisan polarization, these public worries could deepen in the next Congress. These public worries could deepen in the next Congress. These public worries are avoidable. But it will take awareness, aptitude and more than a little savvy to steer clear.

Gary Andres is vice chair-man of Dutko Worldwide. He wrote this commentary for Hearst Newspapers.

The long knives come out in Canada

or political drama, it's hard to beat Illinois Gov. Rod Blagojevich and his holiday sale of a U.S. Senate seat. But Canada is coming pretty close

Canada is coming pretty close.

Our normally staid neighbor to the north Is embrolied in a political crisis with its own colorful cast of characters a glamorous Governor General appoint; ed by the Queen of England, a Machiavellian prime minister often called Canada's Dick Cheney and a burnbling opposition leader who made a recent speech against a backdrop that included a book prominently titled "HOT AIR." All this comes when

included a book prominentify titled "IOT AIR."
All this comes when unemployment is rising, the loonie is worth just 81 U.S. cents and there are calls to bail out Canada's own auto industry, closely tied to Detroit's and facing just as much trouble.
Politically speaking, Canada is in "somewhat of a mess." says Lawrence Barker, head of the Canadian Snowbird

Canadian Sno

Canadian Snowbird
Association, which represents traveling Canadians.
The crisis began last
month when Prime Minister
Stephen Harper introduced
an economic plan that
would end public funding
for political parties in effect,
neutering opposition to
Harper's own Conservative
Party.

Party.
That so enraged the
Liberals and others in
Parliament that they Parliament that they announced they would form a coalition that could topple Harper's governmen with a no-confidence vote. with a no-confidence vote. So, doing what no prime minster had done before, Harper went to Canada's governor general on Dec. 4 and got her Ok to 'prorogue' or suspend Parliament until Jan. 26. A bit of explanation: Depending on your point of view, one of the charmingly qualit or ridiculously anachronistic things about Canada is that the formal head of state is a governor

Canada is that the formal head of state is a governor general appointed by the British monarch. The current governor is Hailian-born Michaelle Jean. 51. a brilliant and sit sunning former broadcast Journalist fluent in five languages. That Jean and Harper met 2 1/2 hours before she finally approved his prorogue request dramatized exactly what a big deal this was. "Our office of governor general is not democratically decreted so in terms of legitimacy 1/8 pretty weak."

iy elected so in terms of legitimacy it's pretty weak," says Robert Bothwell, an historian at the University of Toronto. "But in the final



analysis it's still (head of state) and Harper has really been pushing the envelope. What he's trying to do is unprecedented. You don't send Parliament away just because you think you're going to lose a vote of confi-dence.

going to lose a vote of conflidence.

A shrewd politice from Calgary, Harper, 9h, has been a close ally of the Bush Administration since he became prime minister in 2006. Critics see in him a Cheney-like disdain for the tools of government, and have compared his move to a "coup d'etat."

"The problem with Harper is ideological." Bothwell says. "Ite's a neocon and these guys tend to see the world in black and white, so he really does believe the opposition is evil. I think Harper will truly do anything to avoid losing power."

But no matter what they

do anything to avoid tosing power.

But no matter what they think of Harper, many Canadians are unhappy at the prospect of a coalition government formed by political parties that had even less support than the Conservatives in October's national election.

"We're not a banama republic, we don't have coalitions," says Barker, who served in Ontario's provincial government before heading the Snowbird

served in Ontario's provin-cial government before heading the Snowbird Association. 'People are saying, 'I don't remember seeing the word coalition as one of the choices, so how dare you try to subvert my vote.'?"
Putting Parliament on

vote.?"
Putting Parliament on hold until late January gives Harper time to come up with an economic plan more palatable to opponents. If he doesn't, they could defeat it with a no-parlidness wete thereby

could defeat it with a no-confidence voit, thereby forcing a new general elec-tion that could end Harper's tenure as prime minister. "It really depends on how bad the economy is, and people are getting gloomier and gloomier every day." Bothwell says. "Until recent-ly larper has pretended there's no crisis. His propa-ganda machine is straight metes no crisis. His propa-ganda machine is straight out of Karl Rove."

Susan Taylor Martin is a columnist for the St. Petersburg, Fla., Times. Write

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HOSSEIN

ASKARI

A bevy of foreign policy experts are pressing President-elect Barack Obama to move quickly on his promise to "engage in aggressive personal diplomacy" with tran.

Iran.
He would be better off first taking a long, deep breath and allowing Iran's economic crisis to take its tell on the mullahs before getting down to serious business.
The political landscape has shifted to the most control of the most control

has shifted dramatically in Iran in the past few months, handing the United States policy options that it hasn't had since the it hash' had since the 1979 revolution. President Mahmoud Ahmadinejad's populist expenditure policies, coupled with the unprecedented collapse of the oil market, have driven tran into an eco-nomic tailspin. The result is that tran is more vul-sarable to featured econerable to focused ecoomic sanctions than it

nerable to lockset cell in this been in 30 years. Iran's record of economic failure since the revolution is astonishing. Average real per-capital income is lower and income distribution more unequal. Oll production has dropped 30 percent, and yet dependence on oil revenues is higher. The unemployment rate is hovering around 25 percent, and this year inflation might top 30 percent, and uns , ... inflation might top 30

Preoccupied with day-

to-day survival and short-term popularity, the regime in Tehran has foregone poli-cies to achieve sustained economic growth and development. Still, until recently, it had been able to leverage its oil revenues to stay in power. Consumer subsidies kept the lid on domestic dissent, lucrative contracts rewarded cronles and a rapid credit expansion spurred a real estate bubble. Meanwhile, an essentially fixed exchange rate helped he rich to take their money out of the country and pre-vented import prices from going up. But now the regime is out of maneuver-ing room. In 2007, the U.S. Treasury

g room. In 2007, the U.S. Treasury in 2007, the U.S. Treasury began culting off Iranian financial institutions from the international banking system, increasing Iranis cost of letters of credit and in turn the price of imported goods by about 15 percent. On Nov. 6, the Treasury tightened the noose: U.S. banks no longer can make doller transfers into Iranian banks on behalf of foreign countries or companies when they buy Iranian oil. On Nov. 26, the Treasury went one the Treasury went one step further and expande the definition of financia the definition of "financial institution" to encompass

meaning they're cut off from the U.S. financial market

too. But it's lower oil prices But it's lower oil prices that are really squeezing Tehran. When oil was at its peak, about \$150 a barrel, the government spent the windfail as if there were no tomorrow. Now Iran finds itself in a precarious financial position with oil under \$50. A decline in prices to the \$30-\$40 range for a year or two would be catastrophic for the regime Either the

the 330-340 range for a year or two would be catastrophic for the regime: Either the poor would have to go without basic necessities or cronies would have to be heavily taxed. If Obama takes stock of these developments, he'il realize there is no need to rush to engage Iran. Iran is no superpower, after all. Its GDP is less than 2 percent of that of the U.S. Its military is puny; Iran fought Saddam Husseln for eight years and could not tary is puny; Iran fought cary is puny; Iran fought Saddam Husseln for eight years and could not mad and large, so it hardly represents a milliary threat to hardly represents a milliary threat to large U.S. milliary presence in the region can easily keep Iran in check. Even if Iran is striving to develop nuclear weapons, it is at least three years away, Il man can do is fan the flames against U.S. interests through surrogates such as Hezbollah and Harnas.

ias. I the Obama administra tion has no need to swing into action. A rush to nego-tiate would only embolden

U.S. and subject Iranians to clerical rule for the foreseable future. If the new U.S. administration wants to negotiate from a position of strength or affect change in Iran, it should act in a slow and deliberate manner, making not hreats but taking quiet steps to nudge Iran over the financial brink; Do nothing to prevent the slide in oil prices. Develop other smart sanctions that encourage financial panic ourage financial panic

other smart sametons that encourage financial panic and capital outflows from Iran. Use incentives to persuade the United Arab Emirates and Malaysia to end financial cooperation with Iran, leaving it even more isolated.

As long as oil prices stay low, the global financial crisis keeps taking a toll and no one in Tehran figures out how an economy works, Iran will continue to weaken. Meantline, global goodwill toward the new American president should give Obama multilateral support to draw on.

on. Let Iran make the first Let Iran make the first move toward negotiations. If it does, the U.S. should respond positively but show no eagerness. Let enhanced sanctions, lower oil prices and the financial crisis con-tinue to do their work. Negotiate a little, concede nothing.

Hosein Askari is the Iran Hosein Askari is the Iran professor of international business and international affairs at the George Washington University. He wrote this commentary for The Washington Post.

QUOTABLES

"Look, if I'd have known people were listening, I probably wouldn't have said some of the things you say in private conversations.' — Illinois Gov. Rod Blagojevich in an Inter-view with WLS-TV

"I was really surprised and dismayed by my voting record."

— Caroline Kennedy,
 who is hoping for a
New York Senate seat,
n her failure to vote in
a number of elections

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"We hope that both sides will avoid taking steps that will unnecessarily raise tensions during these already tense times."

White House spokesman Gordon Johndroe after Pakistan's reported decision to relocate thousands of troops from the Afghanistan border toward india



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enblat pose for a photo in their North Miami ept. 25. Rosenblat's (8..... Herman and Home Rosenous post or a posture in unit mode manu-legach, File, home on Sept. 25. Rosemblet's 'Angre' at the Fesce', had been scheduled to come out in February, but Berkley Books, as imp of Penguin Group (USA), withdraw the memoir following allegations scholars, friends and family members that his late was untrue.

Anger, sadness over fabricated Holocaust story

NEW YORK — It's the lat-est story that touched, and betrayed, the world.

"Herman Rosenblat and his wife are the most gentle, loving, beaufful people," lit-erary agent Andrea Hurst safd Sunday, anguishing over why she, and so many others, were taken by Rosenblat's story of love born on apposite sides of a barbed-wire fence at a con-centration camp.

shifted-wire fence at a con-centration camp.

1 question why 1 never questioned it. I believed it; it was an incredible, hope-filled story.

On Saturday, Berkley Books canceled Rosenblats memori, "Angel at the Fence." Rosenblat acknowl-edged that he and his wife did not meet, as they had said for years, at a sub-camp of buchenwald, where she altegedly sneaked him applies and bread. The book was supposed to come out in Tebruary.

altegraphes and apples and apples and apples and apples and apples apple Rosenblat, 79, has been narried to the former Roma Radzicky for 50 years, since meeting her on a blind date in New York. In a statement issued Saurday through his agent, he described himself as an advocate of love and tolerance who falsified his pays to better spread his message.

ssage.
I wanted to bring happi-

"I wanted to bring happiness to people," said Rosenblat, who now lives in the Mlami area. "I brought hope to a lot of people. My motivation was to make good in this world." Rosenblar's believers included not only his agent and his publisher, but Oprah Winfrey. Him producers, journalists, family members and strangers who ignored, or didn't know about, the warnings from scholars that his story didn't make sense. Other Holocaust memirists have devised greater edwised greater devised greater d

his story didn't make sense.
Other Holocaust memoirists have devised greater
fantasies. Misha Defonseca,
author of "Misha: A
Memoire of the Holocaust
Years," pretended she was a
Jewish girl who lived with
wolves during the war, when

she was actually a non-Jew who lived, without wolves, in Belgium. Historical records prove Rosenblat was indeed at osenblat was indeed at uchenwald and other

"How sad that he felt he had to embellish a life of surviving the Holocaust and of being married for half a century," said Holocaust scholar

senouar Michael Berenbaum.
The damage is broad. Publishing, the most trusting of industries, has again been burned by a memoir that fact-checking might have prevented. Berkley is an imprint of Penguin Group (USA), which in March pulled Margaret B. Jones "Love and Consequences" after the author acknowledged she had invented her story of gang life in Los Angeles. Winfirey fell, as she did with James Frey, for a narrative of suffering and redemption that nof history.
The damage is deep.

switch saled for relevision than for history. The damage is deep, Scholars and other skeptics swell as fellow survivors fear that Rosemblat's fabrications will only encourage doubts about tile I folocaust. "I am very worried because many of us speak to thousands of student each year," says Sidney Finkel, a longtime friend of Rosemblat's and a fellow survivor. "Wee go before audiences. We tell them a story and now some people will

question enced." "This was not Holocaust education but miseduca-tion," Ken Waltzer, director

tion," Ken Walter, director of Jewish Studies at Michigan State University, sald in a statement.
"Holocaust experience is not heartwarming, it is heart rending, All this shows something about the broad unwillingness in our culture to confront the difficult knowledge of the Holocaust," Walter said. "All the more important then to have real memoirs that tell of real experience in the camps."

Former Miami newspaper titan Chapman dies at 87

MIAMI (AP) - Alvah H. MIAMI (AP) — Avah H.
Chapman Jr., former president and chief executive
officer of The Miami Herald,
chiafman of Knight Ridder
Corp. and a champion of
philanthropic causes in
South Florida, has died. He

south Flortda, has died. He wiss 87.
Chapman succumbed to preumonia on Christmas Driy after spending the holiday with his family in Coconut Grove, the newspaper reported. He had Parkinson's disease, suffered strickes in recent years and honke a hip in March. Chapman brought his family to Miami in 1960 and wha a corporate and civide leader. He worked to house the homeless, helped scale. He worked to house the homeless, helped and the district of the second of the country of the second of the second of the second of the group. We will lightlid, after Hurricane

Andrew in 1992.

Chapman believed public service was a responsibility and a way businesses could help build and foster a socle-

help build and foster a socle-y vou can't publish a suc-cessful newspaper in a com-munity that's dying on the vine. he once said.
He was born into a news-paper family on March 21, 1921, in Columbus, Ga. There, his family owned the R. W. Page Corporation, which operated The Ledger-Enquirer and other newspa-pers. His father, Alvah' Sr. became publisher of The Bradenton Evening Victad in west-central Florida when he was 5.

in west-central Florida when he was 5. Chapman graduated from the South Carolina military school The Citadel, and he served as Knight Ridder CEO from 1976 to 1989.

Dixie Ann Reeves

Dixie Ann Reeves, 63 of Kimberly, Idaho, passed away Friday, Dec. 26, 2008, at her home in Kimberly with her loving family

side. Dixie was born July 20, 1945, in



Dotti ma ha, Neb, the daughter of Alvie & Vesta R u m e r y Parks. She grew up in lowa and graduated from Hamburg High School in Hamburg Iowa. On Jan. 24, Hamburg, Iowa. On Jan. 24, 1968, Dixie married Hugh Mack Reeves in Elko, Nev. To unon were born two
children. Eric and Tummy.
To Dixie, family ways came
first. She was a wonderfully
loving wife, mother, grandmother, sister, aunt and
friend. Dixie was born and
friend. Dixie was born and
friend by the Baptist faith.
Her hobbles included horseback riding, hunting, fishing
and camping with family,
scrap booking, crafting and
photography.
Dixie was union were born two

scrap booking, cratting and photography. Dixie was a skilled machine operator and worked for Lamb Weston, Universal Frozen Foods or Idaho Frozen Foods for more than 25 years.
All who knew and loved her

Dixie is survived by her lov-

ing husband of '40 years, Mack Reeves of Kimberly; son, Eric Reeves of Kimberly; daughter and son-in-law, Tarmmy and Ken Stokesberry of Rigby, six grandchildren, Mercedes and Samantha Reeves of Twin Falls, Ryan and Slerra Guest of Rigby, Chayla Stokesberry of Twin Falls, store the Company of Twin Falls, store the Company of Twin Falls, the sister, Lain Parks of Neb; brother and sister-in-law, Bill and Luanne Reeves of Johnson Creek, Wis; son Creek, Wis and sister-in-lay Virgil and Deena Reeves of Yelm; Wash.; sister-in-law.

Diane Revers of Coeur d'Alene; sister-in-law, Viola Leverich of Purdy, Mont.; and lots of nieces and nephews. She was preceded in death by her mother, Vesta Edith Rumery Parks; her father, Alvie C. Parks; brothers Jr. Parks and Kenny Parks; sisters Betty Finney and Katherine Parks; and brother-in-laws John Reves and from Leverich. Memorial Services for Dide will be held Wednesday, Dec. 31 at 10 å.m. at the Parke's Magic Valley Funeral Home 2551 Kimberly Road in Fwin Falls, Idaho with Pastor Parke Parke's Magic Valley Funeral

Diane Reeves of Coeur d'

Twin Falls, idaho with Pasto

Twin Falls, Idaho with Pastor Tracy Armstrong officiating. All services and arrange-ments are under the direc-tion of the Parke's Magic Valley Funeral Home of Twin Falls, Idaho.

SERVICES

Norman Anthen Jackson of West Valley City, Utah, and formerly of Twin Falls, memo-rial service at 9 a.m. today at the LDS Chapel, 229 Park Ave. in Twin Falls.

Lavina B. Mort of Burley, elebration of life at 10 a.m. today at White Mort Twin Falls.

Lyle A. Prazier of the Magic Valley area, memorial service at 10 a.m. today at the First Presbyterian Church in Twin Falls (White Mortuary in Twin

Nellie Orvilla Schultz of Filer, funeral at 11 a.m. today at Farmer Funeral Chapel, 130 N. Ninth Ave. in Buhl; vis-itation one hour before the funeral today at the mortuary.

Eduardo Hernandez (Soto) of Chihuahua, Mexico, memorial service at 11 a.m. today at the Heyburn LDS 1st Ward Chapel, 530 Villa Drive; visitation beginning at 10 a.m. today at the church.

Blanche Frodsham Wilson of Tueson, Ariz., and formerly of Burley, funeral at 11 a.m. today at the Rasmussen Funeral Home, 1350 E. 16th St. in Burley; visitation one hour before the service today at the mortuary.

Bonita Lu Powell Spiers of Orem, Utah, and formerly of Albion, funeral at 11 a.m. today at the Cherry Hill LDS 5th Ward Church, 135 E. 2000 S. in Orem: visitation one hour before the service today at the church (Memorial Mortuaries in Murray, Utah).

Clara "Maxine" McCracken of Kimberly, funeral at 1 p.m. today at Parke's Magic Valley Funeral Home, 2551 Kimberly Road in Twin Falls.

Floyd Samuel Thornton of Gooding visitation from 4 to 7 p.m. today at Demaray's Gooding Chapel; memorial service in the spring will be mounced later

Michael Lyn Kitchen Moon

of Twin Falls, memorial service at 10 a.m. Tuesday at Parke's Magic Valley Funeral Home, 2551 Kimberly Road in Twin Falls.

Jerrold Leslie Lange of Burley, funeral at 11 a.m. Tuesday at the Zion Lutheran Church, 2410 Miller Ave. in Burley; visitation from 6 to 8 p.m. today at Rasmussen Funeral Home, 1350 E. 16th St. in Burley, and one hour before the service Tuesday at the church.

W. Dean Grindstaff of Jackpot, Nev., celebration of life at 2 p.m. Juesday at the Jackpot Combined School gymnasium in Jackpot; visitantion from 1 p.m. until time of the service Tuesday at the school (Reynolds Funeral Chapel in Twin Falls).

Jodle F. Pero of Kalamazoo, Mich., and formerly of Rupert, funeral at 11 a.m. Wednesday at the Seventh-day Adventist Church, 1601 Nichols Road in Kalamazoo, Mich. visitation from 2 to App. and 6168 p.m. Puseday 4 p.m. and 6 to 8 p.m. Tuesday at Redmond Funeral Home, 4100 S. Westnedge Ave. In

Billy Hargis Brown of Wendell, funeral at 11 a.m. Wednesday at the Living Waters Presbyterian Church in Wendell; visitation from 4 to 7 p.m. Tuesday at Demaray Funeral Service, Wendell Chapel.

Lois Elaine Stephenson of Rupert, funeral at 11 a.m. Friday at the Rupert LDS Stake Center, 324 E. 18th St.; visitation from 10 to 10:45 a.m. Friday at the church (Rasmussen Funeral Home of

Marie Blacker Green Marie Blacker Green of Burley, funcral at 11 a.m. Saturday at the Burley 2nd and 4th wards LDS Church, 515 E. 16th St.; visitation from 6 to 8 p.m. Friday at Rasmussen Funeral Home, 1350 E. 16th St. in Burley, and 10 to 10:45 a.m. Saturday at the church.

1940s femme fatale star Ann Savage dies at 87

LOS ANGELES (AP) — Ann Savage, who earned a cult fol-lowing as a femme fatale in such 1940s pulp-fiction movies as "Detour," has died at 87.

The actress died in her sleep at a nursing home on Christmas Day from compli-cations following a series of strokes, said her manager, Kent Adamson.

Her Hollywood career had largely been over since the mid-1950s, but she had a

resurgence over the past year

resurgence over the past year with a starring role in Canadian cult filtmanaker Guy Maddins' My Winnipeg." Starting with her 1943 debut in the crime story 'One Dangerous Night,' Savage made more than 30 films through the 1950s, including Westerns ("Saddles and Sagebrush," "Stants Cadle'), musicals ("Dancing in Manhattan') and wartime tales ("Passport to Suez." Two-Man Submarine').

Patricia 'Pat' Moneice Runyon

Patricia "Pat" Monelce Runyon of Paul, passed away Saturday, Dec. 27, 2006, at Minidoka Hospital, in R u p e r t', Idaho. She was 76 years old. Pat was born Jan 21, 1932, in Deer Creek, Kan.

Creek, Kan., to Orlie and

Vivian Pfost. While she was just a young child, the family moved to the Shoestring District in the Goodling/Wendell area. She attended schools in Goodling. Pat then met the love of her life and, even though she could not get him out on the dance floor often, they still married and enjoyed 60 years of their own 'dancing bliss.' Together they lived in Jerome, Price, Utah, and finally made the Mini-Cassia area their home. Pat had to the Shoestring area their home. Pat had many friends and worked in the grocery industry for many years. She then made a

career change and went and work at the Burley Reminder and was lucky enough to get to retter from there. Mgm always carried a smile on her face, whether she was toning care of her four boys or a set to bowling alley with her sweet ie and their friends. Pat is survived by her hus-

Pat is survived by her hus-band, Darrell; their four sous-Orlie (Nan) Runyon 2015 Covington, Wash.; Rick band, Darrell; their four softs:
Orlie (Nan) Runyon "Off
Covington, Wash.; Rick
(Kelly) Runyon of Rupert;
Rod (Jayne) Runyon for
Burley; and Marty (Chtl85y)'
Runyon of Paul; 17 grandchillden; 11 great-grandchildelitand sister Phyllis (Orus)'
Flowles She was preceded;
ideath by her parents and orie;
The service will be helfu'lf:
11 a.m., Wednesday, Dec. 519
in the Chapel at Jarren
Mortuary, 710 6th St., Rupetif
datho.

Idaho. The family will receive friends and family 30 multitres prior to the service. Arrangements are under the direction of Hansen Mortuary in Rupert.

DEATH NOTICES

William H. Bolster

William H. Bolster, 89, of Twin Falls, died Saturday, Dec. 27, 2008, at St. Luke's Magic Vailey Medical Center.

Baleria Hobdey

Baleria Hobdey, 49 of Gooding died Saturday, Dec. 27, 2008, at her residence. Arrangements will be announced by Demaray rangements will be nounced by Demaray neral Service, Gooding

Sage Jenks Aragon

JEROME — Sage Jenks Aragon, 11, of Jerome, died Friday, Dec. 26, 2008, in Blaine County. Funeral arrange-ments are pending and will be announced by Farnsworth Mortuary of Jerome.

Thomas E. Fain

Thomas E. Fain, 20, of Glenns Ferry, died Friday, Dec. 26, at home. Arrange-ments are under the direction Rost Funeral Home, McMutt-rey Chapel, Mountain Home. Helen D. Lambert

Paul R. Millhorri

Paul R. Millhorn, 70,"Br Buhl, died Saturday, Ded'27, 2008, at his residence. To services are planned at this time. Cremation was under the direction of Demany

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Patient Spotlight

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Ivan Skinner, Twin Falls

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Mrs. Bush, Rice: Bush presidency not a failure

WASHINGTON — The two most influential women in President George W. Bush's White House — first lady Lauia Bush and Sceretary of State Condolecza Rice — are strongly defending the president's legary against critics who are calling his administration on of the worst in his-

tration one of the control tory.

"I know it's not, and so I don't really feel like I need to respond to people that view it that way," Mrs. Bush said in an interview that aired Sunday." I

tinink, history will judge and we'll see later." Rice took a similar view in a separate interview, saying that claims that the Bush adminis-tration has been one of the worst ever are "fidiculous." "It think generations pretty soon are going to start to thank this president for what he's done. This generation will, "Rice said. "Because I think the fact

"Because I think the fact that we have really made for-eign assistance not just an issue of giving humanitarian aid or giving money to poor people, but really insisting on good governance and fighting se I think the fact

corruption," she said. "I think the fact that this president has laid the groundwork for a Palestinian state, being the first president, as a matter of policy, to say that there should be one, and now, I think laying the foundation that's going to lead to that Palestinian state—I can go on and on."

and on."

In her interview, Mrs. Bush called the shoe-throwing incident in Baghdad an "assault."
She rebuffed Bush administration critics who contend the U.S. turned its military might and resources to the war in Iraq before finishing

to pipel Saddam Husseln ein Indipel Saddam Husseln ein Indipel Saddam Husseln ein Indipel Saddam Sad toppled Saddam Hussein and

before Bush's contributions to the world will be acknowl-

edged.
"When you look at what this "When you look at what this president took on in terms of AIDS relief and foreign assistance to the world, when you look at the number of countries ... and the number of people that this president has actually liberated — you know, I really am someone who believes that you don't who believes that you don't want to pay too much atten-tion to today's headlines," she

But recognition of big achievements sometimes take a long time, Rice said.

AROUND THE NATION

ILLINOIS

out by February

CHICAGO — The lieu-tenant governor of Illinois said Sunday he is certain-scandal-plagued Gov. Rod Blagojevich will be out of office in less than two

office in less than two months.

L. Gov. Pat. Quinta, speaking from Chicago, sald on CBS "Face the Nation" he Bilagojevich will be impeached and convicted by the Illinois Legislature; by Abraham Lincolns bicentennial birthday cele-bration on Feb. 12.

Riagolevich was armstets of the Carlot of th

bicentennial birthday cele-bration on Feb. 12

Blagojevich was arrested;
Dec. 9 on charges alleging-he schemed to swap Prestdent-elect Barack.
Obama's vacant Senaje, seat for profil. shaking down a hospital executive for campaign donations, and other wrongdoing. The governor has declared his innocence and says he will, fight the charges.
Quinn described Blagojevich as "isolated" in his decision-making and, surrounded by a "tighti, palace guard" that "tells, him what he wants to hear and not what he needs to know."

He needs to know "hes disgraced himself, hes dis-graced the people of illinois," Quinn said.

PENNSYLVANIA. Man spent days unnoticed in attic

WILKES BARRE — A family didn't realize they'd had an unexpected Christmas guest until a man who had been in their rettle for done among the family for the family family for the family family for the family family for the family family family for the family family

man who had been in their attic for days emerged wearing their clothes, police said. Stanley Carter surrendered Friday after police took a dog to search the home in Plains Township, a suburb of Wilkes-Barre about 100 miles north of Philadelphia. He was charged with several counts of burglary, thefi, receiving stolen property and criminal trespass. "When he came down from the attic, he was wearing my daughter's pants."

from the attic, he was wear, ing my daughter's pants and my sweat shirt and sneakers." homeowner Stacy Fernace said. Trom what I gather, he was helping himself to my home, eating my dothers." Police said the 21-year-old Carrer had been staying with his friends, who are Fernance's neighbors in a duplex. He apparently accessed the shared attic through a trap door in. a

accessed the shared attic through a trap door in a bedroom ceiling. Carter went missing on Dec. 19 and the friends filed a missing person report a few days before Christmas.

Axelrod: Slowing economy won't deter tax cuts

Jesse J. Holland sociated Press writer

WASHINGTON — A top adviser to President-elect Barack Obama said Sunday that the country's stowing economy won't keep the new administration from fuffilling its plans for a middle-class tax cut.

"We feel it's important that, middle-class people get, some relief now," Obama adviser David Azelrod said.

Middle-class tax cuts will be part of the new administration's stimulus platf-Azelrod said.

"The package will include a portion of that tax, cut that the'll have in his appoint of the permanent tax cut that the'll have in his appoint of the permanent tax cut that the'll have in his appoint of the permanent tax cut that the'll have in his appoint of the permanent tax cut that the'll have in his appoint of the permanent tax cut that the'll have in his appoint of the permanent tax cut that the'll have in his appoint of the permanent tax cut that the'll have in his appoint of the permanent tax cut that the'll have in his appoint of the permanent tax cut that the'll have in his appoint the tax withheld from payerlecks.

That plan has been estimated to cost about \$1.00 billion over 2003-200.

2010.

The lump-sum rebates issued earlier this year week used by many people to gay down debt, rather than spending the money and boosting the economy/se the administration had hoped need money in their pockets to spend." Auditod said. "Thai'll get out." economy going

Congress should have a new stimulus plan ready new stimulus plan ready for the new president to stor as soon as possible, Axelrod said.

The influence game

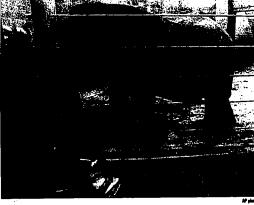
Unlikely groups seek job funds

By Alan Fram Associated Press Writer

WASHINGTON — Zoos, the bleycle industry and advocates of beach replenishment share something this holiday season: They're all hoping for a silice of the mammoth economic stimulus package President-elect Barack Obama and Congress hear to mes early next year.

Barack Obama and Congress hope to pass early next year. The bill, which could amount to a gargantuan \$850 billion in spending and tax breaks over two years, is supposed to ease the pain of the country's worst recession in decades. With Obama transition officials and congressional Democratic leaders planning to make it their top priority in January, lobylists for homebuilders of the money. Less observed the predictable interests are working to claim a share of the money. Less obvious groups, though, also are lobbying hard for inclusion, underscoining how the sheer size and scope of the measure has made it irresistable to also suggests how difficult it may be for Obama and his allies to fashion a sharply focused bill, or even to decide which proposals are most worthy.

"It's a good target of opportunity, quite frankly, said Howard Malone, lobbylist for the American Shore and Beach Preservation Association, which champions restoring evoded beaches and dredging shipping channels.



Zoo Kooper Rachel McChang, of North Kingstown, R.L., left, carries a speel of win African Esphant at the Raper Williams Park Zoo, in Providence, R.L., Dec. 23. Zoo devocates of beach replenishment share something this holiday season: they're a moth accountie stimules speciage President-letct Barack Obama and Congress in t Alic. يتمري 23. Zoos, the bic a: they're all hopian ⁴ كالمعاومة الم

incoming administration is vowing not to load up its stimulus package with special-interest goodles. President-elect Obama and I are absolutely, absolutely determined that this economic recovery plan will not become a Christmas tree. Vice President-elect Joe Biden said this week. Nevertheless, with Obama saying he wants the measure to finance initiatives that will quickly create millions of jobs and spur the economy, Malone and many other lobbyists are ready with multiple rationales for why their groups should qualify for money. Malone says coast and waterway improvements would create jobs, improve navigation and recreational facilities, and even help restore areas devastated by storms like September's Hurtcane Ike, which battered coastal Texas. The Association of Zoos

and Aquariums is making its case, and has asked its members for a list of ready-to-go projects that spokesman Steve Feldman says will cost millions. Besides their deep popularity with families and other members of the public, the attractions have a long history of federal aid, with several — including zoos in St. Louis and San Francisco — receiving help from Washington dating to President Franklin D. Rooseveit, Feldman said. and Aquariums is making Its

Washington dating to President Franklin D. Roosevelt, Feldman said. "There's precedent. We haven't just come up with this out of the blue," he said.

Besides lobbying Washington, associ Washington, association members are trying to persude state and local officials to include zoo and aquarium projects on their own lists of proposals for spending stimulus money. That could be crucial, several lobbyists said, because the legislation will likely give state and local officials leeway in spending

officials leeway in spending much of the money and will not 'earmark,' or designate, funds for specific projects. Among those aggressively courting local support has been the Roger Williams Zoo in Providence, R.I., which has had to close its popular polar bear exhibit and has since seen attendance drop. "It's a great resource, director Jack Mulvens said of his zoo, which he said is requesting \$4.8 million to rebuild the polar bear exhibit and for other modernization." Clearly we're a project that merits consideration." Other groups trying to the said is requesting the said for the merits consideration."

that merits consideration."
Other groups trying to shape the bill include the FWCA USA, which wants to assure women get a robust share of the social spending Obama wants in the bill, and the Latino Coalition, a business-oriented group hoping it will help Hispanics with difficult mortgages and others looking for jobs.

開igh wind knocks out power to 413,000 in Michigan

Associated Press writer

DETROIT — Wind gusting more than 60 mph knocked out power to about 413,000 Michigan homes and businesses on Sunday as temperatures dipped back into the 20s-and 30s.

Meanwhile, flood warnings wereli-posted throughout the Midwest as temperatures rosg after a week of heavy snoyfall. Forecasters said flooding was possible in areas of Wisconsin, Ohio lows, Michigan and Indiana.

Ill Michigan and Indiana.

Ill Michigan high wind micked down tree limbs and poger lines. Parts of the states got about 4 inches of snow.

"GDA ve had an intensifying to the system track northeast his lightly as state," said Mark to the state, and the said mark to the said mark to

that storm intensified, it brought the winds."
Detroit-based DTE Energy Co. said about 230,000 lost power Sunday, mostly in Wayne and Oakland countles. Crews were working, but spokesman Scott Simons said 10 percent of the 155,000 customers blacked out Sunday night would have to remain without power into Thursday. "We're still assessing." Singer said.
Crews from Tennessee, Kentucky, Illinois, Indiana and Ohio alded Michiganis power restoration efforts.

er restoration efforts

power restoration efforts. Strong winds also gusted across upstate New York reaching 75 mph in the Buffalo area and toppling some power poles and trees. Nearly 16,000 customers were without power in few western and northern counters. In New York City, custed to the counter of the counter of



eded Circle Dr. is Lye

Sunday.
Midwesterners got ready
for the possibility of flooding
Sunday as runoff from heavy
rain and melting snowbanks
bloated streams, and high
wind caused new power out-

for thousands

Michigan.
Flood warnings were post-ed Sunday over sections of lowa, Missouri, Illinois, Indiana, Michigan, and northwest Ohio, the National Weather Service said.

Following a week of heavy snow, ice and subzero temperatures, meteorologists said temperatures would rise into the 30s Sunday in the Chicago area, following Saturday's high of 61.

Farther east, New York City workdensy relayed as temperatures.

esidents relaxed as tempera-ures headed for the mid 60s

ures headed for the mid 60 Sunday.

In the Chicago suburb of Riverside, authorities encouraged residents along the Des Plaines River to evacuate standay might as water rose. The Des Plaines at nearly 7 feet, the weather service said. Flood stage there is 5 feet. Des Plaines authorities closed a main road for about 10 hours during the night because of water from an overflowing retention pond, said Don Meseth, director of emergency management for emergency management for

emergency management for the city of Des Plaines.

CALIFORNIA Movie crowds adopt : 'Marley' with \$37M weekend

LOS ANGELES — Hollywood had a happy, hollday with a huge Christmas weekend as movies from Jennifer Aniston and Owen Wilson, Brad Pitt and Cate Blanchett and Adam Sandler all opened strong-

ly.

Even Tom Cruise scored solidly in an eye patch and a German World War II uniform.

Aniston and Wilson's dog tale "Marley & Me" debuted at No. 1 with \$37 million in, weekend ticket sales and a total of \$51.7 million since opening Christmas Day, according to estimates Sunday from distributor. 20th Century Fox.

Disney's Sandler comedy, "Bedtime Stories" came in, second for the weekend with \$28.1 million.

— Whereports

Chaos in Gaza as strikes continue

By Ibrahim Barzak Associated Press writer

Associated Press writer

GAZA CITI, Gaz Strip
Terrified prisoners fled a Gaza
City jall bombed by Israeli
warplanes on Sunday, their
faces white with dust and red
with blood as they stumbled
over huge piles of rubble.
Aeross the territory, grieving
families pitched traditional
mourning tents of green tarp
outside the homes. Yet the
rows of chairs inside these
tents remained largely empty,
as residents cowered indoors
for fear of new Israeli strikes.
Plumes of grey smoke rising
into the sky marked the site of
the latest Israeli attacks.
Even for war-weary Gazans,
who've lived through countless Israeli atmensions, attacks and mounties of bitter

ncursions, air onths of bitter attacks and n lestinian infighting, the latestrates surprise Israeli air offen

sive was unusually traumatic. In all, more than 290 peoplements of them Hamas policemen, but also 20 children—were killed in some 300 israeli air attacks over two days.

On Saturday, shortly after Israel unleashed the deadliest-ever offensive against Hamas and its rocker squads, inespitam orgues quickly overflowed. In the initial chaos, the dead were wrapped in blankets and lined up on the ground, as frantic relatives searched for their loved ones.

On Sunday, 25 unclaimed bodies still isy in the morque of Gaza's largest hospital, Shifa, their faces disfigured beyond identification. In the southern town of Rafah, residents held a mass funeral for 14 people, including two brothers, and a father and son, all of them members of the Ilamas security forces. all of them members of the Hamas security forces.

The shelling began at 11:30 a.m. Saturday, a work day in Gza, just as children returned home from school, women shopped in local markets and police directed traffic.

At that moment, Israeli warplanes unleashed scores of bombs and missiles simultaneously at Hamas security installations. Residents described a veil of dust, smoke, and rubble covering one

and rubble covering one world, and lifting to reveal another filled with horror. Women were running, carry-ing their children, uniformed students screamed and cars crashed into each other as panicked drivers tried to get

panicker and and wounded were rushed to hospitals in cars. Some carried blankets filled with body parts. "I have a head here," one man yelled as be rushed into the crowded

reception area of Shifa Hospital. Police directed them to go to the hospital morgue, oppo-site the maternity ward, but it was already full by Saturday afternoon. One dead woman lay on the floor, her face cov-ered in blood and body in an ered in blood and body in the embroidered peasant's robe. Men searching for relatives smacked their heads against the floor in grief and helpless-

ness.

Inside Shifa, some of the Boors were silck with blood. Wounded people sat in corridors, shooling away doctors, telling them to treat more urgent cases first.

Israeli strikes hit a new series of targets on Sunday; a fuel tanker, a Hamas television station, smuggling tunnels and a central prison in a main Hamas security compound.

The bombing of the prison



AP paid the Ratian family rushes from the scene of an israeli missile strike on tiding in the Ratian refugee camp, southern Gaza Strip, Sunday.

I free dozens of rushamen

beildig is the Rath refugee camp, set free dozens of prisoners, sub rushed out from their cells, carrying bass of clothes and blankets with them as they scrambled over rubble, likeling Hamas police.

One man remained pinned under the rubble, his face smeared partly in white dust, partly in blood, shouting: "Walt for me! Pull me out!"

Salwa Mahmoud, 53, holds a photo of her daughter

24. Shyima was 9 when she started working as a ser-vant for an Egyptian family and was later taken by the sam

family to California where she endured 20 hour work days

inside their n

militar savay, on Gaza's south-ern border with Egypt, the ground shook on Sunday afternoon. In a matter of four minutes, Israell alteraft destroyed 40 smuggling tunminutes, Israeli aircraft destroyed 40 smuggling tun-nels running under the bor-

The tunnels are used to smuggle goods and weapons into Gaza.

AROUND THE WORLD

MEXICO

Mexico reports 7 dead in shootings

dead in shootings

MEXICO CITY — Seven people have died in a series of shootings in the Mexican border city of Tijuana over the weekend. Prosecutors in Baja California state say the deaths happened late Saturday and early Sunday in various parts of the city, located acruss the border from San Diego, California. Two of the dead were found shot to death in a home, two others in the trunk of a car, two in the street and one at a taco stand.

In the southern state of uerrero, the bound bod-Guerrero, the bound bod-ies of two men were found mear the capital, Chilpancingo, and a policeman was shot to death in the resort city of

Acapulco.

Brutal slayings by drug cartels are on the rise. cartels are on the rise Officials estimate that more than 5,300 people have dled in organized crime-related slayings this

AFGHANISTAN

Video captures deaths

of 14 Afghan students

KABUL, Afghanistan

A single-file line of school
children walked past a military checkpoint Sunday as
a bomb-loaded truck a bomb-loaded truck veered toward them and exploded, ending the lives of 14 young Afghans in a heartbreaking flash cap-tured by a U.S. military security camera. The video shows an SUV

slowly weaving through sandbag barriers at a milicheckpoint just as a of school children. most wearing white caps comes into view. They walk comes into view. Theywalk along a pathway between the street and a wall, sever-al of them pausing for a few seconds in a group before moving forward again. The vehicle moves toward the security camera while the children walk in the oppo-site direction, nearly pass-ing the SIV when the footage ends in a flery blast.

BRITAIN Man arrested in case

of woman in trunk

was found tied up in the trunk of her car — where trunk of her car — where she may have been held for as long as 10 days. Magdeline Makola had been renormed missing

Magdeline Makola had been reported missing after she falled to show up for work at the Edinburgh Royal Infirmary on Dec. 18. Police said she was last seen Dec. 15.

seen Dec. 15.
Officers found her Friday
in the trunk of her car. She
was bound, in her nightwear and suffering from
dehydration and
hypothermia.

Child maids now being exported to U.S.

IRVINE. California — Late at night, the neighbors saw a little girl at the kitchen sink of the house next door.

They watched through their window as the child finsed plates under the open faucet. She wasn't much taller than the counter and the soapy water swallowed her slender arms. To put the dishes away, she climbed on a chair.

But she was not the daugh-But she was not the daugh-

but she was not the daugh-ter of the couple next door doing chores. She was their maid. Shvima was 10 when

wealthy Egyptian couplibrought her from a poor vil lage in northern Egypt to work in their California home. Sh

lage in northern Egypt to work in their California home. She wooke before dawn and often worked past midnight to Iron their clothes, mop the marble floors and dust the familys crystal. She earned \$45 a month working up to 20 hours a day. She had no breaks during the day and no days oft. The trafficking of children for domestic labor in the U.S. an extension of an illegal but common practice in Africa. Families in remote villages send their daughters to work in cittles for extra money and the opportunity to escape a dead-end life. Some girls work for free on the understanding that they will at least be better fed in the home of their employer.

ted in the nome of their employer.

The custom has led to the spread of trafficking, as well-to-do Africans accustomed to employing children immigrate to the U.S. Around one-third of the estimated 10,000 forced laborers in the United States are segants tranned unird of the estimated 10,000 forced laborers in the United States are servants trapped behind the curtains of suburban homes, according to a study by the National Human Rights Center at the University of California at Berkeley and Free the Slaves, a nonprofit group. No one can say how many are children, especially be masked as chores.

Once behind the walls of gated communities like this one, these children never go to school. Unbeknownst to their neighbors, they live as modern-day slaves, just like Shytma, whose story is pleed to school. Unbeknownst to their neighbors, they live as modern-day slaves, just like Shytma, whose story is pleed to school. Unbeknownst to their neighbors, they live as modern-day slaves, just like Shytma, whose story is pleed to the control of the c

interviews.
"I'd look down and see her at 10, 11 — even 12 — at night," said Shyima's neighbor at the time, Tina Font. "She'd be doing the dishes. We didn't put two and two together."

Shyima cried when she found out she was going to America in 2000. Her father, a bricklayer, had fallen ill a few, years earlier, so her mother found a maid recruiter, signed a contract effectively leasing the statement of the contract of her daughter to the couple for 10 years and told Shyima to be

For a year, Shylma, 9, worked in the Cairo apartment owned by Amal Motellb and Nasser brahim. Every month, Shylma's mother came to pick up her salary. Tens of thousands of chidren in Africa, some as young as 3, are recruited every year to work as domestic servants. They are on call 24 hours a day and are often beaten if they make a mistake. Children are



in demand because they earn less than adults and are less likely to complain. In just one city — Casablanca — a 2001 survey by the Moroccan government found more than 15,000 girls under 15 working as maids.

s maios. The U.S. State Department found that over the past year, children have been trafficked to work as servants in at least to work as servants in at least 33 of Africa's 53 countries. Children from at least 10 African countries were sent as maids to the U.S. and Europe. But the problem is so well hid-den that authorities — includden th authorities ing the U.N., Interpol and the

ing the U.N., Interpol and the State Department — have no tidea how many child malds now work in the West. "In most homes, these girls are not allowed to use so much as the same spoon as the rest of the family," said dany Helal, the Cairo-based director of the Egyptian Organization for Child Rights. By the time the Ibrahims for the Brahims from them for medical bills. The Ibrahims said they could only be repaid by sending Shyima to work for them in the U.S. A friend posed as her father, and the U.S. a friend posed as her father, and the U.S. a friend posed as her father, and the U.S. a friend posed as her father, and the U.S. a friend posed as her father, and the U.S. a friend posed as her father, and the U.S. a friend posed as her father, and the U.S. a force of the county o

tioned. Soon after she arrived, the garage's only light bulb went out. The Ibrahims didn't

went out. The ibranims didn't replace it. From then on, Shyima lived in the dark. She was told to call them Madame Amal and Hajj Nasser, terms of respect. They called her "shaghial," or ser-vant. Their five children called her "struct".

her supid."
While the family slept, she ironed the school outlits of the Ibrahims' 5-year-old twin sons. She woke them, combed their hair, dressed them and made them breakfast. Then she ironed ciothes and fixed breakfast for the three girls, including Heba, who at 10 was the same age as the family's servant.
Neither Ibrahim nor his wife worked, and they slept late.

worked, and they slept late.
When they awoke, they yelled
for her to make tea.
While they ate breakfast

each bede palarial nouse she vacuumed each bedroom, made the beds, dusted the shelves wiped the windows, washed the dishes and did the laun

the dishes and the new man-dry.
Her employers were not sal-isfied, she said. "Nothing was ever clean enough for her. She would come in and say. This is dirty," or "You didn't do this right," or "You ruined the food," said Shyima.
She started wetting her bed.

food," said Shyima. She started wetting her bed. Her sheets stank. So did her verstzed "shift and the other hand-me-downs she wore. While doing the family's laundry, she slipped her own oluthes into the load. Madame slapped her. "She told me my clothes were dirtier than theirs. That I wasn't allowed to clean milne there," she said.

On And 13, 2002, an august.

on April 3, 2002, an anonymous caller phoned the California Department of Social Services to report that a young girl was living inside the garage of 28 Pacific Grove. A few days later, Nasser librahim opened the door to a detective from the Irvine. Police Department, Asked if any children lived there beside his own, he first said no, they se—"a distant relative." He said he had "not yet" enrolled her in school. She did "chores — just like the other kids,"

according to the police tran-Shyima was upstairs clean-

ing when Ibrahim came to get her. "He told me that I was not allowed to say anything," said allowed to say anything," said Shyima. "That if I said anyng I would never see my ents again."

thing I woods
parents again."

When police searched the
house, they turned up several
home videos showing Shyima
at work. They seized the contract signed by Shyima's illiter-

tract signed by Shyimas illiterate parents.
Asked by police if anyone other than his immediate family lived in the house, Eld. one of the twins, sald "Hummun...Yeah....! Iername is Shyima." according to the transcript. 'She uh ... She works — she works for us at the house, like, she cleans up the dishes and stril like that." Heba eventually admitted that Shyima had lived with the family for three years in Egypt and in California.

The police put Shyima in a

and in California.

The police put Shyima in a squad car. They noted her hands were red and caked with dead, hard-looking skin.

For months Shvima lied to investigators, saying what the Ibrahims had told her to say. Investigators arranged for

her to speak to her parents. She told them she felt like a "nobody" working for the Ibrahims and wanted to come

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home. Her father yelled at her.

They kept telling me that they're good people. Shyfma recounted in a recent interview. That it's my fault. That because of what I did my mom was going to have a heart attack.

Three years ago, she broke off contact with her family. Since then she has relused to speak Arabic. She can no longer communicate in her mother tongue.

During the 2006 trial, the

mother tongue.

During the 2006 trial, the librahims described Shylma as part of their family. The couple's lawyers collected photographs of the home where
Shylma grew up, including
close-ups of the feces-stained
squat toilet and of Shylma's
styres washing clother in a ters washing clothes in a

bucket.

In her final plea, Madame
Amal told the judge it would
be unfair to separate her from
her children. Enraged,
Shyima, then 17, told_the
court she hadn't seen her famitte ween.

Shyima, then 17, told, the court she hadn't seen her family in years.

"Where was their ligging when it came to me! Wasn't la was nothing when I was with them." she sobbed.

The couple pleaded guilty to all charges, including forced labor and slavery. They were ordered to pay \$76,000, the amount Shyima would have earned at the minimum wage. The sentence: Three years in federal prison for brahlin, 2 months for his wife, and then deportation for both. Shyima was adopted last year by Chuck and Jenny Hall lives near Disneyland, where they have taken her a half-dozen times. She graduated from high school this summer after retaking her exit exam.

from high school this summer after retaking her exit exam. Shyima, now 19, has a list of assigned chores. She wears purple eyeshadow, his a boyfriend and frequently updates her profile on boyfriend and frequently updates her profile on MySpace, Her hands are neat-ly manicured.

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INSIDE: To do for you, B2 | Nation, B5 | Comics, B6 | Classified, B7-12 | Weather, B12

By Meiissa Daviin Times-News write

No more Christmas parties, no more holiday sales, no more family feasts.

We're on the holiday downswing, and for many, the winter blues are catching up. So combat those gloomy feelings with advice from our local experts.

We talked to counselors Laurie Geren, owner of Magic Valley Counseling in Twin Falls and Elk Creek Cabin and Retreat Center in Fairfield, and Bill Jensen, co-owner of Options Counseling in Burley. They gave us tips on how to beat the blah.

Melissa Davlin may be reached at 208-735-3234 or melissa.davlin@lee.net.



Count your blessings – and pass them on

Before Christmas, Geren's daughter was stranded in the Portland, Ore., altrort, unable to get home. Instead of mourning a less-than-perfect Christmas, Geren sald, her daughter decided to spend her idle time vol-

daughter decided to spend her idle time volunteering.
"She's going to give back to the Portland
community and go to a homeless shelter and
see if she can help out," Geren said.
That's exactly the kind of attudue Geren
wants to pass on to her blue clients.
"Take all those frustrations and help somebody else," she said.
Jeasen agreed, noting that charity and voiunteering activate the pleasure centers in the
brain. Even something as simple as smillen
at a stranger or shoveling a neighbor's sidewalk can make you happier.
"A but of people are on medication, but to
get those natural endorphins going, it's getting out giving to others," Geren said.

ways to beat the winter blues



Love the light

Sunlight is a natural mood enhancer, which explains why we feel badly in winter when the sun

explains why we teel baday in winter when the sun goes away.
Ultraviolet light still gets through the clouds in the winter, though, so take some time outside.
Tanning booths are another option.
Burning is very bad for your skin, but to get a tan or to treat seasonal depression, you don't have to burn to do it, said Jim Wagenman, general manager of Native Skin in Twin Falls. You just get

the right amount of exposure that doesn't burn

the right amount of exposure has accessive.

There are three types of ultraviolet light: UVA.

UVB and UVC. Tanning booth bulbs use UVA and

UVB in different proportions. To treat the winter

blues, Wagenman recommends booths with a

ligher percentage of UVB light, which encourages vitamin D production.

"I'm always an advocate for going and getting

a sun tan," Geren said. Several of her clients

have reported mood boosts after a tanning session.

in short, look to the light.

Lower the bar

Don't expect too much out of the holidays—or yourself.

"Thanksgiving, Christmas and all the activities in between that have to do with it, we develop certain expectations as to what that ought to look like." Jensen said. If our experiences don't match those expectations or we can't keep up with what we set out to do, we start feeling down.

So if your Christmas wasn't perfect or you're stressing, yourself out about your New Year's Eve party, but down the cookbook, case off the spiked eggnog and take a break. Your appetizer shring plate doesn't need to look like Martha Stewart's.

Then look ohaed to the new year with anticipation, not back on your perceived holiday blunders.





Eating right, exercising and getting enough sleep are no-brainers when it comes to feeling better, lensen said. If your body feels less-than-stellar, your mood will sulfer, too. Eat plenty of nutrient-dense fruits and vegeles and get plenty of sleep (but not too much — more than eight hours is counterproductive, Geren said).

ductive, Geren said.)

Most Importandy, get your bum off the couch and get some exercise. Physical activity increases oxygen levels in the brain, Jensen said, which lead to a happier you. It also helps you feel more accomplished.

"We don't want to do anything, but getting up and going, as hard as it is sometimes, it does help move things along," Jensen said.

Don't be affind to pamper yourself, Splunge for a massage or beauty treatment, Geren said. It is not vanity—it's self-preservation!

"You certainly can't take care of everybody else if you can't take care of yourself," she said.



Don't be afraid to get help

Sometimes, we need more than a little sun to feel better.
"Holiday blues themselves, if that's the only time it happens and it's not really severe, it's not going to be a problem," Jensen sald. But if symptoms last more than six months, see a professional.

Remember to the statement of the second seems and the second seems and the second seems are seen as the second seems are seems as the second seems are second see

professional.

Remember, too, that counseling can help those without clinical depression. Jensen likened it to a physical at a doctor's office. Sometimes, we just need to check in with a mental health professional, he said.

You

About C-sections

Cesarean childbirth class

Cesarean childbirth class, 630-9 pm. Tuesday, in the lobby at St. Lukes Magic Valley Medical Center's downtown campus, 660 Shoshnors E. in Twin Falls. Topics: Cesarean deliveries, nor-conforming labors, pain maragement and hospital procedures. Wear comfort-able clothing-bring wo pil-lows and, if possible, a sup-port person.

ree. Preregistration uired: 732-3148.

About back injuries

"Back School," a course on preventing and treating back njuries, 5-7 p.m. Jan. 5, at St. atke's Idaho Elks

Luke's idaho Elks Rehabilitation Services, 560 Shoup Ave. W. In Twin Falls. Topics: basic spine anato-my, common injuries and diseases that lead to back pain, as well as instructions in posture and body mechanics posture and body mechanics to protect the spine. Cost is \$25. Preregistration required; 737-2126.

About group fitness

The Community Education Center at the College of Southern Idaho will offer the class "Beginning Group Fitness," 5:10-6 p.m. Tuesdays and Thursdays, Jan. 20 through May 14, in Room 236 at the CSI gymnasium. Kat Powell will instruct. The class includes warm-

The class Includes warm-up, strength/tone, flexibility and cool-down, along with cardio activities: bench aero-bics, circuit training and sim-ple dance steps. Modifications for all fitness levels will be provided. Wear exercise clothing and shoes. Cost is \$110. The class also to offend for could. Register

is offered for credit. Register: 732-6442 or www.communi

About self hypnosis

The Community Education Center at the College of Southern Idaho will offer the

class "Self Hypnosis, 7-9 p.m. Thursdays, Jan. 22 through March 12, in Room 106 at CSI's Shields Bullding. Curtis Johnson, master hypnotist and certified hypnotherapist, will instruct. Learn how to enter a self-hypnotic state and how to reprogram your mind to reach goals such as weight loss, smoking cessation and stress relief. Organizers say participants also will learn to release limiting emotions and experiences. that have

refease limiting emotions and experiences that have blocked success. Cost is \$125, plus \$10.50 payable to the instructor for materials. Register: 732-6442 or www.communityed.

"To do for you" is a listing of health-related activities, events and education. Submit information by Thursday for publication in the following Monday's Healthy & Fit sec-tion. E-mail notices to ramona@magicualley.com.

Quick Study The topic:

cardiovascular disease

Brand-name drugs seem no better than generics

THE QUESTION

Are generic drugs as effective as their brand-name counterparts in treating cardiovascular disease?

THIS STUDY

It combined and analyzed data from 47 studies, involving 56,329 people taking one of nine classes of medication to treat cardiovascular problems. Generics were deemed equally effective in all studies of beta blockers, anti-platelet agents, statins, ACE inhibitors, alpha blockers, anti-arrhythmic agents and wafarth; they were found equally effective in 91 percent of diuretic studies and 71 percent of the studies on calcium channel blockers. Overall, the study found "no evidence of superiority of brand-name to generic drugs."

WHO MAY BE AFFECTED?

People with cardiovascular disease, which encompasses diseases of the heart and blood vessels, including high blood pressure, heart attack, heart failure, coronary artery disease and stroke.

CAVEATS

Most studies were too short to compare long-term

FIND THIS STUDY It's in the Dec. 3 issue of the Journal of the American Jedical Association.

LEARN MORE

Learn about cardiovascular disease at www.nhlbi.nih.gov/health and www.mayoclinic.com (search for "101").

The research described in Quick Study comes from credible, peer-reviewed journals. Nonetheless, conclusive evidence about a treatment's effectiveness is rarely found in a single study, anyone considering changing or beginning treatment of any kind should consult with a physician

Grossed out by holiday potlucks? Join the crowd

The holiday potluck may seem like an intocent, Inexpensive way to throw a party, where friends and colleagues can share favortie recipes, savor an unusual dist or indulge a sweet coth, But in that spread some people see only a minefield of food-polsoming bacteria waiting to wreak havoe.

Los Angeles publicist Nilou Sallimpour-Davidov sums up her feelings about potlucks this way." I think they're good for one things to minimize your calorie Intake. They make me lose my appetite. Instead of bilthely helping themselves to mounds of casserole and slices of meat-load, potluck haters head straight for the store-bought cookies, breads and beverages. They insist their averages. They insist their averages. They insist their averages to the momenade food isnt capricious. Bating turkey and stuffing made by the co-worker who doesn't wash his hands after using the bathroom or the gingerbread trifle created by the friend whose clothes are perpetually cowered in pet hair is asking for trouble, they say. Even if the preparers seem clean enough, hardly anyone is as scrupulous at such solution and utensilis improperly and falling to keep foods at the right temperatures. And who knows what their rules are about tasting to a hostess boast about

One woman tells of unicoling to a hostess boast about how her 3-year-old triplets helped make the dish. helped make the dish. Another recalls the horror of seeing the dirt-encrusted kitchen of a former co-worker

kitchen of a former co-worker
— one who loved to entertain.
Dr. Roshan Reporter, a
medical epidemiologist with
the Los Angeles County
Department of Public Health,
acknowledges that pottucks
can be risky. Although the
department gets far fewer
reports of food poisoning
from potlucks than it does
from restaurants, she says,



those numbers ratchet up a bit around the holidays, when potlucks are in full swing. And many illnesses may go unreported. People can be reluctant to squeal on a friend, family member or co-worker, usually putting the blame instead on something store-bought.

blame instead on something store-bought.
"Most of the time they don't want to get someone in trouble," she says.
The department will investigate polluck food-polsoning incidents if there seems to be enough evidence to pin it on food (sometimes it's just a sick partygeor spreading germs). "If we had a whole group of people who were sick, we might do an outbreak investigation and look at the whole ment."

you get from tainted food? The national Centers for Disease Control and Prevention list the following as the top three most com-mon types of food-borne ill-

mon types of food-borne ill-nesses:

• Campylobacter: Contam-ination from this bacterial pathogen can come from eat-ing undercooked chicken or other foods tainted with raw chicken luices (hence the need to thoroughly wash cut-ting boards and knives). It can cause fever, abdominal cramps and diarrhea.

• Salmonelia: This bacteria commonly is found in the intestinal tracts of animals and can cause fever, abdomi-nal cramps and diarrhea, but those with compromised immune systems could fare worse, even die. People most

often get salmonella polsoning by eating food contaminated by animal feees; if meat isn't cooked to the proper temperature, the bacteria might not be killed off.

• E. coll: Cow-feees-contaminated food and water are common culprits here; when humans come in contact with the bacteria, they can experience diarrhea, abdominal cramps and, in more sever cases, bleeding, kidney failure and temporary anemia.

But actual risk has little to do with the aversion. Many polluck haters acknowledge that they've never had a single terrible food-poisoning inden that drove them away—they're simply skeeved out by

dent that drove them away — they're simply skeeved out by the whole idea. Salimpour-Davidov

Salimpour-Davidov was reared by a pediatrician father whose frequent hand washing drilled into her the notion that bacteria are just waiting for an opportunity to get you
"Ever since I was young,
remember him bein remember him being adamant about refrigerating food and not letting it sit overnight," she says. That contributed to her loathing of

potlucks.

Now she has a simple strategy: Eat beforehand, and be extremely selective at the

extremely selective at the party.

But she never cops an attitude. There's always a way to be a nice guest at a party. The says, "especially around the holidays. You can always put a little something on you pate and nibble on things you find safe and healthy for you.

you."
What is deemed "safe" waries by potluck hater.
Rachel Duncan, a Los
Angeles-based project engineer for a construction company, is mostly OK with food that comes straight from the owen.

oven.
"I say to myself, "Well, that killed the germs." But those decorated cookies with junk on top — someone has been putting, that on there with their hands. It's been overly touched, and that gives me the creeps."

Stiffness can result from overuse or inactivity

By Vicky Hallett Special to The Washington Post

Lately, I've been having an overall stiff feeling in my joins and muscles. My hip will feel tense if I sit in a certain position for too long, or my shoulder will hurn If I'm lying on my side, leaning on my arm. I work out regularly (3-4 times per week treadmill, walking and elliptical). I'm only 271 Could it be the cold weather?

Stiffness is like the

weather?

A Stiffness is like the homecoming queen of symptoms — it's very popular. Without knowing more, it's impossible to say what's behind this, but I'll throw out some ideas. Let's start with what it's not: cold weather or dehydration. At your age, chilly temps shouldn't get to you unless you've had a serious injury, says physical therapist May Keslar.

A more likely scenario is that your body is reacting to either overuse or inactivity. If you haven't exercised before, you can get lots of soreness doing little." says lan Dommerholt, a physical therapist who specializes in chronic pain issues. Any chance you've been pushing yourself harder in recent weeks? Try scaling back. Or,

on the flip side, maybe you've been doing too much desk dury? "It could be as simple as getting a new job six months ago,"... six months

Dommerholt adds.

One way to check is to try to fix your troubles on your own. Keslar tells patients never to sit in one position for more than half an hour, and to make time every day for stretching. It can be as informal as rolling around in bed and letting your limbs do whatever makes them bed and fetting your limbs do whatever makes them happy, or as structured as a yoga class.

If a few weeks of monitor, ing your activity isn't having, an effect, then it's time to call

Arts, Crafts & Bazaars Calendar

5 Lines \$5 10 Lines \$10

Calendar published

Ginkgo shows no benefits against dementia

Long cultivated by the Chinese, the ginkgo biloba tree has been credited with such life-enhancing powers as augmenting blood flow, increasing libido and improving memory. But a new study suggests it is not effective at reducing the rate of dementia among the elderly, as has been claimed. elderly, as claimed.

claimed.

A leading cause of disability among the elderly, dementia affects more than 5 million people in the U.S.

The study, published in the Journal of the American Medical Association, was carried out at five academic medical centers in the U.S. It involved 3,069 volunteers

age 75 or older with normal cognition or mild cogni-tive impair-ment who were randomly as-signed to one of two 'grou of two groups:
Half received a twicedaily dose of extract of
ginkgo biloba, and the
other half received a place-

other half received a piace-bo.
During their participa-tion, which lasted about six years on average, 523 par-ticipants received diag-noses of dementia: 246 of them in the placebo group and 277 in the ginkgo bilo-ba group. The rate of dementia did not differ between the two groups, and ginkgo biloba did not

have any effect on the progression dementia.

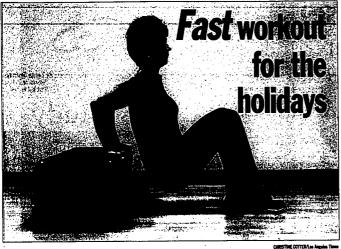
dementia.

So me people will believe what they believe what they believe what treatments) no matter what the data are, said Steven T. DeKosky, the lead researcher who is now dean of the School of Medicine at the University of Virginia. I will work with them. But based on this trial, ginkgo doesn't work ginkgo doesn't work for preventing dementia." In an accompanying editorial, Lon S. Schneider of the University of Southern California warns

that when it comes to clinical uses, ginkgo biloba has not lived up to its almost magical promise: Despite two decades of research with standardized extracts of ginkgo biloba, considerable uncertainty about its pharmacology and clinical effects remains."







ela Stoyall demonstrates a triceps bench dip. The trainer suggests afte

Key to a shorter workout is to keep moving

By Jeannine Stein Los Angeles Times

Between parties, time is short these days. But that doesn't mean your exercise routine has to be second-rate. A 20- to 30-minute workout done at a high intensity can increase the heart rate and tone muscles equally as well as a longer workout done at a lower intensity.

as a longer workout done at a lower intensity.

Who made the rule that a workout has to be an hour? asks Amy Dixon, group fitness manager at Equinox in Santa Monica, Calli. "Il people can wrap their heads around the fact that its OK to a shorter workout, especially if you do it right, that's all you need.

clally if you do it right, that's all you need."

The key, these trainers say it to 'keep moving. Taking breaks between exercises—eyen short ones—will lower the heart rate and not provide as much calorie burn. While some of these routines require equipment such as cardio machines or light weights, you can easily make your substitutions. Run at a nearby track, park or playground and use stairs and bars for exercises such as pull-ups. Use soup cans for view in the continues the level of intensity exercises. It is not increase the level of intensity according to your fitness leyel. No need to be a superipro—or a stug—just because it's the holidays.

Angela Stovall, master righter and story in these in the story in the story in the superior and stug—just because it's the holidays.

Angela Stovall, master rainer at 24 Hour Fitness in Thino, Calif.

tràiner at 24 Hour Fitness in Chino, Calify
Chino, Calify
'Wed start with five minutes of cardio, and that could be on a machine such as an elliptical trainer, a startlimber or a treadmill. If you're exercising first thing and using this as a warm-up, do it at a low intensity. If you're already warmed up, choose a moderate to vigorojs intensity that gets your heart rate up.

Then do walking lunges for five minutes. This uses all the leg muscles, it a great fat burner and gets your heart rate up. You're also using your core. If you're a beginner, do stationary lunges, holding onto a chair if necessary. After doing 10, alternate between the most of the property of the prope 10, alternate between and 10 ab crunches. Do

Get on the treadmill for five minutes at 3.5 mph (or a moderately fast pace — not a slow walk). At the same time, do bleeps curls and shoulder presses with light weights (3 to 5 pounds), or no weights. When you do this while you're moving, you get a better calorie burn and you're toning the muscles. You should always concentrate on your form. For beginners, only do this if you're comfortable on the treadmill, and sow the speed if necessary. Next. go to a met and do push-ups — straight-flegged if you're advanced, or on your knees if you're not. Do 10 to to 20 depending on how condi-

source advanted, or of hyduses if you're not. Do 10 to 20 depending on how conditioned you are. Alternate those with triceps bench dips on a chair, also doing 10 to 20. Do three sets of each. Then it's on to the StepMill (a stair climber with rotating steps) for five minutes. You can push it here a little bit because you're warmed up, but beginners who have never done this before can stay at Level 1. If that machine isn't available, you can use another form of stair climber, or just go up and down some stairs.

After that, do 25 standing squats with no weight, then

After that, do 25 standing squats with no weight, then 50 side bends. For the side bends, stand with feet hipwidth apart and bend your torso from side to side, trying to reach below your knees. This is for the obliques. This also brings down the heart rate a little bit.

Amy Dixon, exercise physiologist and group fitness manager at Equinox, Santa Monica.

Monica.
With only 20 to 30 minutes,
I would do a treadmill workout that's interval-based,
alternating bouts of resting
and pushing. You're going to

burn the most calories, get your heart rate up and spike your metabolism.

For beginners, walk on the treadmill at a comfortable but challenging pace, and up your intensity with the incline. When you're pushing, it won't feel easy. If you're starting to feel uncomfort-able, you're in the upper end of your endurance zone, so starting to feel uncomfortable, you're in the upper end
of your endurance zone, so
stay there and get to know
what it feels like. You should,
rif feel like you have to step
off the treadmill to eatch your
breath. When you come
down to a slower pace, you'll
feel a little spike in your heart
rate, but then you should be
able to ride it out.

If you're more advanced
and want to run, keep your
speed between 5 to 7 mph
and start at a 3 percent
incline before increasing to
about an B percent incline. If
you're in better condition,
you should be breathless on
the push.
For all Ilness levels, try

e push. For all fitness levels, try

For all fitness levels, try alternating between two minutes of the easy phase and a minute of the difficult phase. Do this workout a maximum of three times a week if you're fit. For beginning exercisers or those who haven't done intervals before, do it twice a week. If you don't have a readmill and can go outside, do hills for the hard part of the intervalis, or push the pace. This can also be done on an elliptical trainer or stationary bike.

Sharun Phillips, personal

stonary bike.

Sharon Phillips, personal trainer at Crunch, Los Angeles

I like to do short workouts, circuit-training style, moving at a relatively quick pace to keep the heart rate up, and incorporating plyometries. Each of these sets should take about a minute, and the entire circuit should be done three times. By the third set you'll be pretty fadigued. You still want to push yourself, but also pace yourself.

For warm-ups, do sprints with push-ups, Run about the length of half a basketball court, then drop and do 10 push-ups, sprint to the other end and do 10 more push-ups. Or, run in place for 30

seconds, keeping knees high, and drop into push-ups.
Then do squats into a shoulder press using dumbbells that are a comfortable weight, or just your body weight. With feet shoulder-width apart, go into a squat position holding the dumbbells, come up and do a bleeps curl with both arms, and then go into a shoulder press, Bring the weights back down and go back into a squat. For another version, go into a squat, imp into the air, come back down into a squat position again, put your hands on the ground and kick your feet out behind you, then bring them back in.
Walking lunges with a twist

you, then bring them back in.

Walking lunges with a twist are next. If you have a medicine ball or other weighted object, hold it out in front of you, arms straight and as thoulder height. Twist toward the leading leg so you get a contraction in your obliques. You can also do this with no weights, but still holding your arms sup. If there's no room to walking lunges, do them in place and alternate legs, doing the twist.

Then do a round of leapfrogs, which is a plyometric exercise. Start in a squar position, lean forward and jump, landing softly so you don't injure your knees. If there's no open space, just do tump squars in place, and again be careful with your knees. If there's no open space, and again be careful with your knees, we momentum, so swing them as you tump. for momentum, so swing them as you jump.

them as you jump.
Pull-ups are next, and
you'll need a bar, which you
can find at a gym or a park.
Sometimes gyms have assisted pull-up machines, which
make this a little easier. This
exercise really engages the

core. Now do full-body crunches with a Body Bar (a long, weighted bar), a ball or with no weight. Lie on the floor with arms and legs extended and bring the elbows and knees together. Extend them out again, keeping them about an inch off the floor.

Shoulder maintenance

By Howard Schneider The Washington Post

There's no reason to walt for an injury to pay attention to your shoulders (particularly the rotator cuffs), your upper back and the muscles that assist them. Below, four experts offer advice about how to keep the shoulder healthy.

WATCH THE WORKPLACE

WORKPLACE
The Occupational Safety
The Occupational Safety
The Occupationing the
computer so the top of the
monitor is at eye level, with
close-in support for elbows
so the keyboard can be used
without extending the arms.
Practice good posture, so the
weight of the upper body is
carried in the upper back, not
transferred to the shoulders.
Consider chest-press-style
moves that are done standing
and with rubber bands or
tubing, a more dynamic

and with rubber bands or tubing, a more dynamic approach that trains the parts of the upper body to work together, as opposed to standard exercises that iso-late a particular muscle. Do one arm at a time to increase viation.

one arm at a time to inclusive totation.

For upper-back fleebblility, stand in a doorway with one foot on a chair and the hand from the same side on the wall above the doorjamb. With the other arm, reach up and across the body.

— Patrick Kennelly physical therapts, SAMAT herapy in Chevy Chase, Md.

TRY RESISTANCE **EXERCISE**

EXERCISE
Internal and external rotation exercises are key.
Standing and using exercise
bands or tubing fixed to a
door handle, wall or other
stable object, bend the elbowagainst your walts, and rotate
the forearm internally across
the body, using a resistance
that will fatigue the shoulder,
after about 15 registriory.
Then face the other way's and
rotate externally to this stable.
Repeat both directions within
the other arm. The same
motions can be done with
light dumbbells, lying onyour
stide.

ight dumboeus, sying on your side. For general John health, do resistance exercises that focus on the "eccentic" or "negative" plasse — when a weight is lowered and the muscle lengthens — as opposed to the lifting phase. Your muscles can handle more weight in this phase, and it strengthens tendons

and ligaments better. To work eccentrically in a bicep curl, for example, use both hands to get the weight to the top of the movement, then lower is with one. For a chest press, you may need a workout partner to help get the weight to the starting position.

— Richard Jackson, Physical therapist, the Jackson Clinics

WARM UP THE ROTATOR CUFF

ROTATOR CUFF
Give the rotator cuff list own
warm-up before exercise.
Lean over a table or chair or
some other object so one
hand can give support.
Holding a light weight, swing,
the free arm back and forth,
from side to side and in circies. Also, press a light ball to
the wall with your arm at 90
degrees to your body, and roll
it in all directions.
Be cautious with the over-

it in all directions.

Be cautious with the over-head 'military press,' a com-mon shoulder exercise. If you do it, hold dumbbells with the palms turned toward the ears, rather than the classic palms-forward position, to decrease strain on the rotator cuff and lower the risk of implingement.

decrease strain on the rotator cuff and lower the risk of impingement.

Train the upper back, particularly with exercises that involve "scapular depression," basically the motion that makes you pinch your shoulder blades. Rows, pull-downs and similar moyes will downs and similar moves will make sure the muscles sur-rounding the shoulder blade are strong enough to move it properly and to keep pressure off the rotator cuff.

Jay Greenstein, chiropractor, Sport and Spine
Rehab

STRETCHING IS KEY

Do lots of Internal- and external-rotation strengthen-ng four sets of as many as 20 epetitions each. And lots of stretching: Hold

And lots of stretching: Hold a broom or piece of plastic pipe behind your head, pointing down, and grab it with the other hand. Gently pull with the upper hand until you feel the stretch, hold it briefly and relax. Repeat 30 times.

It briefly and relax. Repeat 30 times.
For anyone older than 30, Moorman warns against the classic military press, tricens dips and any exercise with too wide a grip. For pushups, he recommends keeping the hands closer to the body. For the chest press, position the hands closer in on the bar.

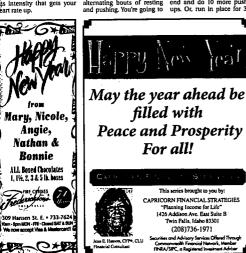
— T. Moorman, director of

on the bar.

— T. Moorman, director of sports medicine, Duke University Medical School

Take the tour

Our fitness reviewer leads you through the Twin Falls YMCA's new features. NEXT WEEK IN HEALTHY & FIT



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Simple but intense workouts hot for

Out: Pricey club memberships. In: DVDs.

Out: Hour-long workouts. In: Half-hour.

Out: Boring routines. In: The Wii. 2009 is all about budget-friendly, time-efficient and fun workouts, according to fitness experts. Here are their predictions for how we'll be getting in shape in the new year.

THE TREND: Personalized DVD or Web workouts

From Michele Olson, professor of exercise science, University of Alabama Montgomery, "10 Minute Solution: Kettlebell Ultimate Fat Burner" DVD

rat Burner DVD

Olson says some people may find ways to create their owners
exercise DVDs by mixing and matching clips from multiple
sources, such as YouTube videos, fitness DVDs and downda
able workouts that are on trainer and magazine Web sites. For
example, people can create their own video workout on www.fitmessmagazine.com.

Thors's mora necessity to people site.

"There's more access to personalize the exercise video clips into an amalgamation of something that really meets your needs," she says.



THE TREND: Fitness boot camp

THE TREND: Fitness boot camp.

From the American Council of Exercise Top Fitness Trends for 2009.

This military-style workout doesn't seem to be going away. This is the third time boot camp has been on the ACI's Top Fitness Trends List, according to chief science officer Cedric Bryant.

Boot camps offer a "change of pace from the traditional work-out experience". said Bryant. He said the workouts, which incorporate moves like lunges, push-ups and squats, also challenge people in a way that's empowering.

But results also have a lot to do with it. Boot camps are time-efficient and effective, he said. And of course, he adds, some credit goes to the marketing. There are fitness boot camps for prom, high school reunions, weddings and singles.

THE TREND: **Small dance studios**

From Timilee Webb, known for Buns & Abs of Steel*
Webb predicts group fitness classes will move out of
mega health clubs and back into smaller studios, as in
the 80s when aerobic dance took off.

"In the olden days, it was an exercise group studio,
you'd run in, know most of the women, and run out,
says Webb, who teaches at a big health club. "In a big
club environment, it is a different energy and vibration."

tion."
She said many of her students ignore the club's other amenities and would prefer something smaller, simpler and cheaper.
So while most of the smaller studios are for yoga and Pilates, she sees more classes in aerobic dance, toning and even circuit majning being offered in similar places.

THE TREND: Basketball

David Zinczenko, editor-in-chief of Men's Health and editorial director of Women's Health anguzines Zinczenko predicts president-elect Barack Obama will bring basketball back to the forefront after several dark years.

"You have a group of high-profile basketball players in the While House, and you're going to see Obama and his team playing ball the way you saw Bush clearing brush and Clinton jogging the streets." he eays.

Basketball will be seen as an upscale, sophisticated sport played by accomplished people, as it was in the early '90s, he sald. Back then, there were high-profile stars like Michael Jordan. Larry Bird and Magic Johnson, and people like Clarence Thomas and Al Gore played the sport.

eful, Sen. Barnck Obama, playing basketball at Riverview Elementary School in Elikhart, Ind.



rooke Burke dances with her partner Derek Hough, Burke waitzed away with the mirror ball trophy on the "Dan he Stars" finale. The 37-year-old TV personality and mother of four dominated the seventh season of the populas

THE TREND: **Ballroom dancing**

From Jeanette Jenkins, "Jeanette Jenkins Hollywood Trainer — Sexy Arms, Abs & Legs" DVD
Thanks to "Dancing with the Stars," there's going to be more interest in ballroom dancing, says
Jenkins. In the past, people were more apt to find hip-hop and Brazillan dance in their fitness centers, she said.

ters, she said.

"The show made it very cool to ballroom dance," she said. "You're going to start seeing ballroom dancing where you've never seen it before."

Jenkins said Brooke Burke's seventh season win is an inspiration to women. She sees more mothers signing up for classes. Burke has four children, no background training in dance and an "unbelievable, beautiful body," she said.



aleau dance in a Zumbe class, a fitness pr pired by Latin dance, Aug. 13 in Enfield, C

THE TREND: **Senior fitness**

From Amie Hoff, personal trainer, New York Sports Clubs
Hoff predicts more classes at senior centers, nursing homes and health clubs to help seniors with balance and coordination. Seniors who were never into fit-ation. Seniors who were never into fit-ation. Seniors who were never into fit-ation. They are realizing the benefits of having more stamina throughout the day, stronger legs to get them up and down the stairs, says Hoff, who has senior clients.

Hoff says many seniors are signing up for Healthways SilverSneakers Fitness Program. SilverSneakers Fitness Program SilverSneakers, which is for Medicare-eligible individuals, offers physical activity, health education and social events at participating locations around the country.

THE TREND:

Fun and games

m Carole Carson, author of "From Fat to

From Carole Carson, author of "From Fat to Fit"

"Exergaming," such as the Wii and Dance Revolution, will bring fun and appealing exercise activities back into the home, says Carson.

Carson.

There will also be a return to the popular exercises of childhood, such as trampolining and Hula-Hooping, she says.

"We're making it fun again." says Carson. "You can have a lot of fun getting fit." Look for more health clubs to purchase Expresso Bikes, stationary hikes with interactive software that simulates the experience of biking outdoors.



THE TREND: Working out at home

From Ingrid Von Burg "Yoga for Familes" and "Yoga for Grantparents" DVD and Dr. Pamela Peeke, senior medical correspondent for the Discovery Health National Body Challenge.

Pamela Pecke, senior meaucat correspondent per la Challenge.
Hard economic times means more people will work out in their homes.
Von Burg, who teaches at two yoga studios in New York City, says students are already, forgoing her classes for DVDs: not only is it more economical — but a group of people can do it together as opposed to each paying for classes at a studio, she said.
Many yoga instructors are offering short instructional videos on their Web sites that students can download for free, she said.
Pecke predicts more people will set up a home gym rather than purchasing a membership to a health club.

Police officer deaths decline this year

By Larry Margasak Associated Press writer

WASHINGTON — Fewer police officers died in the line of duty in 2008 compared to last year, reflecting better training and tacties, two law enforcement support groups reported Sunday. The findings reversed the trend for 2007 when there was a spike in police deaths, according to the National Law Enforcement Officers Memorial Fund and another group. Concerns of Police Survivors.

The groups reported fatali-ties through Sunday. Officer deaths this year totaled 140, compared to 181

totaled 140, compared to 181 in 2007.
Gunfire deaths dropped to 41 officers this year, compared to 68 in 2007. The 2008 number represented the lowest total since 1955 — when there were 35 — and was far below the peak of 156 officers killed by gunfire in 1973.
Traffic-related deaths also declined, with 71 officers killed this year, compared to

killed this year, compared to 83 in 2007. It was the 11th consecutive year that more

incidents than from any other cause.

More than 61 percent of this year's fatalities involved accidents and 39 percent of this year's fatalities involved accidents and 39 percent resulted from eriminal acts.

The only downside was deaths of women officers: 15 in 2008 compared to 6 a year ago. More women officers than before are in harm's way, the groups said, because they re taking on the same dangerous assignments as men.

Craig Floyd, chairman of the Memorial Fund, said in

an interview that officers are getting better training and

equipment.

More than 70 percent of policemen use bullet-resist-ant vests compared to fewer than half a decade ago, he said.

said.
And officers are making
better use of Taser stun guns
and other non-lethal
weapons that keep them a
safe distance from violent
offenders. Floyd said.
To avoid traffic deaths, offi-

cers are better trained in high-speed and defensive driving techniques. Police

safety equipment, including side air bags and a substance side air bags and a substance installed near the gas tank to

suppress the when the vent-cle is struck.

The states with the most deaths were Texas with 14, followed by California with 12, then Florida and Pennsylvania with eight

aplece,
Other factors cited by Floyd
for the reduction in police

fatalities:

• A record 2.3 million adult criminals behind bars, according to a study released

earlier this year by the Pew Center on the States.
• A 2007 violent crime rate that held steady at the 2005 level, according to the fusite Department.
The Memorial Fund hon-ors law enforcement officers who that I am I was

The Memorial Fund hon-ors law enforcement officers who died in the line of duty and is in charge of the National Law Enforcement Officers Memorial in Nano... Officers Vashington.

Washington.
Concerns of Police
Survivors provides support
and counseling to surviving
family members of officers
killed in the line of duty.

Polar plunge fundraisers proliferate

PORTIAND. Mans.
Lobster Dip was launched
21 years ago as Maine's first
happening where people
could ralse money for a
good cause by stripping
down in the freezing winter
air and running half-naked
into the bone-chilling PORTLAND, Maine - The ocean. Thes

ocean.
These days, it seems as if everybody's taking the plunge, and that's threatening to saturate the fundraising field.
Cold-water charity events have even spread as far as Hawaii, where volunteers last fall plunged into a pool filled with iteed-down water to raise money for Special Olympics Hawaii.
Rocky Frenzilli helped organize the original Lobster Dip to benefit

stocky Frenzilli helped organize the original Johster Dip to benefit Special Olympics Malie and has seen it grow from about 15 participants or more than 300 each New Year's Day at Old O'rehard Beach. Since that first Dip, he has greeted each new year with an icy splash.

nash. Some people call him azy, but he says it's his way giving back to the com-

unity. "As long as I'm physically

"As long as I'm physically able to Jump in the water I'll continue doing it." said Frenzilli, 60, a high school teacher. I'm makes you feel real warm inside when you're doing something special for other people." However, the growing number of such events and the limited number of people crazy enough to Jump unprotected into ley water is raising questions about whether these polar plunges are losing their luster and cutting into one another's fundraising efforts. cutting into one another's

These fundralsers in Maine will benefit Special Olympics, a domestic abuse nonprofit. a Ronald McDonald House, an animal walfare grain an envimal welfare group, an envi-ronmental organization, an animal shelter and Camp Sunshine, a lakeside camp for children with life-threat-



ening illnesses and their families.

ening illnesses and their families.

They're all great causes, said Phil Geelhoed, president and CEO of Special Olympics Maine, But he concerned that they might be taking away from the Lobster Dip, which raises about \$40,000 for Special Olympics. The figure has been flat in recent years.

"My concern is we haven't been able to grow our event beyond the point that it's gotten to, maybe because of the competition of other plunges around the state," Geelhoed said.

Special Olympics chapters now hold more than \$10 million. One of those dips drew more than \$3,500 people who dove into the Atlantic Ocean

February at Virginia ch, Va., raising more

last February at Virginia Beach, Va., ralsing more than \$850,000. One of the newcomers, Maine's Camp Sunshine, held its first Polar Dip in 2006; this winter, it's holding 10 of them in eight Eastern states, from Maine to Virginia, and even one on the Pacific coast in Seattle. They're so successful — they raised \$150,000 last winter — that the camp is

they raised \$150,000 last winter — that the camp is thinking about taking a page from Hawaii's playbook and holding one in Florida in an ice-filled swimming pool, said Michael Smith, Camp Sunshine's director of special events.

cial events.
"There are so many organizations that use it as fundraising tool, and we're fortunate to catch it on the upswing," Smith said.

one of our largest annual fundraising events."

one of bur targes annual fundraising events."

The idea of greeting the new year with an icy blast of water isn't necessarily new. Hardy — some say crazy — groups have been doing it for years, especially polar bear clubs in northern

ior years, especially polar bear clubs in northern Europe, It's the idea of cashing in that's relatively new. When a certain type of fundraiser is successful, it's only natural that others will imitate it, but such events typically have a life cycle of waxing and waning, said Michael Nilsen, spokesman for the Association of Fundraising Professionals in Arlington. Va.

For example, the 1990s saw an explosion of fundraiser walkathons, bicycle rides and running events — to the point where

they lost some of their nov-

they lost some of a city.

"When organizations see something that works in their community, they might try to copy it," Nilsen said. "At some point, they might treach the oversaturation stage."

The Natural Resources Caused of Maine environ-

The Natural Resources Council of Maine environ-mental group is joining the crowd this year, holding its first polar swim fundraiser on Jan. 2 in Portland to help celebrate its 50th anniver-sary and to raise money for its work on global warming issues.

issues.

NRCM spokeswoman
Judy Berk isn't worried that
there are too many polar
plunges.

plunges.
"I think there are enough people to go around," she said.

Catering to immigrant customers goes mainstream

By Tiffany Hsu Los Angeles Times

LOS ANGELES - Delfino

LOS ANGELES — Defino Turan remembers his first trip to a liest flay store, but not very fondly. Turan, at the time a recent immigrant from Mexico, said he could barely understand what salespeople were say-ing. What's more, he couldn't afford to pay for the purchas-es he wanted upfront, and the store didn't offer to extend credit. So Turan now shops for electronics at the La Curacao department store near downtown Los Angeles, where he went the other day

downtown Los Angeles where he went the other day

where he went the other day to replace the broken TV in the lunch truck he operates. There they understand Spanish, and they under-stand people like us." he said after signing off on a down payment. They treat you really well, they give easy credit and they don't ever say no."

Catering to Immigrant ustomers has long been the tock in trade of ethnic-ocused stores such as Lauracao Famsa, which aters to Spanish-speaking Curacao Famsa, which caters to Spanish-speaking customers, and Kimis Home Center, a favorite of Korean Immigrants But as the electronics market willts in the tough economy and Immigrants' buying power blooms, major big-box retailers such as fees thuy Co. and Wal-Mart Stores Inc. are catching on and catching up.

up.

Many are using bilingual
Web sites to turn online
browsers into in-store browsers into in-store clients, while others are hiring staffers with language skills and updating in-store signs and displays to appeal

stigns and displays to appeal to immigrants.

"The Famsas and La Curacaus of this country have had those clients to themselves for a long time," said Juan Tornoe, an independent consultant who has worked with companies such as Domino's Pizza and Budwelser on Hispanic-targeted advertising. 'Stores are looking for customers, and the wise ones are reaching out to immigrants through multiple channels."

Government struggles to deal with hunger, obesity

By Jane Black The Washington Post

WASHINGTON — The wiscening economic crunch is causing the tab for food assistance programs to balloon, and with the rising costs has come an intensifying debate over whether—and how—the U.S. government can tackle simulianeously the paradoxically linked problems of hunger and obesity. The statistics spell out the dilemma. The number of Americans on food stamps topped 31.5 million in September, a record high. WASHINGTON

levels: In 30 states, at least 25 percent of the population is dangerously overweight. Nationally, 31,9 percent, of children are considered overweight or obese. For decades, the government has treated hunger and obesity as unrelated phenomena. But at a news conference last week in Chicago, Tom Vilsack, President-leett Barack, Obama's choice for agriculture secretary, said Barack Obama's choice for agriculture secretary, said that he would put "nutrition at the center of all food assistance programs," a sig-nal that he will get involved next year when Congress moves to reauthorize nutri-tion programs that support school breakfasts and lunches and summer food for chil-

es and summer food for children.
"For a long time, we've looked at hunger and obesity separately," said Sen. Tom Harkin, D-lowa, who chairs the committee that will draft the legislation. "It's not a zero-sum game."
Public health advocates have long hoped to link food assistance to good nutrition.

have long hoped to missions assistance to good nutrition. To the anti-hunger lobby, however, mandating what however, mandating what kind of food needy people should eat is impractical and smacks of paternalism. It would be impossible, they say, to determine which of the 50,000-plus products in

the grocery store should be classified as healthful. Would Diet Coke pass the test? What about the julce drink Sunny Delight? In 2004, the Agriculture would Diet Coke pass the test? What about the Julce drink Sunny Delight? In 2004, the Agriculture Department rejected a request from the Minnesota Department of Human Services to ban the purchase of candy and soft drinks with food stamps.

of candy and soft drinks with food stamps.

More important, anti-hunger advocates say low-income people often choose higher-calorie snacks and fast food because such fare is cheaper and more readily available where they live than nutritious fruits and vegetables.

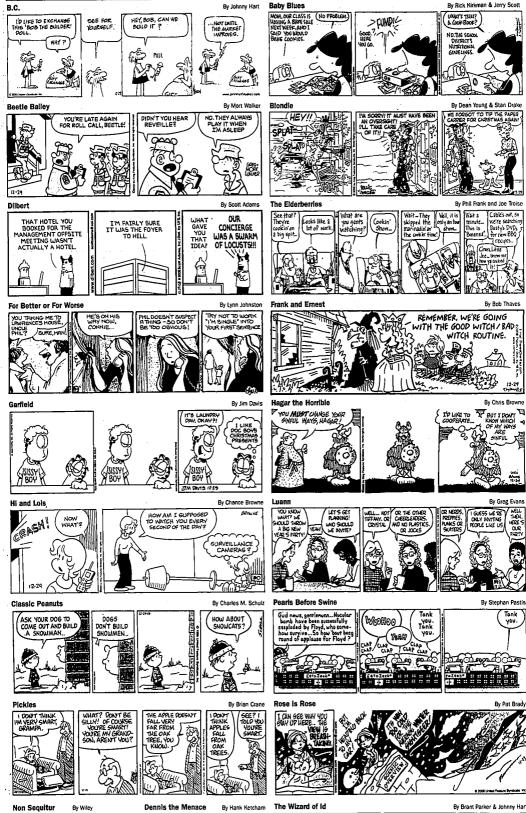
Study: Obesity surgery reverses diabetes in teens

NEW YORK — Obesity surgery can reverse diabetes in teens, just as it does in adults, according to a small study. All but one of the 11 extreme-ly obese teens studied se-their diabeter.

All but one of the 11 extreme-by obese teens studied saw their disbetes disappear with-in a year after weight-loss sur-gery, the researchers report-ed. The 11th patient still had diabetes, but needed much less insulin and stopped tak-lor diabetes allie.

sity surgery for adults. Dr. Thomas Inge, a pediatric sur-geon at Cincinnati Children's Hospital Medical Center, and his colleagues wanted to find out if the same was true for adolescents.

out if the same was true for adolescents. Athough more research is needed, ingle said the study opens the door to weightloss surgery as a treatment option for severely obese teens with Type 2 disbetes. The results are in the January Issue of Pediatrics and are being released Mon-

















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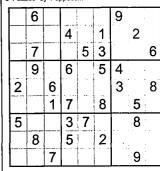
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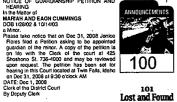
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be? That can only be in diamonds. If so, there are two occasions when a club shift is necessary: when partner has the club king, or when he has nothing in clubs but declarer is going to try to shake club losers on his own long diamonds.

which club to play? Any club works if partner has the king; but if he has no club honor, East must shift to the queen, hoping that clubs are 4-3-3-3 around the table and that West has an entry in dia-

and that West has an entry in diamonds.

This "surround" play forces out
the king. When West wins his diamond trick, he plays a second
club, and East has two winners to
take in that suit.

(Incidentally, declarer might
have followed a slightly riskier but
more deceptive approach by winning the heart ace at trick one to
take an immediate diamond finesse. Now West has to find the

nesse. Now West has to find the

602

Unfurnished

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BUHL Nice, 2 bedroom house. \$425 month + deposit. 117 8th Ave. N. 208-308-8000

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NORTH

A A J 9 4 2

▼ A 2

◆ 10 8 6

A J 9 5 12 29 A

WEST ♠ 63 ♥ J 9 6 5 4 ♦ K 7 4 ♣ 7 6 2 EAST A K 8 5 V Q 10 7 3 T 5 3 A A Q 10 8

SOUTH ♠ Q 10 7 ♥ K 8 ♦ A Q J 9 2 ♣ K 4 3

The bidding:

South West North East Pass 1 NT

Pass 2 ♥ Pass 3 NT 2 A 4 A Pass All pass Opening lead: Heart five

LEAD WITH THE ACES

South holds:

12 29 1

↑93 ▼Q103 •Q974 ↑K1073

West North East 1 ♣ 1 ♥ 3 ♥ All pass South

ANSWER: Although you appear to have a natural trump trick, I would lead my doubleton spade here. You will probably have enough time for a club shift later, but there are definitely chances of getting two spade ruffs early, and it is not clear that an initial club lead is entirely safe.

For details of Boldy Wolff's autobiography. The Lone Wolff, contact key 1997 wind corn. If you would like to contact Hobby Wolff, c mail him at boldywolff-e mindspring corn. Copyright 2000, Hulled Feature Syndicate, the

602 Unfurnished Homes **Homes**

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approved. 404-4042
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TWIN FALLS Newer

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bad credit ok.

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THE FAMILY CIRCUS By Bil Keane 12-29

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Mother is wary of neighbor boy with loud potty mouth

DEAR ABBY: Two years ago, a couple built a home on the lot next to ours. From the time they moved in, we have been concerned about their 11-year-old son's anti-social behavior. It began with him trying to coax our dog into his yard when we were trying to call her in. Then he started coming into our yard, playing roughly with our three small children and using vulgar language around our B-year-old daughter. He is no longer allowed in our yard and has been kicked out of three other homes in the neigh-

yard and has been kicked out of three other homes in the neigh-borhood. The most recent inci-dent occurred a few days ago, when he yelled a profanity at our daughter. I called his mother, and

wheeh ne yielde a pleannity at out aduptine; I called his mother, and she told me her son would "never behave that way."

Abby, this boy is creepy. I don't russ him. He stands in his yard staring at us whenever we are outside. Im warried his behavior will get worse. Other neighbors have seen him abuse his dog and other animals. His parents his dog and other animals. His parents have weath him. What do we do? I'm cried about my children's safery.

AFRAD.

NINGONSIN

INWISCONSIN DEAR AFRAID: You hav described a child who is enotion ally disturbed and parents when in denial. Because the neigh bors have seen him abuse ani-

could be a bit unyleiding. Appreciate the desire to appear

oper. TAURUS (April 20-May 20): Be

TAURUS (April 20-May 20): Be alert for a tendency to be critical of someone you admite. Use this energy to polish the silverware or put the filing cabinet in order. Your desire for perfection is better used for things, not people. GEMINI (May 21-June 20): Being lucky in love doesn't necessarily mean you are tucky with money. Relationships are upbeat and positive. Someone might

Today is Monday, Dec. 29, the 384th day of 2008. There are two days left in the year. Today's Highlight in History: Two hundred years ago, on Dec. 29, 1008, the 17th president of the United States, Andrew Johnson, was born in Ridelgh, N.C. On this date:

Association was organized, in Boston.
In 1890, the Wounded Knee massacre took place in South Dakota as an estimated 300 Sloux Indians were killed by U.S. troops sent to disarm them. In 1916, Grigory Rasputin, the so-called "Mad Monk" who'd wielded great influence with Czar Nicholas II, was murdered



DEAR ABBY Jeanne Phillips

mals, a report should be made to the police and the department of animal welfare in your communi-ty. This boy has no empathy for others and needs professional help. Until the gets it, you are wise to be concerned about your chilto be concerned about yo dren. Keep a watchful eye.

DEAR ABBY: I lost my father a

DEAR ABBY: I lost my father a few months ago after his long bat-few months ago after his long bat-le with cancer. We were very close, and I miss him terriby. My ex-husband and I are not on good terms, despite the fact that we have children together. It asked our kids — not me — if it asked our kids — not me — if it here. I just vanted to grieve in here. I just vanted to grieve in peace.

Afew minutes after bad's func-A few minutes after Dad's funer-

al service began, my ex walked in the back door. My sister knew he had been asked not to attend, so she asked him to please leave

I am so disgusted. My former in-laws, whom I didn't get along with either, sent flowers. I would have

preferred they keep their flowers
— but at least they didn't show up.
My children are now mad at me
because their father was asked to
leave. I just wanted to be left
alone. I don't understand why this was so hard for everyone to understand. It was my father, not his, and I just wanted to grieve in

peace.

-MOURNING.
FOR MY DAD.
M MISSOURI
DEAR MOURNING: Please accept my condolences for the loss of your father. Your children may have wanted their father there because they were grieving the loss of their grandfather.
According to Emily Post: "If there was till feeling between the ex-spouse and the deceased," and I assume your father felt about your ex say und, "the ex-should not attend the funeral instead, he for she) sends flowers and a syminathy note." However, your wishes should not have been fignored.
The new year has begun, and

The new year has begun, and the less baggage you carry into it, the better off you will be. Please the better off you will be. Please try to fonjive your ex for his insen-sitivity and get on with your life. If you can manage that, it will be less painful for you and your children. If you can't, then counseling may help you to let go of some of your-anger, and I recommend it.

IF DECEMBER 29 IS YOUR BIRTHDAY You have reached a healthy state of equilibrium and can enjoy the fruits of your labors in peace. Subtle forces are at play that can make your postlon more secure or your career outlook more favorable between now and lune. Keep an eye out for an important chance to improve your life in March and be prayed for a shwdown in July and August when romantic fantasies seem to showe everything else out of the way. Have a great summer, then get back in the saddle of bushiness surcess by November. ARIES (March 21-April 19): Too much starch in the collar may make someone uncomfortable or choke up a conversation. In enfort to be diplomatic, someone could be a bit unyleding. Appreciate the desire to appear HOROSCOPE Jeraldine Saunders

bring you a tempting tip, but this isn't the best time to gamble.
CANCER (June 2.1-July 22):
Maintaining a stiff upper lip does not mean you have to be right about your beliefs. Keep an open mind and invite frank discussions. Be polsed to receive a few surprises where others are concerned. LEO (July 23-Aug. 22): Put another notch on your very well-ightened belt. This may be the day you find the sale item you find whee been looking for or manage to save money by changing light bulbs. Small economies are worthwhile.
VIRGO (Aug. 23-Sent 22): Put VIRGO (Aug. 23-Sent 22): Put

bulbs. Small economies are worthwhile. VIRGO (Jug. 23-Sept. 22): By keeping to the inside track of sharp learning curves, you can speed to the front and leave others for behind. Fight the impulse to make flun of individuals who can't quite keep up with your fast pace. LIBRA (Sept. 23-Oct. 22): Dig deep. Discover what others think and remain attentive to their opinions. It is a good time to explore hidden feelings and bring them out Into the open. Don't be afraid to discuss points

of disagreement.
SCORPIO (Oct. 23-Nov. 21):
Don't take criticism too personally. Let it inspire you to work just a
bit harder. Initiating a new health
regime may be on your mind. You
have the ability to exert perfect
control over your hablis.

have the ability to exert perfect control over your habits. SAGITTARIUS (Nov. 22-Dec. 21): When all you have is a hami-mer, then everything looks like a nall. You may be poised to chip away at problems and hammer out solutions. There could be a better way with the right tools. CAPRICORN (Dec. 22-Jan. 19): You might besides to expose your

better way with the right tools.
CAPRICORN (Dec. 22-Jan. 19):
You might hestlate to expose your
winerabilities. The only way to
really know someone is to share
all your thoughts, hopes and
dreams. Don't be so concerned
about appearing imperfect.
AQUARIUS (Jan. 20-Feb. 18):
Think not, win not. This is the
time to think things through by
using a combination of imagination and wisdom. You may need to
use your library card or search the:
Internet to find facts.
PISCES Feb. 19-March 20):
Rest assured that the Atlantis of
your past is long gone and no
one can find it. Just because
someone else seems above
reproach doesn't mean there
aren't some lost continents to be
found in their life, too. found in their life, too

TODAY IN HISTORY

group of Russian noblemen

by a group of Russian noblemen in St. Petersburg.
In 1934, Japan formally denounced the Washington Naval Treaty of 1922.
In 1940, during World War II, Germany dropped incendlary bombs on London, setting off what came to be known as "The Second Great Fire of London." In 1957, singers Steve Lawrence and Eydle Gorme were married in Las Vegas.
In 1975, a bomb exploded in the main terminal of New York's LaGuardia Airport, killing 11 people.

On this date: In 1170, Thomas Becket, the Archbishop of Canterbury, was murdered in Canterbury Cathedral by knights loyal to King Henry II. In 1845, Texas was admitted as the 28th state.
In 1851, the first American
Young Men's Christian
Association was organized, in

LaGuardia Alipoti, amine people.
In 1978, during the Gator Rowl, Ohlo State University coach Woody Hayes punched Clemson player Charlie Bauman, who'd intercepted an Ohio pass. (Hayes was fired by Ohio Siate the next day.)
Ten years ago: Two top Khmer

Rouge leaders apologized for the deaths of as many as two million people during their regime in the 1970s, and asked

dealts of as many as two million, people, during their regime in the 1970s, and asked Cambodians to forget the past.
Five years ago: Monsignor, Michael Courtney, Pope John Paul II's ambassador in liurundi, was shot and killed by unidentified gunmen. Actor Earl Hindman, who'd played the mostly unseen neighbor Wilson on 'lione Improvement,' died in Stamford, Conn., at ago 61. One year ago: Australian David Hileks, the first person convicted at an American war crimes trial since World War II, was freet completing a U.S.-Imposed senience. The New England Patriols ended their regular season with a remarkable 1-in Forcord following; a thrilling 38–35 comeback victory over the New York Claims, New England became the first, NEL team since the 1972 Dolphins to win every game on the schedule.)

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buff, 1 black, 2 black & brown. All males. Born 12/11. \$275 733-1841 or 420-7972

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GMC '06 1500, 4x4, ext. cab, SLE, Z71, AT, PW, PL, tow pkg, 8ght gray, 584 miles, \$14,900/offer, 643-8080 Exc. cond. ORD '04 F-250 extended cab, 4WD, diesel, \$9991, Stocks 578131A

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4¼, axt cab with new
motor, slight damage
on drivers side door
\$4,000. Steel pickup
tool boxes 8' (2)
\$175 cach.
306-5363 or 308-3115 WANTED TRUCKSII Sell your vehicle for

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75000F/TCP

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4x4, heated leather seate, sunroof, back up sensors, loaded, stock #7BA77399 stock \$23,792.

792.

208-733-3033

FORD 94 Explorer, 4x4, 55K original miles, \$2950. 94 Mercury/Niasan VII-lager, 208-733-6277.



TWIN FALLS FORE CAST

Tonight: Precipitation ending. Lows. 20s. Tomorrow: Cloudy and cooler. Highs. 30s

BURLEWRUPERT FOR CAST

night: Mostly cloudy. Lows, 20s. norrow: Cooler with gray, cloudy skies. Highs.

IDAHO'S FORECASA

SUN VALLEY, SURROUNDING MTS.

NORTHERN UTAH Monday will start off will very strong winds and variably clouds about

TWILLIALLS LIVE-DAY FORECAST Tuesday Today Tonight





33 / 21



28 / 20

Barometric Pressure

Thursday

Friday

W/s

35 / 32

ALMAHAC - TWIN FALLS

Precipitation Onto 1.33" Month to Onto 1.03" 1777 W 1907 E 5070

Humidity

Yesterday 30.16 Moonries

ron L

Day/Weather, Inc.

Sunrise and Sunset s.or AM Sunset: 5: s.or AM Sunset: 5: s.or AM Sunset: 5: s.or AM Sunset: 5:

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Segreta, CPR AT JULE 589 Gooding 44 27 Green - 12 27 27 Green - 12 27 Happyman 45 25 Halley - 12 27 28 20 Garo Fatt - 31 22 Jackpol - 37 15 Jecomet - 13 22 Jecomet - 1

CANADIAN FORECAST

1010

Autos

NATIONAL FORECAST

TODAY'S NATIONAL MAP

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1010

Autos

Assist

alloy wheels matic, spor \$11,999. 7217509CP sporty car, Stock#

CHEVROLET Caditac OF THIS PALLS

208-733-3033

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SUVs 1009 Vans and Buses SUVs

NISSAN '08 Pathfinder, SE, V8, less than 1 year old, 18K miles, many extras, \$23,900, 208-420-5246

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ELITHIA 193 Cherokeo

& Country, rea CD, cruise, #5R1508008DC JEEP '98 Wrangler 2 sets of tires, cut stared, soft/hard

Ppd compi \$11,500, 280-30

Looking for SUVs Wheels

#3C674198 510,999 C'7 CHEVROLET Cattle:

208-733-3033

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DODGE '07 Grand Car-avan SXT, dual slid-ing power doors, pow-er rear hatch, PW, PL, AC, CD, stown-go, only 21K miles, like new condition, only \$13,900.

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PORD '07 E-350 12 passenger van, CD, PW, PL, PM, tow pkg. Great for large family travel! \$15,995. 208-324-069

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Vans Wheels CD, cruise, stock #76117432D 512.999 <u> Elithia</u>

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The Hily Car Sales H College Rd, TF 208-737-1200 EVY '05 Mailbu 6

CK '02 Century, PW, PL, cruiso v \$5950. VY '05 Mailbu c . 58K mi. Like new. 985. 420-9195/ 3-7051/733-2323

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surroof, alloy wheels, stock #50212636 \$15.999.

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Powertrain warri
auto; power Wi
cruise, 2 to chy
from \$12,999.

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ODGE '08 Avenger,

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Yesterday's National Ext High: 82 at Tamps, Fit Low: -17 at Warroad, Mrn.

HONDA '03 Civic \$7,000, silver 66,000 miles 5 speed. Great

IDA '04 Accord Local owner. las \$16,498. Nov 13,988. #119007

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CURY '90 larguis, \$1986. MIDDLEKAUFF 208-738-2480

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sunroot, spoiler wheels, CD. \$15,999 Stock #5C8728000

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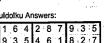
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MIDDLEKAUFF Car Sales OLDSMOBILE '99 Cut-lass, loaded, great tires, 99K miles, 28 mpg, \$2600/offer. 802 N College Rd, TF 208-737-1200 Tar Sales Assist Smalley Motors W

Tuesd Wedn Thurs U. V. INDEX

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WANTED CARE!!

WARNING