



THE SLAVE NEXT DOOR
Child maids now being exported to the U.S.
WORLD, A12

EASTERN TITLE GAME
Dolphins beat Jets for AFC East title.
SPORTS, A5



TIMES-NEWS

Monday, December 29, 2008

MagickValley.com

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Keys to the treasure chest

CSI will ask lawmakers for funding to open new building

By Ben Botkin
Times-News writer

On the campus of the College of Southern Idaho, a new building is taking shape. The college has enough money to finish the new Health Sciences and Human Services building, but legislators 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. C.L. "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



A construction crew works in November on the new Health Sciences and Human Services building at the College of Southern Idaho. Times-News file photo

\$1,700
Health Sciences and Human Services building January 2010.

\$800
Salary that in funded with federal grants.

\$700
Grant that would Science and natural schools.

A mother's story



Jerome woman remembers daughter who died of hypothermia

By Ben Botkin
Times-News writer

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 Jenks 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. Preliminary results of an autopsy show she died of hypothermia. But that was all still to come on Christmas morning. "I called in the morning," Jenks 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.



ASHLEY SMITH/Times-News

JoLeta Jenks, whose daughter, Sage Jenks Aragon, 11, died of suspected hypothermia, sits next to some traditional American Indian items that were given to her after the death of her daughter. TOP: Sage, right, and her brother, Bear Aragon, 12, are seen at Shoshone Falls in spring of 2008.

Please see MOTHER, Page A2

Teacher pay plan may survive revised budget

By Jessie L. Bonner
Associated Press writer

BOISE — The state Education Department may still push for compensation of Idaho teachers based on performance instead of experience, but lawmakers aren't expected to fund that idea or any pay hikes for teachers in 2009. The agency is considering whether to shelve the proposal until the economy improves or plow forward and ask lawmakers to approve the framework for a pay-for-performance plan without the \$18 million price tag, spokeswoman Melissa McGrath said. "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-

INSIDE
The influence game: Unlike groups seek job funds. See page A11.

Please see PAY, Page A2

Israeli troops mobilize as Gaza assault continues

By Ibrahim Barzak and Karin Lamb
Associated Press writers

GAZA CITY, Gaza Strip — Israel widened its deadliest-ever air offensive against Gaza's Hamas rulers Sunday, pounding smuggling tunnels, government strongholds and a central prison, sending more tanks and artillery toward the Gaza border and approving a reserves callup for a possible ground invasion. Israel leaders said they would press ahead with the Gaza campaign, despite enraged protests 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

INSIDE
Chaos reigns in Gaza as strikes continue. See page A12.

Please see GAZA, Page A2

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

By Jocelyn Novack
Associated Press writer

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 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 Caroline 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

kids, now a powerful consumer force, eagerly devour news about celebrities closer to their own age: Miley Cyrus, for example, or the "High School Musical" bunch. Are the Obama girls celebrities in their own right? "If you're talking about people who fascinate the public, then yes, 'absolutely,'" says Larry Hackett, managing editor of People.



Democratic presidential hopeful Sen. Barack Obama at a rally with daughters Malia and Sasha and wife Michelle on Jan. 3, 2008. AP file photo

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Right: 42 Low: 26
Breezy, rain or snow showers.
Details: B&E and live at
magickvalley.com/weather

MORNING BRIEFING



Pat Marcantonio and do today

TODAY'S HAPPENINGS

ARTS AND ENTERTAINMENT

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

FAMILY

Kids Winter Fitness Camp, 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. Lincoln, \$8 per day, 324-3839. "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.

GOVERNMENT

Twin Falls City Council will not meet. **Twin Falls county commissioners**, 8:30 a.m., courthouse, 425 Shoshone St. N., 736-4068. **Jerome county commissioners**, 9 a.m., courthouse, 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., Kimberly, no cost, 737-5988. **SilverSneakers Fitness Program**, closed until Jan. 5, 732-4384. **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 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 name of the event, a brief description, time, place, cost and contact number to Suzanne Browne by email at sbrowne@magvalley.com; by fax, 734-5538; or by mail, Times-News, P.O. Box 548, Twin Falls, ID 83303-0548.

Pat Marcantonio and do today

"The Great Riff Society Holiday Bash features music from 7 to 9 p.m. at the Eighth Street Center, 200 N. Eighth St. in Buhi. 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 Jan. 7 at the Sun Valley Center for the Arts, 191 Fifth St. E. In

Keetchum. It features Mark Newport's knitted life-size superhero costumes; Dulce Pinzón's photographs of 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 interesting items on display at the

Minidoka County Historical Society Museum, 89 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 afternoon and who says history can't be fun?" "Have your own pick you want to share? Something that is unique to the area and that may take people by surprise? E-mail me at patm@magvalley.com."

Mother

Continued from page A1
10 miles to the home, according to authorities. Robert Aragon worked to get the vehicle unstuck after the children walked 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 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 Ben 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. 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.'" Only later did Jenks receive word that her daughter was gone.

of child endangerment stemming from the incident, according to the Lincoln County Sheriff's Office. Lincoln and Blaine County law enforcement officials could not be reached for comment Sunday. As for Jenks, she cannot understand the father's alleged decisions in the tragedy. She said Aragon hasn't been 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 of the fact if I wouldn't say anything. She'd be like, 'Mommy, is everything OK?'"

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.'" "Ben Batkin may be reached at 208-735-3238 or bbatkin@magvalley.com."

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

Ben Batkin may be reached at 208-735-3238 or bbatkin@magvalley.com.

CSI

Continued from page A1
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. "I think the Legislature fully understands that in the times we are in, we need to do everything we can," Beck said. Beck said 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 around that I can throw it at." 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. "The request for occupancy funding, it's too early to tell." 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. Wendy Jaquet, D-Keetchum, 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 whether it's the best outcome for the state

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 dried up. The college is also asking for \$276,700 for a pilot 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 to handle it differently," Beck said of the state's budget crunch. "From my standpoint, we continue to say our strategy is to continue to serve more people."

Gaza

Continued from page A1
Israel for good, but not to reconquer the territory. With the two-day death toll climbing above 280 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. Hamas, in turn, fired missiles deeper than ever into Israel, near the Israeli port city of Ashdod, and continues to command some 20,000 fighters. Yet Hamas leaders were forced into hiding, most of the dead were from the Hamas security forces, and Israel's military intelligence chief said Hamas' ability to fire rockets had been reduced by 50 percent. Instead, Hamas rockets fire dropped off sharply, from more than 130 on Saturday to just over 20 on Sunday. Israel's intense bombings — some 300 air strikes since midday Saturday — wrecked up Hamas' infrastructure in Gaza, reducing entire buildings to rubble.



AP Photo
Palestinians gather at the scene of an Israeli missile strike on a building in the Rafah refugee camp in Gaza Strip, Sunday.

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 mum about the situation in Gaza on Sunday after speaking out expansively on Saturday, blaming Israel's retaliatory strikes on Hamas. In the most dramatic attacks Sunday, warplanes struck dozens of smuggling tunnels under the Gaza-Egypt border, cutting off a lifeline that had supplied Hamas with weapons and Gaza with commercial goods. The influx of goods had helped Hamas defy an 18-month blockade of Gaza 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.

Normal

Continued from page A1
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." 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 Obamas are clearly 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." Though the Obama girls weren't constant fixtures on the campaign trail, they were hardly invisible, either. They occasionally appeared at rallies, spoke onstage to a video image of their father 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."

"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." — Ann Stock, who was White House social secretary during the Clinton administration

er — at least according to some angry commentators on the photo agency's Web site. But once safely in the White House, the girls will be well protected and nursed, says Ann Stock, who was White House social secretary during the Clinton administration. "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," says Ann Stock, now at the John F. Kennedy Center for the Performing Arts. Can the girls live a normal life, or close to it? Stock, who watched Chelsea Clinton spend her preteen years in the White House, thinks they can. "I know it can work," she says. "Chelsea went to her ballet rehearsals. Then she came home, did homework, ate dinner with her parents, went to bed."

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Pay

Continued from page A1
proposals, doubling lawmakers will be willing to spend more money during economic hard times, Luna concedes the \$1.5 billion request no longer seems realistic. McGraith said the Education Department plans to submit a revised budget proposal to lawmakers in January. As part of the revision, Luna is considering a proposal to designate a two-thirds of any teacher salary increase for a pay-for-performance plan, McGraith 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," McGraith said. Since at least the early 1980s, Republican lawmakers

have sought to change the existing teacher compensation system, based on classroom experience, arguing that it rewards good teachers the same as the bad. McGraith said, however, lawmakers killed a \$21 million pay-for-performance plan proposed by Luna. "What is different about this plan is, it wouldn't have a particular price tag on it," McGraith 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 probably like it will probably stay at the \$3.9 million," McGraith said.

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Big Lost	63% 30%
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Opow/Snake/Garden	54% 38%
Oakley	50% 32%
Salmón Falls	104% 38%

As of Dec. 28

Go to MagValley.com to find a ski report at the Snow Center.

Mormons well-served by self-reliance in hard times

By Jennifer Dobner
Associated Press Writer

SALT LAKE CITY — The Shop'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 aisles.

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 leaders have preached a doctrine of self-reliance and selflessness, calling on members to plant, raise and own their own food while tending to the needs of others.

"It's a critical component of our theology," said Bishop David Burton, a senior church administrator who oversees the faith's worldwide welfare and humanitarian services programs.

Members are encouraged to squirrel away a few months' worth of living 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 for the commodities, clothing, job training and other services made available 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



Cheedar cheese is made at the Mormon church's Welfare Square facility on Aug. 11 in Salt Lake City. "We like to call it the best food money can't buy," said Jim Goodrich who oversees the production on the church's 13-plus acre site.

is the heart of the program. Founded in the 1830s, the square is home to a canner, milk and cheese processing facility; a 16-million pound grain elevator; and a bakery, storehouse, thrift 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 ranches that provide the raw material for the commodities harvested, processed and packaged at church facilities.

Each product carries the "Deseret" 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 product of 60 years of inspired leadership and a lot 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."

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

— there are 27,000 worldwide — 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.

Assistance comes with the expectation of reciprocity, 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 divorce, she was struggling to find a career that matched her skills — fluency in Russian and a political science education.

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

search program to land a job with a defense contractor.

It's unclear how many individuals and families 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 provide a demographic snapshot of the average welfare recipient, the amount of time most recipients use the programs and an average value for the commodities provided.

Without that information, it's difficult to assess the effect the church programs have on the community, said Glenn Bailey, director of Crossroads Urban 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 their job 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

The Associated Press

BOISE, Idaho — J.R. Simplot, the Idaho boy who helped turn America into a nation of microwave ovens by creating a lot of different issues, was among the state's heroes of business, war and the arts who died in 2008.

J.R. Simplot's journey — from an empty-pocketed teen who left home in Declo at 14 and shot wild horses to feeding 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 tied 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 had built a landscape of beef cattle from Boise to Belling — and, of course, the legacy of having helped develop and popularize his company's mainstay, the frozen french fry, largely through a deal with McDonald's Corp. founder Ray Kroc.

At a memorial service in Boise, Simplot's son, Don, told mourners his father had expected to live to be at least 100.

He was sure he had some money on it," Don said. "He bet on everything."

Simplot, whose name adorns dozens of buildings, ski lodges, YMCAs and other charitable institutions that benefited from his philanthropy, was a business leader whose sharp eye for "Deep Throat" gave reporters at the Washington Post the inside scoop on stories that helped force President Nixon's resignation in 1974.

Felt, who died Feb. 18 at age 85, was a business leader whose sharp eye for "Deep Throat" gave reporters at the Washington Post the inside scoop on stories that helped force President Nixon's resignation in 1974.

Warren McCain, 82, led

Albertson's Inc. for a quarter century, guiding the supermarket chain through a period of rapid expansion and profitability between 1976 and 1991. During his tenure, Albertson's, now owned by Minnesota-based SuperValu, went from \$30 million in yearly sales to \$6 billion.

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

William Studebaker, an Idaho writer, poet and teacher, died July 3 after drowning in the East Fork of the South Fork of the Salmon River in a kayaking accident. The Twin Falls resident was 61. Studebaker wrote about a dozen books of poetry and nonfiction, including "Short of a Good Promise," a 1999 reminiscence of growing up in the remote Idaho backcountry following World War II.

"No writer is better identified with Idaho than he was," Rick Ardinger, director for the Idaho Humanities Council and a close friend to Studebaker, said shortly after his body was found. "He felt that geographically really did 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 of Idaho."

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

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Warren McCain, 82, led Albertson's Inc. for a quarter century, guiding the supermarket chain through a period of rapid expansion and profitability between 1976 and 1991. During his tenure, Albertson's, now owned by Minnesota-based SuperValu, went from \$30 million in yearly sales to \$6 billion.

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 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.

"I thought, 'What can we do to help them learn it?' I thought, 'What if they sang to the music words about the composers?'" Rowe said.

Rowe teamed with her

"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.

The results? Students with traditionally low performance started acting tests.

"I had a sixth-grader come in halfway through what we were doing, and he got 75 percent on the test," Rowe said. "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 trouble with the law or are from families unable to house them.

Despite the turmoil in their lives, the teens respond the music and have memorized facts about Vivaldi, Gregorian chants and Beethoven, Rowe said.

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

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 composers is so difficult 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 a lot of people who would recip-

Rowe and Christiansen now sell their program to other educators. "Teaching composers is so difficult that I decided I

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Death Valley works to preserve night sky

By Alicia Chang
Associated Press writer

DEATH VALLEY NATIONAL PARK, Calif. — High 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 steadied 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 laser vertical beam," said Duriscoe, pointing to a time-exposure shot on his camera-connected laptop showing the Vegas Strip pyramid-shaped hotel's famous 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 unpolluted stargazing spots. But the vista in recent years has grown murky.

The glitz 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 planet Venus on clear nights as seen from Dante's View.

Duriscoe, a soft-spoken, mustachioed physical scientist with the National Park Service as part of a roving federal team of night owls whose job is to gaze up at the sky and monitor for light pollution in national parks.

"What is alarming to me is, what's going to happen the next 10 years. I think we're not now if this growth of outdoor lights continues?" he asked.

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

Since the dawn of civilization, humans have been enthralled by the night sky's romantic mystique. Early settlements 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 stargazing 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



Dan Duriscoe stands by a special computer controlled camera as it automatically takes pictures of the night sky at Dante's View in Death Valley National Park, Calif., Dec. 1. The light in the sky on the left horizon is light from Las Vegas 85 miles away. New research reveals light pollution from Vegas increased 61 percent between 2001 and 2007.

AP photo

Anywhere, USA and chances are you will see lighted shopping strips, twinkling auto malls and city billboards. Today, 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.

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 blinding 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 carcinogen.

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 skies. "I don't think you can get Paris to turn off the Eiffel Tower or persuade Times Square to turn off all its lights," said Pete Strasser, the association's managing director.

In some could probably be said for Las Vegas, the sparkly desert playground where neon signs blend into the natural landscape.

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

"Ginoullias' 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 billboards on Interstate 15 that runs along the Vegas Strip. As for the main grid, Las Vegas Boulevard, Ginoullias said signs are reviewed case-by-case. Never 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 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 its 3.5 million acres, including parking lot light poles, flood lights, fluorescent tubes and egress lights next to doors. Only about 200 lights meet the sky-friendly standard.

At the Furnace Creek Visitor Center located 150 feet below sea level, the pedestrian walkway leading to the front entrance is lined with overhead rows of fluorescent tubes under a canopy. From Dante's View at night, the visitor center appears as dancing white and blue dots.

"This is a really bright spot in the park," said 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 two fixtures with tin can-shaped designs that focus light onto the ground instead of sideways or upward. Rangers are also debating whether to turn off outdoor lights in some camps.

"We're doing little by little," said Baldino.

So far, Utah's Gold Tier National Bridges National Monument and Pennsylvania's Cherry Springs State Park are the only two parks certified by the International Dark-Sky Association as dark-sky observatories. This fall, the group gave a tentative OK to the Geauga Park District's Observatory Park 40 miles east of Cleveland for its work to preserve darkness over the observatory and nearby park land.

Despite Death Valley's lighting challenges, city dwellers from all over still flock to take in the view.

On a recent December evening, a naturalist couple from northern Los Angeles admired the star-studded sky from Zabriskie Point, a popular lookout just south of the visitor center.

"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 a distance.

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

just nonexistent."

Back at Dante's View, a 5,475-foot panoramic viewpoint overlooking the glistening valley floor, Duriscoe is working his second night taking sky brightness readings. The camera, which he's named a triangle with Jupiter and Venus earlier in the night, has dropped below the horizon.

The night is still — save for the occasional breeze and whirring of solar panels. A self-camera mounted on a moving tripod that automatically takes 45 images, covering the entire sky. The images are then stitched together, and by subtracting the light by known stars, scientists create fish-eye panoramic maps of light invasion.

Duriscoe has been skygazing at national parks for a living since 1999 and made the first sky brightness comparisons two years later. A self-camera mounted on a moving tripod that automatically takes 45 images, covering the entire sky. The images are then stitched together, and by subtracting the light by known stars, scientists create fish-eye panoramic maps of light invasion.

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"This is the real universe," he said.

SW Idaho proposed site for high-tech corridor

BOISE (AP) — A coalition of private businesses and state and local government officials say they have a plan to entice big, high-tech companies to 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 Baywood and Star.

Lloyd Mahaffey, chairman of ESTech, said, California has many high-tech companies that might consider looking at southwest Idaho.

"One 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 Idaho."

One of the plan's goals is to offer an educated workforce, affordable housing, and fewer transportation problems than some other large cities.

Backers also say the area has an educated workforce, affordable housing, and fewer transportation problems than some other large cities.

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Utah company jumps on the geothermal bandwagon

By Paul Fay
Associated Press writer

PROVO, Utah — Within six months of discovering a massive geothermal field, a small Utah company had erected and fired up a power plant — just one example of the speed with which companies are capitalizing on new opportunities for alternative energy.

Anticipation of new energy policies has sparked a rush on land leases as companies like Raser Technologies Inc., based in Provo, lock up property that hold geothermal fields and potentially huge profits.

Raser's find, about 155 miles southwest of Provo, could eventually power 200,000 homes.

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

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

Management, with more than two dozen companies competing to make a score like Raser's.

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.

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.

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 plan, bumping 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 GeothermEX Inc., a consulting 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, enough to power the city, said Ann Robertson-Falt, a senior geologist and vice president of business development for GeothermEX.

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 bright, said Brian Verger, an energy analyst for New York-based Iesup & 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 electricity from renewable 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. Raser's 255-kilowatt 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 said the school will open as planned on Jan. 20 despite enrollment numbers that so far are only about a third 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, which classes start next month.

Only 156 students have so far registered for classes, but 1,570 have applied and paid the school's \$25 application fee.

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

TOURIST INTEREST WANING in sex sting bathroom

BOISE — The men's room at the Minneapolis-St. Paul International Airport where U.S. Sen. Larry Craig, R-Idaho, was arrested in a sex sting has lost interest as a tourist stop, an official says.

Patrick Hogan, director of the Metropolitan Airports Commission, said that the surge of publicity also brought an abrupt end to the

type of activity in the restroom that had prompted level-conduct complaints.

"It is the busiest restroom at Minneapolis-St. Paul International," Hogan told the Spokesman-Review. "It's right 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 earlier this month rejected Craig's 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 Lt. Gov. Jim Ritchy, a Republican.

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

WYOMING

Avalanche kills skier at Wyoming ski resort

JACKSON — An avalanche 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.

Olson says ski patrollers found Nodine 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 avalanche danger in the area before opening it to the public.

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

COLORADO

Avalanche kills two snowmobilers

GRAND LAKE — An avalanche in Colorado has killed two snowmobilers. 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.

The driver in the area before opening it to the public. At least six people have died in U.S. avalanches this ski season.

The two who were buried were declared dead at the scene near Grand Mountain. Their names haven't been released. Heavy snow and winds have raised the risk of avalanches in parts of Colorado's mountains.

— Wire reports

INSIDE: NFL, A6 | NBA & Scoreboard, A7

Warner, Fitzgerald lead Cards past Seattle 34-21

By Bob Baum
Associated Press writer

GLENDALE, Ariz. — Kurt Warner and Larry Fitzgerald sent the Arizona 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 final game of Mike Ditka's decade as Seahawks coach.

Two of Warner's TDs went to Fitzgerald, who caught five passes for 130 yards.

The Cardinals (9-7), who had been blown out twice since clinching the NFC West title, finished the regular season with a winning record for the first time in a decade and only the second time since 1984. 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-of-30 for 263 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 goals.

Edgerlin James, in his first extensive play since he was benched eight games into the season, carried 14 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 play.

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

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

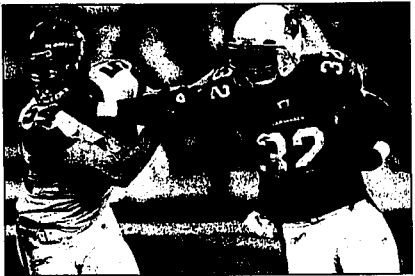
who is stepping down and vows to spend at least one year out of football, has a 174-122 career NFL record, 90-60 with Seattle. Steve Breaston caught five passes for 91 yards, the last a 7-yarder in the waning seconds, to join Fitzgerald and Boldin as 1,000-yard receivers.

It marks the fifth time in NFL history 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 8:49 left in the third. After Seattle punted on its next possession, 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 won the NFL's turnover on their first possessions of the game.

On the second play from scrimmage, Ralph Brown intercepted Wallace's pass at the Arizona 49, ending the Seattle quarterback's



Arizona Cardinals running back Edgerlin James stiff arms Seattle Seahawks' AP photo during the third quarter Sunday, in Glendale, Ariz. The Cardinals won 34-21.

franchise-record string of 184 attempts without an interception.

But two plays later, Darryl Tapp sacked Warner. The Arizona quarterback 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.

Redeem Team

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

By Dennis Wazak
Associated Press writer

EAST RUTHERFORD, N.J. — 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 Brett Favre jogged off the field and into the locker-room, maybe for the last time in a storied career.

Pennington, cut in the offseason by the Jets to make room for Favre, threw two touchdown passes 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 Tony Sparano, joining the 1999 Indianapolis Colts as the only teams in NFL history to make 10-game 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 (9-7) knew they needed a win and Baltimore to lose to Jacksonville to even get into the postseason after New England beat Buffalo 13-0 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



Miami Dolphins wide receivers Dwayne Boyse, left, and Ted Ginn Jr. celebrate after Ginn scored a touchdown against the New York Jets on Sunday, at Glens Stadium in East Rutherford, N.J.

AP Photo

Please see MIAMI, Page A6

Bolts buck Broncos to claim AFC West

By Bernie Wilson
Associated Press writer

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

The Chargers won the NFL's 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.

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

Tomlinson, 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 1967 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 upset the Colts in the playoffs last year, but Indy won 23-20 in San Diego on Nov. 23.

Denver won the first meeting between the teams in a bitterly rivalry on Sept. 14 with one last-minute help from referee Ed Hochuli. When the ball slipped from Jay Cutler's grasp and was recovered by Chargers inside linebacker Tim Dobbins, Hochuli ruled it an incomplete pass instead of a fumble.

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

On Sunday night, the Chargers looked like world-beaters and Tomlinson 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.

CSI women warm up with three games in Arizona

By Mike Christensen
Times-News writer

Call it a multi-purpose trip. On the basketball side of things, the College of Southern Idaho women get three final nonconference warm-ups before opening Scenic West Athletic 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 outings at the Central Arizona Tournament in Coolidge, Ariz. 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

No. 19 CSI vs. Odessa College, 5 p.m.

Tuesday

No. 19 CSI vs. British Columbia, noon

Notes: All games broadcast on 1270 AM and stream live at <http://athletics.csi.edu>

The trip concludes with a Thursday game against Yavapai College in Prescott. All three games will be broadcast live on 1270 AM KTFH and streamed at <http://athletics.csi.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 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's Basketball Top 25. CSI beat the Wranglers in

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 Vieweg is the team's leading scorer at 10.0 per game.

Yavapai is 7-4 on the season and has a balanced offense, led by double-figure scorers Bjonee Reeves and Lerrin Cook. The Rough Riders' setbacks include a one-point loss at Snow College on 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.



EDITORIAL

Budget cuts notwithstanding, mental health programs must stay

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

"I know that it keeps you awake at night," he told the *Idaho Pressman*.

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 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.

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.

Unfortunately, mental health services are red-headed 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 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 illness and substance abuse now, or we can pay them later in the form of higher taxes and shattered lives.

Our view:
Bottom line:
Mental health services keep people out of jail. The Legislature should keep them, even in a recession.

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

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.

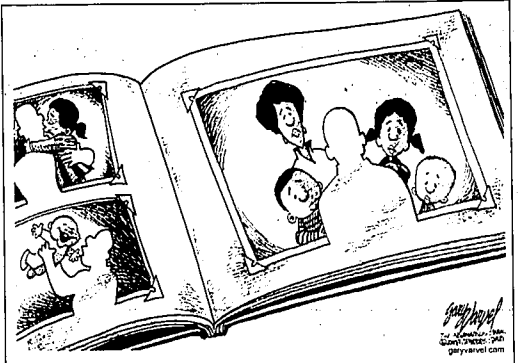
In 1965, a young assistant secretary of labor named Daniel Patrick Moynihan stumbled upon data that showed a rise in the number of black single mothers. As Moynihan wrote in a now-famous report for the Johnson administration, especially troubling was that the growth in illegitimacy, as it was universally called then, coincided with a decline in black male unemployment. Strangely, black men were joining the labor force more — and fathering — less.



KAY HYMOWITZ

There were other puzzling facts. In 1950, at the height of the Jim Crow era and despite the shattering legacy of slavery, the great majority of black children — an estimated 85 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 Rights Act and the Voting Rights Act, legal barriers to equality were falling. The black middle class had grown substantially, and the first five years of the 1960s had produced 7 million new jobs. Yet 24 percent of black mothers were then bypassing marriage. Moynihan wrote later that he, like everyone else in the policy business, had assumed that "economic conditions determine social conditions." Now it seemed, "for everyone, the law was evidently not so."

President Lyndon Johnson



was deeply shaken by Moynihan's findings. Neither man was driven by sentimentality 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 itself is crippled."

Unfortunately, those warnings were as prescient as they were reviled. Civil rights leaders, worried about reviving racist myths about black promiscuity, objected to what they viewed as blaming the victim. Feminists were inclined to look on the "strong black women" raising 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 Moynihan report and the subject had disappeared.

But the silent treatment was the wrong medicine. Since 1965, through economic recessions and booms, the black family has unraveled in

ways that have little parallel in human cultures. By 1980, black fatherlessness had doubled: 56 percent of black births were to single mothers. In inner-city neighborhoods, the number was closer to 66 percent. By the 1990s, even as the overall fertility of American women, including African Americans, was falling, the majority of black women who did bear children were unmarried. Today, 70 percent of black children are born to single 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 Crow, 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 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 these gaps, but it is central.

While half of all black children born to single mothers are poor, that is the case for only 12 percent of those born to married parents. At least three simulation studies, "marrying off" single mothers to either the fathers of their children or to potential husbands of similar demographic characteristics concluded that child poverty would be dramatically lower had marriage rates remained what they were in 1970.

Through the power of his own example, Obama presents a chance to revive what Lyndon Johnson called "the next and more profound stage of the battle for civil rights." Yet tackling this issue won't be easy. When Obama gave a Father's Day speech lamenting "fathers... missing from too many lives and too many homes," Jesse Jackson was amused 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 contributing 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 charter school.

In the controversy that seems to surround the formation of a charter school in Gooding, the point of contention always seems to be about the money involved and who gets it. I would submit 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 significant numbers of children to charter schools?

DUWAYNE KRAUSE
Twin Falls

Clifford, Luna are blessings for Hagerman

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 many 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 PO, Box 548, Twin Falls, ID 83303; 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 everyone to get to work or school. The students at Hagerman often complained about how efficient he was because it was rare when Hagerman had snow days.

Clyde retired a few years ago and Mike Luna has taken on the job of caring for the roads in the Hagerman 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 early 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 the Wendell 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 CLARK
DONNA CLARK
Hagerman

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 carols.

I'm usually the first one in my neighborhood to put up the outside lights. Christmas Eve, we made a point of checking out the neighborhood recommended by the Walters. Turn south on Curry Crossing for 1.2 miles to Twin 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 yard in the right with a great patriotic theme. Twin View is a long cul de sac, with every yard, fence line, house, all lit up with fantastic displays, and there are at least 20 beautiful nativity scenes to remind us of the reason for the season.

If Christmas was not all you hoped for in this economic time, take the family in to see this great display. It is not even very far to go down Addison West. Merry Christmas and Happy New Year.

JOHN THEBERT
Twin Falls

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 Blitzenberg and Ruth S. Pierce.

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THE LIGHTER SIDE OF POLITICS

Doonesbury

By Gary Trudeau



Mallard Fillmore

By Bruce Tinsley



The problem when Big Labor calls in its chits

Democrats face some political potholes on the road to governing with their expanded majorities in the U.S. Congress. The hazards are certain, falling in them is not.

Three areas of risk deserve special navigation — relations with organized labor, executive branch oversight and fostering bipartisanship. Failure to navigate any of these could produce serious setbacks. All deserve careful management in the months ahead.

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

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

electoral and legislative lifelines.

According to OpenSecrets.org, over 90 percent of the millions of dollars of union money spent in 2006 went to Democrats — no big shift from previous years.

Business interests are typically more bipartisan and pragmatic. Many just try to gain access and win favor with the party in power, Democrat or Republican.

Unions and trade associations giving shifted following the 2006 election to reflect the new Democratic majority. Labor's approach, on the other hand, is more overtly political. They engage in less "strategic giving."

Labor supports Democrats whether they are the majority or the minority in Congress.

The problem for Democrats is a mismatch between labor's growing political clout and its declining numbers. Unions now represent less than 10 percent of the private sector work force. Yet they dominate the Democrats' legislative agenda in Congress.

A long-time Republican Capitol Hill staffer told me that "most major pieces of legislation have something either that labor wants or that labor's political power was on display again recently with the auto bailout legislation. Many — including Republican Sen. Bob Corker of Tennessee, who is not even a union member — 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 demonstrate a little more separation from the union abel. Voter cynicism likely will increase if Democrats eagerly embrace the UAW's agenda when it comes to trade, the future of the auto industry, and other legislative priorities. And if the perception grows, it could cause a severe electoral backlash. Legislative oversight also deserves serious attention. Most Americans support Congress as a check on executive branch excess. But when the same party controls both ends of Pennsylvania Avenue, tough and independent oversight is challenging. Political parties often look the other way when it comes to investigating — or just accepting — human nature, but it's also politically risky.

Congressional Republicans faced a similar challenge after George W. Bush took office in 2001 when the GOP controlled both ends of the Capitol. Americans want accountabil-

ity, transparency and competence in government. The Democratic Congress should ensure the Obama administration meets those requirements. Finally, Democrats should try to break the cycle of polarization and partisanship when it comes to relations with Republicans. Barack Obama's election gives them both means and motivation to do so. Americans want Congress to solve problems. But style matters. There is no reason why Democratic leaders and committee chairs can't institutionalize meetings and outreach with their colleagues in the minority to seek more opportunities to work together and change the tone in Washington.

Democratic chairs can't disengage themselves on some issues. But that doesn't mean lawmakers can't look for areas to lower the decibel level and find new areas of common ground. This might mean a change in the Allen Rule (80 percent of suc-

cess is still showing up). Just trying a little more civility and inclusiveness might yield some surprising results.

Americans believe Washington is dominated by special interests, wastes money and is too polarized. Democratic Congresses 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 Democrats' long-standing relations with labor, unified party control, and generations of corrosive partisan polarization, these public worries could deepen in the next Congress. These politicians, however, will take awareness, aptitude and more than a little savvy to steer clear.

Gary Andres is vice chairman of *Outsiders Worldwide*. He writes a weekly column for *Hearst Newspapers*.

The long knives come out in Canada

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

Our normally staid neighbor to the north is embroiled in a political crisis with its own colorful cast of characters: a glamorous Governor General appointed by the Queen of England, a Machiavellian prime minister often called Canada's Dick Cheney and a bumbling opposition leader who made a recent speech against a backdrop that included a book prominently titled "HOT AIR."

All this comes when unemployment is rising, the economy is worst just in 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 "somehow of a state" says Lawrence Barker, head of the 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.

That so enraged the Liberals and others in Parliament that they announced they would form a coalition that could topple Harper's government with a no-confidence vote.

So, doing what no prime minister had done before, Harper went to Canada's governor general on Dec. 4 and got her OK to "pro-rogue" or suspend Parliament until Jan. 26.

A bit of explanation: Depending on your point of view, one of the charmingly quaint or ridiculously anachronistic things about Canada is that the formal head of state is a governor general appointed by the British monarch. The current governor is Michaëlle Jean, 51, a brilliant and stunning former broadcaster journalist fluent in five languages.

That Jean and Harper met 2 1/2 hours before she finally approved his program was dramatized exactly what a big deal this was.

"Our office of governor general is not democratically elected so in terms of legitimacy it's pretty weak," says Robert Bothwell, an historian at the University of Toronto. "But in the final



SUSAN TAYLOR MARTIN

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 confidence."

A shrewd politico from Calgary, Harper, 49, 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. "He's a neo-conservative. People are used to the world in black and white, so he really does believe the opposition is evil. I think Harper will try to do anything to avoid losing 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 banana republic, we don't have coalitions," says Barker, who served in Ontario's provincial government before heading the Snowbird Association. "People are saying, 'I don't remember seeing the vote coalition as one of the choices, so how dare you try to subvert my 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-confidence vote, thereby forcing a new general election 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 recently I thought there wasn't a crisis. His propaganda machine is straight out of Karl Rove."

Susan Taylor Martin is a columnist for *The St. Petersburg, Fla., Times*. Write to her at susan@spjtimes.com.

Obama should give Iran a chance to fail

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

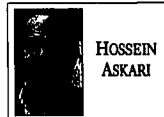
He would be better off first taking a long, deep breath and allowing Iran's economic crisis to take its toll on the mullahs before getting down to serious business.

The political landscape has shifted dramatically in Iran in the past few months, handing the U.S. a political opportunity that it hasn't had since the 1979 revolution.

President Mahmoud Ahmadinejad's populist expenditure policies, coupled with the U.S. embargo, have caused a collapse of the oil market, have driven Iran into an economic tailspin. The result is that Iran is more vulnerable to focused economic sanctions than it has been in 30 years.

Iran's record of economic failure since the revolution is astonishing. Average real per-capita income is lower and income distribution more unequal. Oil 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.

Preoccupied with day-



HOSSEIN ASKARI

to-day survival and short-term popularity, the regime in Tehran has forgone the possibility of achieving 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 cronies and a rapid credit expansion spurred a real estate bubble. Meanwhile, an essentially fixed exchange rate helped the rich to take their money out of the country and prevented import prices from going up. But now the regime is out of maneuvering room.

In 2007, the U.S. Treasury began cutting off Iranian financial institutions from the international banking system, increasing Iran's 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 further and longer can make dollar transfers into Iranian banks or behalf of foreign countries or companies of foreign banks who buy Iranian oil. On Nov. 26, the Treasury went one step further and expanded the definition of "financial institution" to encompass

the National Iranian Oil Co. and its subsidiaries, meaning they're cut off from the U.S. financial market too.

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 windfall 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 poor would have to go without basic necessities or cronies would have to be heavily taxed.

If Obama takes stock of these developments, he'll 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 Hussein for eight years and could not advance even 100 miles into Iraq, so it hardly represents a military threat to the United States or Israel. The large U.S. military presence in the region can easily keep Iran in check. Even if Iran is striving to develop nuclear weapons, it is at least 30 years away. All Iran can do is fan the flames against U.S. interests through surrogates such as Hezbollah and Hamas.

So the Obama administration has no need to swing into action. A rush to negotiate would only embolden the mullahs, exact unnecessary concessions from the

U.S. and subject Iranians to clerical rule for the foreseeable future. If the new U.S. administration wants to negotiate from a position of strength, it must change Iran. It should act in a slow and deliberate manner, making no threats 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 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 that is less than 2 percent of that of the U.S. can weaken. Meantime, global goodwill toward the new American president should give Obama multilateral support to draw on.

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 continue to do their work. Negotiate a little, concede nothing.

Hossein 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 interview with WLS-TV

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

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

"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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Tom Cruise - Valkyrie (R)
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Marley and Me (PG)
Days: 1, 8, 15, 22, 29

Free Movie (R)
Days: 12, 19, 26, 30, 31

White House Down (R)
Days: 12, 19, 26, 30, 31

Best Movie (PG)
Days: 12, 19, 26, 30, 31

Spirit (PG) Days: 12, 19, 26, 30, 31
Double (PG) Days: 12, 19, 26, 30, 31
White House Down (R) Days: 12, 19, 26, 30, 31
Four Christmases (PG)
Days: 12, 19, 26, 30, 31
Tales of Despereaux (PG) (PG)
Days: 12, 19, 26, 30, 31
700 Hours (PG)
Days: 12, 19, 26, 30, 31
Beverly Hills Chihuahua (PG)
Days: 12, 19, 26, 30, 31

Various Shows of Benjamin Franklin (PG)
Days: 12, 19, 26, 30, 31
Marley and Me (PG)
Days: 12, 19, 26, 30, 31
Machete (R) Days: 12, 19, 26, 30, 31
Australia (PG) Days: 12, 19, 26, 30, 31
The Day After Tomorrow (PG)
Days: 12, 19, 26, 30, 31
The Day the Earth Stood Still (PG)
Days: 12, 19, 26, 30, 31
Seven Pounds (PG)
Days: 12, 19, 26, 30, 31
Quantum of Solace (PG) Days: 7, 10, 13, 17
Best Movie (PG) Days: 12, 19, 26, 30, 31
Days: 12, 19, 26, 30, 31

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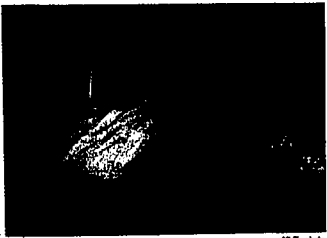
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AP the photo
Herman and Roma Rosenblatt pose for a photo in their North Miami Beach, Fla. home on Sept. 25, 1945. Rosenblatt's 'Angel at the Fence' had been scheduled to come in February, but Berkley Books, an imprint of Penguin Group (USA), withdrew the memoir following allegations by scholars, friends and family members that his tale was untrue.

Anger, sadness over fabricated Holocaust story

By Hillel Halko
Associated Press writer

NEW YORK — It's the latest story that touched, and betrayed, the world.

Herman Rosenblatt and his wife are the most gentle, loving, beautiful people," literary agent Andrea Hurst said Sunday, anguishing over why she, and so many others, were taken by Rosenblatt's story of love born on opposite sides of a barbed-wire fence at a concentration camp.

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

On Saturday, Berkley Books canceled Rosenblatt's memoir "Angel at the Fence." Rosenblatt acknowledged that he and his wife did not meet, as they had said for years, at a sub-camp of Buchenwald, where she allegedly sneaked him apples and bread. The book was supposed to come out in February.

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

"I wanted to bring happiness to the world," said Rosenblatt, who now lives in the Miami area. "I brought hope to a lot of people. My motivation was to make good in this world."

Rosenblatt's biographers included not only his agent and his publisher, but Oprah Winfrey, film producers, journalists, family members and strangers who ignored, or didn't know about, the warnings from scholars that Chapman didn't make sense.

Other Holocaust memoirists have devised greater fantasies. Misha Dofonseca, author of "Misha: A Memoir of the Holocaust," pretended she was a Polish Jew who brought her wolves during the war, when

she was actually a non-Jew who lived without wolves in Belgium.

Historical records prove Rosenblatt was indeed at Buchenwald and other camps.

"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 Michael Berenbaum.

"The damage is broad. Hitting the most interesting 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 gaining life in Los Angeles. Winfrey fell, as she did with James Frey, for a name of suffering and redemption better suited for television than for history.

The damage is deep. Scholars and other skeptics as well as fellow survivors fear that Rosenblatt's fabrication will only encourage doubt about the Holocaust.

"I am very worried because many of us speak to thousands of student each year," says Sidney Finkel, a longtime friend of suffering and redemption survivor. "We go before audiences. We tell them a story and now some people will question what I experienced."

"This was not Holocaust education, it was miseducation," Ken Walzer, director of Jewish Studies at Michigan State University, said 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," Walzer said. "All the more important then to have the members of that real experience in the camps."

Former Miami newspaper titan Chapman dies at 87

MIAMI (AP) — Alvah H. Chapman Jr., former president and chief executive officer of the Miami Herald, chairman of Knight Ridder Corp. and a champion of philanthropic causes in South Florida, has died. He was 87.

Chapman succumbed to pneumonia on Christmas night after spending the holiday with his family in Coconut Grove, the newspaper reported. He had Parkinson's disease, suffered strokes in recent years and broke a hip in Miami in 1960 and in the same year brought his family to Miami in 1960 and was a corporate and civic leader. He worked to house the homeless, helped sculpt downtown Miami's contemporary appearance and the giant mall will be built, after Hurricane

Andrew in 1992. Chapman believed public service was a responsibility that any business could help build and foster a society.

"You can't publish a successful newspaper in a community that's dying on the vine," he once said. He was born into a newspaper family on March 21, 1921, in Columbus, Ga. There, his family owned the R. W. Page Corporation, which operated The Ledger-Enquirer and other newspapers. His father, Alvah Sr., became publisher of The Bradenton Evening Herald in west-central Florida when he was 5.

Chapman graduated from the South Carolina military school The Citadel and served as Knight Ridder CEO from 1976 to 1983.

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 at her side.

Dixie was born July 20, 1945, in Omaha, Neb., the daughter of Alvie & Vesta Rumer.

Parks. She grew up in Iowa and graduated from Hamburg High School in Hamburg, Iowa. On Jan. 24, 1968, Dixie married Hugh Mack Reeves in Elko, Nev. To this union were born two children, Eric and Tammy. To Dixie's family was her No. 1 priority and always came first. She was a wonderfully loving wife, mother, grandmother, sister, aunt and friend. Dixie was born and raised in the Baptist faith. Dixie's hobbies included horseback riding, hunting, fishing and camping with family, scrap booking, crafting and photography.

Dixie was a skilled machine operator and worked for Lamb, Weston, Universal Frozen Foods of Idaho Frozen Foods for more than 25 years. All who knew and loved her will miss 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, Tammy and Ken Stokesberry of Rigby; six grandchildren, Mercedes and Samantha Reeves of Twin Falls, Ryan and sister-in-law, Brittny Stokesberry of Rigby; Chayla Stokesberry of Twin Falls; her sister, Lola Parks of Neb.; brother and sister-in-law, Bill and Luanne Reeves of Johnson Creek, Wis.; brother and sister-in-law, Virgil and Deena Reeves of Yelm, Wash.; sister-in-law, Diane Reeves of Coeur d'Alene; sister-in-law, Viola Levens; sister-in-law, Viola Levens of Purdy, Mont.; and lots of nieces and nephews. She was preceded in death by her mother, Vesta Edith Rumer Parks; her father, Alvie C. Parks; brothers J. Parks and Kenny Parks; sisters Betty Finney and Katherine Parks; and brothers-in-law John Reeves and Tom Levens.

Memorial Services for Dixie will be held Wednesday, Dec. 31 at 10 a.m. at the Parke's Magic Valley Funeral Home 2551 Kimberly Road in Twin Falls, Idaho with Pastor Tracy Armstrong officiating. All services and arrangements are under the direction of the Parke's Magic Valley Funeral Home of Twin Falls, Idaho.

Patricia 'Pat' Moniece Runyon

Patricia "Pat" Moniece Runyon of Paul, passed away Saturday, Dec. 27, 2008, at Minidoka Memorial Hospital, in Rupert, Idaho. She was 76 years old.

Pat was born Jan. 21, 1932, in Deer Creek, Kan., to Orlie and Vivian Post. While she was just a young child, the family moved to the Shoestring District in the Gooding/Wendell area. She attended schools in Gooding. Pat then met the love of her life and, ever 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, Idaho and finally the Mini-Cassia area at their home. Pat had many friends and worked in the grocery industry for many years. She then made a

career change and went to work at the Burley Reminder and was lucky enough to get to retire from there. Mom always carried a smile on her face, whether she was taking care of her four boys or at a bowling alley with her friends and their friends.

Pat is survived by her husband, Darrell; their four sons, Orlie (Nan) Runyon, Jeff Covington, Wash; Mike (Kelly) Runyon of Rupert; Robert (Layne) Runyon of Burley; and Marty (Christy) Runyon of Paul; 17 grandchildren; 11 great-grandchildren; and sister Phyllis (Oris) Bowles. She was preceded in death by her parents and one brother, James.

The service will be held 11 a.m. Wednesday, Dec. 31 in the Chapel at Hansen Mortuary, 710 6th St., Rupert, Idaho. The family will receive friends at family 30 minutes prior to the service. Arrangements are under the direction of Hansen Mortuary in Rupert.

SERVICES

Norman Anthen Jackson of West Valley City, Utah, and formerly of Twin Falls, memorial service will be held at the LDS Chapel, 223 Park Ave. in Twin Falls.

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

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

Nelle Orvilla Schultz of Filer, funeral at 11 a.m. today at Farmer Funeral Chapel, 130 N. Ninth Ave. in Buhl; visitation 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, 500 Villa Drive; visitation one hour before at 10 a.m. today at the church.

Blanche Frodsham Wilson of Tucson, Ariz., and formerly of Burley, funeral at 11 a.m. today at the Rasmussen Mortuary, 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 "Mazine" 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 8 to 7 p.m. today at Demary's Gooding Chapel; memorial service in the spring will be announced 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. Tuesday at the Jackpot Combined School gymnasium in Jackpot; visitation from 1 p.m. until time of the service Tuesday at the school (Reynolds Funeral Chapel in Twin Falls).

Jodie 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 4 p.m. and 6 to 8 p.m. Tuesday at Redmond Funeral Home, 4100 S. Westledge Ave. in Kalamazoo.

Bill 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 Demary's Funeral Service, Wendell Chapel.

Lops Elaine Stephenson of Rupert, funeral at 11 a.m. Friday at the Rupert LDS Stake Center, 324 E. 16th St.; visitation from 10 to 10:45 a.m. Friday at the church (Rasmussen Funeral Home of Burley).

Marie Blacker Green of Burley, funeral 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.

DEATH NOTICES

William H. Bolster
William H. Bolster, 69, of Twin Falls, died Saturday, Dec. 27, 2008, at St. Luke's Magic Valley Medical Center. Arrangements are pending. Serenity Funeral Chapel, Twin Falls.

Thomas E. Fain
Thomas E. Fain, 20, of Glens Ferry, died Friday, Dec. 26, at home. Arrangements are under the direction of Rost Funeral Home, McMurry Chapel, Mountain Home.

Baleria Hobday
Baleria Hobday, 49 of Gooding, died Saturday, Dec. 27, 2008, at her residence. Arrangements will be announced by Demary Funeral Service, Gooding Chapel.

Helen D. Lambert
JEROME — Helen Lambert, 82, of Jerome, died Monday, Dec. 22, 2008, in Jerome. Arrangements are under the care of Farnsworth Mortuary of Jerome.

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

Paul R. Millhorn
Paul R. Millhorn, 70, of Buhl, died Saturday, Dec. 27, 2008, at his residence. No services are planned at this time. Cremation was under the direction of Demary's Funeral Service, Wendell Chapel.

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"The treatment I receive from Fritz and his staff is absolutely super!"
Ivan Skinner, Twin Falls
"My new Widex hearing aids from Professional Hearing Aid Services are very comfortable, and I can hear much better in background noise. The treatment I receive from Fritz and his staff is absolutely super!"

1940s femme fatale star Ann Savage dies at 87

LOS ANGELES (AP) — Ann Savage, who earned a cult following 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 complications following a series of strokes, said her manager, Ken Adairson. Her Hollywood career had largely been over since the mid-1950s, but she had a

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

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Mrs. Bush, Rice: Bush presidency not a failure

By Jesse J. Holland
Associated Press writer

WASHINGTON — The two most influential women in President George W. Bush's White House — first lady Laura Bush and Secretary of State Condoleezza Rice — are strongly defending the president's legacy against critics who are calling his administration one of the worst in history.

"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

think history will judge and we'll see later."

Rice took a similar view in a separate interview, saying that claims that the Bush administration has been one of the worst ever are "ridiculous." "I think generations pretty soon are going to start to think this president for what he's done. This generation will," Rice said.

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

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."

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

the job in Afghanistan.

Mrs. Bush noted that under her husband's watch, the U.S. toppled Saddam Hussein and liberated millions of people in Afghanistan and Iraq from oppressive governments. She also highlighted the president's work to provide treatment for disease like AIDS and malaria to millions of people in sub-Saharan Africa. She said her husband responded to the Sept. 11 terrorist attacks in a way that has kept the nation safe.

"I think that's very, very important," she said. Rice said it won't be long

before Bush's contributions to the world will be acknowledged.

"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 want to pay too much attention to today's headlines," she said.

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

AROUND THE NATION

ILLINOIS Lt. Gov.: Blagojevich out by February

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

Lt. Gov. Pat Quinn, speaking from Chicago, said on CBS' "Face the Nation" he believes Blagojevich will be impeached and convicted by Illinois Legislature by Abraham Lincoln's bicentennial birthday celebration on Feb. 12.

Blagojevich was arrested Dec. 9 on charges alleging he schemed to swap President-elect Barack Obama's vacant Senate seat for profit, 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 "tight police guard" that "tells him what he wants to hear and not what he needs to know."

He needs to know "he's disgraced himself, he's disgraced the people of Illinois," Quinn said.

PENNSYLVANIA

Man spent days unnotified in attic

WILKES-BARRE — A family didn't realize they had an unexpected Christmas guest until a 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, theft, receiving stolen property and criminal trespass.

"When he came down from the attic, he was wearing my daughter's pants and my sweat shirt and sneakers," homeowner Stacy Ferrance said. "From what I gather, he was helping himself to my home, eating my food and stealing my clothes."

Police said the 21-year-old Carter had been staying with his friends, who are Ferrance's neighbors in a duplex. He apparently 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.

CALIFORNIA

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

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

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, "Bride Wars" came in second for the weekend, with \$28.1 million.

Axelrod: Slowing economy won't deter tax cuts

By Jesse J. Holland
Associated Press writer

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

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

Middle-class tax cuts will be part of the new administration's stimulus plan, Axelrod said.

"The package will include a portion of that tax cut that will become part of the permanent tax cut that he'll have in his upcoming budget," Axelrod said.

The incoming administration is considering tax cuts of \$500 for couples and \$300 for individuals that will be delivered by reducing the tax withheld from paychecks.

That plan has been estimated to cost about \$14.6 billion over 2009-2010.

The lump-sum rebates issued earlier this year were used by many people to pay down debt, rather than spending the money and boosting the economy, as the administration had hoped.

"People need money in their pockets to spend," Axelrod said. "That'll get our economy going again."

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

The influence game

Unlikely groups seek job funds

By Alan Fran
Associated Press Writer

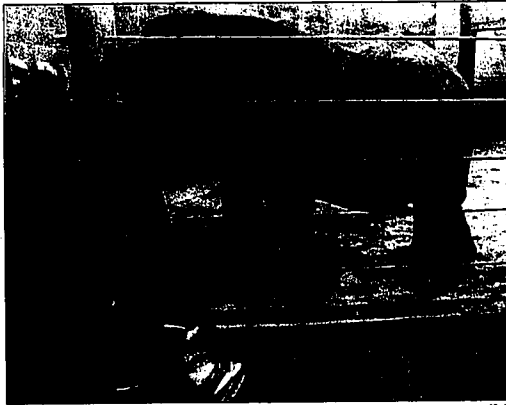
WASHINGTON — Zoos, the bicycle industry and advocates of beach replenishment share something this holiday season: They're all hoping for a slice of the mammoth economic stimulus package President-elect Barack Obama and Congress hope to pass early next year.

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, lobbyists for homebuilders, local governments, labor and other predictable interests are working to claim a share of the money.

Less obvious groups, though, also are lobbying hard for inclusion, underscoring how the sheer size and scope of the measure has made it irresistible to all sorts of industries and organizations that at first blush might not seem likely candidates for federal aid. It 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, lobbyist for the American Shore and Beach Preservation Association, which champions restoring eroded beaches and dredging shipping channels.

Despite their hopes, the



Zoo Keeper Rachel McHugh, of North Kingstown, R.I., left, carries a spool of wire past Alice, a 23-year-old African elephant at the Roger Williams Park Zoo, in Providence, R.I., Dec. 23. Zoos, the bicycle industry and advocates of beach replenishment share something this holiday season: they're all hoping for a piece of the mammoth economic stimulus package President-elect Barack Obama and Congress hope to pass early in 2009.

incoming administration is vowing not to load up its stimulus package with special-interest goodies. "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 coastal and waterway improvements would create jobs, improve navigation and recreational facilities, and even help restore areas devastated by storms like September's Hurricane 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. Roosevelt, Feldman said.

"There's precedent. We haven't just come up with this out of the blue," he said.

Besides lobbying in Washington, association members are trying to persuade 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 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 Mulvena 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 shape the bill include the IWCA 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.

High wind knocks out power to 413,000 in Michigan

By David Rank
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 were posted throughout the Midwest as temperatures rose after a week of heavy snowfall. Forecasters said flooding was possible in areas of Wisconsin, Ohio, Iowa, Michigan and Indiana.

In Michigan, high wind knocked down tree limbs and power lines. Parts of the state again got about 4 inches of snow.

"We've had an intensifying storm system track northeast through the state," said Mark Sestak, a meteorologist with the National Weather Service in Grand Rapids. "As

that storm intensified, it brought the winds."

Detroit-based DTE Energy Co. said about 230,000 lost power Sunday, mostly in Wayne and Oakland counties. 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 aided Michigan's power restoration efforts.

Strong winds also gustted 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 five western and northern counties. In New York City, residents relaxed as tempera-



Great White shark walks the Second Circle Dr. in Lyme, N.H., following Saturday's heavy rain and thunderstorms, Sunday.

tures reached the mid-60s Sunday.

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

ages for thousands in Michigan.

Flood warnings were posted Sunday over sections of Iowa, 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.

Further east, New York City residents relaxed as temperatures headed for the mid 60s Sunday.

In the Chicago suburb of Riverside, utilities encouraged residents along the Des Plaines River to evacuate Saturday night as water rose. The Des Plaines River city of Des Plaines at nearly 7 feet, said Don Henseth, 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 Henseth, director of emergency management for the city of Des Plaines.

Chaos in Gaza as strikes continue

By Ibrahim Barzak
Associated Press writer

GAZA CITY, Gaza Strip — Terrified prisoners fled a Gaza City jail bombed by Israeli warplanes on Sunday, their faces white with dust and red with blood as they stumbled over huge piles of rubble.

Across the territory, grieving families pitched traditional mourning tents of green tarp outside the homes. Yet the rest of chairs inside these tents remained largely empty, as residents covered indoors for fear of new Israeli strikes. Plumes of gray smoke rising into the sky marked the site of the latest Israeli attacks. Even for war-weary Gazans, who've lived through countless Israeli incursions, air attacks and months of bitter Palestinian infighting, the latest surprise Israeli air offen-

sive was unusually traumatic. In all, more than 250 people — most of them Hamas policemen, but also 20 children — were killed in some 300 Israeli air strikes on Tuesday. On Saturday, shortly after Israel unleashed the deadliest offensive against Hamas and its rocket squads, hospital morgues 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 lay in the morgue of Gaza's largest hospital, Shifa, their faces disfigured by shrapnel. 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 Hamas security forces.

The shelling began at 11:30 a.m. Saturday, a work day in Gaza. Just as children returned home from school, women shopped in local markets and pedicab-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 world, and lifting to reveal another filled with horror. Women were running, carrying their children, uniformed students screamed and cars crashed into each other as panicked drivers tried to get away.

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

reception area of Shifa Hospital.

Police directed those to go to the hospital morgue, opposite the maternity ward, but it was already full by Saturday afternoon. One dead woman lay on the floor, her face covered in blood and body in an embroidered peasant's robe. Men searching for relatives smacked their heads against the floor in grief and helplessness.

Inside Shifa, some of the floors were slick with blood. Wounded people sat in corridors, shouting 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



A Palestinian family rushes from the scene of an Israeli missile strike on a building in the Rafah refugee camp, southern Gaza Strip, Sunday.

set free dozens of prisoners, who rushed out from their cells, carrying bags of clothes and blankets with them as they scrambled over rubble, fleeing Hamas police.

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

Miles away on Gaza's southern border with Egypt, the ground shook on Sunday afternoon. In a matter of four minutes, Israeli aircraft destroyed 40 smuggling tunnels running under the border.

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

AROUND THE WORLD

MEXICO

Mexico reports 7 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 across 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 Guerrero, the bound bodies of two men were found near 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. Officials estimate that more than 5,300 people have died in organized crime-related slayings this year.

AFGHANISTAN

Video captures deaths of 14 Afghan students

KABUL, Afghanistan — A video showing school children walked past a military checkpoint Sunday as a bomb-loaded truck veered toward them and exploded, ending the lives of 14 young Afghans in a heartbreaking flash captured by a U.S. military security camera.

The video shows an SUV slowly weaving through sandbag barriers at a military checkpoint just as a line of school children, many wearing white caps, comes into view. They walk along a pathway between the street and a wall, several 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 opposite direction, nearly passing the SUV when the footage ends in a fiery blast.

BRITAIN

Man arrested in case of woman in trunk

LONDON — Scottish police said Sunday they arrested a 35-year-old man in connection with the abduction of a nurse who was found tied up in the trunk of her car — where she may have been held for as long as 10 days.

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

Officers found her Friday in the trunk of her car. She was bound, in her night-wear and suffering from dehydration and hypothermia.

Child maids now being exported to U.S.

By Raimoni Calmachini
Associated Press writer

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 rinsed 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 stool.

But she was not the daughter of the couple next door doing chores. She was their maid.

Shyma was 10 when a wealthy Egyptian couple brought her from a poor village in northern Egypt to work in their California home. She awoke before dawn and often worked past midnight to iron their clothes, mop the marble floors and dust the family's crystal. She earned \$45 a day. She worked 10 to 20 hours a day. She had no breaks during the day and no days off.

The trafficking of children for domestic labor in the U.S. is an extension of an illegal but common practice in Africa. Families hire remote villages and their daughters to work in cities 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.

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 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 since their work can so easily be masked as chores.

Once behind the walls of gated communities like this one, these children never go to school. No one knows to their neighbors they live as modern-day slaves, just like Shyma, whose story is pieced together through court records, police transcripts and interviews.

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

Shyma 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 her daughter to the couple for 10 years and told Shyma to be strong.

For a year, Shyma, 9, worked in the Cairo apartment owned by Amal Motelli and Nasser Ibrahim. Every month, Shyma's mother came to pick up her salary.

Tens of thousands of children 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.

The U.S. State Department found that over the past year, children have been trafficked 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 hidden that authorities — including the U.N., Interpol and the State Department — have no idea how many child maids 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 Hany Helal, the Cairo-based director of the Egyptian Organization for Child Rights. By the time the Ibrahim family had taken several loans from their medical bills, the Ibrahim said they could only be repaid by sending Shyma to work for them in the U.S. A friend posed as her father, and the U.S. embassy in Cairo issued her a six-month tourist visa.

She arrived at Los Angeles International Airport on Aug. 3, 2000, according to court records. The family brought her back to their spacious five-bedroom, two-story home, decorated in the style of a Tuscan villa with a fountain of two angels spouting water through a conch. She was told to sleep in the garage. It had no windows and was neither heated nor air-conditioned. Soon after she arrived, the garage's only light bulb went out. The Ibrahim didn't replace it. From then on, Shyma lived in the dark.

She was told to call them Madame Amal and Hajj Nasser, terms of respect. They called her "shaghala," or servant. Their five children called her "stupid."

While the family slept, she ironed the school outfits of the Ibrahim's 6-year-old twin sons. She woke them, combed their hair, dressed them and made them breakfast. Then she ironed clothes 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. When they awoke, they yelled for her to make tea. While they ate breakfast

watching TV, she cleaned the palatial house. She vacuumed each bedroom, made the beds, dusted the shelves, wiped the windows, washed the dishes and did the laundry.

Her employers were not satisfied, she said. "Nothing was ever clean enough for her. This is dirty," or "You didn't do this right," or "You ruined the food," she said Shyma.

She started wetting her bed. Her sheets stank. So did her oversized T-shirt and the other hand-made-downs she wore.

While doing the family's laundry, she slipped on her own clothes and ruined the food," she said Shyma. She told me my clothes were dirtier than theirs. That I wasn't allowed to clean mine there," she said.

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 Ibrahim opened the door to a detective from the Irvine Police Department. Asked if any children lived there beside his own, he first said no, then yes — "a distant relative." He said he had "not yet" enrolled her in school. She did "chores — just like the other kids."

Salwa Mahmoud, 53, holds a photo of her daughter Shyma on Sept. 24. Shyma was 9 when she started working as a servant for an Egyptian family and was later taken by the same family to California where she endured 20 hour work days inside their posh home.

According to the police transcript, Shyma was upstairs cleaning when Ibrahim came to get her. "He told me that I was not allowed to say anything," said Shyma. "That if I said anything I would never see my parents again."

When police searched the house, they turned up several home videos showing Shyma at work. They seized the contract signed by Shyma's illiterate parents. Asked by police if anyone other than his immediate family lived in the house, Ild, one of the twins, said: "His name is Yeha... Her name is Shyma," according to the transcript. "She uh ... She works — she works with us at the house, like, she cleans up the dishes and stuff like that."

Heba eventually admitted that Shyma had lived with the family for three years in Egypt and in California. The police put Shyma in a squad car. They noted her hands were red and caked with dead, hard-looking skin. For months Shyma lied to investigators, saying what the Ibrahim's 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 Ibrahim's and wanted to come

home. Her father yelled at her. "They kept telling me 'her parents are good people.' Shyma returned in a recent interview. "That is 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 refused to speak Arabic. She can, no longer communicate in her mother tongue.

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

In her final plea, Madame Amal told the judge it would be unfair to separate her from her children. She arranged, Shyma, then 17, told the court she hadn't seen her family in years.

"Where was their loving when it came to me? Wasn't I a human being too? I felt like I 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 Shyma would have earned at the time. Three children in federal prison for 18 months for his wife, and then deportation for both.

Shyma was adopted last year by Chuck and Jenny Hall of Beaumont, Calif. The family lives near Davis, Calif., where they have taken her a half-dozen times. She graduated from high school this summer after retaking her exit exam.

Shyma, now 19, has a list of assigned chores. She wears purple eyeshadow, has boyfried and frequently updates her profile on MySpace. Her hands are neatly manicured.

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5

ways to beat the winter blues

By Melissa Davlin
Times-News writer

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.



Photo illustration by ASHLEY SMITH/Times-News

1 Love the light

Sunlight is a natural mood enhancer, which explains why we feel bad 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 you."

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 higher 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.



2

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, put down the cookbook, ease off the spiked eggnog and take a break. Your appetizer shrimp plate doesn't need to look like Martha Stewart's.

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

3

Count your blessings — and pass them on

Before Christmas, Geren's daughter was stranded in the Portland, Ore., airport, unable to get home. Instead of mourning a less-than-perfect Christmas, Geren said, her 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 attitude Geren wants to pass on to her blue clients.

"Take all those frustrations and help somebody else," she said.

Jensen agreed, noting that charity and volunteering activate the pleasure centers in the brain. Even something as simple as smiling at a stranger or shoveling a neighbor's sidewalk can make you happier.

"A lot of people are on medication, but to get those natural endorphins going, it's getting out, giving to others," Geren said.



Photo illustration by ASHLEY SMITH/Times-News

4

Take care of yourself

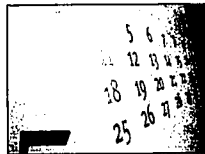
Eating right, exercising and getting enough sleep are no-brainers when it comes to feeling better, Jensen said. If your body feels less-than-stellar, your mood will suffer, too. Eat plenty of nutrient-dense fruits and veggies and get plenty of sleep (but not too much — more than eight hours is counterproductive,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

Most importantly, 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 afraid to pamper yourself. Splurge for a massage or beauty treatment, Geren said. It's 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.



5

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 said. But if symptoms last more than six months, see a 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.

What to do for You

About C-sections

Cesarean childbirth class, 6:30-9 p.m. Tuesdays, in the lobby at St. Luke's Magic Valley Medical Center's downtown campus, 660 Shoshone St. E. in Twin Falls. Topics: Cesarean deliveries, non-conforming labors, pain management and hospital procedures. Wear comfortable clothing, bring two pillows and, if possible, a support person. Free. Pre-registration required: 732-3148.

About back injuries

"Back School," a course on preventing and treating back injuries, 5-7 p.m. Jan. 5, at St. Luke's Idaho Elks Rehabilitation Services, 560 Shoup Ave. W. in Twin Falls. Topics: basic spine anatomy, common injuries and diseases that lead to back pain, as well as instructions in posture and body mechanics to protect the spine. Cost is \$25. Pre-registration 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-up, strength/toning, flexibility and cool-down, along with cardio activities: bench aerobics, circuit training and simple dance steps. Modifications for all fitness levels will be provided. Wear exercise clothing and shoes. Cost is \$110. The class also is offered for credit. Register: 732-6442 or www.communityed.csi.edu.

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 Building. 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 blocked success. Cost is \$125, plus \$10.50 payable to the instructor for materials. Register: 732-6442 or www.communityed.csi.edu.

"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 section. E-mail notices to ramona@magicvalley.com.



Quick Study

By Linda Searing
Special to The Washington Post

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 warfarin; 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 diseases, 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 effects.

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

LEARN MORE
Learn about cardiovascular disease at www.nih.nih.gov/health and www.mayoclinic.com (search for "01").

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 potluck? Join the crowd

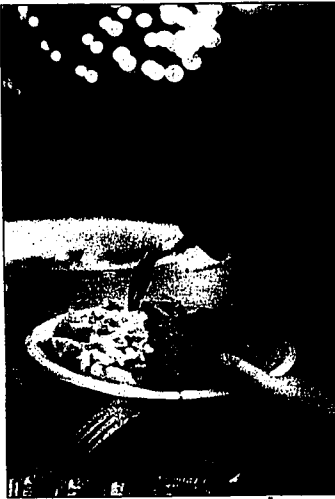
By Jeanine Stein
Los Angeles Times

The holiday potluck may seem like an innocent, inexpensive way to throw a party, where friends and colleagues can share favorite recipes, savor an unusual dish or indulge a sweet tooth. But in that spread some people see only a minefield of food-poisoning bacteria waiting to wreak havoc.

Los Angeles publicist Nilou Sallimpour-Davidov sums up her feelings about potlucks this way: "I think they're good for one thing: to minimize your calorie intake. They make me lose my appetite."

Instead of blithely helping themselves to mounds of casserole and slices of meatloaf, potluck haters head straight for the store-bought cookies, breads and beverages. They insist their aversion to homemade food isn't capricious. Eating turkey and stuffing made by the co-workers who doesn't wash his hands after using the bathroom or the gingerbread trifle created by the friend whose clothes are perpetually covered in pet hair is asking for trouble, they say. Even if the preparer seems clean enough, hardly anyone is as scrupulous as they should be in the kitchen, washing pots and utensils improperly and failing to keep foods at the right temperatures. And who knows what their rules are about washing the dishes while cooking?

One woman tells of listening to a hostess boast about how her 3-year-old triplets helped make the dish. Another recalls the horror of seeing the dirt-contaminated kitchen of a former co-worker — one who loved to entertain. Dr. Hoshan Reporter, a medical epidemiologist with the Los Angeles County Department of Public Health, acknowledges that potlucks can be risky. Although the department gets far fewer reports of food poisoning from potlucks than it does from restaurants, she says,



Holiday potlucks are not always joyous occasions. SPENCER WENDY/Los Angeles Times

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.

"Most of the time they don't want to get someone in trouble," she says.

The department will investigate potluck food-poisoning incidents if there seems to be enough evidence to pin it on food (sometimes it's just a sick partygoer spreading germs). "If we had a whole group of people who were sick, we might do an outbreak investigation and look at the whole menu."

So, just what diseases can

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

- **Campylobacter:** Contamination from this bacterial pathogen can come from eating undercooked chicken or other foods tainted with raw chicken juices (hence the need to thoroughly wash cutting boards and knives). It can cause fever, abdominal cramps and diarrhea.
- **Salmonella:** This bacteria commonly is found in the intestinal tracts of animals and can cause fever, abdominal cramps and diarrhea, but those with compromised immune systems could fare worse, even die. People most

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

• **E. coli:** Cow-feces-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 severe cases, bleeding, kidney failure and temporary anemia.

But actual risk has little to do with the aversion. Many potluck haters acknowledge that they've never had a single terrible food-poisoning incident that drove them away — they've simply skeeved out by the whole idea. Sallimpour-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, I 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 party.

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

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

"I say to myself, 'Well, that killed the germs.' But those canned 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 Vicki Hallett
Special to The Washington Post

Q: Lately, I've been having an overall stiff feeling in my joints and muscles. My hip will tense if I sit in a certain position for too long, or my shoulder will hurt if I'm lying on my side, leaning on my arm. I work out regularly (3-4 times per week treadmill, walking and weight lifting). I'm only 27! Could it be the cold weather?

A: Stiffness is like the homecoming queen of symptoms — it's very regular. 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 Kessler.

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 Jan Donnerholt, 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 duty? "It could be as simple as sitting a new job six months ago," Donnerholt adds.

One way to check is to try to fix your troubles on your own. Kessler tells patients, never 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 happy, or as structured as a yoga class.

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

Ginkgo shows no benefits against dementia

By Frances Stead Sellers
The Washington Post

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.

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 cognitive impairment.

Who were randomly assigned to one of two groups: Half received a twice-daily dose of extract of ginkgo biloba, and the other half received a placebo.

During their participation, which lasted about six years on average, 523 participants received diagnoses of dementia. 246 of them in the placebo group and 277 in the ginkgo biloba group. The rate of dementia did not differ between the two groups, and ginkgo biloba did not

have any effect on the progression of dementia.

"Some people will believe what they believe (about alternative 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 for preventing dementia." In an accompanying editorial, Lon S. Schneider of the University of Southern California warns

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Angela Stovall demonstrates a triceps bench dip. The trainer suggests alternating the dips with push-ups and doing three sets of each.

Fast workout for the holidays

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.

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

They, these trainers say, is to keep moving. Taking breaks between exercises — even 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 weights. And scale back or increase the level of intensity according to your fitness level. No need to be a superhero — or a slug — just because it's the holidays.

Angela Stovall, master trainer at 24 Hour Fitness in Chino, Calif.

"We'd start with five minutes of cardio, and that could be on a machine such as an elliptical trainer, a stair climber, or 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 vigorous intensity that gets your heart rate up.

Then do walking lunges for five minutes. This uses all the leg muscles, is 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 those and 10 ab crunches. Do three sets of each.

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 biceps 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 slow the speed if necessary.

Next, go to a mat and do push-ups — straight-legged if you're advanced, or on your knees 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 50 side bends. For the side bends, stand with feet hip-width 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.

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 uncomfortable, you're in the upper end of your endurance zone, so stay there and get to know what it feels like. You shouldn't feel like you have to step off the treadmill to catch 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 8 percent incline. If you're in better condition, you should be breathless on the push.

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 treadmill and can go outside, do hills for the hard part of the intervals, or push the pace. This can also be done on an elliptical trainer or stationary 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 plyometrics. 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 fatigued. 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 biceps 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, jump into the air, come back down to 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 are a great way to tone the glute ball or other weighted object, hold it out in front of you, arms straight and at shoulder 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 up. If there's no room to do walking lunges, do them in place and alternate legs, doing the twist.

Then do a round of burpees which is a plyometric exercise. Start in a squat position, lean forward and jump, landing softly so you don't injure your knees. If there's no open space, just do jump squats in place, and again be careful with your knees. Your arms can be used for momentum, so swing 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 101

By Howard Schneider
The Washington Post

There's no reason to wait 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.

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 it 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

WATCH THE WORKPLACE

The Occupational Safety and Health Administration recommends positioning the computer so the top of the monitor is at eye level with the center of the screen. If you're sitting at a desk, make sure 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 approach that trains the parts of the upper body to work together, as opposed to standard exercises that isolate a particular muscle. Do one arm at a time to increase rotation.

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

— Patrick Kennelly, physical therapist, SMARTtherapy in Chevy Chase, Md.

WARM UP THE ROTATOR CUFF

Give the rotator cuff its 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 circles. 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 overhead "military press," a common shoulder exercise. If you do it, hold dumbbells with the palms turned toward the ears, rather than the classic palms-forward position, to reduce 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 moves will make sure the muscles surrounding 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

TRY RESISTANCE 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 elbow at 90 degrees, hold the elbow against your waist, and rotate the forearm internally across the body, using a resistance band or tubing fixed to a door handle, wall or other stable object. Then face the other way and rotate externally to the side. Repeat both directions with the other arm. The same motions can be done with light dumbbells, lying on your side.

For general joint health, do resistance exercises that focus on the "eccentric" or "negative" phase — 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

STRETCHING IS KEY

Do lots of internal- and external-rotation strengthening: four sets of as many as 20 repetitions each.

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.

For anyone older than 30, Moorman warns against the classic military press, triceps dips and any exercise with too wide a grip. For push-ups, 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 sports medicine, Duke University Medical School

Take the tour

Our fitness reviewer leads you through the Twin Falls YMCA's new features.

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Simple but intense workouts hot for 2009

By Megan K. Scott
Associated Press writer

Out: Pricy 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

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

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

Mauricio Gesore, left, leads a fitness 'boot camp' at a park in New York in 2007.



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 ACE's Top Fitness Trends List, according to chief science officer Cedric Bryant.

Boot camps offer a "change of pace from the traditional workout 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 Tammie 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."

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 training being offered in similar places.

THE TREND: Basketball

David Zinczenko, editor-in-chief of Men's Health and editorial director of Women's Health magazines. 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 White 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 says.

Basketball will be seen as an upscale, sophisticated sport played by accomplished people, as it was in the early '90s, he said. 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.

This May 4 file photo shows then Democratic presidential hopeful, Sen. Barack Obama, playing basketball at Riverview Elementary School in Elkhart, Ind.



Brooke Burke dances with her partner Derek Hough. Burke walked away with the mirror ball trophy on the "Dancing with the Stars" finale. The 37-year-old TV personality and mother of four dominated the seventh season of the popular ABC dancing competition.

THE TREND: Ballroom dancing

From Jeannette Jenkins, "Jeannette 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 Brazilian dance in their fitness centers, 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.



Dottie Roplak, center, Judi Spitzer, left, and Eileen Derazean dance in a Zumba class, a fitness program inspired by Latin dance, Aug. 13 in Enfield, Conn.

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 fitness are getting in shape, she says.

"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, 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

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

"Exergaming," such as the Wii and Dance Dance Revolution, will bring fun and appealing exercise activities back into the home, says 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 Espresso Bikes, stationary bikes with interactive software that simulates the experience of biking outdoors.



Katie Feaser follows an exercise video at her home in Summit, N.J., on Sept. 10. Feaser, 35, a mother of two, does a 12-minute exercise tape most days of the week and says it helps her keep in shape.

THE TREND: Working out at home

From Ingrid Von Burg: "Yoga for Families" and "Yoga for Grandparents" DVD and Dr. Pamela Peeke, senior medical correspondent for the Discovery Health National Body 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 foregoing 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.

Peeke 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 tactics, 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 fatalities during Sunday. Officer deaths this year 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 1956 — 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 83 in 2007. It was the 11th consecutive year that more

officers were killed in traffic incidents than from any other cause.

More than 61 percent of this year's fatalities involved accidents and 39 percent resulted from criminal 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-resistant vests compared to fewer than half a decade ago, he said.

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

To avoid traffic deaths, officers are better trained in high-speed and defensive driving techniques. Police

vehicles now have better safety equipment, including side air bags and a substance installed near the gas tank to suppress fire when the vehicle is struck.

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

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 Justice Department.

The Memorial Fund honors law enforcement officers who died in the line of duty and is in charge of the National Law Enforcement Officers Memorial in 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

By Clarke Canfield
Associated Press writer

PORTLAND, Maine — The Lobster Dip was launched 21 years ago as Maine's first happening where people could raise money for a good cause by stripping down in the freezing winter air and running half-naked into the bone-chilling 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 lead-down water to raise money for Special Olympics Hawaii.

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

Some people call him crazy, but he says it's his way of giving back to the community.

"As long as I'm physically able to jump in the water I'll continue doing it," said Frenzilli, 60, a high school teacher. "It 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 icy water is raising questions about whether these polar plunges are losing their luster and cutting into one another's fundraising efforts.

These fundraisers in Maine will benefit Special Olympics, a domestic abuse nonprofit, a Ronald McDonald House, an animal welfare group, an environmental organization, an animal shelter and Camp Sunshine, a lake-side camp for children with life-threatening



Participants in the 19th annual Lobster Dip ran out of the Atlantic Ocean in Old Orchard Beach, Maine, on Jan. 1, 2007.

illnesses and their families.

They're all great causes, said Phil Geelhoed, president and CEO of Special Olympics Maine. But he's 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 40 Polar Plunges each year, raising more than \$10 million. One of those dips drew more than 3,500 people who dove into the Atlantic Ocean

last February at Virginia Beach, Va., raising 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 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.

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

one of our largest 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 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 novelty.

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

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

NRCM spokeswoman Judy Berk isn't worried that there are too many polar 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 Turan remembers his first trip to a Best Buy store, but not very fondly.

Turan, at the time a recent immigrant from Mexico, said he could barely understand what salespeople were saying. What's more, he couldn't afford to pay for the purchases 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 to replace the broken TV in the lunch truck he operates. "Here they understand Spanish, and they understand 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 customers has long been the stock in trade of ethnic-focused stores such as La Curacao Famsa, which caters to Spanish-speaking customers, and Kim's Home Center, a favorite of Korean immigrants. But as the electronics market wits in the tough economy and immigrants' buying power blooms, major big-box retailers such as Best Buy Co. and Wal-Mart Stores Inc. are catching on and catching up.

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

The Famsas and La Curacosas in 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 Budweiser 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 worsening economic crunch is causing the tab for food assistance programs to balloon, and with the rising costs come an intensifying debate over whether — and how — the U.S. government can tackle simultaneously 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. Obesity, too, is at epidemic

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-elect Barack Obama's choice for agriculture secretary, said that he would put "nutrition at the center of all food assistance programs," a signal that he will get involved next year when Congress moves to reauthorize nutrition programs that support

school breakfasts and lunches and summer food for children.

"For a long time, we've looked at hunger and obesity separately," said Sen. Tom Harkin, D-Iowa, 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. To the anti-hunger lobby, 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 juice 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.

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 extremely obese teens studied saw their diabetes disappear within a year after weight-loss surgery, the researchers reported. The 11th patient still had diabetes, but needed much less insulin and stopped taking diabetes pills. Previous studies have shown the diabetes benefits of obesity

surgery for adults. Dr. Thomas Inge, a pediatric surgeon at Cincinnati Children's Hospital Medical Center, and his colleagues wanted to find out if the same was true for adolescents. Although more research is needed, Inge said the study "opens the door" to weight-loss surgery as a treatment option for severely obese teens with Type 2 diabetes. The results are in the January issue of Pediatrics and are being released Monday.

B.C. By Johnny Hart

Panel 1: "I'D LIKE TO EXCHANGE THE 'BOB THE BUILDER' DVD." "WHY?"

Panel 2: "SEE FOR YOURSELF." "HEY, BOB, CAN WE BUILD IT?"

Panel 3: "PULL" "NO, THEY ALWAYS PLAY IT WHEN I'M ASLEEP."

Baby Blues By Rick Kirkman & Jerry Scott

Panel 1: "NOW, OUR CLASS IS HAVING A BAKE SALE NEXT WEEK, AND I SAID YOU WOULD BAKE COOKIES." "NO PROBLEM!"

Panel 2: "GOOD, HERE YOU GO." "FUND!"

Panel 3: "WHAT'S THAT? A COOK-BOOK?" "NO, THE SCHOOL DISTRICT'S NUTRITIONAL GUIDELINES."

Beetle Bailey By Mort Walker

Panel 1: "YOU'RE LATE AGAIN FOR ROLL CALL, BEETLE!"

Panel 2: "DIDN'T YOU HEAR REVEILLE?" "NO, THEY ALWAYS PLAY IT WHEN I'M ASLEEP."

Blonde By Dean Young & Stan Drake

Panel 1: "HEY!!!" "SPEAK!"

Panel 2: "I'M SORRY! IT MUST HAVE BEEN AN OVERSIGHT! I'LL TAKE CARE OF IT!"

Panel 3: "WE FORGOT TO TIP THE PAPER BOY FOR CHRISTMAS AGAIN!"

Dilbert By Scott Adams

Panel 1: "THAT HOTEL YOU BOOKED FOR THE MANAGEMENT OFFSITE MEETING WASN'T ACTUALLY A HOTEL." "I'M FAIRLY SURE IT WAS THE FOYER TO HELL."

Panel 2: "WHAT GAVE YOU THAT IDEA?" "OUR CONCIERGE WAS A SWARM OF LOCUSTS!!!"

The Elderberries By Phil Frank and Joe Troise

Panel 1: "See that? They're cookin' on a big spit." "Looks like a lot of work." "What are you gents watching?" "Cookin' Show!"

Panel 2: "Wait... They skipped the marinade in the cookin' time!" "Well, it's only an hour show." "What a mistake... This is 'Bonant'!"

Panel 3: "Coke's out, so we're searching Duff's DVDs for new BBQ recipes." "Coke's out, so we're searching Duff's DVDs for new BBQ recipes!"

For Better or For Worse By Lynn Johnston

Panel 1: "YOU THINK ME TO LAWRENCE'S HOUSE, UNCLE PHIL?" "SURE, MAN!"

Panel 2: "HE'S ON HIS WAY NOW, CONNIE..." "PHIL DOESN'T SUSPECT A THING - SO DON'T BE TOO OBVIOUS!"

Panel 3: "TRY NOT TO WORK 'I'M SINGLE' INTO YOUR FIRST SENTENCE."

Frank and Ernest By Bob Thaves

Panel 1: "REMEMBER, WE'RE GOING WITH THE GOOD WITCH / BAD WITCH ROUTINE."

Garfield By Jim Davis

Panel 1: "SISSEY BOY" "SISSEY BOY" "SISSEY BOY" "I LIKE DOC BOB'S CHRISTMAS PRESENTS"

Hagar the Horrible By Chris Browne

Panel 1: "YOU MUST CHANGE YOUR SINFUL WAYS, HAGAR!" "I'D LIKE TO COOPERATE..." "BUT I DON'T KNOW WHICH OF MY WAYS ARE SINFUL."

Hi and Lois By Chance Brown

Panel 1: "CRASH!" "NOW WHAT?"

Panel 2: "HOW AM I SUPPOSED TO WATCH YOU EVERY SECOND OF THE DAY?" "SURVEILLANCE CAMERAS?"

Luann By Greg Evans

Panel 1: "YOU KNOW WHAT WE SHOULD THROW A BIG NEW YEAR'S PARTY!" "LET'S GET PLANNING! WHO SHOULD WE INVITE?" "WELL... NOT TIFFANY OR CRYSTAL OR THE OTHER GLEE CLUBBERS AND NO PLASTICS OR JOCKS OR NEEDS... I GUESS WE'RE ONLY INVITING PEOPLE LIKE US." "WELL, THEN, HERE'S OUR PARTY."

Classic Peanuts By Charles M. Schulz

Panel 1: "ASK YOUR DOG TO COME OUT AND BUILD A SNOWMAN." "DOGS DON'T BUILD SNOWMEN..." "HOW ABOUT SNOWCATS?"

Pearls Before Swine By Stephan Pastis

Panel 1: "God bless, gentlemen... Nuclear bomb have been successfully exploded by Floyd, who somehow survive... So how best begin round of applause for Floyd?" "WOOHOO" "Thank you. Thank you." "Thank you."

Pickles By Brian Crane

Panel 1: "I DON'T THINK I'M VERY SMART, GRAMPA." "WHAT? DON'T BE SILLY! OF COURSE YOU'RE SMART! YOU'RE MY GRANDSON, AREN'T YOU?"

Panel 2: "THE APPLE DOESN'T FALL VERY FAR FROM THE OAK TREE, YOU KNOW." "I DON'T THINK APPLES FALL FROM OAK TREES." "SEE? I TOLD YOU YOU'RE SMART."

Rose is Rose By Pat Brady

Panel 1: "I CAN SEE WHY YOU BRAY UP HERE. THE VIEW IS BEAUTIFUL." "DO YOU WANT TO BRAY UP HERE WITH ME?" "I'D LOVE TO, BUT I CAN'T BRAY IN WINTER." "WHY NOT?" "BECAUSE I'D BE A SNOWBUNNIE."

Non Sequitur By Wiley

Panel 1: "REMEMBER WHEN YOU WANTED ME ABOUT IN A RECEPTION, BOB, BECAUSE ALL OF THE SPYBOTS SAID I'D BEEN FINISHED OFF?" "YES, BOB." "YOU AGREE I WAS RIGHT?" "YES." "SO THEN YOU ADMIT YOU WERE WRONG." "NO, Y'KN."

Panel 2: "GET IT? I WISHED THE GOVERNMENT REPORT THAT STATED WE HAD BEEN IN A RECESSION FOR A YEAR NOW?" "YES, YES." "MY GUESS IS, YOUR LACK OF WISDOM."

Panel 3: "NOW, CAN OPENERS OPEN ALL KINDS OF STUFF BESIDES CANS."

The Wizard of Id By Brant Parker & Johnny Hart

Panel 1: "I CAN GET YOU OFF IF WE CAN GET 12 UNENCUMBERED JURISTS." "UNENCUMBERED BY WHAT?" "A CONSCIENCE."

Zits By Jim Borgman and Jerry Scott

Panel 1: "JERRY HAS BEEN IN HIS ROOM SINCE HE CAME HOME." "I'M HARRID." "DID HE SAY ANYTHING?" "HE SAID THERE WAS NOTHING WRONG!" "OH, THEN... MAKE WHY THE PERSONAL THAT SOMETHING'S WRONG IS WHEN THEY SAY NOTHING IS WRONG!"

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Legal

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

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IN THE DISTRICT COURT OF THE 5TH JUDICIAL DISTRICT OF THE STATE OF IDAHO, IN AND FOR THE COUNTY OF TWIN FALLS

Case No. CV08-5323
NOTICE OF GUARDIANSHIP PETITION AND HEARING
In the Matter of
MARVIN AND EAMON CUMMINGS
DOB 12/20/2 & 10/14/03
a Minor.

Plaza law notice that on Dec 31, 2008 Jonico Flores filed a Petition asking to be appointed guardian of the minor. A copy of the petition is on file with the Clerk of the court at 425 Shoshone St., 735-4000 and may be reviewed upon request. The petition has been set for hearing in this court located at Twin Falls, Idaho on Dec 31, 2008 at 9:30 o'clock AM.
DATE: Dec 1, 2008
Clerk of the District Court
By Deputy Clerk

PUBLISH: Dec 11, 18, 25 and 29, 2008

NOTICE CALLING FOR BIDS
ADVERTISMENT FOR BID
THE BURLEY HIGHWAY DISTRICT will be accepting bids for
THE CONSTRUCTION OF CANAL BRIDGE AT
950 EAST 150 SOUTH
BURLEY, IDAHO

Separate sealed bids for the construction of the Bridges will be received by BURLEY HIGHWAY DISTRICT, until January 12, 2009 at 1:00 p.m. in their offices in Burley, Idaho, and then at said place publicly opened and read aloud.
An Idaho Public Works License is required before no Contract will be awarded.
The Contract Documents may be obtained after December 18, 2008 at the Burley Highway District Office at 402 East 10th Street, Burley, Idaho, and the office of Butler Engineering & Land Surveying, Inc., located at 224 South State, Shoshone, Idaho, for \$10.00.
Bid security in the amount of 5% of the bid will be required in one of the following forms:

CASH
BID BOND
CASHERS CHECK
CERTIFIED CHECK

The HIGHWAY DISTRICT reserves the right to reject any or all bids or to award the bids for each structure separately, or together, to one or more contractors as may be determined to be in the best interest of the HIGHWAY DISTRICT.
Bidders shall submit their bids on the form supplied by the HIGHWAY DISTRICT, and all bids shall specify a total amount. Bids shall be submitted in a sealed envelope bearing the bidder's name and address to:

PROPOSAL FOR THE CONSTRUCTION OF CANAL BRIDGE
AT 950 EAST 150 SOUTH
BURLEY, IDAHO
and addressed to the BURLEY HIGHWAY DISTRICT, Attn: Rob Carson, 402 East 10th Street Burley, Idaho 83318.

PUBLISH: December 22 and 29, 2008

INVITATION TO BID FOR PURCHASE OF USED FIRE TRUCK

The North Cassia Rural Fire District has declared the following equipment as surplus property and invites the submission of sealed bids for the purchase of the truck.

1. 1972 Ford Fire Truck, C-900
The North Cassia Rural Fire District will accept sealed bids until 8:15 o'clock a.m. on January 19, 2009, at the District office located at 137 Wood 13th Street, P.O. Box 610, Burley, Idaho 83318. Bids must be sealed and marked "bid for purchase of used fire truck" on the outside of the sealed bid. Bids shall show sales tax separate. Facsimile bids will not be accepted. Bids will be opened at 8:15 o'clock a.m. on January 19, 2009 at the above address.
The North Cassia Rural Fire District makes no warranty expressed or implied and if sold, the vehicle shall be sold "AS IS." The equipment may be inspected by appointment only by contacting Chloé Jones at (208) 654-2124 or (208) 654-2150.

Payment for the equipment must be certified cashier's check payable to North Cassia Rural Fire District before receipt of the equipment. Delivery is buyer's responsibility.
The sale of truck shall be finalized no later than February 16, 2009.
The North Cassia Rural Fire District reserves the right to reject any or all bids.

PUBLISH: December 22 and 29, 2008

107
Pregnancy Alternatives

Pregnant? Worried? Free Pregnancy Tests Confidential.
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108
Professional Services

Bankruptcy & Debt Counseling Free 1/2 hr consultation 30 years experience Competitive Rates or 404-6455 to claim.
We are a debt relief agency.
We help people file for bankruptcy relief under the bankruptcy code.
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101
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FOUND Black Lab & Shi-Tzu on Filer-Locust. Call 404-2710 or 404-6455 to claim.
FOUND German Shorthair, young, north of Pauli. Call 208-431-5282 or 438-9987.

FOUND litter, male, tabby brown color. Found at the Saratoga Apts. 208-358-0030.

FOUND Lab Chocolate, female, young, north of Burli. Call 300-1108.

FOUND Unique earning at Home Depot 2 weeks ago. Call to identify. 733-2842

LOST German Shorthaired Pointer, wearing red electronic collar. Last 1224. Truck Stop/Danden of Eden area. 208-308-1178

LOST Hearing aid, small, grey, over the ear. Lost Christmas shopping in Twin Falls. 208-431-6937

LOST Standard Schwaizer, kids dog, lost in Gooding. 1224. REWARD. Call 208-961-0226.
Looking for extra vacation money? The e-cashers can help you set those terms you no longer need for quick cash. 733-0931

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This position is Part-time 18-20 hours a week.
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6				9
	4		1	2
7			5	3
9	6		5	4
2	6		3	8
	1	7	8	5
5		3	7	8
8		5	2	
7				9

EASY #100

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. That's all there is to it. There's no math involved. The grid has numbers, but nothing has to add up to anything else. You solve the puzzle with reasoning and logic. Find the answers for todays puzzle on page B-12.

208 Ranch Manager

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208 General

PhoneBase Research, Inc.
PhoneBase Research currently has immediate openings in our interviewing department. This position involves conducting public opinion polls over the telephone.

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Family Health Services, a Federally Qualified Health Center with clinics in Twin Falls, Burli, Jerome, Burley, Rupert and Fairfield, has openings for the following positions:
Dental Assistants, Burley and Twin Falls Clinics - prior experience preferred, along with dental assisting certificate. Bilingual candidates encouraged to apply.
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General

SECURITY Immediate Opening! Security Officer needed for night in Twin Falls 800-319-188 or 208-734-8292

Medical

All advertising is subject to the newspaper's standard of acceptance. The Times-News reserves the right to add, abbreviate, decline or properly classify any ad. Receipt of copy via remote entry (fax, e-mail, etc.) does not constitute final acceptance by this newspaper. The advertiser, not the newspaper, assumes full responsibility for the truthful content of their advertisement.

300 FINANCIAL... BURLY Like new, great location, 5 bedroom, 2 1/2 bath home. For buyers & sellers Bill Baker 328-6116

502 Homes For Sale... WENDEL 5149,000. Closing costs paid 4 1/2. Call 208-431-9916

520 Real Estate: Wanted... SELL YOUR HOUSE FAST! We Buy Houses! 1-800-775-7793

521 Manufactured Homes... Like new! Manufactured Mig. Home 1400+ sq. ft., split floor plan. Beautiful landscaped lot.

THE ACES ON BRIDGE Bobby Wolff "I guess the definition of a lunatic is a man surrounded by them." - Ezra Pound

304 Investments... DRACO INVESTMENT CORP. CASH for deeds of Trust, Mortgages and Real Estate Contracts.

GOODING/WENDEL... 4.25 Acres Beautiful yard and large mature trees highlight this 3 bdr., 2 bath, 2800 sq. ft. home.

WENDEL 5149,000... Closing costs paid 4 1/2. Call 208-431-9916

521 Manufactured Homes... Like new! Manufactured Mig. Home 1400+ sq. ft., split floor plan.

WEST ♦ 63 ♦ 3 ♦ 7654 ♦ 2 ♦ 762 EAST ♦ K85 ♦ Q1073 ♦ 5 ♦ 3 ♦ A ♦ Q108 SOUTH ♦ Q107 ♦ K8 ♦ A ♦ Q108 ♦ K93

INVESTORS WANTED... CASH for deeds of Trust, Mortgages and Real Estate Contracts.

HAGERMAN... New home located in Park Place Subdivision. Lot 310 sq. ft. room for RV parking.

BARKER REALTORS... 521 Manufactured Homes... Like new! Manufactured Mig. Home 1400+ sq. ft.

WENDEL 5149,000... Closing costs paid 4 1/2. Call 208-431-9916

Vulnerable: Neither Dealer: East The bidding: South West North East 1NT Pass 2NT Pass 2♦ Pass 3♥ Pass 4♠ All pass

EDUCATION... 401 School Instruction... MESSAGE TRAINING... 100 hour Swedish massage working under 500-650 hours massage therapist training.

HAGERMAN... New home located in Park Place Subdivision. Lot 310 sq. ft. room for RV parking.

WENDEL 5149,000... Closing costs paid 4 1/2. Call 208-431-9916

RENTAL... 601 Furnished Homes... BUHL 1 bdrm, 1 bath, 1 apt. ok. \$375 + \$300 deposit.

LEAD WITH THE ACES... South West North East 1NT Pass 2NT Pass 2♦ Pass 3♥ Pass 4♠ All pass

401 School Instruction... MESSAGE TRAINING... 100 hour Swedish massage working under 500-650 hours massage therapist training.

HAGERMAN... New home located in Park Place Subdivision. Lot 310 sq. ft. room for RV parking.

WENDEL 5149,000... Closing costs paid 4 1/2. Call 208-431-9916

RENTAL... 601 Furnished Homes... BUHL 1 bdrm, 1 bath, 1 apt. ok. \$375 + \$300 deposit.

LEAD WITH THE ACES... South West North East 1NT Pass 2NT Pass 2♦ Pass 3♥ Pass 4♠ All pass

MEDICAL... Are you tired of the same old job? Are you looking for a change to start off the New Year with 7 Idaho Home Health?

401 School Instruction... MESSAGE TRAINING... 100 hour Swedish massage working under 500-650 hours massage therapist training.

PUBLIC SERVICE MESSAGE... Big profits usually mean big risks. Before you do business with a company, check it out with the Better Business Bureau.

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0215 Sales... REAL ESTATE Local Office... Hitting Now and Experienced Agents.

216 Trades... WELDER Experienced SS TIG Welding Full Bonnets. Pay DOE. Call Brian or Mike at 731-0128

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0215 Sales... REAL ESTATE Local Office... Hitting Now and Experienced Agents.

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

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0215 Sales... REAL ESTATE Local Office... Hitting Now and Experienced Agents.

REAL ESTATE... 500 Open House... PUBLIC SERVICE MESSAGE... Don't Propose? You're going to have a hard time finding someone who is avoiding time share and real estate scams.

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0215 Sales... REAL ESTATE Local Office... Hitting Now and Experienced Agents.

Surprise Express... Twin Falls, Idaho 1-800-635-0825 COMPANY DRIVERS... Deluxe Late-model Equipment Weekly Settlements Holiday & Vacation Pay Health Insurance • 401(k)

520 Real Estate Wanted... I have a listing lot of turnkey lots for lease-or-buy-own options. To complete your want your price, call me for the phone number. I will like you monthly payment made. Call 735-5242 800-734-1088 WELCOME!

THE FAMILY CIRCUS

By Bil Keane

Commercial Property

JEROME Office space 700 sq. ft. warehouse...

JEROME SHOP FOR RENT. Big Little Ranch Area. Built-in benches...

TWIN FALLS Commercial building with shop space 2700 sq. ft. with 12 power roll up door...

TWIN FALLS cutting edge puttin' it on. Office suites available starting at \$700 mo.

610 Storage/Warehouse TWIN FALLS 2000 sq. ft. warehouse with office...

616 Roommates Wanted TWIN FALLS Caring student roommates...

TWIN FALLS Rentals 1, 2, 3 & 5 Bdrms Apartments/Houses...

TWIN FALLS Small master bedroom up for rent...

REMEMBER This holiday ad you placed some time ago...

AGRICULTURE TWIN FALLS Very clean 2 bdrm, 1 bath...

700 TWIN FALLS Very clean, 1 bdrm, 1 bath...

701 Livestock/Poultry BLACK ANGUS Bulls 1 and 2 year olds...

605 Rooms For Rent TWIN FALLS Clean furnished rooms...

606 Mobile Homes TWIN FALLS Clean furnished mobile homes...

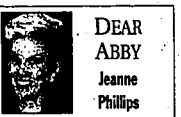
607 Office and Retail Rentals TWIN FALLS 176 Maurice St N. 734-1195...

703 Horse and Tack PAUL STRUCHEN TRIMMING We can handle all your horse care needs...

EQUINE Paul Struchen Trimming We can handle all your horse care needs...

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 confronted with their 11-year-old son's anti-social behavior...



DEAR ABBY Jeane Phillips

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...

—MOURNING FOR MY DAD IN MISSOURI DEAR MOURNING: Please accept my condolences for the loss of your father...

DEAR ABBY: I lost my father a few months ago after his long battle with cancer. We were very close, and I miss him terribly.

DEAR ABBY: You have described a child who is emotionally disturbed and parents who are in denial...

604 Unfurnished Apts. and Duplex

FILER 2 bdrm, 1 bath, garage, fenced yard, appls. W/D hookup...

GOODING 3 bdrm, 2 bath apt. no smoking. No pets. \$650 mo. plus utilities...

HAEGEMAN 1 bdrm, unfurnished, \$325 mo. + \$325 security dep. No pets. Call 208-353-0747 for appl.

JEROME No Money Move-In. Move in now, pay no money down and no rent until 1/1/2009...

KIMBERLY 1 bedroom, 1 bath, \$535 + deposit. 324 Hwy 30 Apt 4. Ready now. 208-539-1403.

KIMBERLY 213 Monroe, 3 bdrm, 1 bath, washer/dryer included. \$515 + deposit. Call 208-308-3337.

KIMBERLY 3 bedroom, 2 bath duplex, stove & refrigerator included. \$800 mo. + dep. Call 208-731-6340.

RUPERT Taking applications for 2 bdrm townhouse apartments, W/D hookups, rental assistance available...

SHOSHONE 1 bdrm, 1 bath apt. for rent. \$99 move-in special. Call 208-734-0001. www.cjprogs.com

TWIN FALLS 1 bdrm, kitchen appls no smoking/pets. \$365. http://atmlg.com. Call 208-733-0473

TWIN FALLS 1 bdrm, range & ref. Some utils. Gas heat. W/D hookup. No pets. \$425 + dep. 734-8511

TWIN FALLS 1342 & 1334 Elmwood Circle, 2 bdrm apt. \$500 incl. utilities water. 734-4334

TWIN FALLS 2 bdrm, 2 bath, 2 sky townhouse, new carpet and paint. \$540 + 1% fee. + Housing Association \$110. Call 760-733-7885

604 Unfurnished Apts. and Duplex

TWIN FALLS 2 bdrm, 1 bath, AC, washer/dish pad, no pets, \$475 + \$300 dep. 212-1878

TWIN FALLS 3 bdrm, 2 bath, gas heat, no smoking, no pets. 1244 E. Ave E. \$700 mo. + dep. 358-5891

TWIN FALLS 3 bdrm, 2 bath, garage, no smoking/pets. 349 Morningglow Dr 208-539-3897

TWIN FALLS Affordable studio and small 1 bdrm for rent. Avail. now, including laundry facility and gym. Please call 735-1900

TWIN FALLS Clean and quiet 2 bdrm apt. and lower homes. Starting at \$550. No smoking or pets. 1050 S. 6th. 9613 or 539-0900

TWIN FALLS Holiday Special 2 bdrm, 2 bath upper unit of a 4-plex, w/ vaulted ceilings, fireplace, appls. 207 Elm St. 420-8061

TWIN FALLS Large, clean, 1 bdrm, no smoking or pets. \$400 + deposit. 420-8460

TWIN FALLS MOVE-IN SPECIAL 1st month rent free! Carriage Lane Apts. 251 W. 2nd. Fine Drive

Affordable 2 & 3 bdrm, 2 bath apts. Laundry hookups, garage w/each apt. Two playgrounds. Fitness Room. Call 208-735-2111

TWIN FALLS NE 2 bdrm, 2 bath family room, 1900+ sq. ft. large 2 car garage, gas heat & AC. \$550 dep. 208-734-7437 or 420-6025

TWIN FALLS Need an Economic Stimulus? Move in by December 31st and deduct \$200 from your 1st full month's rent! Laurel Park Apartments 176 Maurice St N. 734-1195. Fax/Email 1 and 2 bedroom apartments

TWIN FALLS Newer 4-Plex, 3 bdrm, 2 bath, garage, W/D hookups. 318 N. Lenora St. \$550 + \$500 deposit. No Smoking. 208-420-2853

ma's, a report should be made to the police and the department of mental welfare in your community. This boy has no empathy for others and needs professional help. Until he gets it, you are wise to be concerned about your children. Keep a watchful eye.

DEAR ABBY: I lost my father a few months ago after his long battle with cancer. We were very close, and I miss him terribly. My ex-husband and I are not on good terms, despite the fact that we have children together...

DEAR ABBY: You have described a child who is emotionally disturbed and parents who are in denial. Because the neighbors have seen him abuse anti...

IF DECEMBER 29 IS YOUR BIRTHDAY: You have reached a healthy state of equilibrium and can enjoy the fruits of your labors in peace...

TAURUS (April 20-May 20): Be alert for a tendency to be critical of someone you admire. Use this energy to help the silverware or put the filling cabinet in order...

GEMINI (May 21-June 20): Being lucky in love doesn't necessarily mean you are lucky with money. Relationships are upbeat and positive. Someone might

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HOROSCOPE Jerakline Saunders

SCORPIO (Oct. 23-Nov. 21): Don't take criticism too personally. Let it inspire you to work just a bit harder...

SAGITTARIUS (Nov. 22-Dec. 21): When all you have is a hammer, then everything looks like a nail. You may be pushed to chip away at problems and hammer them away on your mind...

CAPRICORN (Dec. 22-Jan. 19): You might hesitate to expose your vulnerabilities. The only way to really know someone is to share all your thoughts, hopes and dreams...

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...

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...

ROUGE leaders apologized for the deaths of as many as two million people during their regime in the 1970s and the 1980s. Cambodians to forget the past...

Five years ago: Monsignor Michael Courtney, Pope John Paul II's ambassador in Burundi, was shot and killed by unidentified gunmen. Actor Earl Hindman, who plays the mostly unseen neighbor Wilson on "Home Improvement," died in Stamford, Conn., at age 61.

One year ago: Australian David Hicks, the first person convicted as an American war crimes trial since World War II, was freed from prison in Adelaide after completing a U.S.-imposed sentence. The New England Patriots ended their regular season with a remarkable 16-0 record following a thrilling 38-35 comeback victory over the New York Giants. (New England's first NFL team since the 1972 Dolphins to win every game on the schedule.)

Today is Monday, Dec. 29, the 364th day of 2008. There are two days left in the year.

Today's Highlight in History: Two hundred years ago, on Dec. 29, 1808, the 17th president of the United States, Andrew Johnson, was born in Raleigh, N.C.

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.

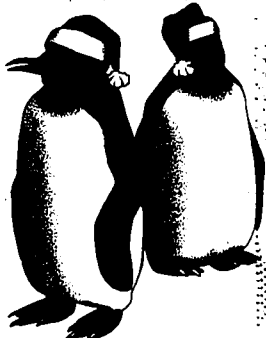
In 1851, the first American Young Men's Christian Association was organized, in Boston.

In 1890, the Wounded Knee massacre took place in South Dakota as an estimated 300 Sioux Indians were killed by U.S. troops sent to disarm them.

In 1916, Grigory Rasputin, the so-called "Mad Monk" of the Russian Revolution, was murdered by Czar Nicholas II, was murdered

Wobble on over for these Holiday Savings!

Classified Line Ad Specials. 5 LINES 10 DAYS \$21 For items \$1500 or less. 5 LINES 10 DAYS \$75 For items \$1000 or less. 5 LINES 10 DAYS \$112 For items \$500 or less. 12 each additional line. Private Party only. Merchandise only. Prices must be included in ad. Maximum of 4 items.



TWIN FALLS, IDAHO

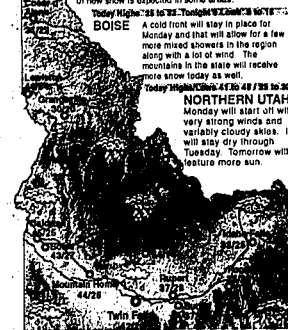
Today: Breezy with mixed showers or light rain. Highs, lower 40s.
Tonight: Precipitation ending. Lows, 20s.
Tomorrow: Cloudy and cooler. Highs, 30s.

BOISE, IDAHO

Today: A few wet snow showers or mixed showers. Highs, upper 30s.
Tonight: Mostly cloudy. Lows, 20s.
Tomorrow: Cooler with gray, cloudy skies. Highs, 30s.

IDAHO'S FORECAST

SUN VALLEY, SURROUNDING MTS. Snow and wind will make for a raw, blustery day in the region thanks to a cold front that is staying in place for one more day.



Yesterday's State Estimates: 52 Low/Low. Low: 11 at Idaho Falls. Weather key: B: Breeze; C: Clouds; D: Drizzle; H: Heavy Snow; Hn: Haze; L: Light Snow; M: Mostly Sunny; N: None; P: Partly Sunny; R: Rain; S: Snow; S+L: Snow, Sleet; T: Thunderstorm; W: Windy.

TWIN FALLS, IDAHO 7-DAY FORECAST

Table with 7 columns: Today, Tonight, Tuesday, Wednesday, Thursday, Friday, Saturday. Includes weather icons and temperature ranges.

Yesterday's Weather

Table with 7 columns: City, Hi, Lo, Precip. Lists weather for Boise, Challis, Coeur d'Alene, etc.

ALMANAC, TWIN FALLS

Temperature, Precipitation, Humidity, Barometric Pressure, Sunrise and Sunset, Moon Phases, Moonrise and Moonset, U.V. INDEX.

THE NATIONAL FORECAST

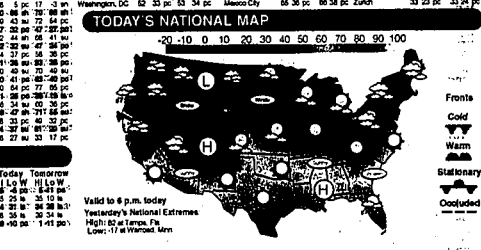
Table with columns for City, Today, Tomorrow, Wednesday, Thursday, Friday, Saturday, Sunday.

WORLD FORECAST

Table with columns for City, Today, Tomorrow, Wednesday, Thursday, Friday, Saturday, Sunday.

CANADIAN FORECAST

Table with columns for City, Today, Tomorrow, Wednesday, Thursday, Friday, Saturday, Sunday.



meineke car care center. 189 Addison Avenue West. 735-8296. Open Mon - Fri 8:00 AM - 6:00 PM, Sat 8:00 AM - 1:00 PM.

1008 SUVs

1008 SUVs. NISSAN '08 Pathfinder, SUV, lots more than 1 year old, 18K miles, many extras, \$23,900. 2002-2004-2005. WANTED SUV'S! Sell your vehicle for immediate CASH TODAY!

1009 Vans and Buses

1009 Vans and Buses. ALL VANS WANTED! Sell your vehicle for immediate CASH TODAY! Buying all years, makes and models 1-800-574-1248.

1010 Autos

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1010 Autos

1010 Autos. CHEVY '08 Malibu LS 3.5 V6, 30 mpg, PW, PL, 10K, 20K, 30K, 40K, 50K, 60K, 70K, 80K, 90K, 100K, 110K, 120K, 130K, 140K, 150K, 160K, 170K, 180K, 190K, 200K, 210K, 220K, 230K, 240K, 250K, 260K, 270K, 280K, 290K, 300K, 310K, 320K, 330K, 340K, 350K, 360K, 370K, 380K, 390K, 400K, 410K, 420K, 430K, 440K, 450K, 460K, 470K, 480K, 490K, 500K, 510K, 520K, 530K, 540K, 550K, 560K, 570K, 580K, 590K, 600K, 610K, 620K, 630K, 640K, 650K, 660K, 670K, 680K, 690K, 700K, 710K, 720K, 730K, 740K, 750K, 760K, 770K, 780K, 790K, 800K, 810K, 820K, 830K, 840K, 850K, 860K, 870K, 880K, 890K, 900K, 910K, 920K, 930K, 940K, 950K, 960K, 970K, 980K, 990K, 1000K.

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1010 Autos

1010 Autos. HONDA '08 Civic 5700 silver, 65,000 miles 5 speed, Great condition! Call 208-999-0790.

1010 Autos

1010 Autos. HONDA '08 Accord Local owner. Was \$16,499. Now \$13,999. 4110007A. 208-733-7700.

1010 Autos

1010 Autos. HONDA '08 Civic 5700 silver, 65,000 miles 5 speed, Great condition! Call 208-999-0790.

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