



Partly cloudy.

Healthy & Fit 12



# 6th for Super Steelers

Main 5

BEFORE & AFTER: Magazine challenge transforms couple, HEALTHY & FIT 1

MONDAY

February 2, 2009

# TIMES-NEWS

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## The road to a gas tax Road revenue packages could be introduced soon

By Jared S. Hopkins  
Times-News writer

BOISE — The wheels are in motion to find new revenue to fix Idaho's roads.

A week after the release of a highly-anticipated audit of the Idaho Transportation Department, Rep. Leon Smith, R-Twin Falls, was asked by the House Transportation Committee chairwoman to analyze the 162-page report — then present his thoughts to lawmakers.

The non-partisan \$450,000 audit found, among other



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READ: Capitol Confidential, a political blog by Jared S. Hopkins

things, ITD lacks a comprehensive statewide plan, could be saving millions of dollars, and doesn't measure success of its projects well — all while being terribly underfunded.

Smith, a former chairman of the Idaho Transportation Board, broke down the report into four pages, complete with page references, and issued a list of his own personal conclusions.

Topping his list is that the Legislature needs to give more money to the ITD this year — an urgency the audit emphasized. Smith didn't list an amount of money, but ITD estimates an annual \$240 million shortfall to fix deteriorating roads and bridges.

Smith is working on legislation to increase the 25-cent per gallon gas tax by 5 cents

per gallon. He wants the increase this year — not over multiple years, as Gov. C.L. "Butch" Otter has proposed.

"We need that money right now," he said. Every cent raises \$8 million, but a portion of that is funneled off to local entities.

Smith said he's talking with legislators and will introduce it when he's convinced it has support. Even with the audit's release some lawmakers are unsure whether they'll increase fees in the economic downturn. "It's probably a mixed bag," Smith said.

House Majority Leader

Mike Moyle, R-Star, said Friday the temperature of the House changes but he and others are working with Otter, who's pitched a \$174 million package of new revenue — a packet now more than an inch thick. He expects proposals to filter out over the next couple weeks, he said.

"It's still fluid," he said. "Most folks are still trying to digest the audit."

Smith would also prefer the proposals come before the House piecemeal, not via an omnibus bill.

"That way, people can vote

down what they don't like," he said.

Smith's other conclusions:

- New revenue is used for only "maintenance, preservation and restoration." This parallels the audit's findings and recommendations that the state's policy in fixing the worst roads before maintaining the better ones is draining funds and damaging roads in the long-term.

- It's crucial the state recreate the \$6 million pavement management system the audit's experts propose. A

See **TAX**, Main 2

## CSI moves ahead with building plans



JUSTIN JACKSON/Times-News

A construction worker uses a piece of machinery while continuing work on the College of Southern Idaho's nursing facility Friday afternoon in Twin Falls.

By Ben Botkin  
Times-News writer

At the College of Southern Idaho, the steel frame of a \$21-million building is taking shape.

There was a time when the college hoped for state funding to help with the costs of occupying the health sciences and human services building starting in January 2010. That's no longer the case, but CSI President Jerry

Beck said he's confident that the building can open next year as scheduled.

"The building will open," he said.

The college needs about \$145,000 for costs like utilities and custodians for its first year of operation. The college is growing revenue by charging an additional \$5 per credit and will actively continue marketing and recruiting new students to increase its enrollment, Beck

said. CSI is also making cuts in areas like travel and supplies, he said.

"We're on time and on budget at this point," Beck said of the new building's construction progress.

The college already secured state funding for the building's construction before holdbacks and cuts loomed in the state budget.

When finished, the new center will be a 72,400-square-foot building that

provides space for the college to expand its health programs.

The center will have eight classrooms, three lecture halls, program and computer labs, six study rooms a common area and 26 faculty offices.

"We're probably a little over halfway done on our structural steel," said Mike Chupa, site superintendent

See **CSI**, Main 2

## Man shot outside T.F. bar Sunday

Police still searching for shooter

By Andrea Jackson  
Times-News writer

A man was shot outside a popular Twin Falls bar early Sunday morning, sending police on a search for a suspect with lips tattooed on his neck.

Twin Falls Police Sgt. John Wilson said the shooting happened shortly after 1 a.m. in a parking lot of Woody's Sportsbar and Grill.

Authorities aren't naming the victim, but said he received non-life threatening injuries and was treated and released from a local hospital.

Police have identified a suspect who was still at large Sunday night, Wilson said.

The shooter is believed to be a Latino male, 5'8" and 200 pounds, with very short

Twin Falls police ask anyone with information to call 208-735-4357

hair or a shaved head, and a tattoo of lips on his neck.

The shooting was preceded by an argument, Wilson said.

Authorities plan to release a composite sketch of their suspect today.

By Sunday afternoon, Woody's, at 213 Fifth Ave. S., was open and busy with a Super Bowl bar crowd.

An employee told the *Times-News* Sunday the bar's owner, David Woodhead, won't comment because he didn't see the shooting.

Twin Falls County Prosecutor Grant Loeb said Sunday no one has been charged, adding he expects to know more today.

Andrea Jackson may be reached at 208-735-3380 or [ajackson@magicvalley.com](mailto:ajackson@magicvalley.com).

## Idaho lab develops arsenic removal technique

The Associated Press

IDAHO FALLS — The Idaho National Laboratory has developed a technique for removing arsenic from water that is seven times more effective than anything currently available, Energy Department officials say.

In a statement Friday, the federal agency said a licensing agreement that gives exclusive rights to market the technique has been signed with Water Technology Group Inc. of Harvard, Mass.

"This technology will aid millions of Americans and more than 70 million people around the globe who are exposed to dangerous arsenic concentrations in their drinking water," Troy Tranter, the lab's project manager, said in a statement.

"Anybody who's in this business would like to make a contribution to water quality in India, Africa and South America," Water Technology's chief executive, Jack Boyles, told the Post Register.

Since January 2006 the Environmental Protection Agency has set the maximum safe arsenic level for drinking water at 10 parts per billion,

down from 50 parts per billion.

Some studies show arsenic in drinking water at levels greater than 10 parts per billion can increase cancer rates, but water for about 4,000 municipalities and nearly 14 million U.S. homeowners exceed that level.

For example, in Twin Falls, some sampling of municipal water has shown as much as 18.1 parts per billion of arsenic. In 2007 the town was given a five-year extension — to Jan. 11, 2011 — to reduce the arsenic.

Tranter said the new removal technique, Nano-Composite Arsenic Sorbent, uses tiny particles that attract the arsenic. The particles are spread throughout a film that coats perforated plastic beads, each a little smaller than a BB, and the beads are contained inside a cartridge. Arsenic is removed as water passes through the beads.

"(The) technology will provide affordable, effective and manageable solutions for municipalities, small public water systems and residential systems with arsenic contamination," Boyles said.

## After Bush, an uphill climb for U.S. parks

By Julie Cart  
Los Angeles Times

ARCHES NATIONAL PARK, Utah — Kate Cannon gazed across the high red desert to the snowy La Sal Mountains rising in sharp relief at the horizon. That view of uninterrupted nature is what draws nearly 1 million yearly visitors to this remote part of southeast Utah.

"Look at the mountains," said Cannon, superinten-

dent of Arches and neighboring Canyonlands National Park. "You can see them. Part of the majesty of this country is the grand sweeping views. The visitors do love it."

Cannon has been focusing on this view after the federal Bureau of Land Management decided in November to auction oil and gas leases on 360,000 acres of public land in Utah, including 93 parcels on or near the boundaries of these parks and nearby Dinosaur

National Monument.

The leasing decision was put on hold by a judge Jan. 17, after protests from the park service and environmentalists who complained that the view from the famed sandstone arches and spires would be despoiled by the new roads, heavy equipment, drilling platforms and veil of dust that would accompany the exploration for fossil fuels.

But it is only a temporary victory on the heels of what

some in the park service see as a string of defeats in which the nation's parks often acquiesced to the encroachment of commercial interests and energy projects during the eight years of the Bush administration. Among the recently approved projects is a uranium mine two miles from a Grand Canyon visitors center.

Critics of the Bush administration — former park

See **PARKS**, Main 2



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## SWAT TEAMS DEPLOYED IN 911 FRAUD

Pranksters send cops on wild goose chase, Main 10



## Officials consider another Blaine County dispatch funding scheme

By Ariel Hansen  
Times-News writer

Blaine County, along with cities and fire districts in its jurisdiction, are trying to figure out a fair, affordable way to divvy up the cost of operating a joint dispatch center for 911 and non-emergency calls.

A new idea is on the table this month: a funding model that might spare financially strapped cities cash.

Dispatch was combined in 2007 to serve the county, the cities of Hailey, Bellevue, Ketchum and Sun Valley, Wood River Fire & Rescue and the Carey Rural Fire District.

Local leaders are trying to determine how much each should pay for the center for the 2010 budget cycle and beyond.

The county is fairly firm that it will pay for six of 13 needed dispatchers, said Blaine County Commissioner Angenie McCleary. Six can handle all emergency calls plus county employees' non-emergency calls. For a fully staffed dispatch center, though, the remaining jurisdictions in Blaine County would need to pick up the salaries of seven. "The good news is we'll pay for half the system; the bad news is that's as much as we can contribute," McCleary said.

Several different suggestions have been floated for splitting costs between the cities and fire districts. Some ideas were immediately discarded, and others have been topics at meetings for several months.

Depending on the model that's chosen, as much as \$260,000 a year could be requested from Hailey for

dispatch, which would dramatically impact the city's already-stressed budget. Bellevue is in a similar position.

In late January, the county decided to pencil out the costs for some unexplored funding suggestions.

McCleary said she looked at the new numbers, and contacted Hailey City Councilwoman Carol Brown, that city's representative on the issue.

They, and other officials, are looking at a new funding model based on the number of dwelling units — homes, occupied or empty.

"Dwelling units is a really legitimate way to look at it," Brown said. "What if every dwelling unit was full, and everyone had an emergency? It's a direct-impact model that really gets to what the impact on the system could be."

That would mean Hailey could get a cheaper, \$136,000 bill, but budgeting even for that cost could still be challenging for the next few years.

The county can't help with any phase-in, McCleary said, so Ketchum and Sun Valley might be asked to pony up the difference early on.

The dwelling-unit model has been unofficially proposed to all the dispatch jurisdictions, and their councils and boards are expected to review it this month.

If the model seems fair and sustainable, the jurisdictions may come back to the table later this month to hammer it into place.

"We're either extremely close to a solution or we're not close to a solution at all," McCleary said. "It's going to be a more attractive proposition for some and a less attractive one for others."

## Twin Falls Council to discuss impact fees

By Ben Botkin  
Times-News writer

The Twin Falls City Council will meet at 5 p.m. today at council chambers, 305 Third Ave. East.

The council will consider the following items:

- An ordinance creating development impact fees that would take effect on Aug. 1. The proposed fees are: \$1,606 for a single family house; \$1,513 per dwelling unit for a multifamily project; and \$1.68 for each square foot of retail space.

- A final plat for Pioneer Estates Subdivision, which has nearly 14 acres with 44 single family residential lots at the northwest corner of Filer Avenue East and Meadowview Lane North. Two of the 44 lots are designated as common/open space.

- Authorization of a right-of-way agreement for construction with a property owner along Washington

Street North. The city is paying \$15,263 for the property.

- A bid to replace a sewer line near the River Vista Subdivision east of Twin Falls Rod and Gun Club. H2 Excavation of Nampa submitted the low bid of \$257,237.79

- A resolution adopting the Twin Falls Vision 2030: A Comprehensive Plan for a Sustainable Future as the city's comprehensive plan.

- A request to renew the improvement agreement, engineer's estimate and assurance of construction for Canyon Trails Subdivision No. 5, which is on the north side of Pole Line Road at the intersection of Park View Drive. The 54.5-acre subdivision has a mix of residential and commercial lots. The agreement would renew the commitment of the developer, Canyon Properties, L.L.C., to build improvements at the site.

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# Going for a good cause

## Castleford Men's Club hosts auction, pushes forward community center

By Blair Koch  
Times-News correspondent

A dream two decades in the making is close to being fulfilled.

Castleford's only civic club has been saving money for several years to build a community center. When finished this spring, it will hold municipal offices, a quick response unit bay and a multi-purpose meeting and events center.

Those who attended Saturday's 36th Annual Men's Club Auction, which was held across the street at Castleford School, saw progress at the emerging center, including nearly complete outer metal siding.

The club broke ground last spring on the property and nearly \$51,000 was raised at Saturday's auction.

"The center is something people in Castleford can look forward to," said club President Shane Garrison.

"It's nice to see something new and worthwhile being built in the town, and hopefully it will become a cornerstone for community improvements. It won't just be open to the club, but for

the entire community. All you have to do is sign up to use it."

The club's focus on providing funding for youth in the community, along with sponsoring FFA members, athletic teams and music students. The club typically spends 70-80 percent of auction proceeds to sponsor area youth groups and activities.

The auction's funds come from private individuals and businesses across the Magic Valley.

A special fund for the facility holds a share of the proceeds. The club has raised about \$140,000 for the center over the years.

Castleford quick response also contributed to the project, but that figure was not immediately available.

Former club president and member Scott Tverdy said he was humbled by the generosity of people and businesses around the valley.

"With the cash donations and in-kind donations for materials and such we are able to build this for around \$240,000 ... The building has an estimated value of \$465,000," said Tverdy. "This



BLAIR KOCH/For the Times-News

Auctioneer Lamar Loveland, left, is assisted by Challis Bishop, 12, at the 36th Annual Castleford Men's Club Auction, held Saturday at Castleford School. More than 100 people went to the auction, where a portion of the proceeds will be used to help finish the club's community center, expected to open this spring.

is just amazing that so many folks and businesses from around the Magic Valley supported us. Businesses have never backed up and it's hard times out there. These people are giving from the hurt. It is just overwhelming."

Garrison agrees. "Every year there is something going on that makes you think the auction won't be as good, but every year donations are made, the community comes out and the auction is a huge success," he said.

An array of items were on the auction block, including everything from canned fruit

and tomatoes to yearling Holstein heifers.

And it was an auction for all ages. "I want to be an auctioneer someday, so this is fun to come and help out with," said 12-year-old Challis Bishop. "And it's for a good cause."

Doors at the center should be open by spring, Tverdy said. "It's exciting to see, especially for all those that have worked so hard on it. It's good to see the building so close to fruition," he said.

Blair Koch may be reached at 208-316-2607 or [blairkoch@gmail.com](mailto:blairkoch@gmail.com).

## Budget crunch hits Buhl Boys & Girls Club

### Public school funding may delay Buhl project

By Blair Koch  
Times-News correspondent

As the state prepares educators for budget cuts the Buhl school board says it will be proactive in providing students the education they deserve.

That means prioritizing projects and making sure funds are scrupulously spent.

While trustees have explored the construction of a Boys & Girls Club clubhouse on district property Trustee Jim Barker said the project may have to take a back seat to more pressing needs.

"There is continuing, ongoing dialogue with the Boys & Girls Club to build a clubhouse and at the same time make sure the public is truly behind the idea," Barker said.

The district has already collected surveys to gauge public support and has been working with city and club officials to create a workable contract. Due to liability concerns the district would lease to the city land across from Popplewell Elementary School and adjacent to the Seventh Street gym for the clubhouse under the proposed plan. The city could then allow the club use of the land, if plans are approved.

District officials recently met with an architect to

review plans for the facility. In addition to Boys & Girls Club uses, the district would be able to use the facility for overflow education space or district administration offices.

The parking lot constructed for the club would offer space for Seventh Street gym activities and enough restrooms would be included so that the gym — now only used on a limited basis — could be fully functional.

Barker said the board hoped to delve into the plans during its upcoming meeting. Pending cuts may change that plan.

"We were really hoping February could be Boys & Girls Club month but given the severity of what we are being told about funding ... we need to make sure that we are planning ahead for the cuts we are being told about," he said.

Club Executive Director Sam Fowler remains optimistic and says working toward bringing Buhl's school students the club has been fruitful.

### Take part

The Buhl School District Board of Trustees will meet at 7 p.m., Feb. 17 at the Buhl High School library, 1 Indian Territory, Buhl. Information: 208-543-6436.

"We believe this is pressing ahead and so we are pressing ahead," Fowler said. "Right now we are hashing out areas of the contract, the general facility use agreement for the clubhouse and also a schedule and use agreement for the gym. We don't have an exact timeline for when we expect this to complete but are letting the process take due course."

He said an operational club could help the district replace programs such as arts, music or athletics facing possible cuts due to state budget reductions.

"What we do is come alongside what is happening at the school and help pick up the slack where needed," he said.

In the meantime Fowler expects to address the board at an upcoming meeting.

"We were really hoping February could be Boys & Girls Club month but given the severity of what we are being told about funding ... we need to make sure that we are planning ahead for the cuts we are being told about."

— Jim Barker, Buhl school board trustee

Buhl Club Advisory Board Member Steve Kaatz remains upbeat about the seven-year-old project becoming a reality.

"This is a good thing for Buhl and its students and families," he said. "... It has taken some time but I have no doubt that this will happen."

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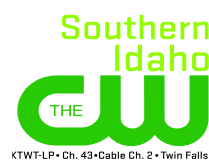
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# Idaho senators against federal stimulus package

IDAHO FALLS (AP) — Idaho's two Republican senators are telling the state's legislators not to count on federal dollars from a proposed stimulus package they say is too expensive.

"They should operate as if this doesn't exist," Sen. Jim Risch told the Post Register.

Lindsay Nothern, a spokesman for Sen. Mike Crapo, said a GOP filibuster is possible.

"This bill goes way overboard on the spending side," Nothern said. "Where are we

getting the money from? It's just not a balanced proposal."

The House voted last week to approve President Barack Obama's \$819 billion combination of tax cuts and new spending. The president has said his goal is to create or preserve 3 million to 4 million jobs.

No Republicans voted for the measure. Reps. Mike Simpson, R-Idaho, and Walt Minnick, D-Idaho, both voted against it, citing concerns about the level of spending. Senate debate begins this

week. Democrats alone lack enough votes to end a filibuster.

Like many states, Idaho is faced with tough budget decisions in the current economic crisis. So far lawmakers have cut about \$150 million from the original 2009 appropriation, about 5 percent, amid shrinking revenues.

On the possibility of help from federal stimulus funds, "the picture is still hazy," said Jon Hanian, a spokesman for Gov. C.L. "Butch" Otter. "We

don't want to build unreasonable expectations on dollars that don't exist yet. Right now we don't have facts."

Rep. Maxine Bell, R-Jerome, and Sen. Dean Cameron, R-Rupert, co-chairs of the budget-writing Joint Finance-Appropriations Committee, said they were not counting on any federal money.

"It's way premature to tell what we're going to get," Cameron said.

Superintendent of Public Instruction Tom Luna,

preparing to chop \$62 million from the public schools budget and tap an education stabilization fund for another \$17 million in the next fiscal year, did not include any stimulus money from the congressional legislation in his presentation to the joint committee on Thursday.

"It's really too soon to rely on those numbers," said Melissa McGrath, a state Department of Education spokeswoman. "We have to craft a budget on the numbers we know for sure."

## Stimulus bill would boost NW grid, wind energy

By Matthew Daly  
Associated Press writer

WASHINGTON — The economic stimulus bill working its way through Congress includes \$3.25 billion in additional borrowing authority for the Bonneville Power Administration, which says it will use the money to expand the Northwest's power grid.

The increased borrowing authority would help the power agency bring wind farms and other alternative energy sources online throughout the Northwest.

The projects would generate power for up to 1 million homes and businesses from northern California to Montana and create thousands of "green" jobs, supporters say.

"This investment will help give BPA the resources needed to create family-wage jobs and bring new energy sources online across the Northwest," said Sen. Patty Murray, D-Wash. "This will allow us to get working today on creating a smarter, more sustainable power grid that is essential to our energy future."

Murray and other lawmakers called the BPA spending an investment with short-term and long-term benefits.

"This will help build critical infrastructure to facilitate renewable and energy efficient projects that BPA has planned but cannot currently build due to a lack of capital and the frozen credit markets," said Rep. Peter DeFazio, D-Ore. The energy projects should create thousands of jobs in Oregon and the Pacific Northwest, he said.

The House approved the stimulus plan last week, despite unanimous opposition from Republicans. The Senate is expected to take up its version of the bill this week.

The BPA, based in Portland, Ore., is a not-for-profit federal agency that markets power from 31 federal hydroelectric dams and a nuclear plant in the Northwest. The agency accounts for about 40 percent of the electricity consumed in the region, serving about 150 utilities in Washington, Oregon, Idaho and Montana, as well as parts of northern California, Nevada, Wyoming and Utah.

BPA said the additional borrowing authority would allow it to speed about eight alternative energy projects now being considered. The agency now has about \$2.5 billion available for capital investment, but the stimulus bill would more than double that.

## States fail in latest prairie dog report card

ALBUQUERQUE, N.M. (AP) — While groundhogs will get all the attention Monday, a report being issued by an environmental group says their cousins, the prairie dogs, are in dire straits across the West.

WildEarth Guardians says in its report to be released Monday that North America's five species of prairie dogs have lost more than 90 percent of their historical range because of habitat loss, shooting and poisoning.

It grades three federal land management agencies and a dozen states on their actions over the past year to protect prairie dogs and their habitat.

Not one received an A. Most grades even dropped from the previous year, but Arizona improved to a B — the highest grade of all the states in prairie dog country. That state reintroduced 74 black-tailed prairie dogs to a small southeast parcel in October.

New Mexico, home to the Gunnison's prairie dog and black-tailed prairie dog, earned a D — the same as last year — because, the group said, state wildlife officials weren't actively conserving prairie dogs.

"It's hard to see the prairie dogs that are missing when you drive across the West because our modern society has no perception about what it was like before we started poisoning prairie dogs," said Lauren McCain, WildEarth Guardians' desert and grassland projects director.

McCain said prairie dogs are an important part of a grassland ecosystem. They are food for hawks, golden eagles, foxes and endangered black-footed ferrets, and their burrows offer shelter for a variety of other species.

McCain said all the animals need federal endangered species protections.

Of the five species, the Utah prairie dog is classified as threatened and the Mexican prairie dog as endangered. The U.S. Fish and Wildlife Service has issued preliminary findings that the black- and white-tailed prairie dogs may warrant federal protection, and the Gunnison's prairie dog is a candidate for protection in part of its range.

# RESTLESS REDOUBT



AP photo

This image provided by the Alaska Volcano Observatory/U.S. Geological Survey shows the Redoubt Volcano, Friday near Anchorage, Alaska. Scientists with the Alaska Volcano Observatory on Friday flew close to Drift Glacier and saw vigorous steaming emitted from a football-size area on the north side of the mountain. By Saturday, they had confirmed the area was a fumarole, an opening in the earth that emits gases and steam, and that it had doubled overnight.

## Geologist: No big energy bursts at Alaska volcano

By Rachel D'Oro  
Associated Press writer

ANCHORAGE, Alaska — Groans and steam emanated from Mount Redoubt yet another day, but the volcano showed no dramatic burst of energy, geologists noted Sunday.

"It looks like a volcano that wants to erupt, and our general impression is that it's more likely to erupt than not," said Tina Neal with the Alaska Volcano Observatory.

As a precaution, Elmendorf Air Force Base near Anchorage, about 100 miles northeast of Redoubt, was moving five C-17 cargo planes to McChord Air Force

Base in Washington.

"We're just trying to be proactive and protect our assets," said 1st Lt. Erin Slaughter. "Our aircraft support other missions, such as delivering supplies to Iraq and Afghanistan, and this relocation will allow them to still do all those missions even if the volcano does erupt."

On Saturday, geologists observed a quickly growing area of vigorous steaming at the 7,100-foot level on the north side of the mountain. Volcanic gas also was detected.

A hole in a glacier clinging to the north side of the volcano had doubled in size

since Friday, spanning the length of two football fields.

The area is just below a dome that formed the last time Redoubt blew in 1990.

The signs of heat add to concerns that an eruption is near, which could send an ash cloud about 100 miles northeast toward Anchorage, the state's largest city, or onto communities on the Kenai Peninsula, which is even closer to the mountain on the west side of Cook Inlet.

An eruption in December 1989 sent an ash cloud 150 miles that flamed out the jet engines of a KLM flight carrying 231 passengers on its way to Anchorage. Pilots were able to restart the engines

and land safely.

The observatory last week detected a steep increase in earthquake activity below the volcano, upgrading its alert level to orange, the stage before full eruption. Volcanologist Dave Schneider said seismic activity Friday was the most pronounced. Since then, activity has been less intense and more intermittent, but still far above normal for Redoubt.

"Volcanoes are kind of like kids. Each has their own personality, their own levels of seismicity," Schneider said. "Redoubt is pretty much above any volcano's seismicity. It's a very restless volcano at present."

## Study: Climate change may reshuffle western weeds

SALT LAKE CITY (AP) — A new study says climate change will likely shuffle some of the West's most troublesome invasive weeds, adding to the burden in some areas and providing opportunities for native plant restoration in others.

Princeton University researchers say a warming climate will provide more welcoming conditions for invasive plants to get a foothold, spread quickly and crowd out native species.

But the study says some

invasives may retreat from millions of acres in Utah and elsewhere in the West — at least briefly — and offer an opportunity for land man-

agers to re-establish native plants.

Bethany Bradley, a biogeographer at Princeton and lead author on the study, says land

managers ought to be ready for those brief periods to restore the landscape with native vegetation to keep invasives out.

BONNEVILLE POWER ADMINISTRATION



## Public Meeting

You're invited to attend a public meeting to discuss BPA's Energy Efficiency Program Post-2011. The agency is seeking input from the region to help determine the agency's role in the development of energy efficiency following the implementation of new power sales contract, emerging climate change issues and new regional targets.

Each meeting will include a brief summary of energy efficiency programs and a question and answer period.

Wednesday, February 11

9 a.m. to 1 p.m.

Shilo Inn and Convention Center

7801 Lindsay Blvd.

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Written comments will be accepted through March 2, 2009. Submit your comments on-line at [www.bpa.gov/comment](http://www.bpa.gov/comment); via mail to BPA, Public Affairs Office - DKE-7, P.O. Box 14428, Portland, OR 97293-4428; or fax to (503) 230-3285. Please note all comments will be posted in their entirety on BPA's external website.

For more information visit [www.bpa.gov/Post2011](http://www.bpa.gov/Post2011) or call (800) 622-4519.

[Magicvalley.com](http://Magicvalley.com)

## South Side Electric, Inc.

All patrons of South Side Electric are cordially invited to attend the 62nd Annual Meeting of the Members on **Monday, February 2, 2009 at 6:30 p.m.** in the Multi Purpose room at Declo High School. Registration will begin at 6:15 p.m. Agenda includes reports from the Management, Board, Auditor and the election of two Board Members. All Members are encouraged to attend. Dinner will be served and door prizes awarded.

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Shows Nightly 7:30 & 9:15 <b>Paul Blart Mall Cop</b> PG Kevin James in a Hilarious Comedy
Shows Nightly 7:30 & 9:40 <b>Gran Torino</b> R Clint Eastwood in the Drama Everyone is Talking About
Shows Nightly 7:25 & 9:20 <b>Taken</b> PG-13 An Action Thriller
Shows Nightly 7:20 & 9:35 <b>Valkyrie</b> PG-13 Tom Cruise in a True Story WWII Action Adventure
Shows Nightly 7:25 & 9:25 <b>InkHeart</b> PG A Family Fantasy Adventure
<b>BURLEY THEATRE</b>
678-5631 All Seats \$2.00 Everynight Open Fri. - Tues. each week
Shows Nightly 7:30 & 9:30 <b>Madagascar</b> <b>Escape 2 Africa</b> PG Hilarious Animated Comedy

**STAT OF THE DAY:**

**100 YARDS — PITTSBURGH'S JAMES HARRISON HAS LONGEST PLAY IN NFL SUPER BOWL HISTORY**



# SIXTEENS



As game changed gears, excitement accelerated

**W**ithin seconds everything kept changing. This is how it is in today's NFL. The greatness doesn't come over long drives with plenty of grinding and banging by the lines.

**Les Carpenter**

Rather it came in the moment it took Kurt Warner to fire a pass over the middle to wide receiver Larry Fitzgerald, who sprinted half the length of Raymond James Stadium for a touchdown that seemed to deliver the Super Bowl to the Arizona Cardinals with the unimaginable thought of Cardinals owner Bill Bidwill holding the Super Bowl trophy in his hands.

But, in the length of time it took Steelers quarterback Ben Roethlisberger to fire two late-game passes to wide receiver Antonio Holmes — one to set up the winning touchdown, the other a miraculous catch in the back of the end zone to seal this 27-23 victory in Super Bowl XLIII — greatness went the other way.

There will be so many things people will remember about this, maybe the greatest Super Bowl yet. Picking one will be impossible.

Realize this may just be the way it is going to be from now on in professional football.

In two straight Super Bowls now we have seen the greatest play in the game's history. Last year it was an unknown Giants wide receiver named David Tyree who caught a pass from Eli Manning with the ball somehow pressed against his helmet as he tumbled to the ground on a reception that still defies explanation.

Or maybe it was Holmes's catch in the back of the end zone?

Pittsburgh Steelers wide receiver Antonio Holmes celebrates following Pittsburgh's 27-23 win over the Arizona Cardinals Sunday, in Tampa, Fla. Holmes caught the game-winning touchdown pass. AP photo

## Steelers rally to beat Cardinals 27-23 for sixth Super Bowl win

By Barry Wilner  
Associated Press writer

TAMPA, Fla. — Their Steel Curtain shredded, Ben Roethlisberger and the Pittsburgh offense ended a Super Bowl of incredible swings with a final-minute touchdown for a historic victory.

Santonio Holmes made a brilliant 6-yard catch deep in the right corner of the end zone with 35 seconds

remaining Sunday night, lifting the Steelers to a record-setting sixth Super Bowl win, 27-23 over the Arizona Cardinals.

It was one of the most thrilling finishes to the NFL title game, certainly equalling last year's upset by the New York Giants that ended with Plaxico Burress' TD catch — with 35 seconds left, too.

But this one was even wilder. The Steelers (15-4), winning their

second Super Bowl in four seasons, led 20-7 in the fourth quarter, only to see Kurt Warner and the Cardinals stage a remarkable rally to go in front 23-20 with 2:37 remaining.

Warner hit All-Pro receiver Larry Fitzgerald in stride for a 64-yard touchdown with 2:37 left. Already owning a slew of postseason receiving marks this year, Fitzgerald sped down the middle of the field, watching himself outrun the Steelers on the

huge video screen.

Fitzgerald could only watch from the sideline as Roethlisberger engineered a 78-yard drive to win it in what resembled Heinz Field South. With waves of twirling Terrible Towels turning Raymond James Stadium into a black-and-gold tableau — Steelers fans supporting their beloved team, the economy be damned —

Please see **STEELERS**, Main 6

## Kimberly aims to defend SCIC title

By David Bashore  
Times-News writer

For the first time in three seasons, Kimberly will enter the Sawtooth Central Idaho Conference tournament with a loss on its record. Three losses, to be exact.

But still none in the SCIC.

As the Bulldogs open up District IV's Class 3A tournament action with a home game against Buhl tonight, there is less pressure than they have experienced in the last couple of seasons.

"This year it's a little different because we've come in the past undefeated, so we don't have the past of keeping an undefeated record this time which some say is a lot of pressure," said Kimberly coach Rich Bishop. "But the girls know they have to play well, because even the teams that finished toward the bottom of the conference are starting to play really well. They know it's not going to be handed to them."

Kimberly heads into the tournament as the clear favorite, considering how dominant the Bulldogs were in mowing through the SCIC with a perfect regular-season conference record.

Bishop said he prefers to play on the first night of the tournament rather than have the first-round bye, noting

how the schedule is actually a disadvantage to a team skipping the first night.

"You play that first game against the No. 5 seed and hopefully you play well and win and then you get a night off, and make another team play on back-to-back nights," he said. "If you can play that first night well and win, it puts you in a pretty good position."

Wendell's strong start to the season earned the No. 2 seed in the tournament, and with it a first-round bye, but the Trojans (15-5) have stumbled somewhat toward the finish line in losing two of their last four games of the regular season.

On Tuesday, they will host the winner of today's game between Gooding and Filer, a rematch of a fairly tight affair just a week ago.

Filer has been up and down all season and Gooding appears to be coming on strong. Either team could pose a threat to Wendell and sneak onto the inside track for at least a state play-in appearance.

"We asked the girls which team they wanted to play again, and they all said Filer," said Gooding coach Luanne Axelson. "We made them earn it last time and we're excited to play them again."

Bishop figures that while his team is the favorite, all five clubs are playing

Please see **SAWTOOTH**, Main 6

## Nadal ousts shaken Federer in 5 sets in Australia Open

By John Pye  
Associated Press writer

MELBOURNE, Australia — Roger Federer had nowhere to hide.

Rod Laver was about to present the cup to Australian Open champion Rafael Nadal. Federer stood on the court, having just missed his first chance to equal Pete Sampras' record 14 Grand Slam singles titles.

He was sobbing. He couldn't speak.

"In the first moment you're disappointed, you're shocked, you're sad, then all of a sudden it overwhelms you," Federer finally said, referring to his 7-5, 3-6, 7-6 (3), 3-6, 6-2 loss to Nadal in a momentum-swinging, 4-hour, 22-minute title match Sunday night.

"The problem is you can't go in the locker room and just take it easy and take a cold shower. You're stuck out there. It's the worst feeling ... It's rough."

Nadal, the first Spanish man to win the Australian Open, beat Federer in Grand Slam finals on clay and grass last year. He added the missing link Sunday

with his first major title on hard courts.

The 22-year-old Spaniard is 5-2 against Federer in championship matches at the majors — 3-0 in the last three — and 13-6 in career meetings. The most riveting was Nadal's five-set, 4-hour, 48-minute win over Federer at Wimbledon last year, ending the Swiss star's five-year reign on grass.

Now, 40 years after Rod Laver last won the Grand Slam — all four majors in one season — Nadal is the only man who can emulate him in 2009.

Federer had been the most likely of the recent contenders, missing by one in 2006 and 2007 — losing to Nadal at Roland Garros both years. Clay remains his obstacle. And the French Open was the only major missing in Sampras' career.

"God, it's killing me," Federer said, crying, as he tried at first to accept the runner-up plate. He returned to congratulate Nadal within minutes, saying: "You deserved it. You played a fantastic final."

After collecting the trophy

Please see **AUSSIE OPEN**, Main 6

## CSI tops Gateway 14-2, ties Arizona Western 1-1

Staff report

CSI softball finished out the Arizona Western tournament, in Yuma Ariz., with a win and a tie on Sunday morning.

CSI topped Gateway in their first game of the day, 14-2, and later tied Arizona Western 1-1.

In the tournament, games are simply ruled a tie after seven innings rather than going extra innings.

CSI finished the tournament with four wins, two losses, and two ties.



<b>CSI 14, Gateway 2</b>		
Gateway	200 000 0	251
CSI	007 007 x	1490
Horta and Degroot; Bryant; Nik.		
Extra-base hits — 2HR: CSI Zimmerman		
<b>1, Arizona Western 1</b>		
Arizona West.	100 000 0	142
CSI	000 001 0	151
Nielsen, Zimmerman; Gatson Correa.		
Extra-base hits — 0		



# Perry beats Hoffman in FBR Open playoff

SCOTTSDALE, Ariz. — After the first two playoff holes, neither Kenny Perry nor Charley Hoffman looked capable of winning the FBR Open.

They were 1 over, and it looked as if they might have to play until dark. "The playoff was ugly," Perry said. "We were hitting it everywhere, having to scramble from all over the place."

Perry finally finished off Hoffman, making a 22-foot birdie putt on the third extra hole Sunday at TPC Scottsdale.

Perry closed with a 2-under 69 to match Hoffman (67) at 14-under 270. It was the 13th PGA Tour victory for Perry, the 48-year-old from Kentucky who won three times last year and played on the winning U.S. Ryder Cup team.

Perry blew a chance to win in regulation, bogeying the final hole.

In the playoff, Perry and Hoffman bogeyed and parred the first two extra holes. Perry then rolled in the long putt on the 332-yard, par-4 17th to end the second straight playoff in the event.

## IRELAND'S MCLROY WINS DUBAI DESERT CLASSIC

DUBAI, United Arab Emirates — Northern Ireland teen star Rory McIlroy won the Dubai Desert Classic for his first European tour victory, finishing with a 2-under 70 for a one-stroke win over England's Justin Rose.

The 19-year-old McIlroy, the seventh youngest winner in European tour history, had a 19-under 269 total. Rose closed with a 67. Sweden's Henrik Stenson (67) was third, two strokes back at 17 under.



Kenny Perry celebrates after winning the FBR Open golf tournament Sunday, in Scottsdale, Ariz. Perry won on the third playoff hole against Charley Hoffman.

AP photo

# SCOREBOARD

## BASKETBALL

At A Glance EASTERN

Table with columns for Conference (Atlantic, South-East, South-West, North-East, Pacific), Team, W, L, Pct.

Orlando 21, Nelson 10, Toronto 16 (Calderon 6), Total Fouls—Orlando 17, Toronto 19, Technicals—Bosh, Toronto defensive three second, A—19,800 (19,800).

Kings 122, Thunder 118

Table with columns for Conference (OKLAHOMA CITY (118), MINNESOTA (104)), Team, W, L, Pct.

## GAME PLAN

### LOCAL

HIGH SCHOOL BOYS BASKETBALL 6:30 p.m. Twin Falls Christian at Jackpot, Nev. HIGH SCHOOL GIRLS BASKETBALL Class 3A Sawtooth Central Idaho Conference Tournament 7 p.m. Buhl at Kimberly Gooding at Filer HIGH SCHOOL WRESTLING 6 p.m. Glenns Ferry, Kimberly at Hansen

### TV SCHEDULE

MEN'S COLLEGE BASKETBALL 5 p.m. ESPN — Connecticut at Louisville 7 p.m. ESPN — Kansas at Baylor NHL HOCKEY 5 p.m. VERSUS — St. Louis at Detroit WOMEN'S COLLEGE BASKETBALL 5:30 p.m. ESPN2 — Tennessee vs. Oklahoma, at Oklahoma City

Table with columns for Team, W, L, Pct. (Utah 26, Portland 21, Arizona 23, Pittsburgh 27, Cardinals 23)

## WRESTLING

Table with columns for Team, W, L, Pct. (Cavaliers 90, Pistons 80, Cleveland 90, Detroit 90)

## SKI REPORT

### Idaho

Bogus Basin — Sun 9am psumy 16 degrees packed powder machine groomed 42-48 base 53 of 66 trails, 7 of 8 lifts, 80% open. Magic Mountain — Sun 9am power machine groomed 75-77 base 66 of 66 trails, 100% open, 22 of 22 lifts. Silver Mountain — Sun 9:15am clear 20 degrees variable machine groomed 52-66 base 65 of 73 trails, 6 of 7 lifts, 89% open.

## SKI REPORT

### Wyoming

Grand Targhee — Sun 6:43am packed powder machine groomed 84-84 base 74 of 74 trails, 100% open, 2402 acres, 5 of 5 lifts. Jackson Hole — Sun 6:26am packed powder machine groomed 70-83 base 116 of 116 trails, 100% open, 2500 acres, 10 of 11 lifts. Snowbird — Sun 6:43am packed powder machine groomed 95-95 base 85 of 85 trails, 100% open, 11 of 11 lifts.

## BASEBALL

Table with columns for Team, W, L, Pct. (New York 122, Indians 113, New Jersey 85, Philadelphia 83)

## BASEBALL

Table with columns for Team, W, L, Pct. (Cleveland 90, Detroit 90, Sacramento 122, Oklahoma City 118)

## BASEBALL

Table with columns for Team, W, L, Pct. (Cleveland 90, Detroit 90, Sacramento 122, Oklahoma City 118)

## BASEBALL

Table with columns for Team, W, L, Pct. (Cleveland 90, Detroit 90, Sacramento 122, Oklahoma City 118)

## BASEBALL

Table with columns for Team, W, L, Pct. (Cleveland 90, Detroit 90, Sacramento 122, Oklahoma City 118)

## GOLF

Table with columns for Team, W, L, Pct. (Cavaliers 90, Pistons 80, Cleveland 90, Detroit 90)

## TENNIS

Table with columns for Team, W, L, Pct. (Cavaliers 90, Pistons 80, Cleveland 90, Detroit 90)

# Williams to No. 1; Verdasco big mover on ATP Tour

MELBOURNE, Australia — Serena Williams returned to No. 1 in the world rankings for the third time in her career following her Australian Open win, and Fernando Verdasco broke into the men's top 10 for the first time after advancing to the semifinals.

Williams spent four weeks atop the rankings after winning last year's U.S. Open. Her first stint at No. 1 started in July 2002 and lasted 57 weeks.

Verdasco moved to ninth in the projected rankings issued by the ATP after the tournament. If he had received extra points for court time, he might have improved even more from his 12th ranking two weeks ago.

Verdasco lost a 5-hour, 14-minute five-set marathon to fellow Spanish left-hander Rafael Nadal, breaking the previous longest-match record by three minutes.

No. 1 Nadal increased his lead over second-ranked Roger Federer after a five-set win over the Swiss star in the final on Sunday.

Nadal, who took over the No. 1 ranking from Federer last Aug. 18, will begin his 25th week at the top on Monday. With his Australian Open win, Nadal extended his lead over Federer to more than 3,000 points in the ATP rankings.

Novak Djokovic, who won last year's Australian Open final but lost in the quarterfinals to Andy Roddick this year, remains at No. 3. Britain's Andy Murray, who lost to Verdasco in the fourth round, stays at No. 4.

Nikolay Davydenko of Russia, who did not play the Australian Open due to a heel injury, held his place at 5.

Roddick, who lost to Federer in the Australian Open semifinals, jumped up three spots from 9 to 6, with Juan Martin del Potro, Gilles Simon, Verdasco and David Nalbandian rounding out the top 10.

Williams' 6-0, 6-3 win over Dinara Safina gave her the top women's ranking.

The 27-year-old American said No. 1 wasn't foremost on her mind. "I actually forgot until the end when I was

saying 'Hi' to my (players') box," Williams said. "They said 'Hey, you're No. 1.'"

## NBA

### Lakers await word on severity of Bynum's injury

NEW YORK — The Los Angeles Lakers expect to receive MRI results on center Andrew Bynum's right knee injury Sunday night.

Bynum was hurt in the first quarter of Saturday night's win at Memphis. Kobe Bryant drove to the basket, missed the shot and crashed into Bynum's right leg. Bynum immediately grabbed his knee.

Bynum missed the final 46 games of last season with a left knee injury. He is averaging 14.0 points and 8.2 rebounds.

## COLLEGE

### FSU's Preston Parker posts \$500 bond on DUI charge

TALLAHASSEE, Fla. — Florida State receiver Preston Parker has been released from jail after posting a \$500 bond. Parker was arrested early Saturday and charged with driving under the influence of alcohol or drugs. Tallahassee police arrested the 21-year-old after officers found him passed out in his car in a McDonald's drive-thru lane.

He was released from the Leon County jail Saturday evening. Jail records on Sunday did not show any attorney listed for Parker. Police said Parker's blood alcohol content was below the state's drunken-driving limit. However, his urine sample was presumptive positive for marijuana. A police news release

# Sports Shorts

Note: Send Magic Valley briefs to sports@magicvalley.com

states that Parker admitted to drinking alcohol and smoking marijuana. It's the third arrest for Parker since 2006 and the second in less than a year.

## MAGIC VALLEY

### CSI holds booster luncheon

TWIN FALLS — The College of Southern Idaho Booster Club will hold its weekly luncheon at noon today in Room 276 in the Taylor Building. CSI coaches will be on hand to talk about their programs. Anyone interested is welcome to attend and bring lunch from the CSI cafeteria.

### Gooding Freestyle Wrestling nears

GOODING — Gooding Freestyle Wrestling begins at 6 p.m., Tuesday, Feb. 10, in the Gooding High School wrestling room behind the high school. The cost is \$45 and participants must be ages 5 to 17, or turning 5 this year. Contact: Lyle Rogers at 308-6804.

### Jerome Club Volleyball holds sign-ups

JEROME — Jerome Club Volleyball is holding sign-ups through Friday. The club is for girls in grades 5-11 and the cost is \$30. The club will participate in tournaments in the Magic Valley, with grades 5-6 competing March 28, April 4, April 11 and April 18. Grades 7-11 will compete Feb. 28, March 7 and March 28. Practices will be held once a week in the

evening, beginning two weeks before the first tournament. Additional coaches are needed. Contact: Coach Hannah Bitzenburg at 404-9292.

### Sawtooth Relay registration begins

STANLEY — Sawtooth Relay teams are now forming. The June 14 event is open to runners and walkers. Six-person teams will travel 62 miles from Stanley to Ketchum with each athlete completing two legs with an average of 5 miles each. Entry forms are available at http://www.sawtoothrelay.com and at area sporting good stores and health clubs. Information: 853-1221.

### Idaho Youth Soccer field course

TWIN FALLS — The Idaho Youth Soccer Association will hold an E-License course from Feb. 21-23 at Twin Falls High School. The cost is \$65 for members and \$95 for nonmembers. Information: Chris Clark at 316-7005 or twinfallsrapids@yahoo.com.

### T.F. Parks and Rec offers youth wrestling

TWIN FALLS — Twin Falls Parks and Recreation will offer registration for youth wrestling from Monday, Feb. 2, through Friday, Feb. 20. The program is for children in grades K-6. The season will begin on March 3 and run through April 2. Practices will be held on Tuesday and Thursdays from 5:30 to 6:30 p.m. for grades K-2 and from 6:30 to 7:30 for grades 3-6 at the Twin Falls High School wrestling room. The cost is \$18 for those in city limits and \$21 for those outside. A \$10 late fee will be added if registering after Feb. 20. Participants will receive a Bruins T-shirt. Information: Twin Falls Parks and Recreation office at 736-2265. —Compiled from staff and wire reports

# OPINION

## QUOTABLE

“What they needed to do and what they didn't do is clean up right.”

— Jonathan Prather, who worked at Peanut Corp. of America plant which is believed to have caused a salmonella outbreak

### EDITORIAL

## Surprise! Taxpayers get stuck with sheriff's credit card bill

Let's pretend Twin Falls County is a private company — say the investor-owned Twin Falls Widget Co.

The \$37.5 million enterprise has been having problems with credit card management recently, costing the company about \$70,000 over the past five years.

The shareholders aren't happy about that, which means the board of directors isn't happy.

So it orders TFWCO management to bring in an outside auditor to advise what should be done.

After looking the books, the auditor walks into the CEO's office one day carrying a large pair of scissors.

“Your employees have x number of company credit cards, and that's too many,” she says. “So here's what you do: Gather them up, put them on the conference room table and cut up all except one.”

“That one card has your name on it, Mr. CEO. From here on out, you are responsible for who uses it and you're accountable if anything goes wrong.”

The CEO frowns. “But what about our employees who need to buy things related to business?”

The auditor reaches into her briefcase and produces a single sheet of paper.

“This is an expense form,” she says. “There's a blank spot in the upper left-hand corner for employees to staple their receipts. If your employees need to take a client to lunch or fill the gas tank of a company car or buy an emergency supply of paper clips, this is how they're going to be reimbursed from now on.”

That's how it would happen in a troubled company in the private sector. It doesn't happen that way at the Twin Falls County Courthouse.

The county commissioners on Friday agreed to pay \$10,000 to Bank of America to settle about \$20,000 in outstanding credit card charges stemming from the county sheriff's office. Twin Falls County Prosecutor Grant Loebs negotiated the difference.

The bank moved former Twin Falls County Sheriff Wayne Tousley's many credit cards into a “corporate account,” providing one large statement of purchases for all of them. Items such as service charges were documented separately — something county officials say they weren't aware of — and accumulated for 13 years.

When that came to light last fall, some commissioners said they wouldn't pay it, yet they voted unanimously last week to do so.

And Tousley, on whose watch that debt accumulated, said last fall *he'd* pay off the debt. He didn't.

You did, Mr. and Ms. Taxpayer.

Notwithstanding, the commissioners now say oversight of the county credit's cards is working just fine.

We're guessing they would have said the same thing 13 years ago.

### Our view:

Credit card oversight practices that wouldn't be tolerated in the private sector are business as usual at the Twin Falls County Courthouse.

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

## A life comes out of storage

The week before Christmas, after 6 1/2 years of homelessness, I moved into a city-owned senior housing apartment in Rancho Mirage, Calif., near Palm Springs. I had been on the waiting list there for several years.

For the first few days, I marveled at my good fortune. I had a bed again. A kitchen. A bathroom. They were luxuries I had grown used to doing without.



LES GAPAY

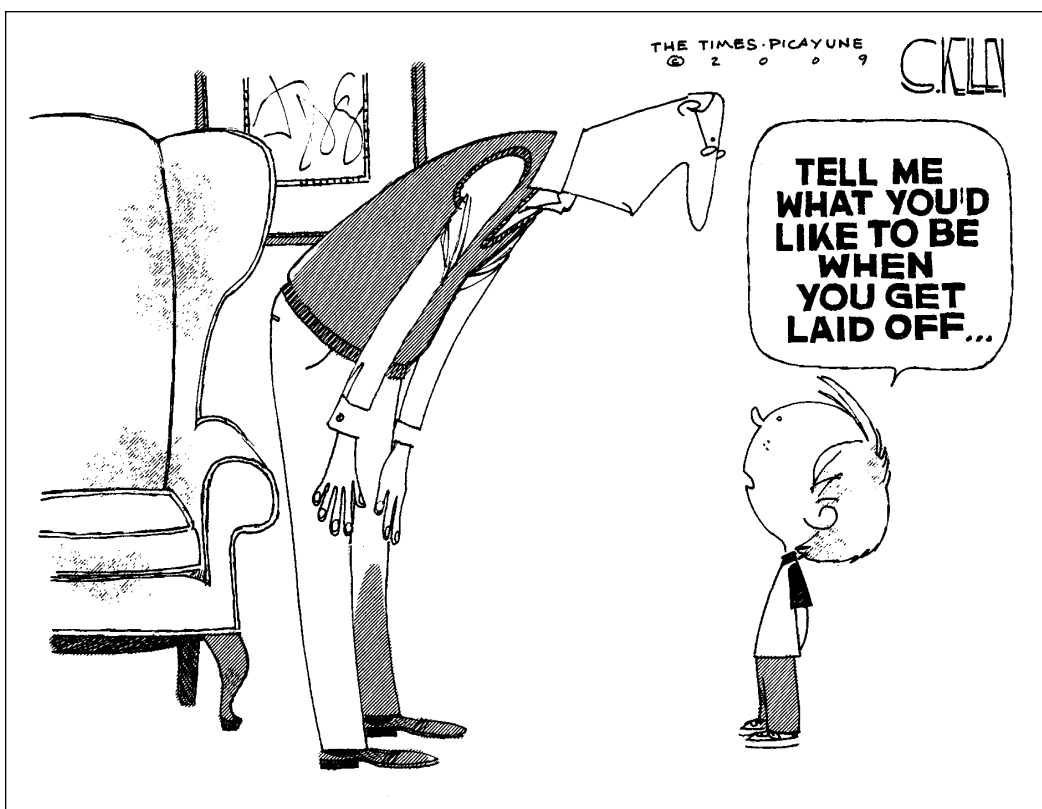
It was surprisingly easy to become homeless. A recession hit, and my freelance writing and public relations work dried up. By June 2002, I could no longer afford my rent, and so I had to give up my apartment.

At the time, I thought that living in my Toyota pickup truck would be temporary. But finding an affordable place to live proved overwhelmingly difficult. With most of my belongings in storage, I camped at public campgrounds and once in awhile at a Wal-Mart parking lot, staying in the deserts of Southern California in the winter and spending summers in Montana, where I had once lived.

I had just about given up on finding a place. Then, in early December, I got a phone call saying my name finally had hit the top of Rancho Mirage's housing list for low-income seniors.

The apartment was small but nice, in a complex with orange and palm trees. I knew that I wanted it, but my problems weren't quite over. I didn't have enough cash to pay a security deposit and the first month's rent, which is calculated at 30 percent of income. The apartment manager suggested contacting some charities.

Two of the groups couldn't help. But Desert Samaritans for the Elderly, a local group that provides aid to seniors in crisis, offered to assist me with the initial rent. The director of Jewish Family



Services in Palm Springs said he would find funds to help with half my security deposit.

When I said goodbye to the host at a campground where I frequently had stayed over the years, he was pleased for me. “You've suffered enough. Enjoy,” he said.

I moved into the apartment during a heavy rainstorm, glad to not be at the muddy campground, and over the next few days began adjusting to my new life. I bought groceries, cleaning supplies, a shower curtain and bath rug, all items I had had no need for while camping. I retrieved from storage my microwave, TV, bed, computer, stereo and clothes I hadn't thought about for years, including suits and ties I had had no need for while homeless.

My things were wrapped in newspapers from the spring of 2002. There were stories about the Chandra Levy murder case in Washington, and about Shaquille O'Neal and Kobe Bryant playing together in the playoffs for the Los Angeles Lakers. I could hardly believe 6 1/2 years had passed. It was a little like an archaeological dig. Here were the pictures of my estranged adult daughters in happier times. Here were the CDs I had forgotten I had.

My desktop and laptop computers were out of date

Every day now seems to me like a gift. One of my delights was finding my toaster and having an English muffin with jam, a morning routine that belonged to my former life.

and mostly unusable. But my sheets, blankets and dishes just needed to be cleaned, and that was easily accomplished now that I had a dishwasher and a washing machine.

Every day now seems to me like a gift. One of my delights was finding my toaster and having an English muffin with jam, a morning routine that belonged to my former life. I am eating healthier meals now that I don't have to rely on fast-food outlets. I use the heated pool and hot tub to sooth my aching muscles.

Having recently gotten Medicare and Medicaid, I had cataract surgery a week after moving into my new place and got long-needed hearing aids. I had expected to recuperate from the eye surgery in my truck after splurging on one night in a motel.

There were times when I was homeless that I felt like Job in the Bible. Sometimes I got angry at God, but prayer and meditation helped me to cope and to accept my situa-

tion. Now that my life has turned around, I offer prayers of thanks.

I also pray for people I know who are still homeless. With so many people being hit hard in this latest recession, there are likely to be more people driven into homelessness, as I was.

Because the rent is so low, senior housing rarely has vacancies until a tenant dies or has to go to a nursing home. There is a shortage of low-income housing for families too. To make matters worse, the state has stopped taking applications for subsidized housing because of the budget crisis.

A formerly homeless vet recently wrote to me that if I wanted to change my situation, I had to do it myself, as almost no one would assist me. Unfortunately, for many homeless people, that's true. I'm grateful I had help.

*Les Gapay is a freelance writer, public relations consultant and former reporter for the Wall Street Journal and other newspapers.*

### LETTER TO THE EDITOR

#### Obama's support for abortion disheartening

To President Obama:  
Mr. President, I am impressed with your messages and hope that you will bring change to our government with transparency, social justice and integrity. However, in the last few days, I have been grieving because of your decision to abandon the helpless unborn babies by quietly reversing the ban on using our tax money to promote abortion abroad.

Mr. President, I am just an ordinary citizen and probably as voiceless as you as those 45 million American voiceless unborn babies who have

#### 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 P.O. Box 548, Twin Falls, ID 83303; faxed to (208) 734-5538; or e-mailed to letters@magicvalley.com.

been forever silenced since 1973 because of their inconvenience in our grasp to achieve power, wealth or self-gratification.

However, I am compelled to write this letter to you because I believe in almighty God, the creator of the universe who creates you and me and those unborn babies, and I believe that he is the

only one who can give life and take life.

You are not only our president but also a world leader. Please don't perpetuate the mentality that life is cheap. Promoting the acceptance of violence inside the mother's womb transforms our society into perpetrators of violence, not the hope for America as you advocate.

Mr. President, I pray each day for your well-being and, that through God's mercy and grace, you will obtain wisdom and change your heart to defend human life because I am very concerned about the state of our nation.

Worldwide terrorism and the financial crisis are a wake-up call for our repentance. God is loving, merciful and forgiving, but if we continue to commit this hideous sin of supporting the killing of the unborn and set ourselves to be “god,” then collectively as a nation, we have to live with the consequences of our actions.

PHUONG SMITH  
Filer

#### Join the discussion

Voice your opinion with local bloggers: Progressive Voice, Conservative Corner and In the Middle. On the opinion page at [Magicvalley.com](http://Magicvalley.com).

## TIMES-NEWS

Brad Hurd . . . publisher Steve Crump . . . Opinion editor

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

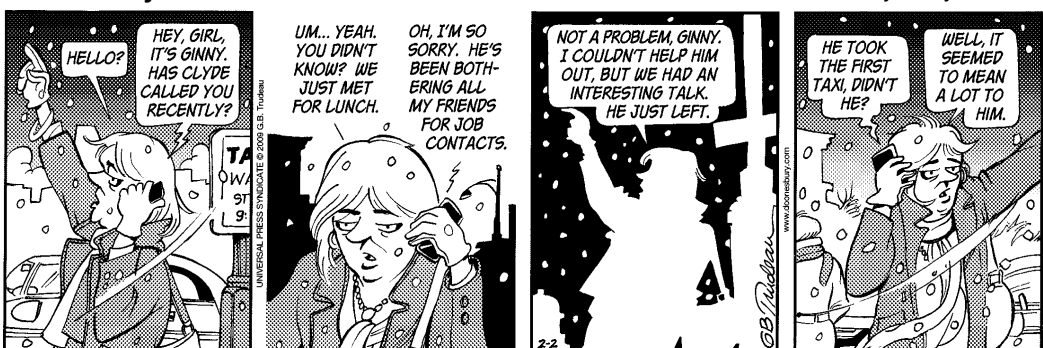
#### Want to express your opinion?

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### THE LIGHTER SIDE OF POLITICS

#### Doonesbury

By Garry Trudeau



#### Mallard Fillmore

By Bruce Tinsley









# NATION & WORLD

## Israel strikes Gaza after militant rocket fire

By Mark Lavie  
Associated Press writer

JERUSALEM — Israel threatened “harsh and disproportionate” retaliation after Gaza militants fired at least 10 rockets and mortar shells across the border Sunday and warplanes later bombed the area where Hamas smuggles in weapons from Egypt through tunnels.

The flare-up raised the risk of intensifying violence in the days leading up to Israel's parliamentary elections

on Feb. 10.

A late afternoon mortar barrage on the southern Israeli village of Nahal Oz, next to the Gaza border fence, wounded two soldiers and a civilian, the military and rescue services said. Earlier, a rocket landed near a kindergarten, police spokesman Micky Rosenfeld said.

Late Sunday, Palestinians reported huge explosions as Israeli warplanes dropped bombs on the Egypt-Gaza border area, where Hamas operates tunnels to smuggle

in weapons, food and other goods, Palestinians said.

Israeli aircraft first flew over the area in southern Gaza setting off sonic booms. Residents said hundreds of people who work in the tunnels fled, then waited in the streets of the border city, Rafah, for the attacks to end so they could return.

The Israeli military said warplanes attacked six tunnels and also an unspecified Hamas post in northern Gaza. No casualties were reported from any

of the bombings.

Since an unwritten truce ended Israel's offensive in Gaza two weeks ago, rocket and mortar fire from the Palestinian territory has increased steadily. Israeli retaliation, including brief ground incursions and bombing runs aimed at rocket launchers and smuggling tunnels, is intensifying.

Even before the mortars hit Nahal Oz, Prime Minister Ehud Olmert told his Cabinet that “if there is shooting at residents of the south, there

will be an Israeli response that will be harsh and disproportionate by its nature.”

All three candidates to replace Olmert in this month's election leveled their own threats against Gaza's Hamas rulers.

Israel launched its three-week offensive with the aim of ending years of Hamas rocket fire at southern Israel. It left nearly 1,300 Palestinians dead, more than half of them civilians, according to Gaza officials. Thirteen Israelis were killed, including

three civilians.

Hamas spokesman Taher Nunu said Olmert's threat was an attempt by Israel to “find false pretexts to increase its aggression against the people” of Gaza.

Hamas has not taken responsibility for the new attacks, which have been claimed by smaller militant groups. But Israel says it holds Hamas, which has ruled Gaza since seizing power in June 2007, responsible for all attacks coming from there.

## In Japan, you are what your blood type is

By Mari Yanguchi  
Associated Press writer

TOKYO — In Japan, “What's your type?” is much more than small talk; it can be a paramount question in everything from match-making to getting a job.

By type, the Japanese mean blood type, and no amount of scientific debunking can kill a widely held notion that blood tells all.

In the year just ended, four of Japan's top 10 best-sellers were about how blood type determines personality, according to Japan's largest book distributor, Tohan Co. The books' publisher, Bungeisha, says the series — one each for types B, O, A, and AB — has combined sales of well over 5 million copies.

Taku Kabeya, chief editor at Bungeisha, thinks the appeal comes from having one's self-image confirmed; readers discover the definition of their blood type and “It's like ‘Yes, that's me!’”

As defined by the books, type As are sensitive perfectionists but overanxious; Type Bs are cheerful but eccentric and selfish; Os are curious, generous but stubborn; and ABs are arty but mysterious and unpredictable.

All that may sound like a horoscope, but the public doesn't seem to care.

Even Prime Minister Taro Aso seems to consider it important enough to reveal in his official profile on the Web. He's an A. His rival, opposition leader Ichiro Ozawa, is a B.

Nowadays blood type features in a Nintendo DS game and on “lucky bags” of women's accessories tailored to blood type and sold at Tokyo's Printemps department store. A TV network is set to broadcast a comedy about women seeking husbands according to blood type.

It doesn't stop there.

Matchmaking agencies provide blood-type compatibility tests, and some companies make decisions about assignments based on employees' blood types.

Children at some kindergartens are divided up by blood type, and the women's softball team that won gold at the Beijing Olympics used the theory to customize each player's training.

Not all see the craze as harmless fun, and the Japanese now have a term, “bura-hara,” meaning blood-type harassment.

And, despite repeated warnings, many employers continue to ask blood types at job interviews, said Junichi Wadayama, an official at the Health, Welfare and Labor Ministry.

## What's good for individuals, is BAD FOR THE ECONOMY



Grace Case, second left, helps her son Adam, left, with his math homework as her husband, Dan, right, and daughter Emily look on at their home in Fulton, N.Y., Jan. 29. The Cases, who accumulated over \$40,000 in credit card debt, now live a frugal lifestyle in an effort to pay down the debt.

## Americans saving more, spending less, but is it helping recession?

By Martin Crutsinger  
Associated Press writer

WASHINGTON — Americans are hunkering down and saving more. For a recession-battered economy, it couldn't be happening at a worse time.

Economists call it the “paradox of thrift.” What's good for individuals — spending less, saving more — is bad for the economy when everyone does it.

On Friday, the government reported Americans' savings rate, as a percentage of after-tax incomes, rose to 2.9 percent in the last three months of 2008. That's up sharply from 1.2 percent in the third quarter and less than 1 percent a year ago.

Like a teeter-totter, when the savings rate rises, spending falls. The latter accounts for about 70 percent of economic activity. When consumers refuse to spend, companies cut back, layoffs rise, people pinch pennies even more and the recession deepens.

The downward spiral has hammered the retail and manufacturing industries. For years, stores enjoyed boom times as shoppers splurged on TVs, fancy kitchen decor and clothes. Suddenly, frugality is in style.

Grace Case, 38, of Syracuse, N.Y., is a self-described recovering creditaholic. For 13 years, she charged it all — cars, clothes, repairs, vacations. She'd make only the minimum card payments to sustain her buying spree for her and her family, which includes her husband and two children.

But after being laid off 2½ years ago from her job as an accountant, she landed another accounting job that cut her salary from \$60,000 to \$40,000. It was impossi-

ble to meet minimum payments on her card balances.

Now, the Cases are on a strict budget. They take “staycations,” grow their own vegetables, buy only used cars and pre-pay cell phones. Case hasn't used a credit card in two years. And she's saving more.

“It's really a liberating feeling,” she said. “If you want something, you have to have the money for it.”

Many economists think the savings rate will keep rising, perhaps as high as 6 percent or more.

So where's the money going? To savings accounts? To debt reduction?

No one knows for sure. But Robert Frank, Cornell University economist, says it doesn't much matter.

“For economic purposes, paying off debt and saving are the same,” he said. “Incurring debt is negative savings; paying down debt is savings.”

He sees a long-term behavioral shift. He calls the spending of the past decade or more unsustainable.

“The only way people were able to (spend heavily) was by harvesting cash out of their home equity, which was just an illusion,” Frank said.

The ripple effect has been brutal. The economy shrank at a 3.8 percent annual rate in the final three months of 2008, the worst showing in 26 years. The biggest reason was that consumer spending fell for a second straight quarter, something that hasn't happened since the 1990-91 recession.

Analysts believe the hard times will persist in 2009 as consumers, squeezed by layoffs and tighter credit, delay purchases of cars and other big-ticket items.

Some experts say consumers have been so shaken by how fast their wealth has shrunk, so burned by

### Best places to stuff your cash right now

The Associated Press

#### SAVINGS ACCOUNTS

Savings accounts are easily accessible and are guaranteed for up to \$250,000 by the Federal Deposit Insurance Corp. However, rates traditionally are minimal — with annual percentage yields typically less than 3 percent and often under 1 percent. The average rate on a traditional bank savings account, generally known as statement savings, currently is 0.4 percent.

A good alternative for more competitive interest rates is to open an online account. The top-yielding online accounts available nationwide are Bank of Internet USA and Dollar Savings Direct, which recently offered yields at or just above 3.5 percent.

#### MONEY-MARKET ACCOUNTS

Money-market accounts — bank products, as opposed to mutual funds — are among the safest places to keep cash but also have low rates. Bankrate.com listed the average national rate on money markets recently at 0.54 percent, or 0.81 percent with a minimum of \$10,000 invested.

#### CDs

Short-term bank CDs are FDIC-insured up to \$250,000 per person per institution and generally offer higher yields than the other basic options. But you have to pay a penalty for

early withdrawal. Bankrate.com says penalties of three months' interest on CDs are common of two to 18 months, or six months' interest on terms of two years or more.

Three-month CDs currently yield an average 1 percent, with the top yield available nationwide now 2.25 percent. Those rates may fluctuate daily; check Bankrate.com for the latest. Longer-term CDs pay better but may not be appropriate for emergency savings that may be needed sooner because of the penalties. Six-month CDs yield an average 1.29 percent, with the maximum yield available nationally at 2.95 percent; with a one-year CD it's an average 1.63 percent and a maximum 3.25 percent.

A way to avoid locking up all your money in CDs is to set up a “ladder” of CDs with staggered maturities and then roll over each CD when it matures.

People need to be focused on four things before making any savings choices, says Stuart Ritter, a certified financial planner for T. Rowe Price in Baltimore: 1. Make sure you either have or are building an emergency fund. 2. Be sure to have the insurance you're supposed to have: health insurance, renters or homeowners insurance, and life insurance if someone else is dependent on your income. 3. Save faithfully for retirement, especially if you have a match. 4. If you have high-interest debt, work on paying that down.

## Regrettable behavior

Swimmer Phelps acknowledges photo using pot pipe

By Paul Newberry  
Associated Press writer

Olympic great Michael Phelps acknowledged “regrettable” behavior and “bad judgment” after a photo in a British newspaper Sunday showed him inhaling from a marijuana pipe.

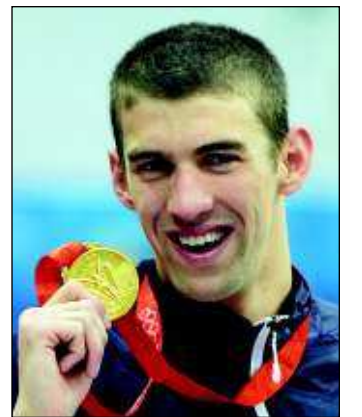
In a statement to The Associated Press, the swimmer who won a record eight gold medals at the Beijing Games did not dispute the authenticity of the exclusive picture published Sunday by the tabloid News of the World.

“I engaged in behavior which was regrettable and demonstrated bad judgment,” Phelps said in the statement released by one of his agents. “I'm 23 years old and despite the successes I've had in the pool, I acted in a youthful and inappropriate way, not in a manner people have come to expect from me. For this, I am sorry. I promise my fans and the public it will not happen again.”

News of the World said the picture was taken during a November house party while Phelps was visiting the University of South Carolina. During that trip, he attended one of the school's football games and received a big ovation when introduced to the crowd.

While the newspaper did not specifically allege that Phelps was smoking pot, it did say the water pipe is generally used for that purpose and anonymously quoted a partygoer who said the Olympic champion was “out of control from the moment he got there.”

The party occurred nearly three months after the Olympics while Phelps was taking a long break from training, and his actions should have no impact on the eight golds he won at Beijing. He has never tested positive for banned substances. The case is unlikely to fall under any doping rules.



In this Aug. 17, 2008, file photo, United States' Michael Phelps displays his eighth gold medal after the men's 4x100-meter medley relay final during the swimming competitions at the National Aquatics Center at the Beijing 2008 Olympics in Beijing. Phelps acknowledged “regrettable” behavior and “bad judgment” after a photo in a British newspaper Sunday, showed him inhaling from a marijuana pipe.

credit card debt, that they might not resume their robust spending for years, if ever.

“People are not saving;

they are building financial bomb shelters,” said Mark Stevens, who runs a management consulting firm, MSCO, in Rye Brook, N.Y.

# More than 100 dead in Kenya gasoline blaze

At least 200 more injured by inferno

By Elizabeth A. Kennedy  
Associated Press writer

MOLO, Kenya — The explosion of an overturned tanker could be felt for miles, and the moments that followed haunted survivors: People ablaze, their clothes burned off, running to the bush in a futile effort to escape the pain and begging for help.

More than 100 people were

killed, and another 200 injured in the inferno overwhelmed hospitals Sunday, where victims lined the floors, hooked to drips and moaning in pain. Authorities expected the death toll to rise and were searching the scorched woods for corpses.

Hundreds of impoverished people had flocked to the overturned tanker Saturday to siphon fuel when it exploded, likely sparked by a cigarette.

"Everybody was screaming and most of them were running with fire on their bodies, they were just running into

the bush," said Charles Kamau, 22, who was driving through Molo on Saturday night when he saw the road blocked by hundreds of people with gerry cans, plastic bottles and buckets — anything to siphon some free fuel.

The explosion was one of this East African nation's deadliest accidents, and highlighted the desperation of people living in the poorest continent in the world.

"Poverty is pushing our people into doing desperate things just to get through one

more day," Prime Minister Raila Odinga said at a hospital in Nakuru, near Molo.

Joseph Rotich, 35, lives in Molo and ran to the scene when he heard that a tanker was spilling fuel. He was haunted by the severely wounded victims, their clothes burned off, begging for help in the forest.

"They were lying there, saying, 'Give me aid, please call someone,'" he said. "I am so sad, so sad. When they heard this lorry had fuel, they came to get the fuel because it was free."



AP photo

A burnt petrol tanker lies on its side on Molo Road in Molo, several hours outside Nairobi, Kenya, Sunday. The tanker exploded Saturday as hundreds of people were trying to scoop up free fuel, killing more than 100 people and wounding 200, officials said Sunday.

# Iraqi election hints of troubles for Shiite giant

By Brian Murphy  
Associated Press writer

BAGHDAD — The biggest Shiite party in Iraq once appeared to hold all the political sway: control of the heartland, the backing of influential clerics and a foot in the government with ambitions to take full control.

But the days of wide-open horizons could be soon ending for the Supreme Islamic Iraqi Council, and replaced by important shifts that could be welcomed in Washington and scorned in Tehran.

The signs began to take shape Sunday with hints of the voter mood from provincial elections.

The broad message — built on Iraqi media projections and postelection interviews — was that the eventual results would punish religious-leaning factions such as the Supreme Council that are blamed for stoking sectarian violence, and reward secular parties seen capable of holding Iraq's relative calm.

The outcome of the provincial races will not directly effect Iraq's national policies or its balance between Washington's global power and Iran's regional muscle. But Shiite political trends are critically impor-

tant in Iraq, where majority Shiites now hold sway after the fall of Saddam Hussein's Sunni-dominated regime.

"There is a backlash from Iraqis against sectarian and religious politics," said Mustafa al-Ani, an Iraqi political analyst based in Dubai, United Arab Emirates.

Although official results from Saturday's provincial elections are likely still days away, the early outlines are humbling for The Supreme Council. The group had been considered a linchpin in Iraqi politics as a junior partner in the government that had near seamless political control in the Shiite south.

Some forecasts point to widespread losses for the party across the main Shiite provinces. The blows could include embarrassing stumbles in the key city of Basra and the spiritual center of Najaf — hailed as the future capital in the Supreme Council's dreams for an autonomous Shiite enclave.

In their place, the big election winners appear to be allies of Prime Minister Nouri al-Maliki, according to projections and interviews with political figures who spoke on condition of anonymity because official results are not posted.

It's a vivid lesson in Iraq's fluid politics.

# Iran's ex-president Khatami may run against Ahmadinejad

By Ramin Mostaghim  
and Borzou Daragahi  
Los Angeles Times

TEHRAN, Iran — Iran's most prominent moderate politician will throw his hat into the ring for his country's upcoming presidential elections, a confidant and former aide predicted Sunday.

Former President Mohammad Khatami, who reached out to the West during his term with a call for a "Dialogue of Civilizations," has been toying for months with the possibility of competing against President Mahmoud Ahmadinejad in crucial June 12 elections. Now, says former aide Mohammad Ali Abtahi, Khatami almost certainly will run because another prominent moderate appears to have backed out.

"My prediction is that within a few days President Khatami will announce his candidacy," Abtahi said in a phone interview. "Khatami cannot afford not to run. He has to run now."

Khatami, 65, repeatedly has been quoted as saying that either he or former Prime Minister Mir-Hossein Mousavi would run as a candidate for the reformists, as those within Iran's establish-

ment who hope to broaden democracy and moderate the country's policies call themselves. News reports over the last few days have indicated that Mousavi might not run.

Conservatives and hardliners within the country's ruling elite publicly hold the reformists in contempt but appear to fear Khatami, who is remembered fondly by many Iranians and is respected by officials and diplomats worldwide. He heads a Tehran-based think tank called the International Institute of Dialogue among Cultures and Civilizations.

"If Khatami does not run, there will be no chance for reformists to win," Fazel Maybodi, a reformist cleric, told the Los Angeles Times late last month.

The Obama administration has wanted to reach out diplomatically to Iran as a way of resolving disputes between the two countries over a number of issues, especially Tehran's controversial nuclear program.

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# Rebels unilaterally free 4 Colombian hostages

By Frank Bajak  
Associated Press writer

BOGOTA — Colombia's badly battered FARC rebels delivered three police officers and a soldier to the International Red Cross on Sunday in a mission marred by accusations of military interference.

A Brazilian military helicopter, emblazoned with the Red Cross insignia, retrieved the four hostages from a longtime guerrilla stronghold in Colombia's southern jungles.

A reporter accompanying

the mission said it was hounded by military overflights.

"The operation was basically on the verge of being aborted," Jorge Enrique Botero told the Venezuelan television network Telesur by satellite phone just before the handover. He said he had recordings to prove it.

Colombia's peace commissioner, Luis Carlos Restrepo, called the allegations "baseless." He said the government honored an agreement with the Red Cross for no military flights beneath 20,000 feet (6,100 meters)

during the liberation.

The freed hostages were expected at sunset in the provincial capital of Villavicencio in Colombia's eastern lowlands, where relatives had spent an anxious day awaiting them, said Red Cross spokesman Yves Heller.

Captured by the Revolutionary Armed Forces of Colombia in 2007, they are among six hostages the FARC pledged to free this week. The other two, the only Colombian politicians believed still in rebel hands, have been held far longer.

Analysts consider this week's unconditional releases — the guerrillas' first in nearly a year — a goodwill gesture. However, chances for a peace dialogue with Colombia's government remain far off. The alleged military interference Sunday was only apt to complicate matters.

Also speaking with Telesur from the handover site, a guerrilla commander who identified himself as Jairo Martinez accused the military of killing a rebel in his unit in combat on Sunday morning.

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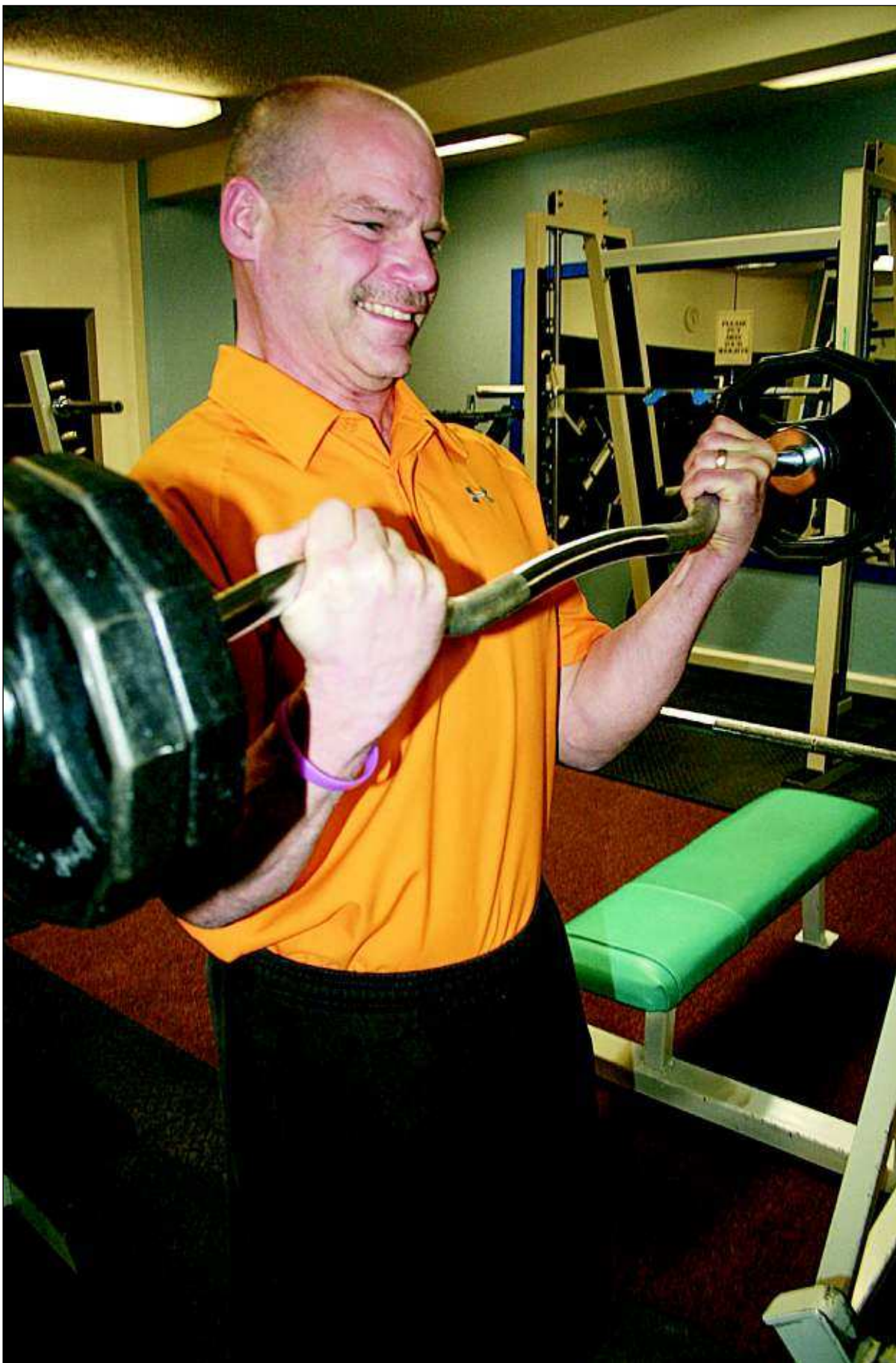
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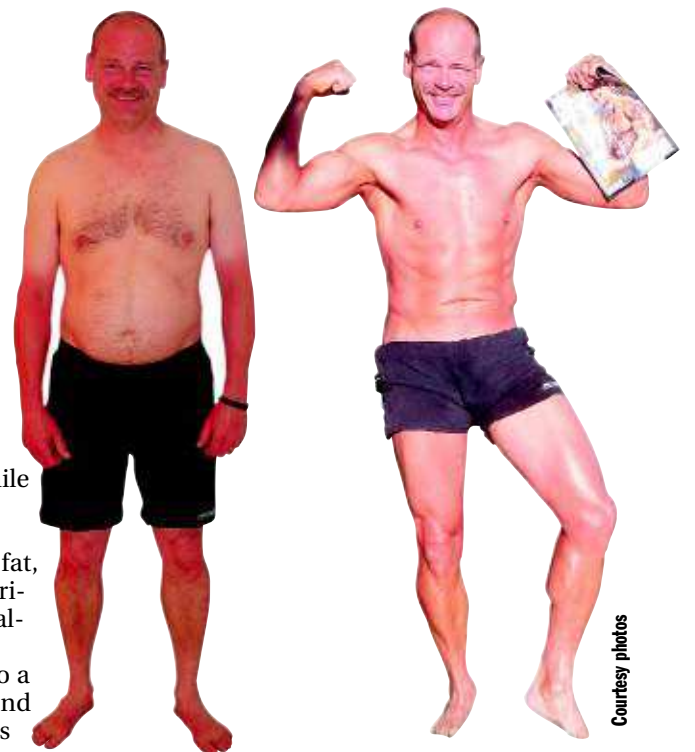
Buhl resident Matt Bridges, 45, here doing bicep curls, was named grand champion in Muscle and Fitness magazine's Rock Hard Challenge. The body-transformation program kept participants on a strict diet and exercise regime over three months. After losing 32 pounds and gaining muscle and tone, Bridges won \$2,500 and will be featured in the magazine's March edition.

# Before & after



BLAIR KOCH/For the Times-News

Joan Hurlock, 42, right, who owns Body Works gym in Buhl, motivated husband Matt Bridges to enter Muscle and Fitness magazine's Rock Hard Challenge and helped keep him on track by preparing most of the couple's meals throughout the three-month challenge. She was a runner-up.



Courtesy photos

## Magazine challenge transforms couple

By Blair Koch  
Times-News correspondent

BUHL — No more excuses. In June, at his wife's urging, Matt Bridges entered the Rock Hard Challenge sponsored by Muscle and Fitness magazine. The 45-year-old Buhl resident knew his physique was lackluster. But as the pounds slowly accumulated, so did the reasons he used to justify the gain. "I had gone through back surgery about four years ago, and the pain became a good excuse not to exercise," Bridges said. "I knew I needed to but just fell on not feeling good as a valid reason not to." Remaining sedentary and eating unhealthily proved to cause more pain over the years. "I was having trouble navigating the stairs," Bridges said. Then co-workers witnessed Bridges transform into a man who could fly up the stairs during the magazine's challenge: a three-month program of extensive workouts and restricted diet. Bridges and his wife, Joan Hurlock, who

owns the Body Works gym in Buhl, both set out to follow the training. It included 1 1/2-hour weightlifting sessions four days a week and 90 minutes of cardio up to seven days a week. The four days were broken into body sections, Hurlock said. For instance, on day one they would lift for impacting the chest and triceps — with up to six sets and 12 repetitions per exercise. "It was intense. Every weightlifting session you were supposed to drive yourself to the point you were physically incapable of lifting any more," Bridges said. He stuck with the weights but couldn't find time for the cardio. "I did less than half the required cardio. There are only so many hours in a day," Bridges said. The diet included insanely small portions of chicken breast, oatmeal, brown rice and cottage cheese, said Hurlock. "This would not be something you could



endure for the long term. While the diet did help your body burn fat, it isn't nutritionally balanced."

Once August came to a close and marked the end of the challenge, Bridges had built his body well enough — despite a weekly cheeseburger to boost morale — to be named the magazine's male grand champion. His better body health will provide benefits longer than the \$2,500 he won, and Bridges said that's OK. "Half of it is going to my trainer ... without Joan I wouldn't have entered and wouldn't have made it this far," he said.

Hurlock entered the contest to get her body back in top-operating form. "You have to live life and enjoy life, and you can't eat perfectly all the time. I wasn't really watching what I was eating as well as I should have. Fudge is my problem, I love it," she said. "But I entered a contest like this two years ago and wanted to enter this one. It was nice to do it with someone and not do it alone."

Now that Bridges feels half his age, he doesn't want to go back to feeling old, achy and sluggish. "We're living proof that owning a gym isn't enough. It's work, all of it. But sticking to balanced and nutritional foods and exercising more is something I'm going to continue doing," Bridges said. The duo inspired gym member Angel Brito, 32, who said having others on the same plan helped him stick it out. Now over 30 pounds lighter and lifting heavier weights, he said it was worth it. "I had been exercising and lifting for some time, but I wasn't following a routine or anything," he said. "This really changed the way my body looks and feels." However, Hurlock said people don't need a challenge of this magnitude to get into and stay in shape. "It's all about eating a little less and moving a little more ... I recommend at least 30 minutes of weight training four or five days a week and cardio three or four times a week for 30 minutes," she said.



Photo courtesy of NBC

## AUBREY WATCH

In 2008, Aubrey Cheney of Gooding flew to California with her sister, Mandi Kramer of Boise, to compete in season seven of NBC's "The Biggest Loser Couples." The sisters are the Yellow Team. At the beginning of the season, Aubrey was sent back to

Gooding to compete from home for a month while Mandi works on behalf of both of them at the ranch. Last week's episode: Mandi and the other contestants in California were surprised when their home-bound partners

showed up at the weigh-in for a brief reunion. Aubrey was thrilled after Mandi lost 10 pounds — her biggest weight loss to date. The two were safe from elimination, meaning Aubrey is back to stay. Dan and David, however, weren't so lucky. The best

friends were voted off after an emotional elimination round. Next week, we'll find out how much weight Aubrey lost after a month at home. Watch the Yellow Team's progress at 7 p.m. Tuesdays on NBC.



# New Year, new diets: The skinny on latest plans

By Megan K. Scott  
Associated Press writer

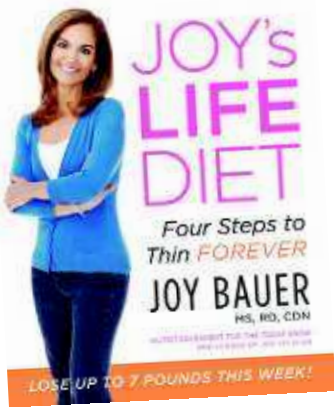
NEW YORK — Eat all day. Use smaller plates. Drink lemon juice.

Those are just some of the strategies in the newest crop of diet books hitting the shelves that focus less on meal plans than on eating psychology and strategy.

Here are some of the new plans and some perspective from Dawn Jackson Blatner, a registered dietitian and spokeswoman for the American Dietetic Association.

founder of The 50 Million Pound Challenge, has broken his program into seven four-day modules. The book has a list of foods to eat each day and more than 60 recipes.

**Some perspective:** Four days per module means dieters won't get bored, says Blatner. But the book only gives a list of foods — not meals. "Most people know what to eat but need help putting together quick and easy meals."



**"Joy's Life Diet: Four Steps to Thin Forever"**

By Joy Bauer (*Collins Living*)

**The plan:** L.I.F.E., as in Look Incredible, Feel Extraordinary. Bauer, diet expert for the "Today" show, presents four steps to help people shed pounds, including stripping away negative eating habits and reprogramming your appetite. The book includes daily menus and makeovers for family favorites.

**Some perspective:** A very well-rounded diet book, says Blatner. But a seasoned dieter won't find any new information in it, she said.

**"Snack Yourself Slim"**

By Richard J. Warburg and Tessa Lorant (*The Thorn Press*)

**The plan:** Constant snacking. In this "non-diet" book, Warburg, an attorney who lost 18 pounds eating this way, and Lorant, an author, introduce the EATALL plan: eating a small portion of whatever you want (1/17 of what you would normally eat in a day) at least every hour.

**Some perspective:** Eating often is a good idea, says Blatner. But eating at least once an hour is inconvenient for most people, she said. Research shows successful dieters eat three meals and one or two snacks a day, she said.

**"The 9-Inch 'Diet': Exposing the Big Conspiracy in America"**

By Alex Bogusky with



Chuck Porter (*powerHouse Books*)

**The plan:** Use a smaller plate. Switching to a 9-inch dinner plate can decrease caloric intake 30 to 35 percent, according to the authors. But there's more to this than smaller plates. The book attacks the "root problem behind America's oversized behind: portion distortion."

**Some perspective:** "We do know that you eat less from smaller plates," says Blatner. But a good diet includes healthier food in addition to watching portions, she said.

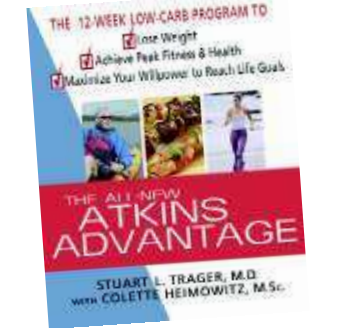


**"Eat This, Not That! Supermarket Survival Guide"**

By David Zinczenko, with Matt Goulding (*Rodale Books*)

**The plan:** The third in the "Eat This, Not That!" series. The book presents hundreds of food swaps you can make at the grocery store to cut calories and lose weight, from cereals to rice to ice cream. Readers learn how to pick produce, decode meat labels and decide when organic is worth the extra cost.

**Some perspective:** A great all-



you need-to-know-to-grocery-shop-healthier book, says Blatner.

**"The All-New Atkins Advantage"**

By Stuart L. Trager, MD,

with Colette Heimowitz (*St. Martin's Griffin*)

**The plan:** Low-carb with exercise. Part I introduces the basics of the program. Part II features the 12-week Atkins Advantage Program, with physical and mental exercises for each week, and Part III includes 12 weeks' worth of meal plans.

**Some perspective:** Blatner is suspicious of any diet that allows bacon but not an apple, a debate that still rages in the weight-loss community. The exercise component is good, Blatner says.

**"The Complete Beck Diet for Life: The 5-Stage Program for Permanent Weight Loss"**

By Judith S. Beck (*Oxmoor House*)

**The plan:** Beck, a cognitive therapist, presents an eating plan to go with the cognitive techniques she featured in "The Beck Diet Solution." The book teaches dieters what to eat to feel full on fewer calories and includes tips for incorporating favorite foods every day and overcoming challenges, such as cravings and a lack of motivation.

**Some perspective:** The best of all the psychological dieting books, said Blatner. "If you are looking for how to handle trip-up barriers that tend to happen to dieters, this is a great book."

**"Your Big Fat Boyfriend: How To Stay Thin When Dating A Diet Disaster"**

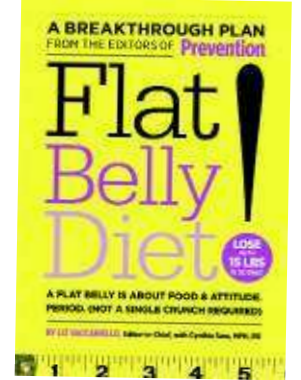
By Jenna Bergen (*Quirk Books*)

**The plan:** With studies showing that a woman in a relationship gains weight, Bergen provides tips on how to avoid the extra pounds a boyfriend can bring. The book offers strategies for grocery shopping and cooking with your sweetie, along with active date ideas like salsa dancing.



**Some perspective:**

Research shows obesity may be socially contagious, says Blatner. So the book may be helpful to people who are influenced by food pushers or tempting treats. The downside is the book has no specific meal plans, she said.



she said. The book also has no specific meal plans.

**"Flat Belly Diet!"**

By Liz Vaccariello, editor-in-chief, Prevention, with Cynthia Sass, MPH, RD (*Rodale Books*)

**The plan:** Eat four meals a day, each featuring one of the five MUFAs (monounsaturated fatty acids): oils, olives, nuts, seeds, avocados and dark chocolate. MUFAs are essential to losing belly fat, according to the authors. The book includes a Four-Day Antibloat Jumpstart and a four-week eating plan.

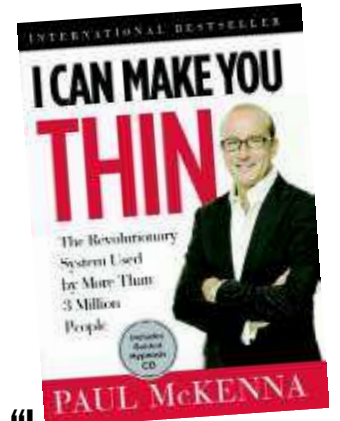
**Some perspective:** "It's very unlikely that a diet or exercise can spot treat," says Blatner. "But it is very likely that someone following this plan can lose weight and eat a healthier diet."

**"The Lemon Juice Diet"**

By Theresa Cheung (*St. Martin's Griffin*)

**The plan:** Cheung claims lemon juice is a magic ingredient that stimulates the metabolism, lowers blood sugar, and helps maintain a feeling of fullness. Her book includes a 24-hour mini detox, similar to the "Master Cleanse" diet, in addition to menus that incorporate lemon peel or lemon juice.

**Some perspective:** There is no one miracle food, says Blatner. "This diet can cause weight loss because the meal plans are calorie-controlled and balanced — not because they contain lemon."

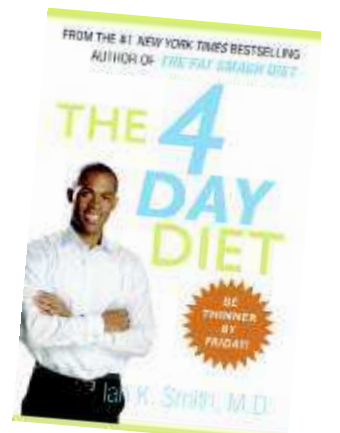


**"I Can Make You Thin: The Revolutionary System Used by More Than 3 Million People"**

By Paul McKenna (*Sterling Publishing*)

**The plan:** Through the use of psychological techniques, McKenna, a hypnotherapist, reprograms the way people think and act around food so they can conquer emotional eating, eat less and not feel deprived. The book comes with a hypnosis CD.

**Some perspective:** Changing the way people think about food is important, says Blatner. But people still need to know what to eat, how much to eat, and what to do for exercise. The verdict is still out on the effectiveness of hypnosis for long-term weight loss.



**"The 4 Day Diet"**

By Ian K. Smith, MD (*St. Martin's Press*)

**The plan:** Don't get too excited. The diet is longer than four days. But Smith,

## Eat and run

By Lindsay Minnema  
The Washington Post

How many times have you seen someone hurrying down the street with a Blackberry in one hand and a sugary coffee or donut in the other? Turns out, young professionals and college students are among the worst offenders when it comes to eating on the run, researchers at the University of Minnesota in Minneapolis report. In a survey of nearly 1,700 college-age adults — published in the *Journal of the American Dietetic Association* — 35 percent of men and 42 percent of women said they lacked time to sit down for meals.

It is a recipe for poor nutrition. People who eat and run too often opt for fast food and consume higher amounts of saturated fat and soft drinks. Those who sit down for meals eat better and often have more fruits and vegetables in their diets. So, as difficult as it may sound, set aside time in your day to take a break for meals with friends or family. But, if you must eat on the go, choose healthy fare such as fresh or dried fruit, veggies, whole grain crackers and cheese.

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February 11 • 1:00 p.m. • Jerome Senior Center 212 1st Ave East, Jerome, ID 83338

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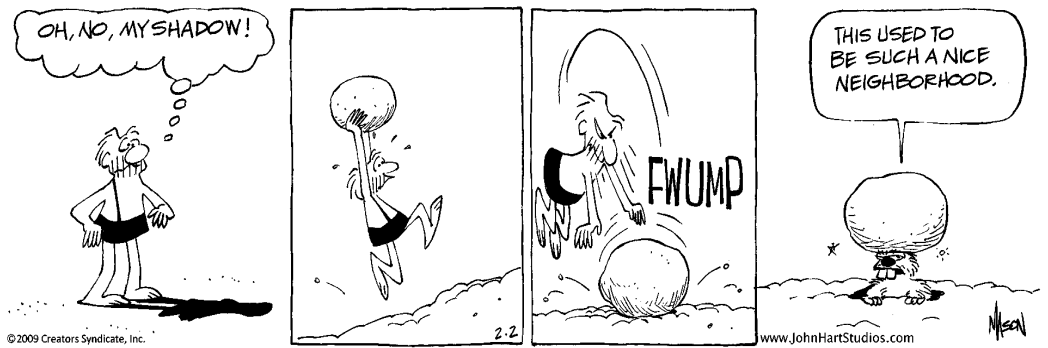
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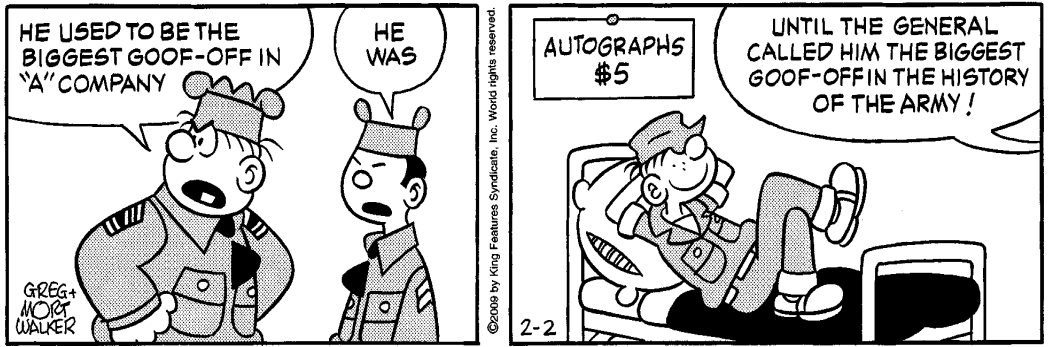
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**B.C.** By Johnny Hart



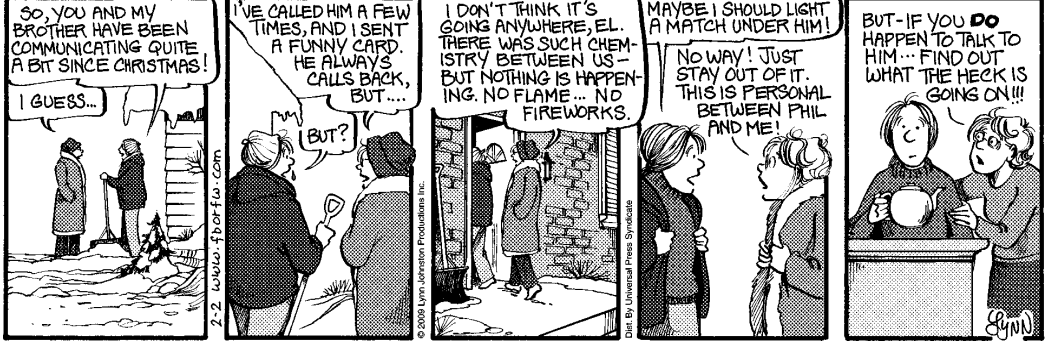
**Baby Blues** By Rick Kirkman & Jerry Scott



**Beetle Bailey** By Mort Walker



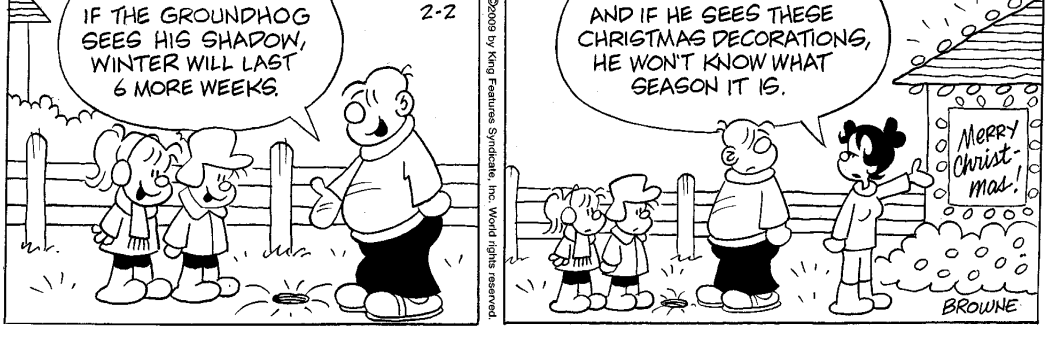
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**The Elderberries** By Phil Frank and Joe Troise



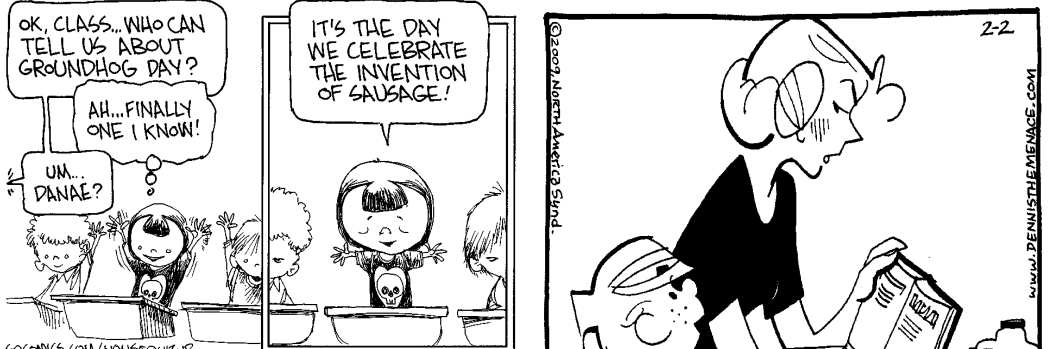
**For Better or For Worse** By Lynn Johnston



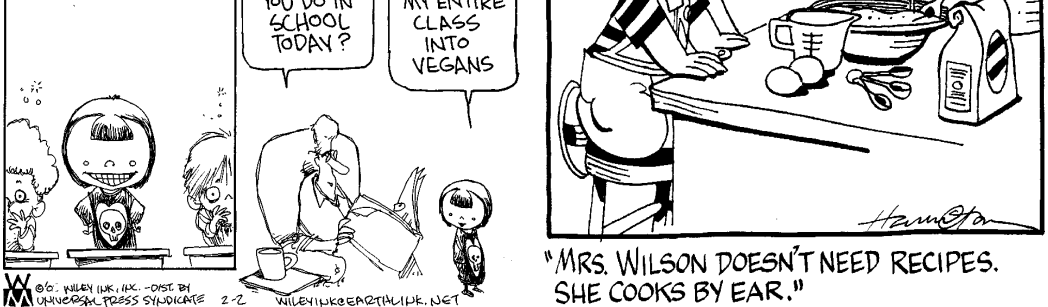
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**TIMES-NEWS**  
magicvalley.com

**101 Lost and Found**

**FOUND** Beagle, female, tri colored, fat and sassy, very friendly. Found Sky-lane Trailer Park. Comes by the name baby & a whistle. 410-2657 or 208-734-4771

**FOUND** Border Collie cross puppy, black & white, female, around 4 months old. Found at Oasis on Washington & Filer. 420-1164

**FOUND** Lab mix pup, tan, south of Kimberly. Call 208-404-3920 to identify.

**FOUND** Yellow Lab, female, golden in color, very nice. Found 3300 E. in Kimberly. Call 208-736-0759.

**101 Lost and Found**

**FOUND**, Black Lab, female, 8-9 weeks old. Found on 600 West north of Paul. Call 208-431-1913.

**LOST** (3) young bulls, 1-Herford, 1-Angus and 1-Jersey, east of Heyburn. 219-9654

**LOST** Cat, Tabby orange/white, long hair, male. 215 Heyburn West and Ost-trander St. **REWARD**. Call Pam 421-0510.

**LOST** Chihuahua pup, male, fawn color, lost 4 1/2 miles S. of Pay & Pack by 3400 Rd. 208-733-3634

**LOST** Puppy on 1/20, male, Pekingese, brown fur, with black & white. Lost near Washington & Shoup St. 208-734-9476

**101 Lost and Found**

**LOST** Ring, gold band, with silver leaves and diamonds inside, lost on 1/30 in Costco parking lot. 326-5128 or 410-1582

**LOST** Standard Schnauzer, kid's dog, lost in Gooding on 12/24. **REWARD**. Call 208-961-0226.

**104 Personals**

**GENTLEMAN** would like to meet single female, age 60+, for companionship and likes to go camping and spend a quiet evening together. Write: Box 946314, c/o Times News, PO Box 548, Twin Falls, 83303

**104 Personals**

**MALE** Wanting to meet female for friendship & companionship. P.O. Box 15, Hagerman, ID 83332

**107 Pregnancy Alternatives**

Pregnant? Worried? Free Pregnancy Tests Confidential 208-734-7472

**108 Professional Services**

**HOUSE CLEANING** Looking for clientele. Exp'd, trustworthy and detailed. 208-751-9224

**110 HOME/HEALTH CARE ASSISTANCE** needed with a handicapped child, at least 12 hrs a week. 208-731-9990

**Willowbrook**  
Small, family-friendly living environment. Medicaid & private pay accepted. 24 hr. on-site staff, RN on staff, has 1 current vacancy. Call Anita or Kevin Haight, Owners 736-3727

**113 Child Care Services**

Babysitting in my home. Reasonable rates, CPR cert. Jerome. Stephanie 324-3969.

**NANNY NEEDED** Room and board, transportation plus salary, in Twin Falls. 208-731-7646

**NEED FT BABY SITTER** in my home. Refs. required. Preferably older woman with exp. Buhl 543-8258

**114 Miscellaneous Services**

**OPENINGS** Xavier Charter School now accepting applications for enrollment for 2009-10 grades K-10. For information call 208-933-9287 or [www.xaviercharter.org](http://www.xaviercharter.org)

La escuela "Xavier Charter" acepta aplicaciones de registro para 2009-2010 del Kindergarten hasta el decimo. Llame a 208-933-92-87 o aplique en linea: [www.xaviercharter.org](http://www.xaviercharter.org)

**EMPLOYMENT**

**200 Work Wanted**

**PUBLIC SERVICE MESSAGE** Federal Employment information is free. Remember, no one can promise you a federal job. For free information about federal jobs. Call Career America Connection. 478-757-3000

**201 Accounting**

**ACCOUNTING** Purchasing Coordinator Data Entry, Self Motivated, Wage DOE 208-324-0444

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**DRIVER** CDL Driver for Cattle Good equip. and pay Western States & Canada-Wage DOE. 208-733-2979

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**Required Experience:**  
Above Average Integrity

- Management Skills
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- Operation & Repairs of all irrigation equipment
- Operation of all farm equipment.

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