



Some showers.

Healthy & Fit 10

Bringing the heat

Suggestive dance is a workout alternative, Healthy & Fit 1



THE DRIVE FROM BEHIND >>> Busch drives from the back to win on home track, MAIN 4

MONDAY
March 2, 2009

TIMES-NEWS

75 CENTS

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ASHLEY SMITH/Times-News

Rosemary Stone, a worker at Vera C. O'Leary Junior High School, serves lunch Friday to students in Twin Falls.

A free lunch in tight times

By Ben Botkin
Times-News writer



Magicvalley.com

WATCH: A video about school lunches.

In tight economic times, every dollar counts.

Take a \$2 school lunch, for example. At first blush, it doesn't sound like much. But start adding the lunches up and it's \$10 a week, or \$40 a month for each child.

While the economy has had better times, area school districts aren't uniformly seeing a huge spike in families signing up for the federal program that provides free or reduced lunches to students.

Some districts have seen increases, while others are at similar or even lower levels compared to the 2007-2008 school year. But if the economy continues its downward spiral before school lets out for the summer, districts could see more changes because families can apply throughout the school year.

In Twin Falls School District, there are now

almost 300 more students in the free and reduced lunch program compared to the last school year. Currently about 3,947 students are in the program, while 3,663 students participated at this point in the last school year, said Beth Pendergrass, spokeswoman for the district.

In the last school year, 51.4 percent of Twin Falls stu-

dents were in the program and this year's percentage will be calculated in March and factor in updated enrollment numbers.

At Cassia County School District, the numbers of students in the program have actually decreased.

Currently, 2,918 students are in the program — 55.5 percent of the student body.

In the last school year, the number was 2,944, 58.7 percent.

With the recent closure of the Pacific Ethanol plant in

See LUNCH, Main 2

Bedeviled by bighorns

Senate bills, citizen committee aim to resolve conflicts



ON THE WEB: To read the bills, visit <http://www.legislature.idaho.gov/> and search for their numbers.

By Nate Poppino
Times-News writer

It's been a big week for bighorn sheep.

Two bills introduced in the Legislature Feb. 23 would bring sweeping changes to the way bighorns are managed, ostensibly to keep domestic sheep from transmitting diseases to them.

Meanwhile, an unrelated advisory group created to help wildlife and agricultural officials find solutions to the problem held its first meeting on Thursday.

They're the next steps in an ongoing battle over saving the bighorns — decimated by exposure to domestic sheep grazing on public land — while preserving ranching operations across the state. Locally, the conflict has played out in the South Hills, where state officials say a

recent agreement with ranchers has temporarily soothed the matter.

Senate Bills 1124 and 1125, were submitted by Sen. Monty J. Pearce, R-New Plymouth, about one month after the Resources and Environment Committee he sits on heard a presentation from sheep ranchers in the Payette area.

Among other changes, the legislation would adjust the way bighorns and other ungulates such as deer and moose would be moved around the state and tested for diseases, and codify a policy removing bighorn sheep when seen near domestic ones. They would also shift more responsibilities for the animals from the Idaho Department of Fish and Game to the Department of

See BIGHORN, Main 2



MEAGAN THOMPSON/Times-News

Sheep rancher John Noh poses near a stall at his ranch south of Buhl in January 2008. 'After they're finished here we take them to the desert, and from there they walk to the mountains,' Noh says.

\$*#%+&! LA County tries for cuss-free week

By John Rogers
Associated Press writer

LOS ANGELES — Pay no attention to that eerie silence in the nation's most populous county this week; it will simply be the sound of 10 million people not cussing.

At least that's the result McKay Hatch is hoping for once his campaign to clear the air is recognized by the Los Angeles County Board of Supervisors.

On Tuesday, the board is scheduled to issue a proclamation by Supervisor Michael Antonovich making the first week in March No Cussing Week.

That would mean no blue language from the Mojave desert, where it gets hot as \$&AA in the summer, to the Pacific Ocean, where on a winter's day it can get colder and nastier than Å%\$Å!

Not that 15-year-old Hatch expects complete compliance. When his No Cussing Club meets at South Pasadena High School on Wednesdays it's not unusual for a non-member to throw open the door and fire off a torrent of four-letter words. He's also been the target of organized harassment by pro-cussers.

And Antonovich's county motion carries no penalties.

"But it's a good reminder for all of us, not just young people but everybody, to be respectful to one another and watch

the words we use," said the supervisor's spokesman, Tony Bell.

The county isn't the first entity to try to put the lid on swearing. Hatch's hometown of South Pasadena declared itself a cuss-free zone for a week last March, and two years ago a high school in Canada threatened to suspend repeat cussers.

Hatch has lofty goals. "Next year I want to try to get California to have a cuss-free week. And then, who knows, maybe worldwide," said the 10th grader, who believes if people treat each other with more civility they can better work together to solve bigger problems.

He said his campaign began to form about the time he hit seventh grade when he noticed his friends beginning to swear, something his family didn't allow.

He formed the No Cussing Club and invited others to join. Soon the group had a Web site, bright orange T-shirts, a hip hop theme song and inquiries from all over from people interested in joining. He estimates 20,000 people have formed similar clubs.

"It's not about forcing anyone to stop, just to bring awareness," he says of the movement. "If you can do a week without cussing, maybe you can do two weeks. And then maybe a month."

Crapo: Deficit skyrockets due to stimulus

Senator expects more spending bills ahead

Times-News

The federal stimulus package passed by Congress and President Obama last month has "blown the deficit way out of proportion," according to Sen. Mike Crapo, R-Idaho, who said the bill will push the annual deficit to around \$1.4 trillion.

"The bottom line is that is a phenomenally huge number," said Crapo in a meeting Friday night with the *Times-News* editorial board.



Crapo

Crapo, along with the other members of Idaho's delegation, voted against the \$787 billion package. But even with the plan's figures, Crapo said the deficit could drop quickly in coming years.

He said that's because as the federal assistance begins to spend out its appropriations, the government will expect to receive more revenue from taxpayers. Tax cuts signed by President Bush in 2001 and 2003 will begin to expire in 2010. Crapo said that will help the deficit decline rapidly to around \$435 billion within the next five years, and Obama has pledged to cut the deficit in half by the end of his term.

"You can do that if you just have taxes go up and don't spend a lot more ..." Crapo said. "But I think you will see

more stimulus bills."

As a member of the Senate Committee on Banking, Housing and Urban Affairs, Crapo has heard testimony from economic leaders across all perspectives, but the current crisis has them all perplexed.

"I have concluded ... there is no consensus," he said. "They will candidly say we as a world have never gone through what we're going through now."

Crapo said much of the blame lies with "a huge credit

See CRAPO, Main 2

Former E. Idaho superintendent blames alcohol

By Casey Santee
Idaho State Journal

POCATELLO — Prenatal exposure to alcohol is the reason a high percentage of American Indian students in School District 25 are identified as disabled and placed into special education programs, according to a former superintendent of Shoshone-Bannock schools.

He should know.

Jody Crowe spent 18 years as an educator on four American Indian reservations during his career. He now lives in Minnesota, where he advocates for awareness of fetal alcohol spectrum disorders, previ-

ously called fetal alcohol syndrome.

Crowe said the Idaho State Department of Education, which last fall notified District 25 that it was identifying too many tribal students for special education, is off base. He said the unfortunate fact is that alcohol use by American Indian mothers is higher than average, compared with other racial or ethnic groups.

"In the tribal schools that I've worked, we've been told we shouldn't have more than 15 percent of the kids identified in special education. That's the average across the nation. (The U.S. Department of Education) says if you have more than

that, you must be misidentifying students," Crowe said. "What I told them is, there's an elephant in the middle of the room and we're all talking around it. The elephant is the brain damage from prenatal exposure to alcohol."

Krissy Broncho, a licensed clinical social worker at Shoshone-Bannock Tribal Counseling and Family Services, is one of the few persons in the Western United States trained to diagnose FASD.

She said problems stemming from prenatal exposure to alcohol, which include varying degrees of mental retardation, anxiety and impulse control issues, among others, is prevalent

among all racial and ethnic groups. The severity of the disorder depends not only on how much alcohol a woman consumes during pregnancy, but also in which trimester. Cognitive impairments are usually most severe when the drinking occurs within the first trimester as the brain stem is forming, she says.

"A lot of times we'll see kids, depending on the level of damage, that could be anywhere from mental retardation to pretty low IQ levels," Broncho said.

Counseling and Family Services began sending employees, including

See ALCOHOL, Main 2



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LEGISLATIVE LISTENING TOUR MAKES T.F. STOP
Main 3

Legislative listening tour makes T.F. stop

By Blair Koch
Times-News correspondent

Constituents have a lot to say about today's issues and it's the job of legislators to listen said Idaho House Minority Leader John Rusche, D-Lewiston.

Rusche, along with House Assistant Minority Leader James Ruchti, D-Pocatello, and Senate Caucus Chair Elliot Werk, D-Boise, made a Legislative Listening Tour stop at Idaho Pizza Company in Twin Falls on Saturday night and got an earful.

"This is an opportunity for us to listen to our constituents about what is going on in their lives," Rusche said. "Democrats want to be aggressive in our outreach to all the people in Idaho. What's going on affects all, not just Democrats but the Independents and Republicans as well and we want to hear from them, too."

About 50 people, including several leaders with Twin Falls County Democrats, gathered to discuss the economy, job growth and retention, health care, closed party primaries and anything else that came to mind.

James Tidmarsh, president of the Twin Falls Community Center, said he came to the event to try and



Idaho House Minority Leader John Rusche, D-Lewiston, visits with a group gathered for a legislative listening tour stop, at Idaho Pizza Company in Twin Falls on Saturday. BLAIR KOCH/For the Times-News

get lawmaker support for gay-rights issues.

"We need to share our experiences," Tidmarsh said. "We hear a lot from our members about how they can't rent an apartment or about harassment, or things going on at work. Having a law would help."

While the event was called a listening tour, the politicians did a lot of the talking. But those in attendance paid close attention, peppering in questions intermittently.

The state budget and expected cuts to education were discussed by Werk, who told the group the party is working hard to make sure, "The ideas of a guy like Tom Luna don't take hold."

Luna's on-again, off-again proposal to make some \$62 million in cuts was heavily criticized and Werk said state Democratic lawmakers will do everything they can to make sure budget pull-backs don't affect the education of Idaho's children.

However, Twin Falls resident Linda Pittman asked how Democrats' budget input will have any effect in a Legislature controlled by the Republicans.

"How can you make sure, with your numbers?" Pittman asked.

All three lawmakers agreed that although the caucus is small, it is filled with smart, motivated and determined people eager to see the party succeed.

They said the caucus would also be working together in making sure any money coming into Idaho, from the newly passed \$787 billion recovery act, will have accountability measures tied to it.

"I think what is going on with the federal recovery money is political rhetoric," Rusche said. "But when rhetoric runs into reality, that money is going to be used. People are interested in accountability with that money ... and so are we."

Hailey lifts stumbling blocks for Quigley Canyon development

By Ariel Hansen
Times-News writer

HAILEY — Hailey's City Council members have repeatedly said they like Quigley Canyon, the 377-lot development that features a golf course and Nordic ski center.

As much as they like the concept, though, there are details they aren't so comfortable with.

On Thursday, the council reviewed conditions the planning commission had imposed on the project, asking the developer for changes that would satisfy the spirit, if not the letter, of those conditions.

Rather than prohibiting development in two areas deep in the canyon — Deadman's Gulch and above the pond — the council suggested the developer come back to them with a plan that clusters fewer estate lots at the mouths of those areas, leaving what they felt was plenty of space for wildlife. The developer has previously said estate lots are crucial to the financial success of the project.

They also considered asking that those estate lots be signif-

icantly larger, which would require an amendment to the city's comprehensive plan, but which the council members felt would be appropriate at the city's fringes.

The lots would have a half-acre footprint with no fences, which would help wildlife and avoid what City Councilman Fritz Haemmerle described as typical county "ranchettes."

A representative from the Idaho Department of Fish and Game spoke about the importance of the area to wildlife, and he was echoed by several speakers during the public hearing and later by City Councilman Don Keirn.

"That's one of the big amenities this valley has," Keirn said, describing other gullies and canyons where development had pushed wildlife out. "It's kind of the last hurrah."

However, they recognized that the land is private property and will eventually be developed.

"I worry in 20, 25 years, at some point somebody's going to develop something, and it's not going to have a golf course, it's not going to have Nordic," said Hailey resident Kathryn Graves, advising the council to approve the design because of its public amenities.

The council has scheduled two additional meetings on this project, one on April 6 to discuss details of trails, connectivity, traffic mitigation, water, wastewater and annexation fees, and one on April 28 to review the results of a fiscal impact study. It will likely be late spring or early summer before the project comes before the council for a final vote.

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Cassia school nurse provides backpacks at recess

By Damon Hunzeker
Times-News writer

BURLEY — Kyle Hodges has figured out an economical and creative way to spend \$150 — backpacks full of first-aid supplies for elementary schools.

Hodges, a Cassia County School District nurse, noticed that teachers, supervisors, and aides on playground duty don't always have immediate access to medical help.

Without at least minimal supplies on playgrounds, aides and teachers are forced to go back into the buildings

and look for bandages or whatever may be necessary. Plus, backpacks are easily transportable.

She approached the local Kiwanis club, which, in conjunction with its subsidiary group, the Builders Club, raised \$150 for 24 backpacks. The majority of the gloves and bandages were donated by local hospitals.

Junior-high students from the Builders Club in the area put all of the backpack supplies together Wednesday.

"For the most part, they're lay people out there on playground duty ... On play-

grounds, by virtue of where they are, kids fall off of slides, bump heads, or fall down and scrape their knees. Every once in a while, you have a kid with a head injury," Hodges said.

Hodges delivered two backpacks to small schools in the area Thursday and will deliver the remaining 22 this week.

The project isn't intended to turn anyone into a doctor.

"If a student is bleeding profusely from the head, if one of them fell down and was unconscious, somebody would probably be calling 911," Hodges said.

Hodges used to work in the Twin Falls School District and started a similar project with fanny packs.

"They didn't work because we don't all have the same abdominal girth, and the backpacks are also easier for injured students to identify."

She intends to stick with the backpack plan.

"I'm hoping we can provide similar donations and refill the packs next year," Hodges said.

The remaining backpack kits will be distributed to various elementary schools in the county throughout the week.



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Business Highlight

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SPORTS



POWER STRUGGLE
Kobe's 49, not enough
Main 5



Ogilvy wins Match Play in a rout over Casey

Geoff Ogilvy, watches his ball drop into the cup on the 27th hole to build his lead to six-up over Paul Casey in their 36 hole finals match at the World Golf Championships Accenture Match Play Championship Sunday, in Marana, Ariz.



AP photo

By Doug Ferguson
Associated Press writer

MARANA, Ariz. — Geoff Ogilvy won the Accenture Match Play Championship for the second time in four years with a 4-and-3 victory over Paul Casey of England to stake his claim Sunday as the best in the world at match play.

In a relentless performance at Dove Mountain, the 31-year-old Australian did not trail over the final 62 holes of the tournament and did not have a bogey on his card over the last 57 holes.

He took the lead with a 6-foot birdie on the first hole of a 36-hole title match, and never gave Casey a chance. Ogilvy had a 3-up lead after the morning round, then shot 31 on the front nine to pull away.

A tournament that began with so much buzz over the return of Tiger Woods ended with a newfound appreciation for the match-play prowess of Ogilvy, who ran his career record to 18-3 in this fickle format.

"The best thing I can say is I enjoy the format," Ogilvy said. "Generally, when you enjoy something, you do it well."

Ogilvy won his third World Golf Championship — he will defend his title in two weeks at Doral in the CA Championship — the most of any player besides Woods, who has won 15 of these elite events.

And while Woods is a three-time winner of the Match Play Championship, Ogilvy ran his record in this tournament to 17-2. He lost in the championship match two years ago to Henrik Stenson, and lost in the first round last year to Justin Leonard.

Casey, who brought a 16-3-1 record in match play into the final, faced a 3-up deficit after the morning match and knew he had to play well to get back in the game. He birdied three of his next eight holes, and Ogilvy still stretched his lead to 5 up.

"I have no excuses right now," Casey said.

Ogilvy closed him out with a 6-foot birdie on the 15th hole. He won \$1.4

million and moves up to No. 4 in the world ranking. He became the first player this year with multiple victories on the PGA Tour, having opened the year with a wire-to-wire win at Kapalua.

This was like a home game. Ogilvy now has won three times in the Tucson area over the last five years, starting with a victory in the old Tucson Open in 2005, before the Australian was eligible for the 64-man field at the Match Play Championship.

Since then, Ogilvy has won a U.S. Open, three WGCs and the winners-only Mercedes-Benz Championship.

Casey came into the final match having led 79 of the 80 holes he had played in his five previous 18-hole matches.

That amazing mark didn't last long.

Ogilvy made birdie from 6 feet on the first hole, and when Casey failed to match him from 5 feet, it was the first time the Englishman had trailed all week. From there, it only got worse.

Please see **MATCH PLAY**, Main 5



Kyle Busch does a burnout after winning the NASCAR Shelby 427 auto race at Las Vegas Motor Speedway in Las Vegas, Sunday.

AP photos

THE DRIVE FROM BEHIND

Busch drives from the back to win on home track

By Jenna Fryer
Associated Press writer

LAS VEGAS — Kyle Busch has had plenty of highlights in his short NASCAR career: setting a record as the youngest winner in series history, giving Toyota its first victory and returning Joe Gibbs Racing's flagship car to prominence.

None of it compared to winning at home.

Busch notched the biggest win of his young career Sunday by driving from the back of the field to win at Las Vegas Motor Speedway, his hometown track.

Although there are far more hallowed tracks in NASCAR, this 1.5-mile oval in the desert was where "The Wild Thing" most wanted to

win. He proved that with an elaborate victory celebration that ended with him on his knees, kissing the finish line.

"I tell you what, this is pretty cool," Busch said. "I didn't know exactly what it would mean, but coming to the checkered flag, there were knots in my stomach. It's bigger than winning the Daytona 500. I said it wasn't going to be, but it is."

Busch struggled in his first visit to Vegas, wrecking 11 laps into his Cup debut race and finishing 41st.

He bounced back to compete for the wins the next to seasons, but settled for second- and third-place finishes to then-teammate Jimmie Johnson. His best chance might have been last year, when he returned home leading the points

for the first time in his career and won the pole. But he struggled with the handling on his JGR Toyota, and wound up 11th.

This year, he wouldn't be denied.

Busch came prepared at the start of the weekend, beating big brother Kurt for the pole to put brothers on the front row for the first time since 2000. But an engine change in his Toyota meant he had to drop to the back of the field at the start of the race, and Busch had to power his way through the field over 285 laps.

In a brief address to the crowd before the start of the race, he promised to get to the front.

"I just said, 'Hey, you know what? We're going to the back so get ready

Please see **NASCAR**, Main 5



Kyle Busch celebrates after winning the NASCAR Shelby 427 auto race at Las Vegas Motor Speedway in Las Vegas, Sunday.

2 NFL players missing

By Christine Armario
Associated Press writer

CLEARWATER, Fla.— The Coast Guard was searching off Florida's Gulf Coast on Sunday for a fishing boat carrying NFL players Corey Smith and Marquis Cooper and two other men missing nearly a day in choppy seas.

Smith and Cooper were on a 21-foot vessel that left Clearwater Pass for a fishing trip Saturday morning and did not return as expected, the Coast Guard said Sunday. Crews used a helicopter and a 47-foot boat to search a 750-square mile area west of Clearwater Pass, but poor weather made the search difficult. Officials did not receive a distress signal from the missing craft.

Cooper owns the boat and he and Smith have been on fishing trips before, said Ron Del Duca, Smith's agent. The pair had been teammates on the Tampa Bay Buccaneers in 2004. Two others were aboard: Will Bleakley and Nick Schuyler, both former University of South Florida players.

Coast Guard Capt. Timothy M. Close said the weather early Saturday had been fair, but worsened toward the evening as a front still battering the area moved in. The National Weather

Please see **MISSING**, Main 5

DT Colin Cole agrees to deal with Seahawks

The Seattle Seahawks and free agent defensive tackle Colin Cole have agreed to a five-year, \$21.4 million contract that includes \$6 million in guaranteed money, a person with direct knowledge of the deal told The Associated Press on Sunday.

The person, who requested anonymity because the deal has not yet been announced, said Cole visited the Seahawks on Friday — the first day of NFL free agency — and the two sides agreed to terms shortly afterward.

NFL.com reported the deal earlier Sunday.

Cole, 28, played the last five seasons for the Green Bay Packers, making eight starts and earning significant playing time in Green Bay's defensive tackle rotation.

His departure is a setback for the Packers, who struggled on defense last season but could point to Cole as one of their most consistent players.

Cole is represented by Neil Cornrich of NC Sports, who also

represents Packers offensive tackle Mark Tauscher. Tauscher, who is recovering from a season-ending knee injury in December, also is a free agent and is expected to be pursued by the Packers.

EAGLES MOVE ON WITHOUT DAWKINS

PHILADELPHIA — Brian Dawkins hadn't officially signed with the Denver Broncos when some Eagles fans began ordering No. 20 orange jerseys.

If there ever was a player who can get the local die-hards to turn on their beloved Iggles or simply root as hard for another team, it's Dawkins. His departure leaves a huge void in the Eagles' secondary and a bigger hole in the hearts of the Philadelphia faithful.

Angry fans flooded the phone lines of talk-radio stations when news broke Friday that Dawkins was in Denver. They grew madder over the weekend when it became official that the seven-time Pro Bowl safety had joined the Broncos.

A caller to one station Sunday

suggested fans should purchase Dawkins' new jersey and wear Broncos orange to Lincoln Financial Field when Denver visits Philadelphia this year.

"I'm the biggest Eagles fan, but I'm rooting for Denver to win the Super Bowl because I love that guy," the caller said.

Radio host Ike Reese, a linebacker and special teams standout with the Eagles from 1998-2004, criticized the organization for letting Dawkins become a free agent.

"This wasn't about Brian's playing ability or the Eagles wouldn't have even offered him a contract," Reese told listeners. "This was about money, the bottom line. The Eagles wanted him back on their conditions and they didn't think he would go out there and get a better offer."



Dawkins, who turns 36 in October, signed essentially a two-year, \$9 million deal with Denver. The Eagles reportedly offered him less guaranteed money over two seasons. Dawkins agonized over his decision to leave after 13 years in Philadelphia. The Broncos made him feel more welcomed.

GIANTS SIGN FORMER SEATTLE DT ROCKY BERNARD

EAST RUTHERFORD, N.J. — The New York Giants gave new defensive coordinator Bill Sheridan a little more depth, signing former Seattle Seahawks defensive tackle Rocky Bernard as a free agent.

Bernard signed what is believed to be a four-year \$16 million Saturday night, hours after the Giants signed former Atlanta Falcons linebacker Michael Boley.

"He's a veteran defensive tackle with skins on the wall," Giants general manager Jerry Reese said. "He plays hard, he's stout against the run and he has to be accounted for as a pass rusher."

Fred Robbins and Barry Cofield, the starting tackles last season, both have had arthroscopic surgery in the offseason.

BRONCOS COACH FINDS HIMSELF AT ODDS WITH CUTLER

ENGLEWOOD, Colo. — Trade talks involving Jay Cutler have strained the relationship between the Denver Broncos' franchise quarterback and new coach Josh McDaniels.

Before Matt Cassel was traded from New England to Kansas City on Saturday, Cutler's name came up in a proposed three-year deal with the Tampa Bay Buccaneers that would have brought Cassel to Denver and landed Cutler in South Florida.

McDaniels was the Patriots' offensive coordinator last season when he helped guide Cassel, a career backup since high school, to an 11-5 record following Tom Brady's season-ending knee injury on opening weekend.

—The Associated Press

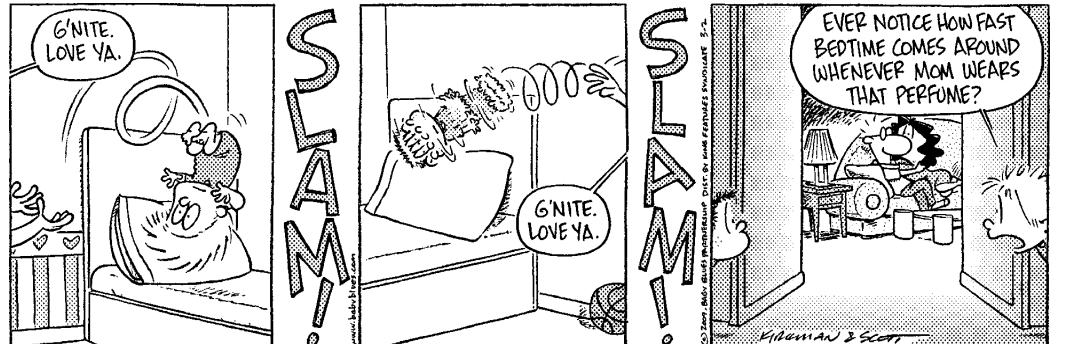
B.C.

By Johnny Hart



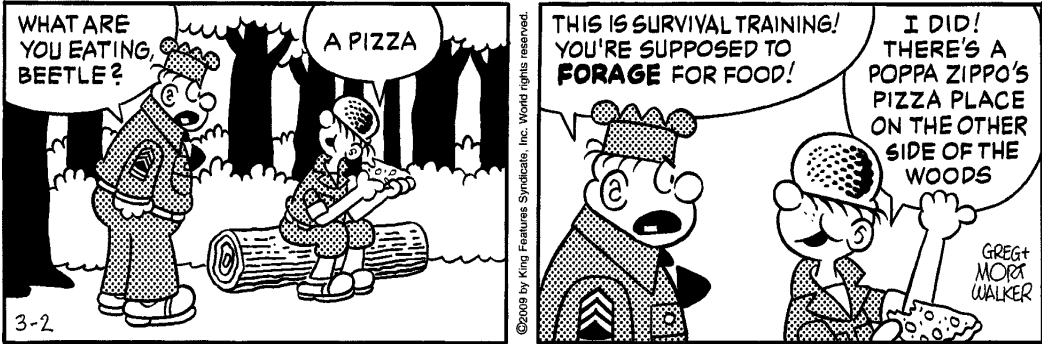
Baby Blues

By Rick Kirkman & Jerry Scott



Beetle Bailey

By Mort Walker



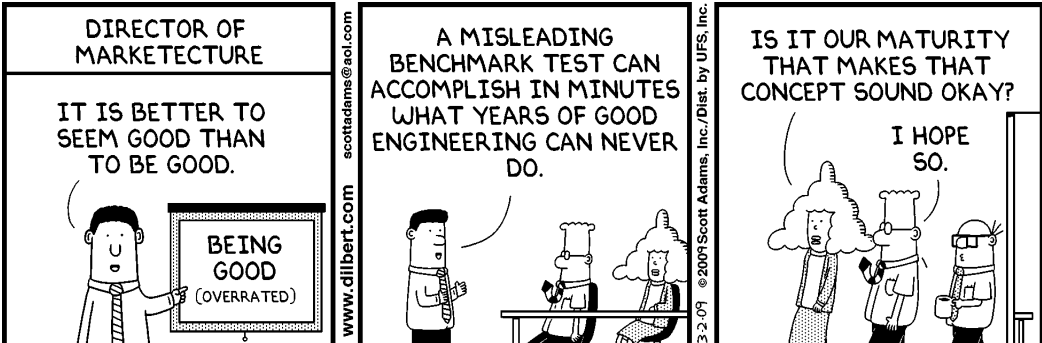
Blondie

By Dean Young & Stan Drake



Dilbert

By Scott Adams



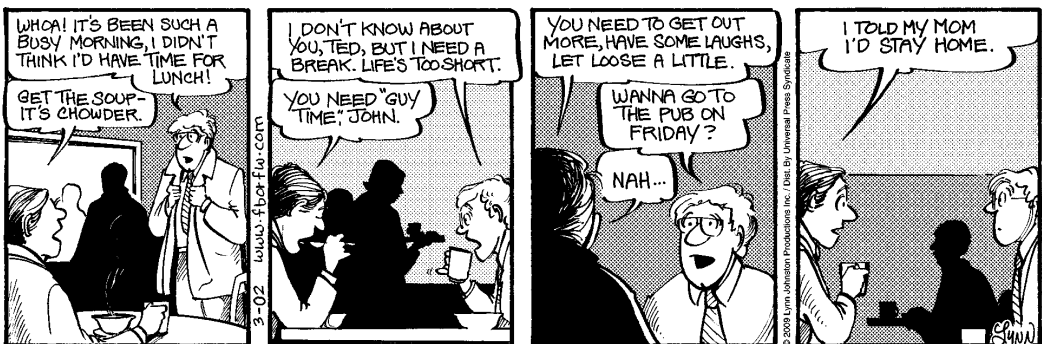
The Elderberries

By Phil Frank and Joe Troise



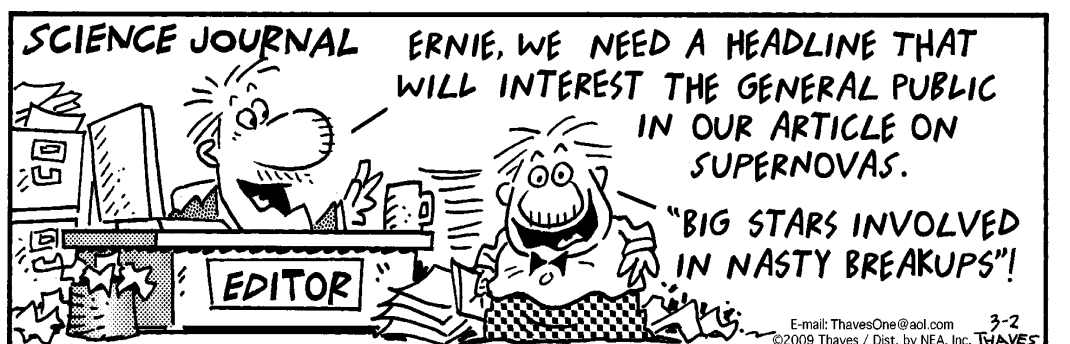
For Better or For Worse

By Lynn Johnston



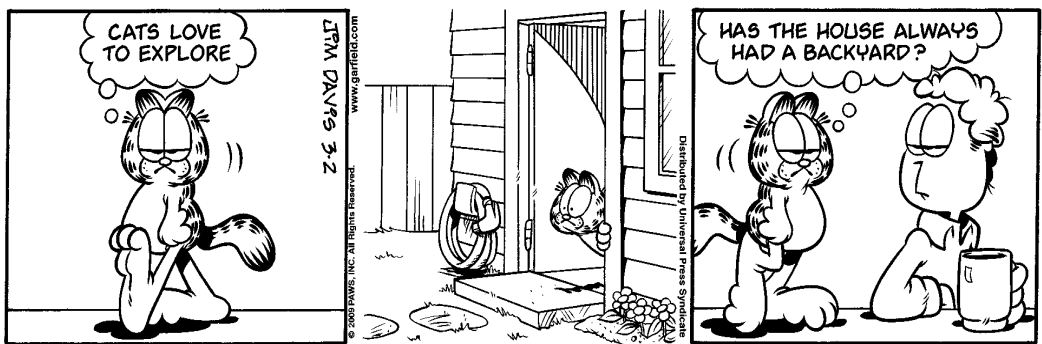
Frank and Ernest

By Bob Thaves



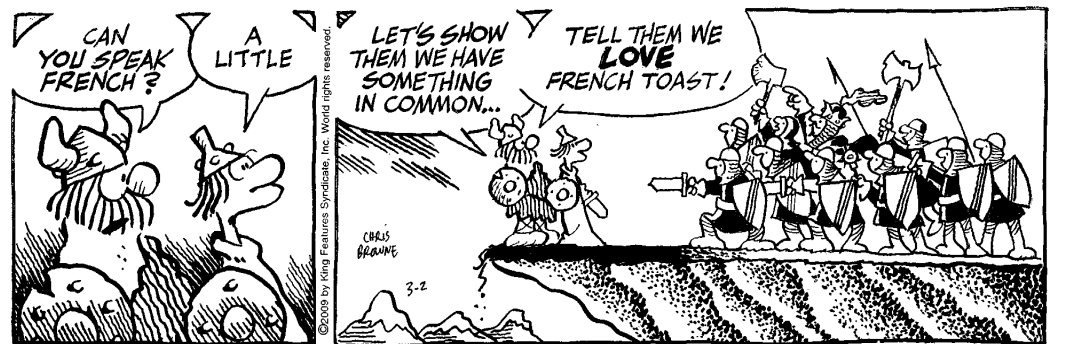
Garfield

By Jim Davis



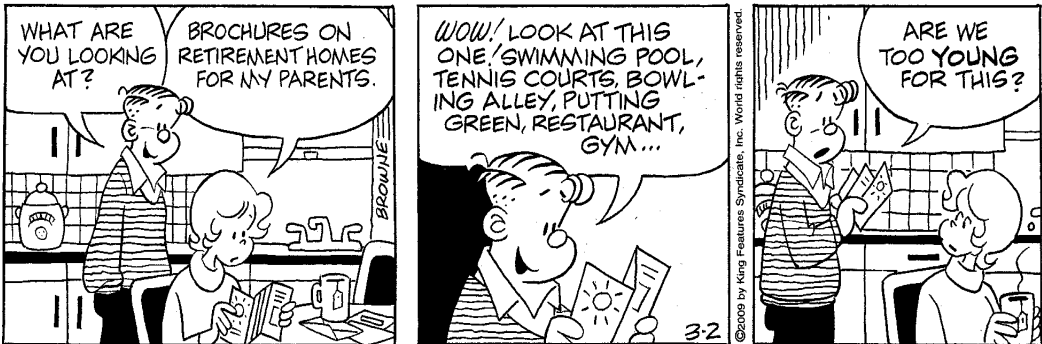
Hagar the Horrible

By Chris Browne



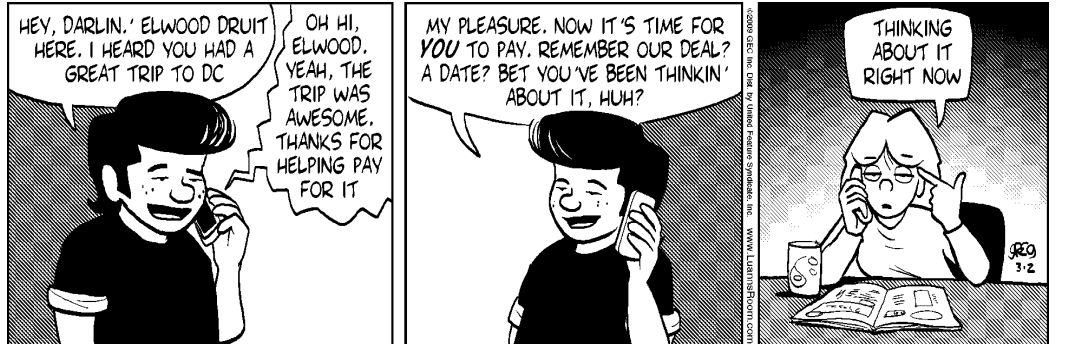
Hi and Lois

By Chance Browne



Luann

By Greg Evans



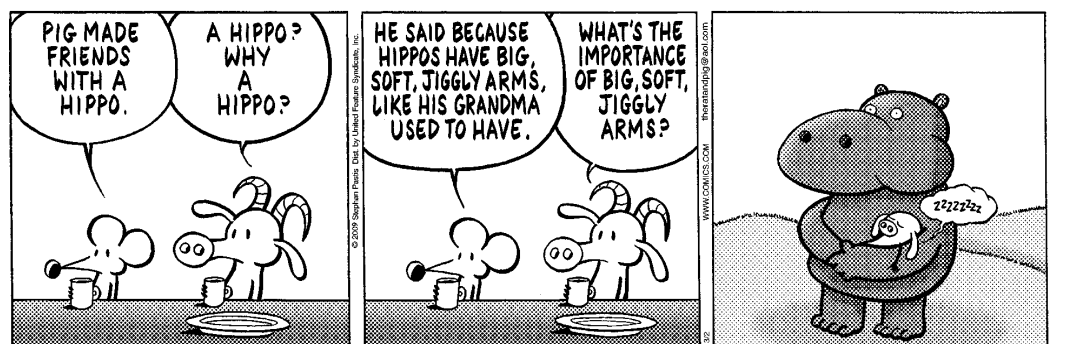
Classic Peanuts

By Charles M. Schulz



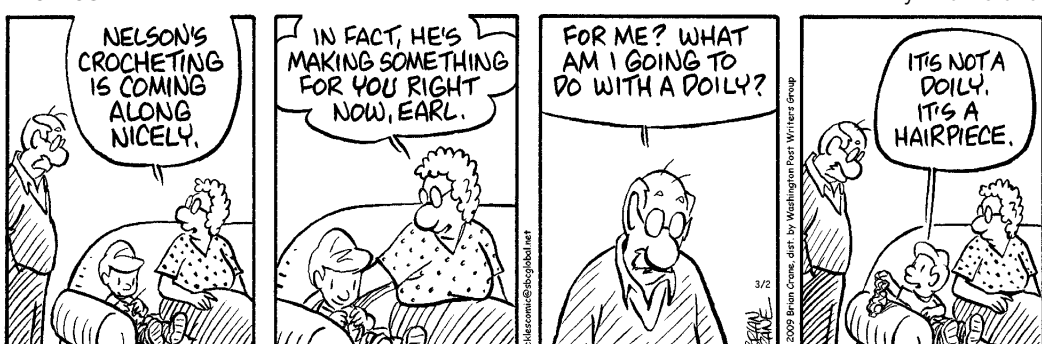
Pearls Before Swine

By Stephan Pastis



Pickles

By Brian Crane



Rose is Rose

By Pat Brady



Non Sequitur

By Wiley



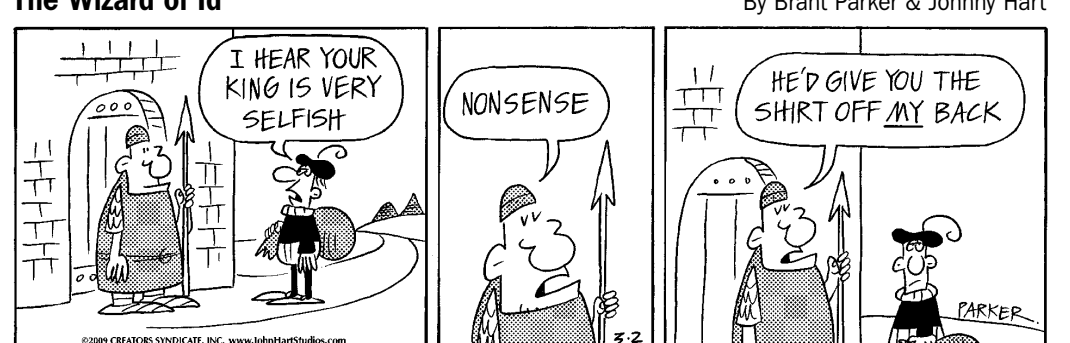
Dennis the Menace

By Hank Ketcham



The Wizard of Id

By Brant Parker & Johnny Hart



Zits

By Jim Borgman and Jerry Scott



OPINION

QUOTABLE

"We are concerned they are getting close."
 — State Department spokesman Robert A. Wood on the possibility of Iran building a nuclear weapon

EDITORIAL

Let's make sure we know what's headed our way

December 2016: You've suffered a medical emergency and you're in an ambulance headed for St. Luke's Magic Valley hospital on Twin Falls' northwest end. Unfortunately for you, it's 3 o'clock in the afternoon and nearby Canyon Ridge High School is sending students home for the day.

Just down the street, Wal-Mart is bustling with holiday shoppers, and at nearby College of Southern Idaho students who just got out of classes at the health sciences building are in their vehicles and trying to turn on to Washington Street North.

Oh, and the new U.S. 93/30 Bypass — constructed with the help of federal economic stimulus money that came available back in 2009 — opened recently, carrying a steady stream of trucks from Nevada down Pole Line Road toward the Perrine Bridge.

Our view: If the city of Twin Falls needs more data to accurately predict traffic loads along the northwest corridor, it should get it.

Nightmare scenario? Maybe, since we're not certain that public officials really have a handle on how much traffic is headed for Twin Falls' northwest corridor.

The city insists it has ample traffic studies and projections to make an accurate prediction, but *Times-News* reporter Josh Palmer couldn't find many specifics when he looked into the subject last month.

He found that the city has never done a comprehensive study of how all those new buildings will affect arterials in northwest Twin Falls, and only two of the big projects had any traffic study at all.

Independent studies were not required for most projects before the City Council and Planning and Zoning Commission approved them, Palmer learned. Only Wal-Mart and St. Luke's Magic Valley Medical Center were required to provide traffic counts to the city.

And even when planning commissioners questioned the accuracy of traffic estimates provided by Wal-Mart, the project was approved by the City Council without an independent study.

In a reader commentary published in the *Times-News* on Sunday, Twin Falls City Manager Tom Courtney said the reporting was off-base.

"The city, the state of Idaho, Wal-Mart Stores, Inc., School District 411, North Haven Development, St. Luke's Magic Valley Regional Center, the College of Southern Idaho and the North Point Ranch Homeowners Association have for years worked proactively to make sure a safe and orderly flow of traffic ensues as the area develops," he wrote. "The notion — as implied in the story — that tens of millions of dollars' worth of road construction could be approved without numerous credible traffic studies is implausible."

Yet even if Courtney is right, the 93/30 Bypass probably skews the equation. The project has been off the Idaho Transportation Department's radar for the past few years, but it may actually happen in the foreseeable future because it's considered to be "shovel-ready" and thus a good candidate for federal stimulus money.

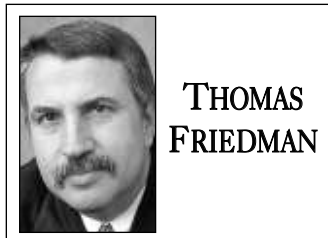
We don't know how many additional vehicles the 93/30 Bypass would bring to Pole Line Road, but we do know that traffic which now transits Twin Falls south to north (or north to south) via Blue Lakes Boulevard North, Washington Street and Eastland Drive is heavy and growing.

Our point is simply this: Before the city approves another major construction project along Pole Line Road West or Washington Street North, let's make sure traffic predictions are unassailable — even if that means spending the money to gather more data.

Because if those numbers aren't right, your ambulance ride could be a long one.

Forget Detroit; jump-start wind and solar energy

Reading the news that General Motors and Chrysler are now lining up for another \$20 billion or so in government aid — on top of the billions they've already received or requested — leaves me with the sick feeling that we are subsidizing the losers and for only one reason: because they claim that their funerals would cost more than keeping them on life support. Sorry, friends, but this is not the American way. Bailing out the losers is not how we got rich as a country, and it is not how we'll get out of this crisis.

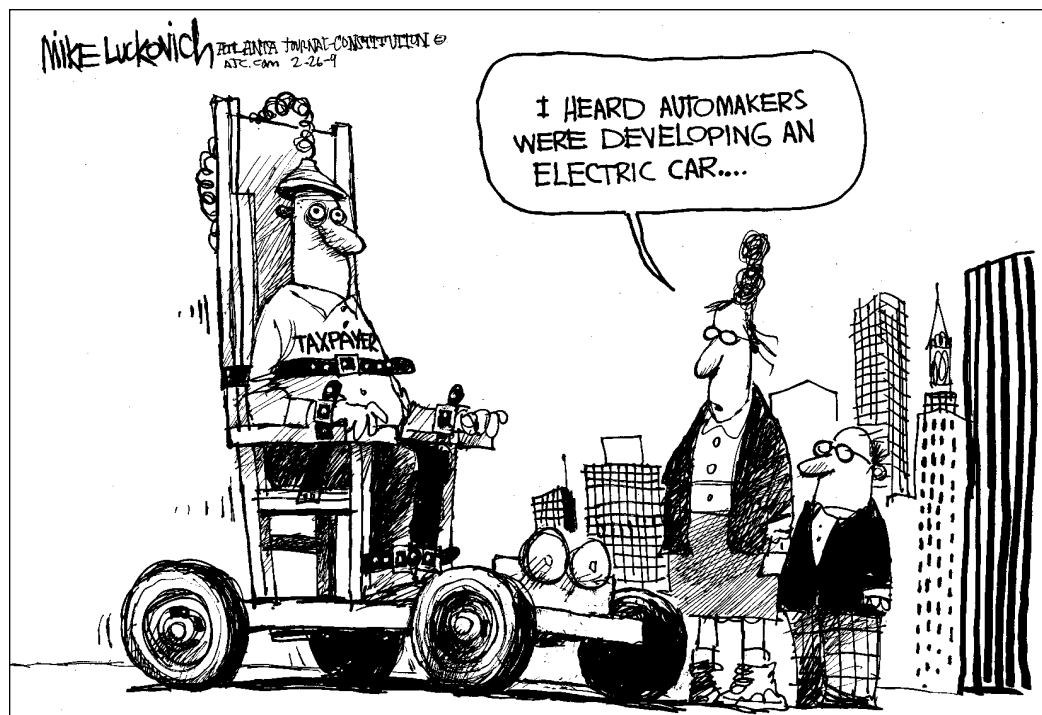


THOMAS FRIEDMAN

GM has become a giant wealth-destruction machine and it is time that it and Chrysler were put into bankruptcy so they can truly start over under new management with new labor agreements and new visions. When it comes to helping companies, precious public money should focus on startups, not bailouts.

You want to spend \$20 billion of taxpayer money creating jobs? Fine. Call up the top 20 venture capital firms in America, which are short of cash today because their partners are tapped out, and make them this offer: The U.S. Treasury will give you each up to \$1 billion to fund the best venture capital ideas that have come your way. If they go bust, we all lose. If any of them turns out to be the next Microsoft or Intel, taxpayers will give you 20 percent of the investors' upside and keep 80 percent for themselves.

If we are going to be spending billions of taxpayer dollars, it can't only be on office-decorating bankers, over-leveraged home speculators and auto executives who year after year spent more energy resisting



changes and lobbying Washington than leading change and beating Toyota.

I've been traveling all across the country on a book tour, and every evening I return to my hotel with my pockets full of business cards from inventors in clean energy. Our country is still bursting with innovators looking for capital. So, let's make sure all the losers clamoring for help don't drown out the potential winners who could lift us out of this. Some of our best companies, such as Intel, were started in recessions, when necessity makes innovators even more inventive and risk-takers even more daring.

Yes, we have to shore up the banking system, which underpins everything; and finding a fair way to prevent hardworking people, who played by the rules, from losing their homes to foreclosure is both right and essential for stability.

But beyond that, let's think, talk and plan in more aspirational ways. We're down, but we're not out. As we invest taxpayer money, let's do it with an eye to starting a new generation of biotech, info-tech, nanotech and clean-tech companies, with real innovators, real 21st-century jobs and poten-

tially real profits for taxpayers. Our motto should be, "Startups, not bailouts: Nurture the next Google, don't nurse the old GMs."

To be fair, the stimulus package that the Obama team and the Democrats in Congress recently passed goes some way toward doing just that. Hat's off for that. Now let's do more.

The renewable-energy business was almost dead in this country. Most new projects stopped last fall because they depended for their financing on selling their renewable energy tax credits to Wall Street firms. As those Wall Street firms went bust or suffered steep losses, they had no need for tax credits because they had no profits to offset. The stimulus package created a mechanism for renewable energy innovators to bypass Wall Street and monetize their tax credits directly through the U.S. Treasury, for any project that starts between now and the end of 2010.

The wind and solar industries in America "were dead in the fourth quarter," said John Woolard, chief executive of BrightSource Energy, which builds and operates cutting-edge solar-thermal plants in the Mojave Desert. Almost five gigawatts of new solar-thermal projects at

various stages of permitting were being held up because of a lack of financing.

"All of these projects will now go ahead," said Woolard. "You are talking about thousands of jobs ... We really got something right in this legislation."

These jobs will be in engineering, constructing and operating huge solar systems and wind farms and manufacturing new photovoltaics. Together they will drive innovation in all these areas — and move wind and solar technology down the cost-volume learning curve so they can compete against fossil fuels and become export industries at the "China price," that is the price at which they can scale in China and India.

That is how taxpayer money should be used to stimulate: limited financing, for a limited time, targeted on an industry bristling with new technology startups that, with a little push from Uncle Sam, won't just survive this crisis but help us thrive when it is over. We need, and the world needs, an America that is thriving not just surviving.

Thomas Friedman is a columnist for *The New York Times*. Write to him at tfriedman@nytimes.com.

LETTERS TO THE EDITOR

Gooding levy vote wasn't advertised enough

To Gooding County commissioners, school district and whomever else:

The reason the supplemental levies passed, for one reason, is hardly any one knew when to vote.

I kept looking for a notice as to when I could vote. I am informed that on the third or fourth page of the *Times-News* was a small paragraph as to when the voting was to happen. I was informed that this is the way this kind of voting is published. There were a few places to vote in Gooding, nowhere else evidently convenient to the rest of Gooding County.

I read the paper every day and this somehow I missed. I am angry because we are on a fixed income, we do not want to support these levies. Why can't Gooding County wait and see what help they will get from the govern-

Tell us what you think

ON PAPER: 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.

ment? This is a lot of money that will extend our property taxes for a long time.

Shame on all of you; this is a pretty sleazy way of getting what you want, but it is not the American way!

On another note: to all politicians, what about "there is no more money" don't you understand! We as the public do not have "deep pockets"; when there is no more money, there is no one who will bail us out. When you don't get money from taxes, etc., don't try to disguise your reach into our now-depleted pockets and hope for anything but lint. If there is no more money, do as the rest of us do, go on a budget and cut expenses. Quit the pork and earmarks,

cut out the crap that makes chief executive officers rich, and do a line-by-line veto and cut out the crooks that infest the government on a local and national level.

If politicians are so hooked on getting our country back to some degree of normal, why can't they put aside their differences and act together without being Republicans and Democrats and be Americans committed to putting this country on track!

BARBRA DUKE Hagerman

Parking in crosswalks dangerous for all

Each school day afternoon at Lincoln Elementary, I

pick up my little girl. I have witnessed every day someone parking their vehicle in the crosswalk! Daily, I have asked drivers if they were aware they were parked in the crosswalk and have asked them to move. Most are willing to move their vehicles, some are not.

I have seen little children dart out into the street behind or in front of these vehicles to cross. By parking in the crosswalks, you make it unsafe for our children to cross the street.

Have you considered the consequences? Oncoming traffic may not be able to see these children. How would you feel if you witnessed a child being hit by another vehicle? How would you feel if it was your child? Please help keep our children safe by watching where you park and please stay out of the crosswalks.

JANET WILSON Twin Falls

Join the discussion

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

TIMES-NEWS

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

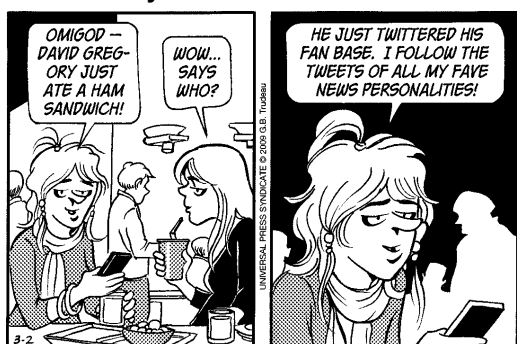
The members of the editorial board and writers of editorials are Brad Hurd, James G. Wright, Steve Crump, Bill Bitzenburg and Ruth S. Pierce.

Want to express your opinion?

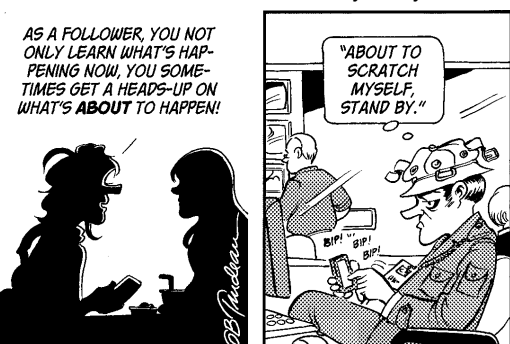
Go to Magicvalley.com, register and tell us what you think about this editorial and other news.

THE LIGHTER SIDE OF POLITICS

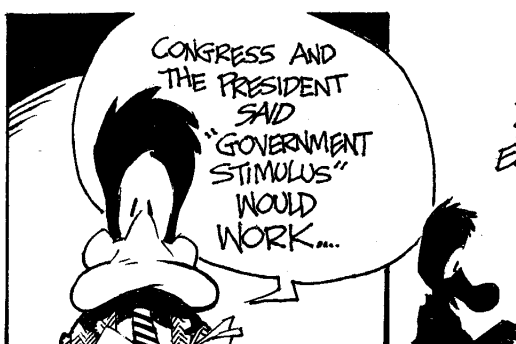
Doonesbury



By Garry Trudeau



Mallard Fillmore



By Bruce Tinsley



Elva Gillette

BURLEY — Elva Taylor Gillette, age 91, of Burley, passed away on Friday, Feb. 27, 2009.

Elva was born on March 4, 1917, in Malta, Idaho, the daughter of Thomas Taylor Jr. and Caroline (Nelson) Taylor. She received her education in Burley, graduating from Burley High School. She then completed her teaching degree at Albion State Normal. Elva taught school in Springdale, prior to marrying Max Gillette of Declo, on Jan. 4, 1943. Following marriage, she was privileged to be a mother and homemaker.

Elva enjoyed quilting and needlepoint and especially loved to fish on Jackson Lake with her husband. She cared for her mother, Lena, and her aunt, Stella, until their deaths. She loved being surrounded by family and was always thrilled to see her grandchildren. People often remarked that Elva was, "such a lady."

As a member of the LDS

Church, Elva served in the Relief Society and Primary and was a visiting teacher.

Survivors include her children, James Max (Cheryl) Gillette of Burley, Sam Taylor (Chris) Gillette of Twin Falls, Sally (Keith) Couch of Burley, Tom (Aida) Gillette, and William Jeffery Gillette of Raft River; a sister-in-law, Garnet Taylor of Lava Hot Springs; 13 grandchildren; and 24 great-grandchildren.

She was preceded in death by her parents; her husband, two brothers, Rex and Floyd; two sisters, Ora and Blanch; and a daughter-in-law, Colleen Gillette.

The funeral will be held at 11 a.m. Wednesday, March 4, at the Burley LDS 3rd & 7th Ward Church, 2200 Oakley Ave., with Bishop Randy L. Spaulding officiating. Burial will be in the Pleasant View Cemetery.

Friends may call from 6 until 8 p.m. Tuesday at the Rasmussen Funeral Home, 1350 E. 16th St., Burley, and from 10 until 10:45 a.m. Wednesday at the church.

The family expresses their sincere appreciation to the staff at the Warren House for the loving care given to Elva.



Justin Clark Mills

Justin Clark Mills, 68, of Twin Falls passed away on Friday, Feb. 27, 2009 at his home. Justin was born on April 25, 1940 in Unionville, Mo., to Clark and Eleanor (Brady) Mills.

When he was two years old, the family moved to the Magic Valley settling on the Salmon track where they farmed and raised registered hogs.

He attended school in Berger, Hollister and graduated from Filer High School in 1958.

After graduation he joined the U.S. Air Force and was honorably discharged in 1965. Upon returning home he started a custom farming business with his father Clark that extended throughout the Magic Valley and continued to work on the family farm. Justin drove truck for many different companies as well as owning his own truck stop and bar in Hollister.

He loved golfing, fishing, camping and hunting. He loved to spend time with his family especially his grandchildren. He was a mentor to many kids in the community

as a 4-H leader and Boy Scout leader. Justin was a 37-year member of the Benevolent and Protective Order of Elks.

Justin is survived by his loving wife of 41 years, Ruth Mills, four sons, Justin Randy (Dyan) Mills of Jackpot, Nev., Layne "Butch" (Teri) Mills of Bruneau, Devon (Linda) Mills of Eagle, Keith (Amy) Mills of Nampa, one daughter, Cheryl (Scott) Taylor of Filer; two sisters, Betty Locke of Olympia, Wash., and his twin Jeanette Christy of Sandy, Ore. He is also survived by 27 grandchildren, three great grandchildren and numerous nieces and nephews. Funeral services will be held on Thursday, March 5, at 2 p.m. at White Mortuary "Chapel by the Park" with a visitation for family and friends on Wednesday, March 4, 2009 from 4 to 8 p.m. at White Mortuary. In lieu of flowers, memorial contributions in Justin's name may be made to the Idaho Elks Rehabilitation Hospital in Boise, the Elks National Foundation, or a charity of choice. Please join the family in celebrating Justin's life by visiting his Everlasting Memorial and signing the online guest book at www.MeM.com.



Marilyn Adelaide Bengtson Sederlund

FREDERIC, Wisc. — Marilyn Adelaide Bengtson Sederlund, 61, of Frederic, Wisc., and formerly of Shoshone, Idaho, went home to be with our Heavenly Father on Feb. 26, 2009 after a courageous battle against cancer.

Marilyn was born to Alden and Naomi Bengtson on July 1, 1947, in Milltown, Wisc., where she grew up with a houseful of brothers and sisters, who were her very best friends. Marilyn graduated from Milltown High School in 1965, and graduated from the Polk County Teachers College. Later in her life, she continued her education by graduating from the College of Southern Idaho's Paralegal Program.

Marilyn married Gary Sederlund on Jan. 21, 1967 and moved to Lewis, Wisc. After a couple years of marriage they moved and raised two of their three children on their farm east of Lewis below Rocky Ridge Hill, until a fire destroyed their barn in 1981. The farm was a place of many happy memories, including roast beef dinners on Sundays, plowing fields, milking cows, raising pets, including "pet rocks," and lots of laughter with friends and family. After the fire, the journey began, and the Sederlunds moved to southern Idaho where their third child Mari was born in 1982. Marilyn taught kinder-

garten at St. Paul's Lutheran Church in Jerome, and then after receiving her second degree she worked at the Twin Falls Police Department and later for Lisa Barini-Garcia, attorney at law. She loved her work in the legal field. After returning to Wisconsin in 1999, Marilyn went to work as the city clerk for the Village of Frederic, where she was well liked and very good at her job. Marilyn served on the Frederic School Board and Clam Falls Lutheran Church's Board of Education because she firmly believed that children are our future and wanted to mentor in any way she could.

Idaho was a special place for Marilyn. She loved her home on the Little Wood River and also camping with her family in the mountains above Fairfield. A good campfire surrounded by her family, good conversation, and campfire coffee were at the top of her list. After returning to Wisconsin, her kitchen table replaced her Idaho campfire, and that was the gathering place for the open door to friends and family. The world's problems have been solved around that table. It never mattered if the "to do" list was long, if company stopped by, they were the number one priority.

Marilyn is survived by her husband Gary; daughter Jeri (Brian) Ahrens of Jerome,

For obituary rates and information, call 735-3266 Monday through Saturday. Deadline is 3 p.m. for next-day publication. The e-mail address for obituaries is obits@magicvalley.com. Death notices are a free service and can be placed until 4 p.m. every day. To view or submit obituaries online, or to place a message in an individual online guestbook, go to www.magicvalley.com and click on "Obituaries."

SERVICES

Joanna Kay Combs of Boise, memorial service at 10 a.m. today at the Boise Funeral Home, Aclesa Chapel.

Eldon 'Ned' Huber of Burley, funeral at 11 a.m. today at the View LDS Church, 550 S. 500 E. in Burley; visitation from 10 to 10:45 a.m. today at the church (Rasmussen Funeral Home in Burley).

Edna Katherine Wellhausen Brune of Twin Falls, memorial service at 11 a.m. today at the Immanuel Lutheran Church in Twin Falls (Parke's Magic Valley Funeral Home in Twin Falls).

George Everett Gibson of Burley, memorial service at noon today at St. Matthew's Episcopal Church in Rupert (Hansen Payne Mortuary in Burley).

Theodore George "Ted" Glassinger of Twin Falls, memorial service at 1 p.m. today at the First Presbyterian Church, 209 Fifth Ave. N. in Twin Falls (Farnsworth Mortuary in Jerome).

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

Henry "Hank" Albert Todd of Buhl, funeral at 11 a.m. Tuesday at First Baptist Church, 400 Ninth Ave. N. in Buhl (Farmer Funeral Chapel in Buhl).

Lynn "Dee" Delayne Pehrson of Heyburn, funeral at 1 p.m. Tuesday at the Paul 3rd and 4th LDS Ward Chapel, 500 W. 300 S. in

Heyburn; visitation from 7 to 9 p.m. today at Hansen Mortuary, 710 Sixth St. in Rupert, and one hour before the service Tuesday at the church.

Evalona Mae Denney of Murtaugh, cryptside service at 2 p.m. Tuesday at Sunset Memorial Park in Twin Falls; visitation from 4 to 8 p.m. today at White Mortuary in Twin Falls, with the family greeting from 6 to 8 p.m.

Raymond G. Clark of Jerome, funeral at 2 p.m. Tuesday at Hove-Robertson Funeral Chapel in Jerome; visitation from 6 to 8 p.m. today at the funeral chapel.

Eugene D. Wadsworth of Oakley, funeral at 3:30 p.m. Tuesday at the Oakley LDS Stake Center, 355 N. Center Ave.; visitation from 2 to 3:15 p.m. Tuesday at the church (Rasmussen Funeral Home in Burley).

Ray Lytle of Twin Falls, funeral at 2 p.m. Wednesday at White Mortuary in Twin Falls; visitation from 5 to 7 p.m. Tuesday at the mortuary.

David L. Dellett of Twin Falls, memorial service at 1 p.m. Saturday, March 14, at the First Baptist Church, 910 Shoshone St. in Twin Falls (White Mortuary Chapel).

Fossil footprints reflect modern humans'

By Thomas H. Maugh II
Los Angeles Times

Modern humans emerged from Africa about 50,000 years ago, but modern human feet appeared much earlier — at least 1.5 million years ago, according to fossilized footprints found on the banks of a river near Ileret, Kenya.

The several sets of footprints indicate that the hominids who walked along the river shore had a height, weight and gait similar to that of modern humans, a team reported Friday in the journal Science.

More important, they had a pronounced arch, their big toe was parallel to their other toes and all the toes were shorter than those of apes — structural traits characteristic of modern humans and ones that allowed them to run faster while chasing prey.

The footprints represent the earliest evidence of a modern humanlike foot anatomy, said anthropologist John W. K. Harris of Rutgers, the State University of New Jersey, a co-author.

Earlier footprints found in Laetoli, Tanzania, and

The footprints represent the earliest evidence of a modern humanlike foot anatomy.

dating from about 3.6 million years ago show a less-pronounced arch and a longer big toe splayed off to one side like those of apes, an adaptation useful for grasping tree limbs but not for running. That hominid, probably Australopithecus afarensis, also walked upright, but more slowly.

The Ileret footprints were most likely made by "Homo ergaster," more commonly known as an early form of Homo erectus and a direct ancestor of modern humans. It was the first hominid to have the longer legs and shorter arms of modern Homo sapiens.

Such footprints are extremely rare because they require a precise set of conditions: The river must flood and cover them with sand before they can be washed away or obliterated by animals, Harris said.

E. Idaho man saves pet dog from wolf pack

ASHTON (AP) — An eastern Idaho man who lives on the outskirts of Ashton says he rescued the family dog from an attack by nine wolves.

Jim Palmer says the wolves had his yellow lab named Charlie on the ground last week and that Palmer without thinking rushed out of his home to save the dog.

He says he ran screaming into the wolf pack and

pulled Charlie out, and that one wolf was doing most of the damage.

Gregg Losinski with Idaho Department of Fish and Game says wolves attack dogs in what the wolves consider a dispute over territory.

Losinski says it's a bad idea for people to rush into a pack of wolves.

Charlie needed surgery and stitches, but has recovered well enough to run and wag his tail.

Business Highlight

What's in a Name?

At **Hearing Counselors & Audiology** our name is our business.

Bob Schroeder started his business in the early 90's after earning his M.S. degree as an Audiologist, CCC-A. In order to practice in Idaho and Nevada, Audiologists must hold special certification and meet additional licensing requirements. This professional basis is the foundation of his practice and has been the compelling ingredient in its success. The environment at **Hearing Counselors & Audiology** focuses on the "Counselors" part of their name. Greg Schroeder, Bob's son, has seen the changes in the industry, and closely monitors the advancement of technology so the office can **truly counsel** patients in the latest technology, enabling them to make the right decision on their own.

The rewards of helping those with hearing deficiencies has kept Rick Hall in the business for 12 years, the past 6 of which have been with **Hearing Counselors & Audiology**. He has personally seen the improved quality of life as his patients are better able to hear and understand the world in which they live.

Hearing Counselors & Audiology,
remember our name and what it stands for.

Attention former patients of Harris Active Ear

Hearing Counselors can now service
& make adjustments to your hearing aids.

Our services are offered **FREE**
to those who purchased Harris products
within the Twin Falls area.

Burley 1534 Overland Ave. • 678-5200 **Twin Falls** 2508 Addison Ave. E • 733-0601

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Bringing the HEAT

Suggestive dance is workout alternative

By Melissa Davlin
Times-News writer

Magic Valley, it's time to spice up your workout.

California transplant Benita Conway has brought Latin and burlesque dancing classes to Body IQ and Shimmy Shakti in Twin Falls. The classes use different moves to reach the same goal: provide a sexy workout alternative for women.

Dance studios in larger cities, including Portland, Ore., San Francisco, Seattle and New York, market burlesque classes as an exercise alternative and have received attention from national media outlets like Fox News. Even Boise has a few burlesque classes.

Now it's Twin Falls' turn.

Latin Burn

Latin Burn combines dances from an array of Central and South American cultures. Fast-paced flamenco melds with sensual bachata. A tribal-looking Afro-Cuban dance turns into hand-clapping merengue. Lively Latin music pumps from the speakers while students cha-cha their way to health.

Conway said the class is wildly popular in Los Angeles, where she first learned it. Most of the students were women, she said; when men came, they rarely lasted more than one class.

The class isn't about performing, although many of her former students in California felt confident enough to hit Latin dance clubs after a few classes. Instead, the class is designed to get the heart pumping and the feet moving while introducing students to Latin dance, Conway said.

"So what if you didn't get a step?" Conway said. "You'll get it the next time."

Burlesque

Don't know burlesque? Think Bettie Page or Gypsy Rose, sashaying on stage with feather boas and little else.

As it's taught in Los Angeles, burlesque is meant to celebrate sexuality and femininity, Conway said. She's hoping to bring the same vibe to southern Idaho.



Dance instructor Benita Conway demonstrates a merengue move — one of the Latin dances that make up her Latin Burn class.

A new fitness option for Magic Valley: Use burlesque dance moves as your exercise routine. At Shimmy Shakti yoga studio in downtown Twin Falls, instructor Benita Conway demonstrates a core-strengthening move that students learn in her new dance classes at two Twin Falls studios.

Photos by MEAGAN THOMPSON/Times-News

GET THE BLOOD PUMPING

Initially, Benita Conway offered classes exclusively through Shimmy Shakti. After disappointing class sizes, she arranged to offer classes at Body IQ, which are scheduled to start this week.

• **Body IQ**, 259 Shoshone St. S., Twin Falls

Burlesque and Latin Burn
Prices: Drop-in, \$10; \$36 for four classes and \$64 for eight classes

Times to be determined. Check healthybodyiq.com for updates.

• **Shimmy Shakti**, 124 Main Ave. N., Suite 201, Twin Falls

Burlesque
Prices: Drop-in, \$10; \$36 for four classes and \$64 for eight classes

7 to 8 p.m. Fridays
Information: shimmyshakti.com

"Burlesque is free-spirited," she said. "There's no one to criticize. Everyone is just having fun."

Like with Latin Burn, the point isn't to leave ready to perform, she said. It's about moving your body, and feeling sexy while doing it.

Conway admits the idea might be off-putting in conservative Twin Falls. Few people showed up to her first few classes.

"I think they may think it's

See **DANCE**, H&F 3



Dance instructor Benita Conway says burlesque dancing is about moving slowly and deliberately, and the abs get the benefit. She learned her moves from professional burlesque dancers in Los Angeles.

REPORTER'S NOTEBOOK

A shy girl tries sexy dancing

While I reported this article, dance instructor Benita Conway walked me through a burlesque dance routine so I could get a taste of the fun.

Between the silk gloves and the feather boa, I thought I'd feel like a caricature of a sexy woman. Even though I was clumsy with some of the moves, I loved it. I walked out of the studio feeling pretty good about my mini-workout — and my body.

This from a girl who doesn't even like wearing a swimsuit in front of other people.

When I got home that night, the first thing I did was shut the blinds, don high heels and try out more moves in front of a mirror. Yowza! Not only did my abs and legs get a killer workout, but I looked dang good. If I can feel this confident with burlesque, almost anyone can.

I'm still not quite ready to prance around onstage in a garter belt and corset, but I've incorporated the sexy bicycle kicks and slow squats into my everyday workout.

In the privacy of my own home, of course.

—Melissa Davlin



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.

Last week's episode: At the beginning of the two-part episode, contestants found out their existing teams would be broken apart and they might have to switch trainers. Their fate would be decided by the

Aubrey's starting weight: **249 pounds**
Weight lost this week: **5**
Current weight: **211 pounds**

toss of a coin. Aubrey and Mandi ended up on the Blue Team with trainer Bob. The thought of leaving their previous trainer, Jillian,

brought the sisters to tears.

For the challenge, the teams had to face off on stationary bikes, where they pedaled for 24 hours straight. Many contestants, including Mandi, wanted to quit with 10 hours left to go, but they kept pedaling. The Black Team won the challenge and a 3-pound advantage.

At the weigh-in, Aubrey had lost five pounds and Mandi had

dropped seven, but their team ended up below the yellow line. Mandi voted to send Ron home, while Aubrey inexplicably voted for Kristen, who wasn't a threat and loses weight consistently. In the end, Dane, who posted some of the biggest numbers this season, was sent packing.

Watch the Yellow Team's progress at 7 p.m. Tuesdays on NBC.

To do for You

Bariatric support

Bariatric Support Group meeting for patients who have undergone bariatric surgery, 7 p.m. today, at St. Luke's Magic Valley Medical Center's Education Center, 588 Addison Ave. W. in Twin Falls. Information: 381-4504.

Caregiver support

Caregiver Support Group meeting, 1-2:30 p.m. today, in Katz Conference Room at South Central Public Health, 1020 Washington St. N. in Twin Falls. Topics: caregiver issues and peer support. Information: Shawna Wasko, CSI Office on Aging, 736-2122.

About C-sections

Cesarean childbirth class, 6:30-9 p.m. Tuesday, in the lobby at St. Luke's downtown campus, 660 Shoshone St. E. in Twin Falls. Topics: Cesarean deliveries, pain management, non-conforming labors and hospital procedures. Free. Preregistration required: 732-3148.

'Baby and Me'

St. Benedicts Family Medical Center's "Baby and Me" classes, 11 a.m. to noon Tuesdays, at Jerome Public Library, 100 First Ave. E. This week's topic: immunization. The session is educational support for parents and babies. A baby scale is available each week. Free; 324-6133.

Preventative health care

Dr. Marjorie A. Brockman of Gooding offers a community lecture, "Taking Control of Your Health Just Makes 'Cents,'" 6:30 p.m. Wednesday at the College of Southern Idaho Northside Center, 202 14th Ave. in Gooding. Topics: importance and cost effectiveness of preventative health care through the use of chiropractic care and nutrition. Brockman is a doctor of chiropractic, registered nurse, certified acupuncturist and doctor of naturopathic medicine. Free and open to the public; 934-5000.

About childbirth

St. Benedicts' prepared childbirth series, 7-9 p.m. Wednesdays, this week to April 15, at Jerome Ambulance Building, 240 E. Main St. Bring a labor support person, if possible. Mothers may enroll even if their babies will be born at a different hospital. Cost is \$30. Register: 324-6133.

Infant safety and CPR

Infant safety and cardiopulmonary resuscitation, 6:30-9 p.m. Wednesday, in the lobby of St. Luke's downtown cam-

pus, 660 Shoshone St. E. in Twin Falls.

New parents, grandparents and caregivers learn CPR and what to do if a baby chokes. No registration required; free; 732-3148.

About diabetes

Diabetes education classes, 9:30 a.m. to noon Wednesdays, this week to March 25, at Genoa Building, Suite A, 746 N. College Road in Twin Falls. Topics: diet therapy, medication administration and foot care. Cost varies, and insurance companies can be billed. Preregistration required: 736-6218.

Learn CPR

"Heartsaver Cardio-pulmonary Resuscitation" class, 6-10 p.m. Thursday, in the Sage Room at St. Luke's Education Center, 588 Addison Ave. W. in Twin Falls. Topics: infant, child and adult CPR, and automated external defibrillators. Cost is \$36. Preregistration required; 737-2007.

Breastfeeding

"Breastfeeding 101" class, 7-9 p.m. Thursday, at Jerome Ambulance Building, 240 E. Main St. Offered as a separate class, or as part of the prepared childbirth series. Mothers may enroll even if their babies will be born at a different hospital. Cost is \$5. Register: 324-6133.

Breastfeeding and employment

A two-part class to help successfully combine breastfeeding and employment. Does not replace a basic breastfeeding class. The first class, before birth, helps with pump selection and milk storage. The second, after birth, helps choose appropriate bottle nipple and pump schedule. Cost is \$25 for the two-part

class. Preregister for date, time and location: Amy Peterson, 308-1350.

Child care provider training

St. Benedicts offers IdahoSTARS Child Care Provider Training in two classes Saturday at the IdahoSTARS training office, 426 Main Ave. S. in Twin Falls.

Class A: 9-10 a.m., "Food Choices, Birth to 2," cost is \$20.

Class B: 10:15-11:15 a.m., "Cooperation Without Yelling or Pleading," cost is \$20.

Register: Amy Peterson, 308-1350.

Health fair

Community Health and Family Fair, 8 a.m. to 1 p.m. Saturday, at Burley High School, 2100 Parke Ave.

The health fair includes free screenings for eyes, hearing, foot, colorectal cancer and dental; blood pressure checks; and height and weight.

Blood draw for tests will be available Saturday at the health fair, or 7-9 a.m. this week through Friday at Cassia Regional Medical Center. Participants in the blood draw must not eat or drink (except water) for 12 hours before the test.

Cost is \$25 for a complete cholesterol analysis and screening for diabetes, kidney and liver disease, nutrition and cardiac risk. Cost of thyroid testing is \$15, prostate specific antigen is \$15 and a complete blood count is \$10.

The Kiwanis Club will host a breakfast at the fair, 8-11:30 a.m.; cost is \$4.

About nutrition

College of Southern Idaho's Community Education Center offers "Live Healthy — Nutrition," the final class of the Learn to Live Healthy series, 5:30-7 p.m. March 10 in Room 106 of CSI's Shields Building. Dana Henry will instruct.

Learn about the energetics of food and the role it plays in the balance and health of your body. Cost is \$25. Register: 732-6442 or communityed.csi.edu.

Parenting class

"Love and Logic" parenting class, 7-8:30 p.m. Wednesdays, March 11 to April 29, at New Life Community Church, 800 W. Main St. in Wendell. No class on March 18. Topic: parenting styles.

Cost is \$9 for the workbook. Preregister: 536-6223 or 536-6514.

Tobacco cessation

American Cancer Society's "Fresh Start" program to help adults quit using tobacco products; six-class session, 6:30-7:30 p.m. Mondays and Thursdays, March 9-26, in the Sunflower Room at St. Luke's Education Center, 588 Addison Ave. W. in Twin Falls.

"Fresh Start" builds skills to help reduce and eventually end tobacco use: communicate better, handle stress, make decisions, set goals, eat healthy and exercise. Sponsored by South Central Public Health District and St. Luke's.

Free. Preregistration required: Jeanette Charters, 308-5613, or Tami Pearson, 737-5945.

Zen meditation

College of Southern Idaho's Community Education Center offers "Introduction to Zen Meditation" classes, 7-9 p.m. March 16-17, in Room 277 at CSI's Taylor Administration Building, 315 Falls Ave. W. Participants can attend one class or both sessions.

First session: an introduction to Zen Buddhist teaching and sitting meditation. Wear loose clothing and bring a pillow or cushion if you want to try a traditional meditation posture.

Second session: two zazen periods (sitting meditation) of 30 minutes each, walking meditation and a short lecture.

Leslie James, who has studied and practiced at the San Francisco Zen Center and Tassajara Zen Mountain Center, will instruct.

Cost is \$30 for one class or \$45 for both classes. Register: 732-6442 or communityed.csi.edu.

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

Gym gives lifters more than a pound of flesh

By Kathleen Hom
The Washington Post

If you've lost interest in lifting dumbbells and strapping on weights, consider what a London fitness center is doing to liven up workouts. Recently, Gymbox added human weights, which allow exercisers to pump, well, flesh instead of iron.

The gym's five human weights, ranging from 66 to 342 pounds, can be used as free weights or on specially adapted weightlifting equipment. Gymbox promotes the concept as a visualization tool that lets weightlifters compare what they're lifting to an everyday object. Plus, the human weights can shout out

encouragement to lift exercisers' spirits.

Although lifting live weights can make different demands on exercisers than lifting dead weights, American Council on Exercise spokesman Francisco Semiao says, "it's definitely exposing you to injury." Weightlifters can drop dumbbells that get too heavy — but you shouldn't necessarily do that to a human weight, he explains. Plus, lifting people can be a bit like lifting a lopsided barbell, because a person's body weight is distributed unevenly. What's more, while you can lighten a barbell by taking off a single plate, it's not as easy to adjust a living weight.



Gaining ground?

A Twin Falls gym's new technology helps you track your workouts.

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Business Highlight

IDAHO HOME HEALTH & HOSPICE

Idaho Home Health & Hospice knows that when it comes to providing for loved ones, trust, dependability and quality are key.

They began providing home care services over 30 years ago and were the first home health agency in Twin Falls.

Idaho Home Health & Hospice's longevity, experience, and great medical resources have given them the opportunity to maintain a unique palliative care home called The Caring Place, since 2004.

The Caring Place is a 5-bed residence available to anyone with a terminal illness and a life expectancy of one year or less for whom care at home is not an option. The goal of palliative care is to provide what terminally ill patients need: emotional and spiritual support, freedom from pain and the ability to control the direction of their own care as much as possible.

The Caring Place is designed to keep family members connected to one another emotionally and physically. It has a large living room, kitchen, dining space, a sunroom, a picnic area, an outdoor smoking area, and a guest bedroom for visitors.

The Caring Place located at 870 Eastland Drive will host an open house Saturday March 28, 2009 from 1 to 4 pm. For information, call 734-4061.

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For more information call 734-4061

Preventing lymphedema after breast cancer

By Lauran Neergaard
AP medical writer

WASHINGTON — Hospitals in about a dozen states are testing whether some simple steps, such as arm-strengthening exercises, could reduce the risk of one of breast cancer's troubling legacies — the painful and sometimes severe arm swelling called lymphedema.

Lymphedema has long been a neglected side effect of cancer surgery and radiation: Many women say they never were warned, even though spotting this problem early improves outcomes.

And while less invasive surgical techniques mean fewer breast cancer patients today than just a few years ago should face lymphedema, it's a lingering threat for tens of thousands of survivors because it can strike two decades after their tumor was treated.

"I have ladies tell me the lymphedema is much worse than their cancer because the cancer's cured," says Dr. Electra Paskett, an epidemiologist at Ohio State University who is leading the first-of-its-kind research into possible protective steps.

Among them: Wearing elastic sleeves to counter temporary swelling during things like airplane flight or heavy lifting, and doing special exercises with light weights designed to help keep open the lymph channels that allow fluid to drain through the body.

When lymph nodes under a breast cancer patient's arm are removed or damaged by biopsy, surgery or radiation, lymph fluid can build up and cause anything from mild swelling to a ballooning of the arm.

Lymphedema isn't just a legacy of breast cancer treatment. The leg can swell if groin nodes are damaged from other cancers, including gynecologic cancer. Melanoma treatment left former presidential candidate John McCain with facial swelling. Occasionally, rare diseases can



AP photo

Lymphedema specialist Johanna Murphy, left, shows breast cancer survivor Anne Holman an exercise to treat her lymphedema on Dec. 23.

trigger a different form of lymphedema.

But lymphedema among breast cancer survivors may be most common. It's been estimated to affect between 20 percent and 30 percent of patients who have 10 or more under-the-arm nodes examined, called an "axillary lymph node dissection."

Early care is key, as Anne Holman of Washington, D.C., can attest. In 2006, doctors found cancer in eight of 18 lymph nodes. She was undergoing chemotherapy to shrink her tumor before an eventual mastectomy when one day her arm turned red and itchy. Come in right away, said Minna Manalo, a nurse practitioner at Georgetown University Hospital's breast cancer unit.

Along with a skin inflammation, Manalo diagnosed lymphedema — Holman's arm was just starting to swell. Daily for two weeks, she underwent what's called complete decongestive therapy, where a machine massaged fluid from her arm and it then was tightly bandaged to counter swelling. Once her arm shrank, Holman was prescribed a lifelong therapy: A tight elastic sleeve and fingerless glove to wear regularly, especially during her job as an international flight attendant, plus arm exercises to help push out returning fluid.

"I'm trying to stay ahead of the game," says Holman, 61. "You can't cure this, but you can manage it."

Paskett's study — now recruiting participants at Ohio State, Georgetown and a growing number of other hospitals — tests whether milder versions of those techniques

could prevent lymphedema in the first place. Women recovering from a large node removal are randomly assigned to either a regimen including personalized arm exercises, or just lymphedema education.

Results aren't due until 2012. Meanwhile, cancer groups advise:

- **Be alert for subtle swelling.** Don't ignore a tight ring or watch, or clothes suddenly not fitting.

- **See a certified lymphedema specialist,** who has proper training in fitting compression garments and proper use of decongestive therapy. Improper use of either can worsen the condition.

- **Obesity and arm injuries** are additional risk factors. So watch your weight; avoid injections in the affected arm; clean cuts and seek care for infections promptly; wear gardening gloves and oven mitts; and avoid temperature extremes, such as hot tubs.

Quick Study

By Linda Searing
Special to The
Washington Post

The topic: Stroke

On-the-job stress may raise stroke risks

THE QUESTION

Might stress at work affect a person's chances of having a stroke?

THIS STUDY

It analyzed data on 6,553 workers who had never had a heart attack or a stroke and who averaged about 50 years old. In an 11-year period, 147 of them had a stroke. Men who reported having high-stress jobs — defined as jobs that place great demands on workers but allow them little control — were more than twice as likely to have had a stroke as were men with low-stress jobs (low demands and high control). No link was found between occupational stress and stroke among women workers.

WHO MAY BE AFFECTED?

Working men. Each year, more than 700,000 people in the U.S. have a stroke, the third leading cause of death and the leading cause of serious long-term disability in the country.

CAVEATS

Data on job stress came from the workers' evaluations of their jobs.

FIND THIS STUDY

It's in the Jan. 12 issue of Archives of Internal Medicine.

LEARN MORE

Learn about stroke at www.ninds.nih.gov/disorders and www.strokeassociation.org.

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

Dance

Continued from H&F 1

stripping, and it really isn't," Conway said.

Even so, burlesque is not for the prude. While demonstrating some basic moves, Conway straddled a chair suggestively, shook her chest and stroked her body.

The dance style isn't all about show, though. Many of the moves are just gussied-up strengthening and pilates exercises. Slow, controlled movements strengthen core and leg muscles. Add high heels, pointed toes and a smoldering, sexy look to bicycle kicks and you have the beginning of a dance routine.

Despite the sexual overtones, class attendees aren't

expected to come in lingerie and stilettos. Everyone currently enrolled in the class comes in normal workout clothes, Conway said. Also, women of any age can sign up.

"There's a famous burlesque star in Los Angeles

whose grandmother performed with her," Conway said. "It's really about presence and showing your sexuality."

And if you get great-looking abs in the process, it's all the better.

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Business Highlight

Headache Relief...



There are many types of headaches, including migraine, tension, cluster, sinus and cervicogenic (originating from the neck). Science is still determining the exact causes. Evidence is pointing to mild trauma to the head, neck or upper back that increases the risk of onset of headaches. "Cervicogenic" headaches can begin immediately

following the trauma or take years to develop. You may not even remember the event that has caused your headaches.

If you have tried everything, but you have not tried chiropractic care, headache relief may be a phone call away. The purpose of chiropractic care is to improve the alignment and function of the neck; reducing irritation to the nerves and blood vessels that may play a role in headaches.

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"I had no idea chiropractic was so technical and scientific till I went to Dr. Fox. He analyzed my spine and nerve systems and amazingly I was out of balance. The headaches I had for over 12 years are gone. I have not found anything work as well as chiropractic care done in a gentle specific approach. I would recommend Fox Chiropractic to anyone. They really care." *Jimmy*

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Ask The Doctor...

Question:

What are the current recommendations regarding mammogram screening?

Answer:

Unfortunately, the #1 risk factor for breast cancer is simply getting older. As a result, mammogram screening recommendations change as a woman ages and are also dependent on other co existing risk factors. In general the American Cancer Society recommends an annual clinical breast exam and mammogram beginning at age 40 for low and average risk women. High risk patients should initiate screening earlier and may benefit from additional testing with an MRI. Your doctor can determine your risk at the time of your annual well-woman exam.

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SUDOKU

Sudoku is a number-placing puzzle based on a 9x9 grid with several given numbers. The object is to place the numbers 1 to 9 in the empty squares so that each row, each column and each 3x3 box contains the same number only once. The difficulty level of the Concepts Sudoku increases from Monday to Sunday.

Concepts Sudoku By Dave Green

9x9 grid with numbers 9, 6, 8, 3, 2, 4, 5, 6, 8, 6, 3, 7, 1, 8, 6, 9, 4, 2, 8, 1, 9, 7, 3, 5, 9, 2, 1, 4, 8, 7, 4, 6, 1, 8, 3, 5, 9, 2, 3, 9, 8, 2, 5, 4, 7, 1, 6, 2, 1, 5, 9, 7, 6, 8, 3, 4

Answer to previous puzzle

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

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Medical and Dental

Family Health Services, a Federally Qualified Health Center with clinics in Twin Falls, Buhl, Jerome, Burley, Rupert and Fairfield, has openings for the following positions: Part-time Dental Assistant, Twin Falls Clinic - Prior experience preferred, along with dental assisting certificate. Bilingual Spanish candidates encouraged to apply.

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DISPATCHER

SIRCOMM in Jerome is hiring for an Emergency Services Dispatcher. Pay is \$13.47/hour w/benefits after after 3 months. The applicant must be at least 19, have a HS Diploma or GED and a valid Idaho DL, type 4000 KPH, and be able to pass a background check.

Employers, Get Ready! The Event You Can't Afford to Miss! Southern Idaho Career Fair The Largest Career Fair in Southern Idaho Sponsored by The College of Southern Idaho and the Times-News Tuesday, April 21, 2009 College of Southern Idaho Gymnasium 10 am - 4 pm

This is a GREAT way to earn some extra cash! Start a Delivery Route Today! Super Tuesday Routes Available BURLEY/ RUPERT 677-8733

210 Management

MANAGEMENT Little Wood River Irrigation District in Carey is taking applications for the job of full-time Water Manager for the 2009 water year. Salary negotiable, plus benefits.

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All advertising is subject to the newspaper's standard of acceptance. The Times-News reserves the right to edit, abbreviate, decline or properly classify any ad.

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216 Trades

TRADES Spears Manufacturing is accepting applications for a Journeyman Electrician. Must have 3-5 yrs in an industrial setting and have current Idaho License.

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400 School Instruction

401 School Instruction

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

CLASSIFIEDS

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

FAX YOUR AD TIMES-NEWS CLASSIFIED DEPARTMENT 208-734-5538

REAL ESTATE

500

501 Open House

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

502 Homes For Sale

BURLEY Beautiful 4 bdrm, 3 bath, brick home with large 2 car garage. New carpet and paint, 2650 sq. ft. Rambler with basement, garden space and sprinkler system. Nice neighborhood. \$149,500. Call Steve or Julie 801-731-0866.

502 Homes For Sale

GOODING For Sale by Owner. 2 bdrm, 2 bath on 10 acres, comes with 10 acre shares of water, some upgrades, fenced and cross fenced. Shoestring Rd. \$194,000 208-948-0581

502 Homes For Sale

GOODING New 3264 sq. ft. home in the country on 21 dry acres. 4 bdrm, 3 bath, beautiful throughout. Will consider smaller home or farm property on trade. \$280,000 208-934-5370

HAGERMAN

New home. Lease option to buy in Hagerman Valley. 1/2 mile from boat dock. 3 bdrm, 2 bath, plus bonus room, all electric kitchen, granite, tile, wood flooring, carpeted throughout, RV parking space & landscaped. Call 208-543-2902 or 539-4774

HAGERMAN

New home. Reduced. \$40,000. Approx 1/2 acre. RV parking & shop. 4 bdrm, 3 bath, 2200 sq. ft., 3 car garage (885 sq. ft.), formal dining rm, 9' ceilings, central vac. Vaulted & tray ceilings in living room, master bdrm, formal dining rm. Covered rear & front porches, city water & sewer, open floor plan. \$310,000. 208-539-7060 or 837-6494

HEYBURN/BURLEY

Owner will finance. Remodeled 3 bdrm, on 1/3 acre, 13x44 shop, cement floor, on city water & sewer. Quiet neighborhood \$49,900. Duwayne 434-2145

HOME INSPECTIONS

www.theinspection.com For buyers & sellers Bill Baker 326-5115

RUPERT For Sale by Owner.

Approx. 20 acres north of Rupert. Brick home with finished basement, large deck with hot tub, extra large 2 car garage, mature yard. Excellent roping arena, corrals, fenced pasture, calf sheds. Can be feedlot for 70-100 calves, old dairy barn. \$250,000 firm. 208-532-4433 or 208-431-9101

TWIN FALLS

1216 sq. ft., split 3 bedroom, 2 bath, 2005 steel siding, cul-de-sac, no back neighbors, 10x30 concrete pad. 1683 Atlantic. \$149,000. 208-404-6779

502 Homes For Sale

TWIN FALLS For Sale By Owner. 4 bdrm, 2 bath, 2 car garage, 1505 sq. ft. Almost new with many upgrades. \$145,000 firm. Greg 208-539-0956

TWIN FALLS

Free Home Search www.twinfallshomeinfo.com Free list of foreclosures www.twinfallforeclosures.com Exit Realty

TWIN FALLS

Home built in 2003. Lots of character & extras. 2700 sq. ft. 4 bedrooms, 3 baths, office, family room, large kitchen, & large fenced yard. \$284,000 Call 208-736-2513

TWIN FALLS

Morning Sun Subdivision. 4 bdrm, 3 full baths, 2 story home built in 2003. 1963 sq. ft., covered patio and fenced yard. \$229,500 765 Sun Crest Court. 208-735-8209

TWIN FALLS

Newer 3 bdrm, 2 bath, 1578 sq. ft., close to new hospital, large fenced yard, 2 car garage, appliances included. 1432 Cheney Dr., off of W. Cheney. Realtors 3%. Priced below market value. \$167,300. Call Lori for details 208-404-4345.

TWIN FALLS North

Pointe Subdivision, near new High School & hospital. 6 bdrm, 2 1/2 bath, 2 car garage, 2 story home built in '05. 2689 sq. ft., forced air/AC, large fenced back yard with vinyl fence & sprinkler system, \$219,900. 208-734-3233

WENDELL

4 1/2 ACRES Beautiful yard and a 3 bdrm., 2 bath home with a lush garden spot domestic irrigated pasture and a great 2-bay garage. \$137,500. Call Jim

BARKER REALTORS

Call 543-4371 EQUAL HOUSING OPPORTUNITY EQUAL HOUSING OPPORTUNITIES All real estate advertising in this newspaper is subject to the Fair Housing Act which makes it illegal to advertise "any preference limitation or discrimination based on race, color, religion, sex, handicap, familial status, or national origin or an intention to make any such preference limitation or discrimination. Familial status includes children under the age of 18 living with parents or legal custodian; pregnant women and people securing custody of children under 18. This newspaper will not knowingly accept any advertising for real estate which is in violation of the law. Our readers are hereby informed that all dwellings advertised in this newspaper are available on an equal opportunity basis. To complain of discrimination call HUD Toll-free telephone number at 800-669-9777. The Toll-free telephone number for the hearing impaired is 800-927-8275.

TWIN FALLS FORECAST

Today: Cloudy with isolated showers and maybe a thunderstorm. Highs mid to upper 50s.
Tonight: Cloudy with a few showers. Lows mid to upper 30s.
Tomorrow: Cloudy with a few showers. Highs in the 50s.

BURLEY/RUPERT FORECAST

Today: Cloudy with isolated showers and maybe a thunderstorm. Highs mid to upper 50s.
Tonight: Cloudy with a few showers. Lows mid to upper 30s.
Tomorrow: Cloudy with a few showers. Highs in the 50s.

IDAHO'S FORECAST

SUN VALLEY, SURROUNDING MTS.

A good chance for mountain snow showers and valley rain/snow showers today and Tuesday.



TWIN FALLS FIVE-DAY FORECAST



Yesterday's Weather

Table listing weather data for various cities including Boise, Burley, and Idaho Falls, with columns for High, Low, and Precipitation.

ALMANAC - TWIN FALLS

Almanac data for Twin Falls including Temperature, Precipitation, Humidity, Barometric Pressure, Sunrise and Sunset, Moon Phases, and Moonrise and Moonset.

REGIONAL FORECAST

Regional forecast table for cities like Boise, Idaho Falls, and Pocatello, showing today's and tomorrow's weather.

NATIONAL FORECAST

National forecast table for cities like Atlanta, Chicago, and New York, showing today's and tomorrow's weather.

WORLD FORECAST

World forecast table for cities like Moscow, London, and Tokyo, showing today's and tomorrow's weather.

TODAY'S NATIONAL MAP



CANADIAN FORECAST

Canadian forecast table for cities like Calgary, Toronto, and Vancouver, showing today's and tomorrow's weather.

meineke car care center

Advertisement for Meineke Car Care Center, including address, phone number, and hours of operation.

Advertisement for Middlekauff Honda, featuring SUVs and vans with contact information.

1008 SUVs

Advertisement for a 2003 Honda Element SUV with features and price.

1009 Vans and Buses

Advertisement for a 2002 Ford Minibus with wheelchair lift and other features.

1010 Autos

Advertisement for a 2004 Chevrolet Cavalier with features and price.

1010 Autos

Advertisement for a 2007 Chrysler Sebring with features and price.

1010 Autos

Advertisement for a 2007 Ford Taurus with features and price.

1010 Autos

Advertisement for a 1999 Ford Taurus SE with features and price.

JUMBLE

Jumble word game advertisement with a grid of letters and a cartoon illustration.

MIDDLEKAUFF HONDA

Advertisement for Middlekauff Honda featuring various vehicle models.

FORD '07 E-350 XLT

Advertisement for a 2007 Ford E-350 XLT van with features and price.

CHEVY '05 Cavalier

Advertisement for a 2005 Chevrolet Cavalier with features and price.

CHRYSLER '07 Sebring

Advertisement for a 2007 Chrysler Sebring with features and price.

FORD '96 Escort Wagon

Advertisement for a 1996 Ford Escort Wagon with features and price.

MAZDA '04 6 Wagon

Advertisement for a 2004 Mazda 6 Wagon with features and price.

Answers tomorrow

Answers to the Jumble word game, including Saturday's and Sunday's answers.

JEEP '06 Wrangler Sport

Advertisement for a 2006 Jeep Wrangler Sport with features and price.

MIDDLEKAUFF FORD

Advertisement for Middlekauff Ford featuring various vehicle models.

CHEVY '07 Cobalt

Advertisement for a 2007 Chevrolet Cobalt with features and price.

CHRYSLER '94 LeBaron LE

Advertisement for a 1994 Chrysler LeBaron LE with features and price.

FORD '98 Crown Victoria

Advertisement for a 1998 Ford Crown Victoria with features and price.

MERCURY '00 Grand Marquis LS

Advertisement for a 2000 Mercury Grand Marquis LS with features and price.

1010 Autos

Advertisement for a 2002 Toyota Avalon with features and price.

JEEP '95 Grand Cherokee

Advertisement for a 1995 Jeep Grand Cherokee with features and price.

PONTIAC '05 Montana

Advertisement for a 2005 Pontiac Montana with features and price.

CHEVY '07 Impala

Advertisement for a 2007 Chevrolet Impala with features and price.

DODGE '05 Neon SXT

Advertisement for a 2005 Dodge Neon SXT with features and price.

HONDA '08 Civic Hybrid

Advertisement for a 2008 Honda Civic Hybrid with features and price.

MIDDLEKAUFF HONDA

Advertisement for Middlekauff Honda featuring various vehicle models.

1010 Autos

Advertisement for a 2003 Volkswagen Beetle with features and price.

NISSAN '97 Pathfinder

Advertisement for a 1997 Nissan Pathfinder with features and price.

BMW '99 526i

Advertisement for a 1999 BMW 526i with features and price.

DODGE '08 Avenger SXT

Advertisement for a 2008 Dodge Avenger SXT with features and price.

HONDA '93 Del Sol

Advertisement for a 1993 Honda Del Sol with features and price.

PLYMOUTH '00 Neon

Advertisement for a 2000 Plymouth Neon with features and price.

PLYMOUTH '99 Breeze

Advertisement for a 1999 Plymouth Breeze with features and price.

1010 Autos

Advertisement for a 2007 Toyota Camry LE with features and price.

1009 Vans and Buses

Advertisement for a 2003 Buick Avenue Ultra van with features and price.

BUICK '03 Avenue Ultra

Advertisement for a 2003 Buick Avenue Ultra van with features and price.

CHEVY '02 Camaro Z28

Advertisement for a 2002 Chevrolet Camaro Z28 with features and price.

FORD '01 Focus ZX3

Advertisement for a 2001 Ford Focus ZX3 with features and price.

LINCOLN '05 LS Sport

Advertisement for a 2005 Lincoln LS Sport with features and price.

PONTIAC '01 Grand Prix

Advertisement for a 2001 Pontiac Grand Prix with features and price.

1010 Autos

Advertisement for a 2002 Volkswagen Beetle with features and price.

Read The Classifieds Every Day! Advertisement for classifieds with contact information.