

MONDAY
April 20, 2009

TIMES-NEWS

75 CENTS

MagicValley.com

SNAKE'S RAPIDS CLAIM RAFTER

Idaho Falls man dies west of Hansen Bridge



Photos by ASHLEY SMITH/Times-News

A rafter is flown Sunday afternoon from the Murtaugh Stretch of the Snake River, west of the Hansen Bridge. The rafter, Dirk Gombert of Idaho Falls, was later pronounced dead at St. Luke's Magic Valley Medical Center.

Raft becomes stuck in hole; three others make it to shore

By David Cooper
Times-News writer

HANSEN — A pristine day for whitewater on the Snake River turned tragic Sunday as a rafter died following an accident two miles west of the Hansen Bridge.

The victim, Dirk Gombert of Idaho Falls, was rafting in a party of four on the Murtaugh Stretch of the river.

Emergency personnel were called in around 2:30 p.m., according to Twin Falls County Sheriff's Office spokeswoman Lori Nebeker. Gombert was retrieved about an hour later by a helicopter from Reeder Flying Service and pronounced dead around 4 p.m. at St. Luke's Magic Valley Medical Center.

The accident happened a

few hundred yards east of the popular rapid Let's Make A Deal. Nebeker said that eyewitnesses reported the raft became stuck in a hole beneath a rapid, causing the water to flow backwards.

Nebeker said the raft was spiraling in a circle and couldn't get out of the hole. "At one point, each of them was thrown out of the raft but able to get back in," Nebeker said of the four rafters.

It is uncertain how long the boat was stuck in the rapid. But after one of the rafters was thrown and then managed to swim to shore, the other three agreed they'd try to do the same, Nebeker said.

"That's when the deceased jumped from the river and was later found unconscious," Nebeker said. "They don't



A raft sits in a rapid hole Sunday afternoon after four boaters were forced to jump from it, claiming the life of an Idaho Falls man. The raft remained wedged in the rapid for hours after the incident.

know what happened."

Other boaters began giving the man cardiopulmonary resuscitation as they awaited emergency response crews. Because of the steep terrain into the Snake Canyon, search and rescue personnel from both Twin Falls and Jerome counties at the scene were unable to reach the group far below.

See **RAFTER**, Main 2

Ready to act?

Senate expected to settle dispute over transportation funding this week

By Jared S. Hopkins
Times-News writer

BOISE — Sen. Tim Corder, R-Mountain Home, chided his colleagues in committee last week for not being straightforward when they explained why two transportation bills need to be amended. "As long as we're making stuff up..." he said. Then he tossed his papers on the table.

The spectacle over transportation had arrived in the Senate and more is expected this week.

As the 2009 Legislature — now the second-longest ever — reconvenes today, senators hope to settle the dispute over transportation funding once and for all.

For the House, the issue was decided more than a week ago when it again rejected a bill to increase the state's gas tax. Efforts to raise registration fees and tax rental cars stalled in committee.

See **ROADS**, Main 2

10 YEARS LATER

Memories of Columbine linger in today's schools

By Ben Botkin
Times-News writer

Police officers train in schools, preparing for possible shootings.

School districts look at new technology that immediately notifies parents via phone or text messages. And high school students, barely old enough to remember the shooting at Columbine High School in 1999, become involved in Rachel's Challenge, a program named after a victim of Columbine and aimed at preventing bullying and more deadly school violence.

The shooting of 13 people at Columbine High School in Colorado 10 years ago today at the hands of two teenagers continues to influence how school safety is viewed nationwide, including southern Idaho school districts. And that shows no signs of changing a decade later.



2007-2008.

Magicvalley.com

VIEW: A database showing the number of bullying and harassment incidents at schools in

See **COLUMBINE**, Main 2



ASHLEY SMITH/Times-News

Twin Falls Police Department officer Matthew Triner walks through Robert Stuart Junior High School Friday afternoon.

County investigating alleged Kimberly recall problems

By Nate Poppino
Times-News writer

The Twin Falls County Sheriff's Office is investigating allegations of meddling and other problems in a recent, failed attempt to recall three Kimberly city officials.

Meanwhile, County Clerk Kristina Glascock said the recall effort basi-

cally died on a technicality, with about 80 signatures for each recall petition declared invalid because organizers didn't follow procedure.

Critics of Mayor Dave Overacre and council members Lee McKinlay and George Plew filed last year to collect signatures

See **RECALL**, Main 2

Jerome school program separates gangs, real world

By Ben Botkin
Times-News writer

JEROME — Victor Arreaga picks up a purple marker and writes the words "loyalty" and "respect" on a white board.

Seven boys are watching Arreaga, vice principal of Jerome Middle School, as they sit around a table in a conference room. From there, Arreaga draws out the differences between what those two words mean in two different realms: gangs and real-world values.

With real-world values,



Magicvalley.com

WATCH: A video about the Jerome Middle School program.

loyalty is about honesty, truth and commitment, Arreaga tells them, adding the words on the board.

"They call this being a man of your word," Arreaga says.

Then he spells out how gangs view respect: "Never say no." That means following orders from gang leaders even at the cost of taking someone's life.

The students are part of a new program at Jerome

Middle School called Gladiators. They are boys with a history of discipline problems, involvement in gangs, or the potential to become gang members.

Gladiators are fighters, and Arreaga wants to help the boys forge goals worthy of fighting for such as an education and career. The program also emphasizes improvements in attendance at school, academics, behavior, appearance

YOU CAN HELP

Jerome Middle School is looking for volunteers interested in being mentors in the program. For more information: 324-8134.

and citizenship. Along the way, in his meetings with the boys, Arreaga shows them that the gang life can have a deadly end.

The classroom lights dim and he plays a DVD of a

See **PROGRAM**, Main 2



ComicsMain 8
CrosswordH&F 4
Dear AbbyH&F 5

HoroscopeH&F 5
MoviesMain 4
ObituariesMain 11

OpinionMain 9-10
SudokuH&F 9
To do for youH&F 2

FREE TO DUMP WHAT THEY WANT BECAUSE IT'S LEGAL
Tons of discarded drugs taint U.S. water > Main 12

Law & Disorder...

... in Cassia County

Selected April 13 police reports:

Disturbing the peace:

A Burley woman, 50, reported that her neighbor's dog has been barking "from sunup to sundown" for about three years.

Domestic battery:

Police requested a warrant for the arrest of a 44-year-old Burley man. He will be charged with domestic battery, after allegedly beating his wife while they literally fought over their 3-year-old daughter — each of them, according to a witness, holding part of the child during the dispute. Another witness reported seeing the man hit his wife "by holding her hand and striking her with her own hand."

Vandalism:

An Albion man, 33, reported that the padlocks on the gates holding his livestock have been glued shut. While he suspects two people in their 50s of gluing the locks, there wasn't sufficient evidence to charge them.

Burglary:

A Burley man, 45, reported that someone entered his home and stole a small safe containing various items such as savings bonds for his kids, his wedding license, birth certificates, a stamp collection, and the titles to his four-wheelers.

Found:

A 17-year-old Burley male found an unloaded 9 mm handgun in a ditch. He turned it in to the sheriff's office.

Vandalism:

Someone scratched the words "(expletive) you" on the trunk of a vehicle belonging to an employee of the Mini-Cassia Criminal Justice Center.

Selected April 14 police reports:

Harassment:

A 19-year-old Burley female, who recently witnessed two traffic crimes, reported that the suspect in one of the crimes has been coming into her place of work and harassing her.

According to the police report, the male and his friends find "whatever isle (sic) she is in" and point at her. They then "walk up and down the isle" (sic) and laugh at her. The woman has

been advised to obtain a protection order.

Racing:

In November of last year, two vehicles were pulled over when police discovered them racing on Overland Avenue in Burley after they drove away from a stop light driving in the opposite direction of an oncoming sheriff's deputy. "I considered them to be racing. By the revs of the engines and the rate of how fast they sped up, is how I determined they were racing," the report reads. Five months later, one of the drivers, 24, was arrested in Ada County for a failure-to-appear warrant. He called the Cassia County Sheriff's Office to inquire about the charge, which was for the November racing citation. Police discovered that the man originally cited had provided a false name, possibly his brother's. A summons has been requested for the real driver to answer for the racing charge, as well as a false-information charge.

Selected April 15 police reports:

Information:

A 33-year-old Burley woman reported that she had been threatened by someone who attached a note to her mailbox that read: "This is a notice. If your cat is missing check the dog pound! Because as of today I am going to start trapping them and I will take them to the animal shelter. They dig in my garden and I'm always cleaning up cat poop ... Put them on a leash!" Police told her it was not a criminal threat and to let them know if she finds out who left the note.

Runaways:

Two Burley males, 13 and 15, will be charged with resisting and obstructing officers after one was reported as a runaway. They both ran away from officers, according to the police report, across various fields in Burley until they were arrested. One of them was found with an orange iPod that police, after talking to his mom, suspected was stolen. It was placed into evidence.

— Damon Hunzeker

Higdem hopes to replace Holmes on Kimberly board

By **Jeremy Roberts**
Times-News correspondent

KIMBERLY — Dane Higdem announced at Thursday's board meeting his intention to join the Kimberly School District Board of Education.

Higdem hopes to fill the zone 2 seat currently held by Brenda Holmes, whose term expires in July and will not run for re-election.

"I have children that are in the school district and I have a very keen interest in the education of children, Higdem said when asked why he's pursuing the position."

In other board news, members discussed the possibility of building an

Internet tower on school grounds. Tek-Hut, of Twin Falls, has discussed building a cell tower, but board members said they hope to use an existing radio tower on school grounds for the purpose. A contract between Tek-Hut and the district to provide the district with free Internet access is a possibility, board members said.

Teachers Jennifer Leavitt and Vickie Owings presented a report on a technology conference they attended, outlining ways to integrate more technology into classrooms.

The board also addressed the possibility of connecting the high school public address system to the near-

by seminary building, splitting the cost between the district and the local Church of Jesus Christ of Latter-day Saints. Members said bids have been received but alternatives are still being researched to find the most effective connection method.

The board also announced that five district students will attend the Business Professionals of America National Leadership Conference in Dallas from May 6-10. Students selected are Kaleb

Molsee, Josh Rebollozo, Jenave Hawkes, Stacy King and Katie-Anne Smith.

In other news, the board also highlighted that the Kimberly High School boys varsity basketball team was nominated for the Spirit of Sport award by Wendell High School Principal Jon Goss for holding a fundraiser for Cristian Vargas, a freshman at Wendell diagnosed with leukemia.

Jeremy Roberts may be reached at xweepingxcrimsonx@hotmail.com.

Work will protect historic N. Idaho train depot

SANDPOINT (AP) — The Idaho Transportation Department has hired a masonry restoration company to bolster parts of a historic train depot in northern Idaho.

Work on the Sand Creek Byway highway project has caused concern the depot could be damaged by vibration from future traffic.

"The depot stays where it is," Barbara Babic, a transportation department spokeswoman, told the Bonner County Daily Bee.

She said Talisman Construction Services of Spokane, Wash., is conducting an analysis of the depot and doing repair work.

The depot was built in 1916 for the Northern Pacific Railroad and was added to the National Register of Historic Places in 1973. It is now owned by BNSF Railway and used as a stop for Amtrak's Empire Builder passenger train that carries passengers

between Chicago and the Pacific Northwest.

The Sand Creek Byway is designed to route U.S. 95 out of downtown Sandpoint by building a bridge across Sand Creek and a three-lane highway. It is part of a series of huge construction projects in northern Idaho's lake country that are designed to improve traffic safety in the tourist region.

Ketchum police chief retires

By **Ariel Hansen**
Times-News writer

Ketchum Police Chief Mike McNeil resigned his post on Friday, with Sgt. Dave Kassner taking over the reins in a temporary capacity.

Ketchum continues to discuss a contract for police services with the Blaine County Sheriff's Office, and Ketchum Mayor Randy Hall said McNeil's retirement would ease that process.

"With Mike in the picture, the process looks completely different than with Mike out of the picture. If we don't have the highest-paid person in our police department there any more, it gives us the potential to have cost savings in other areas," Hall said.

McNeil, who was appointed acting chief five months ago following the departure of Cory Lyman, was making \$98,000 a year.

Under a deal struck between McNeil and the city, Ketchum will save \$42,000 over the next 16 months as compared to having McNeil on the payroll for that time. "It's great for Mike, it's great for the city, it's one of those times when you can have a win-win decision," said city administrator Gary Marks.

McNeil is not expected to take a position elsewhere — he's more likely to be found fishing on a lake, Hall said. The potential departmental shakeups in the event of a contract with the sheriff's office were a factor in the former chief's decision. "Mike would clearly be in control of his destiny, because there was no guarantee he'd be chief," Hall said.

There are no plans to alter any department practices or priorities under Kassner, he said, although those things had not yet been discussed due to the quick nature of

the changeover. Both McNeil and Kassner were out of town and could not be reached for comment.

Ketchum is expected to review a final law enforcement contract presentation by Blaine County Sheriff Walt Femling on May 4, after which the council is likely to make a decision fairly quickly, Hall said.

JAKERS BAR AND GRILL

Administrative Professionals Week

at Jaker's

So Here's the Deal . . .

- For every \$100 in Gift Cards Purchased during the week, receive a \$25 Gift Card FREE
- FREE Delivery for 8 or More Lunches to Any Area Business. Please call before 11 am
- \$5.99 for Our Famous Soup & Salad Bar Lunch

Reservations Accepted / Walk-ins Welcome
733-8400 / 1598 Blue Lakes Blvd. N.
www.jakers.com



fit matters

Why get a professional bra fitting at Macy's?

- You'll feel better. Comfort is key.
- You'll look better. The right bra can lift, reduce, smooth or add fullness, making your clothes fit like they should.
- You'll find a great variety of styles and solutions.

Fit events are scheduled at every store. Check macys.com/fitmatters for a store near you.

Magic Valley Mall
Thursday, 4/23, 11am-3pm

the magic of
★ macys
macys.com

TO FIND THE STORE NEAREST YOU, VISIT MACYS.COM. All events subject to change or cancellation without notice. • Advertised items may not be available at your local Macy's, and selection may vary. Prices and merchandise may differ on macys.com.

celebrate Arbor Day™
Arbor Day Parade

Presented by Twin Falls County Tree Board
Saturday, April 25, 2009

Parade starts at Noon on Main Street
A day of Celebration and Education

Twin Falls County Tree Board:
DMV Building 260 4th Ave. N. 1pm April 24

City of Twin Falls: Oregon Trail Youth Complex (old LDS baseball fields) 2pm April 25

City of Hansen: City Park 11am April 25

City of Buhl: Eastman Park 3pm Friday April 24

City of Kimberly: Ballard's Sub-division 1pm Thursday April 23

City of Filer: Cedar Draw Park 11am Saturday April 18

7th Annual Southern Idaho Career Fair

Tuesday, April 21, 2009
College of Southern Idaho Gymnasium
10am - 4pm

TIMES-NEWS
magicvalley.com

YAHOO! hotjobs

CSI
COLLEGE OF SOUTHERN IDAHO

Stay Near. Go Far.

AROUND THE VALLEY

ATV rollover sends woman to St. Luke's

An unidentified woman involved in an ATV four-wheeler accident Sunday afternoon was taken by air ambulance to St. Luke's Magic Valley Medical Center. Twin Falls County Sheriff's Office spokeswoman Lori Nebeker said the woman, 27, was injured around 2:51 p.m. after a rollover near the borders of Gooding, Owyhee and Twin Falls counties.

Road, railroad crossing work begins today in Jerome

Road work returns to Idaho Highway 25 (Main Street) in Jerome beginning today with work on a railroad crossing and a paving project, according to the Idaho Transportation Department.

Reconstruction of the

base and planking of the railroad crossing near Interstate 84 is expected to continue through Sunday. Drivers should watch for flaggers and lane restrictions during working hours.

Drivers are reminded to follow all temporary traffic control signs throughout the construction zone.

Roadwork between I-84 and Birch Street will begin when the railroad crossing work is completed. A section of Main Street near Garfield Street also will be included with the road work, tying into previous sections of newer asphalt. Crews will mill the top layer of asphalt and replace it with a new layer of plant mix.

The project includes some curb and gutter work throughout the project and will install a storm-water drainage area near the railroad crossing. Work is expected to be completed by the end of July.

Idaho Sand and Gravel of

Jerome is the contractor the for \$1.1 million project.

Water board expands recharge projects

The Idaho Water Resource Board and canal companies and irrigation districts along the Eastern Snake Plain Aquifer are running pre-irrigation-season projects meant to recharge the aquifer.

Recharge work using the Milner-Gooding Canal began on March 20, using water diverted from Milner Dam. The canal is owned by American Falls Reservoir District No. 2. Projects in other canal systems upstream from American Falls Reservoir could have begun on April 1, but were delayed up to nine days in some systems due to unseasonably cool weather.

The various projects are possible thanks to favorable weather conditions, a good water supply and pre-negotiated

agreements with canal owners, the board stated in a press release. The water used comes from the board's 1980 natural-flow right, which the companies are paid to run through their canals.

As of April 13, more than 800 cubic feet per second was being diverted for recharge, and more than 22,440 acre-feet of water had been put into the aquifer.

Jerome hosts backflow ordinance open house

The city of Jerome will host an open house from 2 to 3 p.m. Wednesday at City Council Chambers, 152 E. Ave. A, to discuss the city's new backflow ordinance. The ordinance, which will impact residential lawn watering within city limits, goes into effect June 1.

Information: 324-9669 between 7 a.m. and 5 p.m. weekdays.

— from staff reports

Split SV council votes against consolidation idea

By Ariel Hansen
Times-News writer

At the request of Sun Valley Mayor Wayne Willich, the City Council passed a resolution Thursday declaring that Sun Valley's position is that it should "remain an independent city."

Councilman Dave Chase, who is part of the effort to propose consolidation of Sun Valley and Ketchum, and Councilwoman Joan Lamb voted against the resolution, while Councilman DeWayne Briscoe and Councilman Nils Ribi voted for it. The tie was broken by Willich.

Lamb argued the resolution was full of inaccuracies, including a clause that described only negative

reaction to the consolidation proposal among citizens and a clause that there has been no demonstrated benefit to Sun Valley if the cities were merged.

"I believe it's inaccurate, misleading, and seeks to silence citizens who want a full accounting of their government and their tax dollars at work," she said, likening the resolution to George Orwell's "Animal Farm." "This resolution is an insult to your intelligence, it's an attempt to take away your right to think for yourself when presented with the facts instead of hysteria."

Arguing that it is the council's responsibility to issue a statement on the issue was Briscoe, who

agreed with Ribi that he would like to see the issue put to bed.

"It's becoming more and more acrimonious, and that's unfortunate. It behooves us as elected citizens to provide some guidance," Briscoe said. "It's an analysis by elected officials, and that's our responsibility to do, to analyze issues and take a stand. It doesn't stop the ballot, it doesn't stop any voices."

As the ballot initiative relies on the signatures of voters rather than votes by the concerned city councils, Sun Valley's resolution is merely advisory.

The city of Ketchum has no plans to take a similar vote, said Ketchum Mayor

Randy Hall.

"The city of Ketchum continues to keep an open mind on any concepts that save our taxpayers' dollars," Hall said. "The only way the city of Sun Valley and the city of Ketchum are going to merge is if the voters want it to merge. All of that rhetoric is a waste of time."

Signatures continue to be collected on the petition by proponent group One Community, One Town, while opponent group Save Sun Valley distributes bumper stickers and advocates against consolidation.

Ariel Hansen may be reached at ahansen@magicvalley.com or 208-788-3475.

Wendell ups per-day rate for employee travel

By Blair Koch
Times-News correspondent

WENDELL — Everything costs more, said Wendell Mayor Rick Cowen, including what it takes to pay for city employees to attend conventions and training out of town.

During Thursday's council meeting Wendell officials upped the per diem rate for employees on city business from \$30 to \$39 per day.

Police Chief Kirtus Gaston said the rate is the same as is paid on the federal level.

"It's from the Department of Homeland Security," Gaston said.

In addition to increasing the amount of money given

to employees for meals and other necessities, the council decided to forgo the need to track how the money was spent, receipt by receipt.

"This really just streamlines a lot of things," Cowen said. "We won't need to collect every receipt for each snack, soda or meal."

Cowen said the move may save the city money in the long run by cutting the time required to log receipts.

The council also passed an ordinance dealing with planning and zoning of facilities treating and keeping animals on site and for meatpacking, processing and slaughterhouse facilities.

According to the ordinance animal clinics, hospi-

tals and veterinarian offices must keep noises and odors under control as to not be a nuisance to neighbors and must be maintained "with good housekeeping practices to prevent the creation of a nuisance, and shall also be subject to the health and authority requirements as the elimination of waste materials and the maintenance of water quality control."

Meatpacking and slaughterhouses are to follow similar guidelines. If necessary, the facility will also be required to go into a discharge agreement with the city for wastewater, which may require pretreatment at the site for waste discharge into the sewer system.

Councilman Barry Brown and Jason Houser voted against the ordinance while Council President Ilene Rounsefell and Councilman Jon Irace voted for its passage. Mayor Rick Cowen's "yes" vote passed the ordinance but Brown said the ordinance language doesn't go far enough.

He said the ordinance lacks teeth for enforcement.

"What is going to be 'good housekeeping practices?' The ordinance is too vague," Brown said.

Blaine schools considering suicide screening program

By Karen Bossick
Times-News correspondent

HAILEY — The Blaine County School District is considering a pilot program to screen older students for suicidal tendencies.

Two school social workers presented the proposal to the school board Tuesday night.

"As a school social worker, a lot of my work is in crisis intervention — once there's a problem," said Tod Gunter, Wood River Middle School social worker, following the meeting. "My goal is to be on the front end of things — in prevention. And I see this as a way to help identify problems without waiting for a referral."

The Columbia University TeenScreen Program that Gunter and Wood River High School social worker Julie Carney want to use offers students and their parents free voluntary screening.

Students who have the written consent of a parent or legal guardian will be given a short set of questions relating to symptoms that occur in depressed or suicidal youth. Those who answer yes to a certain number of questions will be referred for a short interview with a mental health professional to determine whether the teen might benefit from more in-depth assessment.

Professionals who feel the child might benefit from treatment can suggest resources to parents. It's up to the parent to decide whether to pursue those resources.

All teens who go through the screening will get debriefed so no one will feel they've been singled out for special treatment, said Carney.

"The whole thing is about doing a better job identifying kids early who are at a risk for anxiety or eating disorders, depression or suicide. And it's a great way to educate the community about the issue of teen depression and suicide," said Carney. "Many times students fall through the cracks because they look fine on the surface."

Suicide is the second-leading cause of death for 11- to 18-year-olds in Idaho, according to the Centers for Disease Control and Prevention. Almost as many teens die by suicide as those who die from all natural

causes combined.

Between 1999 and 2005 Idaho had 1,441 reported suicide attempts end in death — 85 percent of which were among youth ages 11 through 18.

TeenScreen is not without its critics. Some parents across the nation have charged that the test is just a way to put more people on prescription drugs or that the test puts suicidal ideas into teenagers' heads.

But one randomized controlled trial determined that such screening does not put ideas into the kids' heads, Gunter said.

"Research has clearly shown that talking about suicide doesn't make kids attempt suicide. Julie and I have done a suicide prevention classes for years," said Gunter. "And TeenScreen is not associated with the pharmaceutical industry."

School board trustee Mari Beth Matthews suggested that the Silver Creek Alternative School be included in the pilot project if the school board approves it.

Gunter said after the meeting that the alternative school was not originally included because TeenScreen suggests a small population for a pilot project.

"But certainly that's a population that could benefit from screening like this so maybe we should consider it," he said.

CENTURY STADIUM 5	
678-7142	www.centurycinema5.com
Shows Nightly 7:25 & 9:25	
17 Again PG-13	
Zac Efron in A Hilarious Comedy	
Shows Nightly 7:25 & 9:25	
Fast & Furious PG-13	
Vin Diesel & Paul Walker in An Action/Thriller	
Shows Nightly 7:15 & 9:10	
Hannah Montana G	
Miley Cyrus in A Family Comedy	
Shows Nightly 7:20 & 9:15	
Monsters vs Aliens PG	
A Hilarious Animated Family Adventure	
Shows Nightly 7:30 & 9:10	
Dragonball Evolution PG	
Sci-Fi Action/Adventure	
BURLEY THEATRE	
678-5631	
All Seats \$2.00 Everynight	
Open Fri. - Tues. each week	
Shows Nightly 7:30 & 9:15	
Pink Panther 2 PG	
Steve Martin in A Fun Action/Comedy	

Does the economy have you

SCARED?

Don't be!

Now is the time to fine-tune your marketing for the long-haul.

Learn How To:

- Brand your business
- Grow your market share
- Increase the return on your investment.

Take Advantage of our **FREE** Brand Expand Sessions for small businesses. Sessions will be held the week of **May 5**, at the Canyon Crest Event Center in Twin Falls, and **May 4** at Morey's Steakhouse & Convention Center in Burley.

Call today to see if you qualify for our special program and to reserve your date and time.

208-735-3215
Twin Falls area

208-677-8740
Burley area

Presented by

TIMES-NEWS
magicvalley.com

Enter to win a 42" Plasma flat screen TV from Wilson-Bates

TWIN FALLS' 2009

Relay For Life

MAY 15 - 16
7:00pm - 11:00am

RELAY FOR LIFE

FILER FAIRGROUND ARENA



This official Program Guide will include a complete schedule of events, team list, a map and much, much more.

This guide will be inserted in the Times-News as well as available at the RELAY FOR LIFE Event.

\$14⁰⁶ per column inch

PUBLISHES WEDNESDAY, MAY 12, 2009

(Deadline is Friday, May 1, 2009)

Also, pick up your advertisement in the Mini-Cassia "RELAY FOR LIFE" edition on Tuesday, June 9, 2009 for just **\$9.00 per column inch** (deadline is May 28, 2009).

Call today to reserve your space at **735-3270**.

TIMES-NEWS
magicvalley.com

SPORTS

MARINERS FALL TO TIGERS

Main 6



Wild finish puts Quale in Victory Lane

By Linda Brittsan
Times-News correspondent

The last thing Bruce Quale expected in the final lap of the Pepsi Late Models main event race was making the hard left turn into the winner's circle after the race but thanks to a father and son duel, it was the end result.

Saturday night's main event race in the division at Magic Valley Speedway was packed with driver's who were anxious to get back on the track after a long winter.

As 14 contestants took the green flag for the first main event of the season, the drama quickly unfolded as three cars got caught up in a conflict in Turn 3, resulting in the

cars of Norm Hatke, Dan Pehrson and Dan Lowther spending the rest of the night in the pits. Four laps later they were joined by Beau Newhouse who scraped the front stretch wall before resting backward on the track.

After things settled down by the half-way mark of the 50-lap race, it was MVS owner/promoter Eddy McKean in the lead with Quale and Kris McKean behind. Soon Quale left the track with mechanical issues and another caution was displayed as his car rested at the pit exit. However, Quale was able to make it back on the track for the restart and had made his way up to third late in the race.

As McKean rounded Turn 4

towards the checkered flag, Kris McKean gave him the boot, sending both cars spinning into the infield grass. Quale was then directed to the winner's circle.

"That's the craziest race I ever won," Quale said from Victory Lane. "On the radio they told me I was in third and the leaders just spun. It was nuts."

"I was trying to catch my dad the last couple of laps and finally on the last lap in Turns 3 and 4 I got up real close to him," Kris McKean said. "I thought he was going to go but he didn't go when I thought he was. I got into him and we both spun around. I was impatient, it was my fault."

"The youngster got over zeal-



LINDA BRITTSAN/For the Times-News

Norm Hatke (1) and Dan Pehrson (72) were taken out of competition in lap three of the season debut of the Pepsi Late Models Series race Saturday night at MVS.

ous," Eddy McKean said. He didn't us both out. Cost us both 20 points look at the big picture. He didn't and some money?"

have a chance to win it — he just got in too hard and hit me — spun

See MVS, Main 6

LAKERS TAKE 1



AP photo

Los Angeles Lakers guard Kobe Bryant, right, dunks as Utah Jazz forward Paul Millsap defends during the second half of Game 1 playoff series, Sunday, in Los Angeles. The Lakers won 113-100.

Lakers beat Jazz 113-110 to win playoff opener

By Beth Harris
Associated Press writer

LOS ANGELES — The Lakers won the West in a runaway and they stuck to a similar script in their playoff opener.

Kobe Bryant scored 24 points, Trevor Ariza added 21 and Pau Gasol 20 as Los Angeles defeated the Utah Jazz 113-100 Sunday.

Allowing a Phil Jackson-coached team to win Game 1 of any series doesn't bode well for the opposition. Jackson's teams improved to 42-0 in series openers, including 18-0 with the Lakers.

The Lakers wrapped up the top seed in the Western Conference with 2½ weeks

remaining in the regular season, and eventually won the West by 11 games.

They pretty much had their way against the Jazz, leading by 22 points at halftime and then answered resoundingly both times Utah got within nine in the second half.

Bryant's total gave him 3,710 career postseason points, moving him past Magic Johnson and into ninth on the NBA's list. He trails only Kareem Abdul-Jabbar (4,070) and Jerry West (4,457) for most points in the playoffs with the Lakers.

Carlos Boozer led the Jazz with 27 points and Deron Williams added 16 points and a career playoff-high 17 assists. Both were in foul trouble, with



Sunday's scores

76ers 100, Magic 98
Hawks 90, Heat 64

See Main 6 for roundup

Boozer getting his third just before halftime when Williams already had two.

The Jazz sorely missed Mehmet Okur, who sat out with a mild right hamstring strain. He averages 17 points and 7.5 rebounds and gives Utah a much-needed inside presence against the Lakers' twin 7-foot-

ers, Andrew Bynum and Gasol.

Bynum had seven points and three rebounds playing in foul trouble most of the game.

The Jazz were 15-26 on the road during the regular season, and their luck at Staples Center isn't any better. The Lakers have won 10 in a row, including playoff games, at home against them.

The Jazz outscored the Lakers 33-24 in the third quarter to trail 86-73 going into the final 12 minutes. They opened the quarter on a 9-0 run, then a 9-2 burst got them to 72-63, their first single-digit deficit since late in the opening quarter.

See LAKERS, Main 6

Eames off to a fast start

By Diane Philbin
Times-News writer

After two nights of action, District V concluded its opening weekend of high school rodeo in Glens Ferry.

Looking at a few key stats, it's no secret why last year's all-around cowboy, Cy Eames from Gooding, sits in first place in the overall standings. On Friday night, Eames finished in first with Gooding teammate Justin Parke to win team roping; was second in calf-roping and third in steer wrestling. He was a double-winner on Saturday with the fastest time in calf-roping of 17.62 seconds and combined with Parke for a second win in team roping. Eames also picked up a second in steer wrestling.

Luke Hubert of Dietrich turned in the fastest run in steer wrestling with a 7.34 beating Eames time of 7.35 seconds.

"I really enjoy high school rodeo," said Hubert who also team ropes with Codee Roberts of Glens Ferry. "This is my second year of steer wrestling but the first year I've really been into it. It's a toss up which of the two events is my favorite."

There were no qualified rides in saddle bronc but Ryley Palmer came the closest as the Richfield senior managed to stay aboard Teepee Creeper for about seven seconds.

"Saddle bronc is fun and looks pretty when it's done right," said Palmer. "I was really trying but I think I quit lifting (the rope) and she was a little faster than I was. She kicked high and hard and kept her head up high."

What did Palmer think he did right on the ride?

"I had a good mark-out," said Palmer, meaning his feet were where they needed to be when the gate opened and the pair broke from the chute.

On the cowgirl side, Samantha Logan of Jerome left Glens Ferry with two individual titles after a strong Saturday performance. She paced the field in barrels riding

See DISTRICT V, Main 6

Gay sets Verizon Heritage scoring mark

HILTON HEAD ISLAND, S.C. — Brian Gay put on a record-setting show at the Verizon Heritage. And this time, he didn't have to share the spotlight with anyone.

Gay shot a 7-under 64 Sunday to win at Harbour Town Golf Links by an astounding 10 shots. He broke the 13-year-old scoring record, finishing at 20-under 264 on the way to his second PGA Tour victory.

"Just another unbelievable day," Gay said.

There have been many more of them the last two years for the former Florida Gator, who remains the only player to win two Southeastern Conference championships.

But finding golf success has been a struggle for the 37-year-old, who did not break through for his first win until his 293rd start in February 2008 at the Mayakoba Golf Classic in Mexico.

Bad luck for Gay, that triumph came the same weekend Tiger Woods' finished off the field at the World Golf Championships' Match Play event.

"Yeah, it's a bit of validation," Gay said. And perhaps one of the PGA Tour's more



AP photo

Brian Gay lines up his putt for par on the 18th green to win the Verizon Heritage golf tournament Sunday, at Harbour Town Golf Links in Hilton Head Island, S.C.

See GOLF, Main 6

Adams extends win streak to seven

Times-News

RUPERT — Tanisha Adams of Declo continued to be the "dominator" in barrels with two more wins in Rupert.

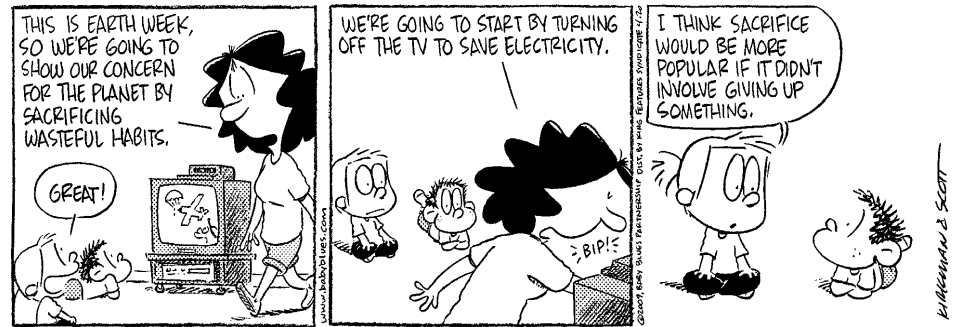
On the boys' side, Brady Manning of Oakley was awarded 72 points on his rides both Friday and Saturday in saddle bronc. Raul Hurtado of Oakley had the fastest run in steer wrestling on Friday night posting a 4.61 and Jace Hutchison of Raft River rode his bull on Friday night for 78 points. On Saturday, Chisum Hughes of Filer won the calf roping with a time of 9.90 seconds and

See DISTRICT VI, Main 6

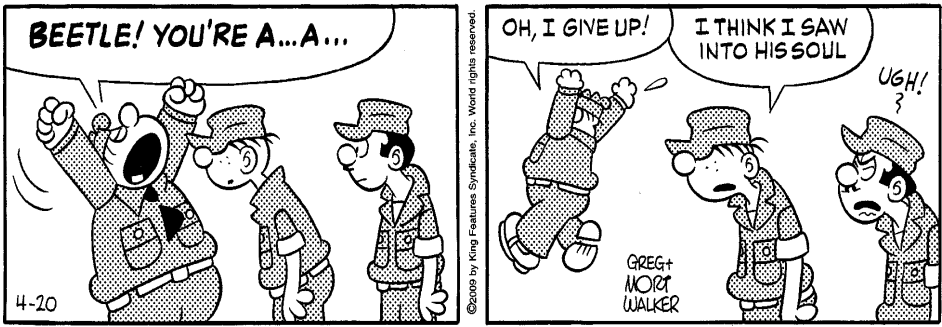
B.C. By Johnny Hart



Baby Blues By Rick Kirkman & Jerry Scott



Beetle Bailey By Mort Walker



Blondie By Dean Young & Stan Drake



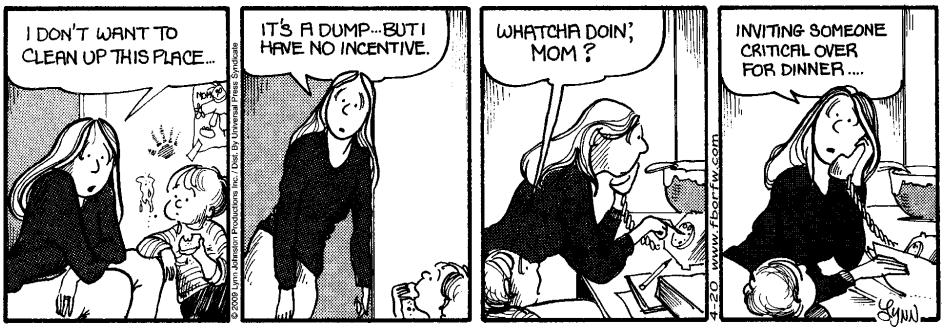
Dilbert By Scott Adams



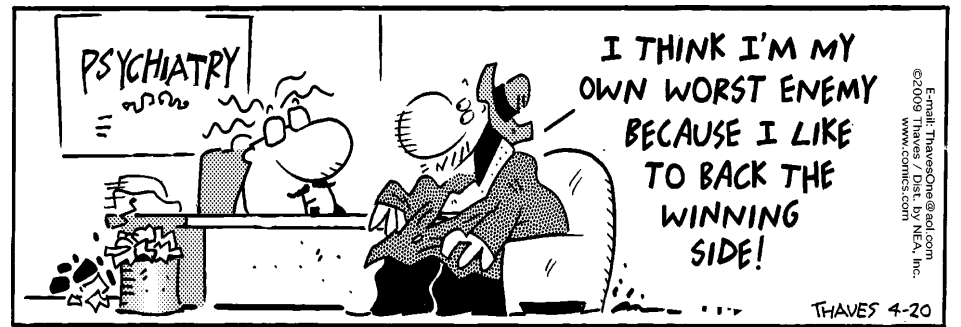
The Elderberries By Phil Frank and Joe Troise



For Better or For Worse By Lynn Johnston



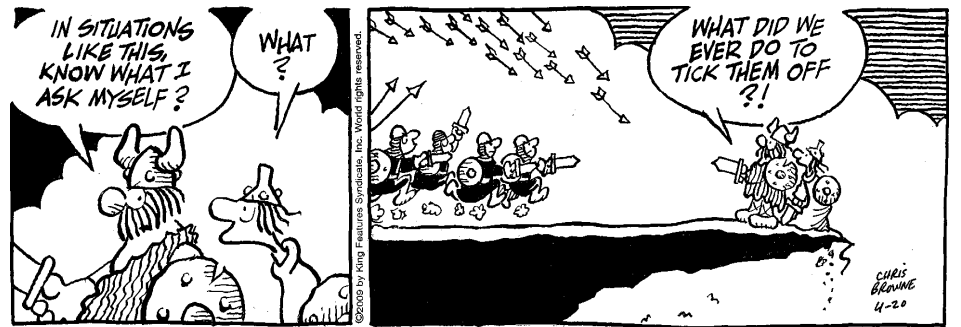
Frank and Ernest By Bob Thaves



Garfield By Jim Davis



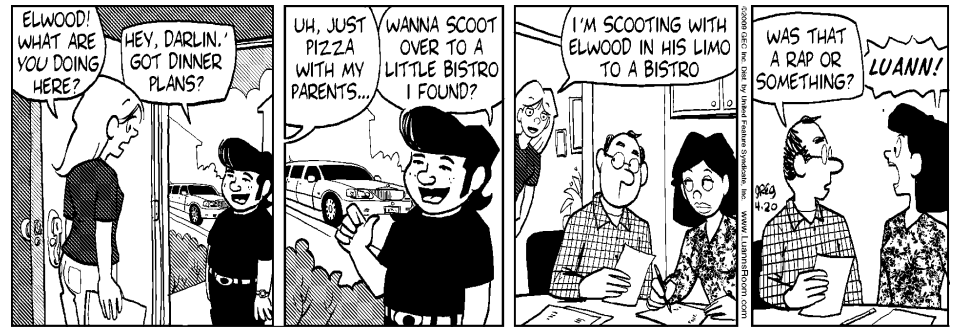
Hagar the Horrible By Chris Browne



Hi and Lois By Chance Browne



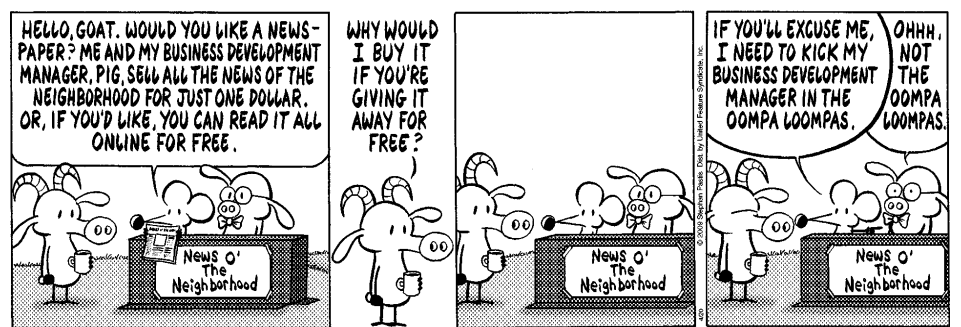
Luann By Greg Evans



Classic Peanuts By Charles M. Schulz



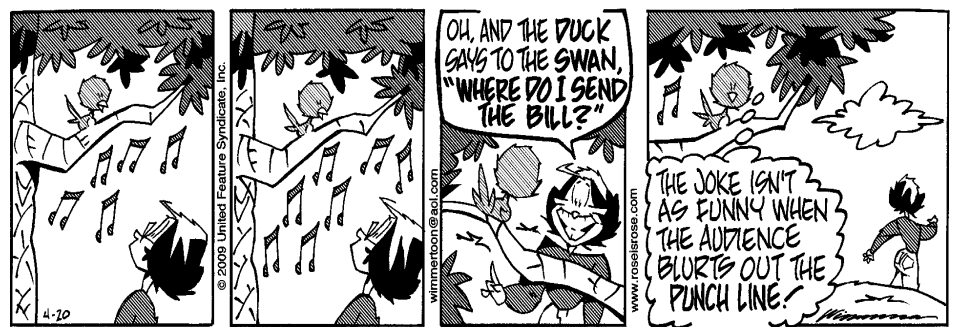
Pearls Before Swine By Stephan Pastis



Pickles By Brian Crane



Rose is Rose By Pat Brady



Non Sequitur By Wiley



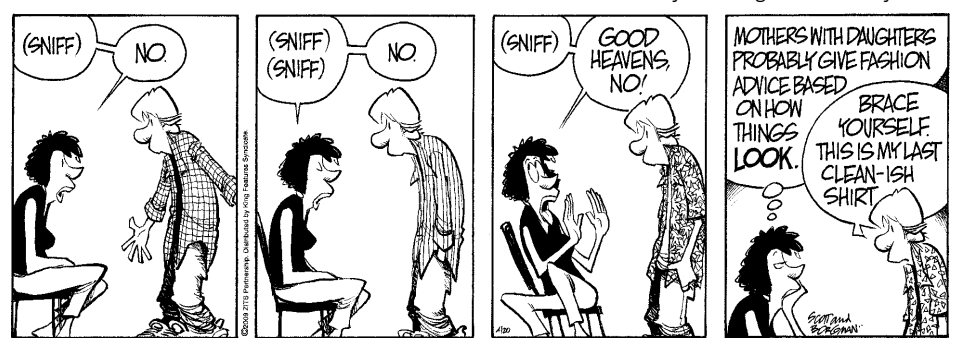
Dennis the Menace By Hank Ketcham



The Wizard of Id By Brant Parker & Johnny Hart



Zits By Jim Borgman and Jerry Scott



Use this space to advertise for as little as \$50 per day! For more details, phone 733-0931, ext. 4 and ask about the Comics Page ad space.

OPINION

QUOTABLE

"I said 'como estas.'"
— President Barack Obama to reporters with a laugh when asked what he said to Venezuelan President Hugo Chavez, a harsh U.S. critic

EDITORIAL

Now tax-shift critics can say 'we told you so'

Thirty-two months ago, legislative leaders gathered around then-Gov. Jim Risch's desk as he proclaimed the end of onerous property taxation in Idaho.

In a special session, the Legislature had just passed and Risch signed a \$250 million bill that lowered property taxes while raising the state sales tax from 5 percent to 6 percent.

The legislation eliminated the public school maintenance and operations levy.

"Today is truly a historic day for Idahoans," Risch proclaimed. "I really don't believe any Legislature will ever turn back to using property taxes as a system to fund public schools."

He spoke too soon.

On April 1, voters in the Jerome School District passed a \$650,000 supplemental levy to help continue programs in the district threatened by deep cuts in state support. It will be the first of many such elections in the 22 school districts of south-central Idaho.

Last year, there were supplemental levies in 63 districts statewide enrolling a majority of Idaho students. Those levies totaled \$108 million, up \$7 million from the previous year.

So property taxes are going up, but nobody in Boise is volunteering to take that penny of sales tax away.

And that's the problem with a public school system overly dependent on state support: What happens when that support erodes?

Risch and the Republican majority that approved the massive tax shift of 2006 should have seen it coming.

"Public schools always get taken care of by the Legislature," Risch said. "No Legislature in the history of the state of Idaho has ever given public schools less than they got the year before."

They have now. Last month the Joint Finance-Appropriations Committee cut state funding by 3.4 percent.

The genius of Idaho's tax structure — as a result of the sales tax then-Gov. Robert Smylie pushed through in 1966 — is that it spreads the burden of financing state government among sales tax, property tax and income tax in a balanced way. The famous "three-legged stool" is the single biggest reason for Idaho's economic booms of the 1970s and '90s and earlier in this decade.

Altering that formula means the state is more dependent on one or another of those tax sources — in this case the sales and income taxes, whose revenue withers in tough economic times.

So the schools will take their sole option: ask patrons to raise property taxes.

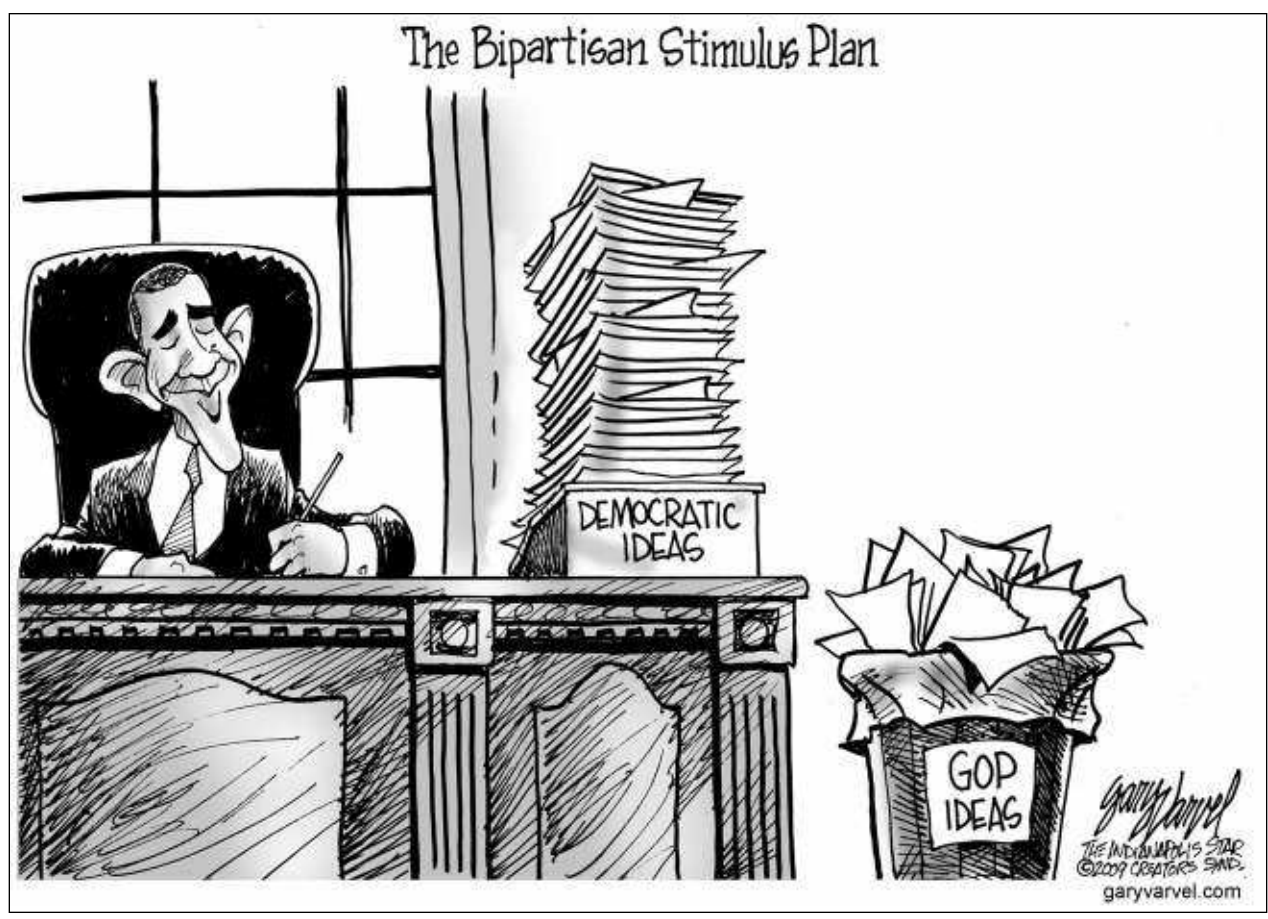
That's a problem because in recent years millions of dollars in property taxes have been shifted to residential property, benefiting commercial, industrial and utility property. Since 1998, total residential property taxes increased 97 percent while total taxes on commercial, industrial and utility property went up 31 percent.

In fact, homeowners paid 84 percent of the \$509 million increase in Idaho property taxes in the past decade.

And just when they've had enough, they'll be asked to do more.

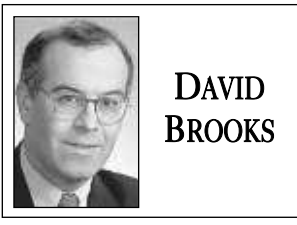
Our view: In 2006, then-Gov. Jim Risch and the Legislature rearranged Idaho's tax structure. That's proving to be a problem.

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



A country held together by an argument

TEL AVIV, Israel — On my 12th visit to Israel, I finally had my baptism by traffic accident. I was sitting at a red light, when a bus turning the corner honked at me to back up. When I did, I scraped the fender of the car behind me.



DAVID BROOKS

The driver — a young, hip-looking, alt-rocker dude — came running out of the car in a fury. He ran up to the bus driver and got into a ferocious screaming match. Then he came up to me graciously and kindly. We were brothers in the war against bus drivers. Then, as we were filling out our paperwork, another bus happened by and honked. The rocker ran out into the street and got into another ferocious screaming match with this driver. Then he came back to me all smiles and warmth.

Israel is a country held together by argument. Public culture is one long cacophony of criticism. The politicians go at each other with a fury we can't even fathom in the United States. At news conferences, Israeli journalists ridicule and abuse their national leaders. Subordinates in companies feel free to correct their superiors. People who move here from Britain or the United States talk about going through a period of adjustment as they learn to toughen up and talk back.

Ethan Bronner, *The New York Times*' Jerusalem bureau chief, notes that Israelis don't observe the

distinction between the public and private realms. They treat strangers as if they were their brothers-in-law and feel perfectly comfortable giving them advice on how to live.

One Israeli acquaintance recounts the time he was depositing money into his savings account and everybody else behind him in line got into an argument about whether he should really be putting his money somewhere else. Another friend tells of the time he called directory assistance to get a phone number for a restaurant. The operator responded, "You don't want to eat there," and proceeded to give him the numbers of some other restaurants she thought were better.

We can all think of reasons that Israeli culture should have evolved into a reticence-free zone, and that the average behavior should be different here. This is a tough, scrappy country, perpetually fighting for survival. The most emotionally intense experiences are national ones, so the public-private distinction was bound to erode.

Moreover, the status system doesn't really revolve around money. It consists of trying to prove you are

savvier than everybody else, that above all you are nobody's patsy.

As an American Jew, I was taught to go all gooey-eyed at the thought of Israel, but I have to confess, I find the place by turns exhausting, admirable, annoying, impressive and foreign.

Israel's enemies claim the country is an outpost of Western colonialism. That's not true. Israel is, in large measure, a Middle Eastern country, and the Israeli-Arab dispute is in part an intra-Mideast conflict.

This culture of disputatiousness does yield some essential fruits. First, it gives the country a special vividness. There is no bar on earth quite so vibrant as a bar filled with Israelis.

Second, it explains the genuine national unity. Israel is the most diverse small country imaginable. Nonetheless, I may be interviewing a left-wing artist in Tel Aviv or a right-wing settler in Hebron, and I can be highly confident that they will have a few things in common: an intense sense of national mission, a hunger for emotionally significant moments, an inability to read social signals when I try to suggest that I really don't want them to harangue me about moving here and adopting their lifestyle.

Most important, this argumentative culture nurtures a sense of responsibility. The other countries in

this region are more gracious, but often there is a communal unwillingness to accept responsibility for national problems. The Israelis, on the other hand, blame themselves for everything and work hard to get the most out of each person.

From that wail of criticism things really do change. I come here nearly annually, and while the peace process is always the same, there is always something unrecognizable about the national scene — whether it is the structure of the political parties, the absorption of immigrants or the new engines of economic growth.

Today, Israel is stuck in a period of frustrating stasis. Iran poses an existential threat that is too big for Israel to deal with alone. Hamas and Hezbollah will frustrate peace plans, even if the Israelis magically do everything right.

This conflict will go on for a generation or more. Israelis will keep up their insufferable and necessary barrage of self-assertion. And yet we still dream of peace and the day when I am standing in line at an Israeli cash register and an Israeli shopper sees a chance to butt in front of me, and — miracle of miracles — she will not try to take it.

David Brooks is a columnist for *The New York Times*. Write to him at dbrooks@nytimes.com.

LETTER TO THE EDITOR

Not satisfied with Buhl response to request

On April 13, I appeared before the Buhl City Council representing 33 users (all city residents) of a community irrigation ditch that starts on Main Street at Hayes Construction, runs down to the alley of 14th Avenue, turns north where it is piped under the park. This ditch runs approximately three-fifths of a mile from Lateral 53,

Gate 4 before it ever reaches a user. Once the canal company releases the water (76 shares), any problems encountered on this ditch is the responsibility of the users.

For 20-plus years, we have been provided with onsite fire equipment for the protection of this residential area when it is burned in the spring. Estimated time we need is two hours. The mayor and city council listened with

closed ears. They did not even take a ye or nay vote on the matter. They just said "no" to this request.

I spoke to 17 residents, whose properties lie in this area, I asked if they thought onsite fire equipment should be present when the ditch was burned. They replied yes. None of these residents have a share of water in the ditch.

I would say to these city residents that Mayor Sheridan and City Council

members do not care about the safety of you or your home. The fire department will only come if a fire gets out of control.

I ask residents to contact me at 543-6359 or city hall at 543-5650 to let us know your feelings on this matter.

Perhaps it is time Buhl residents should start thinking about the next city election.

DENNIS PUGH
Buhl

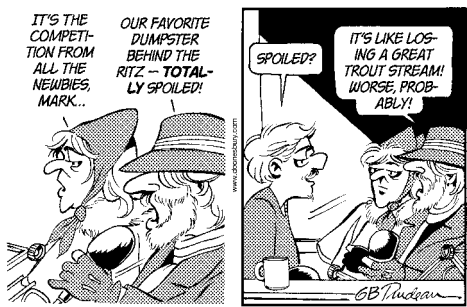
TIMES-NEWS
Brad Hurd . . . publisher Steve Crump . . . Opinion editor
The members of the editorial board and writers of editorials are Brad Hurd, James G. Wright, Steve Crump, Bill Bitzenburg and Ruth S. Pierce.

THE LIGHTER SIDE OF POLITICS

Doonesbury



By Garry Trudeau



Mallard Fillmore



By Bruce Tinsley

Obama and the art of strategic detachment

WASHINGTON — Barack Obama tied down a series of big legislative victories in his first few months in office — an expanded health-care program for kids, massive economic stimulus legislation, and substantially increased funding for this year's federal budget.

Yet ironically these notches in his accomplishment belt are due in part to his legislative aloofness. He gave Congress plenty of rope with which to wrap up these achievements — and they used it.

Call it strategic detachment. This president leaves many of the details up to his party in Congress — an approach that pleases Democrats but rankles Republicans. Obama chooses this course not out of weakness, but because he believes it's the strongest tactical approach.

But every decision includes trade offs. His method of chalking up legislative wins transforms his



GARY ANDRES

bipartisan goals into a pipedream, and risks turning a lot of big decisions over to less popular Democratic leaders in Congress.

Of course, all presidents are formal partners in the lawmaking process with Congress whether the chief executive likes it or not. Every new law requires deliberate White House action. The Constitution gives the president 10 days (not including Sundays) to approve or disapprove legislation. If he signs it or ignores it, the bill becomes a law. The rare pocket veto is an exception to this practice, when Congress adjourns within the 10-day window after passing legislation and the president fails to act, thus killing the bill.

The president can also articulate his objections and return the legislation without his approval, in which case Congress can pass the legislation again — this time, by a two-thirds vote — notwithstanding the president's objections, and override his veto.

But modern White Houses engage with lawmakers in a variety of ways beyond these formal constitutional requirements. And this involvement can include very prescriptive advice. For example, in 1993 President Bill Clinton told a joint session of Congress that if they sent him a health care bill that did not include universal coverage for all Americans, he would veto it.

Yet this president is pursuing a different path, at least based on early indications. On the major legislative accomplishments to date — stimulus, children's health and spending legislation — the White House left most of the details up to Congress. Moreover, when

While the president's job performance levels are still strong, linking his agenda too closely to far less popular Democratic leaders in Congress could be a mistake.

it comes to other initiatives still in the pipeline — climate change, health reform and education — the president has signaled his strong desire for congressional action but has not sent specific legislation to Capitol Hill.

Part of this may be a function of a new administration getting up and running. But looking back to the beginning of the Bush administration in 2001, the White House opined on five times as many bills Congress considered in the first four months.

Some lawmakers see value in the White House's legislative detachment. It gives them the space and tools they need to make their sausage. Presidents can also strategically use the separation. They can

claim credit for Congress passing things they like and distance themselves from legislative product and processes they don't.

Moreover, institutional conditions are ripe for President Obama to use his pattern of aloofness to his advantage. With large majorities of his party running Congress, chances are the end product won't be too much at odds with White House wishes.

But Obama needs to make sure he doesn't turn too much of his agenda over to a less popular branch of government. While the president's job performance levels are still strong, linking his agenda too closely to far less popular Democratic leaders in Congress could be a mistake.

The big losers in the

process are Republicans and prospects for bipartisanship. Obama can talk about a "new politics," but leaving the legislative details up to his party in Congress guarantees a partisan process.

"Bipartisanship only slows things down," a former Clinton White House aide told me. "These guys (Democrats) didn't fight hard and win the majority only to share power with Republicans, unless and until the public decidedly demands it."

So expect Obama to give his Democratic allies a lot of running room when it comes to his big legislative initiatives. But that same rope he offers his party in Congress to tie down more legislative victories will also strangle bipartisanship and could drag down the president's approval ratings in the process.

Gary Andres is vice chairman of research at Dutko Worldwide. His wrote this commentary for Hearst Newspapers.

LETTERS TO THE EDITOR

Praising staff and students at Robert Stuart Junior High

At Robert Stuart Junior High, there are many beautiful students (of varying skin tones) that caring administrators, teachers and staff try very hard to educate in a safe environment and provide nutritious meals that some may not even get at home. When "red flags" go up, it is their responsibility to respond in a quick manner. Sometimes students seem to be made an example. If this prevents future incidents, then it is worth the small embarrassment caused to those involved.

Two-year-olds throw food; 13- and 14-year-old students are being taught to act in a respectful manner that does not cause work or worse harm to others. Here's to all the great kids who have voiced their concern and apologies for bad behavior.

In closing, I'd like to add that if it were possible to identify the "children" who have been walking across the cars in the parking lot leaving their footprints and denting at least two cars, there would probably be more charges brought. Better now than when they think it is OK to throw bricks or take said cars on a dangerous joy ride!

GINA HANKINS
Twin Falls

Boy Scout favors pelican cut-backs

I am writing in response to the article last Friday

(April 10) about the Fish and Game halving the pelican populations in eastern Idaho. I am for this idea.

With the population of pelicans having such high growth rates, we would probably be forced to do this soon anyway. We might as well do it now before their population grows even more.

I did some research into the topic of the American white pelican. These birds eat four or more pounds of fish every day. Going by that, the pelicans at Lake Walcott eat more than 16,000 pounds of fish every day. That is a lot of fish.

Of course, many people are going to be against this course of action. But really, plenty of pelicans will still be there, and there won't be anything stopping their population from skyrocketing again.

PARKER GOODELL
Twin Falls

(Editor's note: Parker Goodell, 14, is in Boy Scout Troop 104; he wrote this letter as part of the requirements for the communications merit badge in scouting.)

Why not let ACORN manage communities?

As Rahm Emmanuel was quoted saying, "It's a shame to let a disaster go to waste." I have a suggestion for the Obama administration that they may not have developed, as yet.

With the billions of dollars that have been allocated for community organizers, why not let ACORN manage

communities of folks who were in homes they could not pay for by using the bad loans purchased by the government and restore the unfortunate to their former status as homeowners.

(They could handle that responsibility between elections when they are not busy registering Democrat voters.) That would be more fair than allowing hedge funds, George Soros for instance, that helped create the problem, to buy up the assets at a fraction of their worth.

Paid ACORN organizers could act as block wardens and help manage the affairs of such communities. They might even be able to help

develop and adjust attitudes that would support improved socialization of each community. As more and more of the people began to see the advantages of social cohesiveness it might even be possible to suspend elections. It is apparent from watching elections in socialist nations that nearly 100 percent of the people vote for the glorious ruler. When there are choices, a great deal of animosity is generated, as well as a horrific cost. I think we should all get behind President Obama and promote this agenda. It is change we can believe in.

MAX COVINGTON
Burley

Tell us what you think

ON PAPER: The Times-News welcomes letters from readers on subjects of public interest. Please limit letters to 300 words. Include your signature, mailing address and phone number. Writers who sign letters with false names will be permanently barred from publication. Letters may be brought to our Twin Falls office; mailed to P.O. Box 548, Twin Falls, ID 83303; faxed to (208) 734-5538; or e-mailed to letters@magicvalley.com.

ESPRIT CONSTRUCTION

www.espritgarages.com



Garage with Upper Floor

3-CAR \$15,800

2-CAR \$11,900

Since 1987 License #RCE-25045 \$15,800 Subject to local building codes

CALL NOW: 208-731-1397

COMPLETELY BUILT ON YOUR LEVEL LOT INCLUDING CONCRETE AND LABOR



What will your miracle sound like?

Special Hearing Open House Notice!

Dear Friend,

We are pleased to announce we are holding a **Special Hearing Open House** in our office. During this special event, we will be offering the following **FREE SERVICES**:

- 1, Electronic Hearing Screening by our Licensed Hearing Professional
- 2, You will see your ear canal on a TV screen with the use of our new video camera. Your problem may just be wax.
- 3, Discussion of the many new **Digital Hearing Aids** on the market. This new technology is the best we've seen in our history for more natural hearing.
- 4, If you currently have hearing aids, we will be adjusting, cleaning and fine tuning them at no charge.
- 5, We will be accepting ALL Brands of Hearing Aids as TRADE IN.

We will be offering Miracle-Ear factory prices during this event sending this invitation to our friends and patients. Please call early to make an appointment on the date of your choice.

Simply call us at 801-266-3751!!! Appointments are available on first come, first served basis and there is no cost for these services.

Yours for better hearing,

Harry Leibovich

Harry Leibovich BS,BC-HIS
Hearing Aid Specialist
Miracle-Ear Hearing Aid Center

P.S. During this special event we will be offering incentives (\$800 check good this event only), including financial (12 month zero finance, see office for details), **toward purchase of any set of Advanced Digital Technology.** (Hurry - our limited offer expires soon.)

QUOTABLE

"Some are trying to sleep, some are talking, some are eating, some are on the phone. When this kind of thing happens, everyone just makes the best in trying circumstances."

— American Red Cross spokesman Jim Rettew after a spring storm dumped up to 3 feet of snow west of Denver, stranding hundreds of people in shelters and forcing the closure of an 80-mile stretch of Interstate 70

www.magicvalley.com



Custom Lawn Fertilization ONLY \$29.95*

CALL TODAY!
(208) 751-LAWN (5296)

ENVIRONMENTAL RESOURCES OF SOUTHERN IDAHO

*With annual maintenance agreement. Call for details.



Miracle-Ear Hearing Center (208) 733-3340

THE SUM OF: EIGHT HUNDRED DOLLARS and 00/100 \$800 00

TOWARDS THE PURCHASE OF A SET OF ADVANCED TECHNOLOGY HEARING AIDS

Harry Leibovich, Pres.

NATION & WORLD

Health care: Deal or no deal? Senators begin work

WASHINGTON (AP) — This time it's really going to happen. Or so they claim.

Senators get down to work this coming week on turning ideas into legislation to cover some 50 million people without health insurance and contain costs for everyone else. Hopes are high that Democrats and Republicans can find common ground for a bill to emerge by summer. They will have to defy history.

Grand plans to revamp health care have a half-century history of collapsing. More focused proposals, such as the creation of Medicare in 1965, have succeeded. Lawmakers are far apart on

some of the most important issues today, from the reach of government to the responsibilities of employers and individuals. And guaranteeing coverage for all could cost \$1.5 trillion over 10 years, an eye-popping sum in a time of recession and mounting national debt.

Yet major constituencies often at odds are now clamoring for change. They range from consumer groups to insurers, from employers to doctors and hospitals. President Obama has pledged to chip away at hardened ideological positions to find compromises.

"This is the toughest issue we have ever taken on — every

part has got a chance of blowing up," said Iowa Sen. Charles Grassley. He is the top Republican on the Senate Finance Committee, which oversees government health programs and taxes, and plans to start work Tuesday.

Grassley said he is reasonably confident that he and the chairman, Sen. Max Baucus, D-Mont., can produce a bill that appeals to the middle. "Our only hope is if we do it in a way that keeps the vast majority of both parties going in the same direction," Grassley said.

Sen. Ron Wyden, D-Ore., sees opportunity. "There is a very appealing philosophical truce within the Senate's

grasp," he said.

"Democrats are right on the idea that we've got to cover everybody. Republicans have been right on the role of the private sector, not freezing innovation and staying away from price controls," Wyden said. "You meld those philosophical views and you are on your way to 68 to 70 votes."

Consensus is growing on many points: Changes should build on the current system, not scrap it; hospitals and doctors should be paid for quality, not quantity; insurers shouldn't be able to discriminate against people with health problems; small businesses need special attention.

HISTORY OF MAJOR HEALTH COVERAGE PROPOSALS

By The Associated Press

A look at the history of major health coverage initiatives by presidents:

1950: Harry Truman's proposal for national health insurance dies in Congress.

1965: Lyndon Johnson wins passage of Medicare and Medicaid.

1974: Richard Nixon's proposal to require employers to cover workers dies in Congress.

1979: Jimmy Carter's proposal for an employer requirement

dies in Congress.

1994: Bill Clinton's plan, which includes an employer requirement, dies in Congress.

1997: Clinton and a Republican Congress agree to expand coverage for low-income children.

2003: George W. Bush wins passage of Medicare prescription benefit.

2009: Barack Obama proposes to cover the uninsured and contain costs.

Sources: Kaiser Family Foundation, Associated Press.

IT'S ALL LEGAL

Aeration basins are seen in operation at the Wilmington Wastewater Treatment Plant in Wilmington, Del., on Feb. 26. Scientists took samples from the Delaware River nearby and found elevated concentrations of the painkiller codeine that are prompting them to try and track the source of the drug; this treatment plant handles sewage from a nearby pharmaceutical factory that makes codeine. AP photo



Tons of released drugs taint U.S. water

By Jeff Donn, Martha Mendoza and Justin Pritchard
Associated Press writers

U.S. manufacturers, including major drugmakers, have legally released at least 271 million pounds of pharmaceuticals into waterways that often provide drinking water — contamination the federal government has consistently overlooked, according to an Associated Press investigation.

Hundreds of active pharmaceutical ingredients are used in a variety of manufacturing, including drug-making: For example, lithium is used to make ceramics and treat bipolar disorder; nitroglycerin is a heart drug and also used in explosives; copper shows up in everything from pipes to contraceptives.

Federal and industry officials say they don't know the extent to which pharmaceuticals are released by U.S. manufacturers because no one tracks them — as drugs. But a close analysis of 20 years of federal records found that, in fact, the government unintentionally keeps data on a few, allowing a glimpse of the pharmaceuticals coming from factories.

As part of its ongoing PharmaWater investigation about trace concentrations of pharmaceuticals in drinking water, AP identified 22 compounds that show up on two lists: the EPA monitors them as industrial chemicals that are released into rivers, lakes and other bodies of water under federal pollution laws, while the Food and Drug Administration classifies them as active pharmaceutical ingredients.

The data don't show precisely how much of the 271 million pounds comes from drugmakers versus other manufacturers; also, the figure is a massive undercount because of the limited federal government tracking.

To date, drugmakers have dismissed the suggestion that their manufacturing contributes significantly to what's being found in water. Federal drug and water regulators agree.

But some researchers say the lack of required testing amounts to a 'don't ask, don't tell' policy about whether drugmakers are contributing to water pollution.

"It doesn't pass the straight-face test to say

pharmaceutical manufacturers are not emitting any of the compounds they're creating," said Kyla Bennett, who spent 10 years as an EPA enforcement officer before becoming an ecologist and environmental attorney.

Pilot studies in the U.S. and abroad are now confirming those doubts.

Last year, the AP reported that trace amounts of a wide range of pharmaceuticals — including antibiotics, anti-convulsants, mood stabilizers and sex hormones — have been found in American drinking water supplies. Including recent findings in Dallas, Cleveland and Maryland's Prince George's and Montgomery counties, pharmaceuticals have been detected in the drinking water of at least 51 million Americans.

Most cities and water providers still do not test. Some scientists say that wherever researchers look, they will find pharmaceutical-tainted water.

Consumers are considered the biggest contributors to the contamination. We consume drugs, then excrete what our bodies don't absorb. Other times, we flush unused drugs down

Codeine factories

Scientists detected the painkiller codeine at a concentration of 159 parts per trillion in Delaware River water near Wilmington, Del. Two codeine-making factories are within several miles of the sampling site.

- Wastewater treatment plant
- Codeine-producing factory



SOURCES: Delaware River Basin Commission; U.S. Drug Enforcement Administration; ESRI

toilets. The AP also found that an estimated 250 million pounds of pharmaceuticals and contaminated packaging are thrown away each year by hospitals and long-term care facilities.

AROUND THE WORLD

TRINIDAD Obama suggests Cuba release its political prisoners

PORT-OF-SPAIN — Defending his brand of world politics, President Barack Obama said Sunday that he "strengthens our hand" by reaching out to enemies of the United States and making sure that the nation is a leader, not a lecturer, of democracy.

Obama's foreign doctrine emerged across his four-day trip to Latin America, his first extended venture to a region of the world where resentment of U.S. power still lingers. He got a smile, handshakes and even a gift from incendiary leftist leader Hugo Chavez of Venezuela, and embraced overtures of new relations from isolated Cuban President Raul Castro.

"The whole notion was that if we showed courtesy or opened up dialogue with governments that had previously been hostile to us, that that somehow would be a sign of weakness," Obama said, recalling his race for the White House and challenging his critics today.

"The American people didn't buy it," Obama said. "And there's a good reason the American people didn't buy it — because it doesn't make sense."

TEXAS Charges planned in deaths of 5 kids in car accident

HOUSTON — Police planned to charge a driver suspected of being intoxicated when he lost control of his car while using his cell phone, plunging the vehicle into a rain-filled ditch where five young passengers died, a spokesman said Sunday.

Charges of intoxication manslaughter were being prepared against Chanton Jenkins, 32, Houston police Kesé Smith said.

Smith said Jenkins failed a field sobriety test after the Saturday afternoon crash, which followed torrential rain storms. The results of a blood alcohol test were pending. Smith did not know if Jenkins had an attorney.

The bodies of three boys —

ages 4, 7 and 11 — were found inside the vehicle. A body believed to be that of a 1-year-old girl was found Sunday, and a search was continuing for the body of a 3-year-old girl.

The car crashed into a tributary about two miles from the point where it feeds into Greens Bayou, a waterway that begins in northern Harris County and flows eastward and then south for about 40 miles before emptying into the Houston Ship Channel.

SWITZERLAND UN divided as racism meeting has many no-shows

GENEVA — The United Nations opens its first global racism conference in eight years on Monday with the U.S. and at least five other countries boycotting the event out of concern that Islamic countries will demand that it denounce Israel and ban criticism of Islam.

The administration of President Obama, America's first black head of state, announced Saturday that it would boycott "with regret" the weeklong meeting in Geneva, which already is experiencing much of the bickering and political infighting that marred the 2001 conference in Durban, South Africa.

The Netherlands declared its boycott Sunday, while Australia, Canada, Israel and Italy already have said they would not attend.

MEXICO Police say 8 officers killed in attack on convoy of suspect

MEXICO CITY — In the latest of a series of brazen, drug-related attacks, gunmen ambushed a prisoner transfer convoy in western Mexico, killing eight officers in a failed attempt to free a high-level cartel member, police said Sunday.

At least 20 assailants fired in three separate gun battles Saturday on the dwindling column of vehicles as it raced between an airport and prison in the Pacific coast state of Nayarit, police said.

— The Associated Press

Italy fears mobsters ready to profit from quake

By Frances D'Emilio
Associated Press writer

ROME — Even before all the debris from Italy's latest devastating earthquake is cleaned up, investigators fear that organized crime is poised to profit from contracts worth billions of dollars to rebuild schools, hospitals, courthouses and homes.

The crime clans have many connections to cement companies, debris-removal outfits and other businesses which could infiltrate the reconstruction process if authorities aren't vigilant, warned Franco Roberti, head

of the Naples office of investigative magistrates who probe the Camorra crime syndicate based in that southern port city.

"We learned just how involved the Camorra is in this (construction work) by investigating the aftermath of the 1980 quake" near Naples, said Roberti in a telephone interview.

L'Aquila, the largest town in the central Apennine Abruzzo region which was rocked by the 6.3-magnitude quake on April 6, is some 150 miles (240 kilometers) north of Naples, and lies outside the southern home turf of Italy's

major crime syndicates.

But investigators say Italy's mobsters are increasingly breaking out of traditional geographic boundaries, as they expand into the more affluent central and northern regions in search of ways to launder and invest hundreds of millions of dollars in revenue from drug trafficking, extortion and other rackets.

"Keep the vigilance high against mafias in construction sites," the national Catholic daily L'Avvenire headlined Sunday, worried that mobsters will enrich themselves from some of the euro12 billion (more than \$16

billion) in reconstruction money some government estimates say will be needed.

"Cosa Nostra, 'ndrangheta and Camorra have already arrived in Abruzzo and certainly will have their eyes on the reconstruction," Giuseppe Pisanu, a former interior minister who now heads Parliament's anti-mafia commission, has warned.

Pisanu was referring to Italy's three main crime syndicates as he said mobsters have learned to move in political circles throughout Italy as well as enter public administration.



AP photo

An excavator digs through the rubble of collapsed church building, in the village of Castelnuovo, near L'Aquila, central Italy on April 6, after the region which was rocked by 6.3-magnitude earthquake. Even before blueprints are drawn or beams raised in the massive reconstruction after Italy's latest devastating earthquake, there are fears that organized crime is poised to profit from contracts worth billions of dollars to rebuild schools, hospitals, courthouses and apartment houses.

Don't be a boor

How gym etiquette keeps you out of trouble

By Melissa Davlin
Times-News writer

Ever had your workout ruined by foul-mouthed weight lifters or chatty folks hogging the equipment?

You're not alone.

We spoke to three local trainers — Lesley Martin of Twin Falls YMCA, Robin Smith of Kimberly Fitness Center and Jeff Bolton of Gold's Gym in Twin Falls — to see what gym member habits are the worst.

They all agreed on one thing: The majority of gym members are fantastic.

"It's a fun business," Martin said.

But when someone breaks etiquette, other members are inconvenienced at best, and offended at worst. Here are the trainers' tips to make everyone's workout as comfortable as possible.

Hygiene, hygiene, hygiene

See those spray bottles and cloths off to the side of the weight room? Those are to wipe down your machine after you're done using it.

Most people get that, Smith said. But sometimes, people forget, or they just don't know about the courtesy.

Think of it this way, Bolton said: People sweat a lot while working out, especially on the cardio machines. Who wants to work out on equipment covered in someone else's perspiration?

Speaking of sweat, don't forget to use deodorant. And after your post-workout shower, Bolton said, please, please, please don't stand around naked and strike up a conversation in the locker room. At least put a towel on.

Weighty issues

Once you're done with your reps, unrack your weights.

That's especially pertinent when you're using 50-pound plates that

smaller gym members won't be able to move, Martin said.

"That's one of the biggest things. Just please, unrack," she said.

Also, don't let your weights drop to the floor. At YMCA's Canyon Rim center, Martin's office is directly below the second-floor weight room. When someone drops weights, it rattles her lights.

Wear appropriate attire

Although you're trying to enhance your body, the gym is not a place to show off your goods.

"We had this lady who came in in a bikini. In a bikini!" Martin said.

"And a pair of sandals that laced up her leg." "She was definitely not there for the workout," she added.

Bolton has seen the same at Gold's Gym. He said working out in skimpy clothes is common in big cities, but in Twin Falls? Not so much, he said.

And ladies, remember your sports bra. Martin recalled another woman who tried to bench press bra-less and ended up flashing the entire weight room. Martin had to approach the patron and ask her to come back with a little



MEAGAN THOMPSON/Times-News

Carrie Edlund wipes down the treadmill after her workout Friday afternoon at Gold's Gym in Twin Falls. "There's a lot of big sweaty men around here, but they're pretty tidy," Edlund said.

When someone breaks etiquette, other members are inconvenienced at best, and offended at worst.

more support.

Instead, think sweat pants or shorts and a tank top or T shirt. And no flip-flops, please.

Keep it to yourself

You've heard it all before: the grunts, the swearing, the rude remarks that would make your grandmother blush.

It doesn't have to be that way, Martin said. In fact, it shouldn't.

"Grunting and foul language, it's just not appreciated," Martin said.

She especially gets a kick out of weight lifters who grunt.

"Yeeeeeaaarrgh," she imitated. "You'd think they're dying."

Bolton said he understands grunting when lifters have huge amounts of weight, but laughs at those

who grunt when they're lifting light.

"Just doing it to do it, for attention, that's annoying," he said.

Remember why you're there (Hint: It's not to gossip.)

A little bit of socializing is great, Martin said. The gym is a community place. But don't hold up other people by sitting on the machines and gabbing, she said.

"Gym etiquette says don't interrupt someone while they're doing a set," Bolton said. If they have headphones on or are in the middle of lifting 400 pounds, it's probably not a good time to ask how the wife and kids are.

Talking during classes is another no-no.

"Most people want to listen" to the class instructor,

Bolton said. But when two people start gabbing, it distracts the whole group.

"That makes me more mad than anything, probably," he said.

And for heaven's sake, leave the cell phone at home.

Bolton constantly sees people on the cardio machines who are talking on their phones, indicating two things: They're not working as hard as they could, and they're not considering other gym patrons.

"It pisses me off so bad," he said.

How to deal

Someone hogging the machines or using R-rated language?

Whatever you do, don't start a confrontation, Martin said. Come get a gym employee. Often, Martin can diffuse a situation with humor and respect.

"It's just about educating and patience," Martin said.

Most of the time, gym members have no idea they're offending others with their behavior and are quick to change their ways.

Leave your grudges at home, too. In March, two women began fighting at Impact Athletics in Burley over personal problems that had nothing to do with working out.

If you have a problem with the gym itself, don't accost the trainers, Bolton said. The employees work to keep everything clean and running smoothly, but sometimes, especially during busy morning hours, it's hard to keep up. Be patient, he said. Your problems will be addressed.

"There's always something wrong with the gym, always," he said. "We do what we can to fix the problems."

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

INSOMNIA

A wide-awake look at beating worry-based sleeplessness

By Kathleen Megan
The Hartford Courant

It's 1 a.m. You have to get up at 6. You're exhausted, but you can't sleep. What do you do?

You may find yourself slurping a spoonful of NyQuil or taking a Tylenol PM. Is that the best approach?

It all depends on how often you are in this situation, experts say.

Lynelle Schneeberg, a psychologist and director of the behavioral sleep medicine program at Gaylord Hospital in Wallingford, Conn., says that "if you're talking short-term insomnia during a short-term stressful situation," then taking a pill can be OK. But

"chronic insomnia, when you are talking six months or longer, is a different animal."

For many, worries about jobs and the economy have been interfering with sleep. Almost one-third of Americans say their sleep has been disturbed at least a few nights a week in the past month because of personal financial con-

cerns, the U.S. economy or employment worries, according to a survey by the National Sleep Foundation.

Taken once in a while, those over-the-counter medications might be just the push you need to shove off into dreamland, but there are downsides. For starters, the sedating effects caused by the

antihistamine in such products as NyQuil and Tylenol PM may not end when you wake up. And if you take them frequently, they might even be associated with occasional memory problems.

Edward O'Malley, a sleep expert and owner of Optimal

To do for You

Diabetes support

Diabetes Support Group meeting, 7 p.m. Tuesday, at South Central Public Health District, 1020 Washington St. N. in Twin Falls. Use the north entrance.

Lori Johnson, a registered dietician and certified diabetes educator from Minidoka Memorial Hospital, will lead a discussion titled "How to be a Savvy Supermarket Shopper." Topics: the necessary tools for people with diabetes to become smart shoppers to better manage the disease; healthful cooking methods; aisle-by-aisle product recommendations; and health-promoting lifestyle tips.

Free; open to the public. Information: Susie Beem, 737-5946.

'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: early learning. The session is educational support for parents and babies. A baby scale is available each week. Free; 324-6133.

About C-sections

Cesarean childbirth class, 6:30-9 p.m. Tuesday, in the lobby at St. Luke's Magic Valley Medical Center'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.

Infant safety and CPR

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

Cesarean class of St. Benedicts' prepared childbirth series, 7-9 p.m. Thursday, at St. Benedicts, 709 N. Lincoln in Jerome.

Topics: Cesarean birth, pain management, hospital procedures and non-conforming labors. The class is offered separately, or as part of the childbirth series. Mothers may enroll even if their babies will be born at a different hospital.

Cost is \$5. Register: 324-6133.

Learn CPR, first aid

Heartsaver first aid, cardiopulmonary resuscitation and automatic external defibrillators class, 8 a.m.-1 p.m. Saturday, in the Sage Room at St. Luke's Education Center, 588 Addison Ave. W. in Twin Falls.

Topics: classroom instruction and hands-on practice with emergency procedures for mouth-to-mouth resuscitation, chest compression and choking response.

Cost is \$50. Pre-

registration required; 737-2007.

About CPR, first aid

First aid and cardiopulmonary classes at the College of Southern Idaho. Certified instructors will teach the classes in CSI's Aspen Building room 180.

• Heartsaver cardiopulmonary resuscitation, 6-9 p.m. April 29; cost is \$35.

• Combined CPR and first aid, 8 a.m. to 1 p.m. May 2; cost is \$45.

• Basic life support (CPR) for health professionals, 6-9 p.m. May 13; cost is \$35.

The classes are beginning and refresher courses for the public, health care providers and others whose jobs require them to have or to update their lifesaving skills.

Arrangements can be made for classes to be brought to service groups, businesses or other organizations.

Register: Jill Chestnut at 732-6731 or jchestnut@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.

Sleep

Continued from H&F 1

Sleep LLC in Easton, Conn., says that antihistamines can continue to affect people six to eight hours after ingestion.

Dr. Amarish Dave, a neurologist in Crystal Lake, Ill., says that many of these sedating medications can "slow cognitive performance." Whenever he sees patients complaining of not feeling "sharp mentally," he looks at what medications they have been using.

Taking sedatives can also cause problems for people with breathing disorders and occasionally can have cardiac effects in elderly people, O'Malley says.

Experts have varying opinions on herbal remedies. O'Malley says they may be preferable to over-the-counter sleeping medications, but he suggests that people use only synthetically made melatonin rather than any made from animal brain tissue.

Melatonin is the hormone secreted when the body is naturally preparing itself for sleep. O'Malley says it is most appropriate when used to address jet lag.

Schneeberg tells patients about the "every third night" rule when they ask about taking medications that may enhance sleep, whether the over-the-counter variety or prescription medications such as Lunesta or Ambien.

The theory is that if you sleep poorly on Monday night, you probably will have a sound sleep on Tuesday night. But sometimes that doesn't happen partly because people lie awake consumed with worry. ... But if you know that on the third night, Wednesday night, you'll allow yourself to take a sleep medication, Schneeberg says, sometimes that's all you need to ease yourself to sleep on Tuesday night.

"If you know that every third night is a rescue night, it lowers your anxiety," she says. "You really will never get into too much trouble if you take it every third night."

If you take sleep-enhancing medications every night, you "can become psychologically and physically dependent on them," Schneeberg says, and even lose your ability to get to sleep without

taking something.

In general, however, sleep experts agree that the best way to address sleep problems is through behavior changes. Schneeberg teaches people how to behave when they can't sleep.

"They do all the wrong things with the right intentions," she says. "They lie in bed trying really hard to sleep. They will tell me, 'At least I'm resting,' but what they are doing instead: They are conditioning their bed to be a place associated with worry and frustration. ... We don't want bed to be associated with anything but drowsiness and sleep."

After 20 minutes of wakefulness, it's best to leave bed and do something quiet and relaxing, like reading, she says. It's best if this is done as near to the bedroom as possible without disturbing a partner. "Sometime the act of climbing the stairs wakes you up," she says.

Good sleep habits also involve going to bed and getting up at about the same time every day.

"The body loves routine," she says.

Other tips: A light snack before bedtime is OK, but not a heavy meal; exercise during the day to make you physically tired at night; avoid naps; and take whatever action you can to address your worries.

As it reaches middle age, aerobics is still moving

By Deborah Netburn
Los Angeles Times

Today's gym goers can be found singing on their stationary bikes during Cycle Karaoke, shaking their butts at Yoga Booty Ballet, sweating through a high-energy yoga flow class and learning the dance moves to "Legally Blonde." They're moving in different ways with different rhythms, but they're all trying to get the heart rate up in an interesting, engaging way.

In short, they're doing aerobics.

More than 40 years after Dr. Kenneth Cooper released the book "Aerobics," the form of exercise hasn't died. It has morphed with the times, giving itself new names and shedding the leg warmers and the headbands.

Cooper, then a young Air Force physician, invented the word "aerobics" for his 1968 book of the same name — tacking an S onto the medical adjective "aerobic" as a way to describe the kind of exercise he was touting. In the book, he defined aerobic exercises as those that "demand oxygen without producing an intolerable oxygen debt, so that they can be sustained for a long period of time."

He didn't particularly like the word, and he didn't want it to be the title of his book. "The publisher thought we should call the book 'Aerobics.' I disagreed," he said recently from his office at the Cooper Institute in Texas where, at 77, he still sees patients, including former President George W. Bush. "People can't pronounce it, they can't spell it, they won't remember it," he recalled contending. "But



Instructor Madonna Grimes, 32, leads a hip-hop dance class at Crunch gym in West Hollywood, Calif.

JAY L. CLENDENIN/
Los Angeles Times

look what has happened in the past 40 years!"

Americans now know — whether they choose to use such knowledge — that aerobic exercise, getting the heart working for sustained periods of time, is to their benefit. In the 2008 Physical Activity Guidelines for Americans, the national Centers for Disease Control and Prevention recommends at least 150 minutes of moderate-intensity aerobic activity per week for most adults. Doctors routinely encourage their patients to exercise aerobically to keep their heart healthy. And classes of all forms and stripes try to push people — if not to their limit — at least enough to make them sweat for extended periods.

The percentage of Americans working out aerobically increased steadily from 24 percent in 1968 (when Cooper's book came out) to 59 percent in 1984, according to Gallup Polls. (It since has shrunk: A 2006 survey by the National Center for Health Statistics found that 31 percent of Americans exercise aerobically.)

"The book had a huge impact," said Dr. Russell

Pate, an exercise science professor at the University of South Carolina. "Part of that was because it was visionary and insightful, but part of it was that it came along at a time when the population was becoming aware that its inactivity was becoming problematic."

Cooper wrote his book after spending a decade working with the Air Force, studying the effects of exercise and designing a fitness program for pilots and astronauts.

In the book he argues that aerobic exercise is the best way to condition the body — better than (then-popular

calisthenics, weight lifting or better anaerobic exercise such as sprints and drills. He wrote that aerobic exercise like jogging or swimming, done frequently and with enough duration, "improves the overall condition of the body especially its most important parts, the lungs, the heart, the blood vessels, the body tissue, building a bulwark against many forms of illness and disease."

Before Cooper's book, aerobic exercise was the domain of professional athletes; average people were rarely encouraged to get their heart rates up.

The Natural Way Health Store
Over 30 Years Professional Experience, Quality Products & Personalized Service

March - April Special

20% DISCOUNT

Quality Products at Everyday Discounts. No Membership Fee. Mail Orders.
Downtown Twin Falls • 117 Gooding Street West • 208-733-7735

You've been downsized. Now what?

"What would I do if I lost my job?" Fortunately, there are positive actions you can take, regardless of your employment situation now. For the next seven weeks we will discuss what you can do to control these challenges.

Week 1 - Know your benefits

Familiarize yourself with the benefits offered by your company and your state agency. Does your employer offer an outplacement agency for employees who have been laid off? Do you qualify for pension or severance benefits? What is your income eligibility for unemployment? Unemployment benefits are especially important to understand and to take advantage of if you are laid off. You may think you can manage without them — and maybe you can — but remember that you have worked to put money into the system and it is there to help you. It's also best to get the ball rolling early, as the unemployment process can be lengthy.

CAPRICORN FINANCIAL STRATEGIES

Presented by Jean E. Hanson
CAPRICORN FINANCIAL STRATEGIES
"Planning Income for Life"
1426 Addison Ave. East, Suite B
Twin Falls, Idaho 83301
(208) 736-1971

Jean E. Hanson, CFP®, CLU
Financial Consultant

Securities and Advisory Services Offered Through
Commonwealth Financial Network, Member
FINRA/SIPC, a Registered Investment Adviser

Sneaky asthma
How you can have it and not know it.
NEXT WEEK IN HEALTHY & FIT

Toenail Clinic

- Ingrown Toenails • Deformed Toenails
- Infected Toenails • Toenail Trimming
- Painful Toenails • Toenail Surgeon

Timothy G. Tomlinson, DPM
1120 Montana • Gooding • 934-8829

Sen - Sen

Created in the mid 1890's.
Valuable to "Singers and Speakers".
Still available at SavMor since 1938!

Good Neighbor Pharmacy
Diabetes Supply

Come and see our exciting New shipment of sachets and Linen Sprays by Greenleaf

Sav-Mor Drug
Downtown Since 1938
139 MAIN AVE. WEST • 733-8323
DOWNTOWN TWIN FALLS

Good Neighbor Pharmacy

Eliminate Unhealthy and Unsightly Veins

Customized Treatment of Varicose Veins and Spider Veins by David A. Johnson, M.D. F.A.C.S. Fellowship Trained Board Certified Vascular Surgeon

- No Hospitalization - Safely Done in the Office
- No General Anesthesia
- Short Recuperation Period
- Minimally Invasive Surgical Techniques
- Endovenous Laser Treatment - Injection Therapy
- Procedures May Be Covered By Insurance

Evanescent VEIN CARE
Laser & Sclerotherapy
David A. Johnson, M.D. FACS
Board Certified Vascular Surgeon
734-9066
630 Addison Ave. W., Ste. 260, Twin Falls

www.twinfallsveincare.com

NOW IS THE BEST TIME TO BUY!

FINANCING RATES AS LOW AS 0%!

MAINTENANCE + (free oil changes)

ASSURANCE & VALUE!

Giant Tent Event

at the Magic Valley Mall

9am-9pm Monday - Saturday 10am-6pm Sunday

ROB GREEN



208-73-GREEN (4-7336)

total confidence



VEHICLE VALUE PROTECTION*

Let us tell you what this means to you

PAYMENT PROTECTION*



2009 PONTIAC G3 #P9051

PAYMENTS AS LOW AS \$199*

- *Up to 40 MPG
- *5 Star Frontal Crash Rating
- *6 Speaker CD with MP3 and IPOD Jack
- *Air, Tilt, Tire Pressure Monitor



2009 PONTIAC G6 #P9024

PAYMENTS AS LOW AS \$240**



0% FOR 72 MONTHS

2009 GMC SIERRA 1500 #G9034

PAYMENTS AS LOW AS \$366**



REBATES: \$4000

0% FOR 60 MONTHS

2009 GMC YUKON #G9062

DISCOUNTS & REBATES:
\$4000
WAS: \$43,775
SALE: \$37,958



0% INTEREST FOR 60 MONTHS OR 2.9% FOR 72 MONTHS

2008 BUICK LACROSSE #B8009

PAYMENTS AS LOW AS \$299**



RATED #1 BY JD POWERS

All units subject to prior sale o.a.c. Price and payments do not include tax, title, and dealer doc fee. Payments figured with 10% cash/trade equity at 5.9% for 72 months.

USED CAR SPECIALS

2001 MITSUBISHI DIAMANTE 7U355-1	\$4,988	Great Buys!	2006 DODGE STRATUS 8U271-0	\$8,988	Over 500 Used Vehicles Available	2007 CHEVY IMPALA 8U162-0	\$12,988
2000 JEEP GRAND CHEROKEE 8U130-0	\$6,988		2006 DODGE CARAVAN G8308-1	\$9,988		2005 TOYOTA CAMRY 8U189-1	\$12,988
2000 NISSAN XTERRA G8604-2	\$6,988		2005 BUICK RENDEZVOUS G6007-1	\$10,988		2008 PONTIAC GRAND PRIX 9U052-0	\$12,988
2004 MAZDA B-SERIES G9039-1	\$8,988		2005 MISUBISHI ECLIPSE G8250-2	\$10,988		2005 FORD EXPEDITION 8U194-0	\$12,988

ROB GREEN

NISSAN 208-73-GREEN (4-7336)



2008 NISSAN TITAN

SALE: \$26,528
OR
PAYMENTS AS LOW AS \$322.05 per month



2008 NISSAN 350Z NISMO

WAS: \$39,255
SALE: \$31,329
OR
PAYMENTS AS LOW AS \$387.44 per month



All units subject to prior sale o.a.c. Price and payments do not include tax, title, and dealer doc fee. Payments figured with 20% Cash/Trade equity at 4.99% for 72 months.

GREAT USED CARS



1997 MERCURY MYSTIQUE #8052-1
WAS: \$4,995 NOW: \$3,488



1998 CHEVY SUBURBAN #8007-1
WAS: \$6,999 NOW: \$4,988



2003 CHEVY MONTE CARLO #7181-2
WAS: \$7,988 NOW: \$5,988



2000 ISUZU TROOPER #8239-1
WAS: \$7,988 NOW: \$5,988



1997 CADILLAC SEVILLE #7057-0
WAS: \$7,999 NOW: \$5,999



1995 NISSAN PATHFINDER #8733-2
WAS: \$7,905 NOW: \$6,488

ROB GREEN

HYUNDAI

Assurance+

208-73-GREEN (4-7336)

America's Best Warranty

2008 HYUNDAI TUCSON

YOU PAY: \$19,727
OR
PAYMENTS AS LOW AS \$229.94 per month



2008 HYUNDAI ACCENT

YOU PAY: \$11,925
OR
PAYMENTS AS LOW AS \$166 FOR 66 MONTHS



OR PAYMENTS AS LOW AS \$155 66month

All units subject to prior sale o.a.c. Price and payments do not include tax, title, and dealer doc fee. Payments figured with 20% Cash/Trade Equity at 4.99% for 72 months. Price includes manufacturer rebates, dealer cash, military rebates and owner loyalty rebates. Not all customers will qualify for all rebates.

GREAT USED CARS



2003 CHEVY IMPALA #9039-1
WAS: \$9,999 NOW: \$7,988



2000 MAZDA MILLENIA #8069-1
WAS: \$9,999 NOW: \$7,988



2005 FORD FOCUS #7227-1
WAS: \$9,588 NOW: \$8,988



2002 VOLKSWAGEN PASSAT #8783-2
WAS: \$9,895 NOW: \$8,988



2006 NISSAN SENTRA #8175-1
WAS: \$11,988 NOW: \$9,488



2003 CHRYSLER 300M #8028-4
WAS: \$11,995 NOW: \$9,988

WWW.GREENAUTOGROUP.COM CLICK! BUY! SAVE!

Our Gift to you to help with your budget

Maintenance Plus+

- *Replace engine oil and filter 3 times a year
- *Tire Rotation once per year
- *Spring Inspection
- *Courtesy Shuttle Service or Customer Pick up
- *Flat Tire Repair (limit \$150 per occurrence)

- *multi point inspection with every service visit
- *Car Wash Every visit
- *Fall Inspection
- *One year Unlimited Windshield Repair
- *Reminder Postcards for your Convenience

12 MONTHS RETAIL VALUE \$1256 WOW!!

(208) 73-GREEN 4-7336 • At the Magic Valley Mall • (208) 73-GREEN 4-7336

