

# REMEMBERING THOSE WHO SERVED MEMORIAL DAY 2009



Chance of rain.

H&F 12



## HAPPY HELIO

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FINAL LAPS TO WIN INDY 500  
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Asthma  
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you down



HEALTHY & FIT 1

PLAN BEFORE MONEY >>> Congress wants Obama to have plan in place for Gitmo detainees, H&F 4

MONDAY  
May 25, 2009

# TIMES-NEWS

75 CENTS

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## AWAITING ORDERS



Photos by ASHLEY SMITH/Times-News

U.S. Army Reserve Maj. Whitney Miley talks with a fellow soldier before a ceremony in April at the Moore Hall U.S. Army Reserve Center in Salt Lake City. Miley, who was deployed to Iraq for a year in 2005, is preparing for her second deployment which will be as a training officer at Fort Bliss, Texas.

### Twin Falls special education teacher headed for duty

By Ben Botkin  
Times-News writer

Whitney Miley is heading from a Twin Falls classroom to full-time duty as a soldier. A major in the Army Reserve, Miley is being sent to Fort Bliss, Texas, after school ends this year to await further orders. That means she'll be leaving her job as a special education seventh-grade teacher at Vera C. O'Leary Junior High School until she returns.

The Army could send her to Iraq, where she did a tour of duty in 2005 and 2006. Or Miley could end up staying stateside and help train soldiers for duty in the Middle East. Either way, she'll be away for about a year. "I will definitely, definitely miss the students," she said. "That's one thing I'll miss about work." As for her Army job, that's one she's fond of, too. Miley has been in the Army Reserve for 19 years and has



Army Reserve Maj. Whitney Miley interacts with her class last week at Vera C. O'Leary Junior High School. Miley is being mobilized and will go to Fort Bliss, Texas, later this week; from there she could head to Iraq.

been trained in military intelligence and field drills with the 3-360th artillery. On her weekends away

See **TEACHER**, Main 2

### Health and Welfare told to stop posting inspection reports

Feds say state was violating law

By Nate Poppino  
Times-News writer

Among its other tasks, the Idaho Department of Health and Welfare inspects the state's nursing homes, hospitals and other entities on behalf of the federal government.

Since 2006, Health and Welfare has posted its inspection reports on its Web site for public review. But those postings have stopped after the federal Centers for Medicare and Medicaid Services warned Idaho it was violating federal law.

In an April 30 memorandum to all state survey

agency directors, CMS Survey and Certification Group Director Thomas E. Hamilton reiterated the process for releasing facility surveys under the Freedom of Information Act — requiring requests in writing, and allowing the documents to be released as long as nothing identifies individual patients and staff and pursuant to certain timelines and review.

On Friday, CMS regional spokeswoman Stephanie Magill said those specifications have also led Medicare to restrict posting the surveys and correction plans to the Internet. Some states — including Idaho — regularly posted the documents, while others didn't. Now all states are consistent, she said.

See **REPORTS**, Main 2

### Twin Falls County has new Safe House but old one sits vacant

By Jared S. Hopkins  
Times-News writer

Nearly six months ago, Twin Falls County opened a second Safe House for troubled kids without parents.

Now it's the only Safe House.

Despite signs of a growing need for more space — the state directed a grant to help build the house — state and county officials now say there are fewer kids sent for care.

As a result, the new Safe House on Rose Street in Twin Falls assumed primary responsibilities while the original building on Sixth Avenue North remains vacant.

Idaho Department of Health and Welfare spokesman Tom Shanahan said the state is sending the

county fewer kids because there aren't as many coming into care — generally a new phenomenon.

The number of Idaho kids needing foster care increased annually beginning in 2002 but has declined since 2007. Furthermore, the daily number of kids statewide in foster care declined. In south-central Idaho last year, there were around 280 to 300 kids in foster care daily, a number that's dropped to around 245. Overall, there are fewer child protection referrals.

"This is what you want," Shanahan said. "You want to place your kids with families."

Twin Falls County Commissioner Kramer echoed that sentiment.

See **HOUSE**, Main 2

### Memorial Day roll call honors 148,000 veterans

By Gillian Flaccus  
Associated Press writer

RIVERSIDE, Calif. — Abts, Richard. Adamski, Walter. Ahlman, Enoch.

The names are whisked away by the hot, gusting wind as soon as they are spoken, forgotten in the stream of the next name and the next name and the next name.

Fuller, Addison. Fuller, Mary. Furlong, John.

The story of America could be told through these names, tales of bravery and hesitation, of dreams achieved or deferred and of battles won and lost.

Taken alone, they are just words, identities stripped of place and time, stripped of rank and deeds and meaning.

But they are not taken alone. They are taken together — 148,000 names, representing the entire veteran population of Riverside National Cemetery, a roll call of the dead read aloud over 10 days by more than 300 volunteers.

They read in pairs, rotating through 15-minute shifts in the beating sun, in the chilly desert night and in

the pre-dawn hours thick with mosquitoes.

Some time on Memorial Day, they will read the last name on the 2,465th page.

Some read for their country.

Others read for a father lost in battle or a beloved son cut down in his prime.

And one man reads for no

See **ROLL CALL**, Main 2

Magicvalley.com

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



## Princess pedestal: How many girls are on one?

By Martha Irvine  
Associated Press writer

CHICAGO — All the pink, frilly and sparkly — from the princess dresses to the four-foot-high pink castle in the playroom — isn't necessarily what Caroline

Morris would choose for her eldest daughter.

She doesn't want to stop her 6-year-old from being who she is. But as princess fever has reached a new high with this generation of girls, she and other parents are feeling the urge to rein in the

would-be reigning ones, just a little.

That's especially true in tough economic times, when more parents are focusing on messages of frugality and humility that, they say, just don't fit with the princess mentality that has become a rite

of passage for many girls.

Morris knows, of course, that some parents think such worries are ridiculous.

"But what happens when our daughters get to adulthood and

See **PRINCESSES**, Main 2



Comics.....H&F 5  
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Dear Abby.....H&F 11

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Opinion.....Main 9-10  
Sudoku.....H&F 7  
To do for you.....H&F 2

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H&F 4

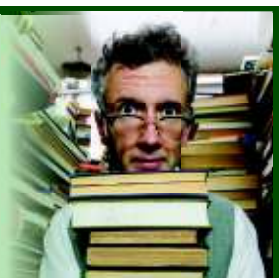


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# Hagerman P&Z gives OK to fire safety business

By Kimberly Williams-Brackett  
Times-News correspondent

HAGERMAN — The Hagerman Planning and Zoning Commission approved a recommendation for a special use permit for a resident to work out of his home servicing fire extinguishers.

Tom Cooper with Rimrock Fire Protection must now ask the Hagerman City Council for the final approval for a special use permit.

In a public hearing Thursday evening, Cooper discussed the services he would provide from his home on Valley Road West.

Cooper said his neighbors have no objections.

"Fire extinguishers should be serviced annually," said Cooper. All homes and businesses should have at least one fire extinguish-

er. "They range in size from two and a half pounds to 20 pounds. I don't put much faith in the two and a half pound extinguisher because it only provides about seven seconds of chemicals."

Cooper fills the extinguisher with monoammonium phosphate, a non-toxic dry yellow powder and pressurizes it with either dry air or nitrogen. He can recharge the extinguisher after it's been used to suppress a fire. Fire extinguishers should be pressure tested after a number of years to ensure that the cylinder will operate effectively and safely. If it's expanded, then it must be discarded and replaced said Cooper.

He also provides fire extinguisher training.

The commission asked Cooper if extinguishers are

serviced from his home or at the customer's residence or place of business. He said he would pick up the extinguisher and service it from home; therefore, "it won't generate traffic in my neighborhood."

All fire extinguishers should have a service tag on it.

In other business, commission member David Maestas briefly identified Hagerman's impact area outlined in the Gooding County Transportation Plan-City of Hagerman Jurisdiction Map. "This is supposed to be part of the city in the years to come," said Maestas. The impact area borders 2750 South, 900 East west of Hagerman, near Justice Grade north of Hagerman, and 1050 East.

Lauren Zvonek's request for a special use permit for

a rental residence in a commercial zone at 269 S. State St., was brought before the commission. There was "inadequate information," said commission member Almer Huntley.

"We need a legal description of the property and a scaled plan of the proposed site for the conditional use," said Huntley. A public hearing is scheduled for June 23.

The commission began revising its bylaws. Chairwoman Pat Winther said the bylaws currently indicate three members of the appointed six-member commission shall be necessary to constitute a quorum at any meeting. It needs to be revised to "a majority" instead of "three." Mayor Jake Rice, Jr. provided Maestas with his list of recommendations to revise the bylaws.

# Memorial Day brings closures around M.V.

Times-News

Many offices and facilities are closed today for Memorial Day.

- Most city offices are closed, including in Twin Falls, Jerome, Hailey, Gooding and Rupert. Burley City Hall is open only for absentee voting.
- County, state and federal offices are closed.
- Post offices are closed.

- Banks are closed.
- Twin Falls Public Library is closed.
- The College of Southern Idaho and Herrett Center for Arts and Science are closed.
- The YMCA/Twin Falls City Pool is closed.
- Magic Valley Mall is open 10 a.m. to 6 p.m.
- Trash will not be picked up; trash collection is one day later.

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## AROUND THE WORLD

### WASHINGTON GOP senator says party could filibuster high court pick over feelings or emotions

The Senate's No. 2 Republican on Sunday refused to rule out a filibuster if President Barack Obama seeks a Supreme Court justice who decides cases based on "emotions or feelings or preconceived ideas."

Sen. Jon Kyl made clear he would use the procedural delay if Obama follows through on his pledge to nominate someone who takes into account human suffering and employs empathy from the bench. The Arizona Republican acknowledged that his party likely does not have enough votes to sustain a filibuster, but he said nonetheless he would try to delay or derail the nomination if Obama ventures outside what Kyl called the mainstream.

"We will distinguish between a liberal judge on one side and one who doesn't decide cases on the merits but, rather, on the basis of his or her preconceived ideas," Kyl said.

The White House is preparing to announce Obama's pick to replace Justice David Souter, who plans to retire back to his beloved New Hampshire when the court's term ends. Sen. Dick Durbin of Illinois, the No. 2 Democrat in the Senate, said Sunday that he has been told a choice is likely to be announced this week. Those involved with Obama's decision hint that it could come as early as Tuesday.

### NEW YORK Health department: Woman in her 50s is NYC's 2nd death linked to swine flu

A woman in her 50s is New York City's second confirmed death linked to swine flu.

A spokeswoman for the city's Department of Health and Mental Hygiene says the woman died over the weekend and had underlying health conditions.

Assistant public school principal Mitchell Wiener (WEE'-ner) became the city's first death from the virus a week ago.

The city's first outbreak of swine flu occurred about a month ago, when more than 1,000 teenagers at a Catholic high school in Queens began falling ill following the return of several students from vacations in Mexico, the epicenter of the outbreak.

### SOUTH KOREA Thousands stream to village to pay respect to ex-prez

BONGHA — Bowing deeply and laying white chrysanthemums before his portrait, tens of thousands of mourners journeyed Sunday to the southern village where former President Roh Moo-hyun killed him-

self by jumping off a rocky cliff overlooking his home.

But several top officials, including the prime minister, were turned away from the mourning rites for the liberal ex-leader, who had a fractious relationship with conservative opponents his supporters accuse of driving Roh to his death. They pelted a bus carrying conservative politicians with eggs and doused lawmakers with water.

The 62-year-old Roh, who relied on pluck and hard work to rise from his impoverished youth in rural Gimhae to become president in 2003, died Saturday after jumping from a promontory known as Owl's Rock that overlooks his home. He left behind a note describing his suffering over corruption allegations and asking to be cremated.

The government and Roh's family agreed to hold a public "people's funeral" after a seven-day mourning period, most likely on Friday, former Roh aide Han Hyung-min said.

### AUSTRIA 16 hurt as rivals clash at temple

VIENNA — Sikhs wielding knives and a handgun attacked two preachers at a rival temple in Vienna on Sunday in a brawl that left at least 16 people wounded, police and witnesses said. A related clash later broke out in northern India.

Witnesses said a group of bearded and turbaned men attacked the religious leaders at the temple in Austria's capital and their followers moved to defend them.

The preachers were among the six people who suffered serious wounds and were identified by Indian diplomats and police as Niranjan Das and Sant Rama Nand. Police said both were out of danger after undergoing operations for gunshot wounds.

### ENGLAND Boyle thrills again with her voice

LONDON — Surprise singing sensation Susan Boyle made a new television appearance Sunday, showcasing once again her soaring voice — but refusing to compromise on the frumpy look that made her an Internet sensation.

The shy church volunteer gave a rousing, but occasionally nervous, performance on the "American Idol"-style show "Britain's Got Talent," with a version of the song "Memory" from the musical "Cats."

Members of the public voting in a telephone poll picked her as the best of eight performers who appeared Sunday, meaning she will sing again in the contest's final next Saturday.

Flashing a broad smile, Boyle danced in delight as results were announced and said had relished the chance to perform. "Fantastic, absolutely fantastic," she said. "What pressure? I've really enjoyed myself tonight!"

— The Associated Press



# The Race Is On!

## MEMORIAL WEEKEND

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MONDAY  
10-5

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# Idaho Dept. of Correction to cut jobs

LEWISTON (AP) — The Idaho Department of Correction is cutting 38 positions this summer and taking other steps to save about \$4.7 million, the agency's director says.

Brent Reinke said the job cuts will save about \$2 million, and requiring remaining workers to take four to 10 days off without pay will save another \$2 million.

The rest of the money will come from miscellaneous savings, he said.

"I'm just hoping things stabilize so we don't have to go any deeper (with personnel and budget cuts)," Reinke told the Lewiston Tribune.

Idaho lawmakers in the last Legislative session cut about \$25 million, or 14 percent, from the budget of the agency that has about 1,600 employees.

But lawmakers were concerned that some agencies wouldn't be able to absorb the budget cuts without hurting public safety and gave Gov. C.L. "Butch" Otter spending authority for an additional \$7 million.

Otter can allocate the money to different agencies

to prevent further cuts.

The Department of Correction became the first agency to ask for some of that money when Reinke recently requested \$1.59 million to be used to reduce the number of furlough days required.

Reinke also said that if the prison population grows, the money could be used to replace some of the laid-off positions.

"The reality is, we can't take this many furlough days without having some unintended consequences," Reinke said.

He noted that the 10 furlough days means parole and probation officers will have 80 fewer hours per year so supervise offenders.

He also said there will be less time for substance abuse and mental health programs that have helped reduce the growth in the prison population.

Reinke said it's unclear when Otter might act on his request. Reinke said Otter plans to see how state revenue looks this summer before releasing any of the \$7 million.

# N. Idaho man fails to sell 'Hand of God' rock

COEUR D'ALENE (AP) — A northern Idaho man who tried to auction off a hand-shaped rock formation in his backyard he calls the "Hand of God" has come up empty handed.

But 52-year-old Paul Grayhek of Coeur d'Alene still gives a thumbs-up to the rock that is 9 feet tall and 4 feet wide because he now says he realizes it was meant to help him spread the word of God.

"I'm convinced now that's why the hand showed up in my backyard," he told the Coeur d'Alene Press. "It wasn't just a symbol for me to strengthen my faith, I was supposed to share it."

Grayhek said he discovered the rock in March after a small landslide and determined it was a message from God for Grayhek to follow his dream of becoming

"I'm not sophisticated at eBay. I had some people kind of playing me. The first person backed out, then the second person backed out, and the third backed out."

— Paul Grayhek of Coeur d'Alene

ing a counselor for troubled youth, and that selling the rock would help him pay for school.

But he said he "muddled" the auction, though the top bid on eBay was about \$16,800.

"I'm not sophisticated at eBay," he said. "I had some people kind of playing me. The first person backed out, then the second person backed out, and the third backed out."

But he said putting the rock up for auction helped it receive worldwide publicity.

"I had interviews from

European newspapers, I've had multiple radio interviews — a French newspaper woke up me up at 5 in the morning to talk to me," he said. "People have the hunger, whether they know it or not."

He said his eBay auction drew 5,000 hits per hour at one point, and that he received more than 800 e-mails.

"There were days I didn't get a lot of sleep," he said. "I answered 95 percent of all those messages. I think it touched a lot of people."

He's agreed to let a photo of the rock be used for free

in a book by Harry Choron that will also include what could be an imprint of Jesus on a tree trunk, a possible likeness of the Virgin Mary on a grilled cheese sandwich, and an image from the Hubble Space Telescope where some see an image of Christ.

"I don't know if (the rock wall) would mean anything to me, but that's not the issue," said Choron. "The issue is what it means to the person who discovered it. I think in general people just want to feel that they're connected somehow, that miracles do occur, and it's something that supports their faith."

Grayhek still plans to become a counselor to troubled youth, though he's not sure how he'll pay the \$10,000 in school bills next year.

# 1 dead, 1 missing in N. Idaho raft accident

COEUR D'ALENE (AP) — One man is dead and another man is missing after their raft capsized Saturday on the North Fork of the Coeur d'Alene River.

A third person in the raft made it to shore and called police.

The Shoshone County Sheriff's Office says the body of one man was

recovered about 12 miles upstream from Enaville on Saturday.

Rescue teams, including the Sheriff's Dive Rescue Team, searched for the missing man Saturday without success.

Authorities were still searching Sunday.

Authorities have not released any names.

# Simplot family plans large project in Boise

BOISE (AP) — The family of J.R. Simplot plans to start construction next spring on a \$100 million "urban meeting place" in downtown Boise.

Project spokesman David Cuoio said the development will be called Jack's Urban Meeting Place in honor of the potato baron, who died last year at the age of 99 and left behind a fortune estimated at \$3.6 billion.

"J.R. had the idea for an agriculture museum long ago," Cuoio told the Idaho Statesman. "Over the past decade, the family thought about it ... and it has expanded into a broader concept that appeals to people of all ages."

The plan calls for the development to occupy a mostly vacant four-block area between Front and Myrtle streets. Cuoio said it will be paid for from the Simplot Family Foundation and will take up to three years to complete.

The project first must go through the city's normal permitting and design review.

"I'm excited that at such a critical time in the national economy the Simplots are bringing a project of this magnitude," said Boise Mayor Dave Bieter. "I am grateful to them for committing their energy and resources to improving Downtown Boise by creating new life on a stretch of

blocks that is currently underutilized."

Cuoio said building the project will provide more than 1,000 jobs.

He said the family already owns most of the land, and that warehouses on Ninth Street will be demolished, as will the Emerald Club, one of Idaho's oldest gay clubs.

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6:00pm: Emily Eldredge

7:00-9:00pm: Contra Dance with local musicians  
**Strings Attached**  
Free and open to all ages

**SATURDAY MAY 30TH**  
10:00am: Parade

1:30pm: Emily Eldredge  
1:45pm: Ernie Sites  
2:45pm: Copperhead  
5:00pm: Swamp Cats  
6:00pm: Milestone  
7:00pm: Potato Power Hour

**SUNDAY MAY 31ST**

12:00pm: Emily Eldredge  
Parade Awards - Logan Tusow  
12:30pm: Wild Nights  
1:45pm: Eddie Haskell Band  
2:45pm: Cobalt Blue  
4:00pm: Alpen Flow  
5:15pm: Rough Raft  
6:30pm: Renegade

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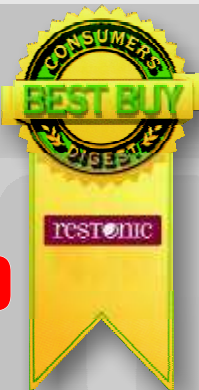
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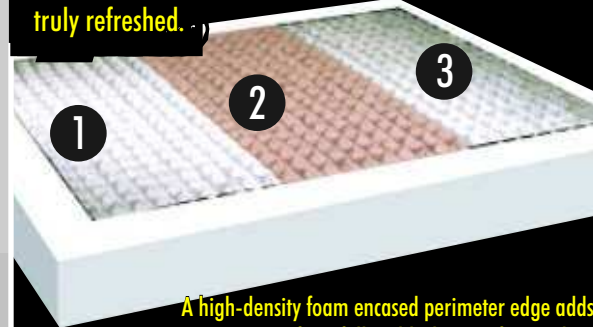
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# SPORTS



HEWITT SURVIVES

Main 7

## Howard's 24 lead Magic past Cavs for 2-1 lead

Orlando Magic's Courtney Lee goes up for a shot over LeBron James during the first half of Game 3 of the NBA Eastern Conference basketball finals in Orlando, Fla., Sunday.



AP photo

By Tom Withers  
Associated Press writer

ORLANDO, Fla. — LeBron James had no shot.

Dwight Howard scored 24 points — 14 on free throws — and Rafer Alston added 18 as the Orlando Magic, sick of seeing replays of James' dramatic Game 2 buzzer-beater, downed the Cleveland Cavaliers 99-89 on Sunday night to take a 2-1 lead in an Eastern Conference finals getting nastier by the minute.

James scored 41 on just 11-of-26 shooting and missed five free throws in the fourth quarter. But once again, Cleveland's superstar didn't get enough help from his teammates. Mo

Williams, who needed four stitches to close two gashes around his left eye after being elbowed in the first half, Delonte West and Zydrunas Ilgauskas shot a combined 13-of-37.

Game 4 is Tuesday night.

The first two games of the series in Cleveland were each decided by one point. This one was resolved by elbows, shoves and hard fouls.

Howard, Ilgauskas and Cleveland's Anderson Varejao all fouled out as the officials called 58 personals, handed out two technicals, a flagrant and spent half the night stepping between players on both sides as tempers flared inside an overheated Amway Arena.

"We just kept fighting. That's what

we got to do, we fight to the end," Howard said. "We can't worry about nothing, we can't worry about the calls, can't worry about nobody else. We just got to get out there and play."

When the referees weren't making peace, they were sending players to the free-throw line.

Unlike Games 1 and 2, the Magic didn't fall behind by double digits and need to rally. They got out fast, stayed close despite Howard's early foul trouble and put the Cavs away at the line.

Howard, a notoriously poor foul shooter, went 14-of-19 from the line and the Magic made 39 of 51 attempts. In the fourth quarter alone,

See **NBA**, Main 7

# ONE, TWO, THREE!



AP photo

Helio Castroneves, of Brazil, climbs the safety fence with members of his pit crew after winning the Indianapolis 500 — his third victory in the event — at Indianapolis Motor Speedway in Indianapolis, Sunday.

## What a month: Castroneves wins his third Indy 500

By Paul Newberry  
Associated Press writer

INDIANAPOLIS — Helio Castroneves capped a perfect month of May with the biggest win of all, pulling away to capture his third Indianapolis 500 just 5½ weeks after being acquitted of tax evasion charges.

Castroneves, who hopped back in his Team Penske race car as soon as he was cleared of charges that could have sent him to prison for six years, became just the ninth driver to win the historic race three times — and he's only one win away from joining the most elite group of all: four-time winners A.J. Foyt, Al Unser and Rick Mears.

The 34-year-old Brazilian pulled away over the final laps to beat Dan Wheldon and Danica Patrick, who

eclipsed her historic fourth-place finish as a rookie in 2005 by crossing the strip of bricks in third.

This day belonged to Castroneves, who pumped his fist all the way down the final straightaway.

"I want to climb the fence," said the driver known as "Spiderman," referring to his signature celebration.

Then he did just that, climbing out of his car after the victory lap and scaling the fence along the main grandstand with his pit crew.

"This is incredible," said Castroneves, who was sobbing as he got the trademark bottle of milk.

Roger Penske earned his record 15th Indy win as a car owner. When he leaned in to hug Castroneves in Victory Lane, the driver said, "Thanks for giving my life back."

Castroneves also claimed the pole and won the pit-stop competition before completing his Indy sweep on race day. Actually, he picked up another victory, as well, learning Friday just before he went out for the final practice that the government had dropped the last tax charge against him, the only count the jury couldn't reach a verdict on.

"This is the best month of May ever," Castroneves said.

Crashes took out some of the biggest names in the field, including Tony Kanaan, Marco Andretti and Graham Rahal. The most frightening wreck occurred on lap 173, when Brazilians Vitor Meira and Raphael Matos got together going into the first turn.

Meira's car veered head-on into the padded outside wall. He was

## Idaho Driver crashes in Indy 500

Davey Hamilton of Nampa started the Indy 500 in the 22nd position, only to wreck later on the 83rd lap. Hamilton finished fourth in 1998.



Hamilton

removed from the car, put on a stretcher and taken to a nearby hospital complaining of severe lower-back pain.

The lengthy caution period ensured that everyone had enough fuel to get to the finish. When the

See **INDY**, Main 7

## NASCAR race at Charlotte postponed due to rain

CONCORD, N.C. — NASCAR's longest race of the season spilled into a second day Sunday night when the Coca-Cola 600 was postponed by rain for the first time in 50 years.

Light rain had delayed the scheduled 6:03 p.m. start at Lowe's Motor Speedway, but the track appeared dry and NASCAR called the cars out to pit road moments before a heavy shower soaked the surface again. The heavy rain lasted less than 15 minutes, but a persistent drizzle made it impossible to dry the track.

The race will run today at noon. It's the first time it will be held on Memorial Day.

"We have a ton of family members and friends in town this weekend, and of course the big plan was for us all to be here tonight and playing around by the lake tomorrow," said Kurt Busch, who will start 17th.

"You just gotta feel for the fans, though. I'm sure a lot of them were counting on tomorrow for a travel day. The weather has put a kink in a lot of plans."

The only other time the Coca-Cola 600 was postponed was the 1960 inaugural race, when it was pushed from its Memorial Day weekend date to June 19 because three consecutive March snowstorms slowed construction on the speedway.

The weather has been good to NASCAR since the season-opening Daytona 500 was shortened 48 laps because of rain. Since then, every Sprint Cup Series event has been rain-free.

## Rodeo qualifying spots set for state

Diane Philbin  
Times-News writer

GOODING — After two days of district finals in Gooding, the all-around, reserve and rookie races were determined. After five weekends of rodeos, the qualifying spots for state have been decided. To qualify for state, contestants had to finish in the top six positions in the individual events.

Winning the boys all-around title for the third time was Cy Eames of Gooding and rookie Haillie Taylor of Wood River was the top cowgirl. The boys and girls reserve winners were J2 Bridges and Valene Lickley of Valley. Taylor and Likely finished one-two in the girls rookie race and Garrett Webb of Wendell was the top boy rookie.

To contend for the all-around title, participants need to compete in several events in order to compile enough points to claim the championship.

Eames is not known as just a calf roper, a steer wrestler or a team roper but he also rides the rough stock. He topped the

individual standings in saddle bronc and with Gooding partner Justin Parke, dominated the team roping finishing 39 points ahead of the closest team. Bridges won the steer wrestling with 80 points and Eames placed second with 70. After a tightly contested race with Parke in calf roping, Eames finished in second place trailing Parke by three points, 84-81.

"I've been roping really good and Justin is a good roper," said Eames. "My goal is to win state in all my events and I think I might even be able to win four events at nationals. My favorite event is calf roping. I've probably worked the hardest at it. But I have to just keep practicing."

Wendell rookie Garrett Webb qualified for three trips to Wrangler state and nationals and in his first year of high school rodeo. He finished fourth in calf roping and second in team roping with Kade Gill of Gooding, good enough for a trip to high school state.

"This year has been a good one," said Webb. "I try to watch the cattle when I can and try to stay consistent."

Ariel Cottonoir from Richfield is the

newly elected 2009-2010 queen of the District V and believes that the rodeo queens are like all the other contestants.

"Just because I am the queen, I'm not just girlie," said Cottonoir. "I try to compete like everybody else. As the queen my goals are to encourage good sportsmanship and help other people if they get down. I also want more involvement in things as a district."

Junior Mackenzie Stevens of Gooding entered five events and was a little nervous with her position in each event as the Saturday finals started. She sat in third place in goats, fourth in poles, fifth in barrels and team roping with Chayna Jones of Jerome, and 13th in breakaway.

"I've never been in this position before," said Stevens.

Stevens won the breakaway on Saturday with the best time of the day at 3.93 seconds but her point total wasn't near enough to qualify for state in the event. She did qualify in her other four events.

See **RODEO**, Main 7

## Bird wins Legends Cars

Times-News

Ryan Bird won the first appearance of the Legends Cars at Magic Valley Speedway on Saturday night.

Rob Vest took first in the Budweiser Super Stocks followed by Dustin Miller in second, and Rick Fowble in third.

Norm Hatke of Kimberly remains the points leader in the Budweiser Super stocks. Jerry McKean of Jerome finished in fifth position and stands in second place in the points ranking.

The Magic Valley Speedway's next race is scheduled for Saturday at 6 p.m.

### Race Results

**Budweiser Super Stocks:** 1. Rob Vest, 2. Dustin Miller, 3. Rick Fowble, 4. David Patrick, 5. Norm Hatke  
**Legends:** 1. Ryan Bird, 2. Camron Matsen, 3. Darin Turpen, 4. Rob Collins, 5. Jay Cook  
**MVP Street Stocks:** 1. Jim Shirley, 2. Craig Nuthak, 3. Steve Edens, 4. Rosalee McLurman, 5. Stacey Jensen  
**Quale Electronic Hornets:** 1. Chris Martinez, 2. Larry Goff, 3. Frank Potter, 4. Greg Sparks, 5. Casey Pherson  
**Quales Electronic Junior Stingers:** 1. Andy Brennan, 2. Taylor Patrick, 3. Jeremy Zuiderveld, 4. Eric Meyers, 5. Hannah Newhouse







# OPINION

## QUOTABLE

“We have a responsibility to serve all of them as well as they serve all of us.”  
 — President Obama in his Memorial Day speech urging Americans to pay tribute to its veterans.

### EDITORIAL

# Recalling veterans of America's forgotten wars

**T**hey're three wars that Americans would like very much to forget — Korea, Vietnam, Iraq — even on our national day of remembering. Widely considered to be misbegotten adventures that did America more harm than good, they were nevertheless fought by American men and women just as brave and skilled as those who waged the “good” wars — World War I, World War II and the Gulf War.

Our neighbors who were called upon to defend Pusan, save Khe Sanh or assault Fallujah never wavered. Twenty-nine of the 126 Idahoans — 23 percent — who died in Korea were from the Magic and Wood River valleys. At the time, the eight counties of south-central Idaho contained just 12 percent of the state's population.

Thirty-three more died in Vietnam and another six in Iraq. Average age of those 68 men when they died: 22 years, five months.

They ranged from 18-year-old Army Pfc. Ron Hall of Twin Falls, killed on the opening day of the Chinese Army's spring offensive in Korea in 1951, to 40-year Army Cpl. Don McGinley, who died on a scorching summer's day in Vietnam in 1968.

On Memorial Day, it's easy to recollect the glory and harder to evoke the grim realities. Thirty-five year old Army Cpl. Ray Lopez of Jerome, for example, died on Nov. 4, 1950, the day 300,000 Chinese soldiers invaded North Korea. Twenty-nine-year-old Army Capt. Gregg Hollinger of Paul was killed on Dec. 14, 1971, when he was one of just 24,000 American troops left in South Vietnam.

And half of the south-central Idaho soldiers, sailors and Marines who died in Iraq were on their second tours of duty in the country.

We owe these fellow Idahoans our freedom, but we're indebted to the Korea, Vietnam and Iraq veterans a bit more. They bore the battle when other, better-connected, luckier citizens hid behind their scruples.

Those who came home returned to doubt and skepticism, not to ticker-tape parades. They deserved better.

We can't change that in 2009, but we can resolve to do a better job of remembering.

## SOUTH-CENTRAL IDAHO'S WAR DEAD

### Korean War

- Army Master Sgt. Fred Arnold, 23, Jerome (Aug. 31, 1950)
- Army Pfc. Max Bailey, 20, Jerome County (MIA, declared dead)
- Marine Pfc. Ora Barratt Jr., 19, Bellevue (June 11, 1951)
- Marine Pfc. Patrick Berkley, 20, Twin Falls (Aug. 13, 1950)
- Marine Pfc. Robert Bradshaw, 19, Jerome (Aug. 19, 1950)
- Army Pfc. Leonard Carlson, 24, Blaine County (July 15, 1953)
- Army Cpl. Ralleigh Cullison, 19, Gooding (April 4, 1951)
- Army Pvt. Kenneth Dietz, 20, Jerome (Nov. 7, 1951)
- Marine Pfc. Donald Edwards, 19, Richfield (Aug. 18, 1950)
- Army Pvt. Kenneth Fairchild, 20, Twin Falls County (Sept. 2, 1950)
- Army Master Sgt. Charles Green, 23, Twin Falls County (July 10, 1952)
- Army Sgt. Fred Gummow, 23, Twin Falls County (Aug. 15, 1952)
- Army Pfc. Ron Hall, 18, Twin Falls County (April 21, 1951)
- Marine Master Sgt. Julius Harrington, 32, Twin Falls (Oct. 12, 1951)
- Army Cpl. William Horning, 24, Shoshone (Jan. 16, 1951)
- Marine Pfc. Ray Kaiser, 20, Rupert (March 1, 1951)
- Marine Sgt. Ed Lapp, 22, Twin Falls (Sept. 26, 1950)
- Army Cpl. Ray Lopez, 35, Jerome (Nov. 4, 1950)
- Army Sgt. 1st Class Freeman Loudon, 30, Shoshone (Nov. 26, 1950)
- Army Pfc. Jacob Mickael, 20, Twin Falls (Dec. 30, 1951)
- Army Pvt. Clayburn Nelson, 25, Twin Falls County (July 16, 1950)
- Army Pfc. George Overfield, 19, Jerome (Sept. 17, 1950)
- Army Pfc. William Paskett, 25, Cassia County (MIA, declared dead)
- Army Maj. Jack Rodarme, 38, Twin Falls County (May 18, 1951)
- Army Pfc. Don Slater, 18, Twin Falls County (Oct. 16, 1951)
- Army Pfc. Tex Straub, 21, Shoshone (Sept. 13, 1951)
- Army Pfc. Paul Wagner, 24, Twin Falls County (May 27, 1952)
- Army Sgt. Cyrus Whitby, 29, Cassia County (Sept. 16, 1950)
- Army Master Sgt. Phil Wilkes, 27, Shoshone (Feb. 12, 1951)

### Vietnam War

- Army Maj. James Allred, 38, Twin Falls (Dec. 14, 1963)
- Marine Pfc. Allan Aslett, 19, Twin Falls (Sept. 27, 1969)
- Army Sgt. Brent Baumert, 26, Twin Falls (April 26, 1966)
- Army 1st Lt. Johnny Benton, 21, Jerome (Nov. 25, 1968)

- Army Spec. 4 Gary Boushele, 22, Hailey (Oct. 27, 1969)
- Army Sgt. Richard Carlson, 22, Twin Falls (Nov. 4, 1966)
- Marine Lance Cpl. Larry Coats, 20, Twin Falls (Sept. 3, 1968)
- Navy Petty Officer 1st Class Marvin Curtis, 33, Hagerman (Nov. 15, 1968)
- Army Pfc. Elmo Deford, 18, Hansen (May 2, 1966)
- Army 1st Lt. Jack Dodson, 29, Kimberly (May 26, 1967)
- Army Spec. 5 Eugene Drown, 21, Kimberly (April 15, 1969)
- Army Spec. 4 Gene Evans, 21, Heyburn (June 13, 1968)
- Army Pfc. David Fairchild, 20, Buhl (Feb. 2, 1966)
- Army Spec. 4 Eric Harshbarger, 19, Filer (Nov. 1, 1969)
- Army Cpl. David Herbert, 26, Rupert (July 2, 1966)
- Marine Cpl. Teddy Hodges, 24, Malta (June 6, 1969)
- Army Capt. Gregg Hollinger, 29, Paul (Dec. 14, 1971)
- Army Chief Warrant Officer Tommy Kearsley, 22, Buhl (May 4, 1970)
- Army Sgt. Dale Larson, 21, Burley (Oct. 24, 1947)
- Army Spec. 4 John Lister, 21, Burley (March 21, 1969)
- Marine Cpl. Herman Lohman Jr., 19, Twin Falls (April 6, 1968)
- Army Pfc. Steven McDonald, 20, Ketchum (Nov. 28, 1971)
- Army Cpl. Donald McGinley, 40, Rupert (July 29, 1968)
- Army Spec. 4 Cecil Millsbaugh, 23, Declo (March 26, 1968)
- Navy Hospitalman Sam Rodriguez, 22, Wendell (May 19, 1968)
- Marine Pfc. Ron Shaff, 20, Filer (Feb. 19, 1969)
- Army Pfc. Billy Smith, 20, Twin Falls (Nov. 12, 1967)
- Army Chief Warrant officer Jon Sparks, 26, Carey (MIA, declared dead)
- Army Spec. 4 Ron Stapelman, 22, Paul (June 10, 1967)
- Army Capt. Gary Steele, 26, Bliss (April 19, 1965)
- Army Chief Warrant Officer Henry Tews, 21, Shoshone (Dec. 29, 1968)
- Army Pfc. Terence Thomas, 22, Hammett (March 11, 1968)
- Army Sgt. Bill Williams, 26, Hailey (June 3, 1970)

### Iraq War

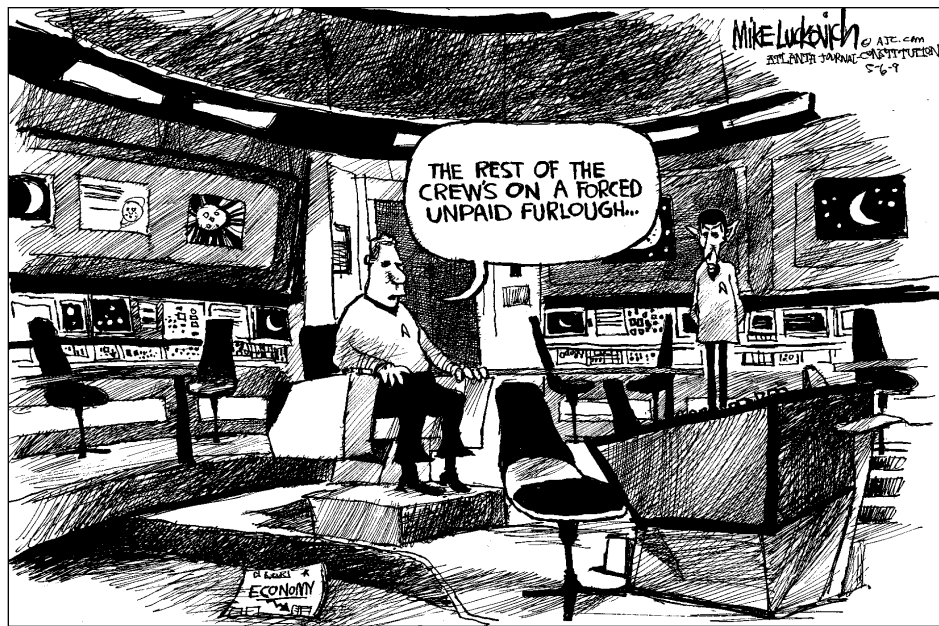
- Army Sgt. Ivan Alarcon, 23, Jerome (Nov. 17, 2005)
- Army Cpl. Doug Bridges, 22, Buhl (Nov. 4, 2006)
- Army Cpl. Richard Carl, 26, King Hill (May 9, 2003)
- Navy Petty Officer 2nd Class Curtis Hall, 24, Burley (April 6, 2007)
- Army Pfc. Cleston Raney, 20, Rupert (March 31, 2004)
- Marine Capt. Alan Rowe, 35, Hagerman (Sept. 4, 2003)

# Space and the elusive 'wow' factor

**E**ven though the space shuttle fleet has been given a pink slip, the launch of the space shuttle Atlantis to repair the Hubble Space Telescope is enough to forget for a moment all that plagues us. The astronauts will look down upon a planet from which they cannot detect war, pollution, fraud, or swine flu. They will attempt to repair that amazing machine that got off to a miserable, defective start, but now has given us images that both expands our knowledge of the universe and moves us to consider our utter insignificance in it.

Our astronauts are the 20th century's icon of the human conundrum. They symbolize our status as the supreme sentient and courageous power on this particular planet. Yet we so often do not have their back. As they help us peer into the galaxies, the rest of us keep getting sucked into black holes of selfishness and pettiness.

Atlantis lifted off earlier this month, in the second-to-last year before the shuttle fleet is scheduled to be retired. Its mission is to attempt the most complex repairs ever on the telescope, to give it a few more years of life, with the best “sight” it ever had. Though the shuttle program long ago ceased to captivate our daily imagination, this “mere” service call is no less majestic and dangerous. The whole mission could be wasted if but one tiny screw floats away and lodges in the wrong place. The astronauts will be replacing razor-sharp circuit boards that could mortally slice their



space suits.

Veteran Hubble repair astronaut John Grunsfeld told the *St. Petersburg, Fla., Times*, “You climb on top of 4 million pounds of explosive fuel, and if you don't think that that's a hazardous thing to do, then you probably are in the wrong line of business. We do space flight because we think it's important.”

“We're curious and we have a drive to explore. That's why we've occupied all the niches on planet Earth and we're kind of filling up the planet ... Ultimately, we'd better leave planet Earth or we're all going to cease to exist. And this is the very leading edge of that. In all of my experience, I feel that Hubble is by far the most important project that I have worked on. And obviously I think it's worth risking my life for, or I wouldn't be doing it.”

The repair is happening as the new “Star Trek” movie



**DERRICK Z. JACKSON**

opened at No. 1 at the box office and President Obama mulls whether to take us where we have never gone before. Space still captivates the imagination, but it has not inspired a national vision ever since Apollo. In the short term, Obama proposes to boost NASA funding and has ordered an outside review of the human spaceflight program. But he has yet to select a new administrator for NASA.

In a speech last month to the National Academy of Sciences, Obama repeatedly praised the Apollo program for expanding America's prominence in science and technology. It will be interesting to see how much of NASA's resources can go to

space exploration when he also has rightfully declared climate change and energy to be “this generation's great project.” It is also sobering to consider that one of the risks the shuttle astronauts face in this week's mission is orbiting space trash that has accumulated in our half-century of sending objects up there. Space is nowhere close to “leave-no-trace” camping.

But explore we should. Astronomer Ken Sembach of the Space Telescope Science Institute told *The Washington Post* that images from a repaired Hubble should produce a “wow factor.” Hopefully Obama can rebuild NASA into the organization that helps us say “wow” all over again, about the here and now, and the great beyond.

*Boston Globe* columnist Derrick Z. Jackson can be reached at [jackson@globe.com](mailto:jackson@globe.com).

## LETTERS TO THE EDITOR

### Miss California's answer was right

Before the controversy of Miss California fades from our minds, I would like to add fuel to the coals.

First of all, I would like to commend “The Donald” for his action in praising this young woman for her integrity for saying what she had been taught and believed. It took courage for her to say, without hesitation, declaring a marriage should be between a man and a woman even though the state she represents barely approved Proposition 8 on the subject of same sex marriage a few weeks ago. Her answer to the marriage question has the backing of scripture and those of us who regard marriage of a man and a woman as one of the most sacred ordinances initiated by deity.

And so those words offered by clergy for centuries, “I pronounce you husband and wife,” are being trampled on by those with a different interpretation of matrimony. Not only that but they unleash the vulgarist language on a beautiful young lady whose traditional views are personal with her. Her answer was not against anyone's doctrine but only stated her commitment to a traditional marriage. However those thin-skinned antagonists regard any remark that doesn't agree wholly with them as an affront to their lifestyle.

When you are right, as Miss California was, you can disregard what any-

body says, but when you are wrong, as are those who walk a different walk, you resent any remark whether derogatory or not.

**ALLEN D. LEE Jerome**

### City workers deserve credit for hard work

Perhaps it is because my deceased father, Ed Woods, was a city and county employee that I have an appreciation for the work that goes on in our local government organizations.

A new pressurized irrigation system was placed into service this spring in our area of town. The pump was installed last fall but could not be tested and “de-bugged” until conditions were right this spring.

Initial operation proved problematic with water pressure so low that pop-up spray heads would not pop up.

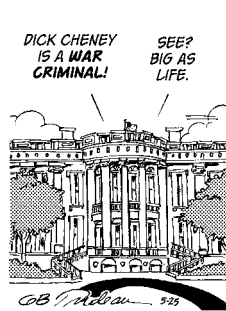
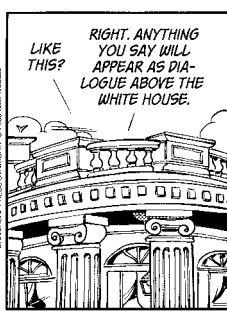
Thanks to the efforts of Jon Caton in Public Works, Sherry Jeff in Utilities, Mike Trabert in Engineering, Les Bennett in Water Supply and many other city employees, the problem source was identified and resolved. The actual effort of converting to pressurized irrigation took many months and the operational issues took weeks to correct.

Our city employees worked with concerned homeowners in a patient and professional manner and I want to make sure their efforts do not go unrecognized.

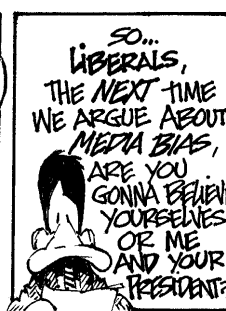
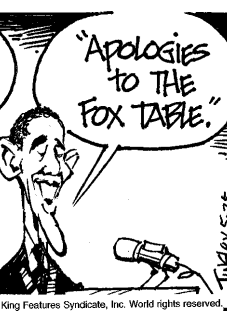
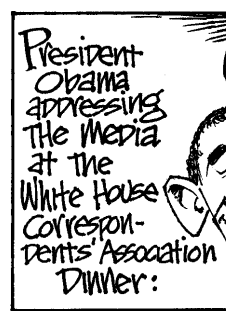
**STEVEN WOODS Twin Falls**

## THE LIGHTER SIDE OF POLITICS

Doonesbury



Mallard Fillmore



By Bruce Tinsley



# Komodo dragon attacks terrorize Indonesia villages

**Irwan Firdaus**  
Associated Press writer

KOMODO ISLAND, Indonesia — Komodo dragons have shark-like teeth and poisonous venom that can kill a person within hours of a bite. Yet villagers who have lived for generations alongside the world's largest lizard were not afraid — until the dragons started to attack.

The stories spread quickly across this smattering of tropical islands in southeastern Indonesia, the only place the endangered reptiles can still be found in the wild: Two people were killed since 2007 — a young boy and a fisherman — and others were badly wounded after being charged unprovoked.

Komodo dragon attacks are still rare, experts note. But fear is swirling through the fishing villages, along with questions on how best to live with the dragons in the future.

Main, a 46-year-old park ranger, was doing paperwork when a dragon slithered up the stairs of his wooden hut in Komodo National Park and went for his ankles dangling beneath the desk. When the ranger tried to pry open the beast's powerful jaws, it locked its teeth into his hand.

"I thought I wouldn't survive... I've spent half my life working with Komodos and have never seen anything like it," said Main, pointing to his jagged gashes, sewn up with 55 stitches and still swollen three months later. "Luckily, my friends heard my screams



A Komodo dragon is seen on Rinca island, Indonesia on April 29. Attacks on humans by Komodo dragons — said to number at around 2,500 in the wild — are rare, but seem to have increased in recent years. Komodo dragons have a fearsome reputation worldwide because their shark-like teeth and poisonous saliva can kill a person within days of a bite.

and got me to hospital in time."

Komodos, which are popular at zoos in the United States to Europe, grow to be 10 feet long and 150 pounds. All of the estimated 2,500 left in the wild can be found within the 700-square-mile Komodo National Park, mostly on its two largest islands, Komodo and Rinca. The lizards on neighboring Padar were wiped out in the 1980s when hunters killed their main prey, deer.

Though poaching is illegal, the sheer size of the park — and a shortage of rangers — makes it almost impossible to patrol, said Heru Rudiharto, a biologist and reptile expert. Villagers say the dragons are hungry and more aggressive toward humans because their food

is being poached, though park officials are quick to disagree.

The giant lizards have always been dangerous, said Rudiharto. However tame they may appear, lounging beneath trees and gazing at the sea from white-sand beaches, they are fast, strong and deadly.

The animals are believed to have descended from a larger lizard on Indonesia's main island Java or Australia around 30,000 years ago. They can reach speeds of up to 18 miles per hour, their legs winding around their low, square shoulders like egg beaters.

When they catch their prey, they carry out a frenzied biting spree that releases venom, according to a new study this month in the journal Proceedings of

the National Academy of Sciences. The authors, who used surgically excised glands from a terminally ill dragon at the Singapore Zoo, dismissed the theory that prey die from blood poisoning caused by toxic bacteria in the lizard's mouth.

"The long, jaded teeth are the primary weapons. They deliver these deep, deep wounds," said Bryan Fry of the University of Melbourne. "But the venom keeps it bleeding and further lowers the blood pressure, thus bringing the animal closer to unconsciousness."

Four people have been killed in the last 35 years (2009, 2007, 2000 and 1974) and at least eight injured in just over a decade.

## Iranian government un-friending Facebook

Los Angeles Times

What the Iranian authorities give, they can easily take away, as shown by the government's seesawing attitude toward Facebook.

Access to the popular social-networking site was blocked to most Web surfers in recent days, according to Iranian media, amid conflicting reports over whether the ban had been lifted again.

There has been no official word, but most observers assume the government was trying to minimize the effect the site might have on June 12 presidential elections.

Iranian Internet-service providers had long banned Facebook. Government officials were fearful it could be used by intelligence officials abroad to recruit operatives or by activists to organize anti-government protests.

But in January, after watching the way activists were using Facebook to promote opposition to the Israeli offensive in the Gaza Strip, Iranian authorities quietly lifted the ban.

Thousands of Iranians signed up to use Facebook, many of them "friending" other Iranians in the diaspora. Tech-savvy Iranians quickly began using the Web site to organize events in support of candidates in the upcoming presidential elections.

## Afghanistan's rebuilding looms as sequel to Iraq's

**By Richard Lardner**  
Associated Press writer

WASHINGTON — The job of rebuilding Afghanistan is shaping up as an ominous sequel to the massive, mistake-riddled U.S. effort to get Iraq back on its feet.

Since 2001, the U.S. has committed nearly \$33 billion for reconstruction projects in Afghanistan. Yet as President Barack Obama sends more troops and aid to quell a growing insurgency, there's been no detailed public accounting of where the money has gone and how effectively it's being spent.

As in Iraq, where the U.S. has contributed \$50 billion for rebuilding, the flow of money to Afghanistan outpaces the ability to track it. Already, an inspector general looking into the U.S. handling of Afghanistan reconstruction has found worrisome evidence of lax oversight and costly projects left floundering.

Afghanistan presents difficult challenges. It lacks Iraq's modern infrastructure and oil to generate revenue. Work sites are often in remote and primitive locations, making it hard for investigators to keep tabs on progress and ensure contract terms are being met.

Even when projects are initially successful, there are no guarantees they'll stay that way. Afghanistan

is one of the world's poorest countries and can't sustain improvements without heavy international aid. It is hamstrung by a government rife with corruption, by a thriving drug trade, by weak procurement rules and by lax enforcement.

A U.S. government watchdog to oversee the American tax dollars pouring into projects throughout Afghanistan wasn't even created until 2008 — seven years after U.S. troops invaded the country to hunt down al-Qaida members and oust the Taliban.

The office of the special inspector general for Afghanistan reconstruction, led by retired Marine Corps Gen. Arnold Fields, still lacks staff and money needed to do its job properly.

"We probably should have done this several years before now," says the understated Fields. "I think we may have lost some ground that we are now trying to make up."

But even its early efforts show troubling signs. In its first audit report, released this past Tuesday, Fields' office reported that a military command in Kabul managing \$15 billion in U.S. programs to develop Afghanistan's security forces cannot be sure the money is being spent wisely.

The auditors examined a \$404 million training con-

tract held by a large U.S. consulting company and found the government official responsible for monitoring the vendor's performance worked at an Army office in Maryland — nine time zones away.

More cause for concern is found in Khost, a town on Afghanistan's violent border with Pakistan, where a failed electric power station points to the inability to sustain critical projects.

At a cost of \$1 million, the power generation plant in Khost was transformed from a dilapidated building into a modern facility with three newly installed generators.

In September 2008, the fully functioning plant was turned over to Khost's ministry of energy and water. When U.S. inspectors visited the site in March, only one generator was still operating and only at 60 percent of capacity. The plant's manager said the two generators out of commission were missing parts.

U.S. money also was used to train 25 poor women to cultivate and sell saffron, a spice being promoted in Afghanistan as an alternative to growing opium poppies. The project was completed on time and on budget. But Afghan authorities didn't have the resources to keep the program going for the two years needed to make it self-sustaining.

## Betty D. Clough

Betty Dorraine Clough, 77, of Twin Falls, passed away peacefully on Saturday, May 23, 2009, at Willowbrook Assisted Living Facility in Twin Falls.

She was born April 17, 1932, in Eden, the daughter of John Southwood and Faye (Shinn) Southwood. Betty was the youngest of four children, two sisters and one brother. She grew up in the Eden area where she graduated from Eden High School and attended all the class reunions with her best friend and sister, Marylou, until ill health kept her from doing so.

Betty married Jack L. Clough in July of 1949. To this union were born three children, Vicki, Tracy and Clayton. They had 56 wonderful years and Jack passed away on Aug. 18, 2005.

Betty was active in the Order of Eastern Star Lodge #29 for many years. She also bowled on the same Friday night bowling team for several years with family and friends. Many hours were spent working in her yard. But her favorite time was the time she spent with her best friend and sister, Marylou. They were very close.

Surviving Betty are her children, Vicki Stearns of Twin Falls, Tracy (Jim) Crisp of Kimberly, and Clayton (Janet) Clough of Twin Falls, her aunt, Marge Clough of Colorado, six grandchildren, Jeff (Heidi) Stearns of Twin

Falls; Kodi (Joe) Crisp-Coleman of Louisiana, Matt (Jentrie) Stearns, Ryan (Tarrna) Crisp, Keaton Clough, and Tyler Clough, all of Twin Falls, 10 great-grandchildren, special niece, Charlene Hine of Twin Falls; special nephew John Looney of Portland, Ore., several nieces and nephews, & special friends, Helen Shaff and Mats Koto of Twin Falls, and Bob & Maureen Conway of California.

Her parents, her husband Jack, two sisters, one brother and a grandson preceded her in death.

At her request, no services will be held. Cremation is under the direction of the Parke's Magic Valley Funeral Home, 2551 Kimberly Road, Twin Falls.

Special thanks to Grandma Helen, Jeff and Cindy Laws for always keeping watch when she was home. And thanks especially to the special people at Willowbrook. Thank you to all of you for the support, compassion, and wonderful treatment given to our Mom. We will be forever grateful.

At the request of the family, memorials may be made in her name to the Shriners' Children's Hospital c/o Parke's Magic Valley Funeral Home 2551 Kimberly Road, Twin Falls, Idaho 83301.

We Love You, Mom and Will Miss You So Much. Tell Dad hi! for us.

## DEATH NOTICES

### Reed Goold

Reed Goold, 92, of Twin Falls, died Friday, May 22, 2009, in Twin Falls. Arrangements are under the direction of White Mortuary "Chapel by the Park" in Twin Falls.

### Patricia 'Patty' L. Cheslik

SHOSHONE — Patricia "Patty" L. Cheslik, 56, of Shoshone, died Saturday, May 23, 2009, in Shoshone. Funeral arrangements are pending and will be announced by Demaray Funeral Service — Shoshone Chapel.

## SERVICES

**Mamie Ola Brooks Lannom** of Emmett and formerly of Jerome, joint memorial graveside service for Ola and her son, Bill, 11 a.m. Tuesday at the Jerome Cemetery (Hove-Robertson Funeral Chapel in Jerome).

**Enid Richards Cook** of Twin Falls, celebration of life at 11 a.m. Tuesday at Parke's Magic Valley Funeral Home, 2551 Kimberly Road in Twin Falls.

**Dale Cunningham Loosli** of Boise and formerly of Minidoka County, service at 11 a.m. Tuesday at the Caldwell LDS 5th Ward Church, 11792 Linden Road in Caldwell; visitation from 7 to 8:30 p.m. today at Bell Funeral Home, 9661 W. Chinden Blvd. in Boise, and one hour before the service Tuesday at the church.

**Neil D. Admire** of Olivehurst, Calif., service at 1 p.m. Tuesday at the Foresthill LDS Branch Chapel, 20895 Todd Valley Road in Foresthill, Calif. (Price Funeral Chapel in Citrus Heights, Calif.)

**Alvis Leroy Pennington Sr.** of Shoshone, memorial service at 2 p.m. Tuesday at Demaray's Shoshone Chapel.

**Loye Phifer** of Elko, Nev., and formerly of Kimberly, funeral at 10 a.m. Wednesday at the VFW Hall in Elko, Nev. (Burns Funeral Home in Elko, Nev.)

**Edith L. "Toni" Wagoner** of Metaline Falls, Wash., cel-

ebration of life at 11 a.m. Wednesday at Reynolds Funeral chapel, 2466 Addison Ave. E. in Twin Falls.

**Roy Norman Sorenson** of Twin Falls, funeral at 2 p.m. Wednesday at White Mortuary, 136 Fourth Ave. E. in Twin Falls; visitation from noon until time of the service Wednesday at the mortuary.

**Betty Mae Fries** of Twin Falls, funeral Mass at 11 a.m. Thursday at St. Edward the Confessor Catholic Church, 161 Sixth Ave. E. in Twin Falls; rosary at 7 p.m. Wednesday at Reynolds Funeral Chapel, 2466 Addison Ave. E. in Twin Falls.

**Melvin Ray Shirley** of Twin Falls, memorial service at 3 p.m. Friday at Church of Christ Magic Valley, 2002 Filer Ave. E. in Twin Falls (Farnsworth Mortuary in Jerome).

**Sharron Fay Chase Sanada** of Rupert, celebration of life and barbecue at 11 a.m. Saturday at Lake Walcott Park (Minidoka Dam); bring a side dish or dessert and chairs (Rasmussen Funeral Home in Burley).

**Harry E. Reed** of Jerome, celebration of life from 11 a.m. to 5 p.m. Saturday at the Jerome Public Library, 100 First Ave. E. (Farnsworth Mortuary in Jerome).

**Darlene Mathews** of Filer, celebration of life at 4 p.m. Saturday at the Calvary Chapel, 1004 Burley Ave. in Buhl (Farnsworth Mortuary in Jerome).

## KFC: Grilled chicken frenzy brought good publicity

LOUISVILLE, Ky. (AP) — Combine Oprah Winfrey's endorsement with a chicken giveaway and what do you get?

For KFC, the result was an avalanche of attention, some positive, some negative, for its national rollout of Kentucky Grilled Chicken. The frenzy briefly overwhelmed the chain, which promised free-meal rain checks for customers

who couldn't redeem their online coupons, first posted May 2, because stores ran out of the meals or stopped honoring the offer because customer traffic threatened to get out of hand.

KFC now sees the promotional roller-coaster as a blessing.

"The critical thing for us was to get people to eat the chicken, whatever it took," KFC President Roger Eaton

said in an interview with The Associated Press.

Overall sales are up since the chain famous for fried chicken rolled out its long-tested grilled version April 19 in hopes of luring health-conscious customers and reviving lackluster U.S. sales. The company says it's encouraged by steady sales of the new meal since the launch, indicating customers are coming back to

have it again.

KFC, a subsidiary of Louisville-based Yum Brands Inc., won't reveal sales numbers since the grilled chicken rollout, but Eaton called the early results "transformational" for a brand that has struggled with its heritage of fried food in the U.S., even while expanding rapidly overseas, especially in China.

## Sponsor a Pet!



**\$39 a month is all it takes to sponsor a pet for the Animal Shelter here in Twin Falls. You can buy a spot on our Adopt-A-Pet page, which runs once a month, and helps find good homes for local, adoptable pets. Remember to spay or neuter your pets before you bring them home.**

For more information call Karen at 735-3270 or email: [kdickman@magicvalley.com](mailto:kdickman@magicvalley.com)

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# Wheezing away

Managed properly, asthma doesn't have to slow you down



Photos by JUSTIN JACKSON/Times-News

Jessica Hughes, 14, uses a nebulizer as part of the asthma testing process recently in Twin Falls. St. Luke's offered a free asthma clinic at a clinic office on Shoup St. West.

By **Melissa Davlin**  
Times-News writer

**S**ydney Ewaniuk sat in the waiting room of Magic Valley Regional Medical Center's pulmonary functions lab. On the television, Sesame Street en

Espanol explained what to do if a friend or family member has an asthma attack. (Have your friend relax! See if they have an inhaler! Get an adult!)

But Sydney already knew the steps. The 9-year-old has had asthma since she was born.

Ewaniuk and her mother attended Twin Falls' first free lung-function test, hosted by South Central Public Health District, South Central Idaho Asthma Coalition and St. Luke's Magic Valley Medical Center. Organizers promoted the test in schools to highlight the prevalence of asthma.

Twin Falls respiratory therapist Lande Lambert said asthma is the No. 1 cause of school absences, resulting in 14 million missed school days annually across the nation. Asthma is also the fourth-leading cause of work leave. The scary thing:

## HAVE ASTHMA?

Learn how to assess and manage your symptoms. St. Luke's Magic Valley holds monthly classes for asthma patients from 6 to 8 p.m. on the third Thursday of every month. Call 737-2007 to reserve your spot.



Hughes first noticed having symptoms of asthma when she played outside as a younger child.

Many people don't know they have it. Some of the children in the waiting room had never been diagnosed with asthma and came on a school nurse's recommendation. Others, like Sydney, wanted to get an assessment to see how well her asthma medication is working.

"We came to check her asthma and see if it's getting better or worse," said her mother Kim Ewaniuk.

Asthma hasn't slowed down the third grader. She can play soccer and participate

in physical education at school. Whenever she feels an asthma attack coming on, a puff of her inhaler helps get her back on the soccer field.

Lambert isn't sure if St. Luke's will host another free lung function test — which normally costs \$350 — but encouraged people to get tested if they have the symptoms.

Melissa Davlin may be reached at 208-735-3234 or [melissa.davlin@lee.net](mailto:melissa.davlin@lee.net).

## WARNING SIGNS:

**Wheezing:** The wheezing can occur after aerobic exercise, Lambert said, or on its own.

**Chronic cough:** Coughing at night is especially common with asthmatics.

**Chest pain or tightness**

**Shortness of breath**

If you suspect you have asthma, go to your primary care physician. A lung function test requires a doctor's recommendation.

## ASTHMA FAST FACTS:

**Asthma isn't just a childhood disease.** Adults can develop asthma, even if they have never had symptoms before, Lambert said.

Children with asthma will most likely have asthma as an adult, although symptoms may lessen with age. Eight percent of Idaho adults have asthma, making it one of the most common chronic diseases, according to a 2004 study by the Idaho Department of Health and Welfare.

**Asthma can be deadly,** especially for the elderly. It doesn't happen often, but asthma attacks can sometimes lead to death.

According to the Idaho Department of Health and Welfare, 24 Idahoans died from asthma complications in 2005. Of those, 16 were older than 65 years old.

**There is no cure for asthma,** but it can be treated and managed with medicine.

**Smoking exacerbates symptoms.**

This one is a no-brainer. If you inhale smoke, your asthma is going to be worse. Quit smoking if you have asthma, and don't smoke around asthma-sufferers.

**Asthma isn't a free pass to be a couch potato.** American Academy of Allergy, Asthma & Immunology says that as many as one in six Olympic athletes have asthma. If they can swim and cycle and run with the proper medication, so can you.

Actress Gwyneth Paltrow attends the Fontainebleau Miami Beach Hotel grand opening party in November.



AP file photo

# CALLING ALL MOMSHELLS

## How you can get a hot post-baby body

By **Sandy Cohen**  
Associated Press writer

LOS ANGELES — Mother, do you know where your pre-baby body is?

With a little effort, it's not far off, says fitness pro Tracy Anderson, whose A-list clients include Madonna and Gwyneth Paltrow. Whether you're a new mom or a veteran, the key is to set aside time for exercise and keep your practice consistent, Anderson says. The payoff? A fitter body, calmer mind

and happier mom.

"It's so easy to think that taking that time is selfish, but really it's giving you and your entire family the greatest gift you can give: your health and mental well-being," Anderson says. "Part of being a good mom and being the mom you picture yourself to be is to be able to be clearheaded and focused, so make time to move your body."

Anderson developed her dance-inspired fitness program after gaining 60 pounds while pregnant with her

son. It's never too late to start moving, she says, and new moms — or those new to exercise — can begin with just 15 minutes per day.

"You can change your muscular structure. I don't care what your genetics are," she says. "You can get rid of the fat and pull the muscles together."

It took Paltrow "a long time" to build endurance, Anderson says, and now the actress has one of the most

See **MOMS**, H&F 2

# To do for You

## '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: travel with baby. The session is educational support for parents and babies. A baby scale is available each week.

Free; 324-6133.

## Celiac support

Celiac Support Group of Magic Valley meeting, 7 p.m. Tuesday, in the doctors' meeting room at St. Luke's Magic Valley Medical Center, 656 Addison Ave. W. in Twin Falls.

Anyone interested in a gluten-free diet is welcome. Free; Pat, 731-9079.

## About childbirth

Prepared childbirth classes, 6:30-9 p.m. Tuesdays, this week to June 23, in the lobby at St. Luke's downtown campus, 660 Shoshone St. E. in Twin Falls.

Topics: wellness of the mother; labor and delivery process with relaxation and breathing techniques; care of the postpartum mother and newborn; breastfeeding and bottle feeding; and a video tour of the Women's and Infant Center. Bring a labor support person, if possible.

Cost is \$60. Pre-registration required; 732-3148.

## About C-sections

Cesarean childbirth class, 6:30-9 p.m. Wednesday, in the lobby at St. Luke's downtown campus, 660 Shoshone St. E. in Twin Falls.

Topics: Cesarean deliveries, pain management, non-conforming labors and hospital procedures.

Free. Preregistration required; 732-3148.

## About C-sections

Cesarean class of St. Benedicts' prepared childbirth series, 7-9 p.m. Wednesday, 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.

## Childbirth refresher

Childbirth refresher course, 6:30-9 p.m. Thursday, in the lobby at St. Luke's downtown campus, 660 Shoshone St. E. in Twin Falls.

Topics: Review of childbirth preparation and breathing techniques, and a video tour of the Women's and Infants Center.

Cost is \$20. Pre-registration required; 732-3148.

## About back injuries

"Back School" a course on preventing and treating back injuries, 5-7 p.m. June 1, at St. Luke's Idaho Elks Rehabilitation Services, 560 Shoup Ave. W. in Twin Falls.

Topics: basic spine anatomy, common injuries and diseases that lead to back pain, as well as instructions in posture and body mechanics to protect the spine.

Cost is \$25. Pre-registration required; 737-2126.

## Cancer support

Intermountain Homecare of Cassia Regional Medical Center offers a cancer support group meeting, 2-3:30 p.m. June 1 at Parke View Care Center's Oakley Room, 2303 Parke Ave. in Burley.

Open to cancer patients and their adult family members. Free; 678-8844.

## Tobacco cessation

Mustard Tree Wellness Clinic and South Central Public Health District offer American Cancer Society's "Fresh Start" program to help adults quit using tobacco products; seven-class session, 5:30-6:30 p.m. Mondays, June 1 through July 13, at the clinic, 676 Shoup Ave. W., Twin Falls.

"Fresh Start" builds skills to help reduce and eventually end tobacco use: communicate better, handle stress, make decisions, set goals, eat healthy and exercise.

Free. Preregistration required: Tami Pearson at 737-5945 or Jonie Benson at 734-2610.

"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.



RICARDO DeARATANHA/Los Angeles Times

Taking birth control pills may stymie muscle gain.

# A bitter pill

By Jeannine Stein  
Los Angeles Times

Ladies: Are you pumping iron but not seeing much muscle gain? Your birth control pills might be partly to blame.

A recent study included 73 women ages 18 to 31 who were divided into two groups — one taking oral contraceptives and one not taking them. Each group completed 10 weeks of resistance training supervised by exercise physiologists. Before and after training, blood samples were taken to determine levels of anabolic and catabolic hormone levels. Anabolic hormones influ-

ence muscle growth, while catabolic hormones, such as cortisol, can destroy muscle fibers.

Women not taking birth control pills added more than 60 percent more muscle mass than women who were taking the drugs. Also, fasting levels of anabolic hormones were lower and plasma concentrations of cortisol were higher in the contraceptive group. However, gains in strength and arm and leg circumferences were about the same in both groups.

The study was presented recently at the annual meeting of the American Physiological Society.

# Arthritis starting to affect younger people

By Liz Atwood  
The Baltimore Sun

Arthritis affects almost 80 percent of Americans. And those affected are getting younger, according to Dr. Barry Waldman of OrthoMaryland and director of the Center for Joint Preservation and Replacement at the Rubin Institute for Advanced Orthopedics at Sinai Hospital in Baltimore.

"We don't really know why, but we're seeing an epidemic of patients with wearing out of joints in their 40s and even late 30s." But the good news, Waldman says, is that diet and exercise are the best ways to treat the disease.

**Question:** What is arthritis?

**Answer:** The word means inflammation of the joint. This inflammation causes the cartilage in the joint to wear out. As it wears out, it causes four problems: pain, redness, swelling and deformity.

**Q:** Are all those symptoms usually present?

**A:** No. They don't have to be. And there are all kinds of arthritis. The one we're most familiar with is osteoarthritis, the premature wearing out of the joints. There are other kinds

caused by a number of diseases called inflammatory arthritis.

**Q:** Who is most susceptible to osteoarthritis?

**A:** Past trauma and family history can play a role. But the vast majority of people just get it, and we don't know why.

**Q:** How is it diagnosed?

**A:** Generally by X-ray.

**Q:** What are the most common symptoms people experience?

**A:** Pain and swelling. The pain tends to be worse when they are sedentary. When they're active, the joint hurts less.

**Q:** Why?

**A:** We don't know, but cartilage tends to be healthier when it's moving.

**Q:** When should someone seek treatment?

**A:** When the symptoms are interfering with things they want to do, whether it is walking or exercising.

**Q:** Are there other conditions people could have that would give the same symptoms?

**A:** It could be an injury, but generally there are not a lot of disorders you can confuse with arthritis.

**Q:** Does delaying treatment make the condition worse?

**A:** We encourage people to see a doctor because

there are some kinds of arthritis that can be slowed down with medication.

**Q:** Some people say weather makes their arthritis worse. Does research support that?

**A:** There have been a lot of studies done on arthritis and weather, and it seems that weather doesn't make a difference in arthritis pain.

**Q:** What are the treatment options for those with osteoarthritis?

**A:** We always try things that aren't surgery first. The best early treatment is exercise. Getting the muscles stronger around the joint will help. The next thing we try is acetaminophen, otherwise known as Tylenol. Then we move on to anti-inflammatory medicines like Motrin or Alleve. If that doesn't work, there are medicines we can inject into the knee or shoulders. We can try anti-inflammatories like cortisone. We have one injectable medicine made of cartilage that can act as a cushioning agent.

**Q:** Do over-the-counter remedies such as glucosamine help?

**A:** There was recently a large study that (the National Institutes of Health) did that found that

glucosamine and chondroitin didn't help improve arthritis; it was very ineffective. The American Academy of Orthopedic Surgeons now recommends against taking it.

**Q:** What about arthroscopic surgery?

**A:** One of the complications of arthritis is that a big piece of cartilage can come loose inside the joint. Arthroscopic surgery can be very helpful in that case, but for most people, just washing out the joint with surgery won't help.

## Take it outside

Five great places to work out in the great outdoors.

NEXT WEEK IN HEALTHY & FIT

# Moms

Continued from H&F 1

envied bodies in the business.

Anderson's tips for a killer post-baby body:

- **Don't think** you need to lose weight before you start exercising.

- **Find a workout** that fits your schedule. "It may be unrealistic for a new mom to drive to the gym and have a trainer," Anderson says. "Start with 15 minutes a day and work up to doing something at home for 45 minutes a day."

- **Have a practical** idea in your mind of how you want your body to look and work toward that goal. "You need to know where you want to go and exercise appropriately for that," she says. "People don't realize how manipulatable the muscular structure is."

- **Find a workout** that fits your budget and lifestyle. Anderson will offer free and low-cost downloadable workouts on her Web site (<http://tracyandersonconnect.com/>) beginning June 1. "There's no equipment," she says. "You need me and a mat or towel. That's it."

- **Move your body** six days a week: "Three days a week

is not OK," Anderson says.

- **Be consistent.** Stick with your program and you'll see results, which

inspires further progress.

Says Anderson: "Results speak volumes for motivation."

## 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 6 - Control your retirement accounts

If, after reviewing your finances and discussing them with a professional, your only option is to access your retirement account funds, you should know the implications. Premature distributions (prior to age 59 1/2) from a retirement account are subject to regular income tax and a 10% penalty. You should consult with a professional regarding the full tax implications. When you leave your company, you lose control over your investments when you leave them behind in an old plan. Contact us to discuss some options for retirement accounts.

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**5:00 p.m. - Get Crafty!**  
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**LEDGE WORK:** Kravit prowls the UCLA campus to demonstrate the cat balance.

# A concrete plan for urban fitness

By Jeannine Stein  
Los Angeles Times

LOS ANGELES — In the noncompetitive discipline known as parkour, you move through the environment as efficiently as possible, using only the human body. Parkour, which originated in France and is becoming increasingly popular in the U.S., incorporates vaulting, jumping, skipping, climbing, running, hanging, swinging and other moves as participants proceed from one place to another. Enthusiasts are drawn to the broad navigational possibilities and challenges, with no rules and no set techniques.

Parkour requires a certain level of athleticism, and the more athletic one is, the easier (and more fun) it is to traverse the terrain, be it concrete or earth. Anyone starting from scratch might want to begin more traditional strength and cardio training before tackling parkour moves or while learning them. Upper-body strength is especially important for climbing walls and vaulting, while leg strength is paramount for jumps. Strong joints make for better landings, and good cardio function is necessary for moves that require endurance. Core strength is key because it's integral to almost every move. Balance and core strength are required for safe landings.

Parkour itself is excellent for training pretty much all the muscles of the body as well as building bone density.

The exercises here, courtesy of Cliff Kravit, a parkour instructor ([www.lagymnastics.com/index.php](http://www.lagymnastics.com/index.php)) and founder of PKCali ([www.pkcali.com/news.php](http://www.pkcali.com/news.php)), an online resource for parkour in Southern California, are based on fundamental parkour moves. He showed off some of those moves at the University of California, Los Angeles' building-dense landscape, taking advantage of the many stairways, walls and curbs. But they can be done anywhere there are stairs, ledges, walls, railings — even trees. Although urban locations offer fairly flat terrain, Kravit recommends wearing comfortable clothes and shoes that allow for movement (tennis shoes or canvas flats might be easiest for beginners).

Some people believe "traceurs" — people who practice parkour — are just thrill-seekers, but Kravit says that's not the case. Safety is vital, and progression is key — you build on basic moves until proficiency is attained. Focus on the exercise before, during and after completing it; losing concentration can mean tripping, slipping or falling. Beginners should practice on flat ground whenever possible, gradually increasing the difficulty, and use a spotter when necessary.

There's no recommended number of sets or reps for each move; one's fitness level, Kravit says, will determine how many should be done. Always strive to maintain good form, and avoid fatigue that can lead to injury.

## Cat vault, saut de chat, or Kong vault

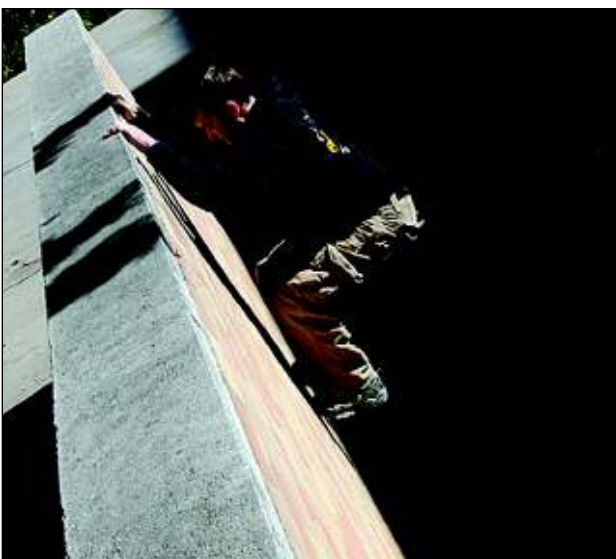
This basic move entails leaping over a waist-high obstacle that has some depth to it and has a flat top — a low wall, say. It's a quadrupedal movement (involving arms and legs), so both upper and lower body muscles are engaged.

To start, take a few running steps toward the obstacle, place both hands on the far end, tuck the legs and



**STAIRS, ON ALL FOURS:** A forward-motion cat jump lands Cliff Kravit on his hands a moment before his feet land behind him. A certain amount of athleticism helps.

Photos by LIZ O. BYLEN/Los Angeles Times



**URBAN JUNGLE:** Kravit shimmy up a wall — an example of parkour. In the fairly new discipline, people use only their body to navigate the environment, challenging all major muscle groups.

bring them through, using the momentum to jump over the wall. "You want to keep moving forward, and continue the momentum and fluidity," Kravit says, so keep running a bit after landing. To make this move easier, jump and stop on the top of the wall, knees bent, then jump down. Doing this a few times will work the cardiovascular system.

## Step-up

This move is good preparation for climbing walls, which often requires a burst of speed and power to propel the body vertically. Step up on a flat, elevated surface, about one to 1 1/2 feet high, with the ball of the foot, then drive the body upward, hands reaching above the head, before landing on the ground, knees bent to absorb the impact. Beginners can try this without the jump. Repeat, then switch legs.

## Box jump

Find a flat, wide surface on which you can jump comfortably, even if it's only six inches off the ground, like a low curb or stair. Bend the knees and jump up, landing on both feet, then immediately jump down and repeat. "It should be a quick rebound," says Kravit. If going up and down that quickly is too difficult, try adding an extra hop while on the ground; this also will help stabilize the body. Leg and core muscles are engaged, and this exercise also trains fast-twitch muscle fibers, which are needed for quick bursts of speed or strength, and are important in jumps, a cornerstone of parkour.

## Sideways quadrupedal stair exercise

Facing sideways on a flight of stairs, place hands on two consecutive steps and propel the legs upward, using the upper body, and lifting the feet up a couple of steps higher than the hands. This move targets upper-body muscles — especially the lats — and the core. Going down will be easier, but use the same method: Place the hands first, then propel the legs downward using the upper body to control the movement.

## Cat balance

This is another quadrupedal movement that mimics the way a cat walks, and gives a full-body workout. On a low ledge or the ground (try to find a seam in the sidewalk), crouch on hands and feet, making sure the hips aren't elevated too high and the knees aren't touching the ground. Move backward and forward in a line, placing weight on arms and legs, keeping the head and neck aligned and always looking just ahead of the hands, which will help maintain balance.

"This gets you used to being horizontal and low to the ground," Kravit says. "It's about developing that center of balance, and (it) gets you used to moving the arms and legs in conjunction with one another."

## Wall shimmy

Strong arm and back muscles are needed for this exercise. Find a wall from which you can hang without

touching the ground. Grasp the top of the wall with both hands, and place the balls of the feet against the wall, bending the knees. Shift your body sideways along the wall, moving one hand and foot at the same time, then the other hand and foot. Mastering this move will make wall climbs easier, as it gets the body strong and stable for more advanced work.

## Cat jump or Kong vault up stairs

This variation on the basic Kong vault uses stairs and is another quadrupedal movement. Starting in a crouch, push off with the legs, land the jump on the hands a few stairs up and then bring the feet up to a stair lower than the hands. Use the upper body to absorb some of the impact of the jump to spare the knees. Continue up the stairs, but walk down — do not do this exercise down the stairs.

## Precision jump

Choose two points with some distance between them; beginners can practice on flat ground; those who are more advanced can choose a more elevated spot, such as a low curb or wall. Choose a spot on which to land, and starting in a squat position, jump and try to land on that exact spot, never taking your eyes off the mark. Use the arms to propel the body upward and strive for a full-body extension if making a long jump. Land on the balls of the feet with knees bent to absorb impact. Take a moment to find your center of balance before jumping again. This exercise works the legs and trains core muscles.



By Linda Searing  
Special to The  
Washington Post

## Quick Study

### The topic: Macular degeneration

### B vitamins may offer some protection against vision loss

#### THE QUESTION

Older women are more likely than men to suffer the loss of detailed vision needed for reading and driving that is associated with macular degeneration. Might taking B vitamins help prevent this loss?

#### THIS STUDY

It involved 5,205 women (average age, 63) who did not have macular degeneration at the start of the study but did have cardiovascular disease or several risk factors for that disease. They were randomly assigned to take a combination of folic acid (2.5 milligrams), Vitamin B6 (50 mg) and Vitamin B12 (1 mg) or placebos daily. Over a span of about seven years, 137 women developed macular degeneration. Those who had taken the vitamins were 34 percent less likely than women in the placebo group to develop the eye disease.

#### WHO MAY BE AFFECTED?

Older women. Macular degeneration, also called age-related macular degeneration because it becomes more common as people age, is the leading cause of blindness among those 65 and older. Treatment can slow the loss of vision but not cure or reverse it.

#### CAVEATS

Whether the findings apply to women who do not have cardiovascular problems, or to men, was not tested.

#### FIND THIS STUDY

It's in the Feb. 23 issue of Archives of Internal Medicine.

#### LEARN MORE

Learn about macular degeneration at [www.nei.nih.gov/health](http://www.nei.nih.gov/health) and [www.amd.org](http://www.amd.org).

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

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# NATION & WORLD

## Congress to Obama: Gitmo plan before Gitmo money

By Philip Elliott  
Associated Press writer

WASHINGTON — Members of Congress from both parties clamored Sunday for President Barack Obama to develop a plan for dealing with the suspected terrorists at Guantanamo Bay if he intends to fulfill his promise to close its prison by early 2010. The top U.S. military officer also awaited a decision from the commander in chief.

“We’re saying, ‘Mr. President, give us the plan,’” said Sen. Barbara

Boxer, D-Calif.

The chairman of the Joint Chiefs of Staff, Adm. Mike Mullen, pressed Obama for details on how he intends to fulfill his promise to close the detention facility on the U.S. navy base in Cuba. Officials report that 240 suspected terrorists are housed there.

“We’re working hard now to figure out what the options are and what the best one would be. And that really is a decision the president is going to have to make, certainly in meeting this deadline of what we

do,” Mullen said.

Obama’s promise to close the detention facility by early 2010 ran smack into political reality in the last week. Obama’s fellow Democrats denied him funding to move the suspected terrorists while Republicans latched onto a message that helped the minority GOP drive sustained headlines for the first time in months.

“Well, I don’t think you can convince the American people that you can bring the people from Gitmo to their states and they will be

safe,” said Sen. Richard Shelby, a Republican.

The not-in-my-backyard chorus drove Obama to deliver a speech defending his decision to close the facility, proposed during the campaign and delivered during his second full day in power. Yet lawmakers and even Obama’s own advisers remained unsure after the speech of how, exactly, the president would make good on his vow to close the symbol of the United States’ detention of suspected terrorists in a legal limbo.

When Obama didn’t

specify the mechanics for closing the prison, his allies were left scratching their heads and his critics asking why the need to shut it down, given that some of the prisoners were likely to go to scaled-down versions of Guantanamo anyway.

“I don’t know why it is better to have somebody in a so-called “supermax” facility in, say, Colorado than it is to keep them in Guantanamo, a state-of-the-art facility that we built not too long ago for the explicit purpose of holding these people,” said Sen. Jon

Kyl, R-Ariz. “There’s nothing wrong with the prison in Gitmo, and there are a lot of problems — as FBI Director (Robert) Mueller pointed out in testimony just this week — with bringing those people to the United States.”

Mueller told Congress it would be risky to relocate Guantanamo prisoners to U.S. facilities, giving House and Senate Democrats an opening to oppose Obama’s request for \$81 million to close Guantanamo without a detailed accounting of where the detainees will go.



A Pakistani displaced man from Swat valley carries his belonging as he arrives with his family at Chota Lahore Refugee Camp in Swabi, Pakistan, Sunday. Hundreds of thousands of Pakistanis have fled fighting between the army and Taliban militants in a northwestern valley, raising the risk that public support could turn against an offensive Washington sees as a must-win battle.

## Powell to Republicans: Listen to moderates, too

By Douglass K. Daniel  
Associated Press writer

WASHINGTON — The conservative vs. moderate split threatening to rupture the Republican Party played out across the airwaves Sunday, with Colin Powell and Tom Ridge denouncing shrill and judgmental voices they say are steering the GOP too far right. Karl Rove challenged Powell to lay out his vision and “back it up” by helping elect Republicans.

At stake is the GOP’s status as a major party, Powell and Ridge suggested.

“I believe we should build on the base because the nation needs two parties, two parties debating each other. But what we have to do is debate and define who we are and what we are and not just listen to dictates that come down from the right wing of the party,” said Powell, the nation’s top military officer under President George H.W. Bush and later secretary of state for President George W. Bush.

Dick Cheney and Rush Limbaugh have openly mocked Powell as a Republican in name only, citing his endorsement of Democrat Barack Obama



This photo provided by CBS News shows former Secretary of State General Colin Powell appears on the CBS talk show ‘Face the Nation,’ Sunday in Washington.

over Republican John McCain in last year’s presidential race.

Powell reaffirmed that he is a solid Republican and said the GOP must be more inclusive or risk giving Democrats and independents the chance to scoop up disaffected moderate Republicans. He detailed his presidential voting history — yes to GOP nominees Ronald Reagan through the younger Bush, but yes also to Democrats John F. Kennedy, Lyndon Johnson and Jimmy Carter.

## ‘BLOODY INTERSECTION’ SECURED BY PAKISTANI TROOPS

By Nahal Toosi  
Associated Press writer

ISLAMABAD — The Taliban left so many mutilated bodies at the crossing — some hanging from trees with threatening notes — that Pakistanis in the Swat Valley’s main town took to calling it “bloody intersection.”

On Sunday, the army said that spot and seven other major crossings in Mingora were secured, part of street-by-street urban fighting whose success is considered critical to flushing out the militants from the valley as a whole.

The advances in Swat came as helicopter gunships pounded alleged militant hide-outs in a nearby tribal region, killing at least 18 people, while police announced the arrest of a militant commander and six other Taliban fighters elsewhere in the northwest.

The events underscored how widespread and

entrenched militant activity is along Pakistan’s rugged region bordering Afghanistan, and how pushing the Taliban out of Swat is unlikely to defuse the overall insurgency beleaguering the nuclear-armed Muslim nation.

The U.S. has pushed Pakistan to use force to root out the al-Qaida and Taliban insurgents, who are often involved in attacks on U.S. and NATO troops across the border. The operation in Swat has strong support from Washington, and retaking Mingora, the valley’s main commercial hub, could be the stiffest test for the security forces.

A military statement Sunday said forces had encountered at least 12 roadside bombs while securing the eight intersections. Five suspected militants were killed in various parts of Mingora while 14 others were arrested, the army said.

The retaking of Green Chowk could have serious

symbolic value.

Residents nicknamed it “khooni chowk” or “bloody intersection” because the militants would leave their victims’ bodies there — some decapitated, some killed in other brutal fashions. The dead often were left hanging from trees. Some had notes attached that accused the victims of spying and told local residents not to move the bodies until specified times.

It was just one fear tactic used by Taliban fighters to exert control over the population of Mingora, which when not under army siege normally has at least 375,000 residents.

Some 10,000 to 20,000 residents are still stranded in the town, according to the army.

One trapped civilian told The Associated Press via phone Saturday night that gunshots were ringing through the air, first continuously then at intervals. He said he had tried to flee the

city twice but failed due to the fighting and lack of transportation.

“I will try to leave again whenever I get another chance,” said Fazal Wadood, a local leader of the opposition Pakistan Muslim League-N party. “It is like inviting death to stay here anymore.”

Overall in the valley, 10 militants were killed in the past 24 hours while three security troops died, the army statement said.

It added that troops had entered Piochar village, a hub in a remote part of Swat that is the rear base for Swat Taliban leader Maulana Fazlullah. A huge cache of arms and a bomb-making factory were unearthed, the statement said.

Officials have downplayed reports that the army would soon expand the offensive to the lawless, semiautonomous tribal regions bordering Afghanistan. However, violence has continued to flare in those areas.

## Colleges consider 3-year degrees

By Valerie Strauss  
The Washington Post

WASHINGTON — In an era when college students commonly take longer than four years to get a bachelor’s degree, some U.S. schools are looking anew at an old idea: slicing a year off their undergraduate programs to save families time and money.

Advocates of a three-year undergraduate degree say it would work well for ambitious students who know what they want to study. Such a program could provide the course requirements for a major and some general courses that have long been the hallmark of American education.

The four-year bachelor’s degree has been the model in the United States since the first universities began operating before the American

Revolution. Four-year degrees were designed in large part to provide a broad-based education that teaches young people to analyze and think critically, considered vital preparation to participate in the civic life of American democracy.

The three-year degree is the common model at the University of Cambridge and Oxford University in England, and some U.S. schools have begun experimenting with the idea. To cram four years of study into three, some will require summer work, others will shave course lengths and some might cut the number of credit hours required.

“It will not be easy to produce a low-cost, high-quality three-year curriculum for a college degree, but now is the time to try,” Sen. Lamar Alexander, R-Tenn., a former

education secretary and a past president of the University of Tennessee, told a group of educators this year. “Today’s economic crisis and tight budgets are the best time to innovate and change.”

But critics said they fear that an undergraduate’s academic and social experience would be compromised by shortening it to three years. College would tilt more toward job training and away from the broad-based education many U.S. schools have offered.

“Most high governmental officials who speak of education policy seem to conceive of education in this light — as a way to ensure economic competitiveness and continued economic growth,” said Derek Bok, president emeritus of Harvard University. “I strongly disagree with this approach.”

## Atlantis, crew land in Calif.

By John Antczak  
Associated Press writer

EDWARDS AIR FORCE BASE, Calif. — Space shuttle Atlantis and its seven astronauts returned safely to Earth on Sunday, detouring from stormy Florida to sunsplashed California to end a 13-day mission that repaired and enhanced the Hubble Space Telescope.

“Now and only now can we declare this mission a total success — the astronauts are safely on the ground,” NASA sciences chief Ed Weiler told a Florida press conference.

Atlantis’ crew had waited since Friday for the go-ahead to land as Mission Control hoped to avoid the time and expense — about \$1.8 million — of diverting to California’s Edwards Air



AP photo

The space shuttle Atlantis comes in for a landing at the NASA Dryden Flight Research Center at Edwards Air Force Base, Calif., at the conclusion of mission STS-125 to repair the Hubble space telescope, Sunday.

Force Base. The Florida weather refused to yield and Mission Control finally directed shuttle commander Scott Altman to head to California. The shuttle’s twin sonic booms

rocked the Mojave Desert as it swooped out of a dazzling morning sky.

Out on the runway after landing, Altman reflected on how long it had taken to get their mission under way — and then to end it.



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By Rick Kirkman & Jerry Scott



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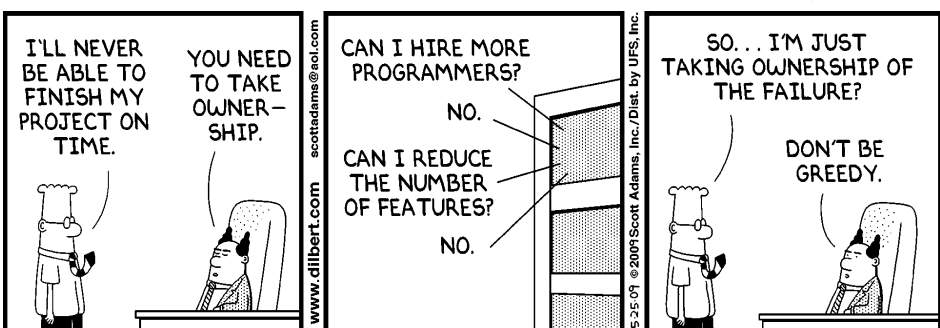


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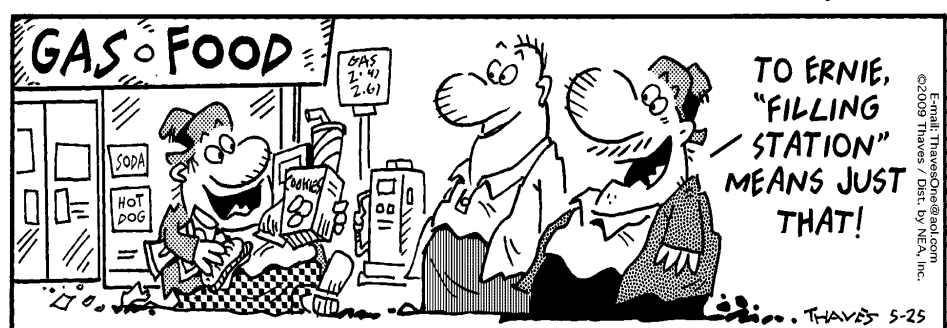
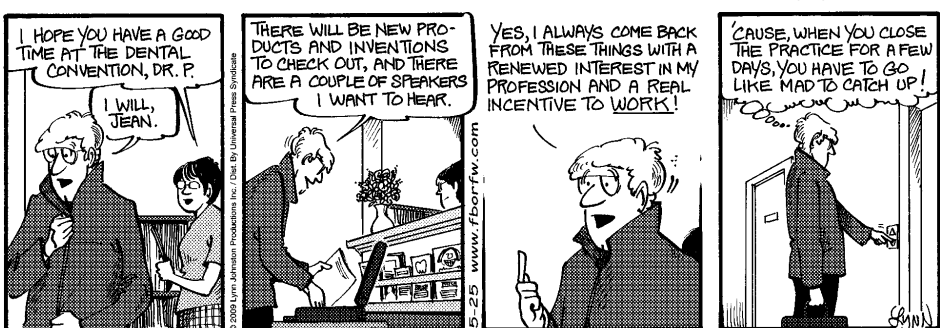


For Better or For Worse

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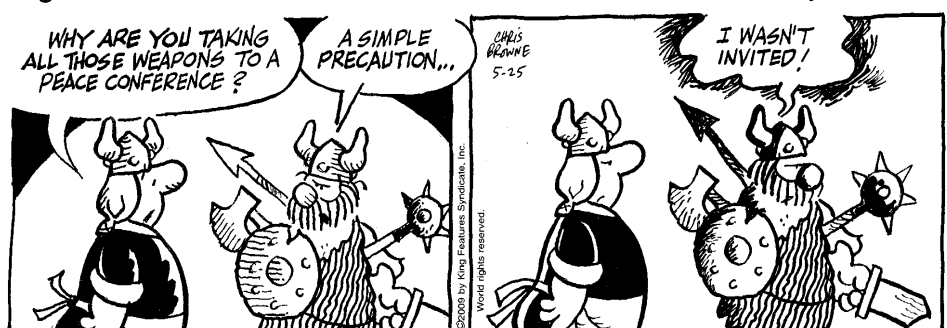
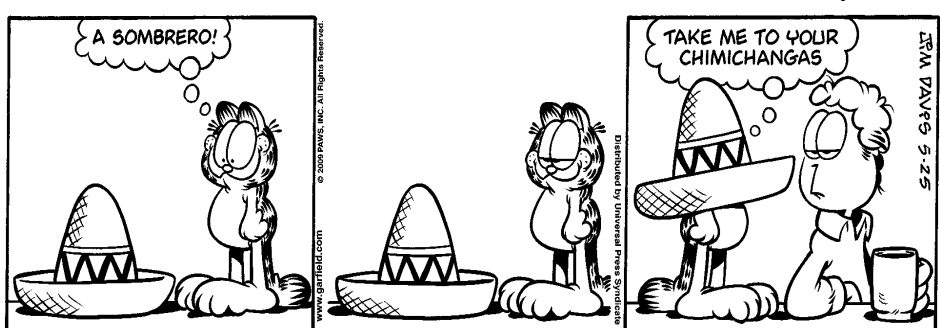


Garfield

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Hagar the Horrible

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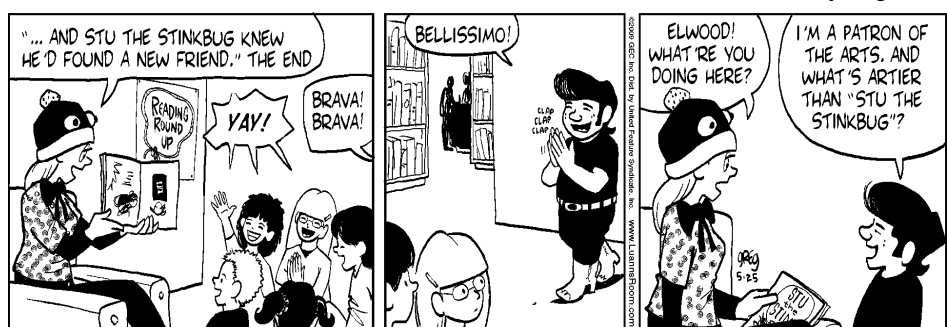
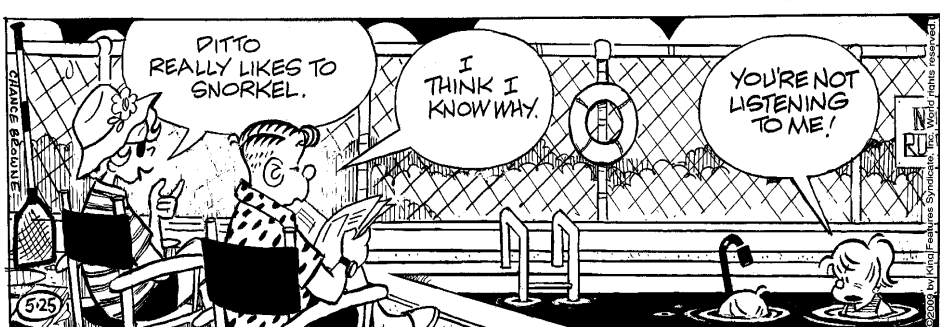


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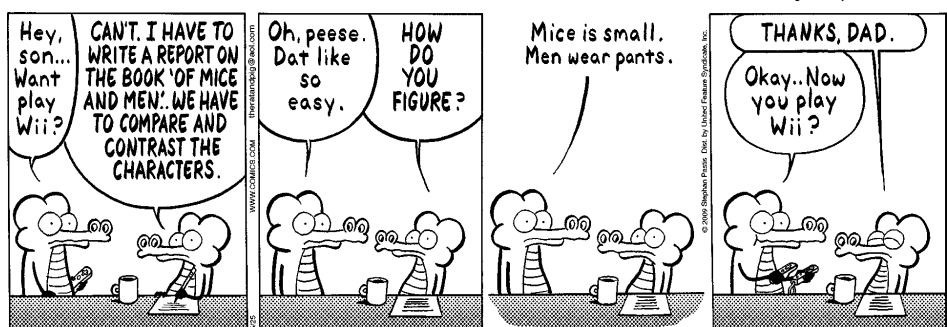
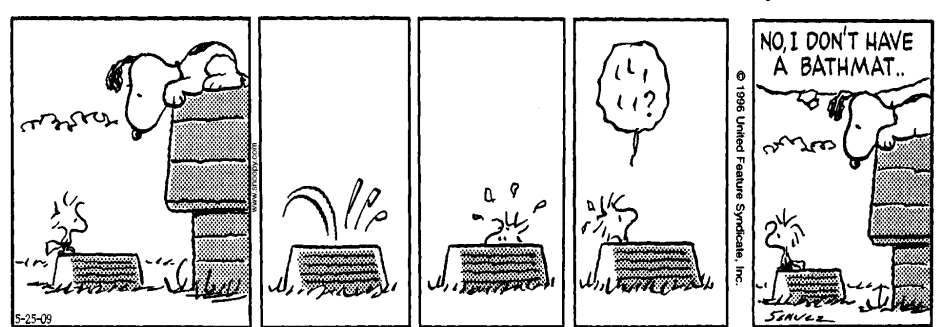


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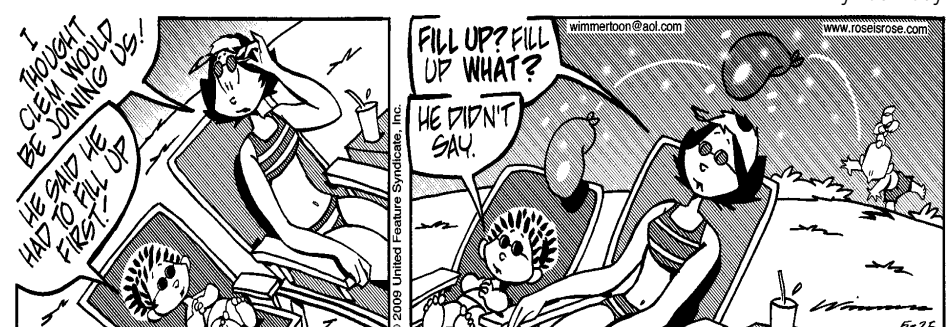


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Non Sequitur

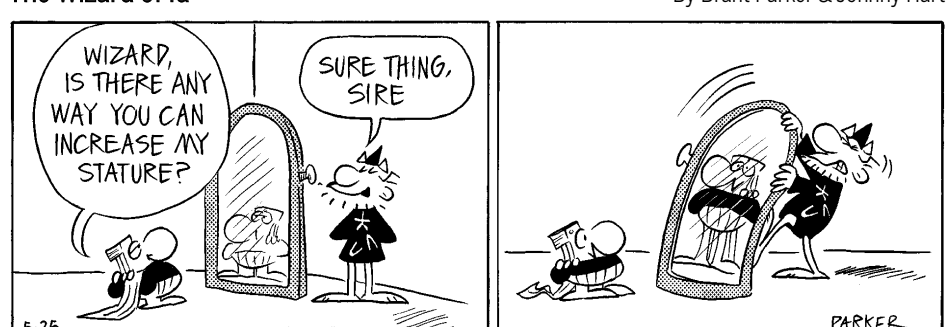
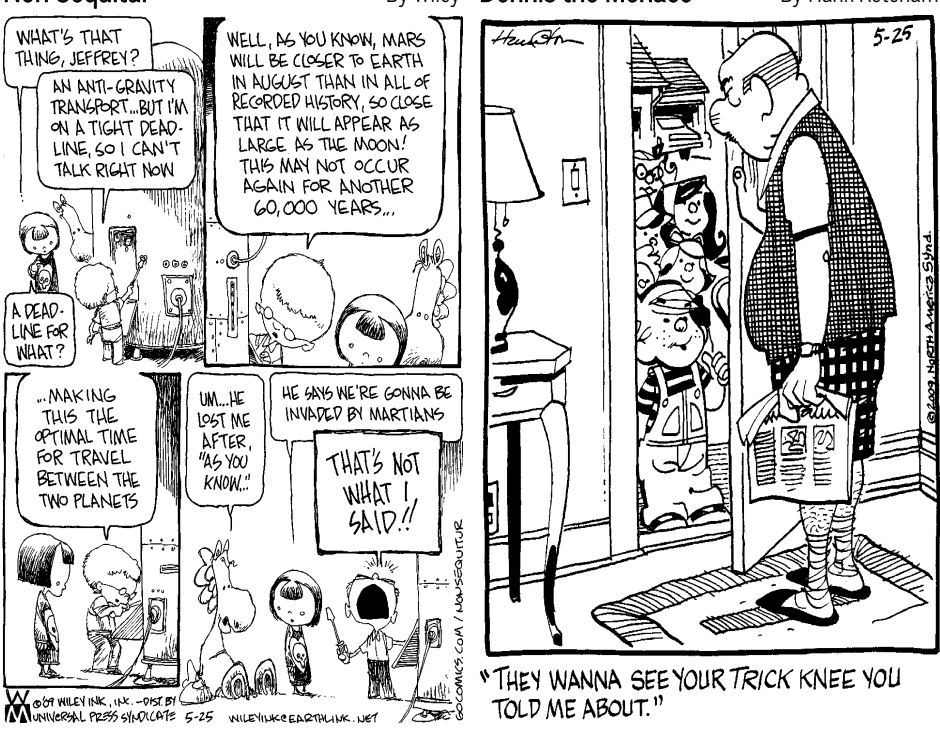
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