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H&F 12



WATSON FINALLY SHOWS 59-YEAR-OLD NERVES

Staring down a historic win at British Open, Tom Watson misses 8-foot putt, then falls in playoff with Stewart Cink. >> See Main 5

'I GOT MY LIFE BACK' >>> Contestants in weight-loss challenge talk about changes, H&F 1

MONDAY
July 20, 2009

TIMES-NEWS

75 CENTS

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SOLDIER HELD IN AFGHANISTAN FROM HAILEY

Family, friends knew of capture for some time

By John Miller
Associated Press writer

HAILEY — Friends and family of an Idaho soldier who was captured in Afghanistan prayed for his safe return Sunday, shaken by the image of the frightened young private in a Taliban video posted online. Pfc. Bowe R. Bergdahl, 23, was serving with an Alaska-based infantry regiment earlier this month when he vanished, just five months after arriving in Afghanistan. He was serving at a base near the border with Pakistan in an area known to be a Taliban stronghold. Bergdahl is from Hailey

where he worked as a barista and was active in ballet. A sign hangs in the window of Zaney's River Street Coffee House says "Get Bowe Back," and a message inside asked customers to "Join all of us at Zaney's holding light for our friend." Sue Martin, owner of the coffee shop, said she knew Bergdahl as a free-spirited young man with blonde hair who rode his bicycle everywhere in town and was keen to learn as much as he could about the world. "He joined the ballet. Then he joined the Army," Martin said in an interview from a room at Zaney's, which has become an

impromptu meeting place for friends, acquaintances and the media since the Taliban video was shown around the world. "People have been calling and asking what they could bring to show their support." Bergdahl's family issued a statement asking people to keep the soldier in their thoughts and prayers, but told The Associated Press that the family was requesting media respect their privacy. Neighbors and others in the community have known for weeks that Bergdahl had been captured, but said the

See BERGDAHL, Main 2



AP photo/Militant video

This video frame grab taken from a Taliban propaganda video released Saturday shows Pfc. Bowe R. Bergdahl, 23, of Hailey, who went missing from his base in eastern Afghanistan June 30. The Defense Department released the name of Pfc. Bergdahl one day after he was seen in a video posted online as saying he was 'scared I won't be able to go home.'

“ I have a very, very good family that I love back home in America. And I miss them every day when I'm gone.”

— Pfc. Bowe R. Bergdahl, 23, of Hailey, who was captured in Afghanistan, in a video

Diversity in the Valley



Tres Hermanos owner Ruben Cortez with catering buses that carry lunch to hundreds of farm and dairy workers.

Latino businesses and buying power growing in south-central Idaho

By Joshua Palmer
Times-News writer

JEROME — Long before the sun rises, Ruben Cortez and his family are cooking lunch for laborers on dairies around south-central Idaho. Despite the early hour, Cortez isn't alone. Across the street, La Oficina, a nightclub is cleaning up after a late night. Less than a block away, a woman turns the lights on in a business that sells dresses for weddings and quinceaneras. "There are many of us here," Cortez said, referring to Latino business owners on Main Street in Jerome. "I think we are a community. We work together and try to help each other." And, according to recent statistics, that community, and its economic influence, is growing at a faster pace than any other demographic in Idaho. Latino buying power grew 11.3 percent in 2008, more than four percentage points



A waitress at El Sombrero Restaurant in Jerome clears a table during the lunch hour rush. Photos by MEAGAN THOMPSON/Times-News

Magicvalley.com
WATCH a video interview with Ruben Cortez.

faster than non-Latinos and a full percentage point faster than Latinos nationwide, say researchers with the Selig Center for Economic Growth at the University of Georgia. Put simply, Latinos spent

more than \$2.3 million in Idaho last year. But capturing that niche is often easier said than done as changes in the economy lead to changing demographics. Cortez started a Mexican

See LATINOS, Main 3

Downtown T.F. parking policies could get makeover

By Jared S. Hopkins
Times-News writer

INSIDE

See a breakdown of how many parking citations are issued.

See Main 2

For the last quarter century businesses in downtown Twin Falls have dwindled in number and size while parking has been as broken as the meters lining the streets. At least one of those problems could be remedied. In the year since the city of Twin Falls assumed the duties of the Business Improvement District and downtown parking, officials have initiated two studies, hired an enforcement officer and increased revenue in hopes of replacing those broken meters.

The BID board, which now advises the City Council, will soon vote on sweeping changes to parking — and nearly all of them could re-ignite bickering among downtown merchants long unhappy with the condition of the old business district. Other changes — including purchasing new meters — are already being budgeted for. City officials said the

See PARKING, Main 2

Twin Falls Council to discuss budget today

By Jared S. Hopkins
Times-News writer

The Twin Falls City Council will meet today for a 30-minute discussion on its preliminary budget for next year. The overall \$48.7 million budget, down 2.8 percent

LEARN MORE
The Twin Falls City Council meets to discuss the budget at 4:30 p.m. today at 305 Third Ave. E.

from the current fiscal year, is a reflection of the current

economy, officials have said. Among changes is a 12 percent increase in water rates to cover a portion of the city debt toward the \$33.3 million project to meet federal arsenic standards. "Our rates are more than half below national averages. It's one of those neces-

sary things that frustrates me that there's nothing else we can do about it," said Councilman Will Kezele. "In this case we didn't raise our rates. Our federal government raised our rates on us."

See BUDGET, Main 2

40 YEARS LATER, MOON STILL GIANT LEAP FOR MANKIND

By Seth Borenstein
Associated Press writer

WASHINGTON — The measure of what humanity can accomplish is a size 9 1/2 footprint. It belongs to Neil Armstrong, the first man on the moon. It will stay on the moon for millions of years with nothing to wipe it away, serving as an almost eternal testament to a can-do mankind. Apollo 11 is the glimmering success that failures of society are contrasted against: "If we can send a man to the moon, why can't we ..."

See MOON, Main 3

In this July 1969 file photo, Astronaut Edwin Aldrin walks by the footpad of the Apollo 11 Lunar Module.

AP photo/NASA file

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STARTING TO GET CROWDED IN CENTURY CLUB
More people living past 100 > Main 12

Minidoka Co. schools approve roof, pizza bids

By Laurie Welch
Times-News writer

RUPERT — Students at two Minidoka County schools will soon be sipping milk from plastic containers and eating whole-grain crust pizza under new roofs, as the school board awarded three bids Wednesday.

The board awarded a bid to Thomas D. Robinson of Blackfoot, to perform roofing projects at East and West

Minico middle schools for \$312,547.

"We were very pleased that the bids came in so low," said district Superintendent Scott Rogers.

The district had set aside \$400,000 for the projects in its plant facilities budget.

District Maintenance Supervisor Theo Schut said the projects should be completed within 90 days.

The board also awarded its whole-grain crust pizza bid

to Little Caesars, which came in at 84 cents per slice. The bid for milk was awarded to Meadow Gold, which bid 26 cents for 1 percent white milk in a plastic container and 21 cents for milk in paper containers.

The board agreed to give the district food supervisor discretion in choosing to order the more expensive plastic containers because there is apparently less spoilage.

Moon

Continued from Main 1

What put man on the moon 40 years ago was an audacious and public effort that the world hasn't seen before or since. It required rocketry that hadn't been built, or even designed, in 1961 when President John F. Kennedy declared the challenge. It needed an advance in computerization that had not happened yet. NASA would have to learn how to dock separate spaceships, how to teach astronauts to walk in space, even how to keep them alive in space — all tasks so difficult experts weren't sure they were possible.

Forty years later, the moon landing is talked about as a generic human achievement, not an American one. But Apollo at the time was more about U.S. commitment and ingenuity.

Historian Douglas Brinkley called the Apollo program "the exemplary moment of America's we-can-do-anything attitude." After the moon landing, America got soft, he said, looking for the quick payoff of a lottery ticket instead of the sweat-equity of buckling down and doing something hard.

In years since, when America faces a challenge, leaders often look to the Apollo program for inspiration. In 1971, when President Richard Nixon declared a war on cancer, his staffers called it "a moon shot for cancer." Last year, then-candidate Barack Obama and former Vice President Al Gore proposed a massive effort to fight global warming, comparing it to Apollo 11. An environmentalists' project to tackle climate change and promote renewable energy took the name "Apollo Alliance."

Those still-unfinished efforts recall May 25, 1961, when President Kennedy, fresh from a disastrous Bay of Pigs invasion of Cuba, announced that America would land a man on the moon by the end of the decade and return him safely home.

"I thought he was crazy," said Chris Kraft, when he heard Kennedy's speech about landing on the moon.

Kraft was head of Mission Control. He was the man responsible for guiding astronauts to orbit (which hadn't been done yet) and eventually to the moon. Kraft first heard about a mission to the moon when Kennedy made the speech.

"We saw that as Buck Rogers stuff, rather than reality that would be carried out in any time period that we were dealing with," Kraft recently told The Associated Press in a telephone interview from Houston.

Less than three months later, Kraft was in the White House explaining to the president just how landing on the moon would be done. Kraft

still didn't believe it would work.

"Too many unknowns," he said.

It was the Cold War and Russian Yuri Gagarin had just become the first man in space. Kennedy chose landing a man on the moon because experts told him it was the one space goal that was so distant and complicated at the time that the United States could catch up and pass the Soviet Union, Kennedy adviser Ted Sorensen said.

The idea in a world where American capitalism was pitted against Soviet communism on a daily basis was "to prove to the world which system was best, which one was the future," Sorensen said.

"It's not just the fact that the president wanted it done," Sorensen recalled. "It was the fact that we had a specific goal and a specific timetable."

In another speech, Kennedy famously said America would go to the moon and try other tasks "not because they were easy, but because they were hard. Because that goal will serve to organize and measure the best of our energies and skills."

They weren't just skills with rockets and slide rules. Bringing together countless aerospace companies, engineers, scientists, technicians, politicians and several NASA centers around the nation was a management challenge even more impressive than building the right type of rockets, said Smithsonian Institution space scholar Roger Launius.

And it cost money. The

United States spent \$25.4 billion on the Apollo program, which translates to nearly \$150 billion in current dollars — less than the U.S. spent in both wars in Iraq and Afghanistan in 2007.

Yet, in the view of those heavily involved in the challenge, what made Apollo work was two tragedies: the assassination of Kennedy in 1963 and the fatal Apollo 1 fire in 1967.

The assassination of Kennedy made the Apollo program and its budget politically nearly untouchable. The moon-landing goal — which Kennedy later talked about modifying and even including the Soviets on — became a symbol of the martyred president. NASA's launch center was renamed from Cape Canaveral to Kennedy.

The Apollo fire, which occurred during ground testing, killed three astronauts, including Armstrong's neighbor. The main problem was that there was 100 percent oxygen in the capsule, which made fire spread rapidly.

Kraft, in a July interview said he is convinced that NASA couldn't have reached Kennedy's target were it not for the Apollo 1 fire and the way it made the space agency rethink everything: "We were building inferior hardware at that point in time."

"The whole program turned around, both from a hardware and management point of view," Kraft said. "You really learn from failure."

Latinos

Continued from Main 1

restaurant in Wendell during an economic boom that lasted until early 2007. But when the national recession took its toll on construction and the dairy industry in 2008, he noticed that many of his clients moved to places like Jerome, Cassia, Minidoka and Blaine counties.

He soon realized that he needed to adapt to survive.

It's not uncommon for Latinos to follow jobs, according to the Pews Hispanic Center, a nonpartisan research organization.

In 2008, an estimated 15,000 Latinos moved because of job cuts or other employment changes, while fewer than 8,000 non-Latinos changed domiciles during the same period.

Labor officials say large employers such as ConAgra and regional dairy processors attracted Latinos who had lost jobs in construction, landscaping and other general labor positions in a housing downturn that cut deep into the Latino community.

During that same year, unemployment among Latinos rose to 7.6 percent, while unemployment among non-Latinos hovered around 5 percent.

Jan Roeser, regional economist with Idaho Department of Labor, said



MEAGAN THOMPSON/Times-News

Nansy Gomez turns in her punch card at the start of her shift Friday afternoon at Tres Hermanos restaurant and catering service in Jerome.

Latinos working in higher-paying construction related jobs in Blaine County were likely the most hurt by the downturn.

Emilio Rosalez was one of those workers.

He worked for a general contractor in Bellevue for about three years, but when the housing market collapsed he was forced to take two part-time jobs — at a dairy near Wendell and an auto parts business in Twin Falls.

"One minute I was making like \$35,000 a year, and the next minute I'm working two jobs for less than \$24,000," he said.

In 2008, the average median household income for Latinos was about \$35,400 — far less than non-Latinos who reportedly earned more than \$47,500.

How Latinos spend their income is not very different compared to non-Latinos, according to the Selig Center.

Latinos and non-Latinos spend about 35 percent of their income on housing, second only to transportation, which accounted for about 18 percent per household.

Non-Latinos spent slightly more on non-essentials such as alcohol, entertainment and restaurants.

As for Cortez, he adapted by closing his restaurant and starting Tres Hermanos catering — serving, what he calls, an untapped market.

"Mainly, I cater to workers on dairies and on construction sites," he said. "The workers move around to where the work is, so I bring my business to them."

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Women's organization donates \$102K to area charities

By Karen Bossick
Times-News correspondent

HAILEY — Times may be tough but that didn't keep a group of Wood River Valley women from recently donating \$102,000 to area charities.

The Wood River Women's Charitable Foundation handed out \$102,000 to seven Wood River Valley nonprofits — just \$2,000 less than the foundation handed out last year.

"I think that's really remarkable given the economy," said foundation board member Jo Murray.

The concept is simple: members pledge \$1,000 yearly, plus \$50 for administrative expenses. The pledges are pooled and directed to organizations where they'll have the

LEARN MORE

Learn more at the Wood River Women's Charitable Foundation Web site, www.wrwomen.org. Information: 208-578-8004 or info@wrwomen.org.

most impact.

"We are 121 women ... a doctor, lawyer, judge, artist, college student, hedge-fund manager, aunt, grandmother" said Barbara Thrasher, who co-founded the organization four years ago. "What we all have in common is hope for a better future."

This year's donations — announced at a tea party July 13 at the Valley Club in Hailey — went to seven valley organizations.

• The Hunger Coalition: \$25,000 for Backpack

Program, which fills 100 students' backpacks with food each weekend during the school year.

• Wood River YMCA: \$25,000 for Y on Wheels afterschool program for disadvantaged youth at Woodside and Carey elementary schools.

• Council Circle: \$15,000 to continue Youth Circles, which builds self-esteem and teaches communication, respect and other skills to 300 youth.

• La Alianza: \$15,000 for its leadership program, which will train 20 to 30 Latino community members to become active leaders in civic affairs.

• The Advocates: \$12,000 for new Women's Economic Program to help low-income battered women achieve economic stability through

education and credit counseling.

• Blaine County Education Foundation: \$5,000 for instructional materials and stipends for teachers for preschool enrichment program.

• National Association on Mental Illness local chapter: \$5,000 for new Peer to

Peer Program.

The foundation received requests this year for \$450,000 from 43 organizations, said Grants Chair Marcia Liebich. A grants committee reviews all applications and members vote how they want their grant dollars allocated.

"The average grant in

Idaho is \$3,000 and our grants are quite a bit larger than that," said Thrasher. "I'm overwhelmed by the hard work of the nonprofits here who work so hard to create a better world in our community. I think we've made a difference with the nonprofits here and what they can do."

Jerome Co. to hold CAFO hearing

By John Plestina
Times-News writer

JEROME — Unwanted odors and, in some cases, angry neighbors of dairy operations, have prompted the Jerome County Commission to consider changes to regulations governing confined-animal feeding operations.

Commissioners are trying to alleviate problems by changing setback distances and maximum timeframes for storage of raw animal waste.

County Planning and Zoning Administrator Art Brown is drafting proposed changes pertaining to livestock in the existing zoning ordinance.

When that step is completed, the commission will schedule a public hearing before taking action.

A consensus of the commission was for a minimum setback distance for CAFOs of 300 feet from dwellings. The current ordinance sets a 300-foot setback from property lines.

The commission also has discussed a minimum setback of 25 feet from road right-of-ways if no resi-

dences are located within 300 feet, along with a proposed three-week turnaround timeframe for removing manure piles.

Commission Chairman Charlie Howell said a lagoon waste system within 300 feet of a residence is not acceptable. A proposal would lengthen that distance to 1,000 feet.

Commissioner Joe Davidson summed up the issue as what neighbors should not do to their neighbors and how long a county ordinance should allow manure piles to remain in one location while being reasonable to the producers.

"We cannot eliminate all of the odor," he said. "You just can't do that."

He conceded that there is no simple solution.

"You're going to inconvenience somebody, somehow," Howell said.

Davidson raised an issue he said the county should address regarding producers going out of business with livestock removed but waste left behind.

Brown said the county could require a bond or a letter of credit to avert such situations.

Howell said the county has the power to clean up private property and recover the cost by attaching it to the tax bill.

The U.S. Environmental Protection Agency regulates dairies in cooperation with Idaho's Department of Agriculture and Department of Environmental Quality.

John Plestina may be reached at jplestina@magicvalley.com or 208-358-7062.

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Richfield seeks legal advice on ordinance offenders

By John Plestina
Times-News writer

RICHFIELD — The Richfield City Council will seek legal advice to address complaints by a neighbor of a junkyard in a residential area.

Last month, the council voted to send letters to the junkyard's owner and another property owner housing livestock in town, advising them that they might be violating a city ordinance.

At the June meeting, the council gave the livestock owner 30 days to comply or the city would refer the matter to the city attorney.

Other business included a discussion about a new well the city is seeking a permit for from the Idaho

Department of Water Resources.

"We don't know how long that's going to take," said City Clerk-Treasurer Luann Swainston.

The council has also accepted a \$1,000 donation from the Lincoln County Recreation District for activities and events.

Swainston said the council voted to put a permanent bench at the city park's playground for parents to sit while watching their children.

The council also has discussed a vacancy on the Lincoln County Planning and Zoning Commission for a Richfield area member.

The city is waiting for the county commission to appoint someone to the position.

5TH DISTRICT COURT NEWS

Twin Falls County Thursday arraignment

Jason Ray Dilka, 33, Jerome; possession of a controlled substance; July 24 preliminary hearing; \$5,000 bond; public defender appointed

Friday arraignments

Dennis L. Anderson, 52, Twin Falls;

unlawful exercise of functions of police officer; public defender appointed; July 24 preliminary hearing

Bryan Adare Stever, 29, Twin Falls; aggravated assault; July 24 preliminary hearing; public defender appointed

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SPORTS

ANGELS
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ATHLETICS

Main 6



McKean rounds up win No. 3 at MVS

By Linda Brittsan
Times-News correspondent

Jerry McKean, driving the No. 22 car his former competitor ran against him last season at Magic Valley Speedway, drove his way to another Budweiser Super Stocks main event win Saturday night.

Daniel Shirley maintained the lead for the first 15 laps as the group behind him tried to break free from the pack. A caution at lap 15 soon put an end to his front runner position when McKean gained control after the restart. However, if a McKean was going to win the race, Kris McKean wanted it to be him as he tightened up the slack between the two as the laps wound down. But when the checkered flag waved at lap 30, it was Jerry who crossed the line first for his third main event win of the season with Gomez's car.

"I wanted to race my car, but Josh's (Pitz) Pony Stock car blew up in practice so I let him race it," Jerry McKean said. "And John

Gomez had asked me to drive his car at the beginning of the season after mine had gotten in a wreck, but he said not to. Just go out and race it, race it to win. I told him that was the only time I go out and race."

Billi Miles made her season debut in the division driving the No. 1 McKean Motorsports car and finished fourth. It was also Ernie Hall's first run in the series driving the No. 2 car — finishing fifth. Pitz wound up with an 11th place result.

FOWBLE CAPTURES WIN IN MODIFIEDS

Rick Fowble took over the lead at lap three from Sam Harris and held steady to round up his second win of the season. Harris gave it all he had to compete with Fowble before he began to fade somewhat with five laps remaining in the main event race. Scott Gilligan finished third and Stacey Jensen fourth in the 25-lap contest.

AUDET GALLOPS TO WIN IN PONY STOCKS

After a 10 year absence from



LINDA BRITTSAN/For the Times-News

Magic Valley Speedway Budweiser Super Stocks driver Jerry McKean drove the Gomez No. 22 car to victory once again Saturday night.

MVS Todd Audet proved he still knew his way around the one-third mile track with a convincing main event win. Audet took the lead at lap seven from Ray Homolka, who would later exit the track with mechanical issues.

At lap 15 Audet crossed the finish line a whopping 13.654 seconds over runner-up Dan Pulver.

PATRICK VICTORIOUS IN JR. STINGERS RACE

Taylor Patrick came through

with her first main event win, never giving up the lead in the 10-lap race. Although she normally drives the No. 1 truck, this time Taylor was behind the wheel of

See **MVS**, Main 6

Contador wins 15th stage to control Tour

By Jamey Keaten
Associated Press writer

VERBIER, Switzerland — Lance Armstrong all but conceded the Tour de France on Sunday to his teammate and rival Alberto Contador after the Spaniard blew away the pack and seized the yellow jersey as the race entered the Alps.

"As far as I'm concerned, I'm happy to be a domestique," Armstrong said, using French cycling jargon for a backup rider. "I'm proud of him."

The seven-time Tour champion moved up from fourth to second in the standings but lost time to his Astana teammate, whom he now trails by 1 minute, 37 seconds.

Contador, the 2007 Tour champ, basked in the support from the Texan.

"Lance Armstrong was my idol, but dropping him today wasn't important — he was just like any other rider. ... It's an honor for me to have him working for me," he told reporters through a translator.

The 26-year-old Spaniard broke away from other pre-

See **TOUR**, Main 6



AP photo

Alberto Contador of Spain reacts as he crosses the finish line to win the 15th stage of the Tour de France, Sunday.

Watson squanders his chance at a historic win

By Doug Ferguson
Associated Press writer

TURNBERRY, Scotland — Tom Watson stood over an 8-foot putt Sunday evening on the final hole of a mystical British Open, one stroke away from becoming the oldest major champion in history. For the first time all week, he showed his 59-year-old nerves.

The putt never had a chance.

A little more than an hour later, neither did Watson.

Stewart Cink, who made a 12-foot birdie on the final hole of regulation, took advantage of Watson's missed opportunity and overwhelmed him in the four-hole playoff to win by six shots.

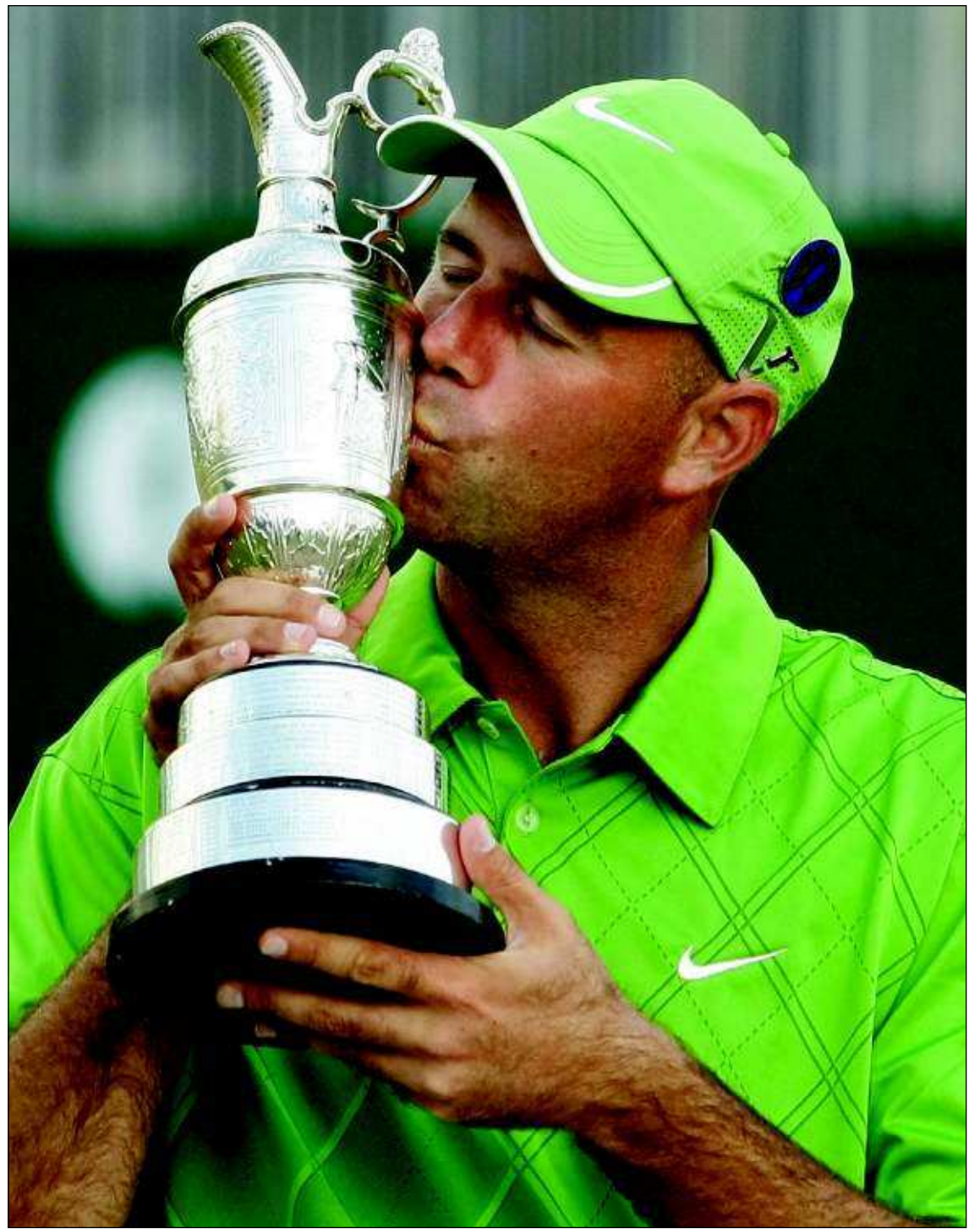
Watson stood on the 18th tee one last time, blinking away tears. He wasn't alone in his sadness. Thousands of fans who filled the grandstands for the first time all week sat in stunned silence.

Cink, who was never atop the leaderboard all week until Watson missed the winning putt, was flawless in the playoff and finished with two birdies. As he gazed at the fabled claret jug, he paid his due to Watson, the modern-day King of the Links.

"I don't even know what to say," Cink said. "My hat's off to him. He turned back the clock. Just did a great job. I speak for all the rest of the people here, too."

Indeed, he did. The loudest cheer was for the player who won the silver medal.

Cink's birdie gave him 69, and at 2-under 278, it looked as though he would be the runner-up.



AP photo

Stewart Cink of the U.S. kisses the trophy after winning a playoff following the final round of the British Open Golf championship, at the Turnberry golf course, Scotland, Sunday.

"It was almost," Watson said. "The dream almost came true."

Tied with three other players along the back nine on a breezy

afternoon, Watson two-putted for par on the tough 16th hole, where

his challengers all made bogey to fall back. Then he made an easy

birdie on the par-5 17th, giving him a one-shot lead as this unforgettable

See **CINK**, Main 6

Three area teams face play-in games today

Times-News

A trio of area American Legion Baseball Class A teams have secured a spot at the Area C Tournament, which begins Wednesday in Idaho Falls. Three more will face a fight today just to make it to Wednesday.

Jerome and Wood River will tangle with each other today at 5 p.m., with the winner advancing to Idaho Falls as the tournament's No. 8 seed. Wood River holds that spot currently, but No. 17 Jerome can steal it with a win.

Twin Falls, the current No. 9 seed will host the No. 16 Idaho Falls Rangers today.

No. 4 seed Buhl, No. 6 Kimberly and No. 7 Burley placed high enough to earn direct qualification to Wednesday's first day of the tournament. Buhl earned an additional bye for finishing in the top four.

For a full schedule of the Class A Area C Tournament, see Main 6.

INSIDE

Class A Area C
Tournament schedule
Main 6

National High School Finals Rodeo: Adams posts top barrel time

Times-News

Declo cowgirl Tanisha Adams raced around the barrels with the best time in the opening session of the National High School Finals Rodeo in Farmington, N.M., on Sunday evening.

Adams navigated the course in a time of 17.317 seconds, besting Lake City, Fla., cowgirl Michele Allison by just .055 seconds.

Raft River's Wyatt Holtman was 15th in the opening steer

wrestling session, posting a time of 16.834 seconds.

Valley's Montana Barlow was bucked off in the bull riding session. Results from girls cutting, involving Valley's Jamie Lancaster, were not available at press time. See Tuesday's Sports for results.

The first go-round continues through Wednesday morning, with the top 20 in each discipline after two go-rounds advancing to Saturday's championship short go.

National High School Finals Rodeo

July 19th - 25th
Farmington N.M.

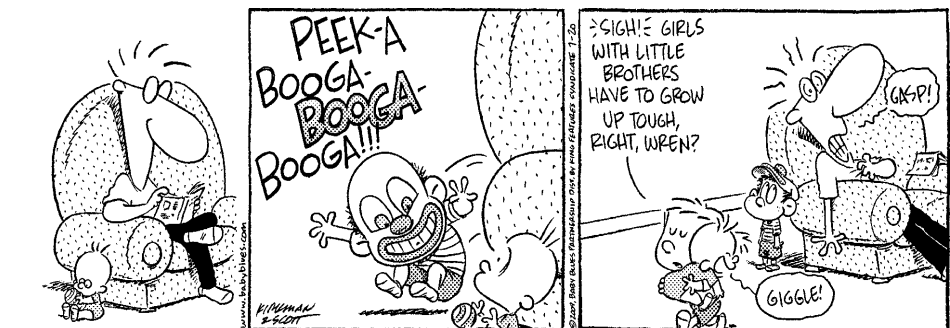
Today:

Megan Crist, Kimberly, pole-bending
Justin Parke, Gooding, tie-down roping
Cy Eames, Gooding, tie-down roping
Samantha Logan, Jerome, barrel racing
Cody Rowe, Kimberly, cutting
Cody Wadsworth, Kimberly, bull riding

B.C. By Johnny Hart



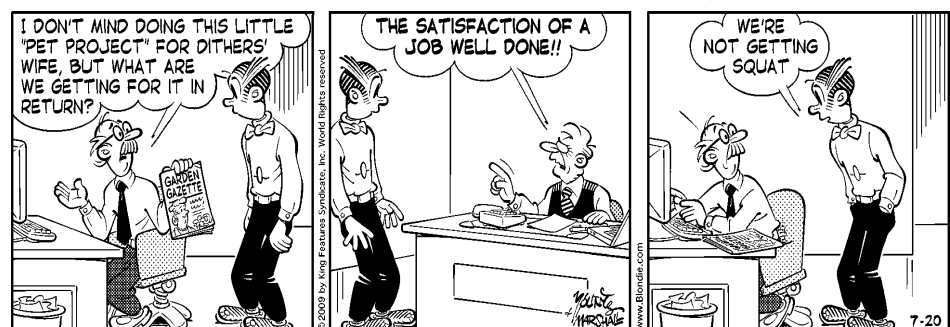
Baby Blues By Rick Kirkman & Jerry Scott



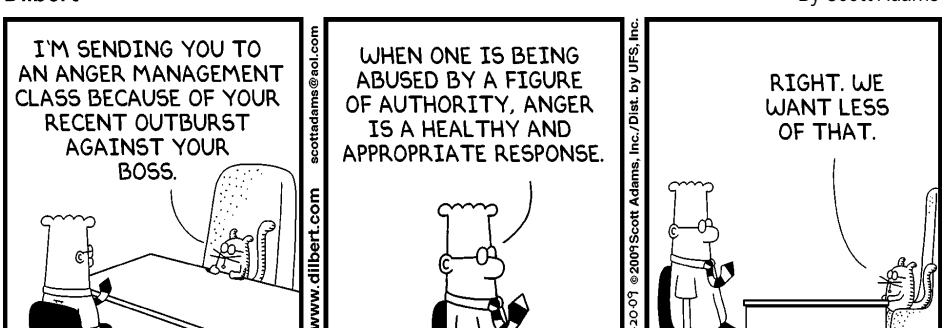
Beetle Bailey By Mort Walker



Blondie By Dean Young & Stan Drake



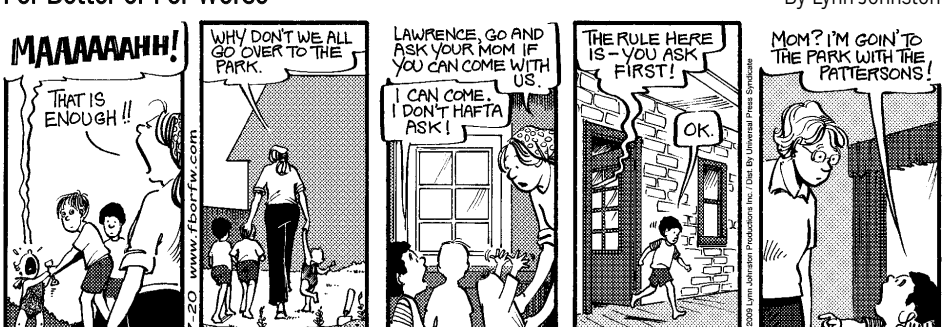
Dilbert By Scott Adams



The Elderberries By Phil Frank and Joe Troise



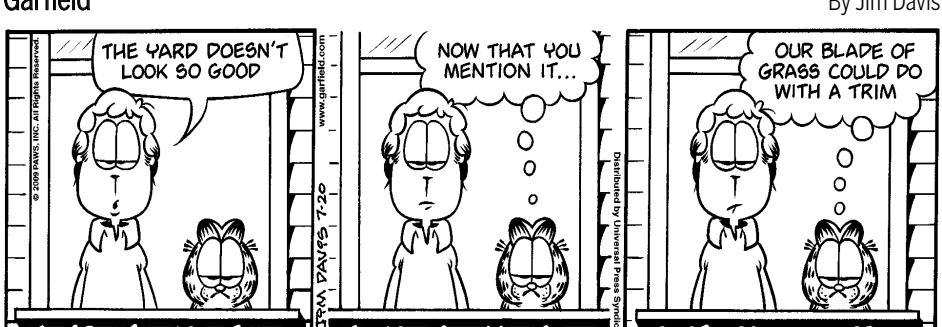
For Better or For Worse By Lynn Johnston



Frank and Ernest By Bob Thaves



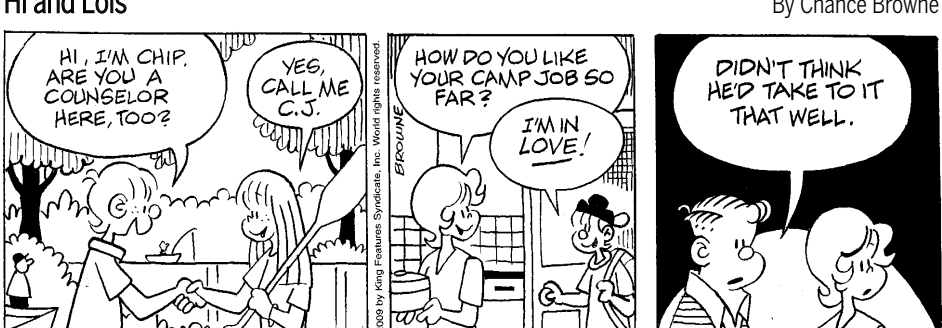
Garfield By Jim Davis



Hagar the Horrible By Chris Browne



Hi and Lois By Chance Browne



Luann By Greg Evans



Classic Peanuts By Charles M. Schulz



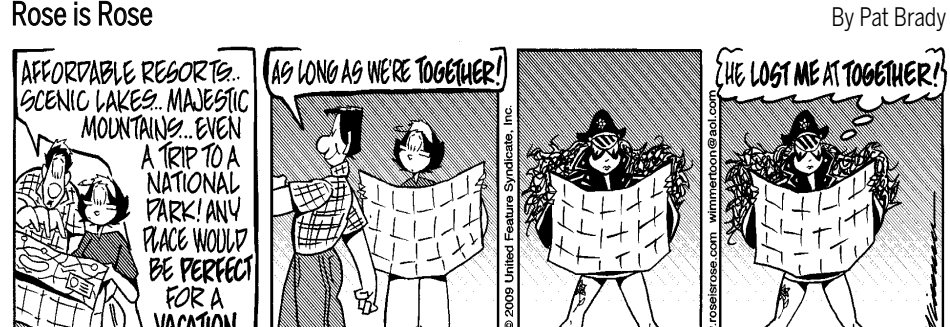
Pearls Before Swine By Stephan Pastis



Pickles By Brian Crane



Rose is Rose By Pat Brady



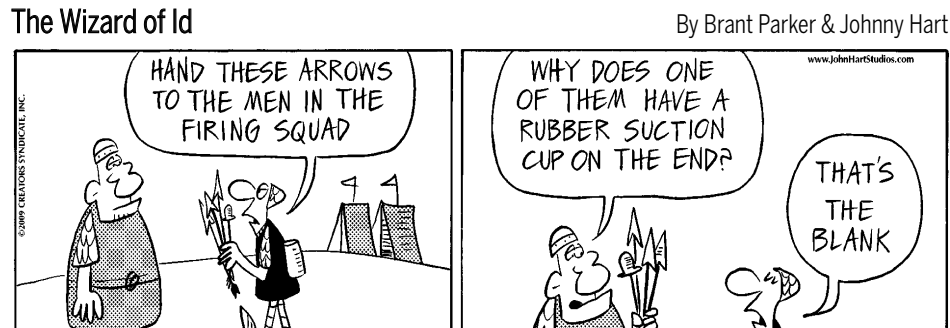
Non Sequitur By Wiley



Dennis the Menace By Hank Ketcham



The Wizard of Id By Brant Parker & Johnny Hart



Zits By Jim Borgman and Jerry Scott



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OPINION

QUOTABLE

“Walter always made us better. He set the bar so high.”
 — Tom Brokaw, former NBC News anchor, on the death of Walter Cronkite, who died Friday

EDITORIAL

Power to the people: BLM rethinking Gateway West

Federal bureaucrats are often criticized for not listening. This time they did. The Bureau of Land Management announced last week that it will delay the release of a study on a proposed high-voltage power line project through the Magic Valley.

The extended study of the 1,150-mile Gateway West transmission project will give the BLM time to evaluate alternate routes across southern Idaho and Wyoming.

Landowners south of the Snake River, and especially in Cassia County, had raised concerns about the safety of living near a high-voltage transmission line.

The federal agency will consider alternate route suggestions submitted by Sept. 4. The most obvious option would be a line across Minidoka, Lincoln and Gooding counties on mostly BLM-controlled land.

Cassia County farmers whose property would be bisected by the line asked some legitimate questions about the impact on their health and that of livestock — and on sensitive electronic equipment that is a staple of irrigated agriculture nowadays. Idaho Power’s answers were not always reassuring, mostly because the jury is still out on the science of risk related to high-voltage transmission lines.

To his great credit, BLM project manager Walt George said he sympathizes with folks who feel it’s hard to get the federal agency’s attention.

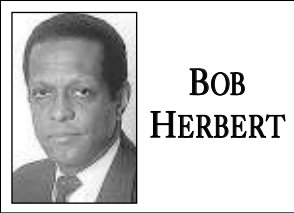
But clearly, they’ve got BLM’s attention now.

Our view: Maybe, the federal Bureau of Land Management concedes, there’s a better idea than running a high-voltage power line across Cassia and Twin Falls counties.

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

Tony Soprano is alive, well and running a bank

WASHINGTON — What is up with the banks and the rest of the financial industry? The people running this system remind me of gangsters who manage to walk out of the courthouse with a suspended sentence and can’t wait to get back to their nefarious activities.



BOB HERBERT

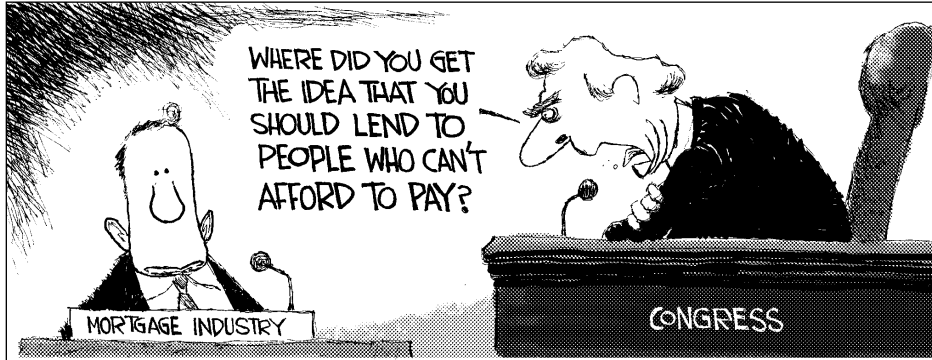
These malefactors of great wealth developed hideously destructive credit policies and took insane risks that hurt millions of American families and nearly wrecked the economy. Then they were bailed out with hundreds of billions of taxpayer dollars, money that came from the very people victimized by the industry’s outlandish practices.

Now the industry is fighting against creation of an agency that would protect taxpayers and ordinary consumers from a similarly devastating onslaught in the future. And at the same time they are scrambling to raise credit card interest rates and all manner of exploitive fees to build a brand new superstructure of questionable profits on the backs of the taxpayers who came to their rescue.

We’re reaching a whole new level of chutzpah here. The Obama administration wants to create a Consumer Financial Protection Agency that would shield individuals and families from deceptive practices and outright fraud by banks and other businesses offering credit cards, mortgages, home loans and other forms of consumer finance.

Everything we’ve learned in this recession tells us we need such an agency. As Treasury Secretary Timothy Geithner described it, “This agency will have only one mission: to protect consumers.”

Protecting the consumer is, of course, anathema to



It should be clear by now that it is often the goal of financial institutions to see that the consumer is not well informed.

the industry. So it’s preparing for war. The New York Times’ Edmund Andrews neatly summed up the matter when he wrote that “banks and mortgage lenders are placing top priority on killing” the president’s proposal.

The proposed agency developed from an idea offered some time ago by Elizabeth Warren, a Harvard Law School professor who currently chairs the Congressional Oversight Panel, which has been monitoring the financial industry bailouts. She is a strong contender to lead the proposed new agency.

Warren told a congressional committee last month about the stark difference between the warm and fuzzy advertising approach used by lenders competing for consumer dollars and the treachery that is so often hidden in the fine print.

“Giant lenders compete for business by talking about nominal interest rates, free gifts and warm feelings,” she said, “but the fine print hides the things that really rake in the cash. Today’s business model is

about making money through tricks and traps.”

It should be clear by now that it is often the goal of financial institutions to see that the consumer is not well informed. “In the early-1980s,” said Warren, the average credit card contract was about a page long. “Today, it is more than 30 pages. ... I am a contract law professor, and I cannot make out some of the fine print.”

There is nothing free or fair about a market in which one side uses double talk and mumbo jumbo to obscure important information and deliberately dupe the other side into making decisions against its own interests.

When I think of the banking industry fighting to kill this proposed agency, it brings to mind the decades in which tobacco companies insisted that cigarettes were safe and those days long ago when the auto companies fought against seat belts and all the dopey arguments that were made against protecting the public from unsafe drugs and kitchen appliances that might burst into flames,

and so on.

The Department of Housing and Urban Development has concluded that Americans spend approximately \$55 billion each year on closing costs that they don’t fully understand.

The family home is the largest purchase most Americans ever make. Paying it off can take much of a lifetime. Everything about that contract should be crystal clear to the buyer.

USA Today reported: “Even as regulators crack down on abusive mortgage and credit card practices, another type of lending threatens to mire consumers in a credit trap.”

The article detailed the ways in which banks are wringing huge profits from overdraft fees that often are sky high and in many cases are handled in ways that are exploitive, if not predatory.

The malefactors of great wealth view an informed consumer as Public Enemy No. 1. The last thing in the world that they want is a fair marketplace, which is why the Consumer Protection Financial Agency can’t come fast enough.

Bob Herbert is a columnist for The New York Times. Write to him at bherbert@nytimes.com.

TIMES-NEWS

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

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

LETTER TO THE EDITOR

Basic points for amputee to consider

This is in reference to an article printed in the Times-News on July 4 titled “Lawyer defends representation in amputee case.”

Amanda Fomichev needs to understand there is “no free lunch.” Some basic points that she might consider:

1. If you have a claim with an insurance company such as you did and the case is settled, guess who is going to get the money first? Your attorney and the insurance company, and if you are fortunate to have any left over, you will be third in line. I am sure Mr. Hollifield explained this to you in probably your first meeting.

2. Attorney Hollifield’s “blind acceptance.” Give me a break. Attorney Hollifield discussed the settlement with you prior

to any acceptance. He was employed by you and unless you gave him permission to accept such a settlement, he would not do it on his own.

I realize you suffered a traumatic loss, but you need to understand how these things work before you jump off the deep end. You were represented by one of the most honest and reputable attorneys in the state of Idaho. The settlement was not enough to cover your expenses; live with that fact and continue your life and try to become a productive citizen; you did not get short changed. I am, no, I am not surprised you were able to find an attorney to take your new case. Be careful, Mr. New Attorney, you might be in for an interesting case given the past history of your client.

JIM OLSON
Twin Falls

Tell us what you think

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

LETTER TO THE EDITOR

Water districts take compliance seriously

North Snake Ground Water District and Magic Valley Ground Water District have not been casual in our approach to compliance in mitigation. There are two orders affecting the districts: the Blue Lakes Order and the Snake River Farms Clear Springs Order. The two groundwater districts entered into an agreement to purchase a portion of Pristine Springs for \$11 million. This water was then transferred to Blue Lakes, fully satisfying the Idaho Department of Water Resources order.

With our other mitigation efforts we have actually been over-mitigating the requirements of the order. We had approval from

IDWR in the process of building a mitigation project that would have supplied the requirements of the Clear Springs Order. Clear Springs said they didn’t want the water and filed a petition with IDWR to stay the project. The conversion portion and the engineering to take the water to Snake River Farms raceways were done. The ground water districts didn’t ask for the stay and, if it is thought we are not doing enough, we will build the approved project and be fully mitigated.

Over the years, we have built pipelines and done conversions from groundwater to surface water and spent millions of dollars to cover our impacts of withdrawal from the aquifer, but whatever we do, it is a very

difficult problem to solve. The order for SRF would have shut water off to 52,470 acres to get just 2.7 cubic feet per second to SRF. Is curtailing 52,470 acres something that the state of Idaho and the Magic Valley could handle? We think not. We would be trading about 1,049 CFS above the rim for 2.7 CFS below the rim.

District Judge John M. Melanson said in his Order on Petition for Judicial Review, issued June 19, 2009: “While the Court does not find the methodology to be arbitrary or capricious, the end result, however, raises significant issues with respect to the disparity between the useable quantity of water made available to the Spring Users and the scope

of the curtailment to the Ground Water Users.” It was also in the order that, of the total CFS curtailed, SRF gets just 0.9 percent of the return.

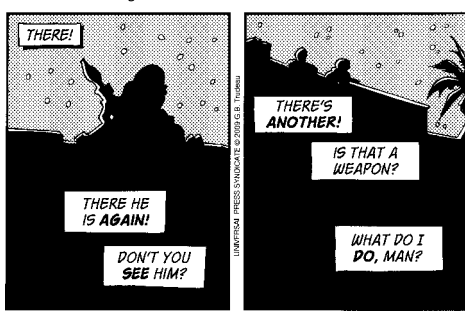
To say that the groundwater districts just don’t get it is totally false. We know better than the Times-News that this is not a game and we are doing and have done our part and would have been fully mitigated without the stay that was sought by Clear Springs Foods.

R. LYNN CARLQUIST
ORLO MAUGHAN
Hazelton

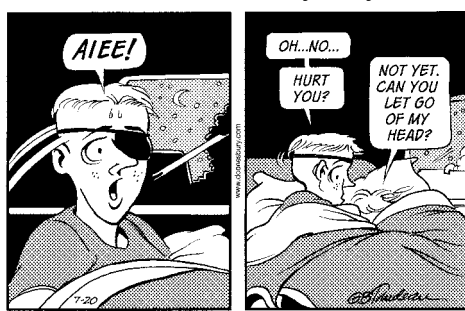
(Editor’s note: R. Lynn Carlquist is the chairman of the North Snake Ground Water District, and Orlo Maughan is the chairman of the Magic Valley Ground Water District.)

THE LIGHTER SIDE OF POLITICS

Doonesbury

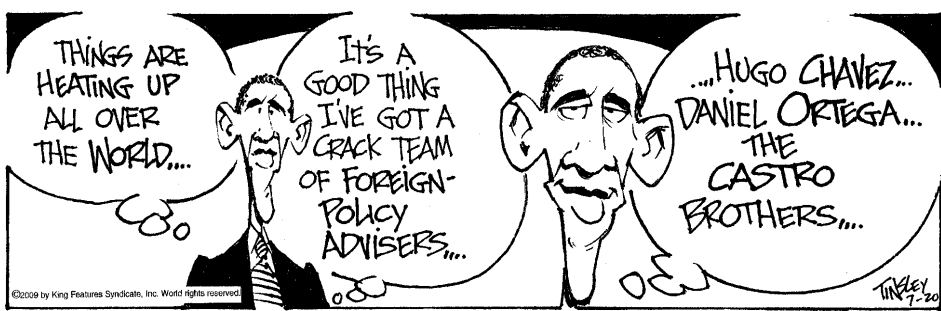


By Garry Trudeau



Mallard Fillmore

By Bruce Tinsley



Standards of science

The New York Times recently warned its readers about a wacky scientist in the Obama administration. But the fish wrap of record let the real nut job off the hook.

Reporting last week on the president's choice to head the National Institutes of Health, Times writer Gardiner Harris noted that praise for Dr. Francis S. Collins "was not universal or entirely enthusiastic." The geneticist is causing "unease," according to the Times, because of "his very public embrace of religion." Stomachs are apparently churning over a book Collins wrote describing his conversion to Christianity.

It's called — gasp! — "The Language of God." Harris intoned: "Religion and genetic research have long had a fraught relationship, and some in the field complain about what they see as Dr. Collins' evangelism."

And ... that's it. Yes, the mere profession of Collins' faith is enough to warrant red flags and ominous declarations. A quarter of all Americans identify themselves as evangelical Christians and "publicly embrace their religion." But to the Times, Collins' open affiliation with 60 million American believers in Christ is headline news.

The rationality police in the newsroom have not, however, seen fit to print the rantings of a radical secular evangelist now serving as the White House "science czar." John Holdren, Obama's director of the White House Office of Science and Technology Policy and co-chair of the President's Council of Advisors on Science and Technology, co-authored the innocuously titled "Ecoscience" in the 1970s with population control extremists Paul and



MICHELLE MALKIN

Anne Ehrlich.

Earlier this year, Ben Johnson at the online publication FrontPage Magazine provided quotes shedding light on Holdren's embrace of "compulsory abortion" for American women "if the population crisis became sufficiently severe to endanger the society." In "Ecoscience," Holdren and the Ehrlichs also outlined their desire for "a comprehensive Planetary Regime (that) could control the development, administration, conservation and distribution of all natural resources."

Johnson outlined the book's ugly eugenics plan and neo-Malthusian vision of environmental engineering the population. Yet, there was scant mention of Holdren's stomach-churning proposals during his confirmation hearings in February. Holdren's defenders might have comforted themselves by claiming that the quotes were taken out of context. But last week, another online investigative journalist scanned copious pages from the book to show that his words had been unedited and accurately transcribed. The disturbing documents can be found at http://zombietime.com/john_holdren/.

There, you'll find Holdren musing about how to infect the nation's water supply to make women infertile for the benefit of Mother Earth:

"Adding a sterilant to drinking water or staple foods is a suggestion that seems to horrify people more than most proposals for

involuntary fertility control. ... No such sterilant exists today, nor does one appear to be under development. To be acceptable, such a substance would have to meet some rather stiff requirements: It must be uniformly effective, despite widely varying doses received by individuals, and despite varying degrees of fertility and sensitivity among individuals; it must be free of dangerous or unpleasant side effects; and it must have no effect on members of the opposite sex, children, old people, pets or livestock."

Holdren's planetary regime would also breed out undesirable "who contribute to social deterioration" and "insist that all illegitimate babies be put up for adoption — especially those born to minors, who generally are not capable of caring properly for a child alone."

Single mothers who wanted to keep their children would be "obliged to go through adoption proceedings and demonstrate her ability to support and care for it."

If a conservative blogger or Republican political candidate had published such lunatic claptrap, the Department of Homeland Security would have him on a watch list. Instead, Holdren is Overlord of Science Policy. "Ecoscience" remains on his curriculum vitae. Obama is still perceived as the champion of reason. And the national media, so concerned about the dangers posed by a born-again Christian scientist, have responded to a secular extremist's wild blueprints for forced abortions and mass sterilizations with a collective shrug. Scary.

Syndicated columnist Michelle Malkin can be reached at writemalkin@gmail.com.

Engineering the planet

WASHINGTON — After years of deadlock over climate policy, Congress appears poised to enact the first federal limits on greenhouse gas emissions this fall. Yet a growing number of climate scientists and scholars believe that such efforts are likely to be too little, too late to stop warming — and that, consequently, a broader view of our climate policy options is needed.

Earlier this month, the National Academy of Sciences sponsored a workshop to explore the question of "geoengineering" the climate — that is, influencing the global environment in ways that would restore balance to the global energy system and cool the planet until emissions reductions take effect.

Why even consider such an extreme and potentially dangerous response to climate change, just when emissions limits are likely to be enacted? Such an idea may seem outlandish at first blush, but it deserves serious study.

Despite the progress we may see in the coming years, the mathematics and politics of rapid greenhouse gas reductions remain remarkably daunting. Worldwide energy consumption is expected to increase 50 percent from 2005 levels by 2030, with the bulk of the growth coming in the developing world.

Many climate scientists believe that a significant degree of warming is already "locked in" by past emissions and that greenhouse gas concentrations have already reached potentially dangerous levels. To avoid warming, therefore, global emissions would have to be halted immediately — and existing emissions would have to be removed from the



SAMUEL THERNSTROM

atmosphere as well. Not a likely prospect.

Even if the international climate treaty due to be negotiated in Copenhagen in December is vastly more stringent and effective than the Kyoto Protocol, it will take decades to eliminate net global emissions. Warming seems inevitable; the only questions are its timing, distribution and severity.

Even strong advocates of limiting emissions have concluded that global emissions controls are likely to take effect too slowly and too unevenly to avoid substantial risk of severe damage — and that it would be prudent to pursue research on geoengineering. White House science adviser John Holdren recently explained that "we have to look at the possibilities and understand them — including their shortcomings — because if other approaches to mitigation fall short, the geoengineering approach will end up being considered."

Could we really cool the planet? Although the science is nascent, evidence suggests that we could.

The Earth is warmed by two forces: solar radiation, which enters the atmosphere, and the greenhouse gases that trap it there. If greenhouse gases rise to dangerous levels, it might be possible to

stabilize the climate by reducing the amount of solar radiation that reaches the Earth's surface or reflecting more of it back into space, restoring balance to the global energy system. The science is in its infancy, but there is intriguing preliminary evidence that it could be done — quickly, effectively and affordably, three attributes no other climate policy can claim.

A geoengineering system would of course be controversial, but the policy question we face today is simple: Should the federal government conduct research on geoengineering? The scientific and engineering challenges involved in geoengineering the global climate for decades, and the potential consequences of success or failure, are extraordinary; all the more reason to begin a research program commensurate with the scale and significance of the task.

Geoengineering is not a substitute for mitigation, and it raises potentially serious environmental and ethical issues. It could, however, protect us from the worst effects of warming for the many decades it will take for emissions reductions to become effective. We may ultimately decide that geoengineering's risks are too great — but undertaking a research program now would give future policymakers the opportunity to make decisions about geoengineering from a position of knowledge rather than ignorance and desperation.

LETTER TO THE EDITOR

Corporations take on bad attitude

Spending money is what your government does best. Let me be more specific there. I meant spending other people's money. If you didn't know that when you last voted, you're naive.

It seems now, that many major corporations have taken a lead from government. Writing yourself a multi-million dollar salary and golden parachute is the new American way of life, even if you've sent production offshore and moved away from Union contracts and your company is going broke. Many companies could survive this economic downturn by employees accepting shorter workweeks, working split shifts or taking voluntary pay cuts.

The example should be set by management, but in this "I got mine, you get yours" atmosphere, that seems unlikely to happen. When grants are being given for studying why wolves prey on domestic

livestock and scholarships are given to alien residents with little expectation of repayment, it's no wonder this attitude prevails. When a school district accepts federal money for a project it really doesn't need, can it simply refuse? Not if they will need future funding for necessary projects.

The board of directors of a local low-income housing unit recently tried refusing the proposed rent

increases. Built on the basis of providing shelter for families unable to afford the high cost of built-for-profit housing, the board felt that an unneeded rent increase at this time would be unconscionable. They were denied. Will such a David action ever be successful in defying such Goliath bureaucratic dogma? Probably not.

VAUGHN PHELPS
Twin Falls



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MONDAY, JULY 20, 2009

FEATURES EDITOR VIRGINIA HUTCHINS: (208) 735-3242 VIRGINIA.HUTCHINS@LEE.NET

'I got my life back'

Contestants in weight-loss challenge talk about changes

By Melissa Davlin
Times-News writer

They braved the heat radiating off the parking lot pavement to come together one last time. One family sported shirts with "Team McMillen" on the back. Other contestants came with friends or spouses.

Everyone had a reason to celebrate.

The first Magic Valley Weight Loss Challenge wrapped up July 11 with a final weigh-in at Kurt's Pharmacy in Twin Falls. The contest attracted more than 400 contestants who weighed in for the first time in January, then competed to win the \$6,000 first prize.

Winners were determined by percentage of body weight lost, not pounds lost. Kurt's Pharmacy provided the prizes, and other sponsors, including United Dairymen of Idaho and Lee Family Broadcasting, supplied funds and advertising.

At the event, the audience got a pep talk from Aubrey Cheney of Gooding, who competed in NBC's "The Biggest Loser." They also received nutrition advice from United Dairymen of Idaho and congratulations from the sponsors.

They had reason to be proud. In six months, contestants shed a combined 2,115 pounds.

We spoke to four contestants who saw big changes in their lives — whether they walked away with a big cash prize or just a smaller pant size.

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



Ray Coats has his final weigh-in for the Kurt's Pharmacy contest July 11. Coats lost 52 pounds for the contest.



Photos by DREW GODLESKI/For the Times-News

Vicki Mangum, 57, poses on her step machine at her Hazelton home July 10. Mangum has lost about 60 pounds in the past year and says, 'I'm just a bundle of energy now.'

Shoulders	16 1/2	14 1/2	14 1/2
Chest	44"	44"	44"
Upper Arms	50"	44 1/2"	43 3/4"
Lower Arms	18 3/4"	14 1/2"	14 1/2"
Waist	11 1/2"	10 3/4"	10 3/4"
Hips	62 3/4"	61 1/4"	60 1/4"
Thighs	47"	43 1/4"	42 3/4"
Legs	59 3/4"	49 1/4"	49"
Calves	30"	25 3/4"	25 1/4"
Ankle	10 1/2"	9"	9"
Shoe	9 1/4"	9"	9"
Body		4 3/4"	

Vicki Mangum's records show how she has lost 10 1/4 inches around her hips.

Vicki Mangum, 57, of Hazelton

Beginning weight: 282

End weight: 239

Favorite healthy food: Fresh fruits and veggies.

Biggest accomplishment: Although Mangum didn't win anything, she has seen major improvements in her life. Before, she couldn't get out of a chair or tie her shoes without help. "I got my life back," she said.

Advice: Keep at it. If she can do it at 57 years old with a hurt knee, anyone can.

Alice Atwood, 50, of Twin Falls

Second place, \$3,000

Beginning weight: 281

End weight: 177

Favorite exercise: Walking. "Qian and I go walking almost every day," Atwood said, referring to her 3-year-old son, Qiansunya.

Advice: Keep exercising, Atwood said. Dieting alone isn't going to help.

And don't be afraid to share your struggle with others. "Support from my family and co-workers was just essential," Atwood said.

Dennis McArthur, 35, of Twin Falls

Won \$500 for losing the most pounds

Beginning weight: 393

End weight: 270

Favorite healthy food: Sweet-and-sour cabbage, "as weird as that sounds," McArthur said.

Biggest side-effect: More energy. The father of four can now keep up with his kids.

Advice: "There's things more important in life than the next cheeseburger."

Wade Fessenden, 53, of Jackson

First place, \$6,000

Beginning weight: 231

End weight: 140

Favorite exercise: Walking. Fessenden's wife, Laurie, also competed in the challenge, and the two walked together every day.

Biggest side-effect: "My blood pressure went down," Fessenden said. Also, his clothes fit better.

Advice: Set small goals, Fessenden said. Looking forward to reaching those little goals will help keep you from getting discouraged.

Wade Fessenden holds onto his check after winning Kurt's Pharmacy's weight-loss contest July 11 in Twin Falls. Fessenden lost 39 percent of his total body weight.



'Biggest Loser' television show contestant Aubrey Cheney speaks at the Kurt's Pharmacy weight-loss contest finale July 11 in Twin Falls.

Pounds to cash

Contest donates to youth diabetes camp

By Melissa Davlin
Times-News writer

Lisa Gier didn't go to the Magic Valley Weight Loss Challenge to see how many pounds she lost.

In January, contestants paid a \$50 entry fee to participate in the weight-loss

competition. That money went to Camp Hodia, run by Idaho Diabetes Youth Programs for children and teens with type 1 diabetes.

Gier joined fellow Camp Hodia employees to see how much money the challenge raised.

"It's going to be a bit of a

surprise today," Gier said before the July 11 check presentation. She had heard rumors that the total would be about \$17,000, but she wasn't sure.

"It gives me goose bumps," she said. "It's going

See **CAMP**, H&F 2



Photo illustration

Tips for hemorrhoid prevention and care

By Liz Atwood
The Baltimore Sun

Hemorrhoids are swollen and inflamed veins in the anal area. Also called piles, this common condition can be quite painful. Often a modification in diet is all that is needed to reduce the discomfort, says Dr. Robert Akbari, colorectal surgeon at St. Joseph Medical Center in Towson, Md.

Question: What causes hemorrhoids?

Answer: They are largely blamed on the low-fiber Western diet, which is constipating. People who strain a lot with a bowel movement are more prone to develop them. Pregnancy, with changes in hormones and bowel movements, can lead to hemorrhoids. Expectant mothers can either develop new hemorrhoids or their old ones can get a lot worse.

Q: How common are they?

A: They are very common in men and women of all ages. Even kids can get them. Hemorrhoids have played a role in history, believe it or not. It's said that hemorrhoids may have contributed to Gen. Napoleon Bonaparte's loss of the Battle of Waterloo. He apparently had a hemorrhoid flare and couldn't sit down on his horse due to the pain. The battle was postponed by three hours, and he may have not been in top form.

Q: How are hemorrhoids diagnosed?

A: They are diagnosed by a physical examination by a doctor.

Q: Are there health risks associated with the condition?

A: Not for the most part. However, if you are on

blood thinners or have liver cirrhosis, hemorrhoids can bleed significantly.

Q: When should one see a doctor?

A: If someone suspects he has a hemorrhoid, he should see a doctor because a hemorrhoid can easily be confused with other conditions that have similar symptoms, such as an abscess, anal fissure, anal fistula or even cancer. All these conditions can masquerade as hemorrhoids.

Q: What are the treatment options?

A: Eighty percent of hemorrhoids can be managed in an office setting. Treatment begins by having the patient increase fiber intake and drink more fluids. Sometimes I recommend a supplemental fiber product. The over-the-counter topical creams do not cure or get rid of hemorrhoids, but they can offer some relief. Fiber can help prevent new hemorrhoids and can shrink old hemorrhoids.

Another treatment is banding, which is something done in the office, in which a small rubber band is applied and the hemorrhoid eventually falls off.

Thrombosed hemorrhoids are a type of hemorrhoid containing a blood clot and are very painful. Although we don't know exactly what causes the blood clot, it's probably stagnant blood flow in a very swollen hemorrhoid that causes the clot. These patients often cannot sit down due to the pain. These patients often end up in the emergency department. To treat this, a hemorrhoid thrombectomy, which is a bedside procedure, can be done. There

are other bedside-procedure options as well.

If these treatments don't work, there are two main surgical options. These may be needed for the larger, more symptomatic hemorrhoids — the ones that are extremely painful, prolapsing (which means jutting out) and bleeding. There is a standard closed hemorrhoidectomy, also called a Ferguson hemorrhoidectomy. The other is a PPH procedure, which is where we use a circular stapler. The downside is that recovery from either surgery can be uncomfortable. They do, however, take care of the hemorrhoids in one shot.

Q: Are there risks associated with these treatments?

A: Any operation has risks, which is why we don't rush into it. The most common risk is bleeding, which is usually minor. There are also small risks of infection and changes in bowel continence.

Q: Can hemorrhoids go away without intervention?

A: This goes back to dietary modification, with which they may shrink away to nothing. Larger hemorrhoids are less likely to disappear on their own.

Q: How can hemorrhoids be prevented?

A: A high-fiber diet can prevent hemorrhoids. I also feel that Americans have more hemorrhoids because of the Western toilet being more comfortable. In other cultures, people squat down and are quick and brief. Americans read books and newspapers and take their time. The more time you spend pushing, the more you can cause the veins to swell.

To do for You

Cancer support

Intermountain Homecare of Cassia Regional Medical Center offers a cancer support group meeting, 2-3:30 p.m. today, 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.

Bereavement support

Intermountain Homecare Bereavement Education Group meeting, 5-6:30 p.m. today at Parke View Care Center's Oakley Room, 2303 Parke Ave. in Burley. Use the rear entrance.

The group offers emotional support and education about grieving, and an opportunity to become acquainted with other adults who have suffered a loss. Open to the community.

Free. Register: Marcie Bedke at 678-8844.

'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.

The session is educational support for parents and babies. A baby scale is available each week.

Free; 324-6133.

Childbirth refresher

Childbirth refresher course, 6:30-9 p.m. Tuesday, 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 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.

C-sections

Cesarean childbirth class, 6:30-9 p.m. Thursday, 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.

Wellness seminar

Ki Wellness Consulting presents a free Wellness Symposium, Friday through Sunday, at Buhl Eighth

Street Center, 200 N. Eighth St.

Schedule includes:

- **Friday:** symposium opens at noon; BioMat and Reiki treatments, noon-6 p.m., and coffee and chocolate samples; 7 p.m., introductory lecture on Reiki, presented by Joe Gundy and Kathy Ruyts; and 8-9:30 p.m., Reiki I and II class.

- **Saturday:** 10 a.m., Reiki class; BioMat and Reiki treatments, noon-6 p.m., and coffee and chocolate samples; 1 p.m., BioMat DVD presentation; 2 p.m. Gano coffee; 3 p.m., Xocai chocolate presentation; 4 p.m., "Computeritis and Wellness" presented by Joe Gundy, author of "Computeritis, and How to Survive the Technological Age"; 5 p.m., book-signing by Gundy; and 7-10 p.m. Reiki I and II class.

- **Sunday:** 10 a.m., Reiki I and II classes.

Free; 543-5417.

Learn CPR, first aid

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


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

Cost is \$50. Preregistration required; 737-2007.

"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.

Toenail trouble?
Here's a cheap clipping service for the aging.
Next week in Healthy & Fit

Happy 25th Anniversary!
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Dave Little, PT

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Camp

Continued from H&F 1

to mean the world to our program."

Before organizers announced the winners, teen camper Sierra Cooper took the stage to talk about her experiences at Hodia. The camp helps her feel normal, she said, because all of the campers can check their blood sugar levels together.

After Cooper left the stage, organizers handed Camp Hodia representatives a check for \$21,850. Off to the side, Gier sported a huge grin and snapped pictures.

The surprises weren't over. As first-place winner Wade Fessenden accepted his \$6,000 check, he whispered something to the announcer — who then told the crowd that Fessenden donated \$1,000 of his prize to Camp Hodia.

"It's an amazingly generous thing," said Kathie Palmer, Cooper's mom, after the announcement. "It brings tears to my eyes."

"It makes me want to cry,

too," Cooper said.

The extra \$1,000 could enable three kids to go to camp, Palmer said, choking back tears.

"It's nice to know there's a

place out there for us," Cooper said.

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

The Ponzi Scheme: Spotting a fraud

Remember, if it sounds too good to be true, it probably is.

This is perhaps the most important reminder for all of us. Be wary of such words as guarantee or risk-free, as well as products that promise higher than average returns. Trust your gut and avoid being influenced by "easy" profits. Is that free lunch really free?

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Plunge into a swimming routine

By Jeannine Stein
Los Angeles Times

Many adults know how to swim — that is, they can get from one end of the pool to the other without too much trouble. But to swim proficiently and with finesse, they must learn to properly stroke, kick and breathe.

That's where swim coach Nancy Kirkpatrick-Reno comes in. Head masters coach at Conejo Simi Aquatic Masters in the Los Angeles area and a former masters swimming world champion, Kirkpatrick-Reno has designed a four-week program to quickly improve swimming skills and overall fitness — with drills and pointers on technique. If you're stuck in a swimming rut using methods you learned in elementary school, pay attention. "In the last 20 years, the way we swim has become very different," Kirkpatrick-Reno says, "not to mention the new swimsuits that have taken swimming to whole other levels."

This workout begins with choosing the right size pool and ends with doing copious laps without gasping for air.

Getting started

Before sticking a toe in the water, consider this advice:

- **Swim in a pool** that's at least 20 to 25 yards long; those pools can usually be found at high schools and some gyms. A 50-meter Olympic-size pool is best, but not everyone has access to that. "If you're going to become a lap swimmer," Kirkpatrick-Reno says, "you can't go any shorter or you'll be constantly turning." An outdoor pool is preferable to an indoor one because the chlorine and other chemicals dissipate in the air.

- **Choose a pool** with a pace clock, or get a waterproof swim watch. "It will help you measure how fast you're swimming," Kirkpatrick-Reno says. "If you have no clock, how do you know you're improving?"

- **Not all swimsuits** are created equal. Racing suits are best, because they cling to the body and cut down on drag, which can slow a swimmer. Men should ditch the loose-fitting trunks or jammers — those, Kirkpatrick-Reno says, "are like taking grocery bags and tying them to your waist" — and choose a more tight-fitting suit. Don't worry, tiny suits aren't the only option; snug swim jammers come almost to the knee (think triathlete gear). Women should choose a sleek racing suit as well; some two-piece options are available. Keep in mind that chlorine may eventually break down the fibers, so wash according to manufacturer's instructions.

- **Swim caps** can cut down on drag, especially for people with long hair. They can also protect hair from pool chemicals. Goggles are essential to protect eyes from the same chemicals, and they're available with prescription lenses and tinting and UV protection for the outdoors.

- **A couple pieces of gear** are used during drills: Kickboards can help swimmers focus on kicking properly. And pull buoys (light-weight foam pieces that sit between the thighs, keeping the legs still) make swimmers use more upper-body muscles.

- **Keep a log** to track progress in speed and distance, and note what times of day are best to work out.

- **Stay hydrated.** Even though you're in a body of water, you will perspire. Kirkpatrick-Reno suggests keeping water or a sports drink by the side of the pool and taking a few sips during rests.

- **Don't forget** to eat after a workout. Swimmers need to replace glycogen levels after exercising, and Kirkpatrick-Reno suggests some combination of carbohydrates and protein, such as a protein bar or chocolate milk.



Masters swimmer Lauren Hancock shows good, straight form during practice.

- **Do some cool-down** laps after a workout. A few laps at a leisurely pace will help slow the heart rate and cool the body's core temperature.

Week 1

Work out three times a week on nonconsecutive days. Don't be surprised if you're winded after just a few laps in the beginning, even if you're an accomplished runner or cyclist. Swimming uses different muscles and structured breathing and may be taxing at first. But with perseverance, quick improvement is possible. The number of laps listed here is a suggestion based on a 25-yard pool, so adjust the number if necessary.

- **Drills begin** with streamlining off the wall. Begin with feet against the wall, and drop just under the surface of the water. Push off the wall in a streamlined position: Hands are directly in front of head, one over the other, and upper arms are tucked next to the ears. Toes are pointed. When you begin to slow down, kick a little and come to the surface. "It's like you're an arrow cutting through the water," Kirkpatrick-Reno says. "This gets you used to the feeling of going through the water, and in swimming, you want to be streamlined. You want to get your body to a point." Stop and return to the wall, or swim the rest of the length of the pool and begin again. Repeat 10 times.

- **Next, swim using** one arm across one length of the pool. Keep the left arm outstretched in front, right arm by your side, close to your hip. Eyes are facing the bottom of the pool and the legs are flutter kicking. To do that, keep heels in the water and kick from the hips, not the knees. Point the toes. Don't let the legs drag down in the water and make large kicks — this isn't like snorkeling. To stroke, lean slightly to the left, with the right shoulder back, bring the right arm up, and stroke into the water, using the arm from the fingertip to the elbow as a paddle. Use only the right arm to go across the pool, then switch to the left arm on the next lap. Repeat, changing arms each lap, for four to eight lengths. If possible, breathe every few strokes, or as often as you need to. When breathing, rotate the head out of the water to the side; don't lift it up.

- **The catch-up drill** begins with the left arm in front and the right arm by your side. Bring your right arm around to meet the left, then stroke with the left arm, bringing it around to meet the right. The arms "catch up" to each other instead of

continuously paddling through the water. Repeat four to eight lengths, breathing every couple of strokes if possible, or more often if necessary.

- **Flutter kick** for 200 yards while holding a kickboard. Keep your hands over the far edge of the board and your head above water and do flutter kicks.

- **Do a freestyle swim** for 200 yards at an 85 percent effort, using stroking, breathing and kicking techniques used in the previous drills.

Week 2

Repeat the drills from Week 1.

This week adds a kicking drill, which develops leg muscles, works on breathing and improves the cardiovascular system.

- **Begin with** one arm extended in front, the other arm by your side, shoulder back. Kick six times, then bring the right arm around so that both arms are in front, kicking six times again. Next, stroke with the left arm, kicking six times, and take a breath. Breathe more frequently through the cycle if necessary. Repeat for 200 yards.

- **Next, do two** 200-yard lengths of freestyle, taking a 20-second rest between sets.

- **Then do six** 100-yard lengths, taking a 20-second rest between sets. Focus on your stroke technique.

Week 3

Although counting laps and focusing on proper technique can be distracting, monotony can set in. Kirkpatrick-Reno suggests combating it by talking to



'In the last 20 years, the way we swim has become very different,' says Nancy Kirkpatrick-Reno, head masters coach at Conejo Simi Aquatic Masters.

lane mates during rests, using a waterproof MP3 player, or letting your mind wander a bit.

- **Warm up** with a combination of drills from Week 1 for 400 to 600 yards.

- **To get the heart rate up**, swim six 25-yard lengths at about a 75 percent to 80 percent effort.

- **Rest for a minute** and do the main swimming set, consisting of eight 75-yard lengths; in a 25-yard pool, do one lap freestyle, one backstroke or breast stroke, and one freestyle. Or, do all three laps freestyle, increasing intensity with each lap. Do the first lap at a 70 percent effort, the second at 75 percent and the third at 80 per-

cent. Take a 15-second rest between sets. This helps build endurance and speed.

Week 4 and beyond

Warm up with 400 to 600 yards of drills from Week 1, including swimming four 50-yard lengths with a 15-second rest between sets.

- **The main swimming set** begins with swimming 300 yards, then 200 yards, then 100 yards, with a 20-second rest between each set. Using the pull buoy, swim 100 yards, then 200 yards, then 300 yards, again with rests between sets. This "ladder swim" builds endurance. Cool down with some easy laps.

Although your conditioning has no doubt improved, Kirkpatrick-Reno says swimmers benefit from strength training, best done on nonswimming days. Exercises that work the thighs, shoulders, arms, core and back are especially important. Include exercises such as squats, lunges, seated rows, crunches and other abdominal work, and planks. Work on ankle flexibility, too, to make them less stiff.

After four weeks, you may need the help of a coach to perfect your technique and speed. Some workout tips and training plans can be found in books and online.

Joining a masters program or a local swimming group offers instruction and opportunities to socialize with other swimmers.

For information on masters swimming programs, go to U.S. Masters Swimming (www.usms.org).

Lauren Hancock, a swimmer with the Conejo Simi Aquatic Masters program, demonstrates the proper streamline form: hands in front of head, one over the other, upper arms tucked next to the ears.

Photos by MYUNG J. CHUN/
Los Angeles Times

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213 Professional PROFESSIONAL Addiction Treatment Residential Counseling Program Manager needed. Master's with CADC. Clinical Supervisor training preferred. Walker Center, Gooding, Idaho. Send resume to cindy@thewalkercenter.org www.thewalkercenter.org EEO

THE ACES ON BRIDGE® Bobby Wolff

"Wisely and slow; they stumble that run fast." - William Shakespeare When this hand came along in a World Championship pair event, some declarers failed to follow the advice given by every bridge teacher to every beginner: "Before touching a card from dummy - even a singleton in the suit led - plan the play of the whole hand."

Every West led the club six against four spades, and most Souths inserted dummy's nine. East played the queen, South won with the king, but now had no quick entry to dummy for the spade finesse. He could try a club toward the ace, but West was able to ruff, and the game ended two down.

At one table, though, the bidding and lead were identical, but declarer paused for thought at the critical moment. Recognizing the lead as likely to be from shortage, South rose with dummy's club ace to play the spade queen, catering to East's holding the guarded spade king.

When this held, a low spade collected the missing trumps. Eventually, one of dummy's clubs went on the diamond queen, and a subsequent successful finesse of the club jack landed the game. The key to this deal is to work out that West's opening club lead is far more likely to be from shortage than from length. If so, there is no need to take an immediate club finesse. You can do that after drawing trumps since you can always reach dummy with a diamond ruff.

ANSWER: Dummy will be putting down a strong hand with four diamonds and five clubs. Declarer's direct jump to three no-trump suggests he has spades well under control, and your partner's failure to overcall makes it unlikely you can accomplish much in spades. So, with misgivings, I'd lead the heart nine. Maybe declarer has a weak four-card suit and dummy has some vulnerable honors.

For details of Bobby Wolff's autobiography, "The Lone Wolf," contact kay1967@aol.com. If you would like to contact Bobby Wolff, e-mail him at bobbywolff@mindspring.com. Copyright 2009, United Feature Syndicate, Inc.

216 Trades MECHANIC Mechanic/Driver Probet Electric, Inc. is currently hiring a full time fleet equipment mechanic/transport driver.

502 Homes For Sale ALBION 3 year old brick Rambler on 4.6 acres. Attached apartment with private entrance. Lots of amenities, some furnishings incl.

502 Homes For Sale ALBION Beautiful home. Newly remodeled 3900 sq. ft. 5 bdrm, 2 bath, 2 car garage. Big new kitchen, granite counter tops, auto sprinklers. \$299,000 300-1928

TRADES Equipment Operator Probet Electric, Inc. is currently offering a full time position for an Equipment Operator. Duties will include operating heavy equipment & specialized utility equipment.

BUHL 11.3 acres with new 2800 sq. ft. home, 3 bdrm., 3 bath, pasture, water, corals, new shop, lawn shed, sprinklers. \$385,000. Call 208-543-8080.

BUHL SEE TO APPRECIATE...! Country kitchen with cabinets galore and a Pergo floor in this 3 bdrm, 2 bath with family room & much more! \$150,000. Call Jim.

300 Financial

BUHL Custom built 4 bdrm, 2.5 bath home with 3062 sq. ft. Travertine tile, hand scraped hardwood floors, central vacuum, surround sound, 3 car garage. Located in a quiet and secluded spot, with beautiful views. Near fishing, golfing & tennis. \$375,000. Call 208-543-6296

HAGERMAN 3 bdrm/2 bath, 1755 sq. ft. Close to school, Central air, huge kitchen, walk-in pantry, auto sprinklers, new water heater and furnace. 208-320-0121

304 Investments DRACO INVESTMENT CORP. CASH for Deeds of Trust, Mortgages and Real Estate Contracts. Call today for a free, no-obligation quote. (208)733-3821

400 Education 401 School Instruction CLASSIFIEDS It pays to read the fine print. Call Times-News to place your ad 208-733-0931 ext. 2

HAGERMAN New home 1 1/4 acres, 1/4 mile from the river, landscaped, 2150 sq. ft. 3 bdrm + bonus room, fireplace all electric, all appliances, just reduced \$299,000. 208-543-2902 or 208-539-4774

500 Real Estate 501 Open House PUBLIC SERVICE MESSAGE Selling Property? Don't pay any fees until it's sold. For free information about avoiding time share and real estate scams, write to: Federal Trade Commission, Washington, D.C. 20580 or call the National Fraud Information Center 1-800-876-7060

HAZELTON 1 Acre, 4 bdrm, 2.5 bath, office, hobby room, 2960 sq. ft. small shop 12x20 ft. nice manufactured home w/ceasement. \$121,900. 208-731-2285

JEROME 2480 sq. ft. Partially furnished w/updated exterior & interior. RV pad, new storage bldg on 1.04 acres, vinyl fenced irrigated pasture with no restrictions. Reduced \$159,900. 320-1150.

TIMES-NEWS magicvalley.com Call now for more information about routes available in your area. Twin Falls, TFNR. 735-3346 Burley, Rupert, Poul, Holley, Kimberly, Shoshone. 677-8733 or 735-3302 Gooding, Jerome, Filer, Buhl, Wendell. 735-3241

Read The Classifieds Every Day! KIMBERLY For Sale by Owner. Newly remodeled 4 bedroom, 1 bath, 1450 sq. ft., new carpet and paint, appliances included, woodstove, RV parking, fenced yard, beautiful landscaping, garden, and deck. 25x60 heated and insulated shop, set up to paint cars. \$159,900. 830 Van Buren St. Call 208-212-5846

BURLEY/RUPERT FORECAST

Today: Mostly sunny and quite warm. Highs 85 to 90. Tonight: Mostly clear and mild. Lows in the 50s. Tomorrow: Temperatures edge higher by a few degrees. Mostly sunny with highs near 90.

ALMANAC - BURLEY

Table with 2 columns: Temperature and Precipitation. Includes Yesterday's High/Low, Normal High/Low, Record High/Low, and Water Year to Date statistics.

IDAHO'S FORECAST

Map of Idaho showing weather forecasts for various regions including Sun Valley, Boise, and Northern Utah. Includes text about fire danger and temperature trends.

TWIN FALLS FIVE-DAY FORECAST

Five-day forecast for Twin Falls with icons for sun, moon, and clouds. Includes High/Low temperatures for each day.

ALMANAC - TWIN FALLS

Table with 2 columns: Temperature and Precipitation. Includes Yesterday's High/Low, Normal High/Low, Record High/Low, and Water Year to Date statistics.

Moon phases and Moonrise and Moonset times for Twin Falls.

REGIONAL FORECAST

Table showing regional forecasts for cities like Boise, Idaho Falls, and Pocatello. Includes Today, Tomorrow, and Wednesday forecasts.

Yesterday's Weather

Table listing weather for various cities including Boise, Idaho Falls, and Pocatello. Columns include High, Low, and Precip.

ALMANAC - TWIN FALLS

Table with 2 columns: Temperature and Precipitation. Includes Yesterday's High/Low, Normal High/Low, Record High/Low, and Water Year to Date statistics.

Moon phases and Moonrise and Moonset times for Twin Falls.

REGIONAL FORECAST

Table showing regional forecasts for cities like Boise, Idaho Falls, and Pocatello. Includes Today, Tomorrow, and Wednesday forecasts.

meineke car care center advertisement. 169 Addison Avenue West. 735-8296. Open Mon - Fri 8:00 AM - 6:00 PM, Sat 8:00 AM - 1:00 PM.

CANADIAN FORECAST

Table showing Canadian forecasts for cities like Calgary, Edmonton, and Vancouver.

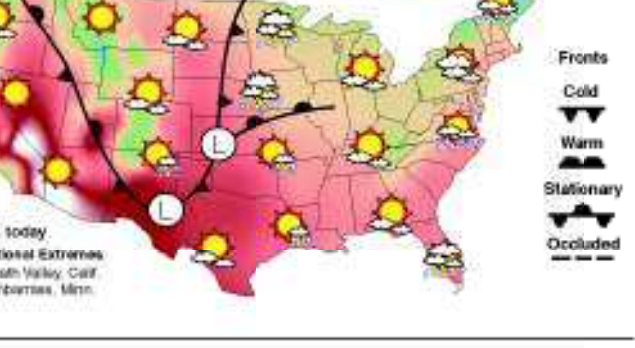
U.V. INDEX



WORLD FORECAST

Table showing world forecasts for cities like London, Tokyo, and Sydney.

TODAY'S NATIONAL MAP



1008 SUVs advertisement. Includes Cadillac '07 Escalade AWD, Chevrolet '99 Suburban, and Chevrolet '03 Suburban.

1008 SUVs advertisement. Includes Hyundai '03 Santa Fe PW, Jeep '95 Wrangler Rio Grande Edition, and Jeep '96 Cherokee.

1010 Autos advertisement. Includes Buick '92 Park Avenue, Chevy '03 Silverado, and Chevy '06 Cobalt SS.

1010 Autos advertisement. Includes Dodge '01 Neon, Ford '00 Taurus, and Ford '08 Fusion V6.

JUMBLE word game advertisement. Includes a grid and a cartoon about a demolition race.

1008 SUVs advertisement. Includes Chevrolet '99 Suburban and Chevrolet '03 Suburban.

1008 SUVs advertisement. Includes Kia '97 Sportage and Lexus '99 RX 300.

1010 Autos advertisement. Includes Chevy '06 Monte Carlo and Chrysler '02 Concorde LX.

1010 Autos advertisement. Includes Ford '98 Windstar and Honda '00 Civic EX.

1010 Autos advertisement. Includes Nissan '06 Sentra and Nissan '06 Maxima SE.

1010 Autos advertisement. Includes Subaru '87 GL Wagon and Toyota '05 Corolla S.

1009 Vans and Buses advertisement. Includes Ford '02 Explorer and Ford '06 Explorer.

1009 Vans and Buses advertisement. Includes Dodge '00 Intrepid and Dodge '02 Neon SE.

1010 Autos advertisement. Includes Dodge '04 Neon and Dodge '05 Neon SXT.

1010 Autos advertisement. Includes Hyundai '02 Santa Fe and Hyundai '04 Accent.

1010 Autos advertisement. Includes Nissan '96 Sentra and Olds '01 Silhouette.

1010 Autos advertisement. Includes Toyota '99 Camry and Volkswagen '08 Jetta GLS.

1010 Autos advertisement. Includes Honda '03 CRV LX and Hummer '07 H3.

1010 Autos advertisement. Includes Buick '02 Century and Buick '02 LeSabre.

1010 Autos advertisement. Includes Dodge '04 Neon and Dodge '05 Neon SXT.

1010 Autos advertisement. Includes Lincoln '00 LS and Lincoln '98 Continental.

1010 Autos advertisement. Includes Saturn '06 Ion and Subaru '04 Forester.

1010 Autos advertisement. Includes Toyota '00 Camry and Toyota '03 Matrix.

Assist Auto Brokerage advertisement. 539-1999. Wendell, Idaho.

Wheels Autos advertisement. 733-0931 ext. 2. Times News.

Smalley Motors advertisement. 2811 S Lincoln, Jerome.

Smalley Motors advertisement. 2811 S Lincoln, Jerome.