



Rain and snow.

H&F 10



Burley cancer center reaches out to patients H&F 1

NFL >>> Matchups set for conference championships, MAIN 5



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TIMES-NEWS

MagicValley.com

Buhl gets Boys and Girls Club program

Funding woes put clubhouse on hold

By Blair Koch
Times-News correspondent

BUHL — Today Buhl students will have a safe, fun place to go after school: the Boys and Girls Club.

Though a proposed brick-and-mortar clubhouse in

Buhl has, at least for now, become a victim of the recession, the organization's after-school programming will be offered to Buhl youth. The club will meet at the Buhl Middle School, where activities will be organized exactly as they are 16 miles

east at the Boys and Girls Club of Magic Valley clubhouse in Twin Falls.

"It will be the same programming as the Twin Falls club," said Steve Kaatz, advisory board member of the Buhl Boys and Girls Club. "After the survey we gath-

ered late last year indicated a significant need and use potential for a club in Buhl we decided that even though the clubhouse is on hold we wanted to move forward and offer kids a place to go after school."

A survey completed in November by the club board showed hundreds of parents want access to Boys and Girls Club programming for

their children. Results indicated a Buhl club would draw around 300 youth members, with 60 to 80 expected to be served daily.

So far, 25 students have signed up for the after-school program, which is open for all students age 6 to 18. The only cost to parents is a \$25 annual membership fee.

Activities include an after-school snack, a Power

Hour where students will finish homework with assistance from club staff if necessary, arts and crafts, board games, athletic activities and other age-appropriate programs.

Site Coordinator Pam Frampton, 21, said she was raised in a Boise Boys and Girls Club.

See **CLUB**, Main 2

PEDALING GENEROSITY



Above: Lachi Rai, 24, takes a spin on the bike she received from the bicycle drive sponsored by the College of Southern Idaho Honors Program. About 50 bicycles were repaired and refurbished by the Twin Falls bike shop Spoke and Wheel. Left: Jit Rai, 38, helps his sister Damanti Rai, 30, left, move her bike after she had trouble figuring out the kickstand, as his sister Lachi Rai stands with her new bike. The Rais are Bhutanese refugees from Nepal. Jit Rai said he has been using his bike to 'roam around' his new hometown.

Photos by MEAGAN THOMPSON/
Times-News

See **BIKES**, Main 2

CSI Refugee Center provides dozens of bikes

By Damon Hunzeker
Times-News writer

For some people, especially those who have fled war-ravaged countries, bikes are almost a necessity.

In November, College of Southern Idaho honors students initiated an effort to collect new and used bicycles for people served by the CSI Refugee Center.

The bike drive officially ended last week — about 50 bikes were provided to refugees in the area. But the center is still taking donations.

"I don't have a way to get anywhere. I don't have a car, so if I need to get to a supermarket for shopping, they're all far away from the home," said Riyadh Alkaisi, a 28-year-old refugee from Iraq who arrived here with his wife about a month ago. "They only have bikes left for women and

kids, but they said when they get one for me, I'll get one."

Michelle Pospichal, the center's grant coordinator, said most of the bikes are for adults in order to provide them with a way to get to work or the grocery store — but, of the 50 distributed, about a dozen were given to kids.

"It was really fun to see how excited they were. We gave the

Superintendents discuss Race to the Top funds

By Damon Hunzeker
Times-News writer

When the federal government funds something, it also controls it. But the Race to the Top grant may end up being the only way for Idaho schools to secure any new money this year, especially after Gov. C.L. "Butch" Otter's recent announcement of \$40 million in budget holdbacks.

Wiley Dobbs, the Twin Falls School District superintendent, and Gaylen Smyer, the Cassia County School District superintendent, both expressed concern about potential federal funds. Still, their districts comprise two of the 59, plus 21 charter schools, that have signed up to participate in Idaho's application.

Of the nearly \$5 billion available from the federal government for education grants, the state education department is applying for \$75 million to \$100 million.

"We hope to gain some additional funding to help offset the enormous cuts being planned for next year," Dobbs said. "We understand that with federal funding comes with enormous strings, so we are reserving the right to opt out if it ends up not being a good fit for our district."

Smyer emphasized that, if the money is awarded, districts will have 90 days to develop a local plan and submit it to the U.S. Department of Education and can opt out during that time.

"It's absolutely a concern. As we learned with the ARRA (American Recovery and Reinvestment Act) funds, the funding comes first and the rules come afterward," Smyer said, calling the amount of paperwork and accountability that attends federal funding "just over the top."

Regardless of the reservations, Dobbs didn't sound as though he expects them to matter in the end. When asked if he thinks Idaho will receive the money, he said, "I believe the chances are slim."

Smyer agreed. "It's a long shot, but it's a possibility so that's why our district decided to be part of the consideration, should it be funded," he said. "We hope it will provide us some desperately needed funding to improve student achievement."

Damon Hunzeker may be reached at dhunzeker@magicvalley.com or 208-735-3204.

Itching for battle, U.S. troops in Iraq stage fight nights

By Hannah Allam
McClatchy Newspapers

C.O.B. ADDER, Iraq — Hard rock thumped through the speakers and nonalcoholic beer flowed as more than 1,000 amped-up American soldiers crowded around a makeshift boxing ring one evening earlier this month at a U.S. base in southern Iraq.

"Let's get ready to ruuumble!" the emcee bellowed, kicking off Contingency Operating Base Adder's first Friday Night Fights, where American servicemen, special forces and private contractors beat each other bloody in mixed martial arts

bouts that are spreading fast on U.S. installations throughout Iraq.

The mixed martial arts clubs are modeled after the immensely popular Ultimate Fighting Championship organization's blend of sports and showmanship. Bouts on U.S. military bases aren't quite as nasty as the televised matches from Las Vegas: Military fight clubs must follow Modern Army Combatives rules, which ban some street-fighting moves.

Still, the fights aren't for the squeamish. One by one, shirtless, barefoot and heavily

See **FIGHT**, Main 3

Obama cites value of volunteerism

By Ann Sanner
Associated Press writer

WASHINGTON — A retired teacher went back to a classroom in need. A barber is giving time to a child whose first years remind him of his own. A college graduate decided to help kids learn instead of helping investors on Wall Street.

When President Obama called for Americans to volunteer, all three listened.

Loretta Martin, 61, a retired elementary teacher from Beachwood, Ohio, said Obama motivated her when he said it doesn't take much time to make a difference. "He really pushes it and I hear it all the time now," she said.

Martin, who volunteered for Obama's presidential campaign, started in October tutoring first-graders for about 15 hours a week through Experience Corps. The nonprofit organization places people age 55 and older into elementary schools to help students with reading and writing.

See **VOLUNTEERISM**, Main 3

HOW TO GET INVOLVED

There are several ways you can get involved in national service:

Local opportunities

- To volunteer in your neighborhood, go to <http://www.volunteer.gov/>
- The Web site, run by the federal government, gives Americans a way to search for service opportunities within a ZIP code or state.
- Ask religious leaders or faith-based organizations about ways to help others.

Older Americans

- Senior Corps, a government-run program, gives people 55 and older a chance to conduct

safety patrols for local police departments, participate in environmental projects or help tutor children. To join, visit <http://www.getinvolved.gov> or call 800-424-8867.

• Search for other opportunities through AARP's Web site at <http://www.aarp.org/createthegood>

Students

- Ask your guidance counselor, principal or PTA about ways to help in the community.

College students and adults

- To join AmeriCorps, visit <http://www.americorps.gov> or call 800-942-2677.



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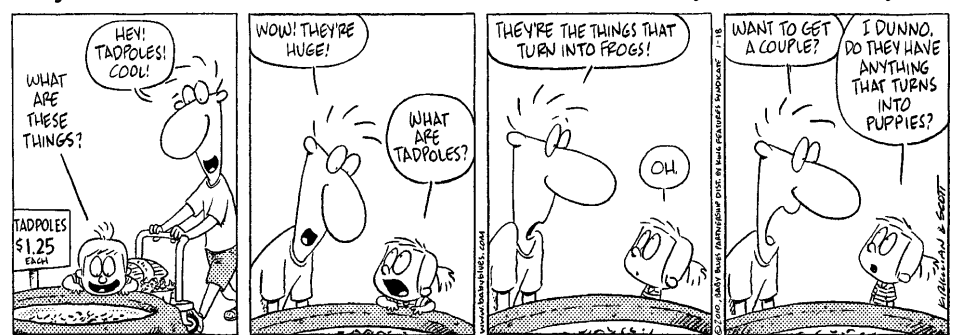
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B.C. By Mastroianni and Hart



Baby Blues By Rick Kirkman & Jerry Scott



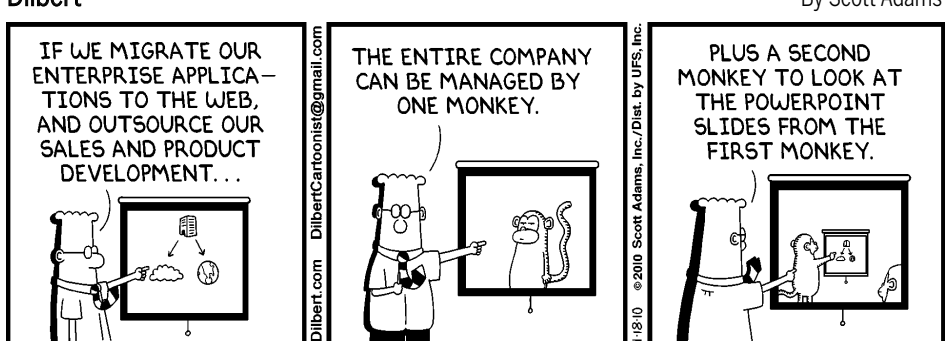
Beetle Bailey By Mort Walker



Blondie By Dean Young & Stan Drake



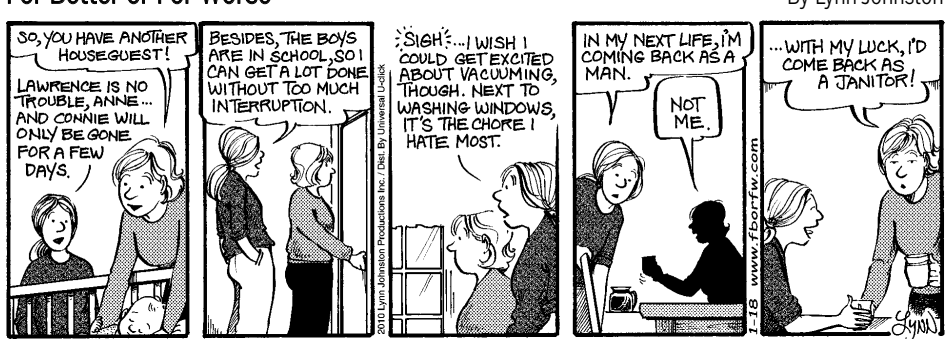
Dilbert By Scott Adams



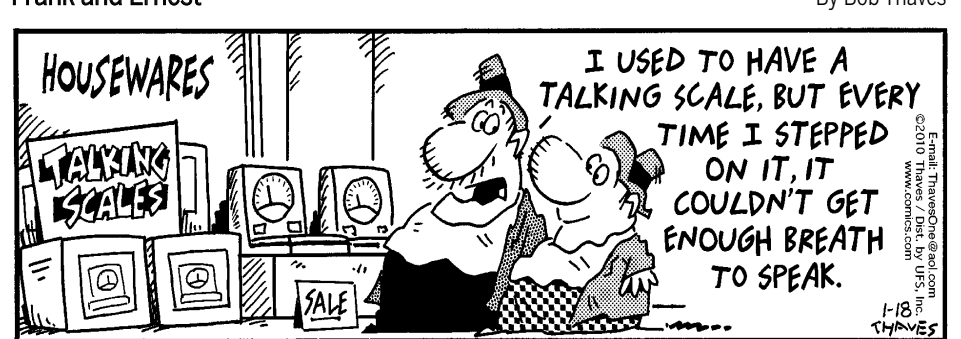
The Elderberries By Phil Frank and Joe Troise



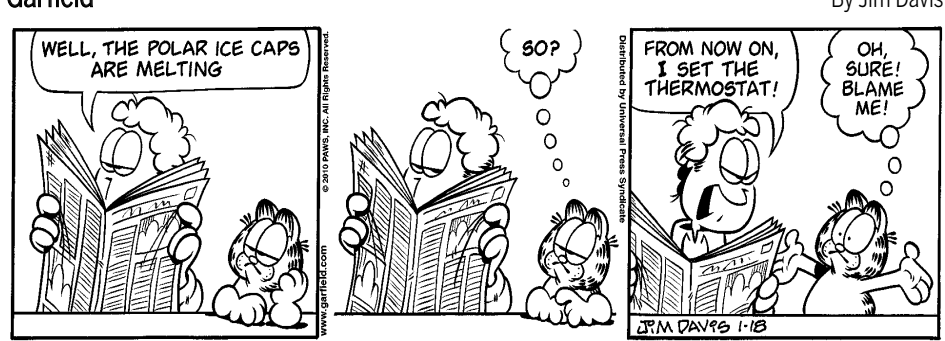
For Better or For Worse By Lynn Johnston



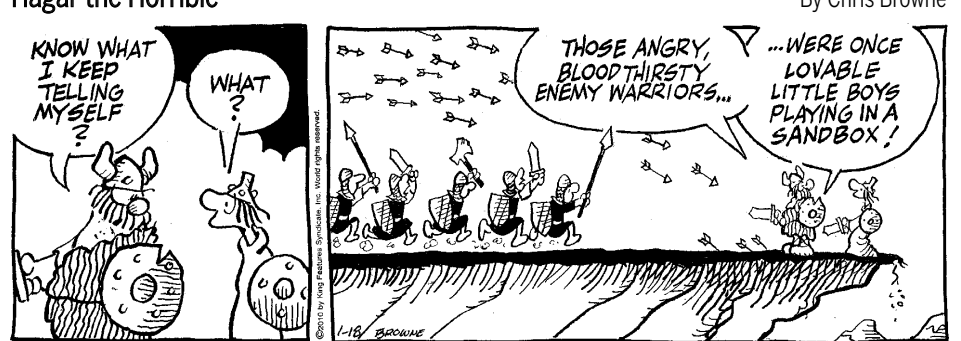
Frank and Ernest By Bob Thaves



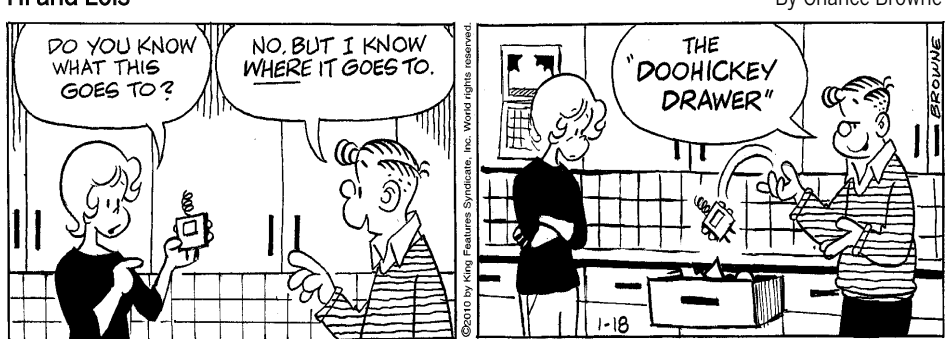
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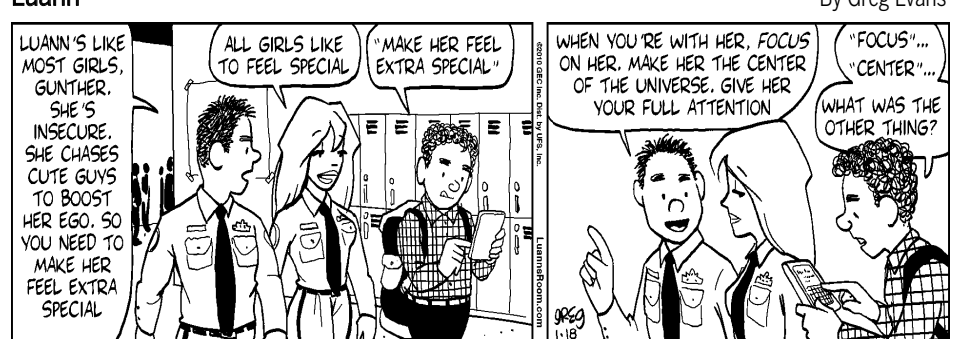
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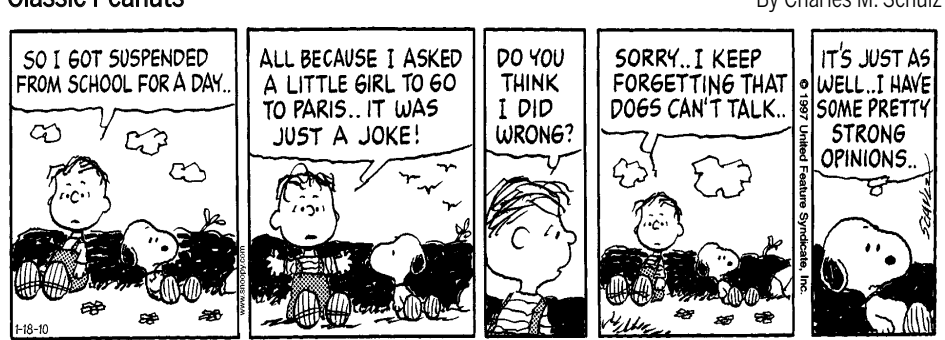
Hi and Lois By Chance Browne



Luann By Greg Evans



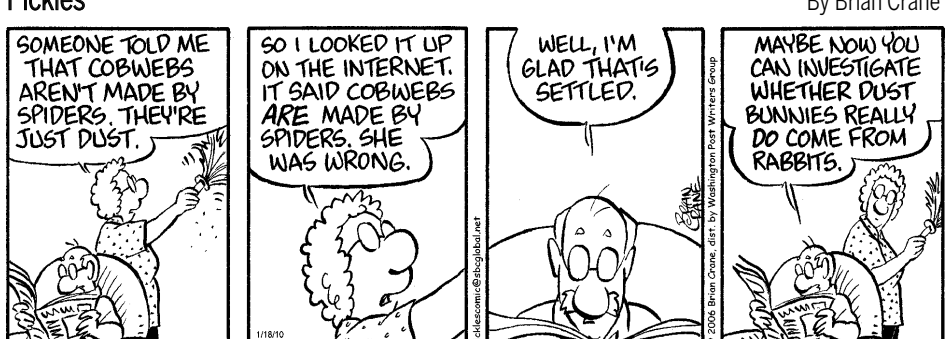
Classic Peanuts By Charles M. Schulz



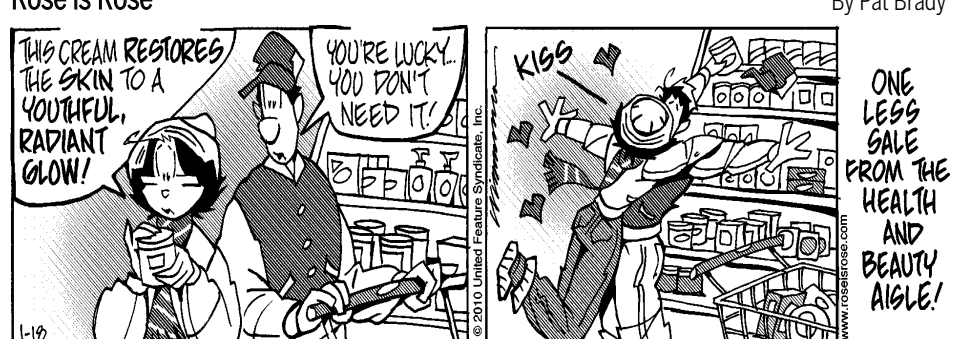
Pearls Before Swine By Stephan Pastis



Pickles By Brian Crane



Rose is Rose By Pat Brady



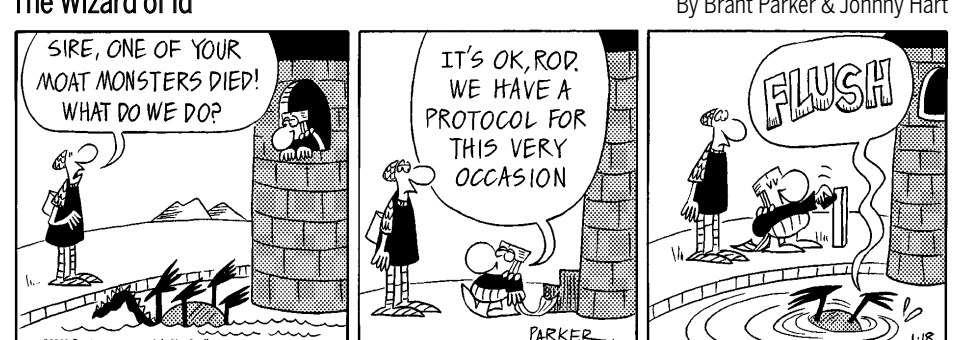
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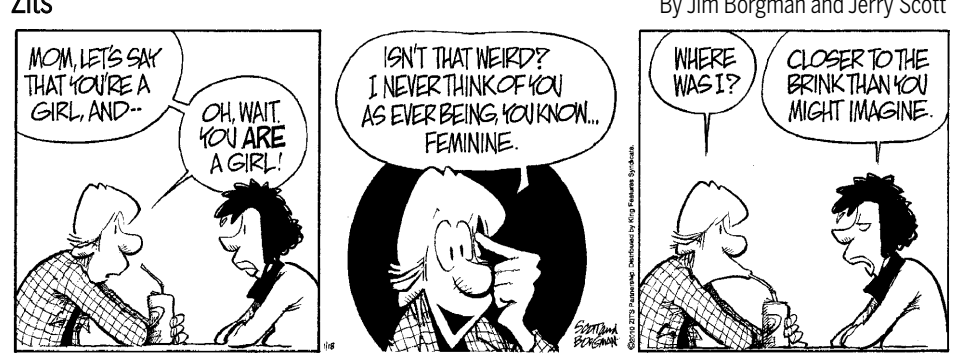
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SPORTS

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WHO WON THE SONY OPEN GOLF TOURNAMENT?
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McGwire cheered by fans, evades steroid questions

By R.B. Fallstrom
Associated Press writer

ST. LOUIS — Mark McGwire received a standing ovation from Cardinals fans Sunday in his first public appearance in St. Louis since admitting he used steroids.

His scheduled news conference, only minutes later, was much more combative.

The second session was shifted to an overcrowded hallway at the last minute, and McGwire evaded questions about the criticism he's received from ex-players. He

repeatedly emphasized that he was ready to talk about the game instead of performance-enhancing drugs.

"I hope you all can accept this," McGwire said at the Cardinals' Winter Warm-Up. "Let's all move on from this. Baseball is great right now, baseball is better."

Dressed in jeans, a sweater and running shoes, the 46-year-old McGwire walked on stage to "Welcome to the Jungle" by Guns N' Roses, the hard-rock song played before his at-bats with the Cardinals. The team's new hitting coach was cheered by

fans who secured seats as much as 3 1/2 hours earlier.

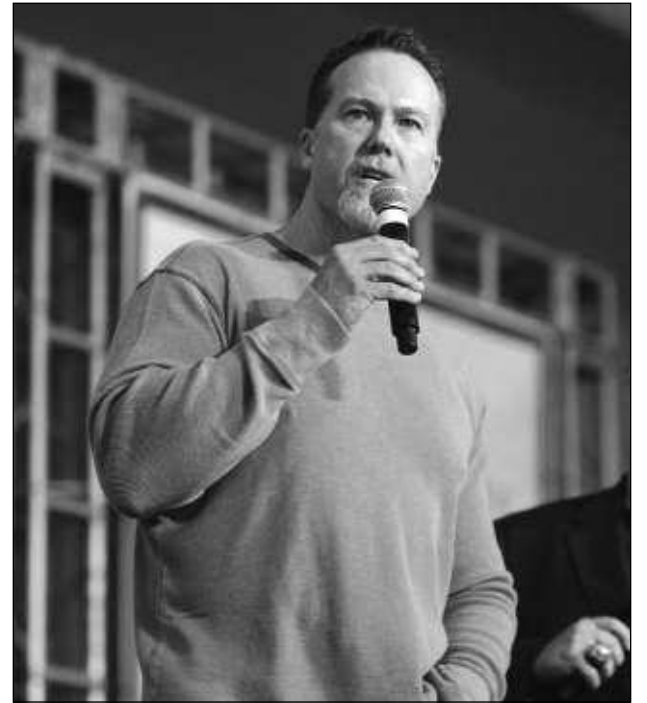
"I've learned a lot," McGwire told fans. "Especially to kids out there, steroids are bad. I made a huge mistake in my life and it's something I want you guys to learn from. Don't ever, ever go down that road."

In a brief appearance on stage, McGwire said he was happy about his chance to put on a major league uniform again. The former home run king headed over to Busch Stadium, just blocks away, for an afternoon hitting session with Colby

Rasmus and Ryan Ludwick, and pledged to immerse himself in his new job.

He was supposed to be at a podium minutes later, but when his news conference was moved into a narrow hallway it left reporters jostling for space and shouting questions. The session lasted just more than six minutes before questions were cut off and McGwire was escorted out by security and police through a back door.

A team official called the last-minute switch an "executive decision."



AP photo

Former St. Louis Cardinals slugger and new batting coach Mark McGwire speaks to fans at the team's annual Winter Warm-up Sunday during his first public appearance in St. Louis since admitting to using steroids.

NFL PLAYOFFS

Conference championships set



AP photo

New York running back Shonn Greene (23) breaks a tackle attempt by San Diego safety Eric Weddle (32) Sunday as he heads toward the end zone for a touchdown in the second half of an NFL divisional playoff game in San Diego.

Sanchez, Greene lead Jets to shocker over Chargers

By Bernie Wilson
Associated Press writer

SAN DIEGO — Maybe Rex Ryan already knows the score of the AFC championship game, too.

The rookie coach who, at one point, didn't know his Jets were still in playoff contention, then declared them Super Bowl favorites, will need some more bold predictions.

His Jets are still playing.

Rookies Mark Sanchez and Shonn Greene led New York to a stunning 17-14 upset of San Diego in the divisional playoffs Sunday, each providing a touchdown in the fourth quarter that marked another Chargers postseason pratfall.

"It's a big win for our franchise," Sanchez said, "and we're not done."

Sanchez threw a go-ahead, 2-yard touchdown pass to tight end Dustin Keller three plays into the

fourth quarter, then Greene gave the Jets some breathing room with a 53-yard scoring run on their next possession.

The upstart Jets (11-7), who have won seven of their last eight, advanced to the AFC championship game for the first time since 1999. They'll play at top-seeded Indianapolis next Sunday.

"A matchup that probably nobody wanted, but too bad," Ryan said. "Here we come!"

Of course, it was the Colts who pulled Peyton Manning and other starters in the second half of their Week 16 game against the Jets, who rallied for a victory that put them in control of their playoff destiny.

Before that game, Ryan said his holiday wish was for the Colts to rest Manning & Co.

"I don't know if Santa Claus will be that good to me again," Ryan

See **JETS**, Main 6



AP photo

Minnesota quarterback Brett Favre (4) drops back to pass as Dallas defender L.P. LaDouceur closes in for a tackle Sunday during the first half of an NFL divisional playoff game in Minneapolis.

Favre, Vikings advance with win over Cowboys

By Dave Campbell
Associated Press writer

MINNEAPOLIS — This is why Brett Favre said he was coming back. And back he is — maybe better than ever.

Four — count 'em, four — touchdown passes from Minnesota's 40-year-old quarterback put the Vikings within a game of the Super Bowl with a 34-3 rout of the Dallas Cowboys to advance to the NFC championship Sunday.

"Probably the most fatigued I got today was celebrating," Favre said, smiling.

The Vikings (13-4) will take on the Saints next Sunday at New Orleans, with the winner going to the NFL title game — Favre's season-long goal and the reason he came out of retirement for a second straight season.

"Today was like this season — it's

been wonderful," Favre said. Asked if it was an emotional game for him, he said, "I'm kind of worn out right now, but it is. It was emotional before the game."

Favre found Sidney Rice for three scores and Ray Edwards led the defense's harassment of Tony Romo. Then he put an exclamation point on the game late in the fourth quarter when he hit Visanthe Shiancoe for his personal playoff-best fourth TD pass.

Never in 22 previous postseason games had he thrown for that many touchdowns. And never before had he beaten Dallas in the playoffs. Favre completed 15 of 24 passes for 234 yards to finally do it.

Meanwhile, Romo sat stone-faced on the bench between possessions in the second half after a three-turnover game against one

See **VIKINGS**, Main 6

Three star QBs, upstart Jets go for Super Bowl

By Mike Fitzpatrick
Associated Press writer

The New York Jets can expect to see Peyton Manning for four quarters this time.

With a 17-14 upset of the San Diego Chargers on Sunday, brash coach Rex Ryan and his hard-hitting Jets earned a surprise spot in the AFC title game at top-seeded Indianapolis.

The Week 16 rematch is one of two conference championship games Sunday featuring some of the NFL's top quarterbacks, all within one win of the Super Bowl.

First, Manning gets another shot at the Jets, who handed Indianapolis its first loss of the season — rallying after the four-time MVP and other Colts starters were pulled early in the second half to rest.

"A matchup that probably nobody wanted, but too bad," Ryan said. "Here we come!"

Then, 40-year-old Brett Favre and the Minnesota Vikings visit Drew Brees and the New Orleans Saints for the NFC title.

"I know we're not done yet," Favre said after throwing four touchdown passes Sunday in a 34-3 rout of Dallas. "The New Orleans Saints, they're explosive."

The Jets were the only road team to win in the divisional round, stunning the second-seeded Chargers to fill out the last spot in the league's final four.

New York goes back to Indianapolis, where the top-seeded Colts showed no signs of rust in beating Baltimore 20-3 on Saturday.

See **SUPER**, Main 6



The Times-News sports staff picks your best sports bets for this week

MONDAY

A handful of Class 2A and 1A games dot the schedule, but it's otherwise quiet on Martin Luther King Jr. Day.

TUESDAY

The Declo and Glenns Ferry boys get it going in Elmore County as both teams are 1-0 in Canyon Conference play.

WEDNESDAY

The Bruin and Spartan boys are both undefeated in the Great Basin Conference, but that changes soon.

THURSDAY

The College of Southern Idaho men's and women's basketball teams host Snow College for a night of SWAC play. In high school boys basketball, Buhl travels to Filer.

FRIDAY

Twin Falls vs. Jerome: What more needs to be said about this boys basketball battle? In wrestling, many area teams head east for the Tiger-Grizz Invitational in Idaho Falls.

SATURDAY

Salt Lake Community College is back in Twin Falls. The Golden Eagle men are 0-2 this season against the Bruins, as are the Golden Eagle women. Day 2 of the Tiger-Grizz takes place.

SUNDAY

The AFC and NFC will decide its champions and Super Bowl XLIV contenders. In golf, the Bob Hope Classic wraps up.

"Yes, honey, we're going to help some people." - U.S. Navy Maj. Jesse Godoy to his daughter before getting ready to leave Fort Bragg, N.C., to head to Haiti

EDITORIAL

CSI Health Sciences center will build jobs for the future

If you want to know where the rubber meets the road in higher education in Idaho, look north from the College of Southern Idaho campus. There you'll find the new \$21 million CSI Health Sciences and Human Services building, 72,270 square feet full of job potential.

Good jobs, accessible in a fraction of the time that it takes to earn a college degree. The facility opens Tuesday, equipped with some of the most advanced technology available for students pursuing careers in various aspects of the health care industry/CSI has about 700 people enrolled studying in 14 different programs. They're training for some of the most in-demand careers of the future.

Our view: The new College of Southern Idaho Health Sciences and Human Services building promises more of the kind of upward job mobility that CSI has made possible, transforming, for example, nurses aides into RNs at an affordable cost in a relatively short time.

The federal Bureau of Labor Statistics projects that by 2018, the demand for registered nurses will grow by 22 percent. There will be half again as many home health workers needed eight years from now, as well as 19 percent more nursing assistants and 34 percent more medical assistants.

According to the Idaho Department of Labor, the average hourly wage in the eight counties of south-central Idaho is \$16.39 an hour. By contrast, RNs earn \$26.48, medical and clinical lab technologists make \$19.83, dental hygienists \$35.92, practical and vocational nurses \$17.40.

As a group, health care practitioners and technical occupations pull down \$26.46 an hour and health diagnosing and treating practitioners \$32.32.

These are the kind of well-paying jobs that two generations of economic developers in the Magic Valley have been trying to attract.

The new health sciences center will boost the Magic Valley economy and make it possible for more local folks to stay here and build a career.

The future opens this week on North College Road. It will be exciting to see where it leads us.

TIMES-NEWS

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

The members of the editorial board and writers of editorials are Brad Hurd, Steve Crump, Bill Bitzenburg and Mary Lou Panatopoulos.

The Wall Street pay puzzle

WASHINGTON - Why does Wall Street make the big bucks? A nation with 10 percent unemployment is understandably puzzled and outraged when the very people at the center of the financial crisis seem to be the first to recover and are pulling down fabulous pay packages.



Robert Samuelson

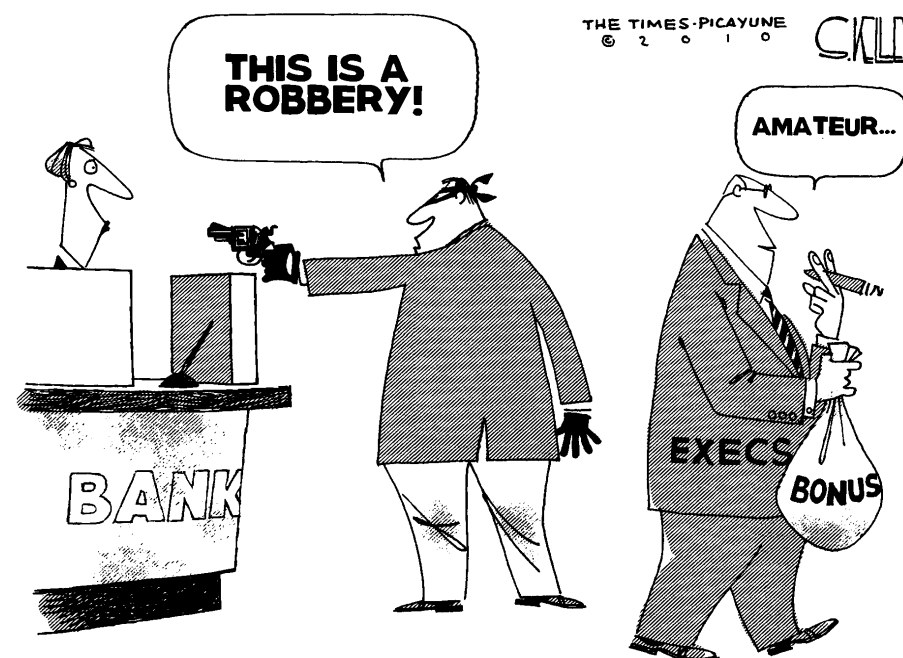
At Goldman Sachs, the average bonus for 2009 has been estimated at nearly \$600,000; at JPMorgan Chase's investment bank, it's been reckoned at around \$400,000. These averages conceal multimillion-dollar bonuses for top traders and investment bankers; underlings get smaller sums. Are Wall Street's leaders that much smarter and more industrious than everyone else?

By their own admission, they're not. Testifying last week to a congressionally created commission, Wall Street CEOs conceded that their errors contributed directly to the crisis. Wall Street money moguls may be bright and diligent, but they're not unique. It's where they work - not who they are - that's so enriching.

A study of Harvard graduates found that those who went into finance "earned three times the income of other graduates with the same grade point average, demographics and college major," reports Harvard economist Lawrence Katz, the study's co-author.

Is it possible that what Wall Street does is three times more valuable to society than other well-paid occupations? That's hard to believe. It's not that Wall Street is just the vast casino of popular imagination. It helps allocate capital, which - done well - promotes a vibrant economy.

In 2007, Wall Street firms enabled businesses to raise \$2.7 trillion from the



sale of stocks, bonds and other securities. But Wall Street sometimes misallocates capital, as the 1990s' "tech bubble" and today's crisis painfully remind. The huge social costs (high unemployment, lost income) refute the notion that Wall Street consistently creates exceptional economic value that justifies exceptional compensation.

The explanation for Wall Street's high pay lies elsewhere. Most of us are paid based on what we produce or, more realistically, what our employers produce. By contrast, Wall Street compensation levels are tied to the nation's overall wealth. Investment banks, hedge funds, private equity firms and many other financial institutions trade stocks, bonds and other securities for their own profit. They also advise mutual funds, pension funds, endowments and wealthy individuals on how to invest and trade.

There's a big difference between annual production and national wealth. In 2007, the last year before the crisis, annual production (gross domestic product) equaled almost \$14 trillion. In the same year, household wealth was \$77 trillion (5.5 times production); that covered the value of homes, vehicles, stocks, bonds and the like. Eliminating nonfinancial assets (mainly homes) cut

wealth to about \$50 trillion (3.5 times).

Deducting household debts from financial wealth pushed net worth to \$35 trillion (2.5 times income).

People who are trying to protect or expand existing wealth are playing for much higher money stakes than even hard-working and highly skilled producers. That's the main reason they're paid more. Similar percentage changes in production and wealth translate into much larger gains or losses in wealth - up to five times as much based on the crude math above. Many lawyers enjoy the same envious position of being paid on the basis of wealth enhancement or protection. They're involved in high-stakes mergers and acquisitions, estate planning, divorces and tax planning. On average, partners in the top 25 law firms earned from \$1.3 million to \$4 million in 2008, reports The American Lawyer magazine.

All this provides context to today's pay controversies. Wall Street may be greedy - who isn't? - but the explanation for its high compensation is its economic base (wealth, not production). That's why it's so hard to control or regulate. Since the 1960s, the industry has changed dramatically. Then, revenues came mainly from commissions on buying

stocks and bonds for others. In 1966, commissions were 62 percent of revenues.

Now, firms mostly make and manage investments for themselves and others. In 2007, commissions provided only 8 percent of revenues.

The transformation has made Wall Street a greater source of potential economic instability. Some compensation packages exacerbated the crisis by offering big bonuses if big risks paid off. Because government provided a safety net for the whole system, it's justified in taxing the industry - as President Obama proposed last week - to cover the costs, as Douglas Elliott, a former investment banker now at the Brookings Institution, correctly argues.

A larger issue is: How much should society concentrate on existing wealth as opposed to creating new wealth? Wall Street's lavish pay packages may attract too many of America's best and brightest. "It's bad for the rest of the economy," says economist Thomas Philippon of New York University, a student of the financial sector. "We also need smart brains outside finance." If that somehow happens, the crisis may yet have a silver lining.

Newsweek columnist Robert Samuelson writes about economics.

LETTERS TO THE EDITOR

Reid crossed the line on racial etiquette

Forgiveness is plentiful, depending on which side of the table you're at. After just a few phone calls of penitence, Harry Reid has dodged banishment to the pit of despair for racial intolerance. This is interesting, to say the least.

It seems like only yesterday when Joe Wilson yelled, "You lie," instantly branding him a bigoted Southern racist. The resignation demands echoed from the halls of Congress to letters in newspapers. Harry's little slip was months before the congressional incident, and my how time heals all wounds.

It turns out that the renegade redneck from Searchlight, Nev., has earned a pass from Al Sharpton, the Black Caucus, racism watchdogs from the left as well as the president himself. The dispensation seems to revolve more around his work in the Civil Rights movement of

Nevada and less about his vote on health care reform, but the cynic in me questions the effortlessness of his absolution.

Do I want dirty Harry fired? Nooo! I want him to run for re-election and suffer a humiliating loss that only a backroom dealing, four to the flush bluffer deserves. He has ignored the voting majority to further his liberal agenda and, for that, the majority will retire him. I can only hope his replacement will stand up for the people he represents and not the closed door deals he can wrangle with lobbyists.

In my opinion, they both spoke the truth. Wilson, in no way referenced race by tone or intent, but I do believe Reid crossed the line of modern day decorum for racial etiquette. Yet we demonize Wilson and canonize St. Reid in a double standard that demands silence from one and a simple "yes" vote from the other.

Apparently, the price of

liberal adjudication for Joe Wilson would be a yes vote.

DAN LYON Buhl

Sen. Kerry more fiction than fact

Last month, a comment was run by Sen. John Kerry, "Paying the price for Bin Laden's freedom." The senator was blaming President Bush for not getting Bin Laden when he had the chance, thus prolonging the war.

What the senator didn't mention some 13 years ago, Bin Laden's location was pinpointed, jets were fueled, armed and running on the deck of a carrier. All that was needed was for his boy Clinton to say go get him.

Three times an aide from the White House called on Clinton's private line and three times Clinton told the Air Force officer that was responsible for the private line that day to get lost. His golf game was more important that day, senator. This story was told by the

Air Force officer and confirmed by Clinton's doctor that was riding in the golf cart with the officer that day.

Sen. Kerry's most prominent attribute is dishonesty. This is the same man that the men under his command branded him a liar, coward and traitor in the book, "Unfit for Command." Also, the same man that picked the cheating Edwards as his running mate.

I wonder if the senator didn't suffer a traumatic brain injury while building up his phony war hero resume.

The senator's military service, like his life, is more fiction than fact. What a shame his parents didn't practice safe sex.

MIKE SIMMONS Buhl

Anything is possible if you say it convincingly

The following comments are directed to the "educated" David Brooks. No one had heard of him until he was anointed by President Obama

to be the spokesman for conservatives. (His love affair with the crease in Obama's pants helped him to know that Obama would be the next president of the United States.) Education is wonderful.

We are told by the "educated" that losing fewer jobs each month is a sign of recovery for the economy. It may mean that there are fewer jobs to be lost or that people who have been out of work long enough to run out of continuing extensions of unemployment pay have quit looking for jobs.

We are told that a weakening dollar will be good for our economy. It will make it easier for U.S. businesses to sell overseas. It will also make it harder for the "uneducated" to buy groceries because the dollar is not worth as much and everything we buy costs more.

We are told that man affects weather patterns, not changing sunspot activity; that 10 years of cooler global temperatures are to be ignored. That cooling is only

a temporary condition but warming is not a recurring cycle.

We are told that we can insure an additional 30 million people and at the same time improve our health care system - and cut \$500 billion from Medicare as well. Anything is possible if you say it convincingly.

We are told to drive more fuel-efficient vehicles to help save scarce resources but required to pay more per gallon because it affects the profits of oil companies. Commodities traders buy oil futures, which keep the price of gas and oil high, because the government's policies are steadily reducing the value of the dollar.

We are told we can spend our way out of the recession by printing more money. Economics 101 indicates that doing so will reduce the value of existing money and may bring on inflation along with our recession.

It must be a terrible burden to be "educated." Duh! MAX COVINGTON Burley

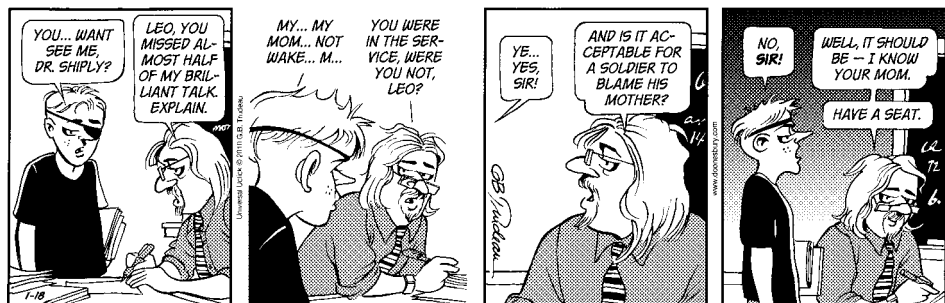
THE LIGHTER SIDE OF POLITICS

Doonesbury

By Garry Trudeau

Mallard Fillmore

By Bruce Tinsley



ACROSS
THE NATION**Sierra Club supports mustang roundup in Nevada**

RENO, Nev. — Two environmental groups are joining ranchers in an unusual coalition supporting the government's contentious removal of about 2,500 wild horses from the range north of Reno.

The Sierra Club and Friends of Nevada Wilderness, which have been at odds with ranchers on past issues, agree with the need for the ongoing roundup of mustangs in the Calico Mountain Complex.

The organizations, in a joint news release with the sportsmen groups Safari Club International and Coalition for Nevada's Wildlife, said an over-population of mustangs is harming native wildlife and the range itself.

Sierra Club spokeswoman Tina Nappe of Reno says arid rangelands can't produce enough forage for the horses, which can each consume up to 26 pounds of forage a day.

Timber salvage to start this spring in blow-down area

GREAT FALLS, Mont. — An official with the Bureau of Land Management says a timber salvage logging contract will be awarded in the next few months to clear downed trees on 570 acres of BLM land and 267 acres of state land.

Craig Flentie says the work will begin this spring and continue for about three years in the Limekiln Canyon northeast of Lewistown. He says federal stimulus money is paying for the work.

A \$165,000 contract has already been awarded to Johnson Services of Garden City, Idaho, to build a 4.5-mile road into the canyon.

A storm caused a massive timber blow-down in the canyon in 2008.

Rod Sanders is an outdoor recreation planner in Lewistown with the BLM. He says wind shear cut down several hundred acres of Douglas fir and ponderosa pine trees.

Former Mormon church president had life threatened

SALT LAKE CITY — Newly released FBI files show former Mormon church President Gordon B. Hinckley had his life threatened before he ascended to the church's highest office.

The FBI file shows The Church of Jesus Christ of Latter-day Saints received an envelope with a handwritten letter in 1990 that said Hinckley would never become president because he was going to be killed. He was serving as first counselor to LDS President Ezra Taft Benson at the time.

The Salt Lake Tribune requested Hinckley's file under the Freedom of Information Act after Hinckley's death nearly two years ago. The FBI released the file this month.

No arrest was made in the death threat.

Hinckley became church president in 1995.

4 dead in Alabama motel fire; cause being probed

HOOVER — A motel fire in central Alabama has killed four people and fire officials are now trying to find out what started the blaze.

Hoover Fire Department spokesman Rusty Lowe said Sunday that the four victims were trapped in a room at the Days Inn when the fire started. He says firefighters discovered the victims after they were able to put down the fire.

Officials didn't say what started the blaze. They also wouldn't identify the victims or say how many people were at the motel when it caught fire about 8:15 p.m. Saturday.

Alabama State Fire Marshal Ed Paulk says his office is helping with the investigation.

—The Associated Press

2009 — year of terror charges in U.S.

By Devlin Barrett
Associated Press writer

WASHINGTON — Federal prosecutors charged more suspects with terrorism in 2009 than in any year since the attacks of Sept. 11, 2001, providing evidence of what experts call a rise in plots spurred by Internet recruitment, the spread of al-Qaida overseas and ever-shifting tactics of terror chiefs.

A review of major national security cases by The Associated Press found 54 defendants had federal terrorism-related charges filed or unsealed against them in the past 12 months.

The Justice Department would not confirm the figure or provide its own. But an agency spokesman said 2009 had more defendants charged with terrorism than any year since the 2001 attacks. The year that came closest was 2002, said the spokesman, Dean Boyd.

Bruce Hoffman, a terrorism expert at Georgetown University, called it "an extraordinary year, across the board," adding that the wide range of cases show al-Qaida "is in it for the long haul and we need to be as well."

The rate of terrorism charges accelerated in September, when authori-

ties disrupted what they said was a burgeoning plot to detonate bombs aboard New York commuter trains. The quick pace of cases continued until the end of the year, with an attempted Christmas bombing aboard a Detroit-bound airliner.

One day alone was particularly heavy: On Sept. 24, federal prosecutors announced charges in five separate terrorism cases in Illinois, New York, North Carolina and Texas.

David Kris, the top terrorism official in the Obama administration's Justice Department, marveled at the volume of terrorism cases when he spoke at a

conference of lawyers in November.

"The last several weeks or months have been kind of a crucible experience for us," Kris said.

What truly constitutes a terrorism case can be a matter of legal and political debate.

In counting major terrorism cases, the AP used a rigorous standard that produced a conservative count. The various charges that made the list include conspiring to provide material support to terrorists, conspiring to murder people abroad and conspiracy to use a weapon of mass destruction. The list also includes

some cases that did not involve Islamic terrorists, such as the kidnapping of a U.S. citizen in Panama.

But the 54 defendants do not include, for example, those charged only with lying to agents in a terrorism investigation, or the Army psychiatrist in the Fort Hood military base shooting who faces nonterrorism murder charges brought by military prosecutors instead of civilian charges. Nor do the 54 include the five Washington, D.C.-area youths charged in Pakistan. If all those cases were also added — and some commentators do count them — the total number of defendants would be 63.

HEALTH OVERHAUL LEAVES GAP FOR DISABLED WORKERS

By Ricardo Alonso-Zaldivar
Associated Press writer

WASHINGTON — Disabled by chronic back pain and unable to afford medical insurance, Lea Walker hoped President Obama's health care overhaul would close a coverage gap that has trapped her and millions of other workers.

It won't.

Although disabled workers can expect improvements, the legislation moving toward final passage in Congress doesn't deliver the clean fix that advocates for people with serious medical conditions hoped for. Some of the neediest could find themselves still in limbo.

In 2007, the government declared Walker, a home health nurse from Indian Trail, N.C., too sick to work. She started receiving monthly disability checks from Social Security, but found she would face a 24-month wait for Medicare. Insurance available through her husband's job was out of reach at \$800 a month.

At any given time, an estimated 1.8 million disabled workers languish in the Medicare coverage gap, a cost saver instituted nearly 40 years ago. Many, like Walker, are uninsured. Lawmakers had hoped to eliminate the gap as part of the health care



AP photo
Lea Walker is shown in her home in Indian Trail, N.C. Walker is disappointed the health care bill will not eliminate the 2-year wait for disabled people to get Medicare.

overhaul, but concluded it would be too expensive.

The alternatives now in the legislation aren't exactly seamless. For example, a new insurance pool for high-risk cases that Obama asked

Congress for could run out of money within a year or two of its inception.

"I'm very disappointed," said Walker, 61, who has difficulty even walking to her front door. Although her own

wait will be over in April, "I feel these last two years have dealt me a blow I will not recover from," she said.

The failure to repeal the Medicare waiting period illustrates the difficult trade-offs Democratic lawmakers faced to keep the costs of the legislation from ballooning. Indeed, if the bill passes Congress and is signed by Obama, an estimated 18 million eligible Americans would remain uninsured, many still unable to afford coverage, even when it's fully in place in 2019.

"I think everyone needs to realize this is going to be a first, very major step toward health care reform and then there will be a need to come back in the next several years and make midcourse adjustments," said Sen. Jeff Bingaman, D-N.M., who pushed unsuccessfully to phase out the waiting period. "I think what we are hopefully going to be able to do with this bill is fix an awful lot of the problem," Bingaman added.

The legislation would provide two ways to tide over disabled workers in the Medicare waiting period. But it's not clear how well that would work.

Starting this year, people who can't get affordable private insurance because of medical problems could buy

a policy through a new high-risk insurance pool.

But there could be a catch signing up for the high-risk pool. The Senate bill would require patients to be uninsured for six months. The House bill would allow people to be covered immediately in cases of medical necessity. Lawmakers will have to work out the difference.

Longer term, by 2014 at the latest, disabled workers would be able to buy coverage in new health insurance markets called exchanges. Open to individuals and small businesses, the markets would take over the role of the high-risk pools.

New consumer protections would take effect, prohibiting insurers from turning down people with health problems, or charging them higher premiums. Government subsidies would start to flow to consumers in the exchanges. Medicaid would be expanded to pick up adults near the poverty line.

Yet there may be problems. The \$5 billion allocated to finance the high-risk insurance pool appears to be well short of the need, according to a report by economic analysts at Medicare. They project the money would run out in 2011 or 2012, and the safety net would fail for an estimated 375,000 frail individuals.

Marines exit Iraq in first wave of U.S. forces out

AL-ASAD, Iraq (AP) — The base loudspeaker no longer wakes them up with calls for blood donors; armored trucks sit idle in neat rows. The U.S. Marines who stood at some of the bloodiest turning points of the Iraq war are packing up and leaving.

Among the first troops to invade in March 2003, and the first to help turn enemy insurgents into allies, the Marines will be the first major wave of American forces to go as the U.S. military begins a withdrawal to be completed by the end of next year. For them, as for the rest of the U.S. military, this has been the longest war since Vietnam.

At their peak in October 2008, an estimated 25,000 Marines were in Iraq, mostly in the country's western Anbar province. Now only about 4,000 remain. They, too, will be gone shortly after

the Marines officially hand over responsibility to the Army on Saturday.

"The security and stability that exists here is well within the means of the Iraqi security forces to maintain," Maj. Gen. Rick Tryon, the Marine commander in Iraq, said in a recent interview. "You don't need United States Marines to do this at this point. So it's time, and it's timely."

Besides, he added: "Afghanistan is calling."

More than 40 percent of all deaths of coalition forces in Iraq between 2004 and 2006 were inflicted in Anbar, a vast mostly desert province stretching from the western outskirts of Baghdad to the borders of Syria, Jordan and Saudi Arabia.

Of the nearly 3,500 U.S. troops killed so far in hostile action in Iraq, at least 851 were Marines.

At the sprawling Marine

base outside Al-Asad, 100 miles west of Baghdad, Master Sgt. Matthew Sewell recalls being awakened by the appeals for blood.

As a severely wounded Marine was flown in by helicopter, "We'd go down there and stand in line, waiting to give blood," said Sewell, 26, of N. Ft. Myers, Florida. "You'd see 200 people standing in line. We'd all stand there until the guy was stabilized or we gave blood."

Conditions in Anbar forced the Marines to fight in ways more suited to the Army — fixed areas of operation, occupation of territory. They were less well equipped for that at the start, initially lacking heavily armored vehicles.

In the battles for control of the cities of Fallujah and Ramadi, the Marines saw some of the most brutal and deadliest fighting of the war.

Then, in 2006, came a turning point, beginning in Anbar: Sunni insurgents, fed up with al-Qaida attacks and threats, switched allegiance to American forces to create the so-called Awakening Councils — Iraqi security guards protecting their tribes and neighborhoods.

Trained in part by Marines and other U.S. forces, the councils have spread across the country.

"All of a sudden, instead of al-Qaida making an attack and the Iraqis kind of melting away, they stood," said Col. Jeff Slaterfield, who was involved with the strategy change. "And the Marines and (Army) armored soldiers stood right by them. They didn't have enough to do the job in equipment or training, but they had the will. And now, it's turned."

Aside from U.S. Embassy guards or command staff

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Dorothy Lee Keaton

BUHL — Dorothy Lee Keaton, 81, of Buhl, passed away on Saturday, Jan. 16, 2010, at St. Luke's Magic Valley Medical Center in Twin Falls.

She was born on Dec. 23, 1928, in the West Virginia mining town of Hotchkiss. She was the oldest of seven children born to Elliot and Ada Birchfield. She attended the local one-room school and later attended high school in the nearby town of Sophia.

On June 4, 1946, Dorothy married Clinton Ray Keaton and devoted the rest of her life to being a loving wife and mother.

In 1950, Dorothy moved with her husband to Missouri where the two raised five children. In 1971, they moved to Idaho where Dorothy served with her husband, who pastored a number of Independent Baptist churches throughout the state including Buhl, Moscow, Mountain Home, Payette and Glenns Ferry.

Dorothy was a wonderful homemaker and those who knew her soon understood that everything had its place. She enjoyed cooking meals for her family, but you learned quickly that when she said dinner was to be ready by 4:30, you better plan to be there by 4:15. Dorothy enjoyed gardening and could rescue any plant in need. Her husband would keep a large garden and Dorothy enjoyed canning its bountiful harvest. Everyone looked forward to tasting her green beans.

As a pastor's wife, Dorothy helped her husband in any way she could, but children were her special delight. There was not a



Sunday morning that passed when you wouldn't find her at the nursery door to welcome the babies.

Dorothy and Clinton were married for 61 years and spent the last 37 years ministering together in Idaho. They were the best of fishing buddies and also enjoyed camping and hunting together. After her husband's death, Dorothy returned to Buhl to live with her oldest son David and his family.

Dorothy is survived by her siblings Buddy (Delma) Birchfield, Vera (Gerald) Lovelace, Drema Harper, Bonnie Halsey, Patty Hyatt and Marshall (Cathy) Birchfield; her children David (Norma) Keaton, Sue (Don) Haugen, Virgil Keaton, Marilyn (Virgil) Vice and Mark (Teri) Keaton; 10 grandchildren and four great-grandchildren. She was preceded in death by her husband Clinton and her infant son Darrel.

Visitation will be held Monday, Jan. 18, 2010, from 5 to 6 p.m. at the Bible Baptist Church, 1555 American Legion Blvd., Mountain Home, with funeral services following at 6 p.m. Visitation will be held Friday, Jan. 22, 2010, from 6 to 7 p.m. at the Rose and Quisenberry Peace Chapel, 1901 South Kanawha St., Beckley, W. Va., with funeral services to be held Saturday, Jan. 23, 2010, at 11 a.m. at the Rose and Quisenberry Peace Chapel. Interment will follow at the Birchfield Cemetery in Lester, West Virginia. Arrangements are under the direction of Parke's Magic Valley Funeral Home of Twin Falls.

SERVICES

Elva Mae Felton of Twin Falls, graveside service at 11 a.m. Monday at the Twin Falls Cemetery (White Mortuary "Chapel by the Park" in Twin Falls)

James L. (Jim) Corbett of Nampa and formerly of the Magic Valley area, memorial service at 1:30 p.m. Monday at the First Church of the Nazarene, 610 16 Ave. S. in Nampa (Flahiff Funeral Home in Caldwell)

Jose Daniel Magana Gutierrez of Burley, graveside service at 2 p.m. Tuesday, Jan. 19, at Gem Memorial Gardens, 2435 Overland Ave. in Burley (Rasmussen Funeral Home)

Floyd Allan Finney of Kimberly, memorial service at 1 p.m. Thursday, Jan. 21, at the Parke's Magic Valley Funeral Home, 2551 Kimberly Road in Twin Falls; celebration after the service at Log Tavern, 401 Fourth Ave. W. in Twin Falls (Parke's Magic Valley Funeral Home)

DEATH NOTICES

Joy Cadwallader

BOISE — Joy Cadwallader, 86, died Sunday, Jan. 17, 2010, at a local hospital.

Arrangements are pending with Summers Funeral Homes, Boise Chapel.

Jose Gutierrez

BURLEY — Jose Daniel Magana Gutierrez, infant son of Jesus and Maria Magana Gutierrez, was stillborn on Friday, Jan. 15, 2010, at Cassia Regional Medical Center.

A graveside service will be held at 2 p.m. Tuesday, Jan. 19, at Gem Memorial Gardens, 2435 Overland Ave. in Burley, under the direction of the Rasmussen Funeral Home of Burley.

Ann Marie Rene'

TWIN FALLS — Ann Marie Rene', 95, of Twin Falls, died Friday, Jan. 15, 2010, at

Dorothy Lee Keaton of Buhl, funeral at 6 p.m. Monday, Jan. 18, at the Mountain Funeral Bible Baptist Church of Mountain Home; visitation one hour prior from 5 to 6 p.m. at the church; interment will be held in West Virginia at a later date (Parke's Magic Valley Funeral Home)

Ann Marie Rene' of Twin Falls, rosary at 7 p.m. and a viewing at 5 p.m. on Thursday Jan. 21, 2010, at Reynolds Funeral Chapel, 2466 Addison Ave. E., Twin Falls; mass at 11 a.m. Friday, Jan. 22, 2010, at St. Edward the Confessor Catholic Church of Twin Falls, with Father Mike St. Marie; burial will follow at Sunset Memorial Park of Twin Falls (Reynolds Funeral Chapel of Twin Falls)

Wilbur Wayne Burk of Jerome, informal gathering from 2 to 4 p.m. today, at the Best Western Sawtooth Inn in Jerome (Hove-Robertson Funeral Chapel in Jerome)

her home in Twin Falls.

A funeral Mass will be celebrated at 11 a.m. on Friday, Jan. 22, 2010, at St. Edward the Confessor Catholic Church with Fr. Mike St. Marie celebrating. Burial will follow at Sunset Memorial Park. A rosary will be recited at 7 p.m. on Thursday evening at Reynolds Funeral Chapel, 2466 Addison Ave. East, Twin Falls. A viewing for family and friends will be 5 p.m. until the time of the rosary on Thursday.

Services are under the direction of Reynolds Funeral Chapel, Twin Falls.

John A. Rose

TWIN FALLS — John A. Rose, 79, of Twin Falls, passed away Sunday, Jan. 17, 2010, at his home in Twin Falls.

Funeral services are pending and will be announced by Parke's Magic Valley Funeral Home of Twin Falls.

Delbert (Del) Rupert passed away Wednesday, Jan. 13, 2010, of natural causes.

He was born June 5, 1924, in Wendell, Idaho, the second son of Virgil Ambrose Rupert and Lula Minnie Bennett. He spent his childhood in the Seattle area and graduated from Broadway High School. He enlisted in the Marine Corps in 1942, achieving the rank of corporal. Del served in the Pacific in World War II as a rifle expert and demolition specialist. He was honorably discharged and awarded the Purple Heart for wounds received on Iwo Jima.



He married Rose Showers in 1947, from which three sons were born, Del Jr., Mark and Bret. Del's career was in the beverage-alcohol business. He worked for the Jerome Sales Co. after the war selling Bohemian Beer and later opened Del's Distributing Co. in Twin Falls. He formed Rupert Beverage Co. in 1972, which he passed on to his sons,

Mark and Bret. Del was civic minded as evidenced in his active participation in Burley Chamber of Commerce, the Jaycees, the Lions Club, BPO Elks and Toastmasters.

After the death of his wife, Rose, in 1978, he married Ruth Ball. They enjoyed many years together and especially their role as grandparents. Del was an avid golfer and passed this passion on to his sons and grandchildren.

He is survived by his sons, Del Jr. (Lora) of Bozeman, Mont., and children Aaron, Becky and Colin, Mark (Shelley) of Boise and chil-

dren, Katie and Allison, Bret (Lori) of Boise and children, Andrew and Courtney. He was preceded in death by his parents; brothers, Virgil and Edward; and wives, Rose and Ruth.

A celebration of life will be held from 2 to 5 p.m. Friday, Jan. 22, at Quinn's Lounge, 1005 Vista Ave. in Boise. Interment will be at 1 p.m. Saturday, Jan. 23, at the Jerome Cemetery, followed by a reception at the Jerome Country Club.

In lieu of flowers, donations can be made to Idaho Junior Golf Foundation, 4696 W. Overland Road, Boise, ID 83705.

Ted Turner's bid for park bison stokes wildlife debate

By Matthew Brown
Associated Press writer

BILLINGS, Mont. — With 88 bison from Yellowstone National Park facing possible slaughter, billionaire Ted Turner has swept in and offered to hold the animals for five years on his sprawling Montana ranch while a new home for them is found.

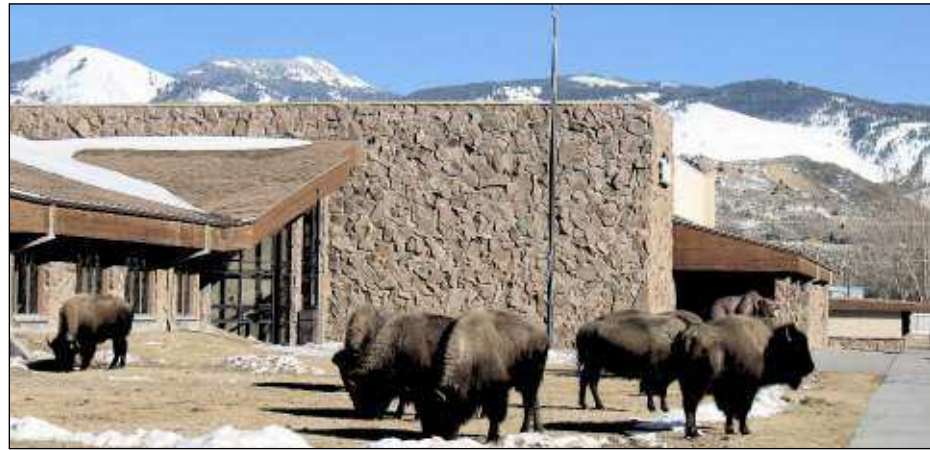
But Turner, ever the shrewd businessman, won't do it for nothing. The media mogul says he will care for the bison only if he can keep up to 90 percent of their offspring.

And in the Rocky Mountain West — where wildlife is cherished both for its aesthetic value and as meat on the table — the plan is stoking a sharp debate over the role of deep-pocketed private entities in conservation.

Hunters, environmentalists and property law experts have all weighed in and most say Turner's plan sets a dangerous precedent for the commercialization of public wildlife. Others describe Turner as a responsible steward of the land with the resources needed to take care of animals that desperately need a home.

Even the urgency of the situation is open to question.

Despite warnings from Montana about possible slaughter, federal officials said earlier this month that the bison could be kept



This file photo shows Bison grazing on the front lawn of Gardiner Public School just outside the north entrance to Yellowstone National Park in Gardiner, Mont, on Feb. 15, 2008. AP photo

longer if needed at a quarantine compound north of the park. They have already been there for several years to make sure they are disease free.

Dennis Tilton, a rancher from nearby Livingston who worked for a year feeding the animals under government contract, said giving the animals to Turner amounted to "robbing from the public domain." He said the state should put them onto public land to establish new herds.

Since Turner first came to Montana in 1989, his ambitious conservation efforts in the state have been alternately lauded and reviled. He's shielded more than 150,000 acres from development, but in the process put several prized hunting grounds off limits to the public.

Those who want to continue hunting on his Flying D Ranch, in the Spanish Peaks foothills south of Bozeman, today must pony up \$14,000 to shoot a trophy elk.

For \$4,000, they can harvest a bull bison out of a herd of more than 1,000 of the animals that Turner has been building up for two decades.

His representatives insist the Yellowstone animals are more valuable for their genetics and would be off limits.

Yellowstone's bison, also known as buffalo, represent one of the last vestiges of the massive herds that once roamed across North America — tens of millions of animals that were all but wiped out in the late 19th century.

Turner's representatives say his plan for the 88 park

bison would advance a long-standing advocacy for wildlife restoration. It also gains him the animals' unique and valuable genetics.

"We don't understand the antipathy," said Turner Enterprises general manager Russell Miller.

He said Turner is interested in the animals as a way to further his private bison conservation efforts, not for their market value.

"That doesn't mean there won't be a market somewhere way out in the future," he added.

Turner's plan is expected to be acted on by the end of the month by the Montana Department of Fish, Wildlife and Parks. Guernsey State Park in Wyoming has also put in a proposal to the agency for 14 bison.

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New hair and a sympathetic ear

Burley cancer center reaches out to patients

By Melissa Davlin
Times-News writer

BURLEY — Cindy Young sported a new look last Monday.

She didn't go to a salon or stylist. Instead, she showed up at Burley's Cancer Resource Center, located at Park View Rehabilitation Center, and picked out a new blond wig to cover her now sparse hair.

The resource center, operated by volunteers through the American Cancer Society and Cassia Regional Medical Center, opened in July but is still trying to let patients know that it is in town. Residents of Mini-Cassia — or anywhere in southern Idaho — can come to the center for information and support. That might mean exercise tips, donated hats, chemo-appropriate nutrition or words of encouragement from cancer survivors.

The news of the Burley center was a relief to Young, who was diagnosed in October.

"I always thought I'd have to go to Twin," Young said, adding that she had to travel to Layton, Utah, for her chemotherapy treatments, which were scheduled to end last week.

Patients get more than educational materials. Volunteers like Rita Mason — herself a cancer survivor — can help patients find post-mastectomy prosthetic bras and wigs. Beauty program Look Good, Feel Better is designed to teach cancer patients how to apply makeup without contaminating their brushes with potentially harmful bacteria.

The best part: Everything is free.

Among the items available are \$6,000 worth of wigs, donated in November by Recollections owner Marianne Welch. Welch had tried to sell the wigs out of her Burley gift shop. But after they didn't sell well, she decided to give them to the Cancer Resource Center.



Rita Mason, breast cancer survivor and volunteer at the Cancer Resource Center in Burley, gives a tour of the facility. Mason and other volunteers are at the center from 1 to 4 p.m. Mondays. The center provides information for local cancer patients who might otherwise have to travel.

Photos by ASHLEY SMITH/Times-News



The Cancer Resource Center has a collection of free wigs for cancer patients to choose from.

"My store was not the right place for wigs," Welch said. Donating them "felt like the right thing to do."

"It made my Thanksgiving," she added.

The gift also made many cancer patients' holidays. One woman came to the

center the day Welch dropped them off. When she tried on a wig and came out of the room with her new hair, her 8-year-old son told her how beautiful she looked. Everyone who heard, Mason said, was in tears.



These hats were hand-crafted by The Knitters Group, for giving to cancer patients.

Another woman recently came in to be fitted for a prosthetic after having a mastectomy months ago.

"She goes, 'Ah, I feel whole!'" Mason said. The saddest part, she added, was that the woman had waited months to get fitted.

But as word spreads, Mason hopes to see more patients get the help they need to get through their treatments.

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

Find help

The Cancer Resource Center is open 1-4 p.m. Mondays at Park View Rehabilitation Center, 2303 Park Ave. in Burley. Volunteers can help patients and family members find information on treatments, provide transportation to cancer treatments and offer support. Information: Rita Mason: 678-8141. Don't live in Mini-Cassia? The Twin Falls breast cancer support group meets at 7 p.m. on the fourth Monday of each month at Mountain States Tumor Institute, 656 Addison Ave. W. in Twin Falls. Survivors, newly diagnosed patients and family are welcome. Information: Lydia Gilman, 933-4053, or Mary Howard, 734-1766. Reach to Recovery and Look Good, Feel Better programs are also available in Twin Falls. Information: Howard, 734-1766.

How to stick to your New Year's resolution

By Vicky Hallett
The Washington Post

January is the best and worst of times for anyone in the fitness industry. Aerobics classes suddenly have waiting lists, yoga mats seem to peek out of every other person's bag and not a single dumbbell feels ignored. But every year, the river of sweat turns to a trickle by March. "You just have that one month of craziness," says Amy Richardson, the Washington area YMCA's director of wellness programs and group exercise.

Here are tips to help you stay on track:

• **Be specific.** The problem, as we all know, is that resolutions can seem brilliant until

you realize you haven't really thought them out. The classic example is, "I'm going to lose weight." Great. But how are you going to do it? Richardson wants to know: "Are you going to work out more? Change your routine? Try to build more muscle?" You're more likely to slim down if you have a plan of attack.

• **Be realistic.** Another common pitfall is setting the bar too high. Just because you've never run a mile doesn't mean you won't one day complete a marathon, but picking that as your first finish line can backfire.

"Start by jogging 10 minutes," advises Katie Rubio, fitness director at a Sport & Health Club in D.C. "You're

going to be more successful if you break it down."

Taking it easy at the beginning doesn't make you a slacker. It makes you more likely to go the distance, adds Richardson. "You don't need to stay for a whole spinning class. Leave after 20 minutes and work your way up. Instructors won't be offended; they want you to come back," she says.

• **Find motivation.** To stay on track, Rubio likes to write down her resolution (this year, that's to compete in a sprint triathlon) and look at it every day as a reminder. And both recommend finding someone — a family member, friend, co-worker, trainer — to be on your team and keep you accountable.



The SK-II Signature mask.

AP Photo/SK-II

Masks can boost daily skin-care routines

By Samantha Critchell
Associated Press writer

NEW YORK — You swear you're getting in shape in 2010. Your body. Your soul. Your skin?

A mask could jump-start a healthy routine, say experts, giving a boost beyond daily washing and moisturiz-

ing (both of which you should already be doing).

The biggest investment in a mask isn't necessarily monetary — although some can be quite pricey. It's really about taking the time to research the right one for your skin

See MASKS, H&F 2

Health Web sites harness power of social networks

By V. Dion Haynes
The Washington Post

WASHINGTON — In fall 2007, during her 12th week of pregnancy, Garance Genicot and her husband, Shub Deb Gupta, received worrisome news from the doctor: A preliminary test showed there was a strong possibility that she would deliver a baby with Down syndrome.

What now? Thus began their search to get answers, with little idea of where to turn. Genicot would eventually have a healthy baby girl. But the process they went through inspired Deb Gupta to start a business aimed at helping other expectant parents make better decisions about health issues.

Deb Gupta, a former senior director at the Corporate Executive Board in Arlington, Va., is launching a Web site called *WiserTogether* (wiser-together.com) that allows expectant parents to gauge the experiences of other people in their age group and circumstances who face a range of pregnancy-related issues, including abdominal and back pain, gestational diabetes and hypertension, mood swings and urinary tract infection.

Online health sites have been booming in the past five years, experts say, driven by the popularity of social networking and patients' desire to become more empowered in the increasingly complex medical field. Many of the

Online health sites have been booming in the past five years, experts say, driven by the popularity of social networking and patients' desire to become more empowered in the increasingly complex medical field.

sites have recently experienced heavy traffic from users seeking information on the H1N1 virus. Officials of the Health 2.0 Conference, which tracks the industry, estimate that the number of such sites climbed to nearly 500 from about 35 four years ago.

The sites generally have evolved from the encyclopedic-styled WebMD, becoming more interactive and case-study-oriented, such as Inspire, PatientsLikeMe and CureTogether.

"You're seeing right now an expansion phase of the relatively early part of the technology cycle," said Matthew Holt, co-founder of the Health 2.0 Conference. "There's a significant advance in what sites are doing."

Inspire, a health-focused social-networking site consisting of 130,000 members, was founded in McLean, Va., in 2005 and relocated to Princeton, N.J., in 2008. It

partners with 70 associations that advocate for patients with various diseases. The members write entries sharing their health problems and experiences with treatment methods.

"People were talking in waiting rooms since the beginning of medicine. Now they're talking to each other online," said Brian Loew, chief executive of Inspire, adding that the site is nearing the break-even point. "This is not a substitute for the doctor-patient relationship, but it's valuable in its own right."

In general, such sites generate revenue by selling the research obtained from the members, minus their personal information, to health-care companies or by recruiting members for clinical trials conducted by pharmaceutical companies. A few sell ads. Many sites have yet to make a profit.

Susannah Fox, associate director of Pew Research Center's Internet & American Life Project who follows the industry, said *WiserTogether* is entering a cluttered space with lots of sites devoted to pregnancy and babies, including What to Expect and BabyCenter. But she said the customized research might be useful.

"That definitely is different from the other sites," Fox said. "There's an appetite for individualized medical information, making sure you have the very latest research to make your decision."

To do for You

Cancer support

Intermountain Home-care of Cassia Regional Medical Center is offering 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.

'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.

Mental health support

Mental Health Support Group, 5:30-6:30 p.m. Tuesdays, at Family Health Services/Behavioral Health, 1102 Eastland Drive N. in Twin Falls.

Open to individuals in Magic Valley with a mental health diagnosis.
Free; 734-1281.

Health workshop

Marion and Tara's Massage and Nutrition for Body, Mind and Spirit is offering health workshops, 6:30 p.m. Tuesdays, at Intrinsic Health Center, 276 Eastland Drive. N. in Twin Falls. Exercise session begins at 5:45 p.m.

This week's topic, "Immune Challenges and Winter Essentials," is presented by Marion Wallace, registered nurse and certified massage therapist, and Tara Abbott, licensed massage therapist. Workshop includes an initial consultation, exam and report of findings.
Free; 420-0488 or 731-8681.

Alzheimer's support

Alzheimer's Support Group meeting, 10:30 a.m. Wednesday, at River Ridge Care and Rehabilitation Center, 640 Filer Ave. W. in Twin Falls.

Open to Twin Falls-area residents who have family members with Alzheimer's.
Free. Information: Artis Shipley or Patti Dennis, 734-8645.

About childbirth

Prepared childbirth classes, 6:30-9 p.m. Wednesdays, this week to Feb. 17, in the lobby at St. Luke's Magic Valley Medical Center'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

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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; "Call St. Luke's" class referral service, 737-2998.

Breastfeeding support

Breastfeeding Bunch, 7 p.m. Wednesdays, at St. Luke's surgical waiting room, 650 Addison Ave. W. in Twin Falls.

A support group for women who are breastfeeding their infants. A breastfeeding educator will facilitate and answer questions. Babies are welcome.

Free; no preregistration required; 737-2998.

Asthma education

Asthma education class for people with asthma, their families and caregivers, 6-8 p.m. Thursday, in the Sage Room at St. Luke's Education Center, 588 Addison Ave. W. in Twin Falls.

Free. Preregistration required; "Call St. Luke's" class referral service, 737-2998.

Judo for beginners

College of Southern Idaho's Community Education Center is offering the noncredit class "Judo for Beginners," 6-7 p.m. starting Thursday and continuing Tuesdays and Thursdays through May 13, in Room 304 at the Student Recreation Center. Bryan Matsuoka and Wiley Dobbs instruct.

Topics: basic judo fundamentals, traditions and history. Participants learn by doing break falls, throwing, mat or ground techniques, and submission holds. Opportunities include local tournaments and lessons from guest teachers of the USA Elite Roster.

Recommended for students ages 8 and older; those 7 and younger can participate with a parent or sibling who is registered for the class.

Cost is \$70, plus \$20 rental fee, payable to the CSI Judo Club, at the first class. Register: 732-6442 or www.csi.edu/communityed.

Self hypnosis

CSI's Community Education Center is offering the noncredit class "Self Hypnosis," 7-9 p.m. Thursdays, this week to March 11, in Room 204 at CSI's Shields Building. Curtis Johnson, master hyp-

notist and certified hypnotherapist, will instruct.

Hypnosis is an effective way of working with issues that create stress and challenges in everyday life, class organizers say. Participants learn to enter a trance state; reprogram the mind to reach desired goals such as weight loss and stress relief; and find ways to release limiting emotions and experiences that block success.

Cost is \$125, plus \$10.50 payable to the instructor for materials. Register: 732-6442 or www.csi.edu/communityed.

Learn CPR

"Heartsaver Cardiopulmonary Resuscitation and First Aid" class, 8 a.m. to 1 p.m. Saturday, in the Sage Room at St. Luke's Education Center, 588 Addison Ave. W. in Twin Falls.

Classroom and hands-on practice for Infant, child and adult CPR, including mouth-to-mouth and mouth-to-mask resuscitation, chest compression, choking and automated external defibrillators.

Cost is \$67. Pre-registration required; "Call St. Luke's" class referral service, 737-2998.

Learn yoga

CSI's Community Education Center is offering the noncredit class "Basic Hatha Yoga," 9-10:40 a.m. Saturdays, this week through May 8, in Room 236 at CSI's Gym. Morgan Jeno instructs.

By practicing yoga poses and exercises, one can gain poise, strength and flexibility. The poses work on all of the body systems, tone muscles, stimulate circulation and improve overall health, class organizers say. The class includes the history and philosophy of yoga.

Cost is \$115. Register: 732-6442 or www.csi.edu/communityed.

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, with a six-class session, 6-7 p.m. Mondays, Jan. 25 through March 1, 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: Elvia Caldera at 737-5988 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: ramona@magicvalley.com.

Masks

Continued from H&F 1

type and then executing it properly.

Many people do masks only when they treat themselves to a spa facial because there's someone else selecting the product, and spa-goers are somewhat of a captive audience, says Peter Thomas Roth, founder and formulator of his eponymous skin-care line.

But, he adds, masks are easy enough to do at home with plenty of variety in the market, and most don't take more than a few minutes. "Put it on before you before you brush your teeth, turn on the shower and by the time the water is warm, you can wash it off. You don't have to just sit there and watch the bubbles on your face."

A bubbly mask, Roth explains, is probably one that is refreshing to the skin and aims to tighten pores.

If you're looking to exfoliate, which should help with later steps to nourish skin, Manhattan dermatologist Dr. Amy Wechsler says the right mask will help remove the top, dead layer of cells and promote cell turnover, resulting in a smoother appearance. However, she warns, there is a risk that exfoliating masks can be drying so she encourages one made of otherwise gentle ingredients, such as yogurt or honey.

For intense moisturizing, Paul Tchinnis, director of research and development at The Max Huber Research Labs used for La Mer prod-

ucts, recommends a product with sea algae, which has shown to provide both immediate and longer-term benefits.

By design, masks are more intensive treatments for occasional use and not part of a daily skin-care routine. Sometimes delivery is achieved through a thick-texture cream, serum or a moist clay-based or claylike product that will then dry on the skin. Some companies, including SK-II and La Mer, are experimenting with physical masks that transfer active ingredients from a saturated cotton mask to the face, boosting coverage and intensity.

"Masks prep you in a different way than a regular cream," notes Roth. "You can't leave on a mask: It's doing something but you don't want to do it for too long. If it's working, eventually it will be too harsh."

You want to read the directions for mask removal, too: Some wipe off, some wash off and some peel off.

There's no better time than winter to try a treatment since skin — facial skin, in particular — takes a battering in the windier, drier atmosphere, says Tchinnis.

Some additional guidance:

- A sulfur or clay mask tends to be cooling, which can calm inflamed or acne-prone skin, and is supposed to draw out dirt, oil and impurities, according to Roth. It's a very tra-

ditional mask.

- A powdered version of the precious stone tourmaline creates tiny energy fields against the skin, opening pores and encouraging a process of fermentation that encourages cells to repair themselves, Tchinnis explains.

Tourmaline works in concert with other ingredients because it makes the skin more receptive and enhances absorption, he says.

- Shea butter is a go-to ingredient for a rich, nourishing mask, says Cerina Silvestro, esthetician at La Prairie at The Ritz-Carlton Spa in New York. It both replenishes lost moisture and reinforces the skin barrier to keep existing moisture in, she explains.

Silicones, avocado oil, soybean oil and oat-kernel have similar effects on the skin barrier.

If you have oily skin, steer clear of those thicker textures, adds Roth. There are oil-free options, including moisturizing ones.

- A cucumber-based mask is user-friendly for almost everyone because it's so soothing, helping with redness caused by both dryness and acne.

- Masks with active fruit enzymes, such as pumpkin, essentially eat away at dead skin cells "like Pac-Man," Roth says.

Salicylic acid, which comes from tree bark, aids in resurfacing, reducing the appearance of lines, according to La Prairie.

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Going elliptical

Elliptical exercisers like treadmills are popular, with many people trying them first at health clubs or gyms.

How an elliptical exerciser works

Hybrid machine combining movement of a stair climber and a cross-country-ski machine



- Expensive health club machines have magnetic resistance, smoother action; durable design for heavy use
- Home machines have friction belt on flywheel, which works well but is not as durable

Some advantages

- Puts less strain on joints than a treadmill; useful for people with knee problems
- Exercises the weight-bearing bones of legs and back, helping protect against osteoporosis; stationary bikes and rowing machines do not
- Handlebars exercise arms, shoulders, abdominal muscles
- Easy to learn and use

© 2010 MCT Graphic: Paul Trap

Focusing on the pyramid

Mayo Clinic's new book emphasizes low-calorie, healthy foods

By Emily Langer
The Washington Post

Grapefruit, bacon, cabbage soup: They're impostors, staples of fad diets billed as Mayo Clinic weight-loss plans but never endorsed by the medical institution.

The real Mayo Clinic diet was released in book form recently after years of research. We spoke with physician Donald Hensrud, the medical editor in chief of "The Mayo Clinic Diet" (Good Books, \$25.99) and a weight-management specialist, about the diet. Here are some edited excerpts:

Q. What makes this diet different from all the others?

A. The Mayo Clinic diet is divided into two phases. "Lose It" is a two-week jump-start phase that emphasizes quick changes in habits, and we believe it is the healthiest way to lose weight quickly. The second phase, "Live It," continues these new habits seamlessly into a healthy and enjoyable lifestyle program.

Another unique feature is based on the Mayo Clinic Healthy Weight Pyramid. This pyramid emphasizes foods that are low in calories and, importantly, healthy. We recommend that people eat all of the fresh or frozen fruits and vegetables they want.

Q. Is the idea that this will take the edge off your hunger?

A. When people want to lose weight, in many cases you do have to eat less of certain foods. But they apply this across the

TIPS FROM THE MAYO CLINIC DIET

The diet kicks off with "Lose It," a two-week phase in which dieters follow the guidelines outlined below to safely lose as many as six to 10 pounds.

- Add five habits**
- Eat a healthy breakfast, but don't eat too much.
 - Eat at least 3 to 4 servings of vegetables and fruits a day.
 - Eat whole grains, such as whole-grain bread.
 - Eat healthy fats, such as olive oil and nuts.
 - Walk or exercise for at least 30 minutes a day.
- Break five habits**
- Don't watch TV while eating, and spend no more time watching TV than you do exercising.
 - Eat no sugar except what is naturally found

- in fruit.
 - Eat no snacks except vegetables and fruits.
 - Limit the amount of meat and low-fat dairy that you eat.
 - Eat no restaurant food unless it fits in the diet program.
- Add five bonus habits**
- Keep records of what you eat.
 - Keep records of your physical activity.
 - Walk or exercise at least 60 minutes a day.
 - Eat mostly fresh foods and healthy frozen or canned foods.
 - Write down your daily goals.

Source: "The Mayo Clinic Diet"

board. The more they can't do something, then the more they want to do it, and it's just not sustainable. If somebody is hungry, I tell them to eat. Now, we do have to watch foods that are high in fat or high in sugar. But there's always something to eat, and people can choose vegetables or fruits virtually anytime. That actually makes it easier to control appetite and calorie intake.

Q. Walk me through the first phase of the Mayo Clinic diet.

A. In the "Lose It" phase, we emphasize quick changes in habits. What people do is add five habits, break five habits, and there are five bonus habits. There's no counting calories. These all have either been shown in the medical literature or intuitively have some value in either decreasing calories or managing weight.

Q. How does the "Live It" phase work?

A. After the "Lose It" phase, people take these habits and change them into a lifestyle program. People can continue to lose one to two pounds a week until they reach their goal. They learn more about how to apply this indefinitely. For example, we have guides on serving sizes. A serving of carbohydrates is about the size of a hockey puck. A small bagel would be

one serving.

Q. Say that I succeed for the first two weeks but then slip up. What advice do you have?

A. Weight management is challenging for virtually everyone. But the challenges that people experience may be different. For some, it might be eating in front of

the TV. For other people, it might be physical activity. For other people, it might be eating breakfast. We have an action guide in the book, and it offers suggestions on how to deal with these barriers. If people approach this the right way, it doesn't have to be drudgery. It can be enjoyable, healthy and sustainable.



How to order a healthier pizza

By Alison Johnson
Daily Press (Newport News, Va.)

With plenty of big football games on TV this season, pizza is likely to be on many a dinner menu. Here are ways to make this old favorite healthier, nutritionists say:

Go for thin crust. It has fewer calories and carbohydrates than hand-tossed and deep dish crusts; stuffed crusts are the worst offenders. Some businesses and frozen brands also offer whole-wheat crusts.

Choose the right meat. Pepperoni, sausage and bacon are three of the fattiest foods around. Try grilled chicken, shrimp or turkey. If none of those flies with guests, go with Canadian bacon or ham.

Load up on vegetables. Some of the best options are olives, bell peppers, mushrooms, broccoli, spinach and sun-dried tomatoes. All are low in calories and high in vitamins and fiber. For sweet teeth, pineapple — a fruit — is a great choice.

Go heavy on sauce ... Tomato sauce is a rich source of antioxidants that

There are ways to make this old favorite better for your body.

may guard against heart disease and other health problems. It also is likely to include nutritious herbs and chopped garlic, which may help control cholesterol and protect against certain types of cancer.

... and light on cheese. Many of the calories and fat in pizza come from cheese. Order half the cheese or, as an alternative to cheddar, ask for a sprinkling of feta cheese.

Blot off the oil. Patting a slice of pizza with a clean napkin will soak up some excess fat.

Eat something healthy first. Snack on fresh fruit, vegetables or nuts before the pizza arrives so you're less likely to pig out.

Don't order a side. Just one cheese breadstick, for example, may pack 200 calories and 10 grams of fat.



Practice among the sagebrush

How Magic Valley hospitals recruit doctors to rural towns.

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DEAR ABBY: I have been working at my current job for a couple of years. One of my co-workers, who is in another department and who I see a couple of times a week, calls me "Sue." My name is "Joyce."

He has been doing this for some time and I don't know how to correct him without embarrassing him. Any suggestions?

- POLITE IN NEW JERSEY



DEAR ABBY Jeanne Phillips

DEAR POLITE: Try this. Tell him you have changed your name to Joyce - that others are now using it and you'd appreciate it if he would, too. If he asks you the reason for the name change, say it's because all your life you have felt more like a Joyce than a Sue. (It's true.)

DEAR ABBY: I have been dating this guy, "Omar," for eight months. He is considerate, compassionate, affectionate, intelligent and worldly. He's a good father and has a great sense of humor. Omar is any woman's dream, but I am not physically attracted to him. There's no chemistry, no electricity - zilch!

I have tried to persevere, hoping my feelings would change. I feel like the woman who says she wants a good guy until she finds one.

I have struggled with why I don't have feelings for Omar. He adores me, but all I feel toward him is friendship. I have tried forcing myself, but at my age I want someone who is sexy, someone I can fall passionately in love with. Omar and I have wonderful times together, but I'm not receptive to his advances.

Should I keep trying, hoping things will change? Is 53 too old to still feel "gaga" over someone?

- SEARCHING FOR MORE IN PHILADELPHIA

DEAR SEARCHING: Heck no! And I say that from personal experience.

Now, ask yourself how you would feel if you discovered that Omar wasn't really the person he has presented himself to be. Well, that's how this man will feel if you continue "faking it." Please stop giving him false hope where there isn't any. Level with him. He's the ideal man for someone else, and your Mr. Right may be just around the corner.

DEAR ABBY: My father-in-law is 92. He has led an accomplished and rewarding life. He is also a careful man, concerned about posterity and he has written his own eulogy.

When he passes, I plan to offer some warm and loving remarks. Because he has already written his eulogy, would it be in poor taste to send him my remarks now to let him know how I feel about him?

- LOVING SON-IN-LAW IN VIRGINIA

DEAR LOVING S-I-L: Not at all. When you do, send him a cover note saying, "I know you have written your eulogy, but I thought you might be interested to read what someone else has to say on the subject when that sad time comes. After all, the time to offer a compliment is when the recipient is around to enjoy it. Love, ..."

P.S. Don't be surprised if he sends it back with some suggested edits.

DEAR READERS: Today marks the birthday of civil rights martyr the Rev. Martin Luther King Jr. Sadly, he didn't live to see our first African-American president elected - but I'm sure he's smiling.

- ABBY

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709 Hay Grain and Feed

#1 QUALITY Green Leafy Baled Hay, Alfalfa grass mix & straight alfalfa Southern Idaho Feeds 347 South Park Ave W. Twin Falls 208-732-5270

ALFALFA 100 ton 2" & 3" cutting, 2-string bales, no rain, \$100 ton, 67 bale minimum. Jerome 308-7464

ALFALFA HAY 1 ton bales \$70-\$120/ton. Can deliver. Call 208-539-5642.

ALFALFA ORCHARD GRASS mixed hay, 1" cutting \$70/ton, 2" cutting \$75/ton. No rain, Hollister. Call 208-731-1005.

HAY All 3 crops, approximately 100 tons, small bales. 208-543-4113 or 208-490-1098

HAY AND STRAW for sale. Small bales. 208-316-2413 leave message.

HAY Exc. quality, 2" & 3" cutting 100 lb. 2 string bales, \$7/bale. Wendell 208-539-0201

HAY FOR SALE 3 cuttings, good quality, close to Twin. 208-733-2520

HAY FOR SALE Small Bales, Delivery in MY area Horse Pro Shop 434-4404; 431-9088

HAY for sale, feeder hay, oat hay & straw, 4x4 bales. Call 208-731-3471

HAY Good quality, green, no rain. Big bales, 90 tons grass, 80 tons 1" cutting, 120 tons 2" cutting, 100 tons 3" cutting. 731-6458 BuHi

HAY-150 ton oats/alfalfa mix, small bales, 4 ton minimum, \$75 ton. Call 208-539-7804.

HORSE HAY 3" cutting, 125 lbs. 3 string, green, barn stored, \$10/bale. 208-324-7148

SILAGE 1" hay & oat mix, approx 3000 tons, covered, call for test & price. Daily delivery avail. 431-3278

STRAW 4x4x8 bales, \$50 delivered. Call 208-680-6209 or 208-223-4413

T.S.C. Hay Retrieving 200 ton rained on 1" cutting, \$50/ton + hauling. Call Con at 208-280-0839

WHEAT STRAW Small 2-string bales, \$2/bale. Call 208-280-1845.

712 Miscellaneous AG

WANTED: Beet shares in the Magic Valley, rent or purchase. 208-260-0085

713 Farms/Pasture Rentals

BEEF GROUND for rent Northwest of Paul, 5 miles to dump. 2 pivots, one or both. 208-300-1557

MISCELLANEOUS

801 Antiques/Collectibles

BIRTHDAY PHOTOS Have you forgotten to pick up your birthday photos? We have some photos we are sure you don't want us to lose. These can be picked up at The Times-News Classified Dept

ACROSS

1 Become soft & ready to eat
6 Close noisily
10 Boys
14 Game site
15 Diner
16 Lie next to
17 Member of the raccoon family
18 Performs
19 Ulna or clavicle
20 Completely
22 Evergreen
24 Shivering
25 Like a birthday you forgot to remember
26 One-celled organism
29 Alleviated
30 Chicken piece
31 Articles
33 Vital vessel
37 Ill-gotten gain
39 Jagged
41 Bit strap
42 Water vapor
44 Ring-shaped island
46 Pigsty
47 Thicket
49 Translate text
51 Dunk in water
54 Make well
55 Barnum's circus partner
56 ___ of the fittest; Darwin's belief
60 Trigonometric term
61 Sear
63 Foe
64 Objectives
65 Long-running Broadway play
66 Gunpowder ingredient
67 Al Capone's nemesis Eliot
68 Evangelist Mary Baker ___
69 Griddle cake

DOWN

1 Running event
2 Common metal
3 Moss type

1/18/10

Saturday's Puzzle Solved

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1/18/10

4 Tempt
5 Kenya's capital
6 Overcook milk
7 Like fancy trim
8 Fore and ___
9 ___ up; makes disorderly
10 Medium-sized retriever
11 Approximately
12 Lamebrain
13 Spirited horse
21 Thrill
23 Entreaty
25 Deep-voiced singer
26 "Heidi" setting
27 Encounter
28 Make eyes at
29 Overact
32 Use the rubber end of a pencil
34 Car taken back by the seller
35 Made a bow
36 Singer Murray
38 Anonymous
40 Firstborn of two
43 Oliver's request

45 Yeast and baking powder
48 Human mind
50 Walk-in medical facility
51 Playwright Henrik ___
52 Northeastern U. S. state

53 Obeys
54 Rush
56 Uttered
57 Put the kibosh on
58 "So be it!"
59 Harp of ancient Greece
62 Owned

801 Antiques/Collectibles

JOHN DEERE 1/16 scale Ertl precision classic die cast collectibles. 20 tractors & 5 implements, mint with coins, booklets, boxes and a little dust. \$3000 plus one free tractor worth \$200. 208-731-3480

802 Appliances

USED APPLIANCES All types & models. Starting price \$85 w/warranties. Appliance Repairs. Delivery available. Call 208-733-0114

WASHER/DRYER \$200. Upright freezer, \$200. Stainless steel glass top range, \$275 & matching refrigerator, \$500. 308-2188 (TF)

803 Bazaars and Crafts

Buy It! Sell It! A Times-News Classified Will fill every need. Call Today 208-733-0931 ext 2 or visit us online at www.magicvalley.com

804 Building Materials

BASE GRAVEL 2" and GRAVEL delivered Call 208-539-1444

GALVANIZED ROOFING TIN used, mostly 18' length. Good condition 90 cents/running ft. 420-8945

808 Computers

DELL LAPTOPS (2) C610 P3 1.00GHz 1.00GB & C640 P4 1.80GHz 512MB. Both 20GB CD-RW/DVD W/F, XP & Office '07 installed. \$239 ea. 208-670-0123

809 Firewood

DRY PINE Split and delivered. 1 cord, \$190. 2 or more, \$180. 5 cords, \$165 per cord. You haul, \$180. Also logs, posts and poles. 208-324-6958 or 208-308-1292

FIREWOOD cut/split, \$115 pickup load. \$150 per cord, you pick up. \$175 per cord delivered. 324-7697

FIREWOOD Dry, ready to burn, split, delivery available or pick up. Call 208-324-8284

810 Furniture & Carpet

MATTRESS SETS, queen & king, \$90 and \$125. Couch, \$45. Gun Cabinet, \$60. Table, oak, with chairs, \$70. 208-735-9379

USED FURNITURE Antiques-Consignment-Home Decor Twin Falls Trading Co. 590 Addison - 732-5290

See Classifieds Business and Service Directory to assist you in your home repairs. 733-0931.

Garage Sale advertisement featuring a woman holding a sign that says 'Not Your Momma's Garage Sale'. Text includes: 'One Man's Trash is another Man's Treasure!', 'Sellers ~ List unlimited ITEMS & up to 10 images for ONLY \$50!', 'Your items will be on Magicvalley.com for TWO WEEKS!', 'Clean your clutter & make some cash!', 'Save Time & Money: No Signs, No Price Labels, No Set-up or Take-Down AND (Best of All) No Early Birds loitering in your yard before your first cup of joe.', 'Buyers ~ Instant, Easy access to hundreds of low-price items!', 'Get your Garage-Sale fix this winter, all from the warm comforts of home.', 'No worries about beating the (questionable, early bird) garage sale crowd. I mean really, who are those people?', 'Find unique items not available at the mall.', 'No Shipping to pay here!'.

Go to magicvalley.com breaking news, local news, more news

BURLEY/RUPERT FORECAST

Today: Rain and snow showers
Tonight: Rain and snow showers
Tomorrow: Rain and snow showers

ALMANAC - BURLEY

Temperature and Precipitation table for Burley. Includes Yesterday's High/Low, Normal High/Low, Record High/Low, and Precipitation data.

IDAHO'S FORECAST

SUN VALLEY, SURROUNDING MTS. A good chance for occasional snow showers for the next several days. Includes a map of Idaho with weather icons for various regions like Boise, Northern Utah, and Sun Valley.

TWIN FALLS FIVE-DAY FORECAST

Five-day forecast for Twin Falls. Columns for Today, Tonight, Tuesday, Wednesday, Thursday, Friday with weather icons and temperature ranges.

ALMANAC - TWIN FALLS

Temperature, Precipitation, Humidity, Barometric Pressure, and Sunrise and Sunset data for Twin Falls.

REGIONAL FORECAST

Regional forecast table listing weather for various Idaho cities including Boise, Pocatello, and Idaho Falls.

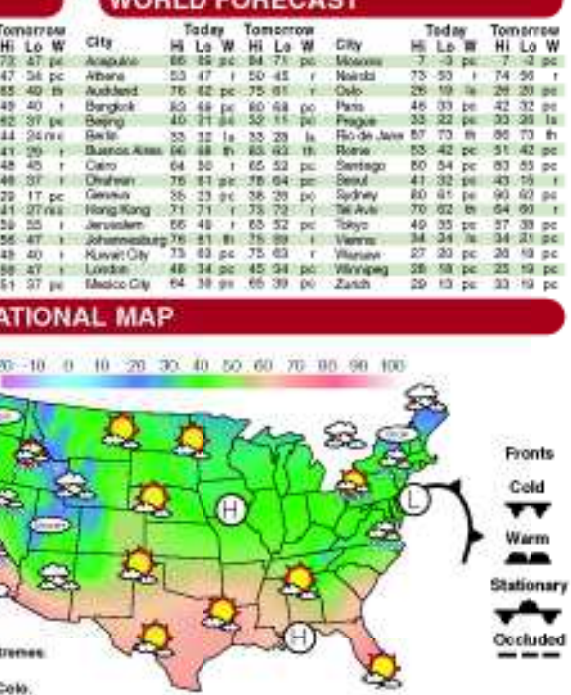
Yesterday's Weather

Table showing yesterday's weather for various Idaho cities, including high/low temperatures and precipitation.

WORLD FORECAST

World forecast table listing weather for various international cities.

TODAY'S NATIONAL MAP



meineke car care center advertisement. Includes address (169 Addison Avenue West) and phone number (735-8296).

1006 Trucks advertisement. Lists CHEVY '84 1/2 ton AT and DODGE '01 2500 diesel.

1006 Trucks advertisement. Lists FORD '03 F-150 silver and FORD '03 F-350 Red crew cab.

1006 Trucks advertisement. Lists NISSAN '07 Titan Crew 4x4 and TOYOTA '92 extended cab.

1008 SUVs advertisement. Lists HYUNDAI '05 Santa Fe GLS and CHEVROLET '06 Grand Cherokee.

JUMBLE advertisement. A word game where letters are scrambled to form words.

WHAT THE STOCK-BROKERS GAVE THE ATTENTIVE WAITER. A cartoon illustration with a word puzzle.

Assist AUTO BROKERAGE advertisement. Lists DODGE '01 Ram 1500 and DODGE '06 2500 4x4 Mega Cab.

Assist AUTO BROKERAGE advertisement. Lists FORD '05 F-150 4x4 V8 and FORD '06 F-150 80,000 miles.

Assist AUTO BROKERAGE advertisement. Lists TOYOTA '92 2WD 5 speed work truck and TOYOTA '92 extended cab.

Assist AUTO BROKERAGE advertisement. Lists JEEP '06 Grand Cherokee 4x4 and JEEP '08 Wrangler X.

Assist AUTO BROKERAGE advertisement. Lists FORD '09 Windstar minivan and MERCURY '99 Grand Marquis.

Assist AUTO BROKERAGE advertisement. Lists PONTIAC '03 Bonneville and TOYOTA '07 Prius.

Assist AUTO BROKERAGE advertisement. Lists DODGE '08 1500 Quad Cab and DODGE '09 2500 4x4 Quad Cab.

Assist AUTO BROKERAGE advertisement. Lists FORD '06 F-250 Ext. cab and FORD '08 F-150 XLT Super Crew.

Assist AUTO BROKERAGE advertisement. Lists DODGE '08 Caliber AT and FORD '03 Expedition 4x4.

Assist AUTO BROKERAGE advertisement. Lists SATURN '09 Outlook XE AWD and VW '09 Tiguan 4Motion.

Assist AUTO BROKERAGE advertisement. Lists CADILLAC '08 CTS 3.6DI AWD and DODGE '04 Taurus Wagon.

Assist AUTO BROKERAGE advertisement. Lists AUDI '01 A4 and FORD '06 FreeStar cargo van.

Assist AUTO BROKERAGE advertisement. Lists DODGE '06 2500 Club Cab 4x4 and DODGE '09 2500 4x4 Quad Cab.

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WHO can help YOU sell your car? Classifieds Can! 733-0931 ext. 2 twined@magvalley.com