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WEDNESDAY November 3, 2010

TIMES-NEWS

75 CENTS

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Elections 2010

Contested congressional, state and county races of note in south-central Idaho. Unofficial results as of 11:30 p.m., not all votes were final at press time. Visit Magicvalley.com for updated and final results as they become available.

CONGRESSIONAL RACES

Table with U.S. Senate, Precincts reporting: 416 of 961, Randy Lynn, Bergquist (CON) 7649, Mike Crapo (REP) 138,442, P. Tom Sullivan (DEM) 43,831

U.S. Representative, District 1

Table with Raul Labrador (REP) 35,494, Walt Minnick (DEM) 28,376, Dave Olson (IND) 3,999, Mike Washburn (LIB) 1,166

U.S. Representative, District 2

Table with Mike Crawford (DEM) 26,281, Brian Schab (IND) 8,298, Mike Simpson (REP) 85,338

STATEWIDE RACES

Table with Governor, Precincts reporting: 416 of 961, Keith Allred (DEM) 60,555, Ted Dunlap (LIB) 2,311, Jana Kemp (IND) 11,103, C.L. 'Butch' Otter (REP) 114,483, Pro-Life (IND) 1,461

Lieutenant governor

Table with Brad Little (REP) 130,085, Paul Venable (CON) 9,387, Eldon Wallace (DEM) 47,774

Superintendent of public instruction

Table with Tom Luna (REP) 111,415, Stan Olson (DEM) 72,172

Secretary of state

Table with Mack Sermon (DEM) 44,962, Ben Ysursa (REP) 141,455

State controller

Table with Donna Jones (REP) 135,200, Bruce Robinett (DEM) 49,060

CONSTITUTIONAL AMENDMENTS

Amendment to allow University of Idaho to impose tuition and fees on all students.

Table with Yes 119,596, No 60,247

Amendment to allow public hospitals to incur long-term debt without voter approval in specific circumstances.

Table with Yes 116,020, No 63,759

Amendment to allow airports to issue bonds for projects without voter approval in specific circumstances.

Table with Yes 97,265, No 79,102

Amendment to allow municipalities to incur long-term debt without voter approval to enter into electricity purchase agreements.

Table with Yes 105,471, No 70,230

LEGISLATIVE RACES

Table with District 22 Senate, Precincts reporting: Incomplete, Henry Hibbert (DEM) 1,337, Tim Corder (REP) 4,381

District 23 House B

Table with Precincts reporting: Incomplete, Bill Chisholm (DEM) 1,938, Stephen Hartgen (REP) 4,897

See ELECTIONS, Main 3

IDAHO PICKS OTTER



Times-News file photo

Gov. C.L. 'Butch' Otter greets supporters on Oct. 20 during a campaign stop in Twin Falls. The GOP incumbent governor held onto his post by defeating Democratic challenger Keith Allred and three other gubernatorial hopefuls during Tuesday's general election.

GOP incumbent outpaces Allred for second term

The Associated Press

BOISE — Republican Gov. C.L. 'Butch' Otter trounced Democrat Keith Allred in Tuesday's election, extending his nearly 30 years in elected office by winning a second term as Idaho's chief executive.

Voters overwhelmingly chose Otter's libertarian-leaning style over Allred's populist promise to dislodge state leadership he said was in the pocket of special interests.

With the 68-year-old Otter, voters get a fiscal conservative who says government should promote a solid business environment, then get out of the way. Otter's early results were on pace to exceed his performance four years ago. With more than 20 percent of precincts in, Otter held a commanding lead in the general election.

Exit polls also showed

Otter with a large lead in much of Idaho. In 2006, Otter garnered 52 percent of the vote, to Democrat Jerry Brady's 44 percent.

Allred's decision to run as a Democrat last December was a surprise when he announced it at his former alma mater, Twin Falls High School. Up to that point, he'd been running what was a non-partisan government reform group, The Common Interest, which sought to defy traditional labels.

Over the course of the campaign, Allred, 46, laid into Otter over the move to cut \$128 million, or 7.5 percent, from the state's public education budget amid a recession. Allred had pledged not to cut education again, contending the economic recovery and hiring more tax auditors to go after scofflaws will raise enough money to bolster the state budget.

MORE ONLINE

VIEW a slide show of Election Day photos. MAGICVALLEY.COM

Allred, a former Harvard University professor, also blasted Otter for his failed 2009 proposal to raise the state gas tax and hike registration fees for vehicle owners.

'Butch Otter has a problem,' Allred said. 'I'm the candidate who has a plan to cut taxes for everyday Idahoans. He's the one who tried to raise taxes.'

Meanwhile, Otter contended that he showed the leadership necessary to make tough budget choices in 2010 as the state's economy became mired in the worst economic recession since the Great Depression.

While neighboring states like Oregon and Washington were raising their income or sales taxes

to save state programs, Otter says GOP-dominated Idaho's move to hold the line on raising more revenue from taxpayers is making Idaho more attractive to companies that are looking to relocate or expand.

In October, Otter also ended Idaho's role in managing wolves under the Endangered Species Act. Otter said the move, in protest of the federal government's refusal to allow a wolf hunt in 2010 and 2011, would prevent spending state sportsmen's dollars to investigate illegal killings of wolves and put more pressure on federal officials to delist the predators.

'They are a burgeoning and hungry population which has grown far beyond even the wildest hopes of wolf advocates, or the nightmares of sportsmen and ranchers,' Otter said.

Outcome uncertain for CSI trustee elections

By Ben Botkin Times-News writer

Voter support was strong for newcomers seeking trustee seats on the College of Southern Idaho board, but it was uncertain late Tuesday night what the final outcome would be.

In Twin Falls County, challengers Bob Keegan and Karl Kleinkopf were both outpacing longtime incumbents Charles Lehrman and LeRoy Craig, respectively. But no results from Jerome County were available at press time.

In both races, voters in Twin Falls and Jerome County decide the outcome. The winner will be elected to a four-year term.

The 2010 election for College of Southern Idaho trustees gave voters the choice of old versus new,



Lehrman



Craig



Keegan



Kleinkopf



Olson



Luna

Lehrman, an 83-year-old retired veterinarian from Buhl, was challenged by Kleinkopf, 64, who retired earlier this year after a 33-year career at CSI as a coach, faculty member and chairman in the college's department of physical education and health education.

Craig, 76, of Jerome, also co-owner of an insurance agency, had faced challengers that came from a

See CSI, Main 2

Luna outpolls Olson for Idaho's top education job

The Associated Press

BOISE — Republican Tom Luna beat longtime educator Stan Olson to keep Idaho's top elected education post.

Voters decided Tuesday to give Luna another four years to steer Idaho's public schools. Luna has held the position since January 2007 and wins re-election amid a dismal budget year for public education in Idaho.

Lawmakers cut about \$128 million from the schools budget for the current fiscal year and slashed total spending on public education for what is believed to be the first time in Idaho history.

While the Idaho teachers union backed Olson and criticized Luna for his lack of experience in the classroom, Luna told voters his business background helped him make



Luna

smart financial decisions during the recession.

During the most recent legislative session, for example, Luna pointed to his efforts to get the Idaho Board of Land Commissioners to dip into a state land endowment reserve fund and release an additional \$22 million to help Idaho's K-12 public education system.

'I was able to identify a source of revenue that nobody had considered,' Luna said during a debate last month.

The contentious race for the Superintendent of Public Instruction office prompted at least three independent groups to

See EDUCATION, Main 2



BridgeClassifieds 4 Comics.....Business 3 Commodities.....Business 2

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ANXIETY, DISAPPOINTMENT AT POLLS Voters dissatisfied with economy, politics > Main 4

Voters carry anxiety, disappointment to the polls

By Erin McClam
Associated Press

The millions of Americans voting in midterm elections Tuesday were not always sure what they wanted, or even whom. But many knew they were unhappy — uneasy about the economy, frustrated with the direction of the country and dissatisfied with politics.

On an Election Day that seemed a long way from 2008, disappointment was the theme.

"I'd like to find somebody to blame," said Kimberly Abrudan, a customer service manager who had voted at a Delaware charter school for Democrat Chris Coons for Senate. "It would make things a lot easier. But I'm not convinced that it's any one man."

Abrudan said she voted for Barack Obama and felt let down that he had not been able to bridge the partisan divide and bring Americans together. If she could speak to the president in private, she conceded, "I might shake him around a bit."

The sentiment was not hard to find across the country in an election that took place against a backdrop of persistently high unemployment, no sign of real improvement in the economy and politics roiled by division.

Vicki Goode of Boyle County, Ky., had voted for Obama as well, and said she felt disappointed by his first two years in office and by what she characterized as a legislative logjam in Washington.

"I expected more sweeping change," she said after voting for Jack Conway, the Democratic candidate for Senate, over tea party-backed Republican Rand Paul.

Goode owns a gift store called Magnolia Cottage. Fewer people are buying gifts than they did two years ago, and those who come in aren't browsing as much — just



Jamey Stehn leaves the Hope Social Hall after casting his ballot early Tuesday in Hope, Alaska. Stehn and the 200 some residents of Hope use the one-room log building built in 1902 as their polling place and activity hall.

AP photo

THEY SAID IT

"I've never felt as much despair as I do now. I think we are at the lowest point in our country we have ever been at."

— John Powers, retiree, Bayville, N.J.

"I don't think we've given him (Obama) enough time, which I think is a big problem. And people are just so used to having immediate gratification. I think they need more time to figure out what's going on."

— Kellie Blazei, special education teacher, Plymouth, Minn.

"I voted mostly Republican. I think some of his (Obama's) policies are a little bit too social. We need to rein him in."

— Jodi Alberts, insurance worker, Windsor Heights, Iowa

(On the tea party) "It's mostly a joke. It's energized a lot of people, I guess, but for a lot of the wrong reasons."

— Steve Mount, financial officer, New York City

"They're ruining this country, the two political parties. This country needs more than two parties, and they can't be rich parties."

— Tea party voter Lou Orsini, retiree, Camden County, N.J.

"If you look at things, Clinton was having the same problems after his first couple of years and he got everything turned back around, so why couldn't we let Obama do his job and let him do what he has to do?"

— Stephan Carney, sales, Cleveland

finding what they want and buying that one thing. Her husband was out of work for 16 months.

Just about everywhere, this election felt far removed from the last. Two years ago,

after all, there was no tea party. Now it's a force in American politics. Two years ago, the nation was in financial shock. Now hard times are all too familiar.

"You still have a lot of peo-

ple out of work," said James Price, a lawyer in Indianapolis who voted a straight Republican ticket. "We're losing a lot of jobs. We have massive amounts of debt."

In Denver, there were those like Josie Hart-Genter, who said the administration had done exactly what it promised to — expand health care and pass an economic stimulus bill — and were proud. And those like Javier Flores, who wished Obama had been more aggressive on gay rights.

Just after sunrise, voters trickled into the elections office in downtown St. Petersburg, Fla., a city dotted with boarded-up storefronts and "For Sale" signs on empty homes.

Alan Satterwhite, a technology executive, said he was not worried about his own job but was concerned about the broader economy and blamed Congress for it. He voted for conservative candidates but said he was frustrated with both parties.

"No one is stepping forward with collaboration, and that needs to change," he said.

Change from the change:

It was another demand voiced by voters around the nation Tuesday, even some who had embraced Obama's call for "Change We Can Believe In."

In the intervening two years, American politics was buffeted by turmoil — town hall meetings that devolved into shouting matches, persistent questions about the motives of leaders on both sides. Enough to spawn an entire rally in the name of restoring sanity.

Charles Voirin, who lives in St. Petersburg and is close to retirement, had seen enough.

He was frustrated that the president had not been more assertive during his first two years. But then he was disappointed in the crop of candidates all around this year. He said he wants more moderates.

"There are more extremes on both sides," he said. "We're getting nothing done."

Others were more blunt in assigning blame, pointing fingers at the top.

"He's going to bankrupt this country," said Paul Edwards, a retired naval

engineer in Indianapolis. He was angry that his health care costs are rising and said he disliked Obama's overhaul. The president says it will reduce costs in the long term, but Edwards is having none of it.

"I worked hard for 30 years, and all I see is my money being eaten up by somebody who thinks he knows how to spend it better than me," Edwards said.

Obama had plenty of supporters.

"I think it took a long time for us to get into the situation that we are," said LaVeeda Garlington, an attorney who voted a straight ticket in Silver Spring, Md., for Democrats, including Gov. Martin O'Malley. "It's going to take a long time to get out."

While she said she didn't agree with all the decisions the White House had made in two years, "it was a pretty full plate that the current administration inherited, and I think they need time to try to work it through."

Bill Gray, a registered Republican in San Francisco, put it in fewer words: "This poor guy. He just got stuck with it."

Pat Wolfe
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NM tribe bans newspaper after story about gruesome killing

By Sue Major Holmes
Associated Press

ALBUQUERQUE, N.M. — Exercising its rights as a sovereign nation, a small Indian community has banned the local newspaper from its reservation for publishing details about the horrific killing of a member of the tribe.

Elsewhere, such a move would have prompted a debate on freedom of speech.

But in the remote town nestled in northern New Mexico's mesas and red rocks, the ban is an example of press freedoms long accepted throughout the U.S. running up against tribal sovereignty.

The leaders of the Jemez Pueblo were horrified by the seven-paragraph story in the Jemez Thunder newspaper that recounted the killing: a tribal member stabbed, slashed and disemboweled another man.

Already reeling from the killing, the tribe banned the paper from being sold on its land.

Robert Borden, who has

published the newspaper since 1995, said he was disheartened rather than angry. The community "is hurt by the fact that this occurred at all," he said. "I didn't hurt the community."

The tribe was well within its rights as a sovereign government to prohibit, as the governor did, the distribution of the newspaper at the tribal visitor's center and a convenience store.

"The pueblos enjoy sovereign immunity where free speech and the First Amendment are concerned," said Peter Simonson, executive director of the American Civil Liberties Union in New Mexico.

The tribe was in the news just a week ago, when it banned trick-or-treating on Halloween. The tribe said it was not part of its traditional culture and was a safety concern because of the small community's unlit roads.

The tribe of about 2,500 sits an hour's drive northwest of Albuquerque, New

Mexico's largest city. The community deeply embraces its traditions, including preserving their Towa language.

Tribal lands are apart from the U.S. government. Tribes have their own separate governments, and their own laws. The federal government prosecutes violations of crimes such as murder.

The 1,000-circulation, English-language newspaper is based in the nearby non-tribal community of Jemez Springs, sells for 75 cents and usually runs between 24 to 32 pages, said Borden, who owns it along with his wife, Kathleen Wiegner.

The Borden and a reporter make up the staff, although it also pays some columnists. Borden said he's written positive stories about the pueblo in the past.

He wrote the story about the killing based on an FBI criminal complaint filed in federal court. He noted he also wrote that the defendant is presumed innocent until proven guilty.

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Temporary tax collectors bring in \$5.5M for Idaho

LEWISTON (AP) — Sixteen temporary workers hired to collect unpaid taxes brought in more than \$5.5 million over a three-month span at a cost of just \$157,092, an Idaho tax official says.

Randy Tilley, administrator of the Audit and Collections Division at the Idaho State Tax Commission, said the nonvoluntary taxes were collected between July 1 and Sept. 30.

He said the goal for the temporary workers was to collect \$1.266 million, which was far exceeded.

"The way the numbers sit right now, we've already exceeded the benchmark for the third quarter," Tilley told the Lewiston Tribune.

He said that, counting permanent staff, the commission brought in \$50.2 million in owed taxes at a cost of about \$3.72 million.

Tilley said the commission added 10 more temporary workers in October and plans to hire another 11. Ultimately, he said, the goal

is to have 43 temporary workers bring in \$9.17 million in unpaid taxes.

The results of the temporary workers from July 1 and Sept. 30 will be presented to the Legislature's joint budget committee in two weeks. Lawmakers will likely use that information in deciding whether to request funding to make all of this year's temporary positions permanent, Tilley said, and possibly hire more temporary workers next year.

"We're definitely hopeful the Legislature will see we're doing good work," Tilley said.

Collecting unpaid state taxes became a campaign issue in Idaho's race for governor. Democratic challenger Keith Allred contends Republican Gov. C.L. "Butch" Otter missed out on \$100 million over the past four years by not hiring more tax auditors at the Idaho State Tax Commission, cutting education and other services instead.

Hart challenges state income tax in court

BOISE (AP) — A northern Idaho lawmaker battling state and federal authorities over unpaid taxes has filed an appeal contending Idaho's state income tax is unconstitutional.

The state on Monday filed a motion in 1st District Court to dismiss the challenge by Republican Rep. Phil Hart of Athol. A court date has been set for Dec. 7.

Idaho officials contend Hart owes \$53,000 in unpaid state income taxes.

Hart, in his seven-page appeal, contends the state's income tax is out of line with the state's Constitution because it "as a graduated tax, fails the uniformity requirement."

Hart also contends that the state Board of Tax Appeals violated his constitutional privilege protecting state legislators from civil action during legislative sessions, The Spokesman-Review reported.

Hart missed a Jan. 1, 2010, deadline to file an appeal involving his unpaid state taxes and has argued the deadline was not valid because it was within 10 days of the start of the legislative session, and he should therefore have months longer to file.

The state Board of Tax Appeals last spring rejected Hart's appeal of an order to pay the \$53,000, and in September rejected a motion

he filed for the board to reconsider.

In all, according to public records that include IRS liens, Hart owes more than \$500,000 in federal and state back taxes.

Hart's tax problems are "entirely the result of political persecution of Mr. Hart by the IRS," Hart's attorney, Starr Kelso, told The Spokesman-Review.

Hart was running unopposed for a fourth term, but after his tax troubles surfaced, Howard Griffiths, a Republican, challenged him as a write-in candidate on grounds Hart is shirking responsibilities most Idaho residents fulfill.

House Speaker Lawrence

Denney said he will wait until after Tuesday's election to announce whether he'll allow Hart, if he wins, to remain on a key tax policy committee.

A House ethics committee recommended Hart be removed from House Revenue and Taxation Committee while he wages the legal battle over his income taxes.

Hart recently sent a check for \$2,450 to the state after The Spokesman-Review, using public records, revealed Hart's 1996 theft of timber from state land that he used to build his house. Timber from state land is intended to benefit public schools.

Idaho mom pleads guilty to abandoning son at concert

The Associated Press

BOISE — An Idaho woman suspected of leaving her seven-year-old son alone for several hours at a music festival last month has pleaded guilty to felony

injury to a child.

The Idaho Statesman reports Angie A. Ammerman, of Boise, will be sentenced on Dec. 12.

Prosecutors say Ammerman left her son alone for more than five hours at the

Boise Music Festival, which featured performances by Poison frontman Bret Michaels and the Backstreet Boys.

Ammerman told police that she went to the front of the crowd, which is esti-

mated to have included at least 50,000, so she could dance and get autographs.

Prosecutors also say state health and welfare officials have received as many as six inquiries about the boy this year.

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OPINION

QUOTABLE

“They are very innovative and creative.”
 — John Brennan, President Barack Obama’s counterterrorism adviser, on how the recent bombing attempt shows al-Qaida is adapting its strategy

EDITORIAL

Should the state really be in the for-profit business?

If there’s a single lesson to be drawn from our national experience the past two years, it’s this: Just because government *can* do something doesn’t mean it should.

So why is the state of Idaho in the commercial self-storage business?

In a bid to boost investment returns, managers of Idaho’s endowment lands that benefit public schools recently bought a 5-acre storage facility in Boise.

All five members of the Idaho Land Board — Gov. C.L. “Butch” Otter, Attorney General Lawrence Wasden, Controller Donna Jones, Secretary of State Ben Ysursa and public schools chief Tom Luna — voted to buy the site Aug. 17.

Other state holdings already include offices, a bank building and parking garages in Boise, and millions of acres of grazing and timber land across the state.

Our view: We’re not convinced that maximizing the return on state endowment properties should extend to self-storage businesses and parking garages.

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

Under state control, properties don’t yield taxes.

Voters in 2000 approved a constitutional amendment that allows the Land Board to deposit proceeds from surplus school land sales into a “land bank,” then use them to acquire other property.

“We don’t have a whole lot of commercial property,” said George Bacon, director of the Idaho Department of Lands, told The Associated Press. “We see that as an area to build diversity in our land portfolio.”

But should the state be in direct competition with the private sector at all?

More to the point, the purchase by the state of Affordable Self-Storage

wiped \$2.7 million of assessed violation off the tax rolls — money that will no longer go the city of Boise, Ada County and the Boise School District.

Land Board members say they’re obliged by state law to maximize returns for the endowment fund.

Of course, but that doesn’t mean they can’t exercise judgment over how and where the money is invested.

The size of the property tax base is a critical issue now because cities, counties and school districts are struggling with reduced tax collections as a consequence of the Great Recession. Seems to us that this is a lousy time for the state to cut into that revenue stream.

Getting the state into the commercial property business, it seems to us, is a significant policy decision that deserves a full public debate before the Department of Lands goes hunting for more real estate.

How we got to the morning after

From the early 1990s through the 2008 election, Americans grew steadily more liberal. Voters became more supportive of government spending and more sympathetic toward the poor. They were increasingly secular and increasingly likely to favor gay marriage. They were more worried about climate change and more inclined to support universal health care. And not surprisingly, they were more and more likely to identify as Democrats.

This trend wasn’t just a blip created by the Bush administration’s unpopularity, as some conservatives hopefully suggested. It was a significant, long-running shift, pushed along by deeper demographic forces. Reliable conservative constituencies (white Christians, married couples) were shrinking. Liberal-leaning ones (Hispanics, single parents, the unchurched) were expanding. And the next generation seemed to be in the bag for liberalism. Younger voters weren’t just more liberal than their parents; they were more liberal than the previous generation had been at the same age, suggesting a more enduring shift.

But since Barack Obama took the oath of office, the country’s leftward momentum has reversed itself. In some cases, nearly 20 years of liberal gains have been erased in 20 months. Americans are more likely to self-identify as conservative than at any point since Bill Clinton’s first term. They’ve become more skeptical of government and more anxious about deficits and taxes. They’re more inclined to identify as pro-life and anti-gun control, more doubtful about global warming, more hostile to regulation. And, not surprisingly, they’re more likely to consider voting Republican on Tuesday.

So what happened to the brave new liberal era? Well, a few things. The Wall Street bailout made big government seem like a corrupt racket. The unemployment rate made activist government appear helpless in a crisis. The yawning deficits made a free-spending government look like a luxury the country might not be able to afford.



Ross Douthat

These were all difficulties that Obama inherited, in one sense or another. But the Democrats swiftly created further problems for themselves. The central premise of the White House’s policy-making, the assumption that an economic crisis is a terrible thing to waste, turned out to be a grave tactical mistake. It drew exactly the wrong lesson from earlier liberal eras, when the most enduring expansions of government — Social Security in the 1930s, Medicare in the 1960s — were achieved amid strong economic growth, rather than at the bottom of a recession.

The Obama Democrats, by contrast, tried to push through health care reform and climate legislation with the unemployment rate stuck at a 28-year high. On health care, they won a costly victory. On cap-and-trade, they forced vulnerable congressmen to cast a controversial vote, and came away with nothing to show for it. In both cases, they reaped a backlash, while defining themselves as ideological and intensely out-of-touch.

At the same time, their legislative maneuverings exposed the weakness of

“... the demographic trends are still with the Democrats, and the Republicans will return to power unprepared to wield it. But nonetheless, an opportunity has opened for the Right that would have been unimaginable just two years ago — a chance to pre-empt a seemingly inevitable liberal epoch with an unexpected conservative revival.”

modern liberal governance: It tends to be stymied and corrupted by the very welfare state that it’s seeking to expand. Many of Barack Obama’s supporters expected him to be another Franklin Roosevelt, energetically experimenting with one program after another. But Roosevelt didn’t have to cope with the web of interest groups that’s gradually woven itself around the government his New Deal helped build.

Nor have Obama’s political instincts helped him through these difficulties. Presidents always take more blame than they deserve for political misfortune, but Obama’s style has invited disillusionment. His messianic campaign raised impossible hopes, and he has made a habit of baldly overpromising, whether the subject is the unemployment rate or the health care bill. Obama seems as if he would have been a wonderful chief executive in an era of prosperity and consensus, when he could have

given soaring speeches every week and made us all feel tingly about America. But he’s miscast as a partisan scrapper, and unpersuasive when he tries to feel the country’s economic pain.

Thus Tuesday’s debacle. It was not as grave a defeat as many conservatives would like to think: The health care bill may yet be remembered by liberals as a victory worth the price, the demographic trends are still with the Democrats, and the Republicans will return to power unprepared to wield it. But nonetheless, an opportunity has opened for the Right that would have been unimaginable just two years ago — a chance to pre-empt a seemingly inevitable liberal epoch with an unexpected conservative revival.

Now they just have to seize it.

Ross Douthat is a columnist for The New York Times. Write to him at rdouthat@nytimes.com.

President Obama needs new change to believe in

WASHINGTON — No-drama Obama may need some drama, or at least a shakeup.

The cool, detached, sometimes too insular president suffered a political drubbing in Tuesday’s midterm elections. It could be fatal or a glancing blow to his presidency, depending on how he responds.



Al Hunt

What is necessary, leading Democrats say mostly in private, are fresh personnel, policies and approaches; a midcourse correction, not a radical overhaul.

The early signs aren’t encouraging. Obama has tapped a deputy, Pete Rouse, to fill in for Rahm Emanuel, the departing White House chief of staff; the National Security adviser, General James Jones, is being replaced by his no. 2, Tom Donilon; and longtime

Obama adviser Denis McDonough will fill Donilon’s slot.

They are very able. Yet these appointments convey a signal of promoting the junior varsity after the varsity has been shellacked.

It isn’t clear whether the president will reach out for new faces to fill the top levels: a corporate executive to address the complaints that this is an anti-business administration; someone with impeccable military credentials to assist and balance Donilon, viewed by Republicans and some in the armed services as a political operative; and somebody with acute political antennae outside the Obama stratosphere.

In addition to expanding his inner circle, Obama has to be more approachable and

outreaching on Capitol Hill and elsewhere, say Democratic politicians who want him to succeed.

The president’s problems are far more than public relations. Yet somehow this White House has to figure out why it’s done such a poor job in explaining its policies.

When Americans overwhelmingly believe that taxes have gone up, the economy is shrinking, that the Wall Street bank rescue won’t be repaid and that the stimulus didn’t create jobs somebody hasn’t been doing something right. As recently as September, a fatigued White House botched the issue of tax cuts, due to expire for all Americans at the end of the year.

On policies, it isn’t about ideology. The left-wing rap is flawed: This administra-

tion rejected nationalizing banks and a public option on health care, and downsized automobile companies. Still, at this stage, presidencies move to find more common ground with the other side. The first two years is about an agenda.

With Republicans likely to win a majority in the House and veto power in the Senate, the White House has to look for accord in areas like education, trade and minor energy matters. Any significant fiscal deal is probably out of reach.

As Obama navigates these unfamiliar waters, he’ll need to lean on Joe Biden. Despite occasional foot-in-the-mouth problems, the vice president has an intimate knowledge of the way Washington works, and he commands respect, even

affection, from more than a few Republicans.

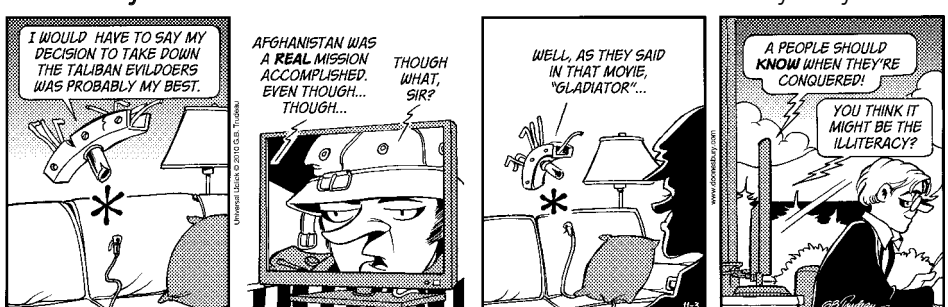
There’s another invaluable potential ally: former president Bill Clinton, with whom Obama has a distant relationship. During the 2008 campaign, Emanuel, then an Illinois congressman, advised Obama to call Clinton periodically, even if he put the phone in the sock drawer. It’s time to call, and stay on the line.

There are differences between what Obama faces today and what Clinton confronted when Democrats lost their congressional majority 16 years ago — the economy is far worse now, and Boehner may not be a convenient foil.

Al Hunt is the executive editor for Washington at Bloomberg News.

THE LIGHTER SIDE OF POLITICS

Doonesbury



Mallard Fillmore



George Washington would miff today's Tea Party

For obvious reasons, and with some justification, the supporters of the Tea Party movement that has so energized the recent political landscape in America seek to enlist the Founding Fathers as fervent champions of their cause.

George Washington impersonators and others in Colonial garb are often part of crowds protesting what they view as an oppressive government heedless of constitutional limits. They think this government might destroy the promise of the American Dream via a dangerous combination of profligate spending, excessive taxing, and overweening regulation.

But several factors make George Washington and the American Tea Party movement an uncomfortable fit. First, there is a strong tendency among Tea Party



Peter Henriques

supporters to view the Founding Fathers as a monolithic body united in its view of the proper role of the government and how to interpret the Constitution. While the Founders may have generally agreed on a limited government, there was as much debate then on what the proper limits of government should be as there is today. And within the framework of their heated debate, George Washington was in fact a champion of an expansive government.

His experience as commander in chief made him skeptical of states rights

and cognizant of the need for a stronger central government. GW's paradoxical yet remarkably prescient position was that the rights and liberties of the people of the states could best be preserved in the context of a strong national union. The very parochialism and spirit of liberty that many thought essential to the preservation of those freedoms was actually a lethal virus within the American body politic that could destroy the American union and eventually liberty itself.

Arguing for a stronger government, George Washington used words that would greatly anger today's Tea Party supporters if they were uttered by a member of the current administration: "Experience has taught us, that men will not adopt & carry into execution, meas-

ures the best calculated for their own good without the intervention of a coercive power."

Washington viewed the Constitution in a somewhat different light than does the Tea Party movement, which tends to subscribe to a literal reading of the national charter. A Tea Party manifesto, called the Contract From America, even contains a rigid provision stipulating that all legislation passed by Congress should specify the precise clause in the Constitution giving Congress the power to pass such a law.

Certainly, George Washington was both a strong supporter and fervent admirer of our Constitution, which was shaped in Philadelphia during the summer of 1787 with him as the presiding officer. Nevertheless, Washington

recognized that it was far from perfect and anticipated the need for future amendments, adding, "I do not conceive that we are more inspired or possess more virtue than those who will come after us."

One of George Washington's most important and far-reaching decisions made as president revolved around the question of whether he would sign into law a bill establishing a national bank. Alexander Hamilton, his brilliant secretary of the treasury, argued for such an institution and justified his action by seizing on Article I, Section 8, of the Constitution, which endowed Congress with all powers "necessary and proper" to perform tasks assigned to it in the national charter.

In short, Hamilton posit-

ed that there were "implied" powers in the Constitution as well as "enumerated" ones. Thomas Jefferson was aghast at such implications. Washington saw it differently and signed Hamilton's controversial national bank bill. With a stroke, he endorsed an expansive view of the presidency and made the Constitution a living, open-ended document. The importance of his decision is hard to overstate, for the federal government might have been stillborn had the president rigidly adhered to the letter of the document as urged by Jefferson.

Peter Henriques is professor emeritus of history at George Mason University. He wrote this commentary for the Fredericksburg, Va., Free Lance-Star.

A government divided? It probably will help the economy

WASHINGTON — The power of the federal government, squarely in the hands of Democrats the past two years, has been divided between the two parties. Modern American history suggests that this is the best of all worlds. With due respect to Abraham Lincoln, a house divided against itself often prospers.

Since 1970, the levers of federal government — the White House, Senate and House of Representatives — have been in the hands of one party, whether Republican or Democrat, 30 percent of the time. By most any measure, the U.S. economy has been healthier the other 70 percent of the time.

First let's look at gross domestic product.

From 1970, median GDP has grown 3.3 percent in years of divided government (1970-1976, 1981-1992, 1995-2002, 2007-2008), compared with 3 percent when government was unified (1977-1980, 1993-1994, 2003-2006, 2009-2010).

The effect has been more pronounced in recent years. Since 1981, when Ronald Reagan took office, median GDP has grown 3.3 percent in years in which the government was divided and 2.8 percent when government was unified. Since 1993, when Bill Clinton took office, the economy has grown 3.6 percent per year when power is split and 2.8 percent in the other times.

How about unemployment? Divided government might be exactly what today's jobless should be wishing for.

Since 1970, median unemployment has been 6.1 percent under one-party rule, 5.7 percent when both parties have some control. The spread narrows (6 percent vs. 5.8 percent) since 1981 and widens (6 percent vs. 4.9 percent) since 1993.

Equity markets have practically jumped for joy at political division. Since 1970, the Standard & Poor's 500 Index has increased at a median rate of 13.5 percent per year in divided times and 9 percent per year under one-party rule. That spread grew (14.6 percent vs. 9 percent) since 1981 and even more so since 1993 (19.5 percent vs. 9 percent).

I can think of two plausible explanations for the improved performance of our economy when the federal government is divided.

Under the "politicians are idiots" view, divided governments tend to be gridlocked, and gridlock — with apologies to Gordon Gekko — is good. A paralyzed government is a boon to the economy because the changes that politicians contrive tend to be harmful.

Under the "politicians are sensible" view, divided governments produce better lawmaking because only sensible policies can achieve the necessary bipartisan support. When government is controlled by one party, common sense is cast aside as those in power use their muscle to reward friends



Kevin Hassett

and punish enemies.

One crude way to cast light on the relative merits of the two views is to test the gridlock theory directly. Does legislative activity tend to grind to a halt when government is divided?

One imperfect measurement, tallying the number of bills passed by Congress and signed by the president,

counters the notion that government is paralyzed when divided.

Since 1993, divided governments have passed a median of 241 bills into law each year, while unified governments have passed 210. A similar pattern holds if we expand the sample back to 1970.

This is, of course, not decisive evidence, because the number of passed bills is irrelevant if the legislation is meaningless. (Anybody want to name a post office?) Anecdotally, though, some of the great moments in modern legislation, such as

the Tax Reform Act of 1986 and the Personal Responsibility and Work Opportunity Act of 1996, also known as welfare reform, were passed when each party enjoyed some control in Washington.

There is also some evidence that divided governments have been more fiscally responsible, especially recently. The median federal budget deficit as a percentage of GDP has been 2.7 percent since 1970 under both formats of government, slightly lower (3.1 percent vs. 3.4 percent) in divided times since 1981 and

even better (1.2 percent vs. 3.4 percent) in divided times since 1993.

That last part shows that the showdown between President Clinton and House Speaker Newt Gingrich offered more than good political theater; it produced some results.

It's not hard to see how political alignment might influence our leaders' virtue on deficits: Republicans are attracted to deficit reduction because it constrains the big-government tendencies of Democrats, while Democrats are attracted to it because it constrains the

tax-cutting tendencies of Republicans.

Deficit reduction is tough work. It shows that divided government can't easily be written off as inevitable gridlock.

As President Barack Obama and his team look ahead to the prospect of governing in collaboration with Republicans, they should look at history, and they should take heart. They can still think big, so long as they think sensibly.

Kevin Hassett is a Bloomberg News columnist.

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Business

WEDNESDAY, NOVEMBER 3, 2010

BUSINESS EDITOR JOSH PALMER: 735-3231 JPALMER@MAGICVALLEY.COM

Vision for the future

Buhl meeting to set goals for next five years

By Blair Koch
Times-News correspondent

BUHL — In five years, where do residents and businesses want Buhl to be?

Essentially, that is what a committee of volunteers, and the community at large, has been focusing on for over a year.

Tonight, that committee is hosting a community meeting at the Popplewell Elementary cafeteria to refine the plan. Over a year ago, about 50 residents attended a similar meeting to discuss broad, overall goals.

Those ideas were shaped into five main areas by a steering committee made of about a dozen volunteers, said Steve Kaatz, a volunteer with the Chamber who has helped organize the overall project. Those goal areas will be shared and refined further with the community at tonight's meeting.

"The steering committee is made with people from many key sectors, businessmen, civic and church groups. We've even had high school students be a part of the process," Kaatz said.

The five main areas to be refined include marketing and community development, community clean up and community pride, medical facilities, recreation and community service, and education services.

Each of the five areas are broken into short term (up to 12 months), short term and ongoing, and long term (two to five years) goals. Some of the goals include establishing a working relationship with the school board, organizing community groups to help with school maintenance, expanding Boys and Girls Club services, planning and developing a sustainable exercise pathway and walking and bicycle paths, developing a marketing strategy to promote Buhl, supporting efforts that create jobs, and building more middle- and upper-class housing.

See **BUHL**, Business 2

"This is the critical part of the whole deal. The vision is only as good as the people that work on it."

— Buhl Mayor Tom McCauley



Chicago Tribune/MCT

Edward Gardula works out at the company fitness center at Wolters Kluwer in Chicago, Illinois, on Oct. 19. The company has waived co-payments required for annual checkups.

Health costs to shrink as co-payments for preventative care diminish in 2011

By Bruce Japsen
Chicago Tribune writer

CHICAGO — If you've been holding off getting screened for high cholesterol, diabetes or hypertension because of a co-payment, you soon won't have a reason to put it off.

That's because co-payments, which typically cost at least \$20, for a host of preventive services will disappear starting Jan. 1 for most workers, thanks to the Affordable Care Act. For others, they're already seeing that benefit under the new health law, or soon will if they bought a new individual policy or have renewed in the past month.

Americans are noticing this and other changes to their health plans as

they go through open enrollment, the annual fall ritual that allows workers with coverage to change their benefits.

While the Affordable Care Act mandates that many common preventive services be offered at no cost to workers, the challenge lies in getting them to take advantage of this benefit.

"Given the absence of any relevant state insurance law standards, this reform will impose meaningful affordability and uniformity on the delivery of essential health care," said Michael McRaith, director of the Illinois Department of Insurance.

The health law aims to encourage employees to get routine preventive screenings and checkups that could ultimately help lower health care costs.

Treating patients after being diagnosed with an ailment or disease is much more costly than prevention efforts. That's why an increasing number of companies are willing to swallow the added costs of covering preventive services and have been offering many checkups and screenings to their employees at no cost.

Nate Solomon, employee benefits director at Wolters Kluwer, believes waiving the co-payment for annual checkups for the company's employees and their dependents next year will help keep workers healthy and aid the company's bottom line in the long run.

See **HEALTH**, Business 2

Young workers' careers may carry lifelong scars of Great Recession

By Don Lee
Tribune Washington Bureau

WASHINGTON — As the nation struggles with the aftermath of the Great Recession, few groups have suffered greater setbacks or face greater long-term damage than young Americans — damage that could shadow their entire working lives.

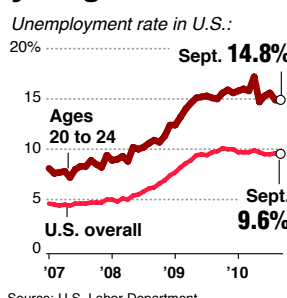
Unemployment for 20- to 24-year-olds hit a record high of more than 17 percent earlier this year. Even for young adults with college degrees, the jobless rate has averaged 9.3 percent this year, double the figure for older graduates, according to the Labor Department.

Adding to the impact, surveys by the Pew Research Center indicate, a greater share of workers in their 20s lost hours or were cut down to part-time status than any other age group. And their incomes have fallen more sharply, even as they are far more likely than others to say they are working harder than ever.

"These are young workers just trying to establish a connection to work, and it will cause permanent damage to long-term pay. This crisis has the potential for scarring," said Ron Blackwell, chief economist at the AFL-CIO.

The effect of the recession is reflected in the fact that many young Americans who started out living independently are moving back home

Hard times for young Americans



Source: U.S. Labor Department
Graphic: Los Angeles Times © 2010 MCT

with their parents because they are unable to survive financially.

Also, new Census Bureau figures show that couples increasingly are postponing marriage and parenthood, waiting for their financial prospects to improve. Meanwhile, more young families are falling into poverty.

"It makes you almost want to cry for the future of our country," said Andrew Sum, director of the Center for Labor Market Studies at Northeastern University in Boston.

These developments, beyond their effects on individuals, are harbingers of significant and painful changes for the whole country. For decades, adult life, especially for college graduates, began with entry-level jobs that paid well and promised even better things to come. Those bright prospects encouraged young workers to go out on their own, marry and start fami-

lies — bolstering the overall economy.

But now, with so many unemployed or underemployed — and others underwater on their mortgages or with little hope of buying houses of their own — the spending they once provided simply isn't there now.

Moreover, low starting pay means that future earnings probably will be depressed as well because most workers see their incomes increase slowly and steadily over the course of their careers, not in big jumps.

In the near term, young adults' lower earnings and slower rates of family formation will hurt the still-depressed housing market and crimp consumer spending, which accounts for 70 percent of the U.S. economy. In the long run, it could shape the way a whole generation saves and invests, with far-reaching consequences for businesses and the economy.

Young adults, for example, may be less prone to buy stocks because they have been shell-shocked by the recession, said Mark Zandi, chief economist at Moody's Analytics.

He recalled how when he encouraged his own college-age son to put some money in the markets, the advice was met with incredulity. "It dawned on me," Zandi said, "that's his world. In the last 10 years, stock prices have gone nowhere."



AP file photo

Rail cars wait to receive ethanol at the Archer Daniels Midland Company plant in Decatur, Ill., in July 2009. Archer Daniels Midland is reporting that first-quarter profits dropped 31 percent, partly on an inventory charge and a lower agricultural services operating profit.

ADM 1Q profit and share price slide

DECATUR, Illinois (AP) — Archer Daniels Midland's first-quarter net income dropped 31 percent, pressured by rising commodity prices and a shifting supply of crops.

Profit slid despite very strong volume and revenue and company shares tumbled 7 percent in early trading.

The corn and soybean processor, which also makes ethanol, posted net income of \$345 million, or 54 cents per share. A year ago, net income was \$496 million, or 77 cents per share.

This quarter's performance fell below the 75 cents per share that analysts polled by Thomson Reuters expected.

Rising commodity prices increased Archer Daniels' LIFO inventory valuation reserves by \$123 million during the quarter.

LIFO, or last-in-first-out, refers to a method of accounting for inventory that assumes a company sells its newest inventory first.

The company's agricultural services division also weighed on results, with its operating profit falling to \$132 million from \$175 million.

"Agricultural services results were impacted by crop supply shifts early in the quarter," Chairman and CEO Patricia Woertz said on Tuesday.

Archer Daniels cited

drought conditions and government actions in the Black Sea region for shifting supply.

Operating profit for the oilseeds processing segment increased to \$308 million from \$284 million, and climbed to \$341 million from \$188 million at the corn processing unit on better ethanol margins and volumes.

"The ADM team performed solidly in both corn and oilseeds with both businesses well positioned to meet demand," Woertz said. Revenue for the period ended Sept. 30 rose 13 percent to \$16.8 billion from \$14.92 billion.

That beat the \$15.66 billion in revenue analysts expected.

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COMMODITIES

For more see Business 2

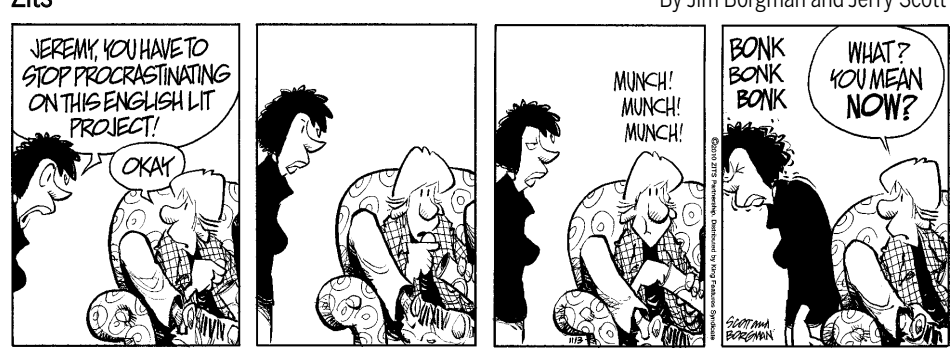
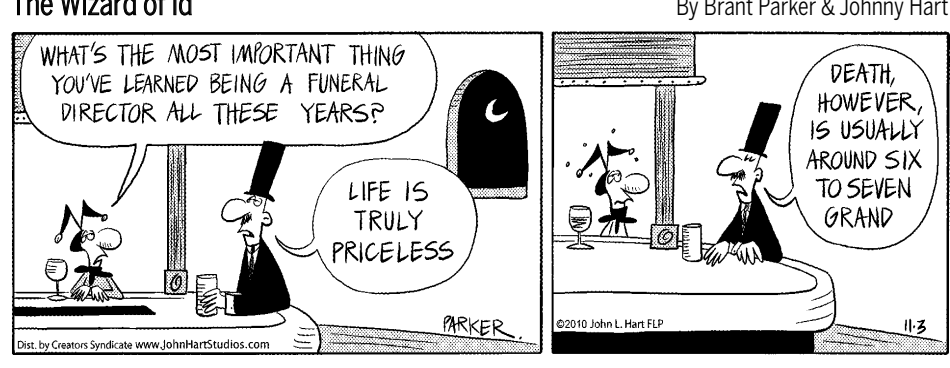
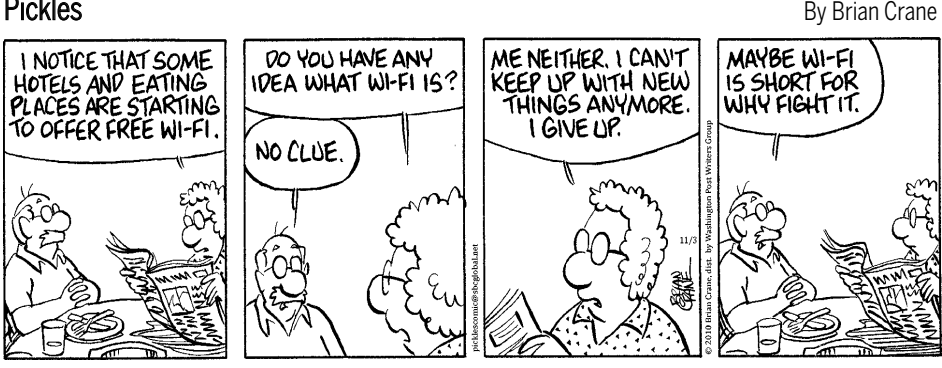
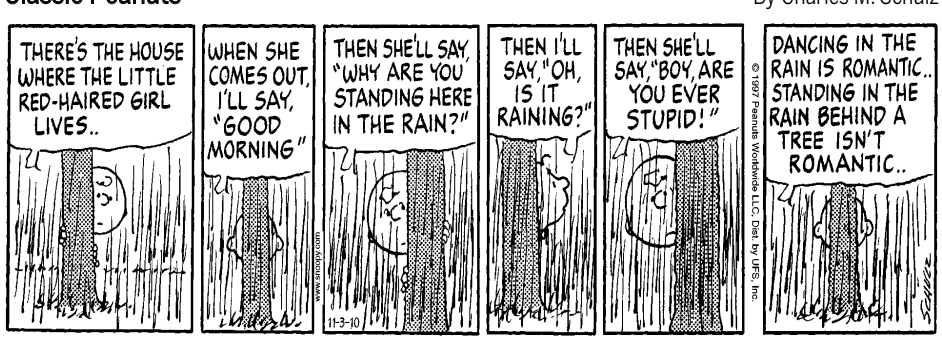
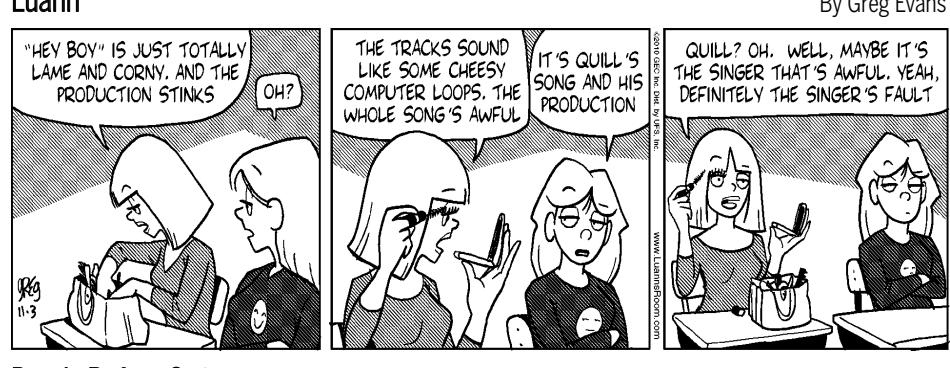
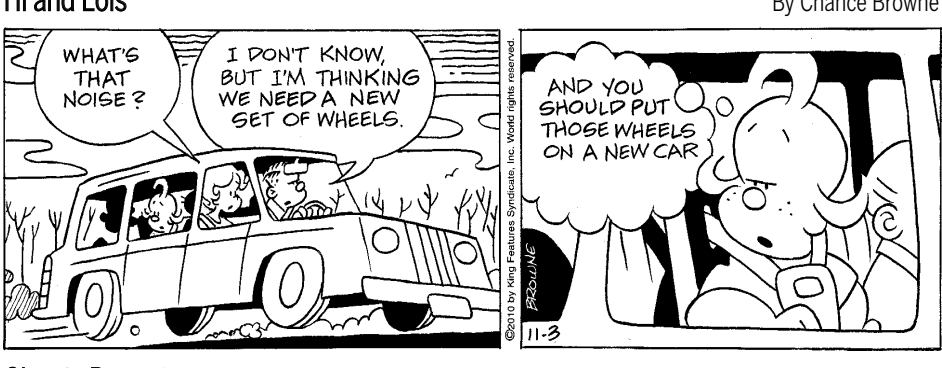
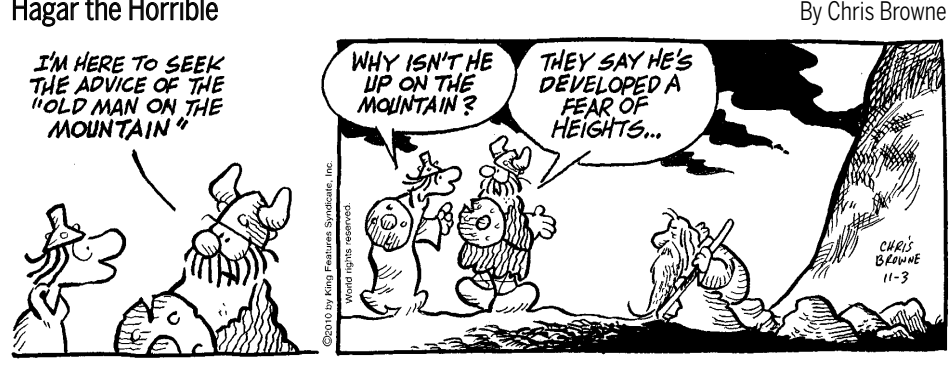
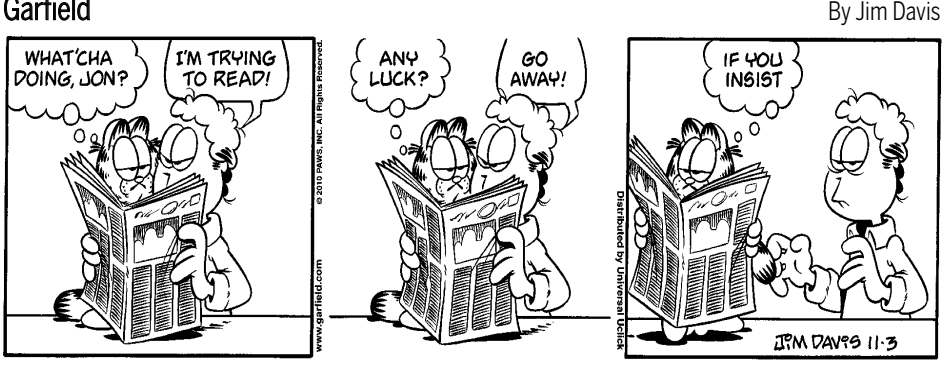
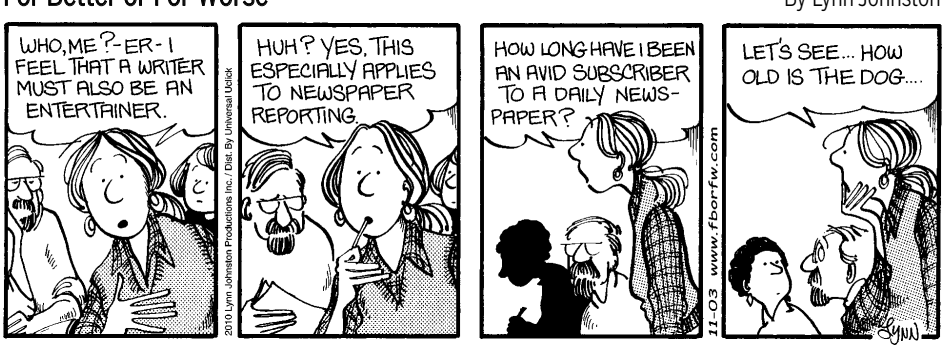
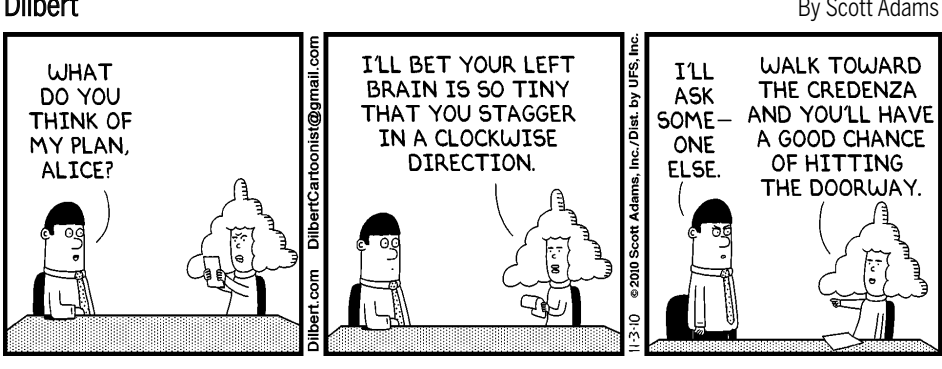
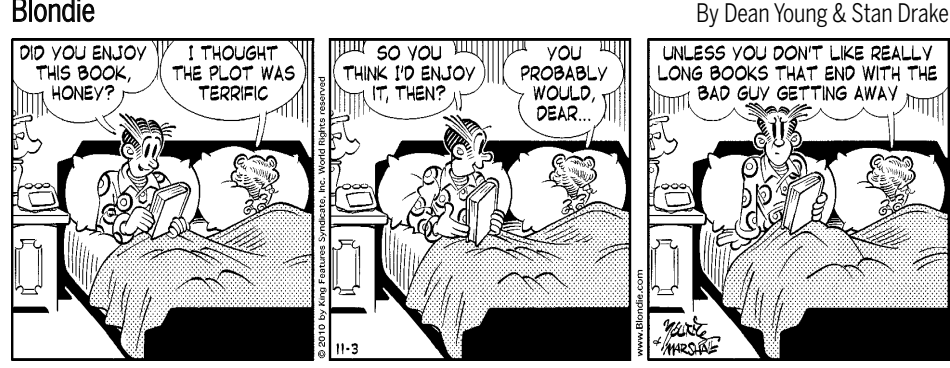
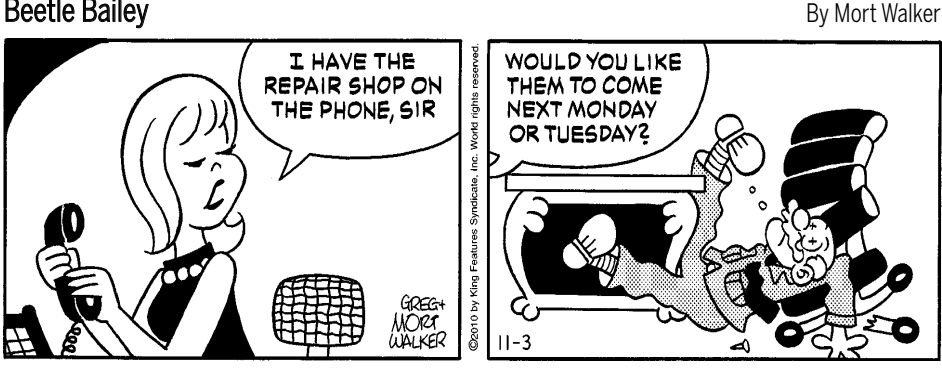
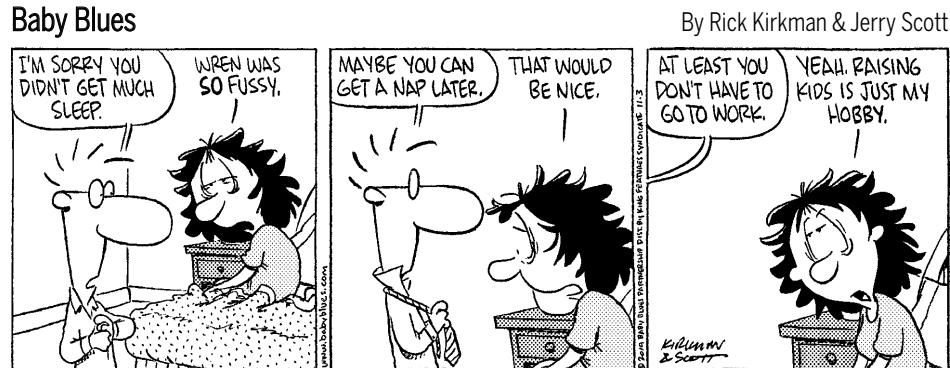
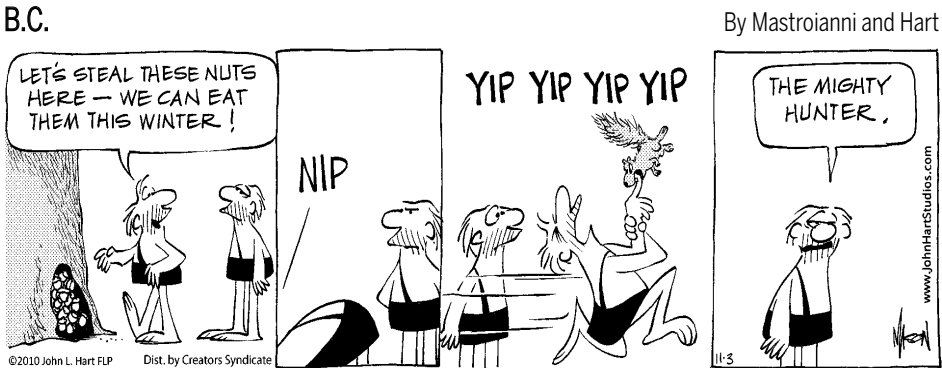
Live cattle	98.25	▲ .10	Dec. Oil	83.93	▲ .98
Dec. Gold	1356.30	▲ 5.70	Dec. Silver	24.87	▲ .32

Today in business

WASHINGTON — Federal Reserve announces decision on interest rates.

WASHINGTON — Commerce Department releases factory orders for September.

NEW YORK — Institute for Supply Management releases its service sector index for October.



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BURLEY/RUPERT FORECAST

Today: Bright sunshine, mild. High 64.

Tonight: Mainly clear. Low 37.

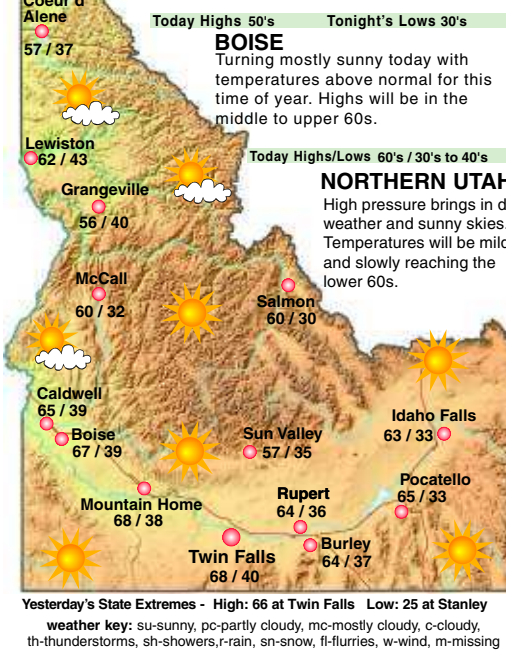
Tomorrow: A good amount of sunshine. High 66.

ALMANAC - BURLEY

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

IDAHO'S FORECAST

SUN VALLEY, SURROUNDING MTS. Mainly sunny and dry today, thanks to an area of high pressure over the region. Calm conditions with cool temperatures, in the 50s.



TWIN FALLS FIVE-DAY FORECAST

Five-day forecast for Twin Falls showing Today, Tonight, Thursday, Friday, Saturday, and Sunday with weather icons and temperature ranges.

Yesterday's Weather

Table of yesterday's weather for various Idaho cities including Boise, Challis, and Jerome.

ALMANAC - TWIN FALLS

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

Moon Phases



REGIONAL FORECAST

Regional forecast table for cities like Boise, Challis, and Jerome.

NATIONAL FORECAST

National forecast table for major US cities like Atlanta, Chicago, and New York.

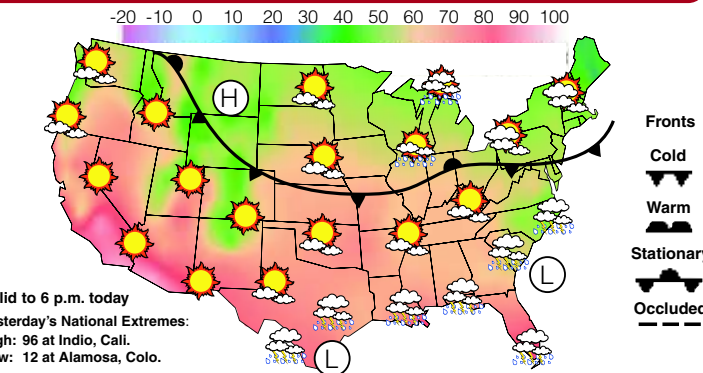
WORLD FORECAST

World forecast table for cities like Moscow, London, and Tokyo.

Today's U. V. Index



TODAY'S NATIONAL MAP



Gregg Middlekauff's Quote of the Day: "When we accept tough jobs as a challenge and wade into them with joy and enthusiasm, miracles can happen."

CANADIAN FORECAST

Canadian forecast table for cities like Calgary, Toronto, and Vancouver.

Bombings, mortar strikes kill 76 across Baghdad

By Rebecca Santana Associated Press

BAGHDAD — Rapid-fire bombings and mortar strikes killed 76 people and wounded more than 200 across Baghdad's myriad neighborhoods Tuesday...

Iraqis were gathered to enjoy the warm evening. The sophistication and the targets — Shiites — suggested that al-Qaida-linked Sunni militants were responsible for the deadliest day in Iraq since May.

The bombings began at about 6:15 p.m. and lasted for hours. The assailants used booby-trapped cars and a motorcycle, roadside bombs and mortars.

The bombings began at about 6:15 p.m. and lasted for hours. The assailants used booby-trapped cars and a motorcycle, roadside bombs and mortars.

called the string of blasts and the church siege crimes by terrorists and former members of the Baath Party — which once ruled Iraq under Saddam Hussein — against innocent civilians designed to provoke sectarian strife and destabilize the government.

Mail bomb terror campaign in Athens reaches Germany

The Associated Press

ATHENS, Greece — Suspected Greek terrorists unleashed an unprecedented two-day wave of mail bomb attacks in Athens and abroad, with one package reaching the office of German Chancellor Angela Merkel on Tuesday.

was opened by bomb experts at the airport at Bologna, Italy, said police spokeswoman Donatella Dosi.

made an emergency landing in Bologna after TNT officials back in Greece realized there was a package aboard addressed to Berlusconi and informed the pilot, she said

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AUCTION CALENDAR

Auction calendar listing events such as Schutte Estate Auction, General Auction - Twin Falls, ID, and Renova Energy Liquidation.

The campaign used small devices that only caused one injury and minimal damage. But it highlights the difficulty of keeping bombs out of the international delivery system — also a target of Yemen-based militants armed with more powerful and potentially deadly explosives.

Security at all embassies in Athens has been increased and authorities on Tuesday suspended all international mail deliveries from Greece for 48 hours for further checks.

To find out more, click Auctions on www.magicvalley.com



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Lentil and sweet potato, Food 2 / Blue ribbon winner, Food 2 / Meatless sandwiches, Food 6 / Obituaries, Food 8

Food

WEDNESDAY, NOVEMBER 3, 2010

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

Fearless holiday entertaining



Photos by ASHLEY SMITH/Times-News

Jane Deal fries Ballard halloumi-style cheese with apricots at Sweet Inspiration in Gooding on Oct. 27. The cheese is great to cook with; it does not melt, so it provides a nice flavor and texture that complements a variety of foods.

Chef Jane Deal gives new life to hors d'oeuvres

By Melissa Davlin
Times-News writer

GOODING — Lunches are busy at Sweet Inspiration in Gooding, but slow afternoons give Chrys Stephenson and Jane Deal a chance to play in the kitchen.

Stephenson owns Sweet Inspiration, a gift and wine shop that serves breakfast, lunch and coffee. She teamed up with Deal to offer cooking classes and will start offering catering under the name Sweet Deal. On their minds lately: holiday appetizers, featuring local cheese, that go beyond traditional ham roll-ups.

They shared their efforts so you can take home their culinary wisdom for your own parties this season.

Deal, formerly Jane Rice, co-owned Ein Tisch and Wild Rice Catering from



Jane Deal's stuffed mushrooms with Ballard cheese, onions and celery cook in an oven at 375 degrees for about 20 minutes.

1999 to 2009. She now freelance cooks and teaches classes out of Sweet

Inspiration and makes appetizers on Friday nights at Hagerman's Thunderbird

Cafe. The Sweet Inspiration classes, covering topics from Thai cooking to holiday entertaining to soup, draw a wide age range, from a 13-year-old boy in a recent class to seniors. Most attendees are middle-age women who come to learn a specific skill. Stephenson and Deal live up classes with trivia questions and prizes.

For appetizers or any of her dishes, Deal favors fresh, local ingredients, using Magic Valley sources whenever possible. She especially

See **DEAL**, Food 3



Jane Deal sautes ingredients for stuffed mushrooms.

MORE FROM DEAL

Visit plainjanecooking.com for more of Jane Deal's recipes, plus information on catering and upcoming classes. And watch the *Times-News*' Food section for classes at Gooding's Sweet Inspiration.

BALLARD'S TRUFFLE CHEESE-STUFFED MUSHROOMS

Deal created this dish in honor of a similar recipe from the back of a Ritz cracker box that she enjoyed as a child.

"It was one of my favorite things in the whole world," she said. She replaced cracker crumbs with homemade breadcrumbs and uses Ballard's truffle cheddar to lend a sophisticated,

Recipes from Jane Deal

layered flavor.

30 mushrooms, washed and stems removed
1 stick butter
1 cup yellow onion, chopped
1 teaspoon dried thyme
1/2 teaspoon dried rosemary

1 cup celery, chopped
1 1/2 cup Ballard's truffle cheddar, grated or cut into small cubes (divided)
1/2 cup breadcrumbs
Salt and pepper to taste

Place mushroom caps on cookie sheet. Melt butter

in skillet over medium heat. Place onion, dried herbs and celery in pan and saute for about 10 minutes, until vegetables are well-cooked but not browned. Take pan off burner and add one cup cheese and the breadcrumbs. Season to taste with salt and pepper.

Fill mushroom caps with stuffing, and top with remaining cheese. Bake at 375 degrees for about 20 minutes. Serve immediately.

More recipes on Food 3



Photos by MEAGAN THOMPSON/Times-News

Eric Ettesvold, pictured in the kitchen of Rudy's — A Cook's Paradise in downtown Twin Falls, shows his homemade sauerkraut before it begins to ferment, which is a five-day process.

An autumn tradition

Sauerkraut is an easy way to learn home fermentation techniques

By Ariel Hansen
Times-News writer

NOW WHAT?

You've made a pile of sauerkraut, but you're sick of bratwurst to accompany it. What other recipes can you use fermented cabbage in? Just about anything, according to SauerkrautRecipes.com. Even chocolate cake, if you can believe it.

For most Americans, October is sauerkraut's time to shine — the month when bratwurst, pork roasts, Reuben sandwiches and other Oktoberfest dishes inevitably come with a side of the shredded, fermented cabbage.

Now that the German-themed festivals are over, your taste buds might be yearning for more of the tangy treat. Why not skip the grocery store aisle and make it at home? It's fairly easy, and takes about a week to complete — and then you can impress your friends with your home fermentation skills.

The Chojnacky family of Jerome has made sauerkraut an autumn tradition, though this year they were stymied for a while when a dozen giant heads of cabbage in their garden went mysteriously missing.

"It's a yearly ritual, and we were regretting we wouldn't have kraut to eat this year," said Mildred Chojnacky, the 85-year-old matriarch. The family wrote to the *Times-News* lamenting the theft, and neighbors stepped up to replace the pilfered plants. "It equaled what was stolen pretty well, so that was generous of friends to share."

Another Magic Valley sauerkraut adherent is Eric Ettesvold of Twin Falls, who learned a recipe in 1988 while working for the Sheraton Corp. in Germany. Of course, the hoteliers made 500 pounds at a time, which is rather more than Ettesvold likes to

ferment these days.

Inspired by these cooks, and an enormous head of cabbage I got from Idaho's Bounty, I decided to try it myself. Although I found specific, measurable recipes for sauerkraut online, they are similar enough that it seemed appropriate to combine the directions — from online recipes, Ettesvold and Chojnacky — into rules of thumb.

"I don't think you can really make a mistake making sauerkraut," Ettesvold said, describing how forgiving the process can be.

Because I started my caraway-spiced kraut late last week, I can't yet report on the success or failure of the recipes I chose to follow — but it has started to bubble and smell like fermentation, and I am eagerly peering in on it every few days. I am looking forward to refrigerating some to taste as it continues to ferment, preserving some to eat later in the winter or give away, and even trying the kraut in recipes — though I think I'll leave the Sauekraut Chocolate Cake to someone else.

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

Sauerkraut: The basic instructions

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Fermentation under a weighted plate: The final and most important step to creating Eric Ettesvold's delicious homemade sauerkraut.

Lentil, sweet potato are delicious salad pairing

By Stephanie Witt Sedgwick
Special to The Washington Post

Here, the sweet potato balances the earthiness of the lentils, and the maple syrup vinaigrette provides a seasonal complement.

When you mix the salad together, even if you do it gently, the sweet potato chunks will break apart a bit. The effect is homey and delicious.

WARM LENTIL AND SWEET POTATO SALAD WITH MAPLE VINAIGRETTE

6 servings

1 large or 2 medium sweet potatoes (1 pound)
1 cup green or brown lentils, rinsed and picked clean of any foreign matter
1 1/2 tablespoons apple cider vinegar

1 1/2 tablespoons maple syrup
2 teaspoons Dijon-style mustard
1/4 teaspoon freshly grated nutmeg
2 tablespoons finely chopped chives
Salt
3 tablespoons extra-virgin olive oil

Preheat the oven to 375 degrees.
Prick each potato several

times with a skewer or the tines of a fork, then place in the oven on a large sheet of aluminum foil. Bake for 45 to 90 minutes, depending on the sweet potato's size and age, until the juices ooze a bit out of the pricked holes and the sweet potato is soft. Let cool for 25 minutes.

Meanwhile, prepare the lentils: Place them in a 3-to-4-quart pot; add enough water to cover 1 to 2 inches

above the lentils. Place the pot over medium heat and cover with the lid ajar. When the water starts to boil, adjust the heat so the water stays at a low boil. Cook for about 25 minutes, until the lentils are tender but not falling apart. Drain.

Whisk together the vinegar, maple syrup, mustard, nutmeg, chives and salt to taste in a large bowl. Slowly add the oil, whisking to incorporate. Add the lentils

to the dressing.

Carefully discard the sweet potato skin(s). Cut the flesh into 1/2-inch chunks; transfer to the bowl with the lentils. Gently toss to coat evenly with the dressing.

Serve warm or at room temperature.

Per serving: 250 calories, 9 g protein, 38 g carbohydrates, 7 g fat, 1 g saturated fat, 0 mg cholesterol, 135 mg sodium, 12 g dietary fiber, 7 g sugar.

Make it, freeze it, take it

By Bonnie S. Benwick
The Washington Post

Stocking the freezer of her aging parents is what prompted New York cookbook author Dana Jacobi to write her new "Cook & Freeze: 150 Delicious Dishes to Serve Now and Later" (Rodale, 2010). But don't expect just casseroles and soups; Jacobi includes recipes for fresh, quickly prepared side dishes and a good assortment of freezer-ready small bites and snacks that are nice to have on hand as we head into the season of entertaining.

LEMON CHICKEN AND RICE CASSEROLE

6 servings. *This is comfort food you'll be glad to have around. For ease of use, cut the cooled casserole into individual portions before freezing.*

The sauce recipe beats using canned condensed cream of chicken soup.

Serve with sauteed spinach or a spinach salad.

The sauce can be made and refrigerated up to 5 days in advance. The casserole can be frozen for up to 6 weeks. To reheat the casserole, unwrap it and drop it back into its original casserole dish. Cover with plastic wrap and defrost in the refrigerator for 12 to 18 hours. To reheat, discard the plastic wrap. Sprinkle the surface with the bread crumbs. Cover with foil and bake in a 350-degree oven for 30 minutes, then uncover and bake for 15 minutes to brown the top-ping. Insert a knife into the center before serving to make sure the casserole is heated through.

For the sauce:

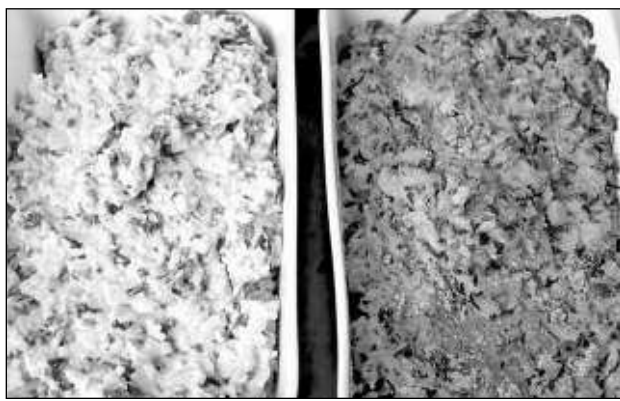
1 cup regular or low-fat milk
1 cup low-sodium chicken broth
2 tablespoons unsalted butter
2 tablespoons rice flour
1/4 cup freshly grated Parmesan cheese
Salt
Freshly ground black pepper

For the casserole:

1 tablespoon unsalted butter
1 tablespoon canola oil
1/2 large onion, finely chopped (3/4 cup)
1 medium clove garlic, minced
4 cups cooked white or brown rice
3/4 cup regular or low-fat sour cream (do not use nonfat)
Freshly squeezed juice from 2 to 3 lemons (1/2 cup)
1 cup low-sodium chicken broth
3 cups cooked (skinless) chicken, torn into 1-inch pieces
10 ounces frozen chopped spinach, defrosted and squeezed dry
Salt
Freshly ground black pepper
1/4 cup seasoned Italian-style bread crumbs

For the sauce: Combine the milk and broth in a large, heat-safe measuring cup. Microwave on MEDIUM just long enough to warm through (without boiling).

Melt the butter in a medium, heavy saucepan over medium heat. Whisk in the rice flour and cook for 2 minutes, whisking constantly. Slowly pour in the warm milk-broth mixture, whisking, until



Photos by DEB LINDSEY for The Washington Post

The lemon chicken and rice casserole is comfort food you'll be glad to have around. At left is the frozen version and at right is the cooked one.



Mexican mushroom sauce makes elegant appetizers easy; the sauce can be used to fill crisp cups made from wonton wrappers or small squares of phyllo dough.

all of the liquid is incorporated. Stir in the cheese; cook for 4 to 5 minutes, whisking to form a smooth sauce that has thickened enough to coat the back of a spoon. Season with salt and pepper to taste. The yield is 2 cups.

For the casserole: Combine the butter and oil in a medium skillet over medium heat. Once the butter has melted, add the onion and garlic; cook for about 6 minutes, stirring occasionally, until the onion is soft. Add the rice and stir to coat evenly.

Combine the 2 cups of sauce, the sour cream, lemon juice and broth in a large bowl; mix well, then add the rice mixture, chicken and spinach, stirring to incorporate. Season with salt and pepper to taste.

Preheat the oven to 350 degrees. Use nonstick cooking oil spray to grease the inside of an 8-by-8-inch baking dish. Spread the chicken-rice mixture evenly in the baking dish. Cover with aluminum foil and bake for 30 minutes. If you plan to serve the casserole right away, uncover and sprinkle the bread crumbs evenly over the top. Bake for 5 to 8 minutes or until the crumbs have lightly browned.

If you plan to freeze the casserole, bypass the bread crumb step. Remove the casserole from the oven after the 30 minutes and allow it to cool. Cover with plastic wrap and refrigerate to chill through. (At this point, if desired, cut it into individual portions and wrap each one first in plastic wrap, then in foil.) Freeze for 6 to 8 hours, then unmold and wrap first in plastic wrap, then in foil. Return to the freezer and store for up to 6 weeks.

Per serving (using low-fat milk, low-fat sour cream and white rice): 500 calories, 34 g protein, 53 g carbohydrates, 17 g fat, 8 g saturated fat, 95 mg cholesterol, 490 mg sodium, 3 g dietary fiber, 4 g sugar.

Per serving (using low-fat milk, low-fat sour cream and brown rice): 490 calories, 34 g protein, 48 g carbohydrates, 18 g fat, 9 g saturated fat, 95 mg cholesterol, 490 mg sodium, 5 g dietary fiber, 4 g sugar.

MEXICAN MUSHROOM SAUCE

Makes 3 1/4 cups. *When you have this on hand, elegant appetizers will take minutes to prepare. Use the sauce to fill crisp cups made from wonton wrappers or small squares of phyllo dough. Or simply serve over warm polenta.*

The sauce-filling can be frozen for up to 8 weeks. Defrost the sealed bag in a bowl of cold water until pliable, then empty into a medium saucepan and bring to a boil over medium-high heat just long enough to evaporate any excess liquid (caused by freezing).

For the sauce:

1 pound cremini mushrooms, stemmed and cleaned
1 tablespoon canola oil
2 medium cloves garlic, chopped
1/2 to 1 poblano pepper, stemmed, seeded and finely chopped (1/2 cup)
1/3 cup finely chopped walnuts
1/4 cup dried currants
2 teaspoons dried oregano
1 teaspoon dried thyme
1 cup no-salt-added tomato sauce, such as Eden brand
Salt

Freshly ground black pepper

For the variation:

1/4 cup low-fat sour cream (do not use nonfat)
1 tablespoon regular or low-fat milk
Salt
Freshly ground black pepper
12 small square wonton wrappers
1 tablespoon canola oil
1/4 cup pomegranate seeds (optional)

For the sauce: Place the mushrooms in the bowl of a food processor. Pulse until finely chopped, taking care not to puree them.

Heat the oil in a large skillet over medium-high heat until the oil shimmers. Transfer the mushrooms to the skillet; add the garlic and poblano pepper, and cook for about 15 minutes, stirring often, until the mushrooms are quite brown. Stir in the walnuts, currants, oregano and thyme. Add the tomato sauce and cook for 10 minutes, stirring occasionally, until the filling has thickened. Season with salt and pepper to taste.

Cool to room temperature, then transfer to a 1-quart freezer-safe resealable plastic food storage bag, pushing out as much air as possible before sealing. Place flat on a baking sheet and freeze until firm (up to 8 weeks).

To reheat, defrost in the refrigerator for 8 to 12 hours. Reheat the defrosted filling by bringing it to a boil over medium-high heat just long enough to evaporate any excess liquid (from freezing). Taste, and adjust the seasoning if needed.

Variation: To serve in wonton cups, preheat the oven to 350 degrees. Spray the wells of a mini-muffin tin with nonstick cooking oil spray. Combine the sour cream and milk in a liquid cup measure with a pouring spout. Season with salt and pepper to taste. Working with one wonton wrapper at a time, use the tablespoon of oil to brush all 12 of them. Fit them into each of the muffin wells so the pointed edges stick up. Bake for about 10 minutes or until browned and crisp. Immediately transfer the baked cups to a platter and fill each with a generous tablespoon of the warm mushroom mixture. (There will be plenty of leftover filling.) Drizzle the sour cream-milk mixture over the top of each filled wonton cup. Sprinkle with pomegranate seeds, if using. Serve hot.

Per tablespoon (sauce only): 15 calories, 0 g protein, 1 g carbohydrates, 1 g fat, 0 g saturated fat, 0 mg cholesterol, 5 mg sodium, 0 g dietary fiber, 0 g sugar.

Burley woman wins blue ribbon for dessert recipe

Times-News

Just A Pinch Recipe Club, an online community at www.justapinch.com, selected Burley resident Brandi Reil's Strawberry Chocolate Eclair Fantasy recipe as a blue ribbon stand-out.

It's a lightly sweet festive dessert that's easy to prepare. The ribbon was awarded by Janet Tharpe, recipe tester for the club.

"I whip out this dessert to impress company," Reil said in a press release. "However, it does require some setting time, so it

can't be surprise company."

Reil's recipe can be viewed, printed and shared at no charge through the online club. Members can post family recipes and search, print, chat about and try recipes submitted by others. They can save recipes to a personal online recipe box, create grocery lists, plan meals and print grocery coupons.

Members can create or join groups based on relationships (families, churches, civic groups) or affinities such as diabetic meals, crock pot cooking and budget meals.

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Photos by ASHLEY SMITH/Times-News
Sweet Inspirations owner Chrysty Stephenson, left, and chef Jane Deal pose at the restaurant and gift shop in downtown Gooding.

Deal

Continued from Food 1

In late October, she threw favors Ballard Family Dairy and Cheese of Gooding, making use of the farm's versatile halloumi-style Idaho Golden Greek.

Halloumi, a Cyprus cheese traditionally made from a mixture of goat and sheep milk, doesn't melt when grilled or pan-fried. The Ballards make their halloumi-style cheese from Jersey cow milk. Halloumi curds are cooked in their whey at high temperatures, while most cheeses are separated from their whey, pressed and aged in a refrigerator.

"I call (halloumi) 'the perfect canvas,'" Deal said. Everything she has tried with the Golden Greek tastes brilliant, she said: skewered pan-fried cheese and apricots drizzled with caramel, grilled halloumi with sandwich toppings on top, an Elvis-style halloumi creation with peanut butter, bananas and marshmallows.

Together a skillet of yams, sweet potatoes, carrots and bacon, placed the mixture on top of a slab of grilled halloumi, and drizzled maple syrup on top.

It would probably taste good, she said — everything tastes good with halloumi — and she was right. The salty cheese and bacon complemented the sweet potatoes and maple syrup for a rich side or appetizer.

It's a perfect example of Deal's kitchen philosophy: Don't panic.

"I don't like it when people are afraid of cooking," Deal said. Cooking should be fun, and mistakes aren't always a bad thing.

"You never know what you're going to come up with," she said.

Melissa Davlin may be reached at 735-3234 or mdavlin@magicvalley.com.

Recipes from Jane Deal

CHRISTMAS SALSA

This is a holiday favorite for Deal. Even those who don't like bleu cheeses enjoy this salsa, thanks to the tart cranberries. Serve with pita chips, whole-wheat crackers or halloumi for a festive addition to your Christmas or Thanksgiving lineup.

- 1/2 cup toasted walnuts
- 1 cup crumbled bleu cheese
- 1/2 cup fresh cranberries
- 1/2 cup dried cranberries
- Zest and juice from one orange
- 3 tablespoons sugar

Place all ingredients into a food processor and pulse until ingredients are uniformly chopped and blended. Chill.

BALLARD'S IDAHO GOLDEN GREEK BREADLESS COCKTAIL SANDWICHES

Skewer these sandwiches on toothpicks for a memorable hors d'oeuvre. Change up the sandwich fillings with your favorites.

- 1 package thick-cut bacon
- 1 round (approximately 1 pound) of Ballard's Idaho Golden Greek Cheese
- 1 avocado, peeled and thinly sliced
- 5 to 6 ripe tomatoes, thinly sliced

1 head red leaf lettuce, washed and separated

For the sandwich sauce:

- 1/2 cup mayonnaise
- 1/4 cup sour cream
- 2 tablespoons tarragon vinegar
- 1 green onion, sliced (both white and green parts)
- 1 clove garlic, sliced
- 5 to 6 fresh basil leaves
- 3 fresh parsley sprigs
- 2 teaspoons fresh lemon juice
- Salt and pepper to taste

Place all sauce ingredients in blender or food processor, and process until ingredients are well combined. Keep sauce in the refrigerator until ready to use.

Fry bacon slices until they are crisp and set aside. Cut cheese into 1/4-inch slices. Warm a skillet over medium heat and add cheese slices in a single layer in pan. Fry on one side until cheese has browned, then turn cheese slices over and brown on the other side. Place slices on a warm plate.

On a cooked cheese slice, layer pieces of bacon, avocado slices, tomato slices and lettuce leaves. Drizzle sandwich sauce over the top, and secure another slice of cheese on top with a toothpick. Serve immediately.

GRANNIE DOROTHY'S WASSAIL

No need to add rum to

this traditional fruity punch. This drink is best served hot. Heat it on the stove top or in individual mugs in the microwave.

- 2 cups sugar
- 2 1/2 cups water
- 3 sticks cinnamon
- 1 teaspoon whole cloves
- 1 teaspoon ginger
- 2 cups strongly brewed tea
- Juice of 8 oranges
- Juice of 6 lemons
- 1 quart apple cider

Boil sugar, water, cinnamon, cloves and ginger together until they become a light syrup. Cool for 30 minutes. Add tea, orange and lemon juices and apple cider. Mix together and let sit in fridge for 24 hours.

TARRAGON MUSTARD SAUCE

Want a unique, edible gift? This tasty mustard keeps for one month in the refrigerator. It's especially good with fish, shellfish and poultry dishes, Deal said.

- 1 cup fresh tarragon leaves with stems removed
- 1/2 cup finely minced shallots
- 4 cups Grey Poupon Dijon mustard
- 1 cup dry vermouth or dry white wine

Finely chop tarragon leaves. Add shallots, mustard and vermouth or wine. Whisk together. Pour into a clean, dry jar and seal with a tight-fitting lid. Store in the refrigerator.

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Oranges, cranberries and blue cheese give Jane Deal's vibrant salsa a zing. In this bowl, Deal added pomegranate seeds to her standard recipe, then topped the salsa with more of the seeds.

Gain soup savvy in Gooding class

Times-News

Chef Jane Deal will teach a "Fall Soups" cooking class at 7 p.m. Nov. 11 at Sweet Inspiration, 438 Main St. in Gooding.

She'll demonstrate several recipes, including butternut squash and apple soup, blue cheese and bacon

soup, and garlic and bean soup with Idaho Greek cheese croutons, plus a couple of others to be determined.

Participants get a sampling of each soup, as well as the featured recipes.

Cost is \$25 per person, and reservations are required: 934-4756.

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Love cheesecake? Learn how to lighten it up

By Jim Romanoff
For The Associated Press

A love of cheesecake is easily soured when you look at what goes into it.

Many versions have 30 or even 40 grams of fat per slice and can call for a pound of full-fat cream cheese in addition to sour cream, half a dozen egg yolks and half a stick of butter, or more, in the crust.

Fortunately, it is possible to make a healthier — yet still satisfying — cheesecake. It's just a matter of choosing the right ingredients.

This cafe mocha cheesecake is rich and velvety, yet has just two-thirds of the fat and half the calories of traditionally-made versions.

To lighten up the filling, full-fat cream cheese is swapped out for a mixture of pressed and pureed nonfat cottage cheese and reduced-fat Neufchatel cream cheese.

An additional hit of creaminess comes from reduced-fat sour cream.

For a rich, chocolaty flavor, cocoa powder is used instead of semi-sweet chocolate. Cocoa powder contains only a small fraction of the fat of chocolate. Instant espresso powder and coffee liqueur, such as Kahlua, are added to enhance the flavor of the chocolate.

Finally, a light crust is made (without all the butter) by simply coating the bottom and sides of the pan with crushed chocolate wafer cookies. If you like, you could use plain or chocolate graham crackers instead.

CAFE MOCHA CHEESECAKE

Start to finish: 1 hour 25 minutes (25 minutes active), plus 5 hours cooling time. Servings: 16.

- 6 chocolate wafer cookies or chocolate graham crackers
- 1 tablespoon plus 1/4 cups sugar
- 2 tablespoons instant espresso or dark roast coffee powder
- 2 1/2 tablespoons coffee liqueur, or water
- 2 cups nonfat cottage cheese
- 1 1/3 cups reduced-fat sour cream
- 12 ounces Neufchatel (reduced-fat cream cheese)
- 6 tablespoons all-purpose flour
- 2 large eggs
- 2 large egg whites
- 2 tablespoons unsweetened cocoa powder
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon salt
- Cocoa powder

Heat the oven to 300 degrees. Coat a 9-inch springform pan with

cooking spray. With a rolling pin or the bottom of a heavy skillet, crush the cookies into fine crumbs. In a small bowl, stir together the cookie crumbs with 1 tablespoon of the sugar. Pour the mixture into the prepared pan and tilt to coat the bottom and sides. Set aside.

In a small bowl, dissolve the espresso powder in the liqueur or water and set aside. Place the cottage cheese in a double layer of cheesecloth and gather the corners at the top. Squeeze out as much liquid as possible.

Place the drained cottage cheese in a food processor and process until smooth, about 2 minutes. Add the sour cream, Neufchatel, flour, eggs, egg whites, cocoa, cinnamon, salt and the remaining 1 1/4 cups sugar and the dissolved espresso powder. Process until smooth.



AP photo

Healthy versions of indulgent foods are all about choosing the right ingredients. This cheesecake does that by bringing in cottage cheese and reduced-fat cream cheese.

Pour the batter into the prepared pan. Bake for 50 to 60 minutes, or until the edges are set 1 inch from the sides but the center of the cake is still a bit wobbly. Turn off the oven and leave the cheesecake inside with the door closed for 30 minutes longer to continue cooking.

Set the cheesecake on a wire rack to cool completely,

about 1 hour. Refrigerate for at least 4 hours before removing from the pan and serving. Just before serving, sprinkle lightly with cocoa powder.

Per serving: 184 calories; 73 calories from fat (40 percent of total calories); 8 g fat (5 g saturated; 0 g trans fats); 50 mg cholesterol; 21 g carbohydrate; 8 g protein; 0 g fiber; 238 mg sodium.

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Sauerkraut: The basic instructions

Shred the cabbage, toss it with salt (and other spices if desired — Eric Ettesvold suggests mustard seed, juniper berry or caraway), place it in a large nonmetallic container and mash it down firmly with your fist, a kitchen implement or a specialized kraut tamper.

Top the cabbage with a plate that closely fits the interior diameter of your container, then place a heavy weight on it (a jar full of water or a boiled rock or brick were most commonly mentioned). Cover the container with a cloth or loose-fitting lid, put it in a warmish place and wait. If after a few hours, the cabbage isn't covered with liquid, add some (water, or a cooled brine made from about 1 1/2 tablespoons of salt dissolved in a quart of water).

Wait for about a week, checking the kraut every few days. Skim off foam or scum that forms, and trust your nose; if it smells off, throw it out and try again.

You can refrigerate the kraut after about a week of fermentation, and it will get increasingly tangy. Or you can halt the fermentation when it tastes how you like it, by preserving it using the hot water bath method. "When the tartness pleases us, well then I can it up," Mildred Chojnacky said, noting that her sons often stop by for lunch to taste the in-process kraut.

• **Don't use a metal container.**

This seems to be the most important tip, as sitting in metal would ruin the kraut — the salts and acids released during the fermentation process will react with the metal and corrode the container.

Most recipes call for a ceramic jar, and Chojnacky said that's all she'll use. "It has to be an old-fashioned crock, which are hard to find," she said. Ettesvold said he uses glass, and after some research online and assessment of my meager collection of large-enough jars, I decided to use plastic — an unused 5-gallon bucket that I bleached and rinsed before adding the edibles.

• **Slice the cabbage very thinly.**

Ettesvold said he uses a food processor, while Chojnacky has a special kraut shredder, both designed to create tiny pieces of cabbage. I found that a large, sharp knife and steady hand were enough to get a very thin result. A few recipes online mentioned that some folks like coarser kraut, but they noted that it takes longer to ferment if you use bigger pieces.

No matter what method you use, be sure to remove the outer leaves, which can be dirty or contain bugs, and the thick core.

"We don't wash it really, because when you get inside the (outer) leaves it's all clean and white and nice, and washing it would probably harm the liquid rising later on," Chojnacky said.

• **Pay attention to salt measurement and temperature.**

A tablespoon of salt per pound of cabbage is Ettesvold's recipe, while online recipes call for about 2 teaspoons per pound, and Chojnacky adds 1 1/2 cups of salt to 5 gallons of cabbage. To jump-start the fermentation, some recipes call for adding a little kraut left over from your last batch, a bit of Kefir whey, or additional salt.

Ambient temperatures recommended for the fermentation phase vary, but most suggest a temperature of 65 to 70 degrees. Any colder, and the fermentation won't happen (or at least not quickly); any hotter and you risk developing mold (which can also develop if the water evaporates off, leaving bits of cabbage sticking out).

Some kraut makers report getting a film on top of the water — it's not harmful; just skim it off. If you keep getting film or scum, consider pouring out and replacing the brine.

— Ariel Hansen

See story on Food 1



Reporter Ariel Hansen uses her fist to compress the shredded cabbage, salt and, in her case, caraway seeds in to a container at the beginning of the fermentation process.

Photos by ARIEL HANSEN/Times-News



Above: This is a huge cabbage — with the outer leaves trimmed away, it still weighed almost 6.25 pounds. Reporter Ariel Hansen plans to preserve some of the sauerkraut this giant cabbage will make.

Above right: Kosher salt is mixed with the cabbage before it is added to a crock, then a large plate, like this quiche dish, is set on top, and a weight added to put pressure on the fermenting vegetable. A cloth is laid over the top of the crock to keep out bugs and dust.



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Learn something about wine

Times-News

The College of Southern Idaho's Community Education Center is offering the class "Advanced Wine Appreciation," taught by Jon Melone from 7 to 9 p.m. Tuesdays, Nov. 9 to Dec. 21, at Zulu After Hours in Twin Falls, 1980 Addison Ave. W. Melone will examine major grape varieties' characteristics.

Students will smell their way through various wine aromas, then learn about major wine regions of the world. Sessions will conclude with a tasting of three wines, and the class will try to identify wines in blind tastings. Students must be 21 or older.

Cost is \$60. Register: 732-6442 or communityed.csi.edu.

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Find new wines to love

Times-News

Rudy's — A Cook's Paradise will hold its fall wine tasting 6-9 p.m. Nov. 11 at 147 Main Ave. W. in Twin Falls. Cost is \$30. Representatives from three distributors will bring their tastiest wines at affordable prices, Rudy's said. Participants will sample from 24 wines priced between \$8.99 and \$24.99. Check www.cooksparadise.com for the list. Sign up: 733-5477.

bring their tastiest wines at affordable prices, Rudy's said. Participants will sample from 24 wines priced between \$8.99 and \$24.99. Check www.cooksparadise.com for the list. Sign up: 733-5477.

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DEB LINDSEY/for The Washington Post

Kim O'Donnel puts together sandwiches with salad and Romaine lettuce while preparing her Tempeh Hoagie-letta, a recipe from her new cookbook, 'The Meat Lover's Meatless Cookbook.'

Meatless sandwiches in 40 minutes

By Bonnie S. Benwick
The Washington Post

If anybody can persuade Americans to eat more tempeh, it's Kim O'Donnel.

O'Donnel spent 12 years at washingtonpost.com as a pioneering food blogger with a closetful of vegetarian recipes that appealed to her omnivorous appetite. The 44-year-old food writer lives in Seattle now and has just released "The Meat Lover's Meatless Cookbook: Vegetarian Recipes Carnivores Will Devour" (Da Capo Press/Lifelong Books). It was inspired in part by the Meatless Monday campaign to reduce the nation's intake of red meat.

Tempeh is basically fermented soybean cake, high in protein and low in carbohydrates and sodium. She began cooking with the meat substitute about a decade ago, and now it's a favorite of hers.

"It has a toothy quality. Its texture is the key," she says.

Some people say it tastes like mushrooms, but she disagrees: "It's a flavor chameleon!" She'll use it as croutons for a crisp romaine salad with cucumber and tomato, or as a main component in Thai red curry.

Here, she marinates it in a soy sauce mixture (30 minutes by the book, but 15 works to keep the prep on the short side) and pan-fries it to a salty chewiness.

The tempeh stars in this combo of sandwich classics — the hoagie and the muffuletta — close to her heart. O'Donnel suggests serving it with baked kale chips —

also a recipe from the book — or in a green salad with seasonal fruit such as pears.

Tempeh is available in the refrigerated case in health food stores and some organic markets. It can be frozen for months or refrigerated for up to 1 week.

TEMPEH HOAGIE-LETTA

4 servings

- 8 ounces soy tempeh (may substitute multigrain or flax tempeh)
- 2 medium cloves garlic
- 1/4 cup low-sodium soy sauce
- 2 teaspoons Dijon-style mustard
- 1 teaspoon sesame oil
- 1 teaspoon hot sauce of choice (optional)
- 1/2 lime
- 1/2 medium onion, cut through the root in half, then sliced into half-moons
- 1 teaspoon dried oregano
- 1/2 lemon
- 1 large or 2 small ribs celery
- 1/2 cup good-quality pitted green and/or black olives
- 1/2 to 1 homemade or store-bought roasted red pepper
- Leaves from 1/4 bunch flat-leaf parsley
- 2 tablespoons olive oil, plus more for drizzling on the rolls
- Salt (optional)
- Freshly ground black pepper
- 2 to 3 tablespoons vegetable oil
- Four 6-inch hoagie or other soft rolls, for serving
- 4 to 8 slices smoked Gouda or provolone cheese per sandwich (optional)
- Romaine lettuce leaves or

cucumber slices, for garnish (optional)

1/4 cup peperoncini or your favorite pickled pepper

Cut the tempeh into 24 slices about 1/2-inch thick. Crush 1 clove of the garlic.

Use a fork to whisk together the soy sauce, mustard, sesame oil and hot sauce, if desired, in a medium bowl. Squeeze in the juice from the 1/2 lime. Add the crushed garlic, then the tempeh; turn to coat evenly without breaking up any pieces. Marinate at room temperature for about 15 minutes, turning to coat the second side after 7 minutes.

Meanwhile, cut the onion in half through the root end, then slice into thin half-moons; place in a medium bowl. Add the oregano and stir to incorporate. Squeeze the lemon juice over the vegetables and toss to coat; let sit for at least 10 minutes so the onion loses some of its bite.

Cut the celery in half lengthwise, then into narrower lengthwise strips. Cut those crosswise into 1/2-inch pieces and place in a medium bowl. Coarsely chop the pitted olives and roasted red pepper; finely chop the parsley and add those three ingredients to the celery bowl.

After the onion mixture has marinated for 10 minutes, stir in the celery-olive mixture and olive oil. Season with salt, if needed, and black pepper to taste.

Heat the 2 tablespoons of vegetable oil in a large skillet over medium heat. Use a paper towel to pat the tempeh dry.

Line a plate with several

layers of paper towels.

Working in batches so you don't crowd the skillet, pan-fry the marinated tempeh pieces for 2 minutes on each side or until they are browned. The pieces will shrink a bit; handle them carefully to keep them from breaking up. Add the remaining oil as needed. Use tongs to transfer the fried tempeh to the paper-towel-lined plate to drain. Sprinkle immediately with salt.

If necessary, cut the hoagie or other soft rolls almost in half, keeping them attached along one long edge. Toast the rolls cut sides open in a large nonstick skillet, or under a broiler set on low, for a few minutes until slightly crisped.

Cut the remaining garlic clove in half lengthwise, then rub the cut sides over the crisped surfaces of the rolls.

To build each sandwich, line up the rolls on a cutting board, toasted sides up and opened. Drizzle a small amount of the olive oil over them. Add the cheese to taste, if using, followed by equal amounts of the vegetable mixture, then evenly divide the pieces of the fried tempeh among the sandwiches. Compress slightly, then top with the lettuce or cucumber and peperoncini, if desired. Cut the sandwiches crosswise in half, if desired, and place on individual plates.

Serve immediately.
Per serving: 490 calories, 22 g protein, 58 g carbohydrates, 23 g fat, 4 g saturated fat, 0 mg cholesterol, 1490 mg sodium, 6 g dietary fiber, 6 g sugar.



MICHAEL TEMCHINE/for The Washington Post

Chickpeas up nutrient value of this pilaf

By Stephanie Witt Sedgwick
Special to The Washington Post

I love pilafs: Ordinary rice plus a few ingredients equals something special. They can cook in the oven, clearing stove space, and can usually sit awhile without diminishing in quality. By tweaking the additions, you can make them marry well with whatever else you're serving.

Chickpeas increase the nutrient value of this version. I've chosen basmati rice for its aromatic qualities, but long-grain rice can be substituted.

For a vegetarian version, use water instead of chicken broth, add at least 1/4 teaspoon salt and double the amount of lemon juice.

The flavors of this pilaf pair well with grilled or broiled chicken, lamb or pork.

RICE PILAF WITH CHICKPEAS AND LEMON

6 to 8 servings

- 2 teaspoons olive oil
- 1 medium sweet onion, such as Vidalia or Maui, cut into 1/4-inch dice (1 cup)
- Salt
- Freshly ground black pepper
- 1 cup raw basmati rice
- 1 3/4 cups cooked chickpeas (if canned, use a no-salt-added brand such

as Eden)
2 cups low-sodium or homemade chicken broth, preferably warmed

Finely grated zest and juice from 1 lemon (1 teaspoon zest, 2 tablespoons of juice)

Leaves from 1/4 bunch parsley, finely chopped (1/4 cup)

Preheat the oven to 350 degrees.

Heat the oil in a 3-quart ovenproof pot or Dutch oven over medium-high heat. Add the onion and salt and pepper to taste; cook for 3 to 4 minutes, stirring, until the onion is softened but not browned. Add the rice, chickpeas and broth; stir to incorporate. Bring the liquid to a boil, then cover and transfer to the oven.

Bake for about 20 minutes, until the liquid is absorbed and the rice is cooked through. Let it sit, covered, for 10 minutes.

Transfer the rice to a large bowl; mix in the lemon zest and juice and 3 tablespoons of the parsley. Taste, and adjust the seasonings as needed. Garnish with the remaining tablespoon of parsley and serve.

Per serving (based on 8): 170 calories, 6 g protein, 32 g carbohydrates, 2 g fat, 0 g saturated fat, 0 mg cholesterol, 70 mg sodium, 3 g dietary fiber, 1 g sugar.

Tenderizing thinner cuts of meat

By Kathleen Purvis
McClatchy Newspapers

Q: Could you suggest a method or marinade for tenderizing and flavoring thinner, cheaper cuts of beef, pork or chicken? Even baking or grilling seems to make them hard to chew and swallow.

A: The trick to thinner cuts is to cook them quickly. Overcooking is what makes them dry or tough. Marinades don't really tenderize, although they can certainly add flavor. To actually change the texture of the meat, you have to soak it a long time, and instead of tender, you get a cottony, mushy texture.

If you grill thin cuts, put them over the hot part of the fire for just a minute or two

until brown, then pull them to the cooler side of the grill to finish.

One of my favorite methods for thinner pork chops or skinless, boneless chicken breasts is to sear them quickly in a hot skillet, for 2 to 3 minutes per side, then move the skillet to a 350-degree oven for 8 to 10 minutes to finish.

Instead of using a marinade, remove the meat from

the skillet and tent it with foil to keep it warm while you use the skillet to make a pan sauce. Place the hot skillet back on the stove, let it get hot for a minute or two, then pour in a liquid, anything from broth to wine to fruit juice (apple cider is great for a pork chop sauce).

Let the liquid boil for a minute while you scrape up the browned bits, called deglazing. I often stir in a

tablespoon of Dijon mustard for a punch of flavor. Remove the skillet from the heat and whisk in about 2 teaspoons of butter to add a little gloss and thickness. Voila — instant sauce.



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A savory take on the muffin — perfect with dinner

By Alison Ladman
For The Associated Press

If you don't have time to fuss with the yeast and rising time of traditional dinner rolls, try a quick bread-style dinner muffin, instead.

These savory muffins are studded with bits of goat cheese and chopped dried figs, as well as fresh thyme and oregano. The sour cream helps keep the muffins moist and tender. They are the perfect accompaniment to roasted meats and vegetables. And to help tie the meal together, consider using thyme and oregano to season the meat and veggies.

HERBED GOAT CHEESE AND FIG MUFFINS

Start to finish: 40 minutes (15 minutes active). Makes 12 muffins.

2 1/4 cups all-purpose flour
2 1/2 teaspoons baking powder
1 teaspoon baking soda
1 teaspoon salt
3 tablespoons fresh thyme, chopped
3 tablespoons fresh oregano, chopped
2 eggs

6 tablespoons butter, melted
3/4 cup whole milk
1/2 cup sour cream
8 ounces soft goat cheese (such as chevre)
1/2 cup grated firm goat cheese (such as landana)
3/4 cup chopped dried figs

Heat the oven to 350 degrees. Line a 12-cup muffin tin with paper liners or coat with cooking spray.

In a medium bowl, whisk together the flour, baking powder, baking soda and salt.

In another medium bowl, whisk together the herbs, eggs, butter, milk and sour cream. Crumble the soft goat cheese into the egg mixture and stir in the grated goat cheese and figs. Add to the flour mixture and gently fold together until just incorporated.

Divide the batter among 12 muffin tins (they will be quite full).

Bake for 20 to 25 minutes, or until golden and the center springs back when lightly pressed. Remove the muffins from the pan and cool.

Per muffin: 317 calories; 161 calories from fat; 18 g fat (12 g saturated; 0 g trans



AP photo

Savory muffins like these are a quick and easy alternative to rolls at dinner time.

fats); 83 mg cholesterol; 26 g carbohydrate; 12 g protein; 2 g fiber; 521 mg sodium.

Jazz up some wheat bread with wheat berries

By Alison Ladman
For The Associated Press

Wheat berries are the whole grain from which wheat flour is milled. And they increasingly are being used as a standalone grain. Cooked and eaten similar to rice, oats and barley, they have a pleasantly chewy texture and a nutty taste.

In this recipe, they are used to add flavor and texture to a sandwich loaf. It's easiest to cook the wheat berries the day before, but you can cook them the same day as long as you give yourself ample time for cooking and cooling. Wheat berries are widely available at natural foods stores and larger grocers.

BUTTERMILK WHEAT BERRY BREAD

Start to finish: 5 hours (20 minutes active). Makes 2 loaves (about 10 slices each).

1/2 cup wheat berries (both soft and hard will work)
2 cups buttermilk
2 teaspoons instant yeast
2 tablespoons honey
1 egg
2 teaspoons salt
1/4 cup vegetable or canola oil
6 cups bread flour

In a medium saucepan, cover the wheat berries with water. Bring to a boil and simmer for 2 hours, or until tender, adding more water as needed. Drain off any excess water, and cool to room temperature.

Once the wheat berries have cooled, in a microwave safe container, or a small saucepan, heat the buttermilk until just warm to the touch.

In the bowl of a stand mixer, combine the warmed buttermilk, yeast and honey. Add the egg, salt, oil and flour. Mix with the dough hook on low until combined and then for 5 minutes on medium speed. The dough should be soft and slightly sticky but come clean from the sides of the bowl. Add the wheat berries and mix until combined.

Cover with plastic wrap and let rise for 1 hour, or until doubled.

Coat 2 standard loaf pans with cooking spray.

Turn the dough out onto a lightly floured surface and divide in half. Flatten each into an 8-by-12-inch rectangle. One rectangle at a time, start with a short end and roll up the loaf, pinching to seal. Place each loaf in a prepared pan with the pinched edge at the bottom.

Cover loosely with plastic wrap and allow to rise again until doubled in size.

Heat the oven to

350 degrees.

Using a sharp knife, make deep diagonal slashes across the tops of the loaves. Bake 35

to 40 minutes, or until deep golden brown and hollow sounding when tapped. The interior temperature should read 200 F. Remove the loaves from the pan and let cool before slicing.

Per slice: 214 calories; 38 calories from fat; 4 g fat (1 g saturated; 0 g trans fats); 13 mg cholesterol; 36 g carbohydrate; 7 g protein; 2 g fiber; 217 mg sodium.



AP photo

Wheat berries give a nutty taste to this bread. The berries, which are the whole grains from which flour is made, are usually found in natural food stores and larger grocers.

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Effexor XR	150mg	90	\$392	\$75
Lipitor	20mg	90	\$359	\$66
Namenda	10mg	100	\$300	\$60
Nasonex	50mcg	3	\$305	\$50
Nexium	40mg	84	\$447	\$75
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Wall has near triple-double as Wizards win in OT

High school football playoff schedule, Sports 2 / MLB free agents, Sports 2 / Scoreboard, Sports 3 / NFL, Sports 4

WEDNESDAY, NOVEMBER 3, 2010

SPORTS EDITOR MIKE CHRISTENSEN: 735-3239 SPORTS@MAGICVALLEY.COM

Hawaii quietly winning, gaining lots of confidence

By Jaymes Song
Associated Press writer

HONOLULU — While Boise State and Nevada have grabbed the spotlight this season, another Western Athletic Conference school has quietly racked up wins.

Hawaii (7-2, 5-0) has breezed through its competition in the past six weeks, with the closest game being a six-point win against Nevada, and surprisingly given itself a shot at stealing the WAC title from the Broncos in a season where the Warriors were predicted to finish near the bottom of



Hawaii at No. 4 Boise St.

1:30 p.m., Saturday
TV: ESPN Radio: 98.3 FM
Line: Boise State by 21

the league.

"I think we're peaking right now. I think it's a good time for us," Warriors coach Greg McMackin said.

The confident and Hawaii Bowl-bound Warriors will see exactly

See **HAWAII**, Sports 2

Hawaii wide receiver Dustin Blount (6) breaks away from Idaho safety Gary Walker (3) to score a touchdown Oct. 30 in Honolulu. Hawaii plays at Boise State on Saturday.
AP photo



Boise State tight end Kyle Efaw is making regular trips to the end zone for the No. 4 Broncos.

AP file photo

NEW 'TARGET' ACQUIRED

BSU's Efaw ready for increased role

By Jason Chatraw
Times-News correspondent

BOISE — When Kyle Efaw burst onto the scene at Boise State as a freshman tight end in 2008, his catches and rambling runs that always fell short of the end zone soon became his trademark. But the junior is adding to his repertoire this season.

Efaw, who entered this season with just one touchdown reception, already has three TDs midway through the season along with a fumble recovery in the end zone for another. Suddenly, he's transforming into a viable red zone

threat.

"I don't know if anything has really changed," said Efaw, who has 12 catches for 168 yards going into Saturday's matchup with Hawaii (1:30 p.m., ESPN). "This season it seems like I've had a few opportunities where I've really cashed in. In the past few games, it has really worked out."

Efaw's scoring production may soon increase with the prolonged absence of fellow tight end Tommy Gallarda, who won't play for the rest of the regular season due to a broken foot.

"Efaw and I always go over the plays the night before," said Gallarda, the

Broncos' end zone specialist before his injury. "I don't know why it always seems like I get the ball more near the end zone, but it just happens that way. I think it could just as easily be him making those catches as it is me."

This season, Efaw has been the one making those catches.

"It's just that I've been open and Kellen has hit me," Efaw said of his more frequent end zone visits. "Every week we have plays that you think you might get the ball on, but you don't know if the play is going to get called. When it does, if you're open, Kellen will get you the ball."

Efaw, who is part of the Broncos'

See **EFAW**, Sports 2

District IV All-Star Volleyball Games tonight at TFHS

By Stephen Meyers
Times-News writer

The Magic Valley's best volleyball players take the court tonight in the annual District IV All-Star Volleyball Games at Twin Falls High School.

A series of six one-set matches featuring four teams of eight, the All-Star games showcase 32 seniors who were selected as the best in the region by a committee comprised of coaches across all five state classifications.

Teams are broken down into four regions: North West, North East, South West, South East and schools from Class 4A to 1A Division II are represented.

All four of the teams will play each other in one match to 25 points with a cap of 30.

Not that the scoring really matters.

"It's a lot of fun. We'll just be laid back and play some

volleyball. It's not like there is a lot of coaching going on," said Twin Falls coach B.J. Price, who's coaching staff was chosen to lead the South West team. "We'll get together before for a little practice and see who we have and where everyone wants to play. The main thing is spreading it around and having some fun."

The first match of the night features the North West team, coached by Wood River's Tim Richards, against the North East team coached by Traci Perron of Dietrich. Price's South West team then plays against the South East team, coached by Raft River's Cami Schumann.

The schedule continues as follows: North West vs. South West, North East vs. South East, North West vs. South East and North East vs. South West.

All matches are played in Baun Gymnasium, beginning at 6 p.m.



AP photo

Tim Lincecum helped pitch the San Francisco Giants to the World Series title.

Giants ride homegrown pitching to title

By Janie McCauley
Associated Press writer

ARLINGTON, Texas — No arguing the World Series champion Giants have dominant pitching. General manager Brian Sabean isn't about to break up that talented, homegrown bunch.

He knows full well more hitting might be needed to make another deep October run. As is the case most winters for this club, San Francisco will go searching for a big bat that fits the budget. And it's not supposed to be a great free-agent market this offseason.

At least now Sabean and

company know they can win without that marquee slugger.

The Giants are on top again, securing their first World Series crown since the franchise moved West in 1958 with a 3-1 victory over the Rangers in Game 5 on Monday night.

The first question that always comes up afterward: Can they do it again?

"We're going to celebrate for a while. We'll go to our organization meetings not this week but next and we'll sort it out as best we can," said Bill Neukom, the Giants' bowtie-wearing second-year managing partner.

2010 District IV All-star volleyball matches

When: 6 p.m., Wednesday

Where: Baun Gymnasium, Twin Falls High School

Admission: Adults \$5, Students and Senior Citizens \$3; No IHSA cards

Volunteer officials: Laurie Howard, Sharon Lutkehus, Cheri McKay, Mike Mumm

Rosters

North West

Angela Vitek, S/OH, Gooding; Danielle Baker, OH, Gooding; Audrey Youren, M, Gooding; Sue Erickson, OH, Gooding; Jessica Hamilton, S, Wood River; Jade Glenn, M, Wood River; Rebecca Woody, M/OH, Glens Ferry; Kelly Ann Buddecke, OH, Canyon Ridge; Coach: Tim Richards, Wood River

North East

Ashley Parker, M, Minico; Tiffany Joyce, LIB, Minico; Carrie Thibault, OH/LIB, Jerome; Melissa Marsing, S/DS, Jerome; Yoshira McDaniel, OH, Dietrich; Mirian Rivas, DS, Richfield; Jenna Kracer, OH/LIB, Shoshone, Natlie Goddard, M, KSVCS; Coach: Traci Perron, Dietrich

South West

Cheltzie Williams, M/OPP, Twin Falls; Mallory Jund, LIB, Twin Falls; Katherine Hunter, OH, Buhl; Arly Pettinger, OPP, Buhl; Mackenzie Jasper, OH, Filer; Leah Schall, S, Filer; Kalie Wright, OH, Kimberly; Nellie Makings, S/OPP, Kimberly; Coach: B.J. Price, Twin Falls

South East

Jessica Laumb, M, Burley; Kaylee Kent, OH, Valley; Sonya Fenton, S, Valley; Kaylee Holmstead, M, Declo; Melissa Carson, OH, Declo; Brinlee Breshears, S, Declo; Kassie Ottley, OH, Raft River; Taylor Harris, M/OH, Hansen; Coach: Cami Schumann, Raft River

Wynn set his sights on Utah after 2008 TCU game

By Lynn De Bruin
Associated Press writer

SALT LAKE CITY — Two years ago, quarterback Jordan Wynn was an 18-year-old high school senior, torn between two universities in different states far removed from his Southern California roots.

Then the energy of Utah's "blackout" game against TCU flipped a switch inside.

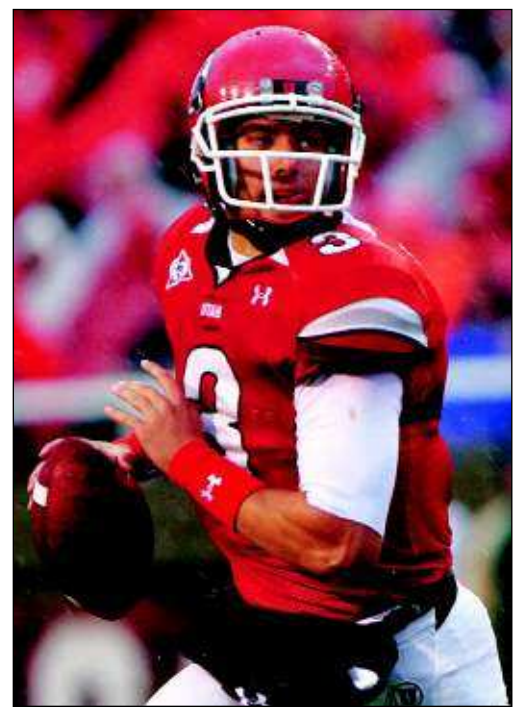
"I was already committed to Colorado," recalled Wynn, a former star at Oceanside (Calif.) High School. "Then I started having doubts about it. That game ... tipped the scales."

That game was a 13-10 come-from-behind win for

then-No. 10 Utah in which the Utes scored a touchdown with less than a minute remaining to knock TCU from the unbeaten ranks. The win propelled Utah to a 13-0 season, culminating with a 37-27 upset victory over Alabama in the Sugar Bowl.

"It definitely was one of the best decisions I've ever made," said Wynn, who committed to Utah the day after that 2008 TCU game.

Fast forward to this year, where Colorado is mired in a four-game losing streak (and 10-game road losing streak), while Wynn is the quarterback of an undefeated Utah team (8-0, 5-0 Mountain West) ranked No. 6 in the



Utah quarterback Jordan Wynn wasn't there in 2008 when Utah rallied to defeat TCU. But the win had such an impact on him, he committed to Utah the next day.

AP photo

See **WYNN**, Sports 2

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ACROSS

- 1 Lemon meringue ___
- 4 Clear the slate
- 9 Snake's greeting
- 13 ___ even keel
- 15 Persons, places & things
- 16 Doing nothing
- 17 Beige shade
- 18 Gem measure
- 19 Drop of joy or sorrow
- 20 Alaska seaport
- 22 Partner
- 23 Boys
- 24 Greek letter
- 26 Plot
- 29 Cool drink
- 34 Zones
- 35 "Thou shalt not ___ thy neighbor's..."
- 36 Edge
- 37 Letter opener
- 38 ___ in; paying attention
- 39 Oscar-winning film for Leslie Caron
- 40 Dirt bike or quad, for short
- 41 Rouse
- 42 Place to sit
- 43 Adolescent
- 45 Sunday dinner entrees, maybe
- 46 Old-age acct.
- 47 Traffic tie-ups
- 48 "No way, ___!"
- 51 Caused a jagged wound
- 56 Heroic story
- 57 Egg-shaped
- 58 Ancient harp
- 60 Grow weary
- 61 Tree houses?
- 62 Twelve months
- 63 Beholds
- 64 Magnificent
- 65 Prepare Easter eggs

DOWN

- 1 Edgar Allan ___
- 2 Peruvian Indian
- 3 Merit; deserve

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60						61				62			
63						64					65		

11/3/10

Tuesday's Puzzle Solved

- 4 Translate into symbols
- 5 Laughs loudly
- 6 Invisible emanation
- 7 Unexpected obstacle
- 8 Respected greatly
- 9 Hired assassin
- 10 Notion
- 11 Bench piece
- 12 Very dry
- 14 ___ weapons; A-bombs, etc.
- 21 Exhibitionists
- 25 Little child
- 26 Late Egyptian President
- 27 Largest Greek island
- 28 Lift with effort
- 29 Recluse
- 30 Balanced; fair
- 31 Opera solos
- 32 Finger or toe
- 33 Kuwaiti leaders
- 35 Cucumber, for short
- 38 Pesky follower

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A	L	L	E	Y		R	U	S	E		L	E	T		

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- 39 Horrific
- 41 Card game
- 42 Unconscious state
- 44 Daughters of one's sister
- 45 Most infrequent
- 47 Volkswagen model
- 48 Fast planes
- 49 Mayberry kid
- 50 Father
- 52 Declare
- 53 In ___; lest
- 54 Observed
- 55 Strong cart
- 59 Before



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CSI BASKETBALL

2010-11 SEASON PREVIEW



INSIDE: Meet the members of the CSI men's and women's teams and see their schedules

WEDNESDAY, NOVEMBER 3, 2010

SPORTS EDITOR MIKE CHRISTENSEN: 735-3239 SPORTS@MAGICVALLEY.COM

Big & small,

Golden Eagles aim to win it all



MEAGAN THOMPSON/Times-News

College of Southern Idaho players, from left, Issiah Grayson, Paul Bunch, Kevin Attila, Pierre Jackson, Gerson do Espirito Santo, Fabyon Harris, Chris Patton and Jerrold Brooks hope to help the Golden Eagles earn a Region 18 Tournament title.

CSI to lean on speedy guards

By Mike Christensen
Times-News writer

Basketball is a game typically ruled by Goliaths. While the College of Southern Idaho men's basketball team has its share of towering figures, the Golden Eagles' hopes rest largely in the hands of players who are more David-like in stature.

Five of CSI's players stand 6-feet or shorter and as many as three of them could be on the court at the same time this season. Diminutive? Indeed.

"With our lack of length

on the perimeter, I think the McDonald's Slam and Jam record is not in jeopardy," third-year CSI head coach Steve Gosar quipped. "But there'll be some really stylish layups."

But what CSI's guard line lacks in size, it makes up for with speed. Returning starter Pierre Jackson and Division I transfers Issiah Grayson (Virginia Commonwealth) and Darius Smith (Connecticut) will push the rock along with freshman point guards Fabyon Harris, and Kevin Attila.

"I think their quickness on the perimeter and ability to shoot the ball is a strength for us," said Gosar. "... We'll be able to speed it up a little bit and take our opportunities in the full court."

In addition to the five point guards, shooting

guards Jerrold Brooks and Terrance Lafayette can also get up the floor in a hurry.

"We're going to run everybody to death," said Brooks, who added that pushing the ball, making 3-point shots and playing pressure defense will be the calling cards of this year's Golden Eagles.

"Whoever gets it can get it and go, bring it themselves and we can be right in to what we want to do," added Gosar. "That'll help us transition well this year."

See **MEN**, CSI 2

BREAKING DOWN THE SWAC

A look at the Scenic West Athletic Conference in *Times-News* sports editor Mike Christensen's predicted order of finish.

Eastern Utah: Led by sophomore forward Jonathan Mills and sophomore guard Brandon Williams, No. 9 CEU has size and experience under first-year head coach Brad Barton as it looks to better last year's third-place finish at the NJCAA Tournament.

CSI: A talented guard line and some promising big men should keep CSI in the SWAC title mix. Despite a bevy of newcomers, the Golden Eagles have developed good chemistry.

North Idaho: Coach Jared Phay lost most of the contributors from last year's SWAC regular-season champs, but some talented NCAA Division I transfers should have the third-ranked Cardinals reloaded for another title run.

Salt Lake: SLCC head coach Norm Parrish has plenty of new faces, but there's good size and 10 sophomores in a lineup that could develop into a SWAC contender.

Snow: The sophomore-laden Badgers return most of last year's contributors, including guards Reggie Shaw and Mitch Frei and 3-point specialist Corbin Green. With some key transfers, Snow could surprise in the league play.

Colorado Northwestern: The Spartans steadily get better, but may not have the depth or size to contend with the SWAC's elite. Still, sophomore guard Jon Henderson can score in bunches.

Versatile CSI women ready to run

By Mike Christensen
Times-News writer

Line up the College of Southern Idaho's women's basketball players from tallest to shortest and at the two extremes you'll find something interesting: a lack of extremes.

The shortest player on the Golden Eagles' 2010-11 roster

is 5-foot-6. The tallest is 6-foot. And seven of this season's players measure between 5-7 and 5-9. But what the Eagles lack in vertical diversity, they make up for in versatility.

"We've got probably seven kids that can play anywhere from the 1, 2 or 3," said ninth-year head coach Randy Rogers. "It's hard for

teams to scout."

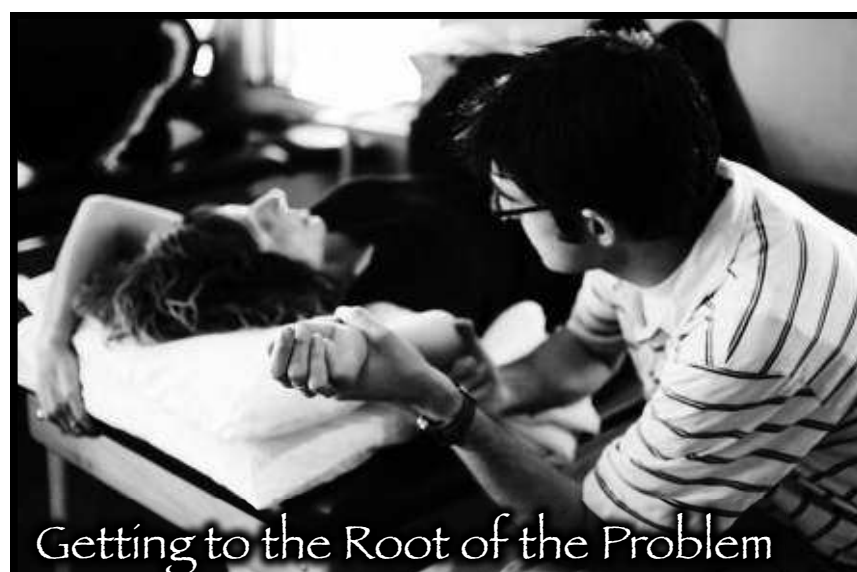
It's also hard for Rogers, who has to figure out which players to put at which spots, particularly with eight newcomers on a 13-player roster. There's also the players' challenge of remembering responsibilities in offensive sets at multiple positions.

See **WOMEN**, CSI 3



MEAGAN THOMPSON/Times-News

College of Southern Idaho sophomore forward Tina Fakahafua looks to pass the ball as she is defended by teammate Taylor Altenburg during a recent practice in Twin Falls.



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2010-11 CSI MEN'S BASKETBALL

1 JERROLD BROOKS

Position: Guard
Height: 5-11
Weight: 205
Class: Redshirt
freshman
Hometown:
Rochester, N.Y.



A sturdy shooting guard and likely starter. Brooks joined CSI's program in January after starring at East Rochester High, where he averaged 27.6 points, 7.1 rebounds and 3.3 steals. **Gosar says:** "Jerrold has a chance to really be an impact player for us. ... He really shoots the ball well and he's a strong, physical on-ball defender."

2 JON PULSIFER

Position: Guard
Height: 6-3
Weight: 215
Class: Freshman
Hometown: Twin
Falls



Pulsifer led Twin Falls to a Class 4A state championship last season, averaging 14 points and seven rebounds. Now he's adjusting from the post to the perimeter at CSI. **Gosar says:** "Jon has had a really good fall. He plays so hard. There's not a loose ball that he doesn't dive on. I love how tough he is. He's going to find a spot and help us out this year."

3 PIERRE JACKSON

Position: Guard
Height: 5-10
Weight: 175
Class:
Sophomore
Hometown: Las
Vegas, Nev.



Offseason elbow surgery slowed Jackson as a freshman, but the athletic point guard still started 22 games. Healthy now, Jackson is poised for a breakout season. **Gosar says:** "P's our best point guard right now. I love P at the wing too, because he knows he can get his feet set, somebody else can do the work and he can knock down that shot."

5 FABYON HARRIS

Position: Guard
Height: 5-10
Weight: 170
Class: Freshman
Hometown:
Chicago, Ill.



A speedy but undersized guard, Harris signed with Houston, but transferred to Howard (Texas) College this summer. He was dismissed from Howard and landed at CSI. **Gosar says:** "Fabyon really has the ability to get to the rim and score the ball. ... He really shoots the ball well from the 3-point line. He plays really good on-the-ball defense, really hawks the ball."

11 BEN VAN LITH

Position: Guard
Height: 6-5
Weight: 200
Class: Redshirt
freshman
Hometown:
Eagle



Van Lith redshirted at CSI after a stellar career at Eagle High, where he averaged 19 points, seven rebounds and 2.3 assists as a senior. He'll lend depth at shooting guard and small forward for the Eagles this year. **Gosar says:** "As Ben continues to improve his outside shooting his role will increase with our team."

12 ISSIAH GRAYSON

Position: Guard
Height: 5-11
Weight: 170
Class:
Sophomore
Hometown:
Atlanta, Ga.



A speedy point guard, Grayson comes to CSI after seeing limited time in 13 games as a freshman at Virginia Commonwealth. Grayson is working his way back to full speed after knee surgery in mid-October. **Gosar says:** "He's a true point guard, quick on-ball defender, pretty heady, can shoot it well. He has some maturity."

13 TERRANCE LAFAYETTE

Position: Guard
Height: 6-2
Weight: 180
Class: Freshman
Hometown:
Baton Rouge, La.



A fun-loving guard who can stretch a defense with his outside shooting. Lafayette played at two Texas prep schools before signing with CSI in September. He could also shine as a defensive stopper. **Gosar says:** "Terrance plays hard. He shoots the ball well from the perimeter and is a guy that's willing to do whatever we ask him to do. Very coachable and a fun kid to have around."

15 GERSON SANTO

Position:
Forward
Height: 6-10
Weight: 200
Class: Freshman
Hometown:
Valencia, Brazil



An athletic power forward, Santo shoots it well from 15 to 17 feet. He has a skill-set reminiscent of Celtics star Kevin Garnett, but will take time to blossom as he adjust to the American game. **Gosar says:** "He's got a very good work ethic and he's a great kid. ... When he gets his feet underneath him, he has a chance to be a special player here at CSI."

22 KEVIN ATTILA

Position: Guard
Height: 6-0
Weight: 180
Class: Freshman
Hometown: La
Grande, Ore.



A solidly-built point guard, Attila averaged 16.5 points, 3.1 assists and shot 44 percent from 3-point range in leading La Grande HS to a state runner-up finish. He **Gosar says:** "Kevin's a really heady point guard. He makes really good decisions and has the ability to knock down open shots. He's a guy that keeps getting better. We're really looking for him to help us out this year."

23 DENNIS MIKELONIS

Position: G/F
Height: 6-5
Weight: 200
Class:
Sophomore
Hometown:
Boise



Mikelonis shed his redshirt status last December. He played in 19 games, starting six, and averaged 6.1 points and 2.9 rebounds. But a knee injury has him on the shelf for several months. **Gosar says:** "Looks like he's going to redshirt this year. He had an injury in the summer and that put him in a situation where he's not going to be able to come back and help us."

24 DARIUS SMITH

Position: Guard
Height: 6-2
Weight: 180
Class:
Sophomore
Hometown:
Chicago, Ill.



A transfer from Connecticut, Smith saw limited time in 19 games for the Huskies as a freshman. A solid point guard, Smith brings experience to a freshman-laden roster. **Gosar says:** "He's a guard that can get to the rim and finish. He plays bigger than he is. Defensively, he gets his hands on a lot of balls and I think that's big for us."

25 CAMERON BOWEN

Position:
Forward
Height: 6-7
Weight: 200
Class: Freshman
Hometown:
Coalville, Utah



A second-team all-state center out of Utah's North Summit High School, Bowen earned a walk-on spot at CSI through the team's open tryout. **Gosar says:** "Cameron will red-shirt this year to adjust to the speed of the game, practice with good players, improve his game, improve his body. He's still growing. I think a year will really help him physically."

30 RYAN MCINTOSH

Position: Guard
Height: 6-2
Weight: 175
Class: Sophomore
Hometown:
Puyallup, Wash.



A friend of CSI volleyball player Ashleigh Pollard, McIntosh walked on at CSI after spending his freshman season at Green River (Wash.) Community College, where an injury slowed him down last year. **Gosar says:** "He's getting his timing, getting his feel back. He plays really hard, shoots the ball well. I think he's a guy that if he keeps working hard he'll improve his role with us."

32 MITCH BRUNEEL

Position: G/F
Height: 6-5
Weight: 205
Class: Freshman
Hometown:
Eagle



Idaho's Gatorade Player of the Year in 2008, Bruneel averaged 23.5 points and 10.2 rebounds as a senior at Eagle High. He returned from a two-year LDS mission in September and will play on the wing and in the post for CSI. **Gosar says:** "Every day we see a little bit more out of a Mitch. ... It's nice to see him shooting the ball well. He's a guy that can play a multitude of roles for us."

33 PAUL BUNCH

Position: Center
Height: 6-11
Weight: 265
Class: Freshman
Hometown:
Chicago, Ill.



A great shot blocker with either hand, Bunch comes to CSI out of a Chicago prep school. While he's still adjusting to the collegiate level, Bunch has a nice jump hook over his left shoulder. **Gosar says:** "Paul has a lot of ability. He's a big man that's got really good hands. As he keeps raising the bar for himself, we'll see more and more good things out of Paul."

34 NEMANJA GRUJICIC

Position: Forward
Height: 6-7
Weight: 210
Class: Freshman
Hometown:
Ratkovo, Serbia



Known for his outside shooting, Grujicic is still adjusting to playing in the United States. He could be a great catch-and-shoot option as his game rounds into form. **Gosar says:** "Nemanja's a perimeter power forward that can shoot the ball. He's still adjusting to the American game, trying to figure out how he fits in and what he needs to do to get on the court."

42 KENNY BUCKNER

Position: Center
Height: 6-9
Weight: 245
Class: Sophomore
Hometown:
Washington, D.C.



In his first season of organized basketball, Buckner averaged 7.1 points and 6.1 rebounds, starting 17 games for CSI as a freshman. A good finisher in the post, Buckner has extended his range this season. **Gosar says:** "I liked what Kenny brought to the table last year and he's definitely going to be a go-to guy for us. Not only in scoring the ball and defending, but in leadership."

45 CHRIS PATTON

Position: Center
Height: 6-10
Weight: 275
Class: Freshman
Hometown:
Victoria,
Australia



A St. Mary's (Calif.) signee, Patton is working his way into the kind of shape required at CSI. But he brings size to the post and will be counted on the score and rebound this season. **Gosar says:** "As he continues to get in shape, his effectiveness on the court will grow. He's got nice post moves, some soft hands and he's got a bright future."

"I think the ceiling for this team, the intangible for this team, is how much better those freshmen can get by the end of the year."
— Steve Gosar, CSI men's coach

Men

Continued from CSI 1

The 2010-11 Golden Eagles aim to end the program's three-year NJCAA Tournament hiatus. That cause is aided by the fact they'll host the Region 18 Tournament March 3-5.

But with only two returning players who saw time on last year's 20-12 squad, there could be some growing pains. Making the quest tougher is the talent in the Scenic West Athletic Conference, including preseason No. 3 North Idaho College and No. 9 Eastern Utah. But CSI does get two home games and only one away game against both NIC and CEU as the SWAC reverts to a 15-game league slate.

Another point to remember: don't judge CSI's chances in November. Gosar said this team could get "significantly better" between now and March.

"I think the ceiling for this team, the intangible for this team, is how much better those freshmen can get by the end of the year," he said. "I think they're talented. I think it's well within their capabilities. There's going to be a lot of work between now and the end of the year."

Returning sophomore Kenny Buckner returns to the post and will be counted on for leadership along with Jackson. Sophomore Dennis Mikelonis is expected to redshirt with a knee injury that will keep him out until at least February, but red-shirt freshmen Ben Van Lith and Brooks were part of the program last season. Still, most of this year's Eagles have never taken the court in the black and gold.

Freshman forwards Gerson do Espirito Santo and Mitch Bruneel and cen-

ters Chris Patton and Paul Bunch are among those Gosar is counting on to make quick strides this season. A versatile 6-10 forward from Brazil, Santo could be a star, but is adjusting to a new language, culture and style of play. Gosar will invest time early in the lanky power forward and his other freshmen so they'll be ready to shine in March.

The promise of this young team is evident to the players.

"I think we have a chance of being really good, we just have to all get on the same page," said Jackson.

With an 18-man roster and an abundance of speed, CSI will get back to the full-court pressure fans have seen in previous years. Gosar said his squad will use zone and man-to-man pressure "opportunisticly." But the real focus is on defending in the half-court.

"This team has come up with their own battle cry of being sticky on defense," said Gosar. "I think that's a big key to us this year is being sticky in the full-court, but really sticky in the half-court."

And after a schedule rated the NJCAA's toughest last season, a more manageable nonconference slate should help the Eagles to develop confidence before the SWAC opener Dec. 10 at Salt Lake. That's when the challenge truly begins.

Said Gosar: "It'll be fun to see where we can get this team."

College of Southern Idaho sophomore guard Darius Smith looks to pass as teammate Kevin Attila defends during a recent practice.



Photos by MEAGAN THOMPSON/Times-News

College of Southern Idaho sophomore center Kenny Buckner tries to score against the defense of Paul Bunch during a recent practice.



2010-11 CSI WOMEN'S BASKETBALL

3 KYLIE HARDISON

Position: Guard
Height: 5-9
Class: Sophomore
Hometown: Pocatello



After seeing limited time in 27 games as a freshman, Hardison is playing with far more confidence this year. A good mid-range and 3-point shooter, her role should grow this season. **Rogers says:** "She's probably been one of my top surprises so far this season. She came back with a good attitude, she's working hard and she's knocking down shots."

4 GUILI EL-MIR

Position: Guard
Height: 5-8
Class: Freshman
Hometown: Bankstown, Australia



An athletic guard with quick feet, El-Mir will play both guard spots for CSI. A late addition to the roster, she scored 17 points a game for her club team in Australia. **Rogers says:** "She sees the floor extremely well and she can handle the ball. She is a better-than-average shooter, but she doesn't look to shoot the ball, she's pass-first."

10 TAYLOR GIPSON

Position: Guard
Height: 5-7
Class: Freshman
Hometown: Desert Hot Springs, Calif.



Gipson averaged 14.5 points and 8.0 rebounds as a senior at Palmdale High School. CSI's youngest player at 17, Gipson will play shooting guard and small forward. **Rogers says:** "She's a good defender learning to be a great defender. She's a good passer learning to be a great passer. ... She can shoot it and she can defend."

12 FELICITY JONES

Position: Guard
Height: 5-7
Class: Sophomore
Hometown: Tremonton, Utah



Jones averaged 4.9 points, 3.3 rebounds and 1.6 assists, while taking the role as CSI's top defensive stopper last season. A team captain this year, Jones has developed into a solid leader. **Rogers says:** "She's our best athlete and best defender. ... She's hard to defend because she can shoot it and she's so quick off the dribble. ... She leads by example."

14 KYLEE SCHIERMAN

Position: G/F
Height: 5-10
Class: Freshman
Hometown: Portland, Ore.



Long and athletic, Schierman will play on the wing for CSI. She averaged 14.7 points at Central Catholic High School. A groin injury has kept her out of practice for much of the fall, so she is trying to make up that lost time. **Rogers says:** "We like her because of her length. She's also one of those players that can cover a lot of ground."

20 TAYLOR ALTENBURG

Position: G/F
Height: 6-0
Class: Redshirt sophomore
Hometown: Elko, Nev.



Altenburg saw minimal time as a true freshman at New Mexico State, before redshirting there last year. With the size and versatility to play multiple positions, Altenburg is a steady player that makes few mistakes. **Rogers says:** "She brings maturity and court awareness. Her range is good, she can shoot the 3. We'd like to see her get more physical inside."

21 HOLLY CHECKETTS

Position: G/F
Height: 5-9
Class: Sophomore
Hometown: Preston



Checketts saw limited time in 20 games as a freshman last season. Sidelined by a knee injury for much of fall practice, she's returned with more confidence and is providing a pivotal leadership role as a team captain. **Rogers says:** "She can make open shots. She's still trying to learn to put it on the floor and attack and create shots for others, but her experience as a sophomore is a big plus for our team."

22 TINA FAKAHAFUA

Position: G/F
Height: 5-10
Class: Sophomore
Hometown: Salt Lake City, Utah



A high-energy player with a ready smile, Fakahafua averaged 2.9 points and 2.7 rebounds in a reserve role last season. Always hustling, the sophomore has settled down and is making fewer mistakes this year. **Says Rogers:** "She loves defense, she's very physical. She'll probably take the most charges of anyone on the team. ... She has good (shooting) range and you can't fault her hustle."

24 KYLER PARIA

Position: Guard
Height: 5-7
Class: Freshman
Hometown: Hamilton, New Zealand



CSI's oldest player at 23, the New Zealand native will likely start at shooting guard for the Golden Eagles. Her older sister played at Salt Lake Community College about five years ago. **Rogers says:** "She's probably the best shooter I've had in my eight years here. ... She's very skilled. A little unorthodox, but she sees the floor really well and makes passes when kids aren't ready."

30 LAUREL KEARSLEY

Position: Forward
Height: 6-0
Class: Sophomore
Hometown: Victor



An honorable mention NJCAA All-American as a freshman, Kearsley averaged 10.6 points and 8.0 rebounds. Active around the glass, she had 119 offensive rebounds last season, and looks to reprise that effort as a sophomore team captain. **Rogers says:** "Our success is going to rely on her a lot, how she plays this year. ... Laurel's such a great kid. She's practicing hard, her attitude's good."

31 MECHELA BARNES

Position: Guard
Height: 5-6
Class: Freshman
Hometown: Tacoma, Wash.



A steady floor leader, Barnes led her Bellarmine Prep team to a state championship as a junior and a state runner-up finish as a senior. She will likely be CSI's starting point guard this season. **Rogers says:** "She's not flashy, doesn't take a lot of chances. ... But she does know our offense and knows how to get us into it. She can shoot it. She's a great defender. I think people will be surprised."

32 CHEKALA CARTHEN

Position: Guard
Height: 5-8
Class: Freshman
Hometown: Sparks, Nev.



An all-league performer for four straight seasons at Hug High School, Carthen is CSI's most versatile player. With her ability to shoot outside and score on the block, she'll see time at almost every position. **Rogers says:** "She's going to run the floor. ... She's another athlete that can really get out and pressure on defense. She has ability, we've just got to get her more consistent doing it."

42 FANNY CAVALLO

Position: Forward
Height: 6-0
Class: Freshman
Hometown: Lorques, France



A late signee that coach Randy Rogers called "a steal" in recruiting, Cavallo will likely start up front for CSI. She is a solid rebounder and uses her great foot work to score regularly in the post. **Rogers says:** "She's got great hands, she's very physical, very athletic. ... She's just a pleasure. She's a go-getter. People are going to be surprised. ... She'll be a Division I kid somewhere."

BREAKING DOWN THE SWAC

A look at the Scenic West Athletic Conference in *Times-News* sports editor Mike Christensen's predicted order of finish.
North Idaho: The Cardinals return most of last year's lineup, including 6-foot-2 Turkish forward Tugce Canitez. With solid guards, good shooters and quality depth, NIC has a great shot to earn its third straight Region 18 Tournament championship.
CSI: Young, but versatile, the Golden Eagles have the talent to win the league title and reach the NJCAA Tournament. How well the team's many newcomers mesh together will be key to CSI's success.
Salt Lake: Haley Holmstead, the NJCAA's leading scorer last year, is back and has good players around her in freshman point guard Sofia

Hepworth and posts Jami Mokofisi and Alli Blake.
Snow: The Badgers lost almost every contributor from last season, but have two 6-3 centers and add sharpshooter Erica Martinez to the lineup as they look to rebuild.
Eastern Utah: CEU lost many of the contributors from last year's team, but guard Bruna Deichmann returns while talented freshman twins Jasmine and Amber Scott boost the talent level in Price.
Colorado Northwestern: The Spartans are even more athletic this year and with a deeper bench they'll also play more pressure defense. Don't be surprised to see them earn double-digit wins and rise a spot or two in the SWAC pecking order.

Women

Continued from CSI 1

"That's been our biggest problem," said sophomore Holly Checketts.

"If you're always interchanging and you throw four or five different kids in, sometimes kids get like 'Hey, what's my role, where am I at position-wise,' Rogers said. "It's going to be a feeling out process. Once we start playing I'll have a better idea of the best fit for some of these kids. But they are versatile."

Exhibit A: Chakala Carthen. The 5-foot-8 freshman from Sparks, Nev., was a post in high school and will see time there for CSI. But she's also in the mix at point guard and could play shooting guard and small forward as well.

While the post will be anchored by returning All-American Laurel Kearsley and freshman Fanny Cavallo of France, the rest of the Eagles will slide to various positions on the floor.

Returning sophomore starter Felicity "Flip" Jones has shown great confidence and improved range in practice and will play both guard spots and small forward. Fellow sophomores Checketts, Kylie Hardison and Tina Fakahafua have also improved their games and will take on expanded roles after seeing limited time as freshmen.

"This year we have stepped up a lot more and I think we are leading the team a lot better," said Checketts.

Four freshmen are in the mix to replace Daidra Brown at point guard, led by steady



CSI sophomore Laurel Kearsley is defended by teammate Fanny Cavallo (42) during a recent practice in Twin Falls.

MEAGAN THOMPSON/
Times-News

freshman Mechela Barnes of Tacoma, Wash. Australian guard Guili El-Mir will also see time at the point along with Kyler Paria, Carthen and Jones.

Rogers said Paria could be the best shooter he's had at CSI, while New Mexico State transfer Taylor Altenburg is 6-foot and can play in the post or step outside and knock down 3s.

Rogers said his squad will play a more up-tempo style this season and the Eagles have been running more in practice to ensure they have the physical conditioning necessary.

After losing close games to North Idaho College in the Region 18 Tournament the last two seasons, including a double overtime setback in the semifinals last March, Rogers believes the Eagles

can get back to the NJCAA Tournament. To do so they'll have to beat NIC and rival Salt Lake Community College, the defending Scenic West Athletic Conference champs.

"I think we have a shot to surprise some people," said Rogers. "We get the (Region 18) Tournament here. If we're playing well at the right time, I know we can beat anybody in our league. I know we can beat North Idaho. I know we can beat Salt Lake."

That doesn't mean Rogers thinks his team will be world-beaters right out of the chute.

"It's going to take a long process because our team is so young," he said. "... But we'll get there. I believe this team will be a solid team in the end."

"It's going to be a feeling out process. Once we start playing I'll have a better idea of the best fit for some of these kids. But they are versatile."

— Randy Rogers, CSI coach



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Cooking ^{up} something special

Jackson has tools for a big season

By Mike Christensen
Times-News writer

Pierre Jackson is poised for a breakout season as the starting point guard on a nationally ranked college basketball team. So it's no surprise when he reveals his favorite hobby outside of hoops.

Cooking.

Wait. What?

"I'm into cooking," said Jackson, who plans to pursue a degree in culinary arts.

Jackson's love for creating cuisine came from his grandmother, Linda Allen, who raised Jackson and his sister in Las Vegas. "I was always in the kitchen with her," said Jackson, a 5-10 sophomore for the College of Southern Idaho men's basketball team.

Living in the dorms at CSI, Jackson gets few chances to practice his kitchen craft. The campus cafeteria provides most of his meals, but he has taken the opportunity to cook with his boosters parents Mike and Rane Marsing. And whenever he heads home to Vegas, he makes sure his grandma has chicken and pork chops on the menu.

"That's probably my favorite meal," he said.

Jackson said soul food is his favorite to make, but he hasn't taken the opportunity to cook for his teammates.

"Whatever I'm cooking is kind of bad for an athlete," said Jackson.

But the player who one day may be an executive chef needs to fill a similar leading role on the basketball court for a Golden Eagle squad filled with newcomers. Quiet and reserved by nature, becoming a vocal leader hasn't been easy for him.

"I'm not much of a talker. I try to lead by actions," said



MEAGAN THOMPSON

College of Southern Idaho point guard Pierre Jackson is poised for a big sophomore season.

Jackson, one of two returning starters. But CSI head coach Steve Gosar would like to see Jackson lead in word as well as deed.

"I'd like to see him step up and be a little bit more of a vocal leader and raise his expectations not just for himself, but of the team," said Gosar.

While Jackson's easing

into that role, his game is speaking for itself. He averaged 7.8 points, 4.6 assists and 2.9 rebounds as a freshman despite missing most of fall practice after surgery to repair a broken right elbow. Healthy now, those numbers should jump this season — quite literally considering Jackson's 40-plus-inch

vertical leap.

"Now that his elbow's healthy he's starting to shoot the ball like he used to shoot the ball," said Gosar. "His confidence is back. When he gets it going, he can really score in bunches."

Jackson is also aiming to improve his assist-to-turnover ratio after coughing up 3.6 turnovers a game last year. But Gosar said some of that was due to missed time last fall that didn't allow Jackson to develop chemistry with teammates.

"Pierre sees so many things, but a lot of times with his turnovers, the other person didn't see it," said Gosar. "It's not a good pass unless the other person sees it and is on the same page."

While Jackson has room to grow as a floor general, there's no doubting his off-season effort. When Gosar was recruiting in Las Vegas over the summer, he decided to check on Jackson and see if his starting point guard was really working out. When the coach made a 7 a.m. appearance at Desert Pines High School, Jackson's alma mater, he found Jackson "had already worked up a sweat and was getting shots up," said Gosar.

"He said he thought I was going to be all fat and out of shape," Jackson said of the summer encounter. "I told him all I do when I'm at home is play basketball. If I'm not playing basketball, I'm either asleep or spending time with my grandma."

That summer investment — both on the court and in the kitchen with grandma — will pay dividends. So whether it's a high-rising slam dunk or chicken and pork chops, Jackson is ready to deliver. In short order.

2010-11 MEN'S BASKETBALL SCHEDULE

Date	Opponent	Time
Nov. 4	@ Phoenix College	7 p.m.
Nov. 6	@ Scottsdale CC	5 p.m.
Gordon Paving Invitational		
Nov. 11	Westwind Prep	8 p.m.
Nov. 12	Central Florida	8 p.m.
Nov. 13	Casper College	8 p.m.
K&T Steel Tournament		
Nov. 18	Sullivan County	8 p.m.
Nov. 19	Taag Academy	8 p.m.
Nov. 20	Western Nebraska	8 p.m.
Boise Office Equipment Invitational		
Nov. 26	Treasure Valley CC	8 p.m.
Nov. 27	Westchester College	8 p.m.
The Rocket Classic		
Dec. 2	Lethbridge College	8 p.m.
Dec. 3	Christian Life Prep School	8 p.m.
Dec. 4	Chemeketa CC	8 p.m.
Dec. 10	@ Salt Lake CC*	7:30 p.m.
Dec. 11	@ Snow College*	5 p.m.
Dec. 16	Idaho Select	7:30 p.m.
Jan. 8	North Idaho*	5 p.m.
Jan. 13	Colorado NW*	7:30 p.m.
Jan. 15	Eastern Utah*	5 p.m.
Jan. 20	Snow College*	7:30 p.m.
Jan. 22	Salt Lake CC*	5 p.m.
Jan. 29	@ North Idaho*	6 p.m.
Feb. 4	@ Eastern Utah*	7:30 p.m.
Feb. 5	@ Colorado NW*	5 p.m.
Feb. 11	@ Snow College*	7:30 p.m.
Feb. 12	@ Salt Lake CC*	5 p.m.
Feb. 19	North Idaho*	5 p.m.
Feb. 24	Eastern Utah*	7:30 p.m.
Feb. 26	Colorado NW*	5 p.m.
March 3-5	Region Tournament, at CSI	

* Scenic West Athletic Conference game

2010-11 WOMEN'S BASKETBALL SCHEDULE

Date	Opponent	Time
Coca Cola Classic		
Nov. 11	Eastern Arizona	6 p.m.
Nov. 12	Sheridan College	6 p.m.
Nov. 13	Central Florida	6 p.m.
Midland NIT Tournament, Midland, Texas		
Nov. 18	@ Midland College	7 p.m.
Nov. 19	TBA	TBA
Nov. 20	TBA	TBA
Boise Office Equipment Invitational		
Nov. 26	Mount Hood College	6 p.m.
Nov. 27	Casper College	6 p.m.
The Rocket Classic		
Dec. 2	Lethbridge College	6 p.m.
Dec. 3	Treasure Valley CC	6 p.m.
Dec. 4	Chemeketa CC	6 p.m.
Dec. 10	@ Salt Lake CC*	5:30 p.m.
Dec. 11	@ Snow College*	3 p.m.
Dec. 29	@ Mesa CC	5:30 p.m.
Dec. 30	@ Scottsdale CC	TBA
Dec. 31	Madison Area Tech, at Scottsdale	TBA
Jan. 8	North Idaho*	3 p.m.
Jan. 13	Colorado NW*	5:30 p.m.
Jan. 15	Eastern Utah*	3 p.m.
Jan. 20	Snow College*	5:30 p.m.
Jan. 22	Salt Lake CC*	3 p.m.
Jan. 29	@ North Idaho*	4 p.m.
Feb. 4	@ Eastern Utah*	5:30 p.m.
Feb. 5	Colorado NW*	5:30 p.m.
Feb. 11	@ Snow College*	5:30 p.m.
Feb. 12	@ Salt Lake CC*	3 p.m.
Feb. 19	North Idaho*	3 p.m.
Feb. 24	Eastern Utah*	5:30 p.m.
Feb. 26	Colorado NW*	3 p.m.
March 3-5	Region Tournament, at CSI	

* Scenic West Athletic Conference game

"YOU GET THE JOB DONE, NO EXCUSES."

Idaho farm chores mold Kearsley's All-American effort

By Mike Christensen
Times-News writer

Laurel Kearsley is used to responsibility.

Milking cows by hand morning and night, feeding and caring for 250 chickens as well as several horses, pigs and turkeys — all of it was simply a part of life growing up as the youngest of 11 children on her family's farm in Victor.

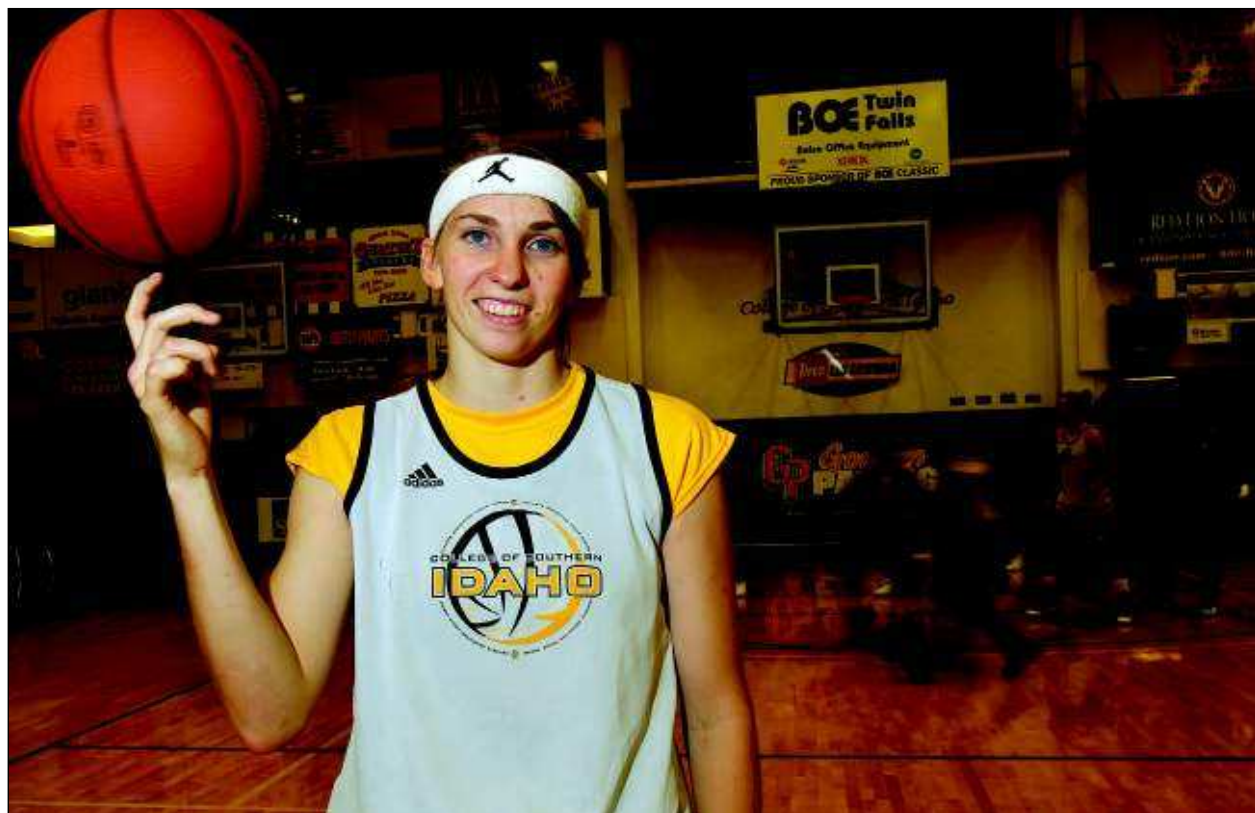
It's an upbringing Kearsley believes played a role in her becoming an honorable mention NJCAA All-American as a College of Southern Idaho freshman last season.

"It helps me a lot on the court," said Kearsley, a 6-foot sophomore post. "My mom would always say, 'You get the job done, no excuses!'"

That's exactly how Kearsley plays the game of basketball, which is why she finished as CSI's leading rebounder last season (8.0 rpg), while adding 10.6 points and a block per game.

"I'd take a thousand Laurels," said CSI head coach Randy Rogers. "Her effort is as good as it gets."

Kearsley was the beneficiary of the attention fellow post Shauneice Samms garnered last year. But this season, the front-court spot-



MEAGAN THOMPSON/Times-News

College of Southern Idaho sophomore Laurel Kearsley, a returning All-American, says she is excited about the upcoming season.

light will rest squarely on her. "Our success is going to rely on her a lot, how she plays this year," Rogers said. It's a fact he believes has adversely affected Kearsley in preseason practices.

"I think she put some pressure on herself to be that go-to player and have to do

everything and she doesn't," said Rogers. "She's just got to be Laurel. The reason she became an All-American is because she went after rebounds, ran the floor, played hard and played good defense. She can still do all those things, but she's pressing a little bit."

That feeling of having to carry the load is reflected in Kearsley's answer to what the Golden Eagles must do to succeed this season.

"We need to trust each other," she said. "I think that's the biggest part, trusting each other. Not only just one or two people on the

court, but every teammate, knowing they have our back."

While stopping short of saying she's feeling pressure, Kearsley acknowledged, "I know I need to hold up the same level (of play). I need to get bigger and stronger, do my best out

there and play the game."

There's no doubt she will. And once again she'll have a large cheering section to urge her forward. With seven brothers and three sisters — not to mention 29 nieces and nephews with two more on the way — the Kearsley clan is well represented at CSI Gymnasium each home game. Kearsley said at least a dozen family members make the 3 1/2-hour drive from Teton County when the Eagles play in Twin Falls.

It's support she loves, even if her older siblings often give her a good ribbing.

"They all say that I got spoiled, but I don't think I did," Kearsley said with a smile. "I still had to do everything they had to do."

Kearsley hopes her CSI teammates can develop a similar family relationship on and off the court.

"I feel like we have a good team. We're really well-rounded," she said. "We really want to go all the way. We want to go to nationals. We're trying to figure out each other's games, trying to learn each other and how we play."

"I think we're getting better the more we play together and the more we practice."

And that's how you get the job done.