

# The Times-News

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Twin Falls, Idaho/100th year, No. 262

Monday, September 19, 2005

50 cents

## GOOD MORNING

### WEATHER

**Today:**  
Sunny with temperatures edging upward. High 78, low 48.  
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### MAGIC VALLEY



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**Get up and move!** New state PE requirements aim to combat obesity.  
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**Denture use:** It's dwindling, but it won't disappear.  
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**Save the spills:** Supporters of dams should embrace alternatives such as salmon spills, today's guest editorial says.  
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### COMING UP

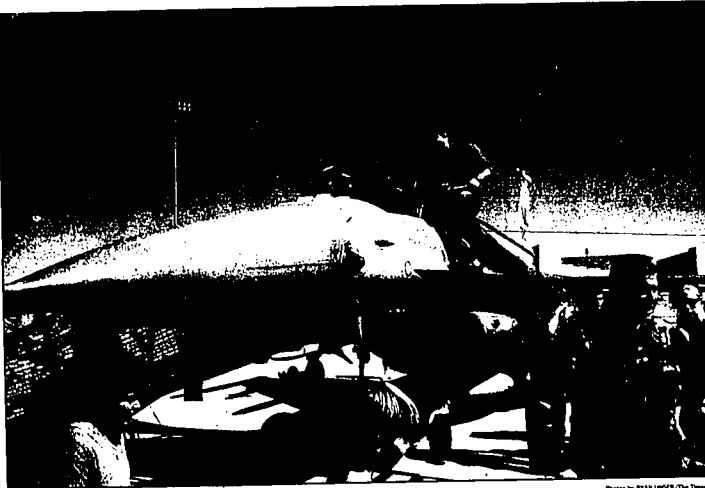


**Living history**  
Bring Civil War stories alive.  
Tuesday in The Times-News

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## Airshow draws crowd



**Capt. Brian Wild, an F-16 pilot with the 389th Fighter Squadron at Mountain Home Air Force Base, signs autographs while spectators enjoy the air show Sunday.**

## Thunderbirds rule in Mountain Home

By Will Siles  
Times-News writer

MOUNTAIN HOME — The sound of freedom roared across the southern Idaho sky Saturday and Sunday during the Gunfighter Skies 2005 air show held at Mountain Home Air Force Base.

It was the first show and return of the U.S. Air Force Thunderbirds precision aerial maneuver team since a Thunderbird crash at the air base two years ago.

"We have a greater attendance here today (Sunday) than on Saturday," said U.S. Air Force Staff Sgt. Jason Bass, of the 389th Fighter Squadron based at Mountain Home. "It looks like maybe a hundred thousand people to me."

"The Thunderbirds are without a doubt the big draw," noted Capt. Mike Chilstrom, Sunday afternoon from the base media center. Chilstrom, a Wisconsin native based at



**Above:** An F-16 soars above an estimated crowd of 50,000 spectators at the base. **Top:** The U.S. Air Force Thunderbirds precision aerial maneuver team fly their F-16 Falcons above the crowd.

Mountain Home, stated that the biennial event that held in 2003) may have attracted more than 65,000 attendees over the weekend. And that same says something for the people of Idaho.

"Considering that Idaho barely has a million people, the large crowd here today shows that the people of Idaho supports the military and U.S. Air Force," said Chilstrom.

"That sentiment was echoed across the base by many of the military men and women attending and working at the popular air show. But civilians agreed, too.

"This air show has a special place for me and I really love

those Thunderbirds," said Earl Priest, a former U.S. Air Force airman and private pilot from Caldwell.

Priest smiled as an F-16 roared overhead, forcing fingers into ears, cameras glued to faces. His daughter, Tina Priest, relished in the awesome thunder and thud of the overhead warbirds. "Like the fast jets, the noise-makers — it's amazing when they can do."

And it's also amazing when things don't go as planned, Tina Priest noted.

She was a witness to the nearly tragic incident two years ago when a Thunderbird F-16 Fighting Falcon crashed in front of thousands of specta-

tors. Although the pilot ejected without serious injury, the crash was still on many minds when the Thunderbird pilots readied their first flight at Mountain Home since the incident of 2003.

"I saw the crash two years ago," recalled Priest. "I just hope everything goes OK this time - I think it will." But superstitions and customs are hard to kill, regardless of faith, experience, or belief. Like yellow-ribbon stickers and magnets signifying prayer and hope for our troops overseas, fighter pilots crossed as the six Thunderbird pilots reported their planes down at the air base main runway.

Please see AIRSHOW, Page A2

## Afghan elections hailed as a success

The Associated Press

KABUL, Afghanistan — Some filed into schools to cast their ballots amid less than hoped-for turnout. Others stepped over piles of shoes to vote in mosques. In remote areas, tents served as polling stations.

Across Afghanistan, millions of people lined up at polling stations in defiance of a Taliban boycott call and militant attacks to vote for a new parliament Sunday.

It was the last formal step in starting a democracy aimed at ending decades of rule by the Taliban.

"Today is a magnificent day for Afghanistan," said Ali Safar, 62, standing in line to vote in Kabul. "We want dignity, we want stability and peace."

Officials hailed the polls as a major success, although initial estimates suggested voter turnout was lower than hoped for because of security fears and frustrations over the inclusion of several warlords on the ballot. Results were not expected for more than a week.

Many people looked to a big vote to marginalize renegade loyalists of the ousted Taliban regime by demonstrating public support for an elected government built up under the protection of 20,000 soldiers in the American-led coalition and 11,000 NATO peacekeepers. Washington and other governments have poured in billions of dollars trying to foster a civic system that encourages Afghanistan's fractious ethnic groups to work together peacefully and ensure the nation is never again a staging post for al-Qaida and other terrorist groups.

After 30 years of wars, interventions, occupations and misery, today Afghanistan is moving forward, making an economy, making political institutions, President Hamid Karzai said as he cast his ballot nearly a year after his own victory in an election that defied Taliban threats.

He praised Afghans for going out to vote for the parliament and 34 provincial councils "in spite of the terrorism, in spite of the threats."

Fifteen people, including a French soldier, were killed in the U.S.-led coalition, were killed in a spate of violence during the day. But there was no spectacular attack as threatened by Taliban, who have stepped up insurgency the past six months caused more than 1,200 deaths.

Heavy security kept most violence away from polling stations.

Election officials reported three people wounded and no one killed in attacks near polls and said only 16 of the 270 districts.

Please see ELECTIONS, Page A2

## Fed may suspend rate hikes

The Associated Press

WASHINGTON — Conflicting economic risks that could emerge from Hurricane Katrina are putting Federal Reserve Chairman Alan Greenspan and his central bank colleagues in a challenging spot.

Fallout from the disaster is expected to slow economic growth over the rest of the year, perhaps persuading the Fed to suspend its campaign of raising interest rates.

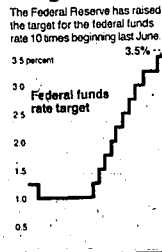
But a main argument for the Fed to stay the course is the concern that high energy costs, made worse by the killer storm, could filter down and affect the price of all kinds of things. Broader inflation could follow.

Policy-makers meet Tuesday to consider their next move on interest rates. Many economists are betting they will lift an important short-term benchmark by one-quarter of percentage point, to 3.75 percent.

It would be the 11th such increase since the Fed began to tighten credit in June 2004.

Commercial banks would be expected to increase their

### Rising rate tide



**SOURCE:** The Federal Reserve Board. AP prime lending rates by a corresponding amount, to 6.75 percent. These rates are used for many short-term consumer loans, including some credit cards and popular home equity lines of credit.

If the Fed pushes rates up again this week, borrowing

costs would reach their highest level in four years.

"I think this is very, very tough for the Fed. There's also the compassion issue. You run the risk of looking very callous by raising rates," said Brandeis University economics professor Stephen Cecchetti.

When all the risks are weighed, though, Cecchetti predicts the Fed will nudge rates higher.

Those in the rate-raising camp make this case: From an economic standpoint, inflation is more dangerous now than is the threat of a serious economic slowdown.

Other analysts say the prospects of a downturn are more of a risk. They say the Fed should leave rates alone on Tuesday.

"I think the greater risk is that higher energy prices will cause consumers to pull back, slowing overall economic growth," said economist Kathleen Camilli, president of Camilli Economics. She is on the side of those who think the Fed will leave rates unchanged at its meeting.

Please see RATE, Page A2

## NEW TWIST

### U.S. government seeks donations for Iraq aid

By Cam Simpson  
Chicago Tribune

WASHINGTON — From the Indian Ocean tsunami to the church around the corner, Americans have shown time and again they are willing to open their pocketbooks for charity, for a total of about \$250 billion last year alone.

But now, amid pleas for aid after Hurricane Katrina, the Bush administration has launched an unusual effort to raise charitable contributions for another cause: the government's attempt to rebuild Iraq.

Although more than \$30 billion in taxpayer funds have been appropriated for Iraq reconstruction, the administration earlier this month launched an Internet-based fundraising effort that it says is aimed at giving Americans "a

further stake in building a free and prosperous Iraq."

Contributors have no way of knowing who's getting the money or precisely where it's headed, because the government says it must keep the details secret for security reasons.

But taxpayers already finance the projects the administration is seeking charitable donations for, such as providing water pumps for farmers. And officials say any contributions they receive will increase the scope of those efforts, rather than relieve existing taxpayer burdens.

The campaign is raising eyebrows in the international development and not-for-profit communities, where there are questions about its timing — given needs at home — and whether it will set the government in competition with international not-for-profits.



TWIN FALLS FORECAST
Today: Sunny with temperatures edging upward. Highs upper 70s.
Tonight: A fair and cool night. Lows upper 40s.
Tomorrow: A nice September day. Highs low to middle 80s.

TWIN FALLS FIVE-DAY FORECAST
Today: Sunny with temperatures edging upward. High 48.
Tonight: A fair and cool night. Low 48.
Wednesday: Cool with clouds and a slight chance of rain. High 77, Low 51.
Friday: A nice end to the work week. High 73, Low 45.

BURLEY/RUPERT FORECAST
Today: A nice day with patchy clouds overhead. Highs upper 70s.
Tonight: Partly cloudy and comfortably cool. Lows low 40s.
Tomorrow: Warming nicely under a blend of clouds and sunshine. Highs low to middle 80s.

IDAHO'S FORECAST
SUN VALLEY, SURROUNDING MTS.
Breezy and a little cool with fair skies. No precipitation is expected. Locally breezy periods will slack around the week with fairly dry weather expected.
Today High: 83 to 74 (Low: 74 to 61) BOISE
This is going to be a beautiful week of weather. Mostly sunny skies will accompany a fair amount of sun. High temperatures will hit into the 80s, with a few showers and rain.

NORTHERN UTAH
Temperatures will edge upward through Tuesday. Dry weather is expected. 60 to 80 with a bit of rain and thunder likely Sunday.

ALMANAC - TWIN FALLS
Temperature, Precipitation, Humidity, Barometric, Sunrise and Sunset, Moonrise and Moonset, U.V. INDEX, Moon Phases, Regional Forecast, National Forecast, World Forecast.

REGIONAL FORECAST
City Today Tomorrow
Boise 83 80
Idaho Falls 81 78
Pocatello 81 78
Twin Falls 81 78

NATIONAL FORECAST
City Today Tomorrow
Albany 80 78
Albuquerque 80 78
Anchorage 80 78
Atlanta 80 78

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Editor Chris Steinhilber 735-3255
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Visitors flee as Tropical Storm Rita nears

KEY WEST, Fla. (AP) — Thousands of tourists jammed a highway Sunday to escape the lower Florida Keys after Tropical Storm Rita moved toward the vulnerable, low-lying island chain. A hurricane warning was posted for the entire Florida Keys, mixing hurricane conditions of winds of at least 74 mph are likely by late Monday.

Daniel Brown, a meteorologist at the National Hurricane Center. Long-term forecasts show the system heading generally toward the west in the Gulf of Mexico toward Texas or Mexico later in the week, but such forecasts are subject to large errors. That means that areas ravaged by Hurricane Katrina could potentially be in the storm's path. "Once it reaches the Gulf, really everybody should pay attention at that point," Brown said.

Rita is the 17th named storm of the Atlantic hurricane season. That makes this season the fourth-busiest since record keeping began in 1851 — 21 tropical storms formed in 1933, 19 developed in 1995 and 1807, and 18 formed in 1969, according to the hurricane center.



Women line up to vote in a polling station in a mosque Sunday in Kabul, Afghanistan. The country held landmark legislative elections, the first of their kind in more than three decades.

Airshow

Continued from A1
...and into the deep blue Idaho sky. The loudest plane here is the F-15 because it has two engines," said Staff Sgt. Bass. "But nothing compares to the sound of the Thunderbirds — nothing is louder." And the crowd loved every earth-shaking moment of it. As the Thunderbirds lifted from the safety of the concrete runway, the estimated 50,000-plus crowd cheered and clapped until the sheer noise drowned their vocal enthusiasm. Within seconds after lift-off, the base was alive with constant thinking and thundering planes coming and going in all directions at speeds exceeding 1,200 mph.

More power than a NASCAR race
The Thunderbirds utilize the Lockheed Martin F-16 Fighting Falcon fighter jet. Some facts about the F-16 Falcon:
• Can reach speeds above Mach 2, or 1,500 mph
• Pratt & Whitney engine delivers 71,000 horsepower; more than the combined engine power of a NASCAR race.
• Can reach altitudes of 50,000 feet.
• Range is 2,425 miles
• Maximum take-off weight is 37,500 lbs.
• Length is 49 ft., 5 in.
• Height is 16 ft.
• Wingspan is 32 ft., 8 in.

Other military aircraft at Gunfighter Skies:
• F-15 and F-16 West Coast Demo Team
• F-17A Nighthawk
• A-10 Thunderbolt
• B-52 Stratofortress
• F-35 Eagle
• F-15 Strike Eagle
• T-4 A Texan II
• RC-135
• E-3 AWACS
• T-37 Tweet
• T-38 Talon
• KC-135 Tanker
• EA-6B Prowler
• C-21
• TBM Avenger

Rate

Continued from A1
Whatever the fate of interest rates, there is agreement that the hurricane shaping up as the costliest natural disaster in U.S. history is causing uncertainty about the economic outlook. That is complicating the Fed's job of keeping the economy and inflation on an even keel. Before Katrina, it seemed certain the Fed would raise rates as a result of Katrina's impact. The idea of a pause cropped up among economists soon after Katrina struck in late August. Given more time to assess the situation and the economic fallout, many analysts have returned to the rate-raising camp. "Right after Katrina, it looked like a no-brainer. Uncertainty about what things were going as a result of Katrina would force the Fed to pause. But since then, the idea of the Fed pausing is fading," said Charles Dumas, chief economist for Lombard Street Research LLC. The economy is resilient and is expected to bounce back from what many economists

Debate over potential rate increase

RATE INCREASE: Despite an expected economic slowdown brought about by Hurricane Katrina, the Federal Reserve is expected to raise interest rates. THE DEBATE: Those in favor of raising rates say inflation is a greater danger now than an economic slowdown, while those opposed say a slowdown would be worse. KATRINA'S EFFECTS: The damage from the hurricane could reduce economic growth this year by as much as 2.5 percentage point. Spending is down due to high energy costs, and 400,000 jobs could be lost over the next four months.

It is the sound of freedom, the Air Force likes to say, when planes boom and bang across the sky. It is the sound of sacrifice, of dedication to country.

Elections

Continued from A1
ing stations did not open because of security threats. Vote counting begins Tuesday, and with donkeys and cats being used to collect ballots in some remote areas, preliminary election results are not expected until early October. Even then, it likely will take time to figure out who has the power in the new Wolesi Jirga, a parliament with 249 seats, 60 of which are set aside for women. Most of the 275 candidates ran as independents, and Karzai was careful not to publicly favor anyone, fearing renewed tensions if any political blocs became too powerful. Election organizers said voter turnout figures would not be known until Monday. Karzai said large numbers of women voted in several areas "wrecked by violence, including in the southern city of Kandahar, a former stronghold of the repressive Taliban regime." Their participation in the election is "a very positive step," he said. But entrenched attitudes were still evident. At a Kuchi nomad voting center east of Kabul, an Associated Press Television News cameraman saw women in all-encompassing burqas handing their ballots to men to fill out as electoral officials watched without intervening. In a statement, U.N. Secretary-General Kofi Annan said the election showed "the clear determination of the Afghan people to pursue the peaceful and democratic development of their nation." Some 12.4 million Afghans were registered to vote from 10 million of the presidential election.

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# Kurdish lawmaker killed

Police find 20 bodies in river

BAGHDAD, Iraq (AP) — Insurgents assassinated a Kurdish member of parliament and police found 20 bodies dumped in the Tigris River north of the capital where there was no major violence Sunday for the first time in five days.

Faris Nasir Hussein, a member of the Patriotic Union of Kurdistan party, was killed along with his brother and their driver in an ambush 50 miles north of Baghdad. A second Kurdish lawmaker, Haidar Shanoun, was wounded in the attack near the town of Dujaal.

Police and PUK officials said the men were murdered Saturday night as they drove to the capital for Sunday's session of the legislature which signed off on minor amendments to Iraq's draft constitution and delivered it to the United Nations for signing. The U.N. will distribute 5 million copies in advance of the Oct. 15 referendum.

Lawmakers sat for a minute of silence to honor their dead colleague.

"The terrorists have launched a war of aggression against all Iraqis (but) we are up to it," said Deputy Speaker Hussein al-Shanouni.

Authorities reported finding two dozen more bodies Sunday, men shot to death in the apparent ongoing tit-for-tat killings between Sunni and Shiite death squads.

Four of the dead were found handcuffed and shot in east Baghdad. Twenty more were dragged from the Tigris River near Basra, a city 50 miles north of the capital, police reported.



The picture of Faris Nasir Hussein, a member of the Patriotic Union of Kurdistan party who was killed in an ambush late Saturday about 80 kilometers (50 miles) north of Baghdad, is seen on his chair before the National Assembly session in the Iraqi capital Sunday.

The U.S. military said a soldier was killed in a roadside bombing while on patrol near Al Asad Air Base in a violent insurgent-infested region near the Syrian border. The dead soldier was assigned to the 56th Brigade Combat Team.

The death raised to at least 1,899 members of the U.S. military who have been killed since the beginning of the Iraq war in March 2003, according to an Associated Press count.

In Basra, Iraq's second-largest city, 200 militiamen with automatic weapons and rocket-propelled grenades set fire to tires as they barricaded main streets, demanding the provincial government order the immediate release of Sheikh Ahmed Fartousi.

The sheikh, a senior figure among followers of radical Shiite cleric Muqtada al-Sadr and

his Maliki Army militia, was arrested by British and Iraqi forces on Friday. He was accused of launching raids against security forces in the city, police said.

A coalition military statement on Sunday said Fartousi and two other detained militant were "suspects in terror attacks against Coalition forces, resulting in the deaths of nine members of coalition forces in the past two months in Basra."

After a tense standoff lasting several hours, the militiamen withdrew when an al-Sadr representative arrived from Najaf to negotiate with police and British forces who control the region.

Sheikh Muadhfar al-Shawki emerged from the meeting Sunday night and ordered the militiamen stay off the streets until he could report to al-Sadr. Neither side would give details of the talks.

# U.S. keeps pressure on Syria as U.N. gathering winds down

NEW YORK (AP) — The U.S. is using the largest gathering of world leaders to try to keep up international pressure on Syria by branding it a middlemen neighbor and a holdout against democratic advances in the Middle East.

Secretary of State Condoleezza Rice takes up the charge in meetings with other diplomats this week.

After a week of international meetings at the United Nations, Rice concludes her participation with a high-level meeting on Lebanon and a separate gathering of the nations and organizations helping to steer Israel and the Palestinians back to the peace table. The sessions will be the first major international gatherings at the Middle East since Israel withdrew from the Gaza Strip.

No major announcements on the Israeli-Palestinian peace process are expected after Tuesday's meeting of the key Mideast peacemakers — the United Nations, the United States, the European Union and Russia.

Although the Europeans, in particular, want to pressure Israel to continue the momentum of the Gaza withdrawal into the West Bank, the Bush administration probably will urge patience.

The U.N. gathering has seen some Mideast diplomacy that would have been shocking just a year or two ago.

Qatar, Pakistan and Indonesia have held high-level public meetings with Israel — a rare event for Muslim countries. Israeli Prime Minister Ariel Sharon received particular praise at the summit for the



U.S. Secretary of State Condoleezza Rice, right, greets Iraq's Prime Minister Ibrahim Jaafari at the U.N. headquarters Saturday in New York.

Gaza pullout, deemed a "courageous" act by Pakistan's president, Gen. Pervez Musharraf.

When Sharon met on Friday with Jordan's King Abdullah II, it was their first talks in months and a further sign of warming relations between the Jewish state and the Arab world after Israel ended its 38-year Gaza occupation. The pullout is Israel's first evacuation of territory Palestinians claim for a future state.

On Saturday, Rice had her picture taken with her counterpart from Libya.

Washington still considers the North African nation a state sponsor of terrorism, but it has dropped economic penalties and strengthened diplomatic ties since Libya renounced its weapons of mass destruction in

December 2003. As for Syria, also on the State Department's list of terrorism outlaws, its relations with the U.S. are getting worse.

Monday's meeting of European and Arab powers with economic ties to Lebanon was giving Rice a chance to argue that Syria was continuing to disrupt politics and daily life in Lebanon.

After effectively occupying Lebanon for nearly three decades, Syrian troops left last spring in the wake of anti-Syrian street demonstrations and political turmoil. The U.S. maintains that Syrian security agents remained.

The U.S. also contends Syria is turning a blind eye to foreign terrorists and arms flowing over its long border with Iraq. Syria denies the charge.

# Clinton Global Initiative is seeking poverty, clean energy commitments

NEW YORK (AP) — Former President Bill Clinton convinced world and business leaders to commit more than \$1.25 billion to address major global problems, ranging from poverty to clean energy.

The question is, will they follow through?

In his closing remarks Saturday at the first annual Clinton Global Initiative, the former president promised progress reports from the more than 190 initiatives.

Clinton told participants — including heads of state and business leaders — to remember the impact their work can have on future generations, saying "we are so arrogant because we are obsessed with

the present."

The three-day event, which coincided with a world summit at the United Nations, included a series of workshops on topics including religious conflict, poverty and the environment.

At a Saturday session, former Vice President Al Gore said Hurricane Katrina should serve as a warning that the world must not ignore the consequences of global warming.

"We face a global emergency, a deepening climate crisis that requires us to act," Gore said.

Scientists are split over whether a man-made change in world climate is fueling stronger storms.

At least one recent study suggested that a rise in the surface

temperature of tropical seas may be responsible for an increase in the severity of hurricanes. But many say the temperature rise is a natural environmental cycle.

The price of admission was \$15,000, and participants were required to commit to some sort of action to help solve a major global problem if they don't follow through, they would be invited back to what organizers intend to make an annual event.

The pledges secured at the conference included a \$300 million commitment from Swiss Re, a reinsurance and financial services organization, to start an investment fund for promoting clean energy in Europe.

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# Saudi candidate breaks ground in her country

RIVADH, Saudi Arabia (AP) — Businesswoman Madhawi al-Hassoun has signed up as the first woman in this ultraconservative Islamic kingdom to run in an election.

Her candidacy in a local chamber of commerce board election comes after the Saudi government intervened to allow women to vote and run in the contest.

"Saudi women candidates will prove that they are capable of being members of the chamber while at the same time adhering to religious rules, customs and traditions that govern our society," al-Hassoun said after registering her name Saturday evening in Jiddah, the kingdom's second biggest city.

She entered four days after dual Yemeni overruled a decision by the Jiddah Trade and Industry Chamber to reject the nominations of 10 businesswomen to run for positions on the chamber's board.

The intervention was an unprecedented move in a country where women are under heavy restrictions, including being barred from driving a car or traveling without a male guardian's permission.

Women were prevented from running in municipal elections

held across the nation during the first three months of this year. Saudi Arabia's first elections of any sort, were part of the royal family's response to calls for political and social change.

It will be part of a group that is capable of reform and that will present the best possible administration to lead the chamber," al-Hassoun said of the Jiddah election.

A flood of petitions from businesswomen asking to be allowed to run prompted Yamani to order the chamber to open the door to women candidates and allow women to vote.

He also ordered the election for the 18-member board to be postponed until Nov. 15 to give time for new candidates, including women, to come forward. More than 30 businesswomen are expected to seek seats on the board.

Women make up about 10 percent of the 40,000 members of the chamber of commerce in Jiddah, a port on Saudi Arabia's Red Sea coast.

Earlier this year, businesswomen in the eastern city of Dammam were allowed to participate indirectly in the local commerce chamber election, but male guardians had to cast their votes for them.



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SERVICES

Reuben Newert of Burley, funeral at 11 a.m. today at the Burley 2nd, 4th and 10th Ward Chapel of The Church of Jesus Christ of Latter-day Saints, 515 E. Burley, Friends may call from 10 to 10:30 a.m. today at the church (Rasmussen Funeral Home).

Katie Elizabeth Bryson of Halley, memorial service at 2 p.m. today at the Halley, LDS Church (Wood River Chapel).

Gertrude Mary Valasek of Springfield, Ore., and formerly of Twin Falls, graveside service at 2 p.m. today at Sunset Memorial Park in Twin Falls (White Mortuary).

Glen D. Ferrer of Jerome, celebration of life at 11 a.m. Tuesday at the Jerome Bible Baptist Church, 132 Second Ave. E., Jerome; visitation from 6 to 8 p.m. today at Farnsworth Mortuary, 1343 S. Lincoln, Jerome, and one hour before

the service at the church.

Helen A. Jewett of Twin Falls, graveside service at 3 p.m. Tuesday at Sunset Memorial Park. Friends may call from 11 a.m. to 1 p.m. Tuesday at Reynolds Funeral Chapel, 2466 Addison Ave. E., Twin Falls.

Russell Johnson of Burley, gathering for family and friends from 6 to 8 p.m. Tuesday with a memorial service at

7 p.m. at Hansen Mortuary Burley Chapel, 321 E. Main.

Edith M. Opial of Twin Falls, funeral at 1 p.m. Wednesday at Park's Magic Valley Funeral Home; visitation from 5 to 8 p.m. Tuesday at the funeral home.

Evona A. Duff of Rupert, graveside service at 2:30 p.m. Thursday at the Paul Cemetery (Hansen Mortuary Rupert Chapel).

DEATH NOTICES

James Martin HAGERMAN — James Martin 81, of Hagerman, passed away Saturday, September 17, 2005, at his home in Hagerman. Memorial services are pending and will be announced by Park's Magic Valley Funeral Home of Twin Falls.

Hilda Aguirre WENDELL — Hilda Aguirre, 20, a resident of Wendell, died Saturday, September 17, 2005, of injuries from an auto accident. Funeral arrangements are pending and will be announced by Demary Funerals in Wendell.

OBITUARIES

For obituary rates and information, call 735-3278 Monday through Saturday. Deadline is 4 p.m. for next-day publication. The e-mail address for obituaries is obits@magvalley.com. Death notices are a free service and can be placed until 4 p.m. every day. To view or submit obituaries online, or to place a message in an individual online guestbook, go to www.magvalley.com and click on "Obituaries."

Toshiye Tanaka



Toshiye Tanaka, 92, a long-time resident of Shoshone, passed away on Aug. 16, 2005, at the home of her son, Fred Tanaka, in Hood River, Ore., after a short battle with cancer. She was born in Iwata, Japan, on April 17, 1913, and moved to Hiroshima, Japan, to obtain her education. She met Eddie M. Tanaka in Hiroshima and was married on Dec. 9, 1931. This union transported her back to the United States to Shoshone, Idaho, where she raised four children and remained active taking care of her house and flower garden, attending the First United Methodist Church, quilting at the Shoshone Senior Center and traveling.

Surviving are two sons, Clarence (Kyoko) Tanaka of

Marvin Francis Custer



TWIN FALLS — Marvin Francis Custer, 93, of Twin Falls, passed away September 17, 2005, at Magic Valley Regional Medical Center. Marvin was born in Fremont, Nebraska on September 5, 1912, to Seth Custer and Nancy Elizabeth Jones Custer. He came to Hansen, Idaho with his extended family, farm machinery and livestock on an emigrant train in 1913, where his father worked as a farmer and later as a plasterer. Marvin started school at the Shamrock country school and attended several country schools around the Magic Valley and the original Bickel School. In 1923 the family moved to Southern California where Marvin finished his education. He returned to Twin Falls in 1927 where he worked with his father as a load carrier and plasterer. He helped plaster in Twin Falls including the Texaco station on Main Street and the old St. Ward L.D.S. Church. He also "rode the rails" hopping freight trains to Colorado and Montana to work in the hay harvest.

Cline at her home south of Hansen. They moved to Twin Falls in 1929 where Marvin farmed for 42 years. He also raised Registered Suffolk Sheep and was Treasurer for the Twin Falls Livestock Marketing Committee for many years. He was a member of the First Methodist Church and served on the Boy Scout Troop 67 Scout Committee. After his retirement he worked as a volunteer at the visitor center and at C.S.I. He and Dorothy traveled the U.S. in their RV and have been very

Twin Falls and Fred (Fella) Tanaka of Hood River, Ore.; two daughters, Irene (Warren) Kan of Seaside, Ore., and Nancy (Darrell) Paulson of Canyonville, Ore.; a sister, Takako Murakami of Honolulu, Hawaii; a sister-in-law, Shizuko Nomi of Hiroshima, Japan; eight grandchildren and seven great-grandchildren.

A graveside memorial service will be at 2 p.m. Sept. 24 at the Shoshone Cemetery under the direction of Demary Funeral Home with Pastor Eike Sharma officiating.

In lieu of flowers, the family requests memorials be made to the Shoshone Senior Center, Shoshone Education Foundation or American Cancer Society.

Ann in the Bluebird Chapter of Good Sams. They also enjoyed trips to Mexico, Hawaii, Alaska, Hong Kong and Thailand. He was preceded in death by his parents, Seth and Nancy, two sisters, Genevieve and Jeannette and a grandchild, Bradley. He is survived by his wife of 68 years, Dorothy; son Gary (Sharon) of Twin Falls, daughter Colleen Weston (John) of Boise, son Neal (Diana) of Soothe, daughter Carol (Walker) (Ron) of Coeur d'Alene, six grandchildren, five great-grandchildren and many step-grandchildren and great-grandchildren.

In lieu of flowers the family requests a donation in memory of your choice or to The First United Methodist Church Scholarship Fund. Services will be held 2:00 p.m. Wednesday, September 21, 2005, at the Twin Falls First United Methodist Church with Rev. Greg Lindsay officiating. Burial will follow at Sunset Memorial Park. Arrangements are under the direction of White Mortuary "Chapel by the Park."

Timothy Roy Koehn

HAZELTON — Timothy Roy Koehn, 36, of Hazelton, died Friday evening, September 16, 2005, at his home following a sudden illness. Timothy was born at Arwater, California on July 20, 1969, to Dennis & Clara Esau Koehn. Tim was born without an aortic heart valve and has had two heart operations, one when he was 7 months old and one when he was 17, to install an adult valve. Tim moved to Buhl with his family about 30 years ago. He

worked at cowboying and farming most of his life, and loved the outdoors and the things God had made. He is survived by his father, Dennis "Gladden" Koehn of Buhl, Idaho; grandmother, Sadie Koehn; 3 sons, Tim Gus Koehn, Montana Sundance Koehn, and Cheyenne Dakota Koehn, all of Hazelton; 4 step children, Tagha, Crystal, Raymond, and Bruce, and their mother, Coleen, all of Hazelton; a brother, Robert "Shelli" Koehn of Buhl; 2 sisters, Sherie

Helen Arlene Jewett

TWIN FALLS — Helen Arlene Jewett, 89, of San Diego, Calif., who was born to James and Hattie Couch passed away September 15, 2005, at Twin Falls, Idaho, just three days before her 90th birthday. Helen is survived by a brother, E. W. Couch who resides in Chupa Vista, Calif.; his two daughters, Linda and Louise; two sons, Dean and Gary, nine grandchildren, six great-grandchildren and one great-great-grandchild. She preceded in death by four sisters and one granddaughter. She married Homer E. Jewett March 7, 1934, in Gooding, Idaho and lived in Buhl, Idaho until 1946. During World War II she worked escape the harsh Idaho winters - and return with her

Ann Koehn of Winton, California and Twyla "Darun" Haycock of Buhl; and 2 nieces and 3 nephews. He was preceded in death by his mother Clara and by his grandparents. The funeral service will take place at 2:00 PM Wednesday, September 21, 2005, at the Valleyview Church of God in Christ, 3925 N. 1900 E. at Filer, Idaho. Burial will follow at Sunset Memorial Park. Friends may call at Reynolds Funeral Chapel, 2466 Addison Ave. East on Tuesday from 1:30 until 3:00 p.m.

THIS WEEK AT CSI

"Hubble Vision," 7 p.m., Faulkner Planetarium. "Sprock" wood-fired ceramic show (through Oct. 15), Herrert Center, Jean H. King gallery (free admission). CSI Chi Alpha Club weekly meeting, County School District ropes challenge, 9 a.m., Challenge Course. CSI Athletic Boosters weekly luncheon, noon, Taylor 277. CSI Student Senate weekly meeting, 4 p.m., Student Union 232. CSI Board of Trustees monthly meeting, 5:30 p.m., Taylor 258. Tuesday Idaho Foodbank fundraising workshop for Magic Valley agencies, 8:30 a.m. to 2:30 p.m., Taylor 277. Traps TV board meeting, 10 a.m., Taylor 276. Idaho Small Business Development Center free business boot camp, noon, Evergreen CSO. Magic Valley Leadership student ropes challenge, 12:30 p.m., Challenge Course. CSI Ski Club weekly meeting, 1 p.m., Shields 106. CSI Ambassadors weekly meeting, 2 p.m., Student Union 232. CSI Outdoor Program clay shooting introduction, 3 p.m., Shields 105. CSI Math and Engineering Club weekly meeting, 4 p.m., Shields 202. Alcohol and traffic safety school, 5 p.m., Shields 108. "Mingle in the Jungle" free reptile rave, 6 p.m., Herrert Center rain forest. Centennial Dance Band weekend rehearsal, 7:30 p.m., Fine Arts 121. Friday Cassia Education Center ropes challenge, 9:30 a.m., Challenge Course. Golden Eagle Forensics Tournament, 2 p.m., all campus. CSI and Department of Health and Welfare PHRIDE training for foster parents, 5 p.m., Taylor 248. CSI Golden Eagle volleyball vs. Snow College, 7 p.m., gymnasium. "Hubble Vision," 7 p.m., Faulkner Planetarium. Narcotics Anonymous weekly meeting, 7 p.m., Desert 113. Saturday Golden Eagle Forensics Tournament, all day, all campus. CSI AG Department and Twin Falls Farmers-Market (local produce and crafts), 9 a.m. to 1 p.m., across from Eldon Evans Expo Center. Magic Valley Youth Orchestra rehearsal, 9 a.m., Fine Arts 121 and 133. United Church of God weekly meeting, 10 a.m., Aspen 145. "The Search for Life in the Universe," 2 p.m., Faulkner Planetarium. CSI Golden Eagle volleyball vs. College of Eastern Utah, 3 p.m., gym. "WSKY" Radio Station of the Stars' taping by a live sky tour, 4 p.m., Faulkner Planetarium. "Hubble Vision," 7 p.m., Faulkner Planetarium. "Lynard Skynard: Fly On Free Bird," 8:15 p.m., Faulkner Planetarium. Thursday Twin Falls Chamber of Commerce Magic Valley leadership luncheon, 11:30 a.m., Expo Park. CSI, Chamber of Commerce and City of Twin Falls electronic message center training, 11:30 a.m., Taylor 277. Center for New Directions single parents luncheon, noon, Student Union 248. CSI Phi Theta Kappa weekly meeting, noon, Student Union 232. Students Accessing Abilities weekly meeting, 3:30 p.m., Student Union 234. Tuesday Bliss School Board, 7:30 p.m., school library, 601 E. Highway 30. College of Southern Idaho Board, 5:30 p.m., Room 259, Taylor Administration Building, 315 Falls Ave., Twin Falls. Gooding City Council, 7 p.m., City Hall, 308 Fifth Ave. W. Hatley Planning and Zoning Commission, 6:30 p.m., court house, 206 First Ave. S. Hansen School Board, 7 p.m., district office, 550 Main. Jerome County commissioners, 9 a.m., courthouse, 300 N. Lincoln. Ketchikan City Council, 5:30 p.m., City Hall, 400 E. Ave. N. Mindoka County School Board, 7 p.m., district office, 633 Fremont, Rupert. Ripley City Council, 5 p.m., council chambers, 305 Third Ave. E. Twin Falls County commissioners, 8:30 a.m., courthouse, 425 Shoshone St. N. Twin Falls School Board, 7 p.m., administration office, 201 Main Ave. W. Idaho man whose burn barrel sparked wildfire could face charges

ON THE AGENDA

Today Bliss School Board, 7:30 p.m., school library, 601 E. Highway 30. College of Southern Idaho Board, 5:30 p.m., Room 259, Taylor Administration Building, 315 Falls Ave., Twin Falls. Gooding City Council, 7 p.m., City Hall, 308 Fifth Ave. W. Hatley Planning and Zoning Commission, 6:30 p.m., court house, 206 First Ave. S. Hansen School Board, 7 p.m., district office, 550 Main. Jerome County commissioners, 9 a.m., courthouse, 300 N. Lincoln. Ketchikan City Council, 5:30 p.m., City Hall, 400 E. Ave. N. Mindoka County School Board, 7 p.m., district office, 633 Fremont, Rupert. Ripley City Council, 5 p.m., council chambers, 305 Third Ave. E. Twin Falls County commissioners, 8:30 a.m., courthouse, 425 Shoshone St. N. Twin Falls School Board, 7 p.m., administration office, 201 Main Ave. W. Tuesday Idaho man whose burn barrel sparked wildfire could face charges

Idaho man whose burn barrel sparked wildfire could face charges

MOUNTAIN-HOME (AP) — Authorities say a man whose burn barrel sparked a large fire could face fines or charges. About 100 firefighters from the BLM and the National Fire Service, as well as air crews, battled the blaze. A steady rain Friday night helped minimize the damage to buildings, and fire crews called the fire controlled at 6 p.m. Saturday. "The rain definitely aided it at a really good time," Gerratt said. "It really just helped knock it out."

The fire was the second this month in Idaho to be sparked by a burning barrel and to force evacuations. The human-caused Valley Road fire caused the evacuation of at least 50 people in the Fisher Creek area about 15 miles southeast of Stanley in early September and eventually burned more than 40,000 acres of timber in the Sawtooth National Forest. None of the evacuated structures was damaged in the fire. That fire started around a burn barrel on a farm, in the school yard.

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# GOP will propose spending cuts

## Republicans aim to offset relief for Gulf Coast

WASHINGTON (AP) — House Republicans are looking at delaying some federal spending, including money for a prescription drug benefit under Medicare and thousands of highway projects, to offset the cost of rebuilding the Gulf Coast, a leading GOP fiscal conservative said Sunday.

Rep. Mike Pence, R-Ind., said there is a need for dramatic spending cuts in "big-ticket items."

However, Democrats appearing on Sunday news programs questioned how President Bush can trim the budget to pay for Katrina recovery and support tax cuts for the wealthy.

"Where is he going to find roughly half a trillion dollars over the next several years for

Iraq and for Katrina?" Sen. Joseph Biden, D-Del., asked on "Late Edition" on CNN. "I think we're not leveling with the American people."

Raising taxes or not making permanent the president's tax cuts is not the answer now, said Pence, head of the Republican Study Group, the spearhead group for the GOP's most conservative members.

"We simply cannot break the bank of the federal budget," Pence told ABC's "This Week."

"We simply can't allow a catastrophe of nature to become a catastrophe of debt for our children and grandchildren," he said.

The drug benefit program, set to begin Jan. 1, is expected to cost \$40 billion a year. Last

month President Bush signed a \$286.4 billion highway bill that has been criticized for including about 6,000 projects added by lawmakers to benefit their districts and states.

Setting aside all of those additional highway projects and delaying the drug benefit by a year are expected to be among the proposals House Republicans are preparing for "Operation Offset" this week, Pence said.

"We need to rebuild," he said. "We can find the cuts in Washington, D.C., to do that. I really believe that."

Sen. David Vitter, R-La., said tax increases will not be a part of the recovery plan he intends to offer this week. Although cuts in spending and delays in spending

already approved will not be in his proposal, Vitter said he is open to considering such actions.

Vitter said people should not take on faith that Republicans will make cuts in light of the high spending during the Bush administration.

"We haven't been disciplined enough over the last 10 years. We need to do that, and we need to do that before Katrina. We still need to do that over the medium and long term," Vitter said.

Sen. Lindsey Graham, R-S.C., said an across-the-board cut in spending, excluding defense spending, would be appropriate. He suggested lawmakers consider delaying the drug benefit and review the highway and energy bills passed this summer. The energy bill totaled \$12.3 billion over 10 years.

# Feds: Commuter train was speeding before crash

CHICAGO (AP) — A commuter train was going almost 60 mph above the speed limit just before it derailed, killing two people and injuring dozens, the acting chairman of the National Transportation Safety Board said Sunday.

Mark Rosenker said the Metra train was traveling at 69 mph and should not have been going faster than 10 mph when it switched tracks at a crossover just before jumping the tracks Saturday.

"Sixty-nine miles an hour is very, very fast when you're dealing with a 10-mile-an-hour restriction," Rosenker said.

The speed information came from a preliminary reading of one of the train's three electronic data recorders, popularly known as "black boxes," Rosenker said.

Part of the investigation included an interview Sunday with the train's engineer, Rosenker. The 41-year-old man had been on the job for 45 days after completing Metra's six-month training program, which included at least some training along the route where the derailment occurred. He also had worked for more than five years as a CSX Corp. freight train engineer.

Investigators have determined that nothing was abnormal with the tracks, which had just been inspected on Friday, Rosenker said.

The double-decked commuter train was headed into Chicago from Joliet on Saturday morning with 185 passengers and four crew members when its locomotive and five rail cars jumped the tracks about 5 miles south of downtown.

# Specter hopes next nominee is like Roberts

WASHINGTON (AP) — Predicting an easy confirmation for John Roberts, the chairman of the Senate Judiciary Committee said Sunday he hoped President Bush's next Supreme Court nominee will share Roberts' conservative credentials.

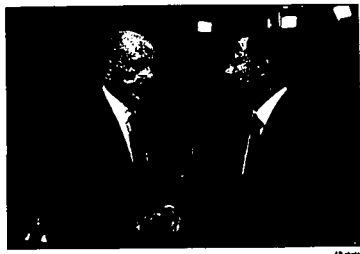
"I hope that we'll have somebody who is modest like Judge Roberts says he is, someone who will promote stability so there are no sharp turns," said Sen. Arlen Specter, R-Pa.

With Roberts' rise from appeals court to the high court all but assured, Bush has begun early consultations on filling the vacancy created by retiring Justice Sandra Day O'Connor.

Bush plans to meet on Wednesday with Specter, Senate Majority Leader Bill Frist, R-Tenn., Minority Leader Harry Reid, D-Nev., and Sen. Patrick Leahy of Vermont, the top Democrat on the Judiciary Committee.

Leahy, appearing with Specter on CBS' "Face the Nation," said he expects to hear specific names from the president at the White House breakfast meeting.

Possible replacements include federal appellate judges



Sen. Arlen Specter, R-Pa., left, talks to Chief Justice nominee John Roberts during a break in the committee confirmation hearing for Roberts, on Wednesday on Capitol Hill.

Edith Clement, Edith Hollan Jones and Emilio Garza. Also mentioned have been judges J. Michael Luttig, Samuel A. Alito Jr., James Harvie Wilkinson III and Michael McConnell, lawyer Miguel Estrada, former deputy attorney general Larry Thompson and Attorney General Alberto Gonzales.

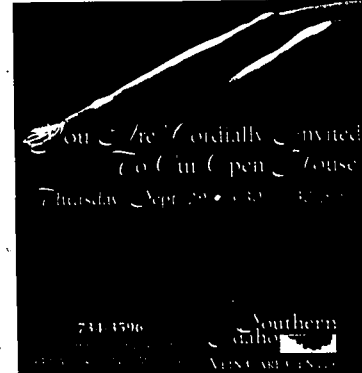
such as whether he would uphold the 1973 landmark abortion decision of Roe v. Wade. Still, some Democrats have shown little appetite for a political fight since Roberts would fill the seat of conservative Chief Justice William H. Rehnquist, an opponent of Roe O'Connor's seat, however, poses a different question because her vote could tip a court closely divided on abortion, the death penalty, gay rights and affirmative action.

Specter said he is confident Roberts will support privacy rights such as abortion and believes a judge in the same mold would be an appropriate replacement for O'Connor.

"I'd like to hear that the president is going to maintain balance and have a very evenly divided court," he said.

"I would hope that we could see the court have less 5-4 decisions and speak with more clarity," Leahy said. "I think the president, with four of us there, may well get some response on what we think about those names."

During last week's confirmation hearings, Roberts declined to elaborate on specific issues



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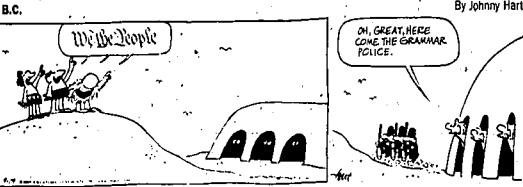
Before Karen Sweesley started wearing her hearing aids, it was really hard to hear her husband. Now, after getting her system, her husband remarks, "That's the greatest thing that's ever happened to me."

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COMICS



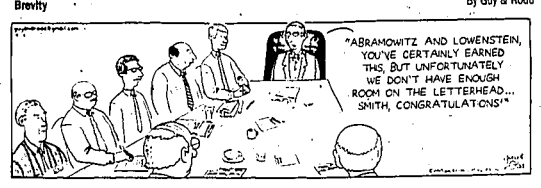
By Johnny Hart



By Rick Kirkman and Jerry Scott



By Hector D. Cantu and Carlos Castellanos



By Guy & Rodd



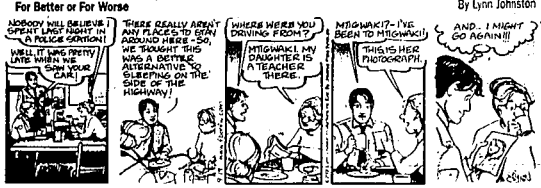
By Scott Adams



By Gary Trudeau



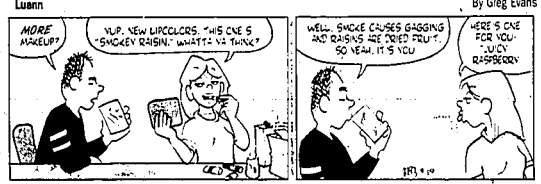
By Phil Frank and Joe Troise



By Lynn Johnston



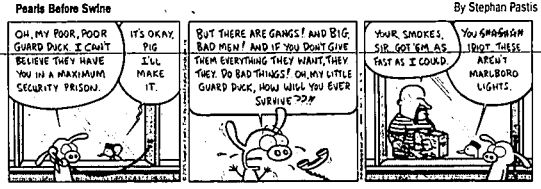
By Bob Thaves



By Greg Evans



By Bruce Tinsley



By Stephan Pastis



By Brian Crane



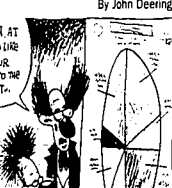
By Pat Brady



By Jim Borgman and Jerry Scott



By Wiley



By John Deering



BIBLE STORIES ACCORDING TO F.E.M.A.

# Gemini: Ideas open doors

**IF SEPT. 19 IS YOUR BIRTHDAY:** Make important plans and accept whatever comes your way right now. Those who are attracted to you now are good for you and are likely to give you excellent advice and guidance — as well as material advantages. October is your month to receive some rewards for past performances. Because others hold you in high regard, it is a good time to ask for favors or make a change with your career or business. Launch plans for the next 12 months during these next six weeks and your upcoming year will be peaceful and serene.

**ARIES (March 21-April 19):** Your hard work and dedication could pay off in big ways. Decisions, plans or agreements made now have a good chance of making your life a little bit easier for a long time to come.

**TAURUS (April 20-May 20):** The roulette wheel is likely to stop on your number, so go ahead and take a chance with a new romance or a business deal. People are more generous than usual and have confidence in your abilities.

**GEMINI (May 21-June 20):** Ideas that pop up now may open beneficial doors. Make presentations or speak to others who can help your cause. Commitments made now are

## HOROSCOPE

Jeraldine Saunders

likely to run smoothly over the long term.

**CANCER (June 21-July 22):** Honesty and sincerity shine brightly today. Maintain a positive frame of mind and something of permanent value might fall into your lap. Promises made now will be easy to keep.

**LEO (July 23-Aug. 22):** The stars are smiling on new projects and commitments begun now, so go ahead and launch fresh initiatives. Your instincts are right on the mark where work and business are concerned.

**VIRGO (Aug. 23-Sept. 22):** Take advantage of profound thoughts and ideas that shimmer in the back of your head. You are wiser and more far-seeing than usual, and can strike a bargain that is of benefit to everyone.

**LIBRA (Sept. 23-Oct. 22):** A talent for salesmanship is your ace in the hole. It is easy to overcome shyness to get closer to your prospects. Those who approach you with an offer may have just what you need.

**SCORPIO (Oct. 23-Nov. 21):** The time is right. Yield graciously to the enthusiastic urgings of someone close. Make long-term plans an commitment yourself to a course of action while celestial conditions are favorable.

**SAGITTARIUS (Nov. 22-Dec. 21):** Ask for a favor. People will appreciate your honesty and sincerity more than ever. Whether you ask for advice or a favor, there is a sense of prophecy in words of wisdom today.

**CAPRICORN (Dec. 22-Jan. 19):** Acting on a whim can lead you to a very useful opportunity. Apply intelligence to your decisions and commitments and they will run smoothly if initiated under these stars.

**AQUARIUS (Jan. 20-Feb. 18):** Don't discount your intuitions. The undercurrents you sense may give you positive guidance. Those you meet up with under these stars may be a source of helpful and send you extra business.

**PISCES (Feb. 19-March 20):** Don't underestimate the intelligence of those you meet up with today. Wisdom is in the air and a little bird may give you valuable information. Make a start on achieving an objective.



# Mother's defense of son is tearing family apart



DEAR ABBY  
Jeanne Phillips

friend. I received a reply from his son, who was handling his father's affairs after his death a few days earlier. He had no idea who I was.

If he had looked at his father's mailing list, he would have seen a list of people who would have been interested in his father's demise.

I'm going to end our list now, to indicate who should be contacted in case of death or serious illness.

**DEAR GRIEVING:** Over the years I have received literally hundreds of letters like yours from people who have lost old friends. These are people who would have liked to have sent condolences, made donations to charity, said a final goodbye at the funeral, or shared a happy experience at a memorial for the friend they lost.

Readers, although none of us likes to dwell on our own mortality, I don't know of anyone who has managed to last forever. So consider for a moment the people who care about you. Go through your address book and note the individuals you think would like to be notified if you are unable to do it yourself. The task will take only a few minutes. And leave a note indicating where to find the information with your important papers.

could, but you can't. Your mother is so fully invested emotionally in your brother that she can no longer differentiate between him and herself. That is why, when you criticize him, she takes it as a personal insult. That is also why she is so determined to "protect" him from the consequences of his actions. What's sad is, she is not helping your brother. She's only allowing him to continue his anti-social behavior.

Let's hope the state steps in and prevents your brother from continuing his criminal activities for a while. However, even then, don't expect him to change until the consequences of his actions become so severe that he feels he must. Why should he? Until now, his mother has tossed him a feathered every time he should have landed on his family. It's called "enabling."

**DEAR ABBY:** A few weeks ago, I e-mailed a message to an old

**DEAR ABBY:** My brother, "Dick," was a sheriff's deputy for five years. He was arrested recently on felony theft charges, stemming from burglaries committed in the rural area he was assigned to protect.

I gave up on Dick years ago. He has almost destroyed the family farm by not showing up for meetings and spending money that wasn't his. He also stole items from the farm, as well as a substantial amount of cash from our mother.

I am worried about Mother. She knows Dick is guilty, but makes up every excuse under the sun for him. He takes anti-depressants — she blames them. She blames his soon-to-be ex-wife. She blames his girlfriend who "put him up to the crimes and then turned him in." She bails him out and lets him stay with her if he wants.

Anything negative my siblings say about him, she takes as a direct insult. Dick broke Mom's heart years ago, and my siblings and I were left to pick up the pieces. Now she's allowing him to do it all over again. It's tearing our family apart. How can we convince her it's time for tough love?

**— TRYING TO HELP MOM IN THE NORTHWEST**  
**DEAR TRYING:** It might be better for your brother if you

# Ancient Egyptians became first to use gold to fill cavities



RANDOM KINDNESS  
Jack Mingo  
Erin Barrett

About 4,500 years ago, Egyptians became the first people to use gold for filling cavities.

This day in history: On Sept. 19, 1900, Robert Leroy Park and Harry Langenshaw committed their first robbery together. You probably know them better by their nom de crimes: Butch Cassidy and the Sundance Kid.

Members of England's royal family are not allowed to vote.

For his day job, poet Walt Whitman worked as a low-level clerk in the United States Government's Indian Department (later known as the Bureau of Indian Affairs).

**Go ahead and cry** while you study for your exams. You'll long for memory is more likely to remember the details of emotionally charged situations than emotionally neutral ones.

Reader Pete Beardsley takes exception to our assertion that baseball was not born in the United States. He writes: "I low-

ball could be considered an import. Football historians credit players at McGill University in Quebec with creating the basic game — adapted from rugby but with an oblong ball — and teaching it to a team from Harvard.

Perhaps our fears are misplaced. In a typical year, automobiles kill about 43,000 Americans. Flu and pneumonia kill 38,000. Guns, 26,000. Food-borne illness, 5,000. And terrorism, a comparatively handful.

No, it wasn't one of our founding fathers but Voltaire, who said, "I disapprove of what you say, but I will defend to the death your right to say it."

What's the difference between plaque and tartar? Plaque is the stuff left by mouth bacteria; tartar is a mineral deposit from your saliva.

Erin Barrett and Jack Mingo can be reached at factmon-gers-mingo-barrett.com

# Gwen Stefani debuts L.A.M.B. on the runway with a mix of looks



Gwen Stefani is interviewed backstage before her L.A.M.B. spring/summer 2008 fashion show in New York, on Friday.

**NEW YORK (AP)** — Rock star Gwen Stefani didn't break any new fashion ground with the debut of her L.A.M.B. collection — but she didn't stumble either, showing everything from track suits to evening gowns that were in line with many of the spring trends.

Standouts during Friday's show at New York Fashion Week included a black silk halter gown with a train of fabric flowers and a red, green and gold zip-front jacket worn over a silk chiffon Rasta gown with tiers of chiffon.

A jersey tank gown covered with the L.A.M.B. logo in a graffiti style was "Gwen chic," said Glamour editor in chief Clait Leive.

Stefani, no stranger to performance, stepped on the catwalk with the minimal stage most designers use during the shows for buyers, editors and retailers. She added scuffed-up clogs to the catwalk, silver streamers on the ceiling, and stardust on the runway.

Music star-turned-fashion designer Sean "Diddy" Combs was in the audience to cheer on Stefani, as were singers Ashanti, Lenny Kravitz and Faith Hill.

Stefani, in a gold bikini top, tank and track pants, strutted the full length of the runway after the show and stopping to kiss Vogue editor in chief Anna Wintour.

The exuberant scene was in stark contrast to Ralph Rucci's serene couture collection. Rucci showed a — a pink, plinked suede dress with a cashmere coat lined in embroidered silk paisley, and a suit worn in an embroidered chiffon blouse.

Earlier Friday, Ralph Lauren embraced the suits, longer dresses, lighter waists and nautical touches seen elsewhere for spring. But despite the ruffles and fluff, the collection wasn't too froily.

**Beetle Bailey** By Mort Walker

THERE'S ONLY ONE BOSS AROUND HERE!  
IT'S EITHER ANY WAY OR THE HIGHWAY! GOT IT?  
GOT IT!  
WHERE ARE YOU GOING?  
TO THE HIGHWAY  
GODDAMN! GODDAMN!

**Blondie** By Dean Young & Stan Drake

ON NOHE! ARE YOU REALLY GOING TO WEAR THAT SHIRT?  
ARE YOU KIDDING? THIS IS WHAT THEY WEAR ON THE BEACH!  
I GUESS THAT EXPLAINS WHY EVERYONE OVER HERE WEARS SLUNG ASSSES

**The Bom Loser** By Art Sansom & Chip

YOU'VE BEEN SHOWING QUITE A BIT OF INITIATIVE LATELY, HAVEN'T YOU, MY BOY?  
WELL, NOW THAT YOU MENTION IT, CHIEF, I HAVE BEEN!  
STOP IT!

**Garfield** By Jim Davis

HOW'S THE COFFEE?  
IT GOT THE JOB DONE  
SLUP

**Hagar the Horrible** By Chris Browne

I CHALLENGE YOU TO A DUEL, STRANGER!  
WAP!  
I ACCEPT! BUT WHY ARE YOU CHALLENGING SOMEONE YOU'VE NEVER EVEN SEEN BEFORE TO A DUEL?  
PEOPLE SAY I HAVE A DEATH WISH  
WAP!

**Hi and Lois** By Chance Browne

I DON'T KNOW WHICH OF MY GIRLFRIENDS I LIKE BEST.  
MAYBE YOU HAVE TO KEEP LOOKING UNTIL YOU FIND A GIRL WHO HAS EVERYTHING.  
NOW THAT WOULD BE THE MOST PERFECT GIRL EVER.  
THAT'S WHAT I THOUGHT

**Classic Peanuts** By Charles M. Schulz

THIS IS REAL LOVE...  
REAL LOVE IS STANDING BEHIND A TREE SO YOU CAN SEE HER WHEN SHE LEAVES HER HOUSE  
OF COURSE IT CAN SOMETIMES BE EMBARRASSING...  
LIKE WHEN YOU DISCOVER YOU'VE BEEN STANDING IN THE WRONG SIDE OF THE TREE.

**The Wizard of Id** By Brant Parker and Johnny Hart

NO ONE TOUCHED MY DISH AT THE CHURCH SUPPER  
I TOLD YOU DEVILED EGGS WERE A BAD IDEA

**Dennis the Menace** By Hank Ketcham

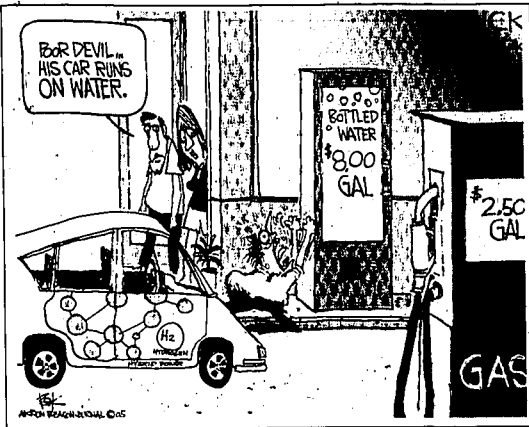
MR. WILSON SAYS WHEN HE WAS YOUNG THERE WERE ONLY THREE CHANNELS, BUT THE PROGRAMS WERE A HUNDRED TIMES BETTER!

**THE FAMILY CIRCUS** By Bil Keane

Wait for next year!

It's not for our baseball team. It's for my vegetable garden.





## Start planning now for hybrids

What this country needs is \$4-a-gallon gasoline or, maybe, \$5. We don't need it today, but we do need it over the next seven to 10 years via a steadily rising oil tax. Coupled with stricter fuel-economy standards, higher pump prices would push reluctant auto companies and American drivers away from today's gas guzzlers. That should be our policy. The deafening silence you hear on this crucial subject from the White House, Congress and the media is a sorry indicator of national shortsightedness.

Katrina's message is clear: we are vulnerable to any major cutoff of oil. This cutoff came from a natural disaster, but the larger menace is a political cutoff.

Two-thirds of the world's proven oil reserves lie around the Persian Gulf; these countries, led by Saudi Arabia, now provide about a quarter of today's oil supply. This flow could be interrupted at any time for many reasons — terrorism, war, domestic upheaval, deliberate cuts. Many other oil exporters are similarly unreliable: Russia (the No. 2 exporter), Venezuela (No. 5) or Nigeria (No. 8).

Until oil's geography changes, a prudent society would respond to this un-avoidable insecurity. After the first oil "crisis" in 1973, Americans did. Congress created a Strategic Petroleum Reserve and mandated fuel-economy standards. Drivers were sobered by high prices. From 1970 to 1990, average fuel economy for cars rose from 13.5 miles per gallon (mpg) to 20 mpg.

For "light trucks" (a category covering pickups, SUVs and minivans), the gains were from 10 mpg to 16 mpg. But in the 1990s, there was massive backsliding.

Fuel economy stagnated, as millions of Americans shifted to SUVs and pickups. The SPR languished.

In 1992, it had oil equal to 83 days of imports; by 2000, that was only 52 days.

Complacency reigned. Americans re-embarked the notion of cheap gasoline as a "right" that, if impaired, must be blamed on greedy oil companies, monopolistic OPEC or some sinister conspiracy. Thus, "gouging" was last week's acceptable explanation for the sharp run-up of gasoline prices.

Forget the law of supply and demand. Forget our continuing vulnerabilities. More than 60 percent of our oil use goes for transportation, dominated by road travel. It's a myth that encouraging more fuel-effi-



ROBERT SAMUELSON

cient vehicles means that we will all have to drive shoeboxes. The advent of "hybrid" vehicles — combining internal-combustion engines and electric motors — promises fuel-efficiency gains of 10 percent to 50 percent based on existing technologies, says David Greene of the Oak Ridge National Laboratory. But it's also a myth that simply issuing tougher fuel standards will bring instant relief.

"It's going to take a long time," says Walter McManus of the University of Michigan Transportation Research Institute. "You've got 225 million vehicles out there. It's about 15 years to turn over the fleet." Actually, the math is worse than that. From 2003 to 2025, the number of vehicles may grow by 50 percent, projects the Energy Information Administration. The increase reflects more people (from today's 297 million to 351 million in 2025) and higher incomes. The upshot: to keep total gasoline consumption constant, average fuel efficiency must improve roughly 50 percent.

We should be able to do this. Car companies can shift decisively toward hybrids. Despite the hype, annual hybrid sales this year will amount to a mere 20,000 out of sales of about 17 million, McManus says; and present production plans would raise that to only about 600,000 by 2009, he projects. But if companies are to be shoved toward hybrids, they have to be assured of strong demand, because there's a downside.

On average, hybrids cost \$3,000 to \$4,000 more than conventional cars, says Greene. (The reasons: the cost of batteries and the need for two power systems.) The traditional U.S. car companies — General Motors, Ford and Chrysler — are unfortunately the least prepared for change. They tied their fortunes to the biggest SUVs and pickups.

Hence, the need for a stiff oil tax. Government needs to foster a market for fuel efficiency. The tax should be introduced gradually — paralling tougher fuel standards — and, perhaps, tempered if global oil prices rise sharply.

One way or another, Americans should know that the era of cheap gasoline is history. Some drivers will want hybrid versions of their present

vehicles; others will downsize. It's not a national tragedy for someone to trade an Expedition for a Taurus.

At times, individual freedom must be compromised to improve collective security. Even so, we cannot insulate ourselves from all upsets in the world oil market, including a catastrophic loss of supply. Barring huge oil discoveries or technological breakthroughs, "energy independence" is another myth.

But we could limit our exposure. The fact that we're not trying is — considering how warnings of New Orleans' vulnerability were ignored — an irony worth noting.

Robert Samuelson is a columnist for Newsweek.

## ANWR not the solution for Katrina oil shortage

Hurricane Katrina is forcing us all to recognize how dependent our nation is on oil and gasoline and how vulnerable we are to supply disruptions — whether from devastating hurricanes, unfriendly oil-producing states or violent extremists.

Many in Congress believe the answer to U.S. oil dependence and high gasoline prices is to find more oil in the United States by opening the off-shore continental shelf and more public lands to oil exploration and offering more subsidies and incentives to oil companies that are already raking in record profits.

A final vote on opening the Arctic National Wildlife Refuge to oil drilling is expected this fall.

Any oil discovered in ANWR would take years to reach the market, and even the most optimistic estimates project that ANWR only has enough oil to meet a small fraction of our country's expected demand 10 to 20 years from now.

Opening ANWR would also fuel our nation's continuing harmful, dangerous dependence on oil, while irreparably

## LETTERS

harming a fragile, irreplaceable ecosystem and the traditional life ways of the indigenous people who depend upon it.

Our country has the know-how and the resources to cut demand for oil in half within a decade, and even more over the longer term, through conservation, increasing the efficiency of our vehicles, expanding public transportation and increasing the use of renewable fuels. We can do it, but Congress must act first to make it so.

WILLIAM (BILL) HAINES  
Twin Falls

## Merger builds upon St. Luke's relationship

I am an employee of Magic Valley Regional Medical Center, am contracted to St. Luke's Mountain States Turfco Institute in Twin Falls four days a week, and am strongly in favor of the proposed merger with St. Luke's because for the last 3-12 years, I have worked one-on-one with many patients being treated for cancer and have seen many positive, collaborative efforts in my patients' benefit through utilization of some of Magic Valley Regional Medical Center's ancillary services such

as lab, surgical, diagnostic imaging and dental services.

Given this existing, collaborative partnership, I wish to say that I feel these two entities are already working well together. Why not embrace a stronger, Idaho-based relationship with St. Luke's that will allow greater local control and decision-making power to stay here in the Magic Valley?

Why change to Saint AJ's or to another out-of-state parent company if the above-mentioned collaborative relationship with St. Luke's is already working well?

A wise man once said, "If it's not broken, don't try to fix it."

I feel it would behoove the county commissioners to put this merger proposal to a vote and allow the tax-paying residents of Twin Falls County of which I am one to decide the issue and "not try to fix what is not broken."

To consider all options with caution and prudence is one's duty, but to not act when the best decision is clearly before one's eyes is foolishness and represents poor judgment on the part of those in whom the power to potentially enact change is vested.

ANDY HALL  
Twin Falls

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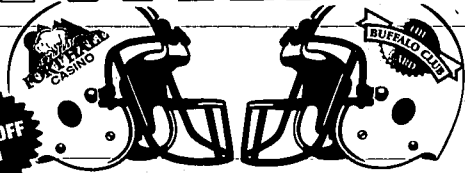
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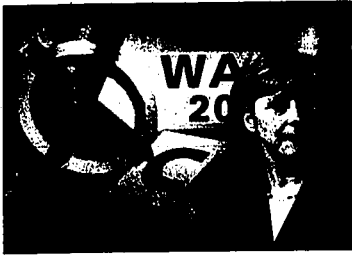
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WORLD

# Polls: Challenger leads election

BERLIN (AP) — Edt polls showed conservative challenger Angela Merkel's party leading in German parliamentary elections Sunday but falling short of the majority she needed to form a center-right coalition as the nation's first female chancellor.

Gerhard Schroeder, written off as a lame duck a few weeks ago, finished stronger than expected and refused to concede defeat, saying he could still theoretically remain in power if talks with other parties were successful.



Candidate for chancellor of the Christian Democratic Union, Angela Merkel is seen in a television studio after first results of the German parliamentary election are made public, Sunday in Berlin, Germany.

An exit poll by the Forsa agency showed Schroeder's party winning more seats in parliament — even though Merkel's Christian Democrats received more votes overall.

"I feel myself confirmed in ensuring on behalf of our country that there is in the next four years a stable government under my leadership," he said to cheering supporters at the Social Democratic party headquarters while flashing the thumbs-up signal and holding his arms aloft in a gesture of triumph.

But Merkel claimed her party received a mandate from voters to form a new coalition government to carry out her plan to mend frayed ties with the United States.

"What is important now is to form a stable government for the people in Germany, and we ... quite clearly have the mandate to do that," she said.

Both Schroeder and Merkel said they would talk to all parties except the new Left Party, a

combination of ex-communists and renegade Social Democrats. Sunday's vote centered on different visions of Germany's role in the world and how to fix its sputtering economy. Schroeder touted the country's role as a European leader and counterbalance to America, while Merkel pledged to reform the economy and strengthen relations with Washington.

ZDF public television projections based on exit polls and early counting gave Merkel's Christian Democrats 35.2 percent and the Social Democrats 31.1 percent.

Merkel's preferred coalition partner — the pro-business Free Democrats — had 10.2 percent, while current Schroeder

received 8.2 percent.

ARD public television showed near-identical results, with Merkel's party at 35.4 percent and the Social Democrats at 31.4 percent.

Forsa projected the Christian Democrats would win 34.8 percent of the vote and the Social Democrats 34.2 percent, but the Social Democrats would get more seats in parliament — 223 to 220.

The Christian Democrats' projected totals were considerably worse than expected. Merkel's party consistently polled above 40 percent during the campaign, with surveys giving it a lead of 12 percentage points or more.

published Tuesday, which covered a broad range of topics broached in a 50-minute interview. In the 12th paragraph of the article, The Washington Post quoted Musharraf as saying: "This has become a money-making concern. A lot of people say if you want to go abroad and get a visa for Canada or citizenship and be a millionaire, get yourself raped."

The interview was conducted by three Washington Post reporters and tape-recorded. A review of the recording Sunday confirmed Musharraf made the remarks and was accurately quoted.

# Musharraf denies commenting on rape

The Washington Post

WASHINGTON — Gen. Pervez Musharraf, the president of Pakistan, has denied telling The Washington Post in an interview last week that rape has become a "money-making concern" in Pakistan and that many Pakistanis felt it was an easy way to make money and get a Canadian visa.

The comments have outraged women's groups and sparked protests across Pakistan, marrying a high profile. Musharraf has made to the United States to promote a moderate image of Pakistan —

in speeches to a Jewish group and a women's group — while attending the U.N. General Assembly. Canadian Prime Minister Paul Martin formally protested the reported remarks at a meeting with Musharraf on the sidelines of the U.N. gathering.

"Let me say with total sincerity that I never said that and it has been misquoted," Musharraf told the women's group. "These are not my words and I would go to the extent of saying I am not so silly and stupid to make comments of this sort."

The rape comments were not the main focus of the article.

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# N. Korea talks reach point of do-or-die

BEIJING (AP) — Talks on North Korea disarmament stood at a possibly pivotal point late Sunday after the chief U.S. envoy praised a Chinese proposal that other delegates said might let the Pyongyang regime have a civilian nuclear program after dismantling its atomic weapons stockpile.

Washington previously rejected allowing North Korea any nuclear program, saying its decades of pursuing an atomic bomb "shattered" its economy, he trusted. But Assistant Secretary of State Christopher Hill welcomed the latest compromise offered by China, an ally of the North that is hosting the six-nation talks.

At the same time, however, Hill said he was leaving at the end of Monday no matter what happened at a meeting scheduled for earlier in the day for all six delegations to state their positions.

"Everyone knows each other's positions, everyone knows the agreement, everyone can almost recite it from memory at this point, so I'm not sure we have to do too much talking," he said Sunday evening. "I think we have to sort of ... put the cards on the table and see where we are."

Hill declined to discuss specifics of the proposal. When asked if there could be an agreement Monday, he answered: "I hope so."

The main Russian envoy said earlier that the Chinese proposal acknowledged North Korea's right to maintain a peaceful nuclear power program after it disarms, but it wasn't clear if that draft had been revised.

Hill described the proposal before the talks as "a good effort to try to bridge the remaining differences, which I believe are difficult, but certainly not insurmountable."

# U.N. will end food shipments to N. Korea

BEIJING (AP) — The United Nations will end a decade of emergency food shipments to North Korea by January at the request of the impoverished nation's government, which says it has enough food coming from other sources, a U.N. official said Sunday.

Richard Ragan, head of the World Food Program's office in Pyongyang, said the agency will focus on development projects.

North Korea has made requests to halt emergency food aid in the past, and Ragan said officials told him they believed they are now able to meet their food needs.

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There was a time when aesthetic was an important quality in a home — a time when form was equally important as function. It was the finishing touch that brought a home to life and provided a source of pride to the homeowner.

Unfortunately, many of the homes being built today are homogenous and devoid of character. Very few modern builders strive to include the detail that was once so cherished.

Milestone Builders is the exception. We make it our top priority to build our homes with as much charm, warmth, and ambience as any classic older home.

## The wonders of walking for wellness

Fall is my favorite season for fitness walking along the canyon rim. Despite the glut of glitzy high-tech exercise gadgets, the simple act of walking still ranks as America's favorite workout.

I love it! Fitness walking is cheaper than a gym membership and easier on the joints than other aerobic endeavors; it conveniently fits into busy schedules with no special equipment; it reduces stress with little risk of injury and, at the same time, burns body fat for people like me who love goody food.

Fitness walking is one of the tools I use to cultivate a high energy lifestyle.



ALIVE & WELL  
Jan Mittelder

My husband, on the other hand, is not motivated by the convenience; in fact, he has a new passion.

He prefers to chase a silly little ball around the golf course which translates into a four mile — stop and start — walk which, in itself, translates surprisingly into hearty health benefits.

You see, he takes his blood pressure every single day. On the days he walks around the golf course, his blood pressure is consistently 15 points lower than the days when he doesn't walk.

He saunters; I stride. Our styles are different but, if we "just do it" to borrow Nike's slogan, we can reap super benefits.

It sounds simple, but walking is one of the best ways to reduce the risk of heart disease, insulin resistance and type 2 diabetes as well as stroke, high blood pressure and metabolic syndrome.

Now, new research published in the Journal of the American Society of Hypertension reports that walking regularly may help preserve mental sharpness as well. Experts suspect that better cardiovascular health promotes improved blood flow to the heart and brain and preserves the connections between brain cells.

Unfortunately, many would-be pedestrians never place up the sneakers to reap the benefits of regular walking as part of their fitness regimen. Some stumble over the misperception that walking isn't rigorous enough to do any good, while others get tripped up by excuses that they simply can't fit it into a busy schedule or it's too monotonous.

How much is enough to make a difference?

Here are some tips that may help you get a walking program off on the right foot:

1. If you want to build an overall health benefit, accumulate at least 30 minutes of moderate physical activity most days. You can accomplish that goal with a single 30-minute brisk walk, several shorter walks that add up to 30 minutes or do a short walk in combination with other physical pursuits like yard work, swimming or energetic vacuuming.

If you are beginning, start out with a 10-minute relaxed walk around the block and gradually increase your walking speed as time by several minutes each week.

2. If your goal is to lose weight, think LSD — short for Long Slow Distance. Set for 60 minutes or more of moderate to vigorous activity most days.

3. You can crank up the cardio benefits by swinging your arms faster and your legs will follow in sync. Vary intensity using fast and slow intervals or uphill walking.

4. Take the "talk" test to measure intensity. You should be able to carry on a conversation as you move briskly along. If you can belt out the "Star-Spangled Banner," pick up the pace; if you're too out of breath to talk comfortably, slow down the pace.

Or take Harry Truman's sage advice: "Just walk as if you have some work to go."

# Toothless? not anymore ...

## Could dentures eventually become a thing of the past?

By Steve Crump  
Times-News writer

TWIN FALLS — By the time you turn 84, your teeth may look like Art Frantz's.

"I have a bridge, but otherwise I've kept all of my teeth," said Frantz, a retired dentist who served 12 years on the Twin Falls City Council. "Fewer people are having to wear dentures, and that was starting to happen before I retired in 1987."

"Hopefully, we will see a day when dentures are a thing of the past."

"But don't bet on it anytime soon, said Vince Williams, a Twin Falls oral surgeon.

"I'm the guy who has to remove teeth that can't be saved," he said. "I don't see dentures going away."

According to the National Health and Nutrition Examination Survey, 57 percent of Americans ages 65 to 74 and 81 percent of those ages 75 to 84 have full or partial dentures. Overall, women are more likely than men to sport a porcelain grin (24 percent vs. 19 percent).

And the arrival of the baby boomers — 77 million strong — in the golden years probably means a bull market in dental prostheses. Dr. Chester Douglas at Harvard University's Department of Oral Health and Epidemiology forecasts that the number of people who will need full dentures will increase from 35 million in 2000 to 38 million in 2020. And that doesn't include partials.

With better oral hygiene, the development of dental implants and improved techniques for saving teeth, people are keeping their teeth longer.

"But with all the baby boomers getting older, there are going to be more dentures," predicted Kevin Hall, a Twin Falls dentist.

Periodontal disease — that's gum disease — still takes a big toll, he said.

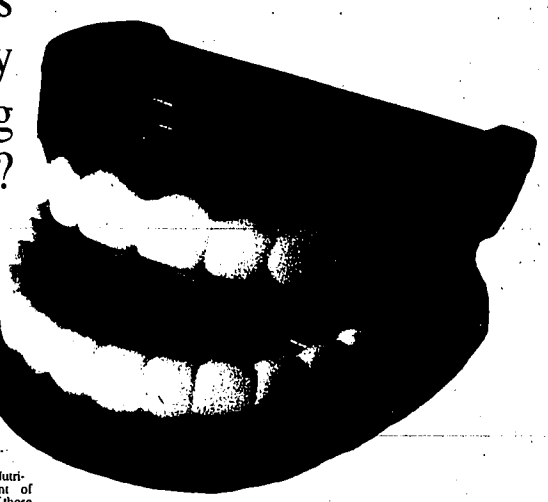
"Eventually, there's not enough bone to support the teeth," Hall said.

The materials used in dentures today are far better than they once were. They look more like natural teeth, and it's possible to make them fit better, he said.

"But dentures are still uncomfortable for a lot of people," Hall said.

Technically, implants could replace many dentures now in use today, but they're expensive — \$2,000 to \$3,500 per tooth. By contrast, a complete upper or lower denture averages about \$1,100.

"And you'll need four to six implants on each



### Dentures: A short history

Effective dentures were made as early as 700 B.C. using ivory and bone, but that level of technology was lost until the 19th century.

During Medieval times, dentures were seldom used — gaps between teeth were expected; even nobles had them. Queen Elizabeth I filled the holes in her mouth with cloth to improve her appearance in public.

When dentures were installed, they were hand-carved and tied in place with silk threads. Upper and lower plates fit poorly and were held together by steel springs. Suitable materials for false teeth were hard to find.

Then in 1774, Duchateau and Dubois de Chemant

designed a full set of dentures made of porcelain. By the 1800s, porcelain dentures moved to the United States, where they were marketed on a wide scale.

Fit and comfort eventually improved as well. In the 18th century, plaster of Paris was introduced to make a mold of the patient's mouth. That helped shape the dentures more precisely.

There was a real breakthrough when vulcanized rubber — cheap, easy to work with and able to be shaped to fit the mouth — was developed. Today's dentures are usually made of metal and acrylic resin, a plastic-like material that is molded to fit the exact shape of a person's mouth.

arch," Frantz said.

Implants can, however, be used to anchor dentures, a procedure that makes the dentures almost as secure as real teeth, Hall said.

"It's a technique that's being used more often," he said.

Lower denture — lower dentures tend to fit worse than upper dentures — can be stabilized by as few as two implants. That's important because loose dentures can destroy the bone that's supporting them.

Some dentures fit well enough that the wearer can exit court on the job. But even the best-fitting dentures only restore 75-90 percent of the function of real teeth.

And they still have to be cleaned much like your

grandfather cleaned his false teeth — by soaking them or with a denture toothpaste.

"The technology has improved, but a denture is still an artificial appliance," Hall said.

According to a survey of denture wearers by Simmons Market Research, 17 percent are more likely than others their age to say they feel very alone in the world and 67 percent more likely to say there is very little they can do to change their lives.

"It's a lot better to keep your own teeth," Frantz said.

Times-News features writer Steve Crump can be reached at 735-3223 or at scrump@magicalvalley.com.

## Beyonce a designer? Must have been her destiny

Los Angeles Times

LOS ANGELES — When Beyonce was growing up in Houston, she wanted designer jeans like every other kid in America. But her mother, Tina Knowles, wouldn't have it. She said, "Wear your own name on your butt."

Attitude her for a long time," Beyonce said in her dressing room at Staples Center before a recent Deshaun's Child concert. "She got us puff paint, glitter and rhinestones and said, 'Make it special yourself.' But she taught us to have our own identity."

Come next month, the rest of the world will be able to wear Beyonce's name on their butts when the mother-daughter duo launches the House of Dereon fashion label.

The line is named after Beyonce's grandmother, Tina's mother, a seamstress who inspired their interest in fashion.

The latest concert tour has

featured versions exaggerated for the stage, including crystal-studded minidresses, taffeta gypsy skirts and jeans with a contouring wash.

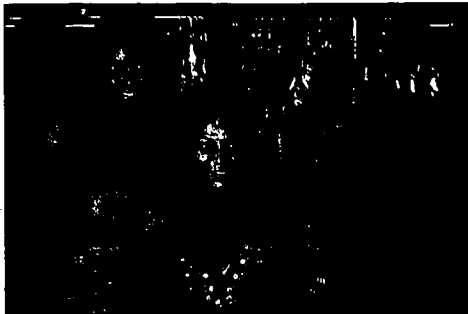
"Our line is going to be different from other celebrity lines in that we are really designing it," says Tina, who has been designing costumes for the band from the beginning and is a stylist in her own right.

Working out of studios in Houston and New York, she is sketching styles, choosing fabric swatches and, finally, reproducing vintage buttons from Agnes Dereon's collection and overseeing production in Hong Kong.

"Beyonce brings a street element to the line," Tina says. "She'll see someone wearing a T-shirt extending past the hem of a jacket, and she will bring the idea to me. I listen to what she says because she's a fashion icon."

But what exactly is Beyonce's style? She's not a flesh-baring diva like Jennifer Lopez, or a skater kid-meets-1940s pinup like Gwen Stefani, both of whom also have fashion lines.

She's more of a chameleon who has worn clothes designed



Beyonce, left, and her mother, Tina Knowles, are about to introduce their House of Dereon label. It is named for Tina's mother, a seamstress who inspired their interest in fashion.

by her mom, as well as Roberto Cavalli and Gianfranco Ferré. If there is anything to say about her look, it's that it is appropriate for a 24-year-old. Tina agrees. "I call it event-appropriate, meaning you don't just have one style that you wear when you sing the national anthem at the Super Bowl and

when you sing on a concert stage," she says.

When Beyonce was asked to sing at the Super Bowl in Houston last year, she and her mother designed a figure-hugging white skirt suit for the event. "I was so happy when she thought of it because that's what I would have done, too,"

Tina says.

In fact, mother and daughter agree on most things relating to fashion — except big earrings. "I've worn earrings as big as bracelets," Beyonce says with a laugh.

"And," Tina adds, "I always say, 'Why do you have to wear hula hoops in your ears?'"

IMAGE

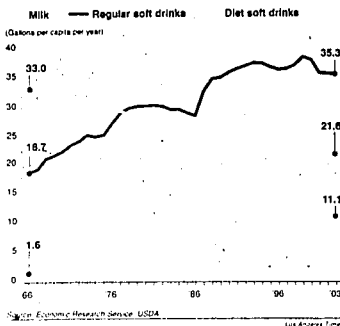
Sodas are a top source of dietary sugar

Los Angeles Times

Some people derive them as "sugar water," others as "liquid candy." Never favorites with dietitians or parents, sodas are receiving more and more nutritional heat these days...

A thirst for soda

The consumption of soft drinks has increased in recent decades, even as people age drinking less milk



fruit juice to 8 to 12 ounces daily.

Electrolyte-replenishing sports drinks, which in the past would remain in middle- and high schools, are useful after very vigorous exercise but hardly needed after a 30-minute PE session.

"There's sort of a misperception about the role that sports drinks play in a nutritious diet," says Rachel Johnson, professor of nutrition at the University of Vermont.

Americans got their first taste of carbonated beverages well over a century ago. The first bottled sodas were produced in the 1830s, sold in corked bottles and often jazzed up with flavors such as sarsaparilla, lemon and strawberry.

The industry took off in 1892 after the invention of a cap to keep gas firmly in bottles, allowing for wide distribution.

By 1976, soft drink sales had surpassed those of milk. Since 1971, soda consumption has doubled, from an average of 25 gallons per person per year to more than 46 gallons in 2003.

Most of these gallons, especially among kids, are full-calorie, although in recent years there has been a small, steady increase in diet soda

sales. At the same time, a plethora of other, non-fizzy sugar-sweetened drinks have gained popularity, especially among the young, trendy types, energy drinks and sports drinks.

In 2002, a report from the federally mandated Institute of Medicine found that people consuming lots of added sugars were more likely to be deficient in micronutrients such as calcium, phosphorus and magnesium, as well as various vitamins.

On the basis of these nutrient deficiencies, the panel recommended that we limit our added sugar intake to no more than 25 percent of our daily calories.

Other reports, such as one in 2003 from the World Health Organization, recommended we keep our added sugar intake at 10 percent or lower because of its link not only to poor diet quality but also to being overweight.

Another cautionary note against sugar was sounded earlier this year in the 2005 Dietary Guidelines for Americans, which guides federal nutrition education and school lunches.

Members of the committee acknowledged that good studies linking soft drinks and excess left are few, and the re-

lationships when found are sometimes weak, says committee member Joanne Lupton, professor of nutrition at Texas A&M University.

Still, the committee felt there was enough evidence to suggest people lower their added sugar intake, especially from sugar-sweetened beverages, she says.

One study that the committee considered, scientists at the Children's Hospital Boston tracked 548 schoolchildren of various ethnicities for 19 months. They found that kids who increased their consumption of sugar-sweetened drinks during the study's course had slightly higher body mass indexes and were more likely to be obese, after taking into account other lifestyle differences such as levels of physical activity.

Each added 8-ounce daily serving of soft drink increased the degree of being obese by 60 percent, the scientists found.

In another study, British scientists tested a school-based campaign they dubbed "Ditch the Fizz." Classrooms at six elementary schools were exposed to the campaign, which used nutrition lessons and class exercises to discourage soda-drinking.

A year later, classes exposed to the anti-soda message had reduced their soda consumption by 0.6 glasses a day. Rates of overweight kids were very slightly lowered — by 0.2 percent.

In the class that didn't receive the drink-less-soda message, consumption went up slightly — and there was a 7.5 percent increase in the number of overweight kids.

Some scientists worry about sugary drinks in particular because there's evidence that calories we drink — versus eat — may not be counted by our appetite regulation system.

Some scientists worry about sugary drinks in particular because there's evidence that calories we drink — versus eat — may not be counted by our appetite regulation system.

"It's liquid and contributing calories, it's a potentially problematic component of the diet," says Rick Mattes, foods and nutrition professor at Purdue University in West Lafayette, Ind.

Casual Friday no more: It's an everyday thing

The Hartford Courant

The latest launch of the Space Shuttle Discovery was a grand occasion on many accounts. All eyes were mostly watching the countdown and takeoff, which ended a more than two-year wait for a return to manned spaceflights.

But did anyone notice all those neckties and slacks in mission control? Newspapers, fashion magazines and online publications have documented the rise of the less formal Gap and J. Crew wear adopted by employees in many offices across the country.

Brothers look has virtually disappeared from many a workplace. But after seeing the mission launch, it is possible that American offices are returning to the formalities of yesteryear?

The answer is, sometimes. "It was a media event," said Dwayne Brown, spokesman for the National Aeronautics and Space Administration. "Media events, you will see shirts and ties. It gives that more official look."

A variety of industries across the country play the same game NASA does. When in the public eye or meeting with a client, employees may put on a tie or high heels or a button-down shirt. But behind closed doors is a different story. They forget about it, some industry insiders say. Jeans? Why not?

"It has been casual, and it's going to be," said Andrea Kay, a career coach based in Cincinnati who has three published books on careers and the workplace.

"It seems people are dressing down in all areas of life, and the rules in the workplace are accommodating that," Kay said. Blame the 1990s. The simple idea of dress-down Friday turned a nation of pinstriped men and dress-clad women into denim-wearing workers, Kay said. Like domi-

noes, businesses followed each other in adopting the relaxed dress code for Friday, and the trend soon spread to Monday through Thursday in many places.

NASA's 10 centers throughout the country have relaxed dress codes, Brown said. But employees in the Washington headquarters often attend meetings in the White House or on Capitol Hill, and they usually dress in suits.

"NASA has relaxed its dress code for quite some time," Brown said. "Capitol Hill, White House, media functions, it's recommended that we dress appropriately."

The centers in the rest of the country are gated communities similar to college campuses, he said. The engineers stay within the NASA confines and don't often have meetings with politicians.

"I'm not going to crawl under a shuttle tire with a suit on," Brown said. The laid-back attitude has pushed its way into a variety of industries.

Denny Johnson, public-affairs coordinator for the American Planning Association, said sometimes even at company dinners, he's dressed up, and sometimes they don't. "If they're appearing in public or going out, they're going to have business dress," Johnson said. "If they're in the back room working on maps, they're going to have on casual clothes."

In some industries, proper business attire is required, especially for lawyers and bankers, Kay said.

Jacklyn Donahue, director of marketing for Prudential Commercial Realty, said her company's clothing edict is always full suits for men and dresses and suits for women. Realty agents are dealing with a home, which is usually a client's most important asset, and they need to look professional.

Between-meal snacking doesn't have to bust your belt

Knight Rider News Service

COLUMBIA, S.C. — Snacking is good when it's done right. Heaping snacking on top of carb-rich carbohydrates for energy, with protein and "good" fats for staying power.

"Snacking helps you energize, especially in the active," said Angie Hoeslich, a registered dietitian who works with Palmetto Health in South Carolina. Plus, she said, "It keeps you from getting too hungry and then overeating at a later time."

What an individual should snack on depends on several factors, including gender and age, as well as how much energy they're burning through physical activity, said Brook Harmon, a registered dietitian who works at the University of South Carolina's Arnold School of Public Health and Palmetto Health.

A good snack combo has carbohydrates for energy, nutrients and high fiber content for a full feeling and fats to help

make it last. A bagel topped with peanut butter is a good high-carbohydrate energy snack for an active person. Dry fruits, trail mix or whole grain cereals with little added sugar are also good fuel.

Other satisfying combinations include fruits or vegetables with low-fat dips, yogurt or cheese.

Examples include whole wheat crackers with hummus, or apples with peanut butter. Nuts and seeds are good ways to add fats to a snack. Walnuts

and almonds are rich in omega-3 fatty acids that play a role in preventing chronic illnesses such as cancer and heart disease.

So what about energy bars? While the bars might contain more sugar than a not-so-active person needs, active people need the sugar. But both groups of people should avoid bars with too much trans or saturated fats.

"The thing with these is to really read the labels," Harmon said.

Study: Breast cancer surgery can introduce new risks

The Boston Globe

Some women in their 40s who undergo surgery to treat breast cancer may actually increase their risk of a near-term relapse, according to a controversial Harvard Medical School study that suggests cancer surgery itself may "wake up" dormant tumor cells in other parts of the body.

The Harvard researchers found that, for about 20 percent of women in their 40s whose breast cancer has spread to their lymph nodes, cancer surgery seems to cause tiny tumors in other parts of their body to grow, though only in 10 percent of these women would die early as a result. But the heightened risk of relapse was not seen in women 50 and older, and it seems to largely disappear for younger women 18 months after surgery.

The researchers believe that their study, based on a computer analysis of past 40-year cases rather than laboratory work, could mark the beginning of a new way of understanding why cancer spreads.

"Our results suggest most young women benefit from early detection of breast cancer, but a small percentage will relapse, as well as have a second disease," said Dr. Michael Retcky, lead author of the study. He said there may be treatments to make surgery safer for the millions of women who are at highest risk of relapse, but "young women need to be advised of the risk of accelerated tumor growth and early relapse years after being informed consent for mammography" since surgical removal is a common treatment for tumors detected by the mammogram.

The study, published in Tuesday's International Journal of Surgery, is likely to fuel the already-heated debate over the life-saving value of early detection of breast cancer. Monday, advocates of mammograms for women as young as 40 called the new study seriously flawed, and said it threatens to undermine a 25 percent drop in breast cancer death rates over the last 15 years.

"If we discourage women from getting breast cancer screening, significant gains that

we have made will go down the tubes," said Dr. Daniel Kopans, a radiologist at Massachusetts General Hospital who has been a leading advocate for early breast cancer screening.

Dr. Patrick Bogen, chief of the breast service in the surgery department of Memorial Sloan-Kettering Cancer Center in New York, said the Harvard study is mostly "theory and hypothesis" that could scare people from getting mammograms out of fear that the treatment will kill them.

Retcky, who works in the laboratory of cancer research pioneer Dr. Judah Folkman at

Children's Hospital Boston, shared his findings on the long-term fate of 1,173 breast cancer patients who underwent surgery in July before 1980 when most patients started receiving chemotherapy after surgery to reduce the risk of cancer relapse. As a result, the researchers could focus on how the body responds to surgery alone. However, they argue their findings apply also to women who get chemotherapy, noting that recent studies show that women in their 40s don't get as much life-saving benefit from breast cancer treatment as older women.

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IMAGE

# 'Mini-maze' may solve rapid heartbeats

The Hartford Courant

This summer, Bevan Dupre got tired of feeling like a human time bomb.

Like more than 2 million people in the United States, the Cheshire, Conn., teacher and former school administrator suffered from atrial fibrillation, a disorder in which the heart's upper chambers quiver instead of beating effectively.

The condition, caused by a physiological short circuit in the heart's electrical system, tends to come and go. When it came, Dupre's heart beat so fast that even sitting in a chair made him feel as though he had just jogged several miles on a treadmill.

But while exhaustion and dizziness are the most debilitating features of atrial fibrillation, the real danger is the risk of stroke.

When the heart is not beating effectively, blood pools in the upper chambers, where it turns gooey and can form clots. Clots that remain in the heart can cause a heart attack. Those that travel into the brain can cause a stroke. The risk of stroke is seven times greater in patients who have atrial fibrillation than in people with normal heart rhythms.

To minimize the chances of stroke, doctors routinely recommend a blood thinner called Coumadin (generically known as warfarin). It is the active ingredient in rat poison and kills pests by making them eat internally. Needless to say, this is not an ideal treatment, but doctors recommend it and patients swallow it because, when carefully monitored, the benefits of Coumadin seem to outweigh the risks.

But not for Dupre. He watched his mother bleed to death internally after taking Coumadin following a stroke. He is an outdoorsman and an enthusiastic bow hunter, and though he has never been cut by an arrow, he was concerned about the danger of uncontrolled bleeding if he were on the blood thinner and had an accident in the wilderness.

So he lived with a racing heart and the constant fear he could have a stroke at any time.

As they do with most patients with atrial fibrillation, doctors first tried to control Dupre's fluttering heart with medication. The drugs usually do a good job slowing down the rapid heartbeat but are less successful at restoring its normal rhythm.

When the medication failed, doctors used electrical paddles to shock his heart back into rhythm. But after a few weeks of hearing normally, Dupre's heart started to flutter again.

While surgery has always been a treatment option, most patients shy away from the open-heart procedure, which requires splitting the breast bone, stopping the heart and diverting blood through a mechanical heart/lung machine.

"Most patients are not interested," said Dr. Randall K. Wolf, director of the Center for Surgical Innovation at the University of Cincinnati. "Most patients are otherwise healthy and are not keen on open-heart surgery."

While atrial fibrillation makes patients miserable, Wolf said doctors have been at a loss on how to treat it. "The typical quote I hear is, 'My doctor told



Dr. Vasant Khachane performs a heart procedure on Bevan Dupre late last month at the Hospital of St. Raphael in New Haven, Conn. The newly-developed procedure is a minimally invasive surgery to control atrial fibrillation, a heart disorder that can cause a stroke if left untreated.

me I just have to live with it," Wolf said.

A pioneer in robotic and minimally invasive surgery, Wolf began experimenting with new technologies that he hoped would allow him to interrupt the haywire flow of electricity in hearts such as Dupre's without stopping the heart or opening the chest.

Heart specialists agree that recent advances in the understanding of why the heart's electrical signals cross and where those faulty connections originate, have for the first time offered hope that atrial fibrillation can be cured, rather than managed. Improvements in equipment that allow doctors to isolate and destroy the bad wires with heat or cold also make curing the condition a real possibility.

Where doctors disagree is on the best way to reach the heart to make the repairs. Now, a minimally invasive surgical approach appears to be the newest frontier. But within five years, doctors in cardiac catheterization labs across the country could be custom-targeting faulty heart wires and curing atrial fibrillation as routinely as they now unclog blocked arteries using angioplasty and stents, said Dr. Anil Bhandari, director of the electrophysiology laboratory at Good Samaritan Hospital in Los Angeles.

Two years ago, Wolf restored a patient's heart to normal rhythm by cutting small incisions on the left and right sides of the chest near the armpit and using a tiny video camera at the tip of a scope to guide his instruments into the beating heart. Inside the heart, he used a wand superheated by radiofrequency waves, similar to microwaves, to destroy the small nerves around the pulmonary vein that can cause the irregular heart beat.

At the same time, he removed the atrial appendage, a flap of tissue left over from fetal development, which resembles an ear on the heart. The atrial appendage is believed to be the spot where 90 percent of stroke-causing blood clots originate.

Since the first operation, Wolf and his team have trained cardiac surgeons across the country to perform the procedure, known as the "Wolf Mini-Maze." About 90 percent of 450 patients who have had the operation have been cured, Wolf said.

Many of those whose hearts remained stubbornly out of sync decided to stop taking Coumadin because the removal of the atrial appendage reduced their stroke risk so dramatically. While Wolf said he was confident those patients are safe, he said he does not have enough evidence to recommend that patients with ongoing atrial fibrillation stop taking blood thinners.

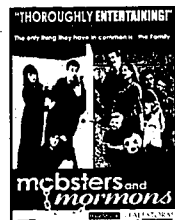
But the numbers were good enough for Dupre, who by this summer had endured one 30-hour stretch in which his heart raced and fluttered without letting up.

He was referred to Dr. Vasant Khachane, a cardiac surgeon at the Hospital of Saint Raphael in New Haven, Conn., who was trained by Wolf.

Late last month, using Wolf's less-invasive approach, Khachane burned the trouble-causing nerves in Dupre's heart and removed his left atrial appendage. He likened the procedure to cutting a faulty wire that is causing a light to flicker.

Khachane has performed the operation on 12 patients in New Haven and said more than half were cured. He said he is optimistic about the others, because it can take up to six months after surgery for the heart to regain its normal rhythm.

The procedure is so new that



**ODYSSEY 6**  
Magic Valley Mall next to Shopko

# Doctors get better sense of smelling disorders

Detroit Free Press

**DETROIT** — The smell of coffee, frequently celebrated as one of life's most pleasurable experiences, even by people who don't like the taste — nauseates Kathy Kurland.

"Coffee is the worst smell... I can't even describe it," she says.

Other smells, such as freshly made popcorn, used to make her physically ill. Now, thanks to medication, she can tolerate it.

Kurland has a range of olfactory disorders that block some smells, turn innocuous or pleasant smells offensive and produce phantom smells that can last for days.

Kurland says a chemical caused the condition. It started about three years ago and got progressively worse. "I thought I was going to have to live in Alaska by myself, where there were no smells," says the Farmington Hills, Mich., resident.

Her condition is not imagined or psychological. It's real. It has a name and a growing cadre of doctors and researchers devoted to it.

There are support groups to help people like Kurland — those who have lost their ability to smell, a condition known as anosmia; those whose sense of smell is distorted, called parosmia; and those who smell things that aren't there, phantosmia.

Kurland's research led her to one doctor who prescribed a medicine that made the condition manageable, but it hasn't

eliminated it.

When organisms first swam in the primordial sea, the ability to smell chemicals is what kept them alive. Smell is the first bond between baby and mother. A scent can transport us to a place or time, draw us in or warn us of danger.

Yet of the five senses, smell is the least studied and least understood.

"It was ignored for many years by the medical community," says Beverly Cowart, a psychologist who runs a clinic for the Monell Chemical Senses Institute in Philadelphia, the first such institution to study the senses of smell and taste. "There are a lot more people out there who have these problems than we've previously thought."

An estimated 14 million Americans have olfactory dysfunction, including hyperosmia, a heightened sensitivity to scents. As many as half the people older than 65 and three-fourths of those older than 80 have a reduced ability to smell.

Many things lead to smell loss or dysfunction — chronic sinus disease, chemotherapy, chemotherapy, medications and head injuries. But researchers are not sure precisely what causes the condition because of the unique function and location of the olfactory nerve cells that transmit information to the brain.

"Most of the time there is tissue damage," says Nancy Hausen, a cellular neurobiologist with the Monell Center.

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Is your animal the next...

**Pet Idol**

Think your pet is a star? We're looking for the 2005 Pet Idol

Send a picture of your pet and they may be voted the 2005 Times-News Pet Idol

All entries will be printed Sunday, October 9th, in a special Times-News tabloid. Readers will vote on their favorite pet. Pictures of the top twelve finalists will run in The Times-News. Readers will have another chance to vote. The overall winner will be the 2005 Pet Idol.

The 2005 Pet Idol will receive special recognition in The Times-News and a grand prize (TBA).

To enter, submit a photograph of your pet to the address below. The photo should be a color photograph of your pet, approximately 4x6 inches in size. The photo should be submitted to: Pet Idol, c/o Times-News, 117 Gooding Street West, Twin Falls, ID 83303. No photos will be returned. There is no charge for the entry form. One entry form per photo will be accepted. The contest must be received by Friday, September 30th.

For more information, contact Newspaper in Education Coordinator Tiffany Hultzen at 735-3212 or thultzen@times-news.com

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Deadline for photos: Friday, Sept. 30, by 5:00 pm. Photos of pets along with pet names will be published in The Times-News for voting purposes.





# SCHOOL DAYS

Community Editor: Pat Marcantonio - 735-3288

The Times-News

Monday, September 19, 2005

Section C

## SCHOOL NEWS

### Minico will hold homecoming dinner

**RUPERT** — The Minico High School Booster Club will be hosting a homecoming pre-game dinner from 5:30 to 7 p.m. Friday in the back gym at Minico High School.

A potato bar, chili, cinnamon rolls and drinks can be purchased for \$4 for an adult and \$3 for a child age 10 and under.

Tickets are currently being sold by the football team and will also be available at the door.

The Booster Club will be set up that night in the gym selling clothing and taking membership.

Red and Gold Club memberships are due soon, so names can be updated in the gym and on the football field.

Anyone with questions on membership can call Penny Ralphs at 438-2788 or the Booster Club co-presidents Tammy Broadhead at 438-5260 or Donna Harper at 438-4194.

### Castleford FFA holds work sale fundraiser

**CASTLEFORD** — The Castleford Future Farmers of America will have its annual work sale bidding day at 7:30 p.m. today, at the Castleford Ag Building.

The public can bid on their favorite member to do chores for them on Tuesday. Ice cream will be served.

For more information, call 537-6511.

### Richfield schools offer After School Academy

**RICHFIELD** — Richfield schools are offering an After School Academy for any elementary or secondary students in need of extra help or just a quiet place to complete homework assignments.

The academy is held from 3:30 to 6:30 p.m. every Tuesday and Thursday with teacher Cheri Ross.

A free after-school snack will be served.

Students who carry a grade point average below a 2.0 are required to attend in order to play sports.

For more information, call 487-2790.

### Castleford FFA holds annual party for public

**CASTLEFORD** — The Castleford Future Farmers of America officer team invites the public to its annual community picnic and interest party at 6 p.m. Wednesday at Jean's Park.

Hamburgers will be served and visitors can learn about the FFA chapter at contest stations. Team sponsorships are also needed to help with transportation, materials and other expenses.

All sponsors are recognized throughout the year in the FFA's advertising efforts, and sponsors can choose what team to sponsor in any amount.

For more information, call 537-6511.

### We want your school news

Please send your news and photos to:

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**Deadline: Thursday at noon**  
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**Email: patm@magivalley.com**

**Send your news and pictures:**  
 Honor rolls  
 School events, such as carnivals, open houses, club meetings, parent organizations  
 Club and school officers  
 Special student achievements  
 Club events  
 School projects  
 Fundraisers

# Students speak about Dalai Lama

When a group of 11th- and 12th-graders from Hansen High School attended the Dalai Lama's conference in Sun Valley on Sept. 12, they returned anxious to share special moments.

Allie Anderson said that the Dalai Lama stressed the need for people to be more unified, showing compassion to others. She found him to be a respectful figure and a good role



model, and even though he isn't the same religion as most Americans, he still has great

views on life.

The Dalai Lama doesn't look at one's race or skin color, or how rich or poor people are, but instead, states that we are all humans, she said.

In reality, his vision of how America should be is just a dream to most Americans. Allie added.

Andree Rouse liked the Dalai Lama's statement that it is his generation who will change the

world and was impressed when the Dalai Lama asked everybody to hold hands in complete silence.

Aaron Martin said that the Dalai Lama called the last century one of destruction and that it is up to their generation to make this century one of peace.

These three students and their sponsor, Chris Dickard, agreed that they enjoyed his

sense of humor and described the visit as a "once-in-a-lifetime experience."

On a school note: The girls' volleyball team, currently in conference play, are 4 and 1, winning against Castleford in the fifth game last Tuesday. Cheers to the girls!

The column is written by Hansen High School's "Husky Writers."

## GET UP AND MOVE!



Instructor Julie Ellis leads an aerobics class at the College of Southern Idaho on Thursday afternoon. Idaho State Superintendent of Public Instruction Marilyn Howard is unveiling more physical education requirements for school children because of concerns over an increase in childhood obesity.

### New state P.E. requirements aim to combat obesity

By Joshua Palmer  
 Times-News writer

Let's face it, everything about America is getting bigger.

From wide-screen televisions to sport-utility vehicles that can barely squeeze into parking spaces.

And there is food. Remember when a Big Mac seemed big?

Americans eat almost twice as much as they did 20 years ago, and now the severity of the problem is showing up, among other things, in our children.

Childhood obesity in the United States has more than doubled in the last 10 years, according to the Centers for Disease Control (CDC), and the subsequent problems associated with obesity — diabetes, hypertension and heart disease — have more

There is an alarming increase in health problems related to our children's lack of physical activity.

— Marilyn Howard, Idaho State School Superintendent

than doubled, as well.

This is no longer a case of children retaining their baby fat, or putting on a few extra pounds for the winter. It's now a concern that is prompting federal and state officials to take on America's problem of

childhood obesity.

Idaho State Superintendent of Public Instruction Marilyn Howard is unveiling physical education requirements that include 30 minutes of physical education per day for each student, and four credits of physical education in middle school and high school.

"The health of our students is a real concern," said Howard, who was in Twin Falls presenting the proposed budget for physical education and other program reforms.

"There is an alarming increase in health problems related to our children's lack of physical activity."

Reforms like these are becoming more common as officials try to curb the alarming trend. Recently, schools were required by the Child Nutrition Reauthorization Act to establish a School Wellness Policy by the 2006-07

school year.

According to the law, schools must develop nutrition guidelines for all foods available on campus "with the objective of promoting good health and reducing childhood obesity."

Some schools in Idaho — including the Shoshone School District — Lighthouse Christian School and Hagerman High School — have used local resources to offer students healthier options by installing daily vending machines.

The machines, which offer yogurt and cheese, as well as milk, are donated by the Idaho Dairy Council or private dairies.

On a federal level, school lunches are tightly controlled through the National School Lunch Program by the United

States Department of Agriculture. Please see OBESITY, Page C2

## DeLo kicks off year with Homecoming activities

School is in full swing at DeLo High.

Homecoming activities will kick off today and festivities will take up the entire week with traditional "dress up" days and annual lunch-time class competitions.

Today will be Crazy Day, and there will be a pie-eating contest during lunch hour.

Tuesday will be Punk Rocker

### HORNET HAPPENINGS

**Chad Allen**

Day, and the athletes will arm wrestle at lunch. Wednesday will be Hero Day, and a chili-pepper eating contest will take place during lunch. Also from 3 to 6 p.m. Wednesday will be class hall decorating. Thursday

will be Country/Cowboy Day and the ever-so-prestigious hall relay will be during lunch. Friday will be Spirit/Orange and Black Day, and the ultimate challenge of class pride, the tug-of-war, will be held during lunch.

The pep assembly will start at 2 p.m. and include class skits and lots of school spirit. Nighttime activities start

with the varsity football kick-off against Filer at 7 p.m. Homecoming royalty will be announced at half-time and following the game (about 9:30 p.m.) will be the annual homecoming dance.

The come out and support the Hornets' Homecoming.

Chad Allen is a senior at DeLo High School.

## Jerome H.S. Tigers earn recognition

From the National Merit Scholar program to the United Dairyman's award to agriculture and livestock competition, Jerome High School students are being recognized for excellence.



**TIGER PRINTS**  
**Patti O'Dell**

Ben Miller was named a semifinalist in the National Merit Scholar program for his



Travis Miffin shows his strength for climbing. The Jerome High School Information Technology and Business Academics challenged themselves at the College of Southern Idaho ropes course.

## Filer High School works to help hurricane victims

Hurricane Katrina has hit the shores of our country with devastating effects. Many have been left homeless and poverty stricken.

The Filer High School student council has discussed ways to help the victims in New Orleans.

We have donated \$1,000 through the Red Cross for a relief fund and challenge you to do the same.

There are many other ways that you can contribute that would help.

Clothes and food are also key necessities.

### WILDCAT WORLD

Allison Ko

We commend the students of Twin Falls in their efforts in homecoming.

They used money from their floats to give to a relief fund. To everyone contributing in this endeavor we should be able to provide some security for the people in New Orleans.

Allison Ko is Filer High School student body president.

SCHOOL DAYS

# Intelligent design old news to Darwin

**Knight Ridder News Service**

DOWNNE, England — So what would Charles Darwin have to say about the dust-up between today's evolutionists and intelligent designers?

Probably nothing.

Shy and reserved, Darwin disliked argument. He also was plagued by poor health. In particular, he suffered from a terrible flatulence that made him reluctant to venture out in public.

Even after he became one of the most famous and controversial men of his time, he was always content to let surrogates argue his case.

At the house in Downe where he spent the last 40 years of his life, he rigged up a system of mirrors so he could peek out the window of his study and see who was at the front door. Unwanted visitors were sent away.

A son of privilege, young Darwin took a degree in divinity from Cambridge in 1831 and prepared to settle into an uneventful life as a country vicar. It was sheer chance that led Darwin at Cambridge mentioned Darwin's name to an aristocratic young naval officer, Robert FitzRoy, who was looking for a suitable intellectual companion for a marmalading expedition to the South American coast.

Several others had declined the offer. But Darwin, 22 at the time, saw it as a kind of gap year and jumped at it.

From his university days, Darwin would have been familiar with the case for intelligent design. In 1802, William Paley, the reigning theologian of his time, published "Natural Theology" in which he laid out his "Argument from Design."

Paley contended that if a person discovered a pocket watch while taking a ramble across the heath, he would know instantly that this was a designed object, not something that had evolved by chance. Therefore, there must be a designer. Similarly, man — an intricate piece of biological machinery — also must have been designed by "Someone."

It sounds familiar. It's because this is pretty much the same argument that intelligent-design advocates use today.

Darwin's discoveries of the scientific conclusions they led him to, troubled him greatly. He dabbled almost 20 years before publishing the gem that would push his ideas into the scandal his ideas would cause in Victorian England. He knew, too, how it would upset his wife, a believer who feared she would not see her husband in the afterlife.

The argument continues unabated, and these days the intelligent designers and anti-evolutionists seem to be going strong, especially in the United States. A recent poll conducted by the Pew Forum on Religion & Public Life indicates that 42 percent of Americans accept the creation, while 64 percent said they support the idea of schools teaching creationism and evolution.

For the overwhelming majority of scientists, however, the argument is settled: 146 years after the publication of Darwin's theory, it remains the bedrock of modern biology.

# Jerome academy students aim to help keep kids safe

JEROME — Jerome High School Information Technology Academy students helped keep youngsters safer by manning a booth at the ninth annual Co. Paulos Back to School Safety Fair on Sept. 10.

Prior to the event, students organized themselves during class and began preparing, school officials reported.

They made posters and created fliers.

They also researched Internet Web blocker tools and found sites for parents and children on safe Internet use.

Finally, they set up a display and gave up four hours (plus a little more for setup and take down) to help this community event.

Those students participating were Kayla Allen, Tom Bogulawski, Tim Heuer, TJ Milut, Heather Clark, Jeff Horgan, Sebastian Mullooney, Sam Culbertson, Justine Jackson, Logan Nelson, Sabrina Farnes, Elizabeth Johnson, Ben Pope, Gabby Gonzalez, Gary Kuhn, Justin Praegitzer, Katherine Halper, Jessica Lopez and Korin Shane.

The IT Academy combines standard core and technical classes.

Assignments in English and biology classes are geared toward a year-long technical project.

The local business community also provides mentors, lecturers and summer internships.

Students in their senior year choose a project to work on for industry.



Members of the Jerome High School Sophomore IT Academy manned a booth at Back to School Safety Fair.

## FROM THE MOUTHS OF BABES



In this handout photo provided by Pilot Pen, third and fourth grade students from Virginia, Maryland, Washington, D.C., Delaware, and Connecticut take part in the unveiling of the World's Longest Letter on the National Mall on Thursday in Washington. The scroll of 4,000 letters written to President Bush includes letters penned by elementary school students from all 50 states expressing their hopes and concerns about the country.

# MVHS makes Katrina contributions

The penny-jar fundraiser has ended with Magic Valley High School gathering more than \$350 for the victims of Hurricane Katrina.



Special thanks goes to Lyle Fiscus, Patty Silvers, Glenn State Paper and other individuals and businesses that made generous contributions to the cause. Thanks also to Rebecca at First Federal for taking the time to count the coins, and CJ Ross and Junior Combs for carrying it all.

Block One ended Friday, with new students learning the ropes of MVHS, and returning students settling back into the routine.

Superstars for this week are Alyssa Manning and Ernestina Avolio. Congratulations to Mrs.



Magic Valley High School students completed their first All-School Write, with a special bonus: Those earning a superior score aligned their name on teacher Kellen Chapman's head. Vanna Lukic, April Stimpson, Amanda Chapa, Cassandra Ross, Sarah Walling, Tony Hofmeister, Ynez Venstra, Matt Loewner, Casey Matlock, Destiny Spence and Patricia Combs all scratched their monitors.

Dionne Davidson and new baby boy, Logan Hyler, born Sept. 13, and welcomed by brothers, Wyatt and Morgan.

Jennifer Miller is the English and speech teacher at Magic Valley High School in Twin Falls.

# Governor will ban junk food in California schools

The Associated Press

SACRAMENTO, Calif. — The food served in California schools will be healthier starting next fall under legislation signed Sept. 15 by Gov. Arnold Schwarzenegger.

The new laws impose a campus ban on the sale of sodas, set a new nutritional standard for vending-machine snacks, and require more fruits and vegetables in meal planning.

The former bodybuilding champion and fitness expert said the new rules are all part of a new effort to fight childhood obesity.

"California is facing an obesity epidemic," Schwarzenegger said at a conference on childhood obesity. "And more and more children are becoming part of the problem."

Lawmakers made California the first state in the nation to ban the sale of soft drinks in middle and elementary schools two years ago. One of the bills signed by the governor Thurs-

day will expand that ban to include high schools.

Beginning every July, students will be allowed to buy only water, milk, and some fruit and sport drinks that have limited sweeteners.

The governor also signed a bill that will raise nutritional standards for foods sold in school vending machines and regulate the number of calories that can come from fat and sugar. It also takes effect next July.

Another bill provides \$18.2 million during this fiscal year to offer more fruits and vegetables in school meal programs.

The California bills set a new standard nationally for healthy school foods, according to the Washington D.C.-based Center for Science in the Public Interest. "Coke, Pepsi and other junk-food marketers enjoy being in schools because they know it is one of the only places they can target kids without parental interference," said Margo Wootan, the center's nutritional policy director said.

# Obesity

Continued from C1

States Department of Agriculture.

Districts also monitor lunches monthly to assure healthy portion size and nutrition content.

But most agree the problem begins — and can possibly end — at home with parents who lead by example.

According to the CDC, children are more than twice as likely to adapt their parents' habits — for better or for worse.

Obviously, the worst ones are smoking, drinking and drug use. But parents can promote good habits such as cooking, eating nutritious meals with their kids, which can reduce the risk of childhood obesity by 48 percent, according to Nutrition.gov.

the football together, and all my daughters love to run with me," Greenwald said. "But it seems more uncommon these days, especially when I see students running for gym class and they're already tired within the first few feet."

## Exercise

A general rule-of-thumb for healthy weight control is simple, according to Kat Powell, a College of Southern Idaho aerobics instructor.

"Don't consume more calories than you will burn throughout the day," Powell said. "Many people confuse nutritional content with portion control, and even though nutrition is important to our health, portion control is mainly the key to weight control."

When it comes to exercise, Americans spend more money avoiding it than actually doing it. More than \$33 billion is spent on diets each year.

Mrs. Adams either follows the food pyramid, or they promote unhealthy and possibly dangerous eating habits, said Joyce Merkel, a nutrition information specialist for the USDA Food

and Nutrition Information Center in Maryland, in an interview.

"Other than calcium for women, we don't recommend diet pills or weight gain supplements," Merkel said. "And really, we don't even recommend multivitamins for those who are eating properly. The key to a healthy body is nutrition and exercise."

"So how much exercise does it take to be healthy and avoid weight-related problems?" Powell said a Big Mac that has 533 calories, which requires a 6.3-mile run to burn the caloric intake.

"What I recommend is for my students to keep a notebook with them and record every thing they eat," she said. "Then, they can use a nutrition guide to calculate how many calories they have consumed. And if you're not using as many calories as you consume, then you're probably going to gain weight."

The challenge facing most children who have weight problems is getting them active. Powell recommends that parents keep their children in-

involved in team sports or other organized activities where they encourage each other to keep it up.

"It is important that parents also encourage their children to be active and exercise because it is becoming increasingly difficult."

"Fewer children are going to parks because of urban risks associated with unattended children," Merkel said. "And even fewer children walk or bike to where they are going because parents are worried about what might happen. But the one thing these have in common is that parents can be with their children and help make the changes."

Both the CDC and the Food and Nutrition Information Center are developing additional programs to help schools promote healthy habits in children. But Merkel added that parents hold the key to a child's success.

"The schools and doctors can teach till the sun goes down, and the kids will not change a thing," Merkel said. "But a parent can make all the difference in the world."

# Tigers

Continued from C1

outstanding performance on his college entrance exam.

Senior Wade Sugden is this week's Top Scholar and recipient of the United Dairyman's Award. Wade, along with Dorothy Lopez, Logan Parker, Tyler Tolman, Karl Green, Chad Thacker and Victoria Chodnacky were this week's runners of the meet in cross country competition. The livestock team, Sheena Jackson, Dawson Lewis, Cliff Baxter, Ryan Jacobson and TJ Page, placed first out of 38 schools at the Eastern Idaho Fair.

On Sept. 14, the same students, along with Ryan Jackson, Challis Lewis, Alexis Folkling and Jed Powell, placed first in the district livestock competition.

The IHO academy is gearing up for its pre-gauche homecom-

ing tailgate party on Oct. 6. For just \$3, people can enjoy hamburgers, hot dogs, chips and homemade salads and cookies.

Student response to the disaster relief effort is continuing. The JHS advanced drama class will perform "American Voices" at 7 p.m. Sept. 23 in the JHS auditorium. Proceeds from the play will be donated to the Red Cross.

Thanks to teacher Michelle McFarlane and counselor Gelanée Choate for hosting a very informative evening for senior parents. Parents received information about senior project and the college and financial aid application process.

As always, it's been a busy week of achievement at JHS.

Patti O'Dell is principal of Jerome High School.

# Community

A page for you and your neighbors.















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Sudoku Answers:

9 3 5 6 4 8 2 1 7
1 4 6 3 7 2 5 8 9
2 8 7 9 1 5 3 6 4
8 2 9 4 1 5 1 6 7 3
4 5 3 7 8 6 9 2 1
6 7 1 2 3 9 8 4 5
5 9 8 1 6 4 7 3 2
3 6 4 5 2 7 1 9 8
7 1 2 8 9 3 4 5 6

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CHEVY '01 Grand Prix, 2 crew cab, 1.8, 2500 hd, loaded. \$1500 below book. \$4000. Call 844-759-3000.
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SCORES AND STATS

SPORTS IN BRIEF

What's on T.V.

- Baseball
• Mariners at Blue Jays, FSXW, 5 p.m.
Golf
• Exhibition, Kraft Nabisco Shotgun, at Boise, Idaho, TGC, 3:30 p.m.
Football
• Saints at Giants, ABC, 5:30 p.m.
• Redskins at Cowboys, ABC, 7 p.m.
Note: Saints at Giants coverage will switch to ESPN for the start of the regularly scheduled Redskins at Cowboys Monday Night Football game on ABC.

BASEBALL

Table with columns for Team, W, L, Pct, and various statistics for various MLB teams.

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Cal Poly downs Montana State
SANTA LUIS OBSIDIAN, Calif. — Cal Poly's defense scored two touchdowns and quarterback Anthony Garnett rushed for two more Saturday in the Mustangs' 38-10 victory over Montana State.

Chavez retires following loss on farewell tour
PHOENIX — Julio Cesar Chavez announced his retirement Saturday night following his loss on his farewell tour.

Lindsay Davenport wins Ball tennis title
BALL, Indonesia — Lindsay Davenport overpowered Italy's Flavia Pennetta to win the WTA World Tour tennis title Sunday.

Roberto Heras wins Vuelta for fourth time
MADRID, Spain — Defending champion Roberto Heras of Spain became the first cyclist to win the Spanish Vuelta for the first time by completing an 85-mile ride around the capital Sunday for an easy victory over Denis Menchov of Russia.

Slovenia, Lithuania advance to quarterfinals
BEGRAD, Serbia-Montenegro — Slovenia and Lithuania advanced to the quarterfinals of basketball's European Championship on Sunday.

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Ford advertisement for 2003 Ford Mustang Coupe, 2004 Ford Expedition XLS, and 2004 Ford F-150 X-Cab STX. Includes phone number 208.736.2480 and website 1.800.493.0320.

