

PADDLING AWAY THE POUNDS

Twin Falls man rediscovers sport and loses weight at the same time.

See Image, D1



Latham wins Rocky Mountain Challenge race.

Good Morning

Fires explode on both sides of canyon

TWIN FALLS — Firefighters on both sides of the canyon had their hands full during the weekend with several wildfires, including one that forced the closure of Golf Course Road shortly before midnight

iturday. And they anticipate there is

Saturday.

And they anticipate there is more to come.

Three fires — two in quick succession — broke dut as winds toard across the Magic Valley late Saturday and into carly Sunday.

Bureau of Land Management fire crews unshed to calls made several minutes apart for a 75-acre blaze pixtigated by lightening six miles south of Hagerman and a 56-acre burn along Golf Course Road in Jerome Couinty.

Earlier, fireworks sparked a half-acre fire is miles west of Gooding.

— Collaborating — with — other agencies. Reflighters were able to contain all three fires. No private property was damaged.

BLM fire crews joined Twin Falls and Jerome Rural fireflighters at 10:48 p.m. Saturday near the entrance to the fire along and near the entrance to Blue Lakes Country Club. By Tarm. Will fire

responding to the are along and near the entrance to Blue Lakes Country Club. By Ta.m. the fire



A wildfire lights up the sky Saturday night across from the entrance to Blue Lakes Country Club on Golf Course Road. The fire burned 56 acres before being contain

"We're just patrolling the fire until all the embers are out," said John Sabala, fire mitigation and education manager for the and education manager for un-Twin Falls district of the BLM,

n minutes earlier the

BLM was called to another fire. An area six miles south of Hagerman erupted after light-ening struck the ground. Buhl and Hagerman fire depart-ments responded to the 75-acre-blaze. Sabala said the fire was

contained Saturday night but would not officially be consid-ered controlled until Sunday at

a smaller fire set off by fireworks six miles west of Gooding earlier

in the day. Sabala said crews are anticipating more fires. "We're out patrolling right now," he said,"looking for fire-starts and cautioning people to not set off fireworks around anything that

Firefighters are asking mem-bers of the public to exercise caution while shooting fire-works. "If you are going to use fireworks, use them in a safe area," "Sabal said, "And be careful."

Doing more with less

County jail passes muster, but security problems loom

Times-News witter

TIMIN FALLS — Most days,
TIMIN FALLS — Most days,
BIII Brockman is in his office
working on county business.
But this day he was moving
through the halls of the county
lail, greeting inmates and peering at the molding on the floor.
Everything working OK in
here? Good deal.*
Brockman and fellow County
Commissioners Gary Grindstaff
and Tom Mikesell spent
Monday morning on their quarterly juli inspection. The results?
The jall is doing well on what
moncy it has, commissioners
said. But a growing immate poplation and aging equipment
may lead to future problems.
Possibly the biggest challenge
the jall has is replacing its cenactivated console, which controis the doors, cameras and

trols the doors, cameras and intercom system. Lt. Doug Hughes said the motherboards that run the console are starting

"When the doors are closing, they'll show red even when secured," Hughes said. "For the intercom system, we're using the last motherboard we could find. If we lose that, we're going



Twin Falls County Sheriff's Department Deputy Terry Hawkins runs the switchboard Wednesday at the Twin Falls County

iall.

To be in a world of hurt."

While the 17-year-old console is bording from now parts to bording from now parts to the property of the parts of

the inmates. Those doors have to hold a growing population.
On paper, the jail has enough space for its 190 inmates. But in practice, it's a different story

practice. It's a universe centrely.

The ladl originally had space for 142 immares. With Bo-addition of aunexes designed to hold work release immares, in row has space for 226 immares. The problem. Sgr. Steve Byers said, is keeping immares with different rankings apart.

meanors and are kept separate from inmates who commit various levels of felonies.

The population used to be made up of 25 percent felonies and 75 percent misdemeanors, but that statistic is now managed.

reversed.

That's partly because more crimes are considered felonies crimes are considered felonies now, jail staff say. "It's getting harder and harder to get inmate workers," Byers

indigenous women gather to cast their rote during presidential us in the Zinacantan in the southern state of Chiapas, Mexico,

Mexico's election too close to call

MEXICO CITY — Mexicos presidential election was too close to call late Sunday, with leftist Andres Manuel Lopez Obrudor and conservative Felipe Calderon locked in a tight race, according to early exit polls.

exit polls.

The vote, pitting two candidates on opposite ends of a wide ideological divide, was seen by many as a referendum

seen by many as a referendum or the open-market policies embraced by outgoing President Vicente Fox of the National Action Party, or PAN. Fox backed PAN nominee Calderon, as dozens of labor unions and leftist groups supported Lopez Obrador of the Democratic Revolution Party, or PRD.

Roberto Madrazo, the candidate of the Institutional Revolutionary Party, or PRI, which ruled Mexico for much of the 20th century, was expected to finish a distant third.

Pollsters for the two major televistion networks here. Televists and TV Azteca, said their cair polls showed the result still too close to call. The US.-hased Univision network made an early call for Calderon, within minutes of the carliest poll closings. They have been considered to the carliest poll closings. They have been considered to the prediction. More than 40 million people, or about 60 percent of the electronate, were expected to vote, according to officials with Mexico's Federal Election Institute, More than 130,000 Pollsters for the two major

Institute: More than 130,000

Please see MEXICO, Page A2

Backyard fireworks injuries on the rise

By Lindsey Tanner Associated Press writer

CHICAGO — Backyard use of fireworks and related injuries are increasing nation-wide, according to industry and government data, and researchers say thousands of children each year are among the victims.

children each year are manner the victims.

From 1990 to 2003, roughly 85,800 U.S. children and teenagers under age 19 were treated in emergency rooms

for burns and other injuries from firecrackers, bottle rockets and even sparklers, according to a study prepared for rulesse today in July I ssue of the journal, Fediatrick Most Injuries occurred around the Fourth of July.

The istudy is an analysis of date on nonfasti Injuries from the U.S. Consumer Product Safety Commission, which last week released new, figures showing an estimated 10,800 children and adults were treat-

4 4

ed for fireworks injuries last year. That was up from 9,800 in 2004 and part of a steady increase in fireworks-related injuries since 1996, the com-mission said. Fireworks-relat-ed injuries killed 38 people between 2000 and 2005.

Two teens were among the four reported deaths last year, the commission said, injuries to those under age 20 account-ed for 55 percent of last years figures.
While firecrackers cause the

accounted for almost half of last year's injuries to children younger than 5. Aerial devices, including bottle rockets, caused about 17 percent of the, injuries last

bottle rockers, com-percent of the, injuries last year.)

About 22 percent of children injured: in his study were bystanders not directly har-dling firevoloties 50 percent of injuries were burns; and eyes, faces and hands were the most tellured body parts.



Get to know your local bugs TUESDAY IN COUNTRY ROADS

TWIN FALLS FORECAST

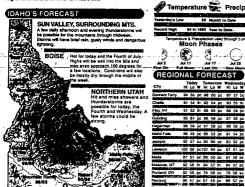
ser record high temperatures, partly cloudy skies and storms. Highs lower 90s. Partly cloudy skies, warm temperatures and mostly

near 60.

It A hot, but mostly dry and mostly sunny Fourth of a lower to middle 90s.

BURLEY/RUPERT FORECAST

is near-10.
gight: Partly clouby and breozy. Lows in the middle 50s orrow: Continued warmer than normal and mostly dry. is lower 90s, lows lower to middle 50s.



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TWIN FALLS FIVE-DAY FORECAST

Precipitation

Tonight

ALMANAC - TWIN FALLS

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94 / 67

Humidity

95/67

Yesterday's Weather

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TODAY'S NATIONAL MAP

Times-News

. .735 3278 . .735 3234 . .735 3268 Advertising department

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Circulation department

Circulation phone lines are open between 6:30 a.m., and 6 p.m., daily and 6; lo 11 a.m. on weekends for general questions about your delivery, including new subscriptions, vacation stops, and other questions If you do not receive your paper by 6:30 a.m., call the number for your

hed. Ister, please send change of as form to: PO. Box 548, Twin Idaho 83303.

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CANADIAN FORECAST

ENTERTAINMENT

Possbreath Deversaux," a metodrama, 4 p.m., 6 p.m. and 8 p.m., 4 lp.m., 6 p.m. and 8 p.m., 4 lp.m., 5 for adults and \$2.50 for children, call 436-4554.

4554.
Fegad, What a Cad," melodrama presented by the West End Theatre Co. and the Buhl LDS Church. 7:30 p.m. at the Buhl High School auditorium, 525 Sawtooth Ave. in Buhl, 57 for singles and \$20 for families (price includes Dutch oven dessert), call 543-8262.

FESTIVALS

Rupert Centennial and July 4 Colobration, with food booths opening at 10 a.m., "Sounds of freedom" at 6 p.m., Ray Kilpack at 7 p.m., Minidoka County

IN THE MAGIC VALLEY

Fairgrounds and Historic Ruper Square, cost for food, call 436-4757:

Sawtooth Rangers Riding Club Rodoo, Hailey's Days of the Old West 4th of July Celebration, 7, p.m., at the rodeo grounds located north of Friedman Memorial Airport, \$10 for admin Airport, \$10 for adults and \$5 for children. call 799 children, call 788-4221 Buhl's Sagebrush Page

ial, with children's Crazy Duds parade at 10:30 a.m., Northwest Engine Show, home-made ice cream exhibition, ven-dors in the park and more, down town Buhl and Eastman Park, cost for vendors, call 543-6682.

GOVERNMENT

Twin Falis County commissioners, 8:30 a.m., courthouse, 425 Shoshone St. N., call 736-4068, lerome County commissioners, 9 a.m., courthouse, 300 N. Lincoln, call 644-2700.

a.m., courthouse, 1459 over-land, call 878-7302. Ketchum City Council, 5:30 p.m., City Hali, 480.E. Ave. N., call 726-3841.

Losso41, Halley Planning and Zoning Commission, 6:30 p.m., court-house, 206 First Ave. S., call – 788-5570.

FAMILY

Youth Options," activities for young people ages 13-19, 7 to 10 p.m., The Salvation Army, 348 Fourth Ave. N., Twin Falls, \$2, call 733-8720.

Financial Lesson of the Week Brought to You by

Edward Jones

www.edwardjones.com • Member SIPC

Unsettling Times Still Offer Opportunities for Investors

If you remember 1973, you know it was a difficult period for the United States. A series of events—including the Watergate scandal, the OPEC oil embargo, the Victnam War and the resignation of Vice President Spiro, Agnew—had shaken the public's morale. By November, President Richard Nixon's approval rating stood at 37 percent—and presidential approval ratings tend to track the mood of the nation. Given all this, you might think that 1973 was not a good were in which to inwest to the stock market. good year in which to invest in the stock market.

good year in which to invest in the stock market.

But you'd be wrong, From Nov. 30, 1973, it. No. Nov. 30, 1983, the S&P 500 recorded an average manual return of 10.9 percent. So, if you had invested \$10,000 in the market at the beginning of that period, it would have grown to \$28,139 by the end. And over the next 20 years, from Nov. 30, 1983, to Nov. 30, 2003, the S&P 500 returned, on average. 1.28 percent a year; consequently, \$10,000 invested in 1983 would have grown to \$111,219 in 20 years. (Keep in mind, however, that the S&P 500 is an unmanaged index, and you cannot invest directly into it. Also, past performance is not an indication of future results.)

In short, if you had started investing in the troubled year of 1973, and you had kept investing,

in stiors, it you have started investing in the troubled year of 1973, and you had kept investing, you would have probably done pretty well over the next three decades.

Now, let's look at what's happening in the country in 2066. We are facing global unrest, high gas prices and concerns about economic security. Although there are some similarities between 1973 and 2006—a controversial war, high gas prices, political concerns—there are also some love difference. key differences.

- Rey directices.

 Perhaps most important, our economy today is much stronger than it was back then. And as an investor, you might be particularly interested in the following:

 Interest rates are near a 40-year low. When interest rates are low, it is less expensive for businesses to borrow money to expand their operations. And as businesses grow, so does their attractiveness to investors.
- Corporate profits are growing rapidly. Corporate profits have expanded at double-digit rates for 10 consecutive quartes, profitability is one of the key fundamentals that drive a company's stock price. So, despite the worried national mood, the investment climate of 2006 may actually be quite promising.

Don't Stop Investing
It's true that 2006 may be an unusually tense year for the country. But as we've seen, 1973 was also a difficult year—in fact, by some measures, considerably more unsettling than 2006—and yet, many investors who had faith in the financial markets in 1973 were amply rewarded.

Of course, you might not achieve similar returns going forward over the next few decades—no one can predict the future course of the markets. But the experience of 1973 shows the historical importance of continuous investing. A systematic investment plan does not assure a profit and does not protect against loss in declining markets. Such a plan involves continuous investment in securities regardless of fluctuating price levels of such as curriers, the investor should consider the financial ability to continue the purchases through periods of low price levels.

So, don't let today's headlines keep you on the investment 'sidelines'. If you buy quality invest-ments, diversify your portfolio and invest for the long term, you may be able to design a strategy designed to work toward your financial goals—in good times and bad.

- True or False 1973 was a good time to invest.
 True or False 1973 and 2006 have many similarities.
 - Newspaper in Education

Iail

ed from page A1

Codimed from page A1 fail staff also have to divide the space between male and female inmates. The female population—has—soared—in recent years, from six inmates to 42. As a result, a couple cell-blocks were given over to women. further condensing the men. The female inmate populo.

The female inmate popula-

The female inmate popula-tion has grown because judges sentence more of them for drug-related crime, Sheriff Wayne Tousley said. "They're used as pawns in drug crimes, grand theft crimes," he said. "It mostly is a co-dependent type of crime."

The fail news isn't all bad The jail news isn't all bad. Commissioners found the jail was making great progress in painting and removating cell-blocks,—hallways and other areas. After staff discovered a naint job two years ago was pecling, they decided to repaint to keep the jail in good condition and keep the paint from being misused. Brockman said pecled paint

tould knock somebody out," he said.

During the tour, commissioners check on maintenance,

from being misused.

Brockman said peeled paint can be rolled into a dense, heffy ball if enough of it is gathered.

"You get a ball like that, you could knock somebody out," he said.

inmate treatment, and other safety issues, Brockman safd. The jail is toured four times a year by the commissioners and twice by the state's jail-Standands Committee.

The commissioners found no serious infections among inmates. The worst safety risk in a cell seemed to be broken plastic on a light fixture, which one immate said was caused by a grame of flootball with a roll of Tollet paper.

Copies of the report are sent of the county's insurance provider, the standards committee, the jail and the county's records.

Mexico

ed from page A1

Continued from page Al polling places have been set up, from within yards of the U.S. border in Tijuana, to Indian villages in Chiapas. The campaign was one of the most acrimonious in Mexican blaces with the campaign was presented by the control of the most acrimonious in Mexican blaces with the control of the control of the property of the propert

history, with three leading can-didates spending millions on ision and radio commer-denigrating their their opponents. Calderon, 43, ran as the candidate who would best continue to 'economic policies initiated by Fox, who is limited by Mexico's Constitution to a single, stx-year term. Lapez Obrador, 52, the chartsmatic former mayor of Mexico City, held a slight lead in most polis.

He ntomisest to expand tow.

He promised to expand gov-

emment subsidies to the needy and to stimulate Mexico's economy with public-works projects and reductions in fuel prices.

Antonio Santiago, a 24-year-old husiness student, was voling for the first time. "I'm voting so that there's democracy."

1 :

Santiago said, "So that dem racy lives on."

Thank-you to these Edward Jones Representatives for Supporting Education.

Newspaper in Education

Atlantic City casinos ordered to close Wednesday by state

Associated Press writer

TRENTON, N.I. — Atlantic
City's casinos were ordered to
close Wednesday, the latest
casualty of a state government
shutdown that began after the
Legislature failed to adopt a
budget by its July 1 deadline:
The head of the Casino
Control Commission ordered
gaming in Atlantic City to
cease at 8 a.m. Wednesday —
the day after the July Fourth
holiday — if New Jersey fails to
enact a budget by them.
Atlantic City's 12 casinos,
which require state monitorhigh rawe waged a court battle
to remain open, and an

ing have waged a court battle to temain open, and an appeals court was welghing the matter Sunday. There was no word on when a ruling would be made, courts spokeswoman. Winnie Gow, Ion S. Corzine sald Sunday there was no immediate prospect of a budget. State parks, beaches and historic sites also were expected to shut down Wednesday. If the cashinos shut down, the state would lose an estimated \$2 million in tax revenue each day they stayed closed.

day they stayed closed. Republican Assemblyman Francis Blee, whose district includes the casinos, said it was important for them to

remain open.

"We will have tens of thou-sands of individuals, real peo-ple, that are going to be hurt by

Shuttle launch

this," he said "There will be-bread winners who are not bringing home a paycheck." Corzine shut down nonesiential government services Saturday after the Legislature failed to adopt a Legislature failed to a Legislature fa

deficit.

Most Democrats in the
Assembly and several Senate
Democrats oppose the sales
tax increase, fearing voter
backlash and reserving any tax

reform. Assembly Democrate proposed a series of alternatives, some of which Corzine accepted, but both sides remained \$1 billion apart as the budget deadline passed.

he budget deadline p About 45,000 state About 45,000 state employ-ees were furloughed Saturday. Corzine's order allows him to keep 36,000 state employees working without pay. Services such as state police, prisons, mental hospitals and child welfare were to keep oncerte.

NEED CASH? AAA Quick Cash 732-5626

34th Annual Kimberly Good Neighbor Days

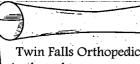
Thur, July 6: Fundraiser Spaghetti Dinner City Park - 7:00 p.m.

Fri. July 7:

Good Neighbor Press Tibe Community Differs Breakfast - 6:00 am. Flag Raising - 8:00 am. Day long activities - 9:00 - 5:00

Sat, July 8:

(Band, games, food, performance crafts, and more)





By Guy Gugliotta The Washington Post

CAPE GANAVERAL, Fla.— Flight controllers for the second day in a row Sunday scrubbed the laugch of space shuttle Discovery, poised for liftoff beneath murky gray skies as lightning crackled and hunderstorms rumbled over-head. NASA officials said they will try again Tuesday.

hundersorus uncercited bead. NASA officials said they will try again Tuesday.

We have scrubbed for the day. Shuttle Launch Director Mike Leinbach told mission control at 1:14 p.m., only a few minutes after Mission Commander Steven Lindsey and Discovery's six other crewmembers had been strapped into their seats. Launch had been scheduled for 3:26 p.m.

NASA decided to "stand down" Monday in order to top off on-board supplies of liquid bydrogen, used as fuel in powering the shuttles electric systems.

off on-board supplies of liquid bydrogen, used as fuel in powering the shuttle's electric system during light. The hydrogen, despite being cooled several hundred degrees below zero Fahrenheit, boils off as its is in fuel cells on the hunch pad.

Leinbach said the team will attempt launches Tuesday, at 239 p.m., and Wednesday, if necessary. While bad weather is predicted for Monday, some improvement is expected Tuesday.

At no time Sunday were launch chances rated any bet-ter than 30 percent.



Twin Falls Orthopedics is pleased to announce. . .



R. Tyler McKee, D.O.

will start seeing patients July 10th, 2006.

Dr. McKee has experience in many aspects of general orthopedies including: arthritis, arthroscopic surgery, joint replacem sports medicine and fracture care.

He and his family are happy to return to Idaho and are looking forward to making their home in the Magic Valley.

Please call Twin Falls Orthopedics at 734-3455 to make an appointment with Dr. McKee today. For more information, visit his web site at http://OrthoDoc.agos.org/TylerMcKeeDO



734~3455



Sidewalk Sale



Black Rock

Get your Summer Fitness Kit

Join Through July 7 only



With your membership you'll receive:

- · Gold's Gym Fitness Bag
- · Gold's Gym Beach Towel
- Gold's Gym Water Bottle
- · Gold's Gym Wrist Bands
- 2 Free Tans from Sunsations
- · Tanning Lotion Sinsations
- AutoPride Express Car Wash
- Ice Cream from (TOLD STONE (*)
- OUTBACK Appetizers
- Goodie Bags from Sprint

OKE Tab Energy Drink

supplies only • Offer ends July 7, 2006 (Offer valued at \$200)



Apex™ Nutritional Counseling

NASM Certified **Personal Trainers**

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FREE WEIGHTS

Racquetball Courts

and More

1471 Fillmore Twin Falls, Idaho 208-733-GOLD



CONGRATULATIONS TO INTEGRITY COUNTS! 2005 NOMINEES



Burean 10th annual sitignity County! are fortunate to have so many local business boron program. Serial of organizations who work very hard to these organizations received multiple series after state-belless with entry-nomeations. Nomeated companies may see the state of the state-belless with entry-nomeations. Nomeated companies the state of the state-belless with entry-nomeations. Nomeated companies the state of the state-belless with entry-nomeation in the form Orbitation, Organ to feet them, with your calendaries the state of the



Integrity Counts

INTEGRITY COUNTS! 2006 NOMINEES

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AROUND

THE VALLEY

City recognized for water efforts

for water efforts

TWIN FALLS — The city
of Twin Falls was recognized for its Water
Conservation — Program
during the 59th
Association of Idaio Cities
Annual Conference held
June 14-16 in Lewiston.
The City Achievement
Award programs or projects created and
implemented that
improve quality of life,
solve community probJems, reduce costs of government and increase
municipal services with
minimal additional dollar
outlay.
Population size is taken

Population size is taken into account.

into account.

In response to cumulative effects of several years of drought, the city of Twin Falls began a Water Conservation Program in 2003 which forested on education and public information as a way to reduce the community's consumntion of water.

reduce the community's consumption of water.

One facet of the program included a water restriction ordinance that limited the use of water in landscapes and enforced alternate watering schedules.

The results of the city's and the citizens' efforts has been a reduction in the consumption of water by 847 million gallons.

T.F. fireworks to light up night sky over CSI

TWIN FALLS — The annual fireworks 'display will be held at the College of Southern Idaho on July 4 beginning at 10 p.m. and beginning at 10 p.m. and ending about 25 minutes

ending annual later.

Due to the large amount Due to the large amount of vehicle and pedestrian traffic, the Twin Falls Police Department asks the fol-lowing

lowing:

• Come early. The police department will begin closing down some sections of Falls Avenue and Washington Street North around CSI at 9 p.m. North College Road will be closed at 7 n.m.

College fload will be crossed at 7 p.m.

Be patient. Several thousand people attend the event and most drive there. It may take several minutes for police to direct traffic off the campus safe-lay.

Please be patient with ny delays or rerouting of nc. Do not drink and drive.

Do not drink and drive.
Difting previous displays, several traffic collisions occurred as a result of impaired drivers.

The area surrounding CSI will be heavily patroiled and all drivers suspected of DUI will be arrected.

If you have any questions regarding the event, please call Staff Sgt. Craig Stotts at 735-7297.

Made in the shade A Mexican



From left, Buhl Mayor Charles Sheridan, former mayor Barbara Gletzen, Senator Tom Gannon and wife, Genie Gannon, and Buhl Parks and Trees Committee Chairman Michael Aland mark the grand opening Sunday of the Atta Gannon Stage at McClusty Park.

Buhl celebrates opening of Alta Gannon Stage

By Blair Kock Times-News correspondent

BUHL - Nothing beats a warm summer afternoon enjoying some cool jazz in the city park. Not so cool, however, for the musician sweating under the sun with no shade in sight.

sight.

But for this community,
those days are now in the past.

On Sunday the newly covered Alta Gannon Stage in
McClusky Park was unveiled
and dedicated with a ribboncutting.

cutting.
"It is providing some much needed shade for our perform-ers," said Buhl Arts Council Executive, Director Kelly Daluiso, 'And the sound quali-ty is much, much better, Plus the cover is a great focal point."

point:
Daluiso explained, that
evening events can be explored
since lighting can now be used.
It think hat we will be able to
expand our concerts and get
even more high-caillber performers our way. 'she said.
Sundays concert featuring
Cherle Buckner Webb brough
Cherle Buckner Webb brough

admiration and appreciation for the new addition.

for the new addition.

"We haven't gone to a concert here for a couple of years and the cover is cool.".said full fractilent Curits Asay. "And it looks so much cooler and more comfortable for the performers. It is a great addition for Bubl."

The new look is the outputs.

fortable for the performers, it is great addition for Bubl."
The new look is the culmination of planning between the city of Bubl, Bubl Arts Council and Bubl Chamber of Commerce, said Bubl Parks and Trees Committee Chairman Michael Aland. .
"We finished plane one last year that included most of the concrete pad. This year we

Performing artist Cherie Buckner — Webb performs on the Alta Gannon of the late mother of Senator Tom Gannon, who lives in Buhl, after he donated \$10,000 for the project.

If you go

stage in Mccussiy Park.

added a 7-foot perimeter around the original concrete pad and was able to provide the cover." Aland said. "We had a heek of a time falsing the money, but we did it."

The special material cover cost just under \$15,000.—Ahard-said, with the entire project costing over \$25,000.

We went to individuals to done money for the stage done money for the stage that the proof of the stage that the proof of the stage that the proof of the stage cover, in hours of his late mother, Alta Cannon, "said Aland. And that is where the stage's tame came from."

Aland expressed his thanks to a few Buhl High School Key Club members and other volunteers who worked a day last

week to get the cover erected.

"We didn't really know what we were doing but had the blueprints and only lad to call the manufacturer once." Aland said. "In a little over five hours we had it up."

The city had been seeking a covered stage so they partnered with the Buli Arto Council. Which provided the town with the annual Summer. Concert Series, Aland explained.

"They didn't really have proper place for the outdoor concerts." Aland said. "So the partnership was a natural one."

Besides providing a sport for the concerts, the stage will be available for use by reservation through City Hall.

"This is such a great asset for Bulit. It beats standing in the sun." Said Mayor Charles. Sheridan. "For a nominal deposit, anyone can have access to our new stage."

Blair Koch lives in Buhl. She

Blair Koch lives in Buhl. She can he reached by blair_20@hotmail.com or by calling 316-2607.

family affair

By Rusty Tews Times-News correspondent

SHOSHONE — His restaurants have been a facture in the Wood River and Magicvalleys since 1899:
At 55, Eduardo Marin is an ordinary-looking man until he smiles, and then he bubbles over with hospitali-

"Welcome home, my friend," Eduardo greets guests to his newest restau-rant. "Thank you for com-

ing. At 5 feet 1 inches, he is everywhere in his "tidy restaurant on Shoshone's main street. "More water? "More salsa? "More chips?" The city's newest eatery is

"More salsa?
"More chips?
The city's newest entery is housed in a historic stone building that has been home to a clothing store, liquor, store, saddle shop and witness to muto fo.Shoshone's store, liquor, store, saddle shop and witness to muto fo.Shoshone's history. Constructed nearly a century ago, the rugged lawa rock walls, still visible in the back of the restaurant, accentuate-the-new-beige-walls decorated with bright Medican decor. Eduardo is no stranger to restaurants, having started 10 since 1980." It came to Seattle in 1981," he Sald. "I didn't have a punty into the Canadiajara seeking work in the United States. The eldest of 12, he played on his close family network to land a joh washing dishes in a Seattle restaurant.
Six years later, Eduardo

Six years later, Eduardo opened bis first restaurant,

Chappalas, in an old house on North Main in Halley, He soon sold it to his nephew and went on to start eateries in Las Vegas, Colorado, Bolse, Pocatello and Twin Falls. His Shoshone restaurant, Eduardo's, is a modest establishment, but the hospitalism, Latrons unaccustomed to Eduardo's enthusiastic greeting are often taken aback.

"We make every thing fresh, said Eduardo.

His nephew, Javier Marin, is the chef and makes the turtillus, tannales, and beans

every day. Shoshone

Shoshone seems an unlikely location for a restaurateur who has outlets in the likes of Las Vegas and Boise. "I see lots of change for Shoshone, I-said-Eduardo, I-want to be ahead of everyone."

one."
Eduardos vision of being ahead of the crowd was prophetic in Hailey with his Chapallas restaurant succeeding against the upscale parturants. In people ceeding against the upscale restaurants in nearby Ketchum and Bruce Willis' Shortys in Halley. "I like to work." Eduardo said. "My family works with me."

Rusty Tews lives in north Shoshone. His address is tews-ranch2s@yahoo.com.



Eduardo Marin and his daughter, Ashly, outside the restaurant that bears his name on South Rail Street in Shoshone.

Woman never stopped caring about people

WANTED in the Magic Valley



Age: 25 Descript 5 feet talt. 180 pounds

brown hair, blue eyes Wanted for: Probation violation violation 🥬

The Twin Falls County Sheriff's Department asks anyone with infor-mation about Morton's whereabouts to call 735-1911 or Crime Stoppers at 732-5387. Tipsters can remain anonymous and may be eligible for a reward. By Jami Whited Times-News correspondent

BLISS — JoAnn Lawrason's pharmacy in Hagerman was a welcome sight to many people who were in need of medications. Regardless if they were locals or just passing through, they could count on her for helpful service, a friendly smile and caring nature.

friendly smile and caring nature.
She died June 17. People not only remember her sincere care, but-also the positive out-took she had on life.
She grew up in the Hagerman area and had a love for the town and its people. Her mother, Helen Berry, said Johan was good in calculus and chemistry, which led to a career as a pharmaclst.

and enemistry, which led to a career as a pharmacist.

"She liked looking after people_and_trying_to-help-them." Helen said.

After working at area hospitals, JoAnn\opened her own

store, where she developed many good friendships with customers. istomers. Midnight runs to the phar-

Midnight runs to the pharmacy were not uncommon format, where not uncommon for the pharmacy were not uncommon for the pharmacy were not uncommon for the pharmacy and the pharma

and a tew part all augh.

"She loved nothing more than her people." Steve said.

"She could have made a whole lot more money other places, but she liked to take care of her people."

She loved supporting others and encouraged them to follow their dreams: especially those dreams: especially those dreams cance from her own family.

She was very proud of her kids. Dan and Carrie, and cheered them on, Steve said. Her ambitious and positive personality was one of the hings people remember most about her.

"She was they type of per-

about her.

"She was they type of person who was just fun to be around," said Carrie, who followed her mother into phar-

macy.
Her example seemed to affect many people and it definitely influenced her daugh-

initely influenced her daughter.

"She was always so giving to patients," Carrie said. "She always tried to be there for everybody."

Carrie remembered working with Johann at the pharmacy one day when ther mom snuck up behind her and poured ice

water down her back.

"I took off after her with a glass of water and chased her around the pharmacy. She will be seen to the seen to the

To suggest a Life
Remembered story, contact
Jami Whited at
jwhited@cablcone.net



JoAnn Berry Lawrason



(Mario) Belem and Daniel Lawreson; grandchildren, Tyler and Christopher Belem; mother, Helen

OBITUARIES

JEROME — Clive Glendon
"Glen" Capps, 78, passed
away on Saturday, July 1, 2006,
Born December 31, 1927 in
Advanca-Moo, 1b-Ruby-ElsieHawkins and Clive Juguthrie
Capps. The family immignated from Missouri to Idaho
when he was sk months old.
Glen grew up in Richfield,
Idano.

Idaho.

After his parents divorced, he lived with his grandparents. Glen referred to his grandmother as one of the guiding stars in his life. His mother remarried to John H. Falck. Glen was the Student

mother remarried to John H. Falck. Glen was the Student Body President at Richfield High School, and was an accomplished athlete, letter-ling in fotoball, boxing, basket-ball, and baseball. After graduating from high school Glen went to work for the step father shearing sheep. The next year he went to work for Dennis Green where he met his sweetheart and future wife. Mary Green. They were married on August Stit, 1948 later solemnized in the Idaho Falls LDS Temple February 27, 1961.

It was then that he started hauling hay for John Falck for lerome Feeder Supply. After John Falck passed away, Glen took over the business which later became Glen Capps Hay and Grain.

Working together with his sons, Capps Hay and Grain



Clive Glendon 'Glen' Capps

became a staple in the local agricultural community. He was a member of the Church of Jesus Christ of Latter-Day Saints and served as served as and Sunday Saints Scoutmaster an Cabool President.

School President.

He was a passionate public servant, serving for two terms on the Jerome City Council and was the Police Commissioner. He was also a regular contributor to the Times-News editorials.

Glen Joved the outdoors, animals, and delighted in the simple pleasures of life. He was preceded in death by his parents. brother Kenneth

was preceded in death by his parents, brother Kenneth Capps, step-sister Deloris Davis, and step-brother Leon Capps, Glen is survived by his wife of 57 years, Mary. He is also survived by his children, Jo Glassett (Larry), Dennis Capps (Sandra), Mike Capps

- DEATH NOTICES

died Saturday, July 1, 2006 at Birchwood Estates in Twin Falls, Idaho.

Falls, Idaho.

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

Neil R. Durfee

(JBI). Kathy Bartholomew (Kent). David Capps (Charlene). Brian Capps (Ranae), and brothers Charles and Doug Capps. He has 31 grandchildren and 27 great-grand children.

grandchildren.
A Funeral service for Glen
will be conducted Thursday
July 6, 2006 at 10 a.m. at the
Herome LDS Stake Center, 26
North Tiger Drive (100 East),
Jerome, with Bishop Andrew
Lott officiating.
A visitation will be held
Wednesday evening, July 5,
2006, at Farnsworth Mortuary,
Chapel, 1343 South Lincoln,
Jerome, where family and
friends, may call from 6-9
p.m., and again on Thursday
at the church one hour prior at the church one hour prior to the service. Interment will follow in the Jerome Cemetery, 900 West Avenue I Jerome, Idaho.

Services are pending and will be announced by Reynolds Funeral Chapel, Twin Falls.

Calvin Floyd Bateman

JEROME — Calvin Floyd Bateman, 79, of Jerome, died July 1, 2006 in Jerome. Arrangements are under the care of Farnsworth Mortuary and Crematory of Jerome.

Kris Matthew Kunzler

hanel).

For-obituary rates and information, call 735-3266 Monday through Saturdey. Deadline is 3 p.m. for sxt-day publication. The e-mail address for obituaries is obits@magicvalley.com. Death notices are a se service and can be placed until 4 p.m. every day. To view or submit obituaries online, or to place message in an individual online guestbook, go to www.magicvalley.com and click on "Obituaries".

SERVICES

Marion Conner Buel Peak of Jerome, memorial Muss at 10:30 a.m. today at St. 10:30 a.m. today at St. Jerome's Catholic Church, 216 Second Ave.

Dona Rae Acalturri Oakley, funeral Mass at Oakley, funeral Mass at 11 a.m. today at the Little Flower Catholic Church, 1601 Oakley, Ave. in Burley: friends may call before the funeral Mass foday at the church (Rasmussen Funeral Home).

Josephine Frances "Jo" (Mason) Miller of Rupert, graveside service at 11 a.n. today at Sunset Memorial Park in Twin Falls (Parke's Magic Valley Funeral Home).

Mary Lou (Turner) Tolley of Caldwell, memorial service at 1 p.m. today at Dakan Funeral Chapel in Caldwell.

Russell R. "Russ" Sorenson of Twin Falls, funeral at 1 p.m. today at the Twin Falls First Church of the Nazarene (White Mortuary).

Steve Gregory Bright of Jerome, funeral at 3 p.m. today, at the St. Paul's Lutheran Church in Jerome (Hove-Robertson Funeral

Everett Lee Smith of Jerome, graveside service at 10 a.m. Wednesday at the Jerome Cemetery (Hoye-Robertson Funeral Chapel).

Robertson Funeral Chapet). Karen Gier of Buffalo, Wyo., and formerly of Filer, funeral at 10 a.m. Wednesday at the Adams Funeral Home Chapel, 351 N. Adams in Buffalo.

Raymond Joseph Valasek of Springfield, Ore., and former-ly of Twin Falls, graveside service at 11 am, Wednesday at Sunset Memorial Park in Twin Falls, (Buell Funeral Chapel in Springfield and White Mortuary in Twin Falls),

Monroe R. Whitlock Sr. of Twin Falls, graveside celebra-tion of his life at 11 a.m. Wednesday at the Wendell Cemetery (Reynolds Funeral Chapel) Cemetery Chapel).

Chapel).

Velda Marie Greiner

Phillips of Rupert, funeral at 2
p.m. Wednesday at the Rupert
United Methodist Church,
605 H St. (Hansen Mortuary
Rupert Chapel).

Roy Dee Irons of Garden
City, celebration of life from 6
to 9 p.m. Wednesday, with a

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THE DEVIL WEARS PRADA

> CARS CLICK **NACHO**

LIBRE

ICE AGE 2

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SATURDAY, JULY 8, 11:00am

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TUESDAY, JULY 11, 5:00pm Household - Tools - Antique Outrageous Oddities - Jerom KLAAS AUCTION BARN 208-324-5521

Happy 4th of July!

brief memorial beginning at 6 p.m., at the Willowbrook Clubhouse, 5601 Willowlawn Way in Garden City.

Ruth Verna Louise Orahood of Burley, funeral at 11. a.m. Thursday at the

Burley LDS Stake Center, 2050 Normal Ave.; friends may call from 6 to 9 p.m. Wednesday at Rasmussen Funeral Home, 1350 E. 16th St. in Burley, and from 10 to 10:45 a.m. Thursday at the church.

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PATIENT SPOTLIGHT

"It's worth the trip to see Fritz!"

~Mary McConnell, Mountain Home

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wonderful that I drive all the way from Mountain Home for my hearing needs.

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for me it's worth the trip to see Fritz!"

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Fritz Kippes, H.I.S. Hearing instrument Specialist

734-2900 678-7600 260 Falls Ave Suite A Across from CSI 1301 E. 16th Suite 103 Inside Farmers Institut

Honest Service • Reasonably Priced Hearing Aids Complete Hearing Healthcare

TWIN FALLS — Shirley Mae Stites Reppeto, 79, of Twin Falls died Sunday morning, July 2,2006 at the Twin Falls Care

Shirley Mae

Stites Reppeto

Center.

Services are pending and will be annouced by Reynolds Funeral Chapel, Twin Falls.

Carmen M. Yates

CALDWELL — Carmen M. Yates, 74, of Caldwell, formerly of Burley, died Sunday, July 2, 2006 at home. Services pending. Bowman Funeral Parlor, Garden City.

Mary Estella Vance

Today

Cassia County commis-sioners, 9 a.m., courthouse, 1459 Overland. Halley Planning and Zoning Commission, 6:30 p.m., courthouse, 206 First Ave. S.

Jerome County commis-oners, 9 a.m., courtifouse,

300 N. Lincoln.
Ketchum City Council, 5:30
p.m., City Hall, 480 E. Ave. N.
Twin Falls County commis-sioners, 8:30 a.m., court-house, 425 Shoshone St. N.

300 N. Lincoln

Sunday morning, July 2, 2006 at the Talamentes Living Center in Twin Falls. TWIN FALLS - Mary Estella Vance, 92 of Twin Falls, Idaho

TWIN FALLS — LaVerne hoth, 85, of Twin Falls died

LaVerne Schoth

ALMO — Neil Ricks Durfee, an 85-year-old lifelong resi-dent of Almo, died Sunday, July 2, 2006, at his home. The funeral is pending and will be announced by Rasmussen Funeral Home in Burley.

PAUL — Kris Matthew
Kunzler, the three-month-old
son of Kelly and Stephanle
Barker Kunzler of Paul, died
Saturday, July-1, 2006, at CassiaRegional Medical Center.
The funeral is pending and
will be announced by
Rasmussen Funeral Home in
Burley.

ON THE AGENDA

Zoning Commission, 7 p.m., City Hall, 115 E. Poplar, Kimberly Zoning Commission, 7 p.m., commu-nity center, 120 Madison W. Kimberly Public Library, Board, 7 p.m., library, 120 Madison W. Filer City Council, 7:30 p.m., City Hall, 300 Main. Glenns Ferry School Board, 7 p.m., district office, 820 Old Highway 30. Highway 30.
Hagerman City Council, 7
p.m., Hagerman Senior Center,
140 E. Lake.
Jerome City Council, 7 p.m.,
council chambers, 100 E. Ave.

Madison W.
Twin Falls County commissioners, 8:30 a.m., courthouse,
425 Shoshone St. N.
Wendell City Council, 7
p.m., City Hall, 300 Main St.

Friday

Twin Falls County commis-sioners, 8:30 a.m., courthouse, 425 Shoshone St. N.

Times-News suggests that you confirm the information by calling the appropriate clerk's office before attending.

Wednesday

Albion City Council, 7 p.m., community office, 124 S. Main. Blaine County commission-ers, 8:45 a.m., courthouse, 206 First Ave. S., Hailey.

-THIS WEEK AT CSI

Jerome County commis-sioners, 9 a.m., courthouse, 300 N. Lincoln. Rupert City Council, 7 p.m., City Hall, 224 F.s. Shoshone City Council, 7 p.m., City Hall, 224 F.s. Tym., City Hall, 229 S. Rail St. W. Twin Falls County commis-sioners, 6:30 a.m., courthouse, 425 Shoshone St. N.

Thursday

Bellevue Planning and

Tuesday

Twin Falls Municipal Band concert of patriotic music, 8 p.m., Student Union. Lighthouse Christian

ellowship Family 4th of July reedom Celebration, 8 p.m., rest of Herrett Center for Arts and Science (free and open to

the public).
Twin Falls Municipal fire-Twin Falls Municipal fire-works display, sponsored by the Greater Twin Falls Association of Realtors, -approximately—10:20 p.m., -launched_from_north_side_of-campus.

Wednesday

Free, weekly solar viewing (weather permitting), 1 to 3 p.m., Herrett Center for Arts and Science.

and Science.
"Mysteries from the Depths
of Space," 4 p.m., Faulkner.
Planetarium.
"journey to the Edge of
Space and Time," 7 p.m.,
Faulkner Planetarium.

"Pink Floyd: Dark Side of the Moon," 8:15 p.m., Faulkner Planetarium.

Thursday

"Mysteries from the Depths of Space," 4 p.m., Faulkner Planetarium."
Journey to the Edge of Space and Time, 7 p.m., Faulkner Planetarium.
"Pink Floyd: Dark Side of the Moon," 615 p.m., Faulkner Planetarium.

-Friday

Friends of Minidoka and CSI Phi Theta Kappa Minidoka interment reunion and civil rights forum, 9 a.m. to 8 p.m., Fine Arts Theater and Taylor ing rooms.

"Mysteries from the Depths of Space," 4 p.m., Faulkner Planetarium. Planetarium.
"Journey to the Edge of Space and Time," 7 p.m., Faulkner Planetarium.
"Pink Floyd: Dark Side of the Moon," 8:15 p.m., Faulkner Planetarium.

Saturday

Friends of Minidoka and CSI Friends of Minidoka and Csi Phi Theta Kappa Minidoka Interment reunion and civil rights forum, 9 a.m. to 2 p.m., Fine Arts Theater and Taylor meeting rooms. Twin Falls Farmers Market, 9 a.m. to 1 p.m., across North College Road from Eldon Feans Famo Center.

"Sur Signs" 2 pm. Faulkner
"Sur Signs" 2 pm. Faulkner
Planetarium.
"Mysteries from the Depths
of Space, "1 pm., Faulkner
Planetarium.
"Journey to the Edge of
Space and Time," 7 pm.,
Faulkner Planetarium.
Twin Falls Lions Club Miss
Magie Valley Scholarship
Pageant, 7 pm., Fine Arts
Auditorium.
July Star Party (free telescope viewing), 10 pm.,
Fiorett Center Centennial
Observatory.

COMICS

The Elderberries

Komrade Overdunne Under new (Ludmilla)
1 must be speaking 1
2 must report Suspicious (It is not suspicious (It







By Guy & Rodo WAIT! DON'T GET IN... 6.0 *?*%।



By Phil Fra

What ve

Is not? 4





It is not your job to spy on our elderly residents!













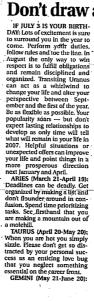


HOROSCOPE Jeraldine Saunders

As Popeye once said, T yam what I yam, Don't try to convince anyone of anything. Straight facts, ugly as they might be, are your best resource, Earl your spinach. CANCER (June 21-July 22). They can't keep a good man (or woman) down. With your luck, you. can, get the perfect tan even if the clouds block the sun. You might be the life of the party and even win the door prize.







sand, Virgo
responsibilities and duties.
Don't pursue mild dirations.
SCORPIO (Oct. 23-Nov. 21):
Wave a partiotic flag with seniors and the control of the c













Garfield









HI and Lois



THIS WOULD BE A MUCH BETTER WORLD IF DOGS COULD FLY, TOO..





The Wizard of Id









DOES HE GET A TREAT FOR EVERY

THE FAMILY CIRCUS By Bil Kenn



"He's a Dodger, so why didn't he dodge?"

Stay-at-home moms should pull down hefty 'salaries'

DEAR ABBY: I need you help with something. My 16 year-old grandson seems t think that all his mother does i think that all his mother does is stay at home. He conveniently "forgets" that she is a house-keeper, gardener, cook, teacher, murse, driver and mediator. Could you please print a breakdown of what a stay-at-home wife-should be paid? I would fore to have a list so I can pass the "bill" on 10 hlm.

-VIVIAN IN

him. — VIVIAN IN COLONIAL BEACH, VA. DEAR VIVIAN is According to the Census Bureau figures for 2004 — which are the most the United States. About one-third of them, 10.4 million, are say-at-home morns. Say-at-home morns of the say-at-home morns of the say-at-home morns work and the say-at-home morns work and say-at-home morns. He quoted the compensa-

He quoted the compensa-tion analysts as figuring the lowest-paying parts of a moth-er's job are 'housekeeper, laun-dry machine operator and jan-tior. Higher-paying categories include computer operator,

DEAR ABBY Phillips

facilities manager, psychologist and CEO."With a 91.6-hour work week, 52 weeks a year, it works out to be \$28.16 an hour. It should go without saying that a mother's love is priceless, so tell that grandson of yours that \$28.16 an hour is a real hours.

bargain.

DEAR ABBY: I am going through a divorce. It's not that I did not love my almost-ex, but that I did not love my almost-ex, but that he was never someone I could depend on emotionally or financially. I'm writing to you because I have become very interested in someone who is dependable and earing, and over the past year I havefound we have a lot in common. He is my idst doctor.

I haven't dated anyone except my husband since I was II, let alone talked to a guy. So I sent him a lieter a this office, and am now having regrees that tild because of the fear of rejection. I must face him again written with only myer, wall address. I just don't know what in do! I really like this man, and I'm scared- to death he'll be

to do! I really like this man, and I'm scared to death he'll be upset that I sent the letter.

Please help.

— MOMMY IN INDIANA
DEAR MOMMY: The dotor,
won't be "upset." He will probably be complimented. He
may, however, already be married, involved with someone,
or gay — so if your ardor isn't,
reciprocated, please do not feel
personally rejected.

reciprocated, please do not leel personally rejected.

DEAR ABBY: Yesterday, a friend stayed over at my house. When it was time for her to leave. I went to put something in her bag and found a ton of my stuff in there!

She made up a lame excuse that 'someone else' must have put it in her bag. I knew she was lying, and I told her whoever put it in there had beiter speak up and I wouldn't between the beiter speak up and I wouldn't be the beiter speak up and I wouldn't be the beiter speak up and I would be the best spea

150 million hot dogs prepped for July 4

The number of hot does expected to be eaten on July 4th this year? Roughly 150 million, asy prominent wienerologiess. This day in history. On July 3, 1854, nine years after the end of World War II, food rutioning in England finally ended. Feeling a little dizzy? That's not surprising. At the equator, the Earth is spinning at a speed olaout 1,070 mph. It's rotating around the sun at about 67,000 mph. Our entire solar system is mph. Our entire solar system is spinning through the Milky Way galaxy at about 558,000 mph. Meanwhile, our galaxy is spin-



KINDS OF FACTNESS

ning with clusters of neighbor-ing galaxies at a rate of about 660,000 mph, while moving about 2.240,000 mph through space. Hang on tight, and hope nobody yanks the emergency brake.

brake.

If the thought of meat is an

excruciatingly scary thing for you, you may be suffering from carnophobia.

Ancient Egyptians believed that the heart was the source of thought and feeling. They considered the brain to be an insignificant mass of tissue. That's why mummiflers would carefully prepare the other organs for the trip to the next world, but would discard the brain.

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



ng 🗬	5mall Happiness	1,35 to PLUS I FREE
55	Moon Dance	2.85 a PLUS 1 FREE
MH,	\#3 Cones	2.95 to PLUS 1 FREE
	Lg Jade Butterfly	3.50 to PLUS 1 FREE
	Breathless	
Mili.	Jackpot Fountain	13.95 a PLUS I FREE
Mi.	Pearls of the Orient	13.95 tus i FREE
	Fire Cracker Fountain	14.95 ea PLUS 1 FREE
Z.	Blue Me Away	18.95. PLUS 1 FREE
Mari	Apache Fire Dance	18.95 ca PLUS I FREE
Mi.	Electromagnetic Pulse	23.95 to PLUS 1 FREE
	Shockwave	24.95 a PLUS I FREE
	Jumping Jelly Beans	24.95 a PLUS I FREE
Mice	Gargantua	28.95 _{cq} PLUS 1 FREE

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PAUL HAILEY KING'S STORE

GOODING KIMBERLY

Times News OPINION

EDITORIAL

Kempthorne provides some surprising wisdom

o one would mistake Dirk Kempthorne for a tree-hug-

The fo senator and Idaho has long supported drilling for oil in the Arctic National Wildlife Refuge and building roude in fed-

eral (brests But one of

But one of the list of the state of the stat

imo standard for the national parks: Preservation must be emphasized over access. Ilis decision, coming in the form of new management policies, reverses a draft authored under kempthornes's predecessor. Gale Norton. That draft would have allowed snowmobiles to traver over any paved road in the national parks and weakened air quality standards.

Combined President Bush's move June 15 to extend federal projection to the Northwestern Hawaiian Northwestern Hawaiian Islands and surrounding waters — home to more than 7,000 species of wildlife — it has been a good few days for conser-

vation.

National parks are not required to offer recreational activities.

The parks were estab-lished to preserve the

nation's wildlife, cultural and historic assets and to educate the public.
Riding snowmobiles is a popular and enjoyable pastime for many people, but they should not be allowed on every road in every man at ional park.
In the lournal park lournal park in al park lournal park lo Their view: This guest in editorial from the Milwaukee Journal Sentinel says Interior Secretary Dirk Kempthorne revised is a conflict between policy wisely on national parks.

conserving resources and the use What do you think? those of those resources, conserva-tion will be predomi-nant." We welcome viewpoints from our readers on this and other

Now that he has set the mission, his next concern should be addressing the growing pressures tugging on that string of pearls we call our national porter.

parks.
The demands of population growth, national security and the desire of Americans for hotels, restaurants and other comforts in the wild come as federal dollars are harder to find and costs rise; an Associated Press analysis found. The mission Kempthorne embraced has its roots in an essay written in the 1830s by maturalist George Catlin. The demands of nonula-

written in the 1830s y naturalist George Catlin.
After a trip through the
Dakotas. Catlin worried
about the impact of westward expansion.
The nations wilderness
could be preserved, he
wrote, by some great protecting policy of government ... in a magnificent
park. ... A nation's park,
containing man and beast,
in all the wild and freshness of their nature's beauty!

Words as true now as



Is it Red China or green in today's world?

THOMAS

t takes a while to get used to Limas Chinatown—the largest in South America—with all its Chinese shopkeepers and restaurant owners. speaking Spanish. But once I found the 'sopa wantan' and the 'pollo con castana de caje' (wonton soup and a Peruvian chicken with

and a Pertivisa chicken with-cashew must on the menu at the Wa Lok cafe, the neighbor-hood definitely started to feel like home. And even my Spanish fortune cookie ("Learn to read between the lines"), seemed somehow appropriat, In the mid-19th century, thousands of Chinese were imported to Penn as slave-

thousands of Chinese were imported to Peru asslave— laborers, replacing black slaves who had been freed. They worked sugar plantations and built ralifonds—until they, too, were liberated.— Today, Chinese are again.

flowing to Latin America. This time, though, it isn't as labore time, though, it isn't as labore the as businessmen and gov-ernment teams looking to acquire farms, forests and mines to fuel China's growth. Yes, "the sucking sound" ye hear coming from Latin America these days is in Chinase.

Ghinese. Fish meal, soybeans, oil and gas, iron ore, steel, timber and coffee from Peru, Brazil. Argentina. Ecuador, Venezuela, Bolivia and Colombia are all being pulled lino China. To be sure, China, like America and Europe before it, is entitled to



America. It is paying market prices and fostering a growth prices and fostering a growth spurt — albeit a resource-driv-en one — all across Latin

en one — all across Latin America.

But here's the rule U.S. and European multinationals today operate in the developing world under a powerful environmental microscope. Most are public companies, sensitive to any article or blog or e-mail campaign that might accuse them of despoiling the environment—and thereby trigger backlashes by shareholders or consumers, who expect a high level of greein behavior/Also, a web of U.S. and European environmentalists and media constantly monitor their com-

environmentatists and media constantly monitor their com-panies' global footprints. Chinese companies do not yet operate inside such a web. So they are on a global cam-paign to amass oil, gas, farms and mining concessions, from Latin America to Africa, with rew of the legal, public opinion or peer pressure constraints of Western firms.

That is why one of the biggest environmental chal-

Green Giuna — not just at home, but abroad. China is becoming more sensitive at home to the costs of its polluted rivers and air and the overuse of its natural resources. That is encouraging. But we don't want China to export its degradation — cleaning up at home, while despoiling ecosystems abroad.

ing ecosystems abroad.
This could easily happen. On
a tour of Latin America in 2004. a four of Latin America in 2004, President Itu Jintao said that China would invest \$100 billion over 10 years in developing resources here, and the ports, and milroads to transport them. Since 1999, the Latin American share of China's total

American share of Chinas total imports has more than doubled, according to Intelligence Research Laft.

Here in Pero, Chinas

Stougang steel company

bought the Marcona Iron ore
mine in 1991 — one of the
largest in Latin America — witha Pacific deep-wate on a mural bay,
loaded with wildlife. Shougang
has regularly made it into the
Peruvian news media, accused
of dumping effluents into the nas regularly made it into the Peruvian news media, accused of dumping effluents into the bay and not treating its workers well. The amount of press it gets here, though, "is nowhere near what a North American company receives," a U.S. con-sultant in Peru said to me. And none of this makes news in China.

One good sign is that the Chiness oil company Sanet, which the Penvian government recently awarded a permit to explore for oil on some pristine land inhabited by some of Penvis indigenous people, has approached local environmentalists to consult on how to proceed. "It is to early to tell whether their environmental performance will be up to the best international practices or not, said Alfredo Ferreyros, who

ance will be up to the best international practices or not, said Alfredo Ferreyros, who heads the Peru office of Conservation international and took part in the meeting. "But, the indigenous peoples are already opposed."

Alas, it took 20-plus years for Wessern companies and countries to understand and manage their footprint on the natural world. A few days ago, I was in a rain forest on the Tambopata River where Mobil Oil once explored, it did it in a way, drough, that left no frace years to wall for China to figure this out. There needs to be a brand dislogue with China now—by governments, environ—by governments. broad dialogue with China now— by governments, environ— mental groups, companies— on how to make its global foot-print green. Without that, not only will the planet suffer, but China, in time, will trigger a real backlash against itself.

Thomas Friedman is a columnist for The New York

Story an unnecessary push for porn

pust for port.

Ald to things came into my mindas I read the front-page of the Times-News on Saturday, June 24, and I would like to share a few of them. First of all, I was very disappointed that the editor and the writer of the article thied "Naughty, naughty" chose to give a store that sells pornography front-page, free publicity.

I also found it interesting that not once was the word "pornography" used in the article I guess it's OK to print words describing terrorism and horrible crimes in your articles, but for some reason.

articles, but for some reason, promography gets called "adult entertaliment." Maybe it's just me, but I file to call things what they are. Secondly, couldn't all the space it took to print that article have been used to print one that actually benefits our community." Maughty, naughty" got more front-page space than the article on ternaughty" got more front-pag space than the article on ter-rorists targeting the Sears

What really appalled me was the part that mentioned that the community might actually want a pornographic video store, and I quote, "The community seemed, ready," Dee said.

Dee said."

I may only be a teenager,
but I have a pretty good grlp
on what's right and wrong.
Pornography is nothing but
evil, destroying marriages and
families every day.
I am sad that our world has
come to this. Shame on Mr.

-and Mrs. Roberts and those 12-people who walk through their store every day. As for the rest of us, let's put our efforts into showing them the kinds of things our communi-ty is really ready for. SAM PLANT Twin Falls

Corruption begins early in the mind

Efrist topic:
Looking at our world today, some of those who are 18 and older (male and female, young, middles and tolder) are already corrupt in their minds or are beginning to show the signs of it, and as I look further, many young than 18 are beginning to show the same pattern.

beginning to show the same pattern.
Garbage In, garbage out. Look around. We can see how it is coming out. If we look for good in someone or something to find it, we will. If we look for bad in someone or something to find it, we will. Good or bad begins 'in the mind. To help change our world, what do we need to be looking for?

world, what do we need to be looking for?
Second topic:
First off, I'm not an entoniologist or college educated in anything that is allve other than my many years of observation. What i see though, there is nothing naturally alive, other than some humans, who have chosen the element of homosexuality or related to that type of lifestyle. What can we learn from this?

HELEN MACDONALD
Robert

Officials don't get it on Kraft exit

it on Kraft exit
John Dockter is right about
Bagley Planning is his job. The
sewer plant needs an upgrade;
his job is to find ways to get
funding and work with businesses, not to run businesses
out of town.
A city worker said to me the
other day Rugert will survive;
city workers have their jobs.
I would know the history of the
industries before she speaks.
Kraft-has been an industry in

industries before she speaks. Kraft-laks been an industry In Rupert since 1923. It was locat-ed to the location it is in now. The mayor said it was a good eco-nomic move that Kraft is mov-ing out? I don't care what kind of good things are being prom-ised to the people of Bupert, it is never a good thing for a busi-ness that brings revenue to a city to move out.

is never a good thing for a business that brings revenue to a city to move out.

Our plant was booking at expanding to accommodate more lines, which would have increased employment. But because of utility costs, the expansion and plant will move.

Mayor, I know your family has been supported by Kraft since your husband worked for and retired from the plant.

Kraft has been good for my family and myself and for employees feel that Kraft is part of their family.

To the lady that stood up in

of their family.

To the lady that stood up in front of the governor and wanted the industries to pay their fair share, you would have to pay your sewer bill for 936, years to equal the amount that our industry pald in May.

I thank the local Kraft ma agement and employees for their support through all of this mess. We have worked hard to keep our plant in Rupert, TAMMY MALLORY

LETTERS -

Quote stirs more questions on porn shop

questions on porn shop
I would like to know where
Nate Poppino got his facts for
the article printed hane 29 tided
Will Naughty but Nice stay or
will it go?
Did Mr. Poppino actually
quote Ms. Carraway or were
those quotes misinterpreted?
In the article, it states that Ms.
Carraway did not find that the
store violated any ordinances
and the investigation won't
affect any similar stores in
town.

town.

I am under the impression
that there is a city ordinance
which states that adult entertainment is not permitted in
the C-B (Central Commercial
Business) Zone.

I could care less if the store
stays or goes, but get the facts
straight.

stays or goes, out get me races straight.

— Is Mr. Roberts legal where he is or not if the is legal, it is shouldn't be up to a few people that disagree with the type of business he is operating if he should leave with the type of should be always and the should he had suggested to stay, maybe he should be a little more discreet about what kind of store he is the shouldn't be worried about dramming up business; he's already received a large amount of free adventising from the Tunest-Newsl in my opinion, any business is welcome, but before opening is welcome, but before opening

business: think about how your business will affect your neighbors before putting up

neighbors before putting up huge signs. Maybe if the Times-News would stop giving him so much attention, all of the fuss would dissipate and the downtown merchants can get back to work!

ANITA JESSER Twin Falls

Reasons given for exit from Wendell

To the people of Wendell: This letter is being written to give actual facts as to the rea-sons I was no longer actively give actual facts as to the rea-sons I was no longer actively working for the city of Wendell's police department. I am com-pelled to write this letter because I have had numerous people inform me that some members of the City Council have altered facts, and I feel the people of Wendell have a right to know.

people of Wendell have a right to know.

First of all, I would like to thank the people of Wendell for their calls of support and for the many friendships which I enjoyed during my 6 1/2-year tenure with the Wendell Folice department. I miss working, with and for all of you, and I especially miss the relationship held with the youth as their school resource officer. I will remember you all.

The fact of the matter is, I was not fired, phased out, nor did I resign my position in July 2005. The Wendell City Council took an Improper action, which resulted in my illegal riemoval from employment. For that action, the City Council came to an agreement with my attorion an agreement with my attorion.

ney that the city of Wendell and the good people of Wendell— would continue to pay my wages, including my health, benefits and retirement until I wages, including my health-benefits and retirement until I reached the age of retirement. The measure of who is right and who '-' wrong is bed defr' -, who pays whose attorney fees. What this means, folks, is that I continued as an employee for the city of Wendell from Jul 1, 2005, until May 1, 2006, when I renched my retirement age, and I received payment for those months as I did as the chief of police for the Wendell depar-ment.

nent. One of the comments, which came to me, was that'l was removed because "I could not handle the employees." This comment is continued to the department. The only employee that there was an issue with was reinstated after my removal and, interestingly enough, that employee is no longer with the department.

department.
This comment reportedly came from a current City Caunel from a current City Caunel from a current City Caunel from a current City are from the present of the commender that personnel matters are confidential and any information, especially incorrect, should never be released as it branches the employees rights of confidentiality. Please keep this in mind when you deal with future personnel matters.

matters. WAYNE CHILDERS

Al-Maliki may be the strongman U.S. needs

Inside the mind of Nouri I Malliki, prime minister of Iraq.

The Americans don't like me, but they need me, I don't like the Americans but I need them. The Americans want to leave Iraq, but they also want to stay. I want them to leave, but if they leave too soon I'll be killed. Welcome to my world: the Middle East, where things are complicated except when they are deadly simple.

works: the Minute Last, white works are inlings are complicated — except when they are deadly simple.

The reception to my mational reconciliation plan has been a disappointment, the aspect that got the most attention was an "amnesty" for some insurgent fighters, I could see the red faces of American politicians on CNN International.

Well, please, spare me all this self-righteousness. Two years ago the Americans wanted to kill Muquada al-sadt, the rabble-rouser, and fought a battle in the holy city of Najiaf against his forces—and many died on both sides. Frankly, my life would be east-



ier today if the Americans had killed al-Sadr. Yes, lie's a fellow Shia, but hes perpetually angry, impos-sible to deal with. But, Instead, the Americans backed off; in effect; they granted him amnesty. To this day, he struts around, denouncing the Americans,

day, he struts around, denouncing the Americans, and they do nothing. Yet when I offer my own amnesty plan, the Afghanturned-American, Zalmay Khalilizad, tells me I have to soften the language. Khalilizad is a Sunni; I never Khanizad is a Sunni; I never should have trusted him. He's got a big title, Mr. Ambassador, but he seems more worried about me, and what I say, than about the real enemy: the Mujahedeen

The Shura Council The Shura Council denounces the annesty plan as inadequate, calls me an "apostate," and pledges to continue the fighting, including the fighting against the Americans.

nericans. And yet Khalilzad, worrying

about me, and not the coun-cil, forces me to change my proposal.

What's wrong with this pic-

What's wrong with this pic-ture?
The Sunnis are using actu-al bullets and bombs against the Americans, but Khalilzad is more worried about my words — a scrap of paper! So words — a scrap of paper! So I look weak, as if I am Uncle

1100k weak, as it i am Oncie Sam's poodle. Well, the truth is that I am not weak. I survived 30 years in Iraq and another 20 years in Syria. So I know tough. My plan is to divide the Sunnis

who merely hate their ene-

The killers, of course, must

be killed. As for the mere haters, well, they'll behave better when and if I can put a gun to their

ieads. See? I'm tough. I know what worked for Saddam lussein, and I know what will-work for me. I have to figure Husseln, and I know may work for me. I have to figure out how to maneuver around Khallizad and his Sunni friends.

Forunately, I have better forunately, I have better friends in the U.S. milliary. They can get the job done—look what they did to Abu Musab al-Zarqawi.

Give me more of that: more dead Sunnis.

Khallizad will oppose me, but the American generals will help me.

Here's my plan: I want the U.S. soldiers to stay long enough to crush the Sunni's, long enough for me to turn ragtag Shla militias into a uniformed Shla army, loyal to me. For their part, the American enorsity want to

uniformed sain army, loyal to me. For their part, the American generals want to war in their big bases, but of their big bases, but of their big bases, but of their bases. This can work: The —Americans crush the insurgency, then they sli in their bases, dreaming their grand strategies, while I take care of business here in Iraq. Of course, eventually the Americans will have to leave—I'll never be seen as legitimate and sovereign so long as U.S. boots are on my ground, But, of course, I can't reveal that part of the plan yet. As we Arabs say, "It is good to know the truth, but it is better to speak of palm trees."

Or, to update that proverb, it is better to speak of reconciliation and democracy — even as I plot my revenge.

Pinkerton is a columnist for

Write to us

The Times News' welcomes let-ters from readers on subjects of public interest. Because of -space constraints, please limic letters to 300 words. Include letters to 300 words, include your signature, mailing address and telephone num-ber. Writers who sign letters with false names will be per-manently barred from publica-tion. Letters may be brought to our Twin Falls office; malled to PO. Box 548, Twin Falls, 10 B 3303; faxed to (208) 734-558; or emitted to let. ters@magicvalley.com.



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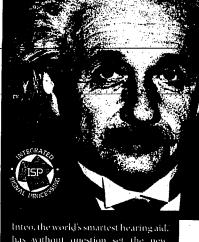


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IDAHO/WEST

surges as hot topic in governor's race

nergy. As Idahoans rebound from a winter of high home heating costs, only to face soaring gas prices this summer, the states

control of the contro

Biologist: Livestock losses to wolves could be reduced

De reduced

JACKSON, Wyo. (AP) —
Increased vigilance and
denser livestock herds grazing
on public land could help
reduce losses to wolves, a wolf
researcher says.
Blologists made some erroneous' assumptions about
wolf behavior around cattle
and sheep during the wolf
reintroduction planning
process in the late 1980s, Time
feintroduction planning
process in the late 1980s, Time
Kaminski told an audience at
the AMK Rarich in Grand
Teon National Park.
Karninski worked on those
lans as a biologist with the
Mountain Livestock
Cooperative. He said
researchers thought most wolf
packs would remain deep in
wilderness areas in
Viellowstone and central Idaho.
Most packs mowed out to
the boundary areas where
there is grazing' he said. "We
didn't anticipate that. There's
been a fair amount of conflict.
Reconciling the conflict has
been or the conflict of the content of the conflict of the conflict has
been or the conflict of the conflict of the
an abundance of natural prey.
Wrong, wrong, wrong, he
said.

Wolf predation on livestock
as Increased dramatically.

.Wolf predation on livestock

Wolf pregation on investices, which present in the property of the property of

ble to attack.

Kaminski and his colleagues think one solution might be to rewrite those grazing instructions, telling ranchers to herd cattle close together. He said ranchers might also use more handlers on horseback for each herd so that wolves learn to associate cattle with people.

A former idaho Falls newspa-per publisher, Brady also A former (daho Falls newspaper publisher, Brady also served as an energy attorney, helping former President ilmmy Carter draft the 1979 federal tenegy Bill. Scientists rank idaho 13th in the nation for wind energy potential. Given that natural resource, the state must clear

hurdles for small wind projects, Brady said.
—Idaho-Power-Go,—the-state's largest utility, which serves the windy southern Idaho deserts, and the Idaho Public Utilities and the Idano Public United commission, a three-member panel appointed by the governor, make if 'as difficult as possible' for small wind projects, Brady said.

Earlier this year, the commission approved Idaho Power's

the monatorium, arguing wars is too inconsistent. When the wind does not blow, another energy source must be ready as a backstop, power officials sald.

"There is a broad public per-ception that a kilowatt of wind generated equals a kilowatt of "The Beaman, a

generated equals a kilowatt of supply," said Jim Beaman, a

amount—of—generati standby mode."

The moratorium gives the The moratorium gives the company time to write a plan for placing more wind power on the grid, he said.

Otter said he agrees with the moratorium.

Forcing more alternative energy than we can yet afford into the marketplace is bad

would be higher customer rates, he said, echoing the stance of Idaho Power.
Wind is an important
renewable resource, but it also
is intermittent." Otter wrote,
The bottom line is ensuring
the price of wind or any other
power is set in a way that gives
customers good value and reliability.



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Sorenstam, Hurst headed for playoff



ilita Sorenstam reacts after she missed a birdle putt that would have won the tournament in the fourth round of the U.S. Women's Ope onship on Sunday at Newport Country Club in Newport, R.I.

Associated Press wither

NEWPORT, R.f. — The birdie
putt played a dirty trick on
Annika Sorenstam, raising her
hopes that 10 years of finistration in the U.S. Women's Open
was about to end.

Tied for the lead with Pat
Hurst on the final hole of a
marnthon Siuday, she took two
quick strides to her right as the
30-foot putt tracked toward the
hole, her eyes wide as the ball
dipped into the cup ever so
slightly, then dipped out just as
suddenly.

"It looked good for a long
time." Sorenstam said.
Now, she gets one more day

It tooked good for a long time. Sorenstam sald.
Now, she gets one more day at Newport Country Club, an 18-hole playoff against Hurst in women's golf.
Hurst did her part, making a superb par save from 20 yards short of the 18th green by holing a 5-foot putt.
"I'd die for this, 'Hurst sald." This is what we live for.'
They played 36 holes together on-a warm, blustery aftermoon along the Atlantic shore, both taking 144 shots and setding nothing.

U.S. Women's Open 18-hole playoff nike Screnstan vs. Pat He On TV: ESPN, 7 a.m.

Hurst tumbled out of the lead with: a "75" in the third round Sunday morning, then posted a 2-tinder 69 in the final round, matching the best score of the tournament. Sorenstam shot 73

matching the best scure of the tournament. Sorenstam shot 73 in the morning, and was head for an ugly collapse — 4 over in three holes — until scratching her way back to the top of the leaderboard. They finished at even-par 284, both spending nearly 11 hours on the golf course. "OK, Pat, see you tomorrow, Sorenstam said she told her. The other two LPGA Tour majors this year also ended in a playoff, with Karrie Webb winning the Kraft Nablesco on the first extra hole and Se Ri Pak winning the Card Nablesco on the first extra hole and Se Ri Pak winning the LPGA Championship with a 4-fron utility to 2 inches on the first sudden-death playoff hole. This one is 10 holes of stroke play starting at 9 a.m., he first

play starting at 9 a.m., the first at the U.S. Women's Open since

2003. Michelle Wie won't be

around this time, either, although she band her channes.

The 16-year-old from Hawaii was tied for the lead with six holes to play until falling to save par from a bunker on the 13th hole, then making jurst the rest of the way. She closed with a 72 and tied for third with Pak and Stacy Prammanasudh at 2-over 286.

Ital Inkster, among five players tied for the lead at one point of the parameter of the way. She closed with a 72 and tied for the lead at one point of the parameter of the parameter

one major), the Swede is 14-5 in playoffs, twice making Hurst r victim. 'I'm right where I want to

be. Somenstam said. Let's do something about it." They have homes near Lake Tahoe, and a small piece of acrimony in the Solheim Cuplurst was playing with Kelly Robbins at Loch Lomond in 2000 when Sorenstam holed a 25-foot chip for birdie, and the Ariericains miade her play the shot again when they determined Sorenstam went out of turn.

"I think everything has been cleared away, and we get along great now." I thurst said.
It looked like a playoff would not be necessary when for her been sometime to the looked like a playoff would not be necessary when some said in 18-foot birdle part on the 15th to the Hurst for the lead, then pulled one shot ahead with a 20-foot birdle on the 16th.
But on, the nary 3, 12th.

birdie on the 16th.
But on the par-3 17th,
Sorenstam hit a 6-fron that
hopped hard and wound up
some 30 yards beyond the hole
and over the green. She
chipped 8 feet past the cup and
missed her par put, leaving
them tied going to the 18th.
Hurst caught a huge break
when her tee shot fanded just
beyond a small creek and she
had a decent lie in the thick

had a decent lie in the thick

Please see PLAYOFF, Page B2

Cowboys

take fourth at Pepsi Challenge

BOISE — The Twin Falls Cowboys American Legion Class A team ran into a buzz saw on many with a fourth-place finish at the 16-team Pepsi Challenge, held at Boise's Borah and Capital high schools.

The 19-9 19-7 Area C C Cowboys fell 9-1 to Reno, New, in Sunday's third-place game after being held to only three hist-two by Connor Watkinsby Reno's solid pitching.

"We were just overmatched today." Cowboys head coach beying Kuns and Tree kind of compare themselves to Bishop Kelly (High School)—and-the kid that pitched was throwing in the mid-80's and locating his curveball. That's the best pitcher we've faced this year, no doubt."

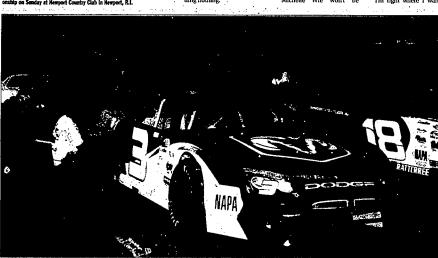
Chase firage was saddled with the loss for the Cowboys after thirg in Nevada's fiverun top of the fifth.

"Chase frage was saddled with the loss for the Cowboys after thirg in Nevada's fiverun top of the fifth.

"Chase frage was seedlent, he just ran out of gas." Kunz said.

run top of the fifth.
"Chase threw excellent, he
just ran out of gas," Kunz said.
"If he'd had some gas left in the
tank, he was shutting them

"The trade some of the transfer of tra



Latham takes RMCS win

TWIN FALLS. Having the No. 3 displayed on the car was a good omen on sturday night at the Magic Valley Speedway, at least for Bobby Latham and Steve lones as they both brought their No. 3-branded cars to the winer's Circle in main-event meets. Driving in the Rocky Mountain Challenge Series race, Latham quickly motored his car up to third by Lap 6 and took over the lead at Lap 41. Despite pressure from the No. 01 car of Dennis Wartz for the final 16 laps of the race, Latham held on to win his

first RCMS event before being ambushed by his equally estatic crew members in the winner's circle following the victory.

Tit was a big win for us, Latham said. The car worked well tonight, even though we got a little loose at the end, but it held together.

Chad Cannon, coming off a win at Meridian last weekend, held the lead through the first half of the race holding off the No. 44 car of Clint Eames while Latham fended off John Newhouse for the third position. The caution flag was then brought out on Lap 38 after Matt Faulkner and Tom caution flag was then brought out on Lap 38 after Matt Faulkner and Tom Hill spun Into the infield grass

between Turns 3 and 4. On the restart.
Eames spun out in the backstretch, which brought out another caution and another restart. It was shortly thereafter that Cannon's car went away and Latham took over the lead with Newhouse, David Minegar and Wurzt right behind. Wurtz made his way up to second with 16 laps to go in the race, but just could not get around the 21 year-old driver as Latham scored the win.

"My spotter was telling me that the No. I car was right behind me and they said maybe he bumped me a couple of times, but I didn't feel it." Latham said.

Minegar, the points leader coming

into the flight, put up a fast qualifying time of 14.284 seconds and gathered more valuable points after finist ing second in his heat race and consing away with a third-place finish in the main event after starting ainth. Bruce Quale, who stood second in the point standings coming into the event, had a mechanical failure in the heat race and hit the front structh wall heat after a trailing arm bolt broke in the renr end of Quales and Qualified second in the time trails, and consider second in the time trails, and considerate second in the time trails are creded to sometime wat teast start the main-event use in least start the night between the large of the second in the second in the time trails are the time trails are the second in the second

Reno, Mev. 9, Terin Falls 1 Park 1011 052 0 - 9 10 1 Park Falls 2000 010 0 - 2 3 3 Note and Store, Charle (Large, Devid Lish (S) and Eagle's Troy Merritt

Eagle's Troy Merritt.

takes Burley Amateur

BURLEY — Troy Merritt of
Eagle set a new Burley
Municipal Golf Course record
on Sunday, shooting a 61 from
the blue rese on route to winning the 2006 Burley Amateur.
Merritt carded a 67 on
Saturday to the John Wilson for
the first-round lead, but blew
the filed way on Day-2: Histwo-round-total-of-128-was-atill nine strokes lower than
second-place Brady Stanger.

Angle 1. Its old dates 1717—144. 2, not limit and separate separat

2006 Burley Armsteat
At Burley Municipal Bull Course
Fluid Top Tares
sho Right - 1. Troy Marrist 67-61---128; 2.
ger 68-69---137; 3. Tyson Mctarand 75-

Magic Valley Speedway set for destruction

MVS offers Monday races

TWIN FALLS - The Fourth of July

TWIN FALLS.—The Fourth of July fireworks will begin a night early as the Magic Valley Speedway presents the "Eve of Destruction" tonight beginning at 7 p.m. The always extremely oppular trailer, faces will highlight the night of chaos, as over 20 drivers pulling trailers and campers loaded with anything and everything imaginable will attempt to make their way around the

Magic Valley Speedway Eve of Destruction

one-third mile track without losing their load to another driver. All-plans-often fall, however, as the track is quickly filled with debris making maneuvering around the track next to impossible. impossible.

impossible. This year, promoter Steve York will add to the mayhem with some special events that are sure to please even the niost demanding fan. A gaunder race, which will feature a school bus leaded with ammunition, will make its way around the one-third mile track with four cars in hot pursult. However, a passenger in the back of the bus will be able to throw

out any obstacle he has loaded up to try and prevent the cars from passing the school bus, which everyone knows. It liegal anyward to the country's liegal anyward out country's ladependence Day the speedway will also conduct a dual flag pole mee, where meers will have to negotiate their way around not just one but two flag poles set up on the Infield en route to the checkered flag.

"Also on the ticket will be an anvil aunch conducted by Dennis Knapp, who will attempt to set a new height record reached by an anvil. Who will have to catch the anvil, however, has

yet to be disclosed by York, although it is rumored that he has several people

yet to be discusse up and the property of the mind. The Pro Four division racers will also be at the Magic Valley Speedway on this special night for their second-appearance of the season at the Twin-Falls track, Piff Keller of Salt Lake City, Utah, was the main-event winner last time out at MVS May 6, pulling out a win over Kurt Madsen. Adding to the evening's events will be the Quale Electronic's Warriors, who will certainly live up to their name as they will contribute to some of the finest entertainment the Magic Valley has to offer. This special event is presented by Marod Spa. Gates open at 4 p.m., with the destruction set to go off at 7.

lwins win 10th straigh



a career-high 12 in eight innings and Justin Morneau homered in the Minnesota Twins' 8-0 victory over the Milwaukee

tory in a row.

[Litiano (9-1) allowed just three hits and
won his fifth straight start for the streaking Twins, who have won 20 of their last
22.

Red Sox 4, Marlins 3

MIAMI — Mark Loretta's eighth-inning sacrifice fly brought Alex Cora flome with the go-ahead run, and David Ortiz hit his third homer in two days to lead the Red Sox to the win. Ortiz Kevin Youkills and Jason Varited

dritz, kevin youkins and jason varitek all hit solo homers for Boston. Youkills' home run led off the game and Varitek's led off the second inning for Boston. Ortiz added his 26th homer in the third.

Indians 6, Reds 3

CINCINNATI — Aaron Boone's two-run homer broke an eighth-inning tie and sent the Indians to the win.

Boone's fourth homer off reliever Bavid Weathers (3-3) provided a fitting final touch to a wild weekend series between the intrastate rivals.

Braves-10,-Orioles-3

ATLANTA — Wilson Betemit had three hits, including a homer, and Horacio Ramierz delivered another strong start for the Braves.

The Braves put the game away with four runs in the eighth against reliever. Sendy Rical, including a three-run homer by Chipper Jones.

Phillies 11, Blue Jays 6

TORONTO — Ryan Howard and Chase Utley homered, and Bobby Abreu had four RBIs to help the Phillies end Toronto's five-game winning streak. Howard hit his 28th homer, and Utley and Abreu each went 3-for-5 for the

Mationals 6, Devil Rays 2

WASHINGTON - Ryan Zimmerman

homered and Ramon Ortiz pitched seven strong innlings for the Nationals. Ortiz (6-6) allowed one run and four hits. He struck out four and didn't walk a batter to earn his first win since June 7. Jac 800 (0-1) allowed four runs, three earned, and seven hits over five innlings to lose his first start with the Devil Rays.

Tigers 9, Pirates 8

PITTSBURGH — Carlos Guillen and Chris Shelton, hit tape-measure home runs for Detroit.

Shelton-Guillen-and-Graig-Monroe-drove in two runs apiece to help the Tigers open a 9-2 lead and take two of three from Pittsburgh, their seventh consecutive series.

Cardinals 9, Royals 7

ST. LOUIS — Albert Pulois hit a three-run homer and Jason Marquis pitched seven innings for the Cardinals. Scott Rolern and Jim Edmonds also homered for the second straight game for St. Louis, which had lost nine of their last 10. Pulois went 3-for-5 with four RBIs.

Cubs 15, White Sox 11

CHICAGO — Michael Barrett and Carlos Zambrano homered off Mark Buehrle during a seven-run first inning, and the Cubs held on to avoid a three-

ame sweep.

Buchrle (9-5) allowed a career-high 11
ms-and-13-hits-over-five-innings:

Rockies 4, Mariners 3, 11 innings

11 innings
SEATTLE — Brad Hawpe doubled Just
in front of a diving leremy fleed with two
outs in. the top of the 11th, inning to
score Matt Holiday for the Rockles
Holiday led of fithe 11th with a double
down the right-field line off reliever
Julio Mateo (5-2). After Garrett Aktins
grounded out and Jorge Piedra fouled
out to third, Hawpe hit a 2-2 pitch from
Eddle Guardado into right-center field.
Reed made a diving attempt, but couldn't come up with the catch and Holliday
scored easily.
Reed broke his right thumb on the
play.

Angels 4, Dodgers 0

ANAHEIM, Calif. - John Lackey

pitched 6 2-3 shutout innings and matched a career high with 10 strikeouts

Diamondbacks 3, Athletics 1

OAKLAND, Calif. - Brandon Webb pitched a four-hiter to win for the first time in a month and the Diamondbacks completed a three-game sweep. Webb (9-3) hadn't won since May 26 at Gincinnati—a span of six starts.

Astros 9, Rangers 5

ARLINGTON, Texas — Eric Munson was 3-for-5 with a career-high five RBIs, Craig Biggio passed Babe Ruth on the caceer bliggion passed babe Ruth on the caceer beat with a 3-5 beaution Astrosa got the boot with a 3-5 beaution Astrosa with a 3-5 beaution of the field of the second of the

clearing double in a seven-run fourth as the Astros wrapped up the Lone Star Series with a 4-2 advantage. They take home the Silver Boot trophy for the first time since 2003.

Kevin Miliwood (8-5), who became the Rangers No. 1 starter when he signed a \$60 million, five-year free agent deal in December, left in the middle of that fourth inning with a strained right biceps. The Rangers said the right-hander would be re-evaluated Monday.

The last batter Miliwood faced was Bigglo, whose RBI single broke a 4-all tie and pushed him past Ruth for 36th on the hits list.

National League Giants 6, Padres 2

GAM DieGO — Omar Vizquel hit a two-run single and Pedro Feltz followed with a three-run homer as the San Francisco Giants railied with two outs in the seventh inning to beat the San. Diego Padres 6-2 on Sunday to split a four-game series.

Matt Morris, who singled and scored during the raily won his fourth straight start. The Giants won for the fifth time in seven ename.

Barry Bonds sat out Sunday after playing the first three games of the series, including both games of Saturday's split doubleheader.



Pujols is top MLB All-Star vote-getter

NEW YORK (AP) — The Chicago White Sox and New York-Mets filled up the All-Sar rosters, earning six selections each when the teams were announced Sunday. Often viewed as second-class clizens in their own cities, the World Series champion Wille Sox and NL East-leading Mets will be well represented on July 11-in Pintsburgh.

The Mets had four starters

"It in Pinsburgh.

The Most had four starters elected by fans, Including lithin baseman David Wright and shoratop lose fleyes—each 23 and chosen for the first time. They will be joined in the line. They will be joined in the line and outflidder Carlos Beltran. Starting pitchers Tom Glavine and Pedro Martinez also made

it.

The White Sox won't have any starters, unless pitcher jose Conteras is picked by his own manager, Ozzie Guillen, jo start the game. But they'll have plenty of players on the bench: sluger lim Thome, first baseman Paul Konerko, outfielder ger Jim Thome, first baseman Paul Konerko, outfielder Jermaine Dye, lefty Mark Buehrle and closer Bobby Jenks' all made it along with: Detroit's Ivan Rodriguez was selected to start at catcher for the 11th time. He is now a 13-time All-Star, the most of any active player. Twenty-three players will be going for the first time, among them Philadelphia second baseman Chase Udey, elected by fans to start: St. Louis first baseman Albert Philade was the leading works over

St. Louis first baseman Albert
Pujols was the leading vote: get-ter among fains. thosen on more than 3-4 million ballots. It will be his third start.
Also elected by fains to start of the National League were outfielders Jason Bay of host Pittsburgh and Allonso Sorlano-of Washington.
On the American League side, the fans didn't provide many surprises. Seven of the eight starters have started pre-viously, with Boston second baseman Mark Loretta the only first-timer.

baseman Mark Loretta the only first-timer.

Yankees shortstop Derek leter will be making his seventh appearance, though it's only the second time he's been woted in as a starter. New York third baseman Alex Rodrigues is on the team for the 10th time, and this will be his ninth start.

Playoff

sed from page B1

rough. But the best she could do was run the ball toward the green, and it came up 40 yards short of the hole. She chipped 5 feet from the pin, then had to walt to see if Sorenstam would deliver another stunning finish at an LPGA Tour major this year.

Not yet.

The 35-year-old Swede startde walking to the right in
anticipation of the putt dropping, and when it caught a
portion of the right lip of the
cup. Sorenstam covered her
head in dishelier.

Linnew by her reaction it
walking the company of the constantial control of the conwalking the control of the contraction of the control of the control of the contraction of the control of the control of the contraction of the control of the control of the contraction of the control of

na. Wie felt she was close, 100. It

was the second straight year the phenom was in a three-way tie for the lead at the U.S. Women's Open, getting there with a 71 in the morning third

Women's Open, getting there with a 71 in the morning third round after a 10-foot birdle put dangled on the lip. She ended 21 holes without a birdle by making a 15-footer on the 12th to bring her back to 1 over for the tournament, tied with Hurst and Sorenstam. But on the par-31th, her stinger 5-wood leaked into the muddy bunker and led to bogy. The best she could manage were pars the rest of the way, her hopes ending on the 549-yard 16th when she tried to reach the green in two and came up short in a bunker.

Wie has finished a com-bined five shots out of the lead in the first three majors this

"A shot here and there," Wie said. "I'm Just getting closer and closer. I've got to work on a couple of things and I'm right there."

there.

For all the birdies Hurst has made this week at Newport, it was a par that meant the most. The feelings that you get, it's indescribable," she said of her par put. "To have that chance to make that putt and make it to go into a playoff, it's something you dream about."

She'll wake up in the morning and face 18 holes against Sorenstam, with \$560,000 on the line.

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A Special Thank You To ..

Twin Falls Municipal Golf Course and Mike Hamblin

Congratulations to our Winners

1st Place:

Kevin Sandau, Randy Hacking, Craig Kelly, and Carl Kelly

2nd Place:

Adan Galan, Sal Azevedo, Corey Ziebarth, and Alan Fife

DeWayne Shurden, Carol Shurden, and Mike Loden

Latham

Continued from page B1

then that T.J. Woodhall, who had planned on driving his Premier Series car in the RMCS race, generously loaned his ca to Quale, who put in seven laps to the race before pulling into

After the conclusion of the race, Quale surveyed the damage to his RMCS car as It rested outside the car hauler.

"Twe never had a failure like the have year?"

outside the car hauler.

"I've never that a failure like that happen in all these years, Quale explained. holding the sheared-off boft in his hands. Sieve Jones made his way into the winners circle in his No. 3 Peps Fremier Series car after starting 11th in a field of 16 contenders. His toughest battle on the night was with modified driver Shelby Stroebel, as the two drivers fought side-by-side for the lead position for several laps. Jones then found his groove in the outside lane and left Stroebel behind after lap traffic-came into play at Lap 30 of the Stroebel behind after lap traffic-came into play at Lap 30 of the free that the lead position at, Lap 44 gave Jones some cause for concern as the pack was brought back together for her restart; but Jones was able to, cash in on the win after the restart; but Jones was able to, cash in on the win after quickly assuring the lead position and bringing the car around home for his fourth win of the season in the feature division series.

"It was faster on the outside tonight," Jones said. "And after last weekend, I also learned that Eddy McKean is a lot smarter than me. I went back to where he put it on the set-up and it worked a lot better." Jones said of the McKean

ones said of the McKean Motorsports-built car.

T.J. Woodhall, who was last weekend's feature division main-event winner, worked his way up to a third-place finish on the night after starting tenth.

tenth.
"We moved up there pretty
well tonight." Woodahall said.
'For a chicken, it wasnt too
had."
Brent Fehringer rode to his
first win of the season in the
NAPA Pony Stocks division
main-event race after holding
off Randy Grubbs, who was
back on track after major dama
ge two weeks ago necessitated
a total makeover for the No.
26 car.

25 car.

Febringer starred second in the 30-lap race and was able to prevall over both Grubbs and Jason Whited, who finessed his way through traffic after starring at the rear of the field and recovering from an early-race setback as he was involved in a tangle with Kristi Febringer and Lou Andersen at Lap 6.

With Whited's third-place finish and Andersen's stthinglace showing for the night, the two drivers are now field in the two drivers are now field in

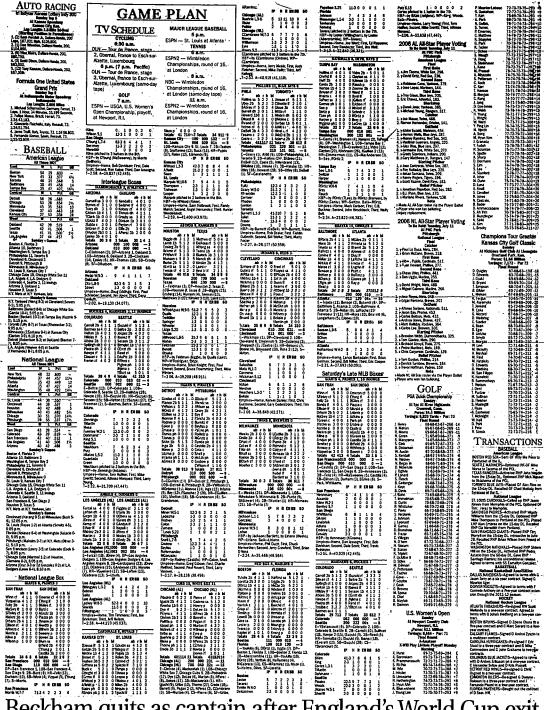
the point standings with 358

the point standings with 358 points apiece.

Magic Valley Pipe Thunder Stock driver Craig Nuthak chalked up his second mainevent win of the season, pulling off the victory after a last-minute sprint to the finish line as he battled Jim. Shiftey for the win. Nuthaks wife Kamie grabbed the lead up until Lap 16 when she and Shiela Harns, who had been contending with Kamie countered with Kamie to contend with Early Nuthak for most of the race, got loose, giving Jim Shirley the lead with Craig Nuthak right alongside. The pair had to contend with lap traffic however, twice splitting the sower cars with Nuthak taking the outside and Shirley thouse sower cars with Nuthak taking the outside and Shirley had so counted the spring the freside passing laries. Craig authak held his grip on outpriver Shirley in a dash to outpriver Shirley in a dash to outpriver Shirley in a dash to the checkered flag giring Nuthak a Split-second win inthe 25-jap mee. Nuthak a split-s the 25-lap race.

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SCOREBOARD



Beckham quits as captain after England's World Cup exit

BUEHLERIAL, Germany (AP) — David Beckham quit as England captain sunday, the morning after his team went out in the World Cup quarterlinais on penalties to Fortugal.

A tearful Beckham, wenting a suit and die read a statement to a crowded news conference at Englands training camp.

Thave lived the dream, he said. If an externey proud the avent the armband and section by proud the avent the armband and section by proud the said of the continuous prouds. He stressed that he wanted to continue playing for the national team.

First capped at 21 against Moldova in September 1996, Beckham was named captain for the first time by careakter coach Peter Taylor for a friendly in Italy. He took over the captaincy permainently from Alian Stearer, who rettree after the 2009 European Championship.

On Sunday, Beckham said he felt 'the time is right to pass on the armband as we enter in a new ear 'under new coach Steve McClaren, who is taking over as England coach from Sven-Gran Erikson.

Beckham, 31, has been captain for 58 of his 94 negland caps. He said he had decided 'some time ago' to quit as captain after this World Cup. His third.

Liverpool midfielder Steven Gerrand or Chelsea defender John Terry are most likely to take over as captain-floth are captains for their Premier League clubs.



David Beckham reads a statement amouncing his resig-nation as captain of the England national soccer team a Mittelbergstadion in Buehlerlai, Germany on Sunday.

Auto Racing

Hornish wins second straight IRL race

KANSAS CITY, Kan. — Sam Hornish Jr. cele-brated his 27th birthday with his second straight Indy Racing League victory — and the season points lead. — Hornish biew past Dan Wheldon. after a restart with 17 laps to go Sunday at Kansas Speedway, then won a back-and-forth battle down the stretch for his third victory of the sea-son.

Sports Shorts

National and Magic Valley briefs

ahead with two to go, but Hornish retook the lead in the white flag lap and held it until the end of the Kansas Lottery Indy 300.

Schumacher dominates in Indy win

INDIANAPOLIS — Michael Schumacher remains the king of the U.S. Grand Prix, no mat-ter the size of the field.

ter the size of the field.

The seven-time Formula One champion became the first driver in any series to win five races at the Indianapolis Motor Speedway, taking his fourth straight Sunday on the 2.6-mile: 13-turn ro. 4 course at the famed Brickyard.

The only other drivers to win as many as four at Indy are A.J. Foyr, Al Unser and Rick Mears—all in the Indianapolis 500—and NASCARS Jeff Gordon in the Allstute 400 at the Brickyard.

Senior Golf

Quigley captures Kansas City Classic

OVERLAND PARK, Kan. — Dana Quigley has done so well in Kansas City, he might want to consider spending even more time there.

With a course record-tying 9-under-pat 63 Sunday, Quigley held off all challengers and captured the Greater Kansas City Golf Classic for the second year in a row.

Magic Valley Big Ray tourney approaches

GLENNS FERRY — The fifth annual Big Ray 3-on-3 Baskethall Tournament will be held July 4 at Glenns Ferry City Park, Registration will be from 8-9 a.m. with games starting at 9. The cost for the double-elimination tournament is 340 per team for ages 8-14 and \$50 per team for ages 15 and up. per team for ages 0 15 and up. Call 599-7239 or 599-1160 for more info.

Buhi Fun Run scheduled

Bulli. — The Centennial Buhl Fun Run-will be held July 4 at 8 am. The event features 54 and 10K runs along with a 54 well. Registration is at 7 am. Entry fee is 115 per person or \$48 per family for early registration. On race day, free are \$20 per person or \$56 per family. The more will begin on Man 5t., just south of the Buhl Senior Cittzen Center. To pre-register, pick up a form at the Buhl Chamber of Commerce or call Steve at \$543-8576.

Compiled from staff and wire reports



Hincapie gets yellow jersey

STRASBOURG, France (AP)

George Hincaple took the overall lead Sunday in a Tour de France blown wide open with the loss of top riders in a doping scandal, while Frenchman Jimmy Casper won usprint Jin-tish to capture the first stage. Hincaple rode with Lance Armstong on all of his record seven Duw victories. Now, with Armstrong retired, the American is looking to make his own mark.

'I'm in very good shape, Hincaple said. Norway's Thor Hushovd, winner of the opening prologue, needed stitches at a hospital for a bloody gash on his right arm. He rode into a card-board promotional item that a fan dangled over the course in the sprint, prompting new security measures. Hushovd finished nith and organizers expect him to race Monday.

The Norwegian had been the

leader after capturing Saturday's time trial, but Hincaple picked up bonus time on a sprint section of Sunday's course. The New York-born rider will wear the yellow jersey for the first time Monday in the second stage of the three-week mace.

second stage of the three-week race.

Hincaple is among the new favorites following the withdrawal of Ivan Basso and Jan Ullrich on Friday because of doping allegations. He said the head been 'very disappointed' to lose to Hushord by a split second Saturday.

He bounced back by becoming the fourth American to earn the 'yellow' jersey after Armstrong, three-time Tour champion Greg LeMond and time-trial 'specialist' Lavid Zabriskie.

'I really wanted the yellow

Zabriskie.
"I really wanted the yellow jersey," he said. It was "a big accomplishment for me. If I could hold it for another day or

two that would be great."

Hincapie showed last year he can be a force in the mountains that come later by winning a brutal stage in the Pyrences. On

Studay, he showed race savyy.

He seemed to surprise.
Hushovd by racing ahead of the
main pack heading into the last
of three intermediate sprint
stages along the 115-mile route.
Those sprints offer bonus
seconds to the first three riders

seconds to the first three riders that go through. Hincapie was third, picking up two seconds, more than enough to make up the milliseconds he lost to Hushowd on Saturday. "I saw an opportunity that I couldn't pass up," he said. "I took it and I think I made a great decision."

took it and I think I made a great decision." Hushowd's main goal is to retain the green Jersey he won last year as best sprinter. He's not seen as a threat for overall title because he struggles in the

J.J. Henry wins Buick Championship

CROMWELL, Cond. (AP) — J.J. Henry and caddle Matt Hauser/stood on the 18th tee Sunday, knowing theyd soon be celebrating something special — Henry's first PGA Tour win.

The Fairfield native had a three-stroke lead at the Buick Championship, a tournament the had watched growing up: Hauser pulled out the river and gave his longitime pail a wink.

Matt said 'Hey, you're one of the best drivers out here, lust go out and enjoy it. Just rip it down there," Henry said.

Did he ever.

Henry boomed a 361-yard drive, the longest of the tournament, the ball landing about 80 yards from the green. With thousands lining the bowl-shaped hole, the long walk up the fairway was worth every step.

Henry shot a 3-under 67 to win by three strokes, becoming the first Connecticut player to win the 55-year-old tournament. The 31-year-old typed his hat and applicated the fans as he walked up the 18th to a rovation. He had a few words of instruction for Hauser.

"Knowing that I was going to win. I said Matt, make sure you're the first one to come over because I want to give you a big hug." Henry said. "This means as much to you as it does to me."

does to me."

When his par putt rolled in, Henry dropped his putter, pumped both fists in the air and embraced his caddle.

"Every time I'd leave here I'd go back to the putting green or the driving range and pretend I was winning the tournament." Henry said of his childhood visits to the tournament. "I thought how cool that would be someday if I could be one of those guys and play against the best players in the world. It means the world to me.

world to me.

He will get a chance now to play against the world's best on one the sports biggest stages. The victory clinched Henry a spot in his first Brush Open and moved him from 26th ostath in Ryder Cup points. Henry, who now lives in Texas, takes home \$792,000, his biggest paycheck since joining the PGA Tour in 2000.

in 2000.

"I know I still have a lot of work to do and there's a lot of events still to go, but to play in the Open Championship, a place I've never played before. I'm pretty exticed, 'Henry said, Hunter Mahan (65) and Iyan Moore (67), who had surgery on his left hand in March, tied for second at 11-under. It was Mahan's



Connecticut native J.J. Henry watches his drive 15th hole of the Yournament Players Club duri final round of the Buick Championship in Cross

best finish in two years. He also was looking for his first tour win.

"Sometimes we get too caught up in trying to figure out how someone else does it instead of trying to find your way." Mahan said. "I feel like I'm getting closer to finding my way and doing what I need to do to go out there and play wait."

in gening closer to induing my way and doing wait. In each to do to go out there and play well.

Nathan Green (66) was all alone in third at 9-under. Former Bulck Championship winners Stewart Clink (67) and Woody Austin (60) were in a group that included Shigeki Maruyama (60) and Bubba Dickerson (67) at 7-under.

Henry not only had to beat the field, but had to get out ahead of the weather. The final round was moved up about three hours and gollers went off in threesomes because of the threat of severe storms late in the afternoon. Rumbles of thunder could be heard by the time Henry's group reached No. 15. The storms did hold off though, and Henry and his family celebrated on the Henry and the stamily celebrated on the Henry and the stamily celebrated on the Henry and the Henry and his family celebrated on the Henry and the stamily celebrated on the Henry and his family celebrated on the Henry and his

How far can Nadal go now?

WIMBLEDON, England (AP)

Bafael Nadal talks a lot
about how he hopes to contend for a Wimbledon title in
three or four years, once he
gets used to the odd bounces
and tricky footing that come
with playing on grass.
Could it happen much faster
than he — or anyone else —
thought?

Could it happen much faster than he — or anyone else—thought?

Andre Agassi got a too-close-for-comfort view of Nadal from across the net at the All England Club, and he was duly impressed by the two-time French Open champion.

"Grass Is a shot-making guys feel like they can't hit winners out there," Agassi said after losing to Nadal in straight sees in the third round, the last wimbledom match of the American star's career.

"Wot leave a lot of room for a "Wot leave a lot of room for a lot of the American star's career.

American star's career.
"You leave a lot of room for a champion's heart and mind, and he can certainly be here with high expectations."

Already into the fourth round for the first time at the

All England Club, Nadal can reach his first Grand Slam quarterfinal away from Paris by beating qualifier Irakii Labadze of Georgia on Monday.

Monday.
"I'm getting better day by day." the No. 2-seeded Nadal said. "The good thing is I'm gaining confidence on this surface."

gaining confidence on this surface."

Don't forget: Nadal is 4-0 against No. 1 Roger Federer this year and has won a record 60 consecutive matches on clay. Nadal's mental toughness is second to none on tour, as demonstrated by his second-round match, when he lost the first two sets and was within two points of defeat against American qualifier. Robert Kendrick. Nadal somehow escaped that jam, then was downright dominant against Agassi.

Agassi.
Nadal tracked down ball after ball, instantly going from defense to offense, and won 16 of the 21 points that lasted 10 strokes or more.

"His., movement." Agassi

"His - movement," Agassisaid, "is just out of this world."

One question about Nadal's game on grass has been whether he has enough of a serve to steal points. He answered emphatically by reducing gassis, one of the best returners ever, into something of a spectator: Nadal won 64 of the 79 points he thing of a spectator: Nadal won 64 of the 79 points he served

won 64 of the 79 points he served.

"His serve really has an awkward movement through the alf, so you never get a real clean swing at it unless you're the served of the s

hold of that first shot."

One big improvement for Nadal is his second serve, which hes worked on cranking up from under 85 mph a year ago to about 95 mph nowadays.

You have to play a good match to beat him." Agassi sald, "or you have to be Roger, on grass."

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Saddam's wife, daughter on Irag's most wanted list

Associated Press writs

BAGHDAD, Iraq — Saddam
Husseins wife and eldest
daughter are among 41 people
on the Iraq is government's most
wanted list, glong with the new
leader of al-Dadda in Iraq, a top
official anthounced Sunday.
National security adviser
Mouwafak al-Rubale also sadd
the former al-Dadda boss, Abu
Musab al-Zarqawi, had been
burtled socrettly in Baghdad
despite his family's demand
that the body be returned to
Jordan. Al-Zarqawi died June 7
from a U.S. altsrike northeast
of Baghdad.
Al-Bubale told emontres the

from a U.S. alrstrike northeast of Baghdad.
Al-Rubale told reporters the government was releasing the most wanted list 'so that our people can know their enemies.' Saddam's wife. Sajida Khairallah Tulfah, was No. 17. just behind the ousted leader's clidest daughter, Raghad. Sajida is believed to be in Qatar, and Raghad lives in Jordan, where she was given refuge by King Abdullah II.

"We have contacted all the neighboring countries and they now what some of these countries are cooperating with us," at Rubales said. "We will chase them one after the other will chase them one after the other of the country have been financing, insurgent groups linked to the former ruling alleged that Saddam's relatives who fled the country have been financing, insurgent groups linked to the former ruling Bauth party Raghad has played a leading roletin organizing her father's legal defense against charges stemming from his 23-year rule.

Jordanian Prime Minister Marouf Al-Bachit said Sunday Raghad was not engaging in any political or media activities in Jordan.

"Raghad Saddam 'Hussein and her children are in Jordan for purely humanitarian reasons, hosted and protected by the Hashemite (Jordanian Royal Family) as foreigners, "al-sakhit, said in remarks carried by Jordan's official Petra news agency.

Israel steps up efforts to retrieve soldier

GAZA CITY, Gaza Strip—

Israell-Prime-Minister-EhudOlment stepped up pressure on pleastinana Sunday, telling his military to do all it can to free an abducted soldier and hinting Israel might arrest more Hamas leaders.

Coming just hours after an Israel airstrike blasted offices of the Palestinian prime minister, Olment's threat signaled the government was losing patience with diolomatic

Israeli airstrike blasted offices of the Palestinian prime minister. Olmert's threat signaled the government was losing patlence with diplomatic efforts to end the crists and preparing for a possible escalation of its relitary offensive. An official with Egypt's government, which was trying to mediate a settlement, warned that time was running out. Aircraft, gumboats and artillery have pounded the Gaza Strip since Israeli soldiers and tanks took up positions in southern Gazz on Wednesday trying to pressure Palestinians to free Cpi. Glada Shalit. Eive Palestinians fighters had been reported killed, including four Sunday. inday. Hamas-affiliated militants



Palestinian Prime Minister Ismail Harlysis, left, and President Mahmoud Abhas, inspect the damage to a room in the Council of Ministers building that houses the Office of Palestinian Prime Minister Ismail Hanlysh from Hamas, offire it was bit in an Israeli missibe tritle in Care City on Sonday.

holding Shalit have offered to

holding Shallt have offered to give Israel information about him in exchange for the release of hundreds of prisoners in Israeli jails, adeal israel rejects. "These are difficult days for Israel, but we have no inten-tion of giving in to any form of blackmalling," Olmert said Sunday. "Everyone under-

stands that giving in to terror today means an invitation to the next act of terrorism, and we will not act that way."

Secretary of State Condoleezza Rice called Olmert on Sunday to discuss the situation, Olmert's office said in a statement. He told Rice that Israel would use all

means at its disposal to get Shalit released and said there was no humanitarian crisis in Gaza.

Israel reopened a cargo-crossing into Gaza to allow shipments of food and fuel into the territory. Palestinian officials had warned Saturday that a shortage of fuel threat need to shut down generators and the shipments of the shipments of the shipment o

istration and dozens of other top Hamas leaders in the West

top riamas leavers in the re-bank. Olmert told the Cabinet such arrests could spread. Hamas power base is in Gaza, where many of its top leaders, including Prime Minister Ismall Haniyeh, live.

Study says laws restricting teen drivers can cut fatalities for 16-year-olds

By Ken Thomas Associated Press writer

By Men Thomas

WASIIINGTON — Laws that
set numerous strict conditions
before teenagers can get a
license can reduce fatal crashset involving 16-year-old drivers
by about one-flith, public
health researchers say.

Examples include a walting
period before a young driver is
eligible to move from a learner's permit to an intermediate
license, restrictions on driving
at night, requited, hours of
supervision by an adult driver
and limits on the number of
passengers a teenage driver
can have.

States with such restrictions
as part of sittong graduated
driver's licensing programs
showed declines in fatal crashes involving 16-year-olds,
showed monday by Johns
thopkins Bloomberg School of
Public Health in Baltimore.

"We already knew that the
programs reduced crash rates
of young drivers, but we didn't
know which programs were
most effective in reducing
risk," sald Susan P. Baker, a
professor at the school. From
the study, "It is clear that more
comprehensive programs
have the greatest effect," she
sald.

Taffir accidents are the
leading cause of death for

sald.
Traffiv accidents are the leading cause of death for teenagers. Eederal figures show that IE-year-old drivers were involved in 957 fatal crashes that killed 1,111 people in 2004.

crashes that killed 1,111 people in 2004.

States put limits on new drivers, but the rules vary.

Researchers said that by, the end of 2004, 41 states and the District of Columbia had programs that included a learner's permit with supervised traing, an intermediate period with a limited amount of an analysis on programs with the stage without restrictions. The study based its analysis on programs with these requirements:

• a minimum age of 15 1/2 for earning a learner's permit before applying for an intermediate three months after getting a learner's permit before applying for an intermediate license.

a minimum of 30 hours of supervised driving.

a minimum age of 16 for obtaining an intermediate state license.

a minimum age of 17 for full licensing.
 driving restrictions at

night.

a gestriction on carrying passengers.

The study found that such programs reduced fatal cashes for 16-year-old drivers by an average of 11 percent.

When the resourchers companded states with five program components to states without a program, they found an 18 percent reduction in fatal crashes involving 16-year-old drivers.



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IN THE DISTRICT COURT OF THE FOURTH
JUDICIAL DISTRICT OF THE STATE OF
IDAHO, IN AND FOR THE COUNTY
OF ADA, MAGISTRATE DIVISION

NOTICE: YOU HAVE BEEN SUED BY THE ABOVE NAMED PETITION-ERS THE COURT MAY ENTER JUDGMENT AGAINST YOU WITHOUT FURTHER NOTICE UNLESS YOU RESPOND TO THE PETITION FILED IN THIS ACTION WITHIN TWENTY (20) DAYS, PLEASE READ THE INFORMATION BELOW.

NOTICE: THE COURT HAS SCHEDULED A HEARING TERMINATING THE PARENTAL RIGHTS OF BENJAMIN AARON RAGAINS ON THE ZATH DAY OF JULY, 2008 AT 1100 AM, BEFORE THE HONORABLE JUDGE HANSEN, 200 WEST FRONT STREET, BOOSE, IDAHO 83702, YOU HAVE THE RIGHT TO BE REPRESENTED BY AN ATTORNEY THE COURT WILL APPOINT AN ATTORNEY THE COURT WILL APPOINT AN ATTORNEY THE PUBLIC EXPENSE.

PUBLIC EXPENSE.

TO: BELIAMIN ARGON RAGAINS, all in care of the Office of District Court. Clerk, YOU ARE HEREBY NOTIFIED that In order to defend the levenit, an experience within expense must be filled with the above destignated Court within twenty (20) days after service of this Summons on you. If you all to so respond, the Court may onter judgment against you as domanded by the Petitioner's in the Petition. A copy of the Petition is served with its Summons, I you do show seek the advice or representation of any attorney in this matter, you should do so promptly so that your written response, I am, may be filled in time and your legal rights protected. Or Civil Procedure, and shall include the following:

1. The title and number of his case.

If your response is an Answer to the Petition, it must contain admissions or denials of the separate allegations of the Petition and other defenses you may claim.

Case No. CV-AT 0507023
LEGAL NOTICE SUMMONS
In the Matter of the Termination of the parental rights of:
MADISON TAYLOR THOMAS,
Minor Child,

Minor Child, BENJAMIN AARON RAGAINS, Naturn! Father, In the matter of the Adoption of: Madison Taylor, Thomas,

100 Announcements

200 Employment

300 Financial

400 Education

PUBLISH: July 1, 2, 3, 4 and 5, 2006

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Shoshone Field Office, BLM 400 W. F Street Shoshone, ID 83352 (208) 732-7200

Jarbidge Field Office, BLM 2536 Kimberly Road Twin Falls, ID 83301 (208) 736-2350

Project/NEPA Availability List

The Bureau of Land Mainagements Burley Sheshene and Jatridge Field Offices announce the evallability of the quarterly list of proposes. National Environmental Policy Act projects An authorizational, To receive a copy of this list you may call or write the Field Manager at the following field offices:

500 Real Estate for Sale

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700 Agriculture

800 Merchandise



Edge Wirelass, LLC proposes to construct a new 100-foot collular tower at 2043 Kimberly. Rid Twin Falls 10 83003 Twin Falls County, leich Twin Falls 10 83003 Twin Falls County, leich Twin Falls 10 83003 Twin Falls County, leich Klatchic Preservation Act of 1568, its amended, and the 2005 Nationavide Programmatic Agreement. for review under the National *Historic Preservation Act, Final Rule; Edge Wirrless, LLC is hereby notifying the public of the proposed undertaking and soliciting commential proposed undertaking, Accordingly, if you would like to provide specific information regarding potential effects that the proposed undortaking might have on proporties that are listed in or eligible for listing in the National rin one-hall minor 1 the above radiress, please-submit the project number (provided above), the historic proporty address, and over comments to: Edge Wireless, 650 SW Columbia, Suite 7200, Berd Corgon, 197202 or via a-mail to (plagnama-Redgewireless, com by July 91, 2006. LLC proposes to

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or 539-2964.

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hoir. Roally triendly,
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Park. Roward Please
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The Wood River Journal July 5, 2006 you may claim.
3. Your signature, mailing address and telephone number, or the signature, mailing address and telephone number of your attorney.
4. Proof of mailing or delivery of a copy of your, response to Petitioner's attorney as designated above. atterney as designated above.

To determine whether you must pay a filing fee with your response, contact the Clark of the above-named Court.

The claim against you, as enrunded in the Petition, is in the nature of a Petition for Termination of Parental Rights and Polition for Adoption.

J. David Navarro

LERK OF THE DISTRICT COURT

These lists may also be found in each Field Offices main entrance or an internet search can be conducted using the following search words - Burley NEPA. Shocknon - NEPA, or, Jarbigo NEPA - Shocknon - NEPA, or, Jarbigo NEPA - Shocknon - NEPA, or, Jarbigo NEPA - NEPA - NEPA - NEPA - Or, Jarbigo NEPA - NEPA - NEPA - OR, Jarbigo III - NEPA - NEPA

The Wood River Journal July 5, 2005

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PUBLISH: July 3, 10 and 17, 2006

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William Miller,
Administrator, via e-mail, fax or call to set
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William Miller

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The Timea-News is tooking for an individual with computer graphic design experience and skills to work in our Twin Falls office.

The successful candidate will design advertisements on light deadlines, and generate at diess and campaigns with the sales toam. The applicant must control of an production from start to finish.

Qualified applicants will have an Associate Degree in Computer Applications, Computer Graphics, Graphic Arts or the equivalent in experience, according to the control of the sales to the control of the sales to work. Service with Macinton computers can design askills are essential.

This is a full-time, permanent position, and compositive pay make this a great of the computer of the computer of the computers of the computers of the computers of the computers of the computer of the c

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C Puzzles by Pappocom

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V. EASY

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. That's all there is to it. There's no math involved The grid has numbers, but nothing has to add up to anything else. You solve the puzzle with reasoning

and logic. Find the answers for todays puzzle on page C-10.

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with hay hauling exp.
Fax resume to 208324-0325.

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Salary is base-pay plus commission. Lee Enterprises offers excellent benefit programs including medical, dental and vision plans, flexible spending and retirement plan.

ibmit your resume, cover letter and oferences, tegether with your salary xpectations by July 15, 2006 to: Human Resources - IASC Casper Star-Tribune PO Box 80 Casper WY 82602

NEWSPAPER CIRCULATION

INCULATION
The Times News has openings for
Two District Sales Managers
our growing Circulation Department.
ne District is located in Twin Falls and
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This is an excellent opportunity for an energelic and ambitious professional to bring their skills and ideas to a growing organization. These entry-level management positions include responsibilities in managing youth and adult carriers, sales premotions, collections and customer service.

The successful candidates must have ne successful candidates must have valld driver's license and good drivi record along with good lime management skills. Must be dependable and be able to work alternating weekends.

The Times-News offers an excellent The Imas-News oners an excellent benefits package which includes nedical, dental, vision, file insurance 401(k) retirement, employee stock purchase plan, pald holidays and vacation. Check out our website at www.magicvallev.com.

To apply, please send a cover lette and resume to The Times-New Attn: Trisha Mitcl PO Box 548 Twin Fells, idaho 83303

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equipment
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2-3 days a week
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Truck Rt. & Birch
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seeking a Plant Production Supervisor
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sory experience in a production environment and the ability to read basic
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processes helpful. Additional qualifications are a commitment to Safety, inventory control experience, a strong work
organizational and communication selfis
are essential. Starting wage of \$15,00m
\$518,00m\$, based on experience. Benefit package includes health and dental insurance. 40th plan, paid vacation and
holidays, drug testing program, and perperson and or enail your resume to:
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P.O. Box 302020

Verone, WI \$3593-0220

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SALES
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advertising campaigns to oxisting clients
and potential advertisors, service advertisor accounts, write do copy and
propare sales presentations.

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We offer an excellent benefits package which includes medical, dental, vision life insurance, 401(k) retirement, employee stock purchase plan, paid holidays and vacation.

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To learn more about the Times-News and
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To apply; please send a cover letter an resume to:

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— The Times-News; Attn:

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Twin Falls, ID 83303

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Experience required with prover record of success in auto dealership sales management,

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GENERAL •CNA's CDL A Dr Cierical

GENERAL Interstate Feedlot now hiring for Pen Rider. Full benefits, 401k, Insurance. Drug screet and drivers license required prior to employment. 208-45-2221. EEO M/F *Maintenance *Full Charge Bookkeeper *Mill Operato

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Knowledge of pools, grounds, and apartment turns. HVAC experience rewarded \$\$. Full-lime w/beno-fits. E-mail resume to: mjd4567@hotmail.com

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St. W. \$89.500, Calt
208-308-6798.

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\$105.000, 732-5408

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TWIN FALLS 3 000 tel 1, 1 de bem wwalk in closets, office, 3 beth femily room, exercise family room, and previous family stated with the control of the TWIN FALLS By Own-erl 3 bdrm, 2 bath, ho tub w/new deck, 316 Jefferson St, 320-2068 TWIN FALLS By Own-erl Cozy 2 bdrm 1 bath, newly remod-oled, sm yard, garage, \$89,000. Call 404-8042, 519 Heyburn



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landscaping. 1600
30.ft. 2 her andscaping 1600 soft, 2 bdm, 1 bath, \$125,000, Cell 208-308-0703.

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\$1,000 commorco WENDELL II, you need a home that accommodates immediate home that accommodates immediately. The desired in the property of the **GEM** STATE REALTY, INC. 208-7" \-0400

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EDEN nice, 2 bdrm, bath, mobile hor storage, 423-5104

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Country adult park,
beautiful 14x74, 2
bdrm., 1 bath, garden
tub, separate shower,
kitchen island, covered deck; customwood interior, no pets,
We finance, 410-2332 WANTED Mobile home to buy. Stay. Please call 208-212-6554

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TWIN FALLS Own with \$1500 'down, \$225 month for 36 months. 2 bdrm., 1 bath mobile home, 868-491-3104

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HANSEN 2 bdrm, 2 bath, ig yard, dep & rels req, \$500 month. Gall 208-423-5177. WIN FALLS 1016 Arrow Wood

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775 Union St. \$650
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TWIN FALLS Brand new 3 bdrm., 2 bath, fenced, landscape and sprinklers, avail. July 1". \$850 + dep. Call 208-735-2566. BERLY 3 bdrm... both, no pets/smo

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1/4 bath, no pots/smoking, 5750 + \$500 dep.
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New 1484 Valencia 3 bdrm, 2 bath \$895 open living space 2 car garago, Contral air & heat auto sprin-klers, kitchen appli-ances. NO smoking / pots. 735-0473 TWIN FALLS
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The same

TWIN FALLS New home, 3 bdrm., 2 bath, all upplances avail. \$900, first and last, no pets, no anoling. 485 Clover Avo. Contact Karen 925-594-0851.

925-594-0851.

TWIN FALLS Now
-home 3-bdrm: 2.5
bath, all appts, avail.
\$950, first and last, no
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Clover Ave. Contact
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TUESDAY **JULY 4TH** to observe Independence Day

WE HAVE EARLY DEADLINE FOR WEDNESDAY, JULY 5TH ..

all classified ads for Tuesday and Wednesday need to be placed by 2 pm Monday in order to make it into these editions

> We wish you a Safe & Happy Holiday

DEHOME Links Apts, 2 and 3 bdrm, im-mediate move-in, all appls. W/D hook-up. AC, high speed internet, ca-ble, garagus, IHA accepted. ccepted. Confact Cindy 208-324-0572. 金も

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JEROME Preswick Apt, Over 62, handi-IEROME 10. Apr. Over 62, handi-capped or disabled. 1 bdrm. apt. all ap-pls, private pate. AC included, IHA accepted. Immediate move-in. Contact Cindy. 208-324-0572.

KIMBERLY 2 bdrm. \$410 month + dep. 324 Hwy. 30 #5. Also RV space \$135 mo. 208-539-1403

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/ DW, microwave,
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July 5th. \$600 plus
dep. For info, and
viewing CY DW,

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apartment \$200. 1 bdrm apartment. \$225. A/C avail. Call Dave at 734-5881.

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1, 2, 3 bedroom
5315 - \$850
Twin Falls Rentals
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TWIN FALLS 2, bdd

duplex, appls, gas heat, garage, \$550 Trl Co. Prop. Mgmt 324-2734, tcpm.us TWIN FALLS 2 bdrm, 1 bath, 1 car garage, washed/dryor lur-nished, fireplace, exc. condition, \$600 + \$500 dep. 731-8010.

TWIN FALLS 2 bdrm. bsmt apt. All utils., no pets, Idaho Housing approved 736-0812



WIN FALLS 2 bdrm dupler, D/W, AC, car-port, no smoking/pets \$525, 208-733-3742. WIN FALLS 2 bdrm. 2 bath in 4-plex, W/D

Included. \$575 mo. + \$500 dep. No pets/ smoking. 308-1317 / TWIN FALLS Large 2 bdrm, 1 bath, clean. No pets or smoking, \$600 a month plus \$350 dep. 423-5945

amoking, 308-1317 / TWIN FALLS 2 bed-room duplex, Large yard, 3475 month, 198 Rose 8t S, Cail 208-733-6095. William FALLS Clean 2 bdrm duplex borom, garsge, DW, W/D hock-ups, ceo-tral air, some utils pd, no pats, \$600-4dep, no pats, \$600-4dep, 303,9°, Ave, E Cail Nethan 208-734-6230

TWIN FALLS large 3 bdrm, 2 bain condo with hookups, appls, deck, Water-paid, No-pots, no smoking, \$600 mo. + \$500 dep. Call 208-837-8124. Nathan 208-734-9230
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Studio, 1 bdrm.
apts. from \$375.
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The Falls Apts.
Pheasant View Town
homes, AC 1, 2 & 3
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TWIN FALLS very nice,
3 bdrm., 2 bath, ap-pls., W/D hookup, AC,
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Expect to be Impressed Spaceous 1 & 2 bdrms. Quiet building Wigated underground parking. 357 Blue Lakes Bivd. Call 208-544-2432

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Corner of 4th &
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a month + deposit.
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Premier tiving!
Community, location
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quality yearling filties, Truckles Beau,
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DAYS

42 Written in haste 45 Locks of hair 47 Sing in the cantons 50 Have a meal

52 Encircled 54 Artist's

57 More docile 58 Strict 59 Beatnik abodes 60 Hand-cream additive

61 Singer Minnelli 62 Banana wrap 63 Artie or Irwin 67 Eden's woman

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FREE kittens, cute, gray and white. 8 weeks old, Call 208-436-4117. FREE kittens, moving need good home. 3 females, 3 males, it-ter trained, multiple colors. 208-670-3801. CAZER

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male, 7 wks 731-0198
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AKC registered pupples. Your new best
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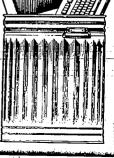
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seat, cap CD, 54K









PRACTICAL

nor, 4WD, spo pkg., V8, galact gray, excellent co dition Inside



CENTERRE

TOYOTA '97 4-R



Monday, July 3, 2006

THE ACES ON BRIDGE

"Only learn to seize good fortune, For good fortune's always here." — Goethe

South claimed that he was unlucky on this deal from a team-of-four match, but when his team-mates returned with a neat 620 inscribed in the minus column of their scorecard, he was eventually persuaded that he had misplayed the hand.

persuaded that he had misplayed the hand.
West led the club jack against four hearts. South started well enough by winning with dummy's king, appreciating the need to conserve entries to hand to set up and then access spades, should they break 4-2. Without further ado declarer cashed the spade king, played a spade to his acc, then ruffed a spade in dummy. East overruffed and returned a club, taken with the ace perforce.

East overruffed and returned a club, taken with the ace perforce. For the contract to have any chance, hearts needed to break 3-2. South also had to hope that the overruff had been from the three-card trump holding, so he continued with ace and another heart. Unfucky! West won, cashed his second heart winner, and the hand fell apart.

Declarer should appreciate that since he must always lose

Declarer should appreciate that since he must always lose two tricks in trumps, the best way home is to duck a trump at trick two. On a club or diamond return, South wins in hand and cashes dummy's heart acc.

Only now are the spades tackled, the third being ruffed in dummy, and his hand re-entered with a minor-suit acc to ruff the spades good. A club ruff back to hand allows declarer to take his estab-

lows declarer to take his estab-lished spade. The defense can take their master trump and a di-amond trick at their leisure, but

SOUTH A A 9 7 4 2 V 10 6 4 3

♦ A 6 Vulnerable: Both Dealer: South

The bidding:

West Pass Pass North East 2 ♦ Pass 4 ♥ Ali pa Pass All pass

Opening lead: Club jack

LEAD WITH THE ACES

South holds:

West North East

Pass Pass All pass

ANSWER: Lead the diamond ANSWER: Lead the diamond jack. Desperate measures seem to be called for here. You can hardly set this contract unless you can eash your diamonds out sooner rather than later. You hope to run some tricks in this suit before declarer can discard diamonds on one of the black suits.

ou would like to contact Bobby Wolff, c-mad him at shywolff o mind-pring com. Copyright 2006, United Feature Syndicate, Inc.

Have an EZ Summer

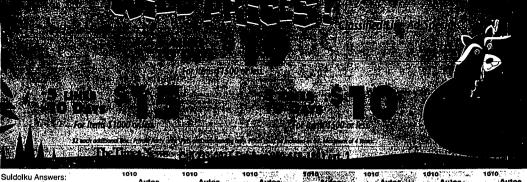
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	6	4	1	3		2		8	9					
	9	3	5	1	8	4	6	2	7					
	7	2	8	6	9	5		4	1					
	2	7	4	9	6.	3	8	1.	5					
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> We wish you a Safe & Happy Holiday

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324-3900

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Twin Falls man rediscovers sport and loses weight at the same time



PADDLING AWAY THE POUNDS

TWIN FALLS — There was a time long ago when Vadim Kochergin cut through Russian waters in a sleek kayak just like a hot knife slicing through but-

steek kayak Just like a hot knife slicing through butter.

He was young, strong, athletic — a prized paddler good enough to earn a coveted place on the
Junior Moscow kayak team. Good enough to compete in international conjugetitions with the world's
finest up-and-coming kayakers.

Then, about 15 years ago, he immigrated to the
United States, gave up kayaking and spent more
time eating butter than metaphorically cutting
through it.

"The food here — it's be good." he said in a slight
Russian accent. "My problem is I love to eat.

Indeed, it didn't aked long for Kochergin to balloon from about 200 pounds to nearly 260.

Over the years, his hope of one day hitting the
vaters saided farther and rafter away. He married,
had children and became a successful chemical
engineer.

nau chunch and continued to pile up.
And the pounds continued to pile up.
Then, about two years ago, when Kochergin had
all but forgotten about the boating triumphs of his
youth, he got a call from an old kayaking buddy in

Russia.

"Let's go to the world games like we used to, 'my friend said.' Kochergin recalled.

That was all the old boatman needed to hear. He bought a professional-model kayak made of composite carbon fiber and Kevlar — not like the wood-car wessels he grew up padding — and setto training for the 2005 World Masters Games, an international competition in Edmonton, Canada, that well-donal competition in Edmonton, Canada, that welling for the 2005 World Masters Games, an interna-tional competition in Edmonton. Canada, that wel-comes novice and ellie athletes. Every evening after work; Rochergin toted his kayak down to the boat launch at Centennial Park in Twin Falls and strug-gled to relearn the subtleties of flat-water racing. "When I stared again it felt like I was pulling another two kayaks behind me," Rochergin said. "My friend told me not to worry about results. He said it was like I'd been paralyzed and was learning to walk again."

said it was like 1d been pamlyzed and was learning to walk agala."
Kochergin was rusty. But confident.
With each stroke, those extra pounds melted away. When it came time to go to Edmonton, he had already shed several pounds and felt as close to his peak shape as he had in 15 years. At the games, the finished in the middle of the pack. It is old kayaking friend never showed up.
A year later and Kochergin is still kayaking. He's also working out in a gym several times a week. And he's committed to eating healther – which means generous amounts of his wife. Galina's, borsch wegebable soup. It's her healthy food and unrelenting encouragement that helps keep Kochergin paddling away the pounds. Tige ta lot of support from her." he said. "She likes me without the extra weight."
Since relaunching his kayak about two years ago. Kochergin ha lost 40 pounds. He's inspired Galina, as well as several friends, to begin their rown work.

as well as several memors, cooper out programs. Sure, the weight loss is great. And it's nice to be a role model for his friends and family. But ask Kochergin what he's getting out of hours of paddling Please see KAYAKING

Editor sees difference after diet, lifestyle changes

By Chris Steinbach Times-News writer

TWIN FALLS — The answers to questions asked most frequently by readers who have read in the Times-Reus about my efforts to eat better and live healthier boil down to one word; Yes. As in, yes I:

yes I:

Have lost some weight.

Feel better and have

• Feel better and have more energy.
• Actually like many of the new foods is have been trying. Seven weeks ago! Degan meeting with Jill Sherman Skeen, a certified macrobioth ealth counselor in Twin Falls and graduate of the Strengthening. Health Institute in Philadelphia. The idea was that I would write a series of stories for the Times-News about this experience.

More to come

...nes-News Editor Chris periodic updates on his efforts to overhaul his Steinbach's eating and health habits. The first installments .

When Ill and I met for the first time, my knees, hips and fect often hurt — especially, for some reason, the tops of

appeared June 5 and 19.

These aches have nearly disappeared, which ranks as the most profound change I have experienced in the past two months. My feet don't hurt, and my energy is growing. I feel wide-eyed and more, ested when I get up in the morning.

While feeling better is significant on pants that collect is significant on pants that collect is significant on pants that collect is short of the control of the con small ripple in a really big

ncouraging. What has been different

What has been different to lose weight is that I haven't really felt deprived or hungry. I haven't told my parents (former cattle and hog feeders), but two-thirds to three-quarters of the meals I am eating any westerlain.

re vegetarian. And I like the food — even the dish made with miller (yes; I've heard all of the jokes about birdseed) and the miso soup made with seaweed mixed in for good

measure.

I really liked the fried tofu sandwiches served with sauteed onlons and mushrooms and Vegenaise sandwich spread instead of mayonnelse.

onnaise.

My wife liked the sand-wiches too, though she still Please see DET, Page D4

Adding miso, brown rice, and blanched vegetables to Chris' diet

Chris is doing a wonderful job cooking and experimenting with new foods. He now feels com-fortable with his

new cating habits, and they are becoming a way of life. He is shopping in the "weird" aisles at

weird alsies at the grocery store and now plays Store and now plays Store types of vegetables he purchases. He now eats three regular meals a day and finds he is hungry at mealtunes. There is a pre-

vailing message and goal in the diet industry that suppressing your appetite is a good thing. However, a sign of good health is a healthy appetite, not only for food but for life. Nothing is better than to be hungry for a meal and to eat good food.

to eat good food.

In our third meeting, I asked Chris to add miso soup and brown rice to his menu planning, Miso is a soybean paste made from soybeans, sea salt, water and grain. The most medicial type is barley miso which is aged two years or longer. It contains healthy enzymes which aid digestion and lower cholesterol and blood pressure.

Please see ADDITIONS, Page D4

Hospital to hold class on back injuries

Back School, a course on preventing and treating back injuries, will be from \$1.0 \text{ To Magic Valley Regional Medical Center's Rehabilitation Sarvices 560 Shoup Ave. W. Twin Falis. The class will include information on basic spine anatomy, common injuries and disparation on basic spine anatomy, common injuries and disparation to back pain, as well as instructions in posture and body mechanics to protect the spine and prevent and body mechanics to protect the spine and prevent injury. The class is offered on the spine and prevent and the spine and prevent and the spine and prevent and body mechanics to protect the spine and prevent and body mechanics to protect the spine and prevent and body mechanics.

Cost is \$25. To register, call 737-2126.

About childbirth

The fifth class of the pre-pared childbirth class series will be offered from 7 to 9:30 cm. Wednesday at the St. Benedicts Health Education Benedicts enter, 115 Fifth Ave. W.,

lerome. Ave. W.,
Topics will include labor rehearsal, postpartum care and infant cardiopulmonary resuscitation.
Participants are asked to bring two pilliows, a blanket and one or two support people to each class.

The suggested fee is \$5 per

To register, call 324-1122, ext. 3361.

Leam CPR

A Heartsaver cardiopulmonary resuscitation class will be offered from 4 to 8 p.m. July 11 in the Sage Room at Magic Valley Regional Medical Center's Education Center, 588 Addison Ave. W., Twin Falls. The class is offered under the guidelines of

To do for you

Association Heart includes reart Association and includes emergency proce-dures for mouth-to-mouth resuscitation, chest compres-sion and choking response for adults and infants. The proincludes classroom tion and hands-on

practice.
Cost is \$25. Pre-registration is required; call 737-2007.

Refresher course

A childbirth refresher course ill be offered from 6:30 to 9 p.m. July 11 in the lobby at Magic Valley Regional Medical Center's Downtown Campus,

Magic valley Regional Medica, Center's Downtown Campus, 660 Shoshone St. E., Twin Falls. The class is for those who have previously taken child-birth classes, Childbirth prepa-ration and procedures will be reviewed, along with a video tour of the Women's and Infant Center.

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

Weight management

for diabetes

An adult weight management class for people with diabetes, will be, offered. in. a. 10-week session from 7 to 8:30 p.m. Tuesdays, July 11 through Sept. 12. in the lower level conference room at Magic Valley Regional Medical Center's Downtown Campus, 660 Shoshone St. E. Twin Falls. A registered and licensed dictican and certified ADA consultant in weight management will conduct the class. The second of the conference of the con

South-Central-District Health and Magic Valley Regional Medical Center are offering two classes of the American Cancer Society's 'Fresh Start' program to help adults quit using tobacco.

The first class will be at 5:30 pm. Tuesdays, July 11 through Aug 15, in the Sunflower Room of Magic Valley Regional Medical Center's Education Center, 588 Addison Ave. W. The second class will be at noon Thursdays, July 27 noon Thursdays, July 27 noon Thursdays, July 27 chrough Aug. 31, also at Magic Valley Regional's Education Center, Secondary Regional's Education Centers Centers Regional Secondary Regional's Education Centers Regional Secondary Regional's Education Centers Regional Secondary Regional Regional Regional Regional Regional Regional Regi

Valley Regional Center.
The Fresh Start cessation program is designed to build skills and knowledge to help reduce and eventually end

Participants will learn skills to communicate better, handle stress, make decisions, set goals, eat healthy and exercise. The class is free, but space is

Pre-registration is encour ged; call Tami Pearson, tobac o program coordinator for the aged, can rami Pearson, tobac-co program coordinator for the health department, at 737-

Learn CPR for babies

An-infant-safety-and-car

—Au. Infant-sefety-and-car-diopulmonary resuscitation class will be offered from 6:30 to 9 pm. July 12 in the 10b3 or Magic Valley Regional Medical Center's Downtown Campus, 660 Shoshone St. E. Twin Falls. The program is offered as part of the prepared childbirth course. Organizes invite new parents and, grandparents to attend to learn about Infant CPR, choking, child safety and lujury prevention.

Prepared childbirth cia

Prepared childbirth classes will be offered from 6:30 to 9 p.m. Thursdays, July 13 through Aug. 10, in the lobby at Magic Valley Regional Medical Center's Downtown Campus, 6:00 Shoshono St. E. Twin Falls. The class will include instruction on wellness of the mother, labor and delivery process with relaxation and breathing-techniques; care-of-the postpartum mother-and care of the newborn including breast feeding and bottle feeding and a video tour of the Women's and Infant Center. Cost is \$50. Pre-registration. The required call 732-3148 or go online at www.mvrmc.org.

Weight management

megri management

An adult weight management class will be offered in a
10-week session from 7 to 8:30
p.m. Thursdays, July 13
through Sept. 14, in the lower
level conference room at Magic
Valley Regional Medical
Ceater's Downtown Campus,
660 Shoshone St. E., Twin Falls,
A registered and licensed
dietician and certified ADA
consultant in weight management will conduct the class.
Cost is \$65 : Pre-registration
is required; call 732-3012 or g.
mall headthersh@myrm.co.g.

mail heathersh@myrmc.org.

"To do for you" is a listing of calth-related activities, events health-related activities, events and education. Information should be submitted by Thursday for publication in the following Monday's Image sec-tion. Mail notices to: Times-News, P.O. Box 548, Twin Falls,

Medical complaints: Not always frivolous

The claim — For years the medical establishment has railed about an epidemic of baseless -malpractice cases said to be driving up costs for patients and forcing them to find new physicians because doctors were retiring in droves.

—These-frivolous lawsuits.

—medical lenders claimed

ing in arrows.

—These-fivolous lawsuits, medical leaders claimed, were not the result of medical tenders claimed, which is a substitute of the control of t

tort reform — much of it centered on limiting the amount of money injured patients could recover one of its primary, and as yet unrealized, goals.

The research — A study by Harvard physicians and lawyers of nearly 1,500 closed —malpractice—cases concludes that there is no such epidemic — nor is the malpractice system as arbitrary as its detractors maintain

The study funded by the federal Agency for Healthcare Research and Quality, was published in the New England Journal of Medicine Medicine

Medicine.

Using randomly selected claims from five insurance companies, researchers found that most involved serious mistakes, such as delayed diagnosis or a med-

More than 80 percent of patients suffered serious physical injury; in 26 percent of cases, the patient

died.
Overall, 63 percent of claims were judged to be the result of a preventable error, while 37 percent were not, although researchers noted that some of these were

that some of these were close calls. And in 27 percent of cases where researchers found medical error, inclaintiffs received no payment.

Who gets paid — While lead author David Studders and his colleagues did not find that the malpraetice system was the lottery its critics describe, they did find—that—liftgattor—easis were "exorbitant," consuming 54 percent of the compensation that plaintiffs received, which averaged about \$521,000.

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By Hisary Wadman
The Hartfort Courant

Here's a wake-up call for the
30 million people in the United
States (or 'whom bed has
become the enemy, a placewhere night after night they
hope to burrow the restrict of the
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tressing stumber but wind
up battling with the pillows
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Only like diet and exercise,
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United States who have sleep problems, about 30 million-struggle with insomnia.

Most of the time insomnia is caused by anxiety or other mood disorders. Sometimes it is, just. the. routine stresses of the day that keep people up at night—the sales meeting in the morning, the checkbook badly out of balance, the vacation that must be planned and paid for. Sometimes, a couple of sleepless rights can snow about the very sight of the bed seed of a lather of anxiety.

For the companies that make sleep sleep took prescription sleep drugs in 2004, according to an analysis of insumnee claims by Medco Health Solutions, a company that administers prescription-drug plans.

But sleep specialists say that

company that administers pre-scription-drug plans.
But sleep specialists say that pills are no more than a Band-hid-They might work for a ra-night or two, but after several weeks, patients report taking more and more pills and never sleeping better.
"You should not be locked into a situation where you're taking these-pills seven days a week, says Dr. Keith Dixon, a sleep- specialist at Gaylord

sleep specialist at Gaylord Hospital in Wallingford, Conn.

Rubman says more than half of those who seek sleep coun-selling at the New Britain center are taking sleep remedles While the newer presen

are taking sleep romedles.
While the newer prescription
sleeping pills can help with
-lotr-term-sleep—problemssuch as jet lag, the National
Institutes of Health in June recommended that talk therapy—
including relaxation training
and counseling targeted at
anxiety-and croneous heliefs
about sleep and sleep loss—
should be the first line of treatment for insomnia.

ment for insomnia.

The first step for many insomniacs is to forget the notion that everybody needs eight hours of sleep, experts say. Some people function well say. Some people function well with seven hours of sleep, others need 10. But not of the worst ways to ensure enough shut-eye is to get into bed before you are drowsy.

"Going to bed early doesn't mean you're going to get more sleep." Ruthman says.

If you've been in bed for 20 minutes and are still awake, get in. Buthman et alview.

minutes and are still awake, get up, Rubman and Dixon both advise. Tossing and turning only reinforces the idea that bed is a hateful place. Leave the room, find a comfortable spot with low light and perform room, find a comfortable specific with low light and perform some kind of restful activity, like knitting or light reading, experts suggest. Do not return

to bed until you are sleepy, but do not allow yourself to fall asleep anywhere but in bed. Ensure that the activity you choose is not so enjoyable that you are rewarding yourself for waking up-during the fight. Dr. Daniel McNally, director of Dr. Daniel McNally, director of the sleep disordors center at the University of Connecticut Health Center in Farmington, recalls one of his patients who had a bowl of ice cream-and-watched 'Law and Order' reruns when she couldn't sleep. "Sure," says McNally, 'I'd get up too to have ice cream and watch 'Law and Order."

For patients whose looping anxieties keep their heads splanding on the pillow. Dixon at Gaylord suggests an exercise:
Take a pile of index cards and label one with the name of

Elder Law Ferrum Straight Talk on Elder Law and Estate Planning

CHANGING TIMES

QUESTION: Is my will the sole document to govern where all my property goes at the tin

where all my property goes at the time of my death?

Probably not. That used to be the case, but it is increasingly not the case today, in your grandparents' day, at their property may have consisted of a farm, cattle, house, money in the bank, and personal effects. They would have had no idea what you want talking about if you used the terms: 401(k), annuity, IRA, the state of the control of

ring tip: check your beneficiary clauses. Make su ent and coordinated with your overall estate plan

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Certified Ender Panning Law Specialist by the Entate Law Specialist Board, Inc.

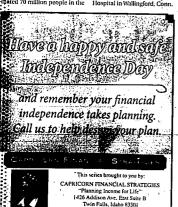
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udents and naps, part of a mental



Japan's workaholics are now sleeping on the job

FUKUOKA, Japan — For high school students every-where, the classroom desk is often a place to catch a few winks of sleep. But instead of receiving a scolding, dozing teenagers at Meizen High School are more likely these days to find their teachers dimming the lights, putting on classical music and joining their students for a power

their students for a power nap.
In a nation known for its tireless diligence, the students have joined a repose revolution that has investment bankers and bureaucrats slaring lunchtime with the sandman. Meizen light, in this promote the sandman of the sandman description of the sandman desc

tan area of 5 million, last year became the first school in the nation to promote mental alertness by officially encouraging all students to take 15-minute-naps—in-their-class-rooms after lunch. Several schools have followed suit, and others have said they might adopt the practice. After-lunch naps have long been stigmatized as a sign of laziness in a society that captett, acil, among the most suddenly, they have become the latest rage, part of a mental alertness craze sweeping, a nation known for its fondness for such fals. A furry of scientific studies, hooks and high-profile news reports are

thire studies, books and high-profile news reports are heralding mint-siestas as an integral part of new daily regi-mens for enhancing mental agilly. Particularly popular in these regimens are activities such as coloring books that challenge adults to stay inside the lines of a Van Gogh painting and video games that are said to test intelligence with rapid-fire questions. questions

test interagence questions.
But the rise of the mini-sies-ta is perhaps the most noticeable evidence of the ipanese interest in gaining a mental interest in gaining a mental risp; adonts, as they're knewn, and a subject of the control of the cont

ratigued office workers can take a brief lunchtlme nap on a daybed there for the equiva-lent of about \$4.50. The Japanese have gotten

the nap down to a science. Sleep studies by researchers in

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eth Carbonel Com - \$4.90 lb.

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dozing, their cheeks resting on plush towels spread out over their arms. Inside the Tokyo offices of Toyota Motor Corp., afternoon power naps have become commonplace — particularly because the company switches off the office lights during lunchtime to save

energy.

"When we see people nap-ping during lunchtime, we think, "They are getting ready to put 400 percent in during the afternoon," said Paul

Nolasco, a Toyota spokesmi in Tokyo, "Nobody frow upon it, And no one hesitat

to take one during lunchtime either."

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frowns

Japan and abroad have suggested that nappers not let their afternoon slumber last more than 30 minutes, lest they fall into a deeper sleep and awake feeling more groggy than refreshed. To that end, Napia offers its customers a cup of coffee before nap time. Caffeine takes about 20 minutes to kick in, so the jawa kick acts ag. natural way. Said kunikazu labata, a 39-year-old asset manager who begain apping regularly a year ago. Straightening his tie and rearranging his hair in the Napia lobby after a 25-minute power nap, he continued: "With the economy getting better, I've got more and more work and am only getting about five hours of sleep an ight. Without this nap, I'd be dired all the time."

time."

Department stores and catalogs now sell "desk pillows."
Some—Japan-ese—companieshave successfully pressed to
have nay salon fees covered by
health insurance providers,
while others are endorsing
something long unthinkable
here — in-office napping, On
a recent day at Japan's
Environmental Ministry, several young workers in the final
stretch of their lunch breaks
could be seen unabashedly

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Still loud and clear

Despite the advent of iPods

Despite the advent of iPods, ever-louder, movies and other massive changes in audio technology. American adults' hearing remains about the same as it was 35 years ago, according to a new report.

The study, presented at a meeting, of the Acoustical Society of America, also found. that darker-skinned people-tend to hear better. Non-Hispanic black adults in the U.S. have, on average, sharper hearing than Mexican

Americans, and-both groupshear better than non-Hispanic whites. Women, in general, hear better than men. More than 5,000 adults, ages 20 to 69, were tested for their 'hearing thresholds'—the softest sound one can hear—over a range of frequencies. The results, which were then compared with a study conducted 35 years ago, were a surprise because most-people 'have the perception that the world is getting to be a noisier place,' said study co-author Christa Themann, an audiologist. Overexposure to

noise is linked to hearing impairment.

More people use hearing protection devices, and that may have had some effect, speculated study-co-autifor-william Murphy, a physicist for the National Institute for for the National Institute for Occupational Safety and Health, which sponsored the study. Also, he said, fewer Americans work in loud factory jobs than 30 years ago. — But, the authors said, it may also be too early to detect the hearing loss caused by a letyler or society because people lose their hearing gradually.

Marc Astin, M.D., Monte Crandall, M.D., Don Smith, M.D., David Allen, M.D., and Darren Coleman, M.D., would like to welcome Sharon Thueson. Physicians Assistant, to our staff.



Sharon was born and raised in Idaho and has over 25 years of experience in Family Practice as a Physician Assistant. She holds degrees from the College of Southern Idaho, the University of Idaho and Pennsylvania State University, and is very glad to be practicing medicine in Idaho once again. When she's not busy raising her three children, she enjoys cross-country skiing, photography and sewing. Sharon is a valuable addition to our staff. Please call today to schedule an appointment with her for all your reproductive health needs.

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- . Limich Buy on mediger one bee



IMAGE



Vadim Kochorgin has lost 40 pounds since he rediscovered kayaking — a sport he grew up doing in Mos two years ago. Kochorgin prepares to launch his kayak into the Snake River on Thursdey night at the Co Waterfroot Park boat docks.

Kayaking

every night, and he'll pause, smile and tell you about Russian rivers so still they're like mirrors. He'll tell you about the sound of a paddle meeting water. He'll tell you about a boy who wanted nothing more than to kayak.

If-you're-ever-down-in-fractive contential Park just before dusk, look to the serene

waters of the Snake River, and you're likely to spot Kochergin carving through calm green

water.
You may have to look twice
— sometimes it's difficult to
tell if it really is a 47-year-old
man in that boat. Sometimes,
he looks more like the boy that
was once;a-kayak-champion.
See, when you rediscover
something that once brought

you so much happiness, you can be transported, just for a moment, back to that time. And when you can lose weight, build strength and put a smile on your face doing it, well, then all the better.

Times-News features writer Matt Christensen can be reached at 735-3243 or matt.christensen@lee.net.

Additions

Confined from page D1

Recently, the Atkins Diet created a backlash against carbohydrates. However, complex carbohydrates such as brown rice should be consumed over refined carbohydrates such as white flour products. Our bodies run on glucose, not protein, and whole grains are the best source. The filter eliminates

toxins and improves the func-tion of the intestines. I asked Chris to add more blanched vegetables to his

diet.

Blanching brings vitamin C
and water-soluble vitamins to
the surface of a vegetable. It
also provides a healthy crunch
which helps with stress ... not
that he has any!

I am so proud of Chris' and his commitment to improving his health. The support he is receiving from you, the read-ers, helps tremendously. Thank you.

Macrobiotic health coun-scior_fill_Sherman_Skeem can be reached at fillasher-nian@yahoo.com.

Diet .

Continued from page D1

Continued from page D1
white, a chiefer product is becoming easier. I was not becoming easier. I was not accustomed to spending so much time in the bulk-food asie or the produce section. On one of my earlier shopping trips. I bought some turnips, thinking they were leeks.

But I have since figured out what leeks look like. I have also bought for the first time—and really liked—parsnips, which I would describe as white carrots on steroids. Like carrots, parsnips are a root.

But they are, I think, sweet-

er and better testing.

After hearing about my experiences, a colleague told me the other day: "This whole thing is going to wind up costing you money."

thing is going to ming you money.

The may very well be correct. And that could be a good thing for Tom Ashenbrener, owner of Rudy's — A Cook's Paradise in downtown Twin

Falls.

In recent weeks I have bought a better grater at Rudys, along with a tray for steaming vegetables and a bigger cutting board to accommodate all of the fresh vegetables I am preparing

and asting.

The only really bad thing that has happened as a result of eating so many vegetables has been what happened to my garbage disposal.

Let's just say it wasn't agood way to get rid o'i cabbage leaves that had gone bad. Live and learn, I guess. And I'm learning a lot and feeling—which also means living—better.

Times-News Editor Chris Steinbach can be reached at 735-3255 or by e-mail at chris.steinbach@magicvalley.

Flower power: Do yard work for exercise

workout.

He's not at the gym, though.
He's in' his yard on a sumy afternoon, raking the lawn.
He's his his yard on a sumy afternoon, raking the lawn.
He's his his yard on a sumy afternoon, raking the lawn.
He's his yard on a sumy afternoon, raking the lawn.
He's not at the gym, though.
He's not at the gym, though, and planting, and arrobics, especially when done at a good pace.
Mowing is good, too, but only it's a push mower.
To get the most out of yard control to good too, but only it's a push mower.
To get the most out of yard took you wonly and weeding.
He alth care professional to the control of the good too, but only it's a push mower.

down and their muscles toned by mowing and weeding. Health care professionals tout these activities as excel-lent sources of physical activi-ty, providing aerobic exercise and strength training. "Any physical activity is

healthy, because as Americans we tend to be sedentary," says Dr. Lisa Thorn, a family practi-

cially when done at a government of the proper of the prop

According to The Centers for Disease Control and Prevention, a person weighing 150 pounds can burn from 330 to 440 calories an hour doing moderate to strenuous yard

And since it takes about 3,500 calories to lose one pound, 10 hours or so in the yard can start to show up on

yard can start to show up cuthe scale.

The work also can be measured in steps per minute.

"The goal, according to the surgeon general, is to get in 10,000 steps per day." Thorn

says.

She reports gardening adds up to between 115 and 175 steps per minute, depending on intensity. Mowing clocks in at 160 steps per minute.

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Dr. Cannon received his medical degree from Kirksville College of Osteopatheic Medicine, Karkiville. He completed his residency at Geisinger Medical Center and served as Chief OB/GYN Resident. Dr. Cannons medical interests include pregnancy, general gynecology, and female urinary problems.

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