



YU-GI-OH!
Worldwide craze comes to the Magic Valley.
See Magic Valley, A4

OUT OF THE GYM
Fitness extends beyond the gym.
See Image, D1

LANDIS WINS TOUR DE FRANCE
See Sports, B4

Good Morning

High: 97
Low: 66

Hot with a chance of thunderstorms. Details: A2

Times-News

MagicValley.com

Drowned teen remembered

By Cassidy Friedman
Times-News writer

TWIN FALLS — A Twin Falls teenager who died Saturday evening jumping from a cliff into a hidden lake behind Dierkes Lake was preparing for his first year of high school.

Justin Hernandez, 15, was attempting to jump from a ledge called Black Widow Run when witnesses say he stumbled at the edge of the cliff, tripped off the ledge, hit a rock

at the base of the cliff and rolled into the water.

"He was a really cool kid," said Tyler Parker, a classmate at O'Leary Junior High School who grew up with Hernandez. "He was kind of shy at first, but then once you got to know him he'd open up to



Hernandez

Read it online
Go to www.magicvalley.com to read blog comments about Justin Hernandez from his friends and Times-News readers.

you," Hernandez was athletic and smart, his friends say. He played football, ran track and was an excellent wrestler. "He was dedicated to sports," Parker said.

Andrew Harmon, 15, says he and Hernandez had been friends for 12 years.

"He was a fun guy," he said. "It was funny and smart. We always hung out and he was always fun to be around."

At 5:20 p.m., Twin Falls County sheriff's deputies responded to the call. Harmon got the message and arrived at the lake shortly after 6 p.m., joining Hernandez's little brother, who was the only other teenager left on the scene.

Divers from Cassia County found Hernandez at 9:15 p.m., lying in 25 to 30 feet of water.

Black Widow Run is 30 feet high. To safely clear the rocks below, a jumper must leap out more than 20 horizontal feet.

Teresa Burgess, the victim's mother, also was at the scene. She is a teacher at O'Leary Junior High.

Cassidy Friedman covers public safety for the Times-News. He can be reached at 735-3241.

Fires fanned by heat

By Jesse Harlan Alderman
Associated Press writer

BOISE — Hot temperatures combined with hot winds Sunday to fan three wildfires burning in dry timber stands in the central Idaho mountains.

Fire managers worried that the Quartz Creek Fire could threaten federally protected chinook salmon, while the nettlesome Elkhorn Fire shifted course, sparing a nearby cluster of homes.

The Elkhorn blaze, burning at high elevation in densely forested slopes six miles northeast of the village of North Fork, grew by about 50 acres early Sunday, said Steve Butterworth, spokesman for the interagency team battling the blaze.

Crews worried that spot fires could ignite as the blaze threw sparks and fiery debris ahead of the flames. Flaming embers spawned one new 50-acre fire on Saturday.

Butterworth said the volatile mix of dry timber, temperatures around 100 degrees and steep, rocky terrain have made the fire the "number

Please see **FIRES**, Page A2

Out of harm's way

Keeping the family pet away from danger

By Will Sites
Times-News writer

TWIN FALLS — Many of us know what happened recently to 15-year-old Ashley Faulkner and her golden retriever, Miffy, and I know what happened to me and my dog last spring.

One ended in tragedy, one did not. "The dangers that exist for both owner and pet is limitless and unpredictable, with consequences that range from harrowing to heartbreaking.

Ashley and Miffy drowned July 15 when the Bliss girl jumped into the Snake River to save the dog, which had fallen into a deep pool of water at Fall Hole. I could have met the same fate in March when my retriever, Zoe, broke through the ice after jumping off a small landing pier at Bruneau Dunes State Park. Like Ashley, I impulsively entered the icy water to save



Andrew McDough, 7, William McDough, 8, and Ethan Rortig, 8, of Jerome demonstrate water safety with lifejackets Saturday in the Snake River while the reporter's dog, Zoe, swims with a canine life preserver.

my pet from certain death. Once onshore with Zoe in tow, I began to realize that not only did I save my dog from drowning, but I could have died in the process.

And I'd probably do it again. That attitude bothers many animal professionals because of one simple fact: Many accidents involving pets can easily be avoided, but often are not.

"Have the pet on a leash," said Mari Kincaid, a professional dog trainer and owner of Good Neighbor Dog Training in Hansen. "A leash is a safety line, especially when in unfamiliar areas." With training, Kincaid says the odds of controlling a dog get significantly better. But the trainer acknowledges the fact that nothing is absolute. "Although

Twin Falls leash law:

Twin Falls City Code states that "it is unlawful for any dog to be found running at large, the person who has control, possession, provide care to or who are in charge of any such dog found running at large shall be guilty of a misdemeanor."

rare, even trained dogs have raced after birds and not realized (their fate) until it's too late," said Kincaid. Perhaps that explains the local legend concerning a Shoshone Falls visitor's dog jumping to its death after chasing something over a fence.

Chuck Schabacker of Sawtooth Veterinary Services in Jerome echoes the trainer — use a leash. "A leash on a pet is always a good idea," said Schabacker, a vet that often sees the tragic results of unrestrained/unconfined dogs. Dogs that are unconfined, Schabacker says, are more likely to get injured by vehicles, falling out of pickups, or by other animals. "Pet owners need to be aware of their surroundings." It is the awareness

Helpful control and safety aids:

- Leash/night leash
- Remote training collars
- Life preserver
- Microchip
- Invisible fencing
- Wire runners
- Portable cage/taxi

factor that seems to be the difference between avoiding trouble and being surprised.

Such as being near water or cliffs. Dogs, especially when unrestrained and/or untrained, may do things that

Please see **PETS**, Page A2

Saudis ask Bush to intervene in Mideast

By Nedra Pickler
Associated Press Writer

WASHINGTON — Saudi Arabia asked President Bush on Sunday to intervene in Israel's military campaign against Hezbollah in Lebanon to stop the mounting deaths.

"We requested a ceasefire to allow for a cessation of hostilities," Saudi Foreign Minister Prince Saud al-Faisal said after an Oval Office meeting with Bush.

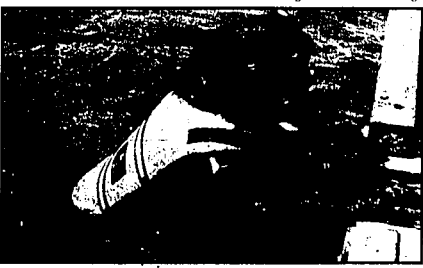
Saud said he gave the president a letter from Saudi King Abdullah asking that Bush help seek an immediate cease-fire in the Middle East conflict.

Saud and four other Saudi officials met with Bush for more than an hour Sunday.

Secretary of State Condoleezza Rice also participated in the meeting

Please see **SAUDIS**, Page A2

Zoe the retriever-mix wears a canine life-jacket while swimming Saturday in the Snake River. Animal experts say that not all dogs are excellent swimmers and that unexpected events can turn tragic for pets in and around water.



Concerns linger over treatment of meat

By Rick Weiss
The Washington Post

WASHINGTON — A bitter regulatory battle over the safety of a packaging system that can keep meat looking fresh long past its shelf life is escalating, amid complaints that the industry misinterpreted recent research reports to bolster its case.

At issue is the growing practice of spiking sealed packages of meat with small doses of carbon monoxide. The gas is harm-

less at the concentrations being used, but it can keep meat looking bright red and fresh even as it spoils.

In a series of largely unpublished decisions, the Agriculture Department and the Food and Drug Administration have allowed use of the gas in various packaging systems. Proponents, including the three major meat producers, say the process is safe and will help reduce the \$1 billion the industry loses every year from having to discount or discard meat that

has begun to turn brown but is still safe to eat.

Opponents, including consumer groups and a company that makes a competing preservation product, charge that the process, banned by the European Union, can deceive consumers into thinking meat is fresher than it is.

In addition, the opponents say, date labels that the USDA requires for the treated meat — which instruct consumers to

Please see **MEAT**, Page A2

Coming tomorrow

FANCY RIDING

Ride, and jump, along with the Magic Valley Pony Club.

TUESDAY IN COUNTRY ROADS

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Business and Service directory	..C9
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TWIN FALLS FORTCAST

Today: Another hot day with a chance of isolated, gusty thunderstorms. Highs, mid 90s to near 100. Tonight: Maybe an early evening thunderstorm, then partly cloudy. Lows, 60s. Tomorrow: Sunny skies and hot conditions. Highs, 90s.

BOISE VALLEY FORECAST

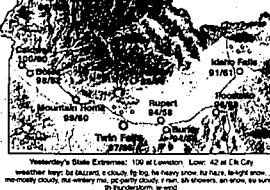
Today: A chance for a low isolated to scattered thunderstorms, otherwise partly cloudy. Highs, mid 90s. Tonight: A lingering evening thunderstorm possible, then partly cloudy. Lows, mid 50s to near 60. Tomorrow: A mix of sun and clouds and mainly dry. Highs, lower 90s.

IDAHO'S FORECAST

SUN VALLEY, SURROUNDING MTS. Watch the skies for developing thunderstorms over the next couple of days. They will be of the scattered and hot and mias variety, but they will be around today and on Tuesday.

BOISE There is a small chance for a developing thunderstorm in the region today. If they do form they will be of the scattered and hot and mias variety, but they will be around today and on Tuesday.

NORTHERN UTAH The summer heat will last through the middle of the week. In the afternoon, there is a small chance for a few developing, isolated thunderstorms.



Yesterday's State Extremes: 100 at Lewiston. Low: 42 at Blaine City. Weather they say is based on a forecast by the National Weather Service, which says it is based on a forecast by the National Weather Service.

TWIN FALLS FIVE-DAY FORECAST

Table with 5 columns: Today, Tonight, Tuesday, Wednesday, Thursday, Friday. Includes weather icons and temperature ranges (High/Low).

Yesterday's Weather

Table with 2 columns: City, HI Lo Precip. Lists weather for Boise, Burley, Coeur d'Alene, etc.

ALMANAC - TWIN FALLS

Table with 4 columns: Temperature, Precipitation, Humidity, Barometric Pressure. Includes sunrise and sunset times.

Moon Phases

Table showing moon phases: New Moon, First Quarter, Full Moon, Last Quarter.

Moonrise and Moonset

Table showing moonrise and moonset times for today and tomorrow.

U.V. INDEX

Table showing U.V. index and protection level.

DayWeather, Inc.

Text about DayWeather, Inc. services and contact information.

REGIONAL FORECAST

Table with 3 columns: City, Today, Tomorrow. Lists forecasts for Boise, Idaho Falls, etc.

NATIONAL FORECAST

Table with 3 columns: City, Today, Tomorrow. Lists forecasts for various US cities.

WORLD FORECAST

Table with 3 columns: City, Today, Tomorrow. Lists forecasts for various world cities.

TODAY'S NATIONAL MAP



meineke car care center 735-8296. 189 Addison Avenue West. Open Mon - Fri 8:00 AM - 6:00 PM. Sat 8:00 AM - 1:00 PM.

CANADIAN FORECAST

Table with 3 columns: City, Today, Tomorrow. Lists forecasts for various Canadian cities.

Today IN THE MAGIC VALLEY

ARTS AND ENTERTAINMENT

"The Adventures of Tom Sawyer," a musical presented by the Oakley Valley Arts Council, 7:30 p.m., Howells Opera House, 118 N. Blaine Ave. in Oakley, \$8, call 677-ARTS (2787).

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.

GOVERNMENT

Lincoln County commissioners, 8:30 a.m., courthouse, 111 W. B. Shoshone, call 886-2173.

Twin Falls County commissioners, 8:30 a.m., courthouse, 425 Shoshone St. N., call 736-4068.

Cassia County commissioners, 9 a.m., courthouse, 1459 Overland, Burley, call 878-7302.

Elmore County commissioners, 9 a.m., courthouse, 150 S. Fourth E., Mountain Home, call 587-2129.

Gooding County commissioners, 9 a.m., courthouse, 624 Main, call 934-4931.

Jersey County commissioners, 9 a.m., courthouse, 300 N. Lincoln, call 644-2700.

Minkola County commissioners, 9 a.m., courthouse, 715 G St., Rupert, call 436-7111.

To add to this calendar

Please submit the name of the event, a brief description, time, place, cost and contact number to Suzie Browne by e-mail to sbrowne@magicalvalley.com, fax to 734-5538 or mail to Times-News, 1232 Fairfield W., P.O. Box 548, Twin Falls, ID 83303-0548.

Twin Falls City Council, 5 p.m., council chambers, 305 Third Ave. E., call 735-7274.

Ketchum Planning and Zoning Commission, 5:30 p.m., City Hall, 480 E. Ave. N., call 726-7801.

Halley City Council, 6 p.m., courthouse, 206 First Ave. S., Halley, call 789-5570.

HEALTH

Filer Arthritis Foundation Exercise Program, range-of-motion and muscle strengthening exercise classes for senior citizens, 1:30 to 2:30 p.m., Filer Senior Haven, 222 Main St. in Filer, \$2 for nonmembers, call 737-5946.

OUTDOORS

Redfish Lake Visitor Center Activities, including Fishhook Creek Nature Walk at 9:30 a.m., Junior Ranger "There's No Place Like Home" at 1 p.m., Campfire at 9 p.m. and "Places of the Past" at 9:30 p.m., Redfish Lake Visitor Center, Redfish Lake near Stanley, no cost, call 208-774-3376.

Pets

Continued from page A1. We would not. As for water, trainer Kincaid and Schabacker had believed that some breeds may be more likely to undergo a sudden jump into or towards water. "Certain breeds will see things in the water and want to retrieve it," said Kincaid. And once in the water, the ability to control an unrestrained or untrained dog becomes significantly reduced.

Continued from page A1. "As for cliffs, Schabacker says that dogs probably don't have the visual acuity that humans possess. "A dog does not have the vision that we have," Schabacker said from his office last week. "I'd be willing to bet that a dog's depth perception is, not the same as ours." Also, Schabacker notes that people tend to expect their dogs to act at the same level of mentality and reason that we do. "People shouldn't treat dogs like they are human, because they are not."

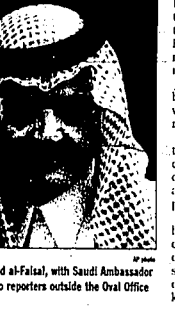
Continued from page A1. "In other words, dogs may commit actions without knowing the consequences that we would easily understand as being dangerous — if not deadly. Besides tragically befailing a pet and/or owner, state and local leash laws make it mandatory to confine/control dogs. Failure to do so in the city of Twin Falls is a crime and impounded dogs may be destroyed if unclaimed or considered dangerous."

Continued from page A1. "With a little training and at least, pet owners can reduce the likelihood of an unshedded or shedded dog being found or worse. If you wouldn't let a 6-year-old child do it, don't let your dog do it," said Kincaid.

Saudis

Continued from page A1. before departing for Israel in the first U.S. diplomatic effort on the ground since Israel began bombing Lebanon on July 12. Rice and Bush have rejected calls for an immediate cease-fire, saying it does not make sense if the terrorist threat from Hezbollah is not addressed. They have said Israel has a right to defend itself from terrorism and that Hezbollah must return two captured Israeli soldiers and stop firing missiles and rockets into Israel if they want the fighting to stop.

Continued from page A1. Saudi Arabia's Foreign Minister, Prince Saud al-Falal, with Saudi Ambassador to the U.S. Prince Turki al-Falal, speaks to reporters outside the Oval Office at the White House Sunday.



Continued from page A1. "I found the president very conscious of the destruction and the bloodshed that the Lebanese are suffering," Saud said. "His anxiety (is) to see the cessation of hostilities. I have heard a lot from him personally, and that is why he is sending Ms. Rice to work out the details."

Continued from page A1. "The White House would not discuss the proposal after the meeting. Senior administration officials referred all requests for comment to a spokeswoman, Eryn Wichser, who read a three-sentence statement listing the participants and saying only that they have "shared goals of helping the people of Lebanon and restoring sovereignty of the government of Lebanon and building stronger Lebanese armed forces."

Continued from page A1. "They discussed the humanitarian situation and reconstruction and putting conditions in place for an end to violence," Wichser said. Wichser said participants in the meeting included Saudi Prince Bandar bin Sultan, the secretary general of the national security council; Prince Turki al-

Continued from page A1. "The Saudis are among several moderate Arab countries that have worried about expanding influence in the Middle East by Iran, which create Hezbollah and has helped train and finance the organization. On the other hand, they cannot afford to appear too supportive of American or Israeli interests for fear of alienating their own citizens."

Continued from page A1. "The Saudis are among several moderate Arab countries that have worried about expanding influence in the Middle East by Iran, which create Hezbollah and has helped train and finance the organization. On the other hand, they cannot afford to appear too supportive of American or Israeli interests for fear of alienating their own citizens."

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Meat

Continued from page A1. "use or freeze" treated ground beef within 21 days after the package was sealed — give the public false assurance the meat will remain unspoiled that long. Although the government does not require "use or freeze" dates on meats not treated with carbon monoxide, most packages come them anyway — with time scales generally in the range of 11 to 14 days for ground meat. In the new studies, the two most thorough were conducted by researchers at Texas Tech University in Lubbock. They were presented last month at a scientific meeting, and the results were announced in a university news release that proclaimed, "Despite Carbon Monoxide, Beef Consumers Still Safe."

Continued from page A1. packaging systems. The results showed that meat sealed in packages with carbon monoxide had less bacterial growth than meat wrapped in air with traditional plastic wrap. But in an interview, Brashers said the benefit was only in comparison with traditional packaging. Carbon monoxide showed no advantage over meat sealed in high oxygen with Kalsec's extracts. In the second Texas Tech study, J. Chance Brooks, an assistant professor of meat science, asked a panel of trained sniffers to judge the freshness of meat of various ages that had been stored in different packaging systems. He concluded that consumers would not be deceived into eating spoiled meat that had been kept red by carbon monoxide because it, too, has a distinctive smell when it spoils. "You can't mask odor," Brooks said.

Fires

Continued from page A1. one priority" for the National Interagency Fire Control Center in Boise. Since Thursday, the fire has charred 852 acres, or 1.3 square miles, in the Salmon-Challis National Forest, Heald. More than 200 firefighters, including five 20-person elite "hotshot" crews, formed a flank around a wall of flames on the fire's western perimeter. They were aided by two helicopters and a tanker plane dumping fire retardant and water on the blaze, Butterworth said. The crews were able to reign in the fire's western advance, saving a complex of homes in the nearby Sheep Creek subdivision. On Sunday, the fire was still moving east where it threatened to jump a lush ridge and creep toward cabins at a historic mining camp — a site maintained by the Forest Service. Meanwhile, the Quartz

Continued from page A1. Creek Fire burning thick stands of lodgepole pine and alpine fir four miles north of Yellow Pine in the Payette National Forest, grew 10 acres on Sunday to 90 acres. To the south, the Trailhead Fire, burning timber under the gnarled peaks of the Sawtooth National Forest near Craters of the Moon, grew 100 acres on Sunday to 1,100 acres, or 1.7 square miles, before fire managers from BLM's Boise District contained the blaze with a ring of fire line Sunday afternoon, spokeswoman Jessica Gardetto said. Crews labored for more than 24 hours in sizzling conditions, with temperatures topping out at 104 degrees, and 21 mph winds.

Jewell: Memory of being bombing suspect still fresh

By Harry R. Weber
Associated Press writer

ATLANTA — Richard Jewell's fortunes changed in a split second.

The security guard was initially hailed as a hero for spotting a suspicious backpack in a park and moving people out of harm's way just before a bomb exploded during a concert at the 1996 Summer Olympics.

Then the media called him a suspect and he became a public spectacle.

As the 10th anniversary nears of the July 27 blast that killed one and injured 111 others, the episode is still fresh in Jewell's mind.



Richard Jewell is interviewed by the Associated Press Saturday in Atlanta. The former security guard was initially hailed as a hero before being described as the "focus" of the investigation into the bombing at the 1996 Summer Olympics.

"The heroes are soon forgotten. The villains last a lifetime," Jewell told The Associated Press in an exclusive interview. "I dare say more people know I was the one who found the package and know I was cleared."

Jewell, 43, who now works as a sheriff's deputy in a rural county, says he never considered himself a hero for warning people.

"All I did was my job," said Jewell, who is trimmer than the burly man caught in the media's glare a decade ago. "I did what I was trained to do."

The frenzy that changed Jewell's life started three days after the bombing with an unattributed report in The Atlanta Journal-Constitution that described him as "the focus" of the investigation.

Other media, to varying degrees, also linked Jewell to the investigation.

"There were thousands of reporters from all over the world here," Jewell said.

He was never arrested or charged, although he was questioned and was a subject of search warrants.

Eighty-eight days after the initial news report, then-U.S. Attorney Kent Alexander issued a statement saying Jewell "is not a target" of the bombing investigation and that the "unusual and intense

"The heroes are soon forgotten. The villains last a lifetime ... more people know I was called a suspect than know I was the one who found the package and know I was cleared."

— Richard Jewell

er had a great deal of pride in me — that I had done something good, and that she was my mother, and that was taken away from her," Jewell said. "She'll never get that back, and there's no way I can give that back to her."

He said the experience has made him distrustful of people and he rarely gives interviews.

"I can tell you for sure I'm a different person," Jewell said. "I'm paranoid, I'm cynical."

Since the Olympics, Jewell has worked in various law enforcement jobs, including as a police officer in Pendergrass, Ga., where his partner was killed in 2004 while pursuing a suspect. Jewell's lawyer, Lin Wood, confirmed that his client was honored by the city for bravery during the chase.

He gives speeches to college journalism classes about his experience with the media.

"I hate knowing what happened and then reading about it and seeing it on the news and it being wrong, because of what happened to me," Jewell said.

He sued several media companies and settled for undisclosed amounts, but his lawsuit against The Atlanta Journal-Constitution is still pending.

Peter Canfield, a lawyer for The Atlanta Journal-Constitution, said the paper to this day stands by its coverage of Jewell and it has not offered him a settlement.

"The investigation did target him and the Journal-Constitution accurately report-

ed that," Canfield said. "There's no question but that he was the focus of the investigation and its principal suspect."

Jewell insists the lawsuits were not about making money — he bought his mother a place to live and 73 percent of the settlement money went to his attorneys and taxes — but about making sure the truth was told.

"I'm not rich by any means monetarily," he said. "I'm rich because of my family. If I never get there, I don't care. I'm

gonna get my say in court."

These days, Jewell is married and is a sheriff's deputy in Meriwether County, about 53 miles from Atlanta, which has just 22,000 people, dusty roads and sprawling cattle pastures.

"He brings a lot of experience. You could label him a hero," said Col. Chuck Smith, one of Jewell's superiors.

Then, remembering he was talking to a reporter, Smith added with a smile: "I guess you could label him however, you want."

publicity" surrounding him was "neither designed nor desired by the FBI, and in fact interfered with the investigation."

Eventually, it turned out the bomber was anti-government extremist Eric Rudolph, who also planted three other bombs in the Atlanta area and in Birmingham, Ala., that killed a police officer, maimed a nurse and injured several others.

Rudolph was captured after spending five years hiding out in the mountains of western North Carolina, pleaded guilty to all four bombings last year and is serving life in prison.

Jewell said Rudolph's conviction helped, but he believes some people still remember him as a suspect rather than for the two days in which he was praised as a hero.

"For that two days, my mother

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Minnesota man still missing in Sawtooths

State sends two lawmen to help in the search

The Associated Press

STANLEY — A day after Idaho Gov. Jim Risch met with the family of a Minnesota hiker

missing in the Sawtooth Mountains, volunteers continued combing the rugged terrain Saturday, but came up empty.

At the direction of Minnesota Gov. Tim Pawlenty, two agents from the Minnesota Bureau of Criminal Apprehension flew on a state plane to Idaho early Saturday to assist the family of Jon Francis in their search efforts, said Pawlenty

spokesman Brian McClung. Risch's secretary Pawlenty's offer of assistance Friday, and the two agents were working with Idaho officials, McClung said.

The air search for Francis, 24, formerly of Stillwater, Minn., was called off as the sun set Friday and is not likely to resume, said Brad Hoaglund, Risch's spokesman. Any further search efforts likely will be

orchestrated by volunteers, he said. "They scoured the mountain from every which way and it doesn't look good," Hoaglund said.

Pawlenty has urged searchers to keep trying. Two Civil Air Patrol teams flew sorties Friday over the Sawtooth Mountains in search of Francis, who has been missing since July 15. His father,

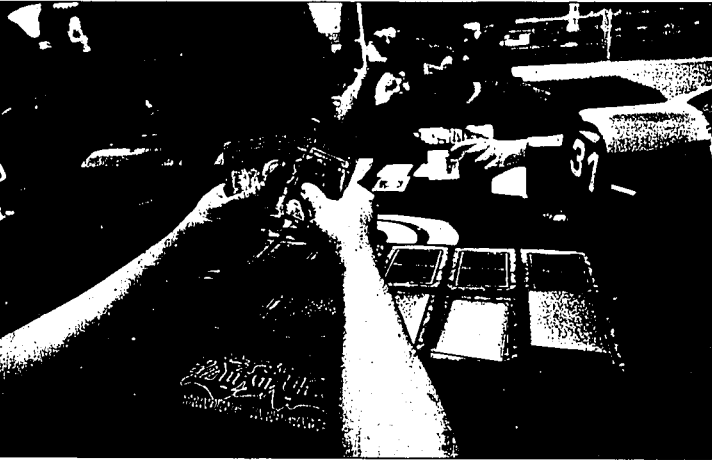
David Francis, is a Democratic candidate for the Minnesota Senate seat being vacated by Republican Michele Bachmann, who's running for the U.S. House.

Some of the search volunteers, from Utah and Colorado, shared a plane armed with a camera and computer that can pick up anomalies on the ground, such as a piece of an airplane among natural vege-

tation, or a raft in the open sea. Air Force helicopters with infrared technology also joined the search earlier Friday.

According to friends, Francis told co-workers at a Bible camp near Ketchikan that he planned to climb Grand Mogul peak in the Sawtooths. Searchers think he made it to the top but they don't know what happened to him on the way down.

Yu-Gi-Oh! card craze hits valley



Isalah Gutierrez, 11, of Nampa, waits for his opponent to make his move Saturday at the Yu-Gi-Oh! regional tournament at Gamers World and Sports in the Magic Valley Mall.

Mall store hosts tourney for local aficionados

By Will Sites
Times-News writer

TWIN FALLS — It seems like the country is consuming anything and everything Japanese. From art to automobiles, sushi to Suzuki, we love the stuff.

But no need to tell that to fans of Yu-Gi-Oh! The popular Japanese cartoon is also a leading trading card game played by kids and young adults in at least 42 countries. On Saturday, nearly 70 players participated in a regional tournament sponsored by Gamers World and Sports located in Magic Valley Mall.

"This is getting more and more popular and reaching a wider audience all the time," said Gamers' manager Debbie Griffin. The trading card game

On the Net

Upper Deck Entertainment:
www.yugioh-card.com
Gamers World and Sports:
www.gamersworldandsports.com

began in Japan about five years before crossing the pond to the game-crazy American market. In fact, Griffin says that the company that markets and distributes the game — Upper Deck Entertainment — is doing about \$1 billion in business in the U.S. every year. Most know that company from sports cards, which comprises about 65 percent of Gamers' sales.

"They come out with a new set of Yu-Gi-Oh! cards about

every three months," Griffin said Friday afternoon while getting ready for tournament play. "We always have sneak previews of what's coming out, which is always very popular."

But many may wonder, what exactly is the attraction? To begin with, the card art is vivid and wild Japanese animation. With exaggerated colors and characters, there is a seemingly endless array of card names: Iszud, Master of the Guard; Sand Mole; Giant Rat; Waboku; Ectoplasmer — all obviously from another place and time, but a harmless one-suitable for all ages.

"There are five cards that, if obtained by a player, is an automatic win," said Griffin. "You start with 8,000 life points

and attempt to drain opponents' life points to zero." Or make the opponent run out of cards. The game is considered very easy to learn, with the vast majority of players being teens or young adults and almost exclusively male.

By early Saturday afternoon, the store was buzzing with Yu-Gi-Oh! aficionados and the curious. Many of those attending certainly played to win, but many just enjoyed meeting old and new friends. "You never know what's going to happen next," said Cody Christiansen, 18, of West Jordan, Utah. "I just like meeting new people."

Will Sites is the Times-News night city editor. He can be reached at 735-3233 or by e-mail at wsites@magicvalley.com.

Dancers gather in Burley for annual festival

By Renee Wells
For the Times-News

RUPERT — Put on your dancin' shoes and plan to be at the Rupert Square on Wednesday as eight international dance teams present a preview of Mini-Cassia's Third Annual International Dance Festival.

Dance teams and musical performers from Tahiti, South Korea, Romania, Panama, Mexico, Republic of Georgia, Canada and the U.S. will arrive in Burley on Tuesday. Activities start with Wednesday's performances at the square in Burley at 5 p.m. The event is free and open to the public.

Two gala performances are scheduled for the King Fine Arts Center on Thursday and Friday. A daytime activity for youth at Burley High School is scheduled for Thursday.

American flutist Hally Lee is world-renowned for her unique musical style. She will be representing the U.S. at this year's festival.

She will be joined by "Les Petits Pas Jacadiens" from Quebec, Canada. An energetic and lively group of 18 dancers, ages 18-25, this group presents everything from authentic to slightly renewed styles of traditional Canadian dances. Many of these dances will appear similar to American folk dancing.

Romania, a returning country, brings a new group of youngsters to the festival. Bohemia, DORNA, performs traditional dances from one of the largest and most important cities in Transylvania, Cluj-Napoca.

With 20 dancers, from ages

9-18 and a musical backup team, DORNA will perform in traditional costumes provided by the village women of Transylvania.

The 25-member sound and dance team, Tahiti Here, meaning Tahiti love, will offer island-style performances, known for authenticity, dynamics and colorful costumes.

Directed by Manoela Largo-Felari, who began dancing at the age of 3 and performing professionally at 14, Tahiti Here provides dance movements that take a great deal of skill and talent. This group performs weekly in hotels throughout Tahiti.

Panama brings Conjunto de Proyecciones Folkloricas Elsa Estela Rosel. The group will present dances, sketches, drama, songs, tales and poetry.

Created to promote goodwill, this group has performed in places like Costa Rica, Jamaica, Nicaragua, Guatemala, Italy, Mexico, Chile, Argentina, Uruguay, Spain, Canada and now the United States.

The Stamps of Mexico, "El Campesino de Mexico Folklore Group," will present an original program depicting a trip through several areas of Mexico, with a dance for each region.

Tickets to the gala performances are available at the Mini-Cassia Chamber of Commerce building in Heyburn, Bank Plaza in Burley and The Book Store in Idaho.

Prices are \$5, \$10 and \$12, depending upon seating section. No reserved-seating tickets are being sold.

Richfield teacher remembered as a woman of many talents

By Jami Whitte
Times-News correspondent

RICHFIELD — Even students from Mrs. Alice Behr's first first-grade class remember her as a kind and soft-spoken woman who could discipline with a warning tone in her voice and a look in her eye.

The Richfield teacher who meant so much to so many died July 10 at age 88.

"She knew from the time she was a child that she was going to be a teacher," said her daughter Deanna, Behr. "She felt it was a calling."

Alice became a teacher in 1936 and worked in Hagerman before marrying Max Behr and raising five kids in Richfield. She began teaching there in 1954.

"I think she had a great impact on our outcome," said Christina Laterra, a former student. "She instilled a real love for learning at an early age."

see them succeed in life.

"She was just a kind, sweet, dear woman," Lucero said. "She never seemed to draw attention to herself. She went about her life in a quiet, unassuming way. She was always so patient. I never saw her angry."

She had such an impact that even some of her first students served as pallbearers at her service.

Alice was a woman of many talents. Aside from dabbling in painting, decoupage and calligraphy, she was also a gifted writer.

She had basically been writing her whole life, Deanna said. But she finally was able to compile her work into a book of poems after retiring.

She also was active in her community serving on library, Methodist church and grange boards and spent a lot of time volunteering with the school reading program and joined the Idaho Writer's League, where she contributed to the group's "Idaho Nuggets" publication.

amazed by her mom's musical talent. She was a talented pianist who, aside from performing and accompanying other artists, was composing music for her poetry.

Alice published her first book of poetry in 1990 and her last in 2005. She co-edited "The History of Richfield, Idaho" in 1995 and wrote a kid's book based on her own mother's childhood experiences in the Dakota Territories during the 1880s.

Growing up during the Depression years had its own impact on Alice. She learned quickly to be hard-working and self-efficient, values she held onto her whole life.

"She was always very soft-spoken and very much a lady at all times," Deanna said. Always independent, she was a woman who liked to take care of herself and never wanted to be a bother to anyone.

And she never was.

Jami Whitte can be reached at jwhitte@cabloneer.net.

a life remembered



Alice Crane Behr

Born: Sept. 6, 1917
Died: July 10, 2006

Survivors: Sisters, Marie Ogle of Spokane, Wash., and Edna Loudon of Anchorage, Alaska; children Maxine (Ken) Rush, Elaine Behr and Deanna Behr, all of San Francisco, Minn. (Lisa) Behr of Fairbanks, Alaska, and Rosalie Behr of Bennett, Colo.; four grandchildren and seven great-grandchildren.

Memorial: Contributions may be made to the Richfield Senior Center, 120 S. Main, Richfield, ID 83349; DeSano Memorial Scholarship Fund, R. Box 147, Shoshone, ID 83352; or the church of your choice.

Karts get ready to roll in Rupert

By Renee Wells
For the Times-News

RUPERT — And they're off! Steve Noriyuki is bringing his kind of racing to downtown Rupert, as the city of Race Productions presents a pool fundraiser event as part of the city's centennial celebration.

Noriyuki has put on go-kart races for the past two years in Burley, but chose to move his annual event to Rupert this year for two reasons, he said during last week's city council meeting.

"I want to help with the pool fundraiser," Noriyuki said. "I grew up here, swam in that pool and want to see it done. I also want to share this event with my hometown."

Noriyuki told city officials he has talked with business owners who will be affected by the event and has scheduled it for 10 a.m. Aug. 5. "Most of them just agreed it will be easier to close down than to have special provisions for getting customers to their businesses safely," Noriyuki said.

"A couple, however, feel it will impact their business and they want to remain open. What we will have to do is provide some safe periods of time for people to drive across the streets to the businesses if they want to do so."

Noriyuki said racers from as far away as Connecticut are scheduled to be at the event.

"You just had a moto-cross race at the fairgrounds that probably brought 400 people into that area, but unfortunately many of those never came into the city to spend their money," Noriyuki said.

"This will bring hundreds of people right into downtown Rupert and hopefully the money they spend, at least part of it, will go directly to the fundraiser."

Racers will start west on Fifth Street, turn right onto Scott Avenue, north on F Street, east on Fourth Street, right on G Street, west on Sixth Street, south on F Street and back to the start/finish line on Fifth Street.

For obituary rates and information, call 735-3266 Monday through Saturday. Deadline is 3 p.m. for next-day publication. The e-mail address for obituaries is obits@magvalley.com. Death notices are a free service and can be placed until 6 p.m. every day. To view or submit obituaries online, or to place a message in an individual online guestbook, go to www.magvalley.com and click on "Obituaries."

SERVICES

Carl Eugene Crooks



Spokane, Seattle and Boise, and also going south to Yuma, Arizona, in the winter.

Carl is survived by his wife Norton of Twin Falls; sons, Gerry (Kristi) Crooks of Spokane, Washington, Brent Crooks of Boise, Idaho; his daughter Kelli (Dallas) Anderson of Seattle, Washington; grandsons, Branden Crooks of Miami,

Florida, Nicholas Crooks of Spokane, Washington; granddaughters, Stefanie Crooks of Spokane, Washington and Ashley and Rachel Crooks of Boise; and great grandson Blake. Nicholas Ashe of Spokane, Carl's also survived by three sisters, Ruby Everett of Escondido, California, Iolene White of Gridley, Kansas, and Dorothy Rubart of Olussey, Kansas; two step children, Valerie Ward of Twin Falls, Idaho and Daniel Krigger of Rupert, Idaho; three step grandsons, two step granddaughters and two step great grandchildren.

Carl's wishes were to have a small family only prayer service. His burial will take place at Pleasantview Cemetery in Rupert, Idaho. Services are under the direction of Reynolds Funeral Chapel of Twin Falls.

Georgia Rose Stuhlberg of Twin Falls, funeral at 10:30 a.m. today at the Howe-Robertson Funeral Chapel in Jerome (Howe-Robertson Funeral Chapel).

John Isidro Romero of Filer, funeral Mass and celebration of life at 11 a.m. today at immaculate Conception, Catholic Church in Buhl (Reynolds Chapel in Twin Falls).

Susie Vesta Wannamaker of Kimberly, funeral at 11 a.m. today at the Kimberly Church of the Nazarene (White Mortuary).

Mildred Katherine Fairbrother of Burley, memorial service at 11 a.m. today at the First Presbyterian Church in Burley, family visitation at 10:30 a.m. today at the church (Summers Funeral Homes in Boise).

Lena Fawn Marshall Gierlich of Burley, funeral at p.m. today at the Pella LDS 1st and 2nd Ward Chapel, 160 W. 400 S. in Burley; friends may

call from noon until 12:45 p.m. to 8 p.m. at the church (Russumsen Funeral Home).

George Arnold Stevens, formerly of Gooding, graveside service at 2 p.m. today at the Elmwood Cemetery, in Gooding visitation for family and friends from noon to 1:30 p.m. today at Demaray's Gooding Chapel.

John D. Kieffer of Mountain Home, funeral at 4 p.m. today at Rest Funeral Home, McMurry Chapel in Mountain Home; viewing from 1: to 3:30 p.m. today at the funeral home.

Sigert E. Johnson of Indian Cove/Hammett, memorial service at 10 a.m. Tuesday at the Mountain Home Seventh-day Adventist Church, 2425 American Legion Boulevard (Rest Funeral Home, McMurry Chapel in Mountain Home).

Jay Donny Beck of Burley, funeral at 11 a.m. Tuesday at the Pella LDS 1st and 2nd Ward Chapel, 160 W. 400 S. in

Burley; friends may call from 6 to 8 p.m., today at Russumsen Funeral Home, 1350 E. 16th St. in Burley, and from 10 to 10:45 a.m. Tuesday at the church.

Dollie "Margaret" (Heck) Kayes of Twin Falls and formerly of Buhl, graveside service at 10 a.m. Wednesday at Sunset Memorial Park in Twin Falls (Farmer Funeral Chapel in Buhl).

Mary Arlene Hadlock Carlisle of Bliss, memorial service at 11 a.m. Wednesday at Demaray's Gooding Chapel.

Thelma Matilissa Bartholomew Stott of Burley, funeral at 11 a.m. Friday at Russumsen Funeral Home, 1350 E. 16th St. in Burley; friends and family may call one hour before the service Friday at the funeral home.

Joseph Joe Robinson of Jerome, funeral at 11 a.m. Tuesday at the Jerome LDS 7th Ward Chapel, 502 E. 100 S. in Jerome (Farnsworth Mortuary).

TWIN FALLS — Carl Eugene Crooks, 76, of Twin Falls, died Friday, July 21, 2006, at his home. Carl was born March 16, 1930, in Burlington, Kansas, to A. Frank and Goldie Crooks. He attended schools in Madison, Kansas. Carl served in the U.S. Air Force during the Korean Conflict and, while at Mountain Home Air Force Base, he met and married Darlene Chadd. The couple made their home in Twin Falls and had three children. They were later divorced. In December, 1976, Carl married his present wife Maren. Carl was employed by Western Auto, Banner Furniture, and later Sears, working as a salesman. He loved to travel, and was able to visit many places, including Germany and Australia. He loved visiting his children in

DEATH NOTICES

Briana Kay Thompson
Briana Kay Thompson, 19, of Heyburn passed away Saturday, July 22, 2006, in Declo. Funeral services will be held 11 a.m. Wednesday, July 26, 2006 at the Heyburn 2nd ward building.

July 22, 2006, in Declo. Funeral services are pending and will be announced by the Hansen Mortuary Burley Chapel.

Justin Casey Hernandez
Justin Casey Hernandez, 15, of Twin Falls, died Saturday July 22, 2006, at Dierkes Lake near Twin Falls. Services are pending and will be announced by Reynolds Funeral Chapel in Twin Falls.

James Allen Griffith
James Allen Griffith, 87, of Twin Falls passed away Saturday, July 22, 2006, at Bridgeview Estates. Arrangements are under the

direction of White Mortuary "Chapel by the Park".

Shanel A. Prewitt
Shanel A. Prewitt, 49, of Burley passed away Saturday,

Elsie Irene Ashcraft
Elsie Irene Ashcraft, 105, of Twin Falls passed away Saturday, July 22, 2006, at Heritage Assisted Living. Funeral arrangements are under the direction of White Mortuary "Chapel by the Park".

Robert Adamson
Robert Adamson, 80, of Twin Falls passed away Saturday, July 22, 2006, at Twin Falls Care Center. Funeral arrangements are under the direction of White Mortuary "Chapel by the Park".

Today
Last week of summer semester. Fall semester registration continues.

Monday
CSI library summer hours: 7:30 a.m. to 1:30 p.m. Mondays, Thursdays and Fridays; 7:30 a.m. to 8 p.m. Tuesdays and Wednesdays; and 1 to 5 p.m. Saturdays.

Tuesday
CSI Testing Center summer hours: 8 a.m. to 4:30 p.m. Mondays, Tuesdays and Fridays; and 8 a.m. to 9:30 p.m. Wednesdays and Thursdays.

Wednesday
CSI Dance Camp, all day. Fine Arts and Gym. Quest Science Camp, 9 a.m. to 3:30 p.m. (through Friday). Evergreen building.

Thursday
Magic Valley Tennis Leagues, 6 p.m. tennis courts, by Washington Street (Monday through Thursday until Nov. 1).

Friday
Herrett Center for Arts and Science summer hours, 9 to 9 p.m., Tuesdays through Saturdays.

Saturday
"Mysteries From the Depths of Space," 4 p.m., Faulkner Planetarium.

Monday
Idaho Department of Agriculture pesticide application testing, 8:30 a.m., Taylor 276.

Tuesday
Surgical Technology program assessment exam, 9 a.m. to noon, Aspen 144.

Wednesday
CSI Surgical technology students' completion ceremony, noon-Herrett Center, Rick Allen Community Room.

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

Friday
"Mysteries From the Depths of Space," 4 p.m., Faulkner Planetarium.

Saturday
"Journey to the Edge of Space and Time," 7 p.m., Faulkner Planetarium.

Monday
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Sunday
Idaho State School for the Deaf and Blind/Educational Interpreter Consortium professional development for interpreters, 6 to 9 p.m., Aspen 139.

Monday
"Journey to the Edge of Space and Time," 7 p.m., Faulkner Planetarium.

Tuesday
Blaine City commissioners, 8:45 a.m., courthouse, 206 First Ave. S., Halley.

Wednesday
Bey-Bey Public Library Board, 4 p.m., library conference room, 1300 Miller Ave.

Thursday
Glenns Ferry City Council, 7 p.m., City Hall, 110 E. Second St.

Friday
Gooding School Board, 7 p.m., administration office, 507 Idaho St.

Saturday
Traffic safety school, 8 a.m. to 2:30 p.m., Shields 109.

Monday
Idaho State School for the Deaf and Blind/Educational Interpreter Consortium professional development for interpreters, 6 to 9 p.m., Aspen 139.

Tuesday
"Journey to the Edge of Space and Time," 7 p.m., Faulkner Planetarium.

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

Thursday
Monthly Astronomy Talk, "Introducing Hercules, the Hero," 9 p.m., Herrett Center.

Friday
Rick Allen Community Room followed by telescope viewing in the Centennial Observatory.

Saturday
Traffic safety school, 8 a.m. to 2:30 p.m., Shields 109.

Sunday
Idaho State School for the Deaf and Blind/Educational Interpreter Consortium professional development for interpreters, 6 to 9 p.m., Aspen 139.

Monday
Twin Falls Farmers Market, 9 a.m. to 1 p.m., across North College Road from Eldon Evans Expo Center.

Tuesday
United Church of God weekly meeting, 10 a.m., Aspen 145.

Wednesday
"Star Signs," 2 p.m., Faulkner Planetarium.

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

Collision kills two horses in Boise

GARDEN CITY — For the second time this summer, a violent collision has claimed the lives of two horses at Les Bois Race Track and injured a jockey. Brian Long, who was aboard a Silent Alibi, was taken to St. Alphonsus Regional Medical Center here late Saturday with minor injuries after the horse fell and rolled over on him. Another horse, Easy Denim, ridden by jockey Berkeley Backer, broke down after crossing the finish line. A Silent Alibi, who was trailing, ran into the fallen horse. The state veterinarian euth-

anized both horses at the track because of their injuries.

Statue to two firefighters killed in 2003 unveiled
SALMON — Two life-size bronze statues of Jeff Allen and Shlaine Heath were unveiled Saturday at the Indiana Hellcat base near Salmon — three years after the two firefighters died in the Cramer Fire. The statues show Jeff and Shlaine rappelling to the ground in full turnout firefighting gear. "It's an amazing tribute to

the boys," Allen's father Bill said. "The really neat thing is that part of the money came from those firefighters," at Indiana.

More than 100 people gathered at the remote base, next to the Main Fork of the Salmon River, to see the statues' debut, bear specialties and share stories about Allen and Heath. — Compiled from wire reports

ON THE AGENDA

Today
Cassia County commissioners, 9 a.m., courthouse, 1459 Overland Burley.
Elmore County commissioners, 9 a.m., courthouse, 150 S. Fourth E., Mountain Home.
Gooding County commissioners, 9 a.m., courthouse, 624 Main.
Halley City Council, 6 p.m. courthouse, 206 First Ave. S., Halley.
Jerome County commissioners, 9 a.m., courthouse, 300 N. Lincoln.
Ketchum Planning and Zoning Commission, 5:30 p.m., City Hall, 480 E. Ave. N.
Lincoln County commissioners, 8:30 a.m., courthouse, 111 W. B. Shoshone.
Minidoka County commissioners, 9 a.m., courthouse, 715 G St., Rupert.
Twin Falls City Council, 5 p.m., council chambers, 305 Third Ave. E.
Twin Falls County commissioners, 8:30 a.m., courthouse, 425 Shoshone St. N.

Wednesday
Cassia Regional Medical Center Board, 5 p.m., hospital board room, 1501 Hilland Ave., Burley.
Heyburn City Council, 7 p.m., City Hall, 941 18th St.
Twin Falls County commissioners, 8:30 a.m., courthouse, 425 Shoshone St. N.

Thursday
Bellevue City Council, 7 p.m., City Hall, 315 E. Poplar.

Friday
Twin Falls County commissioners, 8:30 a.m., courthouse, 425 Shoshone St. N.

Saturday
Twin Falls County commissioners, 8:30 a.m., courthouse, 425 Shoshone St. N.

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Twin Falls County commissioners, 8:30 a.m., courthouse, 425 Shoshone St. N.

Twin Falls County commissioners, 8:30 a.m., courthouse, 425 Shoshone St. N.

Friday
Twin Falls County commissioners, 8:30 a.m., courthouse, 425 Shoshone St. N.

The Times-News suggests that you confirm meeting times and places by calling the appropriate clerk's office before attending.

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It's so wonderful now because people don't have to repeat themselves, and I don't have to keep saying "What?" all the time.
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PIRATES OF THE CARIBBEAN DEADMAN'S CHEST
LADY IN THE WATER
MONSTER HOUSE
MY SUPER EX-GIRLFRIEND
YOU, ME AND DUPREE
M:III

COMICS

Beetle Bailey



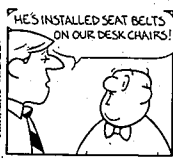
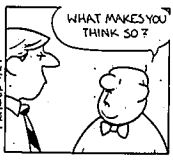
By Mort Walker

Blondie



By Dean Young & Stan Drake

The Born Loser



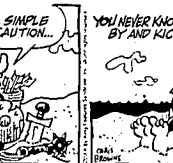
By Art Sansom, & Chlp

Garfield



By Jim Davis

Hagar the Horrible



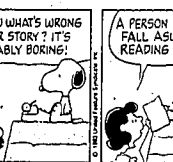
By Chris Browne

Hi and Lois



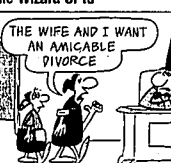
By Chance Browne

Classic Peanuts



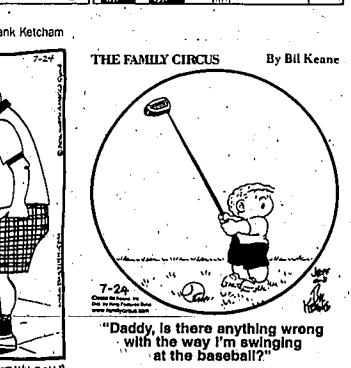
By Charles M. Schulz

The Wizard of Id



By Brant Parker & Johnny Hart

Dennis the Menace



By Hank Ketchum

THE FAMILY CIRCUS

By Bill Keane

Mom hard-pressed to explain daughter's bullying behavior

DEAR ABBY I was recently informed by the parent of a close friend of my 8-year-old daughter, "Emma," that Emma had been "beating up" her daughter. When we confronted Emma about it, she admitted it but could not explain why. Emma has also been verbally abusive to the girl, putting her down or stopping her in mid-sentence to constantly "correct" her.

Abby, Emma's a straight-A student, loved by all of her other friends, their parents, her teachers, our pastor, etc. She's involved in theater, sings, does ice-skating competitively, cheerleads, races motocross and plays piano. She is very well-behaved at home, and we have no trouble with her. I just don't understand what's going on. When I ask her, she doesn't have an explanation, but truly feels bad for hurting her friend.

The girls are no longer allowed to be friends. This is draining for us parents because we were all very close and did a lot together. We camped, fished, hung out, etc. Help! What do I do?



DEAR ABBY
Jeanne Phillips

scheduled, and her friend was the only thing in her life she could control.

"I'm not sure it is realistic of you to expect your 8-year-old to completely understand why she has acted out against someone who is supposed to be a friend in this way. But I'll beg a child psychologist to provide some insight — and also help you teach your daughter that there are more appropriate and effective ways of dealing with her emotions than victimizing someone who can't fight back.

DEAR ABBY: My mother has had a "best friend" for many years. "Joan" has had many problems in her life that Mom has seen her through. Joan has helped my mother through some rough times; too, particularly through the death of my father 10 years ago.

Joan can sometimes be very difficult to be around because she can't stand to be ignored and tends to become rather dramatic. She seems to take pleasure in the idea she has it worse than anyone else.

A few weeks ago, Joan, who

is a massage therapist, was giving a massage to my best friend, "Becky." Becky later informed me that during the 45-minute massage, Joan had mouthed my mother and disclosed some personal problems that Mom has confided to Joan.

Should I tell my mom about this? It would crush her if I do; my mom has been through some big changes and isn't exactly emotionally stable at the moment. But I can't let Joan go around bad-mouthing my mom, her supposed "friend."

Should I tell my mother that Joan is leaking personal information about her to other people? Or should I confront Joan? — OUTRAGED IN SAN ANGELO, TEXAS

DEAR OUTRAGED: Do not fight this battle for your mother. She needs to be told that she's pouring out her heart into a leaky vessel. However, because she is "not exactly stable," you will have to find a way to do it in a manner that won't roll the waters.

The first thing to do is to cool your outrage so you don't cause your mother to overreact. Then find a way to do it with gentleness. You know, Mom, we both know that Joan isn't the sharpest tool in the shed. Once your mother stops providing Joan with information, she'll have nothing to talk about.

— CUELESS IN ESCONDIDO

DEAR CUELESS: Children sometimes pick on other children they perceive as weaker. Some do it out of anger; others do it simply because they "can." Your daughter may have done it because she is over-

Salt Lake became the place for Mormon pioneers 159 years ago

This day in history: On July 24, 1847, Mormon pioneers decided that the shore of a briny lake in a Utah desert would be a great place to settle, and Salt Lake City was founded.



RANDOM KINDS OF FACTICNESS
Erin Barrett & Jack Mingo

In the past 40 years, firearm assaults have risen but the murder rate has declined. This is largely because of improvement in trauma medicine; but wounds that a few decades ago would've been fatal are now survivable, giving potential murderers a break.

Likewise, more soldiers survive. In World War II 30% of battle-wounded soldiers died. In Vietnam, it was about 25 percent. In the current Iraq war, it's about 10 percent.

If you're spending money in Zambia, don't forget: it's 100 ngweles to the kwacha.

If you're a lover of heroes, think England's Prince Albert.

For centuries, beaver skins had been used to make hats for European dandies, driving them to the brink of extinction. Luckily, in 1850 the playboy son of Queen Victoria began wearing hats made of silk. As went the prince, so went fashion, so instead of beavers, it was beaver trappers that went extinct.

Of women with household income over \$100,000, 57 percent said their looks were above average. Of women below \$100,000, only 34 percent said that.

Finally, 37 percent of women

over 40 said their looks were above average. That was two points higher than women under 40.

It seems a little redundant, but the Latin name for the western lowland gorilla is *Gorilla gorilla gorilla*.

Writers may not be surprised by this, but in Roman times an "editor" was the sponsor of a gladiator contest. Back then the word referred to producing any public offering, whether ink-stained or blood-stained.

"Vanity, thy name is woman!" wrote William Shakespeare. We don't know if he was right. We do know, however, that 90 percent of American women believe their looks are average or above average.

Erin Barrett and Jack Mingo can be reached at factmongers@ningo-barrett.com.

Teen thieves return town's purloined Rs

GREENCASTLE, Ind. — The letter R has returned, and two teenagers have some explaining to do.

More than 100 letter R's swiped from businesses' signs were returned Thursday in a box left outside the police department, police Chief Tom Sutherland said.

A surveillance camera outside the station captured the image of one of the teen's mothers returning the letters. Images of the woman's car also caught on tape led officers to track her down and find the alleged R-snatching culprit.

Sutherland said Michael White, 19, and Jessica Winings, 18, admitted they stole the letters from as many as two dozen businesses, doctors' offices and restaurants Monday night. He said the thefts began when Winings, who collects letters and knickknacks, decided to add some Rs to her collection.

Prosecutor Tim Bookwalter said he expects to charge them with one count each of criminal conversion, a misdemeanor that carries a maximum one-year prison sentence and up to a \$5,000 fine. But he said authorities would be somewhat lenient in the case.

spokeswoman Amber Dillon said.

Turnage said that during the two weeks he has spent the children with parents through a smoke-free tobacco cans at him and tossed frozen drinks. After a bottle rocket attack, he called police.

"It's challenging," Turnage said. "You will attempt the jump with a 450cc Service Honda outfitted with a custom-built, 4-stroke engine and specially designed shocks to help absorb the landing. He said he'll be below about 90 miles per hour when he hits the ramp and will be launched about 70 or 80 feet high in the air.

Odds and ends

of San Clemente City, already holds the Guinness world record for a motorcycle jump — a 277½-foot flight on May 14, 2005 — at the Queensland Raceway in Australia.

Chicken suited worker demands respect

SEARCY, Ark. — To Steven Turnage, it was bad enough to dress up in a chicken suit and stand along a city street in 105-degree heat.

Having passers-by shoot bottle rockets at him has him crying foul.

"People don't take this costume seriously," said Turnage, who wears the suit to promote a fast-food restaurant. They need to understand that there's a human underneath that suit. It's getting to the point where this is really a dangerous situation."

One rocket nearly hit him in the eye and another burned part of his suit. Police have heard Turnage's complaints but haven't issued any citations.

"Obviously it's against city ordinance to shoot fireworks inside the city limits," police

Diaper sale surge helps workers get jobs back

MENASHIA, Wis. — A surge in diaper sales has led to a recall of laid-off workers at a Wisconsin plant to fill the diaper orders.

Kimberly-Clark Corp. said a promotion for Huggies diapers was more successful than anticipated, requiring that production be expanded at this plant in Menasha, which is about 80 miles north of Milwaukee.

Dave Dickson, a spokesman for the Dallas-based company, said about 25 workers who were laid off in June were needed to restart an idle diaper-making machine at the plant. The workers may stay on the job into early 2007.

But he said plans still call for closing the Lakeview Diaper Plant by the end of 2007. That move is part of a continuing reorganization to cut Kimberly-Clark's 2008 labor force by 10 percent by 2008.

Motorcycle stunt man attempts world record

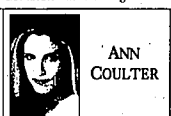
TULSA, Okla. — A motocyclist known for testing the limits of jumping on two wheels plans to soar to a world record.

Ty Higgins, 38, will attempt a 315-foot jump Sunday at the Buffalo Run Casino in Miami, Okla. Gurnum

OPINION

Liberals: Born to run

I knew the events in the Middle East were big when The New York Times devoted nearly as much space to them as it did to a New York court ruling last week rejecting gay marriage.



ANN COULTER

Most Americans have been glued to their TV sets, transfixed by Israel's show of power, wondering, "Gee, why can't we do that?"

Democratic National Committee Chairman Howard Dean says that "what's going on in the Middle East today wouldn't be happening if the Democrats were in power. Yes, if the Democrats were running things, our cities would be ash heaps and the state of Israel would have been wiped off the map by now.

But according to Dean, the Democrats would have the "moral authority that Bill Clinton had" — no wait! keep reading — "what he brought together the Israelis and Palestinians." Clinton really brokered a Peace in Our Time with that deal — "our time" being a reference to that five-minute span during which he announced it. Yasser Arafat immediately backed out on all his promises and launched the second intifada.

The fact that Israel is able to launch an attack on Hezbollah today without instantly inciting a multinational conflagration in the Middle East is proof of what Bush has accomplished. He has begun to create a new respect for Arab leaders who are apparently not interested in becoming the next Saddam Hussein.

There's been no stock market crash, showing that the



markets have confidence that Israel will deal appropriately with the problem and that it won't expand into World War III.

But liberals can never abandon the idea that we must soothe savage beasts with appeasement — whether they're dealing with murderers like Willie Horton or Islamic terrorists. Then the beast eats you.

There are only two choices with savages: Fight or run. Democrats always want to run, but they dress it up in meaningless catchphrases like "dبلوماسية," "détente," "engagement," "multilateral engagement," "multilateral diplomacy," "containment" and "going to the U.N."

I guess they figure, "Hey, appeasement worked pretty well with ... uh ... wait, I know this one ... ummm ... tip of my tongue ..."

Democrats like to talk tough, but you can never trap them into fighting. There is always an obscure objection to be raised in this particular instance — but in some future year they would be intrepid!

One simply can't imagine "despite this massive triumph of 'diplomacy,' the savages did not respond with good behavior. Instead, they immediately set to work feverishly building nuclear

weapons. But this is another threat the Democrats do not think is yet ripe for action.

On "Meet the Press" last Sunday, Sen. Biden lightly dismissed the North Koreans, saying their "government's like an eighth-grader with a small bomb looking for attention" and that we "don't even have the intelligence community saying they're certain they have a nuclear weapon."

Is that the test? We need to have absolute certainty that the North Koreans have a nuclear weapon capable of hitting California with Kim Jong Il making a solemn promise to bomb the U.S. (and really giving us his word this time, no funny business) before we — we what? If they have a nuclear weapon, what do we do then? Is a worldwide thermonuclear war the one war Democrats would finally be willing to fight?

Democrats won't acknowledge the existence of "an imminent threat" anywhere in the world until a nuclear missile is 12 minutes from New York.

And then we'll never have that kind of saying "I told you so" because we'll all be dead.

Ann Coulter is a nationally syndicated columnist.

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OTHER VIEWS

Moderation loses under militant strikes on Israel

Los Angeles Times

Make no mistake about it: Responsibility for the escalating carnage in Lebanon and northern Israel lies with one side, and one side only.

And that is Hezbollah, the Islamist militant party, along with its Syrian and Iranian backers. Reasonable minds can differ on the strategic wisdom of the U.S. response, but there can be no doubt about the blame for the carnage and the death toll on both sides of the border.

The international community has not been sufficiently frightful about this. A state-mandated Sunday by the Group of 8 leaders meeting in Russia acknowledged that the crisis was triggered by cross-border raids on Israel by Hamas in Gaza and by Hezbollah in Lebanon. But reflecting Russian and French concerns, the statement shied away from pointing the finger at Damascus and Tehran. Instead, it merely condemned "the extremist elements and those that support them."

This is cynical diplomatese for "you know who you are." And it comes from a group stacked with ostensible U.S. allies (plus Russia); diplomatic efforts from other quarters are likely to be even more unavailing.

The magnitude of the fighting becomes more horrifying with Hezbollah and the Israeli military trading missiles and bombs, killing scores of civilians in the crossfire — it is important not only to bear in mind what triggered this crisis but the conflict's larger context. Ever since Israel unilaterally withdrew troops from southern Lebanon in 2000 and from Gaza last year, radical Islamists have stepped up their war on the Israeli state.

Their view: This guest-editorial by the Los Angeles Times says

Arab nations must be prepared to hold Hezbollah accountable for the fighting in Lebanon.

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

Lebanon as a separate state within a state. In the Palestinian territories, meanwhile, the Israeli withdrawal from Gaza was followed by the tripartite coalition of Hamas and Hezbollah, which have a long history of collaborating in attacking Israel, are backed by the Iranian government of President Mahmoud Ahmadinejad, who himself has called for Israel to be "wiped off the map."

The danger now is that democratic political moderation across the Arab world on the wisdom of a broad pullout from the West Bank. So this latest conflagration in the Middle East presents a challenge for nations such as Jordan, Saudi Arabia and Egypt, which have long paid lip service to the desirability of moderation in the region. It's fine for them to raise questions, as this page has done, about the proportionality of Israel's response. But these nations, and the international community, should be prepared to place blame for this crisis where it belongs: on Hezbollah, Hamas and their state sponsors.

Only then can work begin, not only to secure a ceasefire but to weaken the radical, fundamentalist groups that are intent on preventing Israel and their Arab neighbors from living in peace.

Attacking Israel, are backed by the Iranian government of President Mahmoud Ahmadinejad, who himself has called for Israel to be "wiped off the map."

Only then can work begin, not only to secure a ceasefire but to weaken the radical, fundamentalist groups that are intent on preventing Israel and their Arab neighbors from living in peace.

Times-News

Brad Hurd ... Publisher Chris Steinbach ... Editor The members of the editorial board and writers of editorials are: Brad Hurd, Chris Steinbach, Steve Crump, Ed Bliss, Bill Blitzenberg and David Cooper.

LETTER

Follow the law and work all religious days

The law is the law, so if the U.S. government determines that it is against the law for the words "under God" to be on our money, then so be it. And if that same government decides that the Ten Commandments are not to be used in or on government buildings, then so be it.

I say, "so be it," because I would like to be a law-abiding U.S. citizen. I say, "so be it," because I would like to think that smarter people than I are in positions to make good decisions. I would like to think that those people have the American public's best interests at heart.

But you know what else I'd like? I would like to see my tax dollars go to work on Christmas, Good Friday and Easter. It shouldn't cost any overtime since those would be just like any other day of the week to a government that is trying to be "politically correct."

JOHN ANDERSON Twin Falls

which honor the god that our government is eliminating from many facets of American life. I'd like my mail delivered on Christmas, Thanksgiving, Good Friday and Easter. After all, it's just another day.

I'd like the U.S. Supreme Court to be in session on Thanksgiving, Christmas, Good Friday and Easter, as well as Sundays. After all, it's just another day.

I'd like the Senate and the House of Representatives to not have to worry about getting home for the Christmas Break. After all, it's just another day.

When I wrote recently that "World War III has begun," I expected some arguments to be made that the hot spots around the globe did not add up to a world war.

Count me as surprised, then, that the vast majority of responses did not object to my central point. Readers agreed we are in a global war. They only differed on the start date.

I said the war had a long fuse and wondered whether it began when the Cold War ended. Or was it the first attack on the World Trade Center, in 1993? Neither was the first choice of those who wrote letters or sent e-mails. Here are some of their picks: "It began centuries ago and will continue for centuries to come," wrote Catherine McCabe from the Rochester, N.Y., area. "This is not the usual political war between religious wars, with militant Islam tactics dating back in history. It is only now becoming more active with their ability to purchase modern weapons through sales of drugs, money

MICHAEL GOODWIN

blundering, etc. With them, anything goes in the name of Allah."

Gary Shaddid of Peoria, Ill., targeted the murder of Robert F. Kennedy by Sirhan Sirhan. "Could WW III ... have begun with a certain shooting in California in 1968 by a Palestinian? It is hard for me to believe that event stands alone."

"A new kind of global war — WW III, if it needs a name for emphasis — began decades ago," wrote D.E. Mosman, a retired Navy captain. He saw similarities to Vietnam, which he experienced. "Nothing has changed," he wrote. "Except the passage of time and the fact the American people are still woefully ignorant as to their own stake in the war we cannot afford to lose."

He listed a list of events, starting with the massacre of Israeli athletes at the 1972 Munich Olympics and

including the attack on the U.S. Marine barracks in Beirut in 1983, the 1985 hijacking of the Achille Lauro cruise ship, the hijacking of TWA Flight 947 in Athens also in 1985, and the 1988 bombing of Pam Air Flight 103.

Naturally, 9/11 was a common choice, and one reader suggested we were actually in World War IV. World War III, he wrote, centered on Vietnam and the showdown over communism.

Yet the most popular date suggested is one I find persuasive. Carl Wessels of Waxahatchie, Texas, wrote succinctly: "May I suggest WW III started on Nov. 4, 1979, when militant Islamic students in Iran stormed the U.S. Embassy in the Iranian capital, Tehran."

An influential essay on the topic appeared in the spring issue of City Journal magazine. Author Mark Steyn, writing about the hostage drama and how Iran "paid no price," added: "At hinge moments of history, there are never good and bad options,

only bad and much, much worse. Our options today are significantly worse because we didn't take the bad one back then."

Our debate is timely, with events of the last week confirming the global nature, and the stakes, of the conflict. The rail bombing in India that killed 200 was probably carried out by Islamic fascists trying to take over Kashmir. And with Israel suddenly fighting Muslims on two fronts, Iran is once again threatening to destroy our closest Middleast ally.

At the most important point, then, there was virtual unanimity among those who wrote: Whenever World War III started, it can end only one way: The U.S. must prevail. I agree.

Michael Goodwin is a Pulitzer Prize-winning columnist for the New York Daily News, 450 West 33rd Street, New York, N.Y. 10001; e-mail: Mgoodwin@eddi.nydailynews.com.

Prepare now to halt swap of forest land

The Forest Service is putting a price tag on our public land. It's time to speak out against the Danks-Camas land exchange.

Under the Freedom of Information Act, we requested copies of the "feasibility analysis" (property value assessment), which was denied. We

filled an appeal in April 2006; we have not received any communication from them.

Bennett Hills is one of the most sought after hunting areas for trophy mule deer and elk. The city of Glenns Ferry (Elmore County) will lose thousands of dollars generated by sportsmen each year. The economic impact could create more tax burden on property owners.

It's apparent Forest Service ranger Larry Tripp is determined to undermine us by negotiating with Casa Del Norte LP. Glenns Ferry, to complete his (Tripp's) off-highway vehicle trail system.

According to the Forest Service, the National Environmental Policy Act will be published (Stesman and Mountain Home News) on July 26, 2006. That gives

us 30 days to oppose (written communication) this exchange. If approved, we will lose access to thousands of acres when Casa Del Norte posts "No Trespassing" signs and locks more gates!

I'd like to personally thank Rhonda Hanley (Glenns Ferry) for her "time and effort" in saving the truth. TIM ALDERMAN Glenns Ferry

At least 3 dead in sweltering California heat, officials say

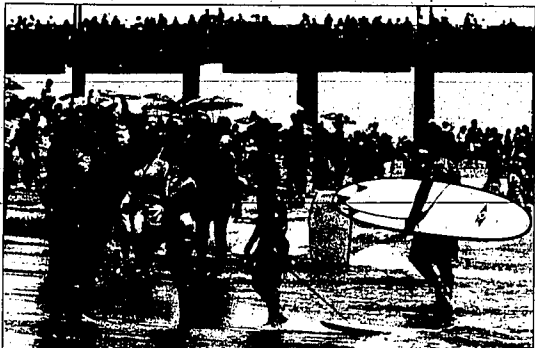
By Jordan Robertson
Associated Press writer

SAN FRANCISCO — Sweltering heat was blamed Sunday for at least three deaths in Northern California, including a resident at a nursing home who died after the facility's air-conditioning system failed.

Triple-digit temperatures covered much of the Southwest in California, the power grid manager warned the state might declare an emergency for the second straight day due to soaring electricity use.

Excessive heat warnings were in effect through parts of Southern California, where temperatures were expected to reach 99 degrees in downtown Los Angeles and 115 degrees in nearby Woodland Hills, where the mercury hit a record-setting 119 degrees Saturday.

No relief is expected until at least midweek, as weather conditions continued to bake California's normally cool coast for a third day and bring Midwest-style humidity into the usually arid Central Valley. In Stockton, more than 100 patients were evacuated early Sunday from the Beverly Healthcare Center after the nursing home's air conditioning gave out. One patient died, and another was hospitalized in critical condition. Investigators were looking into possible criminal charges, although it was too early to tell



Thousands of people gather at the beach trying to cool off during a record-breaking heat wave Saturday in Huntington Beach, Calif. The triple digit temperatures strained thermometers and air conditioners and prompted dozens of scattered electricity outages that left residents sizzling.

whether the facility operators were negligent, police spokesman Pete Smith said. "It was very hot inside the facility, and you have to remember we're talking about elderly and infirm people who can't withstand the heat like a younger person would," he said.

The nursing home's phone was busy and a call to Beverly Healthcare's corporate headquarters in Fort Smith, Ark.,

was not returned. In Modesto, a patient at Doctors Medical Center died Saturday of heart failure apparently caused by the heat after being admitted with a 106-degree temperature, hospital officials said. Two others were hospitalized with 108-degree temperatures, including one who remained in critical condition Sunday. Hospital officials declined to

release additional details. Investigators believe Bakersfield gardener Joaquin Ramirez, 38, may have died of heat stroke after collapsing on the job late Wednesday, said division spokesman Dean Fryer. "The Kern County Coroner's office was investigating whether scorching temperatures were responsible for four deaths over the past two weeks.

Teton County housing market on the verge of a major boom

DRIGGS (AP) — When Quentin Bell, a real estate agent from Boise, visited the Teton Valley, he saw its rugged peaks, open lots and most important, the potential to get rich. Within months, he moved. "Boise was really solid, everybody knows how fast it's growing, but I got in on the tail end of its boom," he told the Post Register newspaper in Idaho Falls. "I wanted to get in on the ground level at something with real opportunities."

Bell now works for Pinnacle Real Estate Group in Tetonville and has built designer homes as a side business. He like many other recent transplants, is convinced Teton County is the next big Western resort town.

Between speculators, developers, second home owners and urban transplants craving the rural lifestyle, Teton County's housing market is booming. At least 56 subdivisions, including condos, town homes, modulars and single-family residences, have been approved since 2004.

Even Bell, a Teton County resident only since February, is startled by the pace of growth.

"People are flying in from all over the country," he said, adding that he's met real estate prospectors from California, Hawaii, Michigan, Texas and New York. "Houses just don't stay on the market

long. They fly off the shelf. There are people coming in and paying cash."

Brokers throughout the Teton Valley say there has never been a better time to be in the real estate business. "Last year, our sales were double the year before," said Kathy Runyan, broker and owner of Alta Realty.

Halfway through the year, 2006 sales have already eclipsed 2005, she said.

"Teton County's allure is financial," West residents rarely buy a home with a yard for about the same price as a condo in neighboring Jackson, Wyo.

"The median value of a single family home in Jackson was \$260,000 in 2000, compared to \$112,500 in Driggs, according to the U.S. Census Bureau."

But, as with all real-estate hot spots, prices are climbing.

"Anything close to Ski Hill (road) has gone up big time as well as anything bordering national forests," she said.

Developers are anticipating far more growth as homes are cropping up faster than people are moving in.

In the past five years, Teton County's population has only increased by about 1,500 people and the school district has added about 67 students. During that same time, hundreds of single family houses have been built while hundreds more are off the drawing board.

Volunteers patrol Phoenix amid serial killer fears

PHOENIX (AP) — A volunteer public safety group is patrolling parts of the city amid reports that two serial killers are in recent months, killing as many as 11 people.

The Guardian Angels began their patrols in an east Phoenix neighborhood last week and expanded them to southeast Phoenix on Saturday. Some of the 16 shootings authorities attribute to the serial killers occurred in those areas.

Guardian Angels founder Curtis Sliva said the new patrol area was crime-ridden even before the shootings.

"They're welcoming us and telling us horror stories related to drug-dealing, gang-banging and the prostituting that takes place here," Sliva said. "They generally feel unsafe, so you add to it these serial killers, they're at their wits' end."

He said many people in the neighborhood live in trailers without air conditioning and don't have a choice but to be outside in triple-digit heat.

Twenty-four unarmed volunteers will be divided between the two locations, and the group will discuss patrolling other areas, he said. "We just want to keep the visibility up, make neighbors comfortable, give them a little relief," he said.

Sliva founded the Guardian Angels in 1979. At the time, he was a night manager at a New York City McDonald's who was frustrated by rampant crime in the city. The group's first patrols were on subways and streets, and now it has 20 chapters around the world.

Sliva is scheduled to arrive Saturday to determine whether the group had enough resources to sustain patrols through August. He said it does, but additional members are also expected to arrive from Chicago and San Francisco.

Sgt. Andy Hill, a spokesman for the Phoenix Police Department, said investigators have no problem with the Guardian Angels' patrols as long as members are careful and follow the law.

Winchester wolf education center ponders the future

WINCHESTER (AP) — The Wolf Education and Research Center, opened in 1997 to showcase wolves in their natural habitat, finds itself at a crossroads now that populations of the native predators have rebounded through a federal reintroduction program in Idaho.

"At the end of the month, the center's board of directors will meet to plan for the future.

"We still feel there's a need for the center to be there," said staff member Nick Fiore, who works at the center's Lewiston office. "We feel like we still have a purpose when it comes to education about the wolf."

Currently, only one wolf remains from the center's original pack of eight. That pack was featured in Sam Valley filmmaker Jim Dutcher's documentary "Return of the Legend."

Three other wolves at the center are offspring of the pack's original alpha male and female.

The lone survivor from the inaugural pack, Motomo, is now 14, and the three pups — Pipip, Ayet and Motok — are fully grown 10-year-olds.

The wolves are all healthy, Fiore said, but they are reaching the end of their life span. For captive wolves, that's usually between 10

and 16 years, she said. "The center rents about 300 acres from the Nez Perce Tribe. The 15-year lease began in January 1997, and will expire in 2011. Fiore said the tribe will likely renew the lease when it expires, but nothing is certain.

"We have a lot of researching to do before approaching the tribe," Fiore said. "I can't think of a reason in my mind why they wouldn't want us here, but we still need two plans."

If the tribe renews the lease, the center's board of directors would have to decide whether to buy new wolf pups,

and humans." Another option would be to transfer in 2- or 3-year-old wolves from other overcrowded wolf reserves throughout the West.

White, the center opened in 1997, handlers developed a unique policy of minimal contact between staff and wolves, allowing the animals to live as they would in nature. Aside from immunizations, they did not receive veterinary care. In 2000, the staff altered the philosophy after the deaths of two wolves, Kamatos and Veychik, who were rejected by the pack.

"After June 2000, there was a whole change of policies," Fiore said. "I think it was a good thing the organization adapted to that. Now if we feel there's an issue with the safety of an ani-

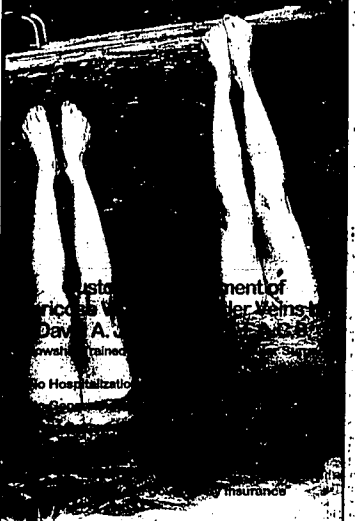
mal we will take them out of there." A second 2 1/4-acre enclosure was built to accommodate wolves spurned by the pack. Staff transferred two wolves, Mats and Anani, to the safe area.

The center is far from a petting zoo; it biologist, Jeremy Heft, fears the policy shift could spell a marked change in mission if the center acquires more wolves. Heft, who has worked at the center for more than eight years, said he disapproves of the captive breeding of wolves.

Captive pups might act more like domestic dogs than wolves. "The whole organization could change completely," he said. All future plans will also fit into a strategy of habitat restoration. The center averages about 3,000 visitors per year, down from the 5,000 annual visits in the early years.

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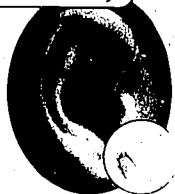
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 208 323-1395

TWIN FALLS
 1485 POLELINE ROAD EAST
 208 735-1263

NAMPA
 324 A CALDWELL BLVD
 208 463-0133



MONDAY
July 24, 2006

Times-News

SPORTS

Section
B
Sports Editor: Mike
Christensen, 735-3239

INSIDE: MLB, B2 | NASCAR, B2 | Scoreboard, B3 | Tour de France, B4

Minico steals another from Idaho Falls Russets

By Brad Gaire
Times-News writer

TWIN FALLS — It doesn't get much closer than that.

Up by one in the bottom of the ninth with two out, the Minico Spartans held on to the lead to again defeat the top-seeded Idaho Falls Russets 10-9 Sunday at Skip Walker Field to earn a spot in the American Legion AA state tournament next week in Boise.

"I told them that if we could hold on to the lead, we'd get in their heads," Minico assistant coach Erin Runyon said. "And they did. They wanted it, and I'm so proud of them."



ABOVE: Tiger Woods celebrates after winning the British Open Golf Championship at the Royal Liverpool Golf Course in Hoylake, England on Sunday.

BELOW: A tear trickles down the face of Tiger Woods as he leaves the 18th green after winning the British Open.

2006 American Legion AA Area C Tournament At Skip Walker Field, Twin Falls

Sunday's results
Minico 10, Idaho Falls Russets 9 (Minico advances to state tournament in Boise)

Broadhead walked Henry to give Idaho Falls another run. "I tried anything to get an out," Broadhead said. "That there was that bomb (Jake Miller's sixth inning solo home run) and I started losing my mind."

Runyon brought in Cody Winmill to try and close the game out against Trent Johnson.

Johnson slapped one to short, grounding into a fielder's choice to second baseman Dallas Garner, who threw out Henry for the win.

"I came in, stepped on the mound and I was jittery," Winmill said. "I took a step off and calmed down. I knew that Johnson's a great hitter. I needed to locate and trick him."

Credit also goes to starter Andy Carlisle, who pitched a strong first and second inning before his arm tired midway through the game.

"I just wanted to throw strikes, but my arm was wearing down at bit," Carlisle said. He was relieved by Broadhead in the sixth.

Together, Carlisle and Broadhead struck out five and walked four.

Though they fought the good fight from the mound, the Russets were able to rack up 15 hits and take advantage of four errors to keep within a step of the Spartans.



ABOVE: Tiger Woods celebrates after winning the British Open Golf Championship at the Royal Liverpool Golf Course in Hoylake, England on Sunday.

BELOW: A tear trickles down the face of Tiger Woods as he leaves the 18th green after winning the British Open.

He hit into a 4-6-3 double play during his first at-bat to drive in Winmill and singled in second to tie it in Worthington and Winmill again.

It was part of a crucial inning that saw Minico take an early 5-0 lead. His fourth RBI came in the eighth when he provided the 10th run as he hit a sac-fly to right to score Matt Tracy.

Also performing at the plate for Minico, Broadhead hit 3-for-4 with a double and two RBIs, and Garner batted 3-for-5 with an RBI. The Spartans netted 15 hits.

"For the whole (team), we swung really well," Runyon said. "Douglass stepped up and got hits in key situations."

The Spartans will join the Twin Falls Cowboys in Boise.

Minico 10, Idaho Falls Russets 9

Minico: 1-230-302-022 - #11-3

Idaho Falls: 1-231-323 - #11-2

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Russets rumble after missing state berth

By Brad Gaire
Times-News writer

TWIN FALLS — The Idaho Falls Russets were determined to beat someone on Saturday.

With the Minico Spartans no longer an option, they turned on themselves.

Sunday's game between the Spartans and Russets was a tense one that finally boiled over after the final out of the game.

Idaho Falls right fielder Justin Henry was making his way to second when he was thrown out. That's when Henry tried to punch punches.

A sea of yellow and black jerseys swarmed the field as Minico tried to protect its man

while Idaho Falls tried to continue the fight. Spartans assistant coach Erin Runyon took control of his team and the Spartans fell back. The Russets also returned to their dugout

but with even more fighting. Parents and players screamed at each other as other Russets threw their gear, others' gear and Skip Walker Field property.

Tournament officials summoned for police and four cruisers quickly arrived at the park to keep an eye on things as players and spectators made their way to the parking lot. No arrests were made.

The entire game saw the pressure getting to both teams as players and coaches were threatened with ejections.



Rob Vest (27) quickly left the rest of the Pepsi Premier division drivers behind as he leads the field towards the green flag for the start of Saturday's main event.

Vest is best at MVS

By Linda Brittan
Times-News correspondent

TWIN FALLS — Pepsi Premier driver Rob Vest captured his second win of the season after dominating the field of 15 cars that took the green flag for the feature division main event on Saturday night at the Magic Valley Speedway.

At Lap 7, Bobby Latham worked his way into second from a starting position of fourth, but Vest kept his foot on the floor and was able to keep Latham several car lengths behind.

Meanwhile, Mike Buddenhagen and TJ Woodhall worked their way up from the rear of the field to fourth and fifth respectively, while points leader Steve Jones, who started 12th, still had a pack of cars in front of him as he struggled to make his way toward the front.

"It was like rush-hour traffic," Jones said. "I was waiting for somebody to pass somebody — but that's OK, it's a part of racing."

At the halfway point of the race Vest was all by himself after establishing a half-track lead over his closest competitor. The last thing he wanted to see was the caution lights come out on the track.

Daryl Wertz in the No. 7 car gave Vest a little scare at Lap 41 as he got loose coming out of Turn 2, but did an excellent job keeping control of the car. The remainder of the race went caution-free.

Even though Bobby Latham's car faded towards the end and Jones had finally broken through traffic and fished his way into second, there were just not enough laps left in the race to catch Vest, who crossed the finish line more than six seconds ahead of Jones to nail the win.

"We put four new tires on it tonight and at first the car was pushing really bad," Vest said. "But then we just took some cross-weight out of it and it came alive. I was just hoping there wasn't going to be a caution."

Perhaps the best move was actually made by Vest's crew member Kevin KYuddendall, who recently convinced second man's father, Bobby Latham Jr., to buy Vest the four new tires that helped Vest get

the win. "They're really nice people and I really appreciate them doing that for me. Vest said from the winner's circle.

Louis Lopez managed to pass Randy Price on the high side of the track and took over the lead at Lap 5 of the Budweiser Grand Nationals main event. Jeff Meads was Lopez' closest rival through the next 15 laps, but a caution at Lap 16 brought points leader Jerry Rice into the mix, after changing his seat up to third.

"I was glad to see the caution come out," Rice said. "I took a little while to get around Jerry (McKean), and Lopez and Meads were starting to pull away somewhat."

Lopez, Meads and Rice then ran nose-to-tail with each other for several laps, but with three laps to go in the 25-lap race, Rice got into the back of Meads and Meads spent the last few laps of the race as a spectator after his car came to a rest in the Turn 1 infield grass.

Fortunately for Lopez, no caution flag was thrown and he went on to win his second Grand Nationals main event of the season.

Mechanical woes continued to plague the Grand Nationals division drivers as Saturday night Willie Dalton and Jerry McKean who got hit the hardest. Dalton packed up and headed home after the motor in his car let go during practice, but McKean, who was trying to at least maintain his third-place position in the point standings, was able to borrow the No. 48 car of Bill Manker and finish fourth.

Although Lopez was happy with his win, he believes that he may need to find a little more power going into the Chase for the Championship, which begins Saturday night.

"We need to find something to go faster down the straights away," Lopez said. "That's the only place I think we're being beat by the other guys. We can get through the turns really well, but we probably just need to find a little more tuning on the motor."

Dr. Rod Kack went his own prescription for a win in the 20-lap Qual Electronic's Warriors main event after establishing a good deal of patience as he managed to avoid the spinning

Please see WEST, Page B2

This one's for Earl

Tearful Tiger Woods wins British Open

By Doug Ferguson
Associated Press writer

HOYLAKE, England — The emotions had been trapped in Tiger Woods since he stood at his father's grave two months ago, set loose only after he tapped in his final putt Sunday to win the British Open. It was his 11th major Championship, but the first one they couldn't share.

He plucked the ball out of the cup, turned slightly and started to grin when a mixture of sadness and satisfaction washed over his face and he screamed out, "Yes!"

Woods buried his head in the shoulder of caddy Steve Williams, sobbing uncontrollably, his chest heaving. Then he found his wife, Elin, and hugged her for the longest minute, tears still streaming down his face.

"I'm kind of the one who bottles things up a little bit and moves on," he said. "But at that moment, it just came pouring out. And of all the things that my father has meant to me and the game of golf, I just wish he would have seen it one more time."

It sure would have looked familiar. Woods was ruthless as ever on the brown, baked links of Royal Liverpool, relying more on brains than brawn. He hit driver only one time the entire week — the 16th hole of the first round — and relied on iron play that was so impeccable his caddy kept a sheet of paper of all the shots Woods missed.

Turns out, Woods had an answer for everyone. And even when DiMarco made a charge with another gritty rally in a major to close with a 68, Woods responded with three straight birdies that allowed him to stride confidently up the 18th fairway at Hoylake and toward the claret jug. No one could stop Woods from winning his 11th career major at age 30. He is tied with Walter Hagen for second on the career list and is one step closer to the 18 professional majors won by Jack Nicklaus, the only mark that matters to Woods.

He had to work for this one because of DiMarco, equally emotional and inspired while coping with a more recent loss. DiMarco's mother, Norma, died of a heart attack July 4 in Colorado, and he made sure his father joined him on this trip to the northwest of England as a chance to heal. DiMarco, who pushed Woods into a playoff at the Masters last year, did all he could to deliver.

He made a 25-foot birdie on the par-3 13th to pull within one shot of Woods, then made a 50-foot par putt on the 14th to stay in the game, a save that rattled the cup and made everyone wonder if he had help from above.

Please see EARL, Page B2

SPORTS

T.E. Terror takes region title

Times-News

BOISE — It took four games in 100-plus-degree heat, but the Twin Falls Terror softball program claimed its first ever regional title Sunday in Boise.

After dropping Sunday's early game to Spokane, Wash. 3-2, the Terror battled back to defeat the Northwest Wildlife of Couer d'Alene 6-2 and earn another shot at Spokane. Needing to win two championship games, the Terror did just that with a pair of 4-2 victories.

"It was hot. It was Africa hot," Terror head coach Ken Johnson said. "It was amazing. Obviously we have great pitching and Amber Petersen was amazing. In that heat, I couldn't believe she could do that. And Katelyn Fiebig pitched four great innings in the second championship game to get us there."

Kelli McErlife was the hero of the day in the second championship game, clubbing two doubles that brought in all of Twin Falls' runs. Now, the little team that could sets its sights on the national tournament, held in early August in Texas.

"You're playing these teams from big areas and they draw from four or five high schools," Johnson said. "It's funny. They'll ask me, 'Where do you get your girls from?' And I'll say, 'Well, eight live by me and the others are from the other side of town. The girls just really stick together. The Spokane team we beat, they were unbelievably good. We just — I don't know how they did it — but they just kept doing it.'"

Baseball North Side takes third at state

MOSCOW — The North Side 15-year-old All-Stars of Babe Ruth Baseball took third at the state tournament, losing 11-1 to Lewiston in the semifinals.

Coach Larry Bos said he extends his thanks to all the sponsors of the team throughout the season and a run at the state title.

The District IV representative finished the season with a 22-7 record.

Amateur golf Latham takes Muni club title

TWIN FALLS — Toliver Latham tuned up for this week's Pepsi Idaho Open by winning the 2006 Coors Club Championship at the Twin Falls Municipal Golf Course on Sunday.

Latham carded a two-round total of 134 to finish atop the men's championship flight gross leaderboard, while Randy Rogers carded a score of 125 to take top honors in net scoring.

Virginia Udinhjem carded a 148 to finish first in women's gross scoring, while Patty Lee's 139 was best in net. Gary Jenkins and Colleen Tisdale finished first men's and women's senior flight gross scoring, respectively, while Richard J. Cook and Carolyn Beaver went home with net honors.



2006 Coors Club Championship at Twin Falls Municipal Golf Course. Photo by [unclear]

Miss Magazine 92-77-111. Miss Idaho 92-77-111. Miss Teen 92-77-111. Miss Senior 92-77-111. Miss Future 92-77-111. Miss Homecoming 92-77-111. Miss Student Body 92-77-111. Miss Cheerleader 92-77-111. Miss Court 92-77-111. Miss Debutante 92-77-111. Miss Queen 92-77-111.

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Drag Racing Andersens tear through Seattle

SEATTLE — Veteran drag racer Don Anderson of Twin Falls continued to pick up wins and points at the Schuck's Auto Supply NHRA event in Seattle, Wash. over the weekend. Anderson, who is only eight points out of the NHRA Western Division season lead, bested California's Ted Richardson in early action, finishing the quarter-mile in 9.94 seconds at 163 miles per hour in his 2005 Chevrolet Corvette Roadster Super Gas entry.

Anderson was edged by a hair in late-action action, as Ken Harkness of Spokane, Wash. beat him out of the blocks to finish in 9.93 seconds. Diana Anderson, Don's wife, was defeated by Seattle rider Lloyd Hantum while piloting her 1997 Corvette.

The Andersens are back in Idaho for the August 11-13 Firebird Raceway Pepsi Nightfire Nationals in Boise.



NASCAR driver Denny Hamlin crosses the finish line to win Sunday's Pennsylvania 500 at Pocono Raceway in Long Pond, Pa.

Hamlin races into Chase contention

LONG POND, Pa. (AP) — Denny Hamlin completed the Pocono sweep on Sunday, blowing away the field for an easy second victory that pushed the rookie into championship contention.

While Hamlin was cruising around Pocono Raceway, teammate Tony Stewart nearly self-destructed and Dale Earnhardt Jr. took another hit in his pursuit of the Nextel Cup title.

Stewart, the two-time and defending Nextel Cup champion, was black-flagged early in the race for intentionally wrecking Clint Bowyer. Stewart had been pushed up the track and against the wall by Bowyer, and angrily waved his hand out the window as the cars separated.

He then swerved directly into the side of Bowyer's car, sending it into a spin that collected Carl Edwards. NASCAR flogged Stewart for aggressive driving, and pulled him into the pits for a one-lap penalty that dropped him to 43rd.

Stewart refused to apologize in radio communication with his team, but vowed to make up his mistake on the track. He wasted no time doing so, quickly getting back onto the

lead lap. But on the next round of pit stops, Edwards gave him a retaliatory show that spun Stewart and earned Edwards his own penalty for aggressive driving.

Stewart still worked his way to a seventh place finish, good enough to move back into 10th in the Chase for the championship standings.

Earnhardt, meanwhile, is out of the top 10 after a hit from Dave Blaney sent him into the wall and out of the race. He finished 43rd for the second straight week and needed almost 30 minutes to cool off before coming out of his transporter.

Third in the points two weeks ago, Junior is now 11th in the standings with just six races to go to qualify for the Chase.

"What am I supposed to do?" he wondered. "My motor blows up (last week) and now I got wrecked. I don't know what else to do."

Hamlin doesn't have such worries — not after scoring his second career victory. The first came six weeks ago here when he recovered from a spin through the grass and needed to hold off NASCAR's heavyweights on a late restart.

Vest

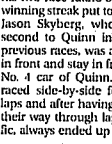
Continued from page B1

and other confrontations on the track. Kieck, an experienced feature division driver, got the lead at Lap 13 shortly after Jeff Peck took himself out of the lead after exiting the track by way of the embankment outside of Turns 3 and 4.

Pat Quinn of Meridian had his two-race Idaho Super Sixes winning streak put to an end as Jason Atkings, who finished second to Quinn in both of the previous races, was able to get in front and stay in front of the No. 4 car of Quinn. The pair raced side-by-side for several laps and after having to weave their way through lapped traffic, always ended up right next

to each other to battle once again. Skryberg had the edge this night however, but just slightly, as he narrowly crossed the finish line ahead of Quinn concluding one of the most exciting races of the evening.

"It's about time I won here," Skryberg said.



Magic Valley Speedway
Season's results:
Pat Quinn, 1; Jason Atkings, 2; Steve Breen, 3; J. Atkings, 4; Mike Harkness, 5; Tony Stewart, 6; Benji Esch, 7; Dale Earnhardt Jr., 8; Jeff Peck, 9; Clint Bowyer, 10; Matt Groves, 11; Don Granger, 12; Jerry McNeal, 13; Jeff Wood, 14; Mike Thomas, 15; Jimmie Fennell, 16; Steve Breen, 17; Steve Breen, 18; Steve Breen, 19; Steve Breen, 20; Steve Breen, 21; Steve Breen, 22; Steve Breen, 23; Steve Breen, 24; Steve Breen, 25; Steve Breen, 26; Steve Breen, 27; Steve Breen, 28; Steve Breen, 29; Steve Breen, 30; Steve Breen, 31; Steve Breen, 32; Steve Breen, 33; Steve Breen, 34; Steve Breen, 35; Steve Breen, 36; Steve Breen, 37; Steve Breen, 38; Steve Breen, 39; Steve Breen, 40; Steve Breen, 41; Steve Breen, 42; Steve Breen, 43; Steve Breen, 44; Steve Breen, 45; Steve Breen, 46; Steve Breen, 47; Steve Breen, 48; Steve Breen, 49; Steve Breen, 50; Steve Breen, 51; Steve Breen, 52; Steve Breen, 53; Steve Breen, 54; Steve Breen, 55; Steve Breen, 56; Steve Breen, 57; Steve Breen, 58; Steve Breen, 59; Steve Breen, 60; Steve Breen, 61; Steve Breen, 62; 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SCOREBOARD

TV SCHEDULE

MAJOR LEAGUE BASEBALL... ESPN - N.Y. Yankees, 8 p.m.

AUTO RACING

NASCAR Nextel Cup... Kentucky 500... Michigan 500

IRL: ABC Supply/AJF/Toyota

Al Unser Jr. wins... Tony Stewart, Chevy, 2:00.102

BASEBALL

American League All-Star 2006... Baltimore 8, Yankees 5

Baseball scores: Yankees 8, Orioles 5; Rays 7, Red Sox 6

Baseball scores: Mariners 3, Rockies 2; Padres 4, Braves 1

Baseball scores: Mets 7, Phillies 1; Cardinals 5, Cubs 0

Baseball scores: Pirates 4, Astros 3; Expos 5, Rangers 3

Baseball scores: Braves 1, Reds 1; Marlins 4, Yankees 2

Baseball scores: Dodgers 5, Giants 1; Angels 5, Rangers 2

Baseball scores: Padres 4, Dodgers 1; Rangers 3, Astros 2

Baseball scores: Mariners 3, Yankees 2; Orioles 5, Rays 4

Baseball scores: Phillies 1, Mets 7; Yankees 2, Marlins 4

Baseball scores: Yankees 2, Marlins 4; Rays 4, Orioles 5

Baseball scores: Yankees 2, Marlins 4; Rays 4, Orioles 5

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James Blake beats Andy Roddick to win RCA tennis title

INDIANAPOLIS (AP) — James Blake beat Andy Roddick 4-6, 6-4, 7-6 (5) to win the RCA Championships on Sunday afternoon.



James Blake of the celebrates after defeating Andy Roddick of the United States 4-6, 6-4, 7-6 (5) in the finals of the RCA Championships in Indianapolis on Sunday.

Rollins, who lost last year's B.C. Open by one shot to Jason Collins, rolled in a 7-foot birdie putt on the final hole to beat May and pocket the winner's share of \$540,000. That moved him past \$1.2 million for the season and into 10th place in the Ryder Cup standings.

The 31-year-old Rollins, in his sixth year on the PGA Tour, made four birdies on the front side and three straight on the back to surge past

Sports Shorts

National and Magic Valley briefs

Filer co-ed soccer, golf clinic... BRITISH OPEN... GOLF... TWIN FALLS... TFRRC soccer clinic planned... U.F. fall soccer registration continues

Golf... Rollins wins B.C. Open... VERONA, N.Y. — John Rollins shot an 8-under-par 64 Sunday, edging Bob May by one stroke to claim his second career victory on the PGA Tour.

SPORTS

Landis is 'The Man'

The wind was at his back now, gently rustling the banners along the Champs-Elysees and urging Floyd Landis on with a certainty he hadn't felt since he lit out of Pennsylvania Dutch country as a kid, vowing his greatest day to win the world's fastest bicycle race.



JIM LITKE

On Sunday, Landis was every bit as good as his word. "I kept fighting, never stopped believing," he said, and the yellow jersey stretched snugly across Landis' slim shoulders confirmed the wisdom of that. The first Tour de France of the post-Lance Armstrong era was captured by another American — on the same day and within hours of Tiger Woods winning yet another British Open — but nothing else about this race was the same.

Instead of order and the inevitability that characterized all but one of Armstrong's seven straight wins, Landis was hounded by chaos from start to finish, projecting an all-too-familiar frailty throughout. "The problem at the end was that you doubt his courage at your own risk. Landis seized the lead several times only to give it back, and just last Wednesday in one of the most shocking collapses ever witnessed on the tour, he seemingly threw any chance of winning over the side of the Alps.

Abandoned by his team — on a 13-mile ride up the mountains to La Toussuire, Landis was passed by one rider after another, plummeting from first place to 11th and losing almost nine minutes in the bargain.

"There are days when you crack, but on those days, you lose one, maybe two minutes. This wasn't a crack," Robbie Ventura, Landis' coach said. "It was a detonation."

Yet the very next day, Landis attacked on the first climb back up the same mountain range: a 125-mile stage to Morzine-Argent, and collapses stop until he left his opponents out of breath and in denial. The gamble was so audacious, so headbashed and risky that as word of Landis' plan rippled through a person worn out after a week in the Pyrenees and Alps, several riders pulled up alongside and begged him not to try it.

"I just told 'em," Landis would recall. "Go drink some Coke, cause we're leaving on the first climb if you want to come along."

That epic ride was still the talk of the Tour late into Saturday night. It was a few hours after Landis effectively locked up the race with a third-place finish in the 35.5-minute individual time trial to

Montcau-les-Mines. Armstrong and Belgian Eddy Merckx, two of the great champions the sport has ever known, were killed in a back booth at the Hotel Costes, awaiting the largely ceremonial last-stage run-in to the Champs-Elysees. "How crazy was that?" Armstrong said finally.

Rather than answer, Merckx, a five-time champion himself and a competitor so fierce he was nicknamed "The Cannibal," shook his head slowly in disbelief. A moment later, though, he lifted the right sleeve of his polo shirt and flexed his biceps.

"Strong," Merckx said, shaking his head again. "Just incredibly ... unbelievably ... strong."

Both men could have vouched for Landis long before that, Armstrong because he placed the then 26-year-old rider off a failing team and made him a key member of the winning U.S. Postal Service team from 2002-04; Merckx because his son, Axel, won the Swiss Phonak squad that Landis willed to victory after he left USPS determined to become the leader of his own team.

"He got you on race," Armstrong said Sunday afternoon from a Paris hotel room where he watched the finish. "His strength was not his team, his strength was his mind and his will."

Landis flexed those qualities even as a teenager, coming to cycling not as a pedigreed insider, but as a rank outsider and the most willful of Paul and Arlene Landis' six children. Raised in a strict Mennonite home in a small town in Lancaster County, Pa., he began riding with pals just to get around, quickly becoming an obsession.

"They weren't really all that thrilled about it," Landis recalled in an interview with The Associated Press last Monday. "Their life was based around working — always hard work — and the rest of the time spent in church. They gave me things to do — they probably would've done that, anyway — but it's possible they gave me more because I would've been riding my bike otherwise."

He became an accomplished mountain bike racer by age 18, spending less and less time in Dutch country before making a clean break two years later with a move to California.

Half a world away Sunday, back at the Mennonite Mennonite Church that Landis' family still attends, the Rev. David Seneberg explained and begged individual accomplishment is founded upon the faith. But on the lawn outside the Landis home nearby, alongside a sign that read, "To God be the glory" was another that acknowledged the long, difficult ride one of his own had completed with his virtues intact.

It said simply, "Floyd's the man."

Landis wins Tour de France

PARIS (AP) — The highs and lows of Floyd Landis' nail-biter of a bike race ended without a hitch Sunday as he won the Tour de France and kept cycling's most prestigious title in American hands for the eighth straight year.

The 30-year-old Landis, pedaling with an injured hip, crushed to victory on the cobblestones of the Champs-Elysees, a day after regaining the leader's yellow jersey and building an insurmountable lead in the final time trial.

"I kept fighting, never stopped believing," Landis said, shortly after he received the winner's yellow jersey on the podium, joined by his daughter, Ryan.

Landis picked up where another American left off last year, when Lance Armstrong completed his seventh and final Tour triumph. With the victory, Landis becomes the third American — joining Armstrong and three-time winner Greg LeMond — to win the tour.

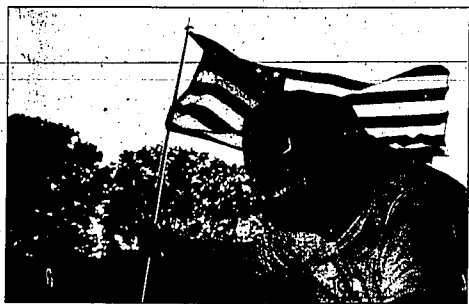
"I'm proud and happy for Floyd," said Armstrong, who watched the finish on TV from a luxurious hotel room near the Champs-Elysees. "He proved he was the strongest, everybody wrote him off."

"I'm very proud that an American has won again," he added.

As the "The Star-Spangled Banner" played, Landis, cap in hand, started solemnly at the crowd. But when the anthem ended, he broke into a smile and waved to the fans.

Landis, who plans to undergo surgery this fall on an arthritic right hip injured in a 2003 crash, said he hoped he would be able to return next year.

"Right now, that's the plan," Landis said. He dedicated the win to Andy Ribs, owner of his Phonak team.



2006 Tour de France winner Floyd Landis waves the U.S. flag as he rides down the Champs-Elysees in Paris following the final stage of the 93rd Tour de France between Antony and Paris on Sunday.

Sunday's champagne and Landis' fifth yellow jersey of the Tour were possible thanks to a once-in-a-lifetime ride Thursday in the Alps that put the Phonak team leader back in contention, one day after a disastrous ride dropped him from first to 11th, more than eight minutes back.

Oscar Pereiro of Spain finished second overall at 57 seconds back, and Germany's Andreas Klöden was third, 1:29 behind Landis.

Norway's Thor Hushovd won the final stage Sunday of the three-week race. A day earlier, Landis placed third in the

Tour's last time trial, taking the yellow jersey from former teammate Pereiro and securing a 59-second lead over the Spaniard.

The deficit was virtually impossible to overcome for Pereiro in the flat, short final stage because Landis and his team eyed the Spaniard closely to make sure he didn't try to break away.

With a stunning stage win in the last Alpine stage on Thursday, Landis erased more than 7-1/2 minutes of his 8:50 deficit to Pereiro — putting him in a prime position to win by outpacing the Spanish rider in the final time trial Saturday.

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Financial Lesson of the Week Edward Jones

Don't Bank on House Profits to Fund Retirement.

To enjoy a comfortable retirement lifestyle, you will need to build your net worth before you retire. So you may be interested in knowing that, between 2001 and 2004, the typical household's net worth, adjusted for inflation, grew 1.5 percent, according to a recent Federal Reserve study. The good news is that the 1.5 percent figure, while not appearing large, actually represents a sizable gain in family wealth. The not-so-good news, from a retirement savings standpoint, is that much of this increase in wealth came from rising home prices.

Why shouldn't you count on appreciated home prices to form a key pillar of your retirement savings? Won't the value of your home just keep rising?

Not necessarily. While it's true that housing prices have gone up significantly over the last several years, there is no guarantee that this trend will continue. Housing prices have certainly fallen in the past—and they are likely to do so again.

But just as importantly, even an extended period of rising home prices may not help you as much as you'd think. After all, to profit from your home, you have to sell it—but then you have to live somewhere else. And even if you decide to "trade down," you're likely to find that smaller homes have also appreciated quite a bit, so your sale might not net you nearly as much as you'd hope.

To sum up: Your home may provide you with some of the money you will need during retirement—but not all of it. And that's why you need to look beyond your home and into the world of investments. To help pay for a retirement that may last two or three decades, you must invest regularly—at every stage of your life.

Two Investment "Platforms"

Essentially, you have two main investment "platforms": your employer-sponsored retirement plan and your private investment accounts. And you'll want to pay close attention to both of these platforms. For example, if you have a 401(k) plan at work, learn as much as you can about the various investment options available—and choose the mix of investments that can potentially provide you with the growth you need, given your individual risk tolerance. Because it offers both tax-deferred earnings and a chance to contribute pre-tax earnings, a 401(k), by its very nature, offers some key advantages in saving for retirement. But you are ultimately responsible for your 401(k) plan's success—so study up on your choices, contribute as much as you can afford, monitor review your progress and make adjustments as needed.

And while you are contributing to your 401(k) at work, you should also invest steadily in your traditional or Roth IRA. A traditional IRA offers tax-deferred earnings, while a Roth IRA has the potential to grow tax-free, provided you meet certain conditions.

Finally, you will want to build a portfolio containing a diversified mix of stocks, bonds and other securities. Your financial professional can help you make sure that these investments work in conjunction with your 401(k) and IRA to help you take advantage of maximize your progress toward your retirement goals.

So, if you aren't already investing consistently, start now. The years fly by, and before you know it, retirement will be looming. When that day arrives, you'll want to be prepared.

- Questions: 1. True or False—You should not count on the appreciation of your home as part of retirement savings. 2. True or False—A good retirement plan should not include an IRA or an employer sponsored plan.

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Newspaper in Education

Arabs press Syria to help end violence

By Kathy Gannon
Associated Press writers

SIDON, Lebanon — Mideast diplomats were pressing Syria to stop backing Hezbollah as the guerrillas fired more deadly rockets onto Israel's third-largest city Sunday.

Israel fired tougher-than-expected ground battles and bombarded targets in southern Lebanon, hitting a convoy of refugees. Israel's defense minister said his country would accept an international force, preferably NATO, on its border after it drives back or weakens Hezbollah. But his troops described the militants as well-organized and ruthless guerrilla force whose fighters do not seem afraid to die.

With Secretary of State Condoleezza Rice arriving in Israel on Monday, both the Arabs and Israelis appeared to be trying to set out positions ahead of Washington's first diplomatic mission to the region since the fighting began.

The United States backs Israel's refusal to talk about a cease-fire until it completes the military campaign against Hezbollah, but is under increasing pressure to foster a plan to end the growing suffering and destruction in Lebanon.

Still, daily casualty figures appeared to be falling — about nine confirmed Sunday by Lebanese security officials, compared with dozens each day earlier in the week. The decrease could be a result of the exodus from the hardest-hit areas or because of the difficulty for authorities in getting figures from the war zone.

In the 12th day of fighting, guerrillas launched more than a dozen rockets at the Israeli city of Haifa, killing two people. Israeli missiles struck a convoy of fleeing Lebanese, killing four people, including a journalist.

In the far south, fighting with Hezbollah raged around the Israeli military's foothold in Lebanon — the border vil-

lage of Maroun al-Ras, where the Israeli army has maintained a significant presence since Saturday. But so far they were not advancing. Hezbollah reported three of its fighters killed.

Israeli military officials said their forces captured two Hezbollah guerrillas on Sunday. The officials spoke on condition of anonymity because they were not authorized to talk to reporters. Israel Army Radio reported the two were the first prisoners Israel has taken in this offensive.

With Israel and the United States saying a real cease-fire is not possible until Hezbollah is defeated, Arab heavyweights Egypt and Saudi Arabia were pushing Syria to end its support for the guerrillas. Arab diplomats in Cairo said:

"A loss of Syria's support would deeply weaken Hezbollah, though its other ally, Iran, gives it a large part of its money and weapons. The two moderate Arab governments were prepared to spend heavily from Egypt's political capital in the region and Saudi Arabia's vast financial reserves to break Damascus from the guerrillas and Iran, the diplomats said.

Syria said it will press for a cease-fire to end the fighting — but only in the framework of a broader Middle East peace initiative that would include the return of the Golan Heights. Israel was unlikely to accept such terms but it was the first indication of Syria's willingness to be involved in efforts to defuse the crisis.

Israeli Defense Minister Amir Peretz said that once the offensive had gotten Hezbollah away from the border, his country would be willing to see "an international peace move in to help the Lebanese army deploy across the south, where the guerrillas have held sway for years."

"Israel's goal is to see the Lebanese army deployed along the border with Israel, but we understand that we are talking about a weak army and



A Lebanese woman, holding some of her clothes, reacts in front of the destroyed buildings, in the suburbs of Beirut, Lebanon, Sunday. The United Nations' top humanitarian official Jan Egeland inspected first hand the destruction wrought by Israeli air raids on south Beirut and announced the world would begin in the next few days a major relief operation.

that in the midterm period Israel will have to accept a multinational force," Peretz told the Cabinet, suggesting NATO be in charge of the force.

President Bush's chief of staff, John Bolton, said the administration would be open to an international peacekeeping force but does not expect U.S. forces to participate in one.

Israeli troops returning from the front described Hezbollah guerrillas hiding among civilians and in underground bunkers two or three stories deep — evidence, they say, that Hezbollah has been planning this battle for many years.

"It's hard to beat them," one soldier said. "They're not afraid of anything." The soldiers, most of whom

declined to give their names under orders from superiors, described exchanges of gunfire in between houses on village streets, with Hezbollah guerrillas sometimes popping out of bushes to fire Kalashnikovs, rocket-propelled grenades and anti-tank missiles.

Peretz said the military would not launch a full-fledged invasion.

Bombs kill at least 66 in Iraq

By Andy Mosher and Kaseer Noori
The Washington Post

BAGHDAD, Iraq — The start of a new week in war-torn Iraq closely resembled the worst days of the previous week, as two bombs in Baghdad's Sadr City neighborhood and a massive charge hidden in a car in the northern city of Kirkuk killed a total of at least 66 Iraqis on Sunday, police and military officials said.

Meanwhile, Iraqi officials said former president Saddam Hussein had been hospitalized after showing signs of ill health from a hunger strike now in its third week.

Saddam, 69, who is being tried on charges of crimes against humanity, was in stable condition, Iraqi and U.S. spokesmen said. There were conflicting accounts, however, about whether he was being force-fed and whether he and his lawyers would be in court when his trial is scheduled to resume Monday.

The intense violence that made last week one of the deadliest of the year in Iraq resumed Sunday morning when two bombs exploded in Sadr City, a huge slum populated mostly by impoverished Shiite Muslims.

The first was a car bomb that detonated at 9:30 a.m. in Sadr City's Jamila district, on a busy traffic circle where a popular open market and a post station are situated. An Interior Ministry spokesman, Maj. Gen. Raad Muhammad, said the bomb killed 40 people — six of them police officers, most of the rest day laborers waiting for work — and wounded 65; the Defense Ministry reported 34 dead and 73 wounded.

A few minutes later, a roadside bomb went off in the same area, killing eight civilians and wounding 20, the Defense Ministry said.

Sadr City is one of the principal strongholds of the Shiite movement led by Muqtada al-Sadr, a radical cleric whose Mahdi Army militia is widely accused of engineering much of Iraq's current wave of sectarian killing. Iraqi troops and their American advisers raided Sadr City last night and before dawn Sunday in a bid to capture men accused of participating in death squads. After an exchange of gunfire, the soldiers detained eight suspected insurgents and freed two hostages, the U.S. military said in a statement.

A spokesman for al-Sadr, Sahib al-Amiry, condemned the raid and the bombings, saying a radical cleric whose Mahdi Army militia is widely accused of engineering much of Iraq's current wave of sectarian killing. Iraqi troops and their American advisers raided Sadr City last night and before dawn Sunday in a bid to capture men accused of participating in death squads.

In Kirkuk, an ethnically mixed and perpetually tense oil center 160 miles north of Baghdad, a massive car bomb near a courthouse killed 24 civilians and set fire to a broad section of the city center.

Man still searching for 9/11 image of lost fiancée

By Verena Dobnik
Associated Press writer

NEW YORK — Since Sept. 11, 2001, Richard Pecorella has been searching the Internet and elsewhere for a single image, a photograph he believes will show him what happened to his fiancée when the World Trade Center was destroyed.

"I need to know how she died. Did she burn? Did she jump? Did she suffer?" Pecorella says. "I would have hoped she jumped, rather than burn."

Pecorella spent hours at his computer, scouring the Web for whatever photographs he could find of the aftermath of the terrorists' attack.

About two years ago, he spotted an Associated Press photo that he says made him believe Karen Judy, a 52-year-old administrative assistant for the Cantor Fitzgerald brokerage, did jump from the 101st floor of the trade center's burning north tower.

The photo by AP photographer Amy Sancesca, shows a group of people desperately peering from gaping holes high up in the tower, some trying to get out.

"I saw her," Pecorella said. "She was wearing a blue bandanna, like she did at work to hold her hair back, and it was



Richard Pecorella reviews images from the Sept. 11 attacks that claimed the life of his fiancée, Karen S. Judy, Friday in New York.

her shape. She had on a blue sweater and cream-colored pants that day."

With smoke and flames behind her, the woman seemed poised to jump, holding onto the window frame and looking toward the ground.

The image is not clear enough for Pecorella to be absolutely sure it was Judy, and whether she did jump is a question that will haunt him forever.

"I'm 90 percent sure. But I want to be 100 percent sure," says Pecorella.

The 54-year-old investment banking executive appears in the documentary film "9/11: The Falling Man," about the image taken by AP photographer Richard Drew of a man plunging headfirst from one of the towers.

On a recent day, Pecorella was at the AP's New York headquarters poring over images of people stuck in the twin towers, and of some falling after they jumped.

One showed a woman falling through the air who "looks like she could be Karen. The clothes

look right," Pecorella said. Still, "we didn't find anything other than the pictures I already had."

He says he'll keep looking for amateur photos and videos in hopes of finding an image that will show how his fiancée's life ended.

He met the woman he calls "the love of my life" on April 26, 1997, at a NASCAR race in Nazareth, Pa., while both were in the middle of their divorce. Judy, an assembly line worker who lived in Elkhart, Ind., was visiting a brother and Pecorella

was at his first NASCAR race, on a ticket a friend gave him to distract him from his private troubles.

After he returned to his home in Brooklyn, he was awakened at 5 a.m. by a call from Judy, saying she was canceling her return to Indiana that day to see him again.

He took her on a whirlwind tour of New York, including the trade center. Six months later, Judy had moved into Pecorella's Brooklyn home and had taken a job with Cantor Fitzgerald.

Each morning, they would drive to his office in downtown Brooklyn, then she'd take the subway to Manhattan.

They started planning a Las Vegas wedding for June 2002. On Sept. 11, 2001, Pecorella was sitting at his office desk when the first hijacked plane hit the north tower.

From his window, he watched in horror as the skyscraper disappeared in a mammoth cloud of smoke.

"I knew she was up there," said Pecorella. "Co-workers restrained him as he bolted from his desk, screaming and wanting to run to rescue her."

In October 2001, Pecorella celebrated "my best friend and love" at a private memorial service. On that same day, his ex-wife died suddenly, leaving behind their two daughters.

Classified bills can be refuge for mischief in Congress

By Katherine Strieder
Associated Press writer

WASHINGTON — An independent investigation has found that imprisoned former Rep. Randy "Duke" Cunningham took advantage of secrecy and budgeted congressional aides to help slip items into classified bills that would benefit him and his associates.

The finding comes from Michael Stern, an outside investigator hired by the House Intelligence Committee to look

into how Cunningham was able to carry out the scheme. Stern is working with the committee to fix vulnerabilities in the way top-secret legislation is written, said congressional officials who spoke on condition of anonymity because the committee still is being briefed on Stern's findings.

Cunningham's case has put a stark spotlight on the oversight of classified or "black" bills. Unlike legislation dealing with social and economic issues, intelligence bills and parts of defense bills are

written in private, in the name of national security. That means it is up to members of Congress and select aides with security clearances to ensure that legislation is appropriate.

The chairman of the House Intelligence Committee, Rep. Peter Hoekstra, R-Mich., and the top Democrat, Rep. Jane Harman of California, took the unusual step of hiring Stern to investigate how

Cunningham used his seat on the committee to influence legislation for his own enrichment.

Federal prosecutors found that Cunningham accepted \$2.4 million in bribes, including payments for a mansion, a Rolls-Royce and a 65-foot yacht, in return for steering defense and intelligence contracts to certain companies. Cunningham pleaded guilty and was sentenced to more than eight years in prison.

Stern has told the committee that Cunningham's efforts to steer business to friends and associates were far worse in the spending bills written by the House Appropriations

Committee than those written by the House Intelligence Committee, congressional officials say. But the intelligence panel that draws up the blueprint for spending by the government's spy agencies was not immune to his misdeeds.

Hoekstra said Stern, as a final step, wants to interview Cunningham in prison to find out more about how he influenced the system. The Justice Department is resisting because it has other potential prosecutions pending in the case, so Hoekstra is consider-

ing subpoenaing the former lawmaker. Stern said he still has questions about how much Cunningham relied on legislation and how much he bullied people at the Pentagon to get money to certain contractors.

He and Harman are putting additional protections into the process of drafting legislation, although Hoekstra described Cunningham as a special case. The question is whether the process the whole way through, Hoekstra said.

NATION

Snipers target vehicles on Indiana Interstate; 1 dead

By Charles Wilson Associated Press writer

SEYMOUR, Ind. — Snipers fire-struck two pickup trucks along Interstate 65 in southern Indiana "early" Sunday, killing one person and injuring another, state police said. One or more snipers shot at a southbound truck about 12:20 a.m., killing one of its three occupants, police said. About the same time, occupants of a second southbound truck called police to report a passenger had been shot. The victim was hospitalized with injuries that were not life-threatening, police said. Officials were also investi-

gating two other shootings along Interstate 65 about 50 miles northeast of Indianapolis. No one was hurt. Authorities closed a 14-mile stretch of Interstate 65, about 50 miles south of Indianapolis, for about eight hours Sunday. The Interstate is part of the only direct route between Chicago and Florida and is heavily traveled at all hours, state police Sgt. Jerry Goodin said. A preliminary investigation could not determine whether the shots came from the roadway or an overpass, or if there were more than one shooter. "Right now, we haven't

made a determination as to whether it's one person or how many people are involved," Goodin said. In the I-69 shootings, state police at Redkey received a report about 2:30 a.m. that a semitrailer was struck near Muncie. About an hour later, a shot struck a parked, unattended vehicle. "At this time it is unknown whether the shootings in the Seymour and Redkey area are related," Goodin said. At the Seymour state police post, technicians gathered evidence from the two trucks struck in the earlier shootings. A Chevrolet had a bullet hole near the top of the windshield

on the passenger side, and blood stained the top of the seat. A Dodge Ram pickup with Iowa plates had a bullet hole in the middle of its windshield and a rear window that had been blown out. After the first shooting, the driver pulled off the highway at a weigh station. After that investigation began, Seymour police received a call from a gas station just off I-65 reporting the second shooting. Goodin asked motorists who traveled through the area in the past week to check their vehicles for bullet holes, saying a noise (dismissed as a rock) might have been a bullet.



A police car sits on an overpass as vehicles travel on Interstate 65 in Seymour, Ind., Sunday. Snipers shot two pickup trucks on the interstate early Sunday left one person dead and another injured.

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101 Lost and Found FOUND \$20 gift card in the Winco parking lot, Found 717. Made out to Josh. Please call and identify the gift. 208-543-5620. FOUND a title at the Jerome Rd & Gun Club complex, call to identify. 208-208-0856 or 208-644-1598. FOUND Border Collie, near Rogerson, white with grey patches, female. Please call 420-2282. FOUND Case containing DVD's. Call to identify 208-608-6059. FOUND child's baseball mitt. On boat docks north of bridge in Burley. Just past Cafe Ranch. Call 208-455-2518. FOUND Chocolate Lab, male pup around 6-10 months old. Red collar, no tags. Very well trained. Found on East H in Jerome, call 208-324-3740. FOUND German Shepherd, Border Collie mix, 8-10 months. On 712 in Millner Hazelton area. Call 208-850-7834 to identify. FOUND Lab, July 18" white, female, young adult puppy, very sweet. Found around 8th and Hawatha Street in Twin Falls. Call 208-735-1203. FOUND Miniature Dachshund puppy in the South Hills. To the party who was looking for him, we found him. Call 328-6404. LOST 7/4 PC-volo cross male, brown & white, semi-curly hair with short tail. South of Wendell. 536-5591. LOST black near 750 lb., w/rod ear tag and juvenile's warts of left side of neck. He also appeared from pasture around 6" July from 2581 E. 3700 N. T.F. Reward! Please notify Sheriff's Dept. or John Sisson (owner) 208-734-1921.

101 Lost and Found LOST Black Lab, male, neutered, no collar, lost on 719 W. Wendy 15' Ave E. in Jerome. Answer to Kirby. Reward \$500-1977. LOST Chihuahua \$500 Reward. Brown & white, nano Taco. Call 208-308-5435. LOST dog, male, black/white Wire Hair Terrier cross or Quincey St. in Twin Falls. Has a reddish/brown collar. Answer to "Tug", Call 208-423-5064 or 208-539-2964. LOST fishing waders at Wagon Reservoir. Cash Reward! Call 208-439-8739. LOST Golden Retriever with red collar. Lost in 1800 block of Falls Ave. E. Call 733-1517 or 358-1518. LOST mens gold wedding band with 2 small diamonds in it. Around Costco. Call 208-543-5520. LOST Shih Tzu, black, in the 1400 block in Miller Ave., Burley. Female, wearing blue came collar, limps on right front leg, has 3 broken teeth on right side of mouth. Reward 208-431-1758 or 219-9516. LOST: Blue Heeler X, adult male, on 713 from the 2200 block of Burton Ave in Burley. Wearing a brown leather collar with "Concho" engraved on it. Call Dilo at (208)431-9910, 6/30/06. 104 Personals FUN, SLIM Lady seeks Single, White Male Tall (5'7") energetic, Non-Smoker, 43 to 62 Twin Falls Area, likes classic gardening, fishing, picnics, tennis, cooking, tennis, golf, swimming, Writedeady. Twin Falls, ID 83303 208-734-7472. 107 Pregnancy Alternatives PREGNANCY CRISIS Free Tests, Always Confidential! 734-7472

108 Professional Services Bankruptcy Chapter 7 Guaranteed lowest price for attorney representation. We are a debt relief agency. Free Consultation. Call 1-866-688-2399. HOUSECLEANING TAKE A BREAK, let me clean your house. Quality work, refs. avail. Call 733-1964. Therapeutic Touch Massage Therapy \$45/hr. Call 733-5581 for Kinology. Call 208-733-8827. 109 Health & Wellness If you have a breathing problem & need fresh air, I may have the solution. Better Living Products 208-326-4687. MEDICAL WEIGHT LOSS Affordable Liposon Primary Care. Call 208-734-9385. 119 Child Care Services Lil' Sprouts Day Care has openings 0-2 yrs. full or part-time. ICCP welcome, state licensed. Please call Jacquie at 436-3261. 114 Miscellaneous Services My's Housekeeping Plus: Avail. openings, reasonable rates. Not avail. I supply cleaning supplies. Call 208-6021-home 543-5313. RESIDENTIAL COMMERCIAL UTILITY LOCATOR MV Private Locator Locate customer immediately pre-construction design locate, sewer/electric lines, power wells, lotlines, gas, water. 208-536-5361

200 Employment ADMINISTRATIVE Seeking highly motivated Administrative Assistant for an upscale accounting firm. Must be proficient with all Microsoft programs. Wago DOE Please submit resume to 733-5305 The Times-News PO Box 548 Twin Falls, ID 83303. AGRICULTURE Combine Operator wanted. Hourly wage. Call 208-539-1311 for more information. 200 Employment AUTOMOTIVE Experienced Auto Detailer, full-time, wage DOE. Call Fred 208-260-8833 lvmsg. AUTOMOTIVE Full-time exp. Lube Tire Tech. Apply at 1619 Kimberly Rd Twin Falls. BOOKKEEPING Immediate opening Full-charge Bookkeeper, Wage DOE. Call 733-3252. CASHIER Friendly outgoing individuals wanted for a great customer service experience. We are a 24 hour business that requires a flexible schedule. Fast pace and multitasking ability preferred. Benefits pkg. avail. Cashiers \$8hr Maintenance/Janitorial \$8hr Full & part-time positions available Apply in person FLYING TRAVEL Plaza 539 Hwy. 93 Jerome www.flyingtel.com. Asking Questions Conduct public opinion polls over the telephone. NO SALESH! \$7.00 to \$20.00/hour Casual work environment. Flexible evening, day, and wknd hrs. 15-30 hours/week. Great part-time job or second job. Close to CSI campus For more information call: Call 208-738-2853 ***** 200 Employment CONSTRUCTION Carpenters, Framers needed. Some experience required. Call 208-260-8833 lvmsg. CONSTRUCTION Concrete Laborers valid drivers license. Wage DOE & benefits. PT & FT. Call Cowboy Concrete 736-8413 for applt. CONSTRUCTION Construction Workers all trades. 0-10 yrs. Truss Builders, WAGO DOE 737-0000 or 731-5685. CONSTRUCTION Drywall Finisher exp. Framers, Carpenters, Roofers, NEEDED NOW! Call 280-1466. CONSTRUCTION FRANKLIN JEROME TRUSS PLANT LOCATION is accepting applications for Truss Builders and Sawyers Experience preferred but will train Franklin Building. Supply others a great wage & benefit package. Apply in person at 515 West Main Jerome, Idaho ask for Terry or Angel. 200 Employment CONSTRUCTION Masons & Hod Carriers needed in the Wood River Valley area, only experienced. Wage DOE Call 208-886-2378 or 539-1373 ask for Ron. CONSTRUCTION Synthetic Insulation Casting/molding Apprentices Construction skills helpful. 208-7181. COSMETOLOGY Hairstylist Perfect Look Immediate opening for FT or PT licensed Hairstylist for growing salon in Twin Falls, Great benefits, including paid vacations, paid dental and more. Check out our website at www.perfectlookidaho.com Call 208-735-8562. CUSTOMER SERVICE Customer Service Rep. Part-time approx. 30 hrs a week, 4pm-10pm, Wed-Fri. Some driving involved, must be 18 yrs with current drivers license. Be willing to watch cars occasionally. \$7.00/hr apply in person at Budget Rent-A Car at Magic Valley Regional Airport.

RECEIVED JUL 24 3:17 PM. 2006. THE TIMES-NEWS. 508 E. 3RD ST. BURLEY, ID. 83401. FAX 734-5538. E-MAIL twinnad@magicvalley.com. I have a very clean 2001 Silverado 1500 for sale. Call 733-1964. I have a very clean 2001 Silverado 1500 for sale. Call 733-1964. I have a very clean 2001 Silverado 1500 for sale. Call 733-1964.

Find it Fast in The Times-News

Franklin JEROME TRUSS PLANT LOCATION is accepting applications for Truss Builders and Sawyers Experience preferred but will train Franklin Building. Supply others a great wage & benefit package. Apply in person at 515 West Main Jerome, Idaho ask for Terry or Angel.

FAX YOUR AD TIMES-NEWS CLASSIFIED DEPARTMENT 208-734-5538 DON'T FORGET US! Many categories for adoption! www.magiclink.com/v website 208-5591 Hours: Mon-Fri 10:00 am-5:30 pm Saturday 10:00 am-2:00 pm Closed Sundays and Holidays We can only keep animals 48 hours, then they are sold or DESTROYED. Please check daily!

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

REMEMBER That birthday you placed some time ago in The Times-News? Have the time to complete your business. Stop by the Customer Service Dept today! ADMINISTRATIVE Local engineering firm is seeking an Administrative Assistant/Bookkeeper. Time management, organization, and ability to multi task while keeping track of details is essential. Good working knowledge of MS office, Outlook/Books Pro, people skills. AP/AR is required. Previous employment in architect, engineer, developer, or contractor office is a plus. Please send cover letter, and expected salary to Administrative Assistant 2016 Washington St N Suite 4, Twin Falls, Idaho 83301

Idaho Central CREDIT UNION Do you want to be part of Idaho's #1 Credit Union? Idaho Central currently employs over 200 people in Southern Idaho! Idaho Central Credit Union offers an exciting, fun work environment. For individuals seeking career opportunities. NEW IN STORE OPENING IN BURLEY! If you're an upbeat outgoing and result oriented person who loves a fast paced environment, WE WANT YOU! -Now Hiring- ASSISTANT BRANCH MANAGER Seeking motivated, energetic person with ability to lead a sales oriented team while being responsible for the success of a new branch. FINANCIAL SERVICE OFFICERS FULL AND PART TIME Perform account transactions, open new accounts and loans. Provide legendary customer service. Bilingual Preferred. Competitive Wage & Excellent Benefits. Apply on-line at www.idcu.com 733-0931 ext. 2 800-658-3883 ext. 2 Fax 734-5538 132 Fairfield St. W Twin Falls twinnad@magicvalley.com

LEGAL NOTICE

TO: ROSCOE RICHARD SAUER

You are being sued for divorce by Twena Cleasius Sauer. You are being summoned and notified to file an answer in writing with the Clerk of the District Court...

PUBLISH: July 17, 24, 31 and August 7, 2006

PUBLIC NOTICE

Action planned and taken by your government are contained in a report by the Idaho State Auditor...

IMPORTANT

Please address all notices to: LEGAL & ACCOUNTING The Times-Herald PO Box 548 Twin Falls, Idaho 83403-0548

Deadline for legal ads: 3 days prior to publication, noon on Wednesday for Sunday, noon on Thursday for Monday...

PROJECT: INVITATION TO BID
LOCATION: Minidoka Memorial Hospital
OWNER: Minidoka Memorial Hospital
ARCHITECT: JRV & Associates

BINDING DOCUMENTS: A. Bidder's Documents will be on file at the Architect's office...

PRE-BID MEETING: 2:00 P.M., 25 July 2006
PUBLISH: July 14, 17, 19, 24, 26, 31 and August 2, 2006

Loan No. XXXXXK148 U.S. No. 1865279-09 Parcel No. RPO280100003DA

On November 01, 2006, at the front of 11:00am, of said day, at the front entrance of First American Title Company...

NOTICE OF PUBLIC HEARING
THE KIMBERLY CITY COUNCIL will hold a public hearing at 7:00 p.m. Tuesday, August 8, 2006...

NOTICE OF PUBLIC HEARING
THE KIMBERLY CITY COUNCIL will hold a public hearing at 7:00 p.m. Tuesday, August 8, 2006...

PUBLISH: July 24, 31, August 7 and 14, 2006

NOTICE OF PUBLIC HEARING

August 10, 2006

NOTICE IS HEREBY GIVEN that a Public Hearing will be held before the Twin Falls County Planning and Zoning Commission upon said requests: A CONDITIONAL USE by Idaho Power on property consisting of approximately 154.9 acres...

A CONDITIONAL USE LAND DIVISION by Jim Campbell on property consisting of approximately seventy-two point eight (72.8) +/- acres...

A CONDITIONAL USE LAND DIVISION by Luis Betancourt on property consisting of approximately one hundred sixty-six point eight (166.8) +/- acres...

A FINAL PLAT by Horizon Crest. NOTICE IS HEREBY GIVEN that a Public Hearing will be held before the Twin Falls County Planning and Zoning Commission...

NOTICE IS HEREBY GIVEN that a work session will be held on August 8, 2006 at the Board of Planning and Zoning Commission...

LEGAL NOTICE
Items left in storage at 232 2nd Avenue North, Twin Falls, Idaho...

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PUBLISH: July 24, 2006

200 Employment

200 Employment

DRIVER
Local Delivery Driver,
CDL & good driving record req.

DRIVER
12-hour shifts
Day or Night avail.
Drug Free Workplace

DRIVERS
OTR Drivers for Western and upper Midwest routes.

TOP GUN
CLASS "A" CDL
Infection
735-6556

DRIVERS
Transport based in Rupert, ID is looking for CDL truck drivers...

DRIVERS
Immediate Opening!
Class A & B Drivers, Excellent Benefits

DRIVERS
Immediate openings for full-time experienced Drivers.

DRIVERS
Relief and full-time positions available.

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Relief and full-time positions available.

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200 Employment

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DRIVERS
Looking for OTR Drivers
Full-time or week 6

DRIVERS
OTR drivers for Western and upper Midwest routes.

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200 Employment

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DRIVERS
Truck Drivers for hay hauling, CDL with double endorsement.

EDUCATION
Kindergarten District is looking for 10 full-time Special Education Teaching Assistants.

ENGINEERING
Civil EIT and Design Engineer positions for established firm.

FARM
Forest Allotment Bidder looking for Fall/Drive Licenses required.

GENERAL
Allred Precision Mill-welding looking for Welder/Driver/Shop Worker.

GENERAL
Blip Employment Services available.

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Blip Employment Services available.

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© Puzzles by Pappocom

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

V. EASY #79
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 today's puzzle on page C-10.

200 Employment

GENERAL
Carwash/Technician
Full-time, with benefits
Apply at
Practical Used Cars
1418 Blue Lakes N.
Ask for Dave

GENERAL
Cool off. Come to the Sawtooth Mountains. Positions available: Line Cooks, Prep Cooks, and Cashier. RV spot or lodging furnished with utilities, other perks plus competitive wages.
Smylie Creek Lodge
37 miles N. of Ketchikan
208-788-1111
or 208-744-3547

GENERAL
Horse Facility Assistant is needed in Acquia area. Must have horse handling experience & know how to operate a small tractor. Salary DOE. 208-436-4702

GENERAL
Shop foreman for Hykuan heavy duty truck shop.
Mechanic's background/years supervisory or lead. exp. required. People skills a must! Salary + incentive Full benefits pkg. Apply in person at 1381 "O" St. or fax resume Attn: Les 208-878-0598

200 Employment

GENERAL
Plant Maintenance Foreman
The City of Edon is seeking a highly skilled, motivated individual to work in our hay processing plant. Ideal candidate will have welding experience, ability to service all types of equipment and general electrical knowledge. Salary DOE. To apply: 9 a.m. or fax resume to:
Attn: Teresa
208-825-5119
tgerard@standleebay.com

200 Employment

LANDSCAPE
Irrigation Tech
Responsible, organized drug free with valid drivers license and clean driving record. Good knowledge of underground sprinkler systems, layout/tech and repair.
\$8.00-\$10.00 DOE
Kimberly Marie Kline
2862 Addison Ave. E.
Twin Falls

LAW ENFORCEMENT
The City of Hagerman is accepting applications for the position of Police Officer. Deadline for application is 8/7/06 for information contact The City of Hagerman at 208-837-5636

LEGAL SECRETARY
Experienced Legal Secretary for busy law firm. Send resume to PO Box 424 Twin Falls, ID 83303

200 Employment

MAINTENANCE
Apartment complex Maintenance person. Experience preferred. Call 208-734-8600

MAINTENANCE
The City of Wells, NV is hiring Maintenance Worker and Equip. Operator. 40 hrs/wk. Drivers License req. Wage depends on exp. full benefits. Positions closing Aug. 14.
Call 775-752-3355.

MECHANIC
AG/Truck Mechanic. Exp. preferred. Benefits. Pay DOE. Apply at 47 N. 50 W. Jerome. Call 208-324-7372

MECHANIC
Exp. with diesel, engine, transmissions, electrical, 60-hp road machinery. Must have own tools. Apply at J & C Custom 1887 Highland Ave. Drug Free Workplace.

MECHANIC
Mechanic with marine or automotive experience required. Pay DOE, benefits provided. Apply with resume at Idaho Water-sports, 2165 Overland, Burley, Email: sales@idahowater-sports.com Fax: 208-878-0225

200 Employment

MECHANIC
2 night nurses, one full-time one part-time. Maximum number of residents 18-24. Wages & benefits commensurate with area. Bring resume to Mt. View Care Center
500 Park St
Kimberly, ID 83341

200 Employment

UNION PACIFIC, North America's largest railroad is a high tech. Fortune 2000 company in a growth mode. This makes us an excellent place to start and grow your career.

Track Maintenance/Laborer
Mountain Home, ID - Shoshone, ID

Track Maintenance/Laborer-Welder
Glens Ferry, ID - Nampan, ID

Train Service
Pocatello, ID

CAREER PATH TO LOCOMOTIVE ENGINEER
Earn up to \$40,000 first year and up to \$75,000 in future years.

Work Equipment Mechanic
Pocatello, ID

Union Pacific offers a competitive compensation and benefits package.
To join our dynamic, challenging and diverse team apply immediately online at www.up.com (select "Jobs at UP" then "View positions")

200 Employment

MEDICAL
Growing company is seeking Part-time RN's needed for Burley & Twin Falls area. Great opportunity for advancement. Please send resumes to:
Box 96305
The Times-News
PO Box 548
Twin Falls ID 83303

MEDICAL
If you would enjoy working in a setting where you could achieve individual achievement for employees as well as yourself. Apply in person at SunBridge Care and Rehabilitation for Twin Falls. Full-time Nursing Assistant position available for the right person (financial assistance with CHS is available)

SunBridge Healthcare
Twin Falls
640 Filer Ave. W.
Twin Falls, ID 83301
208-734-8645

200 Employment

GENERAL
Recreation Program Operations Assistant-Jackpot, Nevada
Elko County is seeking qualified applicants for the position of Recreation Program Operations Assistant in Jackpot. Responsibilities include lead lifeguard duties, facilitating sports and recreational activities, swimming lessons. Must be CPR and Red Cross Lifeguard Certified or have ability to become certified. \$12.00 to \$12.73 DOE. Excellent benefits. Obtain Application at Jackpot Recreation Center, Progressive Road, or at www.elkocountynv.net as "Departments," "Human Services," "Employment Opportunities". Return to: Elko County Human Services, 571 Idaho St. Elko, Nevada 89801 (775) 738-4375. Classes 8A/8E

200 Employment

Magic Valley Maid
GENERAL
Join the growing industry.
Opportunities and advancement available in the following areas:
Lab Computer Technician
Production Maintenance Operations Warehouse Drivers
Some of the Many Benefits:
• Double Time (Sundays & Holidays)
• 12 hour shifts
• 3 days on, 3 days off, 4 days on 4 days off.
• Profit Sharing
• 401k
• Medical Insurance
• Education Assistance
• Holiday Pay
Jerome Cheese Company
47 W 100 S.
Jerome, ID 83338
208-324-8806 office
208-324-8892 fax
JCCR@Daviscofoods.com

200 Employment

MECHANIC
Experienced Diesel Truck Mechanic
Top pay for top person
Call Don 208-320-2570

MEDICAL
TWIN FALLS Care Center
Full-time and part-time CNA's. Complete benefits package available including PTO & 401k. Apply immediately 674 Eastland Dr. Twin Falls, ID 83301 208-734-4264 Fax 208-734-0847. We are Drug Free Employer EOE/M/F/V

MEDICAL
Full-time RN teaching positions available now. Must have low year degree, \$30/hr with benefits. Apply in person at 111 Filer Ave., Twin Falls, fax resume to 735-7382 or apply at www.personnelinc.com

MEDICAL
Growing company is seeking Part-time RN's needed for Burley & Twin Falls area. Great opportunity for advancement. Please send resumes to:
Box 96305
The Times-News
PO Box 548
Twin Falls ID 83303

200 Employment

MERCHANDISING
Swire Coca-Cola is accepting applications for Merchandiser. Stocking shelves at existing accounts. Full-time, weekends may be required. A good driving record is required. Must be 18 yrs old or older. Must use own vehicle & insurance with mileage reimbursement from the company. Full benefits package after 120 days. Apply in person with current 3 year driver's license to 398 Victory Ave Twin Falls EOE/AA

MISCELLANEOUS
Immediate Openings for the following:
• Housekeeping
• General Labor
• Fish Processing
• Forklift Drivers
• Forklift Drivers
Please apply in person at Employment Solutions
1201 Filer Ave. E. Suite 24 or 674 Eastland Dr. for more information

PLUMBERS
Qualified Journeyman \$32/hr. Apprentices, \$18-\$25/hr. with benefits in Sun Valley/Haley. Call 208-720-0145

200 Employment

MEDICAL
Idaho Home Health and Hospice is seeking caring and compassionate staff. Now accepting applications for a PRN LPN and a Part-time C.N.A. for the Caring Place, and a PRN RN for our Home Health Dept. in person for Twin Falls and Burley. Applications are available at 826 Eastland Dr. in Twin Falls, for more info call 734-4061. EOE.

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REGISTERED NURSES
Licensed Practical Nurses
Nurse Manager III
Central Intermountain Health I
EMT Advanced
OR Tech I (PRN)
Radiology Tech (PRN)
Respiratory Practitioner (PRN)

At Cassia Regional Medical Center we have dedicated, skilled team members who embrace our commitment to creating an outstanding work experience for those we serve. Along with our job opportunities, we can offer you a competitive salary and excellent benefits.

For a complete listing of our jobs and to apply online, please visit our website at www.intermountainhealthcare.org or contact Human Resources at 208-677-6420 for more information. 1501 Highland Ave, Burley, ID 83318 EOE/AA

200 Employment

MEDICAL
Director of Nursing Services
Nestled in the beautiful Shoshone Falls area, SunBridge of Twin Falls is seeking a dynamic FT Director of Nursing to join our fun and compassionate team of professionals. SunBridge for Twin Falls is a 158-Bed Skilled Nursing Facility. Relocation packages are available. Must have 2+ years of management experience with good clinical and regulatory skills. Ideal candidate is a strong team builder and a leader, with a desire for culture change.
Send resume and cover letter with salary history and requirements to William Miller, Administrator, via email, fax or call to set up tour and interview. William.miller@sunh.com Phone: 208 734-8645 Fax: 208 734-6445

200 Employment

RETAIL
Now hiring for Shift Supervisors and Customer Service Representatives positions. Please pick up applications at 224 Blue Lakes

WAREHOUSE
Warehouse Help position, full-time. Apply between 9-3pm 167 Eastland Dr.

Welder
Krodk Northwest is hiring experienced Welders for full-time positions. No certification necessary, but competence is required. Practical welding test will be given. Position from within and benefits available. Call Tara at 208-733-9277

Welder
Small welding and fabrication company in Bellevue is seeking certified Structural Steel Welder with at least 1 year experience. Valid drivers license. Rigging call at 208-788-3634 to interview.

200 Employment

MECHANIC
Tech CDL Class B Required. Top pay for top person
Call Don 208-320-2570

MEDICAL
Nursing Assistant Days & Evening shift for long term care facility. Must be 17 years old. Behavior unit a maximum of 5 patients. Must be certified and THEN we give you a raise. New Age Scale. Call Administrator at 529-0050

200 Employment

MERCHANDISING
Swire Coca-Cola is accepting applications for Merchandiser. Stocking shelves at existing accounts. Full-time, weekends may be required. A good driving record is required. Must be 18 yrs old or older. Must use own vehicle & insurance with mileage reimbursement from the company. Full benefits package after 120 days. Apply in person with current 3 year driver's license to 398 Victory Ave Twin Falls EOE/AA

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Send resume and cover letter with salary history and requirements to William Miller, Administrator, via email, fax or call to set up tour and interview. William.miller@sunh.com Phone: 208 734-8645 Fax: 208 734-6445

200 Employment

RETAIL
Now hiring for Shift Supervisors and Customer Service Representatives positions. Please pick up applications at 224 Blue Lakes

WAREHOUSE
Warehouse Help position, full-time. Apply between 9-3pm 167 Eastland Dr.

Welder
Krodk Northwest is hiring experienced Welders for full-time positions. No certification necessary, but competence is required. Practical welding test will be given. Position from within and benefits available. Call Tara at 208-733-9277

Welder
Small welding and fabrication company in Bellevue is seeking certified Structural Steel Welder with at least 1 year experience. Valid drivers license. Rigging call at 208-788-3634 to interview.

200 Employment

PROFESSIONAL
Experienced Office Manager for Non-profit located in Jerome. Must be at least 22 years of age & no criminal history. Fax resume to: 224-2025

RESTAURANT
Idaho Joe's is now accepting applications for Full and Part-time Cooks days and evenings. Apply in person 698 Blue Lakes N.

RESTAURANT
IHOP is currently seeking Cooks and Servers & Cashiers. Call 224 Blue Lakes Blvd

RESTAURANT
Line Cooks, Servers needed for all shifts. Experience in The Garden Cafe 221 Addison Ave E.

RESTAURANT
Looking for hard working, motivated people for C.A. & nights. Dishes/washers with opportunities for advancement. Apply in person Jaker's Bar & Grill 1588 Blue Lakes

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INSTALLER
Need cultured marble installer. Call Scott at 208-878-8042.

RESTAURANT
Outzone's is looking for dependable hard working employees. Flexible hours, competitive wages, benefits package available. Please apply in person 167 Blue Lakes Blvd. Drug Free Workplace

RESTAURANT
Servers All shifts, PT and FT Weekends a must. Only the enthusiasts need to apply. Apply at Canyon Springs Golf Course or Jerome Country Club

SOCIAL SERVICES
Do you have exp. in Social Services, Mental Health, Developmental Disabilities, Counseling or Addictions? We have a number of positions that may or may not what you are looking for. We offer flexible, non-travel and travel reimbursement. For further information or to see positions please call 208-837-6600, FAX a resume to 208-837-4646, or email chompson@preach.tvonvantage.com

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RESTAURANT
Server, Dishwasher, & Delivery Driver
Apply in person at Prasa's The Chulalonga 428 2nd Ave East

CLASSIFIEDS
It pays to read the fine print
Call The Times-News to place your ad
208-733-9331 ext 2
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GEN STATE STAFFING
We Need:
8-Concrete Form Setters
5-CDL Drivers (Must have a permit)
8-Framers
10-Carpenters
4-Concrete Finishers
1-Plasma Cutter
Lawn Maintenance
Immediate Hire
Apply today
870 Blue Lakes N.
735-9999
Se Habla Espanol
Never a Foot!

HOTEL
Night Audit, part-time
Friday, Saturday and Sunday
Apply in person
Red Lion front desk
1357 Blue Lakes N
Twin Falls

LANDSCAPE
Irrigation Tech
Responsible, organized drug free with valid drivers license and clean driving record. Good knowledge of underground sprinkler systems, layout/tech and repair.
\$8.00-\$10.00 DOE
Kimberly Marie Kline
2862 Addison Ave. E.
Twin Falls

LAW ENFORCEMENT
The City of Hagerman is accepting applications for the position of Police Officer. Deadline for application is 8/7/06 for information contact The City of Hagerman at 208-837-5636

LEGAL SECRETARY
Experienced Legal Secretary for busy law firm. Send resume to PO Box 424 Twin Falls, ID 83303

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<p>WELDERS Rocky Mtn. Welding is hiring welders. Bring resume to 145 South Lewiston Street, Wendell.</p> <p>WELDING Fabricators and Welders. Experience preferred. Top Wages. Some travel req. Apply at Idaho Equipment Sheetrock, Hwy 24 Rupert, Idaho Or call 208-436-4950</p> <p>PUBLIC SERVICE MESSAGE Federal Employment, information is free. Remember, no one can promise you a federal job. For free information about federal jobs, Call Career America Connection, 478-757-3003</p>	<p>TIMES-NEWS The Times-News is currently looking for Independent Route Carriers</p> <p>RUPERT Route 427 1200-1700 A Street E 15°-51' E 18°-51' D-F Street</p> <p>Route 428 15° Street 20° Street D-F Street</p> <p>Route 424 Area around Rupert Hospital 8° Street</p> <p>Route 419 8°-11° Street C-D Street</p> <p>Route 420 A-F Street 9°-11° Street</p> <p>Route 421 15° Street-7° Street E-K Street</p> <p>BURLEY Route 406 1200-2000 Conant Ave 1500-2000 Miller Ave</p> <p>Route 410 2700-2900 Albion 300-700 E 27° Street</p> <p>Route 404 1300-2000 Bonnett 16° St. Lane, Way</p> <p>MOTOR ROUTE Carriers & Substitutes wanted. \$1000-\$1500 every 4 weeks.</p> <p>If you live in these areas and are interested in being a newspaper carrier... Please contact Melania, District Mgr. 735-3347</p> <p>Business Opportunities PUBLIC SERVICE MESSAGE Big profits usually mean big risks. Before you do business with a company, check it out with the Better Business Bureau. For free information about avoiding investment scams, write to the Federal Trade Commission, Washington, D.C. 20580 or call the National Fraud Information Center 1-800-876-7060</p>	<p>DELIVERY The Times-News is now accepting applications for Independent Contractors in the Twin Falls area. Fill out an application at 132 Fairfield Street W. Twin Falls or email Bryna @ byna.com. Guro@fns.net or call 208-735-3346</p> <p>TIMES-NEWS The Times-News is currently looking for Independent Route Carriers</p> <p>JEROME Route #523 500-600 Blk 11°-12° Filmore-Olympia</p> <p>Route #531 100-600 Blk 10° Ave. E. Burman St., Eisenhower Street.</p> <p>Filler Route #522 400-600 Blk 6° St. 600-600 Blk Idaho Stevens Street</p> <p>Route #549 Main - Midway 300-700 Blk 5° St.</p> <p>If you live in these areas and are interested in being a newspaper carrier... Please contact Melania, District Mgr. 735-3347</p>	<p>Cooper Norman BUSINESS OPPORTUNITIES For more information (208) 733-8581 www.cnbna.com</p> <p>BUSINESSES FOR SALE! For more information (208) 733-8581 www.cnbna.com</p> <p>304 Investments DRACO INVESTMENT CORP CASH/Investment/Real Estate Call today for a free no-obligation contract (208)733-3821</p> <p>401 School Instruction MESSAGE TRAINING Full Semester Technician Program (Mississippi) 108 hours. Starts Sept. 8° - 12 work course Friday 7-10pm Sat. 10am-5:30pm. Therapeutic Program 500-650 hours. Anal. & Phys. II 6:30-9:30pm. Otop. Tissue 1 Thurs. 7-10pm. Twin Falls Institute of Holistic Studies. Established in 1995. Call 208-226-4870</p> <p>ST. EDWARD'S CATHOLIC SCHOOL is accepting application for Pre-K - 6° for the 2006-2007 school year. Please call 208-734-3872 for more information.</p>	<p>PUBLIC SERVICE MESSAGE Selling Property? Don't pay any fees until it's sold. For free information about avoiding time share and real estate scams. Write to: Federal Trade Commission, Washington, D.C. 20580 or call the National Fraud Information Center 1-800-876-7060.</p> <p>BUHL HUGE SHOP 4 bdrm. 2 bath with a great kitchen and spacious family room. Master suite with private bath. Wide lot with 2 bdr garage and shop. Call Rob. \$129,900</p> <p>BARKER REALTORS Call 543-4371</p> <p>FILER 3 bdrm. 2 bath, 2 car garage, lg. corner lot w/landscaped yard. Tile entry, vaulted ceilings, walk-in closet & pantry. Built in 2003. \$119,000. Call 208-316-1775.</p> <p>JEROME 3 bdrm. 2 bath home, approx 1 acre w/water share, \$125,000. 280-0240.</p>	<p>JEROME 3 bdrm. 2 bath, 2050 sq. ft., lg. car garage, fireplace, heat pump, auto sprinklers, chain link porch, central vac, very nice neighborhood, ready for immediate occupancy. \$189,000 208-539-3612 or 539-9477</p> <p>JEROME buildable acreage, approx 1.74, great location, with water share. \$39,995 Call 280-0240.</p> <p>JEROME lots of extras for the money! 3 bdrm. 2 bath home offers great room with granite fireplace mantle, den/study, beautiful kitchen with Pergo flooring & much more. On 1 acre in Northridge Subdivision, vinyl fencing and sprinkler system. \$265,000. Westerra Real Estate Group, Call Beckie 208-324-2236</p> <p>MLS#0821587, \$265,000 MLS#0823379, \$250,000 Westerra Real Estate Group, Call Beckie 208-324-2236</p>	<p>HOME INSPECTIONS 2000 - since 1993 Ed. Ball 735-1115 KIMBERLY J. 1 year, 2.5 bath, in the country. 2.5 acres. Call 208-733-2491</p> <p>PAUL 660 Crouch. Just finished, ready for occupancy. New 3 bedroom, 2 bath, 2 car garage. Open floor plan with vaulted ceiling. Jetted tub in master bath. Bonus room above garage. Tiled kitchen, laundry, entry and both baths. Custom cabinets: 1 quarter acre on corner lot. 1864 sq. ft. \$189,900. Call 208-431-6682</p> <p>RICHFIELD 3 bdrm., 2 bath home with a computer room, on 2.95 acres. Perfect for kids and 4-H projects! 1864 sq. ft. \$189,900. owner. Call 731-9210.</p> <p>SHOSHONE 2,300 sq. ft. home on acreage. \$185,000</p> <p>RICHFIELD 1,700 sq. ft. with attached garage on acreage. \$150,000</p> <p>HEYBURN 1,500 sq. ft. acreage. \$130,000</p> <p>WENDELL 1,700 sq. ft. on city lot. \$130,000 For more details call 4-8 Homes 208-324-0020</p>		

218 Times-News Carriers

TIMES-NEWS
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SIGN ON BONUS
GOODING
Route 505 100-600 14° Ave. W. 1600-1800 Whimkey, \$150 every 4 weeks.
Route 506 600-700 Pine Street, 1000-1100 Nevada Street. \$180 every 4 weeks.

SHOSHONE
Route 413 100-500 W.B. 100-500 W.D. \$200 every 4 weeks.
Route 414 100-500 E.B. 100-400 E.C. \$250 every 4 weeks.

SIGN ON BONUS
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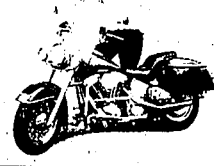
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A Times-News route delivers the extra cash you need.



A typical newspaper carrier and his bike.

Need extra cash for a car payment? Consider starting your own business as a Times-News distributor. All over the area, our independent paper carriers are running their own businesses. They're up early and are usually done with their work day by 6:00 am.

Being a Times-News distributor is challenging and rewarding work. And it's surprisingly profitable. Experience the freedom of being your own boss. If you've been looking for a part-time business to pick up some extra cash, call 735-3346.

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Call now for more information about routes available in your area!

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Twins Falls 3 bdrm.

1 1/2 bath all electric included. In-law apt. 217 Sycamore. \$55,000. Call 733-9658.

Twins Falls 3 bdrm.

2 bath on large lot. Many new appliances. 1696 Hwy 60 Ave E. \$129,900. See you at Motivated! Call 208-280-0083.

Twins Falls 3 bdrm.

NE quiet cul-de-sac, granite, tile, parking, garage, fenced, sprinklers. 1560 Princeton. \$150,000. Call 732-5450.

Twins Falls 3 bedrooms

Large yard many upgrades. www.homesforale.com. \$136,000. 738-0144.

Twins Falls 3 bed room.

2 bath, north bath, 1646 sq. ft., 2012 Point Subdivision. Large lot with big backyard. 632 Cattell Avenue. \$215,900. MLS#256255. Call Nicole 208-422-5851. REMAX - American Home Realty

Twins Falls 4 bdrm.

3 bath, bonus room. Over 1850 sq ft. Built in 2005 by James Ray Construction. Great amenities, highly decorated neighborhood. 416 Atlantic Blvd. \$242,000. Call 208-212-1235.

Twins Falls 4 bed room.

2 bath, 2640 sq. ft., 2 car garage, large lot. Shop in back yard. \$215,000. 1548 Brienwood Lane. Call 208-731-5000.

Twins Falls 6 year old home

3100 sq. ft., 2 1/2 acres with water shares. Canyon View 5 bdrms, 3 bath, 2nd bath, all appliances. \$440,000. Call 208-410-087 or 734-8266.

Twins Falls Beautiful home

on 1.2 acres. 5 bdrms, 3 1/2 bath, electric, hot water, pool, sprinklers, fully fenced, 3 car garage, built in 2003. 3133 sq ft., \$399,900. Call 208-539-4880.

Twins Falls 3 bdrms

on 1/2 acre. Call 208-731-5000. www.homesforale.com. Frisch's Search www.frisch.com. What's Your Home Worth? Call 208-731-5000.

Twins Falls Great Investment

and excellent home room to build a shop or hobby room. Main floor spacious. Full kitchen, dining room, basement could be leased for a \$2000. 208-422-5851 or 208-422-5851.

Twins Falls Mancoske

stayed vintage home, at 928 S Blue Lakes. Mature front, 5+ bdrms. Too much to list! \$219,900. Call 208-422-9242.

Twins Falls new home

in Canyon Trails Subd. 2 master bedrooms plan. Features 1629 sq ft., 3 bdrms, 3 1/2 bath, tile, cabinets, granite, kitchen, partially landscaped. \$219,900. Fully Owned. Call Beth at 320-0193.

Twins Falls unique brick

collage in affluent neighborhood. Close to shopping, church and schools. 208-539-0715.

WENDELL 3 bedroom,

1 1/2 bath \$89,900. Ready to move in. No smoking/pets. 422 East Avenue A. Call 208-538-1403.

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Are you ready to help BUILD your OWN home? Would you like to learn new skills and get to know your neighbors in the process? If so, Mercy Housing Idaho may be for you. Funded by USDA-RAD and HUD. Call 208-737-1470 or 1-866-353-2087.

For more information please call toll free

208-737-1470 or 1-866-353-2087

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WENDELL Newly

finished custom built home with large walk-in shower & private patio. Perfect for those with limited mobility. Call Lynette at 536-2631 or 536-7677.

WENDELL Picked at

\$164,900. Customized 3 bedroom, 2 1/2 bath home, many extras including bonus room & fire place. You're going to love it! Call Lynette at 536-2631 or 536-7677.

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Acres and Lots

FAIRFIELD 8 acres,

6 miles East, with power, \$20,000. May take Class C motor home for partial trade. Call 208-731-5000.

JEROME for sale 9

lots, 1/4 to 3/4 acre each, fully serviced. Call 208-254-9279.

STANLEY Idaho property.

Beautiful South acre 1.01 acre forested lot. Stanley, Blackfoot, Beck's national (Idrot. 128-0000). Call 208-284-0979.

Twins Falls 2 1/2

acre Canyon View, gated community. \$260,000. 734-8268 or 731-2098 or 208-1405.

Twins Falls 200x90

outdoor arena & outdoor tennis, includes stairs, enclosed building spot with walking path. Call 208-280-0576.

Twins Falls Horse

property, 4 bdrms, 2 1/2 bath, office, dining & living room, fireplace, 3 car garage, water/water shares. Orchard, close to town. 208-6571.

Twins Falls Rock

Creek Estates, 3 acres, well and water shares. Unobstructed canyon and mountain views. \$350,000. Call 208-422-5851.

WANTED 30 acres

within 15 miles of TF for family horse farm. Call 208-730-7800.

Income Property

Twins Falls For sale by owner 8 unit apt. complex, 1000 sq ft. location, secure, cash flow, motivated seller. \$145,000. Call 208-308-3337 or 731-4952.

Twins Falls all

brick office building, located downtown, with great rental history. \$118,000. Call 208-731-5000.

Twins Falls all

brick, low maintenance, great rental history. \$245,000. 208-253-4959 or 208-566-1208.

Commercial Property

BURLEY 2 bedroom 4-plex, 1 bedroom duplex. Good income. \$152,500 cash for both. Call 208-678-1707.

Vacation Property/

Times Shares WILLIAMS Lake, ID. 4 bdrms, 4 bath, large decks with panoramic views from secluded 8 acres. Dosh. 6 car garage. \$495,000. Call 316-740-1602.

Mobile Homes

Twins Falls mobile home, almost everything new, \$7000 rent. Call only. Must qualify for park. Camia Estate. Call 208-734-9252. Call 208-734-9252.

WANTED Mobile home

to buy. Cash. Please call 208-212-6554.

Real Estate Wanted

New company in area buying all types of real estate. Any price, any condition. Call 208-731-5745.

Manufactured Homes

JEROME 3 bedroom 96'x147', 2 bdrm, 2 bath, well in excellent garden tub, separate shower. 308-4130.

JEROME 3 bdrm.

2 bath, 2 car garage, on Jerome CA Courts. Available Aug. 1. Full or unfinished basement. Call 805-810-8126.

Twins Falls Spacious

newly built 4 bdrms, 2 1/2 bath, tile, granite, NE location. Sawtooth or O'Leary school. Call 208-280-0576.

Twins Falls 3 bedroom,

2 bath, fireplace, huge kitchen, fully landscaped. \$190,000. Call 208-734-1143.

Twins Falls 3 bedroom,

2 bath, 2 car garage, fenced yard, including garden. Available Aug. 1. North Pomona Ranch. No smoking. \$905 month + deposit. Call 805-929-4820.

JEROME 3 bdrm.

2 bath, 2 car garage, on Jerome CA Courts. Available Aug. 1. Full or unfinished basement. Call 805-810-8126.

Furnished Homes

Classified Department

Classified Sales Representatives are available from 8:00 am-5:30 pm. Monday-Friday. Call our office in Twin Falls. 733-0931 ext. 2.

Unfurnished Homes

BLISS new home on the Snake River, 1 bdrm, 1 bath on 10 acres. "Green" straw/bamboo frame construction. Avail. Aug. 15. \$650,000. Call 803-706-9183.

Buhl 3 bedroom, 2

bath, mobile home, on patio. \$100,000. Call 208-533-8342.

Buhl For Lease,

4 bdrms, 2 bath home with fenced yard. \$699/mo. Call Greg Crotter at 208-422-5851. Berker Realtors. Call 543-4371.

Buhl Why rent

when you can buy? 4 bdrms, 2 bath, 2 1/2 bath Cape Cod near the school and city. Call Jim for details. Berker Realtors. Call 543-4371.

CASTLEFORD nice 3

bdrms, corner lot, 384 Maple, 495 month + deposit. Call 208-733-5420. 406-6630.

K & G Property

Management. Many lots, sizes and prices available. Wild Cardards 3rd tenants come together. Call 208-732-5570.

KIMBERLY Spacious,

3 bdrm, remodeled, 2 1/2 bath, split system, W/D hook-up, no pets. \$435 month + deposit. Call 208-961-1608.

Twins Falls Spacious

3 bdrms, 2 1/2 bath, granite, garage, sprayer, W/D hook-up, no pets. \$435 month + deposit. Call 208-961-1608.

Twins Falls 3 bdrms,

2 1/2 bath, granite, garage, sprayer, W/D hook-up, no pets. \$435 month + deposit. Call 208-961-1608.

Twins Falls 2 bdrm,

2 bath, granite, garage, sprayer, W/D hook-up, no pets. \$435 month + deposit. Call 208-961-1608.

Twins Falls 2 bdrm,

2 bath, granite, garage, sprayer, W/D hook-up, no pets. \$435 month + deposit. Call 208-961-1608.

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Twins Falls 2 bdrm,

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Unfurnished Homes

HAGERMAN 3 bdrm,

W/D hook-up, 182 Hagerman Ave. E. \$475. Call 539-1468.

JEROME 3 bedroom, 2

bath, granite, garage, sprayer, W/D hook-up, no pets. \$435 month + deposit. Call 208-422-1669.

JEROME 7 year old 2

bedroom, 2 1/2 bath, granite, garage, sprayer, W/D hook-up, no pets. \$700 mo + dep. Call 208-280-0576.

JEROME - clean - 3

bdrm., 2 bath double well with large dog food area. \$525 mo. No pets. References: 208-5867.

JEROME nice 1 bedroom

collage, Clean condition. \$450 month + deposit. Call 208-324-4764.

JEROME nice and

clean 1 bedroom with large dog food area. \$525 mo. No pets. References: 208-5867.

JEROME duplex, 2

bdrms, 1 1/2 bath, granite, garage, sprayer, W/D hook-up, no pets. \$550 + dep. No smoking/pets. Call 423-8313 evenings.

JEROME taking applications

for 1 & 2 bdrm apts. Rent based on income. Pick up applications at 521 S. South Davis or call for info. 324-9249.

KIMBERLY 2 bdrm.

\$410 month + dep. \$319. 30# 35. Also RV spots \$135 mo. 208-539-1403.

Twins Falls 1 bdrm.

duplex, \$350 mo. \$100 dep. 734-5485. Call 208-961-1608.

Twins Falls 2 bdrm.

1 bath, W/D hook-ups, carpet and storage. \$525 month, \$525 dep. 801-589-3034.

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duplex, appliances, garage, water/water shares. \$385 + dep. Lease, no pets. Call 733-0707.

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applies, W/D hook-up, water, no pets/smoking. \$350 + \$350 dep. 423-4276.

WHO can help you

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610 Storage/Warehouse
20' or 40' containers for sale or rent. Delivered to your home, business or construction site.

703 Horse and Tack
HORSES ALPHA 3 year old yearling, \$400. APHA 2 year old yearling, \$400. APHA 2 year old yearling, \$400. APHA 2 year old yearling, \$400.

616 Roommates Wanted
SHOSHONE Furnished unfurnished, no pets, use of kitchen, \$170 mo. all util. paid. 939-3244.

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BULL Reg. Polled exc. 2 yrs. 16 lbs. genital, eye markings. 208-539-3300.

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703 Horse and Tack
DACHSHUND pups 3 weeks old. Ready for home. \$250. Call 208-734-6100.

HORSE OH mare, 5 years, good experience. \$150. \$700. 208-733-5098.

HORSE TRAILER (2) horse, 2 axle, \$460. 208-438-2777 or 562-303-2682.

HORSES A year old gelding, started training \$250. 3 year old gelding, started training \$300. 208-732-0490.

704 Pets and Pet Supplies
FREE kittens, 16 weeks, brown, black and white. 4600 Call 426-3263-8933.

704 Pets and Pet Supplies
SHIH TZU AKC female, red, 1 week old, dew claws removed, 1 shoe, color, adorable. \$250. Call 426-3263-8933.

704 Pets and Pet Supplies
FREE Manx kittens, 8 weeks old, 1 male, 1 female. \$300. Call 208-437-9054.

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FREE HUGO POTATO WAREHOUSE. 250 x 350 sq. ft., all steel, 10' high, take away for nothing. Bonus \$250. Call 208-734-6100.

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MATTRESS SET \$119 full orthopedic new in plastic. Call 402-8350.

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- ACROSS**
- Cotton bundle
 - Card cover
 - Lords' estates
 - Drummer Van Halen
 - Tee-rings
 - Iron-iron
 - Keen perception
 - Pin of shower stalls
 - Coleridge's palace
 - Require
 - Help
 - Folly up
 - Fly Away
 - Worked land
 - Philosophical principle
 - Vex
 - Olive brown
 - Tail greating
 - Bony-plated critters
 - Concalt
 - Flower organ
 - Frankish quality
 - Wind dir.
 - Postpone
 - Actress Gabor
 - Balance-sheet plus
 - Speakers'
 - Platforms
 - Hill handout
 - Pompous
 - Actor Sharif
 - Newly decorated
 - Social slight
 - Pinball miscue
 - Razorblades
 - School
 - Ethiopian river
 - Saudi
 - Small Island
 - Con quarters.
 - Accent
 - Pot pitcher
 - Old Gaelic

1	2	3	4	5	6	7	8	9	10	11	12	13
14	15	16	17	18	19	20	21	22	23	24	25	26
27	28	29	30	31	32	33	34	35	36	37	38	39
40	41	42	43	44	45	46	47	48	49	50	51	52
53	54	55	56	57	58	59	60	61	62	63	64	65
66	67	68	69	70	71	72	73	74	75	76	77	78

Saturday's Puzzle Solved

S	G	T	S	B	O	L	T	P	A	N	E	L
T	A	R	O	A	D	J	E	A	M	A	Z	E
A	M	E	R	I	C	A	N	A	C	A	I	R
T	S	K	T	S	K	A	M	O	K	L	A	X
A	M	P	A	U	E	L	T	R	O	O	P	S
R	E	S	E	M	B	L	E	D	A	L	A	I
U	T	I	L	S	M	A	R	T	D	I	R	T
B	E	L	E	M	A	D	R	E	S	S	E	E
A	D	O	N	I	S	R	A	S	H	E	D	
V	A	D	E	R	E	S	T	A				
A	G	E	W	A	L	T	H	E	R	B	A	L
P	A	Y	E	E	L	O	U	I	S	I	A	N
P	R	O	S	E	R	T	E	A	M	I	N	
T	R	U	C	K	S	E	E	R	S	A	L	A

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- DOWN**
- Ruth of baseball
 - Actor Aldo
 - Freeding without punishment
 - Release one's breath
 - Writer Bellow
 - ClA's Soviet counterpart
 - Certainly!
 - Saying
 - Scholarly
 - 10 Sister
 - Actor Sharif
 - Newly decorated
 - Social slight
 - Pinball miscue
 - Razorblades
 - School
 - Upper limb
 - Blockhead
 - Boss of Tammany Hall
 - Philly pro
 - Sorter
 - Rocking toy
 - 30 So far
 - Polyverized lava
 - Moines, IA
 - All even
 - Begin and Rabin
 - Sealant for pipes
 - Building branches
 - Stet's opposite
 - Juris Fortas
 - Lamb's lament
 - Legal approval

JUMBLE

Unscramble four Jumbles, one letter to each square, to form four ordinary words.

LERIN

HORT

FEAMED

SHINIF

Ans: A

THAT SCRAMBLED WORD GAME

By Henri Arnold and Mike Arglion

Where are we going?

IMPORTANT TO HAVE ON A ROAD TRIP

Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

Answers tomorrow

823

Medical Supplies

LIPT CHAIR, blue cover, comfortable, very good cond. now \$299.50. Call 208-208-324. 505/731-2833.

826

Sporting Equipment

CLUBCAR '06 Call 208-731-2020

824

Garage Sales

TWIN FALLS Saturday only 7-12. Nearly new baby clothes and other items. 240 6th Ave N.

801

ATVs

HONDA '04 400EX Sport Trax, 2 stroke, Trailbars, 4x4, 12000 worth of new parts, \$3,300 or best offer. Call 208-678-4214 after 5pm.

825

Garage Sales

JEROME Fri, July 21st through Fri, July 28th 9am-6pm daily. New early birds, Cash only. Car, pickup with 4 supplies, tools & Thomas & Lopez. With Edtion Organ, books & books boxes. 100 much to list. House & proper for sale at a 10th pr.

828

Garage Sales

POLARIS '99 500 Magnum 4Wd, good condition. New tires, \$3,500 or best offer. Call 208-280-0253.

829

Garage Sales

BMW '85 R65, good condition, fresh tune-up. \$2000 firm. Call 208-611-0290.

802

Motorcycles

BMW '85 R65, good condition, fresh tune-up. \$2000 firm. Call 208-611-0290.

BOW WITH ARROWS

Jennings 100; 2 bow targets, \$25; Call Larry 208-940-9159

CAMEL BOW HOIT

REBO at 60-70 lb. Too many extras too list. \$25 for everything. 208-312-6140

KAWASAKI '03

'11X125, Exc. cond., runs great, well taken care of. \$2,850.

HARLEY DAVIDSON

'03 Sportster 1200 Anniversary Edition, 115 miles, perfect shape. \$5,777. 734-5123 or 420-5123

HARLEY DAVIDSON

'03 Sportster 683, black, \$6,500. Call 326-4059 or 420-3242

902

Motorcycles

HARLEY DAVIDSON '04 Road King Classic 5900 mi, oil warranty priced. \$11,800. 539-3339

HARLEY DAVIDSON '95 883XL black and chrome, low miles, extra. \$7,200. 734-9177

HARLEY DAVIDSON '88 Electra Glide Ultra Classic. Good condition. Lots of chrome. \$7,000 or best offer. Call 208-208-4075

HARLEY DAVIDSON '98 Heritage, really nice. 13,000 original miles. \$11,000. Call 208-731-4875

HARLEY DAVIDSON '98 Wide Glide Custom, beautiful bike, runs very good. Lots of chrome and engine modifications. \$15,500/offer. Call 208-358-6598

HONDA '03 VTX1800C 500 miles, windshield, back rest and carrier. \$8,900. 208-731-5589

HONDA '03 VTX 3.339 miles, all the extras, black and chrome. \$7,400. 823-324-6774.

HONDA '04 1300R, VTX. 4300 miles, perfect condition. Lots of extras. \$7000. 208-639-6598

HONDA '06 Rebel, 234 cc Cruiser, less than 100 miles, black, chrome. \$2,900. Call 208-720-1229.

HONDA '79 Gold Wing -GL. 1000 miles, runs great, new tires, Vinters kit, 42 hrs. \$1500. Call 212-2950 (cell).

HONDA '85 Shadow 17700, 25,071 miles, \$2000/offer. Call 208-731-3851.

HONDA '88 Shadow 700, great cond, low miles. Call 208-720-4534 for more info.

KAWASAKI '02 KX110, really nice and low miles. \$1,195 or best offer. 208-678-4181 or 208-312-5550.

902

Motorcycles

KAWASAKI '04 KDX 200, ridden 4 times, 2000, excellent. \$3,900. Call 208-426-2631

KAWASAKI '78 KT250 runs great. \$300. Yamaha '75 1000. \$300. 733-5059 or 731-5055

KAWASAKI KZ750, Basket Case, \$350. Call 208-735-5919 or 208-293-9995

SCOOTERS (NEW) 3 models to choose from. Have fun, and save! Call 208-404-1456.

SUZUKI '90 RM250C, \$2900. Many extras. Call phone 404-2631

YAMAHA '00 Road Star VTX very nice, with 110cc. \$125. 733-5059 or 731-5055

YAMAHA '00 Roadstar Silverado, great shape, \$1500. 1 owner, stored indoors. \$6450. 208-320-2182

YAMAHA '03 TR 125-110cc. \$850. low hrs, exc. shape. \$1650. Call 539-2688 after 5pm.

YAMAHA '04 TR250, 110cc. \$850. low hrs, exc. shape. \$2950. SDG '04 Speed Mini, 110cc. \$850. low hrs, exc. shape. Call 208-731-9410.

YAMAHA '78 DT400, 2 (Engine, Yamaha 360, Suzuki 100. Miscellaneous parts and tools. \$1500. \$500 or best offer takes all. 733-9544

YAMAHA '88 VMAX, 1200cc, excellent condition. \$8,800. Call 402-8322

YAMAHA '92 WR250, \$1,400 or best offer. Please call 208-678-1405.

YAMAHA '85 YZ125, runs and looks good. New back tire. \$1000. 431-7118 or 431-7113

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ACROBAT '99 8' shell, over 100 lbs. Ram 5400 Call 208-735-8878

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BLUE STAR, 12' all alumina 18 hp, complete, \$1100. 208-735-1818 or 208-5998

KAWASAKI '03 jet ski, 900STX, with trailer, exc. cond. \$800. For info 208-308-2997.

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Travel Trailers

CAMP TRLR. '82 32', new awning, separate bedroom, \$3,850. 718-2661. Call 208-326-2650. Please call 208-326-9490.

CARRIAGE '06 Camr 32' '06 white, solid, built in 4000 wtr. Onan propane generator, 4000 watts. Exc. cond. Value \$16,500. Sell for \$14,000. 208-326-9490

WHITE WHEEL '77 24' 3000/offer. Call 208-735-5919 or 208-326-2650

IDEAL travel trailer, 24' MUST SEE in great shape, new water heater, 4000 watt hitchhiker, \$3500. 208-308-5829.

JAYCO '84 tent trailer, very clean, new tires on trailer, \$16,900. 208-326-9490

TRACKER '95 16' boat & trailer, 40 hp. More than \$14,500. 24.5 hp outboard, 3 fisher enclosure, 1/2 hp electric bilge pump, well, very clean. Honda '83 110 trail cycle, exc. cond. Call 208-878-3225.

WELLCRAFT '84 Elite, 16', no motor, 19' motor, 19' motor, \$900/offer. Call Eric 208-731-3462.

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KAWASAKI '0

PICNIC PLEASERS!

5 LINES \$19
10 DAYS

For items \$1500 or less.

5 LINES \$15
10 DAYS

For items \$1000 or less.

5 LINES \$10
10 DAYS

For items \$500 or less.

12 each additional line. Private Party only. Merchandise only. Prices must be included in ad. Maximum of 4 items.

Times-News **magivalley.com** Call 733-0931 Ext.2 or 800-658-3883 ext. 2

Monday, July 24, 2006

THE ACES ON BRIDGE

Bobby Wolff

"It's hard to defend against an inspired declarer."

— Victor Mollo

On today's deal, when South opens one heart and rebids hearts over the one-spade response, he guarantees a six-card suit. This knowledge allows North to raise hearts with only a doubleton trump, since he knows there is a 6-2 fit. He does not have enough to force to game, but the invitational sequence describes his hand nicely. South continues to four hearts with his fine controls and gets a diamond lead to his king.

WEST EAST
 ♠ J 7 4 ♠ K 9 3 2
 ♥ A Q 10 6 ♥ J 6 3
 ♦ A 4 3 ♦ 7 5 2
 ♣ 8 6 4 2 ♣ K 10 3

SOUTH
 ♠ 8 5
 ♥ A 10 8 7 5 4
 ♦ K 8
 ♣ A K

Vulnerable: East-West Dealer: South

The bidding:

South	West	North	East
1♥	Pass	1♠	Pass
2♥	Pass	3♥	Pass
4♥	All pass		

Opening lead: Diamond queen

LEAD WITH THE ACES

07-24-B

South holds: ♠ Q 4 3 ♥ J 9 5 ♦ Q 10 8 6 5 3 2 ♣ A K

South West North East
3♦ Dbl. 4♦ 4♥

All pass

ANSWER: Lead the diamond two. Your best chance to get something going on defense is to try for club ruffs. Leading an unusual diamond spot should wake partner up to this possibility. The two also has suit-preference overtones for the lowest suit, clubs.

If you would like to contact Bobby Wolff, e-mail him at kbbwolf@magivalley.com. Copyright 2006, United Feature Syndicate, Inc.

Autos

CADILLAC '78 Seville, 58K miles, new tires, needs minor work. \$1500. 308-1859

CADILLAC '93 DeVille, runs well \$2500/offer. 92 Glass Pack for Dodge Durango SXT. 208-731-6721

CHRYSLER '05 Stratus, 2 to choose from, low miles. \$10995. **LITHIA** 208-733-9776

CHRYSLER '98 Concorde, V6, auto, leather, AC, CD, cruise, clean. \$4,299. **LITHIA** 208-733-9776

CENTENNIAL '01 Mark 308-5002

CENTENNIAL '01 Mark 308-5002

HONDA '98 Accord Coupe, silver, many extras, runs great. \$8100. Call 404-4454, leave message.

HONDA '00 Accord, auto, PW, PL, AC. Can make payments with no credit check. \$5,495. **CENTENNIAL** 539-1246

HONDA '98 Accord Coupe, silver, many extras, runs great. \$8100. Call 404-4454, leave message.

HONDA '98 Accord Coupe, silver, many extras, runs great. \$8100. Call 404-4454, leave message.

DAEWOO '99 Leganza SE sedan, 4 door, 4 cyl. 2.2 liter. AT. FWD. PW. \$3154. **MIDDLELAKE** 208-736-2480

DAEWOO '99 Leganza SE sedan, 4 door, 4 cyl. 2.2 liter. AT. FWD. PW. \$3154. **MIDDLELAKE** 208-736-2480

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Sudoku Answers:

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

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INSIDE: No-scar surgery, D2 | To do for you, D3 | Yoga and kids, D3

Out of the gym



Trainer Donna Hall counts off as Danny Marona works weights in his living room Thursday morning. Marona and his wife, shown in the portrait at far left, both work out several times a week with Hall, a trainer at Twin Falls Fitness Center who focuses on fitness training as well as good nutrition.

Fitness extends beyond the weight room

By Matt Christensen
Times-News writer

TWIN FALLS — Job descriptions for fitness trainers are changing. It's no longer enough to spot a client on the bench press, call for two more crunches or crack the whip behind the treadmill.

Nowadays, fitness trainers are still expected to do all that, plus be diet experts, general health coaches and motivators inside — and outside — the gym. "Health and fitness is different now than it used to be," said Kip Perkins, fitness director at Gold's Gym in Twin Falls. "That's just how it is."

Perkins notes a growing emphasis on general wellness, not just on pumping iron or losing weight. Clients want to know how to stay healthy between gym sessions, and it's up to fitness trainers, who were once expected to simply build workout programs, to tell them how.

So what's a fitness expert to do? Personalize, said Donna Hall, a trainer at Twin Falls Fitness Center. Each client has different needs, she said, and different expectations.

Hall even makes house calls for clients such as Danny Marona, a 55-year-old entertainer living in Twin Falls. Last week, Hall sat on a leather couch in Marona's living room while Marona, dressed in a white T-shirt and khaki slacks, hoisted dumbbells over his head.

Marona has several illnesses and requires a customized workout to combat muscle loss. Hall helps him at home two or three times a week, but her services are most valuable when Marona is on the road, sometimes as much as three months a year.

"She wants me to do the simple things when I'm in the motor home," he said. "Work with the small weights — which I hate," he said and chuckled. "And the Pilates." Hall reminded him,

Hall also offers diet tips. "She tells me basic things she'd like for me to eat," Marona said, "like green stuff."

Trainers at Gold's spend nearly as much time customizing diet plans as they do workout programs. When new clients come in, they're given a 60-question eating-habit quiz so that trainers can personalize diet plans.

"We give advice that people can use to make lifestyle changes," Perkins said. "We're not advocating fad diets. We're talking about general health."

It's the same story at the Twin Falls YMCA, where newcomers are interviewed about their health habits outside the Y before hitting the gym.

"On top of showing them what they can do in the weight room, we talk about what they can do in the pool or in their living rooms, too," said YMCA fitness coordinator Beth Malina. "Not everyone can make it to the gym regularly, so people are looking for things they can do in their homes

to improve their health. You can do a lot of abs work and leg exercises sitting on the floor."

Hall said the trend toward general health, personalized workouts and healthy eating plans can be credited to doctors who are pushing regular exercise combined with good nutrition. Doctors tell people what they need to do, and health trainers tell them how to do it.

When Marona began having health problems several years ago, his doctor told him to start exercising immediately or face an early death, he said. Already wheelchair-bound, he called in Hall to help him out. A year and a half later, Marona is out of the chair and ready to get back on the road for his farewell tour.

"I'm retiring at the end of the year," he said. "And then Donna will really get me."

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

ON THE ROAD TO BETTER HEALTH

It's not just how much you eat that matters

By Chris Steinbach
Times-News writer

TWIN FALLS — If you were to read only this paragraph, you should know I have lost 28 pounds since first meeting with Jill Sherman Skeem. And I feel a lot better.



My goal: Following his advice the best I could and writing about it for the *Times-News*. The worst thing that could happen, I reasoned, would be falling at yet another attempt to lose some weight and sharing the experience with all of you.

Over the past 20 years, I have lost weight and gained it back — and then some. I've tried different exercise routines and diets, worked with trainers, taken supplements and read all kinds of magazine articles and books. In March I read "Living Large: A Big Man's Ideas on Weight, Success and

Acceptance," a book by Michael S. Berman. It rang all too true with me.

Berman is an attorney, lobbyist and political activist who served as counsel and deputy chief of staff to Vice President Walter Mondale. He is president of a political consulting firm in Washington, D.C. — a new high and then some," he writes. "Standing on my feet for any length of time was enough to make my back ache. I was wearing a size-58 suit by then. I was regularly consuming four or five pounds of red meat, along with a dozen or 18 eggs. It was not unusual for me to wolf down two pounds of chocolate almond bark at a sitting. As for the ice cream, I can't even give an honest estimate of how much I was eating."

All of this may sound unappetizing to most folks, but it's doubtful that it sounds familiar only to me. In March, when I read "Living Large" I was a none-too-small 310 pounds or so. Reading it made me remember eating habits I developed as a child and young adult that strike me now as sad.

Like Berman, I can tell you that I weighed about 265 when I graduated from college in 1989. I weighed about 290 when I got married in 1993. Since then, I

More to come
Watch the Image section in two weeks for one more update on *Times-News* Editor Chris Steinbach's efforts to overhaul his eating and health habits.

have typically weighed more than 300 pounds, peaking in 2003 at 355 pounds or so. For most of the past three years, I kept journals in which I meticulously tracked what — and how much — I ate.

So, after 11 weeks of meeting with Skeem and following her advice, I'm pleased to say I recently weighed 278 pounds — the lightest I have been in the past 15 years. Maybe even more important is that I'm getting better at not automatically putting something in my mouth when I'm angry, depressed or stressed out. It hasn't been easy. But by changing what — and how — I eat, and increasing the amount of exercise I get to eight to 10 hours per week, I'm becoming more optimistic that I can lose more weight and then maintain that loss.

If, like Berman, I were to write a book about what I've learned in the past three months, it would boil down to this: What you eat and how well you eat it are both more important than how much you eat. If you eat the right foods and eat them slowly, you will not overeat. It just takes determination.

Times-News Editor Chris Steinbach can be reached at 735-3225 or chris.steinbach@maglev.com.

Trouble sleeping? Look at your fluid intake

By Jill Sherman Skeem
For the Times-News

Chris Steinbach receives a day of questions these days, and his water consumption is one of them.

When I first met Chris, he mentioned he woke up often to go to the bathroom and then could not go back to sleep. He also told me he had sleep apnea. When someone has sleep issues, I immediately look at their fluid intake. Kidneys control sleep, and when they are too active they will interfere with this process.

In our initial meeting, I discovered Chris was consuming over 100 ounces of fluid a day! This did not include the fluid he received from food. I asked Chris to stop drinking with his meals. This would allow him to chew his food better and prevent him from washing it down.

Most of the water we consume should come from the food we eat. Foods such as grains, soups and vegetables contain a lot of liquid. Since Chris is eating more of these foods, he is getting liquid in a more indirect manner.



Skeem

Urine is a good indicator of fluid intake.

The color should be like light beer. If it's clear, you drank too much. If it's dark, you need to drink more.

The trend has been to drink whether you are thirsty or not — the theory being that you will flush toxins and fats from your body, which is true. However, you also flush out vital minerals which can only be replaced by food. So, in essence, the more you drink, the more you eat. Too much liquid can result in hyponatremia — "water intoxication."

Chris not only gets his fluid from his food now but only drinks when he is thirsty. He currently sleeps through the night and wakes up rested. So, if you have trouble sleeping, look at the fluid you drink and eat.

Macrobiotic health counselor Jill Sherman Skeem can be reached at jllsherman@yahoo.com.

IMAGE

NO-SCAR SURGERY?



Above: Dr. Alessio Pigazzi, left, places the arms of the Da Vinci Surgical System on Jerry McCampbell's abdomen at City of Hope in Los Angeles. Top: Suzanne Hsu adjusts the arms of the Da Vinci Surgical System before a surgery at City of Hope in Los Angeles.

Photos by BOB WELLS for Angeles Times

Latest instruments allow for little blood loss, rapid healing

By Shari Roan
Los Angeles Times

The doctor sits in a darkened corner of an operating room about 10 feet from the gantry where his patient lies. His surgical team is staring at several large, flat-screen video monitors hanging from the ceiling.

On screen is a color, shiny and pink. The patient is barely visible, shrouded in surgical sheets and dwarfed by a refrigerator-sized, four-armed robot positioned over his body.

But Dr. Alessio Pigazzi and his surgery team at City of Hope in Los Angeles are getting the best view and access. The robot holds slender surgical instruments, a tiny camera and a light, all threaded through dime-sized openings in the abdomen. The monitors reveal a bright, nearly bloodless landscape, magnified 10 times.

Using hand controls and foot pedals, Pigazzi controls the robot from a console, sliding the instruments into the tight confines of the rectum where a cancerous tumor sits—a space nearly impossible to see without the technology at his disposal.

"There it is," he announces. This is 21st-century surgery—little blood loss, rapid healing and minimal scarring—and it's quickly replacing surgery in which scalpels slice long, bloody incisions through the body.

"People will soon look back at our large incision as barbaric and archaic," says Dr. Paul A. Watter, chairman of the Society of Laparoscopic Surgeons and a professor emeritus of gynecology at the University of Miami.

In the last few years, minimally invasive surgery has evolved from a popular technique used for simple abdominal surgeries—a gallbladder removal or hernia repair—to a method that can treat life-threatening cancer, heart problems and emphysema.

An increasing number of these surgeries are augmented with sophisticated computer and imaging technology such as robots. These techniques elevate ordinary doctor skills to the super-human level by providing magnified, high-definition images and by preventing mistakes, such as cutting into the wrong tissue.

Some doctors are even taking the first steps toward operating without incisions, using the body's natural openings—nose, mouth and anus—to gain access to its inner workings.

Think of it as surgery without scars.

"Anything you can think of is now fair game," says Dr. Gary H. Hoffman, a surgeon at Cedars-Sinai Medical Center in Los Angeles. "It's to the point now where surgeons know no boundaries and are boldly trying to do all kinds of things."

The first minimally invasive surgery, a gallbladder removal, was performed by surgeons in France in 1987.

Today as many as 80 percent of gallbladder surgeries are "laparoscopic"—minimally invasive surgery performed through the abdomen.

In these surgeries, dime-sized openings are made in the abdomen for the insertion of a tiny camera, fiber-optic light and instruments for cutting and cauterizing tissue. The sur-



Small incisions will be entry and exit points for this tumor-removal surgery at City of Hope in Los Angeles.

geon manipulates the instruments while watching the movements on a monitor.

Most patients undergo the procedure as outpatients. They can return to normal physical activities shortly thereafter. In contrast, traditional gallbladder removal involves several days in the hospital, much more pain and four to six weeks of recovery.

Hernia repairs, appendectomies, even gastric bypasses are also routinely performed with small incisions in the abdomen. These operations are the first step in the evolution of minimally invasive surgery.

"This first stage is sort of like where the first automobiles were," Watter says. "They were made with bicycle parts. Modern vehicles are nothing like that. We're moving into a new phase in which instruments are designed with minimally invasive surgery in mind instead of taking big instruments used in open surgery and just miniaturizing them."

Some physicians are using minimally invasive techniques in spinal fusion surgery (which traditionally requires a 6-inch incision in the back). Others are using the methods to remove part of the bowel in people with Crohn's disease, to replace faulty heart valves and to repair aortic aneurysms. (Open cardiac surgery typically requires a lengthy incision through the chest and the spli-

ting of the chest bone to expose the heart.)

Still other surgeons are repairing the anus or intestines in infants with birth defects, removing women's ovaries or uterus without opening the abdomen, and removing kidneys from live donors while saving them significant pain and recovery time.

More far-reaching may be surgeons' growing enthusiasm for removing cancer without making a large incision. Cancers of the colon, rectum, esophagus, kidney, liver, lung, uterus and prostate are offered as minimally invasive procedures at a growing number of hospitals.

Cancer surgery has traditionally been governed by the premise that more is better—the more tissue removed, the greater the chance for a cure. But traditional invasive surgeries leave many cancer patients too weak to start chemotherapy or radiation for several weeks.

Colon cancer surgery is at the forefront of this trend. According to Soloviev, a health-care information company, minimally invasive colon surgeries surged by 32 percent from 2004 to 2005. About 150,000 people in the U.S. are diagnosed with colorectal cancer each year, and as many as 20 percent of such surgeries are performed with the less invasive techniques.

Stretching: The truth

By Craig Stoltz
The Washington Post

A question we don't get asked very often is: How do I add stretching to my fitness routine?

This lack of curiosity suggests one of several things: (1) People have studied the issue deeply and know everything they need to stretch safely and effectively; (2) they are so clueless they don't know where to start; or (3) they don't give it any thought, since what's the big deal about stretching anyway?

Let's dismiss No. 1 with a brisk, "Yeah, right." For every one else, we've created this handy quiz, which clears up many misunderstandings about this crucial part of any fitness regimen. All answers come from the American Council on Exercise Personal Trainer's Manual and the American College of Sports Medicine.

True or false:

• It's important to begin every workout with a gentle, thorough stretching session. **False.** Foisted you already. That's false. Don't stretch a cold body. Warm up first with five to 10 minutes of brisk walking, light calisthenics, even marching in place—anything that increases your heart rate, raises your core body temperature and lubes your joints.

• People who stretch when cold often become what is known in the fitness world as "regular patients of an orthopedist." **True.** People who stretch until you feel a slight pain, then back off a bit and hold the stretch.

• Fool you again! That's false. You shouldn't perform any stretch to the point of pain.

• Do a stretch until your muscle feels tight, but before you feel pain. **True.** Good. You finally got one.

• When you find the ideal stretch point, lean into it very lightly, "bouncing" three times to extend your range of motion.

False. Boy, you're not very good at this. Exercise physiologists have tried many times to prove that stretching before an activity reduces injury. They have failed. There is some evidence—some—that regular stretching helps you recover from an injury.

• A good, careful stretching session before an activity reduces your chance of injury.

False. Boy, you're not very good at this. Exercise physiologists have tried many times to prove that stretching before an activity reduces injury. They have failed. There is some evidence—some—that regular stretching helps you recover from an injury.

• Stretching lengthens muscles, not ligaments or tendons.

False. The lengthening of connective tissue via regular stretching increases joints' range of motion.

• For maximum benefit, you should hold a stretch for 30 to 60 seconds.

Wrong, wrong, wrong. Ten to 30 seconds will do you. Don't forget to breathe. OK? Three days a week is good, seven's better.

• If done regularly and carefully, stretching can increase your joints' range of motion, contribute to improved athletic performance, stretch muscle tissue, improve coordination and posture, and permit you to do, without grimacing, things like turning your head when you drop a quarter and getting out of your car to pump gas.

• If you want a simple book illustrating dozens of good, safe stretches, get Bob Anderson's "Stretching, 20th Anniversary Edition" (Shelber Publications).

True. Good. You finally got one.

No, I can't dance — really

The Washington Post

Israeli researchers report that they have found non-key genetic differences between skilled

dancers and the rest of us.

Read the study for yourself at <http://genetics.jhu.edu/news.org>, then search for "dance."

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For families, small steps can trim fat

By Sandra G. Bodman
The Washington Post

The first step to treating overweight or obese children often involves persuading families to make incremental changes. Banning fast food or telling a family that potato chips are forever off limits is doomed to fail, experts say. But they also emphasize that it's a parent's responsibility to provide healthy food and to minimize the supply of junk.

Here are some tips experts recommend for families of overweight or obese children:

- Emphasize choices. Instead of buying four kinds of snack cakes, buy only one. If a child drinks three sodas a day, cut back to one or switch to diet

soda; substitute water or skim milk for two portions. At a fast-food restaurant, order a hamburger instead of a triple cheeseburger.

• Involve children. Changes are more likely to be successful if the child has suggested them rather than if they are imposed without consultation.

• Adapt activities. If it's too dangerous to play outside or if supervision is an issue, put on a CD and encourage the child to dance for 30 minutes indoors.

• Remove TV. Children should not have a set in their room, according to the American Academy of Pediatrics. Television ads promote a steady diet of high-fat foods, and watching TV supplants more active pursuits.

• Consider alternatives. Many families rely on fast food because it's easy and they're pressed for time. Instead of a fast-food dinner, Children's Hospital nutritionist Kelly Sinclair suggests a grocery store rotisserie chicken, a bag of salad and a box of quick-cook

ing rice. For a family of four, she said, it's cheaper, more nutritious and takes about the same time to prepare as waiting in the drive-through line.

Sources: Reginald Washington, National Beer, Kelly Sinclair

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St. Ben's offers breast-feeding class

St. Benedict's Family Medical Center will offer a "Breast-feeding 101" class from 7 to 9 p.m. Wednesday at the St. Benedict's Health Education Center, 115 W. Fifth St., Jerome.

The class is for expectant mothers, fathers, grandparents and other support people; first-time parents; mothers who haven't breast-fed their babies; and other parents as a refresher course.

A registered lactation consultant will teach the class.

Organizers encourage parents to attend the class within two months of the baby's due date.

The class is free. To register, call 324-4301, ext. 3361.

'Baby and Me'

St. Benedict's Family Medical Center offers "Baby and Me" classes from 10:30 to 11:30 a.m. Tuesdays at the Health Education Center, 115 Fifth Ave. W., Jerome. This week's topic will be parents as teachers.

The session is for parents of children from infancy through toddler years.

The class is free. For information, call 324-7262.

Celiac support

Celiac Support Group of Magic Valley will meet at 7 p.m. Tuesday in the doctors' meeting room (near the cafeteria) at Magic Valley Regional Medical Center in Twin Falls.

For more information, call Pat at 731-9079 or e-mail celiacmv@comcast.com.

C-sections

A cesarean childbirth class will be offered from 6:30 to 9 p.m. Thursday in the lobby at Magic Valley Regional Medical Center's Downtown Campus, 660 Shoshone St. E., Twin Falls.

The class is offered as part of the prepared childbirth course. Topics will include Cesarean delivery, pain management, hospital procedures and non-conforming labors.

To do for you

The class is free. Pre-registration is required; call 732-3148.

Breast cancer support

Breast Cancer Support Group will meet at 7 p.m. Thursday in the reception area at St. Luke's Mountain States - Tumor Institute, Twin Falls Cancer Center, 656 Addison Ave. W., Twin Falls.

Erin Dola will discuss heredity breast cancer risk factors. The ongoing group is open to breast cancer survivors (male or female) and their families and friends.

The meeting is free. For information, call Lydria at 732-3242 or Mary at 734-1766.

Tobacco-cessation program

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

The class will be held at noon Thursdays, this week through Aug. 31, in the Sunflower Room of Magic Valley Regional Medical Center's Education Center, 588 Addison Ave. W., Twin Falls.

The Fresh Start cessation program is designed to build skills and knowledge to help reduce and end tobacco use. Participants will learn skills to handle stress, make decisions, set goals, eat healthy and exercise.

The class is free, but space is limited. Pre-registration is encouraged; call Tami Pearson, tobacco program coordinator for the health department, at 737-5945.

Learn CPR for babies

An infant safety and cardiopulmonary resuscitation class will be offered from 6:30 to 9 p.m. Aug. 1 in the lobby at 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. Organizers invite new parents and grandparents to attend to learn about infant CPR, choking, child safety and injury prevention.

The class is free. Pre-registration is required; call 732-3148.

Back-bag injuries

Back School, a course on preventing and treating back injuries, will be held from 5 to 7 p.m. Aug. 2 at Magic Valley Regional Medical Center's Rehabilitation Services, 560 Shoup Ave. W., Twin Falls.

The class will include information on basic spine anatomy, common injuries and diseases that lead to back pain, as well as instructions in posture and body mechanics to protect the spine and prevent injury. The class is offered on-site at local businesses, if desired.

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

Prepare for childbirth

Prepared childbirth classes will be offered from 6:30 to 9 p.m. Wednesdays, Aug. 2 through Aug. 30, in the lobby at Magic Valley Regional Medical Center's Downtown Campus, 660 Shoshone 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 is required; call 732-3148 or go online at www.mvrmc.org.

About childbirth

Prepared childbirth classes will be offered from 7 to 9:30 p.m. Wednesdays, Aug. 2 through Sept. 6, at the St. Benedict's Health Education

Center, 115 Fifth Ave. W., Jerome.

The six sessions, taught by a registered nurse, emphasize preparation for labor and birth, postpartum care and newborn care. Individual classes may be taken as refresher courses.

Participants are asked to bring two pillows, a blanket and one or two support people to each class.

The suggested fee is \$30 for the class series or \$5 per class.

To register, call 324-1122, ext. 3361, and leave a message with your name, address, phone number, doctor's name, due date and the month of the class. Or register by mailing the same information to St. Benedict's Family Medical Center, Attention: Ania, 709 N. Lincoln, Jerome, ID 83338.

Learn Emotional Freedom Technique

Emotional Freedom Technique Workshop will be held from 6 to 8 p.m. Aug. 7 and 8 at Magic Valley Hypnosis, 114 Locust St. N., Suite 212, Twin Falls.

A practitioner of Emotional Freedom Technique, a unique blend of acupuncture concept without needles, stimulates the energy meridian points on the body by tapping them with fingertips. The technique has been used as a treatment for pain management, headaches, anorexia, bulimia, neurophobia, phobias, weight loss, smoking cessation and fibromyalgia.

Cost is \$65 per person and includes all materials. To register, call Curtis Johnson at 731-3895.

"To do for you" is a listing of health-related activities, events and education. Information should be submitted by Thursday for publication in the following Monday's Image section. Mail notices to: Times-Town, P.O. Box 548, Twin Falls, ID 83303, or deliver to our office at 132 Fairfield St. W.

As we start to nudge the thermostat down, is our weight creeping up?

By Iira Konecni
The Washington Post

Forget that bacon cheeseburger you ate last night. Is your air conditioning making you fat?

This horrifying, yet delicious, notion was put forward in a scientific study, released last month, on possible contributing causes of obesity. Among the top factors besides the "Big Two" of overeating and lack of exercise — are overweight parents, older women giving birth, medications such as certain antidepressants or antipsychotics, inadequate sleep, quitting smoking, and — most intriguingly — keeping the temperature too cool and comfortable.

According to the report, published in the International Journal of Obesity (www.nature.com/ijo), research shows that when humans are overheated, their food intake tends to go down.

"Restaurateurs report that when their air conditioning goes out, they lose business. People don't want to eat in a hot heat," says David Allison, professor of biostatistics at the

University of Alabama at Birmingham, who led the study team.

The analysis out since 1980, when residential air conditioning started becoming more common, the rates of obesity in this country have steadily risen.

For a 100-degree day here, then, with no air conditioning, would you want to go to an all-you-can-eat buffet and gorge yourself?

What's more, perspiring, hurray, curfews.

"You need to expend energy to sweat to keep your body cool," Allison says. "That could lead to slightly lower body weight, all other things being equal."

AN ALL-NEW IMAGE

How a Magic Valley scientist took off the pounds.

Next week in Image

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Elder Law Forum

Straight Talk on Elder Law and Estate Planning

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QUESTION: My mother died recently leaving no will and a modest estate valued at less than \$75,000. The estate consists of bank accounts, a car, personal belongings, and no real estate. Is there any fast, cheap, and easy way to get this property legally transferred to heirs?

Yes, Idaho law provides a nifty, off-the-shelf procedure for estates consisting of personal property (no real estate) and valued at \$75,000 or less. It's known as the small estate affidavit procedure.

Here's how it works: the heirs sign an affidavit saying that: (1) they are lawfully entitled to the property; (2) more than thirty days have passed since the death of the deceased; (3) the net estate does not exceed a value of \$75,000; and (4) no probate case has been filed.

Result: the bank will release the funds, the state will retitle the car, and personal property and effects are divided among heirs.

Too good to be true? Not really. The Idaho legislature felt this was a necessary and reasonable component to a flexible set of laws known as the Idaho Probate Code. The law changed to increase the ceiling for eligible estates from \$25,000 to \$75,000.

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Certified Elder Law Attorney by the National Estate Law Foundation
Certified Estate Planning Law Specialist by the Estate Law Specialists Board, Inc.

Author matches beauty products to skin type

By Janet Crowley

Los Angeles Times

Everyone dreams of having skin as soft as a baby's rump, and cosmetic companies are all too willing to promise help in achieving a preternaturally flawless mug with assorted cleansers, moisturizers, toners and wrinkle creams.

But anyone who has relied on a product's hype, or worse, a friend's recommendation, knows that both are the road to nothing.

A costly product that's "clinically proven" to erase your particular skin problem may have no effect.

And the serum that worked so well on a friend can become pore-clogging goo when applied to your skin.

Dr. Leslie Baumann's "The Skin Type Solution: A Revolutionary Guide to Your Best Skin Ever" (Bantam Books, \$22) tackles this problem with an evidence-based system for matching products to skin type.

A professor of cosmetic der-

Other skin-care books

Dr. Denise's secrets

Agless Skin: Younger Skin in 8 Weeks, by Adrienne Denese. (2005) A comprehensive guide to skin care, covering diet and offering a variety of interventions for common skin problems.

"Secrets of Great Skin: The Definitive Guide to Anti-Aging Skin Care", by David J. Goldberg and Eva M. Herriott. (2003) A user-friendly primer, with diet and fitness tips as well as home and medical remedies for problem and aging skin.

"The Clear Skin Prescription: The Perfection Program to Eliminate Problem Skin", by Nicholas Perricone. (2004) Features a 28-day dietary plan for fighting acne, including menus as well as vitamin and supplement information.

matology at the Miller School of Medicine at the University

of Miami, Baumann has been collecting data on skin types for nearly five years and has written a book that is as much reference guide as skin-care primer.

Based on her research, Baumann has identified 16 skin types that she categorizes according to four scales: oily versus dry (O/D); sensitive versus resistant (S/R); pigmented versus non-pigmented (P/N); and tight versus wrinkled (T/W).

By answering a 64-question test, the reader is assigned a four-letter type, "OSNW," for example, would mean that a person's skin has been rated as oily, sensitive and non-pigmented, with a tendency to wrinkle.

Baumann devotes a chapter to each skin type, making lifestyle and food suggestions as well as recommending products within a variety of price ranges. She explains the reasons for her choices based on those products' ingredients.

Baumann dispels some common misconceptions

about skin. Among them: Good skin care means drinking lots of water, and expensive products are better than inexpensive ones.

A note of caution: Baumann performs research for, or is on the advisory board of, a revolving cast of more than two dozen companies that manufacture skin-care products, including, at various times, Johnson & Johnson, Avon and Allergan.

Although this might cause one to question her objectivity, the more than 200 brands she mentions extend far beyond her affiliations. In some situations she steers the reader away from any product at all.

Baumann's book offers much practical advice, isn't overly hyped and contains exhaustive, information on how various chemicals, foods and vitamins work to enhance or damage the skin.

For anyone who has ever looked in a hand mirror and shaken his or her head sadly, this is a book worth reading.

The numbers game

The Washington Post

6 — Percentage increase last year in the price of brand-name prescription drugs widely used by older people.


6 — Number of consecutive years that increases in drug prices have exceeded general inflation.

Source: AARP Public Policy Institute

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What do women need to know about investing?

Because women earn less money than men, live longer than men, and are faced with different stereotypes than men, they need to take special care when it comes to their finances. A couple of common facts about women and their financial health may influence your future. For example:

Women live longer than men. This means that the time horizon you plan for needs to be specific to you, not to a couple. Older women are part of the fastest-growing poverty segments. Current data shows that women live, on average, seven years longer than men.

Women make less money. For all the improvement in women's rights, the average woman still earns about 75 cents of every dollar that a man earns. Women may have "come a long way, baby," but they certainly have not arrived yet, economically.

What can you do?

- Proactively save for your retirement • Get educated • Get involved
- Have a trusted professional

Keep on the look out for the next update.

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IMAGE

Yoga joins treatment for kids with disabilities

By Rosa March
The Baltimore Sun

BALTIMORE — Riley Jackson and Shane Perlow, both 7 and ordinarily full of energy, were lying on their backs and taking deep yoga breaths while little plastic frogs on their bellies steadily rose and fell. Soon, they were wobbling and grinning through "tree pose" and hissing enthusiastically for "cat pose." Riley, who has missing front teeth, gaily sang "London Bridge is Falling Down" as he wiggled into bridge posture.

Yoga is a part of the occupational therapy he gets to at Hands On Therapy in Pikesville, Md., where Riley is being treated for a sensory disorder and Shane gets help for handwriting problems and some related spatial issues. As the half-hour yoga session wrapped up, Shane, a sweetly plump, kid with wavy brown hair, declared that he felt good. "I feel more quieter," he said. "More calmed down."

Giggling and croaking like frogs may not be precisely what ancient Hindu practitioners had in mind, but as yoga continues to boom in popularity in the West, a new sort of follower is scurrying onto mats and into downward-facing dog position: a child with disabilities.

A growing number of kids with attention, anxiety and learning disorders, as well as diseases such as autism, Down syndrome, cerebral palsy and multiple sclerosis, are embracing yoga. Their parents are bringing physical, mental and emotional benefits.

"People are calling about kids with almost every kind of diagnosis," said Annie Mahon, who offers what she calls "therapeutic yoga" for children at her Chevy Chase studio, Circle Yoga. "It's definitely blossoming."

Yoga teachers are beginning to add a "special needs welcome" tag on their advertisements, and a variety of pediatric therapists are integrating



David Hinds, 6, relaxes during a meditation exercise in yoga class at Furriff Family Center in Rockville, Md. His parents thought yoga might help him calm down.

yoga into their treatments.

"There are so many parents with kids with special needs. I don't want to say they're desperate, but they really want to find ways to help their kids," Mahon said. "They may want to find complements to medication, to find natural ways to help them, and ways the kids can be empowered, too."

Some of the "yoga" done with children can look a little more like plain old playing: running, wriggling, pretending to be animals. But many of the postures adults do are embedded in these — just with extra barking and snorting and chants with Sesame Street overtones.

And just like adults encoined in an incense haze, children learn to meditate and to pay attention to their breathing. Teachers sneak in some strands of yoga philosophy, reminding children to breathe through the scary parts or to be present.

"We feel like all our kids are true yogis. We see in them a sense of their belonging in this

world, and that they are valued in this world," said Molly Kenny, a Seattle-based pioneer in the field, who has trained many of the people who work with disabled children.

Whelan of Leonardtown found out about yoga for disabled children from another parent in her knitting group. She enrolled her 10-year-old daughter, who has a yet-unlabeled condition that may be cerebral palsy, and her 12-year-old son, who has autism, in individual classes.

"Because there's no known cure for autism, I have always looked at all alternative and on-the-edge therapies," Whelan said. She said yoga helps her son focus and he has learned to use the breathing techniques to calm himself. He recently breathed his way out of a tantrum at a swimming lesson, Whelan said.

Her daughter, who has trouble running, gained considerable flexibility through yoga. The class also boosted her self-confidence and even helped with a speech problem that

often leaves her struggling to find words.

"Something happens with the brain that frees up language," Whelan said. "She's a motor mouth during yoga."

Julie Peoples-Clark was suffering from postpartum depression when she saw an ad in the back of a yoga magazine for "yoga for the special child." Her daughter, Ella, who is now 3, has cerebral palsy due to a birth injury.

She took a weeklong course and started practicing with her daughter every day. "It was a wonderful way for me to connect with Ella," said Peoples-Clark, who recently moved to Vermont. "Finally, I felt like had a sense of power over her recovery." Her own depression lifted.

Other teachers and parents say yoga can help kids with concentration, balance, sleep, muscle development and brain function.

BRAIN BOOSTS PERFORMANCE

Study: Placebos enhance workout

By John Brey
Special to The Washington Post

Sometimes you need extra kick—for a workout, a rare, to fight embezzlement charges and you might be tempted to try a performance-enhancing product. A new study suggests that you save your money; if anything, order a shot of self-deception instead. The study, led by Jennifer Otto, a clinical exercise physiology graduate student at the University of Wisconsin-La Crosse, showed that runners clocked faster 5-K times after drinking what they thought was super-oxygenated water, but in fact was tap water.

Thirty-two healthy volunteers, aged 18 to 55, each ran three non-paced 5-Ks: the first to get familiar with the indoor track and the other two to compare times after drinking 16 ounces of regular bottled water vs. 16 ounces of supposedly super-oxygenated water. The runs were completed at least three days apart. The study was commissioned by the American Council on Exercise (ACE).

Before running, each participant watched a video promoting a clinical exercise physiology graduate student at the University of Wisconsin-La Crosse, including statements that the products pack up to 10 times more oxygen than tap water and thus improve performance. Participants were competitive or recreational runners who ran at least 7.3 miles weekly.

Some additional background: In 2001, an ACE-sponsored study found that drinking super-oxygenated waters — brands like Aqua Rush, Athletic Super Water and Aquaforce — before exercise had no measurable effect on heart rate, blood pressure or blood lactate values, which fluctuate based on oxygen demands of muscles.

The new study was

designed to determine whether a person's belief that he had used one of the new products might have a placebo effect. Sure enough, 27 of the 32 people ran faster — an average of 83 seconds quicker — after downing the phony nectar than after drinking the regular bottled water.

Interestingly, those who ran the familiarization 5-K in under 20 minutes improved on their bottled-water time by about 28 seconds during the placebo run vs. 142 seconds for those who took longer than 20 minutes. This suggests less-experienced (or at least less-skilled) runners are easier to fool into performing better. Runners with more miles behind them may be more in tune with their bodies and able to distinguish between a real and an imagined benefit. Otto says the message might apply to other products purported to improve physical performance: "All the aids that are out there — the shoe implants, special water, etc. — maybe it's because you're expecting them to work that they seem to have an effect."

Also noteworthy: Even though people scampered faster during the tap-water run, their heart rates, perceived exertion and blood lactate levels did not differ meaningfully from their scores during the bottled-water trial. So the body can make real biological adjustments — in this case, increasing exercise tolerance — based on signals from the brain, even those based on a placebo.

Our lessons? Your brain is more capable of boosting your performance than a potion, pill or device. If you want to perform better, positive thinking can help. But healthy eating, proper training and sufficient rest are more important than anything you might find online or on the shelf.

Get moving, or the dog dies

By John Brey
Special to The Washington Post

In our effort to get you out of the pantry and into motion, we've tried lots of stuff: exhortation, intimidation, promises, scientific evidence, consistent smart-alecky and even commiseration. Now we bring out the big gun: Your sluttish behavior may be killing your dog.

We're pressing here: you own a dog and that the pup is faithfully (if unhappily) leashed to your indolent routine, from those online Texas Hold 'Em tournaments to your feeble "teaparty" sweet. You know what's coming here, but before the lecture on launching a walking regimen with your dog, here are a few plucks of the heartstrings, drawn from "Fitness Unleashed," a new book by veterinarian Marty Becker, formerly of Twin Falls, and physician Robert Kushner (Three Rivers Press, 2006).

About 40 percent of U.S. dogs are overweight or obese (yet almost half of pudgy-dog owners describe their animals' weight as "ideal").

• Overweight dogs have a higher risk of diabetes, heart disease, arthritis and cancer.

• Bad-dog behavior like biting, chewing, digging and house-soiling (which prompts an alarming number of euthanasia cases) is significantly lower in quadrupeds that get enough exercise.

• Trim pets live, on average, 15 percent longer than fat ones.

Hmm, eerily similar to the warning label for overfed, under-exercised Homo sapiens, no? Dogs, like people, are not genetically wired to lie around all day. Many breeds are designed to work — retrieving, herding, guiding, laborating, etc. Others are just dang hyper. So asking that they hole up all day, then loaf with you when you get home, is beyond unfair even if you are watching "Dog Whisperer" on National Geographic Channel.

"Fitness Unleashed" lays out a detailed, four-week, step-by-step plan, both for the highly sedentary (begin with three to four walks a week of at least 15 minutes each) and those with a baseline level of fitness (five

weekly walks of 30 minutes each).

The book is packed with inspiring tales of dog owners whose daily walks brought not only fitness but increased sociability ("Wow! There are other people out here walking around!") and the gratification of providing for their paved charges.

Dog walking delivers two important staples of a successful long-term exercise program: a degree of fun and a reliable partner. People stick with dog walking because it rarely feels like work and because the animal won't bail out on an exercise date.

Two key cautions: Take extra care in heat and humidity. Dogs release excess heat through their foot pads and tongues only — not via all-body sweating like humans — and thus take much longer to regulate body temperature than do we. Also, if you want to try, say, cycling or inline skating, check with your vet. Some pets, by virtue of breed and fitness level, can handle sustained higher speeds; many cannot.

Can I buy you another cup of coffee?

The Washington Post

Looking to get someone to say "yes"?

Research published in the European Journal of Social Psychology suggests it might be helpful to offer a cup of coffee.

Researchers from the University of Queensland in Australia found that people given the caffeine equivalent of two cups of coffee were more likely to recall and agree with a persuasive argu-

ment than those given orange juice or a placebo. The researchers were asking about people's attitudes toward voluntary euthanasia.

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