

No.2 Ohio State men's basketball team trumps top-ranked Wisconsin.

NEW NO. 1 SPORTS, PAGE B1

SILVER SNEAKERS Fitness for seniors — even when they travel. IMAGE, SEE PAGE D1

Muddin' or pitchin'? Do 'Hurrin' catch a ride with 'Hurrin' on trip south! IMAGE, SEE PAGE A4

Good Morning

High: 42 Low: 31 Breezy, scattered morning snow showers. Details: B4

imes-News

MONDAY February 26, 2007 50 cents

MagValley.com

A life worth saving

Campaign aims to tell parents how to deny access to suicide methods

By Blair Koch Times-News correspondent

TWIN FALLS — Idaho has one of the highest suicide rates in the nation, but a new program is aiming to change that.

In 2003, the Gem State had the sixth-highest suicide rate, 51 percent higher than the national average, according to information released by the Suicide Prevention Action Network of Idaho.

Of particular concern to the network is suicide among young people. Suicide is the second-leading cause of death of people ages 15 to 34. (The leading cause is death is accidents.) And of the 239 people who committed suicide in Idaho in 2004, 71 percent were between 15 and 54 years of age.

On Thursday, the network will launch a radio and billboard advertising campaign in Burley, Jerome, Shoshone and Twin Falls. The campaign will explain how to deny their access to items used in most suicides; namely guns, poisons and items used in hangings.

"The message of these ads is aimed at telling parents how they can restrict their child's access to suicides, mainly firearms and drugs and medication," said Susie Beem at South Central District Health. "There are things that you can do to prevent a youth suicide and we want parents to know

Stopping suicide

For more information on warning signs and symptoms of suicide, or for crisis intervention and support, go to the SPANidaho Web site at www.SPANidaho.org or call the Idaho Suicide Prevention Hotline at (800) 664-2120.

what they are."

According to the results of the 2005 Idaho Youth Risk Behavior Survey, 16 percent of all Idaho high school students seriously considered attempting suicide in the previous year and 15 percent designed a plan for doing so.

Nine percent of students reported having attempted suicide.

"We continue to have a high rate of suicide and we can change that," Beem said. Gun safety is a top priority for the ads because firearms are used in most suicide attempts.

"In 2001, guns were used in 54 percent of youth suicides," said Cheryl Jacobsen, Twin Falls County chief deputy coroner, in a SPAN press release. "And most youth suicides occur after school in the teen's home. Both of these situations can be corrected."

In 2006, five youths killed themselves in Twin Falls County, she said.

Times-News correspondent Blair Koch can be reached by e-mail at blairkoc@msn.com or by calling 313-2607.

Sharpton calls slavery link to Sen. Thurmond 'shocking'

By Erika Hayasaki Los Angeles Times

NEW YORK — The Rev. Al Sharpton said Sunday it was the "most shocking" news of his life to learn he was a descendant of a slave owned by relatives of Strom Thurmond, the late senator who once led the segregationist South.

"I couldn't describe the emotions that I've had over the last two or three days thinking about this," the civil-rights leader said in a solemn address to reporters at a news conference. "Everything from anger and outrage to reflection, and to



The Rev. Al Sharpton speaks at a news conference in New York, some pride and glory."

Sharpton found out about the connection to Thurmond last week after the New York Daily News got his approval to work with genealogists to trace his ancestry.

See SHARPTON, Page A3

Bring on the bling

Wigs, costume jewelry and cocktails lend some Oscar excitement to Valley

By Matt Christensen Times-News writer

TWIN FALLS — Who wore what to Sunday's Academy Awards will likely be a hot topic around the nation's water cooler today. In Magic Valley, though, folks might be gabbing about the absurd outfits worn to the Oscars party at the old Lamphouse Theatre in Twin Falls.

The now-closed theater's doors were opened Sunday to celebrate cinema. If only for a few hours. Partygoers donned caricature-style duds of famous movie stars, sipped cocktails from Woody's bar next door, played Oscars-themed games and rooted for their favorite movies and actors as the awards show blared from several televisions.

"There are Super Bowl parties out there, why not the Oscars?" wondered Robert Flannery, who wore a red velvet jacket over a black tuxedo. (Think usher.)

Flannery has hosted private Oscars parties over the years, but this time, he teamed up with Dave Woodhead, who used to run the Lamphouse, for a public get-together.

Why not provide an outlet for people to get goofy and watch the annual show on TV?

"People do enjoy them," Woodhead said of the Academy Awards shows. "But quite frankly, I hate the Oscars. It's just a bunch of self-promotion."

Nevertheless, Woodhead, who wore street clothes to the event, joined about two dozen friends — most of whom were gussied in outlandish garments and wigs — to venerate the year's best film performances.

Flannery, who used to be a waiter,



Robert Flannery, Lea Wagner and Matt Powell, from left, celebrate Oscars night Sunday evening at the Lamphouse Theatre in Twin Falls.

confessed his outfit came straight from the closet.

His wife, Ann, also had her outfit at home. Full-length, black and bejeweled, her Liz Taylor look was perhaps the most conservative at the party.

She bought it "way on sale" several years ago, for just such an absurd occasion, Ann Flannery said. The Oscars party was the first time the garb had

seen the light of day. "Where else would I wear a dress like this in Twin Falls?" she asked, pausing a moment to gaze at a room of costume jewelry and cartoonish, red-carpet wear. She'd answered her own question.

Times-News staff writer Matt Christensen welcomes comments at 735-3243 and at matt.christensen@tn.net.

'The Departed' wins best-picture Oscar

Scorsese, Mirren, Whitaker take prizes

By David Germain Associated Press writer

LOS ANGELES — Martin Scorsese's mob epic "The Departed" won best picture at the Academy Awards on Sunday and earned the filmmaker the directing prize that had eluded him throughout his illustrious career.

"Could you double-check the envelope?" said Scorsese, who arguably had been the greatest living American filmmaker without an Oscar.

He received his Oscar from three contemporaries and friends, Steven Spielberg, Francis Ford Coppola and George Lucas. "So many people over the years have been wishing to see me."

In an evening when no one film dominated as the Oscars shared the love among a wide range of movies, three of the four acting front-runners won: best actress Helen Mirren as British monarch Elizabeth II in "The Queen"; best actor Forest Whitaker as Ugandan dictator Idi Amin in "The Last King of Scotland"; and supporting actress Jennifer Hudson as a soul singer in "Dreamgirls."

The result, according to an Associated Press analysis: Nearly one in six people rely on some form of public assistance, a larger share than at any time since the government started measuring two decades ago.

Critics of the welfare overhaul say the numbers offer fresh evidence that few former recipients have become self-sufficient, even though millions have moved from welfare to work. They say the vast majority have been forced into low-paying jobs without benefits

'The Departed' wins best picture

The mob saga "The Departed" won the best-picture Academy Award Sunday, with Martin Scorsese finally winning the best-director after five previous losses.

Table with columns: Category, Name, Title. Includes Best picture 'The Departed', Actress Helen Mirren, Actor Forest Whitaker, Supporting actress Jennifer Hudson, Supporting actor Alan Arkin, Director Martin Scorsese, Adapted screenplay 'The Departed', Original screenplay 'Little Miss Sunshine', Animated feature 'Happy Feet', Foreign language film 'The Lives of Others', Documentary Feature 'An Inconvenient Truth'.

SOURCE: Academy of Motion Picture Arts and Sciences

The other front-runner, Eddie Murphy of "Dreamgirls," lost to Alan Arkin for "Little Miss Sunshine."

For 50 years and more, Elizabeth Windsor has maintained her dignity, her sense of duty and her hairstyle," said Mirren, who has been on a remarkable roll since last fall as she won all major film and television prizes for playing both of Britain's Queen Elizabeths.

"She's had her feet planted firmly on the ground, her hat on her head, her handbag on her arm and she's weathered many major storms. ... If it wasn't for

her, I most certainly wouldn't be here. Ladies and gentlemen, I give you the queen," Mirren said, holding her Oscar aloft.

Arkin played a foul-mouthed grandpa with a taste for heroin and a low-budget film that came out of the independent world to become a commercial hit and major awards player.

"More than anything, I'm deeply moved by the open-hearted appreciation our small film has received, which in these fragmented times speaks so openly of the possibility of innocence, growth and connec-

tion," said Arkin. Hudson won an Oscar for her first movie, playing a powerhouse vocalist who falls on hard times after she is hunted from a 1950s girl group. The role came barely two years after she shot to celebrity as an "American Idol" finalist.

"Oh my God, I have to just take this moment in. I cannot believe this. I think what God can do, I didn't think I was going to win," Hudson said through tears of joy. "If my grandmother were here to see me now. She was my biggest inspiration."

"Little Miss Sunshine" also won the original screenplay Oscar for first-time screenwriter Michael Arndt.

The film follows a gashy but hilarious road trip by an emotionally messed-up family rushing to get their darling girl (10-year-old supporting-actress nominee Abigail Breslin) to her beauty pageant.

"When I was a kid, my family drove 600 miles in a VW bus with a broken clutch," Arndt said, describing a road trip that mirrored the one in the film. "It ended up being one of the funnest things we did together."

The nonfiction hit "An Inconvenient Truth," a chronicle of Al Gore's campaign to warn the world about global warming, was picked as best documentary.

On the Net

- Medicaid: www.cms.hhs.gov/home/medicaid.asp
Food stamp program: www.fns.usda.gov/foodstamps
Jobs they point to expanded eligibility rules for food stamps and Medicaid, the health insurance program for the poor, that enable people to keep getting benefits even after they start working.
I don't have any problems with those programs growing,

and indeed, they were intended to grow," said Ron Haskins, a former adviser to President Bush on welfare policy. "We've taken the step of getting way more people into the labor force and they have taken a huge step toward self-sufficiency. What is the other choice?" he asked.

In the early 1990s, critics contended the welfare system encouraged unemployment and promoted single-parent families.

Please see WELFARE, Page A3

Index

Table with categories and page numbers: Business and Service directory C6, Classifieds C28, Comics D23, Crossword G7, Dear Abby D3, Horoscope D2, Image D1, Magic Valley A4, Movies A5, A7, Nation C1, Opinions A6, Opinion A6-7, Subject C5, Weather B4, West A4, World C1.



Welfare

Continued from page A1

Welfare recipients, mostly single mothers, could lose benefits if they cannot do much money or if they lived with the father of their children.

Major changes in welfare were enacted in 1996, requiring most recipients to work but allowing them to continue some benefits after they started jobs. The law imposed a five-year limit on cash payments for most people in the Temporary Assistance for Needy Families program, or TANF. Some states have shorter time limits.

Nia Foster fits the pattern of dependence on government programs. She stopped getting cash welfare payments in the late 1990s and has moved from one clerical job to another. Nia provided medical benefits.

The 32-year-old mother of two from Cincinnati said she supports her family with help from food stamps and Medicaid.

Foster said she did not get any job training when she left welfare. She earned her high-school equivalency last year at a community college.

"If you want to get educated or want to succeed, the welfare office don't care. I don't think they really care what you do once the benefits are gone."

— Nia Foster, mother of two from Cincinnati

"If you want to get educated or want to succeed, the welfare office don't care," Foster said. "I don't think they really care what you do once the benefits are gone."

Foster now works in a tax office, a seasonal job that will end after April 15. She hopes to enroll at the University of Cincinnati this spring and would like to study accounting. She is willing to find out if she qualifies for enough financial aid to cover tuition.

"I like data processing, something where it's a bunch of invoices and you have to key them in," Foster said. "I want to be an accountant so bad."

Shannon Stanfield took a different, less-traveled path from welfare, thanks to a generous program that offered her a chance to get a college education.

Stanfield, 36, was claiming houses to support her two young children four years ago when she learned about a program for welfare recipients at nearby Hamilton College, a private liberal arts school in Clinton, N.Y.

"At the time I was living in a pretty run-down apartment," said Stanfield, who was getting welfare payments, Medicaid and food stamps. "It wasn't healthy."

The program, called the Access Project, accepts about 25 welfare-eligible parents a year. Hamilton waives tuition for first-year students and the program supplements financial aid in later years. Students get a host of social and career services, including help finding internships and jobs and financial assistance in times of crisis.

About 140 former welfare

recipients have completed the program and none still relies on government programs for the poor, said Adair, the Hamilton professor who started the Access Project in 2001.

Stanfield, who still gets Medicaid and food stamps, plans to graduate in May with a bachelor's degree in theater. She wants to be a teacher.

"I slowly built up my confidence through education," Stanfield said. "I can't honestly tell you how much it has changed my life."

Programs such as the Access Project are not cheap, which is one reason they are rare. Tuition and fees run about \$35,000 a year at Hamilton, and the program's annual budget is between \$250,000 and \$500,000, Adair said.

In 2005, about 5.1 million people received monthly welfare payments from TANF and similar state programs, a 60 percent drop from a decade before.

But other government programs grew, offsetting the declines.

About 44 million people — nearly one in six in the country

— relied on government services for the poor in 2003, according to the most recent statistics compiled by the Census Bureau.

That compares with about 39

million in 1996. Also, the number of people getting government aid continues to increase, according to more recent enrollment figures from individual programs.

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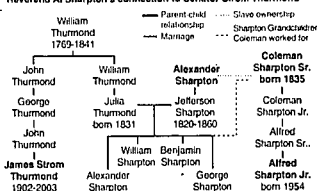
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Slavery links Thurmond, Sharpton

According to the research of professional genealogists at Ancestry.com, Rev. Al Sharpton's great-grandfather, Coleman Sharpton, was a slave owned by Julia Thurmond, whose grandfather was the late Senator Strom Thurmond's great-great-grandfather.

Reverend Al Sharpton's connection to Senator Strom Thurmond



SOURCE: Ancestry.com

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Sharpton

Continued from page A1

Researchers from ancestry.com traced Sharpton's roots using a database with access to 5 billion records, including birth and death certificates, slave narratives, census and land records and United States Colored Troops documents.

They discovered that Sharpton's great-grandfather, Coleman Sharpton, was a slave owned by Julia Thurmond, whose grandfather was Strom Thurmond's great-great-grandfather.

"I know there's no such thing as a boring family tree," said Megan Smolenyak, chief family historian for ancestry.com, who presented the findings to Sharpton on Thursday. "I knew we would find something, but I certainly didn't anticipate this."

The information also showed that Sharpton's great-grandfather had been freed. Smolenyak said Sharpton was stunned when she told him about his family tree.

"It's one thing to know or suspect perhaps your ancestors were slaves," she said, "but it makes it much more real when you hear names and find out how they were related to you."

In a phone interview Sunday, Sharpton said he had one "awkward" encounter with the South Carolina senator in 1991 during a visit to Washington in which the two men barely spoke.

Sharpton said he had not yet decided whether he would meet with Thurmond's relatives.

A niece of Thurmond's, Ellen Senter, 61, of Columbia, S.C., confirmed that she had told the *Daily News* she would speak to Sharpton if he wanted to talk, but she declined to offer any more comments.

Thurmond, who died in 2003 at age 100, was the longest-serving senator in the United States. A Democrat-

turned-Democrat-turned-Republican, he fiercely resisted integration and was known for his opposition to the growing civil-rights movement in the late 1940s.

He once declared: "All the laws of Washington and all the bayonets of the Army cannot force the Negro into our homes, our eating places, our schools, our churches, our swimming pools and our theaters."

But his political stance mellowed as he grew older.

Sharpton said he found it ironic that Thurmond ran for president as the segregationist candidate in 1948, and is the great-grandson of a slave who ran for president on a civil-rights platform.

Sharpton, who ran for president in 2004, once compared Thurmond's secret that he had a half-black daughter to the Democratic Party's relationship with black voters — claiming both had been kept "in the background."

Thurmond's family has acknowledged that he fathered a biracial daughter, Essie Mae Washington-Williams, whose mother was a housekeeper in his parents' home.

Sharpton became active in the movement in the late 1960s, when he was appointed by Jesse Jackson to help black people receive better job opportunities.

He has since become a national figure seeking racial and social justice, speaking out on issues such as police brutality.

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aLife remembered

Shoshone woman believed in hard work

By Iani Waitt
Times-News correspondent

Marian Harriett Oneida

Born: May 1, 1921
Died: Feb. 24, 2007
Survivors: Children, Charles (Carlotta) Oneida, Cherie (Joel) Oneida; six grandchildren; 14 great-grandchildren; seven great-great-grandchildren and one sister, Nora Holland.



SHOSHONE — Tough and kind. Never one to sit around. Marian Oneida was a woman who worked hard and, it seems, played hard. She died on Valentine's Day. She was 85.

Oneida lived on a farm in Gooding and then the family moved to another farm in Tutuipa, a small town by the Little Wood River in Lincoln County. She attended a one-room country school and attended junior high and high school in Shoshone.

There she met Joe Oneida, whom she married at 16. Their marriage lasted 65 years.

In Shoshone, they lived at the Oneida's Basque Boarding House between the summer ranching months and as her family states, began a lifetime of "big Basque family living."

Marian also drove a school bus for many years and worked at First Security Bank, where her Spanish-speaking skill was an invaluable asset.

"She was president of the Magic Valley Bankers Association for a few years," said her son, Chuck. "She started as a teller, but then handled all the Basque banking."

She then took it upon herself to help the family's sheepherders with loans and helped invest their money so they could afford to retire one day.

"She always helped everybody out," said her grandson, Carl Oneida. "Especially people that worked for our family."

Carl recalled one sheepherder who became his godfather. He lived in the basement of the family's house until he died.

"Anyone who worked for them, they always had a room to stay," Carl said. "They always took care of their people."

Family and heritage were extremely important to Marian. So was her community. She enjoyed being in parades, volunteering for

community concerts and was a member of the Gooding Basque Association.

"Being active was just her way of giving back and keeping the Basque heritage alive," Carl said. "She was active in her community because she cared. It was her home and it was her family's home."

One of her favorite pastimes was dancing. She even ran Basque dancing classes for children that led them to performances in Boise and Twin Falls. She also ran the quilting program at the Golden Years Senior Center and was an active member there as well.

"She helped a lot of people at the senior center," Chuck said. "She just liked to be involved. It was satisfying to be able to do things for people."

To say Marian was outgoing is an understatement, Carl said. She was a strong, feisty lady, who believed in hard work, but was caring and kind as well.

"Grandma left an impression on everybody," Carl said, laughing. "She was kind of the boss in a lot of ways, but she was kind-hearted too. She pushed you to be the best you could be."

Minidoka County sues Burley over urban renewal

By Sven Berg
For the Times-News

BURLEY — Citing failure to comply with state statutes governing notice for urban renewal projects, Minidoka County has filed an injunction to stop Burley's urban renewal expansion.

Since 1998, Burley's urban renewal operations have been restricted to Cassia County due to what an urban renewal eligibility report called "heavy resistance from Minidoka County."

During a Dec. 26 meeting, Burley's City Council voted to allow the urban renewal agency to take on projects in Minidoka County.

But Minidoka County officials say Burley did not adequately

notify the public or Minidoka County before making the decision.

Idaho law requires that urban renewal agencies provide local governing bodies with a variety of disclosure documents before starting new projects. Required documents include an economic feasibility study, an estimate of the project's costs and a description of how the project's financing will be handled.

"If you look at what they provided and what the code says, they didn't come anywhere close with the information they gave us," said Minidoka County Assessor Max Vaughn.

Among other projects, Burley's decision would allow for the installation of infrastructure needed to complete the Fairfield Inn in North Burley, west of the Burley Inn.

City Administrator Mark Milton said the Fairfield will

What is urban renewal?

Urban renewal agencies are independent bodies that work to improve areas in which economic development is sluggish. A city council can designate an area for urban renewal, "freezing" its property value and the amount of tax revenue it contributes. As the property is developed, any increase in its property taxes is paid to the urban renewal agency. That payment is the agency's only collateral for loans that pay for improvements to the property. This arrangement can last up to 24 years.

not continue construction without concessions such as sewer, water and roadways. If infrastructure cannot be funded through urban renewal, Milton said Burley's only alternative would be to pass a special bond election.

"Letting it not happen isn't an option, so we'd have to go to a bond election," he said. "Everybody will be paying then, and that isn't fair."

Minidoka County officials said they are not necessarily opposed to Burley's decision, but said such actions must be scrutinized and understood by the public and all governing bodies before moving forward with them.

"The reality is that this could change the taxes and the levy rate and we think the taxpayers ought to be aware of that," Minidoka County School District Superintendent Scott Rogers said.

Vaughn said urban renewal is a useful tool, but one that must be used carefully so governing bodies do not shackle themselves and their taxpayers to its projects to their detriment.

"I'm not opposed to economic development, but property tax dollars are something that needs to be used very carefully," he said.

CHILLY WALK



Lisa Lopez, 16, of Burley, and Anthony Labra, 14, of Rupert, share a blanket Saturday as they walk along the Snake River at Centennial Park on a chilly afternoon in Twin Falls.

Oakley representative honored by Healthy Families Network

Times-News

BOISE — Rep. Scott Bedke, R-Oakley, says that whatever happens during the rest of his political career, no recognition can possibly surpass the one he received on St. Valentine's Day.

Bedke and his wife, Sarah, were recognized as "Idaho's Healthy Marriage Ambassadors" by the Healthy Families Network. The Bedkes were presented with a plaque during a brief ceremony in the Idaho House of Representatives.

"I am honored and humbled by this award. There is nothing more important to me than being a husband and father," Bedke said.

"This is humbling, because I know the sacrifices that my fellow legislators throughout Idaho have to make just to serve here," he said. "We're able to do this because we all have

strong family support. As for me, I could not do this job without the support of Sarah and my family."

The Bedkes were nominated for the award by members of the House of Representatives and the award was in coordination with Healthy Families of Nampa.

According to a statement from the Healthy Families Network "Scott and Sarah and devoted to and supportive of each other, always speaking of each other in complimentary and gracious terms. They are devoted to and caring of their four outstanding children. Their priorities to God, family, country and personal responsibility and they are a model to us all."

The Bedkes have been married 27 years.

Rep. Sharon Block, R-Twin Falls, who

Please see **BEDKES**, Page A5

WHAT DO YOU WANT TO KNOW?

Are hummingbirds hitchhikers?

Q: There is a theory that when the hummingbirds go south, they catch a piggy-back on migrating Canada geese. Is there any truth to that?

A: This hummingbird question is one of my all-time favorites, simply because of the image — a bright green hummingbird latched onto the back of a Canada goose. It did raise another question: How would the hummingbird hold on?

No matter. It's still fun to imagine.

As for reality, this one's a myth. The tiny hummingbirds fly thousands of miles on their own, skimming along tree tops and just over

waves, and ending up in the tropics. Canada geese fly at about 20,000 feet and end their migration hundreds of miles north of hummingbirds.

Another interesting note: The hummingbird's impressive journey, fueled by the fat on their bodies and guided by internal compasses, is really about them traveling north. Each year, hummingbirds leave behind their natural homes in the tropics for points as far away as Alaska.

— Christopher Bennett,
Lee Newspapers

Q: What does the hockey term "hat trick" mean?

A: Way back in the 1940s, a Toronto haberdasher (men's clothing, but haberdasher sounds hip) used to give Toronto Maple Leafs players free hats if they scored three times in one game.

But, the term likely derived from cricket. A bowler earns a hat from his club or team if he takes three wickets on three consecutive balls.

— Christopher Bennett,
Lee Newspapers

Send questions to Chris Baldus, Times-News columnist, at cbaldus@magicvalley.com, 735-3259, or 132 W. Fairfield St., Twin Falls, ID 83301.

Snowpack Levels

| Watershed | % of Avg. | Season peak |
|---------------------|-----------|-------------|
| Salmon | 81% | 62% |
| Big Wood | 71% | 56% |
| Little Wood | 67% | 56% |
| Big Lost | 67% | 49% |
| Little Lost | 78% | 56% |
| Hennys Fork/Teton | 78% | 81% |
| Jupiter Snake Basin | 70% | 58% |
| Oakley | 81% | 66% |
| Salmon Falls | 74% | 59% |

Information and health fair set for Tuesday in Buhl

West End Head Start joins with Buhl Chamber for annual event

By Blak Koch
Times-News correspondent

BUHL — Federal regulations state that Head Start programs provide a yearly information and health fair for their families but the West End Head Start goes above and beyond.

For eight years the family education and advocacy group has joined with the

Buhl Chamber of Commerce to bring the community an event that all can enjoy, regardless of whether you have children in Head Start or not.

"We are really lucky to get to work with the chamber. They are a great help in bringing in even more resources for our family and community at large," West End Head Start Center Supervisor Ronda Stouder said. "It is always a good time and if nothing else a great free meal."

Newly hired Buhl Chamber Director Christine Garrison said she is looking forward to the event.

"I think it will be a lot of fun and I hope to meet so many

if you go
The Buhl information and Health Fair will be held from 5 to 7:30 p.m. Tuesday at the Popplewell Elementary Gym. Entrance and dinner is free and the community is encouraged to attend.
For information contact the Buhl Chamber of Commerce at 543-6882.

wonderful people that make this community as special as it is," Garrison said. "From what I hear we are expecting a great turnout from both local businesses and attendees."

Stouder said the parents of nearly 40 children active in Buhl's Head Start will be at the

fair to help serve a potato bar supper to the hundreds of attendees expected.

"This is a chance for families to not only give back to the community but an opportunity for them to really see who is in the community and what they have to offer," Stouder said.

Steve Kautz, as the outgoing interim director for the chamber, has helped to organize more than 50 booths at the event. From health-care organizations, civic clubs, private enterprises and local government the idea of the fair is to pack as much information into the event as possible.

The fair has continued to

grow over the years because of sponsors such as Clear Springs Foods, First Federal Bank, and the West End Men's Club, Kautz said.

"United Daymen of Idaho will be providing all of the dairy products and Blizz Trucking has given us the potatoes for dinner," Kautz said.

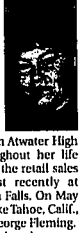
Besides putting people with the services they need the fair is also designed for family fun, as there will be many booths to delight children as well as door prizes. The Buhl High School Senior and Popplewell Elementary Honor choirs have been lined up to provide musical entertainment throughout the evening.

Marilyn Ann Fleming

FILER — Marilyn Ann Fleming, 43, of Filer, passed away Feb. 25, 2007, at the St. Luke's Magic Valley Regional Medical Center in Twin Falls. She was born on June 25, 1963, in Arcata, Calif., the daughter of Richard A. and Reba A. N. D. r e w s B e u e l.

In 1981, she graduated from Atwater High School. Throughout her life she worked in the retail sales industry, most recently at Costco in Twin Falls. On May 24, 1997, in Lake Tahoe, Calif., she married George Fleming.

Marilyn enjoyed many hobbies in her life. Among them were fishing, camping, horseback riding, arts and crafts — especially wood burning — painting, decorating and drawing. She was active in 4H in her younger years and was a former PFA



Sweetheart. She also dedicated her time and energy to the American Cancer Society in their annual Cancer Walk. Her most treasured moments were when she was spending time with her many friends and family.

Surviving are her husband, George, of Filer; mother, Reba Beutel, of Twin Falls; children Cody Louwen of Sweet Home, Ore., Dallas Louwen of Filer; Vanessa Fleming of Filer; brothers David Beutel of Twin Falls, Chris Beutel of Merced, Calif., and sister Lory Ortega of Merced, Calif. She was preceded in death by her father, Richard Beutel, her paternal and maternal grandparents. She will be deeply missed by all who loved and loved her.

Friends may call Tuesday, Feb. 27, from 5 to 9 p.m. at Park's Magic Valley Funeral Home, 2551 Kimberly Rd. in Twin Falls. Funeral services will be held at a later date in California.

Potato grower poised with lawsuit against state Ag Department

Company claims being identified as source of disease led to damage

IDAHO FALLS (AP) — The southeast Idaho potato grower whose land was quarantined after the discovery of a microscopic worm last spring has two years to file a lawsuit against the Idaho State Department of Agriculture after that agency did not respond to a \$4 million tort claim.

A tort claim is a precursor to a lawsuit against a government entity. Walker Produce Co. filed the tort claim last October after it said it was publicly identified as the source of the potato cyst nematode infestation, which the company contended led to damage of its reputation and a lawsuit from at least one of its customers.

"I don't think it's going to be possible to ever fully recover from this," Keith Walker, president of Walker Produce, told the *Post Register*.

Idaho is the nation's largest potato producer, growing about one-third of all the potatoes in the United States. In 2006, the state produced 12.5 billion pounds of potatoes worth about \$700 million to farmers.

After the initial discovery of

"I don't think it's going to be possible to ever fully recover from this."

Keith Walker, president of Walker Produce, whose land was quarantined after the discovery of a microscopic worm last spring

the nematode in April, Japan banned all fresh U.S. potato imports, and Canada and Mexico banned all fresh potato imports from Idaho.

Japan lifted a ban on fresh U.S. potatoes earlier this month on the condition that the U.S. side conduct soil tests, thoroughly wash off all dirt before shipping and exclude Idaho from a list of exporters.

The microscopic worm feeds at the roots of potato plants and can reduce crop production by 80 percent. Officials say the pest is not harmful to humans and doesn't have any effect on the potatoes themselves.

In Idaho, a testing program is designed to find early infestations under a Cooperative Agriculture Pest Survey between farmers, the United States Department of Agriculture, and the state Department of Agriculture.

The state agency, to get growers to participate, agreed to tell them first if one of their fields is determined to be the source of an infestation.

"We notify a farmer first so he's not 'caught off-guard,'" said Mike Cooper, the ISDA's seed bureau chief.

The USDA discovered the nematode in Idaho on April 12, 2006. The newspaper reported that the USDA then learned from the state agency that the source was a field operated by Walker Produce Co., and imposed the quarantine to prevent the spread of the nematode. The state then began a quarantine as well.

However, the Walkers dispute the method in which they were identified as the source of the nematode. The sample came from dirt washed off potatoes at a plant in Roxburg where the Walkers and several others are clients.

The tort claim filed by the Walkers contends that the state used a faulty labeling system that led to the quarantine of their farm, which wasn't lifted until June 29. Reser's Fine Foods, based in Beaverton, Ore., sued Walker Produce for \$1.6 million, contending that if potato grower did not fulfill its contract for potato shipments.

E-mails obtained by the newspaper show a running conversation between Reser's Fine Foods and Wayne Hoffmann, a former

spokesman for the state Department of Agriculture. In May in which the Walkers are referred to on several occasions.

The tort claim filed by the Walkers contends they were "clearly identified" by the state Department of Agriculture to the Idaho Potato Commission and the University of Idaho, and that as a result they were publicly identified as the source of the nematode outbreak to the potato industry.

The tort claim contends that as a result of being publicly identified, other potato growers would no longer deal with them for fear of also facing a quarantine.

The state Department of Agriculture did not respond to the tort claim within 90 days, which state law recognizes as a denial. That gives the Walkers two years to file a lawsuit.

Julius 'Smockey' Basil Shacklett

HANSEN — Julius "Smockey" Basil Shacklett of Hansen died Feb. 23, 2007, at Bridgeview Retirement Estates in Twin Falls. He was 84.

Smockey was born to Thomas and Mabel Shacklett in Theron, Mo., on Feb. 23, 1923, the youngest of four children. When Smockey was just 12 years old, the Depression was in full swing and jobs were short; and so he tried living the life of a hobbo. He said, "I liked hanging out with the hoboes because those folks were good company, loved kids, and made great stew." Smockey always loved people and appreciated all walks of life. He periodically went back home to his warm bed and clean clothes.

In 1942, Smockey headed out west, ending up in Sun Valley where he met and fell in love with Wanda May Alred. They married in January, 1943, shortly before his call to service with the Army Air Corp.

His baby daughter, Judy, was born in August, and then Smockey was sent overseas as an aerial photographer. He witnessed and photographed the bombing of Nagasaki and Hiroshima. After the war, Smockey headed home to



resume his role as husband and father. He Wanda, and Judy welcomed baby Richard into the family in 1947. Smockey had created his legacy.

Throughout the years, Smockey made his living as a Forest Service employee, ranch hand, school bus driver, mechanic and truck driver, to name a few. He loved pretty much any social activity. He was a skilled bowler, lucky fisherman, and he cheated at cards.

Smockey was faithful and loving to all of his family and friends, and cherished time with his family. His heart and soul will be missed here on earth but are rejoicing in heaven, where he joins his parents, brothers and sisters, wife, Wanda, and son, Richard.

He is survived by his daughter, Judy Zechmann, and her husband, Larry of Nampa; grandchildren Nicole Shacklett, Brian Cho, and Jason Greig of Hollister, Calif.; Shavina Theisen of Grangeville, and David Zechmann of Hansen; and seven great-grandchildren. His legacy lives on.

A celebration of Smockey's life will take place at 11 a.m. on Tuesday, Feb. 27, at the Hansen Ward LDS Chapel in Kimberly.

Services are under the direction of Remond Funeral Chapel of Twin Falls.

Bedkes

Continued from page 44

He is survived by his daughter, Judy Zechmann, and her husband, Larry of Nampa; grandchildren Nicole Shacklett, Brian Cho, and Jason Greig of Hollister, Calif.; Shavina Theisen of Grangeville, and David Zechmann of Hansen; and seven great-grandchildren. His legacy lives on.

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Services are under the direction of Remond Funeral Chapel of Twin Falls.



Rep. Scott Bedke, R-Oakley and his wife Sarah.

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Carl Clayton Simmers of Twin Falls, celebration of life at 10 a.m. today at the 7th Ward LDS Church, 847 Eastland Drive N. in Twin Falls; friends may call one hour before the service today at the church (Reynolds Funeral Chapel in Twin Falls).

Emanuel Will of Jerome, graveside service at 10:30 a.m. today at the Jerome Cemetery; friends may gather at the cemetery shortly before service time (Hove-Robertson

Funeral Chapel in Jerome).

Norma Lou Miller of Twin Falls, celebration of life at 10 a.m. Tuesday at Filer First Baptist Church; friends may call from 6 to 8 p.m. today at White Mortuary in Twin Falls.

Anna L. Christensen of Rupert, funeral at 11 a.m. Tuesday at the Rupert LDS Stake Center, 324 E. 18th St.; friends may call from 6 to 8 p.m. today at Hasmusen Funeral Home, 1350 E. 16th

St. in Burley, and from 10 to 11 a.m. Tuesday, at the church.

John Harvey Fairchild of Twin Falls, celebration of life at 2 p.m. Tuesday at Park's Magic Valley Funeral Home, 2551 Kimberly Road in Twin Falls.

Lougene G. Simpson of Rupert, funeral at 11 a.m. Wednesday at the Hansen Mortuary, Rupert. Chapels viewing for family and friends

from 9:30 to 10 a.m. Wednesday at the mortuary.

Vada Joyce Parran of Twin Falls, memorial service at 2 p.m. Saturday at the Magic Valley Evangelical Free Church, 821 E. Ave. 11 in Jerome (White Mortuary in Twin Falls).

Eva Lou Craner of Hazelton, service at 2 p.m. Saturday at Park's Magic Valley Funeral Home, 2551 Kimberly Road in Twin Falls.

THIS WEEK AT CSI

Monday

CSI library is open 7:30 a.m. to 10 p.m. through Thursday and 7:30 a.m. to 6 p.m. Friday.

CSI Adult Basic Education Center is open 8 a.m. to 4:30 p.m. (also Friday) and 8 a.m. to 9:30 a.m. (Tuesday-Thursday), second floor of Meyerhoeffer building.

CSI Testing Center is open 8 a.m. to 9:30 p.m. through Thursday and 8 a.m. to 5 p.m. Friday, second floor of Meyerhoeffer building.

CSI Golden Eagle Boosters luncheon, noon, Taylor 277.

CSI Board of Trustees meeting, 5:30 p.m., Student Union 248.

Arts on Tour presents "Sawmaboozy", 7:30 p.m., Fine Arts Auditorium.

Tuesday

Herrett Center for Arts and Science is open 9:30 a.m. to 9 p.m.

U.S. Forest Service Wildland Fire field day demonstrations, 6 to 9 p.m., Eldon Evans Expo Center.

"Far Out Space Places", 7 p.m., Faulkner Planetarium.

CSI Anime Club meeting, 7 p.m., Shields 208.

Friday-Saturday

Herrett Center for Arts and Science is open 9:30 a.m. to 9 p.m. Friday and 11 to 9 p.m. Saturday.

CSI Golden Eagle baseball vs. Western Nevada Community College, 1 p.m. Friday and noon Saturday, Carson City, Nev.

CSI Golden Eagle softball vs. Sait Lake Community College, 1 p.m., Twin Falls High School.

CSI Golden Eagle women's basketball vs. College of Eastern Utah, 5:30 p.m., gym.

CSI Golden Eagle men's basketball vs. College of Eastern Utah, 7:30 p.m., gym.

Sunday

CSI Music Department "Almost Spring" Concert, 3 p.m., Fine Arts Auditorium.

Century Cinema 5 & Burley Theatre

GHOST RIDER, 7:30 - 9:30 (PG-13)

BRIDGE TO TERABITHIA, 7:30 - 9:30 (PG)

THE MESSENGERS, 7:30 - 9:30 (PG-13)

NORBIT, 7:30 - 9:30 (PG-13)

MUSIC & LYRICS, 7:30 - 9:30 (PG-13)

BURLEY THEATRE SHOWS FRIDAY THRU TUESDAY EACH WEEK

Wednesday

Herrett Center for Arts and Science is open 9:30 a.m. to 4:30 p.m. (also Thursday).

Center for New Directions Single Parents luncheon, noon, Taylor 258.

Styx chapter, Narcotics Anonymous meeting, 7 p.m., Desert 113.

Thursday

CSI employees Wellness Fair, 6:30 a.m. to 1 p.m., gym.

CSI Staff and Light Campus Ministry Bible study meeting, noon, Student Union 247.

Friday

Idaho Department of Education meeting, all day, Herrett Center for Arts and Science, Rick Allen Community Room.

Huggie Bears charter, 7 p.m., Anonymous meeting, Narcotics Anonymous meeting, 7 p.m., Desert 113.

"Far Out Space Places", 7 p.m., Faulkner Planetarium.

Space Places, 7 p.m.; and "Pink Floyd: Dark Side of the Moon," 8:15 p.m.

OTHER VIEWS

Costs of consolidation are a bargain for Idaho

Post Register (Idaho Falls)

Everybody knows Idaho has too many school districts. We're top-heavy with high-priced superintendents and administrators. So we pay more taxes. Our kids suffer inadequate instruction. Idaho's tough talk about making government efficient dissipates whenever it comes to consolidating school districts. Senate President Bob Geddes is the latest to suggest more carrots to encourage consolidation — money for studies, severance packages and new buildings. I'd also allow newly consolidated districts to keep half the savings they now funnel back to the state after seven years. Even that is unpopular with some of Geddes' constituents.

Figuring it out:

In a district with 500 children, the cost of administration breaks down to \$260 per child. In a district with 5,000 children, it's only \$88 per child.

But carrots don't work. The last consolidation occurred 16 years ago. We now have 114 school districts — soon to be 115. Canyon County has nine districts, Twin Falls County has eight, Bingham County has five and Jefferson County has morphed into three. Add to that new charter schools with their own layers of expensive administration. All those superintendents, assistants and directors cost money. A small district — one with less than 500 students — spends 6 percent of its budget on superintendents and directors. A large one spends 3 percent. Put another way, the cost of administration breaks down to \$88 per student in a large district. It comes to \$250 per student in a small one.

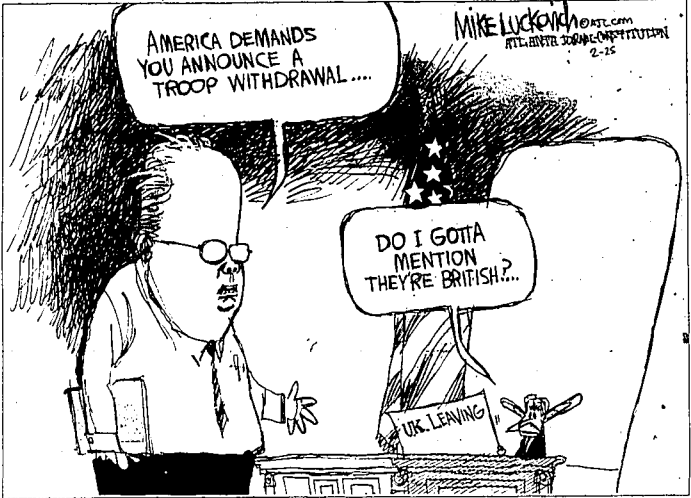
Yet lawmakers have refused to compel consolidation. Years ago, they rejected a plan requiring districts with fewer than 100 graduates per high school to consolidate. Meanwhile, they've actually encouraged proliferation of school districts. We subsidize small, rural schools with greater state support per student. Some rural schools need the extra help — but certainly not all.

The way we finance school construction actually breaks up school districts. In order to clear the two-thirds majority required to pass a bond, at least two north-central Idaho districts split apart in the past decade. Idaho now has all the tools it needs to manage consolidations. Beginning this year, the state provides all maintenance and operation funds to schools. Last summer's tax shift removed local property tax dollars — and local control — from the equation. Consolidation is no panacea. You won't reduce costs — just redirect where the money goes. Say two districts merge. Most likely, teacher salaries started out higher in one of them — and the pay scales in a newly consolidated district would gravitate toward the higher numbers. Same thing with bonded indebtedness. The patrons in one district would take on the debt of their new partners.

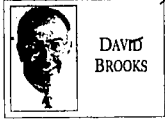
What they will find, however, is more money going into the classroom. Standing in the way are politicians who are afraid of their voters — and a generation of parents who care more about keeping the local high school football team mascot than the quality of their kids' education.

Write to us

The Times-News welcomes letters from readers on subjects of public interest. Please limit letters to 300 words. Include your signature, mailing address and telephone number. Writers who sign letters with false names will be permanently barred from publication. Letters may be brought to our Twin Falls office: mailed to P.O. Box 548, Twin Falls, ID 83303; faxed to (208) 734-5538; or e-mailed to letters@magivalley.com.



So you want to be president



DAVID BROOKS

Your main job over the next few months is to come up with a governing philosophy that explains how individual freedom can be enhanced by a strong, limited and energetic federal government.

I want you to know I've shelved the idea of writing a book called "The Idiot's Guide to Winning the Republican Presidential Nomination." But that doesn't mean I don't have ideas. Here are a few rules the GOP contenders should follow if they want to sweep this thing.

First: Be the Snowball. The conventional view is that Feb. 5 is going to be the decisive day of the race, when California, New Jersey, Illinois and a bunch of other states will probably have their primaries. That's wrong.

Since so many states will be voting then, the candidates will be stretched thin in all of them. As a result, the Republican candidate who does best in the first three states — Iowa, New Hampshire and, on Feb. 2, South Carolina — will sweep on Feb. 5 through sheer momentum.

You want to be that snowball rolling downhill. Focus your efforts on the first three, especially New Hampshire. Win those, and the big states will take care of themselves.

Second: Remember the Rule of Three. When three big candidates go up against one another, two of them often get into a mutually destructive grudge match and the third skates through to victory. Right now, the McCain and Romney camps seem set to brawl, leaving Giuliani alone. (Whatever you do, don't let yourself become one of the duels.)

Third: Don't Be a University. Most campaigns organize their policy experts

like academic departments — economists on one committee, social policy types on another, religious leaders on a third. They come up with utterly conventional recommendations.

You want to organize your committees according to priorities. For example, create a Flourishing Families Committee. Get economists, religious activists and psychologists in one room to figure out how government can reduce stress on struggling families. You'll be surprised by how much interdisciplinary creativity you can unleash — how much closer you get to the problems of real people.

Most of all, you'll break free from the useless categories of the mindless pundits used to define Republicans: social conservative, free-market libertarian, nonconservative. If you define yourself by those categories, you're dead.

Fourth: Be the Change. You are running to lead a traumatized nation. Many Republicans think their party can recover from recent setbacks by returning to the old virtues: cutting spending, cutting taxes, attacking government bureaucrats.

That's wrong. The world has changed since the glory days

of the 1980s, and no amount of Reagan nostalgia will bring those conditions back.

For example, Republicans in the 1980s could win by promising to expand freedom and reduce overbearing government. But today, post-9/11, most Americans aren't anxious because their freedoms are being impinged. They're anxious because there's chaos all around: foreign-policy chaos, fiscal chaos, cultural chaos. The authority structures they rely on have let them down.

You need to lead the party to a new definition of Republicanism. This is a Republicanism that can provide safety, order and authority, so people can feel secure enough to pursue their dreams. This doesn't mean championing a big government. It means championing a strong government that can do the jobs it is supposed to do.

Your main job over the next few months is to come up with a governing philosophy that explains how individual freedom can be enhanced by a strong, limited and energetic federal government.

Fifth: Make an Offer They Can't Refuse. If your last name is Clinton, McCain or Romney, social conservatives

are never going to love you. Don't try to pander to gain their devotion. Instead, offer them a deal.

Tell them: You social conservatives may not agree with me on everything. You may doubt my recent conversions on your issues. You may not even like me. But I'm the guy who can deliver on four programs you want. Then pick out four programs you and I can agree on and repeat them in every speech for the next year.

Sixth: Get Ready for Phase II. Over the next several months, the surge in Iraq will dominate debate. But by late summer, the surge will either have succeeded or failed. A new, broader debate will start. One candidate will define the landscape by coming up with a new Grand Strategy for the war against extremism. Be that guy.

Seventh: Win the TR Primary. Many of you admire Theodore Roosevelt. You've got his picture on your walls. Every day, as the campaign muds swirl around, wake up and ask: Would TR be proud of what I'm doing? If not, take a risk. Do something else.

David Brooks' e-mail is dabrooks@nytimes.com.

Mercury report lacked accurate measuring data

In the Times-News of Feb. 16, there is an article published by Matt Christensen that has the headline "Mercury moving." This article certainly appears to be written to frighten the local people in our area.

Matt Christensen uses data produced by Patrick Joyce, Glenn C. Miller and Clyde Lay. They try to insinuate that the mercury they measured is airborne due to the active gold mines now being operated in Nevada.

Mercury for many thousands of years has been coming into the environment by natural means.

Almost all the gold mines in Nevada and most of the rest of the West are of an epithermal nature and almost all of these gold deposits have a capping of mercury minerals. As these deposits are eroded, the mercury minerals are released into the surface

materials, the water and the air by natural means. The odds are good that the mercury found in the Salmon Falls Reservoir is coming from around the general Jarlidge area by erosion.

Nowhere in the article written by Matt Christensen is any mention made of the actual measured mercury levels. It also does not mention if the results they obtained were reproducible. It appears most of their sampling was from car parking lots. Was this due to laziness on their part that they did not want to do much actual field work?

The most important question to be answered was would their pay for this study have in any way been affected if they did not find mercury. I assume this study was funded by some grant or other government handout.

It is my belief that this article is just one of many being written by extreme environmentalists with the purpose of shutting down

American industries. E.D. (DURELL) MOON
Idurell

Home treatment made recovery go smoothly

In response to Teddy Snow's letter regarding St. Luke's Magic Valley Regional Medical Center's Transitional Care Unit:

I, too, have had wonderful care at St. Luke's Magic Valley Regional Medical Center. I have had two knee surgeries done by Dr. Blake Johnson and just wanted to say that there is an alternative to the TCU, and it is not necessarily a "nursing home."

I spent five days in the hospital after each surgery and went home on Home Health. If your insurance allows this service, and most do, especially Medicare, you can be in the comfort of your own home and still receive the physical therapy that is needed for a full recovery. The nurses and physical therapist

are very supportive and caring. They come into your home under orders by your doctor — and let me say, it is wonderful to be able to be in the comfort of your own home and with your family while you recover.

I realize that some people are not candidates for Home Health Care, but everyone I know that has had surgeries or other medical problems are very happy to be treated in their home. I certainly was one of them.

So before you have your surgery, check out the options open to you. You just might be surprised at what is out there.

RS, I would also like to comment on Dr. Bruce McComas' letter regarding the documentary, "An Inconvenient Truth." My husband and I watched it on cable TV, and it was so informative, I would recommend everyone watch it. SUE BURNIKEL
Twin Falls

Twin Falls needs more recreational options for kids

Twin Falls is booming and dying at the same time.

We can bring in business after business solely to boost our economy, but what is there for kids to do here? Sure, we have programs for them through the city or YMCA, but there really are limited facilities to host these activities. As this community grows, so grows the need to support our kids.

Every business relies on repeat business; mine is no different. I look for today's kids to stay in Twin Falls and to need my services and then their kids and so on. Every business relies on this. But why move to Twin Falls? Why stay?

We must do things to improve the quality of life of our children. It was great when the city seemed to hand for soccer, but that is all it is for — soccer. What about other sports like baseball?

I think it is time we give back to our community and give for the future. We need land to develop to build baseball and softball facilities. We need a community built playground. We need places for our kids so they will want to stay.

Don't let Wal-Mart get away with coming to town and not building Wal-Mart Park. This has as much to do with economic development as it does with quality of life.

I'm willing to put my money where my mouth is. I am willing to donate time and resources to give our children a place to be proud of and to want to raise their kids. With the right facilities, we can have events that bring business to our town. Hotel business, restaurant, people looking for cars and people that will say hey, why not live in Twin Falls.

If you build it, they may stay. That's my opinion. GEORGE MILEY
Twin Falls

LETTERS

Finding justice for America's forgotten internees

At Shibayama is an American who served in the Army during the Korean War. Like many veterans, Cpl. Shibayama was not born in the United States. He was born in Lima, Peru, to Japanese-Brazilian parents. Until 1942, Shibayama, his two brothers and three sisters lived comfortably with their parents and grandparents, all of whom had thriving businesses. However, after America entered World War II, his family was forcibly removed from Peru, transported to the United States and held in a government-run internment camp in Crystal City, Texas.

Like many Japanese-American families, Shibayama's family lost everything they owned. But the greater injustice occurred when his grandparents were sent to Japan in exchange for American prisoners of war. Their family never saw them again.

Shibayama and his family were among the estimated 2,300 people of Japanese descent from 13 Latin American countries who were taken from their homes and forcibly transported to the

Crystal City camp during World War II. The U.S. government orchestrated and financed the deportation of Japanese Latin Americans for use in prisoner-of-war exchanges with Japan. Eight hundred people were sent across the Pacific, while the remaining Japanese Latin Americans were held in camps without due process until after the war ended.

Further study of the events surrounding the deportation and incarceration of Japanese Latin Americans is necessary. While most Americans are aware of the Internment of Japanese-Americans, few know about U.S. government activities in other countries that were fueled by prejudice against people of Japanese ancestry. That is why we have introduced H.R. 662, the Commission on Wartime Relocation and Internment of Latin Americans of Japanese Descent Act. We should review U.S. military and State Department directives requiring the relocation, detention and deportation of Japanese Latin Americans to Axis countries. Then we should recommend appropriate remedies. It is the right thing to do to affirm our commitment to democratic

**XAVIER BECERRA
DAN LUNGRIN**

and the rule of law.

This year marks the 26th anniversary of the formation of the Commission on Wartime Relocation and Internment of Civilians, whose findings led to the Civil Liberties Act of 1988. It provided an official apology and financial redress to most of the Japanese-Americans who were subjected to wrongdoing and confined in camps during World War II. Those loyal Americans were vindicated by the fact that not a single documented case of espionage was committed by a Japanese-American during that time. This act was the culmination of a half-century of struggle to bring justice to those who were denied it. But work to rectify and close this regrettable chapter in our nation's history remains unfinished.

U.S. involvement in the expulsion and internment of people of Japanese descent who lived in various Latin American countries is not sufficiently rehashed in government files. These civilians were robbed of their freedom —

their civil and human rights taken by the wrists — as they were kidnapped from nations not directly involved in World War II. The Commission on Wartime Relocation and Internment of Civilians acknowledged these federal actions in detaining and internment of civilians of enemy or foreign nationality, particularly those of Japanese ancestry, but

the commission failed to fully examine and report on the historical documents that exist in distant archives.

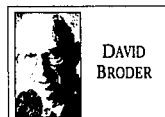
Though it is important that we remember what took place in 1942, it is more critical that we act for justice delayed is justice denied. And for the dwindling number of surviving internees who became Americans, such as Cpl. Art

Shibayama, justice has been delayed far too long. They deserve our attention, our respect and the official recognition of a country that is willing to heal and to make amends.

Xavier Becerra, a Democrat, and Dan Lungrin, a Republican, are U.S. representatives from California.

New rules toward a middle ground in '08

Somewhere in America, there are 35,000 people who are looking at the preliminaries to the 2008 presidential race from a different perspective than millions of their fellow citizens.



DAVID BRODER

They are the people who have signed up so far to participate in Unity08, the effort to launch a bipartisan third-party campaign with the first inter-party nominating convention in history. I wrote about this unusual venture when it was launched last year by Hamilton Jordan and Jerry Hashbrown, both formerly of Jimmy Carter's White House; Angus King, the former independent governor of Maine; and Douglas Baskie, a veteran Republican consultant and political adviser.

I contacted Bailey recently to ask what had happened to this bold gamble, and he said that a convention planned for June of 2008. Most of the sign-ups came before that formal start, Bailey said, in response to last year's publicity about the formation of Unity08.

"The need for a third party is as great as it's ever been," Bailey said. "The partisan bickering in Washington continues nonstop, and the contest for the nominations in both parties is likely to make it worse."

He pointed to two problems that many of us have decided. "The leading candidates in both parties have suggested they will decline federal matching funds, and plan to spend unlimited sums," he

said. "They expect the bundlers — the people collecting for them — to raise a million dollars each, and what do they (the bundlers) expect in return?"

Second, Bailey said, "the likelihood is that the nominees of both parties will be determined by the first ballot or four primaries, which means that 99 percent of the people who will vote in November will have absolutely no say in the names that are on the ballot. It's not surprising that they may be looking for an alternative." None of that is implausible. But where does the alternative come from?

Bailey and his partners have an answer, but the process they have in mind still strikes me — as it did when it was first outlined — as being extremely cumbersome. In a few weeks, they will outline provisional rules for their own nomination, determining how candidates will qualify and how the voting will be conducted. The goal is to pick either a political independent for president or to form a ticket with both a Democrat and a Republican.

Feedback will be welcomed, but the rules are on the final, he said. Then comes the hard part. Thirty-nine states allow a new party to petition onto the presidential ballot, without having a named candidate, but the deadlines and numbers of signers vary widely. The first test will be whether Unity08 attracts enough volunteers and money to carry out that effort. And then comes the challenge of recruiting a candidate or candidates for Unity08 to back. If they had a compelling

person already lined up, their task would be much easier, but they do not. I suggested to Bailey that the underlying premise of this campaign — the need to ensure the partisanship of Washington — might be undercut if the Republicans and Democrats nominated people who are not closely associated with those partisan battles — mentioning Rudy Giuliani, Mitt Romney and Mike Huckabee on the GOP side, and Barack Obama, Tom Vilsack and Bill Richardson among the Democrats.

"To the degree that the nominees of the two parties recognize that bipartisan leadership is essential, then it shows the political process has made a self-adjustment, and that is good," he said. "But the usual game is to target the base of your party, rip it up with wedge issues, and ignore the middle."

"If they do that again, we will be ready. It is possible the parties can right the ship themselves, but I don't have a lot of confidence in that happening."

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Newspaper in Education nie

Financial Lesson of the Week

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Want to Achieve Financial Goals? Do the Math.

If you breathed a sigh of relief when you put away that algebra or geometry textbook for the last time, you might not be eager to take up the subject of math again. However, by doing some number crunching, you can put a "price tag" on your long-term financial goals — and that's the first step toward achieving them.

To quantify the costs of your objectives, you must be specific about what you're trying to accomplish. Do you want to retire as soon as you possibly can and then spend your time traveling the world? Or are you planning to work until 65 and then open your own small business? Obviously, these are vastly different goals — with vastly different costs to you.

Once you know what you really want to do when you retire, you should be able to project your annual yearly expenses. Then, you can ask yourself these questions:

- How many years will I spend in retirement? None of us can predict exactly how long we will live. But if you consider your overall health, your lifestyle habits and your family's history of longevity, you can come up with a reasonable estimate of how many years you might have to pay for in retirement.
- Where will my income come from? To pay for your retirement goals, you'll likely need to draw on all types of income available to you, including Social Security and your investments, such as your IRA, 401(k) and whatever individual stocks and other securities you may own. To help reach the level of income you'll require, you will need to monitor all these investments over the years, and make changes as needed.

Calculating Costs of Other Goals

Achieving the "ideal" retirement might be your biggest financial goal, but it's almost certainly not the only one. But no matter what goals you have, you'll still need to "do the math" necessary to calculate costs and arrive at solutions.

So, for example, if you'd like to help pay for college for your children (or grandchildren), you'll need to look at what college costs today, how much it's likely to cost in the future and how much money you can devote to paying those costs.

To illustrate: For the 2006-2007 school year, it costs, on average, \$16,357 for students attending four-year public colleges and universities, according to the College Board. If college costs were to rise five percent every year, today's newborns can expect to pay about \$162,000 for four years at a public school.

With the presence of scholarships, loans and work-study arrangements, you might not have to foot the entire \$162,000 bill. But at least you'll know what you might need — and you can start planning the appropriate savings and investment strategies.

And you can take this same approach to other long-term goals, such as buying a second home or a new business. Keep in mind, though, that "doing the math" can involve a lot of variables, so you may want to consult with a financial advisor — someone with the tools and experience to help you chart your course toward your goals.

But don't wait too long — the sooner you start planning, the more pleasant "the math" will be for you.

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IDAHO/WEST

Denver Zoo, police investigate jaguar's fatal attack on keeper

By Dan Elbert
Associated Press writer

DENVER — Officials on Sunday were trying to determine why a zookeeper killed by a jaguar had opened the door to the animal's enclosure when zoo policies ban staff members from entering exhibits when big cats are inside.

The Denver Zoo's feline exhibits were closed Sunday for the investigation. Zoo officials also were interviewing staff members to determine what happened.

The zookeeper, 27-year-old Ashley Haff, had opened a

door leading from a service area into Jorge's enclosure on Saturday. A visitor saw the attack from outside the glass enclosure, and his shouts alerted other keepers, zoo spokeswoman Ana Bowie said.

Under zoo policy, staff cannot be in any large cat exhibit when the animal is there.

The 140-pound male jaguar died in the attack, which Bowie said was not to death by a zoo employee when the animal approached emergency workers trying to save the zookeeper.

One big-cat expert said

Jaguars are naturally mean and erratic.

"They actually are the most unpredictable animal around," said Nick Sealar, director of Big Cat Sanctuary Springs, a rescue center 50 miles southwest of Denver.

The zookeeper died at a hospital about 90 minutes after the attack, zoo officials said. She was bitten in the neck, which was broken, and also suffered severe internal injuries, said pathologist Amy Martin, who performed the autopsy.

Haff, who had worked at the zoo for about a year, had undergone regular safety training for the exhibit, shadowed

veternary keepers and attended mandatory safety meetings, officials said.

"She was an experienced animal keeper," Bowie said. "This wasn't like it was her first job working with cats."

The jaguar was about 6 years old and had come to the zoo in March 2005 from the Santa Cruz Zoo in Bolivia, the zoo said. Bowie said a necropsy was planned at the zoo's veterinary hospital, but she did not know when.

The zoo added a 16-month-old female jaguar named Caipora in December, and she

was to be paired with Jorge when she was old enough, according to the zoo Web site.

A small number of zoo employees undergo frequent training in the use of firearms for such emergencies, Bowie said the zoo has several kinds of firearms and she did not know what type was used to kill the jaguar.

Clayton Fresholt, zoo president and chief executive, issued a written statement saying zoo officials were "deeply saddened" by the incident. "This keeper was a part of our family and we too are grieving the loss of one of our own."



This undated photo provided by the Denver Zoo shows a jaguar named Jorge. A zookeeper at the Denver Zoo died Saturday after Jorge maulled her in its enclosure.

Fido's store sign has the neighbors barking

By Lynn Marshall
Los Angeles Times

SEATTLE — Lori Pacchiano needed a catchy brand name for her high-end pet-products business. "High Maintenance Dog" didn't have the right ring to it, and "High Maintenance Mutt" might offend pure-bred owners.

When her brother and business partner Ryan suggested "High Maintenance Bitch," she knew they had a winner.

Since the two founded the company in 2002, Pacchiano's products have been purchased by celebrities including Oprah, Debra Messing and John Travolta. The products — collars that look like leather boots, dog makeup, custom-made \$2,500 sofas and \$45,000 diamond dog earrings — are available on a Web site and in the company's Seattle retail store. There is also a dog-care book and a calendar, both under the brand name High Maintenance Bitch.

She has heard a few complaints about the name before, but Pacchiano, 36, was surprised by the reaction when they opened a store in the Seattle suburb of Wallingford and erected a sign.

About three-foot square, the sign's top two-thirds show a woman and her dog on a pink background, with the words "High Maintenance" arched over the drawing in white. The bottom third of the sign is taken up by the word "Bitch" in black letters on a white background.

"It's a big sign," says Janet Stillman, executive director of the Wallingford Neighborhood Office, a community association. "And that word takes up most of the sign."

Stillman says that in the month the store has been open, her office has fielded more than a dozen complaints from residents. Store clerk Kara Turner has heard some complaints as well.

"But for every person who complains, there are three who love the name," she says. "It's never been such a huge deal till now," says Pacchiano, 36. "It's just a word — it's what veterinarians call female dogs. It's how the American Kennel Club refers to girl dogs."

Northern Idaho firing range restricted to 500 shooters annually

Judge says weak state requirements that the range be built in an area with "full consideration to the safety factors involved in such a use."

The Associated Press

COEUR D'ALENE — A northern Idaho shooting range that Idaho Department of Fish and Game had envisioned accommodating more than 550,000 shooters annually is now restricted to 500 a year, a judge had decided.

First District Judge John Mitchell last week said reports by neighbors of bullets striking their homes were credible, while a Fish and Game employee in favor of the range expansion was "wearing blinders."

The proposed \$3.6 million expansion of the shooting range in Farrago State Park cannot proceed as planned, Mitchell ruled, and the range cannot be used at all until safety improvements are made.

The shooting range had been in use for decades, but Mitchell determined that improved access in 2003 that eliminated a hike of half a mile turned the range into a nuisance for nearby residents because of increased use.

He also said that the range expansion doesn't satisfy Kootenai County zoning

requirements that the range be built in an area with "full consideration to the safety factors involved in such a use."

Idaho law protects gun ranges from nuisance complaints by neighbors who move near to a gun range after it opens. However, gun ranges that undergo "substantial change" are not protected.

Idaho Fish and Game biologist David Leptich said that the use of the range hadn't changed, and that it wouldn't change even after a planned expansion to provide 130 shooting stations for an estimated 557,112 users a year. But Mitchell noted that, before access was improved, the range had only 182 users who signed a log in 2002. The Spokane-area lawyer reported.

He said some users might not have signed the log, and set the limit of 500 annually to account for them and as an "acceptable" increase, but he essentially kept the range at historic levels of use.

But before the range can be used at all, Mitchell ruled, additional safety measures must be put in place. Those are baffles — objects such as wood concrete suspended over the firing lanes that would stop bullets that are aimed too high.

Mitchell said that additional

baffles to ensure "no blue sky" would be required if more than 500 users a year were to use the range.

Some critics of the range wanted Mitchell to remove the 160-acre firing range from the 4,000-acre state park, but Mitchell rejected those requests.

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INSIDE: Chauncey Billups and the Detroit Pistons nipped the Chicago Bulls Sunday, B2



INSIDE: NBA, B2 | Scoreboard, B3 | Weather, B4

Stenson surges to match play victory

The Associated Press

MARANA, Ariz. — The longest week of his career was behind him. The blue World Golf Championship trophy was at his side. Henrik Stenson soaked it all in by slowly lowering his head on the table and closing his eyes.

"I'm too tired to be happy," he said. He played 120 holes in five days in the Accenture Match Play Championship, the last 35 on Sunday against Geoff Ogilvy in the final that featured five lead changes and countless mood shifts until Stenson made back-to-back birdies for a 2-and-1 victory.

highest ranking ever by a Swede. He earned \$1.35 million to move atop the PGA European Tour Order of Merit. The last time he felt such a rush of excitement and exhaustion was five months ago when he earned the winning point for Europe in the Ryder Cup.

That was for the flag. This was for himself.

In a slugfest that came down to survival, Stenson played mistake-free over the final 10 holes and made four birdies to surge past the U.S. Open champion and become only the second European to win this most unpredictable tournament.

managed to fight my way through the round and not let Geoff run away with it."

Trying to win his 12th straight match, Ogilvy had a 2-up lead with 10 holes to play until he lost momentum with a three-putt bogey, lost the lead with another and couldn't stop a sensational finish by Stenson.

Stenson hit 8-iron into 2 feet on the par-3 16th, and when Ogilvy missed his 6-foot birdie, the Swede went 2-up to the par-5 17th. He reached the green in two on the 600-yard hole and lagged his 60-foot putt so close that Ogilvy conceded.

"That's just the way it goes," said Ogilvy, who earned \$800,000. "He wasn't at his best either, but he got it

done when he needed to."

It was a grind for both of them, a long day that began with Stenson tugging a knit cap over his ears in the frosty morning, and ended with the Swede in short sleeves posing with the biggest trophy of his career.

Stenson won for the second time this month, both times in the desert at the Dubai Desert Classic three weeks ago, and in the high desert north of Tucson where he didn't have his best golf, but it was good enough.

"Every day, every round just wears you down a little bit," Stenson said. "In the end, you've got nothing left in the tank. And still, I managed to find some on the back nine today."

Please see STENSON, Page B2



Henrik Stenson pumps his fist as he wins his match against Geoff Ogilvy in the finals of the World Golf Championships Accenture Match Play Championship in Marana, Ariz., Sunday.

No. 2 Buckeyes top No. 1 Badgers

Ohio State will likely take over top ranking

The Associated Press

COLUMBUS, Ohio — Mike Conley Jr. stepped out of Greg Oden's lengthy shadow at just the right time.

Conley drove the lane and made a runner with 4 seconds left to give No. 2 Ohio State a 49-48 victory over top-ranked Wisconsin on Sunday, clinching the Buckeyes' second consecutive Big Ten title.

The game marked the first time Big Ten teams have met in a 1 vs. 2 game.

"I had a feeling I was going to get the ball," said Conley, son of the 1992 Olympic triple-jump gold medalist. "I just went to the hole and it worked out for us."

With the victory, the Buckeyes are likely to climb to the top spot in The Associated Press rankings for the first time since Jerry Lucas, John Havlicek and a sub named Bob Knight were ranked No. 1 throughout the 1962 season.

"I hope it motivates us," coach Thad Matta said. "I hope it continues to pour gas on our fire."

Alando Tucker, Wisconsin's candidate for conference player of the year, had given the Badgers the lead with just under a minute left when he scored inside off Jason Chappell's dump pass.

Chappell then blocked a shot by Ron Lewis before Wisconsin's Kamron Taylor was sent to the line in the bonus situation with 20.3 seconds left. Taylor's first attempt spun off the rim.

After a timeout, the Buckeyes (26-3, 14-1) passed around the perimeter before Conley, a freshman who has spent his career in the shadow of 7-foot high school and college teammate Oden, scissored through the lane and tossed up a soft shot that balanced on the rim before falling.

"If you've got a point guard like Conley, he's going to try to penetrate," Wisconsin coach Bo Ryan said. "We were trying to make him take a tough shot."

The Badgers (26-4, 12-3), who lost both games this week after becoming No. 1 for the first time ever, inbounded to Taylor who drove the length of the floor and tried an off-balance 15-footer at the buzzer. Oden got a piece of it before Lewis, a senior playing his final home game, swatted it away.

"I didn't know I was going to block it until he put it right in my face," Lewis said with a wide grin while wearing a Big Ten championship hat and T-shirt.

Taylor looked to the officials, hoping to hear a whistle. But there was no call and within seconds a capacity crowd flooded the court in celebration.

"I was just trying to get to the basket and



Wisconsin's Alando Tucker (42) has his shot blocked by Ohio State's Greg Oden (20) during the first half of Sunday's game in Columbus, Ohio.

draw some contact but it didn't work out," a disconsolate Taylor said. "It feels bad. We worked so hard, and then to have it go through your hands like that — it hurts."

Ivan Harris led the Buckeyes with 13 points,

with Oden and Conley each scoring 11. Tucker, averaging 20.2 points, was held to 12. Reserve Jason Bohannon went 3-for-3 from 3-point range and finished with 11 points. Taylor

Please see BUCKEYES, Page B2

Nash's death leaves family shaken

By Cheryl Wittehafer
Associated Press writer

ST. LOUIS — Damien Nash had just come home from a charity basketball game he'd organized in his brother's honor when he collapsed in front of his wife and 7-month-old girl.

The Denver Broncos running back died Saturday and the cause remained unclear Sunday, but his grieving mother knows what she must do.

After one son's death and a heart ailment that caused another son to require a transplant last year, Kim Nash is taking her daughter to a cardiologist next week.

"My son," she told The Associated Press amid sobs, "is giving me the strength

right now to talk."

Damien Nash collapsed in his suburban St. Louis home after returning by limousine with his wife, Judy Nash, and their daughter from a game at his high school to benefit the Darris Nash Find a Heart Foundation. The organization raises money for heart transplant research.

The 23-year-old player was taken by ambulance to Christian Hospital Northeast, where he was pronounced dead. The hospital's nursing supervisor, Maria St. George, told the AP the hospital dispatched an ambulance as soon as it received the call.

The St. Louis County medical examiner's office said results of an autopsy scheduled for Sunday may not be known for days.

Dr. Gregory Ewald, a cardiologist, treated 26-year-old Darris Nash and said he had a weakened heart muscle condition known as dilated cardiomyopathy. The ailment can be caused by a viral infection, inflammation or other causes. Darris Nash became so ill he needed a mechanical device to support his circulation until he could get a transplant, he said.

Ewald said some cardiomyopathy conditions run in families. He said he never met Damien Nash, but "the fact that Damien was doing high-level athletics may indicate that was not the problem."

The death comes less than two months after the still unsolved slaying of Broncos teammate Darren Williams. Damien Nash's agent, David Carter, said the Broncos were trying to contact teammates, who have scattered for the offseason. Funeral arrangements were not yet set.

Carter told the AP that Nash had four physicals since 2004 and was in good health. He said the Broncos planned their own investigation.

Carter said Nash had been ecstatic last week organizing the charity game. His client's high school coach, Darren Sunkett, said Nash had invited some NFL players from the St. Louis area and some former University of Missouri players. He was talking to a coach when he collapsed.

The agent said dozens of family members had gathered at Nash's house for a celebration or were en route when he died. Judy Nash, he said, recalled that her husband hadn't been drinking or partying, adding that "all he cares about is his daughter and this event."

Carter said Nash's friends and family take comfort in knowing that in his last moments he was surrounded by "every single person that loves him, that he loved and that loved him back."

Sunkett, whom Nash followed from Riverview Gardens High School in suburban St. Louis to East St. Louis (Ill.) High School, added: "He was a very humble, bright kid, always funny and enthusiastic. ... You couldn't dislike him."

News of Nash's death spread quickly to Coffeyville Community College in Kansas, the school he attended before heading to Missouri.

"They don't make them no better than Damien," Coffeyville running backs coach Dickie Rollis said. "He was such a competitor."

Kenseth takes California checkered flag

By Mike Harris
Associated Press writer

FONTANA, Calif. — Matt Kenseth put the disappointment of Daytona well behind him Sunday, driving away with his second victory of the weekend and second NASCAR Nextel Cup win at California Speedway.

Kenseth, who got caught up in the last-lap melee the previous week at the Daytona 500 and wound up 27th after starting that lap in third, stayed away from trouble Sunday in the Auto Club 500. He got the lead for good with a fast pit stop during a caution period just 23 laps from the finish.

The victory, his 15th in Cup, came with engineer Chip Bollin sitting in for suspended crew chief Robble Reiser, sent home for four races after the team was caught cheating at the beginning of Daytona's Speedweeks. And it came less than 24 hours after the 2003 Cup champion won the Busch Series races on the same 2-mile oval.



Matt Kenseth races during the NASCAR Nextel Cup Auto Club 500 in Fontana, Calif., Sunday.

"It's a special one," said Kenseth, who broke the transmission on his No. 17 Roush Fenway Racing Ford as he spun his tires in a post-race celebration. "It's not without Robble though. He spent the week at home while we were at Daytona building this car. Robble built this team."

Kevin Harvick, who swept the Busch and Cup races at Daytona, came out of the final pit stop in second and was making up ground up Kenseth until rookie David Reutimann and former series champion Bobby Labonte crashed on lap 243 of the 250-lap event.

NASCAR red-flagged the race to give safety officials time to clean up the debris from the wreck. Once the cars were restarted, Harvick found he had a deflating left front tire and had to pit.

Three-time California winner Jeff Gordon, the only other multiple Cup race winner here, jumped past Jeff Burton into second on the restart with four laps to go, but couldn't get close enough to challenge Kenseth the rest of the way.

Defending Cup champion Jimmie Johnson, who finished 39th at Daytona, also bounced back with a third-place finish Sunday, followed by Burton, Mark Martin, Clint Bowyer, Kurt Busch, Tony Stewart and Kyle Busch.

Johnson's Chevrolet was in the lead, with Kenseth's Ford close behind, when debris on the back-straight brought out a caution flag on lap 226 — the first yellow flag since the track went green on lap 126.

All the leaders pitted on the next lap and Johnson agonized through a slow stop, falling all the way to fifth.

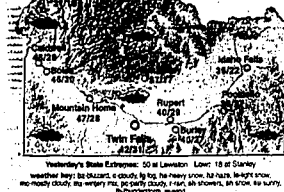
Today: Cloudy and breezy to windy at times. Light morning showers are possible. Lows in the 40s... Tomorrow: Colder than normal temperatures and possible snow showers, especially early. Highs upper 30s...

Weather forecast for Today, Tonight, Tuesday, Wednesday, Thursday, Friday. Includes icons for clouds, rain, and snow, along with temperature ranges and precipitation chances.

SUN VALLEY, SURROUNDING MTS. Snow showers are likely for today, tonight and tomorrow. Snow showers today will generally be light but a steady, and heavy snow is possible tonight...

BOISE Mixed showers are likely today, tonight and Tuesday with temperatures in the 40s, enough at night and in the foothills for all snow showers. A chance of snow showers on Wednesday...

NORTHERN UTAH Rain and snow showers are likely for today with mountain locations seeing all snow. Snow showers are likely for tonight and again Tuesday.



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Temperature, Precipitation, Humidity, Barometric Pressure, Sunrise and Sunset tables for various locations.

Moon Phases and Moonrise and Moonset tables for various locations.

Regional Forecast and National Forecast tables showing weather conditions for various cities across the region and nationally.



Canadian Forecast table showing weather conditions for various Canadian cities.

Roberts: Giants' reliable leadoff man

SCOTTSDALE, Ariz. (AP) Dave Roberts kneel beside Barry Bonds on the first day of spring training hoping to strike up a conversation with the slugger. Bonds spoke first with one message: Be aggressive and run.

For the first time in years, the San Francisco Giants have a prototypical leadoff man in Roberts. He is energetic, gets on base and regularly steals bags. He's also a welcoming, friendly face to his teammates in the clubhouse who has been a fan favorite at every stop.

"I think this team has obviously always been centered around Barry and waiting for him to do something really special, but I think guys up and down the lineup still need to do their jobs," Roberts said. "For me, it's needing to get on base and provide energy and stealing bases. That's my job, my role this year and I'm excited about my role."

Roberts will bat in front of Omar Vizquel, giving San Francisco two base-stealing threats at the top of the lineup the Giants hope will be key in making the club a contender again. He also will start in center field, with Randy Winn moving to right and Bonds playing left.

"With Dave Roberts out there getting on base, he's going to create a lot of problems out there," said Bonds, ready to resume his chase of Hank Aaron's home run record. "I've had the opportunity to play against him for so many years and he's done it. This time it's having him on our side. We had a good talk earlier. I told him, 'Don't change your game — run. The more runs you score, the more runs we have.' I just hope he runs and doesn't do anything different than he's done in the past."

Roberts batted 293 with two home runs and 44 RBIs and stole a career-best 49 bases for San Diego in 2006, his eighth year in the big leagues. His steals were fourth in the National League and he was caught only six times. Roberts is fourth in the majors with 195 steals the last five seasons, and his 81.3 percent success rate is second best among players with at least 175 stolen bases in the span.

Roberts appreciated Bonds taking the lead with the new guy. They have crossed paths as opponents but had rarely talked before.

"He initiated the conversation," said Roberts, who also could invite Bonds in



San Francisco Giants outfielder Dave Roberts, right, talks with Barry Bonds while waiting to take batting practice during spring training workouts in Scottsdale, Ariz., Saturday.

left field on occasion. "It was great because that is what I was hoping was going to happen and what I intended to do. I wanted to talk to him about it. It was nice that he understands it and realizes we're going to need everybody to be productive on offense."

The 34-year-old Roberts is one of only three Giants players to win a World Series. He earned his ring with the Boston Red Sox in 2004, playing a key part in helping them rally to beat the New York Yankees in the AL championship series. Iyan Fleckersom became Molina and Iyan Fleckersom are the only other Giants to win a title.

Roberts signed an \$18 million, three-year contract during the winter, ruffling him with manager Bruce Bochy after they spent the past two seasons together with the two-time defending NL West champion San Diego Padres.

San Francisco has missed the playoffs the past three seasons, but Roberts is confident this roster has the talent to compete in a much-improved division. He expressed his interest in following Bochy to Northern California, and the Giants were thrilled.

"I love it," he said. "It's been an easy transition. I'm excited about the season. The guys are great. The guys are focused and hungry. I think they're tired of not winning this division and want to change it."

Bochy saw Roberts at his best and will give his leadoff hitter the green light. "If he can get a good jump, he's going," Bochy said. "We've talked about it, and we don't want to get away from our strengths."

Not since Kenny Lofton played part of the 2002 season in San Francisco have the Giants had the speed and reliability at the top of their order that Roberts provides. He had a .320 on-base percentage last season and .356 in '05.

For Roberts, getting to know his teammates has been a priority so far. Before workouts start, he can be seen talking to different guys around the room.

"I'd like to think people can respect the way I play the game and how I go about my business," he said. "I'm an outgoing person. I'm energetic and like to have fun. When we're playing, I'm focused and doing my job."

Johnson remembered at memorial service

AUSTIN, Texas (AP) — Former NBA players remembered Dennis Johnson for his athletic ability and his infectious smile Sunday during a memorial service where there was a far more laughter than tears.

"In my lifetime I have never met such a dynamic person," former Boston Celtics teammate Cedric Maxwell told the crowd of nearly 200 people gathered in the David Chapel Baptist Church. "He was one of the greatest players of all time."

Johnson, who was part of three NBA championship teams with Boston and Seattle, died Thursday after collapsing following practice with the Austin Toros, the NBA Development League team he coached. He was 52.

"I am going to say a few things about Dennis Johnson, like how nice he was," Maxwell said. "We would go to each NBA city and call a Realtor up and go see the most expensive homes, knowing we weren't buying anything."

"He's looking at me right now saying, 'I am so glad that you went up to speak. Max, instead of Bill Walton, because we would have been here all day long.'"

Walton and Robert Reed were among those in the crowd along with Celtics coach Doc Rivers and Texas Longhorns coach Rick Barnes.

A framed No. 3 Toros jersey and an enlarged picture of Johnson, displaying his well-known smile were surrounded by flowers near the altar. His wife of 31 years, Donna, and his three children, Dwayne, Denise and Daniel, sat on one of the front rows with Toros players and assistant coach Dale Osbourne nearby.

A five-time All-Star and one of the most feared defensive guards in NBA history, Johnson was part of the last Boston dynasty. He spent 14 seasons in the league and retired after the 1989-90 season at the age of 35. He played on title teams with the Celtics in 1984 and 1986 and with the SuperSonics in 1979, when he was the finals MVP.

"If I had around the 50 greatest NBA players, you could put him right in the middle and say, 'There he is,'" Reed said. "Those 50 players knew they wouldn't get it done if it weren't for DJ."

Johnson averaged 14.1 points and 5.0 assists for his career. When he retired, he was the 11th player in NBA history to total 15,000 points and 5,000 assists.

Johnson made one all-NBA first team and one second team. Six times he made the all-defensive first team, including five consecutive seasons (1979-83).

Johnson was born Sept. 18, 1954, in Compton, Calif. He played at Pepperdine and was drafted by Seattle in 1976. Johnson was traded to Phoenix in 1980 and Boston in 1983.

Toros president Mike Berry ended his speech with a personal message to DJ: "I have a little guy and he is three years old. There is a special place that I want to take him one day, that's in Springfield, Mass. where you belong coach."

"Make no mistake, we will not make that trip without your arrival there first." Springfield is home of the Basketball Hall of Fame. Johnson will be buried Friday in Gardena, Calif.

Magic Valley HomeSeller TOP AGENTS advertisement. Includes names of agents: Mark E. Jones, Lynn Rasmussen, Connie Herbert, Sandra Capps, Paul DeMeule, Ray Sabala. Website: magicvalley.com

INSIDE:
What's a four-
letter word for
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Crossword, C7



C

MONDAY

FEBRUARY 26, 2007

INSIDE: Classifieds, C2-8 | Jumble, C3 | Sudoku, C5 | Service directory, C6

White House white out



Snow begins to accumulate on the North Lawn of the White House, Sunday in Washington. A huge winter storm barreled toward the East Coast on Sunday after dumping more than a foot of snow on the Upper Midwest, grounding hundreds of airline flights and closing major highways on the Plains.

Roads reopen but some flights still grounded after storm dumps 2 feet of snow on Midwest

By David N. Goodman
Associated Press writer

DETROIT — The remnants of a huge winter storm plowed toward the East Coast on Sunday after dumping as much as 2 feet of snow in the upper Midwest, grounding hundreds of airline flights and closing major highways on the Plains.

Utility crews labored Sunday to restore power after the storm blanketed out hundreds of thousands of homes and business in Iowa, Illinois, Minnesota, Nebraska and Ohio. Street and highway crews — nearly 300 snow removal trucks and plows in Chicago — worked to clear pavement of snow and ice.

Mist at the storm system pulled from the Gulf of Mexico fueled violent thunderstorms in the South, sweeping cars off roads, crumpling buses and sending mobile homes flying. Tornadoes were reported in Arkansas, Mississippi and Louisiana.

By midday Sunday, snow was dwindling but still falling from the eastern Dakotas across the Great Lakes to the Washington area.

As the system stretched eastward, a dwindling bank of snow extended from the eastern Dakotas across the Great Lakes to the East Coast. Three inches of snow had fallen by midday Sunday at Cumberland, Md., and the District of Columbia declared a snow emergency, banning parking on major routes to make room for snow plows.

Three to 4 inches of snow was expected in the Washington area and motorists in the region were warned the snow could turn to ice overnight.

In New York, sanitation workers were preparing for 4 to 6 inches of snow expected to begin Sunday evening. Some 2,000 plows and the sanitation department's 365 salt spreaders were ready to clear streets and roads citywide, authorities said.

Roads were treacherous Sunday across parts of Michigan, causing accidents and snarling traffic. "It's extremely icy," said state Trooper Bronse Giverny in the Detroit suburb of Oak Park.

The storm's snow, sleet and freezing rain led airlines to cancel hundreds of flights Sunday at Chicago's O'Hare International Airport and dozens more at Midway Airport, said Wendy Abrams, a spokeswoman for the Chicago

Department of Aviation. That was on top of more cancellations on Saturday, and Abrams estimated that about 1,000 stranded passengers spent the night at O'Hare.

Utilities in Iowa reported more than 162,000 customers without electricity Sunday, most because heavy ice had brought down miles of power lines and utility poles.

"It could be at least three days if not more than one week before we get all customers back on," Alliant Energy spokesman Ivan Stensland said of conditions in Iowa. "We've got close to 2,500 poles down — over 500 miles of line down."

More than 83,000 customers were without power Sunday morning in Illinois, utilities said. Crews for Mid American Energy reported ice 2 inches thick coating power lines in Illinois' Mercer County, said spokesman Allan Utis.

On the Plains, Colorado and Kansas on Sunday reopened Interstate 70, a major cross-country route. The highway had been closed for about 400 miles in both directions since Saturday from just east of Denver to Salina, Kan., because of blowing snow and slippery pavement.

Suicide bomber strikes Baghdad college

Shiite cleric says security sweep doomed to fail

By Brian Murphy
Associated Press writer

BAGHDAD, Iraq — A suicide bomber triggered a ball-bearing-packed charge Sunday, killing at least 41 people at a mostly Shiite college whose main gate was left littered with blood-soaked student notebooks and papers amid the bedlam.

Witnesses said a woman carried out the attack at the business school annex at Mustansiriyah University, but Interior Ministry officials said they were still investigating those reports. The school's main campus was hit by a string of bombings last month that killed 70 people.

The attack came as the powerful Shiite militia leader Muqtada al-Sadr bitterly complained that "car bombs continue to explode" despite an ongoing security crackdown in Baghdad. He suggested he was rethinking his cooperation.

The political situation in Iraq was further thrown into question after President Jalal Talabani, a 73-year-old Kurd, was taken to Jordan for medical tests after feeling ill. Talabani's son, Qubad Talabani, said his father was suffering from fatigue and exhaustion. "He did not have a heart attack" or a stroke, he told CNN.

The statement issued in the name of the radical cleric al-Sadr put increased strains on the U.S.-Iraqi security sweeps — aimed at restoring order in the capital. The cleric said any crackdown that includes American soldiers was doomed to failure. Al-Sadr's Mahdi Army militia pulled its fighters off the streets under intense government pressure to let the 12-day-old security plan proceed.

But a relentless wave of Sunni attacks — six alone in the Baghdad area Sunday — has apparently tested al-Sadr's patience as well as many ordinary Shiites.

A return to the streets by the Mahdi Army forces could effectively block the security effort and raise the chances of Baghdad falling into sectarian street battles — the apparent aim of Sunni extremists seeking any way to destroy the U.S.-backed government.

"Here we are, watching car bombs continue to explode to harvest thousands of innocent lives from our beloved people in the middle of a security plan controlled by an occupier," said a statement read by an al-Sadr aide in Baghdad.

Al-Sadr — who has not appeared in public in more than a month — is no friend of Washington and his forces fought fierce battles with U.S. troops in 2004. But he has largely cooperated in the Iraqi political process to avoid straining with Prime Minister Nouri al-Maliki and the Shiite leadership.

"The agreement, however, was highly critical of the U.S. role in the security plan and urged leaders to 'make your own (security) plans.' He said 'no security plan will work' without direct U.S. involvement."



Minister Louis Farrakhan prepares to deliver his final major address at the Saviors' Day gathering in Detroit, Sunday.

Farrakhan calls on people of all faiths to unite

By Jeff Karoub
Associated Press writer

DETROIT — Nation of Islam leader Louis Farrakhan stressed religious unity Sunday during his final major speech, saying the world is at war because Christians, Muslims and people of other faiths are divided.

The 73-year-old Farrakhan told the thousands at Detroit's Ford Field that Jesus, Christ and the Prophet Muhammad would embrace each other with love if they were on the stage behind him.

"Our lips are full of praise, but our hearts are far removed from the prayers we all claim," he said. "That's why the world is in the shape that it's in."

The fiery orator spoke during the first time since ceding leadership of the movement last year because of illness. The speech at the home of the National Football League's Detroit Lions capped the Nation's three-day convention in the city where it was founded in 1930.

"My time is up," Farrakhan said in describing his exit from the leadership stage. "The Final Call can't last forever."

The controversial figure said that he is leaving at a time of great conflict in the world and that he believes God is angry with leaders who are putting politics and greed above serving their fellow man.

Menopause hormone study finds patch beats pill for blood clot risk

By Marilyn Marchione
Associated Press writer

For women who have struggled with the symptoms of menopause but are fearful of taking risky hormone pills, there is at last a bit of hope.

Hormone skin patches and gels, it seems, are far less likely than pills to cause dangerous blood clots. At least that was the finding from a recently published French study.

Patches and gels are already known to be effective for relieving the hot flashes and sleep-interrupting night sweats that plague many women. No one knows whether they will prove safer than pills in terms of breast cancer, heart attack or stroke risk. A large study currently under way may answer that.

But if they do, it may soften some of the backlash against hormones since a landmark study in 2002 frightened many women away from their use. Critics of that study have long contended that it is the type of estrogen or progestin, the dosage, and the method of taking the hormones that may affect the health risks.

The final word, is the strongest proof yet that this may be true, said Dr. John Manson, chief of preventive medicine at Harvard-affiliated Brigham and Women's Hospital in Boston. She has no financial ties to hormone drugmakers and just published a book giving women advice on hormone use.

Evidence is mounting that the method of taking a drug and possibly the dose are important factors, she wrote in an editorial accompanying the study in the journal *Circulation*.

Millions of women abandoned hormone pills after the Women's Health Initiative study reported in 2002 higher rates of stroke among those taking estrogen, and of stroke and breast cancer with estrogen-progestin use.

The study tested Wyeth's Prempro and Premarin, which contain synthetic estrogen made from the urine of pregnant horses. Some people believe that estrogens from plant sources are closer to what the human body naturally produces and may be safer. The plant forms are in many competitors' pills and also in

Hormone sales

Millions of women abandoned hormone pills after a study found higher rates of stroke among those taking estrogen and of stroke and breast cancer with estrogen-progestin use.

Top-selling hormones in the U.S., 2006
Change from previous year

| Hormone | 2006 Sales (\$ million) | % Change |
|-----------------------------|-------------------------|----------|
| Premarin | 1,219.1 | ↓ 7% |
| Valiell-Dot | 580.5 | ↓ 10% |
| Vagifem | 580.5 | ↓ 20% |
| Premarin vaginal | 124.5 | ↓ 8% |
| Estrogen-Progestogen combos | 133.4 | ↓ 10% |
| Prempro Low-Dose | 587.3 | ↓ 12% |
| Prempro | 566.2 | ↓ 10% |
| Femint | 559.9 | ↓ 1% |
| Activella | 559.9 | ↓ 1% |
| Combipatch | 113.5 | ↓ 2% |

SOURCES: IMS Health, U.S. Food and Drug Administration, AP Research
patches, creams and gels.
The French researchers compared 271 women ages 45 to 70 who suffered blood clots to 610 similar women without clots. Women taking various hormone pills were more than four times more likely to suffer clots than women not taking hormones or receiving them through patches, gels or creams.

Experts: Military mental health system needs help

By Seth Borenstein
Associated Press writer

WASHINGTON — Many Iraq war soldiers, veterans and their families are not getting needed psychological help because a stressed military's mental health system is overwhelmed and understaffed, a task force of psychologists found.

The panel's 67-page report calls for the immediate strengthening of the military mental health system. It cites a 40 percent vacancy rate in active duty psychologists in the Army and Navy, resources diverted from family counselors and a weak transition for veterans leaving the military.

The findings were released Sunday by the American Psychological Association. More than three out of 10 soldiers met the criteria for a "mental disorder," but far less than half of those in need sought help, the report found. Sometimes that's because of the stigma of having mental health problems; other times the help simply wasn't available, according to the task force. And there are special difficulties in getting help to National Guard and Reserve troops, who have been used heavily in Iraq, the report said.

The special task force found no evidence of a "well-coordinated or well-disseminated approach to providing behavioral health care to service members and their families."

The psychology task force, chaired by an active military psychologist and comprised of psychologists working for the military or Veterans Administration, said "relatively few high-quality mental health programs exist in the military now."

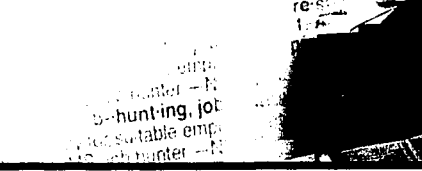
"There are tremendous needs; the system is stressed by these needs," said pediatric psychologist Jeanne Hoffman, a task force member and a civilian pediatric psychologist at Tripler Army Medical Center in Honolulu.

The Defense Department's mental health experts haven't read the report, Pentagon spokesman Cynthia Smith said the military is proud of its mental health services record, including a new program this year that checks up on service members after they return home to their families.

"For the past four years, DOD has been aggressively reaching out to support our military personnel before and after deployments. This is unprecedented," Smith said in an e-mail to The Associated Press.

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- 1. Terrier Cross blond female adult, near CSI.
 - 2. Heeler Cross black & white female pup, Elm & Addison.
 - 3. Lab/Cross yellow female big pup, Quincy.
 - 4. Corgi Cross black and white male adult, Hwy 30 near Miracle.

- #### ADOPTIONS
- 1. Red/Hound Cross large male pup.
 - 2. Boxer/Heeler cross brindle male pup.
 - 3. Spitz cross red female young adult.
 - 4. (2) Aussie/Collie Cross white & tan pups.
 - 5. Bassett female adult.
 - 6. Lab/Chessy cross chocolate spayed female adult.
 - 7. Lab X pup black & white female.
 - 8. Lab/Pointer cross dark chocolate female pup.
 - 9. Terrier/Lab Cross black, female, big pup.
 - 10. Pit brindle & white female adult.
 - 11. Shepherd/Husky Cross black & tan, young male adult.
 - 12. (2) Heeler Cross red brindle pups.
 - 13. Chessie Lab dark brown, male adult.
 - 14. Terrier Cross, white, neutered, large young male adult.
 - 15. Lab black, neutered, male adult, very sweet couch potato!

FOUND

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 112 Miscellaneous Services
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ANNOUNCEMENTS

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LOST Bingy looking tan small dog, male. Last seen near Poplar and Locust. No collar. Call 208-948-9191

LOST Chesapeake, female, last seen Buhi Creek. Limits on the 210 "Soud". US 25-2666 or 208-309-3104.

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 At approx 10:45 PM, Feb. 27, a light colored pickup in the east bound lane & carrying an unsecured load of wood on pallets entered the west end of the "S" curve on Pole Line Rd west of the Junction at what must have been excessive speed for that slant of road & carrying a loaded truck on the west bound end of the road. The driver of the car was ejected from the car & the car rolled over onto its side & was damaged. The driver of the car was ejected from the car & the car rolled over onto its side & was damaged. The driver of the car was ejected from the car & the car rolled over onto its side & was damaged.

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DRIVERS

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NOTICE OF TRUSTEE'S SALE

T.S. No.: ID-96-70485-HF Loan No.: 33778904 On 2/22/2007 at 11:00 AM (and recurred local time), at the following location in the County of Blaine, State of Idaho: Ir the Lobby of Alliance Title & Escrow located at 1411 Falls Ave. East. Suite 1315, Twin Falls ID 83301, Pioneer Lender Trustee, serving as Idaho trustee, as Trustee, in and for the benefit of U.S. Bank, N.A., as trustee for registered holders of Home Equity Asset Trust 2004-A, Home Equity Pass-Through Certificates, Series 2004-B will sell at public sale, to the highest bidder, for cash, the lawful money of the United States, payable at the time of sale, the following real property, situated in the County of Twin Falls, State of Idaho, and described as follows: Lot 13, Block 142, Twin Falls Townsite, Twin Falls County, Idaho. According to the Final and Amended plat there-of recorded in book 1 of plats, page 7, records of Twin Falls County, Idaho. The Trustee has no knowledge of a more particular description of the above referenced real property, but for purposes of compliance with Section 60-113 Idaho Code, the Trustee has been informed that the address of 328 5th Avenue West, Twin Falls, ID 83301, is sometimes associated with said real property. Said sale will be made without covenant or warranty regarding title, possession or encumbrances to satisfy the obligation secured by and pursuant to the power of sale conferred on the Deed of Trust and Note by Deanna Lombard, a married woman, as her sole and separate property, as Grantor/Trustor, in which Mortgage Electronic Registration Systems, as a nominee for Mortgage Mortgage Corporation, is named as Beneficiary and Title/Trust, Inc. as Trustee and recorded 1917004 as instrument No. 2004-02422 in book -- --, page -- of Official Records in the office of the Recorder of Twin Falls County, Idaho. Please Note: the above Grantors are named to comply with section 45-1506(A), Idaho Code, or representation made at all they are, or are not, presently responsible for this obligation set forth herein. The Default for which this sale is to be made is the failure to pay when due, under Deed of Trust and Note dated 9/23/2004. The monthly payments of principal, interest and impounds (if applicable) of \$388.76, due per month for the months of 9/1/2006 through 1/2/2007, and all subsequent installments until the date of sale or reinstatement. The principal balance owing as of this date on the obligation secured by said Deed of Trust is \$34,630.13, together with interest thereon at the current rate of 7.500000 per cent (%) per annum from 8/1/2006. All delinquent amounts are now due, together with accruing late charges, and interest, unpaid and accruing taxes, assessments, trustee's fees, attorney's fees, and any amounts advanced to protect the security associated with this foreclosure sale. The beneficiary elects to sell or cause the trust property to be sold to satisfy said obligation. If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee, and the successful bidder shall have no further recourse. Dated: 1/19/2007 By: Pioneer Lender Trustee Services, LLC an Idaho limited liability company, as Trustee Causily Loan Service Corp. 310 S. Street, 2nd Floor, San Diego, CA 92101, as Trustee. By: Kathy Rush "X" For Sale Information Call: 714-259-7850 or Login to: www.italyapp.com If you have previously been discharged through bankruptcy, you may have been released of personal liability for this loan in which case this letter is intended to exercise the note holder's rights against the real property only. This is an attempt to collect a debt and any information obtained will be used for that purpose. As required by law, you are hereby notified that a negative credit report reflecting on your credit record may be submitted to a credit report agency if you fail to fulfill the terms of your credit obligations. ASA#P 816760

NOTICE

The March 2007 meeting of the Idaho Crop Improvement Association, Board of Directors will be held via conference call on Thursday, March 8th beginning at 1:30 PM. If you would like to participate either in person, or via conference call, please call the office of Idaho Crop Improvement for instructions on participating in the conference call. The conference call will originate from the Idaho Crop Improvement office at 55 SW Fifth Avenue, Suite 150, in Meridian, Idaho. Gregory H. Lowry

IMPORTANT

Call for legal ads: 3 days prior to publication, on on Wednesday for Sunday, noon on Thursday for Monday, noon on Friday for Tuesday and Wednesday, noon on Saturday for Sunday and noon on Tuesday for Friday and Saturday. Holiday deadlines may vary. If you have any questions call Ruby, legal clerk, at 735-3324.

Times-News Career Fair

The Largest Career Fair in the area is coming
 April 24, 2007
 The Times-News and the College of Southern Idaho are hosting a Spring Career Fair that your business will not want to miss!

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

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CSI
 COLLEGE OF SOUTHERN IDAHO

GM 02 Sierra SLE extended cab, AWD, power seats, PW, PL, Kevlar... GMC '03 SLE 1500... GMC '06 1500 short box...

FORD '04 Expedition... CHEVY '01 Suburban... GMC '02 Sierra SLE... GM 99 1 ton...

PONTIAC '08 Montana great mini van... BUICK '02 Century Custom, low miles... CADILLAC '98 Deville 4 door...

Sudoku puzzle grid with numbers 8, 2, 3, 6, 9, 4, 5, 7, 1 and others.

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CHEVY '01 Suburban, 4x4, door, auto, super sharp, 5.3 engine, only \$12,900... GMC '06 1500 short box...

FORD '06 Bronco, 4 door, 5.8L, auto, AWD \$6,996... CHEVY '05 Tahoe, 4x4, leather, CD, 3rd seat, low pig. Stock# 2944

BUICK '07 Century, \$1,200. Dodge '07 Caravan, good family car... CADILLAC '98 Deville, leather, sunroof, CD, 109,995.

Lexus 115000. Now, 115,000. chrome wheels, runs great. \$145,000/offer... MAZDA '06 Mazda 3, 5 speed, like new, 18,000 miles. \$18,000, 308-8672

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FORD '03 Expedition, ext. 89,000 miles... CHEVY '05 Trailblazer, 4x4, leather, CD, 3rd seat, low pig. Stock# 2944

BUICK '08 Regal, 25th Anniversary Edition: Black, leather interior, loaded, 2 new tires, 180K miles...

Lexus 115000. Now, 115,000. chrome wheels, runs great. \$145,000/offer... MAZDA '06 Mazda 3, 5 speed, like new, 18,000 miles.

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FORD '03 Expedition, ext. 89,000 miles... CHEVY '05 Trailblazer, 4x4, leather, CD, 3rd seat, low pig. Stock# 2944

BUICK '08 Regal, 25th Anniversary Edition: Black, leather interior, loaded, 2 new tires, 180K miles...

Lexus 115000. Now, 115,000. chrome wheels, runs great. \$145,000/offer... MAZDA '06 Mazda 3, 5 speed, like new, 18,000 miles.

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Autos and Autos logos

DODGE '98 pickup bed, long box, body only, or good stock. \$1000/offer... DODGE '04 Durango 4x4, door, loaded with low miles & 3rd row seat...

HONDA '00 CRV-E, Sport Cruise, AC, PW, PL, CD, cruise, speed, 55,000 miles, \$12,000/offer... CHEVY '08 Trailblazer, 4x4, leather, CD, 3rd seat, low pig. Stock# CP2938

BUICK '08 Regal, 25th Anniversary Edition: Black, leather interior, loaded, 2 new tires, 180K miles...

Lexus 115000. Now, 115,000. chrome wheels, runs great. \$145,000/offer... MAZDA '06 Mazda 3, 5 speed, like new, 18,000 miles.

MHT chrome wheels and electric... logo

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DODGE '87 Ram, 2-door, 4x4, 318, automatic, low miles, \$1250/offer... DODGE '87 Ram, 2-door, 4x4, 318, automatic, low miles, \$1250/offer... JEEP '06 Liberty LTD, 4x4, turbo diesel, wheels, PW, PL, FM, CD, Cruise, 481D \$21,995...

NISSAN '98 Frontier SE, AWD Crew Cab, 4.0L V6, 16,500 miles, \$22,500... NISSAN '98 4x4, new tires...

BUICK '08 Regal, 25th Anniversary Edition: Black, leather interior, loaded, 2 new tires, 180K miles...

Lexus 115000. Now, 115,000. chrome wheels, runs great. \$145,000/offer... MAZDA '06 Mazda 3, 5 speed, like new, 18,000 miles.

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NISSAN '98 Frontier SE, AWD Crew Cab, 4.0L V6, 16,500 miles, \$22,500... NISSAN '98 4x4, new tires... JEEP '06 Liberty LTD, 4x4, turbo diesel, wheels, PW, PL, FM, CD, Cruise, 481D \$21,995...

BUICK '08 Regal, 25th Anniversary Edition: Black, leather interior, loaded, 2 new tires, 180K miles...

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NISSAN '98 Frontier SE, AWD Crew Cab, 4.0L V6, 16,500 miles, \$22,500... logo

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NISSAN '98 Frontier SE, AWD Crew Cab, 4.0L V6, 16,500 miles, \$22,500... NISSAN '98 4x4, new tires... JEEP '06 Liberty LTD, 4x4, turbo diesel, wheels, PW, PL, FM, CD, Cruise, 481D \$21,995...

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Lexus 115000. Now, 115,000. chrome wheels, runs great. \$145,000/offer... MAZDA '06 Mazda 3, 5 speed, like new, 18,000 miles.

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Autos

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Autos

NISSAN '98 Frontier SE, AWD Crew Cab, 4.0L V6, 16,500 miles, \$22,500... NISSAN '98 4x4, new tires...

Autos

VOLKSWAGEN '02 Touareg Turbo, PW, PL, PM, CR, cruise, cassette, leather, sunroof, wheels. \$13,995... VOLKSWAGEN '04 Touareg Turbo, 4 door, fully loaded with power sunroof!

Autos

PONTIAC '02 Grand Prix, PW, PL, PM, CR, cruise, CD, wheels, spoiler. \$6,995... PONTIAC '05 Grand AM SE, 4 door, VW, 3.4L, auto, AWD, \$12,996...

Autos

PONTIAC '08 G6 V6, auto, air, PW, PL, AM, FM, CD, alloy wheels, factory warranty, Now \$13,988... PONTIAC '02 Grand Prix, PW, PL, PM, CR, cruise, spoiler, Stock# 4643D \$11,000...

Autos

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Autos

NISSAN '98 Frontier SE, AWD Crew Cab, 4.0L V6, 16,500 miles, \$22,500... NISSAN '98 4x4, new tires... JEEP '06 Liberty LTD, 4x4, turbo diesel, wheels, PW, PL, FM, CD, Cruise, 481D \$21,995...

Autos

NISSAN '98 Frontier SE, AWD Crew Cab, 4.0L V6, 16,500 miles, \$22,500... NISSAN '98 4x4, new tires... JEEP '06 Liberty LTD, 4x4, turbo diesel, wheels, PW, PL, FM, CD, Cruise, 481D \$21,995...

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INSIDE: A big canyon became a national park today in 1919. D3



INSIDE: Comics, D2-3 | Horoscope, D2 | Dear Abby, D3 | To do for you, D4

Stomping their silver sneakers



A plastic ball helps Al Demczyk with coordination exercises.

Exercise class offers health, companionship for seniors

By Ariel Hanson
Times-News writer

JEROME — Strains of Frank Sinatra poured from the corner of the room, his sultry tones in a rhythm against the voice of the exercise instructor.

"OK, let's pour ourselves a drink," said Kristine Shelton, holding her arms in front of her and rotating both fists toward her knees, like a bartender filling a glass with two liquids.

In each hand, she held a four-pound barbell, one of several tools that maximize the stretching and aerobic exercises she teaches at the Jerome Senior Center.

Watching her intently, and copying her moves, were a dozen seniors seated in rows of straight-backed chairs. Some seemed to have as much energy as Shelton, while others adjusted the moves down to their comfort level.

"I don't want to be a couch potato," said Bernie Miller, an 82-year-old woman who came dressed to move in sneakers and a pink turtleneck. She has exercised regularly since 1994, she said, and attributes her high energy level to all that movement.

"I live alone, and I want to be able to take care of myself and stay independent," Miller said.

Getting seniors up and moving regularly is one of the goals of the SilverSneakers Fitness Program, to help them become or stay as healthy as possible. In Idaho, Medicare recipients with Humana Gold Choice insurance can take the classes for free, said Jessica Martin, Boise account manager for the program.

"A real active man who runs five miles a day is going to get a lot of benefit from the program, and so would someone in a wheelchair," Martin said, because it is designed to accommodate different ability levels. "We see a lot of people that get off medications after they use the program."

Because SilverSneakers is offered at 2,500 locations across the country, snowbirds and other seniors who travel can attend classes wherever they go.

It isn't only the seniors who benefit, Martin said, but the health insurers — which is why Humana offers it free to members.

"They want to keep their seniors healthy before they get sick," Martin said. She also noted a mental health component: The elderly are getting out of their homes and interacting with others. "This is their family they start to build."

In Jerome, the instructor has stated that happen since SilverSneakers classes started there in November.

"We offer more than just fitness; we offer companionship as well," Shelton said, describing one couple who comes regularly and stays for lunch and conversation after the twice-weekly classes. In that couple and in most of her regular attendees, Shelton said she sees a visible difference in health.

"They have more energy, they feel better," she said. "They have a better attitude, they're more alert."

The resistance band, small medicine ball



Bernie Miller, 82, juggles a ball during a SilverSneakers class Wednesday morning at the Jerome Senior Center.



Al Demczyk exercises Wednesday during a SilverSneakers class at the Jerome Senior Center.

and hand weights used in the class improve hand-eye coordination and muscle tone, Shelton said. She doesn't ask the attendees to sit or lie on the floor, instead using a chair either as support for standing exercises or as a base for low-impact sitting exercises.

Shelton, who does other jobs at the senior center, was trained by SilverSneakers to be an instructor, though she said she had "never even worked out a day in my life" before the classes. Shelton said they've benefited her as well, raising her own energy level.

Lois Brannan, 83, said her least favorite exercise in the class is "the coat," which simulates the motion of putting on and taking off a jacket.

"It's hard, in the first place, and it messes up my hair," Brannan said with a smile. She comes to the class frequently, because "anything that keeps your mind active and your body active is great."

Another regular attendee does his part to

keep minds active through jokes and by teasing the instructor.

During one of the exercises, in which a cantaloupe-sized ball is gripped in one hand and moved about, tossed and dribbled, Shelton reminded her class of the rules.

"Part of the routine is, if you drop your ball, you go get your ball," Shelton said.

With a mischievous grin, 86-year-old Al Demczyk tried to knock the ball out of Shelton's hand. "Stop it," she said, laughing.

Later, Demczyk poked some gentle fun at Shelton. That exercise to flatten the stomach? You can use it, he told her, bringing smiles to the flushed faces of other participants.

These smiles, Shelton said, as well as the flushed cheeks, keep them lacing up their silver sneakers week after week.

Times-News features writer Ariel Hanson can be reached at 735-3376 or ariel.hanson@tec.net.

Getting fit

SilverSneakers exercise classes are offered in four Magic Valley locations. They are free for Humana Gold Choice members at all locations.

- In Twin Falls, classes are 11:15 a.m. to noon Mondays and Thursdays at the YMCA, 1751 Elizabeth Blvd. 733-4384. Only Humana members may take the class, and they receive a free basic membership at the facility with their attendance.

- In Jerome, classes are 10:30 to 11:15 a.m. Wednesdays and Fridays at the Jerome Senior Center, 212 First Ave. E. 324-5642. Attendees without Humana pay \$3 for each class.

- In Burley, classes are 10:30 to 11:15 a.m. Mondays, Wednesdays and Fridays at the West End Senior Citizens Inc., 1010 Main St. 543-4577. Anyone may attend for free.

- In Burley, classes are 1 to 1:45 p.m. Tuesdays and Thursdays at Impact Athletics, 1150 E. 16th St. 876-5011. Classes are also free for club members and are available to visitors for a \$10 entry fee or with class passes (\$54 for 10 classes or \$38 for 10 classes). Instruction isn't progressive; attend any sessions, or attend them all.

"I don't want to be a couch potato."

— Bernie Miller, an 82-year-old participant in the SilverSneakers Fitness Program

Women encourage others to take self-defense class

By Ariel Hanson
Times-News writer

TWIN FALLS — If an attacker has Suzanne Lillehaug down on the ground, she knows what to do.

"If he's on top of you and you have your legs free, you can put your legs around his neck and push up and it'll dislocate his elbows," she said.

This is just one of the moves Lillehaug learned when she took a class on women's self-defense at the College of Southern Idaho last semester. The eight-hour class, split between two Saturdays, will be repeated this semester.

Offering the class was the idea of Cindy Simeon, course developer for the community education center at the college, who also participated last semester.

"It was very informative, not only the

Self defense for women

The College of Southern Idaho will offer a two-part class on self defense for women from 9 a.m. to 1 p.m. March 3 and 10. It will be held in Room 203 of the Canyon Building and costs \$20 for both sessions. To register, call 732-5442 or visit www.csi.edu/communityed.

techniques but learning how to safeguard yourself," Simeon said. Simeon, who moved to Idaho from Florida, said she felt it is important for women in particular to know how to avoid getting into dangerous situations and how to get out if they do find themselves threatened or attacked.

"In Twin Falls, the crime isn't bad, but it's increasing," Simeon said. "I just always thought women should know how to defend themselves."

The class is taught by Gary Taylor, a 10-year law-enforcement veteran who holds a blue belt in Brazilian Jiu-Jitsu. Through hands-on experience — learning and practicing avoidance and defense techniques — Taylor teaches class participants what to do in a variety of situations.

"It's not really a course on how to beat up somebody," Simeon said, though Taylor teaches the most vulnerable parts of the body from shins to eyes to groin. "Your attacker is a person who is trying to hurt you, so you hurt him."

Lillehaug, a student at CSI, said she feels more confident after taking the class.

"I just wanted to prepare myself," Lillehaug said. During a trip to New York, she said, she mentally reviewed the avoidance and defense techniques, and it made her feel more comfortable. "It's something all women should take."

Think yourself thinner?

By Janet Crowley
Los Angeles Times

Lazy, shiftless couch potatoes of the world, here's something to crouch about. You may be able to enhance what little exercise you get, just by happily pondering the value of it.

In a novel investigation of the placebo effect and exercise, psychology researchers from Harvard University found that hard-working hotel housekeepers who were tutored on the fitness value of their tasks experienced marked health improvements. Within four weeks of learning that the physical demands of their daily tasks provided good exercise, the 44 room attendants lost an average of 2 pounds, lowered their blood pressure by almost 10 percent and logged statistically meaningful reductions in body mass index, body-fat percentage and waist-to-hip ratio, compared with the 40 housekeepers in the uninformed group.

Please see **TNN**, Page D4

COMICS

B.C. How do you handle the stress of switching from coaching football to baseball almost overnight? It's a snap!

By Johnny Hart Wanna see it again?

Baby Blues By Rick Kirkman & Jerry Scott I like you, but they sure love them! Got those old pals like too small for you? I've had these when it's the... Just try! I can't sleep them! I can't sleep in pens!

Baldo By Hector D. Cantu and Carlos Castellanos Here, Baldo... this car in the parking lot has its lights on. Sure thing, Mr. Rod. Attention... if you own a blue min cooper, license plates are on.

Brevity By Guy & Rod Darn it Jim, I'm from the Royal Canadian Mounted Police... now drive!

Dilbert By Scott Adams The facilities people tell me there's asbestos in the ceiling. They say you don't need to worry about it unless it gets disturbed. They plan to disturb it today.

Doodlesbury By Gary Trudeau After we set up the adjoining streets should be blocked off by the traffic forces. Speaking of which, where the hell is the commander? Aers sup, road to the... It's still the same old way.

The Elderberries By Phil Frank and Joe Troise Our next award is for best supporting address in the horror/crime category. May I have the envelope, please? And the award goes to Mildred Grit for her role in that Elderpark classic 'What's for Lunch?'

For Better or For Worse By Lynn Johnston After all, I'd like to thank the U.S. Army Chef's School at Fort Bragg! Sniff!

Frank and Ernest By Bob Thaves Finishing school takes an unmannered girl and gets her going in the right direction! Ah, a 'coarse correction'!

Luann By Greg Evans Why you don't waste time, not even unpacked yet and it's too late! It's not too late! And I'd be unpacked if you'd been here.

Mallard Fillmore By Bruce Tinsley Ninety-eight percent of those surveyed in a new CBS News poll think all Republicans are liars! It's called a CBS News poll because to save time, we only polled people who work here at CBS News.

Pearls Before Swine By Stephan Pastis Hey, what's the matter with your friend? Oh, heem? He's choking. Aren't you gonna help? Oh, no. Deeth of fellow predator mean less competition for prey.

Pickles By Brian Crane Do you have to crack your toes like that? No, I guess not. I can crack them like this instead.

Rose Is Rose By Pat Brady Jimbo? Hello! Hey, look, I've got footstool. You guys are cold.

Zits By Jim Borgman and Jerry Scott What? Pizza! What kind is it? Walnut and pineapple. At first you just taste tropical sweetness and then you realize the walnut seeds like its wearing golf cleats! Woo! I liked it better when pizza just tasted good. Old thoughts die. I'm having another slice because again, no one else is eating.

Non Sequitur By Wiley Looks like Fox News is finally branching out to print... Facts-Breaks-Newsstand

Strange Brew By John Deering I hate moving day.

Virgo: Love likely to seek you out HOROSCOPE Jeraldine Saunders IF FEB. 26 IS YOUR BIRTHDAY: Things are going exceedingly smoothly for the next few months. You will make your best progress in April and September, and can make the best of every encounter by being fair and generous. Enjoy the fruits of your labors, but keep a few extra dollars tucked away for a rainy day. In November there may be plenty of rainy days when you will be glad you have something to fall back upon. Don't start any new ventures or enter into important contracts from November through the end of January. ARIES (March 21-April 19): Keep your hands on the table. Fiddling around behind the scenes, or in private, could cause someone to doubt your intentions. Don't ante up extra cash or place an expensive bet. TAURUS (April 20-May 20): Don't hide feelings and don't leave a subject in a muddle. Success will be attained if you act as though your every action is being seen on national TV. GEMINI (May 21-June 20): Dispel rumors or doubts by bringing them out into the open. You can act as a bridge between two conflicting factions. Write down your inner doubts, dreams and inspirations. CANCER (June 21-July 22): Don't fritter away financial security. If approached by someone with an offer or proposal, beware: It might do more to enrich the other person than you. Hang tough for a few days. VIRGO (Aug. 23-Sept. 22): Love is likely to seek you out. That might be it pecking around the corner and distracting you from important tasks. Daydreaming about an invisible lover won't help you get work finished. LIBRA (Sept. 23-Oct. 22): Pleasure delayed is pleasure heightened. Your little low light will need to stay lit on the back burner until you accomplish other objectives. Keep a firm grip on achieving your ambitions. SCORPIO (Oct. 23-Nov. 21): Separate the innocent from the guilty. No one appointed you judge and jury, but you must get all the facts. And remember that one is presumed innocent until proved guilty. SAGITTARIUS (Nov. 22-Dec. 21): Buy now, regret later. The pennies jingling in your pocket could fall through a deep hole if you make key purchases or investments now. Keep your piggy bank in a safe place. CAPRICORN (Dec. 22-Jan. 19): The linking of suspicion that starts growing in the back of your head could lead to trouble or misunderstandings. Don't let doubts stir up controversy. AQUARIUS (Jan. 20-Feb. 18): Some matters are merely genetics. There are some things you can fix or alter and other things that no amount of prodding and pushing will change. It is good to know the difference. PISCES (Feb. 19-March 20): Your romantic nature is nagging you to zero in on a potential partner, but this person might be a suspect instead of a prospect. Your intuitions or perceptions could be clouded or out of balance.

COMICS

Beetle Bailey

By Mort Walker



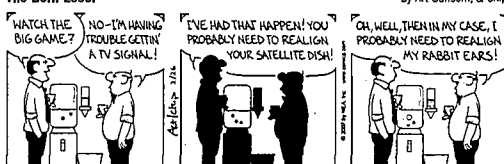
Blondie

By Dean Young & Stan Drake



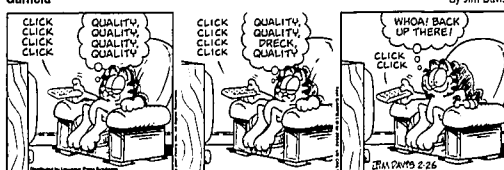
The Born Loser

By Art Sansom & Chip



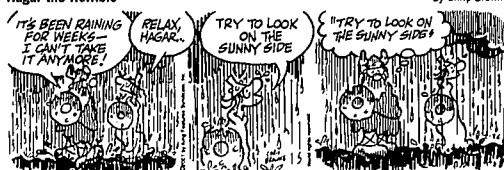
Garfield

By Jim Davis



Hagar the Horrible

By Chris Browne



Hi and Lois

By Chance Browne



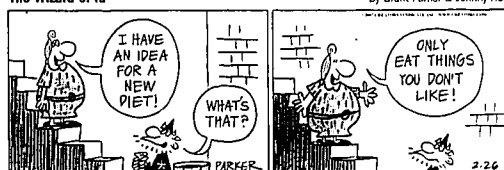
Classic Peanuts

By Charles M. Schulz



The Wizard of Id

By Brant Parker & Johnny Hart



Dennis the Menace

By Hank Ketcham



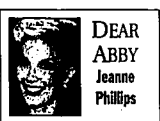
THE FAMILY CIRCUS

By Bill Keane



Woman hesitates to reveal secret love for colleague

DEAR ABBY: I am a single woman in my early 30s who has never been married. I recently fell in love with a wonderful man with whom I spend a great deal of time. He is unaware of the intensity of my feelings, and I'm afraid of telling him out of fear of rejection.



DEAR ABBY
Jeanne Phillips

There are a couple of additional concerns: He is 15 years my senior and a medical doctor. I am a social worker in a low socioeconomic class. In addition, we are of different religions, but we have similar spiritual beliefs and values. He is also my co-worker.

I am very interested in pursuing a deeper relationship with this man, but would like to hear your advice first. Thank you for your thoughts on this.

—LONGING FOR MORE IN CHICAGO

DEAR LONGING: Although it is possible that the doctor is also attracted to you, the fact that you are co-workers makes the situation possibly problematic. Because you spend "a great deal of time" together, I assume that you discuss all subjects beyond those that are work-related. One way to proceed might be to mention that you "happen" to have a couple of tickets to a play or other event he might be interested in—and would like to see with a company you. If the answer is yes, you're off to a good start.

DEAR ABBY: As the "Baby Boom" generation is now growing older, when will food product manufacturers wise up to the fact that printing cooking instructions on their products is no longer acceptable?

I pass on buying many items in the supermarket for this reason. Perhaps with your influence these people will begin to understand that they're losing money from older people simply because we can't make out a half-cup from a third of a cup in such tiny print. There are also young people with visual impairments, too. Thank you!

—REV. JOE

IN CONNECTICUT

DEAR REVEREND JOE: Much as one might pray for it, I'm doubtful that the food manufacturers are going to alter their labels for the visually challenged. However, because reading package directions — and I presume labels — has become a problem for you, I recommend you carry reading glasses and/or a

strong magnifying glass with you when you do your marketing. That should solve the problem.

DEAR ABBY: The recent letter and follow-up in your column regarding "Vince" who is becoming afraid of heights now that he's older, prompts my own. You counseled him to see his doctor.

I have a similar situation. I am in my 40s. When I was younger I was never afraid of anything — no known phobias. However, as I have gotten older, I have developed claustrophobia! I have refused to go into hills — even "open" ones. I panicked several times feeling trapped in my own car. Now I'm afraid to fly — not because I'm afraid of flying, but because once I'm airborne, I start panicking about being closed in.

I think our minds rewrite themselves as we get older. What do you think?

—JUANITA IN SPRING, TEXAS

DEAR JUANITA: With every activity you refrain from enjoying, you isolate yourself further. Therefore, I am giving you the same advice I gave to "Vince in Vallejo." Please discuss this problem with your doctor.

There is help for people with phobias, and yours are multiplying.

'Cravats' led to modern business tie

This day in history: On Feb. 26, 1919, the Grand Canyon became a national park. On the same day, exactly ten years later, the Grand Tetons became a national park, too.

Creation soldiers of the mid-1600s sported scarves around their necks. The French loved the look and called the neckwear "cravats," leading to the modern business tie.

It's been reported that U.S. courts spend about half their time on cases directly related to automobiles.

About 2,000 slaves, promised their freedom by the British, fought against the Americans in the Revolutionary War. This included 22 who ran away from Thomas Jefferson's plantation to join the British Army. Enslaved people fought on



RANDOM KINDS OF FACTNESS
Erin Barrett & Jack Wingo

the American side, too. However, despite fighting bravely, they were not given their freedom at the end of the war.

Nutria can be found on the menus of some fine Louisiana restaurants. Some say they taste like rabbit; others say chicken. Regardless, nutria — large swamp rats from southern Louisiana bayous — are less fattening and more nutritious than either one.

On Mount Rushmore, the mole on Lincoln's face measures 16 inches across.

Most Americans have more debt on their credit cards than money in their stock portfolio.

In 1871, a Pennsylvania man sued Satan and his minions for putting obstacles in his path and causing his downfall. The case was thrown out of court on the grounds that the defendant did not reside in the state.

When manufacturers "voluntarily" rubberize just a fancy name for adding sulfur. The addition makes the rubber stronger and less likely to wilt in heat.

Hearing loss isn't just a danger to rock musicians, but classical ones, too. Playing (or listening near) brass instruments, drums, and piccolos inflict the most damage.

The emperor penguin, largest of all penguins, can weigh almost 90 pounds and grow to be about four feet tall.

Infant finds \$1,300 in thrift store book

MC DONOUGH, Ga. (AP) — Rhianonn Barrow may be the luckiest 15-month-old ever. Or maybe her baby sitter is the fortunate one.

While playing with a thrift store book found earlier in the day for 25 cents, Rhianonn uncovered \$1,300 in cash stuck between the pages. Her baby sitter Sheila Laughridge said she only bought the book at Rhianonn's insistence and was surprised when the toddler found a brown paper bag full of \$100s, \$50s, \$20s and \$10s.

Laughridge took the money,

which dated as far back as the 1960s, to a local bank, where she received only \$300 in exchange because most of the

books were in pieces.

The rest of the tattered money was sent to the U.S. treasury department.

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- Licorice Pastels \$5⁹⁹/lb

Making charitable donations:

Which option is right for you?

Charitable giving allows you to help others while covering both personal and financial benefits. Whether you donate to a local society or to someone, determining your charitable giving plan for now and the future is a good way to help deliver some worthwhile tax breaks. Please consult your tax advisor regarding your individual situation.

For the next 5 weeks we will cover the most common types of charitable donations.

Week 1 - CHARITABLE REMAINDER TRUST

Charitable remainder trusts are among the most popular methods of deferred charitable giving. When you donate property to the irrevocable trust, your gift is split between a charitable beneficiary and a non-charitable beneficiary. You can name yourself as one of the non-charitable beneficiaries. These trusts annually provide specific distributions to one or more non-charitable beneficiaries annually for life or for a term of designated years. You receive all interest, dividends and capital gains from the trust as taxable income over your life, and the charity cannot access the capital during your lifetime. At the end of the trust term, the charities you designate receive the remainder interest. You may receive a federal income tax charitable deduction for the portion of the gift expected to go to the charity.

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IMAGE

Breast Cancer Support Group gathers today at hospital

Breast Cancer Support Group will meet at 7 p.m. today in the Sage Room at St. Luke's Magic Valley Regional Medical Center's Education Center, 588 Addison Ave. W., Twin Falls.

The group is open to breast cancer survivors (male or female) and their families and caregivers. The meetings are free. Call Lydia at 732-3242 or Mary at 732-1766.

'Baby and Me'

S. Benedict's Family Medical Center offers "Baby and Me" classes from 11 a.m. to noon Tuesdays at the Jerome Recreation District, 2032 S. Lincoln. This week's topic is "Immunizations and More."

The session is for parents of children from infancy through toddler years. The class is free. Call 324-7262.

Celiac support

Celiac Support Group of Magic Valley will meet at 7 p.m. Tuesday in the doctors' meeting room at St. Luke's Magic Valley Regional Medical Center, 650 Shoup Ave. W., Twin Falls.

The meeting is open to the public. Call Pat at 731-9079.

Heart health

Gooding County Memorial Hospital will hold an "Exercise and Your Heart" presentation and an open house from 4 to 6 p.m. Wednesday in the hospital's physical therapy department.

David Christiansen, physical therapist, will discuss the importance of exercise for heart health. Registration is not required. Call 934-9884.

Brain injury support

Brain Injury Support Group will meet from 6:30 to 8 p.m. Tuesday at St. Luke's Magic Valley Regional Medical Center's Outpatient Rehab, 550 Shoup Ave. W., Twin Falls. Dr. Craig W. Beaver will present an overview of neuropsychology and traumatic brain injury.

Thin

Members of the informed group also perceived themselves as getting significantly more exercise than they had before, even though their workload and recreational exercise levels, as well as diet, remained constant.

"My first thought was, 'When are they publishing it, April 1?'" says Patrick O'Neil, director of the Weight Management Center at the Medical University of South Carolina. "And I'm a clinical psychologist," he adds. "These are my people."

Lead author Alla Crum, now a doctoral student at Yale University, acknowledges the provocative nature of the study, which is one of very few to test a placebo effect in exercise.

"It's funny," she says of the report, published in this month's issue of Psychological Science. "Initially everyone was trying to discount it, saying, 'Well, they just exercised more' because we have pretty firm notions of how to lose weight, and this is counter to those ideas." But the results are not all that incongruent with studies on the placebo effect.

To do for you

The support group is for people who have had a brain injury and for their family, friends and caregivers. The meetings are free. Call 737-2126.

About infant CPR

Infant and child cardiopulmonary resuscitation classes will be offered from 5:30 to 9:15 p.m. Wednesday at the American Red Cross office in Twin Falls.

Cost is \$35. Prepayment is required. To register, call 1-800-853-2570; go online at www.redcrossidaho.org or stop by the Red Cross office, 853 Fourth Ave. N., Twin Falls.

Refresher course

A childbirth refresher course will be offered from 6:30 to 9 p.m. Wednesday in the lobby at St. Luke's Magic Valley Regional Medical Center's downtown campus, 660 Shoshone St. E., Twin Falls.

It's for those who have previously taken childbirth classes. Childbirth preparation and procedures will be reviewed, along with a video tour of the Women's and Infant Center.

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

Big Kids Klub

The Big Kids Klub will meet from 10 to 11:30 a.m. Saturday in the Sage Room at St. Luke's Magic Valley Regional Medical Center's Education Center, 588 Addison Ave. W., Twin Falls.

The class helps prepare siblings for a new baby. Participants need to bring a photo of themselves.

Cost is \$10 per family with one child or \$15 per family with two or more children. Pre-registration is required; call 732-3148.

About infant CPR

Infant and child cardiopul-

monary resuscitation classes will be offered from 9 a.m. to 1:30 p.m. Saturday at the American Red Cross office in Twin Falls.

Cost is \$35. Prepayment is required. To register, call 1-800-853-2570; go online at www.redcrossidaho.org or stop by the Red Cross office, 853 Fourth Ave. N., Twin Falls.

Caregiver support

Family Caregiver Support Group will meet from 1 to 2:30 p.m. March 5 at South Central District Health's conference room on the College of Southern Idaho campus in Twin Falls. Use the west entrance.

Eveanne Houtel, registered dietitian at St. Luke's Magic Valley Regional Medical Center, will discuss nutritional issues for individuals dealing with cancer.

The free support groups for those who provide care to a sick, disabled or elderly family member or friend. Registration is required; call LuAnn at 736-2122 or 1-800-574-9556.

Tobacco cessation

South Central District Health and St. Luke's Magic Valley Regional Medical Center will offer the American Cancer Society's "Fresh Start" program to help adults quit using tobacco.

The six-class session will be held from 6:30 to 7:30 p.m. Mondays and Thursdays, March 5 through 22, at St. Luke's Magic Valley Regional Medical Center's Education Center, 588 Addison Ave. W., Twin Falls.

"Fresh Start" builds skills to help reduce and eventually end tobacco use; communicate better, handle stress, make decisions, set goals, eat healthy and exercise.

The class is free. Pre-registration is required; call Jeanette Charter, smoking cessation instructor, at 301-5613 or Pam Pearson, tobacco pro-

gram coordinator, at 737-5945.

About metabolic weight loss

The Twin Falls Parks and Recreation Department will offer a Metabolic Weight Loss seminar from 6 to 9:30 p.m. March 5 at Miracle Hot Springs.

The seminar is for anyone 18 or older who is interested in learning about calorie intake vs. basic metabolic rate, health concerns surrounding obesity, diet fads, proper food choices and how to increase activity.

The fee is \$25. To register, call 736-2265 or stop by Parks and Recreation at 136 Maxwell Ave.

Happy babies

"The Happiest Baby on the Block" class will be held from 6:30 to 9 p.m. March 6 at St. Luke's Magic Valley Regional Medical Center's downtown campus, 660 Shoshone St. E., Twin Falls.

Parents will learn how to help babies sleep longer and how to soothe fussy infants. Cost is \$30, which includes a parenting kit. Pre-registration is required; call 732-3148.

Learn CPR

A Heartsaver cardiopulmonary resuscitation course will be offered from 6 to 10 p.m. March 6 in the Sage Room at St. Luke's Magic Valley Regional Medical Center's Education Center, 588 Addison Ave. W., Twin Falls.

Under the guidelines of the American Heart Association, the class includes emergency procedures for mouth-to-mouth resuscitation, chest compression and choking response for adults and infants. It includes hands-on practice.

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

Zen meditation

The College of Southern Idaho's Community Education Center will offer Introduction to Zen Meditation classes from 7 to 9:30 p.m. March 6-7 in Room 277 of the Taylor Building on the

campus. The first session will include an introduction to Zen Buddhism (teaching and sitting meditation). Wear loose clothing and bring a pillow or cushion if you would like to try a traditional meditation posture.

The second session will include sitting meditations, walking meditation and a short lecture.

Leslie James, who has studied and practiced at the San Francisco Zen Center and the Tassajara Zen Mountain Center, will instruct. Cost is \$25 for one class or \$40 for both classes. To register, call 732-6442 or visit www.csi.edu/community/.

Cancer prevention

Cancer Prevention Coalition will present a free seminar, "Stop Cancer Before It Starts," at 7 p.m. March 11 in Buhl (location not determined yet).

Dr. Rose Thomas, a naturopathic doctor from Boise, will

discuss breast health and the pros and cons of mammograms and thermograms. Jan Wimberly, director of the Buhl Cancer Prevention Coalition, will discuss prevention through informed choice and multiple available daily exposures.

Thomas also will conduct thermogram exams on March 8. Cost is \$100 for the breast thermogram exam and \$250 for a full-body exam.

For the seminar location or to schedule an exam appointment, call 543-8013.

"To do for you" is a listing of health-related activities, events and education. Submit information by Thursday for publication in the following Monday's Image section. Mail notices to: Times-News, P.O. Box 548, Twin Falls, ID 83303, or deliver to our office at 132 Fairfield St. W.

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Elder Law Horvath
Straight Talk on Elder Law and Estate Planning
PROPERTY TAX CRUNCH
Question: I just moved my aging mother to town. She purchased a modest home but on a limited income she will have to pay ongoing housing expenses. Any ideas?
First, make sure she signs up with the county assessor for the homeowner's exemption. This will lower her real property taxes. Do this by April 15. If she purchased after that date she may still have the benefit of the exemption if she did not "move" the exemption to a new residence.
Second, have her apply for what is known as the "circuit breaker exemption". It is available to low-income aged or disabled homeowners. Sign up by April 15. In very low-income circumstances it can result in complete property tax relief. Those eligible include but are not limited to low-income individuals who are disabled, age 65 or older, former POWs, blind, or widow(er) - without regard to age. Annual applications are required to verify income eligibility. This effort is worthwhile and assistance in preparation and filing is available to needy individuals.
As in the case of a homeowner's exemption, those purchasing a home after April 15 from a seller who qualified for the circuit breaker exemption will have the benefit of the exemption for that year unless the seller "moves" the circuit breaker exemption to another residence. Money in the bank is no bar to eligibility, although interest earnings factor into a determination of income eligibility. Various deductions from taxable income are made in determining eligibility. There is a sliding scale of relief so that the lower the income the greater the reduction.
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