

GRUNT WORK

Sounds can boost exercise, but may violate gym etiquette.

IMAGE, SEE PAGE D1

TENNESSEE WALTZ

Lady Vols come back from double digits to beat N.C., make title game.

SPORTS, SEE PAGE B1

CAPITOL GAINS

Valley comes out ahead at legislative session.

MAGIC VALLEY, SEE PAGE D4

Good Morning

High: 44
Low: 29
Rain or snow early, then clearing. Details: B6

Times-News

MagicValley.com

MONDAY
April 2, 2007
50 cents

Hillary gets \$26 million; Edwards \$14 million

Fundraising in full swing for 2008 elections

By Anne E. Kornblat
The Washington Post

WASHINGTON — Sen. Hillary Rodham Clinton, D-N.Y., raised \$26 million in the first quarter of the year, almost three times as much as any previous politician has raised 19 months before a presidential election, officials with her campaign announced Sunday.

Democrat John Edwards also topped the previous record, reporting at least \$14 million for the quarter that ended Saturday.

The sums, though record-setting, represented only a portion of the tens of millions the candidates are expected to raise in the most expensive presidential campaign in history. And the reports, required by federal law, highlighted the intensity of the so-called money primary.

One candidate who did not report his fund-raising Sunday was Sen. Barack Obama, D-Ill., who has held a crush of fund-raisers and shows up in second place in many Democratic polls. Nor did any of the Republicans who have entered the race.

Advisors to New Mexico Gov. Bill Richardson (D) said they expected to report \$6 million. Sen. Christopher Dodd, D-Conn., reported raising \$4 million, and Sen. Joseph Biden, D-Del., predicted reporting about \$3 million.

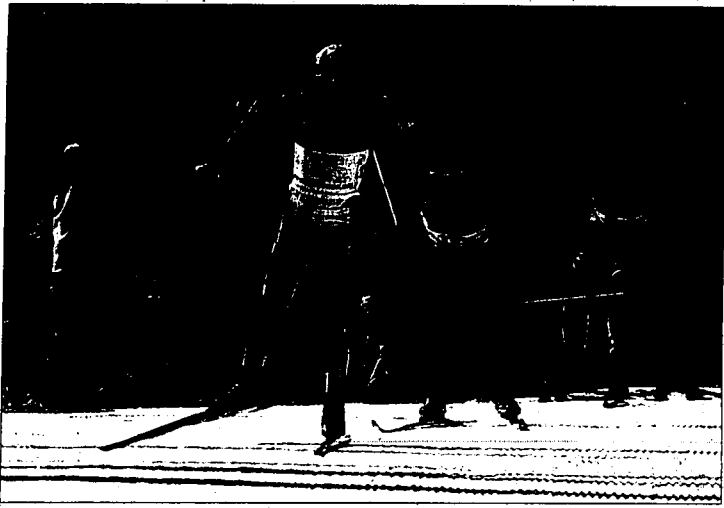
Clinton officials called their figure "staggering."

"We dramatically exceeded our goals and expectations," said Patti Solis Doyle, the Clinton campaign manager, who on Sunday had issued a "personalized," last-minute fund-raising pitch to donors, arguing that the first-quarter totals "will set the tone of the race for months to come."

Clinton officials said she plans to report a total of \$36 million in receipts, including about \$10 million transferred from her 2006 Senate race. That total is four times the \$8.9 million Vice President Al Gore collected in the first quarter of 1999, the previous record for the position.

While eye-popping, her rivals said the figure is not enough to shut other contenders out of the race, as the Clinton campaign had hoped to do. Clinton spent more than \$37 million to win re-election to the Senate last year.

A pair of lucky sevens



Morgan Arritola of Fairfield glides over the course Sunday during the USA Cross Country Championships in Presque Isle, Maine.

Fairfield woman finishes seventh twice at national cross country championships

By Julia Bayly
For the Times-News

PRESQUE ISLE, Maine — Fairfield's Morgan Arritola knew she was in trouble early in the United States Ski Association's women's 30-kilometer marathon Sunday, when the leaders pulled away on a downhill.

"I was looking at a pretty good gap between me and them," Arritola said after completing the first marathon event of her career. "I was not able to close it."

Arritola, a 20-year-old member of the U.S. Ski Team, skied the three 10-kilometer laps in a time of one 1:22:27.4, finishing in seventh place and just over two minutes behind the winner, Tazlina Mannix of Talkeetna, Alaska. Thirty-one distance skiers from around North America participated in the event that featured races on Friday and Sunday.

In addition to Sunday's seventh-place marathon finish,



Arritola races Sunday in the women's 30-kilometer marathon at the USA Cross Country Championships in Presque Isle, Maine.

Arritola placed seventh in the 15-kilometer pursuit race on Friday. A kilometer is equal to five-eighths of a mile.

"This was my first 30-kilometer race," Arritola said Sunday afternoon. "It was the

last race of the season so I just went out and skied as hard as I could. I was definitely tired at the end."

Weather at the Nordic Heritage Center presented its own challenge, with temper-

tures in the 40s during the race. With half the course in shade and the other in bright sun, it made for changeable conditions.

"It went from hard and icy to soft and slushy," Arritola said. "We had to be really careful on the corners and just had to really hold on going around."

Arritola was philosophic about her overall performance this season, saying her training did not produce the anticipated results.

"It's all right, it just wasn't the best of years," she said. "But I plan on keeping going. You just have to stay on the horse."

Nest for Arritola, after she spends a week in Vermont, is the Robie Creek half marathon, the most grueling in the Pacific Northwest.

"It's nine miles straight up and then four miles straight down," Arritola said, already grinning in anticipation.

Julia Bayly is a freelance writer living in Maine.

McCain, on visit to Iraq, says he sees progress

By Sedaras Raghavan and Saad al-Bizri
The Washington Post

BAGHDAD — After a heavily guarded walk through a newly fortified Baghdad market, Sen. John McCain declared that the American public was not getting "a full picture" of the progress unfolding in Iraq.

McCain, who is seeking the Republican presidential nomination, cited a "drop in murders" as the creation of a constellation of joint U.S.-Iraqi military outposts and a rise in intelligence tips as signs of the progress.

"These and other indications are reason for cautious optimism," said McCain, of Arizona, voicing an observation increasingly heard from U.S. officials.

The senator, and three other Republican members of Congress, were most impressed by their visit to Shorja market, citing the hour they spent there as proof that Baghdad was getting safer. Under a newly seven-week-old security offensive.

"Never have I been able to drive from the airport, never have I been able to go out into the city as I was today," said McCain. "But I am not saying 'Mission Accomplished.' It's a very difficult task ahead of us."

His comments came on a day when the military reported that six American soldiers were killed by roadside bombs southwest of Baghdad. Murder rates are down, but suicide bombings continue to plague the capital, and violence in other parts of Iraq is surging.

At least 152 people were killed in suicide bombings that targeted Shiites last week in Tal Afar, according to the Interior Ministry, which would make the attack the deadliest since the U.S.-led invasion four years ago. The strike triggered reprisal attacks against Sunnis that left at least 45 dead.

The visit comes in the midst of a bitter political tussle over pulling U.S. forces out of Iraq. Both houses of Congress have passed legislation calling for deadlines for troop withdrawals that President Bush has vowed to veto. McCain and other congressional Republicans argue that "timelines" would undercut progress in Iraq. Last week, McCain said it was safe to walk some of the streets of Baghdad.

Please see IRAQ, Page A3

First signs of decreased meth use seen

By Martha Irvine
Associated Press writer

At one Minneapolis-area high school, the methamphetamine problem got so bad in recent years that staff members sometimes caught students trying to attend class while high.

But this year's been notably

different, says Deborah Mosby, a high school drug counselor in Spring Lake Park, Minn.

It's a positive sign in a state that is one of many hard hit by the meth epidemic — and one of several early indications that a drug that's long been a scourge is losing its grip, at least in some communities.

Last year, federal officials

and many states reported that the numbers of small "mom-and-pop" methamphetamine labs were dropping, a result largely attributed to the crackdown on the sale of pseudoephedrine and similar cold medicine ingredients used to make meth.

Officials feared that methamphetamine from

Mexico would simply fill the void. And while authorities in some places have noticed an uptick in imported meth, others are hopeful that meth use is starting to wane.

Some examples:

- In Minnesota's Twin Cities, meth-related emergency room

Please see METH, Page A3

Danish researchers find way to convert blood to universal type

Achievement may make transfusions safer, relieve shortages

By Thomas H. Maugh II
Los Angeles Times

Danish researchers have perfected an inexpensive and efficient way to convert types A, B and AB blood into type O, the universal-donor blood that

can be given to anyone — an achievement that promises to make transfusions safer and relieve shortages of type O blood.

The team reported Sunday in the journal *Nature Biotechnology* that they isolated

bacterial enzymes that safely remove from red blood cells the sugar molecules that provoke an immune reaction in the recipient.

Previous studies of type O blood produced from type B by a different method have shown

it to be both safe and effective, and the researchers are now conducting clinical trials with the new product.

Mismatching of blood causes at least half of all transfusion-related deaths. And the need for precisely matched blood drives the costly and inefficient process of shuttling blood units between regional

blood banks and hospitals to match daily requirements.

"Those issues could be largely resolved if there were a universally transfusable blood supply," said Doug Cliburn, chief executive of Zynex Inc. in Beverly, Mass., which is developing the technology.

Please see BLOOD, Page A3

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TODAY'S FORECAST

TWIN FALLS

Today

Tonight

Tuesday



Rain and/or snow very early, then clearing High 44

Turning partly cloudy Low 29

Warmer with a few clouds 58 / 33

MINI-CASSIA

Today: Rain and/or snow very early, then becoming partly cloudy. Highs, 40s. Tonight: Chilly with a few clouds. Lows, mid 20s. Tomorrow: Warmer with mostly sunny skies. Highs, 50s.

Complete weather report: See page B6

TODAY'S HAPPENINGS

EDUCATION

Book discussion on 'Battle Cry of Freedom' by James M. McPherson, led by Dr. Michael Chesley, 7 p.m., Burley Public Library, 1300 Miller Ave., Burley, no cost (book available to check out), 878-7708.

FAMILY

LIFE Group: Internet Protection for our Kids, for all ages: receive a Protection CD, 7 p.m., Clover School Gym, 3552 N. 1825 E., Burli, no cost, 325-5138.

GOVERNMENT

Twin Falls County commissioners, 8:30 a.m., courthouse, 425 Shoshone St. N., 736-4068. Cassia County commissioners, 9 a.m., courthouse, 1459 Overland, 878-7502. Jerome County commissioners, 9 a.m., courthouse, 300 N. Lincoln, 644-2700. Twin Falls City Council, 5 p.m., council chambers, 305 Third Ave. E., 735-7274. Metcalf City Council, 5:30 p.m., City Hall, 480 E. Ave. N., 728-2811. Halley Planning and Zoning Commission, 6:30 p.m., courthouse, 206 First Ave. S., 788-5570. Dietrich City Council, 7 p.m., City Hall, 103 S. Main, 544-2102. Gooding City Council, 7 p.m., City Hall, 308 First Ave. W., 934-5659. Twin Falls County Parks and Waterways Advisory Board, 7 p.m., 450 Sixth Ave. W., 734-9491. Acaquia City Council, 8 p.m., Acaquia Automotive, 20602 F St., 436-6775.

HEALTH

Red Cross Blood Drive, noon to 6 p.m., Burley LDS Stake Center, 2050 Normal Ave., Burley, 876-4140 for appointment. College of Southern Idaho's Office of Getting Fit programs, a guided walking workout with stretching and gentle resistance training, 9 to 10 a.m., at several Magic Valley locations: CSI gym, Jerome Rec Center, Shoshone High (old gym), Rupert Civic Gym, Blaine County Campus Gym and Filer Elementary, 10:30 to 11:30 a.m., at Buhl High School; and 11:30 a.m. to 12:30 p.m. at CSI Burley Outreach Center Gym, no cost, 732-6475. SilverSneakers Fitness Program, innovative exercise program designed specifically for Medicare beneficiaries' unique health and physical needs, 11:30 a.m. to noon, Twin Falls YMCA, 1751 Elizabeth Blvd., Twin Falls, no cost for Humana-insured or YMCA members and \$5 per class for non-insured, 733-3438. Adult Children Anonymous (A.C.A.) meeting, for individuals recovering from alcoholic or dysfunctional family environment, 6 p.m., Canyon View Psychiatric and Addiction Services, 228 Shoup Ave. W. (west entrance), Twin Falls, no cost, 208-255-8676. 'Overcoming Addiction and Anger' Therapeutic Therapy basic training video, 1 p.m., Miracle Valley Ministry Center, 213 3rd Ave. E., Twin Falls, donations, 734-9603.

HOBBIES AND CRAFTS

Harmonicas R U, learning the basic steps of playing a harmonica, for adults only 7 p.m., Clover Trinity Lutheran School Gym, 3552 N. 1825 E., Burley, for a harmonica in the key of C and instruction manual, 736-1033 or 326-5138.

To have an event listed, please submit the name of the event, a brief description, time, place, cost and contact number to Suzanne Browne by e-mail at sbrowne@magvalleynews.com; by fax, 734-5538; by mail, Times-News, P.O. Box 548, Twin Falls, ID 83303-0548. Deadline is noon, four days in advance of the event.

THIS WEEK AT CSI

Monday

CSI library is open 7:30 a.m. to 5 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 p.m. Tuesday through 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 247. CSI Golden Eagle Boosters meeting, 8 p.m., Student Union 218. Tuesday Tuesday Education on Economic Council, education mock summit, 8 a.m. to 3 p.m., gym. University of Idaho student transfer display, 9 a.m. to 1 p.m., Student Union. 'I'm Going to College' for Perrine Elementary sixth graders, 9 a.m. to 2 p.m., all campus. Herrert Center for Arts and Science is open 9:30 a.m. to 4:30 p.m. (also Thursday). Careers on Wheels for area fifth graders, noon, Eidon Evans Expo Center. Center for New Directions single parents' luncheon, noon, Taylor 258. Syla chapter, Narcotics Anonymous meeting, 7 p.m., Desert 113.

Wednesday

Idaho Library Association Region 4 conference, 8 a.m. to 3:30 p.m., Taylor meeting rooms. Herrert Center for Arts and Science is open 9:30 a.m. to 4:30 p.m. (also Thursday). Careers on Wheels for area fifth graders, noon, Eidon Evans Expo Center. Center for New Directions single parents' luncheon, noon, Taylor 258. Syla chapter, Narcotics Anonymous meeting, 7 p.m., Desert 113.

Thursday

CSI and Twin Falls Area Chamber of Commerce Success Breakfast, 7 a.m., gym; keynote speaker Sharon Allen, 8:30 a.m., Fine Arts Auditorium. 'I'm Going to College' for Kimberly Middle School sixth graders, 9 a.m. to 2 p.m.; all campus. 'Riding the Waves of Success' breakfast sessions for business, 10 a.m. to 12:30 p.m., Taylor, Shields and Fine Arts classrooms. CSI Selt and Light Campus

MAGIC VALLEY

Grunting while you work out?

TWIN FALLS — Get to the last few reps in a hard set, and it's tempting to grunt, to let out a little noise during exertion. Those "ungas" and "mumps" can increase oxygen intake and adrenaline, providing a last little push to get you to the end. But be aware that you might be in breach of gym etiquette, or even in violation of your gym's rules. SEE PAGE D1

Fairfield woman races in national skiing event

PRESQUE ISLE, Maine — Fairfield's Morgan Arriola knew she was in trouble early in the United States Ski Association's Women's 30-kilometer marathon Sunday, when the leaders pulled away on a downhill. "I was looking at a pretty good gap between me and them," Arriola said after completing the first marathon event of her career. "I was not able to close it." Arriola, a 20-year-old member of the U.S. Ski Team, skied the three 10-kilometer laps in a time of one 1:22:27.4, finishing in seventh place and just over two minutes behind the winner Tuzilina Mannix of Talkeetna, Alaska. Thirty-one states skiers from around North America participated in the event that featured races on Friday and Sunday. SEE PAGE A1

CSI program helps caregivers

BUHL — Faye Sherbinke's husband had his first stroke five years ago; his third about one year ago. Once he returned from the hospital, Faye found that he had little time for herself. She would go to the grocery store when necessary, but always worried that something might happen to her husband while she was away. Then she heard about the College of Southern Idaho's

Office on Aging and Adult Services Retired and Senior Volunteer Program (RSVP), which provides help to caregivers like Sherbinke. SEE PAGE D4

Burley woman sent to prison for embezzlement

RUPERT — A Fifth District Court judge said the excuses of a Burley woman pleaded guilty to 10 counts of embezzlement were weak justification for her actions. Julie Lynn Douthett, 51, was sentenced to 15 to 30 years in prison, with the sentence suspended and the judge retaining jurisdiction for 180 days. SEE PAGE D4

New co-op to bring local food to Valley

HAGERMAN — Start up your internet browser, Magic Valley residents will soon have a new way to buy organic and locally grown food. Idaho's Bounty, a new internet-based co-op, is currently testing its distributed system with a select group of Hagerman and Wood River Valley residents, working out as many glitches as possible, said co-founder James Freed. SEE PAGE D4

Two school trustees sought in May election

BUHL — If you want to serve your community, now's your chance. The Buhl School District this May will seek to fill two trustee seats. Those currently holding the positions, Grant Loveless (Zone 3) and Pam McClain (Zone 4), say they will not seek re-election. SEE PAGE D4

Magic Valley benefits from Legislature

BOISE — Despite a finish that brought partisan politics and closed-room negotiations to the forefront, the 2007 legislative session was considered by lawmakers to be one of the least productive. The number of bills introduced and passed is about two-thirds the typical amount. But if it was slow cooking for other areas in Idaho, the eight-county Magic Valley of almost 200,000 residents seemed to meet it with a routine value meal at the drive-through. SEE PAGE D4

OBITUARIES Emanuel Figueroa Belem, 28

J. Kenneth Straguhn, 86 SEE PAGE D5

IDAHO/WEST

Farmers complain state favors S. Idaho

GRANGEVILLE — Farmers in northern Idaho who grow crops that depend on annual field burning say that the state and Gov. "Butch" Otter aren't doing enough to reverse a statewide field burning ban. SEE PAGE D6

Hinckley shows he's still in good shape

SALL LAKE CITY — Gardner B. Hinckley, president of the Church of Jesus Christ of Latter-day Saints is in good health, despite "rumors to the contrary," the church leader said Sunday. SEE PAGE D6

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YOUR MORNING BREKFASTING

NATION/WORLD



With 19 months to go, fundraising hits high

WASHINGTON — Two Democratic presidential candidates broke previous fundraising records during the first three months of the year, with Sen. Hillary Rodham Clinton setting a high bar of \$26 million in new contributions for the quarter. Former Sen. John Edwards' campaign said he had raised more than \$14 million since the beginning of the year. SEE PAGE A1

Iran airs new video of British crew members

TEHRAN, Iran — Iran's state television aired new video Sunday showing two of the 15 captured British sailors pointing to a spot on a map of the Persian Gulf where they were seized and acknowledging it was in Iranian territorial waters. Britain's Foreign Office immediately denounced the video, saying it was "completely unacceptable for these pictures to be shown on TV." SEE PAGE A8

McCain: Iraq security crackdown is working

BAGHDAD — After a heavily guarded trip to a Baghdad market, Sen. John McCain insisted Sunday that a U.S.-Iraq security extension program in the capital was working and said Americans lacked a "full picture" of the progress. The U.S. military later reported six soldiers were killed in roadside bombings southwest of Baghdad. Four soldiers were killed responding to the blast that killed the first two, the military said. SEE PAGE A1

Study: More delays for airline passengers

WASHINGTON — More airline passengers bumped, more bags lost and fewer on-time flights. For the third year in a row, those problems grew worse for the industry, according to an annual study that rates airline quality. "They just don't get it yet," a researcher says. SEE PAGE A5

Moms-to-be warned about excess weight

NEW YORK — The standard advice for how much weight a woman should gain during pregnancy may need to change, concludes a study, suggesting that excess weight gain during pregnancy may raise the risk of having an overweight toddler. Women in the study who gained the recommended amount of weight ran four times the risk of having a child who was overweight at age 3, compared to women who gained less than the advised amount. SEE PAGE A4

SPORTS



Tennessee Lady Vols back in title game

CLEVELAND — With Candace Parker making the biggest steal, Tennessee struck back into the NCAA championship. Parker wrestled "the ball away from North Carolina's Alex Miller in the final minute and the Lady Vols rallied to beat North Carolina 56-50 in a national semifinal on Sunday night, setting up a NCAA title date with Rutgers. SEE PAGE B1



Rutgers smashes LSU on way to title game

CLEVELAND — Rutgers' improbable run isn't over. The Scarlet Knights earned their first trip to a national championship behind Hall of fame coach C. Vivian Stringer with another unlikely scenario dominating the LSU Lady Tigers from the opening tip. SEE PAGE B1

Mets top Cards in MLB season opener

ST. LOUIS — The St. Louis Cardinals' World Series celebration lasted until the game started. Then it was the Mets' turn. Tom Glavine got his 291st win and Carlos Delgado put the Mets ahead with an early two-run double off Chris Carpenter, leading New York to a 6-1 victory Sunday night in the major league season opener. SEE PAGE B1

Pressel youngest LPGA major's winner ever

RANCHO MIRAGE, Calif. — Morgan Pressel became the youngest major champion in LPGA Tour history Sunday with a game well beyond her 18 years, closing with a 3-under 69 at the Kraft Nabisco Championship as everyone around her self-distracted. Pressel played her final 24 holes over Mission Hills (without a bogey, finishing the round with a 10-foot birdie put that looked as though it would be only good enough for second place. Then came a shocking collapse from Suzann Pettersen, the latest and most significant on a sun-baked afternoon in the desert. SEE PAGE B2

Times-News

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Iraq

Continued from page A1

But McCain and his delegation held Sunday's news conference inside the heavily fortified Green Zone, which houses the U.S. Embassy and Iraq government offices. Outside the Green Zone, they rode in armored Humvees protected by dozens of U.S. soldiers and wore bullet-proof vests.

They visited a joint U.S.-Iraqi military outpost in Karada, an upscale central Baghdad neighborhood that Iraqis view as one of the capital's safer neighborhoods.

Part of the Shorja market, normally one of the capital's busiest commercial districts, is now fortified with blast walls and barriers that cut off vehicle traffic. In February, a truck

bomb killed 137 people, and injured scores. Last month, another bomb exploded near a Shiite mosque in the market, killing eight and wounding nearly three dozen.

"We were warmly welcomed," said Sen. Lindsey Graham, a South Carolina Republican, who was part of the delegation. "I bought five rugs for five bucks. People were engaging."

"I, too, find myself leaving my day at the market in Baghdad with a new sense of cautious optimism that freedom might just work for these people," said Rep. Mike Pence, R-Ind.

Pence said he was deeply moved by his ability to "mix and mingle unfettered among ordinary Iraqis" and to have ten and

huggle over the price of a rug. The Shorja market, he said, was "like a normal outdoor market in Indiana in the summer time."

Gen. David Petraeus, the top U.S. commander, led the tour through the market. Petraeus took off his helmet and put on a soft hat and instructed the politicians to do the same. Pence said. But he acknowledged they left their protective vests on.

Amir Raheem, 32, a floor carpeting merchant at the Shorja market, disagreed with the upbeat assessment of the congressional visitors. "Just yesterday, an Iraqi soldier was shot in his shoulder by a sniper, and the day before, two civilians were shot by a sniper as well," he said.

Blood

Continued from page A1

The problem involves sugar molecules on the surface of red blood cells. Type A blood has one set of sugars and type B has another, while type O has none. People with type A blood have antibodies against the type B sugars, people with type B have antibodies against type A, and people with type O have antibodies against both. A person receives mismatched blood, the antibodies attack red blood cells, producing a potentially fatal breakdown of red cells.

In the 1980s, the late Jack Goldstein of the New York Blood Center isolated an enzyme from coffee beans that could convert type B to type O. Clinical trials of the enzyme-

produced blood showed it behaved no differently from normal blood in hospitalized patients.

But the enzymes involved were expensive and had to be used under highly acidic conditions that damaged the red cells. Goldstein's team also was not able to find an enzyme that would convert type A to type O. As a consequence, the development was halted.

ZymeQuest commissioned cellular biologist Henrik Clausen of the University of Copenhagen to search for new enzymes to carry out the conversion. Clausen and his team sifted through more than 2,500 bacteria and fungi before identifying the two candidates cited in the Nature

Biotechnology report. The discovery could be a major breakthrough in improving the blood supply, wrote Geoff Daniels of the Bristol Institute for Transfusion Sciences at the University of British Columbia in an editorial accompanying the article.

The new enzymes are more potent than previously used ones and, more important, they work at room temperature and neutral pH, which is very good for blood cells, said Dr. Martin L. Olsson of Lund University in Sweden. In an hour, they remove all the sugar molecules from the surface of red blood cells, after which they can be easily washed away.

Meth

Continued from page A1

visits dropped from 1,402 in 2005 to 205 in 2006, according to a recent report by the non-profit Hazelden Foundation.

In Montana, a new report from that state's attorney general noted that meth-related crime fell 53 percent in 2006, compared with the previous year. They also found that, while meth remains a big problem there, the overall rate of employees in Montana who tested positive for meth was down more than 70 percent from 2005 to last year.

In the San Francisco Bay area, meth-related emergency room visits leveled off in 2006, after peaking the previous two years. Decline in meth use has been particularly notable among gay men, following efforts in their community to spread the word about the drug's ill effects, says John Newmeyer, who heads San Francisco's Haight-Ashbury Free Clinics. In addition to causing paranoid, aggressive behavior, meth is known for its harsh physical effects — from sunken eyes and hunched frames to teeth that turn gray and deteriorate.

Newmeyer believes such effects have helped change attitudes about meth for "probably the same reasons we saw the decline 10 years ago with African-Americans and crack cocaine."

"It just became not the thing to do," says Newmeyer, who tracks his region's drug numbers for the federal government. The news isn't good everywhere — especially on the East Coast, where meth became a problem more recently.

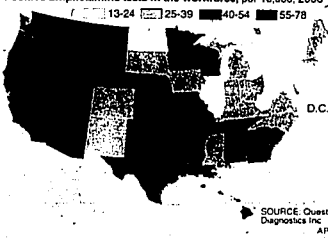
South Florida has, for instance, continued to see a steady increase in meth-related deaths, from 77 in 2003 to 115 last year. It's also more of an urban problem than a rural one, with much of the meth coming from Mexico by way of Atlanta, says Jim Hall, executive director of the Up Front Drug Information Center in Miami.

Others have noted surges in use in the Hispanic community — and also the advent of strawberry and other flavored meth, aimed at reducing interest in the drug.

Still, for much of the country, researchers say it appears this

Amphetamine use higher in the West

The U.S. averages for positive amphetamine tests in the workforce was 39 for every 10,000 tested, which includes methamphetamine. Positive amphetamine tests in the workforce, per 10,000, 2006



SOURCE: Quest Diagnostics Inc. AP

latest meth epidemic reached its peak in 2004 and 2005.

Data from the federal government shows that the number of first-time meth users has steadily declined in recent years. And Quest Diagnostics Inc. — a New Jersey company that maintains a national drug testing index based on millions of tests each year — found that 16 out of every 10,000 drug tests in the general work force came back positive for meth in 2006. That compares with 20 in 2005 and 33 the year before that.

While they still remain above the national average for overall positive tests for the amphetamine class of drugs, Idaho, Wyoming, New Mexico, Hawaii and Georgia saw the biggest drops in those positive tests, says Quest researcher, Barry Sample.

Some law enforcement officials also are starting to feel less overwhelmed by methamphetamine — and, in some cases, seeing interest in the Mexican-made form of the drug decline. "We expected a big switch to Mexican meth" — and for a while there was, says Eric Scholter, a police lieutenant with the criminal intelligence unit in Portland, Ore.

But in recent months, he says, he's seen the price of Mexican meth go up to more than \$1,000 an ounce, compared with \$500 to \$700 in the state's meth heyday.

He says the purity of that meth also has been cut from 90

percent to about 50 percent — perhaps a sign of a dwindling supply.

Meanwhile, he and others are

seeing more interest in powder cocaine, which — like meth — is a dangerous stimulant.

Lisa Madigan, the state attorney general in Illinois, isn't ready to declare victory in her state but says the significant reduction in meth lab seizures has been a positive first step.

"There's simply a difference in the impact that the mom-and-pop labs have — in the cost to families and in cleaning them up," says Madigan, who has helped push drug stores to comply with pseudoephedrine limits in her state.

In addition to those types of laws, many experts say state and community efforts aimed at curbing meth use also have been key.

They include the Montana Meth Project — a public-service campaign with stark, edgy ads that depict the horrors of meth. Some critics view the approach as one-dimensional.

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Earthquake sends tsunami crashing into Solomon Islands

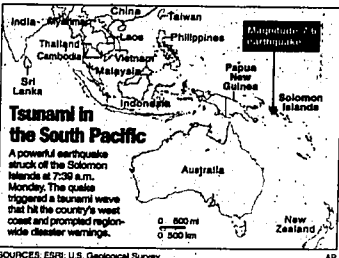
By Evan Hruska
Associated Press writer

HONIARA, Solomon Islands — A powerful earthquake struck in the South Pacific today off the Solomon Islands, triggering a tsunami several yards high that destroyed a village and left at least four people missing, officials and residents said.

Judith Kennedy, a resident of the western town of Gizo, said water "right up to your head" swept through the town.

"All the houses near the sea were flattened," she told The Associated Press by telephone.

The downtown area is a very big mess from the tsunami and the earthquake," she added. "A lot of houses have collapsed.



Tsunami in the South Pacific
A powerful earthquake struck off the Solomon Islands at 7:09 a.m. Monday. The quake triggered a tsunami wave that hit the country's west coast and prompted regional disaster warnings.

SOURCES: ESRI, U.S. Geological Survey
The whole town is still "flaking" from aftershocks. Police and residents said buildings were inundated when the wave hit Gizo, a regional center.

Harry Wickham, who owns a waterfront hotel in the town, said the damage was widespread.

"The waves came up probably about 10 feet and swept through town," he told Australia's Nine Network television by telephone. "There's a lot of water damage and a lot of debris floating around," he added.

"Ten feet of water washing through town — you can imagine what damage it has done here."

The magnitude-7.6 quake triggered tsunami warnings throughout the South Pacific and as far north as Hawaii, though officials canceled the alert after the danger period passed.

Julian McLeod of the Solomon Islands National Disaster Management Office said there were unconfirmed reports that two villages in the country's far west were flooded.

"Two villages were reported to have been completely inundated," McLeod told Australian Broadcasting Corp. radio. "We have received reports of four people missing."

A town in the west, Munda, was believed to be badly damaged, officials and the Solomon Islands Broadcasting Corp. said, but communications were difficult and details were not confirmed.

The U.S. Geological Survey said the quake struck at 7:39 a.m. about 6 miles beneath the sea floor, 217 miles northwest of the capital, Honiara.

Weight gain in moms-to-be can lead to fat toddlers, study says

By Malcolm Oster
Associated Press writer

NEW YORK — The standard advice for how much weight a woman should gain during pregnancy may need to be changed, concludes a rigorous and provocative study suggesting that even accepted weight gains may raise the risk to a baby of an overweight toddler.

Women in the study who gained the recommended amount of weight ran four times the risk of having a child who was overweight at age 3, compared to women who gained less than the advised amount.

The outcome was about the same for women who gained more than the advisable amount.

So what's a pregnant woman to do? Clearly she shouldn't gain more weight than recommended, said the study's lead author, Dr. Emily Oken of Harvard Medical School.

But beyond that, it's too early to say whether women should try to gain less than the standards call for or shoot for the low end of the recommended range, Oken said. At least the latter course is probably safe, she said.

Some other experts urged that pregnant women not try to gain less weight than recommended.

In any case, Oken said, it's too soon to call for a revision of the standard guidelines.

The study appears in the April issue of the *American Journal of Obstetrics & Gynecology*. It focuses on guidelines issued in 1990 by the Institute of Medicine, a private non-governmental organization that advises the federal government.

The guidelines recommend differing amounts of weight

gain depending on how much a woman weighed before pregnancy, as measured by a combination of her height and weight called the body-mass index.

Those with a "normal" BMI are encouraged to gain 25 to 35 pounds, for example. Women with a higher BMI, meaning they are heavier at a given height, get lower targets, while women with a lower BMI are given a higher range.

The new work looked at 1,044 pairs of mothers — and their 3-year-olds. It compared how much weight the mother had gained during pregnancy with the BMI of their children. It defined "overweight" in the 3-year-olds as having a body-mass index greater than 95 percent of children of the same age and sex.

Researchers found that about half the mothers gained more weight during pregnancy

than the guidelines called for, while about a third met the recommended gain. The remaining 14 percent gained less weight than recommended.

Oken said it's not clear why greater weight gain in the mother would raise the risk that her toddler would be overweight. She noted that women who have diabetes during pregnancy tend to produce bigger babies who run a heightened risk of becoming overweight later in life.

Pregnant pause

Women whose weight gain during pregnancy fell within recommended limits ran four times the risk of having a child who was overweight at age 3, compared to women who gained less, a new study found.

1990 Institute of Medicine guidelines for recommended weight gain during pregnancy

Body mass index	Weight gain
Less than 19.8 (low)	28-40 pounds
19.8-26 (normal)	25-35 pounds
26-29 (high)	15-25 pounds
Greater than 29 (obese)	At least 16 pounds*

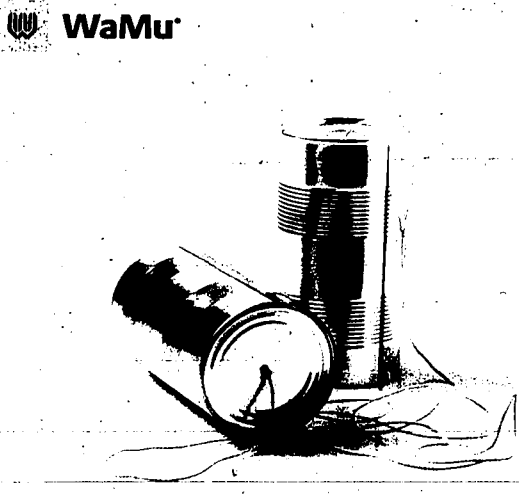
*Standard was set at a time when doctors were focusing on low-birth-weight babies. NOTE: BMI categories differ slightly from the standards set by the Centers for Disease Control and Prevention. SOURCE: Institute of Medicine. AP



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Study finds more delays, lost bags for airline passengers

By Jennifer C. Kerr
Associated Press writer

WASHINGTON — More airline passengers bumped, more bags lost and fewer on-time flights. For the third year in a row, those problems grew worse for the industry, according to annual study that rates airline quality.

"They just don't get it yet," said Dean Headley, an associate professor at Wichita State University and co-author of the study being released Monday.

One upside, researchers said, was that the number of complaints about airlines has stabilized since hitting a five-year low in 2005.

The study does not include information from recent weather-related flight delays such as the ones that left JetBlue and United Airlines planes idling for hours on taxiways.

An industry spokesman does not expect travel woes to improve anytime soon.

"We're going to see more delays and those delays translate to cancellations, mishandled bags and unhappy passengers," said David Castelvetter, spokesman for the Air Transport Association, a trade group for the major U.S. carriers. "It's not a pretty picture."

Castelvetter blamed the majority of delays on bad weather. Making matters worse, he said, more planes are going to be in the air in the coming years and the air traffic control system is not capable of handling the rate of growth. Congress, he said, needs to provide more money to update the system so it better can handle the increased traffic and weather problems.

The Airline Quality Rating report, compiled annually since 1991, looked at 19 airlines. The report was based on Transportation Department statistics. The research is sponsored by the Aviation Institute at University of Nebraska at Omaha and Wichita State University.

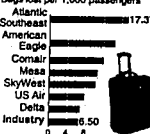
Service has suffered

Customer satisfaction with airline delays, lost baggage and being bumped from flights grew worse for the third year in a row, according to an annual report.

Worst airline delays, 2006



Most mishandled baggage



SOURCE: University of Nebraska at Omaha, Wichita State University report

Among the study's conclusions:

• Southwest had the lowest number of complaints in 2006, 0.18 per 100,000 passengers. United and US Airways were tied with the most complaints, 1.31.

• Hawaiian Airlines had the best on-time performance (93.8 percent) for 2006, followed by Frontier Airlines (80.7 percent) and Southwest (80.2 percent). Atlantic Southeast Airlines had the worst on-time performance (66 percent). On-time was defined as within 15 minutes of the scheduled arrival time. Canceled and diverted flights counted as late.

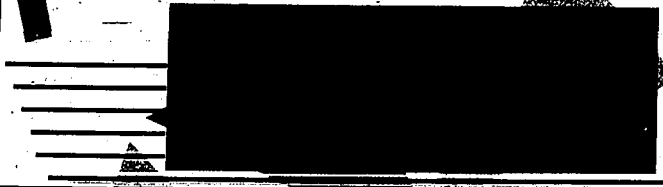
The biggest disappointment came in the rate of mishandled bags, Headley said.

Last year, 6.50 bags were lost, stolen or damaged, for every 1,000 passengers, compared with 6.06 in 2005. Hawaiian had the best baggage handling performance; Atlantic Southeast the worst.

"We're going to see more delays and those delays translate to cancellations, mishandled bags and unhappy passengers. It's not a pretty picture."

— David Castelvetter, spokesman for the Air Transport Association.

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Dr. Brian J. Tingey

Academy urges smaller pills, more accessible HIV medicine for kids

The Associated Press

CHICAGO — The American Academy of Pediatrics says more child-friendly HIV drugs are needed, including smaller pills and three-in-one tablets for kids, to help address a crisis affecting more than 2 million youngsters globally.

In a new policy statement endorsed by 19 international groups including the World Health Organization, the academy outlines barriers and solutions to an issue that is critical in developing regions.

In parts of Africa, AIDS kills about half of HIV-infected children before they reach the age of 2, said Dr. Peter Havens, chairman of an academy AIDS committee. By contrast, about 98 percent of HIV-infected U.S. children are expected to live to adulthood and have nearly normal

life spans, thanks to readily available virus-fighting drugs, Havens said.

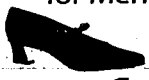
Some HIV drugs come as bottled liquids that require refrigeration. That poses a problem in rural countries, where some families travel for days by foot to get several months' supply of bottled medicine that weighs as much as the infected child, said Havens, an infectious disease specialist at the Medical College of Wisconsin.

Pills pose a separate problem. Caregivers sometimes break or crush adult-dose tablets to give youngsters smaller amounts, but that results in incorrect and inappropriate doses, the policy statement says.

"We hope that this outline ... will give some guidance to the pharmaceutical industry about where it might be best for them to put some of their energies," Havens said.

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OTHER VIEWS

Aid will help state, ambitious students

Idaho Press-Tribune (Nampa)

Budget writers whittled down Gov. Butch Otter's proposed \$38 million scholarship program for low-income residents to \$12 million, but the resulting money is still a victory for everyone in the field of higher education.

Idaho universities and their students will benefit greatly from the Idaho Opportunity Scholarships — recently passed by the House and Senate and signed by Otter, according to the governor's office — in the years to come as the state strives to bridge the chasm that exists between itself and much of the rest of the nation in available aid for higher learning.

Idaho spends \$17 per student in need-based aid annually, which lags far behind the national average of \$387, according to the Idaho Department of Education. Idaho's meager level of assistance means many low-income residents are unable to attend college, which in turn affects the enrollment decline currently affecting the University of Idaho and Idaho State University.

The House and Senate passed what would amount to much less than the governor originally proposed, because the Legislature's Joint Finance-Appropriations Committee decided there wasn't enough money to create the entire endowment at once. However, it's a good start, and the fund could be added to each year. At least there will be something to build on.

This is important for the state because it aims to help those who would otherwise not go to college. Low-income residents will be eligible for a maximum of \$3,000 per year, which will extend the hope of higher education to those who otherwise might not pursue it because of financial restrictions. As higher-paying job opportunities become more readily available in the Treasure Valley and other parts of the state, it is vital that we help students become trained and fill these roles.

It's difficult to determine if the national average of need-based assistance is even the number Idaho should shoot for. The important thing is that the Idaho Opportunity Scholarship program will be in place and can be re-evaluated and adjusted accordingly each year.

And students who desire to better themselves will reap the benefits.

Their New...
This guest editorial from the Nampa/Idaho Press-Tribune says Idaho made a worthy start on scholarship aid. What do you think? We welcome viewpoints from our readers on this and other issues.



White House favorites keep momentum

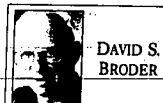
This stage of the presidential race is a lot like spring training in baseball. Names that may never be heard again, once the season begins at the real court, fill the box scores and occupy the news columns.

People like former Virginia Gov. Jim Gilmore or former Alaska Sen. Mike Gravel, who have no remote claim to be considered presidential candidates, get mentioned at the bottom of stories.

Speculation overwhelms facts in the preseason, just as hope triumphs over experience in the hearts of Cubs fans at this time of year. In the last couple of weeks, my paper, The Washington Post, has created front-page "news stories" about the possible presidential candidacies of New York Mayor Michael Bloomberg and former Tennessee Sen. Fred Thompson without either of them taking a single step toward running.

History suggests that 90 percent or more of what is written now about the White House hopefuls will be forgotten once the first real votes are cast next January. Do you recall the Howard Dean boom of 2003? It existed mostly in the minds of political reporters looking for something to write about — and it collapsed once real voters became engaged.

Nonetheless, the political



DAVID S. BRODER

equivalent of the hot stove league — the off-season chatter of die-hard fans — is going full force. On the Republican side, the unsettled picture allows for one "new star" after another — first Mitt Romney, then Rudy Giuliani, now Fred Thompson — to emerge as a threat to Arizona Sen. John McCain, who keeps piling up endorsements from across the GOP spectrum and deepening an organization that already looks formidable.

On the Democratic side, which commands greater interest because the Democrats dominate in almost every poll on 2008 prospects, the question of the day is, "What's happening to Barack Obama?"

The freshman senator from Illinois has had the most dramatic rise of any politician in the past six months, thanks to a best-selling hook and to the crowd-pulling appearances he has made on his coast-to-coast campaign travels.

But of late, Obama's soaring rhetoric has left some of his audiences hungry for more substance from the senator. That was the case at a March

24 health care forum in Las Vegas, where Obama promised to achieve universal coverage as president but had to admit that — unlike former Sen. John Edwards of North Carolina — he had not yet formulated a plan for getting there. And it was the case again Wednesday when he was one of seven candidates addressing several thousand members of the Building and Construction Trades, AFL-CIO, at their convention in Washington.

Obama had the bad luck to be the last of the seven speakers and the program was well behind schedule by then. He began his remarks with the comment, "I've got a vote at noon, so I'm going to have to cut this short" — suggesting that this audience was hardly his priority.

By contrast, the previous speaker, Sen. Joe Biden of Delaware, played the crowd like a virtuoso, lowering his voice to a confidential whisper to brief them on his views on Iraq — you could have heard a pin drop — then bringing the audience of beef construction workers to their feet with a shouted pledge that, "When I'm president, we will spend what it takes to give our veterans the health care they deserve."

Obama never varied from a conversational monotone and, unlike Biden, expressed no gratitude to labor for past

support and barely mentioned the issues of minimum wage legislation, prevailing wage guarantees and bills to strengthen union bargaining rights that had made up the bulk of the speeches of other candidates.

The judgment of the California delegate I met walking out was, "He left me kind of flat."

But Obama's problem, far now, is not Joe Biden, who is searching for his own footing in the race. His problem is Sen. Hillary Rodham Clinton of New York, who has a far more solid campaign structure — and the lead in the polls. Her speech to the unionists, like her appearance at the health care forum, was a demonstration of her deep familiarity with the issues and her personal and political bonds with many in the audience.

In her high-energy performance, Clinton went even deeper into the details of pending labor legislation than did Sen. Chris Dodd of Connecticut, who has 26 more years of experience in Congress, and she had them on their feet as often as Biden did.

It's just spring training, but it's pretty clear who has the best pitching staff.

David Broder's e-mail address is davidbroder@washpost.com.

LETTERS

U.S. fails to properly equip its military

In the Times-News of March 26, on the back page of the A section, there is a note that reads "Roadside bombs will kill five U.S. soldiers in Iraq." I suppose the back page is where our heroes who gave their lives to protect our freedoms belong. Four were killed and two wounded according to the military report. Were they in motorized vehicles and were the vehicles armor plated? The military didn't bother to tell us.

Our ABC anchor Bob Woodruff, who nearly lost his life and will live his life with brain damage from a roadside bomb, has highlighted the huge number of brain injuries sustained by our combat men. We're told that 50 vehicles a month are being equipped with armor plating which makes them much safer. One contractor is working on this project.

Is there only one metal prefabricator in the United States that could be called on to manufacture the armor for our vehicles? Would it be asking too much to enlist several machine shops to turn out armor for hundreds of our vehicles per month, how many lives could be saved? President Bush and his staff tell us sorry they are for even one death. Then why not equip these tanks with the armor to protect them? Now!
H.E. (GENE) POLLARD
Jerome

Public has limited right to plan with PUD

So, some people in the Los Lagos subdivision did not like the decision of the planning and zoning commission regarding the Wal-Mart application.

Just because they did not like the outcome does not mean that their concerns were not considered by the commission.

They need to keep in mind that despite what the Times-News reported a few days ago, the term "PUD" does not mean "Public unit development."

It does mean "planned unit development," and the owner — not the neighbors — gets to do the planning. The Los Lagos subdivision should have included an unoccupied buffer space on the perimeter about 1,000 dect.
JOHN R. BONNETT
Twin Falls

Write to us

The Times-News welcomes letters from readers. Please limit letters to 300 words. Include your signature, mailing address and telephone number. Letters may be brought to our Twin Falls office; mailed to P.O. Box 833003, Twin Falls, ID 83303; faxed to (208) 734-5538; or e-mailed to letters@magvalley.com.

A one-percent solution for day-care behavior

I think heavens for the lowest. How else would we make sense of our lives?

Take parenting. Had it not been for the media, I'd never have thought to scrutinize my children's behavior so closely. But like every parent in America, I couldn't miss this week's blockbuster parenting news, broken by The New York Times' "Poor Behavior" and Linked to Time in Day Care.

Ah ha! That explained everything. At breakfast this week, I scrutinized my little darlings. Each had spent time in day care. And, sad to say, each had apparently acquired a capacity for Poor Behavior.

My 2 1/2-year-old, for instance, yesterday insisted on pouring her own maple syrup onto her pancakes. Rivalutes, streams, lakes of syrup every-where! She let out an ear-piercing shriek. So did I. I suggested she get a sponge and start scrubbing. She declined in a distinctly surly manner.

Too much time in day care, obviously. I have to tell you, the news on the day-care front is dire. As The Times put it: "A much-anticipated report from the largest and longest-running study of American child care has found that keeping a preschooler in a day-care center for a year or more increased

ROSA BROOKS

the likelihood that the child would become disruptive in class — and that the effect persisted through the sixth grade."

Of course, truly dedicated moms don't stop at the headlines — we get to the bottom of every parenting story and seek to apply the lessons of the research in our own homes.

At least, that's the message I took from a recent USA Today article about "Alpha Moms" — "educated, tech-savvy, Type-A moms with a common goal: mommy excellence."

The Alpha Mom "views motherhood as a job that can be mastered with diligent research." Who'd want to be a Beta or Gamma Mom when Alpha Momhood is within reach?

So I dug deeper into the day-care story. My scrutiny paid off. Way down in paragraph 15 of The Times story, we finally get to the nitty gritty: "Every year spent in (day-care) centers for at least 10 hours per week was associated with a 1 percent higher score on a standardized assessment of problem behaviors completed by teachers."

At first, I thought, 1 percent? That's a sorry?

But I quickly realized that I was thinking about things the wrong way. From the perspective of an Alpha Mom, that 1 percent difference in problem behaviors wouldn't be written off as within the margin of error.

That 1 percent could be the critical difference between a kid who eventually goes to Harvard and a kid who ends up in juvenile lock-up.

So when my 2 1/2-year-old escalated the morning frenzy by willfully placing a pancake on top of her head, I didn't just roll my eyes. I squatted at the pancake, trying to determine if it was 1 percent larger or more syrup than the pancake she had placed on her head last year, before she had been exposed to all this extra time in day care. I was pretty sure it was. And she was definitely whining in a voice that was at least 1 percent louder than the whiny voice she had used as a 1-year-old.

I knew I shouldn't let this Poor Behavior pass unremarked.

"Honey," I explained, "you mustn't do that with your pancake. I know it was wrong of me to put you in day care, and I feel bad about the whole selfish assistance-on-having-a-job thing. But you need to work with me a little here."

She ignored me and tried to balance another pancake on her nose, a 100 percent Poor Behavior escalation in only two minutes.

"Sweetie," I coaxed, "please don't be that way. Just last week, The Washington Post reported that mothers today spend an average of 14.1 hours per week tending primarily to their children, whereas mothers in 1965 spent only 10.2 hours a week. So, even though I did send you to day care, you probably still spend 38 percent more time with you than I would have if you were 1965.

"And I'm sure that I feel at least 18 percent more Mommy Gullt than I would have felt in 1965 too."

She remained unmoved. All that day care has left her with a heart of stone.

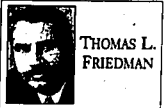
So, gazing tearfully at her little "Harvard Class of 2027" T-shirt, I called the day-care center and announced that I'm quitting my job and staying home to correct the behavior of my precious little ones.

Sure, we'll all be a little hungrier without that paycheck, but that's the price you pay for perfect parenting.

Rosa Brooks is a professor at Georgetown University Law Center. Her e-mail is brooks@latimescolumnists.com.

Many plans, no news

In the Middle East today, home of the invention of algebra, a new math seems to have taken over. It is subtraction by addition. It goes like this: Add more trips to the region by Secretary of State Condoleezza Rice — who doesn't seem to have any coherent strategy — to an emotionally stale, restated Saudi peace overture to Israel, and combine it with a cynical Hamas-Fatah cease-fire accord and an Israeli prime minister so unpopular his poll ratings are now lower than the margin of error, and you'll find that we're actually going backward — way back, back to the pre-Oslo era.



THOMAS L. FRIEDMAN

Only the bad guys make history in the Middle East today. Only the bad guys have imagination and resolve. Arab, Palestinian and Israeli "moderates" are just watching. Their leaders have never been weaker, and America has never been more feckless in framing clear choices to spur them to action. We could be and should be doing better. Nearly seven years ago, President Bill Clinton put forward something called the "Clinton plan" for peace between Israelis and Palestinians. For the first time, the United States laid out its own detailed design of a fair deal between the parties. That plan called for Israel to give up 95 percent of the West Bank, Gaza and Arab East Jerusalem; for Palestinian refugees to be able to return to Palestinian areas but not to Israel; for the most populated Jewish settlements around Tel Aviv and Jerusalem to remain in place and the others to be removed; and for Palestinians to be compensated for those settlements with land swaps and other arrangements from

The Bush team reminds me of someone who buys a rundown house that comes with remodeling plans by Frank Lloyd Wright, but insists instead on using drawings submitted by the next-door neighbors. You get what you pay for.

Israel. Yes, Yasser Arafat rejected it at the time, and even the Israelis never fully embraced the plan as it was, but everyone knew then and knows now that the Clinton plan is the only realistic framework for peace. The Bush team took the view that since Arafat wouldn't accept it, the Clinton plan was a dead letter and therefore could be and should be forever sidelined. They also put themselves on the sidelines of Arab-Israeli diplomacy for six years, rather than sell anything with the name "Clinton" on it.

So instead of constantly telling the parties that the Clinton plan was the only viable basis for peace, and that U.S. diplomacy would be devoted to building a context for Palestinians and Israelis to act on that plan and a U.S. team to execute it, President Bush gave us scattershot visits by his secretaries of state and minimalists, stopgap measures to engineer cease-fires or talks about talks. Who can name them? The Mitchell plan, "the quartet," "the Zennir mission," "the Tenet plan," the road map, the "two plus four plus four framework" and soon the "six plus two" framework.

You can make fun all you want of Bill Clinton's "naive" Middle East peace passion, notes Clinton's top negotiator, Dennis Ross, but the fact is that four times more Israelis and Palestinians died fighting each other during the "realistic," "pre-Israeli," "sideline-sitting" Bush years of 2001 to 2005 than in the "naive" decade of intense U.S. peacemaking — dominated by President Clinton — from Madrid to Oslo, 1991 to 2000.

Had the Bush-Rice team stuck with the Clinton plan,

today at a minimum, it would have been locked in as the only acceptable formula for peace, and at a maximum we might have gotten there. But the Bush philosophy seems to have been: "ABC — anything but Clinton," said Gidi Grinstein, who heads Reut Institute, Israel's premier strategy policy group. "But by not endorsing the Clinton parameters, we are back with plans that are much worse."

Indeed, all that is on the table now is the restated Saudi peace initiative, calling for full peace with Israel after full withdrawal and justice for Palestinian refugees — with no maps, details or Arab plan for how to pursue it with Israel. And we have the Saudi-brokered Mecca peace accord between Hamas and Fatah, which doesn't even acknowledge Israel.

If you read the Mecca agreement, said Ross, "Israel appears only as an adjective, not as a noun. Israel only 'appears' in the agreement modifying words like 'aggression' and 'occupation,' but never appears as a noun — much less as a state to be recognized."

That is what happens when America leaves a vacuum. Others fill it with peace plans that fit their needs first and the needs of a real peace second.

The Bush team reminds me of someone who buys a rundown house that comes with remodeling plans by Frank Lloyd Wright, but insists instead on using drawings submitted by the next-door neighbors. You get what you pay for. Or what you don't pay for.

Thomas L. Friedman is a columnist for The New York Times.

LETTER

Pacifying warring religious sects in Iraq is improbable

A quagmire is a difficult or inextricable position. The Iraqi quagmire of murderous religious sects previously seethed under a succession of oppressive rulers: Ottomans, Brits and Saddam, until President Bush unadvised Saddam, releasing Iraqis' suppressed hatreds into a perfect vortex of violence.

Iraqi sects kill not only one another but also their American liberators. Now, American civilians demand troops be redeployed home, but President Bush insists upon pacifying warring religious sects, if not democratizing them as he previously promised.

However, pacification of warring Shiites, Sunnis and Kurds is improbable, given their centuries-old hostilities following the death of Muhammad, compounded since by tribal hatreds within each religious sect. Add an infusion of terrorists, criminals and insurgents in police and military uniforms and you have hell on earth.

Islamists hate America for

guaranteeing Israel's future; for toppling the democratically elected president of Iran and replacing him with a toady Shah; for its unwieldy military presence in the area to control flow of their oil for furtherance of its worldwide strategies; Islamists see a continuance of the ancient Crusades.

President Bush used 9/11 to fraudulently manufacture justifications for invading Iraq, a pre-existing plan for their war, authored by neo-con Paul Wolfowitz, et al. Their motivations came from philosopher Leo Strauss, who taught Plato's utopian "Republic," a government of philosopher kings binding people to blind obedience, using "Noble Lies" and

continuous wars, a "Republic" to be made real in the U.S. of A. (A constitutional government and empire cannot long coexist.)

Inevitably, Bush's war spilled into the Iraqi quagmire, justified by a series of "Noble Lies": terrorism, weapons of mass destruction, Saddam Hussein and "democracy" never once mentioning empire seeking control of oil flow as underlying reason for the invasion.

Subsequently, Bush "fiddled" Constitution, habeas corpus and legal processes.

Recommended reading: Scully's book "Blackwater."

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Financial Lesson of the Week
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Time for Some Financial Spring Cleaning?
Now that April is here, you might decide to spruce up your home, both inside and out. But you also may want to do a little "spring cleaning" to help keep your financial house in order.

What steps should you take to tidy up your financial situation? Actually, some of the moves are the same as those you'd use to reinvigorate your house and yard. Consider the following:

- **Get the clutter out.** When you open some of your closets, you probably ask yourself: "Why on earth do I need that?" Strange as it may seem, when you open your investment portfolio up for examination, you might have similar thoughts. Perhaps you've had some investments for so long that you no longer remember why you bought them. If you aren't sure why you own a stock, bond or other type of security, you might want to sell it and use the proceeds to invest in something else that might be more useful in helping you meet your goals.
- **Rearrange the furnishings.** Over time, and almost without your being aware of it, the furnishings in a room can get "out of balance." Perhaps you have too many chairs in one corner, or maybe your entertainment center is crowding out a couch. Usually, with a little rearranging, you can get things back in order. And the same is true with your portfolio. Over time, it might have become unbalanced, with too much of one investment and too little of another. This situation could prove hazardous to your financial situation, especially if the imbalance means you are taking on 100% much risk or, conversely, if your holdings have become too conservative to provide the growth you need. A well-balanced portfolio can help you achieve your long-term goals and accommodate your individual risk tolerance, but it won't assure you of a profit or protect against a loss in declining markets.
- **Update your home's "look."** If you've lived in a place for a long time, the rooms and even the landscaping can start to look a little "flumpy." Perhaps the way you lived in 1997 isn't quite the way you'd like to live in 2007. So, you make some changes. And when you look at your investment portfolio, you might also think that some elements aren't reflecting new realities of your life, such as marriage, divorce, a new child, a child going off to college or impending retirement. If this is the case, you may need to adjust your holdings.
- **Check your security system.** It's always a good idea to check your smoke detectors and alarm systems to make sure they are functioning properly. And, just like your home's security features, your life insurance needs to be checked periodically. If you've moved to a more expensive home, or if you've added a child to your family, is your insurance still sufficient? Or, if you have recently remarried or divorced, have you changed your beneficiaries?

As you can see, you can gain a lot of benefit from a financial spring cleaning. Get started soon.

Questions:
(1) True or False — Just like rearranging the furniture in your living room, it is a good idea to rebalance your portfolio. (2) True or False — Your insurance is sufficient; no matter how many children you have added. Answers to last week's questions: (1) True (2) False

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Parental Warning: Some graphic images will be presented that may be unsuitable for children.

HealthNet Times-News

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WORLD

Iranian TV airs video of 2 seized British crew members

By Nasser Karimi
Associated Press writer

TEHRAN, Iran — Iranian state television aired new video Sunday showing two of the 15 captured British sailors pointing to a spot on a map of the Persian Gulf where they were seized and acknowledging it was in Iranian territorial waters.

Britain's Foreign Office immediately denounced the video, saying it was "completely unacceptable for these pictures to be shown on TV."

Adding to tensions between the two countries, about 200 angry Iranian youths chanting "Death to Britain" and "Death to America" threw rocks and firecrackers at the British Embassy and tried to rush the compound but were held back by police.

The 15 Britons were detained by Iranian naval units on March 23 while patrolling for smugglers as part of a U.N.-mandated force monitoring the Persian Gulf. They were seized by Iranian naval units near the mouth of the Shatt al-

Arab, a waterway that has long been a disputed dividing line between Iraq and Iran. Iran insists the sailors illegally entered its waters, but Britain says the team was in Iraqi waters at the time of their capture.

The captives first appeared on the state-run Arabic-language TV channel Al-Alam in separate video clips looking relaxed in military fatigues and

pointing at the same map of the Persian Gulf.

The first sailor, who was identified as Royal Marine Capt. Chris Air, pointed with a pen to a location on the map where he said two boats left a warship of the U.S.-led coalition in Iraq around 9:30 a.m. on March 23. He said the seven marines and eight navy sailors were captured around 10 p.m. Pointing to the map, he said

"we were seized apparently at this point here on their maps and on the GPS they've shown us, which is inside Iranian territorial waters."
"And so far we have been treated very well by all the people here. They have looked after us and made sure there's been enough food and we've been treated very well by them so we thank them for that."
The second sailor, identified

as Lt. Felix Carman, pointed to an area on the map and said that location was where he and the 14 others were arrested. "I'd like to say to the Iranian people, I can understand why

you are so angry about our intrusion into your waters," he said.
The newscaster said the two had confessed to "illegally" trespassing in Iranian waters.

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South Korea, U.S. try to salvage free trade deal

By Kelly Olson
Associated Press writer

SEOUL, South Korea — South Korea and the United States were taking a hard look at a possible free-trade agreement today, a spokesman for the U.S. negotiators said, hoping to clinch the elusive deal after almost 10 months of contentious talks.

"Basically the deal's on the table," said Steve Norton, spokesman for the Office of the U.S. Trade Representative, three hours after a deadline to conclude negotiations had passed. "Both sides are huddling to see if they can accept it."

Negotiators have met for eight straight days of grueling talks at a Seoul hotel. If they succeed, the accord to slash tariffs and other trade barriers would be the biggest for Washington since the North American Free Trade Agreement in 1993, and the biggest ever for South Korea. After an all-night session Friday, the two sides said they needed to extend talks beyond the original midnight deadline, and agreed to finish the talks by 1 a.m. today in Seoul, corresponding to a noon Sunday deadline in Washington.

The negotiations were marred by ugly protests outside the luxury hilltop hotel where delegates met. A man shouted "Stop the Korea-U.S. FTA" after setting himself on fire. He was treated for third-degree burns, police said.

Nearby, about 150 protesters, including farmers, students and activists, some wearing red or white headbands, denounced the talks, chanting "Down with the Itoh Moo-hyun government," referring to South Korea's president.

A brief clash between some of the protesters and riot police carrying shields and truncheons erupted later, with one policeman falling to the ground bloodied. After dark, protesters gathered in front of Seoul City Hall for a candlelight protest, holding placards and chanting.

Police estimated the crowd at about 1,000 people. The protesters then marched through central Seoul toward the presidential Blue House, but they were checked by riot police.

South Korean Trade Minister Kim, Hyun-chong and Deputy U.S. Trade Representative Karen Blumenthal, as well as the chief negotiators for the two sides, have been meeting since last Monday to bridge contentious trade issues such as autos and agriculture.

The White House on Friday said that after 10 months of haggling, the talks were "not going well."

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INSIDE: Johnson silps past Gordon for win at Martinsville, B6



INSIDE: NBA, B2 | Scoreboard, B3 | Comics, B4-5 | Weather, B6

Matta: Ohio State learned from regular-season loss to Gators

By Charles Odom
Associated Press writer

ATLANTA — No. 1 in the polls to end the season, No. 1 seed in the NCAA South Region, the nation's longest winning streak at 22 games. Gaudy credentials, for sure, but not compelling enough to make Ohio State the favorite in tonight's national championship game against Florida.

A different set of numbers leaped out when the odds-makers made Florida a 4½-point favorite: 86-60.

As in the score when these

same two teams played on Dec. 23.

Florida won that one, of course, and never mind that the game was played at Florida or that it was just the fifth game for Ohio State center Greg Oden, coming off wrist surgery.

"At that time I didn't think we could lose like that," Buckeyes senior Ron Lewis recalled.

Oden obviously has matured since then, and the Georgia Dome isn't the O'Connell Center in Gainesville, but it's still fair to ask how can the Buckeyes make up those 26 points. Does Ohio State really



have a chance to stop Florida from winning a second straight national title?

The Buckeyes insist they are as confident as they were before their 67-60 semifinal victory over Georgetown on Saturday night.

"People thought we were going to lose last night's game, but we came out on top,"

Lewis said.

Still, Ohio State doesn't quibble with the Gators being the favorites.

"I do feel like we're the underdog," coach Thad Matta said before running his team through their final practice Sunday. "I mean, they are the



Ohio State coach Thad Matta, right, and Florida coach Billy Donovan chat before a television interview at the Georgia Dome in Atlanta, Sunday.

Please see TITLE, Page B2

Mets get revenge on Cards in MLB season opener

By R.E. Falkstrom
Associated Press writer

ST. LOUIS — The St. Louis Cardinals' World Series celebration lasted until the game started. Then it was the Mets' turn.

Tom Glavine got his 291st win and Carlos Delgado put the Mets ahead with an early two-run double off Chris Carpenter, leading New York to a 6-1 victory Sunday night in the major league season opener.

Paul Lo Duca added three RBIs and made a nifty tag at the plate for the Mets, who lost to St. Louis in Game 7 of last year's NL championship series, which ended when Carlos Beltran took a called third strike from Adam Wainwright in the bases loaded in a 3-1 season.

See page B2

The Cardinals went on to beat Detroit in five games for their first Series title since 1982.

Hall of Famers Stan Musial, Bob Gibson and Lou Brock were on hand for the festivities, which included the traditional appearance of the Budweiser Clydesdales.

Cardinals players entered in a motorcade that passed the World Series trophy, located near home plate. Manager Tony La Russa, arrested during spring training on a drunken driving charge — was greeted warmly by the crowd of 46,429 at Busch Stadium, where every game has been a sellout since the ball park opened last year.

The Cardinals unveiled flags atop a scoreboard commemorating all 10 World Series titles, along with a huge sign, "World Champions." A large pennant celebrating the 2006 championship was raised just below the American flag above the left-center field stands.

During the nearly hour-long pregame presentation, many

Mets players paid more attention to stretching, outfield sprints and conversations with each other, than the festivities on the field.

Mets manager Willie Randolph planned to watch the entire presentation, if only because it showed respect for the Cardinals' accomplishment.

"Why not? It's nice," he said. "That would be assuming again, that I'm somewhat upset that they're world champions. They deserve to be where they are. I'll watch it."

"There's going to be some of those Cardinal greats out there."

David Wright agreed, saying that the six months since losing the NLCS helped ease any pain.

One of the former Cardinals introduced was Keith Hernandez, a member of the 1982 Cardinals who helped the Mets win the 1986 World Series. Hernandez is scheduled to throw out the ceremonial first pitch April 9 at the Mets' home opener.

"He's a Met, he's not a Cardinal," Randolph said. "That's not right; we've got to do something about that."

The 41-year-old Glavine, counted on to lead the Mets' rotation while Pedro Martinez' recovers from shoulder surgery, allowed one run and six hits in six innings before Pedro Feliciano, Joe Smith, Aaron Heilman and Billy Wagner finished up.

Carpenter topped the major leagues with a 1.81 ERA at home last year, reeled his first five batters, then allowed the Mets to go 9-for-15 with a sacrifice and a walk against him, the next 2-1-3 innings.

Delgado's opposite field, two-run double hit off the left-field wall put the Mets ahead in the third, and the Mets made it 5-0 in the fourth on Lo Duca's two-out single and an RBI single by Beltran. Lo Duca added an RBI single in the ninth off Brad Thompson.

NCAA WOMEN'S BASKETBALL FINAL FOUR Lady Vols storm back

Tennessee comes back from double digits to beat N.C., head back to championship game

By Tom Withers
Associated Press writer

CLEVELAND — With Candace Parker making the biggest steal, Tennessee snuck back into the NCAA championship.

Parker wrestled the ball away from North Carolina's Alex Miller in the final minute and the Lady Vols rallied to beat North Carolina 56-50 in a national semifinal on Sunday night, setting up a NCAA title date with Rutgers.

The Lady Vols (33-3) set a Final Four record with 20 steals and outscored the Tar Heels 20-2 over the final 8:08 to earn their 12th trip to the title game.

It was sweet revenge for Tennessee, which had lost the Cleveland Regional final on the same floor one year ago to the Tar Heels (34-4).

"At the eight-minute mark, I said, 'We don't want to go home, we're not leaving here without a national championship,'" coach Pat Summitt said.

Parker finished with 14 points and 13 rebounds, and Nicky Anostike added 14 points, none bigger than her layup with 2:04 left when Tennessee, down 48-36 with 6:18 to play, finally caught the Tar Heels at 50-44.

North Carolina collapsed down the stretch, just like its men's team did last week against Georgetown.

In the Tar Heels' last 15 possessions, they scored just two points, missed all eight field-goal tries and had seven turnovers.

All-American Ivory Latta had 13 points, but missed three 3-pointers in 1:15 as North Carolina was unable to pull it out.

When the final horns sounded, Tennessee's players poured onto the floor in celebration. Parker, though, walked to midcourt and said, "One more," reminding her teammates there's still work to be done.

It was an ugly win, but a win nonetheless for the Lady Vols, who won despite



Tennessee's Alexis Horneback, left, goes up for a shot as North Carolina's LaToya Pringle defends during the first half of the women's semifinal basketball game at the Final Four Sunday in Cleveland.

shooting a measly 27 percent from the floor — the lowest ever by a winning team in the Final Four — and making 21 turnovers.

"Everyone wearing orange would say it's been way too long since Tennessee hasn't won it all since 1998

Please see VOLS, Page B2

Rutgers dominates LSU to make it to title game

By Joe Nocera
Associated Press writer

CLEVELAND — Rutgers' improbable run isn't over.

The Scarlet Knights earned their first trip to the national championship behind Hall of Fame coach C. Vivian Stringer with another unlikely scenario — dominating the LSU Lady Tigers from the opening tip.

Matee Ajavon scored 16 points and Rutgers (27-8) handed 6-foot-6 Sylvia Fowles to beat LSU 59-35 in a national semifinal Sunday night. The Scarlet Knights used a swarming defense and hot touch from behind the arc to blow out LSU, which scored the fewest points ever in the Final Four — Louisiana Tech had 44 vs. Tennessee in '87 title game.

Frustrated by Rutgers' relentless defenders, Fowles was held to five points and seven rebounds.

Rutgers' double- and triple-teamed Fowles, with Vaughn getting help from Heather Zurich.

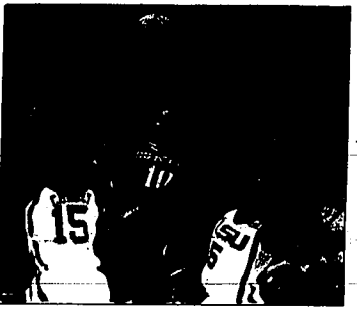
"I tried to keep her as far away from the basket as I could," Vaughn said.

The Lady Tigers (30-8), who were making their fourth straight Final Four appearance, ended a surprising tournament run behind acting head coach Bob Starkey. He was thrust into the spotlight when coach Pekey Chatman abruptly resigned March 7 amid allegations of improper conduct with one or more former players.

Erica White scored nine points to lead LSU, which also set Final Four lows for field goal percentage (26.4) and fewest field goals (14).

The Rutgers crowd chanted Stringer's initials "C-V-S" in the closing minutes. Stringer was hugged by her entire staff as she makes her way back to the title game 25 years after she took Cheney there.

"Wow," Stringer said. "That's the best word to describe what happened here. We talked about believing in what we know. No one expected us to be here, but these players believe in them-



Rutgers' Epiphany Prince (10) passes off through double defense of Louisiana State's Quiana Chisley (15) and Erica White (5) during the second half of the women's semifinal basketball game at the Final Four Sunday in Cleveland.

With five freshmen on the roster, the Scarlet Knights started the season 2-4 and are just the third No. 4 seed to reach the championship.



New York Mets' David Wright (15) hugs out St. Louis Cardinals' Adam Wainwright after he was caught in a rundown in the third inning of their opening day baseball game Sunday in St. Louis.

SPORTS

MAJOR LEAGUE BASEBALL

Francona: 'If you're not optimistic, you're crazy'

Twenty-six teams set to open their seasons today

By Ronald Blum Associated Press writer

Terry Francona sat in the dugout at Kansas City's Kauffman Stadium on a warm, sunny Sunday and expressed the feelings of most baseball fans.

"Opening day is 12 hours away," the Boston Red Sox manager said. "If you're not optimistic, you're crazy. But I think we have a legitimate reason to be optimistic. We think we've got a pretty good team."

"Enough of the practice in Florida and Arizona. It's time to play ball for real."

Twenty-six teams were set to open today, leaving the San Francisco Giants and San Diego Padres to get under way Tuesday.

"You slow down with age. You've got to manage yourself a little bit better," said the 42-year-old Bonds, who needs 21 homers to reach Aaron's career mark of 755.

"I'm ready to go. I know I'm ready to go for it."

no table. Among the stellar starters are Minnesota's Johan Santana, Toronto's Roy Halladay, Atlanta's Tim Lincecum and Arizona's Brandon Webb — Cy Young Award winners all.

"I'm excited, can't wait. After what I've been through, I expect great things," Pavano said Sunday before the Yankees worked out on a damp, chilly day in the Bronx.

"I just think a lot of things were a string of bad luck. It's been a long time coming to get me out there feeling the way I do."

"I'm ready," said the 38-year-old Sosa, who needs 12 homers to reach 600.

"I'm ready to go for it."

Minico splits at Bucks

Times-News

BOISE — The Minico Spartans fell 127-124 to Nampa Saturday for their final game at the Bucks Bay Tournament.

The Spartans won 2-of-4 games, an improvement over last year's 1-of-3 tournament performance.

R.J. Salt led the Spartans at the plate with 2-for-4 hits and two RBIs, while Colby Anderson hit 2-for-3 with two runs scored and Cole Whittle hit 2-for-4. Defensive miscues were the determining factor in the second half of the Spartans' tournament play.

Boise's 8-4 Great Basin Conference West Spartans travel to Pocatello on Wednesday to face Great Basin East for Pocatello. They will host the Indians on Thursday.

Times-News

Times-News

Jazz beat Rockets, stay atop them in playoff race

HOUSTON — Mehmet Okur scored 20 points, Carlos Boozer added 13 and Utah overcame a late deficit to beat Houston and remain ahead of the Rockets in fourth place in the Western Conference standings.



Utah Jazz center Mehmet Okur, right, of Turkey, drives around Houston Rockets' Tracy McGrady in the second half of Utah's 86-83 win in NBA basketball Sunday in Houston. Okur scored 20 points in the game.

Yao Ming led the Rockets with 35 points and 16 rebounds and four blocks. Tracy McGrady added 20 points.

Deron Williams added 12 points, 11 assists and five rebounds for Utah.

Raptors 107, Bobcats 94

TORONTO — Chris Bosh had 24 points and 16 rebounds and Toronto clinched its first playoff spot in five years by beating Charlotte.

Dion Dixon added 15 points for the Atlantic Division-leading Raptors, who have made the playoffs since 2002.

General manager Bryan Colangelo has turned around a team that went 27-55 last season.

Walter Herrmann had 22 points for the Bobcats.

Celtics 98, Cavaliers 96

BOSTON — With LeRon James and Paul Pierce sitting out, Delonte West made two free throws with 1.9 seconds left to lift Boston past Cleveland.

Cleveland called a timeout after the foul shots, and Damon Jones got off an open 3-point attempt from the right side, but it bounced off the rim as the buzzer sounded.

Gerald Green tied the career high with 25 points and Al Jefferson added 24 for Boston. Larry Hughes scored 24 points and Anderson Varejao had 12 points with eight rebounds for the Cavaliers.

Timberwolves 105, Magic 104, OT

ORLANDO, Fla. — Ricky Davis scored a season-high 36

points — including the winning 3-pointer — to lead Minnesota past Orlando. Kevin Garnett, who had 22 points and eight rebounds, sealed the win by blocking jumper Nelson's driving layup with less than five seconds left. Davis also scored the last six points in regulation to force overtime — a 3-pointer with 1:23 left and three free throws after getting Trevor Ariza in the air with 21.7 seconds left.

Suns 126, Mavericks 104

PHOENIX — The Phoenix Suns beat the Dallas Mavericks again, and this one was no down-to-the-wire thriller between the teams with the best records in the NBA.

Leandro Barbosa scored 29 points and the Suns beat the Mavericks for the second time in 18 days, 126-104 on Sunday.

Pistons 94, Heat 88

AUBURN HILLS, Mich. — Richard Hamilton scored 17 of his 19 points in the second half, helping Detroit beat Miami.

Hamilton had missed

Detroit's past four games with a concussion and the flu, and had only two points in 12 first-half minutes.

He played 20 minutes after the intermission, hitting five of seven shots and going 7-for-7 from the free-throw line. The win clinched the season series for Detroit, 2-1.

Wizards 121, Bucks 107

MILWAUKEE — Gilbert Arenas scored 19 points and Caron Butler added 19 points before fracturing his right hand early in the second half of Washington's victory.

Darius Songalia came in for Butler with 6:28 left in the third. There was no immediate word on how long Butler will be out.

Jarvis Hayes scored 17 points including two 3-pointers and a basket during a 10-1 run midway through the fourth that put Washington in control.

Bulls 105, Hawks 97

ATLANTA — Luol Deng scored 30 points and Kirk Hinrich had 22 in Chicago's 11th straight victory over Atlanta.

The Bulls haven't lost to Atlanta since April 9, 2004. Overall, they have won five of six and 12 of 16.

Josh Smith finished with 24 points for Atlanta, which had dropped six straight overall. The Hawks never led after Tyronn Lue's 3-pointer made it 78-75 with 10:52 remaining.

Warriors 122, Grizzlies 117

OKLAHOMA CITY — Jason Richardson scored 13 of his 26 points in the fourth quarter and Golden State overcame the early ejection of Baron Davis to beat Memphis.

Richardson's fourth-quarter spurt helped the Warriors

avoid a loss to the NBA's worst team that would have dealt a crushing blow to their playoff hopes.

Golden State, which hasn't made the postseason since 1994, entered the day two games out of a playoff spot.

Pacers 100, Spurs 99

INDIANAPOLIS — Jamaal Tinsley's layup over Tim Duncan with 1.1 seconds left helped Indiana snap San Antonio's six-game winning streak.

The Pacers ended a four-game losing streak despite playing without Jermaine O'Neal, their leading scorer. They lost with a sore left knee. Tinsley finished with 20 points and eight assists.

Nuggets 114, SuperSonics 103

SEATTLE — Carmelo Anthony scored six straight points midway through the fourth quarter. Allen Iverson took over in the closing moments, and Denver snapped a three-game losing streak.

Anthony finished with 32 points in his 29th game with 30 or more points. Iverson finished with 25 points — 21 after halftime — and capped the victory with a driving three-point layup in traffic and a pair of tough jumpers on consecutive possessions with less than two minutes remaining.

Lakers 126, Kings 103

LOS ANGELES — Kobe Bryant had 19 points and a season-high 13 assists to lead Los Angeles over sinking Sacramento.

Maurice Evans scored 21 points to lead six Lakers in double figures. Luke Walton had 18, Andrew Bynum 14, Smush Parker 13, and Kwame Brown 10.

— The Associated Press

Pressel wins Kraft Nabisco; becomes youngest LPGA major's winner ever

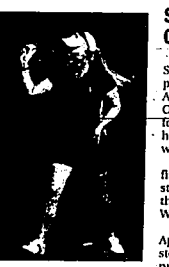
RANCHO MIRAGE, Calif. — Morgan Pressel became the youngest major champion in LPGA Tour history Sunday with a game well beyond her 18 years, closing with a 3-under 69 at the Kraft Nabisco Championship as everyone missed the putt.

Pressel played her final 24 holes over Mission Hills with a bogey, finishing the round with a 10-foot birdie putt that looked as though it would be only good enough for second place. Then came a shocking collapse from Suzann Pettersen, the latest and most significant on a sun-baked afternoon in the desert.

Pettersen, a 25-year-old from Norway, had a four-shot lead with four holes to play when she started hitting tee shots into the ankle deep rough and missing putts.

Pressel, who finished at 3-under 285, was on the practice range when she entered the history books at 18 years, 10 months, 9 days. Previously, the youngest major winner was Sandra Post, who was 20 years, 19 days when she won the 1968 LPGA Championship. On the men's tour, Young Tom Morris was 17, when he won the 1868 British Open.

Keeping with tradition at the Kraft Nabisco, Pressel jumped into the pond surrounding the 18th green with her caddie and grandmothers, Evelyn and Gertrude Krickstein. Herb Krickstein, her grandfather and the father



Morgan Pressel waves to the crowd after sinking the putt on the second hole during the final round of the LPGA Kraft Nabisco Championship golf tournament in Rancho Mirage, Calif., Sunday.

Scott takes Houston Open, holds off Appley

HUMBLE, Texas — Adam Scott held off defending champion Stuart Appley in an all-Australian duel in the Houston Open, saving par with a 50-foot putt on the 72nd hole after hitting his tee shot into the water.

Scott shot a 6-under 66 to finish at 17 under; three strokes ahead of Appley and third-round leader Bubba Watson.

Playing together, Scott led Appley by one stroke as they stood on the 18th tee, but Scott puffed his tee shot into the pond that lines the left side of the 486-yard hole, the course's most difficult.

Appley drove into the fairway bunker, then immediately gave Scott a reprieve by hitting his approach into the water near the green.

Scott took his drop, hit his approach safely away from the

water, then holed the par-saving putt. Appley had a double bogey to finish with a 69. Watson birdied the last hole for a 72.

Fergus sets mark at Ginn Championship

PALM COAST, Fla. — Keith Fergus became the second I player to win PGA, Nationwide and Champions tour titles, closing with a 2-under 70 for a one-stroke victory over Mark O'Meara and Hale Irwin in the Ginn Championship.

Fergus finished at 12-under 204 and earned \$375,000. He won three times on the PGA Tour from 1981-83 and twice on the Nationwide Tour in 1994.

Ron Streck also has won on all three of the major U.S. pro men's tours.

Irwin closed with a 68, and O'Meara shot a 69.

— The Associated Press

Jesse Wolley Memorial BOXING SMOKER
Saturday, April 7, 2007
Filer High School Gymnasium
Smoker begins at 8:00 pm (Doors open at 7:00 pm)
Tickets Available at the Door
General Admission...\$7
Ringside.....\$12
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COMICS

B.C.

By Johnny Hart



Baby Blues

By Rick Kirkman & Jerry Scott



Baldo

By Hector D. Cantu and Carlos Castellanos



Brevity

By Guy & Rodd



Dilbert

By Scott Adams



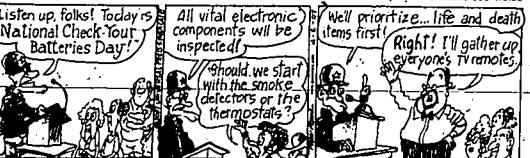
Doodlesbury

By Garry Trudeau



The Elderberries

By Phil Frank and Joe Troise



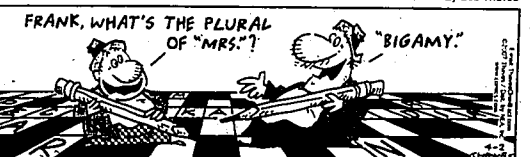
For Better or For Worse

By Lynn Johnston



Frank and Ernest

By Bob Thaves



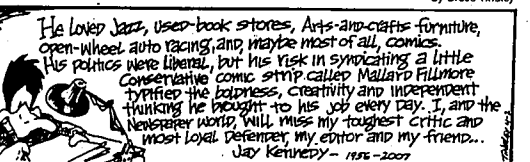
Luann

By Greg Evans



Mallard Fillmore

By Bruce Tinsley



Pears Before Swine

By Stephan Pastis



Pickles

By Brian Crane



Rose is Rose

By Pat Brady



Zits

By Jim Borgman and Jerry Scott



Time to find a new magic stone, Sagittarius

IF APRIL 2 IS YOUR BIRTHDAY: Be on the lookout for blessings that could permanently brighten your life in June, September and January. In May and June you might be sidetracked by a person or situation that is not what it seems, but by July your charisma is so strong you can overcome that influence. You may meet the "real thing" if you are looking for true love or could reach a major milestone in your career or business. Have faith that what knocks on your door this year will create a cornucopia of happiness.

ARIES (March 21-April 19): Today's full moon might give you the urge to howl. Relationships are highlighted this week. Don't give in to doubts or deceptions. This is the time to be your lover's best friend.

Taurus (April 20-May 20): Your mental kaleidoscope might put bits and pieces together. The patterns that emerge might not be quite what they seem. All you need do is touch a kaleidoscope to change the image.

GEMINI (May 21-June 20): The wise man sits on the hole in the carpet. Be generous and kind to others, accept apologies or compliments, but don't

HOROSCOPE

Jeralkine Saunders

be too anxious to discuss your own faults or shortcomings.

CANCER (June 21-July 22): Broaden your horizons. Wind up affairs that involve both family and business of your job. It might be that changing some habits will achieve a compromise that pleases everyone.

LEO (July 23-Aug. 22): Polish your resume and boost your references. Start saying what others want to hear if you want to reach certain career goals. Those in charge may be generous and willing to overlook your mistakes.

VIRGO (Aug. 23-Sept. 22): Get out the calculator. Just because there are checks in the checkbook, doesn't mean there is money in the bank. You have champagne tastes on a beer budget.

LIBRA (Sept. 23-Oct. 22): Today's full moon could act as a cosmic wake up call. Work hard to be clear and succinct when dealing with a significant other. It might be a very good time to mend some broken fences.

SCORPIO (Oct. 23-Nov. 21):

It pays to send the every best. Don't waste your funds on something that isn't of the best quality. An apology applied at the right time is like a bandage that protects a sore spot until it heals.

SAGITTARIUS (Nov. 22-Dec. 21): Improve a situation. Find a new interest or study that acts as a philosophy's stone. That magic stone helped turn base metals into something valuable or added years to one's life.

CAPRICORN (Dec. 22-Jan. 19): Assess your habits. If you work your fingers to the bones, sometimes all you get is bony fingers. If you feel that you are not getting the most out of your efforts, then it is time to make a change.

AQUARIUS (Jan. 20-Feb. 18): Even unimportant transactions run smoothly. Expect to receive cooperation or a helping hand just when you need it. Involve minor purchases inlining items of taste or beauty.

PISCES (Feb. 19-March 20): Do your part. Find ways to show solidarity and support for those who put their money or their time on the line for your benefit. Someone else's organizational expertise could be helpful.

Non Sequitur

By Willy



Strange Brew

By John Deering



Bottle Balley

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



Baby boy isn't pretty in pink to some members of family.



DEAR ABBY
Jeanne Phillips

DEAR ABBY: My daughter recently had a baby boy. Mother and baby are doing fine, but the problem is the sonogram during pregnancy showed a baby girl, according to the doctor. So now our grandson has a slew of pink blankets, jammies and clothes given by friends before little Jack was born. I say, no big deal.

My wife says it is a big deal. No way a boy should be dressed in pink. She's worried the color will give the wrong message to people, who will then treat our grandson like a girl in a way they won't even be aware of, even though they're told he's a boy. She worries that this will somehow make him a cross-dresser when he's grown up and make him gay.

Our daughter and son-in-law are in a quandary: too over the pink clothes. What do you think?

— **JACK'S GRANDPA IN GUERNEVILLE, CALIF.**

DEAR GRANDPA: As long as the baby girls have not been used, there should be no problem exchanging them for items in the "right" color. However, please tell your wife that her fears are groundless. Even if her grandson decides to become a cross-dresser later in life — which, by the way is not related to whether he's a boy or a girl — he won't make him gay. The majority of cross-dressers are heterosexual.

DEAR ABBY: I am a 23-year-old "woman." I say "woman" because I still feel like a girl.

I graduated from college two years ago. Unlike a lot of people my age, I am self-supporting. Since graduation, I have tried to adopt some of the behaviors of an adult. I work hard at my job and manage my money well. I get up early on weekends and do chores around the house and I'm learning how to cook. I make an effort to reach out to my parents, who are recently retired. I try to learn about the world around me and keep up with the news.

So why do I still feel like a teenage kid?

— **KID AT HEART IN NORTH CAROLINA**

DEAR KID AT HEART: Please don't judge yourself so harshly. You are more mature than many people who are chronologically older. From my perspective, it appears that you are growing up at a very respectable pace. If you are under the impression that because people reach a certain age they are suddenly mature adults, you are operating under a misconception. Age is only a number. People mature at different

rates, and there are folks in their 50s, 60s and older who are still growing up. Wisdom and maturity are gained cumulatively — and in some cases it can take a lot longer than 21 years for individuals to stop behaving like children.

DEAR ABBY: I was visiting a local shopping center and was dismayed to notice that the car parked next to mine had a baby seat in the back — complete with an actual live baby. I was so shocked that I was forced to immediately call the police. However, it was a mild day, and partially overcast, and the moderate conditions made me hesitate for fear of being a "busybody." A day later, I'm still second-guessing myself. So I ask you, did I do the right thing by not sticking my nose in, or was it my responsibility to have alerted the authorities?

— **INDECISIVE IN SAN MATEO**

DEAR INDECISIVE: Unless you were prepared to stay by the vehicle until the foolishly-neglectful parent returned, you should have called the police. Leaving a baby alone in a parking lot, regardless of how mild the weather was, is against the law. In some states, there are also laws against leaving pets in parked cars.

— **TO MY JEWISH READERS:** Sundown marks the first night of Passover. Happy Passover, everyone!

War declared on Germany in 1917

The Associated Press

Today is Monday, April 2, the 92nd day of 2007. There are 273 days left in the year. The Jewish holiday Passover begins at sunset.

Today's Highlight in History:

On April 2, 1917, President Wilson asked Congress to declare war against Germany, saying, "The world must be made safe for democracy."

On this date:

In 1513, Spanish explorer Juan Ponce de Leon landed in Florida.

In 1792, Congress passed the Coinage Act, which authorized establishment of the U.S. Mint.

In 1874, storyteller Hans Christian Andersen was born in Odense, Denmark.

In 1865, Confederate President Davis and most of his Cabinet fled the Confederate capital of Richmond, Va., because of advancing Union forces.

In 1872, Samuel E.B. Morse, developer of the electric telegraph, died in New York.

In 1832, aviator Charles A. Lindbergh and John E. Condon went to a cemetery in New York City's Bronx borough, where Condon turned over \$50,000 to an unidentified man in exchange for Lindbergh's kidnaped son. (The child, however, was not returned, and was found dead the following month.)

In 1974, French president Georges Pompidou died in Paris.

In 1982, several thousand troops from Argentina seized the disputed Falkland Islands, located in the southern Atlantic from Britain. (Britain seized the islands back the following June.)

In 1986, four American passengers were killed when a bomb exploded aboard a TWA jetliner en route from Rome to Athens, Greece.

In 2005, Pope John Paul II, who led the Roman Catholic Church for 26 years, died in his Vatican apartment at age 84.

Ten years ago: The White House released documents showing how eager it had been to exploit the redrawing powers of President Clinton and Vice-President Gore during the 1996 campaign while coordinating with the Democratic Party's fundraising machine.

Five years ago: Israel seized control of Bethlehem; Palestinian gunmen forced their way into the Church of

TODAY IN HISTORY

the Nativity, the traditional birthplace of Jesus, where they began a 39-day standoff.

One year ago: Journalist Jill Carroll arrived in Boston, only to be arrested by agents and twin sister after 82 days as a hostage in Iraq.

Secretary of State Condoleezza Rice and British Foreign Secretary Jack Straw made a surprise trip to Iraq to urge its leaders to form a unified government. Terrorists killed 23 people in Tennessee and four others in the South and Midwest.

Today's Birthdays: Actor Dubs Greer is 90. Actress Rita Gam is 79. Actress Sharon Acker is 72. Singer Ross Russell is 65. Jazz musician Larry Coryell is 64.

Actress Linda Hunt is 62. Singers Emmylou Harris is 62. Actress Pamela Reed is 58. Rock musician Dave Robinson (The Cars) is 54. Country singer Buddy Jewell is 46. Actor Christopher Meloni is 46. Singer Kersey Woodward (BananaRanch) is 46. Country singer Billy Dean is 45. Actress Jana Marie Hupp is 43. Rock musician Greg Camp (Smash Mouth) is 40. Rock musician Tony Fredtanelli (Third Eye Blind) is 38. Actress Roselyn Sanchez is 34. Country singer Jill King is 32. Actor Adam Rodriguez is 32. Actor Jeremy Garrett is 31. Rock musician Jesse Carmichael (Maroon 5) is 28. Actress Bethany Joy Lenz, ("One Tree Hill") is 26. Actress Plethia is 25.

Thought for Today: "Most of us love from our need to love, not because we find someone deserving."

— Nikki Giovanni, American poet

THE ACES ON BRIDGE® Bobby Wolff

"People die for wealth and birds die for food." — Chinese proverb

When West leads the heart queen against the spade game, some East players would win with the ace and return a heart. But it is unlikely that West will ever give the lead to enjoy his heart winner. Declarer will surely force out the ace of trumps, win your return, draw trumps, and run the clubs.

Switching to the diamond king, in the hope that partner has one two diamonds and can be given a ruff, might work. But if South holds three diamonds, her partner will have only one club and be able to take a quick discard.

Best is a switch to the club 10. If West has only one club, you will be able to give him the club ruff. If West has two clubs, his partner will be able to cut declarer off from dummy's long clubs. Declarer wins your club 10 in the dummy as partner gives count with the eight, and leads the spade queen. What now?

You must duck the first trump (preventing an entry to dummy in spades) and win the second round. Now you return another club, cutting declarer off from the dummy, and the contract is defeated. If declarer tries to cash a further club, West will ruff with his last trump.

This deal comes from David Bird's excellent new book, "Another 52 Great Bridge Tips: The accompanying advice is that it may be right to consider trying to cut declarer off from dummy's long suit.

ANSWER: On this auction it does not sound as if either dummy or declarer has four spades, so lead the spade four. Partner may assume you have a four-card suit, but no real harm about some of that. Do not lead the spade six, thinking this shows a poorer suit. That lead would make partner's job of reading the spots even harder.

LEAD WITH THE ACES

South holds:	West	North	East
♠ Q 4	♠ Q 10	♠ A 1	♠ A 1
♠ 7 10 11	♠ 7 10 11	♠ 7 10 11	♠ 7 10 11
♠ 8 9	♠ 8 9	♠ 8 9	♠ 8 9
♠ 10 11	♠ 10 11	♠ 10 11	♠ 10 11

Opening lead: Heart queen

South	West	North	East
♠ Pass	♠ Pass	♠ Pass	♠ Pass
♠ Pass	♠ Pass	♠ Pass	♠ Pass
♠ Pass	♠ Pass	♠ Pass	♠ Pass

LEAD WITH THE ACES

South holds:	West	North	East
♠ Q 4	♠ Q 10	♠ A 1	♠ A 1
♠ 7 10 11	♠ 7 10 11	♠ 7 10 11	♠ 7 10 11
♠ 8 9	♠ 8 9	♠ 8 9	♠ 8 9
♠ 10 11	♠ 10 11	♠ 10 11	♠ 10 11

WORLD: 5-DAY FORECAST

Today: A few very early morning rain and/or snow showers, then mostly sunny. Highs: 42s. Tonight: Fair to partly cloudy skies. Lows: upper 20s. Tomorrow: Mostly sunny and warmer. Highs: 50s

WORLD: 5-DAY FORECAST

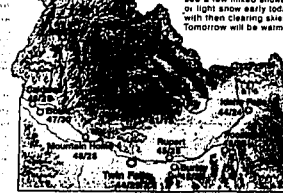
Today: Rain and/or snow very early, then becoming partly cloudy. Highs: 40s. Tonight: Chilly with a few clouds. Lows: mid 20s. Tomorrow: Warmer with mostly sunny skies. Highs: 50s

IDAHO: 5-DAY FORECAST

Today: There could be a few leftover early morning snow showers. By the afternoon the skies will have cleared but it will be rather chilly. Warmer, drier air moves in on Tuesday and Wednesday.

BOISE Other than a few episodes of rain early today, the weather is going to start to settle down. Through the middle of the week, quiet, dry and warmer weather is expected.

NORTHERN UTAH The high winds today may see a few mist showers as light snow early today, with then clearing skies. Tomorrow will be warmer.



Weather by ZIP code, including ZIPs, for Idaho. See page 2 for more details on weather forecasts.

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WORLD: 5-DAY FORECAST

Table with 6 columns: Today, Tonight, Tuesday, Wednesday, Thursday, Friday. Includes weather icons and temperature ranges.

Table with 6 columns: Temperature, Precipitation, Humidity, Barometric Pressure, Sunrise and Sunset, Pollen Count.

Table with 2 columns: Moon Phases, Moonrise and Moonset. Includes moon icons and times.

GLOBAL FORECAST

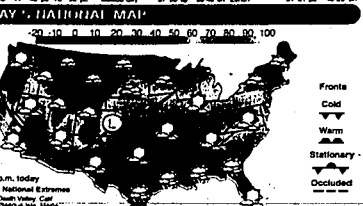
Table with 3 columns: City, Today, Tomorrow. Lists various cities and their weather forecasts.

NATIONAL FORECAST

Table with 3 columns: City, Today, Tomorrow. Lists major US cities and their weather forecasts.

WORLD FORECAST

Table with 3 columns: City, Today, Tomorrow. Lists international cities and their weather forecasts.



Today's National Map. Shows fronts, cold, warm, stationary, and occluded weather systems.

CANADIAN FORECAST

Table with 3 columns: City, Today, Tomorrow. Lists Canadian cities and their weather forecasts.

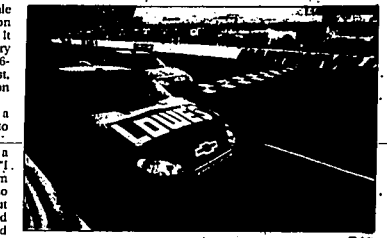
Johnson holds off Gordon for win at Martinsville

By Hank Kuz Jr. Associated Press writer. MARTINSVILLE Va. — Once the pre-dry brought into the Hendrick Motorsports fold by Jeff Gordon, Jimmie Johnson gave his mentor no quarter with victory at stake.

wins at the track as the most among active racers. "That was probably the hardest driving I've ever done," Johnson said.

what, there's going to be some interesting racing going forward because he blocked me really bad," Gordon said. "I thought I had a chance at him a couple times, but he shut the door on me pretty good."

short of tying the late Dale Earnhardt for sixth on NASCAR's career list with 76. It was Hendrick's seventh victory in the last nine races at 0.526-mile Martinsville, the smallest and oldest and trickiest track on the circuit.



Jimmie Johnson (48) crosses the finish line in front of Jeff Gordon (24) in the Goody's Cool Orange NASCAR Nextel Cup auto race at the Martinsville Speedway in Martinsville, Va., Sunday.

Serb teen Djokovic wins Key Biscayne title

By Steve Winc Associated Press writer. KEY BISCAYNE, Fla. — Novak Djokovic whacked the tournament's final shot for a winner, then collapsed on his back, sprawled at the baseline.



Novak Djokovic of Serbia lifts up his trophy after defeating Guillermo Canas in the men's singles final of the Sony Ericsson Open tennis tournament in Key Biscayne, Fla., Sunday.

"I hope this is only the start," Djokovic, number-up at Indian Wells, Calif., two weeks ago, "I was always trying to compare myself to the best players in the world, because that's what I want to be. Right now I feel like probably for the first time in my career I'm on that level, that I deserve to be one of the three best players in the world."

done that since Ivan Lendl in 1989. "Tennis has a new star today," tournament chairman Butch Buchholz said. "He's going to be around."

The Largest Career Fair in the area is coming April 24, 2007

10 am - 4 pm Inside the CSI Gymnasium

Career Fair

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Southern Idaho Spring Career Fair 2007

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NOTICE OF HEARING

The Middle Snake Regional Water Resources Commission will hold a public hearing on the 18th day of April, 2007 at 1:15 pm at the Hemphillman Building located at 2403 3rd Avenue East in Twin Falls, Idaho. The purpose of the hearing is for public input on amendments to the Water Quantity and Economic sections of the coordinated Water Resource Management Plan. A summary of the proposed changes to the plan follows and a complete text of proposed changes can be obtained at the County Clerk's office of Cassia, Gooding, Jerome, Lincoln, Mendocino and Twin Falls counties Monday through Friday during the hours of 8:00 am and 5:00 pm. The proposed revisions will correct grammar, errors and updated wording in the Water Quantity and Economic portions of the plan. The policy statements of the Water Quantity portion of the plan is changed as follows: Paragraph 5 to read: Support the refinement of rules for conjunctive management and recognize the constitutional provision of First in Time is First in Right. Delete paragraph 6 regarding the formation of water districts which has been deleted. Addition of paragraph 11 stating the Commission encourages the IDWR to implement rules that shut down newly permitted or transferred pumping permits if they are found to adversely impact senior water users. Under Goals and Objectives: Strategy A33 under objective A03: Strategy A03 under goal A24 which supports a change in annual rate allowing holders of unused water rights to loan these rights for recharge or in-stream flow and recognize said use as beneficial has been deleted. The Economic portion of the plan has been reformatting and old data in tables have been replaced with more current data. Wording and data reflect the importance of agriculture to our regional economy and shows this region's agriculture production is fully 40% of the agricultural output for Idaho. It also shows that the agricultural output has increased 200% over the past 25 years. Any person may attend the hearing and written and/or oral testimony shall be taken. Written testimony may be submitted to the Commission at the address shown below and must be received on or before April 18, 2007. Dated this 2nd day of April 2007. Bob J. Muffey Executive Director 122 E. Main Street Gooding, ID 83330

REQUEST FOR QUALIFICATIONS

The Mid-Snake Resource Conservation and Development Council (RCSD), is seeking proposals from qualified professionals for the purpose of administering the Fire Education program, managing Administration, Education and Outreach activities, and Providing Assistance to Homeowners. The scope of work for this position will include, but is not limited to the duties listed above. We ask that you submit your qualifications by April 9, 2007. All proposals will be reviewed. Evaluators of the proposals will make a decision by April 12, 2007. For a detailed "Scope of Work" or any questions, please contact the Mid-Snake Resource Conservation and Development Office at 1441 Filtmore St., Suite A, Twin Falls, Idaho 83301-3380 or call us at 733-5360 ext. 132.

NOTICE OF MEETING TO NOMINATE A GROWER MEMBER OF THE IDAHO POTATO COMMISSION

Notice is hereby given that on Thursday April 5, 2007 at 2:00 PM at A.J.'s Restaurant and Lounge, 1130 Highway 20, Mountain Home, Idaho, nominations for one grower member of the Idaho Potato Commission may be made by qualified potato growers residing in District No. 2A, which includes Twin Falls, Jerome, Lincoln, Cassia, Elmore, Boise, Arroyo and Gooding counties. Said growers may nominate three qualified growers for the vacancy from whom one will be appointed to the Commission by Governor Butch Otter. Dated: March 22, 2007 Frank W. Mays President/CEO Idaho Potato Commission

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NOTICE OF TRUSTEE'S SALE

TS No. 07-04541 Doc ID 0001031799132005N Title Order No. W730150 Parcel No. RPT056102001B The following described property sold at public auction to the highest bidder, payable in lawful money of the United States, in the lobby of Alliance Title & Escrow located at 1411 Falls Ave East, Suite 1315, Twin Falls, ID 83301, on 07/18/2007 at 11:00 am, (recognized local time) for the purpose of foreclosing that certain deed of trust recorded 07/18/2005 as instrument number 2005-015065, and executed by Patrick R. Andrew, an unmarried man, as Grantor(s), in favor of Mortgage Electronic Registration Systems, Inc., as Beneficiary, to ReconTrust Company, N.A., the Current Trustee of record, covering the following real property located in Twin Falls County, state of Idaho: Lot 1 and North 9 feet of lot 2 in block 2 of Canyon Crest Subdivision, Twin Falls County, Idaho, according to the plat thereof, recorded in book 8 of pages 48, in the office of the county recorder of said county. Excepting therefrom the West 10.0 feet of lot 1 and the West 10.0 feet of the North 9 feet of lot 2 in said block 2 of Canyon Crest Subdivision. The Trustee has no knowledge of a more particular description of the above referenced real property, but for purpose of compliance with Idaho Code, Section 60-113, the Trustee has been informed that the street address of, 2222 Crest Avenue, Twin Falls, ID 83301 is sometimes associated with said real property. Bidders must be prepared to tender the full amount of the bid at the sale in the form of cash, or a cashier's check drawn on a state or federally insured savings institution. Said sale will be made without covenant or warranty, expressed or implied, regarding title, possession or encumbrances to satisfy the obligation secured by and pursuant to the power of sale contained in that certain Deed of Trust. The default for which this sale is being made is failure to pay the monthly payment due 11/01/2006 of principal, interest and impounds and subsequent installments due thereafter; plus late charges, with interest currently accruing at 8.75% per annum; together with said sale must comply with the terms and conditions of said Deed of Trust, and any supplemental modifications thereto. The principal debt owing as of this date on said obligation is \$100,734.20, plus interest, costs and expenses actually incurred in enforcing the obligations thereunder and in this sale, together with any unpaid and/or accruing real property taxes, and/or assessments, attorney's fees and costs, and any other amount advanced to protect said security, as authorized in the promissory note secured by the aforementioned Deed of Trust. Therefore, the Beneficiary elects to sell or cause said trust property to be sold, to satisfy said obligation. Notice is hereby given that this firm is attempting to collect a debt and any information obtained will be used for that purpose, and that the debt may be disputed. The above grantors are named to comply with Section 45-1506(4)(a) Idaho Code. No representation is made that they are, or are not, presently responsible for this obligation. Dated: 02/16/07 Name and Address of the Current Trustee is: ReconTrust Company, N.A., 1757 Tapp Canyon Road, SWW-88 Simi Valley, CA 90028-1821 Phone: (800) 291-6219 ReconTrust Company, N.A., Successor Trustee Charisse Avary, Assistant Secretary ASAF# 834418

PUBLISH: March 19, 26, April 2 and 9, 2007



PEOPLE FOR PETS

420 Victoria Blvd PO Box 1163 735-2299 Twin Falls, Idaho

- FOUND 1. Aual Border/Collie Cross, blue merle, male adult, w/1 blue eye, found on highland ave. 2. 2 Border Collie/Aussli cross pups, male and female. 3. Lab Pyrenees Cross, white male adult, 300 block Ostrander. 4. Dachshund, brown, neutered, male adult, T.J max parking lot. 5. Lab/Border collie cross, black and white male pup. Brook lane near Curry crossing. 6. Border Collie black and white, 4 mo old pup, docked tail, Addison Ave West. 7. Australian Shepherd, blue merle, female adult, TF airport 8. Lab Cross, yellow male young adult, Lynnwood shopping center on filer.

ADOPTIONS

- 1. Pointer Cross, black & white, female young adult 2. Border Collie Cross pups, male and female 3. Lab Cross red & white female young adult 4. English/Boston Terrier Cross black & white, female young adult 5. Bassett/Rot Cross red, male, young adult 6. Lab Cross, spayed female adult, gold and white 7. 1 Pit Cross female, red and white, 4 months old pup 8. Lab/Mastiff Cross pups 9 weeks, 1 female 2 male. 9. 2 Dachshund, red females. 10. Palm, spayed female tan adult. 11. Hound/Shepherd Cross red, female adult 12. Jack Russell Terrier, female adult - No Children 13. Chow, red male adult, very sweet 14. Chocolate Lab, male young adult 15. Lab/Mastiff Cross, neutered male, gold, giant young adult

DON'T FORGET US! Many cats/dogs for adoption! www.maglink.com/web/petsonline News: Mon-Fri 10:00 am-5:30 pm Saturday 10:00 am-2:00 pm Closed Sunday and Holidays We can only keep animals 48 hours, they are then sold or DESTROYED. Please check daily

NOTICE

Notice is hereby given that all personal property of Ken Adams in relation to 201 Locust Street South, Twin Falls, ID will be sold to satisfy senior age debts and other involved in storing property in the amount of \$260. Sale will be 4/13 at 10:00 am at 201 Locust St. South, Twin Falls, ID. PUBLISH: April 2, 2007

PUBLIC NOTICE

Actions planned and taken by your government are contained in public notices. They are part of your right to know and to be informed of what your government is doing. As self-government charges all citizens to be informed, this newspaper urges every citizen to read and study these notices. We advise those citizens who seek further information to exercise their right to access public notices and public meetings.

IMPORTANT

Please address all legal advertising to: LEGAL ADVERTISING THE TIMES-NEWS PO Box 548 Twin Falls, Idaho 83301-0548 Email to: legal@magvalley.com Deadline for legal ads 3:00 pm prior to publication, noon on Wednesday for Sunday, noon on Thursday for Monday, noon on Friday for Tuesday and Wednesday, noon on Monday for Thursday and noon on Tuesday for Friday and Saturday. Holiday deadlines may vary, if you have any questions call Ruby, legal clerk, at 208-735-3324.

PUBLIC NOTICE FOR DESTRUCTION OF SCHOOL RECORDS

According to school board policy, the Twin Falls School District #411 hereby gives notice that special education records are no longer needed to provide educational services to individuals with disabilities who were enrolled in the district as a student prior to the year 2001 and have since left the district. The district will destroy these special education records by shredding them in 45 days. Destruction of these records is the best protection against improper and unauthorized disclosure. Please be aware that if you have special education records on file with the school district, these records may be needed for social security benefits or for other purposes in the future. If you wish to review the file or keep the file for your records, please make the request to the administration office within 45 calendar days. For further information contact the school district administrator at 208-735-3324.

PUBLISH: April 2, 3, 4, 5, 6, 7 and 9, 2007

LOST AND FOUND

- FOUND Cat, young, husk in color, black eyes, face all black, grey nose. Found 3/28 on Olney Caswell, Twin Falls. Call 208-736-0888
- FOUND chocolate Lab, male, approx 2 year old. By Morningside Middle School in Twin Falls. Call 208-638-5807
- FOUND dog, brown and white, medium size, in the 1050 W. 1000 area of Paul. Seen in area at West. tor. 208-438-8145.

WANTED Professional Garage Sale person

to sell quality items, electronics, books, 40's-60's LP's, misc. Call 423-4493 Frank

110 HOME/HEALTH CARE

Senior Care/In-home/healthy Nurse Aid looking for Clients to care for in their home. Showers, laundry, Errands, doctor appts and meals. Call for information. 733-2113 ask for Toni

Entertainment Services

TWIN FALLS BAND is looking for a great front singer. Will play live at bars. Must like Hard Rock music. Call Mark at 308-0154.

113 Child Care Services

CHILD CARE Infant to 5 years, meals provided, \$15 per day. Immediate openings. Call 208-648-5609

LITTLE PEACHES DAYCARE LLC has openings in Filer, ICCP, First Aid & CPR Call 208-328-4506

200 Employment

GENERAL S.I. Start accepting applications for Community Support Specialists. To work with individuals with developmental disabilities. Background check required. Must be 18 years or older with valid drivers license and insurance. Apply at 200 2nd Ave N, Suite E. Twin Falls or call Johnson@startr.com Drug Free Work Place

BIRTHDAY PHOTOS

Have you forgotten to pickup 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

The Largest Career Fair in the area is coming April 24, 2007

10 am - 4 pm Inside the CSI Gymnasium

- Resume Critique Career Opportunities
- Experts on hand to give you advice on your resume
- Massé Valley Office of Idaho Commerce and Labor (Job Service)
- State Visiter from Clem State Staffing
- Professional and Technical Career
- Idaho Career Center
- Various Educational Advancement
- Full, Part-time Entry-level and Temporary Positions Available

Employers and Educational Opportunities all in

- From Healthcare to Sales, Seasonal Jobs, Media, Armed Forces and Trucking Industry there is a career here for you!
- Alterra Collections
- D&D Transportation
- GRD
- Great Basin College
- SJ Beneficials
- Concessions
- Inclusion South
- Linné Education Twin Falls
- Haley Nursery Inc
- Health Services & Methak
- Clear Channel Radio (KREZ)
- KLIX (THE SNARK)
- Aspen Grove Home Health & Hospice
- Pre Trial Legal Services (Bear & Karen Bangs)
- Master Education Entry School
- Oasis Stop 'N' Go, LLC
- University of Idaho
- Medical Center
- Blaine County Sheriff's Office
- University of Idaho
- Personnel Plus
- Chemical Waste
- Diving School
- Blaine County Sheriff's Office
- Wells Fargo
- Dell
- College of Southern Idaho
- Truck and Industry
- Information Technology
- Education
- Library and Information Science
- Health Rehabilitation Construction
- Education
- Business
- Small Business Development Center
- Math
- Engineering
- Computer Science
- Community Education
- Adult Basic Education
- Academic Development Center
- Health Sciences-All Agriculture

SLUWS'S Cactus Petals glanbia CHZM HILL hptjobs Times-News magvalley.com

Southern Idaho Spring Career Fair 2007

MEDICAL

HEALTH HOME HEALTH & HOSPICE

We are expanding our team!

Idaho Home Health & Hospice is now hiring for a Full-time Physical Therapist and part-time CNA's.

IHH&H offers 100% paid premiums for medical and dental, 401K, vacations & personal pay and much more! IHH&H also offers continuing education and GREAT incentive programs to all staff. Come be a part of a caring environment!

Apply at:
826 Eastland Drive or email resumes to heather@idahohomehealth.com, EOE

209 General

RESTAURANT
Kitchen Help, prep & line cooking. Some days & evenings hrs. Apply in person weekdays mornings 9-12. Rock Creek 200 Addison Ave W Drug Free Workplace

RESTAURANT
Looking for hard working, motivated people for the position of Cooks Days & Nights with opportunities for advancement. Apply in person Jake's Bar & Grill 1595 Blue Lakes

WAREHOUSE
Warehouse/Delivery Driver. Apply in person 204 Main Ave N Twin Falls, ID. Drug Free Environment

210 Management

MANAGERS
Motel Managers - Burley, Full-time, l.m. apt. Salary DOE. Eric 208-731-6745

211 Medical

All advertising is subject to the newspaper's standard of acceptance. The Times-News reserves the right to edit, abbreviate, decline or properly classify any ad. Receipt of copy via remote entry (fax, e-mail, etc.) does not constitute final acceptance by this newspaper. The advertiser, not the newspaper, assumes full responsibility for the truthful content of their advertiser message.

212 Medical

DENTAL
Dental Office. Full-time Receptionist, Front Office person needed. One dentist practice, profit sharing, retirement. Experience with Dentrix a plus. Call 208-536-5441

MEDICAL
Are you looking for a dynamic and rewarding place to work? Idaho Home Health & Hospice is that place! IHH&H is now hiring for a Full-time Operations Coordinator, a two year degree is preferred with some business management exp. Idaho Home Health & Hospice has an unbelievable benefit package you just can't miss. Apply at 826 Eastland Drive or email resumes to heather@idahohomehealth.com, EOE

213 Medical

SunBridge Healthcare

Dietary Aide
Full-time
Dietary Management Assistant
Full-time
We offer training to pass state certification course
Contact Lorraine Weeska 208-734-8545 or apply in person 640 Filer Ave W, Twin Falls, ID 83301

214 Medical

TWIN FALLS Care Center

Dietary Aide
Part-time
Competitive wages & benefits
Call Trish 208-734-4284 or apply in person at Twin Falls Care Center 674 Eastland Dr. Twin Falls, Idaho

215 Medical

Direct Care Staff
Benefits available All Shifts Starting Pay \$7/hr Call 208-736-8593

216 Medical

TWIN FALLS Care Center

LPN
Evenings, Full-time

LPN
Nights, Full-time

RN
Evening shifts & Night shifts, Full-time

CNA's
Evening & NDC shift
Competitive wages
Call Trish or Glenda 208-734-4284 or apply in person at Twin Falls Care Center 674 Eastland Dr. Twin Falls, Idaho

217 Medical

LPNs and CMAs
needed for busy clinic. New grads welcome. Send resume to FHS, Attn: Brenda 794 Eastland Drive, Twin Falls, ID 83301, EOE

Try to find a good used automobile? Check out the classifieds for the largest selection available in your area today. 733-0031

Let your garage sale be all it can be. Advertise the time and date in the classifieds. 733-0031

211 Medical

Medical Assistant
of LPN. Wanted: one person Family Medical Center. Full-time or part-time with retirement. Bilingual preferred. Matching experience and performance. Bilingual preferred. Mail resumes to: PO Box 800, Shoshone, ID 83352, or fax to 886-2634. Drug free workplace.

211 Medical

Medical Office Manager
needed. Experience required. Being able to train staff. Fax resumes to 208-678-1477.

216 Trades

Professional

Developmental Specialist
Needed to work with adults with developmental disabilities in home and community based settings. Please submit resume demonstrating degree for special work. Special Ed., Nursing, Recreation, Psychology or related field to Inclusion South, Inc. 1411 Faller Ave. Ste 208 Twin Falls, ID

218 Retail

SEARS
Now accepting applications for the following part-time positions:
•Merchandise and Customer Asst
•Cashier
•Fins Jewelry Sales
•Home Improvement Sales
•Appliance Sales
•Loss Prevention
•Automotive Technician, Full-time
Must have at least one Year's Experience in brakes and alignment.
•Auto and Valid Drivers License
Weekends a must for all positions.
Apply online Sears.com/careers or in person Magie Valley Mall, EOE.

218 Sales

INSURANCE
BECOME A FARMERS INSURANCE AGENT
MIKE HAMMER
2016 WASHINGTON ST. N. TWIN FALLS (208) 733-1901 OFFICE (208) 733-1863 FAX

WE WILL TRAIN!

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218 Newspaper Carriers

TIMES-NEWS
The Times-News is currently looking for Independent Route Carriers

SIGN ON BONUS

SHOSHONE TOWN ROUTES
3350-3400
Every 4 weeks

If you live in these areas and are interested in being a newspaper carrier... Please contact Kathy, District Mgr. 735-3348

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BURLEY

ROUTE 4405
Main - 16th St. Almo - Hansen Abdon - Normal

RUPERT

ROUTE 4427/428
12th - 10th Street
Pike's Key
Hemlock

ROUTE 4419/421
B - K Street
1st - 8th Street
6th - 11th Street

SIGN ON BONUS FOR ALL ROUTES

If you live in these areas and are interested in being a newspaper carrier... Please contact Brenda 735-0222 or 877-8787. For More Info.

FINANCIAL

301 Business Opportunities
302 Money Loans
304 Investments
305 Contracts & Mortgages
308 Financial Services

301 Business Opportunities

Cooper Norman
BUSINESS OPPORTUNITIES
For more information call (208) 733-6581 www.cnbos.com

304 Investments

DRACO INVESTMENT CORP
OASH for Deeds of Trust, Mortgages and Real Estate Contracts. Call today for a free, no-obligation quote. (208) 733-3821

EDUCATION

401 School Instruction
402 Music Lessons
403 Tutoring

401 School Instruction

PUBLIC SERVICE MESSAGE
Big profits usually mean big risks. Before you do business with a company, check it out with the Better Business Bureau. For free information about avoiding investment scams, write to the Federal Trade Commission, Washington, D.C. 20580 or call the National Fraud Information Center 1-800-876-7050

Complete an application and register to win a FREE MPS PLAYER! Plus we are now offering up to an additional \$2.00 an hour for good attendance!

F/T RN Charge Nurse LPN & CNA's

FT. Only a few positions left! If you're thinking about a change, now is the time! Our DNS is a company Leadership Award Winner! Pay based upon experience and incentive/rewards, w/ree in house CEU's & certification class for nursing assistants.

SunBridge Healthcare

Apply in person or contact:
DeAnn Foukal
640 Filer Ave West,
Twin Falls
PH(208)734-8645
FAX(208)734-4645
EOE

Purchasing Supervisor
needed to oversee the purchasing department to maintain inventory. Software oriented person who knows how to track ordering and inventory in a healthcare setting or with medical background a real plus.

Purchasing Supply Tech
to assist with inventory, receiving, stocking shelves in all departments. Both positions are full-time Monday through Friday with exceptional benefits. Must fill out an application to apply.

Part-Time LPN position for both days and nights. Will assist in ER as needed. Jane Zimmermann, Director of HR Gooding County Memorial Hospital 1120 Montana St, Gooding, ID 83338 208-836-9881
Or go in on line & fill out application at: www.goodinghospital.org

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EARN EXTRA CASH BY DELIVERING THE Times-News

Graduation

We are currently accepting applications for independent contractors to deliver the Times-News to our customers. Are you available between 3 and 6 am, seven days a week? See how much extra income you could make in just a few hours each week.

DO YOU LIVE NEAR ANY OF THESE LOCATIONS? IT'S AN EASY WAY TO PICK UP EXTRA CASH...

<p>Sunrise Blvd. Blair Dr. Eric Cl.</p> <p>TWIN FALLS</p>	<p>El Camino Ave. Callente Dr. Coronado Ave.</p> <p>TWIN FALLS</p>	<p>Twin Parks Park Meadows Parkway Cls.</p> <p>TWIN FALLS</p>	<p>Carriageway Boxwood Cl. Cedar Park Cr.</p> <p>TWIN FALLS</p>
<p>Harrison St. Tyler St. Van Buren St.</p> <p>TWIN FALLS</p>	<p>Park Ave. Pickabo Dr. Blue Bell Ave.</p> <p>TWIN FALLS</p>	<p>Sign On Bonus</p> <p>TWIN FALLS</p>	<p>11th Ave. E. Addison Ave. E. Maple Ave.</p> <p>TWIN FALLS</p>
<p>Falls Ave. E. Eastland Ave. Capri Dr.</p> <p>TWIN FALLS</p>	<p>Oleary Jr. High Area</p> <p>TWIN FALLS</p>	<p>9th Ave. E. Carriage Ln. Indian Trail</p> <p>TWIN FALLS</p>	<p>Crestwood Dr. Del Mar Dr. Sherry Dr.</p> <p>TWIN FALLS</p>
<p>Elizabeth Blvd. Morningstar Dr. Washington St. N.</p> <p>TWIN FALLS</p>	<p>Crestview Dr. Sparks St. N.</p> <p>TWIN FALLS</p>	<p>Stevens St.</p> <p>FILER</p>	<p>1st thru 5th South South A thru South H</p> <p>RUPERT</p>
<p>1st South - 5th South South A - South D Lorane Lane</p> <p>RUPERT</p>	<p>1st - 7th Street E - G Street A Street</p> <p>RUPERT</p>	<p>Sign On Bonus</p> <p>RUPERT</p>	<p>Atlantic - Birch Fairmont Boardwalk</p> <p>BURLEY</p>
<p>Town Routes 5400-5450 Every 4 weeks</p> <p>SHOSHONE</p>			

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

Jerome, Hailey, Shoshone, Gooding & Wendell: Kathy Harman 735-3348
Jerome, Filer, Buhl, Casteford: Dave Horton 735-3347
Twin Falls: Kristyn Canary 735-3346
Burley, Hazelton, Rupert, Heyburn, Oakley & Kimberly: Brad Fowler 735-3302

Gen State Paper & Medical

If you would enjoy the challenge & satisfaction of working for a major paper & janitorial supplier which has been in business for over 60 years and you like a team environment, come join us! We have an immediate opening for an Inside Sales/Customer Service representative. Candidate will be responsible for taking customer phone orders, data entry of orders, phone reception and other general office duties. Candidate must possess good organizational skills, Sales/Customer Service experience helpful. Competitive salary/welfare including medical insurance and 401K.

For Inquiries call Deanna Comatock Gen State Paper & Supply 208-733-6081

INSURANCE
BECOME A FARMERS INSURANCE AGENT
MIKE HAMMER
2016 WASHINGTON ST. N. TWIN FALLS (208) 733-1901 OFFICE (208) 733-1863 FAX

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CLASSIFIEDS
It pays to read the fine print. Call Times-News to place your ad 208-733-0031 ext. 2

604 Unimproved Apts. and Duplex
WHO CAN HELP YOU rent your rental?
Classifieds
Call
 733-0831 ext. 2
 hannah@timesnews.com

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701 Office and Retail Rentals
TWIN FALLS Prime office space for lease across from new post office. 2800 sq. ft. with many private offices, conference room, reception and coffee break area. Excellent location. North College Office Park. Call for info. 204-969-9 or 543-623

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701 Livestock/Poultry
WIENER PIGS for sale. 4-H and FFA quality. Call 204-684-2818 or 204-431-2862.

CONNECT WITH CUSTOMERS YOU NEED
ADVERTISING SERVICE
 Advertisers in the Business & Service Directory
 733-0931 ext. 2

702 Dairy Cattle and Supplies
COWS good running eye stock cow pairs. Call 204-733-0931 for more information

703 Horse and Tack
EQUINE
 Paul Struchen Trimming. We can handle all your trimming needs. 30 years experience. Call 204-734-3078 or 208-358-3978

704 Pets and Pet Supplies
DOG BOARDING use a professional! Clean, safe & secure. Pick up & drop off. Long established term. Call 208-339-8159

704 Pets and Pet Supplies
COCKER SPANIEL AKC registered, male, 4 months old pup. Cock-a-poo, 8 weeks old. Call 208-631-9391 or 431-9491

704 Pets and Pet Supplies
FREE Bull mix pup, 4 weeks old. Very nice, friendly. Call 208-312-1185

704 Pets and Pet Supplies
FREE Macaque monkey, 4 months old. Call 208-734-2232 or 870-2181

704 Pets and Pet Supplies
FREE Bull mix pup, 4 weeks old. Very nice, friendly. Call 208-312-1185

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Saturday's Puzzle Solved

ORBS	APR	ASPIRE	
HEAP	DUO	SHINES	
ACROBATS	HINDUS		
ROLIE	SAY	CHEESE	
AIELLO	SEA	ASTAN	
SLEY	OBJ.	SNL	ABC
		SNOBS	SIMILE
SPRING	NOS	TILES	
TEASER	TOTED		
ACT	DAT	SIR	SUN
ROTS	DAB	SALINE	
TRIP	WIRES	TENSE	
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UNSEEN	TAO	VEAL	
POTENT	SRO	ERLE	

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INSIDE: Learning how to dunk a basketball an 'awesome' experience, D2



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Be fall-proof with these balance tips

"Jennie" is a widow who lived alone and enjoyed an active social life until last month. While getting up from the table after dinner, she tripped over a throw rug, fell and couldn't get up. Fortunately, a neighbor came to her aid and surgery for a broken hip and wrist, she will move from a transitional care facility into a nursing home where she faces a long recovery. Jennie's chances of walking independently again are only 50 percent.

Jennie, a composite of real people's experiences, represents a common catastrophe that threatens one-third of men and women over 65: loss of independence following a fall.



ALIVE AND WELL
Jan Mitteldecker

Stay upright

For information about "Fit and Fall Proof" programs or peer educator training, call Elvia Caldera of South Central District Health at 737-9988.

Idaho has nearly twice the number of falls recorded by emergency medical services as the national average," says Elvia Caldera, South Central District Health coordinator of "Fit and Fall Proof" classes now operating in Kimberly, Eden and Wendell. "Complications from falls are a leading cause of serious injury, loss of independence, even death, for older Magic Valley residents.

Although the most common consequences of falling are soft-tissue injuries, the act is often frightening enough to create a fear of falling. Falls are a vicious cycle: People try to protect themselves by doing less, which leads to de-conditioning and poor stability — a major reason for falls.

Prevention of falls and their devastating consequences is essential.

1. Assess your medications. Review your prescription and over-the-counter medications, as well as dietary supplements with your doctor. Dizziness can be a side effect of some medications, alone or in combination. You may find that you can benefit from a lower dose, a different drug or a reduction in your total number of medications.

2. Get regular physical activity. Although there are a number of risk factors that affect balance, weak muscles is a key contributor to falls. Ankle range of motion and leg strength, including variations in squats and lunges, are particularly important. Muscular conditioning, dynamic flexibility and balance exercises can all improve sensory systems, posture, muscle strength, reaction time and personal confidence.

3. Manage chronic conditions. Some ailments, including Parkinson's disease, stroke, arthritis, osteoporosis and low blood pressure, can increase the potential for falls. If you suffer from a chronic condition that can affect your balance, seek medical treatment.

4. See your eye doctor. Poor sight and cataracts can increase your risk of falling. Get your eyes examined at least once a year.

5. Get checked for a balance disorder if you've seen a change in balance. Poor balance may be the result of an undiagnosed medical problem such as vertigo, the displacement of small calcium stones in the inner ear, or peripheral neuropathy, damage to the nerves that carry information between the brain and the rest of the body.

6. Avoid falling hazards at home. Most falls occur at home. Make your living areas safer by removing tripping hazards like throw rugs and clutter on the floor. Use non-slip mats in the bath or on a shower floor, and install grab bars and handrails in appropriate places. Keep your home well lit.

7. Modify your diet. Make sure you get enough calcium (1,200 mg daily) and vitamin D (800 IU daily) in your diet to maintain healthy bones.

Health educator Jan Mitteldecker is coauthor of "The Over 60 and Getting Fit Program at the College of Southern Idaho."

To grunt (or not to grunt)

Sounds can boost exercise, but might violate gym etiquette

By Ariel Haezess
Times-News writer

TWIN FALLS — Get to the last few reps in a hard set, and it's tempting to grunt, to let out a little noise during exertion. Those "uhs" and "mhmphs" can increase oxygen intake and adrenaline, providing a little lusty push to get you to the end.

But be aware that you might be in breach of gym etiquette, or even in violation of your gym's rules.

"One of our policies is grunting is not allowed," said Taryn Laib, fitness consultant at Gold's Gym in Twin Falls. "It is very disruptive for people, especially for women trying to feel comfortable."

Laib says he does across grunts, usually lifting free weights, and tells them to tone it down. He also teaches them proper breathing

techniques that allow lifters to get to the end of their sets without making a lot of noise.

"Is it overrated? Absolutely," Laib said. "It's definitely overrated because you can get by without having to use grunting."

Grunters tend to fall into two categories: the old school power-lifters and the showboaters.

The power-lifters, Laib said, were often trained to grunt as they lifted weights, and haven't learned an alternate technique.

"The other grunters are attention-getters, big time," Laib said.

At Twin Falls Fitness Center, several men going through their weight programs agreed that grunting is often less functional than a kind of swagger.

"It's more to be noticed," said Johnny Sudik, holding white iPod



Gold's Gym member Jeremy Holland strains as he lifts a weight. Holland said he doesn't grunt during exercise, instead using bracing techniques to make it to the end of long, difficult sets.

carbuds as he paused during his routine. "That's the biggest reason I have these."

Though lifter John Johnson said he doesn't grunt much, he understands

the other reasons for making noise while lifting.

"I think it's more a motivational thing," he said.

Please see GRUNT, Page D2

It isn't a stretch to say this move gives heel pain the boot

By Janet Crowley
Los Angeles Times

Ow. Ow. ow. ow. ow. The sharp heel pain of plantar fasciitis is all too familiar to court-stomping superstar dunkers and pavement-pounding regular Joes alike.

Now a study by a team of foot experts provides new evidence that a simple exercise can help give that pain the boot — potentially bringing relief to the more than 2 million Americans hobbled annually by the injury.

Recovery stretch

- Got a hazy, hazy? The following exercise can speed recovery from plantar fasciitis. The best time to do the stretch is immediately after the foot has been immobilized for a while, such as when you first get out of bed or the car.
- Sit upright in a chair, barefoot. Place the ankle of the affected foot on the opposite knee.
- Using the heel as the affected foot, reach across and grab the toes.
- Flex the ankle forward and pull the toes toward shin.
- To test the stretch, place the thumb of your other hand on the bottom of the foot. You should be able to feel the cord-like plantar fascia curving the length of the foot.
- Hold the stretch for a count of 10, then relax. Repeat 10 times. Perform the sequence at least three times a day.

Plantar fasciitis is caused by a small tearing, or micro-tearing, of the plantar fascia — a rope-like band of fibrous tissue that runs from the heel to the toes and supports the arch. Caused by working or exercising on hard surfaces, it bedevils nurses, teachers and athletes of all stripes. Los Angeles Lakers guard Kobe Bryant has had it. So has St. Louis Cardinals slugger Albert Pujols.

Unlike many overuse injuries caused by excessive strain, plantar fasciitis often follows relatively mild activity, such as standing, walking or jogging, on a hard surface. The injury is vexing because it can take from six to nine months to recover completely. For about 10 percent of unlucky sufferers, it takes longer.

The study, led by Dr. Benedetto DiGiovanni, an orthopedic surgeon and associate professor of orthopedic surgery at the University of Rochester, tested a new exercise specifically designed to stretch the plantar fascia. DiGiovanni theorized that it might be more effective than the Achilles tendon stretch — a common exercise for the injury.

The stretch involves curling the toes



The plantar fascia stretch relieves heel pain.

backward while flexing the ankle. In an earlier investigation published in 2003, he compared the exercise to the Achilles tendon stretch in an eight-week clinical trial of 82 patients who had suffered from plantar fasciitis for more than 10 months.

Patients were taught protocols for either the Achilles stretch or the plantar fascia stretch. After two months, the plantar fascia stretch group reported significantly less pain and more improvement in their condition than the Achilles tendon group, based on their responses to questions about pain and satisfaction with treatment.

The pain of plantar fasciitis tends to

be most intense after periods of inactivity, such as in the morning, when first getting out of bed, or after extended sitting. During those periods, "the body tries to heal those micro tears," DiGiovanni says. But the reverse can occur as soon as the sufferer gets up. Small movements, such as the simple act of walking, creates further tearing.

DiGiovanni believes that part of the success of his stretch is due to the fact that he recommends doing it immediately after getting out of bed and after other periods of inactivity — before the

Please see HEEL, Page D2

Snack attack in a pack

By Susan Brick
Los Angeles Times

When it comes to dining habits, young children may be more like animals than like adults.

"Adults eat more in large groups than in small groups because they linger and they socialize. Animals eat more in large groups probably because there is competition for the food."

"In large groups, the kids don't dillydally. They start eating sooner, they eat faster and then they leave."

— Dr. Julie Lumeng, pediatrician

When researchers sat 54 children, ages 2 1/2 to 6 1/2, down for a graham cracker snack — sometimes at tables for three, other times at tables for nine — the kids ate 30 percent more in the larger group. But it wasn't because they were discussing a storybook.

"In large groups, the kids don't dillydally," says Dr. Julie Lumeng, pediatrician at the Center for Human Growth and Development at the University of Michigan and author of the study. "They start eating sooner, they eat faster and then they leave."

Even though these children from middle-class families had no worries about food availability, Lumeng speculates that humans are probably hard-wired to eat like animals — quickly and a lot — when there is a lot of stimulation at meal time. With time, they may be socialized into more relaxed habits.

So for young children, the chaotic, feeding, frenzy atmosphere of, say, fast-food restaurants might encourage overeating.

The study was published in the journal Archives of Disease in Childhood.

IMAGE

Sammin' good time

Trainer helps basketball players achieve lofty goal

By Jeannine Stahl
Los Angeles Times

MALIBU, Calif. — The first time Sergio Siderman dunked a basketball, it was like winning the lottery and climbing Mount Everest all rolled into one miraculous, testosterone-fueled experience.

"It was, like, seven weeks into the training and it was awesome. It was awesome," Siderman says, grinning as he speaks. "I was hugging my trainer, and he was freaked out."

But the celebrated dunk didn't happen in high school or even college. It happened when Siderman had just turned 30, had a 6-month-old son and was working as an attorney. Until that magical moment, one thing he hadn't done yet was dunk a basketball.

The ability to slam an orange ball down through a basket is surprisingly important — to many, if not most — athletes. It's a rite of passage, a rite of passage complete without the acrobatics of magnificent dunkers such as LeBron James and Kobe Bryant, dunking has become a longer and more elusive, goal of high-school athletes and weekend warriors alike. Hard-core basketball devotees know that being able to rise up 10 feet (regulation hoop height) and dunk the ball allows membership into an exclusive club, one that comes with bragging rights and mucho credibility.

That's where all Thomas comes in. The 43-year-old trainer is an enabler of dreams. The official term for what Thomas teaches is plyometrics, using explosive movement to generate force quickly. The unofficial term for what he does is vertical jump training, specifically for basketball.

Thomas promises clients that they will dunk sometimes within a matter of weeks. To do that, he puts them through a grueling regimen that includes various jumping exercises — some off a platform, others knee-to-chest. In return, they pay him \$50 to \$150 an hour.

As a consultant with Jump USA, a Sunnysvale-based fitness equipment company featuring many products for improving vertical jumps, Thomas has a simple philosophy: Genetics has nothing to do with it. "Anybody can dunk a basketball," Thomas says. "If you train correctly for it."



Sergio Siderman sets up to slam the ball. Near his 30th birthday, the Malibu, Calif., resident decided to learn how to dunk.



Gil Thomas helps Sergio Siderman stretch. Thomas taught himself to dunk using plyometrics and now teaches others.

He should know. As a teenager growing up in Louisville, Ky., at 5-foot-8 he figured he didn't have much of a chance at making a basketball team. Although he excelled in track in high school, he never gave up his obsession with being able to dunk — the hunger for information leading him to read Russian training manuals and to quiz neighborhood athletes.

Using the plyometric methods he learned, he was dunk-

ing in six weeks — and became something of an expert on the subject.

On a recent Saturday morning, he's at Siderman's Malibu home, watching him warm up with two fairly new clients: Frank Jara, a 29-year-old San Clemente mortgage broker, and J.C. Amigo, a 16-year-old student at a Salie High School in Pasadena. After a 20-minute combination of sprints, drills on an agility ladder, depth-jumps off a platform and knee-

to-chest jumps, they head into the garage for a spin on the Super Cat.

The Super Cat is a weight machine designed for plyometrics that allows users to do squats, rapid squats, jump squats, calf raises and other exercises, with or without weight, up to hundreds of pounds. The training hits fast-twitch muscle fibers, designed for rapid movement. Thomas says using weights goes for the extra resistance it offers, overloading the muscles during movement.

Each client takes a turn on the Super Cat as Thomas yells instructions over the din of the machine: "Jump higher!" he tells Amigo. "You're spending too much time on the ground," he says to Jara during a series of jump squats. Sweat pours down Jara's face as he grimaces and picks up the pace for the last few squats. Finally, escaping from the machine's "jump pants," "That feels awesome."

The workout is a fraction of what Thomas insists is necessary to jump higher and properly. It guides his clients through combinations of warmups, weight workouts, agility drills, core-strengthening exercises, jumps with and without added resistance, and sprints. They're expected to follow his program to a T but also rest when he says to rest. The goal is to improve neuromuscular coordination and build muscle strength gradually, without injury, eventually vaulting an extra 10, 15 or 20 inches effortlessly.

Like others determined to dunk a ball, Jara takes the regimen in stride. "If you're going to run a marathon," he says, "what keeps you going is the feeling of crossing the finish line. When I was in pain, I'd just think about the dunk and say, 'I've got to do this.'"

Jara was diagnosed a year ago with testicular cancer and while in the hospital vowed that if given a second chance, he would go for that goal of dunking a ball. Two months ago, he took action. Around the same time he joined a local recreational league. He was dunking seven weeks later.

"Everyone was kind of shocked," Jara recalls. "They were giving me high-fives, saying, 'I can't believe you just did that. I give you props. It was pretty amazing.'"

Women's facility, and we don't discourage anything in here." Though some of their machines have the women working out, Kaiser said she hears complaints rather than grunts.

"I have one machine they like to call 'the beast,' because it makes their muscles moan and grunt," Kaiser said. "I like to think that it's the machine that it's the bad guy."

The Los Angeles Times contributed to this report.

Consumers go to seed with the eternal pomegranate

By Jane Porter
The Hartford Courant

Drink it. Eat it. Slather it all over your body.

There is no denying that the pomegranate, its fleshy burgundy bulk packed with juicy seeds, is one of the trendiest and most versatile fruits on the market.

In the past seven months, 215 new pomegranate food and beverage products were introduced in the United States, according to Tom Vierhille, director of Datamonitor's ProduceScan Online, which tracks new products. Last year, a total of 258 new pomegranate products were introduced, up from 93 in 2004, 31 in 2003 and 19 in 2002.

Why such a boom in popularity now? For centuries, the sweet but tart fruit has left its deep crimson splash just about everywhere — in Greek mythology, Christianity, Judaism, Islam, Buddhism, Hinduism. But for today's consumer, the pomegranate has entered mainstream culture through more secular but also worshipped outlets: Oprah, Rachael Ray, the Starbucks Frappuccino. And for good reason, according to health experts.

"It's just now that we are finding the modern evidences and proofs of its health effects ... It has been used for medicinal purposes for ages," says Neelima Seeram, assistant director of the UCLA Center for Human Nutrition and lead co-editor of "Pomegranates: Ancient Roots to Modern Medicine," published recently. Here are a few reasons.

According to research conducted by Seeram and colleagues at the University of California, Los Angeles — why the fruit is so good for you — Packed with antioxidants (even more than you'll find in cranberries, red wine and green tea), pomegranates can help prevent the onset of atherosclerosis, a hardening of the arteries that leads to heart disease and stroke.

Unlike most fruit juices, drinking a commercial juice such as POM Wonderful is more healthful than eating the fruit itself because 70 percent of the antioxidants found in the juice are released from the seeds when the pomegranate is squeezed, according to Seeram.

A study released by UCLA in June indicates drinking a glass of pomegranate juice every day can help slow the spread of prostate cancer, although diagnosed men to live longer.

Menopausal and postmenopausal symptoms including hot flashes, can be alleviated by the phytoestrogen found in the pomegranate seed. It's the only plant known to contain estrogen.

A natural Viagra? Another recent study, which measured the erectile function of rabbits, showed a regular intake of pomegranate juice raises their testosterone levels and blood supply as seen in those who take Viagra.

Companies are capitalizing on the fruit's ever-growing appeal with products ranging from chewing gum called Pomegranate Power by Ford Gum & Machine Co. to a pomegranate chicken sausage (\$6 a pound) made by Judy Marie Sausage Kingdom, a California-based franchise.

Products other than the popular POM Wonderful juice (\$4, 16 ounces) include POM The released recently (\$2.99, 13.5 ounces); IZZE Sparkling Pomegranate Fruit Juice (\$1.59, 12 ounces); Litehouse Pomegranate Blueberry Vinaigrette Dressing (\$3.99); and Hauser Cholesterol Pomegranate Truffles (\$12.75 for nine pieces), filled with pomegranate ganache and garnished with dried seeds.

Neelima Seeram, co-director of the UCLA Center for Human Nutrition and lead co-editor of "Pomegranates: Ancient Roots to Modern Medicine," published recently. Here are a few reasons.

"People have no aversion to slathering it on their body," says David Klass, co-president of Archipelago, which came out with the Pomegranate Collection in April. Products in the line include body butter, sugar body scrub, dry oil body spray and body polish, to name a few.

"It's probably the most successful thing we have ever done," he says.

Grunt

Continued from page D1

And when someone is exerting themselves hard, grinding a little can be almost inevitable, said Jim Siderman, fitness center trainer Donna Hall.

"When I'm pushing my client where I want them, I hear it quite frequently," she said. "It helps the push a little more."

A good grunt begins with the Valsalva maneuver — taking a deep breath and holding it, thus closing the glottis, the space between the vocal chords. This causes an increase in pressure within the chest cavity which, in turn, stabilizes the abdominal and chest cavities during heavy lifting. This part of the

sequence is quiet.

A grunt occurs when the lifter exerts pressure, and air bursts through the glottis. It might occur before the most extreme exertion or alternatively at the end of exertion, when the lifter exhales the air.

At Twin Falls Fitness Center, there's no anti-grunting policy, but most gym users consider it common courtesy not to make a lot of noise and disturb other patrons.

"Overall, I think grunting is an unwritten rule, that you shouldn't grunt in the gym, but a lot of guys do," Sudik said.

As for women? At Curves in Jerome, a gym designed for women, instructors are aware of the potential benefits of grunting — but don't hear it much.

"I think women probably put those parameters on themselves, that they don't think it's ladylike," said Jana Kaiser, owner. "We're a

women's facility, and we don't discourage anything in here." Though some of their machines have the women working out, Kaiser said she hears complaints rather than grunts.

"I have one machine they like to call 'the beast,' because it makes their muscles moan and grunt," Kaiser said. "I like to think that it's the machine that it's the bad guy."

The Los Angeles Times contributed to this report.

Heel

Continued from page D1

damage is done.

The key to avoiding plantar fasciitis, say foot doctors, is to exercise conservatively; avoid hard surfaces (such as concrete and asphalt) at work and at play; invest in a pair of good, supportive, properly fitted shoes; and replace them regularly.

DIGiovanni himself has experienced the pain of plantar fasciitis — after a round of golf.

"I woke up in the morning, put that first step down, and said, 'Oh my goodness, I've got it. I can't believe I've got it.'"

Fortunately, he knew what to do. "I started the stretch right off the bat," he says.

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Richard LaMure
Straight Talk on Elder Law and Estate Planning

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QUESTION: My father died leaving me a modest home, a car, life insurance proceeds, and an IRA account. Are these assets subject to creditor claims for his consolidated medical bills?

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Your father's IRA account passes to you free of creditor claim, so long as you are the beneficiary and his estate was not made the beneficiary for you and other reasons (including tax deferral). It is wise to name an individual rather than an estate as beneficiary of an IRA or 401k account.

Life insurance proceeds are exempt from creditor claim at the death of the insured, so long as they pass directly to a beneficiary other than the decedent's estate. The rationale here is that the insured made a contract with the insurance company to pay benefits to a named beneficiary at the death of the insured. The decedent's estate has no right to these proceeds nor do creditors of the deceased.

TIP: Make sure estate planning - done during lifetime - and estate settlement - done at death - take these protections into account.

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Magic Valley benefits from prickly Legislature

Despite fewer bills drafted, CSI gets programs boost; livestock research facility approved

By Jared S. Hopkins
Times-News writer

BOISE — Despite a lull that brought partisan politics and closed-room negotiations to the forefront, the 2007 legislative session was considered by lawmakers to be one of the least productive.

The number of bills drafted, around 600, is about two-thirds the typical amount.

But if it was slow cooking for other areas in Idaho, the eight-county Magic Valley of almost 200,000 residents seemed to

make off with a routine value meal at the drive-through. Legislative pundits have criticized the Legislature for not passing a grocery tax credit, killing increased daycare regulations and leaving a controversial elk issue alone. But with all but two members of the 15-member Magic Valley delegation in leadership or power positions, the area hit its usual home run.

The good

• The defining moment for



Idaho Legislature 2007
southern Idaho, lawmakers agree, was the boost given to programs at the College of Southern Idaho. Plans are underway for the construction of a combined \$21.1 million nursing and life-science building near North College Road, and lawmakers

allocated \$241,000 for additional nursing faculty throughout the state. The private sector is expected to match contributions.

Other big news was approval of \$10 million for a livestock research facility expected to be built in Magic Valley. The money will be combined with \$5 million from the dairy industry and \$10 million from University of Idaho, which will manage the facility.

Still, the decision hinges on a two-year deadline to amend the federal Morrill Land-Grant Colleges Act, and will require legislative approval, as well as the OK from Gov. C.L. "Butch" Otter.

• Teachers will get a 3 per-

cent raise and starting teachers will receive \$31,000. Democrats were opposed and wanted the 5 percent increase state employees got.

• School districts are now allowed to consolidate and receive financial incentives, including up to \$10,000 for research, as well as bond assistance and increased severance packages for teachers who lose their jobs.

Some local districts have been unsuccessful at consolidating, but Shoshone is still exploring the possibility.

• Two or more school districts can now form a charter school — an expansion of current law that provides for just one district. Charter schools

are publicly funded schools, providing alternative and technical programs to students; they are exempt from rules other schools must follow.

The law is intended to assist schools like the Advanced Regional Technical Education Coalition, a professional charter school in Twin Falls, which was founded in 1997 with private money.

• Twin Falls will certainly feel the effects of the override of Otter's veto on smoke-free bowling alleys — only the third override of a Republican governor since 1919. Magic Bowl on 2nd Avenue East currently

Please see WRAP UP, Page D5.

New trustees sought in May election

Two zones need filling in Buhl School District

By Blair Koch
Times-News correspondent

BUHL — If you want to serve your community, now's your chance.

The Buhl School District this May will seek to fill two trustee seats. Those currently holding the positions, Grant Loveless (Zone 3) and Pam McClain (Zone 4), say they will not seek re-election.

"I support term limits," Loveless said. "After two terms you tend to get stale. I think that's why we've had to accomplish within the district. But when you look at things like reading scores at the elementary school they need improvement. Maybe someone new can come in here and bring some fresh ideas to the board."

McClain also supports term limits and said she's ready to pursue other avenues in her life.

"There are a number of reasons why I am not seeking re-election, but mainly I think that it is time for someone with a fresh perspective to step up and serve," she said.

McClain and Loveless both are currently in their second terms.

Koch also was appointed to the Buhl City Council more than a year ago. She could run for office in November but doesn't know if she will do that either.

"Right now, there are a lot of things going on in my life and I just don't know what I'll be doing next," she said.

In the meantime, the district is hopeful that a few good citizens will step up and seek a spot on the board.

According to Superintendent Richard Hill, residents living within city limits can run for a spot on the board as long they reside within the respective zones.

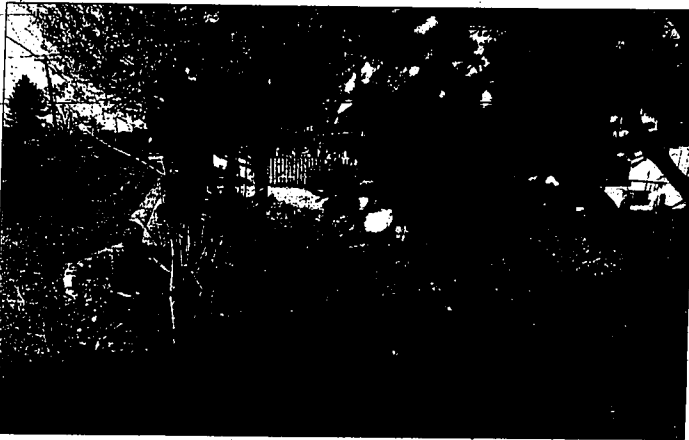
Zone 3 is considered the area north of Broadway Avenue, while Zone 4 is the area south of Broadway Avenue.

"You just have to show up at the district office for the paperwork. All you have to do is get five registered voters' signatures and turn them in," Hill said.

Snowpack Levels

Shoshone	67%	67%
Arbon	67%	67%
Blackfoot	67%	67%
Blaine	67%	67%
Boise	67%	67%
Butte	67%	67%
Coeur d'Alene	67%	67%
Idaho Falls	67%	67%
Jerome	67%	67%
Malheur	67%	67%
Meridian	67%	67%
Moscow	67%	67%
Mountain Home	67%	67%
Payette	67%	67%
Post Falls	67%	67%
Shoshone	67%	67%
Twin Falls	67%	67%
Walla Walla	67%	67%
Wendover	67%	67%
White Salmon	67%	67%
Wood River	67%	67%
Yamhill	67%	67%

'GOOD TO BE OUTSIDE'



Olney Southwick of Twin Falls is surrounded by blossoms Saturday as she does some gardening outside her home. "It just feels good to be outside," said Southwick as she cleared twigs and leaves from her flower bed.

'Weak justification'

Burley woman sentenced in embezzlement case

By Renee Wells
For the Times-News

RUPERT — A Fifth District Court Judge said the excuses of a Burley woman who pleaded guilty to 10 counts of embezzlement were weak justification for her actions.

Julie Lynn Douthit, 51, was sentenced to 15 to 50 years in prison, with the sentence suspended and the judge retaining jurisdiction for 180 days.

That means Douthit will serve 180 days in the Idaho State Women's Correctional Institution, where she will be required to undergo evaluation and participate in rehabilitative programs.

If, at the end of those 180 days, Douthit returns to Judge John Melanson's courtroom with a favorable recommendation from the correctional program, she could be placed on probation.

Douthit was originally charged with 20 counts of embezzling nearly \$54,000 from her employer, 20/20 Produce in Paul.

At a previous court appearance she pleaded guilty to 10 counts of embezzlement.

Melanson told a full courtroom he was not surprised Douthit displayed little or no remorse. He said he refused to accept what the presentence investigators called "weak excuses" for her actions.

Douthit claimed she was treated unfairly by her employer, but Melanson said that didn't justify her crimes.

"If you think your employer is being unfair you take appropriate action," Melanson said. "You don't steal from them. There is no excuse, no justification."

Melanson said the issue of remorse could be handled by professionals in a rider program.

"That sort of tips my hat as to what I intend to do here," he said before pronouncing sentence. "I am not going to agree to the agreement, but I feel the prosecution's recommendation makes sense, and I will follow it."

Douthit was remanded to the custody of the Mindok County Sheriff's Office and taken to the Mini-Cassia Criminal Justice Center, where she will be processed.

Mark Williams, co-owner of 20/20, said the sentencing would have preferred she receive a prison sentence, but with any hope at all she will rehabilitate," he said. "If she doesn't, she'll be spending a lot of time in jail." Douthit's attorney, John Bradley, had no comment.

CSI program helps caregivers in need

Respite volunteers needed in west end areas

By Blair Koch
Times-News correspondent

BUHL — Faye Sherbinske's husband had his first stroke five years ago; his third about one year ago.

Once he returned from the hospital, Faye found that she had little time for herself.

She would go to the grocery store when necessary, but always worried that something might happen to her husband while she was away.

Then she heard about the College of Southern Idaho's Office on Aging and Adult Services Retired and Senior

Volunteer Program (RSVP), which provides help to caregivers like Sherbinske.

An RSVP volunteer comes to Faye's home twice a month to stay with her 78-year-old husband, Melvin, who must use a walker or wheelchair to get around.

"Several months ago I heard about RSVP and signed up for the service. Since getting help I can take an afternoon and do what I want or need to do," Faye said. "I am a better caretaker because I can take better care of myself, even if it is just a few hours a month."

Situations like the Sherbinske's are on the rise, said Edith Ward, west end coordinator for RSVP. Two eligible patients currently need help, she said, and the program desperately needs volunteers.

Volunteers needed

RSVP volunteers are needed in west end areas. For more information, contact Edith Ward at 735-2122, ext. 4764.

Volunteers are especially needed in the Buhl, Castelford and Filer areas, she said, "so that we can better serve our clients and give the volunteers we do have in that area some time off."

The program also seeks transportation volunteers to shuttle home-bound elderly to medical appointments and grocery stores, Ward said. Last year, 1,674 rides were provided in the district — Twin Falls, Gooding, Jerome and Lincoln counties. Transportation volunteers use their own vehicles

but are paid for mileage, Ward said.

RSVP currently has more than 600 active volunteers in 58 volunteer stations, including the Twin Falls Chamber of Commerce Visitor's Center and St. Luke's Magic Valley Regional Medical Center Hospital Auxiliary, as well as in area senior centers.

Buhl resident and RSVP volunteer Edna Wiebe said her 10-plus years of service have been among her best.

"When somebody is in the home 24 hours a day providing care, they really need a break. It is nice to be able to do that for the caregivers," Wiebe said.

Times-News correspondent Blair Koch can be reached by email at blairkoch@jagmail.com or by calling 316-2607.

New co-op prepares to bring local food to MV

By Karl Matthews
Times-News Correspondent

HAGERMAN — Start up your Internet browser, Magic Valley residents will soon have a new way to buy organic and locally grown food.

Idaho's Bounty, a new Internet-based co-op, is currently testing its distribution system with a select group of Hagerman and Wood River Valley residents, working out as many glitches as possible, said co-founder James Reed.

The co-op will begin with small orders and weekly deliveries to a warehouse in Hagerman, with only ag-based products. Other products will be added later, such as breads or pies. Aim is to

grow the co-op into a larger operation with possible storefront and farmer's market — to go "beyond organic" to focus on the local production of foods, Reed said.

This will help support local economies, community involvement, rural development and stewardship of the land, he said, and that Hagerman is a great place for such a project.

"Hagerman is central to several organic and sustainable food distributors. They just can't get the product to the consumer," he said.

The co-op was patterned after a similar business in Oklahoma. Reed will travel there in May to see more of the business model and how

it operates. Specifically, he looks forward to cooperation with local farmers to bring products to the people of Magic Valley.

Reed said he wants not only to provide food for the here and now, but to prepare the way for the next generation of local farmers. A series of meetings will be held in April with this focus.

"His mission is a lot broader than ours. He wants to keep the area more ag-oriented," said Ian Wimberley, food buying co-op leader for Buhl-Food for Life. "It's a wonderful vision for this area to train young people how to do farming."

The co-op will "build on Hagerman's historic identity,

(will) benefit the small agricultural producer, and may provide some economic impetus for our area," said Jim Scott, secretary for Hagerman I.D.E.A., Inc., which promotes improvement, development, education and appreciation — or I.D.E.A. — in the community.

He said, "It appears to be only prudent to develop a sustainable regional food production and distribution system."

Idaho's Bounty will sponsor an egg and poultry workshop at 6 p.m. on April 17 at the Hagerman Senior/Community Center, 140 E. Lake.

For more information, contact James Reed at (208) 720-0673.

Emanuel Figueredo Belem

WENDELL — Emanuel Figueredo Belem passed away March 29, 2007. He was born Dec. 26, 1980, in Azores, Portugal, to Joe and Alvarina Belem. He lived in California, Jerome, Twin Falls and settled in Wendell. Emanuel touched so many lives — making friends and loving life during it to the fullest. He is survived by his grandmother Maria Braga; parents Joe and Alvarina Belem; brothers Joe (Wanda) Belem, Paul



J. Kenneth Straughn

TWIN FALLS — J. Kenneth Straughn, 86, of Twin Falls died Friday, March 30, 2007, at his home in Twin Falls. Ken was born in 1920 in Kimberly. He grew up and attended schools in Kimberly, and he was graduated from K-12 in Kimberly. He attended high school, Ken farmed in Kimberly until he started moving to San Diego, where he joined the U.S. Air Force in 1943. He learned to fly in the Air Force — a passion that he continued all his life; he was honorably discharged in 1946. Ken returned to Idaho and furthered his education at the University of Idaho. He married Shirley Schwendmann on April 6, 1947. In Twin Falls, Ken and his brother-in-law Vern started a flooring business, KenVer's, for a number of years. Ken and Shirley operated the Straughn Motel on Addison Avenue West for many years while they raised their family. Ken then started in the construction business and built custom homes in Twin Falls until he retired in 1984. Ken enjoyed golfing with his

Wrap up

(Memory) Belem, Mario (Carried) Belem and sister Sandra (Carlos) Belem-Garcia; many aunts, uncles, nieces, nephews and countless friends. A memorial service will be conducted 1 p.m. on Wednesday, April 4, at the Calvary Chapel North Valley in Jerome, located on the corner of Eighth Avenue and Lincoln Street. No viewing is planned. Following services, a gathering will be held at the Magic Valley Posters and Hobbies in Wendell, and all are welcome. Services are under the direction of the Howe-Robertson Funeral Chapel in Jerome.

Wrap up

prohibits smoking on Sundays; Bowldrome on Eastland Drive enacted a policy a year ago that allows smoking only on its upper-level concourse. • The Legislature approved more than \$11.5 million in mental-health and substance-abuse programs, and Health and Welfare Chairman Rep. Sharon Block, R-Twin Falls, led a half-dozen health measures, including expanding standardized assessment for agencies and providing treatment for juveniles as an alternative to sentencing.

"I don't know if anything significant got through besides appropriations bills. I would say it was pretty much a do-nothing session."

— Rep. Leon Smith, R-Twin Falls

The rest

Most benefits to the area come in financial allocations. "I don't know if anything significant got through besides appropriations bills," said Rep. Leon Smith, R-Twin Falls. "I would say it was pretty much a do-nothing session."

Human rights leader Maria J. Hernandez, 68, dies

By Sam Enriquez and Alex Ronderos Los Angeles Times

SAN SALVADOR, El Salvador — Maria Julia Hernandez, a celebrated human rights activist who spoke up for victims during El Salvador's protracted civil war and tended to their families in the years that followed, died here Friday of a heart attack. She was 68. As director of Tutela Legal, a human rights group sponsored by the Roman Catholic Church, Hernandez had traveled the country gathering evidence and interviewing survivors of alleged massacres during the bloody conflict that ended with a United Nations-brokered peace accord in 1992. "Our deep challenge and pledge, our reason for being, are the victims who were mostly the poor of El Salvador," she said of her work during a 2004 speech. Seeking to expose abuses by so-called death squads was

dangerous work. Thousands of people were threatened or killed by soldiers, police and right-wing paramilitary groups battling leftist guerrillas. Critics of government security forces were labeled rebel sympathizers. Hernandez embarked on an investigation. Hernandez always said this prayer: "Well, God, I'll either see you today or you'll give me more time to keep fighting," recalled colleague David Morales. Hernandez and her co-workers roamed the country, taking photographs of the dead and keeping a tally that far exceeded government estimates. U.S. Embassy officials here in the mid-1980s criticized her efforts to bring international attention to the conflict, suggesting quietly that she too might be sympathetic to what they called "terrorists." "Maybe it's better if I don't have a family," Hernandez, who was single and had no children, told the Los Angeles Times in 1984. During the war,

Sen. Darrington receives Idaho flag

By Jared S. Hopkins Times-News writer

BOISE — Just prior to adjourning the 2007 legislative session, Sen. Darrington, D-Declo, received the Idaho flag that flew on the foot of the Senate, a tradition given to a select senator at the end of each session. Years ago, waving flags indicated to travelers the Legislature was meeting. "I am highly honored and thank you so much — unexpected and probably undervalued," he truly love the

Idaho state Senate," said Darrington, chairman of the Judiciary and Rules Committee and the most-tenured senator, having been elected in 1982. Darrington, who regularly cites the formal decorum of the Senate, pushed his honor aside briefly to address respect for the Capitol, which will be closed at least two sessions for renovation. This is "the last time that we'll ever know the chambers as they exist today," he said. "It is truly an historic day in many ways."

a lot done during this legislative session," said House Minority Leader Wendy Inoué, D-Ketchikan. "People's ideologies have gotten in the way."

Statehouse reporter Jared S. Hopkins can be reached at 735-3204 or jhopkins@magicalvalley.com.

SERVICES

William Henry August Posthast of Buhl, funeral at 11 a.m. today at St. John's Lutheran Church, 1128 Poplar in Buhl; friends may call one hour before the funeral today at the church. (White Mortuary in Twin Falls).

James Kennedy Sullivan of Twin Falls, memorial service at 11 a.m. today at White Mortuary in Twin Falls.

Ernest Julian Giraud of Rupert, rosary at 7 p.m. today at Hansen Mortuary Baptist Chapel, 710 Sixth St., with visitation from 6 to 7 p.m.; funeral Mass at 11 a.m. Tuesday at St. Nicholas Catholic Church, 802 F St. in Rupert.

Van Cline Sorenson of Salt Lake City, Utah, funeral at 11 a.m. Tuesday at the LDS Mapleton 11th Ward Chapel, 1600 N. Main in Mapleton, Utah; visitation from 6 to 8 p.m. today at Wheeler Mortuary, 82 W. 400 N. in Mapleton and from 10 to 10:45 a.m. Tuesday at the church.

Thelma Nadine Gauger of Gooding, celebration of life at 2 p.m. today at the Gooding First Baptist Church; a reception to follow at Larry and Mary Gauger's residence (Demaray Funeral Service, Gooding Chapel).

Bonnie Rhoades Mahannah of Buhl, funeral at 2 p.m. Tuesday at the Buhl First Christian Church at Poplar and Broadway; viewing from 4 to 7 p.m. today with family greeting from 6 to 7

Tony Scott, jazz clarinetist, early world musician dead at 85

By Matt Schaefer The Washington Post

Tony Scott, a jazz musician who helped expand the musical limits of the clarinet and who was an early proponent of what is now called world music, died March 28 at his home in Rome, where he had lived for more than 30 years. He had prostate cancer and was 85. A musician of vast and eclectic range, Scott found fame in the 1940s as one of the first clarinetists to master the difficult new jazz idiom of bebop, with its tricky chords and arabesque runs. He led his own groups as a clarinetist, played in the saxophone sections of bands led by Duke

Ellington, Tommy Dorsey and Buddy Rich and also performed as a pianist. In the mid-1950s, when he was music director for singer Harry Belafonte, he wrote the arrangement for "Banana Boat Song (Day-O)," one of Belafonte's biggest hits. Scott recorded with such renowned musicians and singers as Dizzy Gillespie, Thelonious Monk, Bill Evans, Sarah Vaughan and Billie Holiday, yet he spoke fondly of times when he'd walk down streets in Bulgaria or Indonesia, piping away on his clarinet. He spent several years in Asia and Africa in the 1950s and '60s and made albums reflecting his interest in the music of other cultures.

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~Dorrene Venable, Twin Falls

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DEATH NOTICES

Mae Brooks
GOODING — Mae Brooks, 90, a resident of Gooding, died Saturday, March 31, 2007, at Odyssey Health Care — Harbor House in Las Vegas. Funeral arrangements are pending and will be announced by Demaray Funeral Service — Gooding Chapel.

Dorothy Leavitt Smith
PAUL — Dorothy Leavitt Smith, an 87-year-old resident of Paul, died Sunday, April 1, 2007, at Highland Estates in Burley. The funeral is pending and will be announced by Rasmussen Funeral Home of Burley.

James Hunter
OAKLEY — James Hunter, 66-year-old resident of Bakersfield, Calif., formerly of Oakley, died Saturday, March 24, 2007, at his home in Bakersfield. The funeral is pending and will be announced by Rasmussen

For obituary rates and information, call 735-3266 Monday through Saturday. Deadline is 3 p.m. for next-day publication.

The e-mail address for obituaries is obits@magicalvalley.com. Death notices are a free service and can be placed online every day. To view or submit notices online, go to www.timesnews.com. Click on "Obituaries."

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WILD HOGS
7:30 - 9:30 (PM)

TMNT
7:30 - 9:30 (PM)

BURLEY THEATRE
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CHARLOTTE'S WEB
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IDAHO/WEST

N. Idaho farmers complain state favors S. Idaho

GRANGEVILLE (AP) — Farmers in northern Idaho who grow crops that depend on annual field burning say that the state and Gov. C.L. "Butch" Otter aren't doing enough to reverse a statewide field burning ban.

Northern Idaho farmers say the state has fought for farmers in southern Idaho over water in the Snake River Basin, but now won't back up farmers in the north who want field burning allowed.

"When it comes to north Idaho, the response farmers feel we're getting from the governor is, it's a lost cause — we don't want to spend any money," farmer Nathan Riggers told the Lewiston Tribune.

So apparently the only agriculture that's important now is

south Idaho potato farmers."

Kentucky bluegrass seed grown in northern Idaho is shipped across the nation to be used in landscaping and golf courses. Farmers say they must burn, the stubble left on fields to improve the next year's crop and control pests.

The state Agriculture Department in February announced it would not approve any field burning requests this year as the result of a Jan. 30 decision by a panel of the 9th U.S. Circuit Court of Appeals.

practice into account before making its decision.

The state can petition for a new hearing in front of the 9th Circuit until April 30. But attorneys for the state Department of Environmental Quality and the Agriculture Department said there is only a slim chance of getting a hearing and winning a process that could take years.

Speaking to Lewiston business people after the ban was imposed, Otter acknowledged as much.

"I don't see any sense in fighting a fight that's going to cost a lot of money, and delaying the inevitable," he said.

"The remark angered some farmers in the region. "This isn't about public health any more," said Grangeville farmer Mike

McDonald. "This is about politics. This is about big money." But Cella Goud, director of the Agriculture Department, disputed that.

"The thing that we can't lose sight of, this is not a battle that was lost legislatively or politically," Goud said. "This is a battle that was lost in the courts. There is not a political solution for a judicial problem that we can find. I think that's what the governor was trying to say."

Several organizations, including Sandpoint, Idaho-based Safe Air for Everyone, sought to ban field burning and sued, saying smoke from the fires causes health problems and in some instances leads to lung ailments exacerbated by smoke and car accidents on highways after

visibility is reduced.

But Idaho lawmakers have been among the fiercest supporters of field burning, passing laws to protect the practice and shield it from regulation.

"I feel badly that you're in this position," Gora told a group of northern Idaho growers at a recent meeting in Lewiston about the field burning ban. "There were critical periods (in 2002 and 2003) when we had the opportunity to avoid this. That didn't happen."

Various small advertisements including "Wild Hogs", "Blades of Glory", "Amazing Grace", "Bridge/Terabithia", "Meet the Robinsons", "Hills Have Eyes 2", "Messenger", "Music & Lyrics", "The Number 23", "Wild Hogs", "Blades of Glory", "Amazing Grace", "Bridge/Terabithia", "Meet the Robinsons", "Hills Have Eyes 2", "Messenger", "Music & Lyrics", "The Number 23".

Church president defends Mormon faith, validity of Book of Mormon

The Associated Press

SALT LAKE CITY — Wishing followers safe travels, peace and harmony in their homes, the president of The Church of Jesus Christ of Latter-day Saints closed a two-day biannual conference Sunday by reminding the faithful to treat each other with care.

"Husbands, love and treasure your wives. They are your most precious possessions. Wives, encourage and pray for your husbands. They need all the help they can get," president Gordon B. Hinckley said.

"Skillful doctors and nurses keep me on track and some of you may go back and see the

196-year-old Hinckley said, drawing laughter from those gathered in the downtown conference center near church headquarters.

Hinckley is the 15th president of the church and has served in its top leadership circle for 49 years, at times acting as the de facto president when his predecessors took ill. He ascended to the presidency in 1985. Members revere the leader of the church as a prophet of God.

The April 2006 conference was underscored by speculation about Hinckley's health. Then 95 and recovering from colon cancer surgery, he told Latter-day Saints he was in the "sunset" of his life.

On Sunday, Hinckley repeated a favorite joke, say-

ing that at his age, "the wind is blowing and I feel like the last leaf on the tree."

He then offered followers his testimony of faith, defending the church's central text, the Book of Mormon, as a valid account of Christ's dealings with ancient Americans.

Mormons believe church founder Joseph Smith translated the text from a set of gold plates delivered to him by an angel.

"This is all recorded in detail in the Book of Mormon," Hinckley said. "I would think that every Christian would welcome this second witness of the reality of Jesus Christ. Strangely, they do not."

Some mainline religious faiths discount Mormonism as not being a Christian faith, in part because of its reliance on Smith's text. Doctrinally Mormons also differ from other faiths, believing in a pre-eternal existence and that man can progress to a God-like state in heaven.

He said that as the downtown area develops, interest in fixing up surrounding areas will begin, including refurbishing some of the older buildings and homes in the area.

"What we're hoping is if the downtown develops, then there's going to be a real demand for more housing nearby," Cannon said. "Somebody will start buying them and fixing them up."

N. Idaho timber company starts charging for access to land

LEWISTON (AP) — A timber company has sold more than 300 permits to people who want to hike, camp, hunt or ride four-wheelers on the company's land in northern Idaho, a spokesman said.

Potlatch Corp. on Sunday began charging recreational users for access to its 660,000 acres in Idaho. The company, based in Spokane, Wash., is Idaho's largest private landowner.

"At this point visitor feedback has been favorable," company spokesman Matt Van Vleet told the Lewiston Tribune. "Most of our inquiries are people who are seeking additional clarification on the process itself."

Costs under the company's program range from \$100 per year for motor homes, \$50 for pickup, \$25 for ATVs, motorcycles and horse riders, and \$10 for pedestrians and bicyclists.

Permits are available online at www.potlatchcorp.com, but Van Vleet said vendors will likely also be selling permits in the next few weeks.

Customer service employees will patrol the company's land to make sure people have permits. Those who refuse to buy permits will be asked to leave the property.

"We will inform them if they do not purchase permits they will not be allowed to be on Potlatch property any longer," Van Vleet said. "If they don't purchase a permit their names will eventually be turned over to the authorities."

Caldwell plans for vibrant downtown

CALDWELL (AP) — Officials in this southwestern Idaho city say plans to revitalize the downtown area are moving ahead and they can envision the area busy with people drawn-by-shops, restaurants and a new city hall.

"I've lived here all my life and to see downtown take the steps to become a vibrant, active downtown again is just so personally rewarding to me," said Caldwell Mayor Garret Nancolas. "And I know the community supports this."

Last week the city had a groundbreaking ceremony for the start of another phase of Indian Creek's restoration, part of a plan to uncover the creek that flows through the area.

Besides the creek project, the city wants to build a new city hall complex to anchor the

downtown. Officials also want to have public plazas, shops and restaurants, and condominiums. Walking and biking trails are planned along the sides of Indian Creek.

"The downtown is the heart and soul of this community and we need to get that heart and soul alive and vibrant again," Nancolas told the Idaho Press-Tribune.

The city hall complex would be three to five stories, include a parking garage, a performance center with room for 300 people, a meeting room that could hold 300 people, office space and 40 condominiums.

"We're also going to try to encourage local businesses to move into that building," said Dennis Cannon, redevelopment coordinator. "Perhaps they can buy into it or trade

their old property for space in the new building. That would give them a chance to upgrade and part of a great, busy, bustling building."

He said that as the downtown area develops, interest in fixing up surrounding areas will begin, including refurbishing some of the older buildings and homes in the area.

"What we're hoping is if the downtown develops, then there's going to be a real demand for more housing nearby," Cannon said. "Somebody will start buying them and fixing them up."

Handmade Crafts Affairs Calendar SPRING CRAFT FAIR Saturday, April 7 - 8 am - 4 pm (208-825-9800) in the hall at ANDERSON CAMP 184 exit 182 - One exit E. of T.F. TimesNews magivalley.com To run your upcoming event call Karen at: 735-3270

TACK & SADDLE AUCTION Texas Saddlery Closes Forever FRIDAY APRIL 6th 7 PM Doors Open at SIX PM At THE RADIO RONDEVOO Bldg. 241 Main Avenue West, Twin Falls, ID, 83301 Complete Liquidation After 45 years, Texas Saddlery closes. Texas Saddlery has consigned the remaining inventory to National Auction and Sales Management company to be liquidated at public auction only. There will be over 100 Silvered Western Show, Western Ranch Rope, Western Pleasure, Youth and Australian Saddles, English Sides 12" to 17", PLUS Girths Silver Bits, Assorted Silver Bits, Assorted Silver Brindles, Cribbs, Lead Ropes, Reins, Grooming Clippers, Saddle Bags, Grooming Items, Lung Lines, Lanes, Whips, Brass Collars, Saddle Pads and Blankets, Saddle Stands and much more. For Further Details go to www.BigDawAuction.com Auctioneers: Vern Seal, Telephone: Call 406-671-4330 - Office: 406-299-4150 AUCTIONEERS NOTE: If you are in the market for a new saddle or some tack then this could be your last chance to buy at public auction. After 70 years, in 2006, we liquidated Three Bars Saddlery Production Line Inventory. NOW after 25 years the owner of Texas Saddlery has retired and closed all stores and warehouses. After being in the Auction Business for 50 years and working for these two companies for the past 40 years, we are considering retirement ourselves. We hope to see you three. Sincerely Yours, Vern Seal and Joyce Rogers Due to the finality of this auction all sales are for Cash or Credit Cards. No Checks. All Sales Are Final. No Refunds. No Exchanges.

Forget that Auction Date? Check the Times-News Magic Valley and Classified sections, and log on to www.magicalvalley.com for local auction information and times. For More Information, Call Jill Holton: 208-735-3222 Times-News magicalvalley.com

Auction CALENDAR Through April 15 MONDAY, APRIL 2, 5:30PM Antique & Collectible Night Antiques - Furniture - Coins Collectibles - Appliances Guns - Estate Items - 734-4567 IDAHO AUCTION BARN www.auctionidaho.com TUESDAY, APRIL 3, 11:00AM Darwin Neubauer Farms, Paul Tractors - Trucks - Trailers Pickup - ATVs - Farm Equip Ad: Times-News 4-3 US AUCTION www.us-auctioneers.com TUESDAY, APRIL 3, 5:00PM Household - Tools - Antiques Outrageous Oddities - Jerome KLAAS AUCTION BARN 208-324-5521 THURSDAY, APRIL 5, 11:00AM Betty Mavencamp Estate, T.F. Appliances - Furniture - Misc. Bedroom Furniture Ad: Times-News 4-3 MASTERS AUCTION SERVICE www.mastersauction.com SATURDAY, APRIL 7, 11:00AM Larry & Ruby Graves, Bliss Tractors - 1-Ton Baler Trucks - Farm Equipment Ad: Times-News 4-3 MASTERS AUCTION SERVICE www.mastersauction.com SATURDAY, APRIL 7, 11:00AM Hammett Campy Estate, Bliss Autos - Household - Co-Cart Motorcycle - Items still coming 590-0253 WARD AUCTIONS www.idahoauctioneers.org SUNDAY, APRIL 15, 1:00PM Carlos Hahn, Shoshone Glassware - Furniture - Sharp Appliances - Collectibles Ad: Times-News 4-3 MASTERS AUCTION SERVICE www.mastersauction.com SATURDAY, APRIL 14, 12:00PM Mary Holsa-Killinger Estate, Bliss Appliances - Household Misc Bedroom, Living, Dining Room Ad: Times-News 4-12 MASTERS AUCTION SERVICE www.mastersauction.com SATURDAY, APRIL 14, 12:00PM Denny Auction, Mountain Home Furniture - Firearms - Kitchen Household - Lawn & Garden 590-0253 WARD AUCTIONS www.idahoauctioneers.org SUNDAY, APRIL 15, 1:00PM Carlos Hahn, Shoshone Glassware - Furniture - Sharp Appliances - Collectibles Ad: Times-News 4-3 MASTERS AUCTION SERVICE www.mastersauction.com To find out more, click Auctions on www.magicalvalley.com and/or the Classifieds section AUCTION SALES REP Jill Holton 735-3222 • E-Mail: jholton@magicalvalley.com

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