

TODAY'S FORECAST

TWIN FALLS

Today Tonight Tuesday

Weather icons and forecast details for Twin Falls: Today (Partly cloudy, High 67), Tonight (Cloudy with a shower possible, Low 45), Tuesday (Cooler with a few showers, 60/35).

MINI-CASSIA

Today: Partly cloudy. Highs 60s. Tonight: A few spotty showers. Lows 30s and lower 40s. Tomorrow: A few showers and cooler. Highs upper 50s.

Complete weather report: See page B4

TODAY'S HAPPENINGS

BENEFITS AND FUNDRAISERS

The Haunted Mansion, 7 p.m. to midnight, one half-mile west of Kim Hansen in Burley, Highway 30 on the south side of the road (opposite the truck route; look for flashing lights), \$5, proceeds go to charities, 312-9317 (presold tickets: 808-3289).

FAMILY

Burley Public Library's "Spooktacular After-school Program" with spooky stories, chilling games and creepy crafts for all school-age children, 4 to 5 p.m., at the library, 1300 Miller Ave., no cost, treats provided, 878-7708.

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, Burley, 878-7302. Jerome County commissioners, 9 a.m., courthouse, 300 N. Lincoln, 644-2700. Twin Falls City Council, 5 p.m., council chambers, 305 Third E., 735-7274. Jerome County Zoning Commission, 7 p.m., courthouse, 300 N. Lincoln, 324-9116.

HEALTH AND RECOVERY

College of Southern Idaho's Over 60 and 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, Gooding ISDB gym, Jerome Rec Center, Shoshone High (old gym), Rupert Civic Center, Blaine County Campus Gym and Filer Elementary; 10:30 to 11:30 a.m. at Buhl High School (temporary location); LDS church on Main; 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, 11:15 a.m. to noon, Twin Falls YMCA, 1751 Elizabeth Blvd., no cost for Humana-insured or YMCA members and \$5 per class for non-insured, 733-4384. 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) 250-5876.

"Abuse is the Training for Addiction," video training for anger and co-dependency management, Dr. Sharon Custer facilitating, 6 p.m., Miracle Valley Ministry Center, 213 Third Ave. E., Twin Falls, donations, 734-9603. Recovery for Life: "Find Help, Discover Hope, Experience Healing," includes Divorce Care, Grief Share, Co-dependency for Women, 12-Step HOPE (addiction recovery) and Financial Peace (debt recovery), 6 to 6:45 p.m. meal served and 7 p.m. meetings, Twin Falls Reformed Church, 1631 Grandview Drive N. (corner of Grandview Drive North and Pole Line Road), 733-6128.

Prism Weight Loss Program introductory class, 6 p.m., Kimberly Christian Church, 307 Madison E., Kimberly, no cost, 733-9035. Prism Weight Loss Program introductory class, 6 p.m., Gooding Christian Church, 334 Fourth Ave. W., Gooding, no cost, 934-8508.

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@magvalley.com; by fax, 734-5538; or by mail, Times-News, P.O. Box 548, Twin Falls, ID 83303-0548. Deadline is noon, four days in advance of the event.

ON THE AGENDA

TUESDAY

Twin Falls County commissioners, 8:30 a.m., courthouse, 425 Shoshone St. N., 736-4068. Jerome County commissioners, 9 a.m., courthouse, 300 N. Lincoln, 644-2700. Burley Public Library Board, 4 p.m., library conference room, 1300 Miller Ave., 878-7708.

WEDNESDAY

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

THURSDAY

Twin Falls County commissioners, 8:30 a.m., courthouse, 425 Shoshone St. N., 736-4068. Bellevue Planning and Zoning Commission, 7 p.m., City Hall, 115 E. Poplar, 788-2128. Kimberly Public Library Board, 7 p.m., library, 120 Madison W., 423-4556. Wendell City Council, 7 p.m., City Hall, 300 Main St., 538-5161.

FRIDAY

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

MORNING BRIEFING

AROUND THE WORLD



Cristina Fernandez de Kirchner, presidential candidate of Argentina's ruling Frente Para la Victoria party, casts her vote Sunday at a polling station in Rio Gallegos.

ARGENTINA

Exit poll shows Argentina first lady wins presidency

BUENOS AIRES — Several major exit polls suggested that first lady Cristina Fernandez de Kirchner won the presidency Sunday by a large enough margin to avoid a runoff. She would be the first woman in Argentina elected to the post. Official results were due later Sunday in the race between the heavily favored Fernandez and 13 rivals. Fernandez's husband, President Nestor Kirchner, is credited with a rebound from a 2001 economic collapse, and much of her support is due to his popularity. She has been compared to U.S. Sen. Hillary Rodham Clinton, who like her is a lawyer and senator who solidified alongside a husband as he rose from small-state governor to his nation's presidency.

Her closest challengers, former lawmaker Elisa Carrio and former Economy Minister Roberto Lavagna, were trying to force her into a Nov. 25 runoff. She needed 40 percent of the vote, with a lead of more than 10 percent over her nearest rival, to win outright.

GAZA STRIP

Israel begins cuts in fuel supplies to Gaza Strip

GAZA CITY — Israel began cutting vital fuel shipments to the Gaza Strip on Sunday, following through on a promise to step up pressure on the territory's Hamas rulers after months of Palestinian rocket attacks. Dor Alon, the Israeli energy company that sells fuel to Gaza, confirmed it received instructions from the Israeli Defense Ministry to reduce shipments. Last month the Israeli government declared Gaza a "hostile entity" and approved the plan for cutoffs as a response to near-daily rocket attacks by Gaza militants. Israeli Defense Minister Ehud Barak gave the final go-ahead last week.

WASHINGTON

US annexes Canadian landmark in new video

Oh, Canada! The USA is closer than ever. The Bush administration appears to have annexed a major Canadian landmark as part of a slick new campaign to promote U.S. tourism and welcome foreign visitors to America. A Disney-produced promo-

tional video released last week by the departments of State and Homeland Security highlights majestic American landscapes, from New England's colorful fall foliage and the Grand Canyon to the Rocky Mountains and Hawaii's pounding surf.

Backed by a soaring orchestral soundtrack, shots of these attractions are interspersed with smiling images of people of all creeds and colors. The video, "Welcome: Portraits of America," is to be played at select airports in the United States — starting at Dulles International Airport outside Washington, D.C., and George Bush Intercontinental Airport in Houston — and at U.S. embassies abroad.

About four minutes into the seven-minute production, viewers are treated to an impressive sight and sound of water roaring over Niagara Falls before the screen shifts to the Lincoln Memorial. In showing the natural wonder, Disney's filmmakers, however, chose the Horseshoe Falls, the only one of Niagara's three waterfalls to lie almost entirely on the Canadian side of the border separating western New York state from southern Ontario province.

ENGLAND

Report: Two men try to blackmail British royal

LONDON — A newspaper reported that police have arrested two men over an attempt to blackmail a member of the British royal family with an alleged sex tape. In response to queries about the report, London police said

only that two men, 30 and 40, had appeared at a London court on Sept. 13 charged with blackmail. They were ordered detained until a hearing at London's Central Criminal Court on Dec. 20. The force would give no details of the case or identify the suspects.

The Sunday Times said the alleged blackmailers had approached the unnamed family member and demanded \$100,000 not to publicize a video allegedly showing the royal engaged in a sex act.

NEW YORK

School bans Halloween costumes after Captain Underpants caper

LONG BEACH — Call it the Misadventure of Captain Underpants and the Peeved Principal. A suburban Long Island school has banned all Halloween costumes after three senior girls showed up last year dressed as the underpants character. A series of best-selling children's books.

Long Beach High School Principal Nicholas Restivo, who sent the three seniors home to change last year, said the episode solidified his sense that the school's costume tradition was disruptive. For the Captain Underpants costumes, the three girls donned beige loincloths and red capes to portray the superhero, who has battled his foes by talking toilet paper. To Restivo, the appearance was that the girls were naked.

— The Associated Press

THIS WEEK AT CSI

All week

CSI Library is open 7:30 a.m. to 10 p.m. today through Thursday; 7:30 a.m. to 6 p.m. Friday; and 10 a.m. to 5 p.m. Saturday and Sunday. CSI Adult Basic Education Center is open 8 a.m. to 4:30 p.m. today and Friday; and 8 a.m. to 9:30 p.m. Tuesday through Thursday. Meyerhoeffer building second floor. CSI Testing Center is open 8 a.m. to 9:30 p.m. today through Thursday; and 8 a.m. to 5 p.m. Friday. Meyerhoeffer building second floor. CSI Horticulture Club Com Maze, 5 to 9 p.m., northwest corner of campus, through Halloween (\$2 for adults, \$1 for students).

Today

University of Idaho recruiting table, 11 a.m. to 1 p.m., Eagle's Nest. CSI Golden Eagles Booster Club luncheon, noon, Taylor 277.

Tuesday

Herrett Center for Arts and Science is open 9:30 a.m. to 9 p.m., also Friday. CSI Nurses Christian fellowship, noon, Taylor 258. CSI Ambassadors meeting, 1 p.m., Shields 108. CSI College Democrats Club meeting, 1 p.m., Student Union 189. CSI Student Ambassadors meeting, 1 p.m., Shields 108. CSI Ski and Snowboard Club meeting, 4 p.m., Shields 106. CSI March Club meeting, 4 p.m., Shields 103. CSI PRIDE pre-service training for prospective foster and adoptive parents, 6 p.m., Taylor 277. "Place X 4" photography show, Jean B. King Gallery, Herrett Center for Arts and Science (through Dec. 17). CSI Anime Club meeting, 7 p.m., Shields 208. Faulkner Planetarium: "Hubble Vision," 7 p.m.; "Anthem of Ghoulish Delight" Halloween show, 8:15 p.m.; and "Attagoous Rock," 8:15 p.m. Chi Alpha meeting, 8 p.m., Student Union second floor.

Wednesday

CSI Science Department, Jerome District talented and gifted program meeting, 9:30 a.m., Evergreen A25. Herrett Center for Arts and Science is open 9:30 a.m. to 4:30 p.m., also Thursday. Single parents' luncheon, noon, Student Union 247. CSI Phi Theta Kappa meeting, noon, Student Union 232. CSI Halloween Festival, 5 to 7 p.m., Boys and Girls Club (free; open to all children). Styx Narcotic Anonymous meeting, 7 p.m., Desert 113.

Thursday

Center for New Directions' Job Seeking Workshop, 3 p.m.,

Student Union 248. CSI Golden Eagle women's basketball vs. Chandler Gilbert, 6 p.m., Phoenix (game broadcast live on AM 1270 KFTV). CSI Dental Hygiene meeting, 7 p.m., Aspen 180. K&T Steel Tournament: CSI Golden Eagle men's basketball vs. Central Arizona, 7:30 p.m., gym (game broadcast live on AM 1270 KFTV). Del Parkinson piano concert, 7:30 p.m., Fine Arts Recital Hall 1111.

Friday

CSI DEX Club Harvest Time Festival, 9 a.m. to 8 p.m., Eldon Evans Expo Center (also Silver). CSI Wellness Program's Great 'Feets' of Diabetes screenings, 9 a.m. to 1 p.m., gym. United Way thank-you brunch, 9:30 to 10:30 a.m., cafeteria. CSI Veterinary Technology meeting, 11 a.m., Evergreen A24. Huggle Bears chapter, Narcotics Anonymous meeting, 7 p.m., Desert 113. CSI Japanese Club meeting, 6:30 p.m., Shields 106. Faulkner Planetarium: "Icy Worlds," 7 p.m.; and "Attagoous Rock," 8:15 p.m. K&T Steel Tournament: CSI Golden Eagle men's basketball vs. Westchester, 7:30 p.m., gym (game broadcast live on AM 1270 KFTV). Arts on Tour: "Music From the Crooked Road," 7:30 p.m., Fine Arts Auditorium.

Saturday

U.S. Postal Service exams, 8 a.m. to 5 p.m., Shields 115. Free dental sealant clinic for children (CSI Dental Assisting, South Central District Health and Caring Foundation), 9 a.m. to 2 p.m., Aspen building. Department of Energy, Idaho Operations Office small-group discussion on DOE topics, 2 to 4 p.m., Student Union 248. Faulkner Planetarium: "The Dinosaur Chronicles," 2 p.m.; "Journey to the Edge of Space and Time," 4 p.m.; "Icy Worlds," 7 p.m.; and "Attagoous Rock," 8:15 p.m. Magic Valley Youth Orchestra fall concert, 3 p.m., Fine Arts Auditorium. CSI Golden Eagle women's basketball vs. Mesa College, 6 p.m., Mesa, Ariz. (game broadcast live on AM 1270 KFTV). K&T Steel Tournament: CSI Golden Eagle men's basketball vs. Central Florida, 7:30 p.m., gym (game broadcast live on AM 1270 KFTV).

Sunday

CSI DEX Club Harvest Time Festival, 11 a.m. to 5 p.m., Eldon Evans Expo Center. CSI Madrigal Ensemble concert, 3 p.m., Fine Arts Auditorium.

COMING TOMORROW

Advertisement for 'Culling your closet' featuring a woman in a dress and the text 'What to do with closet garments.' Includes contact information for 'IN IMAGE'.

Times-News

Times-News subscription information, including rates for home delivery, advertising rates, and contact details for the newspaper's office.

Iowa Dems set Jan. 3 date for leadoff caucuses

By Mike Glover
Associated Press writer

DES MOINES, Iowa — Iowa Democrats voted Sunday to move their leadoff precinct caucuses to Jan. 3, the same date Republicans picked earlier this month, letting both parties continue the tradition of meeting on the same night.

The state's precinct caucuses had been scheduled for Jan. 14, but the parties decided to move them up under pressure from other states rushing to the beginning of the primary calendar. The move, confirmed by party spokesman Chris Allen, means the major remaining question about the calendar is the New Hampshire primary, originally scheduled for Jan. 22.

New Hampshire Secretary of State Bill Gardner has said on the record he would like to schedule that primary no later than Jan. 8.

Both Gov. Chet Culver and Sen. Tom Harkin, the state's top two Democrats, had pushed for the Jan. 3 date, and Iowa Democratic chairman Scott Brennan last week made that recommendation to the party's state Central Committee, which approved it Sunday night.

"As a practical matter, I think it will maintain Iowa's first-in-the-nation status," Brennan said after the vote. Asked if the issue could be revisited if another state moved ahead of Iowa, Brennan said "certainly that's a consideration," but he added that he felt it would be the final say in the matter.

"The governor is pleased that it appears we will be first and we will have the caucuses in January," said Culver spokesman Brad Anderson. "It is what he has said all along."

The decision was the latest dramatic development in a historically early White House competition that has defied precedent in terms of jockeying for position, earlier than ever campaign expenditures, broadcast advertisements and hundreds of candidate appearances.

Sunday's decision was eagerly awaited by the various presidential campaigns which have been making huge organizational operations in the state as well as spending heavily on advertising.

Mark Daley, a spokesman for Hillary Rodham Clinton's Iowa campaign, said campaign strategists build a detailed timetable counting backward from the day the caucuses will be held.

Halloween

Continued from page A1
their neighborhoods are safe for trick-or-treating. Ninety-one percent of whites, compared with 75 percent of minorities, said they felt their kids would be secure when they went out seeking candy. Similarly, 93 percent of people earning \$50,000 or more said their communities are safe for trick-or-treating, compared with 76 percent of those making less than \$25,000.

Even many people who view their neighborhoods as safe take precautions.

Kristi Nichols, 35, of Seaford, Del., who said she lives in the community where she grew up, accompanies her children on their Halloween rounds.

"I'm a forensic nurse and I know what happens," she said. "It's very different from when I was little."

Nearly two-thirds of the people in the survey said their households will distribute Halloween treats to children who come to call the likeliest to pass out goodies include younger and higher-earning people.

Seventy percent of people in the poll who consider themselves liberals and 67 percent of the moderates questioned

said they would hand out treats, compared with 55 percent of conservatives.

Of those adults whose children will not trick-or-treat this year, one-third said they worried and about one-half said they do not celebrate Halloween.

"It's demonic," said Donna Silit, 37, a nursing aide from Barto, Pa., with four young children and about one-half said they do not celebrate Halloween.

Last October, a Gallup Poll found 11 percent said they do not celebrate Halloween for religious reasons.

On a night known for antics that sometimes go too far, 86 percent of the people in the AP survey said they had little or no concern that their property might be the target of Halloween vandalism or pranks. Women under age 45 were about twice as likely as men of that age to worry about it, with lower-income people, minorities and urban residents also among the most apprehensive.

The poll involved telephone interviews with 1,013 adults conducted from Oct. 16-18. It has a margin of sampling error of plus or minus 3.1 percentage points.

Shooting

Continued from page A1
spokeswoman Andrea Dearn-

den said. "Her mental state is difficult to determine; no one will ever know that," Dearn told The Associated Press on Sunday. "She took an action that required officers to use lethal force, and that was a choice she made."

Officials said the car chase started about 10:35 p.m. Friday when Stanfield sped away in a Chevrolet Blazer from police who had tried to pull her over for a traffic stop. During the chase, officers learned Stanfield was wanted on a felony warrant and was likely armed, police said.

Her vehicle broke down after police used spike strips to flatten the tires. Police said Stanfield refused to put down a handgun after coming out of her vehicle, instead holding it to her head.

Officers twice attempted to use a stun gun to subdue Stanfield after she got out of her vehicle, but failed because of the coat she was wearing, authorities said.

Police said they followed Stanfield as she walked down the median of the highway, where traffic had been stopped, and that she attempted to open the door of a semi-truck.

After the second attempt to use a stun gun on Stanfield, she lowered the gun from her head and pointed it directly at sheriff's Sgt. Ron Santucci, authorities said. Santucci and Payette County sheriff's Deputy Henry Filipponi then fired their .223 caliber rifles at her.

Witnesses reported seeing and hearing Stanfield fire her gun ahead of police, officials said, but added they could not immediately confirm that.

"They risked their own lives

Buhl

Continued from page A1
patron may appear before the board at their regular meetings" on condition that they discuss the matter with the superintendent first. It also says, "public discussion of any issue is at the discretion of the board chairperson," and that groups who appear before the board "may be asked to select a spokesperson who shall address the board."

The situation with the parent group started when group members attended the Sept. 10 board meeting. Parents believed they had gone through proper protocol, and parent concern was listed as an item on the agenda. When the item would be discussed, different than the group's parents were told they had not gone through the proper procedures and were not allowed to speak.

"If they would have let us speak at that meeting, it probably wouldn't have been blown out of proportion like it has," said parent Lynette Neves.

Trustee Jackie Frey spoke up for the parents at that meeting. "They're taxpayers, and it's

appropriate that we listen to the people who put us in our positions," she said.

In a compromise, Cox, Clemens, and Poppelwell Elementary Principal Helen Brown agreed to meet with three parents from the group. Parents Stacie Kaus, Gretchen Montgomery and Janet Duggan attended the Sept. 26 meeting. Kaus said parents expressed concerns and were able to get some answers, though many questions were left unanswered.

The name "Mama Mafia" soon started circulating around the community, but it is unclear who started it. Parent Karen Smalley said the name didn't come from the group and feels it has a negative connotation.

"It's not fair," she said. "We're just trying to protect our kids, and help (the school district) help our kids. We elect them to be our voice, and they're not listening."

Parent Janet Duggan said she is frustrated because she says they are simply trying to exercise their rights as parents and taxpayers.

"All we had were questions," she said. "Now we have to fight for answers. We're

going to stick up for our kids. That's our right."

Kaus said at least one parent approached Cox and verbally requested to be put on the agenda for Tuesday's meeting, but the request was denied. Cox made no comment to the Times-News about the situation.

The group is not giving up. "Strength in numbers is a good thing," Neves said. "We're going to be at the school board meetings to let them know we're not going away and that we want things done for the kids."

Clemens said he believes board members and parents can work together to resolve the issue. "It's just a matter of giving us a chance to work out some miscommunications," he said.

Kaus expressed similar thoughts and hopes the board and parents can "play in the same sandbox."

"Can this be fixed? Yes," Kaus said. "Can we recover from this and work as a team? Absolutely. Do I see that in the near future? I hope so."

Erica Littlefield may be reached at erica.littlefield@gmail.com or 961-4515.



Mark Your Calendar for:

<p>Christmas Arts & Craft Shows Nov. 10 - 10am-5pm Woodrider H.S. Nov. 23 - Noon - 8pm Nov. 24 - 10am - 5pm Burley High School For info, contact Jackie at 208-670-0660</p>	<p>THE RIVER CHRISTIAN FELLOWSHIP 2nd Annual Craft Fair and Bake Sale (Where Twin Falls meets the road to Shoshone Falls) Friday Nov 2 & Sat. Nov 17 9am-6pm Crafters interested call Irene (208) 969-0632 for info. Items must be hand crafted</p>
<p>MERCHANTS MARKET Sat. Nov 3 - 10am-4pm Wendell Grade School Great Christmas Gifts Pulled Pork Lunch \$5.50 Save Our Sign Fundraiser Variety of vendors Call Sharon 536-6159 or Sharon 536-6161</p>	<p>Don't get left out, be sure to get your special events published here. Call Karen at 735-3270 TimesNews magivalley.com</p>

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Music From the Crooked Road
November 2, 2007 • 7:30 p.m.

Join us as we bring together the incredible talents of the Valley of South Idaho's finest musicians for the most musical evening of the living season. This evening features the living legends of the living season. This evening features the living legends of the living season. This evening features the living legends of the living season.

THE RIVER CHRISTIAN FELLOWSHIP
2nd Annual Craft Fair and Bake Sale
Friday Nov 2 & Sat. Nov 17 9am-6pm
Crafters interested call Irene (208) 969-0632 for info. Items must be hand crafted

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TURNING RED INTO BLACK ON THE GREENS



As the sun edges toward the horizon, Sal Acevedo, of Twin Falls, makes a putt while Gary Phillips looks on during a cold evening outing last week at the Twin Falls Municipal Golf Course.

Twin Falls golf course will try out new membership fees

By Jared S. Hopkins
Times-News writer

The Twin Falls Municipal Golf Course and its rolling green landscape have been running red for a long time.

Some black — in other words, a profit — might be on the way.

In its latest effort to increase both revenue and play at the golf course, the city of Twin Falls is considering introducing corporate memberships. The memberships would cover greens fees for employees at participating companies, starting at \$5,000 for a company of 50 or fewer employees. City officials said businesses hope the memberships could be a company perk, although they could not apply to any corporate outings.

The matter — described as “thinking outside the box” by one councilman — is scheduled for discussion at 5 p.m. today at the

Corporate fees	
Proposed corporate membership fees at the city's golf course:	
50 or fewer employees:	\$5,000
100 or fewer employees:	\$10,000
250 or fewer employees:	\$25,000
Net income	
(fiscal year):	
2004:	\$71,159
2005:	\$48,887
2006:	\$23,973
2007:	\$27,536
Retained deficit:	\$443,041
SOURCE: City of Twin Falls	

Twin Falls City Council meeting. The council meets at 305 3rd Ave. E. Meetings are open to the public.

The golf course has struggled to make money for years and officials have said the goal is self-sustainability. It last turned a profit in 1997 and its total loss has snowballed to more than \$440,000. Last year, it lost \$27,536, despite falling short of its projected expenditures and netting its highest-ever revenue, \$371,804.

Meanwhile, the amount of golf played — 35,975 rounds in 2006 — has fluctuated over the years due to inconsistent weather and more courses in the area.

“It has always been the goal of the golf course to break even or make money. We haven't been doing this,” said Twin Falls Parks and Recreation Director Dennis Bowyer. “Maybe this is what will bring us over the edge.”

The council has tried to improve revenue. In the past, several years ago, they lowered greens fees but found the move ineffective. And

earlier this month the council approved a \$25 increase in the punch card fee to its original cost of \$125. It was lowered to \$100 last year in hopes of adding more play.

Corporate memberships, a staple at private and semi-private courses across the nation, are rare at public golf courses, said PGA Professional Mike Hamblin, who manages the course and pro shop. But he said that a consultant with the PGA he talks with said it was a good move.

“We want to try and break even here and we're looking for ways to do it,” said Hamblin.

The idea was hatched a few months ago by the city's golf advisory board and is modeled after the 50-percent discount given to city employees, said Councilman Greg Lanting. Normal adult greens fees are \$17 on weekdays and \$20

Please see 601F, Page A5

Three candidates seek four-year term on Castleford council

By Blair Koch
Times-News correspondent

Six years ago Twila Crawford was elected to serve a two-year term on the Castleford City Council. She sought, and won, re-election four years ago. The council president hopes that her third race is a charm as well.



Crawford

“I like the people. It's a small town and there isn't a lot of traffic,” Crawford, 66, said. “I was born and raised here and enjoy serving on the council. I hope that people think I've done a good job and vote for me again.”

Crawford was on the council when they began working to build an arsenic treatment facility. Now that construction is under way, she wants to see it completed.

“I was here in helping it get started and want to see it through,” she said.

Crawford would also like to see a few more conveniences for residents, such as a place for families to share a pizza.

“All we have is the small café down where I work at the Corner Merc,” she said. “There are several empty places in town that could be bought and expanded. We could use a little growth.”

Crawford, who graduated from Castleford High School in 1959, said that her years of experience on the council will be an asset for future challenges the city may face.

“I've been involved with the City Council long enough to know what is going on,” she said. “I've had fun doing it, too.”

Curtis Harkins

Curtis Harkins is mad about the way city business is being handled. “You can either (whine) that you don't like how things are getting done, or you can get involved and try to do something about it,” he said. “And that's what I am trying to do. Some say I am running for all the wrong reasons, but I disagree.”

After graduating from Castleford High School in 1962, Harkins moved away, but returned five years ago to raise his family with his wife, Thanya. Since then, Harkins, 44, said he isn't impressed with the city's direction.



Harkins

“Decisions are being made on the fly. I think issues should be looked at a little deeper and committed to citizens and land owners better,” he said.

He used the city's water project as an example. Since new water meters have been installed for users, the city is considering making it mandatory for homeowners and businesses to tie meters to the meter to the building, if they are crowded.

“The city hadn't even thought of contacting land owners, who may just have rental property in town. If I had a rental home and just showed up, one day with a trench dug through the yard and a hole in the sidewalk, there, I'd come pretty unprepared,” he said. “It's a good thing the city thought that, but it wasn't until weeks after they started discussing it.”

Harkins said he closely watches city business and has applied for appointment to the Council several times over the last couple of years.

“I have hardly missed any meetings and have tried to be appointed but have been overlooked. One time, they chose a kid for appointment that I hadn't seen at meetings. He ended up moving after just a few meetings,” he said. “I have demonstrated time and again my desire to serve.”

Cliff Lockhart

Three years ago, Cliff Lockhart missed a seat on the Castleford City Council by three votes. Instead of giving up, Lockhart, 46, is giving it another shot.

“My wife and I love this community and the people in it,” Lockhart said.

If elected, Lockhart said he is ready to help shoulder responsibility in giving residents an eager ear and to voice on the council and to oversee the city's water project.

His hope is to protect the elderly and residents living on a fixed budget. Although he knows that user rates must increase to pay for the operation of the city's water treatment facility, Lockhart wants to keep increases payable. He also wants the city to stop charging for irrigation water residents aren't getting.

“We are charging homes for irrigation even if they don't have ditches or can't get their water, and I think that the city should only charge those for irrigation water if they receive it,” he said.

Lockhart has been a resident for 15 years and is an employee of the Standlee Hay Company. He helped implement the Shakin' the Rock mud drag to run with the city's garbage ash and has been a volunteer on the Castleford Fire Department for the past three years.

“I think people should vote for me because it is time for a change,” he said. “It is time people have a say on the council. I am strong-willed and bullish and welcome people to come speak with me about any issues they may have. I will stand for their concern if it is right and reasonable and promise to work hard for the residents of Castleford.”



Lockhart

Man killed in collision

By Matt Christensen
Times-News writer

A Hazelton man is dead following a Saturday afternoon traffic collision on state Highway 25 near the Valley High School.

Charles Looney, 69, died early Sunday morning at Saint Alphonsus Regional Medical Center in Boise from injuries sustained when his 1988 Ford Bronco impacted a semi-trailer driven by 35-year-old Jerome resident Luis Vergara-Vazquez, according to the Idaho State Police.

The eastbound semi-trailer was turning north off the highway onto 1700 East when the vehicles collided in the intersection, causing Looney's Bronco to roll. He was taken by helicopter to Boise, where he later died.

A passenger in Looney's vehicle, 49-year-old Hazelton resident Peggy Collins, was taken by ambulance to St. Luke's Magic Valley Regional Medical Center in Twin Falls, where she was treated for minor injuries and released.

Vergara-Vazquez was not injured in the crash, according to law enforcement. None of the people involved in the collision were wearing seatbelts.

Police said alcohol could be a factor in the crash, which is under investigation by ISB.

Matt Christensen may be reached at 735-3243 and at matt.christensen@lee.net.

Stitching together a hobby

Woman finds joy in quilting for others

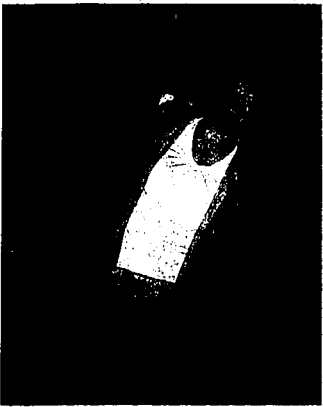
By Corina Hart
Times-News correspondent

BURLEY — You can find Judy Salvador's quilts and table runners at Gift Barn stores in Twin Falls and Burley. If you don't mind driving to New Hampshire, you can find them there, too, at Keepsake Quilting.

Salvador, of Burley, began her first quilt in 1995. It took her more than four months to complete. “I can do that in an afternoon now,” she said. “Seriously, I've gotten that fast. And I can honestly say that I do 125 to 150 quilts a year.”

Salvador opened a home-based business in 2000 called Quilts by Judy. Her husband Vance “Sal” Salvador acts as the machine quilter. “All our decisions are joint decisions,” said Judy Salvador. “We consult each other on everything.”

It started when her sister-in-law, Connie Howard, took her to a one-day class. “I just love it. That's my down time — quilting,” said Judy Salvador, a retired special education teacher. Deb Hopkins and Alice Walter of Walter Times Two gave her some encouragement. “They kept telling me, ‘You can



Judy Salvador of Burley operates a quilting business out of her home called Quilts by Judy.

“I tried to get her to charge at least \$8 a yard, but she won't do it. She isn't trying to make a fortune.”

— Vance Salvador, of his wife, Judy

do this. You can do this.”

The Salvadors admit they don't make a lot of money. “I'm not in it for that,” Judy Salvador said. “We gift them to organizations, like if they have a radio or something. We've donated quilts to Bel Cantos. I'm very big with the for-

ter program, with Deb and Alice. I am the head person for the quilts at the hospital gift shop. I collect quilts and Afghans for Deanna Merrill for the Afghans for Angela program.”

Please see QUILTING, Page A5

CALIFORNIA

Survivors give thanks as wildfire battle continues

SAN DIEGO — Survivors of firestorms that destroyed more than 2,000 homes in Southern California found reasons Sunday to be thankful, even as the damage toll mounted and firefighters worked to contain blazes.

Fire officials kept an eye on warm, dry weather that moved in behind a moist, tropical system that allowed fire crews to make gains Saturday. Winds up to 15 mph were expected but weren't considered a problem.

"This is the conditions that we can actively fight, unlike the Santa Ana winds," said Daniel Berlant, a spokesman for the California Department of Forestry and Fire Protection. But there was a possibility of strong offshore winds in another seven days, he said.

hood of Shaab at about 3:30 p.m., police officials said.

The sheiks were returning to Diyala province after attending a meeting with the Shiite-dominated government's adviser for tribal affairs to discuss coordinating efforts against al-Qaida in Iraq, police and a relative said.



Firefighters lower a body out of a beach house that burned at Ocean Isle Beach, N.C. on Sunday.

the University of South Carolina; the other attended Clemson University. The private home was being used by the owner's daughter and a group of her friends, she said.

FLORIDA

Spacewalkers find metal shavings in panel joint

CAPE CANAVERAL — Spacewalking astronauts doing construction work outside the international space station Sunday made a disturbing discovery: what appear to be metal shavings inside a joint that is needed to turn a set of solar power panels.

The rotary joint, 10 feet in diameter, has experienced intermittent vibrations and power spikes for nearly two months. Space station managers were hoping a thermal cover or bolt might be hanging up the mechanism, which would have been relatively easy to fix, and were disheartened when Daniel Tani radioed down that metal shavings were everywhere.

"It's quite clear that it's metal-to-metal grating or something, and it's widespread," Tani said.

WASHINGTON

U.N. nuclear chief urges U.S. to cool Iran rhetoric

The head of the U.N. nuclear watchdog said Sunday he had evidence Iran was working actively to build nuclear weapons and expressed concern that escalating rhetoric from the U.S. could bring disaster.

"We have information that there has been maybe some

glyphs that form a large plaza measuring some 130 feet by 160 feet, which could have been used for ball games or ceremonial rites, said Aida Bolen Rivera, director of the Puerto Rican Historic Conservation office. The petroglyphs include the carving of a human figure with masculine features and frog legs. Archaeologists also uncovered several graves with bodies buried face-down with the legs bent at the knees — a style never seen before in the region.

"But have we seen Iran having the nuclear material that can readily be used into a weapon? No. Have we seen an active weaponization program? No." Secretary of State Condoleezza Rice accused Iran this month of "lying" about the aim of its nuclear program. She said there is no doubt Tehran wants the capability to produce nuclear weapons and has deceived the IAEA about its intentions.

Bolton said he would welcome seeing it.

PUERTO RICO

Archaeologists discover major pre-Columbian site

SAN JUAN — U.S. and Puerto Rican archaeologists say they have found the best-preserved pre-Columbian site in the Caribbean, which could shed light on virtually every aspect of Indian life in the region, from sacred rituals to eating habits.

The archaeologists believe the site in southern Puerto Rico may have belonged to the Taino or pre-Taino people that inhabited the island before European colonization, although other tribes are a possibility. It contains stones etched with ancient petro-

IRAQ

10 Sunni, Shiite sheiks kidnapped in Baghdad

BAGHDAD — Gunmen in Baghdad snatched 10 Sunni and Shiite tribal sheiks from their cars Sunday as they were heading home to Diyala province after talks with the government on fighting al-Qaida, and at least one was later found shot to death.

The bold daylight kidnapping came as the top U.S. commander in Iraq said the threat from the terror network has been "significantly reduced" in the capital.

A suicide car bomber, meanwhile, struck a busy commercial area in the oil-rich, northern city of Kirkuk, killing at least eight people and wounding 26, police said.

A new general assumed control of the region north of Baghdad, acknowledging that violence remains high but expressing confidence that the military has al-Qaida on the run there as well.

The two cars carrying the sheiks — seven Sunnis and three Shiites — were ambushed in Baghdad's predominantly Shiite neighbor-

N. CAROLINA

Beach house fire kills seven college students

OCEAN ISLE BEACH — Fire ravaged a beach house occupied by more than a dozen college students early Sunday, killing seven and sending several more to a hospital.

Six survivors were released after treatment, including one who jumped from the burning house into a waterway. Mayor Debbie Smith said. Officials had accounted for all of the 13 people believed to be inside the home, Smith said.

"There were three kids sitting on the ground screaming," said newspaper deliverer Tim Burns, who called 911 after seeing a column of smoke rising from the house. "There was one guy hanging out the window, and he jumped in the canal. I know he got out because he was yelling for a girl to follow him."

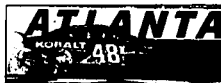
Burns said he didn't know whether that girl was able to escape.

Smith said 12 of the house's 13 occupants were students at

A large advertisement for a turkey service. It features a grid of 12 small portraits of diverse people. In the center is a large image of a turkey with a question mark on its chest. Below the portraits, the text reads: "Who do you know that we can help?" followed by "Call us today for a no-cost evaluation. Appointments are limited. Free Holiday Turkey with every Demonstration. Call today for a free evaluation." At the bottom, there is a signature "Jennifer Sch..." and a small portrait of a woman.

Advertisement for "Take a Cab!" in Twin Falls, Idaho. It features a starburst graphic with "\$6.50 ONLY" and "8AM-6PM". The text says: "ANYWHERE WITHIN THE CITY OF TWIN FALLS. NOW THRU OCTOBER 31ST. Licensed, Insured, Bonded. Fast Friendly Pickup & Delivery. Magic Valley CAB & COURIER. CALL NOW 208-736-TAXI 208-736-8294. *No other discounts apply." The background shows a taxi cab.

Advertisement for "DIGITAL IMAGING" services. It lists "Wide Format Scanning & Printing", "Offset Printing", "Document Copying", "Graphic Media", and "Wide Format Color Printing". The main headline is "Grand Opening" with "During November 19¢" in large font. Below that, it says "Color Copies" and "Lucust Grove Business Park". At the bottom, the phone number "733-2577" is prominently displayed.



INSIDE: NFL, B2 | Scoreboard, B3 | NASCAR & golf, B4 | Weather, B4

Eight days of Southern Idaho basketball

Sunday
The road to
Kansas
& CSI quiz

Today
Spotlight on
T.F. product
Justin Turley



Twin Falls product Justin Turley looks to pass the ball Friday during a College of Southern Idaho men's basketball practice.

Turley living his dream with Golden Eagles

Dreaming big is the pastime of the incredibly brave and the slightly crazy. Luckily, Justin Turley is both.

How else could a kid who's 5-foot-9 and 165 pounds with a full stomach walk into the land of genetic freaks and towering giants that is the College of Southern Idaho gymnasium, and walk out as a member of what may be the best team in junior college basketball?

Forget logic. It defies everything that Turley, who didn't play a minute of varsity basketball at Twin Falls High School, would be allowed to wear a Golden Eagles basketball jersey unless he paid for it.

Who could have imagined that first shot going in as Turley, clad in



ERIC LARSEN

black and gold with his No. 10 on his back, hustled back on defense as No. 10 NCAA Division I coaches and scouts watched CSI (top Texas' Howard College in Dallas on Oct. 12).

"Oh man, that was something else," Turley said through his wide smile. "... When Coach put me in the game, from right when I was going in until the end of the game,

it felt like a dream. I just could not believe it. I hit my first shot and it was something I'd never had before."

Injuries and circumstance conspired to keep Turley out of a Twin Falls Bruins uniform during his high school days. However, it was circumstance that brought Turley together with regional scout Bob Iverson, who last year was instrumental in bringing Travis Bunker and Mo Thukuleva from NCAA Division II-bound Dade State College to CSI.

Iverson, now living in Twin Falls after a move from Utah, had helped more than 100 players find homes at the NCAA and NJCAA level over a 20-year span, but had never worked with someone in

Turley's situation.

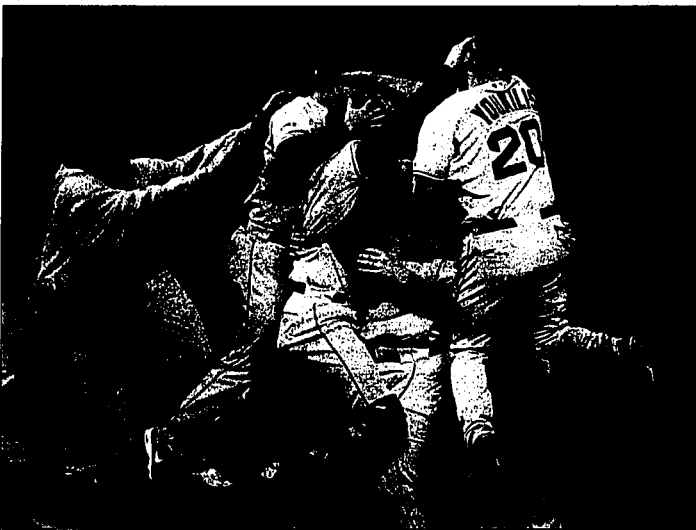
"I've never helped a kid that couldn't dunk it. I've never helped a kid as short as Justin," Iverson said. "And I'm telling you, Justin Turley can shoot the ball and he's fulfilling his dream."

That dream didn't initially include CSI. After all, what did the No. 2 junior college team in the nation need in a five-foot-nothing 3-point specialist? But when Turley and Iverson came to CSI with the hopes of finding Turley's way into a less prestigious two-year school, both got a surprise.

"We said, 'Well, you know what? If you want to have an opportunity to work on it and get better, then

Please see LARSEN, Page B4

How sweep it is!



The Boston Red Sox celebrate after winning Game 4 of the baseball World Series against the Colorado Rockies Sunday at Coors Field in Denver. The Red Sox won 4-3 to sweep the series.

Red Sox breeze to World Series title, beating Rockies 4-3

By Ben Walker
Associated Press writer

DENVER — There's a new monster in baseball, and this one's in Boston, too.

Overwhelming in every way, the Red Sox swept to their second title in four years Sunday night. Jon Lester, Mike Lowell & Co. left little room for drama with a 4-3 win over the Colorado Rockies in Game 4.

Then again, no NL team could have blocked Boston this October.

This was hardly a repeat from 2004, when the Red Sox ended their 86-year championship drought by beating St. Louis. Boston is a major league bully these days, playing in rarefied air before crowds who demand to win.

"This team's got a lot of heart," Red Sox

captain Jason Varitek said. "We worked really hard. We just beat a very, very good team, an excellent team. We had to do the little things."

At this rate, New England fans might get spoiled. Manager Terry Francona's team has become a perfect counterpart to coach Bill Belichick's bruisers on the Patriots.

After trailing 3-1 to Cleveland in the AL championship series, the Red Sox won seven straight games and won their seventh World Series crown.

The Rockies, who won a remarkable 21 of 22 games to get this far, were a mere afterthought by the end. Brad Hawpe homered in the seventh inning and Garrett Atkins hit a two-run shot in the



Boston Red Sox pitcher Jonathon Papelbon leaps into the air after the Red Sox beat the Colorado Rockies, 4-3, to win the baseball World Series Sunday.

Please see SERIES, Page B3

NFL IN LONDON

New York comes out a winner after giant road trip, 13-10 over Miami

By Eddie Fells
Associated Press writer

WEMBLEY, England — They mucked their way through a steady rain.

They played as if they were in a London fog.

The NFL's first regular-season trip overseas was every bit as sloppy as it was predictable Sunday.

Ell Manning threw for only 59 yards but ran for New York's lone touchdown to lift the Giants to a mud-cked 13-10 victory over the still-

wins Miami Dolphins.

The Giants (6-2) had more riding on this game, coming in with a five-game winning streak and in no mood to take a 3,500-mile trip to London to make history on behalf of the NFL. But Brandon Jacobs helped make the journey a success, running for 131 yards, the second straight week he's hit a career high.

Helped in part by a steady rain that made for an

Please see LONDON, Page B4



New York Giants' Sam Madison (29) and Miami Dolphins' Derrick Hagan (32) leap for the ball during the third quarter of their NFL football game at Wembley Stadium in London, Sunday.

Late prep scores

2007 Idaho High School Football State Championship
Saturday's final scores: Clearwater (44) defeats Soda Springs 14-7; Wendell 13; Birch 59; Glenna Perry 20.
Notes: Both District IV representatives, Wendell and Glenna Perry, were eliminated from the playoffs.

Coelho wins UCF main event Boise-based team wins four bouts

By Bradley Oaks
Times-News writer

They were somewhat familiar with each other's fighting style and made their strategies accordingly, but it was Superstar Assassin Mike Coelho that came out on top of Saturday's mixed martial arts main event at Ultimate Cage Fighting III: Proving Ground at the CSI Biden Evans Expo Center. Superstar Assassin Coelho, more of

a striker, put more thought into his ground game, and it paid off against former high school wrestling champion Matt Rivers, a member of Team Anarchy. Rivers went for Coelho's ankles early and often, but it was probably that one time too many that cost him the bout.

"I've been practicing for three months on this brawl because I've seen Rivers fight, too. I have good hands, but this whole time I knew I

had good hands so I worked on my ground game pretty much the whole time," Coelho said.

Coelho was prepared for the attempt to take him to the mat and jumped out of the way each time. Going on the offensive while Rivers tried to regain his own footing, Coelho defeated Rivers by technical knockout in under one minute.

"I figured if I could get to his legs and get him down to the ground, then

I could work my wrestling," Rivers said. "I heard he wasn't so great on the ground, so I thought I'd try it. I made the mistake of going a second time. He's a real, real quick guy and an extremely good fighter."

Rivers will fight at shows in Boise and Idaho Falls in the near future, but Coelho will take some time off to pursue his other passion of hunting, mostly mule deer and elk. "After hunting season, we'll start

back up training," he said.

Brandon Shuey's Team Hardcore made a strong showing at Proving Ground, as five of his six fighters won matches, including Aldon Brewster, Kaven Sigmund, Alex Lambert, Lonnie Burton and Brian Green. The team and Shuey's training gym is based in Boise.

"Four of the guys, it was their first

Please see UCF, Page B4

National Football League

AFC

Table with columns: Team, W, L, T, Pct, PF, PA, Home, Away, AFC, NFC, Div. Includes teams like Cincinnati Bengals, Cleveland Browns, Houston Texans, etc.

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England 23, Football 16

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Belts 31, 49ers 10

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Bills 13, Jets 3

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Brady, Patriots rout the Redskins

FOXBOROUGH, Mass. — Tom Brady threw for three touchdowns and ran for two more to help New England crush the Washington Redskins 52-7 in an easy victory for its battle of quarterbacks at Red Bull Stadium.

Linebacker Mike Vrabel was a force on both sides of the ball in the biggest rout in a season filled with them. He caught a touchdown pass and forced three fumbles by quarterback Jason Campbell that led to 17 points.

Titans 13, Raiders 9
NASHVILLE, Tenn. — LenDale White ran for a career-high 133 yards, Rob Brown added two field goals and Chris Henry scored a touchdown.

Titans 13, Raiders 9
A slow start and a short week couldn't stop Peyton Manning and the Indianapolis Colts from another 7-0 start.

Steelers 24, Bengals 13
CINCINNATI — With a chance to make a statement in the AFC, the Bengals backed down and went for a field goal.

Lions 16, Bears 7
CHICAGO — Jon Kitna passed for 268 yards, Kevin Jones ran for 105 yards and a touchdown, and the Lions showed they're serious contenders in the NFC.

Jaguars 24, Buccaneers 23
TAMPA, Fla. — Backup quarterback Quinn Gray threw an 8-yard touchdown pass to Matt Jones that put the Jaguars ahead for good.

Saints 31, 49ers 10
SAN FRANCISCO — Drew Brees passed for 336 yards and hit Marques Colston with three of his four touchdowns in the Saints' third consecutive win.

four scoring drives longer than 72 yards longer on the target, caught 31-of-39 and avoiding any sacks for the fourth consecutive game.

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FLORIDA FORECAST

Today: Partly cloudy skies. Highs in the mid to upper 60s. Tonight: Cloudy with a few spotty showers. Lows in the mid 40s.

FLORIDA FORECAST

Today: Partly cloudy. Highs 60s. Tonight: A few spotty showers. Lows 30s and lower 40s.

FLORIDA FORECAST

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

FLORIDA FORECAST

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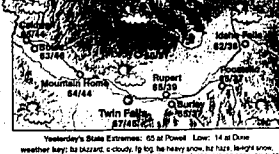
Table with columns: City, Hi Lo, Precip. Lists weather for various Florida cities.

IDAHO FORECAST

SUN VALLEY, SURROUNDING MTS. Partly cloudy and mild today. A chance for a few showers developing tonight and Tuesday.

IDAHO FORECAST

NORTHERN UTAH Partly cloudy with a few showers for tonight and Tuesday.



meineke car care center. 190 Addison Avenue West. Open Mon - Fri 8:00 AM - 8:00 PM. Sat 8:00 AM - 1:00 PM. Phone: 735-8296.

ALMANAC THIS DATE

Table with columns: Temperature, Precipitation, Humidity, Barometric Pressure, Sunrise and Sunset, Moon Phases, Moonrise and Moonset.

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REGIONAL FORECAST

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

NATIONAL FORECAST

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

NATIONAL FORECAST

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CANADIAN FORECAST

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

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Larsen

Continued from page B1 why don't you be here, see how it goes, and you'll have an opportunity to get better playing against these guys. Then go from there." Golden Eagles head coach Barrett Peery said.

all about us winning games. It's not going to be worrying about himself, he's going to be worrying about the team. So it's easy for me to like someone like Justin Turley." And now comes the twist. For all the outstanding players who have come through Twin Falls and CSI, this local walk-on may have the biggest impact on the future of Idaho high school basketball.

UCF

Continued from page B1 light tonight. "I'm happy, 100 percent," Shuey said. "One of my guys took a murderous beating and still came in and did a double-leg (take-down)."

time, and he'll be fighting again on the 24th of November in Idaho Falls. The previously advertised female fight did not take place, but was mentioned as on track for the next show. Promoter Lee Anderson confirmed that three more events are scheduled for 2008, beginning with UFC IV in June, and championship belts.

Johnson wins second race in a row

Closes within 9 points of NASCAR leader Gordon

By Mike Harris Associated Press writer HAMPTON, Ga. — Jimmie Johnson and Jeff Gordon are quickly turning the Chase for the Nextel Cup championship into their own private feud.

the reigning champion and his Hendrick Motorsports teammate. Johnson and Gordon, who came into the Pep Boys Auto 500 separated by 53 points, both struggled with the handling on their Chevrolets most of the day. But, thanks to a wild finish, they wound up first and seventh, leaving four-time champion Gordon with a nine-point lead with three of

the 10 Chase races remaining. "I just think it's going to be a fight to the end," Johnson said. "We took a good bite out of Jeff's points lead today and it's going to come down to a position of two in the next three. With all the leaders competing about running out of gas, rookie Johnny Sauter's blown the brightly out the 11th of a track record 12 caution flags on the 318th of a

scheduled 325 laps on the 1.5-mile suburban Atlanta oval. Most leaders pitted and Johnson jumped from fifth to second. The race restarted on lap 323, but Hamlin ran out of gas on the restart and cars began dodging everywhere to try to miss him and each other. Martin Truex Jr. wound up slipping into Hamlin and the caution waved again.

Petterson wins big in Thailand tourney

Chopra would roll to his first PGA Tour win, things began to fall apart.

PATTAYA, Thailand — Suzann Pettersen made up for all those lost strokes with three big shots on the Pattaya Old Course's 479-yard, par-5 finishing hole. After blowing the last of a seven-stroke lead with her second straight bogey, the Norwegian star hit a "grip-down" 3-wood from 225 yards to 15 feet to set up an eagle putt off with a victory Sunday at a stroke Sunday in the Honda LPGA Thailand.



Chopra would roll to his first PGA Tour win, things began to fall apart. Shigeki Maruyama and Fredrik Jacobson were thrilled to take advantage. Maruyama held out from the sand for eagle at the par-5 16th to get into a three-way tie for the lead, Jacobson moved steadily up the leaderboard and Chopra simply unraveled on the back nine Sunday at the Ginn sur Mer Classic — setting the stage for a potentially wild finish Monday morning at Tesoro Club.

his title in the Charles Schwab Championship, birdieing the final four holes to win the Champion Tour's season-ending event for the third time in five years. Thorpe, who edged Tom Jenkins by \$4,079 for the 30th and last spot in the final, shot a 6-under 66 to finish at 20-under 269, the best ahead of Denis Watson and Fred Funk. It was Thorpe's 13th tour victory and first since the 2006 event.

Petterson's 1-under 71 left her at 21-under 267, not the number she had in mind a day earlier after reaching 20 under with a bogey-free 63, but good enough for her second straight LPGA Tour victory and third in four weeks. Davies, paired with Pettersen, birdied the final two holes for a 65. The 44-year-old English player was trying to win her first LPGA Tour title since 2001. She won a European tour event in Austin last month for her 68th worldwide victory.

Suzann Pettersen of Norway reacts to winning the Thailand Honda LPGA golf tournament Sunday at the Siam Country Club in Pattaya, Thailand. At 18 under, and Australian Rachel Hetherington (65) followed at 16 under. Stacy Prammanasudh (66) was 14 under, with Annika Sorenstam (72) another stroke back in sixth.

Play was suspended for the day by darkness with Maruyama, Jacobson and Chopra all at 18 under, two shots ahead of clubhouse leader Dicky Dier. Chopra had a four-shot lead when he made the turn Sunday afternoon, having just added in a 2-for-one that pushed him to 20 under. But two bogeys in his first four holes on the back side gave his closest pursuers a chance. The final round will resume at 11 a.m. Monday with \$810,000 going to the winner.

Watson, the leader heading into the final round, struggled with his tee shots for the second straight day, finishing with a 70. Funk backed Thorpe with a 66, but couldn't overcome an opening-round 70 that dropped him six strokes behind the leaders. Loren Roberts, meanwhile, held on to win the Charles Schwab Cup competition for a \$1 million annuity, shooting a 66 to tie for 13th at 11 under. Roberts, who tied the playoff tie to Jay Haas in 2006 after missing a short putt on the final hole of the season, edged a 66 to tie for 13th at 11 under. He tied for 13th, while Haas (73) tied for 20th, while Watson (73) tied for 20th.

London

Continued from page B1 "unfairly pitched" at turn-up Wesley Stadium, the New York defense allowed only 254 yards and held the Dolphins out of the end zone for the first 58 minutes for a victory that only the winners could view as anything remotely beautiful.

Giants knelted on it three times to any the game, ignoring the loud boos from a crowd of 81,178 that wanted more. Miami fell to 0-8 and kept 0-16 very much in play for the season on this, the 35th of the 17-0 season in 1972. The idea behind this game was supposedly to offer Londoners a first-hand look at the real thing after they'd suffered through decades of exhibition games and NFL Europe.

And while the mud made for good television and some fun slips and slides, this was hardly a clinic of American football at its best. The teams combined for a grand total of 493 yards, only 187 passing — numbers the Indianapolis Colts often put up all by themselves in a single game. They fumbled seven times, lost five fumbles and committed 14 penalties.

including four by the Giants on one late drive that had coach Tom Coughlin annoyingly yelling at his team to "stay calm" as they tried to salt this one away. Overall, they played conservative but not exciting football. They played not to lose — a strategy the Dolphins still haven't figured out this season. Trailing 13-0, Miami had a chance to creep back into the game in the third quarter

when Matt Roth dislodged the ball from Manning on a blind-side sack and Jason Taylor — who has had a 26-foot-high replica of himself at touring around London all week — fought through a rugby scrum to come up with the recovery at the Miami 49. Two plays later, Jesse Rothenstein (15) caught a 52-yard gain — longest play of the game — and a moment later,

the Dolphins had second-and-goal from the 2. But Lemon bobbed the ensuing snap, got tackled for a nine-yard loss, and Miami settled for a field goal by Feely. Bartler, Lemon put himself on the blooper reel when he reared back to pass, but lost the ball on the windup. He lost a fumble there, which led to New York's second field goal and a 13-0 lead before halftime.

— The Associated Press

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Preference will be given to applicants
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INSIDE: Cycling's not the best for bones, D4



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

Get those skeletons out of your closet

Where to bury your old clothes

By Ariel Hansen
Times-News writer

Is your bedroom closet so crowded that you can't choose a shirt without pulling dozens of hangers off the bar? Have shoes taken over the spare bedroom? Do you hesitate to hang up a guest's coat because your hall closet is already stuffed? It's time to take control. Get rid of everything that doesn't fit right and make you happy.

"You're going to part with the past and set yourself up for a fresh start," said Liyah Babayan, owner of Ooh La La!, a consignment shop in Twin Falls. Babayan also does closet cleaning, helping clients choose what to keep and what should go out the door. "We have to be objective when it comes to our closets."

Her favorite tip? Turn all the hangers so they go over the bar from back to front.

When you wear an item, replace the hanger in the other direction. At the end of the year, any items on hangers still back to front should probably go.

"If I haven't touched it a whole year, I'm not going to touch it next year," Babayan said. Exceptions might be special-event outfits like tuxedos or ball gowns, and those should be stored in garment bags with acid-free tissue paper.

Babayan also recommends that clients refrain from trying on clothing when deciding whether to keep it.

"If you have to try something on, you probably haven't worn it in the recent time," she said.

So what should you do with it? Here's the rundown on your four top options.

Ariel Hansen may be reached at 735-3376 or ariel.hansen@lee.net.

It's used, but in good shape, and you have spare time

Sell it yourself

Especially in spring and summer, garage sales are a popular way to unload clothing you no longer want. Sell other household items at the same time, and join with neighbors for a community sale that will draw extra shoppers.

This time of year, try eBay.com or other Internet auction sites. Many books are available to teach you the best selling techniques, and eBay has tutorials for new sellers. One trick? Use the site's "Search closed auctions" feature to find out how much buyers are willing to pay.

It shows you what that particular item has sold for in the last two or three months," said Bob Garner of Jerome, who sells mostly antiques, but some clothing, on eBay. "That gives you a good idea."

Garner, who has been on eBay for a year but previously worked for auctioneers, said he rarely loses money on the things he sells. "When I do lose, I don't lose a lot," he said. "It never ceases to amaze me what people will buy."

It's used, and you want to help a charity (or have a party)

Give it away

Thrift stores, like Idaho Youth Ranch (various locations, 735-0292) or Desert Industries (722 Cheney Drive, Twin Falls; 734-9412) resell donated items to benefit charitable causes.

"We'd like them in the best shape that we can get them, of course," said Wayne Tonge, Desert Industries store manager. "We use anything that's donated."

Each store has different donation policies and procedures, so call ahead to find out which cause the items will support and what condition the store will accept them in. Most charitable stores offer donors receipts for tax purposes.

Or perhaps you'd prefer to help a specific group of people. Refugees often need clothing, as they flee their countries with few possessions. Search the Internet for a charity that donates to refugees from whichever country you'd like to help, or call the College of Southern Idaho Refugee Service Center at 735-2166 or (800) 680-0274.

If you have formal dresses you no longer want, consider Cinderella House, which donates the dresses to underprivileged girls to wear to prom. Take dresses to the Twin Falls Senior Citizen Center and say they're for Cinderella House, or call Rock Creek Community Church at 734-5268.

Not as heartwarming, but perhaps more fun, are clothes-trading parties with your friends. While this may not be the best way to trim down your closet, your best friend may have always admired that sweater you no longer wear. And the orphaned items no one wants can go to the thrift store the next day.



Babayan
Get more tips about cleaning out your closet from Liyah Babayan with a video interview on MagValley.com.

You love it, but it doesn't fit quite right

Have it tailored

If an item doesn't fit properly, especially if it is too large, take it to a tailor. A good tailor can adjust that favorite dress that used to fit you like a glove, reminding you why you bought it in the first place.

Since local fees run from about \$7 for hemming pants to about \$50 for shortening a suit jacket, evaluate the value of the item you're considering having tailored.

"If you don't like it in the first place, it would almost be futile," said Carolyn Warner of Karalyn's Family Cleaners (163 Main St., Gooding; 934-5892). "If you had it fixed you wouldn't wear it."

A stain might be covered with an applique or other ornament. Straight tears can often be mended without the repair showing, but other tears must be evaluated case-by-case.

If you don't know a tailor, ask your local dry cleaners. Often, they have tailors on staff or can recommend one.

It's new, vintage or with a high-end label

Consign it

For items that are new, almost new or have vintage value, consider a consignment shop. The shop will try to resell your item and — if it succeeds — pay you a percentage. At Ooh La La!, the shop keeps 60 percent, so you might not get much back for a pair of resold jeans, but a formal dress could net you a pretty penny. Ooh La La! (1341 Filer Ave. E., Twin Falls; 733-3331) resells only new or nearly new items, but other shops may specialize in vintage clothing and accessories or high-end labels.

Vintage Point (1552 Addison Ave. E., Twin Falls; 734-9500) buys items outright that are from the 1970s and older, for prices from \$5 to \$50. Call ahead if you have multiple items.

A short afternoon nap might give your heart a rest

By Susan Brink
Los Angeles Times

The next time the boss finds you leaning back in your chair, feet up, eyes shut, tell her that you're napping for medical purposes.

Science won't definitely back you

up yet, but the evidence is mounting that a short afternoon nap, for an otherwise well-rested, healthy person, is good for the heart. "I love to nap," says Dr. Robert Downey III, chief of sleep medicine at Loma Linda University Medical Center in Southern California. "I recommend napping."

Among his fellow researchers, it's still controversial whether napping has cardiovascular benefits. Early studies of possible heart benefits of naps in Mediterranean and Latin American countries, where short afternoon naps are typical, have had mixed results. But a recent large study

of 23,000 people in Greece, published in the Feb. 12 Archives of Internal Medicine, showed a 37 percent reduction in heart attacks among people who napped at least three times a week for a minimum of 30 minutes. That study was the first to weed out sick and sedentary nappers and con-

trol for physical activity and diet, which might have colored results of other studies showing no benefit.

Now a study in the Oct. 15 online edition of the Journal of Applied Physiology, offers a clue about why a

Please see MAP, Page D4

COMICS

B.C. By Johnny Hart

FALL SEEMS SHORTER AND SHORTER EVERY YEAR.

Baby Blues By Rick Kirkman & Jerry Scott

HALLOWEEN IS IN TWO DAYS!!

AAAAAAAAAAAAAAAAAAAAA!!!

HALLOWEEN IS IN TWO DAYS!!

AAAAAAAAAAAAAAAAAAAAA!!!

Baldo By Hector D. Cantu and Carlos Castellanos

GIRL, DON'T WORRY SO MUCH ABOUT YOUR BIG TEST...

YOU KNOW, WHEN I WAS YOUR AGE, I DIDN'T KNOW THE MEANING OF THE WORD TEST.

UNTIL I LOOKED IT UP.

Brevity By Guy & Rodd

DON'T WORRY JERRY, WE HAVE A CAR... I MEAN, WHAT ANIMAL COULD KEEP UP WITH A CAR?!

Dilbert By Scott Adams

WHY DIDN'T YOU USE ANY OF MY SUGGESTIONS?

MY THEORY IS THAT YOUR BRAIN IS THE SIZE OF A MARBLE, AND IT JIGGLES ASMOOTH.

THE ROOT CAUSE PROBABLY INVOLVES SLOW LEARNERS MATING FOR MANY GENERATIONS.

Doonesbury By Garry Trudeau

MORE GOOD NEWS FOR MALLARD FILMORE!

ISN'T IT EXACTLY THE OPPOSITE OF THAT?

HISTORY DOESN'T REPEAT ITSELF.

OH, RIGHT.

WHAT'S GOING ON WITH YOU?

STAY CLOSE TO IT! I'VE FORGOTTEN WITH YOU!

The Elderberries By Phil Frank and Joe Troise

Hey, guys! Check out my Halloween costume!

I don't get it.

Yeah, you don't look any different.

Whatta you two drunk? Ahm the Headless Horseman! Ah lost my head!

Oh, Dushy lost his head.

Uh-oh... No more pyramidal school for me!

For Better or For Worse By Lynn Johnston

HEY, GUS - WELCOME TO THE HOUSE!

HOW ARE YOU DOING?

I'VE BEEN AWAY FOR A WHILE - I'VE BEEN IN THE HOSPITAL.

I'VE BEEN AWAY FOR A WHILE - I'VE BEEN IN THE HOSPITAL.

I'VE BEEN AWAY FOR A WHILE - I'VE BEEN IN THE HOSPITAL.

SOMETIMES YOU CAN HAVE THE BEST OF BOTH WORLDS!

Frank and Ernest By Bob Thaves

HI, I'M VERSION 2.0!

Luann By Greg Evans

THESE TRASH BAGS MAKE PERFECT WALLS FOR OUR HOUSE OF HORRORS!

I TIED WET STRING ONTO RUBBER BANDS TO MAKE SPIRITS!

CHECK OUT MY HAIR - I'VE HAD IT CUT IN HALF EFFECT!

WE'RE AN AWESOME CREW! YOU CAN HAVE THE BEST OF BOTH WORLDS!

I HAVE HALF A MIND TO SHOULD GO TO HOLLYWOOD!

Mallard Fillmore By Bruce Tinsley

WHAT'S THAT?

IT'S ABOUT A BLACK MAN'S TRIUMPH OVER BIGOTRY, DUBST AND HARD SHIP.

WHOW! I WANT TO READ IT... I WANT PEOPLE TO SEE ME!

OH, NEVER MIND.

NON. NON. NON. THE NEW 2007 LIBERAL CAN GO FROM SIXTY TO ZERO IN 2.7 SECONDS!

Pearls Before Swine By Stephan Pastis

WHAT'S THE MATTER WITH YOU GUYS?

Duuude... It's the 2007 Liberal. They didn't make their support payment this week.

Yep. And I'm ticked. No. They're supposed to be on our front porch every Monday. I suspect when I find out what's going on, I'm gonna *kill* someone.

Me caught it. He sucker.

Pickles By Brian Crane

YOU SEE THIS BUTTON?

UH HUH.

IT CAME OFF AN SHIRT WHILE YOU WERE OUT TODAY AND I SEWED IT BACK ON MYSELF.

I'M PRETTY PROUD OF MYSELF.

YOU SHOULD BE.

DO WE HAVE ANY SEWERS? I THINK I SEWED IT TO MY UNDERSHIRT TOO.

Rose is Rose By Pat Brady

YOU HAVE A VERY GUILTY LOOK ON YOUR FACE.

AS IF YOU'RE HIDING SOMETHING.

BUT WHAT SECRET COULD A PUMPKIN POSSIBLY HAVE?

THANKS PATT!

Zits By Jim Borgman and Jerry Scott

YEREM! GO PRESS! WE'RE LEARNING IN THIS MESS!

AND WEAR NEAR DRESS PANTS! WE'RE GOING TO A FINE RESTAURANT!

HOPFULLY A NICE PLACE WITH A CHANGE OF INNOVATION!

THOSE MUST BE PRESIDENT-SPEAK PANTS!

Non Sequitur By Wiley

Science Pop Quiz: 1. What is H₂O? 2. What is the boiling point for H₂O?

Science 101: 1. What is the boiling point for H₂O? 2. What is the boiling point for H₂O?

GO! HOW'D THAT GO? WE'VE GOT A NEW SCIENCE BOSS!

OH, LET'S TRY ANY THAT WE'VE GOT A NEW SCIENCE BOSS!

Strange Brew By John Deering

WHEN WERE DO YOU LOOK WITH FAVOR IN THE '30S SINCE, LEON THE DISMEMBERER, OR ERK THE USURPER?

They're all the SAME! WELL, EXCEPT FOR THAT INDEPENDENT CANDIDATE, RUFF THE STRANGE!

Set the stage for intimacy, Taurus

HOROSCOPE
Jeradine Saunders

IF OCT. 29 IS YOUR BIRTHDAY: The world is your oyster as you develop leadership qualities and business savvy this year. Your optimum time to begin new projects or launch important plans is late January and early February when the world will bring you the answer to your prayers. Maintain a low profile in March and don't add to your debt load or make crucial changes. You could make a significant business connection next June.

ARIES (March 21-April 19): You might be considered to be a Quick Draw McGraw when faced with puzzles or mental challenges. Expect numerous side trips on your daily travels. Amorous meetings are possible.

TAURUS (April 20-May 20): Timeless love could be at high tide under these heavenly conditions, so set the stage for intimate get-togethers.

GEMINI (May 21-June 20): You are fast on your feet. Since you fearlessly let others know what you want, it is quite likely that every desire will be satisfied in love. However, there is no such thing as instant gratification.

CANCER (June 21-July 22): special someone is in the mood for love and will be delighted by sensual treats. Buy something daring or dramatic that will give you pleasure for years.

SAGITARIUS (Nov. 22-Dec. 21): It seems that your closest companions live life in the fast lane. You can keep up by hanging on tightly to that certain someone. Amorous moments may seem to last forever.

CAPRICORN (Dec. 22-Jan. 19): Pretty is as pretty does! The people who do the most for you are the ones you may wish to keep close. Entertain your friends or visit with family. It is a great day for socializing.

AQUARIUS (Jan. 20-Feb. 18): Indulge in patty cake or spin the bottle. Romantic twosomes could play for keeps under these stars. Develop deeper understanding of others. Hold off on business decisions for a few more days.

PISCES (Feb. 19-March 20): Ardent affection can overcome the limits of space and time. Spirits will rise when you concentrate on the spiritual and shove business matters to the back burners. Spend time with loved ones.

Spread out the carpet and take a romantic ride. Make someone feel as though the sky is the limit. Love and true caring can be silently communicated through numerous small gestures.

LEO (July 23-Aug. 22): The time is ripe for encounters of the blissful kind. A new hookup or an old acquaintance might demonstrate more understanding and sympathy than you thought possible. Back in romantic bliss.

VIRGO (Aug. 23-Sept. 22): You can kill many birds with one stone. You are too kind-hearted to harm actual wildlife, of course, but will receive kudos for your efficient use of time. Romance is in the stars.

LIBRA (Sept. 23-Oct. 22): Your sensitivity training will pay off when you are faced with someone who yearns to grow closer. It is easy to look beneath the surface and see the revealing glow of someone's affection.

SCORPIO (Oct. 23-Nov. 21): Wine 'em and dine 'em. Your

COMICS

Beetle Bailey

By Mort Walker



Blondie

By Dean Young & Stan Drake



The Born Loser

By Art Sansom & Chip



Garfield

By Jim Davis



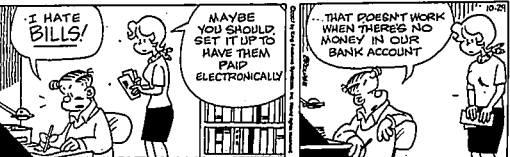
Hagar the Horrible

By Chris Browne



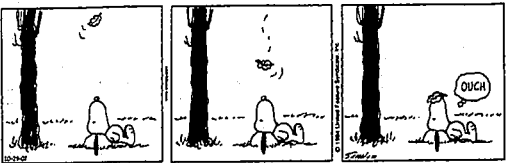
Hi and Lois

By Chance Browne



Classic Peanuts

By Charles M. Schulz



The Wizard of Id

By Brant Parker & Johnny Hart



Dennis the Menace

By Hank Ketcham



THE FAMILY CIRCUS

By Bill Keane



Man who wants to style hair worries about his reputation

DEAR ABBY: I am a 22-year-old man, and I think I have found what I want to do with the rest of my life. There's just one thing: It's not the typical male career. I want to work in a beauty salon as a stylist. What's holding me back is I'm afraid people will think I'm gay. I have nothing against gay folks, but I am strictly heterosexual.

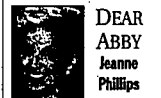
I have always been told that I'm good-looking, and the fact that I am artistic will also be a plus. I think I could make a lot of money in this field.

Please advise me how to get over this hurdle.

— FUTURE HAIRSTYLIST IN N.Y.

DEAR FUTURE HAIRSTYLIST: You have chosen a fertile field of endeavor, one that provides opportunity, portability and the possibility of steady work. While it is true that there are many gay men in the field of hairstressing, there have been over the years some very successful — and famous — heterosexuals. Examples: Vidal Sassoon, Jon Peters, Jay Sebring, Gene Shuacov, and more recently, Jonathan Antin, to name a few.

How you will be perceived should not be your primary consideration. You know who you are, and the fact that you are straight will get around. Speaking as someone who has



DEAR ABBY Keanne Phillips

spent many hours in beauty salons over the years, I can tell you firsthand that there are very few secrets.

DEAR ABBY: I am basically your 'average seventh-grader with divorced parents. My dad is about to get married again. I like my future stepmom, except for one thing. She never buckles her seat belt. She says it's uncomfortable, and she doesn't like it.

She recently moved here from Colombia, but that does not excuse her from obeying our laws. I don't know what to do. My dad tells her to buckle up, but she never does. What should I do?

— STRAPPED IN TIGHT DEAR STRAPPED: Most adults hate being told they are wrong by a young person, so if I were you, I would use a light touch — and two-pronged attack. The next time your father's fiancée refuses to buckle up, casually mention that the front passenger seat of an automobile is sometimes referred to as the "death

seat" for a reason — that people who have not fastened their seat belts have been known to go headfirst through the windshield. Then change the subject. (Example: "Oh! Did you see that cool red Corvette?")

Your father should also tell her privately that by refusing to buckle up, she's setting a poor example for his child.

DEAR ABBY: How do you stop someone from serving food you don't like? A woman I tutor was nice enough to make me a dish native to her country, and when she asked me if I liked it, I gave her a rave review (to spare her feelings). I really hated it, but now she thinks I love it, and she keeps making it for me.

How can I refuse without hurting her feelings? I don't want to continue to just accept it and have to throw it away.

— WASTING FOOD IN VIRGINIA

DEAR WASTING FOOD: Try this: "You were so kind to make it, and I thank you. But as much as I like it, it doesn't like ME — so I cannot accept it."

It's as close to the truth as you can get without being offensive, and should successfully discourage her from making it in the future.

TODAY IN HISTORY

Today is Monday, Oct. 29, the 302nd day of 2007. There are 63 days left in the year.

Today's highlight:

On Oct. 29, 1929, "Black Tuesday" hit the New York Stock Exchange. Prices collapsed amid panic selling and thousands of investors were wiped out as America's Great Depression began.

On this date:

In 1618, Sir Walter Raleigh, the first major military adventurer and poet, was executed in London.

In 1901, President McKinley's assassin, Leon Czolgoz, was electrocuted.

In 1923, the Republic of Turkey was proclaimed.

In 1940, Secretary of War Henry L. Stimson drew the first number — 158 — in America's first peacetime military draft.

In 1947, former first lady Frances Cleveland Preston died in Baltimore at age 83.

In 1957, former MGM studio boss Louis B. Mayer died in Los Angeles at age 75.

In 1958, the National Organization for Women was formally organized during a conference in Washington, D.C.

In 1967, Expo 67 in Montreal closed after 151 months.

In 1987, following the confirmation defeat of Robert H. Bork to serve on the U.S. Supreme Court, President Reagan announced his choice of Douglas H. Ginsburg, a

nomination that fell apart over revelations of Ginsburg's previous marijuana use. Also, jazz great Woody Herman died in Los Angeles at age 74.

Ten years ago, Chinese President Jiang Zemin met with President Clinton at the White House; the two leaders clashed over China's human rights record, but agreed to end the diplomatic chill between their countries.

The Baghdad government barred Americans from the U.N. disarmament effort in Iraq — a move that outraged chief weapons inspector Richard Butler and prompted him to suspend inspections.

Five years ago: A Minnesota memorial service for the late Sen. Paul Wellstone turned into a virtual political rally as friends and relatives urged Minnesotans to honor his memory by putting a Democrat in his seat.

One year ago: The board of trustees of Gallaudet University, the nation's premier school for the deaf, voted to revoke the appointment of incoming president Jane Fernandes, who had been the subject of protests. A Nigerian Boeing 737 jetliner crashed just after takeoff from Abuja airport, killing 96 of the 105 people on board.

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2" Faux Blinds. Enjoy the look for 1/2 the price! 19 designer colors & shades. All sizes have equal discounts. \$34.00 EA. Starting as low as... Sale Ends 11/20/07. MAGIC BLIND CLEANING.

Common Retirement Mistakes. For many people, retirement is not the stress-free vacation from financial concerns that they envisioned. Bad planning is often the culprit. For the next 10 weeks we will cover the most common mistakes that retirement-age individuals often make or say, try to manage their own financial affairs. Week 5 - INCORRECTLY TITING YOUR ASSETS. It is not uncommon for a client to own accounts that name an estate as beneficiary, fail to list a contingent beneficiary, or that are jointly held. The consequences can be quite severe. Your or your relatives may be dragged into a probate court, creditors may gain access to your wealth, your inheritance might fall into the hands of people other than those whom you intended, and you may incur significant tax consequences. Allow your advisor to conduct a thorough beneficiary review. This series brought to you by: CAPRICORN FINANCIAL STRATEGIES "Planning Income for Life" 1426 Addison Ave. East Suite B Twin Falls, Idaho 83301 (208)736-1971

TO DO FOR YOU

Tobacco cessation

American Cancer Society's "Fresh Start" program to help adults quit using tobacco, six-class sessions from 6:30 to 7:30 p.m. Mondays and Thursdays, today through Nov. 15, in the Sunflower Room at St. Luke's Magic Valley Regional Medical Center's Education Center, 588 Addison Ave. W. in Twin Falls.

"Fresh Start" builds skills to help reduce and eventually end tobacco use: communicate better, handle stress, make decisions, set goals, eat healthy and exercise. The program is sponsored by St. Luke's Magic Valley Regional and South Central Public Health District.

Free. Pre-registration required: Jeanette Charters at 306-5613 or Tamil Pearson at 737-5945.

'Baby and Me'

St. Benedict's Family Medical Center's "Baby and Me" classes, 11 a.m. to noon Tuesdays, at the Jerome Recreation District, 2032 S. Lincoln.

This week's topic is baby on the move. The session is for parents of children from infancy through toddler years. Free; 324-7262.

Childbirth refresher

Childbirth refresher course, 6:30 to 9 p.m. Wednesdays, at the lobby at St. Luke's Magic Valley Regional's downtown campus, 660 Shoshone St. E. in Twin Falls.

Childbirth preparation and procedure will be reviewed, along with a video tour of the Women's and Infant Center.

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

About childbirth

St. Benedict's Family Medical Center's fifth class of the pre-natal childbirth series, 6 to 8:30 p.m. Thursdays, at the Jerome Recreation Center, 2032 S. Lincoln.

Topics will include labor rehearsal, postpartum care and infant cardiopulmonary resuscitation. Bring two pillows, a blanket and, if possible, a support person. Fee is \$5 per class. To register: 324-1122, ext. 3361.

Big Kids Klub

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

The class helps prepare siblings for a new baby. Participants need to bring a photo of themselves. Cost is \$10 per family with one child or \$15 per family with two or more children. Pre-registration required; 732-3148.

Parenting class

St. Benedict's Family Medical Center's "Love and Logic" parenting class, 6:30 to 8:30 p.m. Mondays, Nov. 5 through Dec. 10, at the Jerome Recreation District, 2032 S. Lincoln.

Free. To register: 324-1122, ext. 3361.

About childbirth

St. Benedict's Family Medical

Center's prepared childbirth classes, 6 to 8:30 p.m. Tuesdays, Nov. 6 through Dec. 11, at the Jerome Recreation District, 2032 S. Lincoln.

The six sessions, taught by a registered nurse, will prepare the mother and her labor companion for labor, birth, postpartum care and newborn care. Individual classes may be taken as refresher courses. Bring two pillows, a blanket and, if possible, a support person.

Fee is \$30 for the series or \$5 per class. To register: 324-1122, ext. 3361.

Stroke prevention

Life Line Screening will offer ultrasound tests in Twin Falls, Buhl and Wendell to help people identify their risk of stroke, vascular diseases or osteoporosis.

Appointments will begin at 9 a.m. Nov. 6 at Red Lion Hotel Canyon Springs, 1357 Blue Lakes Blvd. N. in Twin Falls; 9 a.m. Nov. 7 at Eighth Street Center, 200 Eighth Ave. N. in Buhl; and 9 a.m. Nov. 8 at American Legion Hall, 610 E. Main St. in Wendell.

Cost is \$149 for a wellness package, including the carotid artery, abdominal aortic aneurysm, ankle brachial index and osteoporosis screenings. All four screenings take less than an hour. Pre-registration required. Appointments: 1-800-697-9721, 1-800-379-3659 or 1-877-237-1287.

Diabetes screenings

Magic Valley Diabetes Coalition will offer free "Head to Toe" diabetes screening clinics at five locations.

Eye screenings, foot check-ups, hemoglobin A1c tests and nutrition education will be available for people with diabetes. The screenings will be held in conjunction with South Central Public Health District's flu clinics.

The American Diabetes Association and the Idaho Diabetes Prevention and Control Program recommend that people with diabetes receive a dilated eye screening and a neurosensory foot examination at least once a year, organizers say.

Appointments are required. Clinics will take place at:

- Rupert: 9 a.m. to noon and 1 to 4 p.m. Nov. 13, Health District office, 1218 Ninth St.; 436-7185.
- Albion: 10 to 11:30 a.m. Nov. 14, senior center, 424 W. Market St.; 678-8221.
- Malta: 1:30 to 3:30 p.m. Nov. 14, Raft River Rural Electric, 155 N. Main; 678-8221.
- Wendell: 9 a.m. to noon Nov. 15, Wendell Housing Association, 105 W. Ave. A; 934-4477.
- Twin Falls: 9 to 11 a.m. and 1:30 to 3 p.m. Nov. 16, Health District office, 1020 Washington St. N.; 737-5962 or 737-5968.

"To do for you" is a listing of health-related activities, events and education. Submit information by Thursday for publication in the following Monday's Image section. E-mail notices to raman@magvalley.com.

The better to eat with, my dear

By Kathleen How
The Washington Post

While people can't grow rows upon rows of new teeth, as sharks can, a few people can surprise their dentist with an extra four or more wisdom teeth beyond the standard one to four.

An X-ray, posted on the blog of Dean Brandon, a dentist at Albarran Pediatric Dental Associates and Orthodontics in Huntsville, (www.cyberdentist.blogspot.com), offers proof.

"It's kind of unusual to have four (extra wisdom teeth) all like that," Brandon says. Don Joondeph, former president of the American Association

of Orthodontists, agrees but says, "In my practice I've seen them at least 20 times in the last 30 years."

The problem is fitting them in.

Most mouths don't have room for four wisdom teeth, let alone eight. Plus, added molars may not erupt properly or may develop a cyst. A sac of fluid that can swell and displace teeth, Brandon says. That's why oral surgeons remove 95 to 98 percent of wisdom teeth.

Wisdom teeth usually start forming at about age 10 and often are extracted when the mouth stops growing, between ages 16 and 22, Brandon says.



A light afternoon nap might provide a biological benefit.

Nap

Continued from page D1
nap might be good.

The new study tested nine healthy volunteers who did not usually nap. After sleeping for four hours the night before, each was hooked up to check for blood pressure under three conditions. In two sessions the volunteers relaxed, one time standing and once lying down, but didn't sleep. In the third session, the subjects fell asleep for no more than an hour.

The researchers found a significant drop in blood pressure when the volunteers slept, but not when they merely relaxed. And the drop in blood pressure when they napped occurred in that sleepy window of time right before falling asleep, not during the nap itself.

It's the brief period of anticipation of the coming snooze where cardiovascular benefits take place. Just lying awake, even if relaxed, does not do the trick, says Greg Atkinson, chronobiologist with the Research Institute for Sport and Exercise Sciences at Liverpool John Moores University, and an author of the study.

That makes sense to Downey. "Anything you gain in (a restful state) would be magnified by going to sleep," he says. But he cautions that for a nap to result in increased alertness, it probably should last 20 to 30 minutes.

"With a light nap, you get that soothing, biological benefit, but you don't have to fight your way back to consciousness," he says. That's because brain waves slow considerably as you get

drowsy, more so when you sleep. But after about 30 or 40 minutes, the brain goes into still-deeper sleep, and waking can make a person feel more groggy than rested.

Younger children, and adults who are sleep deprived, go into deeper stages of sleep quicker, so a short nap for them might be more likely to result in a groggy-awakening. And insomnia are generally advised not to nap, Downey says, to give them a better shot at sleeping at night.

Inadequate sleep — seven to eight hours is recommended for the average adult — as well as disorders such as sleep apnea are pervasive in American society, and people who feel sleepy throughout the day should talk to their physician, says Michael Twery, director of the National Center on Sleep Disorders Research at the National Heart Lung and Blood Institute. "If sleepiness is affecting what they do, controlling their lives, or if they wake up with morning headaches, maybe they need a medical evaluation," he says.

But for healthy people who get a good night's sleep, the human circadian clock is set to want a brief nap in the early afternoon. It feels good, and it just might be good for the heart, to indulge that post-lunch loss of energy. Go ahead. Put your feet up and close your eyes.

Bicycles and bones

Cyclists see bone density suffer

By Jeannine Stain
Los Angeles Times

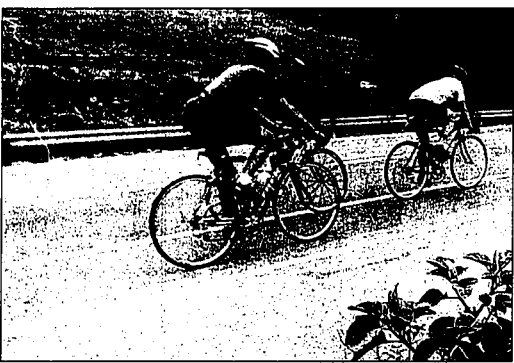
Cycling is terrific exercise, hitting the cardiovascular system and major muscle groups simultaneously — but it may not be the best thing for building strong bones. Compared with male runners, male cyclists appear more likely to have lower-than-normal bone density.

"You would think that cyclists are very healthy, because they spend all those hours training," says Pam Hinton, associate professor of nutritional sciences at the University of Missouri-Columbia and co-author of a study accepted for publication in the journal *Metabolism*. "In other aspects they are — cardiovascular health and body composition. But in this one aspect, they're not doing so well."

The study tested the bone mineral density of 27 cyclists and 16 runners ages 20 to 59 who had engaged in their sport a minimum of six hours a week for at least two years. Hinton controlled for diet, past exercise and weight training. Whole body scans and blood tests showed that 63 percent of cyclists had osteopenia of the spine or hip, compared with 19 percent of the runners.

Osteopenia is bone mineral density that's lower than normal but not so low to be considered osteoporosis, or very low bone mineral density. Not all who have osteopenia will develop osteoporosis, and treatment isn't always required.

Some of those with osteopenia were in their 20s and 30s, and that was pretty alarming



Bone density increases more from impact exercise such as running or soccer than from cycling.

to me," Hinton says. "I thought I'd just see it in guys who were older and had been riding for years."

In general, men may not be as much at risk for low bone density as women — especially postmenopausal women. But Hinton says they should be concerned, because osteopenia can lead to osteoporosis and injuries such as hip fractures.

Bone cells are surrounded by fluid that, when hit with an impact force, moves back and forth. That action signals to the bone cells to add more mass. "You lose bone mass quickly if there isn't some kind of mechanical loading on the bone," Hinton says.

That, she adds, best comes from movement involving impact — running, playing basketball or soccer, or doing plyometric exercises such as jumping.

Weight training also can exert force on the bone, says Hinton, but not as much as during impact, perhaps accounting for the lower bone mineral density in cyclists. Some of the study participants protested that the muscle contractions that occur when pedaling and standing on the pedals should account for some impact. "But the pedal is moving with you," she says. "You don't have the earth resisting your body."

Hinton recommends that

cyclists add a little variety to their workouts to help increase bone density: running, playing basketball, jumping rope or doing plyometrics a couple times a week.

"When you're young, you should be maximizing your bone density," she says, "and as you get older, exercise slows the rate of loss. So it's really important, no matter where you are in your life, to be doing some kind of bone-loading exercise."

Stiff bones
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Dr. Kent Allen and Dr. Shannon Widmer, Owners of Pleasant Cove Dental, would like to address reasons why we are not contracting dentists, or preferred providers, with any of the many dental insurance programs.

Q: Why do insurance companies promote PPOs?
A: The primary reasons are to sell their insurance and to limit their liabilities, the amount they have to pay on claims. Their interest is not better dental care, but rather maximizing profit, that's all.

Q: Are PPOs discriminatory?
A: Yes. Dentists contracting with insurance companies still discriminate against patients not on PPOs by offering discounts of 5% to 20% or more to PPO patients while requiring non-PPO patients to pay the full fee. We believe that fees should be the same for all patients.

Please contact our office with any questions:
draandw@cablone.net • 423-6444
702 Center St. West • Kimberly, ID

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