



SHAPING UP

Student shedding pounds, gaining confidence.

IMAGE, D1



C'S MOVE ON, JAZZ HIT SOUR NOTE

Boston routs Atlanta while Utah loses Game 1 to L.A.

SPORTS, B1



DEADLY CRASH

One dead, two injured in Gooding County wreck.

MAGIC VALLEY, A5

Good Morning

High: 75
Low: 46

Partly cloudy and warm.
Details: B4

Times-News

MONDAY
May 5, 2008
75 cents

MagicValley.com

"I would hope that since (increased longevity) is a nationwide statistic, that it would trickle down to people in the state of Idaho. Does it always? Probably not."

— Mike Tatko, a spokesman for private insurance provider Regence Blueshield of Idaho

LONGEVITY FALLING FLAT



Kay and Myrie Bowcott, of Buhl, socialize with friends at the West End Senior Citizens Center Sunday afternoon in Buhl. A recent study found that in some pockets of the nation, including some areas in the Magic Valley, people are bucking trends of living longer lives.

Life expectancy in some areas of M.V. not rising with national average

By Cassidy Friedman
Staff writer

Conventional wisdom holds that Americans are living longer every day.

That wisdom stands, unless you live in certain parts of the Magic Valley and other pockets of the country where people suffer from heavy smoking, high blood pressure and obesity, according to a county-by-county report released last week by the Harvard School of Public Health and the University of Washington.

The longevity for Magic Valley men has flattened out, if not risen very slightly, while the life expectancy of Mini-Cassia women has dipped a small amount, according to one of the report's authors.

County	Life expectancy at birth (in years)			
	1980	1981	1999	1981
Twin Falls	74.93	71.96	80.15	79.95
Cassia	74.09	72.19	79.26	80.08
Minidoka	74.09	72.19	80.33	80.08
Jerome	75.74	72.30	80.33	79.71
Blaine	78.68	72.73	83.12	79.68
Gooding	75.71	72.30	80.33	79.71
Camas	78.68	72.73	83.12	79.68

— Source: Harvard School of Public Health (HSPH) and the University of Washington



MagicValley.com

See a searchable database of all U.S. counties' life expectancies from the 1960s to 1999.

These changes are so small, in fact, that given their small populations, longevity here may be stagnating.

Overall life expectancy in the U.S. has risen steadily — by more than seven years

to 74.1 for men, and by more than six years to 79.6 for women between 1960 and 2000. In the early 1980s, life expectancy continued to climb for most of the country, but south-central Idahoans — women in particular — missed out.

From 1961 to 1983, the length of the average life in Magic Valley counties leapt with national trends, along with a decline in cardiovascular deaths for both genders.

Please see LONGEVITY, Page A3

Alaska's capital caught in an energy crunch

Juneau residents going to great lengths to save energy after transmission lines cut

By Anne Saiton
Associated Press writer

JUNEAU, Alaska — First, there was a run on energy-efficient light bulbs. When those ran out, people began asking

for lamp oil. But when they started demanding clothespins in this land of mist and rain, it was clear Alaska's capital city was caught in a serious energy crunch. "We sold all our clothespins

the first day," said Doug White, general manager at Don Abel Building Supplies. "I don't think kids even knew what they were for, but they're learning now."

Analyses earlier this month knocked down transmission lines and cut off Juneau's source of low-cost hydroelectric power. Threatened with a fivefold increase in

utility bills, Juneau quickly powered down.

Stores, though open, went partially dark. Neon signs were switched off and vending machines unplugged. At home, residents of this former Gold Rush town began living a little bit like pioneers, dusting the snow off the grill, stringing

Please see CRUNCH, Page A4

Idaho volunteers looking to give disfigured eagle a bionic beak

Bird had part of her beak shot off several years ago

By Nicholas K. Geramios
Associated Press writer

ST. MARIES — The eagle is named Beauty, although she is anything but. Beauty's beak was partially shot off several years ago, leaving her with a

stump that is useless for hunting food. A team of volunteers is working to attach an artificial beak to the disfigured bird, in an effort to keep her alive. "For Beauty it's like using only one chopstick to eat. It can't be done" said biologist Jane Fink Cantwell, who operates a raptor recovery center in this Idaho Panhandle town. "She has trouble drinking. She can't preen her feathers. That's all about to change." Cantwell has spent the past two years

assembling a team to design and build an artificial beak for Beauty, and it is due to be attached next month. With the beak, the 7-year-old bald eagle could live to the age of 50, although not in the wild.

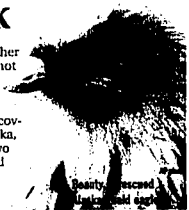
"She could not survive in the wild without human intervention," Cantwell said.

The 15-pound female eagle was found in 2005 scrounging for food and slowly starving to death at a Dutch

Harbor, Alaska, landfill. Most of her curved upper beak had been shot away, leaving her tongue and sinuses exposed, and she could not clutch or tear at food.

Beauty was taken to a bird recovery center in Anchorage, Alaska, where she was hand-fed for two years while her caretakers waited in vain for a new beak to grow.

Please see EAGLE, Page A4



Supreme battling

Justice Horton seeks first win after joining high court last year

By Cassidy Friedman
Staff writer

Idaho Supreme Court Justice Joel Horton — who was appointed to the bench last September by Gov. C.L. "Buckie" Otter — disagrees with nearly all of the fiery contentions made by his opponent in an upcoming election.

It's not that Horton, for example, rejects the principles behind 2nd District Judge John Bradbury's calls for overhauling the district courts. And the two judges agree many counties waste resources and that it's within the scope of the Idaho Supreme Court to impose changes.



Bradbury, however, argues the justices have dragged their feet by not stepping in on issues.

"The average person cannot afford the legal system today," Bradbury said. "And there are lots of things that can be done to correct that. None of which the Supreme Court has shown much interest in."

Please see JUDGES, Page A3

Straddling the fence

Its future uncertain, barrier on the border going up quickly

By Eileen Sullivan
Associated Press writer

WASHINGTON — The U.S. fence along the Mexican border is less a wall than a stuttering set of blockades: half barrier, half gaps.

Americans are split pretty much the same way: half in favor, half against, passionate on both sides when it comes to the idea of erecting a wall to keep people from entering the country illegally.

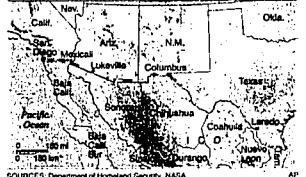
It can seem a shaky foundation as the United States rushes to complete the fencing on nearly 700 miles of the border by the end of the year. That's when a new administration arrives in the White House with its own ideas about security, freedom, the 11 million illegal immigrants already here and the prospect of many more on the way.

Nearly half complete, the multibillion-dollar fence project stretches from the Pacific surf at Tijuana to the Gulf of Mexico near Brownsville, Texas. The messages it sends are decidedly mixed.

Please see FENCE, Page A3

Border fence nearing completion

By year's end, the remaining sections of a security fence are expected to be built — totaling 670 miles of fencing along the border.



SOURCES: Department of Homeland Security, NASA

TODAY'S HAPPENINGS

BUSINESS

"Wingate by Wyndham" Hotel Chamber of Commerce Ribbon Cutting, 4:30 p.m., 379 Crossroads Point Blvd., Twin Falls/Jerome, (208) 644-1200.

CLUBS AND ORGANIZATIONS

Dilettante Group of Magic Valley annual meeting and no-host dinner, with election of officers; dues-paying members eligible to vote, 7 p.m., Maxie's Plaza, 170 Blue Lakes Blvd., Twin Falls, 734-5511.

FAMILY

"Special Parents - Special Kids" support group, for parents of children with special needs; free childcare available, 6 to 8:45 p.m., meal served and 1 p.m. meeting, Twin Falls Reformed Church, 1631 Grandview Drive N., (corner of Grandview Drive North and Pole Line Road), no cost, (donation for meal), 733-6128; summer schedule: 733-9060.

GOVERNMENT

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

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

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

Twin Falls City Council, 5 p.m., council chambers, 305 Third Ave. E., 735-7274, (TFID.org).

Ketchum City Council, 5:30 p.m., City Hall, 480 E. Ave. N., 726-3841.

Halley Planning and Zoning Commission, 6:30 p.m., courthouse, 206 First Ave. S., 788-5570.

Dietrich City Council, 7 p.m., City Hall, 103 S. Main, 544-2102.

Gooding City Council, 7 p.m., City Hall, 308 Fifth Ave. W., 934-5669.

Hansen Community Library Board, 7 p.m., library, 120 W. Maple, 423-5158.

Jerome County Planning and Zoning Commission public hearing, 7 p.m., courthouse, 300 N. Lincoln, 324-9116.

Twin Falls County Parks and Waterways Advisory Board, 7 p.m., 450 Sixth Ave. W., 734-9491.

Acquila City Council, 8 p.m., Acquila Automotive, 20602 F St., 436-6775.

HEALTH AND RECOVERY

Fit and Fall Proof Exercise Class, 10:30 to 11:30 a.m., Ageless Senior Citizens, Inc., 301 Main St. N., Kimberly, no cost, 737-5988.

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.

Choices for Recovery, a non-traditional, 12-step spiritual program open to all faiths, issues and addictions, 4 to 5:30 p.m., west conference room, Minjodka Memorial Hospital, Rupert, no cost, 431-3741 or 431-9527.

ON THE AGENDA

TUESDAY

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

Blaire County commissioners, 9 a.m., courthouse, 206 First Ave. S., Halley, 788-5500.

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

Alfalfa City Council, 7 p.m., community center, 124 S. Main, 673-5352.

Burley City Council, 7 p.m., City Hall, 1401 Overland Ave., 878-2224.

Jerome City Council, 7 p.m., council chambers, 100 E. Ave. A, 324-8189.

Kimberly Zoning Commission, 7 p.m., community center, 120 Madison W., 423-4151.

Rupert City Council, 7 p.m., City Hall, 624 F St., 436-9600.

Shoshone City Council, 7 p.m., City Hall, 207 S. Rail St. W., 886-2030.

Filer City Council, 7:30 p.m., City Hall, 300 Main St., 326-5000.

WEDNESDAY

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

Castelford City Council, 7 p.m., City Hall, 342 Main, 537-6544.

Glenns Ferry School Board, 7 p.m., district office, 820 Old Highway 30, 866-7436.

Hagerman City Council, 7 p.m., City Hall, 191 State St. N., 837-6636.

THURSDAY

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

Sun Valley Planning and Zoning Commission, 9 a.m., City Hall, 81 Elkhorn Road, 622-4438, 2nd and 4th thru.

Sun Valley City Council, 3 p.m., City Hall, 81 Elkhorn Road, 622-4438.

Jackpot Advisory Board, 6 p.m., Jackpot Library, 2301 Progressive Drive, 775-755-2266.

Belleuve City Council, 7 p.m., City Hall, 115 E. Poplar, 789-2128.

Fairfield City Council, 7 p.m., City Hall, 407 Soldier Road, 764-2333.

Murtaugh Highway District, 7 p.m., district office, 108 W. Archer, 432-5469.

Oakley City Council, 7 p.m., city office, 200 W. Main, 862-3313.

Twin Falls County Planning and Zoning Commission, 7 p.m., 246 Third Ave., 734-9490.

Mindoka City Council, 7:30 p.m., City Hall, 402 Cherry St., 431-4101.

FRIDAY

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

Times-News

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MORNING BRIEFING

AROUND THE WORLD

ISRAEL

Israeli PM Olmert says new police probe won't affect peace agenda

JERUSALEM — Prime Minister Ehud Olmert said Sunday that he would not let a new police investigation into his conduct prevent him from doing his job — his first public comments on a probe that has threatened to further weaken him politically as he tries to make peace with the Palestinians.



Olmert

Olmert was questioned at his Jerusalem residence on Friday in connection with the case, whose content has been subjected to a court gag order. U.S. Secretary of State Condoleezza Rice's arrival in the region this week and heightened concerns that Olmert might be left too weak to shepherd through a peace deal that would require Israel to cede long-held land to the Palestinians.

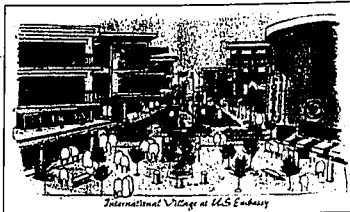
The investigation is the fifth against Olmert since his government took office exactly two years ago, and the latest in a longer string of probes to dog him during his three decades in politics. He has not been charged in the most recent corruption investigations, and has never been convicted of any wrongdoing.

IRAQ

Green Zone makeover? U.S. blueprint looks to go ultra-modern

BAGHDAD — Forget the rocket attacks, concrete blast walls and lack of a sewer system. Now it's time to knock the luxury hotels, a shopping center and even condos in the heart of Baghdad.

That's all part of a five-year development "dream list" — or what some dub an improbable "bubble" — that the U.S.-protected Green Zone from a walled fortress into a centerpiece for Baghdad's future.



International Village at U.S. Embassy

In this updated image released by the U.S. military, planners envision an international village inside the U.S. embassy complex in the Green Zone in Baghdad, Iraq. The U.S. military is posing a five-year, \$5 billion development plan to dramatically transform Baghdad's Green Zone, the secured enclave where the American Embassy and the Iraqi government is based. The Associated Press has learned. Hotels, a shopping center, condos and a soccer stadium are all envisioned in the plan, which its creators call a 'dream list' and its critics say is beyond the realm of possibility for a nation at war. (See story below.)

But the \$5 billion plan has the backing of the Pentagon and apparently the interest of some deep pockets in the world of international hotels and development. The lead military liaison for the project told The Associated Press.

For Washington, the driving motivation is to create a "zone of influence" around the new \$700 million U.S. Embassy to serve as a kind of high-end buffer for the compound, whose total price tag will reach about \$1 billion after all the workers and offices are relocated over the next year.

"When you have \$1 billion hanging out there and 1,000 employees living around your kind of want to know who your neighbors are. You want to influence what happens in your neighborhood over time," said Navy Capt. Thomas Karmowski, who led the effort that created the development plan.

ZIMBABWE

Teachers say they are targets following election

HARARE — Educators have become targets in Zimbabwe's postelection violence, as teachers union said Sunday, threatening a nationwide strike unless the government stops the attacks.

The Roman Catholic Justice and Peace

Commission also protested political violence and called on the United Nations and African Union to pressure a planned presidential runoff. In a statement to coincide with Sunday services, the Catholic human rights body said the Zimbabwe Electoral Commission could no longer be relied on as a "neutral and nonpartisan electoral umpire" after its five-week delay in announcing final results of the March 29 national election amid witness reports of politically motivated murder, abduction and torture.

"All fair-minded Zimbabweans have lost faith and confidence in ZEC which can no longer be trusted to superintend a runoff," the commission said.

Zimbabwe's opposition and international and local human rights groups have accused the ruling party, its military allies and the army of waging a campaign of terror since President Robert Mugabe came in second in the March 29 vote.

Debris was reported in a window about eight stories high at the AT&T building that faces the courthouse.

Authorities said that surveillance cameras outside the building may provide information, but that no cameras directly face the doorway.

MISSISSIPPI

Investigators focus on boiler in paper mill blast that killed 1, injured 17

JACKSON — Investigators hoping to determine the cause of a deadly explosion at a paper mill must wait to make sure that a boiler being restarted when the blast occurred is safe, the company said Sunday.

At least 400 International Paper Co. employees, including contractors, were on site Saturday when the explosion tore through mill in Redwood, about 30 miles west of Jackson. One worker was killed and 17 others were injured.

The boiler had been shut down for annual maintenance before the blast. "We're in the process of making sure the boiler is safe to access so we can begin to investigate the cause and assess the damage and repair needs," the company said in a statement. "We've met with employees and will continue to do so. Key priority is making sure employees who are working can do so safely and stay focused."

— The Associated Press

TODAY IN HISTORY

Today is Monday, May 5, the 126th day of 2008. There are 240 days left in the year.

Today's Highlight: On May 5, 1961, astronaut Alan B. Shepard Jr. became America's first space traveler as he made a 15-minute sub-orbital flight in a capsule launched from Cape Canaveral, Fla.

On this date: In 1816, political philosopher Karl Marx was born in Prussia.

In 1821, Napoleon Bonaparte, 51, died in exile on the island of St. Helena in the South Atlantic.

In 1891, Carnegie Hall (then named "Music Hall") had its official opening night in New York City.

In 1904, Cy Young pitched the American League's first no-hitter game as Boston Americans defeated the Philadelphia Athletics, 3-0.

In 1925, John T. Scopes was arrested in Tennessee for teaching Darwin's theory of evolution.

In 1945, In the only fatal attack of its kind during World War II, a Japanese balloon bomb exploded on Gearhart Mountain in Oregon, killing the pregnant wife of a minister and five children.

Ten years ago: An experienced Secretary of State Madeleine Albright called the Iraqis to sign a handover of an additional 13 percent of the West Bank to the Palestinians, on top of the 27 percent already relinquished; Israel, however, continued to balk at the proposal.

HOROSCOPE BY JERALDINE SAUNDERS

IF MAY 5 IS YOUR BIRTHDAY: In July and early August you are in top form. Your business savvy is at an all-time high, but because you are open-minded and wise beyond your years, you attract good luck and good fortune. Do not let your judgment as an officer and you may end up saddled with something that holds you back. ARIES (March 21-April 19): During the next month you might be more concerned with issues than with your personal appearance. You always want to look your best, but you might find that it takes extra funds to do so properly. TAURUS (April 20-May 20): There is a new moon in your

sign and because you are feeling a bit self-important during this lunar shift, you might stand up for your rights at the very worst time. Avoid impetuous disagreements. GEMINI (May 21-June 20): Write down your inspirations and ideas. Do not let your future creative project or just store them for a rainy day. You might find it difficult to promote your ideas to others this today. CANCER (June 21-July 22): Take your time. Do not let superchargeth your goal-making slide. Make a list and prioritize long- and short-term goals. The cold shoulder you have been getting will thaw soon. LEO (July 23-Aug. 22): During this upcoming month-long cycle, you may become more concerned with your standing in public. If you do not trust others, or feel that they do not trust you, you

could make waves at the wrong time. VIRGO (Aug. 23-Sept. 22): Retreating into a world of the imagination won't help you sustain key relationships. People may misunderstand if you are vague and indecisive. Do not let an important power move pass you by. LIBRA (Sept. 23-Oct. 22): This isn't the time to foist these rules onto others, but a good time to develop a new regimen for your own sake. You need to learn the difference between a passing emotion and heartfelt change. SCORPIO (Oct. 23-Nov. 21): Develop trust. Today's new moon draws attention to crucial relationships and if you focused on making other people feel secure, your reliability could be questioned. SAGITTARIUS (Nov. 22-Dec. 21): If you have made a commitment to swing the bat,

the time to step up to the plate. Even though your favorite companions might disagree about the results, they still expect you to follow through. CAPRICORN (Dec. 22-Jan. 19): You must commit yourself one way or the other even if it means giving up a bit of security. New creative endeavors or entertainments tend to be in store this month. AQUARIUS (Jan. 20-Feb. 18): If you go to great lengths to please, you may end up at the end of your rope. Don't overlook the charm and pleasures of simply being on the next-to-last in a 20-hour field to win the Kentucky Derby.

Longevity

Continued from page A1

For example, in 1981 the life expectancy for women in Mini-Cassia showed an increase from age 74 to age 80, from data collected over two decades.

"Now they are catching that (cardiovascular deaths) early," said Mike Tatko, a spokesman for private insurance provider Signature BlueShield of Idaho. "But starting in the early 1980s, smoking, obesity and high blood pressure 'caught up with it,' he said of national trends. Those factors contributed — especially to women, the report says. HIV conversely has lowered men's longevity more

than women's. In Mini-Cassia, the 1999 report found there was a decline in longevity, back to just over age 74. "I would hope that since (increased longevity) is a nationwide statistic, that it would trickle down to people in the state of Idaho," said Tatko. "Does it always? Probably not. Not every body has access to health care."

"Beginning in the early 1980s the differences in death rates among/across different counties began to increase," the report says. "The worst-off counties no longer experienced a fall in death rates, and in a sub-

stantial number of counties, mortality actually increased, especially for women."

Magie Valley's smaller population areas make statistical certainty more difficult, according to the report's authors.

"In areas of relatively small population we cannot be certain of changes unless they are very large," said Ari Friedman, one of the authors. "So Twin Falls County did increase, but we cannot be certain that the change was greater than zero."

Bucking the national trends might not just be bad because we die younger.

Private health insurance companies apply those trends to decide how much to charge for premiums, Tatko said.

"Because sick people are living longer, insurance companies have raised their premiums — although not across the board — higher than the national average. "We have the ability to keep ill people alive because of technology," Tatko said.

The report, however, examines overall longevity. Tatko is referring to longevity only for the sickly.

Cassidy Friedman may be reached at 208-735-3241 or cfriedman@magicvalley.com.

Judges

Continued from page A1

Horton will face Bradbury in the May 27 election. There is no primary and the election is final. Bradbury has garnered negative points in the Idaho State Bar Court, including Horton. Horton, a former Twin Falls County prosecutor, defends the court and its decisions, and doesn't want issues raised by Bradbury to cloud the race.

"Obviously I have the support of the governor and I very much appreciate his support," Horton said. "I can tell you from my own perspective I very much don't want to turn into a third-party partisan race. I would prefer the voters to be voting for me on my ability as a judge."

Meanwhile, Horton, 48, who lives in Boise, said coun-

ties should be allowed to set up their own night courts, keep their courthouses open on weekends so people called into court don't forgo a day's pay, and to run video conferences in lieu of visiting the courthouse.

"It's true (the Supreme Court hasn't done that)," said Horton. "I think that any sort of decision should be a function of need."

Instead of the Supreme Court sending unfunded mandates to county commissioners, the justices should be allowed to work on improving their own inefficiencies, Horton said.

The issue of wasting resources is important to Bradbury, 71, and once brought him out of retirement. Bradbury was deputy prosecutor for Twin Falls County from 1986 to 1988

before becoming an Ada County magistrate judge. In 1995, he was appointed to district judge and re-elected three times.

In 2002, when an incumbent judge retired, Bradbury ran on a similar platform and took the bench in the second district in January 2003. Using video conferences instead of coming to court cut 90 percent of the counties' costs in that second district for those cases, he said.

A turn in the race could come after a poll of the candidates from the Idaho State Bar members is conducted.

Bradbury also said he's running to disrupt an entrenched culture that "starts at the top." He said Otter appointed Horton to replace Linda Coppel Trout — who along with Chief Justice Gerald Schroeder,

retired early — to ensure a partisan appointment.

But Horton said Bradbury's notion that he was appointed to represent a party on the bench doesn't add up. According to Horton, Coppel Trout had previously said she was a Democrat; Horton said he is undecided; and Otter is Republican.

Fence

Continued from page A1

For Rep. Peter King, the New York Republican who wrote the legislation to build the fence, the message is simple: Don't sneak into America; we are taking control of our borders.

For others, the fence is inconsistent with a country founded by immigrants and priding itself on opportunity.

Homeland Security Secretary Michael Chertoff says it's simply a new law enforcement device, part of a multipronged crackdown on the flow of illegal immigrants. The government also has hired more border agents, stepped up enforcement nationwide and increased penalties for those who don't follow the law.

"I don't invest in the fence with the iconic significance that some people place on it," Chertoff says. "To some people, it is a be-all and end-all of controlling the border. To some people, it is a symbol of — the Berlin Wall. I think it's a tool."

The concept of a border fence took on new life after the Sept. 11, 2001 terrorist attacks, which revived the heated immigration debate. Intelligence officials have said the holes along the southwest border could provide places for terrorists to enter the country.

About 317 miles of the southwest border fence have

been built, with plans for another 353 miles by the end of the year. Longer term, there are plans for physical fencing or surveillance and detection technology along the entire 2,000-mile border by 2010.

An Associated Press-Ipsos poll last month found Americans just about as split as they could be: 49 percent in favor of the fence, 49 percent opposed. Tellingly, a majority of 55 percent think it won't fix the problem.

Congress already has allocated \$2.7 billion for fence construction, and there's no estimate how much the entire system — the physical fence and technology — will cost to build, let alone maintain.

The new construction lines the completion of a nearly solid stretch from San Diego to Yuma, Ariz.; a new section extending several miles in each direction from Lukeville, Ariz.; additional lengths flanking Nogales,

Ariz., and Columbus, N.M.; extension of the current barrier at El Paso; new sections near the Texas border towns of Esperanza, Presidio, Del Rio and Eagle Pass, and a dotted line of fence stretching from Roma to past Brownsville.

Border fences have been sprouting across California, Arizona, New Mexico and Texas for decades — dating to the 1940s, when the International Boundary and Water Commission built 234 miles of fence to keep out foot-and-mouth disease.

As a result, the U.S. fence is a patchwork of old and new construction and in varying states of repair; the only consistency is a uniform ugliness.

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(Spring, 2009)

Crunch

Continued from page A1

clotheslines in the backyard and flicking off their TV sets. Within a week, electrical usage across town was down as much as 30 percent.

Energy conservation is a hard sell in much of the U.S., but Juneau has proved that people will change their ways if the financial incentives are big enough.

"Turn off, turn down, unplug," said Sarah Lewis, chairwoman of the Juneau Commission on Sustainability. "That's what everyone is doing and being vigilant about and commenting when others are not."

The April 16 snow slides that roared out of the mountains some 25 miles southeast of town uprooted transmission towers and plowed through 1.5 miles of high-voltage lines that link this largely isolated community of 30,000 to the Snettisham hydroelectric dam. (The Legislature had already ended its session, and most lawmakers had gone home.) As back-up diesel genera-

tors shouldered the load, the electric company began warning customers that life in Juneau — already expensive — was about to get a lot more so.

With oil prices reaching a record \$120 a barrel, Alaska Electric Light and Power said customers might have to pay for an extra \$25 million in diesel over the three months it would take to repair the lines. The utility warned that rates would probably leap from an average of 11 cents per kilowatt-hour to more than 50 cents, or about five times the 10.3 cents that is the national average.

Conversations all over town turned from the governor's new baby and the leg-islative session to kilowatt hours, tariff rates and saving energy.

Heidi Graves said her 16-year-old son, Levi — the one who never would turn off his Nintendo — was the first to get on board. He was worried that the family of 10.3 would have to cancel its vacation next August.

Levi multiplied the electric bill by five and came up with \$950. "It's more than our house payment," said his mother.

New members of the Graves family eat dinner by candlelight, do dishes by hand, plan to dry their clothes on a rack by the wood stove, and limit their time on the computer. "My husband has bruised himself and tripped over the dog just to get the lights off," Graves said.

Graves also ordered a history of past electrical use so that the family could ferret out which appliances were the real power hogs, and they learned how to read their own electric meter, which they are now doing several times a day.

Though the Graves heat solely with wood, perhaps one in five houses in Juneau is wired for electric heat because hydroelectric power is relatively cheap and natural gas is unavailable.

In part because Juneau is so far removed from the Lower 48 and is inaccessible

by road, its cost of living is 34.5 percent higher than that of the average U.S. city, and its housing costs are 50 percent higher, according to a survey of 300 American cities. Even an oil change is \$60, twice what it costs in many places down south.

Residents will see the sobering new rates on paper — and the early results of their conservation efforts — when the first electric bills begin arriving in mailboxes Friday.

Energy expert Allen Meier of California's Lawrence Berkeley National Laboratory is visiting Juneau this week to offer advice on the crisis. He said the closest comparison may be Brazil in 2001, when severe drought gripped the hydropower-dependent country. Brazilians were told to reduce their electricity usage by 20 percent or be disconnected. "In two months, the whole country cut their demand by 20 percent and they never really returned to the same level of consumption after that," Meier said.

Sea lions shot dead on Columbia River as salmon battle rages

PORTLAND, Ore. (AP) — Six federally protected sea lions were apparently shot to death on the Columbia River as they lay in open traps put out to ensnare the animals, which eat endangered salmon. State and federal authorities are investigating.

The discovery came one day after three elephant seals were found shot to death at a breeding ground in central California.

Trapping will be suspended during the investigation, said Rick Hargrave, a spokesman for the Oregon Department of Fish and Wildlife who was at the scene Sunday.

The carcasses of the four California sea lions and two Steller sea lions were found Sunday around noon below the Bonneville Dam on the Columbia River on the border of Oregon and Washington.

The six animals appear to have been shot by somebody on the Washington side during the night, said Brian Gorman, a spokesman for the National Marine Fisheries Service.

Eagle

Continued from page A1

"They had exhausted their resources and she would likely be euthanized," Cantwell said.

After getting complicated permits from the federal government, Beauty was taken in 2007 to Cantwell's Birds of Prey Northwest ranch near St. Maries, Idaho, about 50 miles southeast of Spokane, Wash.

Shortly after, Cantwell was speaking in Boise, where Nate Calvin heard the story of Beauty. Calvin, a mechanical engineer, approached her afterward and offered to design an artificial beak.

From there, Cantwell started adding volunteers, including a dentist, veterinarian and other experts.

Molds were made of the existing beak parts and scanned into a computer, so the bionic beak could be created as accurately as possible. The nylon-composite beak is light and durable, and will be glued onto the eagle.

"They did not want to screw the new beak onto the stump of the remaining beak because the stump was so close to the brain and eye that it was risky," Cantwell said. But if the glue fails, screws will be tried, she said.

Either way, the beak won't be strong enough to allow Beauty to cut and tear flesh from prey. But it will help her to drink water, and to grip and eat the food she is given.

The new beak will be yellow, and look as natural as possible. That's because beauty has the potential to breed, and also to be a foster mother for orphaned eagles.

Fashioning the beak was very slow because it must fit snugly over jagged injuries. The gunshot tore off most of her upper beak, while leaving her lower beak.

"One side has much greater damage than the other," Cantwell said. "It's not as simple as a quick,

snap-off-of-beak, 90 degrees and flush."

Cantwell currently feeds Beauty, often with strips of salmon dropped into her mouth with a forceps. The bird, which has a 6-foot wingspan and lives in an outdoor aviary, will continue to be fed by humans.

The successful attachment of a prosthetic beak is not unheard of, but it remains rare, said Dr. Julia Ponder, executive director of The Raptor Center at the University of Minnesota.

"Not enough of these have been done out there to say, yes, it can be done successfully," Ponder said. "Whether or not it will be functional is a question."

Dr. Erik Stauber of the nearby Washington State University-veterinary hospital in Pullman does not have a lot of faith the artificial beak will work.

"It's a valiant effort to do something," Stauber said. "We have no experience with it."

"While birds of prey are notoriously selfish around humans, Beauty has become somewhat comfortable with people. She allows herself to be carried by Cantwell, and also lies on examination tables while she is poked and prodded by those making the beak.

"She laid on the table for nearly two hours, fully conscious, knowing full well I was handling and restraining her, and never once trying to escape," Cantwell said. "I suspect she knows we not trying to hurt her."

Cantwell is asked why she is going to such extremes to save one injured eagle, an animal no longer on the endangered species list. She said Beauty will become an educational bird, taken to schools.

"She's a miracle recovery patient" from her initial injuries," she said.

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THIS DRAMA IN PARADEM PRESENTS

WILD OATS

Written by James McClure

May 8-10

McClure

Security firm: Police trying to force us off events

By Jared S. Hopkins
Staff writer

At least one private security firm in Twin Falls is worried the Twin Falls Police Department is trying to prevent it from working events at City Park. But police said discussions with the City Council regard billing and no policy changes are expected.

Members of Impact Public Safety, a Burley-based security firm with an office in Twin Falls, said Thursday that recent comments from the TFFD have them concerned they might be kept from doing security at the events. Police recently said they are reminding event organizers they will be charged for

"It feels like we're being (pushed out)."

— Impact Public Safety owner William A. Peacock

police overtime if the chief decides police presence is needed.

"It feels like we're being (pushed out)" said William A. Peacock, who owns IPS. "We just want to fit in and let everyone know we're not here to cause problems."

The firm is also concerned about Twin Falls City Council members who recently said police officers have a more authoritative image, IPS, which has about 15 full-time officers, has operated since 2006 and opened a Twin Falls office a few months ago.

"We want to work with city police, and the city, and not step on anyone's toes," said Peacock.

But Twin Falls Police Capt. Matt Hicks said there are no plans to change policy, and recent discussion is over billing. He said they've been consistently charging for police overtime costs since 2006, when nonprofits were billed regularly.

"We have no intent of that at all. We're going to be following as close as we can the guidelines of the ordinance established 10 years ago," he said.

Rather, Hicks said, the only change is having police at the three-day Western Days event, which has always used private security firms. He said there were some incidents last year and public comments that asked for police presence.

"There's no other event, other than Western Days, we're talking about having police officers at," Hicks said. "People expect to see their police department at that event."

Western Days Board Chairman Lisa Cuellar said police approached her in January about paying for police, and she plans appealing to the council because her budget is too small. The

event, now in its 27th year, is held the weekend after Memorial Day. Organizers expect to draw 30,000 to 50,000 people.

During the application process, police rule whether events need security. Then they decide whether private security or police officers are better. Hicks said they work with event organizers, and aim for the cheaper option without sacrificing public safety.

In 2008, there are 28 scheduled events in which security is needed, and just seven will require police presence, according to Hicks. The City Council has the final say on who is hired and what is paid for.

Hicks said they are not preventing private security to be there, too.

"If they want to be there in addition, that's fine," he said. Nevertheless, council members said they are confused to how police overtime is paid.

Councilman Don Hall has said he wants more information to develop a consistent and fair policy. He said the council will exempt some events from paying for police, but require others to pay. Another option has been for the city to agree in sharing the costs.

Jared S. Hopkins may be reached at 206-735-3204 or jhopkins@magicvalley.com.

Two vie for Gooding Co. Sheriff Republican nomination

By Blair Koch
Correspondent

The two men hoping to be the Republican candidate for Gooding County Sheriff currently hold key law enforcement positions in the county.

Incumbent Shaun Gough, 40, has served three four-year terms as sheriff, and Kirtus Gaston, 31, is the Wendell police chief. The primary election is May 27.

The Gooding County Sheriff's Department provides law enforcement services to the county and a variety of civil services, including handling subpoenas, court summonses, warrants, protection orders and notices to vacate.

The sheriff is responsible for overseeing roughly 30 staff members and an annual \$1.2 million budget. The annual salary is \$52,500 plus benefits.

Gough, a 1985 graduate of Gooding High School, said he is confident his experience in office will ultimately keep him there and secure his place on the general election ballot Nov. 4.

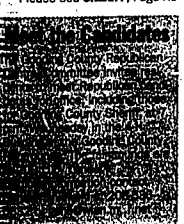
"This is my job," he said. "I have experience with budgeting and have extensive knowledge of the office. I've been here for 18 years and enjoy being the sheriff and want to continue being sheriff."

Over the years a lot has changed in the county, he said. "We went from a potato industry to a dairy industry almost overnight," Gough said. "With that change, there has also been a whole slew of issues we deal with. Traffic is a big one."

Gough said one project in particular he would like to continue working toward is a \$19 million, 250-bed regional correctional facility that could be built in Gooding County.

"My time has been consumed

Please see SHERIFF, Page A6

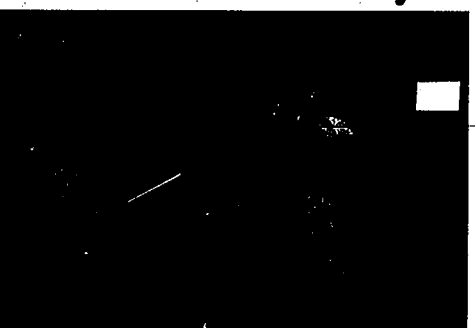


FLOWER POWER



A thrip in the yard of Cecilia Jordan on Thursday afternoon in Twin Falls bears two flowers on only one stem. Jordan said that she watches the perennial flowers bloom each spring and has never seen a flower like that in the 10½ years she has lived at her home in Twin Falls.

Christmas in May



Members of the Gooding High School Drama Club perform a skit on the history of Gooding at the Centennial Celebration, held Saturday at the Gooding County Fairgrounds. From left: narrator Lara Nelson, 17, actresses Cami Bigler, 18, and Caitlin Pickless, 17. Behind them are some of the current Christmas decorations the chamber is trying to replace for this year's holiday season.

Gooding raises money for new holiday lights

By Blair Koch
Correspondent

In 1936, residents of the city of Gooding celebrated Christmas with something new-fangled — lit and hanging decorations in downtown.

Those first decorations have long been replaced but nobody knows exactly how old the current decorations are. Some people estimate the welded, zip-tied and well worn yet cheery relics were purchased in the 1970s while others say they've been used a lot longer.

"I think they've been held together, however possible," said Gooding Chamber of

Lighting the Town

The Gooding Chamber of Commerce wants to raise \$28,000 to purchase new Christmas lights for downtown. For more information, contact Shelle Amundson at 208-934-9884.

Commerce President Shelle Amundson. "When the decorations are hung up on the poles, you don't really see just in how bad of shape they really are."

The city celebrates its centennial this year and officials at the Gooding Chamber

Please see CHRISTMAS, Page A6

AROUND THE VALLEY

Nampa man dies in wreck on Highway 30

At least one person died in a vehicle crash Sunday on U.S. Highway 30 in Gooding County and two people were transported to hospitals, police said.

At about 4:55 p.m. Alice Anderson, 89, of Hagersman was traveling eastbound and turning to travel northbound on 2900 S when she pulled into the path of Dean Cranor, who was traveling westbound and driving a Harley-Davidson motorcycle, according to Idaho State Police.

Cranor, 46, of Nampa, died at the scene. He was not wearing a helmet.

Cranor's passenger, Susan Cranor, 52, of Nampa, was transported with serious injuries to St. Luke's Magic Valley Medical Center in Twin Falls and later transported by air ambulance to St. Alphonsus Regional Medical Center in Boise. Anderson was transported to Gooding County Memorial Hospital.

The crash occurred at the 183.5 mile marker on U.S. Highway 30, said Julie Haycock, a dispatch supervisor for Southern Idaho Regional Communications Center.

ISP said alcohol was

Please see VALLEY, Page A6

Wendell students receive dictionaries from police

By Blair Koch
Correspondent

Third-graders in Wendell were surprised when officers with the city's police department arrived at the school Wednesday.

Wendell Police didn't visit Wendell Elementary to discuss violence or how to say "no" to drugs. Instead, the men in uniform presented each student with their very own dictionary.

"It's cool," said Fernando Cosio, 9, as he flipped through his bright yellow paper-back. "I'm a little bit of a good speller. This will probably help me spell words I don't know how to spell."

The event was spearheaded by Patrol Officer Chris McRoberts, who said he applied for a grant through www.dictionariesproject.org after the Jerome Rotary Club received a similar grant. He said 96 dictionaries were received and hopes to receive the grant in future years.

"My father is in Jerome's Rotary Club and I thought it was a good idea after they were able to get all of the third-graders their dictionaries," McRoberts said. "We just heard a couple weeks ago that we would be getting them and I was pretty excited."

His intention with applying for the grant wasn't to get brownie points with kids in the school, but rather as a way to help their education.

"I love kids," he said. "I did this primarily for kids being able to read. For the power of reading, so they could all have their own dictionary to use."



After being presented with his very own dictionary, Fernando Cosio, 9, a third-grader at Wendell Elementary, couldn't wait to crack it open. Wendell police officers recently handed out dictionaries to the students.

Please see WENDELL, Page A6

Alyce D. Verhoef

TWIN FALLS — Alyce Darlene Gritters was born to Ben and Ann (DeLeeuw) Gritters on March 13, 1937 in Hull, Iowa. The family moved to California in 1951. Alyce attended and graduated from Bellflower Christian School in 1954. Alyce went to school for nursing and became an LVN in 1956. Later that year, on Oct. 12, 1956, Alyce married the love of her life, Donald John Verhoef. To this union, three children were added, Kathryn Lynn (Deneen), Daniel Benjamin, and Karen Elaine. Through the years, Alyce and Don enjoyed many camping and fishing trips. They also enjoyed spending time together and with family and friends. In the year 2000, Alyce lost her husband, Don, to cancer.

She was preceded in death by two other brothers, Alvin and Gerrit.

Alyce passed away peacefully May 2, 2008.

Alyce is lovingly remembered by her children, Kathy, Daniel, and Karen; her grandchildren, Jessica, Lance, Josh; and all of her family and friends.

A graveside service will be held at 1 p.m. on Wednesday, May 7, 2008 at Sunset Memorial Park. A celebration of Alyce's life will follow at 2:30 p.m. on Wednesday at the Twin Falls Reformed Church, 1631 Grandview Dr. North, Twin Falls with Pastor Brian Vriesman officiating. Friends may call on Tuesday from 4:00 p.m. until 8:00 p.m. at Reynolds Funeral Chapel, 2466 Addison Ave. East, Twin Falls.



DEATH NOTICES

Walter L. McCaughey

Jerome — Walter L. McCaughey, 87, of Jerome, died May 3, 2008 in Jerome. Funeral arrangements are pending and will be announced by Farnsworth Mortuary of Jerome.

SERVICES

Stephen V. Southwick of Dietrich, funeral at 11 a.m. today at the Dietrich High School gymnasium; burial will follow at 5 p.m. at the Liberty Cemetery in Liberty, Utah; visitation from 9 to 10 a.m. today at Demaray Funeral Service, Shoshone Chapel, 404 W.B.

Andrea Jean Williams of Boise, memorial service at 1 p.m. today at Wood River Chapel in Hailey.

Orvelto "Veda" Katherine Danuser, memorial service at 2 p.m. today at Demaray's Gooding Chapel.

Mildred "Millie" Rebecca Perkins of Murtaugh, graveside service at 2 p.m. today at Sunset Memorial Park in Twin Falls (White Mortuary in Twin Falls).

Wanda L. Brown of Burley, graveside service at 2 p.m. today at the Pleasant View Cemetery; visitation from noon to 1 p.m. today at the Hansen-Purley Mortuary, 321 E. Main in Burley.

Marvin "Neal" Yost of Portland, Ore., and formerly of Kimberly, military memorial service at 3 p.m. today at the Willamette National Cemetery in Portland, Ore.

Hall Scott Peterson of Buhl, funeral at 11 a.m. Tuesday at the Immaculate Conception Catholic Church in Buhl; rosary at 7 p.m. Tuesday at the church; visitation from 1 to 5 p.m. today at Farmer Funeral Chapel in Buhl.

Thomas H. B. "Benton" Smith of Jerome, funeral at 11

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

Wendell

Continued from page A5
Building good public relations with the community's kids is just icing on the cake. "This is nice because kids see police officers in a positive light instead of the enforcer," said Wendell Elementary Principal Kevin Rogers.

Of course, the new reference books will be a useful classroom tool, said

Librarian Carol Short. "We use dictionaries all the time," she said. "We play word games. I give out a word and they have to give the meaning. This way, all the students will have a dictionary to use right in front of them."

Blair Koch may be reached at 208-316-2607 or blairkoch@gmail.com.

HONOR ROLL

- BUIH — Buhl Middle School's third quarter honor roll:
4.0
8th grade
Rebecca Frey, Evan Jones, Kyle Van Patten
- 7th grade
Caley Cabardi, McKayla Lively, Tye Pearson, Kyle Hamilton, McKayla Lively, Tyler Suter
- 6th grade
Kend Crossland, Haven Ford, Emily Hamilton, Joel Hamilton, Hunter Hulce, Amy Morse, Brea Pettigrew
- 3.99 to 3.5
8th grade
Sybil Barger, Alison Brittain, Dustin Clements, Clara Comer, Sierra Cooper, Vanessa Cortes, Megan Connor, Candon Gillies, Brittany Gillies, Sarah Griggs, Kately Hamilton, Britney Harvey, Logan Hutchinson, Dylan Jacobson, Kagen Jacobson, Haley Johns, Jennifer Kersey, Cassidee Kippes, Shayla Lemmons, Ashley Lively, Coria Lizarraga, Gustavo Magana, Jillana Mat, Daniel Nipper, Maegan Pato, Morgan Pearson, Zacarias Peñerson, Stephanie Romans, Caleb VanPacker, Tanya Weaver
- 7th grade
Samoa Allen Eleta, Patrick Arroyo, Mauricio Ayala, Alois Bjaez, Jessa Castillo, Calirine Compton, Just Cortez, Jacob De Kuyf, Michael Esparza, Bethany Hedges, Steve Higbarger, Tori Hutchinson, Andrew Jensen, Jason Kimes, Dalton Kuery, Diana Lara, Michael Larin Melton, Annetouette Landa, Kelsey Leonard, Kelli Littlefield, Ruth Lutz, Kenneth Marshall, Marissa Mitchell, Maria Montgomery, David Murdock, Andrew Olson, Taylor Oppeky, Michael Pickett, Daniel Penilla, Ashley Pierce, Deen Privat, Taegeer Ruhter, Monica Sanders, Garrett Shriver, Maggie Trujillo, Max Welch, Kelsey Wray

- 6th grade
Britney Barger, Jason Cullum, Kaitlyn Fleming, Ismenia Gallegos, Kellen Gillins, Kristin Graff, Kymara Jacobson, Gray Jones, Adam McLean, Benjamin Melera, Katelyn Ring, Erin Schaeffer, Cepheus Strickland, Argelia Tonga, Eduardo Verdugo
- 3.49 to 3.0
8th grade
Sandra Arroyo, Jiquel Ayala, Tia Bailey, Amber Combe, Chelsea Cross, Jade Donaldson, Devan Harvey, Amy Jellison, Shelby Holladay, Meissa Hopkins, Craig Kluge, Derek Lawitt, Holly Lemmons, Tyler Leonard, Vanessa Lizarraga, Jose Lopez, Janet Martinez, Sarah Michaels, Elizabeth Penilla, Kaitlin Phillips, Shado Runyan, Chela Sanchez, Julia Samble, Maya Spencer, Braden Tadock, Danielle Tucker, Jason Turner, Rodolfo Verdugo
- 7th grade
Shane Alvey, Sallie Anderson, Breonna Bailey, Cassandra Christopherson, Abraham Cortes, Zerek Farley, Keegan Fetton, Heroldo Garza, Doretha Gordes, Jasmine Gilford, Karlie James, Ryan Jones, Robert Juker, Jasmine Lizarraga, Tyler Loveless, Stephen Mujia, Kazley Montgomery, Rhina O'Brien, Paola Padilla, Karen Penilla, Juan Perez, Randy Ruhter, Zachary Schultz, Jennifer Skinner, Miranda Slater, Isabel Sonson, Skyler Struberg, Mattys Vandenberg, Edgar Velazquez
- 6th grade
Mason Arroyo, Sean Bevelin, Marisa Brodine, Samantha Burbank, Dylan Burnum, Jerry Chavez, Ian Connor, Kenny Collier, Steven Holtickson, Turya Higley, Jaylon Houston, Guy Jaynes, Kevin Klutjian, Andrea Maya, Andres Maya, Janet Murillo, Dionisio Olguin, Daniel Penilla, Karina Ropella, Robertson, Daniel Sinks, Samantha Thomas, Criston Thornton, Isidro Vicimas

Sheriff

Continued from page A5
by the jail issue," he said. "The new jail would absolutely be a good thing for not just Gooding County but (Lincoln, Jerome and Camas) counties as well. Both candidates agree with the need for the new regional jail and said more is needed in curbing methamphetamine and drug use, which is the root cause for other crimes in the county such as theft and domestic problems. Gaston, however, said the time has come for the department to be led by a fresh face. "I just believe it's time for a

change. (Gough) has been there for 12 years and it time for new blood, a new perspective," Gaston said. "As far as the jail issue goes, I believe it's still in its infancy and that it could jump in and be integral in it's being built." As Wendell's police chief, Gaston is responsible for a \$400,000 annual budget and five employees. Gaston, a 1996 graduate of Shoshone High School, has been in law enforcement for 11 years. He spent six years with the Gooding County Sheriff's office and has been police chief since June 2005.

Gaston said the county should develop guidelines to help deputies and patrolmen decide how to handle certain situations and enforce the law equally. He would also like to see cooperation among county agencies and more open communication flowing between the department and residents. "A more open door policy is one of my bigger concerns," he said. "I also feel that for Gooding County's size, we have a high motor vehicle fatality rate because of crashes. I think we need more proactive patrol so we see less of those crashes."

Gooding County residents will have the chance to meet both candidates May 7 during a "Meet the Republican Candidates" night hosted by the county's Republican Central Committee. Candidates for other races are expected to attend. "We want to stress the local, county and state governments," said event volunteer Gene Wisniewski. "Everyone can come and learn about the candidates, be a better informed voter."

Blair Koch may be reached at 208-316-2607 or blairkoch@gmail.com.

Valley

Continued from page A5
unlike a factor in the crash. No other information was available. ISP is investigating.

Plane crashes in Elmore County

A single engine plane crashed Sunday afternoon in Atlanta, injuring two passengers who were then flown to a hospital, said The Elmore County Sheriff's office. A fixed-wing airplane crashed during takeoff at the Atlanta Airport, said Deputy Ernest Caldwell. He said police received a phone call at about 4:13 p.m.

The matter is under investigation by the sheriff's department. Caldwell said he did not know the cause of the crash. The two passengers were flown to St. Alphonsus Regional Medical Center in Boise, said Caldwell. He said the injuries are not believed to be life-threatening.

Climber injured at Dierkes Lake

A rock climber was injured Sunday after he fell about 40 feet near Dierkes Lake, police said. The incident occurred around 4 p.m. after witnesses saw a man fall from across the lake and was not moving.

Twin Falls Police Staff Sgt. Dan Lewin said. "The person is under 18 years old and was rock climbing with a friend, said Lewin. He was cautious when officials approached him but might have suffered head and shoulder injuries and was transported to St. Luke Magic Valley Medical Center, he said. Lewin did not know the man's injury status by Sunday evening. Lewin said city police, the Twin Falls County Sheriff and medical personnel responded. No charges were filed, Lewin said.

— from staff reports

Christmas

Continued from page A5
of Commerce thought it would be the perfect time to try and replace the current decorations — regardless of their age. The chamber is raising money to purchase new decorations and holiday lights. "When Gooding celebrates Christmas this year we thought it would be neat, as it is the centennial, to try and have new decorations up," said Amundson. "We need \$28,000 to replace the garland and get some new decorations for the poles." During a Centennial Celebration held at the Gooding County Fairgrounds on Saturday, roughly \$2,000 was raised. About 50 residents enjoyed a specialty wine created for the centennial, plus dinner and dessert, and presentations by the Gooding High School Midgrids and Drama Team. "It's been fun learning about the history of Gooding. This is our town, and it's a cool place to live," said Caitlin Pickens, 17, a Drama Club member who performed an improvisational sketch on the history of Gooding. "We should know the history and how Gooding came to be."

Lighted street garlands will be purchased to hang across Main Street. Additional strands will be hung from 1st Street to 9th Street. The \$16,000 for this portion of the project will cover 1,470 feet of garland with LED lights, adapters, attachment devices and two extraneous strands. The chamber would also like to purchase 25 pole-mounted decorations in a variety of holiday styles at a

cost of \$12,000. The decorations need to be ordered and paid for by October to guarantee their arrival by Christmas. Gooding resident Karen Shuler, with the Gooding County Leader, gave a presentation on the history of Christmas in Gooding. She presented photos of Christmas over the years.

One black and white photograph, taken in 1950, was scrutinized more than the rest. "I can't tell if the lights are the same ones we have now," Shuler said. "But they could be." Blair Koch may be contacted at 208-316-2607 or blairkoch@gmail.com.

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FORBIDDEN KINGDOM
7:35 - 8:40 (P-13)

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To buy tickets, go to www.csl.edu/artsonline or you can also order tickets by phone at (208) 732-6288. Or purchase tickets in person at the CSI Fine Arts Center Box Office, 315 Falls Avenue in Twin Falls, Monday through Friday 8:30 a.m. - 4:30 p.m. or 6 p.m. - 7:30 p.m. on performance nights.

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OTHER VIEWS

Why no tangible rewards for conserving water?

Idaho Statesman, Boise

Water in the West is becoming more valuable than gold. Idahoans should take every measure to preserve and conserve this natural resource.

We all are responsible for conserving water, and government entities and utilities should take a lead role.

We are impressed by measures being tried in Bozeman, Mont. The city (recently) launched the Toilet Tradeout Event. The city reserved \$50,000 to give back to taxpayers who exchange old toilets for low-flow models. Every exchange is rewarded with a \$75 rebate. Local toilet businesses are joining in and offering special prices. The program is voluntary but the financial incentive should get good participation.

"That's pretty innovative," said Vince Trimble, community relations supervisor for Boise's Public Works department.

Bozeman also is changing its billing structure. The city moved to a three-tiered pay rate on Sept. 1, rewarding low-water users with lower rates and charging high rates to residents who use more water.

City officials will learn if the program leads to conservation after the summer months. (United Water, which serves about 215,000 people in Boise and surrounding communities, calculates that its customers use 20 million gallons a day in the winter and 90 million gallons a day in the summer.)

As the Treasure Valley population continues to grow, area leaders need to keep thinking of new ways to promote and reward conservation.

Promotion efforts here are strong. The Boise WaterShed, a state-of-the-art learning center designed to promote understanding of water and conservation, will open next month at the West Boise Wastewater Treatment Plant.

The center will educate the public on the consequences of pollution and its relationship to conservation and the Boise River.

United Water made a large investment in the WaterShed.

The company also invests in marketing and advertising and small giveaways.

A customer can request a free rain sensor for a sprinkling system or a timer and trigger spray for hoses. United Water also gives away low-flow shower heads.

While these promotions are good, the financial rewards are small.

Boise officials should consider more aggressive measures, including sizeable rewards in water bills.

The Public Utilities Commission controls what United Water charges customers. Users are penalized with 25 percent higher fees in the summer, to send a strong price signal to encourage conservation during peak demand.

There is no reward for conservation, however.

The PUC denied a billing change that may have reduced water use. United Water bills bimonthly and was denied by the PUC to change to monthly.

Customers on a monthly cycle might be able to better monitor usage and adjust accordingly.

The PUC said it received no quantifiable evidence of conservation benefits and was concerned customers would be charged another \$1.15 per month to make the change.

Bozeman is experimenting with different ways to encourage conservation. We hope Boise keeps exploring.

Water is the community's lifeblood. Every resident, business and utility needs to figure out what they can do to conserve.

What's your plan?

A conservative's sympathy for Clinton

I normally don't claim to speak for other members of the vast right-wing conspiracy. After all, we're each nefarious in our own, individual way. Indeed, we often disagree with one another.



WILLIAM KRISTOL

But I do think I can speak for most of my fellow right-wingers when I say this: We once looked forward with unambivalent glee to the fall of the house of Clinton. Many of us still do. But we also see the liberal media failing to give Hillary Clinton the respect she deserves. So, since we conservatives believe in giving credit where credit is due, it falls to us to praise Hillary.

The fact is Hillary Clinton has turned out to be an impressive candidate. She has consistently defeated Barack Obama when he has won the well — first in New Hampshire, then in several big primaries on Super Tuesday, on March 4 in Ohio and Texas, and then last week in Pennsylvania, where she was outspent by almost 3-1, yet won handily. She is, of course, still behind in the race, and Obama will most likely be the nominee. His team has run the better campaign. In particular, it realized how important the caucus states could be to Obama's delegate lead depends on his caucus victories.

But Hillary may well be the better candidate. After all, for all the talk of Obama's extraordinary ability to draw voters to the polls, Clinton has defeated him in the big states, including California, Texas, New York, Pennsylvania and Ohio. Obama won his home state of Illinois, but she won Florida, where both were on the ballot but didn't campaign.

Furthermore, if you add up the votes in all the primaries and caucuses — excluding Michigan (where only Hillary was on the bal-

lot), and imputing the likely actual totals in the four caucus states, where only percentages were reported — Clinton trails in overall votes by only about 300,000, or about 1 percent of the total.

By the end of the nominating contest, she may well be ahead on this benchmark — one not entirely to be scorned in a democracy.

Hillary has achieved this despite much disparagement of her candidacy by liberal commentators, and in the face of the media's crush on Obama. Even those who started out being well disposed to Clinton have moved toward Obama, if only out of concern that the prolonged race is damaging Democratic prospects in the fall.

Obama understands his advantage with the media, as he perhaps inadvertently demonstrated over the weekend on "Fox News Sunday." In the course of dismissing much pundit commentary for typically overreacting to events, good or bad, Obama explained, "Well, look, after you lose, then everybody writes these anguished columns about, why did you lose?"

Obama chose a nice word: "anguished." You're only anguished by an Obama defeat if you're rooting for an Obama victory. Obama was tacitly acknowledging that

much of the liberal media has been hoping he'd win. Now, they're rooting for him to close the deal.

That's fine. If I were on the left I might be rooting for that too. But this preference for Obama has resulted in a refusal to give Hillary her due. It's straining how much of the commentary on the Pennsylvania results has had to do with Obama's flaws and mistakes — rather than Hillary's strengths and successes. Maybe in Pennsylvania, they were voting for Clinton, not simply against Obama.

Which leads to this question: Will the media this week give Obama a pass on refusing to debate Clinton before the Indiana and North Carolina primaries on May 6? Will he be chastised for his lame excuse: "We've had 21, and so what we've said is with two weeks, two big states, we want to make sure we're talking to as many folks as possible on the ground, asking questions from voters," Obama said on "Fox News Sunday."

Will it be left to conservatives like the estimable blogger "Allahpundit" (at hotair.com) to (sarcastically) state the obvious: "What's the most efficient way to communicate with voters? Surely not at a massively promoted, televised, highly watched debate. Much bet-

ter to hold a few town halls and meet and greets."

We have had four one-on-one debates so far — and each has been revealing. A debate without a moderator, as Clinton has suggested, could be particularly interesting. But debates would give Clinton equal time in the spotlight, and would make Obama's advantage in paid media in Indiana and North Carolina far less significant.

On Friday in Indiana, Obama talked tough in response to a question: "I get pretty fed up with people questioning my patriotism." And, he continued, "I am happy to have that debate with them any place, anytime." He's happy to have fantasy debates with unnamed people who are allegedly challenging his patriotism. But he's not willing to have a real debate with the real person he's competing against for the nomination.

Will Obama pay no price for ducking? Should paid advertisements determine the Democratic victor, not the performance of the two candidates debating at length in an unscripted setting?

Over to you, anguished liberals.

William Kristol is a columnist for The New York Times.

Their view:
The Idaho Statesman say there should be a carrot, as well as a stick, in curbing residential water use. What do you think? We welcome viewpoints from our readers on this and other issues.



LETTERS TO THE EDITOR

Bristol is up to challenge of becoming sheriff

Hello everyone. Dick Handley here. Yep, I am the paint guy and the retired fire guy. Many of you have called to use my services and to get advice. I have always strived to be truthful and helpful in solving your problems.

Well, we have one more problem to solve: Bristol for sheriff should be enough said, but I will explain.

Cary really cares for the people of Cassia County. He is well trained to manage and he is open to communicate with anyone that needs him. He has always promoted strong drug enforcement and safe schools. We really don't have a choice in this election. Bristol for sheriff is the only choice.

So if you have trusted me before, trust me on this one. Bristol for sheriff!

RICHARD RANDKLEV
Burley

Talk radio, others give impression U.S. is divided

Talk radio and cable news have turned the presidential election into a side show and their cash cow. Those rubbing their hands in glee with talk of "riots in Dunver" if Obama doesn't win once called for McCain's head on a platter. Rush Limbaugh attacks Huckabee, McCain and Obama for the same reason — money. He and his like are laughing all the way to the bank. These clowns make us think the country is more divided than it is.

When I recently called to complain, a local radio station manager told me that talk radio was not "the news" and they (Rush, Dobbs, Hannity, O'Reilly, etc.) were just "trying to make me think." They made me think all right. They made me think that I have nothing in common with conservatives and that this nation is deeply divided. They made me

think that I should be more afraid of Rush listeners than terrorists, but a funny thing happened while wearing my Obama button.

I have been very visible in my support for Sen. Obama. I have had numerous conversations with all varieties of people. Some of the discussions have been mildly heated. With some, I have agreed to disagree. Some of my independent and Republican friends are for Sen. Obama. I have never encountered anyone filled with the hate that Rush pushes.

Most of the time we all have similar hopes, better jobs, affordable insurance and a better economy. A psychologist once told me that we think that the world is more violent than it is because of constant input of news and information. Turn off the noise and do your own research. From the bowling alley to church, I don't see this divided angry

country. I see a nation that needs better leadership and change.

DDIXIE SIEGEL
Twin Falls

About election letters

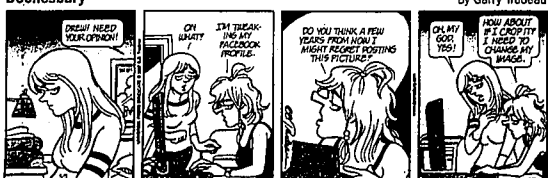
The Times-News welcomes letters to the editor from and on behalf of candidates for the May 20 school board elections and for the May 27 primary elections.

Deadline for school board election letters is Thursday, May 15, at 5 p.m., and deadline for primary election letters is Wednesday, May 21, at 5 p.m. Election letters received after those dates will not be published.

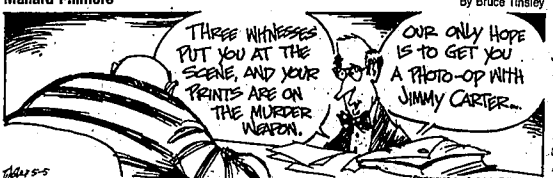
Email letters to scrump@magicvalley.com, fax them to 734-5538, or mail them to Letters to the Editor, Times-News, P.O. Box 548, Twin Falls, Idaho 83301. If you have questions, phone Opinion Editor Steve Crump at 735-3223.

THE LIGHTER SIDE OF POLITICS

Doonesbury



Mallard Fillmore



Cheaper to eat out? Not even close

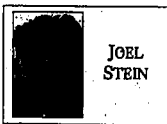
There are experiments Galileo's falling bodies, Einstein's elevator, NBC's "The Age of Love" — that radically change the way human beings conceptualize the world around them. But little celebrated are the vast majority of experiments that prove the obvious. This is one of those experiments.

With grocery prices spiking — 2007 had the worst food inflation in 17 years — it became more important than ever to find out which was more expensive: eating at home or going to a restaurant.

I've eaten too many dishes like chorizo-crusted Chatham cod with white coco bean puree and haricots and wondered: How could I possibly buy all these ingredients for \$307 I've marveled at the existence of \$1 double cheeseburgers. Is it possible, I've fantasized, that bulk ordering and efficient use of raw goods actually make eating out more economical? Just as we no longer chase our own farming, have we advanced to a point of specialization where it is inefficient to cook? Can the world be that wonderful?

The answer, after a week's worth of careful tallying and computation, is: not even close.

I set strict rules for the experiment. I counted only dinners — because breakfast and lunch are obviously cheap to make. No alcohol: the restaurant markup would skew everything. No fast food: No way my home cooking could be cheaper than a \$1 double cheeseburger, unless I looked the other way when I bought the meat, grilled 500 of them and then tricked all 499 of my friends into slip-



JOEL STEIN

pling me \$1.25 for a soda. I also wasn't dining out at any steakhouses because, while maybe I can't get hold of all their quality cuts, I know I can get a New York strip and grill it for one-third of the price. No appetizers, no desserts, no coffee. And although I wouldn't deduct for leftovers or unused portions of ingredients at home, I also wouldn't count condiments, oils, seasonings, the cost of running the dishwasher or the labor of cooking and cleaning.

Yes, while I was formulating these rules I really did think this was all going to wind up in some textbook as Stein's Law. Finally replacing my dad's Stein's Law, which stated that you can't talk during "The Rockford Files."

It also should be noted that my results were skewed by the fact that because all meals were for two, my wife was involved in some ordering and food shopping, and she was very, very eager to make sure that eating out seemed like a bargain. Imagine how Sir Alexander Fleming would have fared if his lab assistant could cut better for the rest of his life if she killed all his penicillin fungus. Cassandra, when I wasn't looking, somehow bought ground beef for our tacos that cost \$15.49. Our salad had \$6 worth of lettuce. If Damien Hirst made diamond-encrusted pasta, she'd have put that on our home menu.

Still, restaurants got spanked.

Pasta was almost twice as much, despite the fact we spent \$8 on Parmesan that we used only a sliver of. A restaurant's pizza with a salad cost nearly twice as much as the seared, sesame-crusted wild albacore accompanied by "haricots verts" with shiitake mushrooms and toasted almonds and a side of organic beans that I prepared at home. Burgers and a side dish at a famous stand in San Francisco cost \$4 more than mine using Whole Foods organic ground beef.

The only meal whose price I couldn't beat were the vastly superior "carne asada" (tacos we bought out of a Taco Zone truck near downtown Lodi) and that would have been true even if I hadn't bought \$15 worth of magic cow. The lesson is that when immigrants who don't have to pay rent on their kitchen make an excellent meal, don't turn on your stove.

The total for a week's worth of restaurant dinners for two was \$257.08; home cooking: \$148.14. Removing the outliers, a mid-range L.A. dinner was \$40 for two, while preparing for an equally high-end ingredients at a snotty supermarket ran \$18.

Sure, at home Cassandra and I each ate the same dish instead of ordering our own meals, and my dinners were often simpler. But sometimes we got to watch TV and not wear pants. If someone opens a restaurant like that, I'll rerun the experiment and drop fistfuls of saffron in everything.

Joel Stein is a columnist for the Los Angeles Times. Write to him at jstein@latimescolumnists.com.

LETTERS TO THE EDITOR

Keep certain trails open for disabled

As a disabled hunter, fisher and camper, any closure of roads and trails on our public lands concerns me greatly. I would much prefer to hike or go by horseback into the remote areas to enjoy my outdoor activities as I did for four decades. But the fact is I can no longer do so. I am now limited to those areas that are accessible by vehicle. Not the best way, but one must live with ones limitations.

As a result, many of these closed roads are necessary for me to enjoy public lands. Fortunately, Mr. Nannenga has indicated a willingness to consider keeping some of these trails open to the handicapped. He requested that those trails that offer recreational opportunities to the disabled be identified to him.

I would like to ask the rest of the aging baby boomers who still enjoy these activities to help identify the trails that offer us a chance to camp, hunt and fish and so advise him. Hopefully, we can keep some of them open.

A. WAYNE FRANSEN
Twin Falls

Sheriff candidate offers qualifications for office

I am a Republican candidate for the office of Twin Falls County Sheriff. I am

aware, like most of the county, that it's time to elect a new sheriff. I have 20 years experience in law enforcement and the experience needed to run this agency effectively.

The citizens of Twin Falls County and the members of the Twin Falls County sheriff's office deserve leadership from a sheriff that cares about the county and the department. I feel the sheriff has an obligation to work together with the county commissioners, judges, the local chiefs of police and any other department supervisors. This commitment should be viewed as a privilege as well as a much-needed collaboration.

I have the support of the majority of the deputies currently working at the sheriff's office and the local police chiefs and credit judges. I have the endorsement from the local chapter of the Fraternal Order of Police. I have received immense support and encouragement from the community which stems from my experience, knowledge and credits.

I plan to make the changes that need to be made — changes that will improve the safety and security of the residents of Twin Falls County. I will constantly listen and fairly assess the needs of the citizens and the department and never sacrifice my integrity. My department will be based on exem-

plary public service, safety and management expertise.

Please vote Tom Carter, Republican nomination, for the office of Twin Falls County Sheriff.

TOM CARTER
Twin Falls

Howell goes beyond duties

A few months ago my son was returning home from Iraq. I had been talking with some of my friends about my son and said that I would love to have people from the community come to the airport to welcome him home.

I recalled a call a few days later to let me know that Charles Howell, who is a Jerome County commissioner, would be honored to be at the airport to support the safe return of my Marine. To have someone that I never met before be willing to come and share this day with us is beyond words. It was a very special day for all of us. It is just so nice to see good people like Charlie not only supporting the troops but also working to better the community.

Thank you, Charles Howell, for making it a very memorable day that I will never forget. If I lived in Jerome, you would definitely have my vote. Vote Charlie Howell for Jerome County Commission, District 2.

YOLANDA GONZALEZ
Wendell

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Newspaper in Education nie

Get in your two cents

The Times-News welcomes letters from readers on subjects of public interest. Because of space constraints, please limit letters to 300 words. Include your signature, mailing address and phone number. Letters may be brought to our Twin Falls office; mailed to P.O. Box 548, Twin Falls, ID 83303; faxed to (208) 734-5538; or e-mailed to letters@magicvalley.com.

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Save time and gas — avoid the expected high turnout on Election Day. Vote early by mail via an Absentee Ballot.

In an effort to promote convenience and cost savings an Application for Absent Elector's Ballot is provided in this ad. Remember that you must already be registered to vote. Please note that you may mail, fax, or deliver your request for an absentee ballot to your respective county clerk. If you have any questions or need to mail or return your application, please use the contact information below. The last day to request a mail in absentee ballot is May 21, 2008 to allow sufficient time for mailing. PLEASE NOTE THAT THIS APPLICATION IS FOR THE PRIMARY ELECTION ON MAY 27, 2008 AND THE GENERAL ELECTION ON NOVEMBER 4, 2008 FOR NATIONAL, STATE AND COUNTY OFFICERS ONLY.

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APPLICATION FOR ABSENT ELECTOR'S BALLOT

(All in the county in which you reside)

DATE: _____

(Please print full name) _____ hereby make application for an absent elector's ballot or ballots to be voted at the election held on: (Check elections in which ballots to be used.)

() May 27/Primary Election () November 4/General Election

My home address is _____ (City) _____ and I am duly registered in _____ County.

Daytime phone: _____ (In case we need to contact you with any questions.)

Please mail ballot(s) to me at the following address:

City _____
State & Zip Code _____

ELECTOR MUST PERSONALLY SIGN APPLICATION

I declare that the above is my current physical address. If you have moved since the last election, you must so register. Once you have completed this form, you may mail, fax, or deliver your request for an absentee ballot to your respective county clerk. This form is available online at www.id.gov/elections. Only for others as needed.

Financial Lesson of the Week

Brought to You by Edward Jones

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Investments (And Expertise) Can Make Great Mother's Day Gifts

Mother's Day arrives this Sunday. You could, of course, give Mom some flowers, and she'd probably appreciate them. But if your mother is a certain age, you might also want to make another type of gift — a gift that can help her enjoy the retirement lifestyle she's envisioned.

If you don't think your mother needs this type of gift, consider this: With advances in health care, today's retirees can easily live two or even three decades in retirement. Furthermore, women still outlive men, on average, by several years. In other words, your mother will likely have to pay for decades of retirement — and during some of those years, she may be solely responsible for making financial decisions.

That's why you may want to provide as much investment-related help to your mother as you can. And there's no time like Mother's Day to get started.

So, what sort of gifts should you think about? Here are a few possibilities:

- **Help fund Mom's IRA.** If your mother is still working, she can contribute to an IRA — and she should. A traditional IRA offers the potential for tax-deferred earnings, while a Roth IRA has the potential to grow tax free, provided your mother doesn't take any withdrawals until she is at least 59-1/2 and she's had her account for at least five years. In 2008, your mother can put in up to \$6,000 in an IRA if she's 50 or older, or \$5,000 if she's under 50. While you can't actually make a deposit into your mother's IRA, you can give her some money for that purpose.
- **Give stocks.** Consider giving shares of a company that produces products or services used by your mother. If you're going to give away some of your own shares, you'll need to know what you originally paid for the stock, how long you've held it and its fair market value at the date of the gift. Your mother will need this information to determine gains or losses if she decides to sell the stock. (You'll also need to determine if you have to pay gift taxes. You can give up to \$12,000 per year, free of gift taxes, to as many people as you want.)
- **Pay off a debt.** If you can afford it, tell your mother you'd like to pay off her credit card balance, a month's car payment or another type of loan. But don't stop there — encourage her to invest the money that she'll be saving due to your generosity. Even if it's just a relatively small amount, every little bit helps. And who knows? Your gift could encourage your mother to take further steps to reduce debt and invest more.
- **Make an appointment with a financial advisor.** If your mother doesn't already work with a professional financial advisor, make an appointment for her to see one, preferably one that comes with good referrals. A reputable financial advisor won't charge anything for an initial consultation, and, over time, he or she can help your mother create investment strategies that are appropriate for her goals, needs, risk tolerance and time horizon.

By following one or more of these gift suggestions, you'll brighten the holiday for your own mother. And your gift will still have an impact long after Mother's Day is over.

nie Newspaper in Education

Attention Hearing Aid Wearers

During national "Better Hearing Month" we are offering a special upgrade price, normally available only to our current patients, **to all current hearing aid wearers in the community!** Find out what your current hearing aid is worth during this special upgrade trade-in event!

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Hands Free, Hassle Free

Velocity hearing aids shift gears as easily as you do. Hands-free operation means they automatically adjust to the environment. Hands-free operation is now a reality. No hassles, no distracting sounds, no worries—just better hearing.

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Ion packs all the benefits you'd expect in a hearing instrument from the industry technology leader, plus benefits which you would only expect to find in a hearing instrument that costs twice the price.

Natura 2 As low as \$33/mo*

Richer Sound. Richer Life. It's That Simple

Natura 2 gives you rich, full, dimensional sound at a great price. They reduce background noise, suppress feedback and provide optimal performance in all environments.

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NEVER BEFORE
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Receive up to 50% of your original purchase no matter where you purchased your hearing device.

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- FREE Demonstrations Of Hearing Aids
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- FREE 7-day Trial

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Try BEFORE You Buy!

Try open-fit hearing aids with **no money down** and **no obligation to buy**. Wear them to Church, family and social gatherings. Wear them out to dinner with friends or while listening to TV.

Determine for yourself how well they work for you in your own listening environment, not just our office setting.

New Advancements in Hearing Aids Offer:

- No annoying barrel sound of your own voice
- Hear while you are chewing
- No annoying feedback on the telephone
- Background noise is more natural than ever before
- Come in and wear them home the same day!
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INSIDE: Can the Penguins rebound from their only post-season loss?, B2



INSIDE: MLB & NHL, B2 | Scoreboard, B3 | Weather & Dear Abby, B4

Vest, Pitz return to Victory Lane at MVS



Pepsi Premier driver Rob Vest made his second trip of the season to the winner's circle last Saturday night at Magic Valley Speedway.

By Linda Brittan
Correspondent

TWIN FALLS — Pepsi Premier driver Rob Vest and NAPA Pony Stocks' Josh Pitz became two-time main event race winners last Saturday night in what is still the early goings of the season at Magic Valley Speedway.

Other drivers chalking up victories were Craig Nuthak in the Magic Valley Pipe Thunder Stocks, James Ingham with the Legends and trailer race survivor Dan Hunt.

Vest wins Pepsi Premier

Vest began the 50-lap main event race mid-field

but moved up quickly and took over the lead at lap 13. Just as Vest began to put some substantial real estate between his No. 27 car and the rest of the field, three cautions within eight laps of each other forced Vest to test his restarting skills, which he passed with flying colors each time. Vest lead each lap until the checked flag fell on the race.

TJ Woodhall gave Vest a run for the lead around the half-way mark of the race trying to get around Vest on the outside, but Woodhall then also had to worry about the No. 98 car of Rick Fowle sneaking underneath him.

As the laps wound down Vest regained his command of the race while Woodhall,

Fowle, Shelby Stroebel and Mike Greco scrambled for positions giving Vest ample opportunity to sew up the win.

"When we had that caution where TJ (Woodhall) was on the outside of me—I figured he would take off and leave me there because I was stuck on the bottom," Vest said. "But once I got around him I could go on the high side, which was working great for me tonight."

I didn't think with the new tires and everything that we would be back in the winner's circle, but soon, but things just seemed to work out."

Please see MVS, Page B2

DISTRICT VI: Hannsen makes only successful bareback ride

Staff report

BURLEY — The top cowboy in the District VI, Kindee Witt of Filer added two more wins Saturday night with firsts in goat tying and breakaway and also added a fourth in poles and fifth in barrels. Tyler Hannsen of Minico remains the only cowboy to make a successful bareback ride in the district winning his second event with a 55-point ride.

Like Friday night, Bailey Tubbs of Filer and Brady Manning of Oakley finished first and second in saddle bronc. In winning the event for the seventh time this year, Tubbs recorded the high-point ride of the season with 79 points. Manning had a 71. The time of 10.13 seconds in cull roping by Christian Hughes of Filer was another fastest time of the year. Wyatt Holtman of Haft River had a run of 5.39 seconds in steer wrestling, barely beating the 5.53 by Hughes.

Megan Crist of Kimberly (21,188) picked up her third first-place finish in poles-beating Paige Yore of Declo (21,648). Sammy Navaran of Buhl won her second barrel racing event with a time of 18.12 seconds, better of Friday night's winner, Katie Vierstra (18,265). Team ropers, Brock Casperon of

Please see RODEO VI, Page B2

LAKERS, TAKE 1

MVP Bryant scores 38 to top Jazz in Game 1

By John Nadel
Associated Press writer

LOS ANGELES — Kobe Bryant, celebrating what is expected to be his first NBA MVP award, did just enough to lead the Los Angeles Lakers to another postseason victory.

Bryant had 38 points, six rebounds and seven assists Sunday, and the Lakers made it five straight playoff wins by beating the Utah Jazz 109-98 to begin the second round.

Game 2 will be played Wednesday night before the best-of-seven series shifts to Utah for Games 3 and 4. Word leaked late Friday that Bryant had won his first Most Valuable Player award and he expressed his joy on Saturday. The NBA has declined comment, but Bryant is expected to receive the MVP trophy from commissioner David Stern before Game 2.

The "MVP! MVP!" chants from the capacity crowd of 18,997 at Staples Center began before the opening tip, with the volume increasing significantly when Bryant was introduced with the other Los Angeles starters.

Bryant scored 24 points to help the Lakers take a 54-41 halftime lead, and although they were on top the rest of the way, there were some anxious moments down the stretch. Paul Gasol added 18 points, 10 rebounds and five assists. Lamar Odom had 16 points and nine rebounds before fouling out with 45 seconds to play, and Sasha Vujacic scored 15 for the Lakers.

Forward Luke Walton, who shot 22-for-31 and averaged 14 points in



Los Angeles Lakers guard Kobe Bryant shoots as Utah Jazz players Ronnie Brewer, left, and Carlos Boozer defend in the third quarter of Game 1 in their second round basketball playoff series on Sunday, in Los Angeles.

the Lakers' sweep of Denver in the first round, played despite an upper respiratory infection and wasn't at

his best, getting five points and three rebounds in 13 minutes. Mehmet Okur had 21 points and

PLAYOFFS

Sunday's scores

L.A. Lakers 109, Utah 98
Boston 99, Atlanta 65

Today's games

Orlando at Detroit, 5 p.m., TNT
San Antonio at New Orleans, 7:30 p.m., TNT

a career playoff-high 19 rebounds for the Jazz, who lost despite outrebounding the Lakers 58-41. Carlos Boozer had 15 points, 14 rebounds and four assists before fouling out with 3:28 left, and Deron Williams added 14 points, nine assists and nine rebounds.

The Lakers picked up five fouls in the first 3:14 of the fourth quarter and the Jazz took advantage. Four free throws by Kyle Korver and two more by Okur in a span of 70 seconds helped the Jazz move within five points with 7:36 left.

The Lakers extended the lead back to nine before a 3-pointer by Korver and a jumper by Ronnie Brewer made it 91-87 with 4:44 remaining.

That's as close as the Jazz would get.

A basket by Odom and a foul shot by Bryant made it 94-87 with 3:28 to go. The Jazz drew within five points on two free throws by Williams, but three baskets by Gasol in a span of 68 seconds put the game out of reach.

Bryant was 8-of-16 from the field and made 21 of 23 free throws. Derek Fisher had a career playoff-high six steals.

The Lakers were playing for the first time since last Monday night, when they completed their sweep of the Nuggets.

But rust didn't seem to be a problem since they led by as many as 17 points in the second quarter before settling for a 13-point halftime lead.

The Jazz, meanwhile, didn't advance to the second round until eliminating Houston on Friday night.

DISTRICT V Eames and Robinson extend leads

By Diane Philbin
Staff writer

SHOSHONE — Cheyanna Robinson of Gooding bounced back from an off weekend in Gooding last week picking up 68 points in Shoshone with a sweep in barrels and poles, a win and a third in breakaway, and two sixths in goats giving the girls District V all-around leader a total of 158 points.

Robinson leads teammate Kourtney Agrenbrod (99) by 59 points. Jill Cowart of Jerome (95) also made a good showing picking up 41 points and is tied for third place with Jori Fleming of Wendell (95) who added 38 points to her total.

Eames of Gooding continues to lead the boys' all-around standings after adding 66 points in Shoshone for a total of 175. Eames teammate, Rusty Gill has moved into second with 169 points, gaining over the weekend, with a first and fourth in steer wrestling, a second and fourth in calf roping, and fourth in team roping with Kade Gill.

Agrenbrod is the leader in the girls' rookie standings but is a close race with Mattie MacGregor (93) and Chayna Jones of Jerome (91). MacGregor, the Jerome freshman, and her 17-year-old horse, Flash are currently leading the standings in goats. Because of her past success from her Wrangler days, it is no wonder that goats are her favorite event.

"I went to high school nationals in goats in the seventh and eighth grade," said

Please see RODEO V, Page B2

Celtics advance to second round

By Jimmy Golien
Associated Press writer

BOSTON — Kevin Garnett took a behind-the-back pass from Paul Pierce, slammed in the dunk to make the lead three dozen points and then slashed his hand across his throat to signal what the Atlanta Hawks already knew.

"It's over," he told the crowd.

The game, the series. The surprising little scare Atlanta put into the NBA's best.

Garnett had 16 points and 11 rebounds. Pierce scored 22 points, and the Celtics turned back the pesky Hawks with a 99-65 victory Sunday in Game 7 of their playoff series to advance to the second round.

Next up: LeBron James and the Cleveland Cavaliers. Game 1 is Tuesday night.

"They're a group that's defending Eastern Conference champs," Garnett said. "To do anything, you've got to go through them. It's good that we have home-court advantage. I think it should be a good series."

The Celtics started the celebration early, holding the Hawks to 10 points in the second quarter, and

doubling their 18-point halftime lead in the third. The fans yelled "We want Cleveland!"

The public address announcer explained how to buy tickets for the second round.

And, in the background, the new Boston Garden shook with Glady's Knight and the Pips singing that the Hawks were "Leaving on a Midnight Train" to Georgia.

"I wish we could have played all of our games in Atlanta," said coach Mike Woodson, whose team won all three home games but

Please see CELTICS, Page B2.



Boston Celtics forward Kevin Garnett pulls on his shirt and yells as the Celtics take an over 25 point lead in the second half of Game 7 of an NBA first-round playoff basketball series in Boston, Sunday.

By AP

Hossa's OT goal gives Penguins 3-2

By Alan Robinson
Associated Press writer

PITTSBURGH — So much for the talk a team so young as the Pittsburgh Penguins couldn't advance this far in the playoffs. So much for the speculation Marian Hossa couldn't score big postseason goals.

So much for the New York Rangers too, whose decided edge in experience meant nothing in a five-game series in which the Penguins' superior talent repeatedly made the difference.

Hossa scored his second goal of the game 7:10 into overtime and the Penguins rallied after giving up a two-goal lead to beat the Rangers 3-2 on Sunday and advance to the Eastern Conference finals for the first time in seven years.

Sidney Crosby began a rush into the Penguins end with a pass to Pascal Dupuis, who attempted to give it back to Crosby. The puck trickled away but ended up on Hossa's stick, and he beat Henrik Lundqvist into the slot for his fifth of the playoffs to end New York's season. The Penguins won the second-round series 4-1.

"Sid was driving hard to the net and it kind of bounced off him and the puck just came up to me, and I just tried to shoot at the net — and it was a lucky



Pittsburgh Penguins' Marian Hossa, left, celebrates with teammate Pascal Dupuis after scoring the game winning goal in overtime to beat the New York Rangers in Game 5 of an Eastern Conference semifinal playoff series in Pittsburgh, Sunday. The Penguins won 3-2 and took the series four games to one.

one," Hossa said.

The Penguins, the conference's worst team two years ago, will meet the cross-state

Philadelphia Flyers, the conference's worst team last season, in the first all-Pennsylvania conference

final. The teams haven't met in the postseason since the Flyers' six-game victory in a 2000 second-round series best remembered for Philadelphia's five-overtime win in Game 4, which occurred eight years to the day Sunday.

"You want a rivalry, there's one right there," Crosby said of the oft-contentious season series in which Philadelphia won five of eight. "It doesn't get any easier."

Hossa had only 13 goals in 55 playoff games before these playoffs, and general manager Ray Shero was asked repeatedly if he worried about that lack of production when he picked up Hossa and Dupuis from Atlanta at the trading deadline several months ago.

"For a guy that's been criticized and known for not scoring big goals in the playoffs when it's clutch time, obviously he scored an unbelievably big goal," Dupuis said.

Make that two goals. There was a bit of a revenge factor as Hossa and Dupuis were with Atlanta last year when the Rangers swept the Thrashers in the first round.

"I had some bad playoffs and I had some good playoffs, I can't control what other people say about my playoff performance," Hossa said. "I always try and I'm on a great team right now."

Chicago's Benson pepper sprayed and arrested

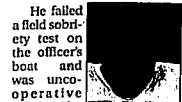
By April Castro
Associated Press writer

AUSTIN, Texas — Chicago Bears running back Cedric Benson was charged with failing a sobriety test while operating a 30-foot boat, then resisting arrest before being hit with pepper spray and dragged ashore by officers.

Benson faces charges of boating while intoxicated and resisting arrest after the incident Saturday night on Lake Travis, Travis County Sheriff's Department spokesman Roger Wade said.

Benson was released from jail early Sunday on a \$14,500 bond. A call to Benson's agent was not immediately returned.

Benson was operating the boat with 15 passengers aboard when he was stopped by a Lower Colorado River Authority officer for a random safety inspection.



Benson

He failed a field sobriety test on the officer's boat and was uncooperative when the officer tried to take him ashore, the authority said.

"When Benson did not pass the test, he presented himself as a threat to the officer and I argued about whether or not he would be taken to land to have a follow-up field sobriety test performed on land and refused to put on a life jacket," the authority said in a statement.

The officer had to use pepper spray to subdue Benson. He then refused to leave the officer's boat and authorities had to drag him to a car to be taken to the Travis County jail, the authority said.

Chicago coach Louie Smith said he's still trying to figure out exactly what happened.

Celtics

Continued from page B1

never came close to stealing one in Boston. "Nobody thought we had an opportunity to even win a game in this series. We battled them 'right to the end. We just didn't have it today."

Rajon Rondo, who missed a potential game-tying 3-

pointer in the Game 6 loss, forced the series back to Boston, had 10 points and six assists, taking his lumps on a key play. Kendrick Perkins had 10 points and 10 rebounds before joining the rest of the starters on the bench in the formality the fourth quarter.

Cabrera, Cano homers lead Yanks over Mariners

NEW YORK — Derek Jeter had four hits and the New York Yankees got consecutive homers from Melky Cabrera and Robinson Cano during a six-run outburst, beating the slumping Seattle Mariners 8-2 Sunday to finish a lopsided three-game sweep.

RED SOX 7, RAYS 3

BOSTON — Kevin Youkilis had four RBIs and Jon Lester pitched six innings to lift Boston over Tampa Bay, spoiling the return of Rays ace Scott Kazmir.

TWINS 7, TIGERS 6

MINNEAPOLIS — Joe Mauer capped a Minnesota rally from a six-run, first-inning deficit, slapping a two-run single up the middle in the seventh to lift the Twins past the Tigers.

ANGELS 6, ORIOLES 5

ANAHEIM, Calif. — Gary Matthews Jr. and Torii Hunter homered in the first inning and Los Angeles beat Baltimore despite a poor outing by still-unbeaten Joe Saunders.

BLUE JAYS 4, WHITE SOX 3

TORONTO — Roy Halladay won for the first time in four starts. Matt Stairs scored twice and drove in two runs and Toronto handed Chicago its season-high fifth straight loss.

ROYALS 2, INDIANS 0

CLEVELAND — Gil Meche pitched seven shutout innings, throwing error-free ball as Casey Blake broke a scoreless tie and Kansas City beat Cleveland.

ATHLETICS 3, RANGERS 1

OAKLAND, Calif. — Jack Cust's two-run homer in the seventh inning helped Oakland end the Rangers' four-game winning streak.

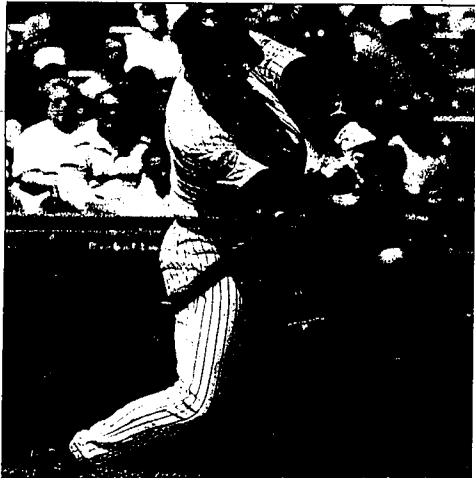
NATIONAL LEAGUE

ASTROS 8, BREWERS 6

HOUSTON — Hunter Pence hit a two-run homer in the bottom of the 12th to lead the Houston Astros to an 8-6 win over the Milwaukee Brewers on Sunday.

MARLINS 10, PADRES 3

MIAMI — Greg Maddux failed in his fourth bid to reach 350 victories, when he was outpitched by young Andrew Miller in a loss to Florida.



New York Yankees' Derek Jeter singles against the Seattle Mariners during the third inning of a baseball game Sunday, at Yankee Stadium in New York. Jeter had four hits as the Yankees beat the Mariners 8-2.

NATIONALS 5, PIRATES 2

WASHINGTON — Tim Lincecum allowed one run over 6 1-3 innings, Aaron Boone homered and the Nationals beat the Pirates.

PHILLIES 6, GIANTS 5

PHILADELPHIA — Pat Burrell had two doubles and two RBIs to lead the Phillies past the Giants for manager Charlie Manuel's 500th career victory.

BRaves 14, Red 7

ATLANTA — Chipper Jones drove in five runs and the Atlanta Braves scored seven runs in the second inning and beat the Reds to complete a three-game sweep.

Rockies 7, Dodgers 2

DENVER — Aaron Cook gave the Rockies the strong outing they needed,

Matt Holliday had two hits and two RBIs and the Rockies beat the Dodgers to end a four-game losing streak.

METS 5, Diamondbacks 2

PHOENIX — "Plur" baseman Conor Jackson's ninth inning throwing error allowed Carlos Beltran to score the go-ahead run from second and the Mets went on to beat the Diamondbacks.

Cardinals 5, Cubs 3

ST. LOUIS — Albert Pujols reached base for the 32nd consecutive game, one shy of his personal best to start the year, and did it with a key two-run double in the fourth inning that was the go-ahead hit in the Cardinals' victory over the Cubs.

—The Associated Press

Rodeo VI

Continued from page B1

Kimberly and Tyler Stradley of Filer also won for the second time (8:22) beating Jessica Laumb and Coy Tolle of Burley (10:63).

District VI action continues next weekend in Oakley at 7 p.m. Friday and Saturday night.

Saturday results Burley

(District VI results provided by Burley residents)

Barrel racing: 1. Tyler Hansen, Minico, 55 points; 2. Dan Wells, 53; 3. Andrew Coon, 52; 4. Ryan Hansen, 51; 5. Sara Goodrich, 49; 6. Sara Goodrich, 48; 7. Sara Goodrich, 47; 8. Sara Goodrich, 46; 9. Sara Goodrich, 45; 10. Sara Goodrich, 44; 11. Sara Goodrich, 43; 12. Sara Goodrich, 42; 13. Sara Goodrich, 41; 14. Sara Goodrich, 40; 15. Sara Goodrich, 39; 16. Sara Goodrich, 38; 17. Sara Goodrich, 37; 18. Sara Goodrich, 36; 19. Sara Goodrich, 35; 20. Sara Goodrich, 34; 21. Sara Goodrich, 33; 22. Sara Goodrich, 32; 23. Sara Goodrich, 31; 24. Sara Goodrich, 30; 25. Sara Goodrich, 29; 26. Sara Goodrich, 28; 27. Sara Goodrich, 27; 28. Sara Goodrich, 26; 29. Sara Goodrich, 25; 30. Sara Goodrich, 24; 31. Sara Goodrich, 23; 32. Sara Goodrich, 22; 33. Sara Goodrich, 21; 34. Sara Goodrich, 20; 35. Sara Goodrich, 19; 36. Sara Goodrich, 18; 37. Sara Goodrich, 17; 38. Sara Goodrich, 16; 39. Sara Goodrich, 15; 40. Sara Goodrich, 14; 41. Sara Goodrich, 13; 42. Sara Goodrich, 12; 43. Sara Goodrich, 11; 44. Sara Goodrich, 10; 45. Sara Goodrich, 9; 46. Sara Goodrich, 8; 47. Sara Goodrich, 7; 48. Sara Goodrich, 6; 49. Sara Goodrich, 5; 50. Sara Goodrich, 4; 51. Sara Goodrich, 3; 52. Sara Goodrich, 2; 53. Sara Goodrich, 1; 54. Sara Goodrich, 0.

Rodeo V

Continued from page B1

MacGregor who also sits in eighth place in poles and 10th in barrels 1 practice every day and push myself."

On Friday night, MacGregor placed first in goats, second in poles and sixth in barrels. Saturday night, she had a third in goats and fifth in breakaway.

C.J. Santana won the bull riding Saturday with a 67-point ride winning for the second week in a row. The win last week appears to have helped build the confidence of the Shoshone cowboy.

The bull that Santana rode on Saturday was 299, the animal that injured 12 Bridges last weekend.

"You don't think about things like that," said Santana. "You just hate to see a buddy get hurt. It is a good bull that usually turns back which is why I think he would do but instead, he just jumped and kicked. I've been practicing all winter and I think I've been riding good. I feel like I'm back in the groove."

Kash Wilson of Gooding keeps dominating the barrel riding with his fifth win on Saturday scoring 64 points on Somboro beating teammate Jordon Kilf (44) and Dietrich Kolton Hubert (39).

C.J. Santana of Jerome (30) won for the third time on steer wrestling (6:16), and Eames picked up his second win in calf roping and recorded the best time of the year at 9:79 seconds. Eames scored 60 on Friday night to beat the 49 points of Montana Barlow of Valley. Saturday night, Barlow and Over the Moon combined for 50 points taking the win over the 41 points scored by Eames and Dunny.

On the girls' side, there were three sub-four second runs in breakaway, with Agenbrod having the best time of 3:35 seconds to beat a close second place time of 3:41 by Mackenzie Stevens of Gooding. Robinson finished third at 3:71. Katie Hall of Valley won the goat tying (9:04) and was over a full second faster than the 10:54 time of Jill Georgio of Jerome.

Eames and partner, Justin Parke of Gooding (13:95) set their third win of the year Saturday night in team roping after a fourth place finish on Friday.

The district moves into Carey next weekend for performances at 7 p.m. on Friday and 5 p.m. on Saturday.

Saturday results

Barrel racing: 1. Kaitlyn Wilson, Gooding, 54 points; 2. Dan Wells, 53; 3. Andrew Coon, 52; 4. Ryan Hansen, 51; 5. Sara Goodrich, 49; 6. Sara Goodrich, 48; 7. Sara Goodrich, 47; 8. Sara Goodrich, 46; 9. Sara Goodrich, 45; 10. Sara Goodrich, 44; 11. Sara Goodrich, 43; 12. Sara Goodrich, 42; 13. Sara Goodrich, 41; 14. Sara Goodrich, 40; 15. Sara Goodrich, 39; 16. Sara Goodrich, 38; 17. Sara Goodrich, 37; 18. Sara Goodrich, 36; 19. Sara Goodrich, 35; 20. Sara Goodrich, 34; 21. Sara Goodrich, 33; 22. Sara Goodrich, 32; 23. Sara Goodrich, 31; 24. Sara Goodrich, 30; 25. Sara Goodrich, 29; 26. Sara Goodrich, 28; 27. Sara Goodrich, 27; 28. Sara Goodrich, 26; 29. Sara Goodrich, 25; 30. Sara Goodrich, 24; 31. Sara Goodrich, 23; 32. Sara Goodrich, 22; 33. Sara Goodrich, 21; 34. Sara Goodrich, 20; 35. Sara Goodrich, 19; 36. Sara Goodrich, 18; 37. Sara Goodrich, 17; 38. Sara Goodrich, 16; 39. Sara Goodrich, 15; 40. Sara Goodrich, 14; 41. Sara Goodrich, 13; 42. Sara Goodrich, 12; 43. Sara Goodrich, 11; 44. Sara Goodrich, 10; 45. Sara Goodrich, 9; 46. Sara Goodrich, 8; 47. Sara Goodrich, 7; 48. Sara Goodrich, 6; 49. Sara Goodrich, 5; 50. Sara Goodrich, 4; 51. Sara Goodrich, 3; 52. Sara Goodrich, 2; 53. Sara Goodrich, 1; 54. Sara Goodrich, 0.

MVS

Continued from page B1

NAPA Auto Parts Pony Stocks

Josh Pitz continues to seemingly come out of no where, capturing the win in the 20-lap main event after taking over the lead with just five laps remaining in the race.

After a caution on lap one Ray Homulka settled in as the leader but Jason Abbott took things over at lap seven. Pitz, moving quickly through the field, was able to stick to the outside groove and got around the No. 20 Shirley fought for second

car of Abbott as the rest of the event went caution free. Pitz won the opening night event at MVS and lost by a nose to Brent Abbott in the following event.

Nuthak wins Magic Valley Pipe Thunder Stocks

Champion in the division for 2006, Craig Nuthak took his No. 36 car with a newly rebuilt engine to Victory Lane after leading all but the first lap in the main event race.

Steve Edens and Jim and got around the No. 20 Shirley fought for second

several lengths behind the leader, but their scrambling left the door open for Nuthak as he cruised to the win in just his second appearance this season.

Ingham takes lead in Legends

Driver of the No. 24 car James Ingham was the main event winner after the lead changed hands several times throughout the 15 lap race. Ingham passed Travis Andie on lap 13, but not without a fight to capture the win.

Hunt finishes first in Trailer race

Dan Hunt, probably one of the most experienced trailer race drivers around, captured the win after surviving hits from the other contestants.

RESULTS

Paul Peterson, 1. Tom Voss, 2. Shelby Strouss, 3. D. Woodard, 4. Mike Green, 5. Steve Brown, 6. Luke Lewis, 7. Rick Fortson, 8. Norm Nelson, 9. Cliff Peterson, 10. Mike Peterson, 11. Mike Peterson, 12. Mike Peterson, 13. Mike Peterson, 14. Mike Peterson, 15. Mike Peterson, 16. Mike Peterson, 17. Mike Peterson, 18. Mike Peterson, 19. Mike Peterson, 20. Mike Peterson, 21. Mike Peterson, 22. Mike Peterson, 23. Mike Peterson, 24. Mike Peterson, 25. Mike Peterson, 26. Mike Peterson, 27. Mike Peterson, 28. Mike Peterson, 29. Mike Peterson, 30. Mike Peterson, 31. Mike Peterson, 32. Mike Peterson, 33. Mike Peterson, 34. Mike Peterson, 35. Mike Peterson, 36. Mike Peterson, 37. Mike Peterson, 38. Mike Peterson, 39. Mike Peterson, 40. Mike Peterson, 41. Mike Peterson, 42. Mike Peterson, 43. Mike Peterson, 44. Mike Peterson, 45. Mike Peterson, 46. Mike Peterson, 47. Mike Peterson, 48. Mike Peterson, 49. Mike Peterson, 50. Mike Peterson, 51. Mike Peterson, 52. Mike Peterson, 53. Mike Peterson, 54. 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SCOREBOARD

BASEBALL

Table with columns for team names (Astros, Yankees, Red Sox, etc.) and statistics (W, L, ERA, etc.)

GAME PLAN

LOCAL ESPN2 - 6 p.m. at Tampa Bay MAJOR LEAGUE BASEBALL ESPN - Boston at Detroit...

TV SCHEDULE

ARENA FOOTBALL: Detroit, Second, York/Penn. State, Penn State...

ATHLETIC SCHEDULES

Table with columns for teams (IDaho, OSU, etc.) and game times

NATIONAL LEAGUE

Table with columns for teams (Phillies, Yankees, etc.) and game results

MAJOR LEAGUE

Table with columns for teams (Astros, Yankees, etc.) and game results

BASEBALL

Table with columns for teams (Astros, Yankees, etc.) and game results

MAJOR LEAGUE

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MAJOR LEAGUE

Table with columns for teams (Astros, Yankees, etc.) and game results

Yankees send struggling pitcher Ian Kennedy to Triple-A

NEW YORK — Struggling pitcher Ian Kennedy was sent to the minor leagues Sunday by the New York Yankees...

and Boise State, Nov. 15). University of Idaho students are entitled to one free ticket to all games...

CSU volleyball takes summer camp registration TWIN FALLS — The College of Southern Idaho volleyball program is currently accepting registrations...

Muni Ladies invite planned TWIN FALLS — The Twin Falls Muni Ladies Golf Association will hold the annual Huntz of Magic Valley Ladies Invitational June 4-5.

Physicals offered for Burley students BURLEY — The Physical Therapy department at Cassia Regional Medical Center will offer physicals for Burley area student-athletes...

Junior Olympics skills event nears TWIN FALLS — Area youth ages 8-13 are invited to participate in a free Junior Olympic Skills Competition...

Canyon Springs hosting senior tournament TWIN FALLS — The Idaho Seniors Golf Association is sponsoring a tournament May 22-23 at Canyon Springs Golf Course...

MAGIC VALLEY

Idaho-Boise State tickets being sold MOSCOW, Idaho — Single-game tickets will not be sold for the University of Idaho Boise State football game...

Sawtooth Relay nears

KETCHUM — The 17th annual Sawtooth Relay will be held Saturday, June 14. The event is open to runners and walkers...

Physicals offered for Burley students

BURLEY — The Physical Therapy department at Cassia Regional Medical Center will offer physicals for Burley area student-athletes...

Kimberly Boosters meeting Monday

KIMBERLY — The Kimberly Boosters will hold a meeting at 7 p.m. Monday, May 19, at the Kimberly High School media center...

TWIN FALLS FORECAST

Today: Partly cloudy and warmer than average. Afternoon highs in the middle 70s.
Tonight: Partly cloudy and mild. Overnight lows in the middle 40s.
Tomorrow: Another nice day with warm temperatures and variably cloudy skies. Highs in the middle 70s.

BURLEIGH/RUPERT FORECAST

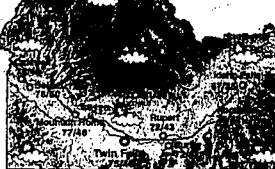
Today: Partly cloudy and warmer than average. Afternoon highs in the lower 70s.
Tonight: Partly cloudy and mild. Overnight lows in the lower 40s.
Tomorrow: Another nice day with warm temperatures and variably cloudy skies. Highs in the lower to mid 70s.

IDAHO'S FORECAST

SUN VALLEY, SURROUNDING MTS. Partly to mostly cloudy skies will prevail through Tuesday. Today will not likely see any precipitation, but westerly scattered showers are possible Tuesday.

BOISE Partly cloudy, dry and warm conditions are expected through Tuesday. Temperatures will remain some five to ten degrees above average.

NORTHERN UTAH Partly cloudy and seasonal today. Partly to mostly cloudy on Tuesday with a slim chance for a shower.



Weather key: Partly cloudy, cloudy, fog, heavy snow, ice, rain, heavy rain, mostly cloudy, dry, very dry, scattered showers, in snow, no snow, snow, sleet, rain, wind

TWIN FALLS FIVE-DAY FORECAST

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

Yesterday's Weather

Table with 2 columns: City, HI Lo Precip. Lists weather for Burley, Coeur d'Alene, Jerome, Lowell, Malta, Pocatello, Rexburg, Stanley.

ALMANAC - TWIN FALLS

Table with 6 columns: Temperature, Precipitation, Humidity, Barometric Pressure, Sunrise and Sunset, Pollen Count. Includes moon phase and moonrise/moonset info.

REGIONAL FORECAST

Table with 4 columns: City, Today, Tomorrow, HI Lo W HI Lo W. Lists cities like Boise, Idaho Falls, Pocatello, etc.

NATIONAL FORECAST

Table with 4 columns: City, Today, Tomorrow, HI Lo W HI Lo W. Lists cities like Atlanta, Chicago, Dallas, etc.

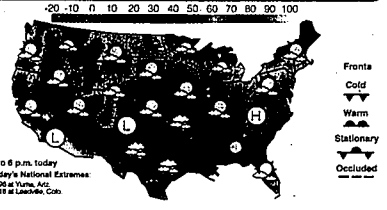
WORLD FORECAST

Table with 4 columns: City, Today, Tomorrow, HI Lo W HI Lo W. Lists cities like London, Paris, Tokyo, etc.

CANADIAN FORECAST

Table with 4 columns: City, Today, Tomorrow, HI Lo W HI Lo W. Lists cities like Toronto, Montreal, Vancouver, etc.

TODAY'S NATIONAL MAP



meineke car care center. 169 Addison Avenue West. 735-8296. Open Mon - Fri 8:00 AM - 6:00 PM Sat 8:00 AM - 1:00 PM

Kim cruises to win at Wachovia

CHARLOTTE, N.C. — Knee surgery prevented Tiger Woods from attempting to defend his Wachovia Championship title. Anthony Kim didn't disappoint fans at Quail Hollow Club looking for Tiger-like brilliance.

In a near flawless performance Sunday, the 22-year-old Kim became the youngest winner on the PGA Tour in six years. Following master drives with flagstick-hitting approach shots and steady putting, Kim shot a 3-under 69 to cruise to five-shot win over Ben Curtis.

The former NCAA freshman of the year at Oklahoma won't turn 23 until next month. But he dominated a star-studded field by finishing with a 16-under 272 total, three shots better than the previous tournament record held by Woods.

Kim earned \$1,134,000 and became the youngest winner since Sergio Garcia won his third PGA Tour title in the 2002 Mercedes Championship. Kim brought memories of Garcia, but for a different reason, when he stroled to the first tee Sunday with a four-shot lead and no PGA Tour wins. Garcia blew a six-shot lead at Quail Hollow in 2005 and lost in a playoff to Vijay Singh.

Kim birdied the first and fifth holes to pull away from playing partner Heath Slocum, who shot a 73 and finished at 8 under.

Kim made 25- and 20-foot putts for birdies on the seventh and eighth holes to reach 17 under for a seven-shot lead as his giant belt buckle reading "AK" sparked in the bright sunshine.

Kim's first miscue was on the par-4 ninth, when his drive landed in a fairway bunker, forcing him to lay up. He then hit the flagstick with his third shot and saved par.

Creamer finishes strong to win in Tulsa

BROKEN ARROW, Okla. — Paula Creamer squandered another late lead and fell into a playoff she didn't want. She got the result she desperately needed, beating Juli Inkster on the second extra hole Sunday in the SemGroup Championship.

A week after losing to Annika Sorenstam in a playoff, Creamer bogeyed the 18th hole at Cedar Ridge for the third straight day and wound up in overtime when the 47-year-old Inkster, trying to become the oldest LPGA Tour winner, made an 18-foot birdie putt.

Instead of getting nervous, Creamer got mad. She twice gave herself birdie putts in the playoff, making an 8-footer on No. 10 for the victory.



Anthony Kim reacts after winning the Wachovia Championship golf tournament in Charlotte, N.C., Sunday.

Stanford International Pro-Am last week in south Florida, losing the lead with a careless bogey on the 16th hole and losing to Sorenstam with a bogey on the first playoff hole when she left a 6-foot par putt short.

Creamer was a combined 6 over on her final three holes at Cedar Ridge, and looked as if she finally figured out how to finish it off until a hybrid from the 18th fairway sailed over the green and she missed a 10-foot par putt to shoot 1-over 72.

Inkster, who hasn't won in two years, made her longest putt of the day for a 70, and both finished at 2-under 282. But the seven-time major champion never gave herself a good look in the two playoff holes.

DeCorso takes South Georgia Classic

three-shot victory over Greg Owen and Bryce Molder.

The 36-year-old DeCorso had a 14-under 274 total on the 7,781-yard Kinderhook Forest Country Club course, the longest in Nationwide Tour history.

He earned \$112,500 to jump from 38th to fourth on the money list with \$148,976. The top 25 at the end of the season will earn 2009 PGA Tour cards.

Molder closed with a 69, and Owen shot a 72.

Lawrie wins Spanish Open

Couple gets silent treatment for opting out of family plot

DEAR ABBY: My husband and I have been informed that a family headstone has been purchased, and our share is \$2,000—each. This was never discussed among the family members. The cemetery is located out of state. My husband is in the military, and we had planned to use the military cemetery where we live for a small fee. We think the family was rude and presumptuous planning for our deaths.

Because we declined, the family no longer speaks to us, which breaks our hearts. I am sure it is a tactic to wear us down.

We have received an e-mail telling us we are no longer welcome to attend the family reunion this summer unless we fork over the \$4,000 and agree to have our names placed on the husband's will. I am, please, and any advice would be greatly appreciated.

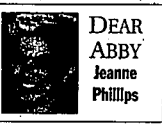
— NOT DEAD AND BURIED YET

DEAR NOT DEAD YET: If you were truly considered "part of the family," you would have been part of the discussion and planning for that headstone.

The silent treatment your family is giving you is emotional blackmail. Do not give in. Sad as it may be, recognize that you were already "excommunicated" when you were excluded from the planning and the purchase of the plot, not because you refused their demand.

DEAR ABBY: I have started dating a man, "Karl," who is wonderful. We have similar values and enjoy doing the same things. After talking over lunches and dinners, I decided to do some Internet digging, and have learned that Karl is nine years younger than I am.

My friend and I are both in our 60s — Karl is at the beginning, I am at the end. I call on the age difference all the time and have started refusing his dinner invitations.



she liked the saying, "I would rather be an old man's sweetheart than a young man's old lady." I have always agreed with her.

— YOUNG AT HEART

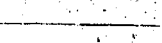
DEAR YOUNG AT HEART: For heaven's sake, go with the flow. As my mother used to say, "The most important ingredient in a lasting marriage is a husband who lasts." Demographically, men die younger than women do. You and Karl are, to put it mildly, well into adulthood.

You share similar values and common interests. To reject him because he is nine years younger is crazy. Discuss it with him. You might be pleased to learn that he would enjoy being your "boy-toy."

DEAR ABBY: I'm a college senior (female) who spends a lot of time with my professors. This includes extracurricular functions and receptions.

I have always addressed them as "professor." But lately, they have been signing e-mails (personal ones) with their first names. Does this mean they want me to call them by their first names? Or should I just continue addressing them as "professor?"

— COLLEGE SENIOR



Yahoo CEO on hot seat after rebuffing Microsoft's bid

By Michael Litzke
Associated Press writer

SAN FRANCISCO — Yahoo Inc. Chief Executive Jerry Yang has gotten what he wanted: a chance to prove his company is worth more than the \$47.5 billion that Microsoft Corp. offered to buy the Internet pioneer.

It will be a daunting challenge, as Yang will be pointedly reminded Monday when investors are expected to show how little they think of Yahoo without a takeover bid on the table. Faced with resistance from Yang and the rest of Yahoo's board, Microsoft withdrew its offer over the weekend.

Many analysts believe Yahoo's stock price, which had climbed nearly 50 percent since Microsoft's initial offer, will surrender most, if not all, of that gain, leaving the Sunnyvale-based company's market value around \$30 billion.

Disillusioned shareholders are bound to question whether the rejection of Microsoft's sweetened \$33-per-share offer was driven more by emotion and ego than sound business sense.

"Clearly there's frustration," said Darren Chervitz, co-manager of the Jacob Internet Fund, which owns Yahoo stock. "I am not even sure if Yahoo cares about its shareholders because they didn't show much regard for shareholders' best interests in this process."

Despite such negative sentiment, Yahoo shares are unlikely to immediately fall back to their \$19.18 pre-bid price, partly because some investors may still be holding out hope that the software maker will renew its takeover attempt if Yahoo continues to struggle.

Yahoo shares finished last week at \$28.67, slightly below the \$29.40 per share that Microsoft was offering before Chief Executive Steve Ballmer agreed to raise the offer to \$33 per share in a last-ditch effort to get a deal done.

Accompanied by fellow Yahoo co-founder David Filo, Yang flew to Seattle Saturday to inform Ballmer that the company wouldn't sell for less than \$37 per share, a price that Yahoo's stock hasn't reached since January 2006.

Analysts and investors were left to wonder why the two sides couldn't compromise at \$35 per share.

"They really didn't seem that far apart," Chervitz said. "There is probably blame to go around on both sides, but I think most of it is in Yang's hands."

Monday's anticipated shareholder backlash will put Yang on the hot seat as he tries to execute on a turnaround plan that he began drawing up nearly a year ago after he replaced Terry Semel as CEO amid shareholder angst about the company's financial malaise.

This squarely puts the pressure on Jerry Yang to deliver results and shareholder value," Standard & Poor's equity analyst Scott Kessler said. "You are going to see a lot of shareholders just throwing in the towel because they are going to realize it's going to take awhile for the stock to get back to where it was Friday."

Ballmer also will be under the gun to prove he can come up with another way to challenge Google Inc.'s dominance of the Internet's lucrative search and advertising markets.

Obama: Clinton's talk on Iran too much like Bush's

By Liz Sidoti
Associated Press writer

INDIANAPOLIS — Barack Obama likened Hillary Rodham Clinton to President Bush for threatening to "totally obliterate" Iran if it attacks Israel and called her gas-tax holiday a gimmick as he tried to fend off her challenge ahead of two pivotal Democratic primaries.

Clinton, in turn, stood by both her comment on Iran and her tax proposal as she gave chase in Indiana and North Carolina to the front-runner for the nomination.

The competitors squabbled over the issues — one foreign, one domestic — from a short distance, first during separate appearances on Sunday news shows and then as they courted voters for Tuesday's primaries.

"This is the final push," Clinton told a cheering crowd of volunteer canvassers in Fort Wayne, emboldened by her Pennsylvania victory two weeks ago as well as polls that show her in a close race in Indiana and narrowing Obama's lead in North Carolina.

A few hours later and a few miles away, Obama urged an audience of several thousand to vote for him. "I need help," he said.

"The Illinois senator hopes that wins this week will stop the bleeding from a difficult campaign stretch.

Maneuvering for advantage and trying to put the campaign over his former pastor behind him, Obama sought Sunday to portray Clinton as a political opportunist on

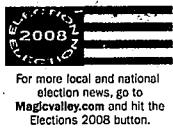


Democratic presidential hopeful, Sen. Barack Obama, D-Ill., addresses supporters at Headquarters Park in Fort Wayne, Ind., Sunday.

both Iran and her gas-tax plan. On NBC's "Meet the Press," Obama seized on an answer Clinton gave recently when asked what she would do if Iran attacked Israel with nuclear weapons on her watch.

"I want the Iranians to know that if I'm the president, we will attack Iran," Clinton said April 22 in an interview with ABC. "In the next 10 years, during which they might foolishly consider launching an attack on Israel, we would be able to totally obliterate them."

Obama said, "It's not the language we need right now,

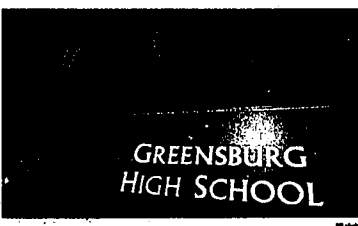


For more local and national election news, go to MagicValley.com and hit the Elections 2008 button.

and I think it's language reflective of George Bush' akin to "bluster and saber rattling."

"Senator Clinton during the course of the campaign has said we shouldn't speculate about Iran, we've got to be cautious when we're running for president, she scolded me on a couple of occasions on this issue, yet a few days before an election, she's willing to use that language," Obama added.

Clinton, asked on ABC's "This Week" about Obama's criticism, didn't back away from her comment. "Why would I have any regrets? I'm asked a question about what I would do if Iran attacked our ally ... and, yes, we would have massive retaliation against Iran," Clinton said. "I don't think they will do that, but I sure want to make it abundantly clear to them that they would face a tremendous cost if they did such a thing."



President Bush delivers the commencement address at Greensburg High School, Sunday, in Greensburg, Kan.

Bush hails recovery of Kansas town ravaged by tornado

By Ben Feller
Associated Press writer

GREENSBURG, Kan. — President Bush hailed the resilience of this town and its tiny high school graduating class Sunday, one year after a tornado barreled through with astonishing fury.

Never before had Bush delivered a commencement address at a high school, and his presence was meant to reflect how far Greensburg has come. From nearly total devastation last May 4, this town is recovering, and hope has been rekindled.

At the center of attention is the Class of 2008 — 10 boys and eight girls. They finished their senior year at a makeshift campus of trailers. "We celebrate the resurgence of a town that stood tall when its buildings and homes were laid low," Bush said in his remarks at the temporary high school gym.

"We celebrate the power of faith, the love of family and the bonds of friendship that guided you through the disaster," Bush said. "And we celebrate the resilience of 18 seniors who grew closer together when the world around them blew apart."

Bush said the graduating class has sent a powerful

message to the nation: "Greensburg, Kansas, is back and its best days are ahead."

The tornado that flattened Greensburg was the worst in the United States in years. It raged at 205 mph, spanned more than a mile and a half and killed 11 people.

From the ruins, it was hard to tell what had stood before. Bush visited five days after the storm, when he walked through the charred mess and handed out hugs.

An estimated 95 percent of the town was leveled. No more schools, city hall, fire department or power plant. More than 900 homes were destroyed. What was left looked eerie, with cars planted into crumpled structures and trees ripped off their limbs.

Bush told the students Sunday that they had learned a hard lesson of perseverance.

He compared their resolve to that shown by victims of other disasters, including the Sept. 11 terrorist attacks and the string of hurricanes, floods and fires during his tenure.

"The lessons that you have learned in this town will give you the strength to rise above any obstacle in your path," Bush said.

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As part of Western Real Estate Group, Jeff Blick and Lexi Roth have joined forces to better serve their clients. Blick is a partner at Western Real Estate. Roth has been with the Western team since 2004. Together they bring 26 years of real estate sales experience.

Jeff Blick is a fourth generation Magic Valley resident. Grew up in Castleford and graduated from the University of Idaho in 1992. Licensed since 1997. In addition to real estate sales, Jeff has a background in advertising, land development, construction and mortgage lending.

Lexi Roth, Idaho native, grew up in Idaho Falls and graduated from Twin Falls in 1986. She has been a real estate professional since 1993. Lexi has a background in land development and working with first time homebuyers. Roth is currently working towards her broker's license.

Jeff Blick 280-2800 • Lexi Roth 308-4944

Boat carrying 110 people sinks in Brazilian Amazon; at least 12 dead

By **Tales Azzoni**
Associated Press writer

SAO PAULO, Brazil — A boat with 110 people aboard sank in the Brazilian Amazon on Sunday, killing at least 12 people and leaving dozens missing, authorities said.

The Comandante Sales captained before sinking swiftly on the Solimões River, one of the largest branches of the Amazon, Fire Lt. Col. Raimundo Rodrigues da Silva said. The vessel was carrying passengers from a party near the jungle

city of Manaus, he said. The bodies of 10 women and two men were recovered and several dozen people were unaccounted for, Silva said. The victims had not been identified and it is unlikely the boat kept a passenger list, he said. It was not clear what kind

of boat the Comandante Sales was or how many passengers it was equipped to carry. It is possible the vessel was overloaded, but the cause of the sinking was still being investigated, Silva said. He added that passengers may have been trapped inside the boat because

many were sleeping when it went down. Local news media reported that some passengers survived by swimming to shore, but Silva said authorities did not have a survivor count. The Brazilian navy joined about 45 rescue workers,

including 15 divers, in the search for victims and survivors. The boat sank just months after a two-story wooden ferry carrying more than 100 people collided with a barge loaded with fuel tanks on the Amazon River, killing 16 people.

China and Tibet agree to second round of talks

By **William Foreman**
Associated Press writer

SHENZHEN, China — The Dalai Lama's envoys and Chinese officials plan a second round of talks after holding their first meeting since violent anti-government protests erupted in Tibet in March, China's state-run news agency reported Sunday.

The Xinhua News Agency, which quoted unidentified sources, did not say when or where the next round of meetings would be held. The report said that Chinese officials had answered questions raised by the Dalai Lama's envoys at the meeting in the southern Chinese city of Shenzhen.

The two sides agreed another round of talks would be held at an appropriate time, Xinhua said, citing the unidentified sources. But Xinhua added that the Chinese officials told the Dalai Lama's envoys that the violent protests had given rise to new obstacles for resuming contacts and consultations with the Dalai side.

President Hu Jintao said in Beijing as the two parties met that he hoped for a "positive outcome" and that the "door of dialogue remains open," Xinhua reported earlier Sunday.

Xinhua said the meeting took place "at the repeated requests made by the Dalai side." The meeting's exact location in Shenzhen, close to Hong Kong, was not announced. A large group of foreign reporters waited outside a palm tree-lined station compound in suburban Shenzhen that was believed to be the meeting

venue. But no sign of the parties was seen.

The Dalai Lama has repeatedly said he was not behind the recent unrest, and that his envoys planned to ask China to address the accusations, said Samdhong Rinpoche, prime minister of the self-declared Tibetan government-in-exile based in Dharamsala, India.

The Dalai Lama's side also wanted to push for an easing of tensions in Tibetan areas of China, Rinpoche told The Associated Press, adding that the talks would last a day or two.

But even as the talks took place, China kept up its verbal attacks on the Dalai Lama. Xinhua quoted Chinese experts on Tibet as saying the Tibetan Youth Congress, an exile group, was advocating separating Tibet from China and was the "armed spearhead of the 14th Dalai Lama group."

It quoted a researcher from the Beijing-based China Tibetology Research Center as saying the Tibetan Youth Congress was behind the March 14 riots.

"We hope the 14th Dalai Lama could truly give up 'Tibet independence,' stop secessionist activities, stop instigating violence, stop disrupting the Beijing Olympics, effectively prevent TYC's violence and denounce its terrorist acts," Xinhua quoted Liu Hongji as saying.

The Dalai Lama was represented by Gendun Chopel Gyari and Kelsang Gyalsay. The Chinese officials were Zhu Weiqun and Sitar, who goes by one name. The two are vice ministers of the United Front Work Department, which deals with influential people in groups outside China's Communist Party.

Cyclone slams into Myanmar



In this photo released by Democratic Voice of Burma, people walk past fallen trees at a street in Yangon on Sunday. More than 350 people have died in Myanmar from a powerful cyclone that knocked out power in the impoverished country's commercial capital and destroyed thousands of homes, state-run media said Sunday.

More than 350 dead, some fear government won't ask for help

YANGON, Myanmar (AP) — A powerful cyclone killed more than 350 people and destroyed thousands of homes, state-run media said Sunday. Some dissident groups worried that the military junta running Myanmar would be reluctant to ask for international help.

Tropical Cyclone Nargis hit at a delicate time for the junta, less than a week ahead of a crucial referendum on a new constitution. Should the junta be seen as falling disaster victims, voters who

already blame the regime for ruining the economy and squashing democracy could take out their frustrations at the ballot box. Some in Yangon complained the 400,000-strong military was doing little to help victims after Saturday's storm. "Where are all those uniformed people who are always ready to beat civilians?" said a trishaw driver who refused to be identified for fear of retribution. "They should come out in full force

and help clean up the areas and restore electricity." Myanmar, also known as Burma, has been under military rule since 1962. Its government has been widely criticized for human rights abuses and suppression of pro-democracy parties such as the one led by Nobel Peace Prize laureate Aung San Suu Kyi, who has been under house arrest for almost 12 of the past 18 years. Last September, at least 31 people were killed and thousands more were detained when the military cracked down on peaceful protests led by Buddhist monks and democracy advocates. The Forum for Democratic Change and other dissident groups outside of Myanmar urged the military junta Sunday to allow aid groups to operate freely in the wake of the cyclone — something it has been reluctant to do in the past. It would be difficult for other countries to help unless they received a request from Myanmar's military rulers.

Blackwater incident last September shows disconnect between U.S., Iraq

Los Angeles Times

BAGHDAD — He refused to take the Americans' blood money. Mohammed Hafidh Abdul-Razzaq had been summoned by U.S. Embassy officials who wanted to make amends for the killing of his 10-year-old son. The boy died during a shooting involving employees of Blackwater Worldwide, the U.S. security company. Deputy Chief of Mission Patricia A. Butenis told him she was sorry for what had happened. Abdul-Razzaq recalled. She gave him a sealed envelope. It had his name written on it. Abdul-Razzaq pushed it away.

"I told her I refuse to receive any amount," the man parts dealer said. "My father is a tribal sheik, and we're not used to taking any amount unless the concerned will come and confess and apologize. Then we will talk about compensation." In September, Blackwater contractors protecting an embassy mission killed 17 Iraqis, including Abdul-Razzaq's boy, and injured at least two dozen in a widely publicized incident in west Baghdad's Nisoor Square. Blackwater officials have said their workers feared they were under attack; Iraqi officials and witnesses called it a massacre. U.S. officials say the

investigation into the shooting continues, although they have been tight-lipped about details. An FBI report is due later this year. In April, the U.S. State Department renewed Blackwater's contract for another year, a move that enraged many Iraqis affected by the killings. Far from bringing justice and closure, the frictions underline the disagreements between Americans and Iraqis that have plagued the five-year U.S. presence. The shooting and its aftermath show the deep disconnect between the ways of American justice and the traditional culture of Iraq, between the courtroom and the tribal "diwan."

Sister-in-law of Austrian man who imprisoned daughter says he treated family like a 'tyrant'

AMSTETTEN, Austria (AP) — The sister-in-law of an Austrian man accused of imprisoning his daughter for 24 years in a dingy dungeon and fathering seven children with her said he treated his family like a "tyrant." In an exclusive television interview with The Associated Press, a woman who identified herself as Josef Fritzl's sister-in-law provided intimate details of the oppression inside the Fritzl home. "The woman, who has pictures of herself with the family, asked only to be identified as Christine R. to avoid public attention and throngs of journalists seeking interviews. She said Fritzl's daughter Elisabeth ran away from home as a 17-year-old, about six months before police say

she was locked into the soundproofed, windowless cellar beneath their apartment. Christine R. also painted the most complete picture to date of her sister Rosemarie, a woman who against all odds fought to hold together a troubled family, yet never suspected that the cause of so much pain was in her own home. "She never believed him capable of it," the woman said of her 68-year-old sister. "We spoke about it often when we met." But why was the cult story so easily accepted? And did Rosemarie search for her missing daughter? Such questions have puzzled Austrians who have grappled with whether Rosemarie might have had knowledge

of the crime. Police say they have no evidence that Rosemarie was complicit in her husband's alleged atrocities. They say the 72-year-old clerician confessed to the imprisonment and rape and to incarcerating the body of one of the children who died in infancy. Christine R. described Josef Fritzl as a "tyrant" who instilled a culture of fear at home, which helped him create an elaborate cover story that no one questioned of Elisabeth running away to join a cult and abandoning three children on their doorstep. "When he said it was black, it was black, even when it was times white," said the woman, who was interviewed Saturday evening at her home in Austria.

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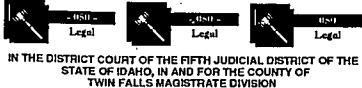
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IN THE DISTRICT COURT OF THE FIFTH JUDICIAL DISTRICT OF THE STATE OF IDAHO, IN AND FOR THE COUNTY OF TWIN FALLS MAGISTRATE DIVISION

Case No. CV 2008-466 CHILD PROTECTIVE ACT SUITMENTS In the Interest of JENNIFER LEITCH, d.o.b. 04-29-94

A Child under the age of eighteen. THE STATE OF IDAHO SENDS GREETINGS TO: DAWN MICHELLE BROWN

YOU ARE NOTIFIED THAT: A Petition, a copy of which is attached, has been filed in the above-entitled matter in the Magistrate's Division of the District Court of Twin Falls County, Idaho, by the Prosecuting Attorney, alleging the named child is within the Court's jurisdiction under the Child Protective Act.

You are notified that service of the attached Petition upon you, as the parent, guardian, or custodian of this child, confers personal jurisdiction of the Court upon you and subjects you to the provisions of the Child Protective Act.

You are notified that if you fail to appear without reasonable cause, the Court may proceed in your absence or you may be proceeded against for contempt of Court.

You are notified that the parent, guardian, or a custodian may be financially liable for the support of this child, and also placed in care of the home for a period not less than fifteen (15) out of the last twenty-two (22) months from the date of Adjudication, the IDHW shall initiate a Petition for Termination of Parental Rights. This presumption may be rebutted by a finding by the Court that the filing of a Petition for Termination of Parental Rights would not be in the best interest of the child and their family, or that the children are placed permanently with the parent.

WITNESS MY HAND AND SEAL of said Magistrate Court this 22nd day of April, 2008. CLERK OF THE DISTRICT COURT By Deputy Clerk

PUBLISH: April 28 and May 5, 2008

NOTICE OF TRUSTEE ELECTION Gooding-John School District No. 231 Gooding-Lincoln Counties, Idaho

PUBLIC NOTICE IS HEREBY GIVEN that the annual school trustee election for J.C. School District No. 231, Gooding-Lincoln Counties, Idaho, will be held on Tuesday, May 20, 2008 at the School District Administration Office, 507 Idaho Street, Gooding, Idaho. The polls will be open from 12:00 noon until 8:00 p.m.

The purpose of said election shall be to elect: 1. A trustee from Trustee Zone No. 2 to serve for a period of three (3) years from the date of the election. Candidates for the office of trustee must be a registered voter, a resident and elector of the district who seeks to represent and shall be voted for and elected by qualified electors of the trustee zone of which he/she is a candidate. Only those qualified electors residing in trustee Zone No. 2 may declare candidacy for a Zone No. 2 trustee position.

Trustee Zone No. 2 is comprised of the area beginning at the intersection of the Union Pacific Railroad and running easterly south along 1625 East to 1800 South; thence east along 1800 South to 1700 East; thence south 1 mile along 1700 East to U.S. Highway 26; thence east to the Gooding City Limits; thence along the Gooding City Limits to U.S. Highway 26; said point being on the north line of Section 8, T. 6S., R. 15 E., B.M., thence east approximately 3/4 mile along said highway to 2000 East; thence north along 2000 East to 9th Ave.; thence west along 9th Ave. to Elmwood Road; thence north along Elmwood Road to the Little Wood River; thence westerly along the river to Kansas Street; thence north along Kansas Street extended to Lock Ave.; said point also being on the north line of Section 1, T. 7S., R. 14 E., B.M.; thence north along Kansas Street extended to the Gooding City Limits; thence south approximately 7 miles to the SE corner of Section 31, T. 7 S., R. 14 E., B.M.; thence west 3 miles to the intersection of Section 20, T. 8 S., R. 16 E., B.M.; thence west 8 miles to the intersection of Section 20, T. 8 S., R. 16 E., B.M.; thence west 1/2 mile to the SW corner of Section 1, T. 7 S., R. 14 E., B.M.; thence west 3 miles to the SE corner of Section 3, T. 7 S., R. 14 E., B.M.; thence north 3 miles to the Union Pacific Railroad; thence north along 1200 East to the intersection of 2100 South and 1200 East; thence north along 1200 East to the Union Pacific Railroad; thence easterly along the railroad to the Point of Beginning.

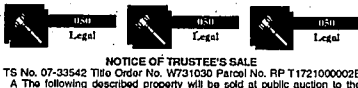
2. A trustee from Trustee Zone No. 3 to serve for a period of three (3) years from the date of the election. Candidates for the office of trustee must be a registered voter, a resident and elector of the district who seeks to represent and shall be voted for and elected by qualified electors of the trustee zone of which he/she is a candidate. Only those qualified electors residing in trustee Zone No. 3 may declare candidacy for a Zone No. 3 trustee position.

Trustee Zone No. 3 is comprised of the area beginning at the intersection of the Union Pacific Railroad and North Main Street and running easterly along Main Street to 1st Avenue; thence east along 1st Ave. to Nebraska Street; thence south along Nebraska Street to Ochman Street; thence east along Ochman Street to the Gooding City Limits; thence south along Gooding City Limits to the Little Wood River; thence westerly along the river to 21st Ave.; thence north along 21st Ave. to Idaho Street; thence north along Idaho Street 4 blocks to 5th Ave.; thence west 5 blocks along 5th Ave. to Arizona Street; thence north 1 block along Arizona Street to 4th Ave.; thence north 2 blocks to 3rd Ave.; thence north to the Gooding City Limits; thence north along the city limits to the Union Pacific Railroad; thence east along the railroad to the Point of Beginning.

Qualified voters must be at the time of the election at least 18 years of age and a United States citizen who has resided in the State and in the same trustee zone as the candidate for whom the elector offers to vote at least thirty (30) days prior to the election, and must be a registered voter in the trustee zone of which he/she is a candidate for the office of trustee. Each voter must sign an elector's oath attesting that he/she possesses the qualifications of a school elector as prescribed above and stamp the mailing address, residence address or any other necessary information distinctly locating the residence of the elector. Any qualified trustee zone elector who expects to be absent from the District on the day of the election, or who will be unable, due to physical disability, to appear at the polling place, may request an absentee ballot from the District Clerk.

Dated this 25th day of April, 2008. Kathryn Thompson, Clerk of the Board John School District No. 231

PUBLISH: May 5 and 12, 2008



NOTICE OF TRUSTEE'S SALE

TS No. 07-33542 Title Order No. W731000 Parcel No. RP 11721000002B The following described property will be sold at public auction to the highest bidder, payable in lawful money of the United States, in the lobby of Alliance Title & Escrow located at 1411 Falls Ave. East, Suite 1015, Twin Falls, ID 83301, on 08/29/2008 at 11:00 am, (recognized local time) for the purpose of foreclosing that certain Deed of Trust recorded 10312006 as an instrument Numbered 2008-027679, and executed by ROBERT D. McMILLEN, a MARRIED MAN AS HIS SOLE AND SEPARATE PROPERTY, as Grantor(s), in favor of MORTGAGE ELECTRONIC REGISTRATION SYSTEMS, INC., as Beneficiary, to RECONSTRUCT COMPANY, N.A., the Current Trustee of record, covering the following real property located in Twin Falls County, state of Idaho: THE SOUTH ONE-HALF OF LOT 2, ERICSON SUBDIVISION, TWIN FALLS COUNTY, IDAHO, ACCORDING TO THE OFFICIAL PLAT THEREOF, RECORDED IN BOOK 6 OF PLATS, PAGE 48, RECORDS OF TWIN FALLS COUNTY, IDAHO. The Trustee has no knowledge of a more particular description of the above referenced real property, but for purposes of compliance with Idaho Code, Section 60-113, the Trustee has been informed that the street address of 2162 & 2163 ELIZABETH BLVD, TWIN FALLS, ID 83301 is sometimes associated with said real property. Bidders must be prepared to tender the trustee the full amount of the bid at the time in the form of cash, or a cashier's check drawn on a state or federally insured financial institution. Said sale will be made without covenant or warranty, express or implied regarding title, possession or encumbrances to satisfy the obligation secured by and pursuant to the power of sale conferred in that certain Deed of Trust. The default for which the sale is to be made is: Failure to pay the most recent payment, together with principal, interest and impounds and subsequent installments due thereon; plus late charges, with interest currently accruing at 8.875% per annum, together with all subsequent sums added to the principal pursuant to the terms and conditions of said Deed of Trust, and any supplemental modifications thereto. The principal balance owing as of this date on said obligation is \$159,580.08, plus interest, costs and expenses actually incurred in enforcing the obligations thereunder, and for purposes of compliance with unaid and/or accruing real property taxes, and/or assessments, attorneys' fees, trustees' fees and cost, and any other amount advanced to protect said security, as authorized in the promissory note secured by the aforementioned Deed of Trust. Therefore, the Beneficiary elects to sell, or cause said trust property to be sold, to satisfy said obligation. NOTICE IS HEREBY GIVEN THAT THIS FIRM IS ATTEMPTING TO COLLECT A DEBT AND ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE, AND THAT THE DEBT MAY BE DISPUTED. THE ABOVE GRANTORS ARE NAMED TO COMPLY WITH SECTION 45-1506(4)(A) IDAHO CODE AND REPRESENTATION OF THE CURRENT TRUSTEE ARE NOT, PRESENTLY RESPONSIBLE FOR THIS OBLIGATION. DATED: 04/21/2008 Name and Address of the Current Trustee is: RECONSTRUCT COMPANY, N.A. 1767 PARK CANYON ROAD, SWY-88 SALT LAKE CITY, UT 84119. PHONE: (800) 261-8218 RECONSTRUCT COMPANY, N.A. Successor Trustee Karl Marx, Assistant Secretary ASAPA 274457

PUBLISH: April 28, May 5, 12 and 19, 2008

NOTICE OF PROPOSED REALTY ACTION FOR A COMPETITIVE OR DIRECT SALE

DEPARTMENT OF AGRICULTURE Forest Service

PUBLIC NOTICE OF REALTY ACTION FAIRFIELD ADMINISTRATIVE SITE SALE

Notice is hereby given that the Forest Service, United States Department of Agriculture, is proposing to sell the lands identified below at not less than \$1.00 per acre. Information on the Forest Service Facilities Reassignment Act of 2005, Section 504(d)(4).

The proposal for sale includes the following lands and interest in lands under the jurisdiction of the Forest Service: Sawtooth National Forest Camas County, State of Idaho

Boise Meridian T. 1 S., R. 14 E., Sec. 9, Lots 11 to 27, Block 16, Village of Fairfield.

The area described contains approximately 1.22 acres.

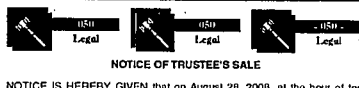
The property consists of one bunkhouse, one "Ranger" house, one 2-story employee house, and a warehouse. The bunkhouse, converted from the original Ranger office, is in good condition and served by propane heat and city services. The "Ranger" house is in good condition with yard and trees. The 2-story employee house, which was probably the original ranger house, is in good condition. Garages are in good condition where in place. The warehouse is of a fairly new construction. The property includes lawn areas for dwellings and bunkhouse and trees of various species. There is a fence around the south side of the property. A small open area east of the bunkhouse was the horse pasture when the site was used as a ranger station. Paved streets are located on the north, west, and south sides of the property. Graveled access easements (alleys) are located to the east and through the center of the property. The mineral estate will be included in the estate to be sold.

The property may be sold directly to an identified purchaser or may be sold under competitive bidding procedures. The method of sale will be determined at a later date. The sale will be subject to valid existing rights and encumbrances of record. The Forest Service may also include in the conveyance any reservation necessary to protect the interests of the United States. Specific terms of the sale will be provided in an Offer to Sell which will be made after all environmental studies and other required analysis are completed and the final decision to sell the property is made. Federal law requires purchasers to be citizens, 18 years of age or older, a corporation subject to the laws of any state or of the United States; a State, State instrumentality, or political subdivision authorized to hold property; or an entity, including but not limited to associations or partnerships, capable of holding property in the State. Proof of qualifications to purchase the property will be required.

Additional detailed information, including complete property description, maps, list of recognized and unrecorded interests, is available for review upon request. The property is located in the Sawtooth National Forest, Fairfield Ranger District, Fairfield, ID. For further information contact Jack Haddock, Idaho/Wyoming Land Zone at the above address or by phone at (208) 557-7876. Parties who may be interested in purchasing the property or wish to offer comments related to the proposed sale, are encouraged to contact the Forest Service.

USDA-Forest Service Sawtooth National Forest, Fairfield Ranger District P.O. Box 189 Fairfield, ID 83327 Attn: Mike DeLott, District Ranger Or submit comments via e-mail to: comments-intern@usda-forest.com or fax to us

Date: April 30, 2008 /s/ Jane P. Kelmeyer Forest Service Supervisor Sawtooth National Forest PUBLISH: May 5, 2008



NOTICE OF TRUSTEE'S SALE

NOTICE IS HEREBY GIVEN that on August 28, 2008, at the hour of ten o'clock a.m. of said day, on the front steps of the Lincoln County Court House, 111 W. B Street, Shoshone, Lincoln County, Idaho, The Trustee, Alliance Title & Escrow Corp., will sell at public auction to the highest bidder, or cash in lawful money of the United States of America, all payable in the first sale, the following described real property situated in the County of Lincoln, State of Idaho, and described as follows, to wit:

Exhibit "A" Township 5 South, Range 18 East of the Boise Meridian, Lincoln County, Idaho.

Section B: A Parcel of land located in the Northwest Quarter of the Northwest Quarter more particularly described as follows: COMMENCING at the North One Quarter (NW) corner of said Section B, from which the Northwest corner of said Section B bears North 89°35'43" West 256.130 feet.

THENCE North 89°35'43" West along the North boundary of the NW1/4 of said Section B for a distance of 655.88 feet to the TRUE POINT OF BEGINNING;

THENCE South 01°50'07" East parallel with the East boundary of the NW1/4 of said Section B for a distance of 497.00 feet;

THENCE North 89°35'43" West parallel with the North boundary of the NW1/4 of said Section B for a distance of 630.38 feet to a point on the West boundary of the NE1/4NW1/4 of said Section B;

THENCE North 91°13'26" West along the West boundary of the NE1/4NW1/4 of said Section B for a distance of 251.82 feet;

THENCE South 89°35'43" West parallel with the North boundary of the NE1/4NW1/4 of said Section B for a distance of 370.70 feet;

THENCE North 00°39'36" East for a distance of 244.90 feet to a point on the North boundary of the NW1/4 of said Section B;

THENCE South 89°35'43" West along the North boundary of the NE1/4NW1/4 of said Section B for a distance of 232.32 feet to the TRUE POINT OF BEGINNING;

SUBJECT TO A 25.0 foot wide County road easement along the most Northernly and most Westerly boundaries of the above described parcel. The Trustee has no knowledge of a more particular description of the above described real property, but for purposes of compliance with Idaho Code Section 60-113, the Trustee has been informed that the street address of 289 EAST 520 NORTH, SHOSHONE, IDAHO, may sometimes be associated with said real property. Said sale will be made, without covenant or warranty regarding title, possession or encumbrances, to satisfy the obligation secured by and pursuant to the power of sale conferred in the Deed of Trust executed by GREAT WESTERN CORPORATION, an Idaho Corporation, as Grantor, and ALLIANCE TITLE AND ESCROW, as Trustee, and HOPKINS MORTGAGE FUND, L.L.C. an Idaho Limited Liability Company "as trustee for the benefit of the trust (Grantor(s)) to deny to comply with Idaho Code, Section 45-1506(4)(A) no representation is made as to the responsibility of Grantor(s) for this obligation.

The default for which the sale is to be made is that no monthly installment payments were made under the note dated February 6, 2006, in the amount of \$794.90 per month for February 2006 and each month thereafter until they have been made, together with accruing late charges, plus any other charges lawfully due under the note, dated and under said Idaho law. The balance owing as of the date hereof on the obligation secured by said Deed of Trust is the amount of \$76,175.37, with interest accruing on the principal balance of \$76,233.60, at the rate of 12% per annum, plus late charges (11.75%) per annum from April 5, 2008, plus default interest pursuant to the Note at the rate of two percent (2%) per annum from April 5, 2008, until the default is cured, plus service charges, late charges, and any other charges lawfully due under the note, dated and under said Idaho law, as provided by the Deed of Trust or Deed of Trust of Trust, or by Idaho law.

Dated this 4th day of April, 2008. By: Mark D. Purison of the Firm Attorneys for Trustee P.O. Box 6375 Boise, ID 83707-6575 (208) 331-1200

PUBLISH: May 5, 12, 19 and 26, 2008

LEGAL NOTICE

Honkers Storage will sell contents of Storage Unit #68, Pat Williams, Unit #66 Jennifer Baird, Unit #45, Larry and Wendy Harman

PUBLISH: May 1 and 5, 2008

PUBLIC NOTICE

Actions planned and taken by your government are continued and you are given of your right to know and to be informed of what your government is doing. As self-government citizens, you have the right to know what your government is doing. You are given the right to know what your government is doing. You are given the right to know what your government is doing. You are given the right to know what your government is doing.

IMPORTANT

Please address all legal notices to: LEGAL ADVERTISING The Times-News P.O. Box 540 Twin Falls, Idaho 83303-0548 email to: legal@magicvalley.com

Deadline for legal ads: 3 days prior to publication, noon on Wednesday for Sunday, noon on Thursday for Monday, noon on Friday for Tuesday and Wednesday, noon on Monday for Thursday and noon on Tuesday for Friday and Saturday. Parties who may be interested in purchasing the property or wish to offer comments related to the proposed sale, are encouraged to contact the Forest Service.

NOTICE OF SCHOOL TRUSTEE ELECTION

School District No. 411 Twin Falls County, Idaho

NOTICE IS HEREBY GIVEN That the annual election of school trustees for Twin Falls School District No. 411, Twin Falls County, Idaho, will be held on May 20, 2008, and the polls of said election will be open between the hours of 12:00 noon and 8:00 p.m. on said day. The purpose of said election shall be to elect one trustee to serve for a period of three (3) years from the date of the election who resides within Trustee Zone No. 5. Only those qualified electors residing in the specified trustee zone may vote for a Zone No. 5 candidate. Legal description of said zones are available upon request.

Rolling place for Trustee Zone No. 701 Morningdale Elementary School, 701 Morningdale Drive. That said election shall be secret and separate ballot.

Said election shall be held pursuant to meeting of legal qualifications as stated in Section 33-502 and Section 33-502A, Idaho Code. Dated this 30th day of April, 2008

Michelle Lucas, Clerk Board of Trustees Twin Falls School District No. 411 Twin Falls, Idaho PUBLISH: May 5 and 12, 2008

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ANNOUNCEMENTS

- 50 Legal
101 Lost and Found
102 Cars and Trucks
104 Personals
105 Happy Ads
106 Special Notices
107 Classifieds
108 Professional Services
109 Health & Wellness
110 HomeHealth Care
111 Entertainment Services
114 Child Care Services
114 Miscellaneous Services
115 Community Events

101 Lost and Found

FOUND Basset Hound brown and white, male, not neutered, found in area 208-654-7387.

FOUND Great Pyrenees on 600 W. In Park. 1-yr old female, 208-769-4550

FOUND Terrier type older dog, black and white, found on 600 W. In Park. 208-654-7387

FOUND Yorkie mix, male. Have you been missing yours for a while? 208-720-6234

LOST Black Lab, 2-year old, white streak on chest, around Park. Call 208-430-8474 or 208-431-9027

LOST camcorder JVC color, found in Hagerman. Reward. Call Damon at 208-308-2009

LOST Rat Terrier black/white, male, lost in Melon Valley area on 4223 Reward Call 208-430-8474 or 208-431-9027

EDUCATION
St. Edwards Catholic School is currently looking to fill Full-time 2nd Grade Teaching position for the 2008-09 school year. Applicants should be certified with Idaho credentials. Position is open until 5/15/08. Outcalls preferred. Applications or inquiries can be received at: 1139 S. Ave. E, school office or by calling 734-3672.

GENERAL
106 Extra's needed! Actor's, Models earn \$25-\$300 daily. 206-483-8611

GENERAL
Kindergarten Nurseries is now hiring for: Exp. Sprinkler Service Technicians for Service and Installation. Apply in person at 2852 Addison Ave., Twin Falls.

GENERAL
Licensed Spray Tech. Class B CDL Salary DOE. Fax resume to 206-788-3939 or call 206-788-4441

GENERAL
Wires internet installer needed. Self-motivated, trainable, and a hard worker. Please email resume. Salelink Internet Jobs at salelink.net

MANAGEMENT
FT Management/Lead person in the pressure washing field. Will be responsible for job recruiting and crew supervision. Must have good people skills and good personal skills with a want to work moral... If you don't want to work, don't call. 208-257-4516

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

MEDICAL
TWIN FALLS Care Center. We currently have a Staff Development Coordinator position available. This position is responsible for scheduling, staff education and instruction. Also, responsible for facility orientation and in-service education. Must have good computer skills and maintain good personal relations and employee morale. Also must have computer skills and current RN Degree. We offer competitive wages, 401K, Great Benefit Package. Contact Trish or Cheryl at 734-4284

SEASTROM
Seastrom Mfg. Has an opening for a Maintenance Technician. Requires above avg. mechanical ability, 3-5 yrs. Exp. in mfg. Environment preferred. Responsibilities include routine maintenance of stamping presses and other equipment, troubleshoot mechanical problems, diagnose and repair equipment with mechanical, pneumatic, hydraulic and electrical systems. Work on and maintain air handlers, boilers and air compressors, and troubleshoot minor electrical problems. Seastrom provides excellent benefits, paid time off and 401k. Apply on line at: www.seastrom-mfg.com or in person or mail to: Seastrom Mfg., 486 Seastrom St., Twin Falls, ID 83301. Drug Free Workplace, EOE

Happy Nurses Week!

from Sunbridge Care and Rehab. In recognition of National Nurses Week, we say thank-you to all of our nurses for your hard work and devotion to our residents. We understand that without you, we could not continue to give superior care, and you are deeply appreciated. We offer competitive pay, full benefits, and a great work environment. For more information, please contact: Sunbridge Care and Rehab 640 Filer Avenue West Phone: 734-8465

Classified Private Party Ads
Requires pre-prior to publication. No credit cards, and cash accepted. 733-0931 ext. 2 Times-News

GENERAL
Load Checker Needs to be responsible for checking loads leaving the yard. Applicants must be patient, detailed oriented and highly organized, and related field. College graduate excellent benefits. Apply in person at 1190 Highland Ave E Twin Falls. No Phone Calls. See Bart for details

RESTAURANT
Hiring for Cooks and Servers. Apply at The Garden Cafe 2221 Addison Ave E.

RESTAURANT
IHOP is seeking Server, Cashier, & Dishwasher. Apply in person 1948 Bliss Lakes Blvd North, Twin Falls.

MEDICAL
TWIN FALLS Care Center. CNA's Graveyard Shift Full or part-time. Competitive wages & benefits. In house CNA classes offered. Call Trish 208-734-4284 or apply in person at Twin Falls Care Center 574 Eastland Dr. Twin Falls, Idaho

MEDICAL
Pharmacist Needed. A growing animal health products distributor is looking for a Pharmacist in the Jerome/Twin Falls area. FLEXIBLE SCHEDULE! Our pharmacist is responsible for animal health order check-offs and other related regulatory requirements. For more information on the position available, please submit your resume to the address below. Pharmacist Resumé P.O. Box 108 Jerome, ID 83338

NEWSPAPER CIRCULATION
Times-News
magicvalley.com

The Times-News has an opening for a District Sales Manager in our Circulation Department. This is an excellent opportunity for an energetic and ambitious professional to bring his or her skills and ideas to an entry-level management position with opportunities for advancement. This position has a strong focus on superior customer service. Responsibilities include managing youth and adult carriers, ensuring timely delivery to subscribers, sales promotions and collections. A valid driver's license and good driving record are required.

The successful candidate must have strong leadership and training skills along with good organizational, time management and problem solving skills. Must have computer experience, be dependable and be able to work alternating weekends.

The Times-News offers an excellent benefits package which includes medical, dental, vision, life insurance, 401(k) retirement, employee stock purchase plan, paid holidays and vacation. Visit our website at www.magicvalley.com

REMEMBER
That birthday day you placed some time ago in The Times-News? Now is the time to come up with your plans. Stop by The Customer Service Dept today!

Please apply online at www.magicvalley.com/workhere

FARM
Exp'd Farm Laborer/ Irrigator. Pay DOE. Res. a plus. 206-485 or 539-9473

GENERAL
Wanted P/T live in Supervisor/house parent for local 5 bed all male transitional home. Exp. in social services, law enforcement or related field. College graduate excellent benefits. Apartment included with monthly stipend. Must pass drug and background check. Call 208-427-4316 or 208-738-4216 ext. 3117

RESTAURANT
Waiter or Waitress needed. Experience preferred but will train. Apply in person at Prasa's 428 Bliss Lakes E Twin Falls.

MEDICAL
Sewitooth Surgery Center is hiring for the following position: Central Sterile Processing Tech. Exp. Preferred but will train. HS Diploma. Full-time, Mon-Fri. No call, No Holidays, flexible hours. Send resume to: 115 Falls Ave W Twin Falls, 733-1662

PROFESSIONAL PHARMACIST NEEDED
A growing animal health products distributor is looking for a Pharmacist in the Jerome/Twin Falls area. FLEXIBLE SCHEDULE! Our pharmacist is responsible for animal health order check-offs and other related regulatory requirements. For more information on the position available, please submit your resume to the address below. Pharmacist Resumé P.O. Box 108 Jerome, ID 83338

KAMM MANAGER
Experience with equipment and cattle necessary. Excellent pay and benefits. Call 439-2157 / 300-0129

HAIR STYLIST
If you're not earning \$9-\$11/hr... Great Clips will take care of you.

MANAGEMENT
Immediate opening for a Full-time Restaurant Manager in Twin Falls. Must have a minimum of 2 yrs retail management exp. Customer Service and Cash management exp. required. Salary DOE. Small resume to kari_mak@yahoo.com or fax to 208-478-0738

MEDICAL
Shoshone Rehab & Living Center is hiring for the following positions: PT/Registered Nurse. PT Cook. FT/Registered Nurse. MEdical Records Clerk. Apply at 611 E 4th St. Shoshone, ID 83302. Questions please call 206-886-2228

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CUSTOMER SERVICE
Times-News Classifieds is looking for a full-time Classified Sales Representative who is enthusiastic, able to sell and service our classified advertisers. The successful candidate should be well organized, have strong telephone communication, excellent keyboarding and spelling skills, and be able to function smoothly in a fast-paced, deadline-oriented office environment. Previous customer service experience a plus. We offer a great work environment, competitive compensation including base plus commission, and outstanding benefits package. Qualified candidates should submit a cover letter and resume to: Christy Hazzler@lee.net or mail to Classified Manager 132 Fairfeld St. Twin Falls, Idaho 83301

GENERAL
Assisted Living Cook FT. Experience required. Good pay, great benefits, friendly working environment. Call M or Tiffany at 733-7611

ELEVATOR SPECIALIST
Molson Coors Brewing Company, the 5th largest brewing company in the world with major operations in the United States, Canada, and the United Kingdom, is looking for an Elevator Specialist to join its elevator team in Burley, Idaho. In this position you will be assisting in the shipping and receiving of malted barley, as well as, the repair and maintenance of the elevator. The qualified individual will be required to work in adverse conditions. Also some shift work might be required during harvest. To apply for this position, please go to coorsjobs.com. Please apply for the specific requisition number 08-1146. Coors Brewing Company is an Equal Opportunity Employer.

GENERAL
No Sales Involved! Base Pay up to \$11.00 an Hour! All Paid Training! Flexible Scheduling - You Pick the Days you Want to Work! Start Times Conclude with School Schedules! Bonuses Offered Monthly! Great Fun, Positive Work Environment! Great for First Time Job or Career! Please apply at 840 Meadows Dr #1 Twin Falls or please call (208) 733-6601 (asking distance from CSII)

GENERAL
Jerome Cheese Company 47 W 100 S. Jerome, ID 83338 208-324-8806 office 208-324-8892 fax E-mail resumes to JCHHR@Daviscofoods.com

CAREER OPPORTUNITIES
As a leader in the potato processing industry, ConAgra Foods/Lamb Weston is actively seeking high energy individuals to join our team. Project Engineer Design, development, oversight of engineering projects (structures, systems, components), including capital project planning and design, bid packages, budget setting, adherence, and resource utilization. Long-range planning for energy utilization, regulation, compliance, new process development, environmental protection and engineering review. Maintain contractor safety program; develop/maintain long-term capital plan. Four year degree in engineering or related field and 2-4 years production processing, maintenance, engineering, or supervisory experience desired.

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WANTED Antiques and estate, old pottery, pictures, horse tack, quilts, toys, Indian artifacts, etc. As a 100% disabled (ex-veteran) I collect to preserve our history and honor their service. Paul 733-8931 or 420-0414 anytime

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FORD '04 Explorer, Limited Edition, white pearl paint, like new, 25K miles. \$19,200. Call 208-454-2187 or 208-431-2167

FORD '88 Bronco, Eddie Bauer Edition, auto. 5 V6, 4x4, AC, AM/FM, CD, PW, PL, tilt wheel. Only \$2,986.

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1010 Autos

BUICK '07 LaCrosse CX, loaded, 20K miles, full truck warranty, 30 mpg. Call 208-888-2487

CHEVY '08 Cobalt, new tires, low mileage, great on gas. Only \$8,000, books for \$9,000. Call 208-321-2322

CHEVY '08 Impala, silver, 4 door sedan, new front tires, power everything. \$11,000. Call 208-321-2322

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INSIDE: Give a little stretch to improve your back health, D4



INSIDE: Comics, D2 | To do for you, D3

Sitting is hazardous to your health

The more time you spend on your couch, in the car or at the computer, the more fat you invite into your abdominal home. And the more time you spend seated on the job, the more disease-prone potential you have.

The magnitude of our sedentary shift from our active hunter/gatherer past has knocked us, well, flat off our feet. Except for short intervals when we're moving from one seat to another, we're rarely on our feet. Even conscientious people who take a brisk 30- to 60-minute walk or workout every day are off their feet for much of the remaining day.

Now, half the people in developing countries work behind computers, so our car/computer/chat-dominated culture has influenced countries beyond our own.

In a series of recent studies presented at the Second International Congress on Physical Activity and Health in Amsterdam, scientists discussed the compelling effects of sitting in offices, using computers, watching TV or, in short, long-haul sitting.

In one study, more than a third of the patients admitted to hospitals with blood clots had been sitting at work for long periods of time, three to four hours at a stretch during typical 12-hour work days. The risks of blood clots in the veins of the legs among office workers were significantly higher than risks for patient travelers on long-distance flights.

Physical inactivity throughout the day stimulates other disease-provoking processes as well. "If you're going to sit around all day, your blood glucose and triglycerides are going to be riding high, you gain visceral fat (in your stomach muscles) and you get insulin insensitivity," says endocrinologist James Levine at the Mayo Clinic. Visceral fat pumps out a slew of chemicals tied closely to cancer, diabetes and heart disease.

It's no secret that long-haul sitting breeds ineffective fat-burning. "If you watch TV, you burn five calories an hour above your resting metabolic rate," says Levine. "After four hours, you've burned only 20 extra calories." The idea is to get out of your chair. And Levine would know since he ditched his desk and replaced it with a computer over a treadmill where he ambulates about .7 mph during his workday.

NEAT: Notion of motion

Exercise doesn't have to mean sweat, spandex and stair machines for people who want to remain thin in our obesity-prone society, according to Levine's research around this question: How do people remain thin even when they are overfed?

His research team meticulously monitored every morsel consumed and every finger-tapping, foot-bobbing movement within a study group of lean and heavy self-professed couch potatoes. They found that those people who can switch on their NEAT — nonexercise activity thermogenesis — don't gain fat when they are overfed.

If exercise is bodily exertion for the sake of developing and maintaining physical fitness, as the dictionary defines it, then NEAT is any other movement — ambulating, toe-tapping, playing a musical instrument or any other gentle activity. The lean couch potatoes burned roughly 350 more calories than their more sedentary counterparts doing non-exercise movement daily. That's equivalent to 33 pounds in a year.

Don't just sit there

Standing takes more energy than sitting, and strolling along at just 1 mph burns twice the calories of sitting. Take advantage of your NEAT potential and bump up your spontaneous physical activity. Take a 10-minute stroll several times a day.

Pace while you talk on the phone. Do heel raises when standing in line. Brush your teeth and stand on one foot. Dance while you wait for the pasta water to boil. In short, sit still less.

"What matters most is that you get off your derriere. It's easier said than done.

Health educator Jan Mittleider is coordinator of the Over 60 and Getting Fit Program at the College of Southern Idaho. She'll take a break from writing her column this spring, watch for "Alive and Well" to return in June.



Nathan Sabo sits down for lunch at his favorite Twin Falls restaurant, Pita Pit. For lunch he eats a chicken Caesar pita with a cup of water. Cutting out soda and eating white meat like chicken and turkey are just one of his steps to a healthier body.

Sabo's shaping up

CSI student improves health in 4 months

By Melissa Davlin
Staff writer

Nathan Sabo has never felt more confident in his life, and he's excited to tell people why.

Sabo, a College of Southern Idaho student whom we introduced to *Times-News* readers two months ago, has lost 40 pounds since he started the "Bigger Faster Stronger" fitness class in January. In four months, he has not only improved his stamina but changed his entire lifestyle, from his exercise routine to his eating habits.

After a recent class, Sabo skipped the allure of burgers and fries on campus and instead went to Pita Pit in Twin Falls. He ignored the offer to "make it a meal" — a deal that adds chips and a soda for \$1.75 — and instead asked for a cup of water. He packed the chicken pita with veggies and skipped the mayo and other fatty dressings.

Before, he said, "I probably would have gotten a burger and fries."

Sabo, who turns 21 today, takes those eating habits home, refusing sweets and fatty snacks in favor of his new munchies: apples with peanut butter. His roommate, Sam Ensley, has noticed the turnaround.

"He changed his habits to eating salads a lot and eating less fattening foods. No sodas and

Nathan Sabo has lost a significant amount of weight since he started the "Bigger Faster Stronger" class at the College of Southern Idaho. Sabo says the class has given him a new lifestyle by teaching him how to make healthy choices and to exercise.

stuff," Ensley said. "He exercises, like, more than I do," the slender Ensley, 20, added. The "Bigger Faster Stronger" mix of aerobics and weight training, plus

a spinning class, kept Sabo sweating throughout the week. One of Sabo's fitness instructors, Scott Rogers, has seen improvements since January.

"At the first of the semester we kind of feel like we run them into the ground and it's easy for us to do that," Rogers said. At the end, however, the instructors had to push

Please see SABO, Page D3

Nathan Sabo's before and after



Third-year College of Southern Idaho student Nathan Sabo is pictured in January, left, and in late April after he lost 40 pounds. "I've never been so confident in my life," Sabo says.

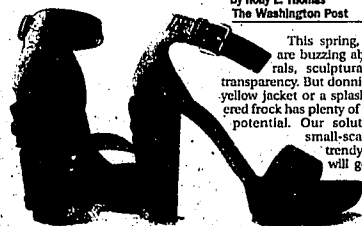
	Before	After
Weight	300 pounds	260 pounds
Lunch of choice	Fast-food hamburgers and fries	Pitas and salads
Drink of choice	Soda	Water
Exercise	One or two hours a week	10 to 15 hours a week
Vertical leap	8 feet 6 inches	8 feet 10 inches
Push-ups at one time	10	21
Wall squat	56 seconds	4 minutes 21 seconds
Bleep curls	14 reps at 25 pounds	25 reps at 25 pounds
Maximum heart rate	190 beats per minute	167 beats per minute



Pumps with a splash of runway style

By Holly E. Thomas
The Washington Post

Min Min floral topstitched leather sandals with an elaborately carved wood heel.



This spring, fashion types are buzzing about neon, florals, sculptural details and transparency. But donning a spotlight-yellow jacket or a splashy, peony-covered frock has plenty of fashion-victim potential. Our solution? Stick to small-scale doses. A trendy pair of pumps will get you in step with the season without turning you into a fash-

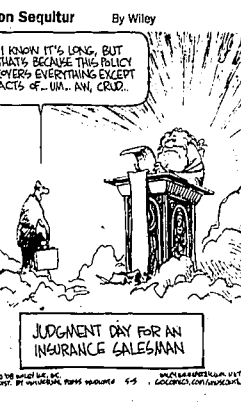
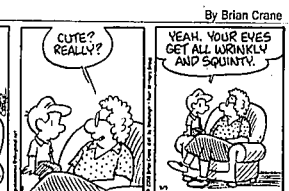
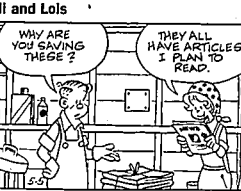
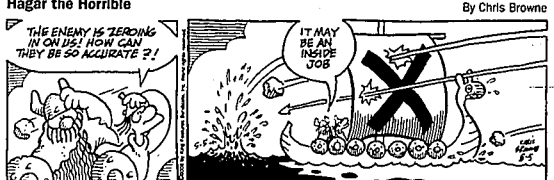
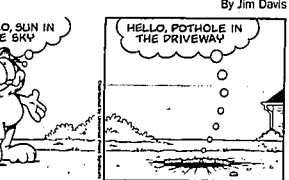
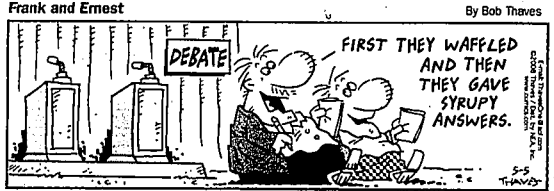
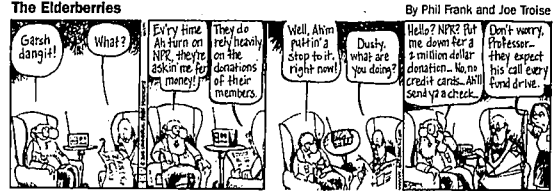
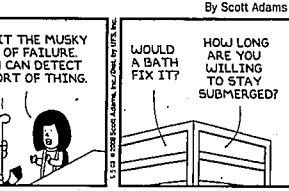
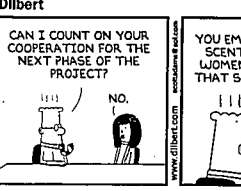
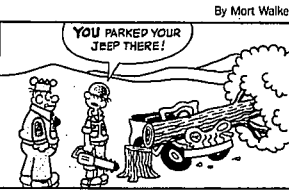
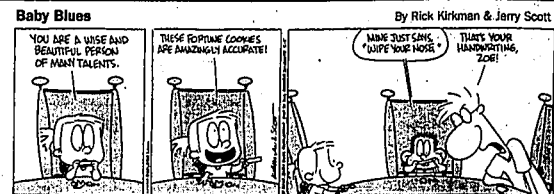
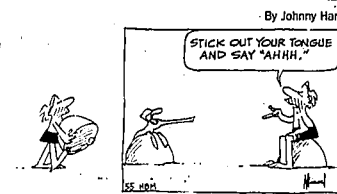
ion don't. Sure, some of these high-design shoes are a major investment, but they're still less expensive than a head-to-toe designer look. And opting for an edgy Lucite sandal is a lot smarter than showing up to work in a sheer Prada pantsuit, right?

• Nine West "Get It Girl 2" Slides
If you're hesitant to take the plunge into head-to-toe color, try these South Beach-ready slip-ons, which combine spring's punchy hues with a classic silhouette. \$83.

• Guess by Marcelano "Carrier" Floral Pumps

These satin heels are a more wearable

Please see PUMPS, Page D3



TO DO FOR YOU

Tobacco cessation

American Cancer Society's "Fresh Start" program to help adults quit using tobacco products: six-class session 8:30-7:30 p.m. Mondays and Thursdays, today through May 22, in the Sunflower Room at St. Luke's Magic Valley Medical Center's Education Center, 588 Addison Ave. W. in Twin Falls. "Fresh Start" builds skills to help reduce use and eventually end tobacco use; communicate better, handle stress, make decisions, set goals, eat healthy and exercise. The program is sponsored by South Central Public Health District and St. Luke's Magic Valley. Pre-registration required: Jeanette Charters, 308-5613, or Tami Pearson, 737-5945.

Caregiver support

Caregiver Support Group meeting, 1-2:30 p.m. today, at South Central Public Health District's Katz Conference Room on the College of Southern Idaho campus in Twin Falls. Information: Shawna, CSI Office on Aging, 736-2122.

Bariatric support

Bariatric Support Group meeting for patients who have undergone bariatric surgery, 7 p.m. today, at St. Luke's Magic Valley's Education Center, 588 Addison Ave. W. in Twin Falls. Information: 280-1337.

'Baby and Me'

St. Benedict's Family Medical Center's "Baby and Me" classes, 11 a.m. to noon Tuesdays, at Jerome Public Library, 100 First Ave. E.

This week's topic: "Baby on the Move." The session is for parents of children from infancy through toddler years. Free; 324-6133.

Alzheimer's support

Alzheimer's Support Group meeting, 6-8 p.m. Tuesday, at Rosetta Hilland, 1919 Hilland Ave. in Burley. Open to Mini-Cassia residents who have family members with Alzheimer's. Information: Maquel Wrigley, 677-5451.

Learn CPR

"Heartsaver Cardiopulmonary Resuscitation" class, 6-10 p.m. Tuesday, in the Sage Room at St. Luke's Magic Valley's Education Center, 588 Addison Ave. W. in Twin Falls. Topics: infant, child and adult CPR, and automated external defibrillators. Cost is \$36. Pre-registration required: 737-2007.

About back injuries

"Back School," a course on preventing and treating back injuries, 5-7 p.m. Wednesday, at St. Luke's Magic Valley's Rehabilitation Services, 560 Shoup Ave. W. in Twin Falls. Topics: basic spine anatomy, common injuries and diseases that lead to back pain, as well as instructions in posture and body mechanics to protect the spine. Cost is \$25. Register: 737-2126.

About infant care

The infant care class of St. Benedict's Family Medical Center's prepared childbirth series, 7-9:30 p.m. Wednesday, at Jerome

Ambulance Building, 240 E. Main. Topics: infant care and early parenting. Bring two pillows, a blanket and, if possible, a support person. Fee is \$5. Register: 324-6133.

Learn CPR for babies

Infant safety and cardiopulmonary resuscitation class, 6:30-9 p.m. Thursday, in the lobby at St. Luke's Magic Valley's downtown campus, 689 Shoshone St. E. in Twin Falls.

New parents and grandparents can learn about infant CPR, choking, child safety and injury prevention. Free. Pre-registration not required: 732-3148.

About childbirth

The birthing class of St. Benedict's Family Medical Center's prepared childbirth series, 7-9:30 p.m. Thursday, at Jerome Ambulance Building, 240 E. Main. Topics: the birth process and breathing techniques. Bring two pillows, a blanket and, if possible, a support person. Fee is \$5. Register: 324-6133.

Immunizations clinic

Early Immunization Clinic for kindergarten, 9 a.m. to 11 a.m. Friday at South Central Public Health District, 1020 Washington St. N. in Twin Falls. Use the north entrance. Organizers say children entering school in Idaho are required to have immunizations upon registering. Anyone unable to attend the clinic can call the health district office to schedule an appointment.

Cost is a maximum of \$25 (with a sliding scale based on income). Appointments required: 737-5962.

About Alzheimer's

Alzheimer's Support Group meeting, 2-3 p.m. Saturday, at Rosetta Hilland, 1177 Eastridge Court in Twin Falls. Open to Twin Falls County residents who have family members with Alzheimer's. Information: Lisa Junod, 734-9422.

Parenting class

"1-2-3-4 Parents" class, 7-9 p.m. Mondays, May 12 through May 26, at St. Benedict's Family Medical Center, 709 N. Lincoln in Jerome. The class is for parents with children ages 1-4. Free: 324-6133.

About foot care

Cassia Regional Medical Center's Diabetic Education Clinic is expanding its services to include routine toenail and foot care by appointment only. The primary focus is for diabetic patients, but the service also will be provided for those needing routine management of their toenails and an assessment of foot health. The clinic is open 8:30 a.m. to 5 p.m. Monday through Friday. Appointments required: 677-6288.

"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 ramona@magicvalley.com.

SWEAT ASSESSMENT

Our fitness class reviewer gives you the skinny.



NEXT WEEK IN IMAGE

2" Faux Blinds
Enjoy the look for 1/2 the price!
18 designer colors & shades. All sizes have equal discounts.
\$34⁰⁰ EA
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Sale Ends 5/31/08
MAGIC BLIND CLEANING
Brings You The "Ultimate Process"
Call 733-0674

Ladies please join us:
for a Book signing and meet the author
Susan Ray Schmidt
Join us to hear her testimony and her amazing story!
When: Saturday, May 10, 2008
Where: Twin Falls Reformed Church Octagon
Time: 2-4 pm
"His Favorite Wife details the experiences of a young girl raised in a fundamentalist polygamist sect. At the age of 15, Susan becomes the sixth wife of Verlan LeBaron, one of the sect leaders. "Women with jealousy and fanaticism," her story leads the reader through a mind-boggling power struggle between the LeBarons brothers."
Please RSVP to 733-6128 or email donna@lcf.org so we can plan for refreshments.
Please bring a friend - refreshments will be served

Shane Toothpaste
Clean. Soothing. Simple.
Contains Aloe Vera
Sav. Mor. Drug
GOOD HOUSEKEEPING RECOMMENDS
MADE IN THE USA
TWIN FALLS, IDAHO

Snake River Ear Nose & Throat
Join with us in celebrating **Better Speech & Hearing Month.**
Call **735-1000** for a free hearing evaluation during the month of May and experience better hearing.
Better Hearing—Improved Quality of Life
Stephen Jones, M.S. CCC-A Board Certified Audiologist
Call us today: **735-1000**

Clockwise from right, Sergio Rossi patent leather pumps, Stella McCartney Lucite heel sandals, and Niae West 'Get It Girl 2' slip-ons.



Sabo

Continued from page D1
Sabo credits his fitness instructors, Rogers, Jaime and Tiffany Eckles, with his success. He had tried to lose weight before but failed. "Those guys are awesome," he said. "They're kind of like unsung heroes." When the semester has ended, Sabo is a little worried about summer. He works for a fly fishing outfitter and goes on week-long trips where the entrees usually consist of fried chicken or New York steak and he has no time to exercise. "I'll just try to eat more salad," he said. Until then, he's focusing on the positive. During spring break in March, he visited his doctor in Missoula, Mont. for a physical. The doc was thrilled at Sabo's progress. "He was like, 'I'm looking at somebody totally new,'" Sabo said. His good habits are catching on with his roommate. Sort of. "I eat more salads and stuff—more healthier foods than I used to," Ensey said. "But it hasn't stopped me from drinking soda or anything." And Ensey takes every opportunity to goad Sabo about his refusal to eat junk. Ensey frequently throws chips at Sabo or offers him candy. Recently, Sabo gave in and accepted some sweets. He regretted

Get results
What: "Bigger Faster Stronger" class
Where: College of Southern Idaho gymnasium
When: 11 to 11:50 a.m. Tuesdays, Wednesdays, Thursdays and Fridays, Aug. 26 to Dec. 18.
Cost: \$15 for CSI students. \$20 for non-students
Register: 732-6290 or www.csi.edu

"Those guys are awesome. They're kind of like unsung heroes."
— Nathan Sabo, on his fitness instructors
it immediately. "I ate those 10 Skittles and got sick," Sabo said. "As much as Ensey teases Sabo about the health kick—"I'm kind of mean to him," Ensey said—"he supports his buddy's change. "He's really stuck to his thing he's doing," Ensey said. "He's a good guy."
Melissa Davlin may be reached at 208-735-3234 or melissa.davlin@lcc.net.

Pumps

Continued from page D1
incarnation of the over-the-top florals seen at the Balenciaga and Dries Van Noten shows. \$94 or \$90.
• Sergio Rossi Patent Leather Pumps
Dolce & Gabbana's spring runway gowns featured surges of splashed-on color, but if you want a scaled-down approach to splatter-patter, opt for these glossy stilettoes. \$464.
• Stella McCartney Lucite Heel Sandals
Transparency is one

trend where accessories add just the right touch. McCartney's bottle-green sandals marry a tough gladiator feel with a Lucite heel. \$1,195.
• Miu Miu Floral Carved Sandals
With these crafty-chic platforms, Miu Miu pulls a Carly Simon-on-a-que spin on the sculptural trend. Sky-high heels get an earthy vibe from topstitched leather paired with an elaborately carved wood heel. \$550.

GCMH Health Fair
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12 tests including TSH, Lipid Panel, Complete Blood Count & Metabolic Panel. Requires a 12 hour fast prior to lab work.
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Reach our goal by May 15th.
Blind donation.
100% goes to Relay For Life.
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BEYOND THE BEND

A few simple exercises may ward off back pain

By Joannine Stein
Los Angeles Times

Back pain is the bane of millions, but some simple exercises might help prevent and alleviate those aches and twinges.

These maneuvers don't just target the muscles surrounding the spine — they hit the abdominal and oblique muscles on the sides of the trunk, as well. Shoring up all the muscles around the back not only makes lifting heavy loads easier — it also allows for less pain during daily tasks such as gardening, getting in and out of the car or even sitting for hours in front of a computer.

The drills — including popular ones such as the front plank, side plank and bird dog — were presented recently at the American College of Sports Medicine's annual Health and Fitness Summit and Exposition in Long Beach, Calif., by Michael Bracko, a Calgary, Alberta-based exercise physiologist. At a group participation session, he demonstrated key exercises — with modifications for beginning exercisers.

Bracko suggests that beginners start with the modified exercises, then work up to full-strength versions. Advanced exercisers can add weights to some of the drills. Positions should be held, if possible, for 10 to 20 counts, fostering muscle endurance. As your strength and endurance build, your count can go longer and you can add more repetitions.

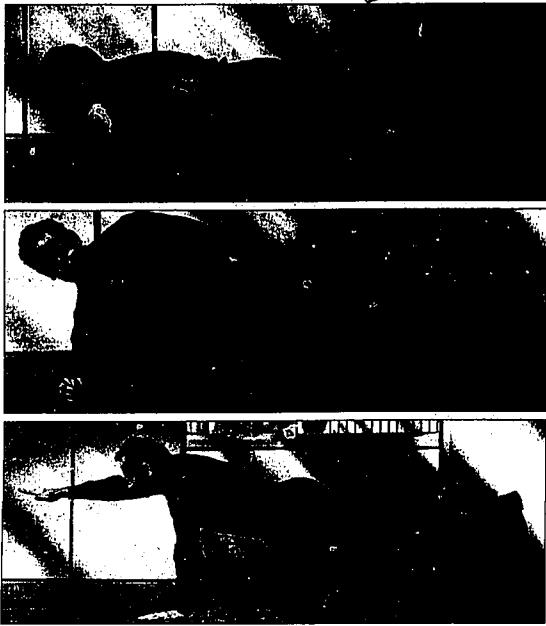
Modifications completed in a standing position (for office settings) can be done every day, but the more vigorous versions should be done every other day. Modify or stop the exercise at any sign of pain.

• Front plank: Targets the abdominal muscles. Body is horizontal, face down, arms directly underneath the shoulders. Lower arms and toes support the body, and the back is straight. Head is aligned with the spine.

Modification one: Knees and toes are on the floor. Back is straight.

Modification two: Arms are in the same position, but the exercise is done leaning against a wall. Back is straight.

Modification three:



Michael Bracko shows, from top to bottom, the front plank, side plank and bird dog exercises.

Shoring up all the muscles around the back not only makes lifting heavy loads easier — it also allows for less pain during daily tasks such as gardening, getting in and out of the car or even sitting for hours in front of a computer.

(advanced): Increase the intensity by moving the elbows forward.

• Side plank: Targets the obliques. Legs are crossed at the ankles, and the body's weight is supported by the feet and one forearm, with the elbow directly underneath the shoulder. The other arm is extended along the side, and the back is straight, with the head in line with the spine. The exercise should be done on both sides.

Modification one: The knees are bent, with the weight supported on the lower legs as well as the arm.

Modification two: Arm is in

the same position, but the exercise is done against a wall. Back is straight.

Modification three (advanced): Increase the intensity by moving the elbow forward or holding a dumbbell with the top hand, or both.

• Bird dog: Targets back muscles from the shoulder to the buttocks. Starting on all fours, with elbows directly underneath shoulders and knees directly below hips, raise one arm in front and the opposite leg in back at the same time, keeping both straight, and the head in line with the spine. Raise and lower leg and

arm several times, then switch arm and leg.

Modification one: Do arm and leg raises separately.

Modification two: Do the exercise while leaning against a wall.

Modification three (advanced): Do the exercise with dumbbells or ankle weights, or both.

• Cat-camel: Targets flexing and extension of abdominal and back muscles. Begin on all fours, with elbows under shoulders and knees below hips. Arch the back into a convex shape, then reverse it into a concave position. Repeat.

Modification: Do the exercise while standing and leaning against a wall, or seated, leaning against a desk.

Think of it as an exercise, not a yawn

By Vicky Hallett
Special to The Washington Post

Q. I bought a 30-minute resistance-cord video. I really like it, but the weird thing is that at the beginning of my routine, I start yawning a great deal. At first I thought it was just tired, but it happens every time I start exercising. Any explanation for that?

A. Before I help you I need to address the folks slurping their cereal as they read this: All right, fess up, how many of you yawned just now? Or wanted to?

This is because yawning is one of the most contagious of all human behaviors, accord-

ing to Robert Provine, a neuroscientist at the University of Maryland Baltimore County, who specializes in yawning. "Anything that's related to yawning will trigger yawning, so if your reader is thinking about yawning, that itself will be a prompt to yawn," he says.

So there's a chance you were zoned the first time you worked out with the resistance cord, and now you keep repeating that behavior.

There's nothing particularly odd about yawning during or immediately prior to exercise. Often elite athletes do it before a competition, as does Provine, who guesses there's

a link between warming up the muscles and yawning. But forget the myth that you yawn in order to take in more oxygen. We don't.

"A yawn is a kind of stretch that involves respiration," he explains. It would be more unusual for the yawning to continue through an intense exercise session, because "if you're really huffing and puffing, you won't yawn," he adds.

However, if you start yawning excessively it may be worth seeing a doctor. Provine notes that yawning can also be associated with hemorrhage, drug withdrawal and brain lesions.

Researchers develop system to identify sleep apnea risks

Los Angeles Times

Sleep apnea can put surgical patients at high risk for respiratory complications during and after surgery. But of the 2 percent to 26 percent of Americans who have the condition, some 80 percent of men and 93 percent of women don't know it.

Now anesthesiology researchers have developed a scoring system, published in the journal *Anesthesiology*, to identify obstructive sleep apnea sufferers quickly before surgery. The disorder, characterized by loud snoring, puts people at risk of heart attack, irregular heart rhythm, diabetes and even traffic accidents.

The researchers found that four simple questions can identify likely apnea sufferers: Do you snore loudly? Do you often feel tired, fatigued or sleepy during daylight? Has anyone observed you stop breathing during sleep? Do you have or are you being treated for high blood pressure?

A "yes" to two questions ranks the patient as high risk for sleep apnea, says anesthesiologist Frances Chung, study lead author. "This patient may need to be monitored for oxygen saturation after surgery and may need more nursing care" — or, for minor surgery, newer and shorter-acting anesthetic.

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HANDLING MARKET VOLATILITY

For the next 6 weeks we will cover ways to handle Market Volatility.

Week 2 - FOCUS ON THE FOREST, NOT ON THE TREES

As the market goes up and down, it's easy to become too focused on day-to-day returns. Instead, keep your eyes on your long-term investing goals and your overall portfolio. Although only you can decide how much investment risk you can handle, if you still have years to invest, don't overestimate the effect of short-term price fluctuations on your portfolio.

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