

### Zach attack

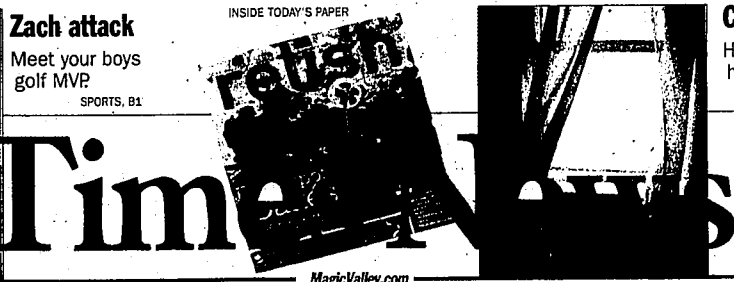
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## A fez and a helmet

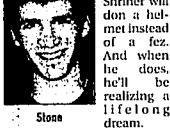
### Stone becomes first Shriner to play in Shrine football game

By Mike Christensen  
Staff writer

Shriners are always found in abundance at the annual North-South All-Star Shrine Football Games. They're at the front gate handing out programs. They're in the press box enjoying a turn on the P.A. system. They're in the stands and on the sidelines, easy to spot in their Shrine fezzes. But never before has a Shriner been on the field making plays.

Until today.

When the 11-man version of the 31st annual contest kicks off around 8 p.m. at Jerome High School, one Shriner will don a helmet instead of a fez.



Stone

And when he does, he'll be realizing a lifelong dream.

"It's been a goal of mine to be the first Shriner to play in the Shrine football game," said recent Twin Falls High School graduate Grayson Stone, 18, who was made a Shriner Monday night during a special Cold Sands Ceremony.

Stone's accomplishment is the first of its kind in Idaho, and possibly in the nation, according to his father, Laird Stone. It was Laird's involvement with the Shriners that first inspired Grayson's unique goal to play in the Shrine game as a Shriner.

"I'd see him and all the community service he does," said Grayson, "and it just seemed like a great thing to

### 31st Annual All-Star Shrine Football Games

Jerome High School 8-man game, 5:30 p.m.  
11-man game, 8 p.m.  
Admission: \$5  
Notes: The South won last year's 8-man game 35-28, after the North rallied from a 34-14 deficit. ... The 11-man game was won 24-0 by the South. ... Spectators are invited to bring a can of food as a donation for the Shriners Hospitals.

be a part of."

Becoming a noble of the Shrine of North America is no simple task, though. Grayson first had to become a Mason and progress through the three Masonic degrees to achieve Master Mason status. That journey began last September on his 18th birthday and was achieved just one month ago.

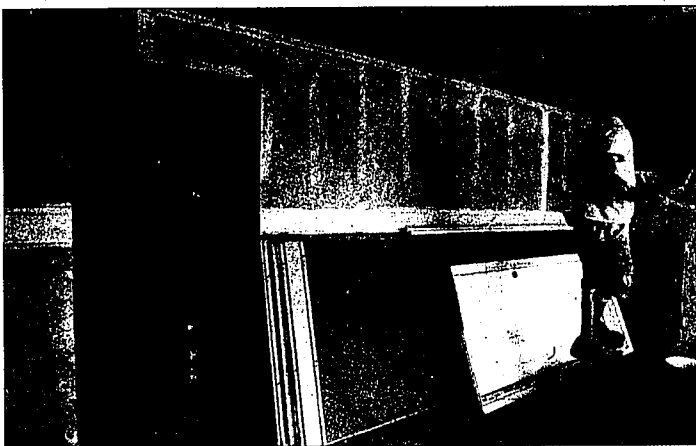
A two-sport athlete at TFHS, Grayson will attend Washington State University (Wash State) in Pullman, Wash. (Ind.) this fall as a member of the wrestling team. While he's reached the rank of Eagle Scout and been among the state winners of the Congressional Awards, his new Shrine status ranks No. 1 in his mind.

"It's a great accomplishment for me," he said. As for Monday's special ceremony, which required permission for the Shriner's Imperial Temple, Grayson said, "It's a memory that will stay with me forever."

An estimated 30 to 40 hours of work, primarily focusing on personal growth and self-examination went into Grayson's reaching the level of Master Mason. Then came the challenge of

Please see FEZ, Page A3

# Habitat in a hurry



Beito Flores, a volunteer with Rocky Mountain Drywall, and Alan Ahlin, a volunteer with Running Wolf Drywall apply spackle to drywall during a blitz build for Habitat for Humanity in Twin Falls.

By Sean Breslin  
Staff writer

It usually takes about six months for Habitat for Humanity to finish building a home.

This week, they're speeding it up a bit.

Volunteers for the Habitat for Humanity of Magic Valley and the Twin Falls Lions Club are on a weeklong blitz build, aiming to complete the house at 436 Watchmaker St. in Twin Falls by Friday evening. They began building shortly before 8 a.m. Monday morning, and were well on their way to putting up drywall Tuesday afternoon.

"It's been an amazing build," said Linda Fleming, executive director of Habitat for Humanity of the Magic Valley. "The teamwork is just spectacular."

The new home is for the family of Anthony Bohrn and Rebekah Roach.



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Meet the family who will move into the home and the people who are helping to build it.

It's a single story, a benefit for son Jacob Bohrn, who was born with spina bifida and uses a wheelchair. The home will have hard floors so Jacob can easily get around, Fleming said.

Anthony Bohrn, who hangs siding for a living, helped with Habitat for Humanity's last blitz build in 2006, and after hearing a radio ad the family decided to apply for a home through the organization. When they got the news that their application had been accepted, the family erupted in tears and shouts of joy, Roach said.

"There was a lot of loud noise in the

house," she said.

"The home site will be a blur of activity for the rest of the week, as between 250 and 300 volunteer contractors and laborers put the house together piece by piece, including the landscaping outside, she said.

To hurry the process along, building inspectors came to the site on Watchmaker Street at 9:30 p.m. Monday night to inspect the electric work and plumbing so the drywall could start going up as soon as possible.

"The city has bent over backward to be here for us," Fleming said.

The organization did their first blitz build in 2005. The Twin Falls build also marks the 1,000th house built since the Lions and Habitat for Humanity teamed up in 2001.

Sean Breslin may be reached at 208-735-3243 or at sean.breslin@mv.net.

## Twin Falls P&Z ends work sessions

By Jared S. Hopkins  
Staff writer

If David Mead's cup wasn't empty, he might have spit out his coffee.

The retired Twin Falls banker uttered a shrill "What?" in disbelief when told the Twin Falls Planning and Zoning Commission had voted to discontinue its work sessions, which are casual public meetings prior to voting.

"They're not informed when they go to vote," said Mead, who joined the commission in 1960 and served

seven years, including two as chairman. "You know what I learned? Nothing — except we need more and better planning and zoning."

On May 13, the commission approved ending the sessions after city staff suggested the move. Community Development Director Mitch Humbert and the commissioners cited declining effectiveness as information packets prepared by the staff grew clearer.

"They found the information we glean from these (work sessions) worth more than the packets that come in

the mail two days afterward," said Commission Chairman Carl Younkin. "I don't think there will be any effect on the commission."

The work sessions are typically the first time city applications for land-use items are publicly viewed. For at least 30 years, the sessions have offered an opportunity for commissioners to meet with applicants, field questions and allow information to stew for about a week before voting.

But commissioners and

Please see P&Z, Page A3

## Off-roaders, environmentalists to square off

The Associated Press

BOISE — Environmental groups and off-road vehicle advocates plan to square off Thursday in the U.S. Senate on the three-year-old U.S. Forest Service effort to restrict where motorcycles, four-wheelers and other backcountry vehicles can drive on public land.

The Wilderness Society says the Senate Energy and Natural Resources Committee hearings in Washington, D.C., will help underscore how an increasing number of powerful machines encroach ever farther into unsuitable territory.

The Blue Ribbon Coalition, an Idaho Falls-based group for motorized public land access, fears the committee chairman, Sen. Jeff Bingaman, D-N.M., will use the occasion as a springboard for more restrictions fol-

lowing the 2008 congressional elections.

Scott Miller, the committee staffer who organized the oversight hearing, said the event will help inform senators about the debate and will be similar to a March 13 House Committee on Natural Resources hearing on the subject. There's no pending new legislation, he said.

"The popularity of ORVs on public lands has grown dramatically," Miller told The Associated Press. "As a result, the management challenges have grown dramatically as well. We're trying to get our members to better understand our issues."

National forests across America have been updating travel plans on 133 million acres of public lands since 2005, when the Forest Service changed its policy requiring all

Please see OFF-ROAD, Page A3



Democratic presidential candidate, Sen. Barack Obama, D-Ill., and his wife Michelle acknowledge applause from supporters after his speech at a rally Tuesday in St. Paul, Minn.

## Obama seals Democratic nomination

The Associated Press

ST. PAUL, Minn. — Cheered by a roaring crowd, Sen. Barack Obama of Illinois laid claim to the Democratic presidential nomination Tuesday night, taking a historic step toward his once-improbable goal of becoming the nation's first black president. Hillary Rodham Clinton maneuvered for the vice presidential spot on his fall ticket without conceding her own defeat.

Obama's moment also a major juncture in U.S. history.

Clinton praised Obama warmly in an appearance before supporters in New

York, although she neither acknowledged his victory in their grueling marathon nor offered a concession of any sort.

Instead, she said she was committed to a unified party and would spend the next

"America, this is our moment."

— Sen. Barack Obama



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High: 57 Low: 42  
Cloudy, cool and maybe showers.  
Details: B8



# Fez

Continued from page A1

becoming a Shriner in time for the all-star game, something he accomplished about an hour before kickoff.

"I was frantically packing all of this stuff in," he said. "I busted my tail."

Laird Stone said his son is likely the youngest Shriner in the United States today. Of

course, Grayson's involvement with Masons and Shriners has certainly led to plenty of questions from his peers.

"It's not all National Treasury [sic] like people think," said Grayson. "I'm a Shriner because I like 'National Treasury' that explored Freemason legends. "When people think of Shriners and Mason they think of secrets and cults, but that's not it at all."

In his own words, Grayson calls the Shriners "a self-created charity within the Masons."

The Shriners of North America supports the Shriners Hospital for Children, a network of 22 pediatric specialty hospitals operated and maintained by the Shriners.

Ultimately, it's all about helping children in need. Proceeds from tonight's

game benefit that endeavor, and spectators are invited to bring a can of food as a donation for the Shriners Hospitals.

While the all-star games serve a greater purpose, tonight is also about a talented group of recent graduates donning helmets and pads for perhaps the final time in their lives.

That significance is not lost on Grayson Stone. Especially

with his unique status that he calls "good PR not only for the game, but for Shriners everywhere."

Grayson plans on helping the South team continue its dominance in the series and repeat last year's result (a 13-10 South win in Bruin Stadium).

He and his teammates will face off against a North team led by Carroll College-bound quarterback Dane Broadhead

of Minico.

"Broadhead better be ready for the game," said Grayson with a smile. "It's storming, the lightning won't be the only thing making noise."

Trash talk from a Shriner? It's going to be a fun night, indeed.

Mike Christensen may be reached at 208-735-3230 or mtkccc@magvalley.com.

# P&Z

Continued from page A1

city staff said the agenda packets distributed have improved to provide sufficient information, and often, applicants have failed to show up for sessions.

"The general feeling was they weren't getting enough out of them," said Humble, adding that they unnecessarily ate into valuable time for

city staff.

The 4-1 decision came at the end of the May 13 meeting, Commission member Bernice Richardson did not vote and the sole member opposed was Commissioner Cyrus Warren who said the sessions were still useless.

"I have to use some information and a heads up of what's coming up and what's going on," he said. "But that's just my opinion and my opinion didn't count

that much."

Commission meetings and work sessions are held on alternating Tuesdays. At the session, commissioners have limited agenda packets and don't receive complete ones until several days later.

But there were also legal concerns. After recent comments from a work session for a public hearing item were published, Twin Falls City Attorney Fritz

Wonderlich issued an e-mail with his concerns. Decisions over items subject to public hearings are required to be based on testimony preceding a vote.

It's kind of always been a concern and we've tried to keep control of it and remind them this is just sort of a briefing," he said.

In 1995, the Twin Falls City Council discontinued similar pre-meeting sessions, according to City Manager

Tom Courtney.

Still, it's unclear when work sessions began. Mead said he began hosting informal meetings, sometimes over coffee or visiting sites, but didn't know when they became official policy.

Lamar Horton, who spent more than 30 years working for the city before he

retired in 2005, couldn't pick a date either. But he said the current staff reports are available online and pretty thorough, and called the decision reflective of evolution.

Jared S. Hopkins may be reached at 208-735-3204 or jhopkins@magvalley.com.

# Off-road

Continued from page A1

forests be closed unless posted open to off-road vehicles.

That's after ORVs rose to an estimated 43 million, according to the Blue Ribbon Coalition, from nearly 15 million in 2002.

So far, 36 national forests in 24 states have published new travel plans, according to the Forest Service, leaving the bulk still to be completed in 2008 and 2009. There are 155 national forests and 22 national grasslands. The hearing will also include discussion of travel planning on the Bureau of Land Management's 264 million acres.

for instance, dirt-choked runoff from illegal trails threatens native trout. And hikers in Washington state's Kittitas County every spring blaze through snowmelt-softened Forest Service meadows, damaging wetlands and costing taxpayers thousands for restoration.

"It's taken a while to convince Congress of the magnitude of the problem," Brooks said. "These are problems that have started to escalate. We're at a point when we need to get a handle on this issue."

Blue Ribbon Coalition. Brian Hawthorne, the coalition's public lands policy director, said its members favor responsible management of public lands, including commonsense riding restrictions. Still, they're leery that possible Democratic advances in Congress in the 2008 elections will signal more restrictive policies, trail losses and costlier penalties for those who stray off the beaten path.

"Thursday's hearing, he said, may just be a precursor.

"The agencies have understood they needed to manage motorized recreation since the 1980s," Hawthorne said. "For some reason, they didn't grapple with it. Finally, we get the agencies to bite the bullet. And so you'd think the environmental community would be more supportive. But what we have is hearings that are basically designed to bash the off-highway vehicle enthusiast."

the Snake River in southern Idaho. After weathering three appeals, including from the Wilderness Society, new off-road vehicle travel maps there are due out by July 1.

That's despite a sharply worded April 14 Idaho Fish and Game Department letter that criticized the Forest Service for not incorporating the state agency's suggestions for trail restrictions to improve conditions for fish and wildlife and expand non-motorized hunting.

"It is regrettable the district chose to develop a proposed action alternative based primarily on several years of exclusive input from motorized user groups," wrote Dave Parrish, supervisor of Fish and Game's region that borders the Minidoka district.

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Brad Brooks, a Wilderness Society advocate in Boise, said conflicts in states including Idaho, Oregon, Montana, Arizona and Nevada point to the need to rein in off-road vehicle riders who stray from trails for the challenge of riding up steep slopes, exposing those slopes to erosion, weeds and other problems.

In the Mount Hood National Forest in Oregon,

Nada Culver, the Wilderness Society's top lawyer, plans to testify Thursday that travel planning by the Forest Service and the federal BLM so far has designated thousands of miles of open trails that crisscross the West — sometimes without regard to whether they were created illegally or caused irreparable harm to other resources.

Other groups on the agenda are the Nevada Sheriffs and Chiefs Association, the American Motorcyclist Association, Trout Unlimited and the

one flashpoint has been planning efforts in the Sawtooth National Forest's Minidoka Ranger District, a 950-square-mile swath of remote hill country south of

Scott Nannemga, the Minidoka ranger, said the maps grew from a sincere attempt to balance competing interests.

"I'm hoping we can work through some of these issues together," Nannemga told the AP, noting that "the travel plan allows us to update our maps every year."

Obama

Continued from page A1

few days determining "how to move forward with the best interests of our country and our party guiding my way."

Obama's victory set up a five-month campaign with Republican Sen. John McCain of Arizona, a race between a first-term Senate opponent of the Iraq War and a 71-year-old former Vietnam war veteran and staunch supporter of the current U.S. military mission.

And both men seemed eager to begin.

McCain spoke first in New Orleans, and he accused his younger rival of voting "to deny funds to the soldiers who have done a brilliant and brave job" in Iraq. Americans, he added, should be encouraged to support the president of a presidential candidate who has not traveled to Iraq yet "says he's ready to talk, in person and without conditions, with tyrants from Havana to Pyongyang."

McCain agreed with Obama that the presidential race would focus on change. "But the choice is between the right change and the wrong change, between going forward and going backward," he said.

Obama responded quickly, pausing in his own speech long enough to praise Clinton for "her strength, her courage and her commitment to the causes that brought us here tonight."

As for his general election rival, he said, "It's not decided when John McCain decided to stand with George Bush 36 percent of the time, as he did in the Senate last year. It's not change when he offers four more years of Bush economic policies that have failed to create well-paying jobs. ... And it's not change when he promises to continue a policy in Iraq that asks everything of our brave young men and women in uniform and nothing of Iraqi politicians."

In a symbolic move, Obama spoke in the same hall where McCain will

accept the Republican nomination at his party's convention in September. Campaign officials, citing the local fire marshal, put the crowd at 17,000 inside the Excel Energy Center, plus another 15,000 outside.

McCain addressed a smaller crowd by design, an estimated 600 in his audience and another 600 outside.

One campaign began as another was ending.

Clinton won South Dakota on the final night of the primary season: Obama took Montana.

Only 31 delegates were at stake in the two states on the night's ballot, the final few among the thousands that once drew Obama, Clinton and six other Democratic candidates into the campaign to replace Bush and Obama the nation's 44th president.

Obama sealed his nomination, according to The Associated Press tally, based on primary elections, state Democratic caucuses and support from party "superdelegates." It takes 2,118 delegates to clinch the nomination, at the convention in Denver this summer, and Obama had 2,151 by the AP count.

His victory had been widely expected for weeks. But Clinton's declaration of interest in becoming his ticketmate was wholly unexpected.

She expressed it in a conference call with her state's congressional delegation after Rep. Nydia Velazquez, predeclared Obama would have great difficulty winning the support of Hispanics and other voting blocs unless the former first lady joined his ticket.

"I am open to it" if he would help the party's prospects in November, Clinton replied, according to participants who spoke on condition of anonymity because the call was private.

Clinton's comments raised anew the prospect of what many Democrats have called a "Dream Ticket" that would put a black man on a ticket with Clinton on the same ballot, but Obama's aides were non-committal.

Obama wins Democratic delegate race

Sen. Barack Obama clinched the Democratic nomination for president Tuesday with the most votes in Montana and South Dakota.

Obama	1,703	206	2,151
Clinton	1,623	293	1,915

NOTE: Delegate count based on event results and AP reporting.

# Obama

Continued from page A1

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# Study finds a little bit of coloring helps birds become sexier

By Seth Borenstein  
AP Science writer

dates they feel superior to these birds, Szafran cautioned, people's mating systems are more similar to birds' than we might like to admit.

Barn swallows are "socially monogamous and genetically promiscuous, same as humans," she said. "There are some interesting parallels, but we do need to be careful about making them."

In people, hormonal changes have been observed

after changes in behavior. A 1998 study found that loyal male fans of sports teams experienced a 20 percent rise in testosterone when their teams won.

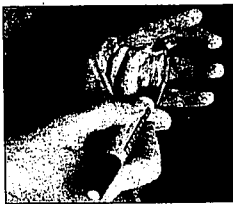
The researchers aren't certain how the testosterone boost happens. It could be that because of the darkened color, the birds mate more often and that changes their testosterone levels.

It could also be that because of the darkened

color, other males think the pecking order has changed and that boosts the darker swallows' hormone levels. Or it could be both.

The authors said figuring out which theory is right is the next step.

The birds' weight loss is more easily explained, Szafran said. "The more macho swallows could be spending more time matting than eating or working off the calories, she said.



This 2005 handout photo shows a New Jersey barn swallow being artificially colored with a marker. Scientists found artificially darkened males mate more and that it triggered changes in the birds' body chemistry.

WASHINGTON — A little strategically placed makeup quickly turned the wimpiest of male barn swallows into chick magnets, amping up their testosterone and even trimming their weight, new research shows.

It's a "clothes make the man" lesson that — with some caveats — also applies to human males, researchers say.

Using a \$5.99 marker, scientists darkened the rust-colored breast feathers of male New Jersey barn swallows, turning lighter birds to the level of those naturally darkest.

They had already found, in a test three years ago, that the marked-up males were more attractive to females and mated more often.

This time they found out that the more attractive appearance, at least in the bird world, triggered changes to the animals' body chemistry, increasing testosterone.

"Other females might be looking at them as being a little more sexy, and the birds might be feeling better about themselves in response to that," said study co-author Kevin McGraw, an evolutionary biology professor at Arizona State University.

McGraw said the findings are surprising, in part because the hormonal changes occurred after only one week.

The study was published in Tuesday's edition of the journal *Current Biology*.

In the 30 male barn swallows who were darkened, testosterone was up 36 percent after one week, during a time of year when levels of that hormone would normally drop.

At the same time, testosterone levels in the 33 birds that didn't get the coloring treatment fell by half, said lead author Rebecca Szafran, an evolutionary biology professor at the University of Colorado in Boulder.

"It's the 'clothes make the man' idea, Szafran said. "It's like you walk down the street and you're driving a Rolls Royce and people notice. And your physiology accommo-

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**SALE 39.99**  
E. Top tier cord shorts, Reg. \$9.50.

**50% OFF**  
A. Golf separates. Shown from left: Top polo and shorts, Reg. \$44-\$55, sale **\$22-\$27.50**.  
Polo shirt, Reg. \$55-\$60, sale **\$27.50-\$30.75**.

(Extra discounts don't apply to this item)

## Astronauts anchor giant lab to space station

CAPE CANAVERAL, Fla. (AP) — A team of astronauts working inside and out anchored a giant billion-dollar Japanese lab to the international space station Tuesday, marking it the biggest room there.

The long-awaited moment of contact came as two of the crew were winding up a spacewalk.

Spacewalkers Michael Fossum and Ronald Garan Jr. took care of all the preliminaries, removing covers and disconnecting cables on the bus-size lab, named Kibo, Japanese for hope. They left it in their colleagues' hands to do the heavy lifting, by way of the space station's robot arm.

The honor of operating the arm for the installation fell to Japanese astronaut Akihiko Hoshide, who accompanied Kibo to orbit aboard space shuttle Discovery.

"We have a new hope on the international space station," announced Hoshide.

"Fantastic job," Mission Control replied.

Kibo — a behemoth stretching 37 feet and weighing more than 32,000 pounds — became the largest lab at the space station by nine feet.

It's also more sophisticated. Kibo sports a hatch to the outside and a robot arm for sliding out science experiments. A smaller arm will arrive next spring, along with an outdoor porch for holding the experiment enclosures.

The first part of Kibo — essentially a storage shed — was delivered by the last shuttle crew in March. The astronauts aboard the linked shuttle and station will attach the shed to the lab on Friday.

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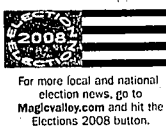
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# Obama's moment also a major juncture in U.S. history

By Adam Keller  
Associated Press writer

The principle that all men are created equal has never been more than a remote eventuality in the quest for the presidency. But with the Democratic nomination finally in Barack Obama's grasp, that ideal is no longer relegated to someday.

Someday is now. It is a history-making moment — though Obama is not necessarily the candidate



For more local and national election news, go to [MapValley.com](http://MapValley.com) and hit the Elections 2008 button.

many might have expected to make that history. He is the son of a black father from Kenya and a white mother from Kansas. He's two young

to remember the civil rights struggle, let alone to have been a soldier in the fight.

"He was impossible to anticipate," says Shiela Lynch, director of a documentary about the 1972 campaign waged by Rep. Shirley Chisholm, the New Yorker who was the first black woman to vie for the presidency.

In a country whose self-identity has been warped by racial prejudice since the beginning, this moment has

taken an eternity to arrive. Or, viewed over the spectrum of a long, painful history, relatively little time at all.

After all, it has been just 45 years since Martin Luther King declared his dream for a colorblind America, just over 30 years since Mississippi disbanded the sovereignty commission that fought to maintain segregation and deny blacks their rights.

Other notable black candidates have run for the highest office. Some waged serious campaigns that, at least when it came to the prospect of winning the nomination, were never taken seriously.

"I grew up and matured in the height of the civil rights movement and there was no thought then of a black man being president of the United States. We had barely begun to vote them," says Ronald Walters, who served as deputy director of the Rev. Jesse Jackson's run for the presidency in 1984.

"It was hard for us, even in the Jackson campaign, to get our arms around this, the fact that there would be a black president of the United States — even though we were running," says Walters, now a professor of government and politics at the University of Maryland.

But even as they marvel at Obama's rise, Walters and others say it will take time to appreciate what it says about the nation's political and cultural state of mind. Can he be elected? How long will it take before other viable black candidates — not to mention women — compete for the presidency?

Obama's likely nomination is a milestone, but it is not at all clear where that marker is posted. His ascendance could prove to be a fairly isolated event, the result of extraordinary coincidences, or something more.

"The nation has come a long way," when a major party demonstrates its support for a presidential nominee who is not a white male, says Thomas J. Davis, author of the book "Race Relations in America" and a professor of history at Arizona State University.

But it is not that it tells us aside from that fact, which we can see right before our eyes?"

Some may see Obama's success as marking a revolution in the politics of race. In fact, it's the latest in a long line of incremental steps — albeit the most noticeable one — in a gradual evolution.

By the early 1960s, pressure was building. Activists clashed with police in Selma, Ala., in a history-making demand for the right to vote. Congress passed the National Voting Rights Act to eliminate the literacy tests many Southern States used to keep black voters from the polls. That led to much greater black voter participation and the first significant entry of black candidates and office holders.

Change came, but slowly. In 1965, Massachusetts voters chose Edward Brooke for a Senate seat, but it wasn't until 1993 that another black candidate was elected to the chamber.

In 1972, Chisholm, a New York congresswoman, became the first black woman to pursue the presidency, waging a campaign to end the Vietnam War and give voice to the silent in the nation's policy-making. Jesse Jackson followed in 1984 and 1988, paving the way for the candidacies of Alan Keyes, Al Sharpton and Carol Moseley Braun.

Still, it wasn't until 1989 that Virginia made L. Douglas Wilder the nation's first black elected governor.

A majority of Americans said the country was ready for a black president, but that was far from making it reality.

"The fact is that there were no African-Americans who were in a position to run for president at that time so what people would say was really pretty irrelevant," said David Bositis of the Joint Center for Political and Economic Studies, a think tank focused on issues important to black Americans.

Voters did not really begin to contemplate the idea of a black president as anything beyond an abstract until the 1980s, when Gen. Colin Powell, chairman of the joint chiefs of staff during the Gulf War, gained wide admiration.



Democratic presidential hopeful Sen. Barack Obama, D-Ill., greets supporters at a rally at Guadalupe Cultural Arts Center in San Antonio, Texas, in February.

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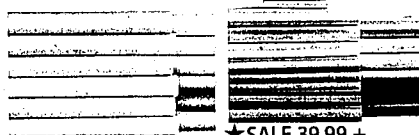
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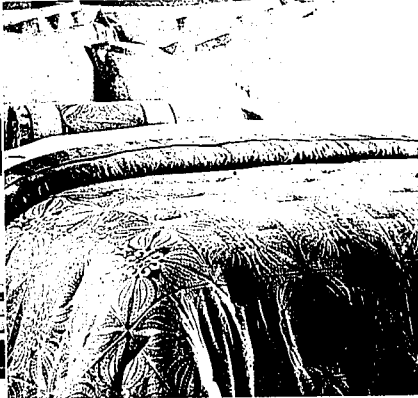


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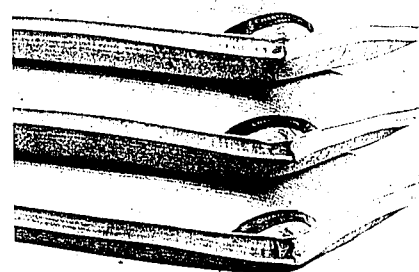
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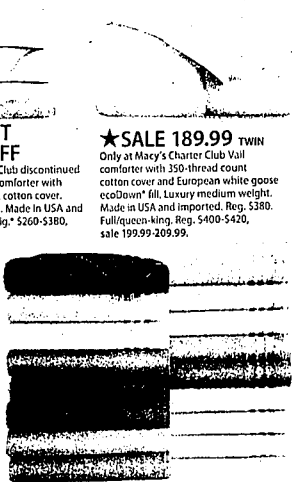


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EDITORIAL

# Mutual self-interest turns Idaho Power, customers into allies

Your power bill just went up again, by about \$7 a month. Maybe it's time you did something about it.

Idaho Power — the reason your electricity rate is rising — has actually developed some programs to curb the pain by using less power without changing your lifestyle.

Why? Call it enlightened self-interest on the company's part.

"The cheapest source of power for us is power we save," explained Karl Bokenkamp, the utility's general manager of power supply operations and planning.

Do the math: Burning coal and natural gas to generate electricity is costly, and getting more so. And Idaho Power has a finite source of hydropower, even in good water years like this one.

One of the company's green power initiatives is A/C Cool Credit.

The time of day that most homeowners and renters run their air conditioners happens to be same time irrigators turn on their pumps. That's why, summer after summer, Idaho Power keeps breaking records for peak energy demand.

So the company wants more residential customers to crank down the A/C during the afternoon. In the A/C Cool Credit Program, Idaho Power sends a technician to your house to install a small device near the air conditioner.

The apparatus lets the utility cycle air conditioners off and on for short periods on the hottest summer days. The utility claims most participants notice little or no change in the temperatures of their homes. But the incremental reduction in usage significantly reduces Idaho Power's cumulative peak load.

The service is free, and customers who participate during June, July and August get a \$7 credit for each of those months, plus September.

The utility also partners with big-box retailers to get customers to switch to compact-fluorescent light bulbs, which use only a quarter of the energy used by incandescent bulbs. Idaho Power subsidizes the cost, making CFL bulbs nearly as cheap as incandescent.

And if you buy an energy-efficient washing machine, the company will rebate \$50.

Idaho Power also offers incentives for home builders to install energy-efficient appliances, and rewards irrigators who agree to have time-activated switches installed on their pumps. These devices turn off the pumps periodically during peak-load times in exchange for a financial incentive.

Find out more about the utility's green power programs by phoning 800-488-6151 or logging on to <http://www.idahopower.com/energycenter>.

Brad Hurd . . . publisher Steve Crump . . . Opinion editor

The members of the editorial board and writers of editorials are Brad Hurd, James G. Wright, Steve Crump and Bill Blitzenberg.

## Times-News

### QUOTE

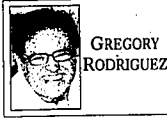
"Hunger and malnutrition are unacceptable in a world which, in reality, has sufficient production levels, the resources, and the know-how to put an end to these tragedies and their consequences."

— A message from Pope Benedict XVI to world leaders at a summit grappling with hunger and civil unrest caused by food price hikes

# What's U.S. without the open road?

It's summertime, and the gas prices are sky high.

The Travel Industry Association is forecasting only a 1 percent decline in the number of vacations Americans will take this summer as compared with last. But not everyone is so sanguine about the future of American mobility. Some oil industry experts are predicting an end to the classic summer road trip.



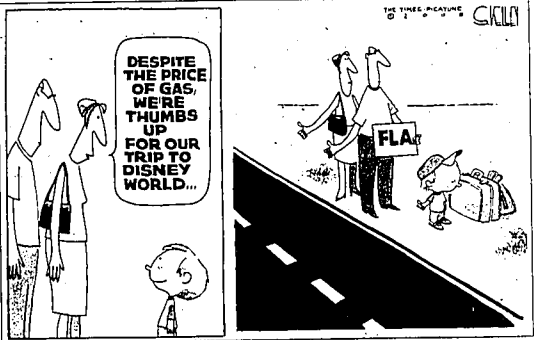
GREGORY RODRIGUEZ

That would be a terrible shame. Not just because it would be a loss of a phenomenal form of recreation but because taking to the open road has long been Americans' route to discovering not only their country but themselves.

Our love of the road is not simply a product of the explosion in automobile ownership in the post-World War II era. And its attendant literary genre didn't begin — or end — with Jack Kerouac's 1951 Beat classic, "On the Road." In 1900, Walt Whitman published his poem, "The Song of the Open Road." In "Leaves of Grass," in it, he explores the almighty American itch to venture forth.

"From this hour, freedom! From this hour I ordain myself/taut of limits and imaginary lines. Going where I list, my own master, fatal and absolute. Listening to others, and considering well what they say."

It's not just because it would be a loss of a phenomenal form of recreation but because taking to the open road has long been Americans' route to discovering not only their country but themselves.



Passing, searching, receiving, contemplating. Grunt, but with undeniable will, divesting myself of the holds that would hold me."

And wasn't that the very desire that launched the great American Experiment in the first place — to divest ourselves of whatever held us? At the very least, from the founding of the first colonies on the Eastern Seaboard, we like to think that we've never ceased running from hidebound convention and tradition.

As early as the 1780s, Ben Franklin suggested that the westward movement of the population would save Americans from the corrosive remnants of European tradition that had taken hold on the East Coast. From the late 1830s, Horace Greeley began urging the downtrodden to "Go West, young man!" to find fortune. Until

it was deemed closed in the late 19th century, the Western frontier was the mythic national safety valve that promised to save us from poverty, stasis and our worst mistakes. There's a reason why Huck Finn decides to light out for the territory.

The contemporary road trip takes the memory of all that, adds faster transportation and a lot of nostalgia. It simultaneously represents two essential — and competing — facets of American life. On one hand, taking to the road is a metaphor for rejecting conformity, searching for the new. It's also a way "home."

In fact, self-discovery has been a prominent theme in so many road narratives. Think of Robert M. Pirsig's 1974 bestseller, "Zen and the Art of Motorcycle Maintenance," a road book punctuated by philosophical musings on life. Then there's

William Saroyan's famous observation that "psychiatry of one sort or another is what happens on a long drive."

The 2008 road-trip tradition undoubtedly will be a result of the high cost of a barrel of light sweet crude this summer. Then again, the car isn't the only way to travel (an early editor at the Los Angeles Times, Charles Lummis, walked from Ohio to L.A. in 143 days), and gasoline isn't the only fuel that can take us from here to there. Maybe another national stereotype — American ingenuity — will kick in and get us all back on the road, where we belong. In Whitman's words:

"The road is before us. . . . Be not detained."

Los Angeles Times columnist Gregory Rodriguez may be reached at [Orphidrog@timesnews.com](mailto:Orphidrog@timesnews.com).

## LETTERS TO THE EDITOR

### Parade decision will open a veritable Pandora's Box

It was with much regret and disappointment that I see the Western Days Committee allowed political correctness and lack of moral conviction to permit the gay lesbian bisexual transgender group to participate in the parade.

Because you were afraid to say no and you lack understanding of what is and is not a private matter (sexual orientation), you have now opened the door to other groups to parade their personal lifestyles and join the parade. You won't be able to exclude any group as long as they fill out all the right paperwork and pay the proper fees.

I don't expect to see a gay pride parade here anytime soon, but that won't stop those people who feel it is their right to push their private and personal preference and their agenda upon those of us who believe this is wrong and offends God very much.

I see on Friday, the Times-News has also joined the political correctness bandwagon and thinks that it was censorship not to allow the GLBT group to openly display its homosexual identity and symbols.

Our founding fathers formed this great nation with God's grace and blessings and we were free to pray openly, but now we treat God like he is our

### Put in your two cents

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worst enemy. We no longer follow his commandments or statutes but do whatever pleases us and then wonder why we are not happy and lead joyful lives. True joy and happiness comes to us when we serve God with our whole heart, mind, strength and soul and put the needs of others before our own.

I will continue to pray for all those who have lost their way in this world and beg for God's mercy and forgiveness for our great nation.

MARVIN MAKAY  
Twin Falls

### Robbing from the poor and giving to Halliburton

Jan. 20, 2009 — the end of an error. I only hope it gets here before Dubya starts World War III. The Iraq war will leave our country with three armies: an army of cripples, an army of mourners and an army of thieves.

Guess who the thieves are? Dubya's flushed the Constitution, the environment, the economy and the treasury down the toilet. He's a four-flusher. He has delusions of adequacy. If you gave him a penny for his thoughts, you'd get change.

Dick Cheney says that Osama bin Laden would be punished for 9/11 if he kind of like O.J. finding the real killer, isn't it? Maybe Osama is smarter than Dubya. My dog is, and my parakeet speaks better English. Dick Cheney is smarter than Dubya. If only he'd use his powers for good instead of evil. Will Rogers never met Dick Cheney.

Hollywood is making two films about Dubya. The first is a biography that explains how an alcoholic business failure becomes president of the United States.

The second is a remake of "Robin Hood." The three main characters: Robin

Bush, Little Dick and Frier Rove are portrayed by Larry Moe and Carly, duplicating real life as closely as possible. Maid Candolezca will be played by M. T. In this film, the Merry Men of Crawford Forest rob from the poor and give it to Halliburton, the oil companies and all other deep pocket contributors who benefit from the elimination of government programs that were meant to help people. Robin feels that the programs take away money that he can use to subsidize his cohorts so they can continue polluting the air and raining the environment.

Politics is supposed to be the second oldest profession. Did you ever notice how closely it resembles the first?

KEN WHITE  
Twin Falls

Why did the gay float have to hide its identity?

Lisa Cuellar, chairwoman of the Western Days Board, can you explain why the Southern Idaho Gay Lesbian Bisexual and Transgender Community Center is not allowed to make it obvious who they are in the Western Days parade? Doesn't every other float usually let everyone know who they are? Are you not awake to the world? Some of the greatest people I've known happen to be gay. You are not being fair.

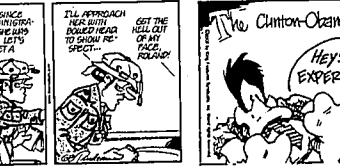
JANET THOMAS  
Twin Falls

## THE LIGHTER SIDE OF POLITICS

Doodlesbury



By Garry Trudeau



Mallard Fillmore



By Bruce Tinsley



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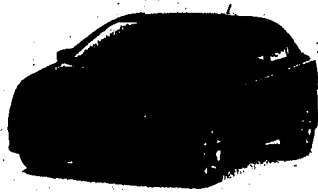
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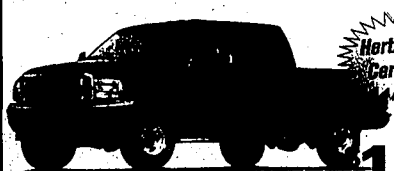
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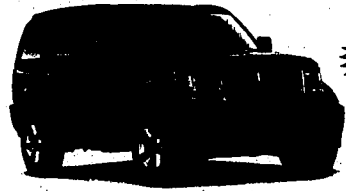
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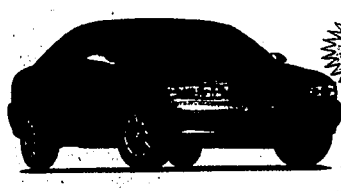
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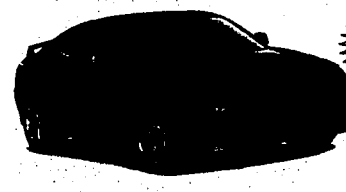
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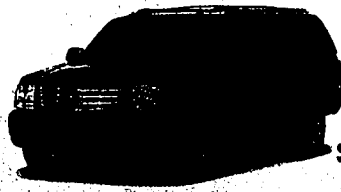
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INSIDE: Pacman and T.O. are suddenly on the same side, B2



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## ZACH DEKRUYP

### Boys golf

About the only thing Zach DeKruyp does better than swing a golf club is deflect praise. After winning Class 2A state medalist honors for the second consecutive year, he didn't want to talk about his two-stroke victory, his smooth swing or his season of dominance.

Instead, he honored his opponents, teammates, coaches and parents.

That's just his way. When it comes to talking about his game, DeKruyp defers to his clubs. And they've certainly said plenty this spring.

The Magic Valley Christian senior won nearly every time he stepped on a golf course this. It's a habit he began in 2007, when he followed an opening-round 77 with a stellar 70 at Orofino Golf Course to claim state medalist honors.

This year, he opened with a 72 at Rupert Country Club and then managed a 76 on a challenging second round to hold on to his lead and garner more state hardware.

Folks say golf teaches a young man important values and life lessons. DeKruyp is a walking billboard for that mantra. The recent high school grad runs his own business, sports a perfect grade-point average and demonstrates qualities rarely found in most his age.

Next year, he'll take his game to Southern California to play for The Master's College, an NAA school in Santa Clarita.

There's no doubt he'll continue his ways — both the winning ones and the spotlight-sharing ones — at the next level.

— Mike Christensen, staff writer



MAGIC VALLEY PREP

#### Best of the rest

Other players in the conversation for Times-News boys golf MVP: Jordan Hamblin, Twin Falls; Travis Robinson, Oakley; David Seppi, Twin Falls; Derek McDowell, Twin Falls; Colton Pickup, Burley

#### Magic Valley Prep MVPs

Thursday: Girls track  
Friday: Boys track  
Saturday: Softball  
Sunday: Baseball



## Lakers-Celtics: A rivalry that's been on break

By Brian Mahoney  
Associated Press writer

WALTHAM, MASS. — Those familiar "Beat L.A." chants, once the sweetest sound of springtime in Boston, were replaced by a most unrecognizable chorus in the dead of winter last year.

"MVP!" cries for a Los Angeles Laker in the Boston Garden. Oops, make that the TD Banknorth Garden.

Plenty has changed in the two decades since the last NBA finals series between the Lakers and Celtics, and not only the arenas where it's contested.

The rivalry that made the NBA must-see TV — the finals were still shown on tape delay when Magic Johnson was a rookie — was largely ignored in recent years, to the point that some Boston backers couldn't even bother to show up when the Lakers were in town in January 2007, making it easier for all those Los Angeles fans to come cheer Kobe Bryant.

That's not the way it was in the days of Johnson and Larry Bird, when you couldn't think of one without the other — those players or their teams.

"We talked about it every day," Johnson said Tuesday. "Actually, Larry probably will feel the same way. During the regular season, that's all we watched. Where are the Celtics? Did they win last night?"

With the Lakers and Celtics meeting again Thursday in the NBA finals, the NBA got Johnson and Bird together on a conference call to talk about the way things were then. But it's so long ago, it has no relevance today.

"It doesn't mean anything now, and there's nothing that's similar now," Lakers coach Phil Jackson said. "The coaching staff aren't the same, the philosophy of basketball isn't the same. The towns are still the same. A lot of the same type of people. Beantown is still Beantown, that's for sure. But they've won a baseball World Series now, so they're not so bedraggled."

Back in the mid-1980s, when they met for the championship three times in a four-year span, Los Angeles and

Please see FINALS, Page B2



#### Game 1

Lakers at Celtics  
7 p.m., Thursday, ABC

## AMERICAN LEGION BASEBALL

### A WET AND WILD OPENER



#### Rain limits Cowboys-Tigers to one game

The Twin Falls Cowboys and Jerome Tigers had to wait more than an hour for their season-opening American Legion Class AA game Tuesday at Skip Walker Field in Twin Falls. Originally scheduled to play a doubleheader, the teams settled for one game that began shortly after 7 p.m. and ended as more rain started to fall. "We got it in — barely," said Jerome assistant coach Jesse Koopman. The Cowboys won the game 10-5 fueled by Zeb Sneed's two-run double, Remington Pailin's RBI triple and a 2-for-3 performance from Conner Watkins. The two teams will make up their second game at 2 p.m., today. Pictured, Twin Falls infielder Nasey Jerome attempts to get out Jerome's Travis Cooley at third base. For a box score on the game, see page B2.

### Stouder pitches Jerome to win

#### Class A Tigers top host Burley

By Zach Kyle  
Staff writer

BURLEY — In an American Legion Class A matchup, the visiting Jerome Tigers took advantage of strong pitching and the charity of the Burley Bobcats to grab a 5-1 win on Tuesday.

Jerome pitcher Nolan Stouder struck out 10 batters and surrendered four hits — two of which were bunt singles — in a complete-game effort.

Stouder throws hard, but said his strikeout total was due more to attacking the strike zone than an attempt to miss Burley's bats.

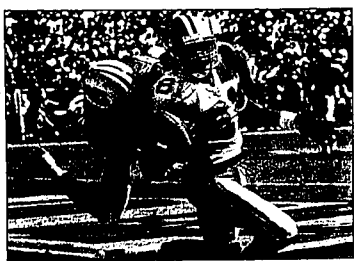
"I just tried to stay in the strike zone," Stouder said. "I wasn't pitching for strikeouts. I was pitching more for contact. I had a good defense behind me. It worked out." Jerome didn't hit the ball much harder, compiling only four singles in the first six innings. However, Burley's pitchers struggled to find the



Jerome's Jake Ide is tagged out by Burley's Alonso Sanchez on a stolen base attempt Tuesday in Burley. The Tigers beat the Bobcats 5-1.

close ballgame." Jerome strung three hits together in the seventh, capped by center fielder Jake Ide's RBI double, to tack two runs onto its lead. Shortstop Josh Walgamott also singled in a run, and Stouder scored after reaching his fourth walk of the day. "It was good to see the bats come alive late in the game," Jerome coach Gary Stouder, Please see LEGION, Page B2.

# T.O. deal official; Pacman returns, intercepts a pass



Dallas Cowboys wide receiver Terrell Owens (81) can't hold on to a pass in the end zone as former Tennessee Titans cornerback Pacman Jones (32) breaks up the play Oct. 1, 2006, in Nashville, Tenn. On the same afternoon, the Cowboys found out that Pacman is playing and T.O. is staying.

IRVING, Texas (AP) — When Terrell Owens signed with the Dallas Cowboys two years ago, he announced, "Get your popcorn ready." When he signed an extension Tuesday, the club had the popcorn ready for him — a glut of bowl of the buttery stuff, big enough to feed the entire offensive line.

Cheney wishes he got off that quickly. Owens actually cashed in a \$7 million bonus, plus a three-year extension worth around \$27 million. Coincidentally, he signed his deal the same day the Cowboys got their first look at their newest standout pass defender, Adam "Pacman" Jones.

because he was flying back from New York where he had business with the NFL office. By taking care of Owens now, the Cowboys helped their salary cap for the upcoming season. They also helped keep their locker room free from what Owens said "absolutely" would have been the distraction of him going through the season as a free-agent-to-be.

"It's almost like a kid expecting Christmas," Owens explained. "You don't want to get in that situation where you get your hopes up and then nothing happens."

## 31st Annual Shrine All-Star Football Games

Jerome High School	
8-man game, 5:30 a.m.	Sam Yoshida, Burley
11-man game, 8 p.m.	Stephen Beck, Burley
Admission: \$5	Kalen Smith, Burley
Notes: The South won the last year's 8-man game 38-2B, after the North nearly rallied from a 34-16 deficit. ... The 11-man game was won 13-10 by the South. ... Spectators are invited to bring a can of food as a donation to the Shriners Hospitals.	Chris Campbell, Burley
11-man rosters	
North	
Head coaches: Tim Ferrigno, Jerry Diehl	DB/OB
Name, School	DE/TE
Brett Waligmont, Jerome	WR
Justin Preegitzer, Jerome	OL
Danny Luske, Jerome	DE/TE
Casey Stone, Jerome	S/QB
Aaron Ross, Jerome	DL/OL
Jeremy Case, Glenns Ferry	DB/WR
James Self, Glenns Ferry	LB/TE
Jesus Rodriguez, Glenns Ferry	LB/OB
Aaron Crane, Glenns Ferry	DE/TE
Brad Cooper, Minico	QB
Bill Garcia, Minico	DL/OL
Dave Broadhead, Minico	DB
Mark Olmos, Minico	DL/OL
Nate Francis, Minico	DL/OL
John Ramirez, Minico	DL/OL
Curtis Timmons, Minico	WR
Anthony Garcia, Minico	LB/OL
Mike Dehoney, Valley	LB/TE
Jordan Brundling, Valley	DE/OL
Matthew Phillips, Valley	LB/OL
John Goedhart, Wendell	LB/WR
Brandon Hope, Wendell	LB/WR
Devon Hoesack, Wendell	DB/WR
Joel Rocha, Wendell	DL/OL
Jason Chandler, Wendell	LB/QB
Carlos Vergara, Wendell	DL/OL
Richard Rada, Wood River	LB
Danny Kramer, Wood River	S/QB
Matt Libert, Wood River	DL/WR
Matt Stankiewicz, Wood River	WR
South	
Head coaches: Kirby Bright, Stacy Wilson	Pos.
Name, School	DB/WR
Justin Anderson, Hansen	OL/OL
Nick Uri, Hansen	DL/OL
Joe Lobo, Castleford	OL/OL
Austin Pasche, Castleford	TE/OL
Tim Frey, Castleford	OL/OL
Zach Kline, Castleford	QB/S
John VanVliet, Lighthouse Chr.	DE/TE
Sean Thomas, Lighthouse Chr.	DL/OL
Kevin DeKruif, Lighthouse Chr.	OL/OL
Caleb Hiebert, Lighthouse Chr.	OL/OL
Eli Gillette, Lighthouse Chr.	WR/OB
Jeremy Edredge, Lighthouse Chr.	LB/QB
Jesus Cabral, Murtaugh	WR/OB
Joey Martinez, Murtaugh	RB/LB
Taylor Luttrell, Murtaugh	RB/LB
Josh Greenwell, Oakley	DB/WR
Colo Washburn, Oakley	DB/WR
Mitch Bedda, Oakley	LB/QB
Ilan Archibald, Oakley	OL/OL

8-man rosters	Pos.
North	
Head coaches: Mark Sant, Ed Simons, Gary, and Randy Jewitt	OL/OL
Name, School	DB/WR
Jerry Mode, Hagerman	LB/OL
Isidra Nava, Hagerman	DL/OL
Johnny Mack Red, Hagerman	LB/WR
Ryan Artuburn, Hagerman	RB/DB
Brian Hansen, Shoshone	RB/LB
Richie Hansen, Shoshone	DL/TE
Cody Christensen, Shoshone	DL/TE
Falko Rieker, Shoshone	DL/TE
Ben McLam, Camas County	RB/LB
J.D. Jewett, Camas County	DL/OL
Jack Peterson, Camas County	RB/OL
Cameron Dale Lee, Camas	LB/DB
Tyrell Porter, Dietrich	QB/WR
Anthony Pluman, Dietrich	QB/WR
Blake Plummer, Dietrich	DE/WR
Matthew Lezanski, Richfield	LB/WR
Besse Hansen, Richfield	OL/OL
Blake Whitby, Carey	LB/WR
D.J. Simpson, Carey	QB/S
S.C. Elsworth, Carey	WR/OB
Kade Peterson, Carey	WR/OL

## FRENCH OPEN

# Nadal, Djokovic reach semifinals

PARIS (AP) — Rafael Nadal's French Open quarterfinal began more than 1½ hours after Novak Djokovic's did Tuesday. Which is why, after wrapping up a three-set victory, Djokovic figured his coach could head over and check out some of Nadal's matches.

"I told my coach — I think it was 6-1, 6-1, 5-1 — I told him, 'Look! Go! Go! First one game! Try to catch at least a game and see how it goes,'" Djokovic said. "Maybe he'll play some bad shots."



Rafael Nadal serves during his quarterfinals match in Roland Garros.

Not a chance, "I find as it is to believe, Nadal is playing more relentlessly than ever, treating each point — no, each and every stroke — as though the outcome hangs in the balance."

ascendant careers, including exits from the French Open each of the past two years, both are supremely talented, quite young — Nadal turned 22 on Tuesday; Djokovic turned 21 last month — and bent on stealing some of the prizes that otherwise would be headed for Roger Federer's trophy case.

"I know that if I'm not playing at 100 percent, it's going to be very difficult for me to win this match."

## BELMONT STAKES

# Big Brown does well in final pre-race workout

NEW YORK (AP) — Big Brown's cracked left front hoof is improving daily and held up well Tuesday in his final workout before the Belmont Stakes and his bid for the '11 Crown.

Trainer Rick Dutrow Jr. will wait until Friday to have a patch applied. Hoof specialist Jan McKinlay suggested putting on the patch Saturday, the morning of the Belmont. Dutrow, however, doesn't want to deal with it on what could be a historic day.

ardize Big Brown's life is "absolute nonsense."

## Legion

Continued from page B1

said. "We worked the pitcher, got ahead in the count. That let us on pitches, and we swung the bat well."

First baseman John Cummings led the Burley bats, going 1-for-3 with an RBI groundout.

<b>American Legion Class AA box</b>	
Twin Falls 50, Jerome 5	
Twin Falls 50, Jerome 5	
Twin Falls 50, Jerome 5	
Twin Falls 50, Jerome 5	
Twin Falls 50, Jerome 5	

left, we didn't hit a ball hard. So it was a little bit of both. One, we didn't make the adjustment, but it was real good on the mound."

Burley hosts Kimberly at 4 p.m. Friday for a doubleheader.

## Team set for improbable Game 6

PITTSBURGH (AP) — The Stanley Cup was out of its cradle, sitting one last polish. The Detroit Red Wings had rallied, taken the lead and were only 35 seconds from hoisting that shiny prize.

Detroit won Wednesday night for Game 6. Detroit won Wednesday night for Game 6. Detroit won Wednesday night for Game 6.

all in the fifth-longest game in finals history.

When Petr Sýkora's goal finally ended it, midway through the third time, scoring at a time when NBC should have been well into "Late Night."

"I can't wait for tomorrow night because the building's going to be really loud here."

"The preparation is going to be the same for us.

"I can't wait for tomorrow night because the building's going to be really loud here."

**NEW MANAGEMENT**

**ORIENTAL STAFF**

**Osaka Massage**

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## Finals

Continued from page B1

Boston had the most important rivalry in pro sports. It lasted through three cities, starting with the Celtics' sweep of the Minneapolis Lakers in 1959, and more than 25 years.

Boston in 1987, the younger players in this series have no memories of anything special between the teams.

"Last time it was a rivalry, I was born in '86 (actually '87), so it's been a long time," Celtics second-year guard Rajon Rondo said. "I know a little bit about the history, but not too much."

Most recently, Phoenix. Even Miami felt like a rival after acquiring Shaquille O'Neal from Los Angeles, since that guard got the muzzee Christmas Day national TV slot three years running.

"I would have loved to have been able to wrap things up, but that wasn't the case. We've got another crack at it."

"We're still up 3-2 in the series and we have another opportunity to close Pittsburgh out."

After their 4-3 win prevent-

**Osaka Massage**

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SCOREBOARD

BASEBALL

American League
Team W L Pct
Boston 35 20 .636
Detroit 32 24 .571
New York Yankees 31 25 .554

NATIONAL LEAGUE

Team W L Pct
St. Louis Cardinals 35 17 .673
Philadelphia Phillies 31 21 .596
Cincinnati Reds 29 23 .558

GAME PLAN

LOCAL

ESPN — Tampa Bay at Boston
WGN — Chicago Cubs at San Diego
PHIL COCKEY at Tulsa

TV SCHEDULE

BOXING
8:30 p.m.
ESPN2 — Light heavyweight, Yusuff Mack (24-2-3), at New York (name-city)
Major League Baseball
5 p.m.

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WASH 0 0 0
DETROIT 0 0 0
CLEVELAND 0 0 0

MINN 0 0 0
WASH 0 0 0
DETROIT 0 0 0
CLEVELAND 0 0 0

SOFTBALL

Monday, May 26, Detroit 1, Pittsburgh 0
Tuesday, May 27, Detroit 1, Pittsburgh 0

TENNIS

Monday, June 2, Atlanta 3, Team AAO 2
Tuesday, June 3, Atlanta 3, Team AAO 2

Baseball

PHILADELPHIA 35 20 .636
DETROIT 32 24 .571
NEW YORK 31 25 .554

National League

ST. LOUIS 35 17 .673
PHILADELPHIA 31 21 .596
CINCINNATI 29 23 .558

Monday's Late A-Boxing

Wrestling
Wrestling 3 2 2 2 0 0
Wrestling 2 3 4 2 0 0

Monday's Late A-Boxing

Wrestling
Wrestling 3 2 2 2 0 0
Wrestling 2 3 4 2 0 0

Monday's Late A-Boxing

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ST. LOUIS 35 17 .673
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Baseball

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NYC prosecutors say disgraced NBA ref Donoghue deserves break

NEW YORK — Just before an NBA game on Dec. 26, 2006, Tim Donoghue overheard an official scorekeeper say to a referee that he was playing that night, the Memphis Grizzlies, was "hanged up" by injuries.

vacant head coaching job. A person familiar with the search, who spoke to The Associated Press on the condition of anonymity because the search is ongoing, said Person was flying to Chicago on Tuesday. The interview would happen either later Tuesday night or today.

Person might be a long shot for a job that numerous reports have going to Doc Collins, but "The Rifleman" was known to hit a few during a career in which he averaged 14.7 points and shot 36.2 percent on 3s.

Donoghue secretly called a copconspirator in a gambling scheme to recommend betting on the outcome, the Washington Wizards, The Wizards won, 116-101, easily beating the spread.

Person gets 2nd interview with Bulls

CHICAGO — Sacramento Kings assistant coach Chuck Person is set to have a second interview with the Chicago Bulls for the vacant head coaching job.

College Football

Washington LB has broken left arm
SEATTLE — Washington will be without starting outside linebacker E.J. Savannah for as long as three months after he broke his left

Jackpot holds ladies best-ball tourney

JACKPOT, Nev. — Jackpot Golf Course will hold its two-day, best-ball tournament June 25-26. The entry fee is \$100 per team and includes green fees. Special room rates are available at Cactus Pines, which sponsors the

Autocross events come to Jerome

Jerome — The Sports Car Club of America, a 60,000-member non-profit organization, is holding two competitions this summer in the Jerome High School parking lot. The Solo 2 Autocross competition, a timed precision driving event conducted on a closed course, will feature a driver's license test and a race rather than horsepower. The events are open to all licensed drivers and experienced drivers will be on hand to help newcomers.

**Stocks slide on more concerns about financials** (AP) Wall Street fell sharply for a second straight day Tuesday as investors grow more worried that the financial sector is still suffering badly from the credit crisis. The Dow Jones Industrials dropped more than 100 points, bringing their two-day loss to 235.

**Dow Jones Industrials** 12,402.85  
**Nasdaq Composite** 2,480.48  
**Standard & Poor's 500** 1,377.65  
**Russell 2000** 739.00  
**For a complete stock listing, go to MagValley.com**

# B4 BUSINESS

WEDNESDAY  
 JUNE 4, 2008

TIMES-NEWS • BUSINESS EDITOR JOSHUA PALMER; 735-3231 JPALMER@MAGICVALLEY.COM

## Keystone Automotive opens facility in Burley

Staff report

**BURLEY** — Keystone Automotive Operations, Inc. announced Tuesday that it has opened its twenty-five receiving and distribution building in Burley.

The 13,000 square-foot facility, located at 2500 Washington Ave., will open with a four-state delivery base that will include Idaho, Utah, Montana and Wyoming.

The facility is expected to provide increased service levels to Keystone's existing and new wholesale customers in the region.

Pennsylvania-based Keystone Automotive, is the largest specialty equipment aftermarket warehouse distributor in North America, and maintains 1.6 million square feet of warehouse space utilizing its network of cross-docks — facilities that both receive and distribute — to deliver product quickly and efficiently to its customer base.

Customers are national and local auto parts and accessory stores.

Ed Orzetti, Keystone's chief executive officer, said the Burley cross-dock "will open new opportunities for our customers and for Keystone."

Keystone utilizes its own fleet of trucks to receive and distribute products.

According to Tony Fordant, senior vice president of logistics, "Cross-docks are important investments to Keystone and we position them only after careful study and consideration. We believe that Burley will be a great location for us and look forward to building our business in the community."

The Burley cross-dock will be managed by experienced Keystone employees representing a combined 15 years of service in Robert Morgan, supervisor, and Paul Bozeman, assistant supervisor.

A team of logistics leaders headed by Rick Morgan, director of logistics for Keystone, is supporting the opening of the facility and the training of the drivers that will service Keystone customers in the four-state area. "Everyone at Keystone is very pleased with the opening in Burley and with the welcome that has been extended to us," Morgan said.

## Second wage hike takes effect July 24

### Region to see little effect from increase

By Joshua Palmer  
 Staff writer

State and federal minimum wages increase another 70 cents an hour on July 24, providing a 12 percent increase in paychecks of an estimated

of tens of thousands of Idaho workers.

However, many business owners in south-central Idaho say they already pay above the federal minimum wage — meaning that the increase will leave the region largely unaffected.

"There is only a certain percentage of business that will be affected," said Jan Roesser, regional economist for the Department of Labor. "What we are looking at, in terms of those jobs

that will be affected, are seasonal jobs in areas such as food service and accommodations."

The increase from \$5.65 to \$6.55 an hour marks the second phase of a three-year plan approved by Congress in 2007 to ultimately set the national minimum wage at \$7.25 an hour. The first step from \$5.15 to \$5.65 an hour occurred last July. The third and final increase will occur on July 24, 2009.

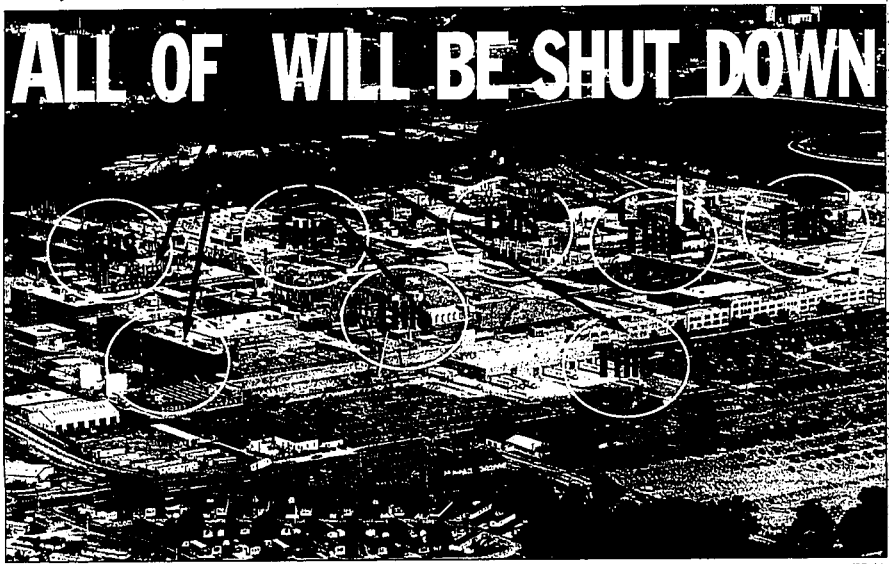
While states are not required to

adhere to the federal minimum wage, the Idaho Legislature voted in 2007 to make state's basic minimum wage identical to the federal minimum.

The minimum wage for Idaho employees in jobs where they earn tips — bartenders, waiters, waitresses, for example — remains unchanged at \$3.35 an hour. But employers must ensure that tips provide another \$3.20 an hour so that

Please see **WAGES**, Page B5

## Janesville, Wis., becomes latest victim of weakening economy



The GM plant in Janesville, Wis., is shown in this photo. The plant is being shut down by the end of 2010. The community, some of whom have been expecting the announcement, is in shock and asking questions about the future after nearly 100 years of making tractors, automobiles and trucks in the facility.

## Communities brace for jump in unemployment as GM announces closures of 4 truck, SUV plants in North America

By Tom Krisher  
 Associated Press writer

**WILMINGTON, Del.** — General Motors is closing four truck and SUV plants in the U.S., Canada and Mexico, affecting 10,000 workers, as surging fuel prices hasten a dramatic shift to smaller vehicles.

CEO Rick Wagoner said Tuesday before the automaker's annual meeting in Delaware the plants to be idled

are in Oshawa, Ontario; Moraine, Ohio; Janesville, Wis.; and Toluca, Mexico. He also said the iconic Hummer brand will be reviewed and potentially sold or revamped.

Wagoner said the GM board has approved production of a new small Chevrolet car at a plant in Lordstown, Ohio. In mid-2010 and production of the Chevrolet Volt electric vehicle in Detroit.

Wagoner announced the moves in

response to slumping sales of pickups and SUVs brought on by high oil prices. He said a market shift to smaller vehicles is permanent.

GM shares rose 25 cents, or 1.4 percent, to \$17.69 in morning trading.

The cuts will affect 10,000 hourly and salaried workers. Many will be able to take openings created when 19,000 more U.S. hourly workers leave

Please see **GM**, Page B5

### Slumping sales

Sales have fallen significantly in the last year for every light truck division of General Motors.

GM light truck sales, year-over-year percentage change, May 2007-'08

HUMMER	-60.2%
Saab	-59.8
Cadillac	-47.7
Pontiac	-46.1
Buick	-43.8
GMC	-39.0
Chevrolet	-35.7
Saturn	-23.3
Total	-36.9

SOURCE: GM AP

## S. Korea asks U.S. to alter beef trade pact

By Kwang-Tae Kim  
 Associated Press writer

**SEOUL, South Korea** — President Lee Myung-bak suggested Tuesday that South Korea will seek to ban imports of U.S. beef from older cattle amid a public backlash against his government over fears of mad cow disease.

Agriculture Minister Chung Woon-chun said earlier Tuesday that Seoul had asked the U.S. to refrain from exporting any beef from cattle 30 months of age and older, considered at greater risk of the illness. Presidential spokesman

Lee Dong-kwan said the president told a weekly Cabinet meeting that "it is natural not to bring in meat from cattle 30 months of age and older as long as the people do not want it."

The spokesman also expressed hope that the United States would respect South Korea's position following large-scale anti-government protests over the weekend.

U.S. Ambassador Alexander Vershbow said Washington saw no need to renegotiate an April agreement for South Korea to

Please see **BEEF**, Page B5



A woman protects a candle from rain at a candlelight vigil against U.S. beef imports in front of the Seoul City Hall, South Korea, Tuesday.

## The hear and now of markets

### Online provider adopt real-time stock quotes

By Stephen Bernard  
 Associated Press writer

The average investor will no longer have to wait 15 or 20 minutes to find out what stocks are doing as multiple financial Web sites launch free real-time quote services.

Nasdaq OMX Group Inc. on Monday began a six-month pilot program to provide real-time stock quotes

for Nasdaq, New York Stock Exchange and American Exchange listings. CNBC, Google Inc., The Wall Street Journal Digital Network and Xignite are the four companies taking part in the pilot program.

The *Times-News* also provides free, up to the minute stock quotes through its website at [MagValley.com](http://MagValley.com).

Last Wednesday, Yahoo Inc. launched real-time quotes on its financial site for NYSE- and Nasdaq-listed companies as well. Yahoo receives quotes from BATS Trading Inc., not from an exchange operator.

Nasdaq OMX plans to launch a similar real-time quote service for its European exchanges later in the month, said Adena Friedman, Nasdaq OMX's executive vice president of global data products and corporate strategy.

In the past, real-time quotes were available, but often for a fee or through retail brokerages. Financial pages on sites like Yahoo and Google previously posted stock quotes that were delayed between 15 minutes and 20 minutes. Now, any

Please see **STOCKS**, Page B5

## STOCKS OF LOCAL INTEREST

Cou Agra	23.34	▼ .13	Dell Inc.	23.47	▲ .68	Idacorp	30.60	▲ .14
Lithia Mo.	6.59	▼ .37	Micron	8.16	▼ .04	Supervalu	34.43	▼ .43

## COMMODITIES

For more see page B5

Live cattle	94.33	▼ 1.08	July Oil	124.31	▼ 3.45
July gold	883.4	▼ 11.5	July Silver	16.80	▼ .110

**What to expect today in business**

• WASHINGTON — Labor Department reports on productivity and costs, first quarter, revised, 8:30 a.m.

• NEW YORK — The Institute for Supply Management releases its May non-manufacturing index, 10 a.m.

• CAMBRIDGE, Mass. — Federal Reserve chairman Ben Bernanke to speak at Harvard Class Day.

MUTUAL FUNDS

Table of mutual fund performance with columns for Name, Last Chg, and various fund names like American Century, Fidelity, and others.

COMMODITIES REPORT

Table of commodity prices including Wheat, Soybeans, Corn, and other agricultural products.

CLOSING FUTURES

Table of closing futures prices for various commodities like Oil, Natural Gas, and Gold.

POTATOES

Table of potato prices for different varieties and grades.

LIVESTOCK

Table of livestock prices including cattle, hogs, and sheep.

METALS/MONEY

Table of metal prices and money market rates.

BEANS

Table of bean prices for various types.

GRAINS

Table of grain prices including wheat and corn.

NYSE

Table of NYSE stock market data including volume, gains, and losers.

INDEXES

Table of market indices like Dow Jones, S&P 500, and NASDAQ.

HOW TO READ THE MARKET REPORT

Explanatory text for the market report, detailing how to interpret stock prices, volume, and market movements.

Wages

Article discussing wage trends, minimum wage, and the impact of inflation on workers.

Beef

Article about the beef market, including supply issues, price fluctuations, and industry concerns.

GM

Article about General Motors, covering its financial performance, production plans, and market challenges.

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Article discussing the current state of the stock market, investor sentiment, and market outlook.

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## No A/C at home?

### Beat the heat anyway

By Ariel Hansen  
Staff writer

OK, so this spring has been cool. In fact, it's the coolest since 1997, according to the National Oceanic and Atmospheric Administration. The average temperature in Boise is below the average for June 3.

That doesn't mean it's going to stay cool forever. Remember last summer, that string of scorers we had when the thermometer topped 100 every day?

I do, and let me tell you, I wasn't fond of them. I'm a native of the Pacific Northwest, where temperatures like Tuesday's are the norm for early summer. And when the mercury started rising last summer, I began to question why I'd moved here. I was hot. More than hot. Unpleasantly, grossly, can't-sleep-at-night sweltering.

I called my friends who live in hot climates, did online research perched on the edge of my chair — I didn't want to stick if I could help it — and asked colleagues and hardware-store employees what people do around here to stay cool. Air conditioners, they said.

I nearly caved and bought one. But my old downtown wood-frame windows don't open enough to easily accommodate a unit, my bank accounts were low from moving expenses, and I don't much like to use unnecessary electricity. By the end of the summer, I'd learned many ways to keep the heat from becoming overwhelming.

For those of you who are eyeballing your energy bills for ways to save, or watching the calendar and the mercury with fear, take heart. Here are some ideas for keeping cool at home without A/C.



Hansen

- Use Roman (or Texas) cooling. I didn't know the name for it either, but it's that method of closing your windows and curtains during the day, then opening everything to let the night air circulate. If it's breezy, you can even hang a damp sheet in the window, evaporating water-cools the incoming gusts.

- The same trick works in bed. On the hottest nights, crawl under a sheet.

Please see NO A/C, Page C6

### FOOD IN BRIEF



Boise chef Jonathon R. Mortimer will teach a Twin Falls class on pasta this month.

**Learn secrets of pasta**  
Boise chef Jonathon R. Mortimer — whose pasta-making class in Twin Falls earlier this year sold out and drew a waiting list of would-be students — will return to teach it again.

The "Handmade Pasta" class is set for 7 to 9 p.m. June 24 at Itudy's — A Cook's Paradise, 147 Main Ave. W. in Twin Falls. Cost is \$50.

The class features fresh handmade pasta dough; Pasta al Forno; Chicken Picatta; Smoked Trout Tortellini with Lemon Sauce; and Zabaglione Cello with Fresh Fruit.

Mortimer, chef of Mortimer's and R.R. Strands restaurants in Boise, is an authority on Idaho cuisine and the author of a cookbook, "The Idaho Table."

Sign up: 733-5477.

### Get smart about quality wine

Call it a class, or call it five evenings of wine and winetosses.

The Community Education Center at the College of Southern Idaho will offer the non-credit class "Wine Appreciation with a View" from 7 to 8:30 p.m. Mondays, June 16 to July 14, at Canyon Crest Dining and Event Center, which overlooks the Snake River Canyon. Cost is \$75.

Instructor Jon Melone will introduce students to the types and varieties of wines available and help take the mystery out of purchasing and enjoying quality wine. One class session will highlight the pairing of food and wine, featuring cuisine from chef Dave Bailey, and each class will conclude with a wine tasting. Students must be 21 years or older.

Register: 732-6442 or [www.csi.edu/communityed](http://www.csi.edu/communityed).

### Test your pressure canner's lid

Don't head into the canning season with inadequate equipment.

Pressure canner gauge testing will be available from 1:30 to 4:30 p.m. June 4, July 2 and Sept. 3 at the Cassia County Extension Office, 1013 W. 16th St. in Burley. The testing will also be offered from 1:30 to 4:30 p.m. July 30 in the open class building at the Minidoka County Fair, and Aug. 13 in the open class/4-H building at the Cassia County Fair.

Testing costs \$4 per canner lid.

Information: 878-9461 or 436-7184.

— Compiled from staff reports

## Hail to the hammock

By Bettjane Levine  
Los Angeles Times

Apologies to the hammock. It always seemed an object of indolence — a garden metaphor for idle hours spent horizontal, swinging in a breeze.

Au contraire.

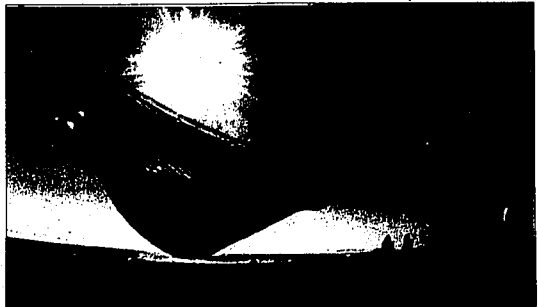
The simple sling has survived for more than 1,000 years because it has been a workhorse and comfort for millions who have used it as a bed, birthing table, cradle, sofa — even as a final resting place. In some cultures, the hammock has accompanied individuals from cradle to grave.

The first hammocks were made in Central America centuries ago by people who lashed the bark of the hamak tree and wove it into a hanging haven. Later, they switched to sisal and fabric, which were soft-

er and more comfortable.

By the late 1400s, when Columbus dropped anchor in the Americas, hammocks were in regular use. By night, they were beds. By day, they fulfilled the family's other furniture needs. Fascinated by this humble multipurpose item, Columbus tried it, pronounced it good and brought hammocks home to Europe.

In the 1500s, Fernandez de Oviedo y Valdez documented the customs and culture of Central America's indigenous peoples. "The Indians sleep in a bed they call an hamaca," he wrote, describing the design as a net with twine strings at both ends that could be hung at any height. "They are good beds and clean," he added, and portable enough for small children to carry. They kept sleeping families off the earth floors of their huts,



Please see HAMMOCK, Page C2

Centuries after the first one was made, the hammock is still swinging.



A whole-house sized standby generator is installed at a home. Notice the small gas engine inside the housing.

# Generating a standby

**DEAR JIM:** Our electric rates are high and we have power outages during storms. I want a backup generator for the entire house. What type and size is best, and can I use it nonstop instead of the utility's power?  
— Darlene J.



**SENSIBLE HOME**  
**James Dulley**

**DEAR DARLENE:** Today, many people are interested in installing backup (called standby) whole-house generators for electricity during power outages. It seems as though there are more outages and brownouts each year, and our lifestyles today depend heavily on electronic appliances.

To answer your last question first, a standby generator, even a large one, is not designed to be used continuously so you can disconnect your home from the electric utility. It is designed to operate for only relatively short periods during power outages. Also, electric generation costs from a standby generator are greater than your electric rate.

No matter what size (generation capacity in kw — kilowatts) whole-house generator you select, it is best to also install an ATS (automatic transfer switch). This control switch senses when the utility's electric power stops or the voltage is too low during a brownout (often on a hot summer afternoon).

and starts the generator. This can take a short period to be up to full power. Without an ATS, you would have to do this manually or the utility lineman may get shocked from your generator.

The size of standby generator you need depends upon how many electric items you want to operate during a power outage. A 12-kw generator will handle a typical family's power needs. If you can get by without air-conditioning or hot water for a while, this will allow you to install a smaller, less expensive generator.

Sum the wattages of all the electric items you think you need. The wattage of various appliances are listed on each appliance nameplate.

Keep in mind though, many appliances with motors require greater starting wattages than the continuous usage listed on the nameplate. For example, a refrigerator using 700 watts may require up to 1,500 watts each time the compressor starts.

Most people select a natural gas standby generator if gas is available. It is clean burning and does not require

a storage tank. If there is a natural disaster though, such as an earthquake, the supply may be stopped.

Propane is another common fuel. It burns cleanly similar to gas. Since the tank is on your property, the supply cannot be interrupted. It is more expensive than gas, and it requires a tank. Diesel fuel is safe (less flammable) and easy to obtain. It requires an expensive tank, and the shelf life of the diesel fuel is less than two years.

**DEAR JIM:** I want to install a whole-house fan this spring to keep my house cool. I've previously. I already have an attic vent fan to cool the attic. Will this attic vent fan make the whole-house fan less effective? — Ken H.

**DEAR KEN:** They should work fine together. The whole-house fan will generally be used in the morning and evening when the outdoor temperature is lower. During these periods, the attic vent fan probably won't be running anyway.

Even when both fans are running, they will complement each other. The whole-house fan will create a slight positive pressure in the attic. This positive pressure will increase the air flow through the attic vent fan.

Send inquiries to James Dulley, 6906 Royalgreen Drive, Cincinnati, OH 45214 or visit [www.wdmlife.com](http://www.wdmlife.com).

# Model O celebrates a century of sweeping

By Bettijane Levine  
Los Angeles Times

Before vacuums were invented, America's homemakers swept their carpets with brooms to keep them clean. Once a year, during spring cleaning, many people moved their furniture in order to lug their rugs outdoors for a good beating in fresh air.

From the mid-1880s through the early 1900s, would-be inventors pondered the idea of a machine that would suck up dust and dirt. Most of their efforts were impractical and unaffordable, including one gasoline-powered behemoth that weighed about 100 pounds. Another required two musketeers to operate: one to work the bellows that provided suction, the other to push the contraption around the floor.

Ives McGaffey obtained the first U.S. patent for a vacuum, a nonelectric machine that contained a fan that had to be operated by hand. The device was not a success.

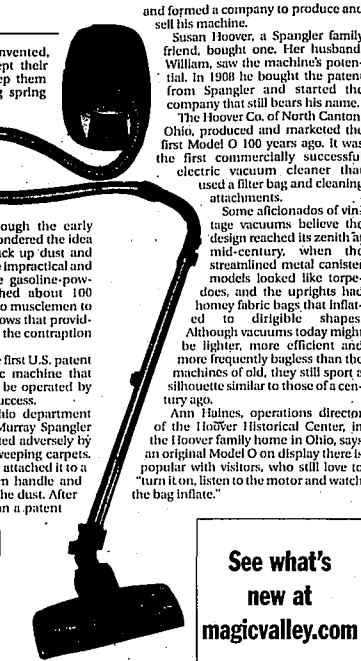
In 1907, an asthmatic Ohio department store janitor named James Murray Spangler thought his health was affected adversely by dust that whirled up from sweeping carpets. He took the motor from a fan, attached it to a soap box stapled to a broom handle and added a pillowcase to catch the dust. After refining his invention, he won a patent

and formed a company to produce and sell his machine.

Susan Hoover, a Spangler family friend, bought one. Her husband, William, saw the machine's potential. In 1908 he bought the patent from Spangler and started the company that still bears his name, The Hoover Co. of North Canton, Ohio, produced and marketed the first Model O 100 years ago. It was the first commercially successful electric vacuum cleaner that used a filter bag and cleaning attachments.

Some aficionados of vintage vacuums believe the design reached its zenith at mid-century, when the streamlined metal canister models looked like torpedoes, and the uprights had honey fabric bags that inflated to driftable shapes. Although vacuums today might be lighter, more efficient and more frequently bagless than the machines of old, they still sport a silhouette similar to those of a century ago.

Ann Haines, operations director of the Hoover Historical Center, in the Hoover family home in Ohio, says an original Model O on display there is popular with visitors, who still love to sit on it, listen to the motor and watch the bag inflate.



See what's new at [magicvalley.com](http://magicvalley.com)

# Hammock

Continued from page C1 where snakes, spiders and other creatures wandered through.

When hammocks arrived in Europe, they became staple beds for sailors. The trend lasted for centuries, through the 1940s and World War II, when U.S. warship crews slept in string hammocks often stacked vertically to accommodate more sleepers in less space. U.S. soldiers in the Pacific were issued jungle hammocks that had protective mosquito nets.

A fever for hammocks as outdoor furniture hit the U.S. in the late 1800s, when homeowners' desires were the height of fashion for garden and porch. The addition of wooden spreaders to keep hammocks flat and easier to use came in the 1900s. Distinctive variations have emerged throughout South and Central America, depending on climate. Mesh or net hammocks provide a ventilated bed in warm areas. Thick cotton or wool hammocks are found in colder ones.

In 1986, James Bogan — professor at the Missouri University of Science and Technology, poet and frequent traveler to Brazil — wrote that even today, residents of the Amazon call their hammocks "old mothers" — a reference to the way hammocks seem to embrace and envelop sleepers in comforting arms.

"Born in the jungle by the shores of a river, the newborn sleeps his first sleep in the hammock as his grandfather will sleep his last," Bogan wrote in an essay. "Then, as is our ancient custom, we bury the dead lying down in their own hammock. We are born, we live, we love, we die in the hammock."

The hammock lives on, Bogan said by phone from

his home in Itolla, Mo., "because no one's ever invented anything better. And no one ever will."

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**Caroline Cogen, A.R.N.P.**

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- Primary care and family medicine
- Women's health

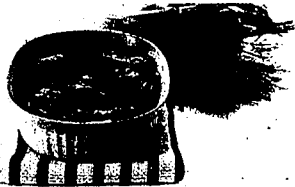
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## Fennel pairs well with lamb

The Washington Post

This side dish goes well with lamb, and it makes a nice vegetarian lunch dish on its own. Use 2 fennel bulbs in your casserole dish is small or narrow.

If desired, preheat the broiler after the cheese has been sprinkled on top of the baked casserole; place the dish under the broiler for a few minutes, until the cheese is nicely browned.

Adapted from "Bake Until Bubbly: The Ultimate Casserole Cookbook," by Clifford A. Wright (Wiley, 2004).

### BAKED FENNEL AND TOMATO CASSEROLE

4 to 6 servings

2 or 3 medium fennel bulbs, trimmed and quartered  
4 tablespoons (1/2 stick) unsalted butter, at room temperature

Freshly ground black pepper  
8 small (about 1 pound) plum tomatoes, peeled, cut in half lengthwise and seeded  
1/2 cup (about 2 ounces) freshly shredded or grated Parmigiano-Reggiano cheese, preferably not the finely grated kind

Preheat the oven to 350 degrees. Have ready a medium casserole baking dish (6 to 8 cups).

Bring a large saucpan of lightly salted water to a boil over medium-high heat. Add

### Put some lemon grass in this cake

The Washington Post

The recipe for this moist, small cake is gluten-free, but all-purpose flour may be substituted for the white rice flour.

Mini-brioche tins make the best molds.

Store the cakes in an airtight container for up to 4 days. Adapted from LaTartineGourmande.com.

### LEMON GRASS, VANILLA AND RED CURRANT CAKES

Makes 4 muffin-size cakes

Unsalted butter for greasing the molds or muffin tins, plus 5 tablespoons melted  
1/4 cup white rice flour  
1/2 cup almond flour, sifted  
1/2 cup confectioners' sugar, sifted  
Pinch salt  
1/4 teaspoon baking powder  
Scrapings from 1/2 vanilla bean

1 stick lemon grass, finely chopped  
2 large egg whites, lightly beaten until foamy  
1/3 cup red currants (may substitute red raspberries)  
1/2 tablespoon poppy seeds

Preheat the oven to 350 degrees. Use butter to lightly grease 4 muffin-size molds or wells of a large muffin tin; place the molds on a baking sheet.

Combine the rice and almond flours, confectioners' sugar, salt and baking powder in a medium bowl. Add the vanilla bean scrapings and the chopped lemon grass; mix well. Make a well in the middle of the mixture and add the egg whites. Use a spatula to mix well until a smooth batter forms. Add the melted butter; stir to mix well. Add the red currants and poppy seeds, gently fold

### Knife tip

For a clean trim of fennel, cut off any feathery stalks diagonally so that a V shape forms at the point where they meet the top of the bulb (as opposed to cutting them straight across). To prepare the bulb, cut a thin slice from the bottom end and discard. Pull away the tough outer layers, on the left and right. Make two cuts on the bottom, forming a wide and shallow V, to discard the core.

For this recipe, also cut the core from the quartered sections.

Another prep tip: If the fennel will not be used right away, soak the cut edges in acidulated water to keep them from turning brown.

the fennel and cook, uncovered, for about 10 minutes, until it is tender. Drain and toss in a medium bowl with the butter until the butter has melted.

Spread the fennel in the casserole dish, cut sides up, so that it will cook evenly; season with salt and pepper to taste. Scatter the tomatoes around; season them lightly with salt and pepper, too. Bake, uncovered, for about 30 minutes, until the tomatoes have softened. Transfer to the stovetop (not over any heat) and sprinkle the cheese on top. Let the casserole rest for 5 minutes before serving.

*Per serving (based on 6):* 174 calories, 7 g protein, 15 g carbohydrates, 11 g fat, 7 g saturated fat, 29 mg cholesterol, 261 mg sodium, 6 g dietary fiber.

### Chopping lemongrass

Discard the tough outer layers, then cut the remaining lemongrass into small pieces. Process in a coffee grinder that you use just for spices. Or chop finely with a mezzaluna, removing any visible threads.

ing them into the batter. Divide the batter among the 4 molds. Bake for 30 minutes, until the cakes are golden brown around the edges and light brown in the center. Remove and let cool for a few minutes before turning out onto a wire rack to cool.

*Per cake:* 306 calories, 6 g protein, 24 g carbohydrates, 22 g fat, 10 g saturated fat, 30 mg cholesterol, 125 mg sodium, 2 g dietary fiber.

## Quack attack

They're used like chicken eggs. They're about the same size as chicken eggs. They even taste like chicken eggs.

But they ain't from chickens.

Elayne Tingey's heritage duck

eggs are comparable to chicken

eggs in almost

every way, she said.

The yolks are a bit

more orange and the whites

thicker, but they're more similar

than different.

What sets the Halley woman's eggs apart isn't the taste. Unlike most poultry in big commercial operations, the ducks at Crossroads Ranch are free range and are treated more like pets

than livestock. The eggs are especially good for baking because they're so stiff, but can be used in the same ways as chicken eggs.

"People are a little reluctant at first, but then (they) figure out they're wonderful to bake with and they make great omelettes," Tingey said.

"And," she added, "the ducks are charming."

—Melissa Davlin

## Where to buy

Right now, Tingey's eggs are available in one place: Wood River

Valley-based local-foods cooperative Idaho's Bounty, [www.idahosbounty.com](http://www.idahosbounty.com). A dozen duck eggs are \$3.25, but Tingey said she makes no profit — the money goes straight back to the ducks, who get top-quality feed and care, all without herbicides, hormones or pesticides.

One of the factors in the limited availability is the small size of her flock.

Tingey has enough eggs to supply weekly orders from Idaho's Bounty. Those interested need to order quickly to get on the list.

And don't expect uniform egg sizes. Young ducks lay smaller eggs, while other eggs are

the size of the extra-large chicken variety found in stores.

Information: Tingey at 788-5644.

This feature will appear weekly in Food & Home this summer. To nominate an individual who produces food in Magic Valley for sale to local consumers, send an e-mail to [melissa.davlin@lee.net](mailto:melissa.davlin@lee.net) with "Local foods" in the subject line. Or call 735-3234.

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Our fitness class reviewer tells you like it is.

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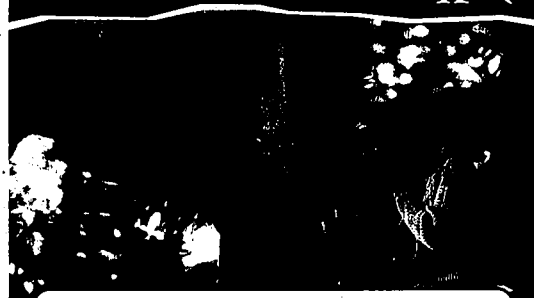


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Proceeds from this Shrine Circus are for the benefit of El Korah Shrine. Payments made are not deductible on charitable contributions.

# Serve a brunch with bliss

By Amy Scattergood  
Los Angeles Times

Come this way, up the garden steps and into a backyard where the patio is shaded by an old tree. Fill a plate from a buffet of fresh dishes and take a seat in the mild morning sun.

Nibble a leek pancake wrapped around a crisp spear of asparagus, sip an herbal tisane, indulge in a chocolate-orange scone. Let the textures and aromas play over your senses like flowers in a bouquet. Relax for a leisurely brunch.

For the table's centerpiece is a stack of leek pancakes destined for wrapping around a roasted asparagus spear or prosciutto. Gravlax, arranged like a fan on a platter, is a perfect match. Basil and mint and lemon grass steep in a pitcher to make a fragrant tisane for sipping.

Then meander around the garden, and come back to the table for a plate of chocolate-orange scones laced with oat flour, leavened with cream and still warm from the oven, or a parfait of Greek yogurt and strawberries. The sweet notes segue to the end of the morning and the brunch itself.

Such a leisurely brunch is built not only by the arrangement itself, laid out buffet-style and assembled to suit personal tastes, but also, by the fact that much of it can be done ahead of time.

For a Sunday brunch, you'll need to start curing your gravlax Friday morning. Take skin-on salmon fillets, spread with equal parts sugar and kosher salt. Add sliced fennel and a sprinkling of aquavit—a Scandinavian spirit similar to vodka that is typically flavored with caraway. Stack the fillets, wrap them in cheesecloth, add weights on top and put the whole thing in the refrigerator. After 24 hours, turn the package over; after two days, unwrap the fish, scrape off the salt-fennel mixture and slice very thinly on a bias.

Subler than smoked salmon, gravlax has a velvety texture and a delicate taste—arise-scented with notes of anise and licorice—that pairs beautifully with creme



Chocolate-orange scones, a pitcher of tisane, leek pancakes and fennel-aquavit gravlax with caraway creme fraiche.

fraiche studded with toasted caraway seeds.

The day before the brunch, toast caraway seeds in a pan, crush them and mix with a cup of creme fraiche, salt and pepper. The flavors marry overnight.

Pick up thinly sliced "prosciutto de Parma" from your

favorite specialty or grocery store the day before. Store it, tightly wrapped, in the refrigerator; just make sure that it's served at room temperature.

The morning of your brunch, prepare fresh herbs to make a tisane, a refreshing tea. Fill a clear glass teapot or pitcher—so you can see the leaves inside—with a few stalks of lemon grass and lush sprigs of mint or basil, lemon verbena or thyme. For cool tea, boil water, pour it over the herbs and set aside. To serve hot, set the pitcher of herbs aside and at serving time, pour hot water over and steep for five minutes.

Next come leek pancakes, simple cakes enlivened with leeks and kamut flour, a high-protein wheat flour that has a nutty flavor. Instead of adding melted butter to the batter—the customary way of adding the fat that tender-

izes the pancakes—saute the leeks instead. The butter cooks the leeks into aromatic threads and picks up their heady flavors. Cook the pancakes in a cast-iron pan or griddle, making them smaller than usual. Keep them warm on the stove, serve them at room temperature or put a platter of them in a sunny quadrant of your table.

Break thin asparagus stalks off at their fibrous ends—they'll snap at the right place—and put them into a hot pan with a drizzle of olive oil and a sprinkle of sea salt. They'll roast in a few minutes, tossed constantly over high heat. This method brings out the vegetable's flavor, while keeping its lovely crunch.

To prepare eggs, whisk them into homemade hollandaise sauce, torqued with minced dill. It's a classic



Chocolate-orange scones.

Such a leisurely brunch is built not only by the arrangement itself, laid out buffet-style and assembled to suit personal tastes, but also by the fact that much of it can be done ahead of time.

match for the asparagus, and it tastes pretty great on the pancakes too.

Hollandaise is a simple emulsion of egg yolks and melted butter—it's easy to do, and it will hold just fine if kept warm on the stove until you're ready for it.

You can make the sauce the traditional way, by whisking egg yolks in a metal bowl set over a pan of hot water, then incorporating melted butter until the mixture emulsifies and finishing with lemon juice and a pinch of salt and pepper. Or make your hollandaise in a blender. In keeping with the menu's herbal notes, add minced dill for a fresh, bright flavor to the sauce.

With the savory side of the menu done, you'll want to hit the sweet spot, and chocolate-orange scones are the perfect fit. These scones are from Alice Medrich, a San Francisco baker and author who has a light touch and a way with chocolate. They're light and tender, a cinch to

make because Medrich uses neither eggs nor butter—all the fat and liquid come from heavy cream.

We've added orange zest and substituted oat flour for half the regular flour, both flavors that pair beautifully with the high-cacao chocolate for which the recipe calls. The resulting scones are subtle, simple wonders.

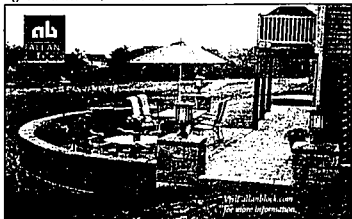
For those who linger over coffee, make individual fruit-and-yogurt parfaits. Sprinkle a few tablespoons of sugar and the peel from two lemons over a bowlful of fresh sliced strawberries, stir and let the fruit macerate.

After 15 minutes, the strawberries have released their crimson juice, spoon a generous amount of Greek yogurt into pretty glasses. Add strawberries, layer fruit and yogurt about three-quarters of the way up each glass. Toss on a mini leaf or lemon peel, and you're done.

Please see BRUNCH, Page C5



Pan-roasted asparagus with dill hollandaise sauce.



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(MS) — These days, you hear a lot of talk about global warming. You may even have heard about carbon offsetting, or doing things to reduce your "eco-footprint." The idea of trying to make our environment a better place by planting trees is not new.

Consider this thought by Frank Lloyd Wright: "The best friend on earth of man is the tree; when we use the tree respectfully and economically we have one of the greatest resources of the earth."

Henry Van Dyke also reflected on the value of trees: "He that planteth a tree is a servant of God, he provideth a kindness for many generations and faces that he hath not seen shall bless him."

Both men, who were born in the late 1800s, knew the value of trees. Trees are truly the gifts that keep on giving. They filter pollution from the air, prevent soil loss, create shade and even help lower energy bills.

Before planting a tree, talk to your local extension agent and find out what trees grow best in your area. Choose a planting site before you select a tree. You want to be sure you put it in an area where it will thrive.

Proper moisture and nutrient levels are essential for newly-planted trees. Apply an inch to an inch and a half of water every two to three weeks. If you're in a drought-affected area, use a ROSS® Root Feeder to keep your new trees watered. The deep root feeder conserves water by eliminating surface evaporation.

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Newly planted trees tend to shift so help your tree out by anchoring it. A simple way to do this is by using a tree anchoring kit like Heavy Duty TreeStak®. Everything you'll need to help anchor your tree, such as rope, tree tubes and reusable plastic stakes, comes with the kit. Experts recommend that you anchor your new tree for about two years, until new root systems are well established.

Don't forget to mulch around the base. Easy Gardener's new Mulch Mat tree ring makes the job easy. It looks like hardwood but is made from 100 percent recycled rubber. Place it around the base of the newly planted tree to deter weed growth and hold in moisture.

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# Brunch

Continued from page C4



Home-cured gravlax is scented with notes of anise and licorice and flavored with caraway.

## CHOCOLATE-ORANGE SCONES

Adapted from Alice Medrich's "Bittersweet: Recipes and Tales From a Life in Chocolate."

- 1 cup flour
- 1 cup oat flour
- 1/4 cup sugar, plus extra for sprinkling
- 2 1/2 teaspoons baking powder
- 1/2 teaspoon fine sea salt
- Zest from 2 oranges
- 4 ounces coarsely chopped bittersweet chocolate (65 percent to 70 percent cacao)
- 1 1/4 cups heavy whipping cream, plus extra for brushing

- Position a rack in the center of the oven and heat the oven to 425 degrees. Line a baking sheet with parchment.
- In a large bowl, mix together the flour, oat flour, sugar, baking powder and salt. Stir in the orange zest and the chocolate.

- Make a well in the center of the dry ingredients and pour in the cream. Using a spatula, mix the ingredients until just moistened; the dough should look rough and shaggy. Gather the dough into a lump with your hands and knead it together five or six times, until it holds together and the sides of the bowl are clean.

- On a lightly floured board, pat the dough into an 8 1/2-inch round. Using a knife or a dough cutter, cut the round into 12 wedges. Place the wedges about an inch apart on the baking sheet. Brush the tops with cream and sprinkle them lightly with sugar.

- Bake the scones until they begin to turn golden brown, about 15 minutes. Allow the scones to cool on a rack. Serve warm or at room temperature.

Total time: 30 minutes. Servings: Makes 12 scones.  
 Each scone: 225 calories; 3 grams protein; 22 grams carb; 15 grams fat; 8 grams saturated fat; 34 milligrams cholesterol; 208 milligrams sodium.

## FENNEL-AQUAVIT GRAVLAX WITH CARAWAY CREME FRAICHE

Start the gravlax 48 hours before you want to serve it. You will need about 2 square feet of cheesecloth to wrap the gravlax. The Scandinavian liquor aquavit is available at many liquor stores.

- 1/4 cup black peppercorns
- 1/2 cup kosher salt
- 1/2 cup sugar
- 1 medium fennel bulb with fronds
- 2 (1-pound) skin-on salmon fillets (the tail section)
- 1/3 cup aquavit

- Crush the peppercorns either with a mortar and pestle or by securing them in a

thick, sealable plastic bag and mashing with a hammer or a thick-bottomed pan. In a medium bowl, mix the salt, sugar and crushed peppercorns. Set aside.

2. Cut the fennel bulb very thinly into lengthwise slices and mince the fronds. Place a small rack in the bottom of a glass baking dish big enough to accommodate the salmon fillets.

3. Place one of the salmon fillets, skin-side down, in the middle of a piece of cheesecloth big enough to wrap securely around the fish fillets. Sprinkle half of the salt-sugar mixture on top of the fish, being sure to cover all of the salmon. Then press the sliced fennel and the minced fronds over the top of the salt-sugar mixture.

4. Place the second salmon fillet, skin-side up, on top of the covered first fillet, making sure that the two fillets align. Drizzle the rest of the aquavit over the top layer and tightly wrap the cheesecloth over the fillets. Cover with plastic wrap. Place a second baking dish (smaller than the first) on top of the wrapped fish and put the entire thing into the refrigerator. Weight with heavy items from your refrigerator (beer bottles, mayonnaise jars) and allow to sit for 24 hours.

5. After 24 hours, remove from the refrigerator and turn over the wrapped fish (you'll notice that brine has begun to fill the lower baking dish). Pour a little over the top of the fish, replace the weights and return to the refrigerator. If there is a lot of brine in the bottom of the pan, pour it off; you don't want the bottom of the fish to touch it. Allow the gravlax to sit for another 24 hours.

6. After a total of 48 hours in the refrigerator, remove the fish, unwrap, and scrape off the fennel-pepper mixture. With a very sharp knife, slice the fillets, one at a time, very thinly on a diagonal. Fan the slices out on a plate; serve with caraway creme fraiche.

Caraway Creme Fraiche:  
 1 tablespoon caraway seeds  
 1 cup creme fraiche  
 1/8 teaspoon sea salt  
 1/8 teaspoon white pepper

In a small saute pan over medium heat, toast the caraway seeds until fragrant and beginning to pop, about 5 minutes. Let cool, crushing them a little with a heavy spoon or with a mortar and pestle. In a small bowl, mix the cooled caraway, creme fraiche, pepper and salt.

Total time: 30 minutes, plus curing time. Servings: 6 to 10.  
 Each of 10 servings: 224 calories; 19 grams protein; 3 grams carbohydrate; 0 fiber; 15 grams fat; 5 grams saturated fat; 64 milligrams cholesterol; 431 milligrams sodium.

## PAN-ROASTED ASPARAGUS WITH DILL HOLLANDAISE SAUCE

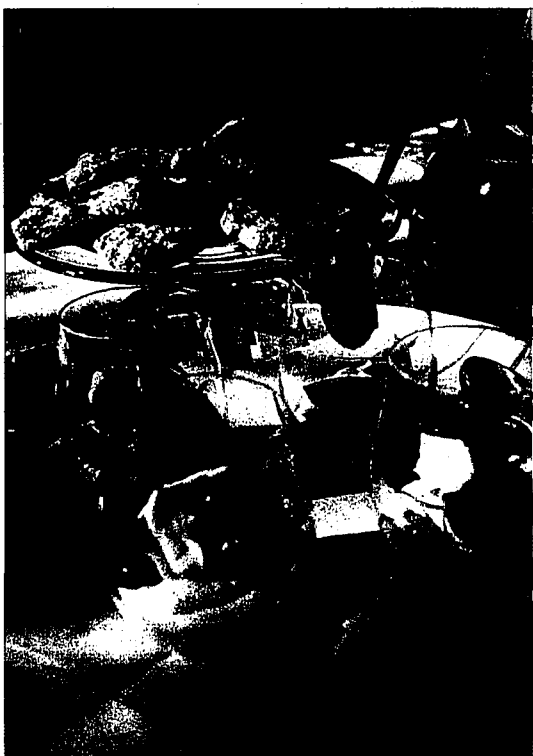
- 4 egg yolks
- 2 sticks butter, melted
- 1 1/2 teaspoons lemon juice
- Fine sea salt
- Freshly ground white pepper
- 1/8 cup finely chopped fresh dill
- 1 tablespoon olive oil
- 1 1/2 pounds asparagus, ends trimmed

1. Make the hollandaise sauce: Boil a few inches of water in a medium saucepan. Turn off the heat and place a metal bowl large enough to cover the saucepan on top, making sure the bottom of the bowl does not touch the water directly. Add the egg yolks and 2 tablespoons of water to the bowl and whisk continuously until the mixture becomes light and frothy. Continue whisking until the mixture thickens and forms a ribbon when you lift the whisk, about 5 minutes.

2. Add the melted butter, a little at a time, to the egg mixture, whisking continuously, until you've incorporated all the butter. Add the lemon juice, a pinch each of salt and pepper, and the dill. Keep the hollandaise barely warm over the hot water. (Makes 1 1/2 cups sauce.)

3. Alternatively, you can make the hollandaise in a blender. Place the egg yolks, lemon juice, pinch of salt and white pepper in a blender. Add 2 tablespoons boiling water and blend for a few seconds. Melt the butter until it just starts to boil. Take the butter off the heat, turn the blender back on and add the hot butter in a slow, steady stream until combined. Pour into a bowl and stir in the dill.

4. In a large skillet over high heat, heat the olive oil until quite hot. Toss in the



Chocolate-orange scones; strawberry and yogurt parfaits; and basil, mint and lemon grass tisane close out a leisurely yet luxurious meal.

asparagus and a pinch of salt and cook, flipping the spears of asparagus so that they sear evenly. Continue cooking over high heat, until the spears roast and begin to caramelize but haven't lost their vibrant color or some of their crunch, about 5 minutes. Remove from the heat and place on a serving platter; serve with a bowl of the hollandaise sauce.

Total time: 40 minutes. Servings: 6.  
 Each serving with 2 tablespoons hollandaise sauce: 104 calories; 2 grams protein; 3 grams carbohydrate; 1 gram fiber; 19 grams fat; 11 grams saturated fat; 109 mg cholesterol; 23 mg sodium.

## LEEK PANCAKES

- 4 large leeks, white parts only, washed and thinly sliced (about 4 cups)
- 6 tablespoons (3/4 stick) butter, plus additional for greasing the pan

batter, being sure to add all the melted butter from the pan.

3. Heat the same cast-iron skillet over medium heat, adding a little more butter if necessary. Ladle a heaping tablespoon of batter for each pancake into the pan, and cook until bubbles form and the underside is golden brown, about 1 1/2 minutes. Flip and finish cooking about 1 minute on the other side. Repeat with the rest of the batter, keeping the pancakes warm on a plate near the stove.

Total time: 45 minutes plus cooling time. Servings: Makes 5 1/2 dozen small pancakes.  
 Each pancake: 34 calories; 1 gram protein; 4 grams carbohydrate; 0 fiber; 2 grams fat; 1 gram saturated fat; 16 mg cholesterol; 59 mg sodium.

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# An updated chicken dish

By Bonnie S. Benwick  
The Washington Post

I've seen the light: There is quite a wisdom to be gained from readers' commentary on Web-posted recipes. For me, much of such insight plays out like a Ping-Pong game of "it-was-salty" and "it-was-not-salty-enough." Often, I think, people shouldn't be messing with a recipe that someone took great care to develop.

But tastes change, and modernity can improve outcomes. This 10-year-old dish from Bon Appetit magazine is a fine example, having collected 31 "reviews" that report extra touches and serve-with suggestions. The recipe, written (but doubled here), produced a quick, pantry-friendly weeknight option.

With less oil, a nonstick skillet, more spice, a slurry to thicken the sauce and a little wine (but double here), fruit combinations — all thanks to cooks across the country and in Australia — the recipe's a winner. Serve with whole-wheat couscous. Serves four.

Adapted from a December 1998 recipe from Bon Appetit magazine posted on Epicurious.com.

## PAN-BRAISED CHICKEN WITH DRIED FRUITS AND OLIVES

4 (5-ounce) boneless, skinless chicken breast halves, preferably of similar size  
2 to 3 teaspoons ground cummin  
Salt  
Freshly ground black pepper



Pan-Braised Chicken With Dried Fruits and Olives, a 10-year-old dish from Bon Appetit magazine, updated to produce a modern and pantry-friendly weeknight option.

3 cloves garlic  
1 1/2 to 2 cups pitted mixed dried fruits, such as raisins, apricots, apples and cherries  
16 brine-cured, pitted green olives (optional)  
2 tablespoons olive oil  
1 cup dry white wine, such as Sauvignon Blanc  
1 cup low-sodium chicken broth  
1 teaspoon flour

Trim the tenderloin strips and any visible fat from the chicken breast halves; reserve the tenderloins for another use. Rub the chicken on all sides with cummin and salt and pepper to taste.

Finely chop the garlic, and coarsely chop the mixed fruit into chunks, if desired. Use a knife to lightly smash the olives, if using.

While you are chopping, heat the oil in a large nonstick skillet over medium heat. Add the chicken and cook for 3 minutes on each side, making sure both sides have browned nicely. Push the chicken to the side of the skillet or trans-

fer some of it to a plate near the stove, then add the garlic and cook, stirring, for 30 seconds. Add the dried fruits, wine, broth and olives. If using, increase the heat to medium-high and bring to a boil. Return the chicken to the skillet as necessary and reduce the heat to medium; cook, uncovered, for 15 minutes or until the chicken is just cooked through.

While the mixture is cooking, remove a few tablespoons of the hot liquid and combine in a small cup with the flour, stirring to form a slurry.

Divide the chicken breast halves among individual plates. Increase the heat to medium-high to bring the sauce to a boil; add the slurry and cook, stirring constantly, for 3 to 4 minutes; the sauce should thicken slightly. Spoon the sauce and fruit over the chicken. Serve immediately.

*Per serving: 230 calories, 23 g protein, 4 g carbohydrate, 8 g fat, 1 saturated fat, 53 mg cholesterol, 151 mg sodium, 0 g dietary fiber.*

# White chili isn't too hot to handle

By Julie Rothman  
Special to The Baltimore Sun

John Klinghammer of Fife Lake, Mich., was looking for a recipe for a five-star white chili. Robert Messarillo of Four Rivers, Md., said in one of his favorite recipes for white chili. He says it is extremely spicy but can be easily adjusted.

I thought it actually had a little of an Indian flavor thanks to the healthy dose of cummin, and I didn't find it overly spicy. I liked the addition of the corn, and when it's in season, I might be tempted to use fresh instead of canned. This chili does have a good kick, but when topped with cheese and/or sour cream it was by no means too hot to handle.

## No A/C

dampened with cold water and you'll stay cooler than if you shed more dry. It's done this, and it feels amazing!) Or create a reverse hot pad: Freeze a sock full of uncooked rice, and hold it against your toes as you dress and undress.

Apply cold water to yourself. Keep a spray bottle or damp washcloth in the fridge, and when the heat just gets to be too much, pull it out and spray or drizzle on your neck and wrists. Cooling the surface veins in these areas will help cool your core.

Keep the sun out. Close all the drapes and blinds during the day — ideally shades that have sun-reflecting white facing out. If you're home and want the light, just close off the windows on the sunniest side of the house. The same goes for the top of your head. If you're roof-toggling, use lighter tiles or shingles, and more sun will be reflected away from that oven of an attic.

Buy fans, and put bowls of ice in front of them. As fan-cold water evaporates, it'll be blown wherever you aim the breeze. Ceiling fans should be set to run counterclockwise in summer, to move air and chill you.

Use window fans in an unexpected way: Point them out. You're not cooling your yard so much as pulling the warm air out of your house.

## WHITE CHILI

1 cup finely chopped onion  
3 cloves garlic, finely chopped  
1 tablespoon olive oil  
2 whole boneless chicken breasts  
3 cups chicken broth  
two 4.5-ounce cans chopped green chiles  
two 16-ounce cans Great Northern beans, drained  
two 7-ounce cans white shoe-pea corn, drained  
juice from 2 limes  
1 tablespoon chile powder  
3 tablespoons garlic powder  
1 tablespoon cummin  
1 tablespoon oregano  
3 teaspoons white pepper  
salt and pepper, as needed  
1 cup water, if needed  
Shredded cheese, fresh

culantro, green onions and sour cream for toppings (optional)

Saute the onions and garlic in olive oil until onions are soft, not brown. Set aside.

Chop chicken into bite-size pieces and saute in same skillet until cooked through. Combine cooked chicken, chicken broth, sauteed onion, garlic, chiles, beans, corn, lime juice and spices in a large pot. Bring to a boil, reduce heat and simmer for 30 minutes. Add water if needed. Serve with toppings as desired.

Makes 8 to 10 servings.

*Per serving (based on 10 servings, without toppings): 257 calories, 16 grams protein, 3 grams fat, 1 gram saturated fat, 31 grams carbohydrate, 7 grams fiber, 15 milligrams cholesterol, 468 milligrams sodium.*



# A favorite lemon pie

By Monica Norton  
The Washington Post

WASHINGTON — I spent many summers at my grandmother's place. I followed her around the kitchen of her tiny wood-frame home, so close to the train tracks that the house would rattle long after the freights had passed.

The South Carolina sun was too hot for us to venture out at midday, so often we would spend the time snapping beans, shucking corn, shelling peas. And every couple of weeks we would make my grandmother's lemon meringue pie.

My job was to roll the lemons. "Roll 'em good," she would tell me as I pressed them back and forth. She would sprinkle flour across the table, shape her dough, press it with a rolling pin that looked as if it had been used for a lifetime. Her crusts always seemed to come up with ease. And on the rare occasion one dared to break apart, she would utter a well-worn "confound your soul!"

The eggs would have been separated by then, the yolks folded into the lemon mixture. Stir and stir and stir some more on the stove top. We would take turns whipping the meringue. She didn't have an electric mixer, just the kind that you cranked by hand.

My grandmother died in January, a month short of her 98th birthday. Two weeks later a wayward sister and a proper rolling pin, I had spent months thinking about making her lemon meringue pie. But I always put it off. I wasn't sure I could do it. I had watched my mother fight with a wayward crust for too often. And I had heard my grandmother criticize my mother's efforts. "Ol' tough crust. She rolls it too much."

And the idea of making her pie had seemed blasphemous. After all, it was her pie. But when she was gone, I felt I had to do it.

I turned to my mother, who lives in Baltimore. I asked what I needed to do to make a pie crust from scratch. She told me about some mix I could pick up from the supermarket, and just add water.

Great. Not only did I doubt myself, but my mother doubted me, too. Then she told me to sift my flour well, mix in some lard, add some salt and a little milk. "Don't roll your dough too much," she said, "it'll get too tough."

And then she said, "My mother could make a pie crust."

The night before Easter, I decided to make two pies. I started by rolling and squeezing the lemons. Then I began to work on the crusts. Call it a fluke or beginner's luck — I like to think my grandmother was guiding me — but by gingerly sliding my hands, palms up, under one section of the dough at a time, I was able to transfer both crusts intact from the floured table to the pie pans.

They didn't turn out exactly like my grandmother's pies, but they were close. The crusts needed a bit more salt, but they were flaky. The lemon filling needed a tad more sugar, and the meringue needed a tad less. My mother said they were really good.

My grandmother, my family said, would be proud.

## MISS LILLIE'S LEMON MERINGUE PIE

8 to 10 servings  
This family favorite can be covered and refrigerated for up to 1 week.

For the crust:  
1 1/2 cups flour, sifted, plus more for dusting  
1/2 teaspoon salt  
1/2 cup vegetable shortening  
2 tablespoons low-fat milk, plus more as needed to hold the dough together

For the filling:  
1 1/2 cups sugar  
2 tablespoons cornstarch  
3 tablespoons flour  
1/4 teaspoon salt  
1/2 cups water  
Juice from 2 large lemons (about 1/2 cup)  
2 tablespoons salted butter  
4 large eggs, separated

For the crust: Preheat the oven to 350 degrees. Have ready an 8-inch pie plate or pan. Liberally dust a work surface and rolling pin with flour.

Combine the flour, salt, shortening and milk in a large bowl, mixing until it comes together; add milk if needed, then use your hands to shape the dough into a ball. Transfer to the work surface and roll the dough into a flat circle roughly 11 inches in diameter. Carefully lift into the pie plate or pan, allowing the edges to hang over slightly.

Use a fork to press the edges along the rim of the pie plate or pan, then brush the pie dough edges with the melted butter. Bake for about 10 minutes, until slightly browned. Let cool for 5 minutes before adding the filling.

For the filling: Keep the oven at 350 degrees. Combine all but 5 tablespoons of the sugar with the flour, cornstarch, salt, water, lemon juice and butter in a medium saucepan; bring to a boil over medium-high heat, stirring frequently. The mix-

ture will thicken as it boils. Use a whisk to lightly beat the egg yolks. Whisk in small amounts of the hot mixture to temper them; then, stirring constantly, gradually add the yolks to the saucepan. Cook for 5 to 10 minutes; the mixture should be thick. Spoon it into the baked pie crust, spreading it in an even layer.

Beat the egg whites in the large bowl of a stand mixer or a hand-held electric mixer on high speed until soft peaks form. Gradually add the remaining 5 tablespoons of the sugar and beat for 1 to 2 minutes until stiff, glossy peaks form. Cover the top of the pie completely with the meringue, spreading it to seal at the edges and using a spatula to create decorative peaks and swirls. Bake for 10 minutes, until the meringue is set and golden-brown in spots. Let cool before serving.

*Per serving (based on 10): 342 calories, 5 g protein, 49 g carbohydrate, 14 g fat, 5 g saturated fat, 91 mg cholesterol, 221 mg sodium, 1 g dietary fiber.*



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By Johnny Hart



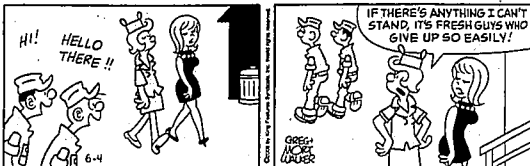
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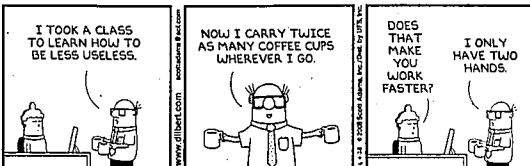
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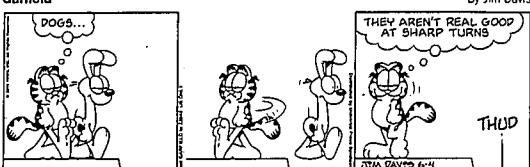
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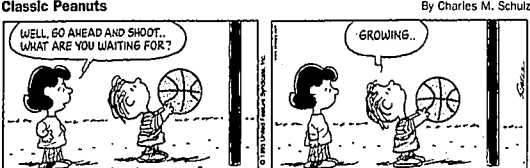
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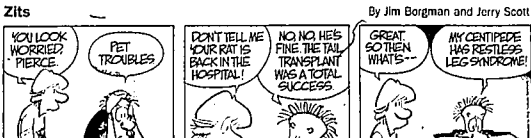
The Wizard of Id

By Brant Parker & Johnny Hart



Zits

By Jim Borgman and Jerry Scott



# Fruity liqueur comes with a French twist

By Corie Brown  
Los Angeles Times

LOS ANGELES — Lou Amdur, owner of the wine bar Lou on Vine, sits back on his heels as he peers into the recesses of a low kitchen cupboard. Bottles clink against each other as he rummages in the dark. Finally standing up, he sets an unlabeled bottle on the kitchen counter.

"Ratafia," he says. The opaque elixir before us has the questionable, slightly brownish hue of oxidized dessert wine. Then Amdur pours a splash into a juice glass, releasing inviting citrus aromas. We take sips. Tart orange and clove flavors infuse the earthy warmth of brandy in a drink dancing with fresh fruit.

In Southwest France, ratafia is a fruit- and spice-infused brandy made at home. Transplanting ratafia to his Los Angeles kitchen, Amdur marries rustic French traditions with our region's bountiful supply of backyard citrus. After plenty of kitchen experiments, he's decided that almost any citrus makes delicious ratafia, so he bottles a batch whenever a new citrus fruit comes into season.

"What's exciting is how you can capture the essence of fresh fruit in a cordial that will stay fresh for years," Amdur says. "We're so jaded about the abundance of the fruit growing all around us. Ratafia is a thrifty way to take advantage of it."

That's easy for him to say. A dedicated home cook and wine connoisseur who succumbed to his twin passions and became a restaurateur two years ago, Amdur has been making this stuff since shortly after he first tasted it at a farmhouse outside of Toulouse, France, in 2002.

I'm intrigued, but I'm too nervous to make my first ratafia by myself, so I offer him a Sunday brunch in exchange for a ratafia tutorial.

Amdur's interest in homemade ratafia started when a Los Angeles neighbor with a backyard bitter (or sour) variety of orange tree deposited a grocery bag of fruit at his door. The ratafia he'd enjoyed in France was made with oranges.

"Once you taste ratafia, you realize how commercial



Ingredients for tangerine ratafia.

liqueurs like Grand Marnier really are. They don't taste fresh," he says. "It totally changed my mind about orange-flavored liqueur."

The name "ratafia," according to some accounts, comes from the Latin phrase "rata fiat," meaning "to ratify." At the close of a business deal or the signing of a treaty, ratafia — originally made with unfermented or partially fermented wine-grape juice and distilled grape spirits — was a celebratory libation. For his first batch of homemade ratafia, Amdur used a Paula Wolfert recipe. He carefully stripped the zest from the oranges, trimming away the last bit of the peel's white pith. He cut the zest into quarter-inch strips and tossed them into a Mason jar with an equal amount of the fresh squeezed bitter-orange juice and brandy, with half again as much simple syrup.

Traditional ratafia can be made with either brandy or clear distilled spirits, which calls to mind the "limoncello" liqueurs of southern Italy. The difference is more than the kinds of fruit used to infuse the alcohol. Ratafia includes fresh fruit juice; limoncello typically relies on lemon zest and sugar without incorporating juice.

Amdur closed his ratafia

jar, gave it a shake and stashed it under the kitchen sink, returning every few days to give it another shake to help the alcohol maceration of the fruit.

After two months, he strained the fruit from the ratafia, then removed the sediment by letting it settle at the bottom and pouring off the liquid while leaving the pulp behind.

Success with the bitter oranges persuaded Amdur to ignore tradition and try other fruits using similar proportions for fruit zest, fruit juice, brandy and simple syrup. Kumquat, which produces a racy aperitif with a sophisticated, tart edge, turned out to be a favorite. Meyer lemon was disappointing because of the mildness and lower acidity of the fruit made a ratafia that lacked zip. Pomegranate was a disaster, producing a regrettable cough-syrup ratafia.

Tart citrus fruit is best, Amdur says. Blood oranges and sour mandarins (tangerines) are particularly good.

On the morning of my Sunday brunch-meets-ratafia-making session, the farmers market was overflowing with tangerines, so they were my choice.

I invited some neighbors over to help, handing each arrival an apron as well as a sharp paring knife, cutting board, juicer and wide-mouthed rubber-sealed jar. Amdur showed the group how to carefully cut the white pith from the zest, then cut the zest into strips. The painstaking work went slowly even as the kitchen buzzed with the energy of four sets of partners competing to see who could produce the largest pile of zest the fastest.

"The more zest, the better the ratafia," Amdur said. "The important thing is to remove all of the bitter pith and the seeds."

The simple syrup added with the fruit juice and zest during maceration reduces any overt tartness. But he suggests going lightly on the simple syrup, and in stages.

"You can always add a touch more after it has macerated if you don't think it is sweet enough," he says.

Go slowly with the spices. It doesn't take much to overwhelm the fresh fruit flavors. Every time Amdur makes ratafia, he cuts back the

spices a little more. He's down to one clove — slightly toasted to bring out the flavors — and a smashed cardamom pod.

After a frenzied half-hour of zest cutting, we had the ingredients for ratafia and it was time to pour in the spirits.

There are several possibilities for a ratafia base liquor. Wolfert suggests Armagnac, the fine French brandy from the region of the same name southeast of Bordeaux, and it worked beautifully for our ratafia party batch.

Other recipes call for distilled grape spirits, the clear alcohol made from surplus wine grapes that is readily available in Southwest France. In Southern California and elsewhere, vodka is a reasonable substitute, Amdur says.

He likes the efficiency with which clear spirits suck the fruit flavors out of the zest for a bright, vibrant drink. "But," however, produces a mellow, more complex ratafia. I made a batch using inexpensive brandy instead of Armagnac, and another using vodka, but the ratafia made with Armagnac was best, with deep, complex flavors that

supported the fresh fruit.

The ratafia made with the inexpensive California brandy was fun and delicious, but lacked the complexity of the Armagnac batch. Although I understand the appeal of the clean, bright fruit flavors of the vodka ratafia, I prefer the warmth brandy brings to these cordials.

But there are still experiments to consider. Since that ratafia-making party, I often find myself staring at my bowl of fruit or pondering the stalls at the farmers market. Blueberries? Kiwifruit? Grapefruit? The ratafia possibilities seem endless.

## TANGERINE RATAFIA

This recipe is from Lou Amdur, inspired by Paula Wolfert's. You can substitute oranges, blood oranges or kumquats for the tangerines; you will need 3 cups juice and 2 cups zest. A 750-milliliter bottle of Armagnac yields 3 1/4 cups. To make the Simple Syrup, dissolve 1 cup sugar in 1 cup water in a small saucepan over medium heat; allow to cool.

18 tangerines (for 3 cups

juice and 2 cups zest)  
3 1/4 cups Armagnac  
1 cup Simple Syrup  
1 clove  
1 cardamom pod

Rinse the tangerines and separate the peels from the fruit, reserving the peels. Squeeze 3 cups of tangerine juice from the tangerines. Combine the white pith from the zest of about 12 tangerines. Cut the zest into strips until you have 2 cups zest.

Combine the Armagnac, juice, zest and simple syrup in a large resealable jar. Toast the clove slightly in a pan over medium heat, just until fragrant, and add it to the Armagnac mixture. Crush the cardamom pods with a mortar and pestle and add it to the mixture. Seal the jar, shake it and store it in a dark place for 2 months, shaking every day or so.

After 2 months, strain the zest and spices from the liquid and discard. Let the remaining solids collect on the bottom of the jar. Pour off the liquid and discard the solids. Refrigerate to preserve the acidity. Makes about 7 1/4 cups.

Total time: 1 hour, plus 2 months to steep. Servings: 18.

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INSIDE: More sect children reunited with happy parents, D5



INSIDE: Obituaries, D2 | Community, D2-3 | Idaho/West, D4 | Nation, D5

## Everything is Lloyd Lindsay Young's fault

Should TV weathermen be blamed personally for bad weather?  
I think so. Winter has gone on far too long around here, and I think you should call KMTV's Adam Colpack and KTVB's Rick Lane and tell them so.

I say this because I went to college with a guy who became a TV weatherman. In July 1979, Mark landed a job with a station in Galveston, Texas. A week after he arrived came Tropical Storm Claudette.

**DON'T ASK ME**  
Steve Crump

As cyclones go, Claudette wasn't all that special except for the rain that accompanied her — 1 1/2 inches during a 24-hour period in Galveston and 43 inches in the nearby town of Alvin, which is still a U.S. record.

Mark's station, like much of the rest of Galveston, flooded and he was laid off.

Mark worked in TV throughout the West before he was hired as a weekend weatherman by a station in New Orleans. He was supposed to start work on Aug. 29, 2005, a Monday.

Guess what else showed up in the Big Easy on Aug. 29? Hurricane Katrina knocked his station off the air for three weeks and his apartment was flooded, so after the bridges reopened he was commuting from Baton Rouge — a 160-mile-a-day round-trip. By Christmas, Mark was selling real estate in Oregon.

The man is clearly snakebit, which is an unfortunate characteristic in weathermen. I know this because I grew up watching Lloyd Lindsay Young. Young was a forecaster at a TV station in Idaho Falls during the 1970s the later fetched up in New York City, the nation's No. 1 media market. Manic at a time when most TV weathermen were staid and buttoned-down, he'd open his nightly weather segment with a booming "Wellllllllllllllooooo, Hierrr!" (or any other word in the dictionary) and point to looming storms on his weather map with unusual objects, including rubber chickens and a 20-foot-long icicle.

Watching him made you tired. And when he turned in to Young's broadcast, something bad followed:

My girlfriend broke up with me. I wrecked my VW Bug. My high school, Highland, lost to cross-country rival Pocatello in basketball.

Coincidence? I don't think so. It had to be Lloyd Lindsay Young's fault.

Young used to moonlight doing advertising spots on local radio stations. So superstitious was I that if I heard his voice in a public place, I'd sing the Beatles' "Yellow Submarine" at the top of my lungs to drown him out.

Gradually I learned to relax, but on a trip to California last fall I returned on the television in my hotel room. Starting back at me was Lloyd Lindsay Young, now a weatherman in Bakersfield.

I switched off the TV quickly, but winter settled in soon after I returned to Idaho and hasn't left yet. The stock market tanked, Boise State lost a football game, my wife totaled her car and the Metallica-loving teenage boy who lives next door bought a more powerful — and much louder — sound system.

If you think all that is a fluke, then why are you still wearing a parka on June 4?

Steve Crump may be reached at 735-3223, or [scrump@magicvalley.com](mailto:scrump@magicvalley.com).

## New Joslin Field runway requires more study

By Jared S. Hopkins  
Staff writer

The Federal Aviation Administration has asked Joslin Field, Magic Valley Regional Airport to continue studying whether a new general aviation crosswind runway is imperative to receive Federal funding. Airport Manager Bill Carberry said Tuesday.

The FAA — which officials hope would provide most of the project's funding — wants further study after expressing concern over whether

the facility has enough need. Carberry told the airport advisory board Tuesday.

A study was done last spring. Carberry said, and the need stems from public safety concerns from the advisory board, Carberry said. A study found a new runway would solve wind problems and estimated overall costs at between \$5 million and \$6 million.

"To the FAA, in their eyes, this project seems to have cooled a little bit lately," he said. "They're not quite sure we're at the point where we

define purpose and need, and, therefore, (if) justification is there for this project."

General aviation is considered by many an under-the-radar gem of the airport, which also provides daily flights to Salt Lake City through SkyWest airlines. There are about 40 hangars and as many as 100 aircraft — plus cargo operations such as Federal Express.

The crosswind runway — jitted 4,000-foot long — would be placed on the eastern side of the airport and the existing one would become

a taxiway. The 8,700-foot runway would be unaffected.

Carberry said the federal agency, which regulates aviation in the United States and dolos out most related federal money has found Joslin Field lacked enough light aircraft, but is now concerned whether there is even need.

"It seems they are being a little more conservative with their dollars," said Carberry, noting it is a common trend with most airports.

Please see AIRPORT, Page D3

## BRAVE VOLUNTEER



Karlee Lambert, 15, a volunteer snake handler for 'Mingle in the Jungle,' lets a Bolivian Boa Constrictor slither up the side of her head Tuesday evening during a presentation by Nick Peterson of the Herrett Center.

2008 ELECTIONS  
For more local and national election news, go to [www.magicvalley.com](http://www.magicvalley.com) and click on the Elections 2008 button.

## Arrest, acquittal drives Rammell

### Senate candidate stops in Twin Falls

By Andrea Jackson  
Staff writer

As an independent vying for the U.S. Senate seat held by Republican Larry Craig, Rex Hammell shares at least one common experience with the retiring senator: an embarrassing public arrest.

Rammell, 47, said his 2006 arrest by local authorities in eastern Idaho violated the spirit of America, and was ultimately an impetus for his Senate run. Craig's 1978 arrest in a bathroom arrest, however, was part of a tumultuous year that led the end of the senator's career.

"There were tears in my eyes when I was in the back of the car," said Rammell of his 2006 arrest by the Fremont County Sheriff's Department. "I was thinking my elk, my property are being destroyed and I'm the one in handcuffs? What has happened to America?"

In August 2006, more than 100 of Rammell's elk escaped from an enclosure at his domestic elk ranch near Rexburg. After the elk escaped, state wildlife biologists became concerned that



Rammell

Please see RAMMELL, Page D3

## Wendell Middle School adopts dress code

By Blair Koch  
Correspondent

WENDELL — Information on a new dress code will accompany the report cards Wendell High School parents expect to receive in the mail early next week.

The policy, which district trustees unanimously voted in favor of during a May 20 board meeting, will be implemented next fall and is more of a strict standard code of dress than a uniform code, said WMS Principal Libke Kelsey.

"A uniform, to me, is a blue polo-top and khaki pants, and that is not what we have," Kelsey said. "The tops will be polo-style but we are allowing five colors (yellow, green, pink, white and gray) for them and students have the choice of wearing khaki, blue and black bottoms."

"I think if the kids dress the part of being good kids, their behavior will follow suit."

— Wendell Middle School Principal Luke Kelsey

Kelsey added that bottoms will not be restricted to merely full-length slacks, as students are free to wear capri-style pants, shorts and skirts which meet color requirements. School-sponsored logo apparel will also be permitted.

"I think if the kids dress the part of being good kids, their behavior will follow suit," Kelsey said. Kelsey said Jerome's Wal-Mart and D&B Supply stores, as well as the Old Navy store in Twin Falls have been contacted by the school and have pledged to stock up on clothing meeting the code. The school

has also contracted with a Boise Nelson School Supply to bring discounted items to school registration in August.

Kelsey hopes the stricter dress code minimizes issues pertaining to modesty and gang affiliation. A uniform policy at the middle school has been a hot topic in the district over the past few months. During a special meeting held April 23, trustees rescinded a previous vote to move forward with the policy after several parents voiced opposition.

While Board President Gay Petersen wouldn't

comment on why the board again voted in favor of the policy she said her zone constituents are in support of the new dress code.

Some parents still aren't so sure of the change. Wendell resident Stormy Eldredge will have two students attending the middle school next year. Possible cost issues aside, she said the policy should be implemented district-wide.

"If they are going to have a uniform policy at the middle school, they should have it at the high school, too," she said. No uniform policy is planned for Wendell High, though officials are drafting a tighter dress code for district employees.

Blair Koch may be reached at 208-316-2607 or [blairkoch@gmail.com](mailto:blairkoch@gmail.com)

## Filer grads prepare for change

By John E. Swayze  
Correspondent

FILER — Caps were tossed into the air with exuberant relief Monday at the Filer High School class of 2008 graduation ceremony. Surrounded by family and friends in the College of Southern Idaho gymnasium, 99 graduates reached an academic milestone they worked toward for more than a decade.

Scholastic excellence during the school's 76th year produced five valedictorians, two salutatorians and a pair of National Scholar finalists eligible for part of \$40 million in college and corporate scholarships.

"Tearsa Williams and David Albertson are not only



The Filer High School graduating class of 2008 leaves the College of Southern Idaho gymnasium after Monday's ceremony.

outstanding students, but they were chosen from among 16,000 semifinalists for this honor," Principal Leon Madsen announced.

"This is the first time in my time as principal of Filer High School that we've had

Please see GRADS, Page D3

## SLICK STROLL



A woman walks through the rain Tuesday as raindrops collect in a puddle in Twin Falls. Today's forecast calls for a chance of showers and a high of 57.

Photo by John E. Swayze





## FOCUS ON PEOPLE

### Three Blaine County home schooled seniors graduate

Three Blaine County seniors received their diplomas at the Idaho Home Educators class of 2008 graduation ceremonies on the campus of Northwest Nazarene University. Hannah Fuller, and Sarah Fuller are among 39 home educated students who participated in the ceremony held May 17, in the Brandt Center at NNW. In addition, senior Kevin Chin, a Wood River Valley resident and home schooled student will be graduating locally.

Thomas Cameron, son of Les and Thelma Cameron of Bellevue plans to work and travel after graduation.

Kevin Chin, son of Chun and Serena Chin of Hailey plans on attending Idaho University in Southern

California with a major in computer science and minor in music.

Hannah Fuller, daughter of Robert and Lucy Fuller of Ketchum, will attend The Master's College in Santa Clarita, Calif., with a pre-med major and plans to become a physician's assistant.

Sarah Fuller, daughter of Robert and Lucy Fuller of Ketchum, will attend The Master's College in Santa Clarita, Calif., majoring in elementary education with plans on becoming an elementary school teacher.

### Burley's Hunter completes pharmacy degree in Arizona

Jeremy Hunter, Pharm.D., of Burley has completed the Doctor of Pharmacy (Pharm.D.) degree at the College of Pharmacy-Glendale of Midwestern

University. An official graduation ceremony and conferring of degrees will take place in Sun City, Ariz. on Friday.

Hunter is the son of Burley residents Alan and Jeanne Hunter. He graduated from Burley High School in 1997 and attended Idaho State University before coming to MWU.

### Buhl's Andersen awarded BSU scholarship

Jaymelynn Andersen, a senior at Boise State University majoring in Biology with Human Biology Emphasis, has received a Health Sciences Scholarship from the Department of Community and Environmental Health.

Andersen is a 2004 graduate of Buhl High School and the daughter of Debby Compton of Buhl and Michael Andersen of Twin Falls.

## Stapelman holds on after all votes counted

By Sveri Berg Staff writer

The final votes have been counted. In Minidoka County's down-to-the-wire commissioner election, and incumbent Dan Stapelman is still the victor. Stapelman and the rest of the county spent a nervous weekend after 21 ballots which had not been counted last Tuesday were discovered on Friday. Stapelman's lead after Tuesday? Twenty votes.

Stapelman's challenger, Kent McClellan, acknowledged the number of discovered votes left him very little chance of making up the margin, but the election's not over until County Clerk Duane Smith says it is.

As it turned out, McClellan picked up eight of the 17 newly-discovered ballots cast for Republicans. Stapelman received six.

A quick look at how Mini-Cassia voted for other positions shows a preference among Democrats for

Hillary Clinton over Barack Obama, bucking the state trend. Area Democrats were less enthusiastic about the presidential bid of Keith Russell Judd, an inmate at a federal institution in Beaumont, Texas who snuck his way on to Idaho's presidential ballot. Judd pulled a total of 13 votes in Mini-Cassia.

On the Republican side, John McCain, the party's presumptive nominee, registered 3,531 Mini-Cassia votes to 858 for Ron Paul.

## 5TH DISTRICT COURT NEWS

### Twin Falls County

**JUNE 2 ARRANGEMENTS**  
 Nicole M. Scrandia, 20, Twin Falls; driving under the influence, minor consumption, provide false information to an officer, resisting/obstructing an officer, pleaded innocent; public defender appointed; pretrial hearing set for June 24; released on own recognizance.  
 Ashley J. Shaffer, 20, Hansen; possession of drug paraphernalia, minor possession, pleaded innocent; public defender appointed; pretrial hearing set for June 24; released on own recognizance.  
 Gabriela Garcia, 22, Twin Falls; petit theft, pleaded innocent; public defender appointed; pretrial hearing set for June 24; released on own recognizance.  
 Emily M. Malloy, 24, Twin Falls; domestic battery, pleaded innocent; public defender appointed; pretrial hearing set for June 24; released on own recognizance.  
 Charles T. Shaffer, 21, Hansen; driving without privileges, provide false information to an officer, possession

of drug paraphernalia, pleaded innocent; public defender appointed; pretrial hearing set for June 24; posted bond.  
 Gregory D. Hanson, 42, Twin Falls; possession of a controlled substance; no plea entered; public defender appointed; preliminary hearing set for June 13; \$15,000 bond.  
 Jack D. Morton, 27, Hansen; possession of a controlled substance; no plea entered; public defender appointed; preliminary hearing set for June 13; \$5,000 bond.  
 Preston D. Heath, 21, Gooding; driving under the influence; no plea entered; public defender appointed; preliminary hearing set for June 13; \$5,000 bond.  
 Robert M. Wengert, 23, Twin Falls; attempted strangulation, domestic battery; no plea entered; public defender appointed; preliminary hearing set for June 13; \$25,000 bond.

## CSI STUDENTS HONORED



Three College of Southern Idaho students received scholarships from the CSI English Department.

Helene Hoffman, left, of Kassel, Germany and Elizabeth Copp, right, of Twin Falls each received the Excellence in English Study Award and a \$100 check. Jenny Kothary, center, of Twin Falls received the 2007-2008 English Prize and a check for \$500. This was the second year that money for the prize was donated by members of the CSI English Department Faculty for the student competition, which is based on critical thinking and writing skills.

## Airport

Continued from page D1

As a result of the FAA's decision, the airport's five-year update will be more basic, and the changes requested by the FAA will be incorporated into the master plan update, which has two years to be completed.

The five-year FAA Airport Capital Improvement Plan

includes pavement maintenance, an apron extension and snow removal equipment. It's updated annually and submitted to the FAA, Carberry said.

The airport receives about \$1 million in entitlement funds, which are based on airline explanations. The money can be used for up to

three years, and the airport currently has about \$2.5 million, according to preliminary copy of the plan. The FAA also provides grants for specific projects.

Carberry said for long-term planning he seeks a balance with revenue-generating areas, safety and routine maintenance.

## Rammell

Continued from page D1

Rammell's domestic herd could spread disease or taint the genetic purity of wild elk in the region.

Then-Gov. Jim Risch issued an executive order calling for the animals to be killed, under a state law that says domestic elk on the loose for more than six days can be slaughtered, according to Times-News reports. Rammell was arrested and later acquitted on charges of obstructing law enforcement and disturbing the peace. Eventually, his elk were found to be disease-free. "If I had to go back to the one day that put me in the U.S. Senate race, that (acquittal) was the day."

It was found guilty of contempt of court in October 2006, according to the Idaho Statewide Trial Court Automated Records System (ISARS). Rammell, a large animal veterinarian currently involved in real estate development, said the state

didn't ask for medical records on the animals before killing them and removing them from his property. "I never got a bag of meat," he said.

Risch and Rammell will face Democrat Larry LaRocco, independent ProLife (formerly Marvin Richardson) and Libertarian Kent Marmon, for Craig's seat. Rammell, who's no longer in elk ranching, has a lawsuit pending against parties, including Risch and the state of Idaho, seeking \$1.3 million.

Rammell calls himself a conservative independent and he said he's raised about \$100,000 in his campaign since announcing in July 2007. Initially a Republican candidate, he filed as an independent on March 19.

He says his run for Senate isn't a vendetta against Risch, but he's optimistic for legal and political success. "I (Risch) is going to lose ... What he did was malicious

and unnecessary," Rammell said about the elk incident. Risch has filed a motion to change venue in the case, according to ISARS.

Rammell's lawsuit, filed in Fremont County is for Idahoans -- not just himself, he said, standing near his campaign bus painted with a picture of the Constitution, mountains and his smiling face. "I'll stand for my property rights then am I not standing for yours?"

On large political issues, Rammell said he is against abortion, pro-multiple land use on public lands, and restrictive gun laws, but favors opting out of Social Security and Medicare. Rammell supports nuclear power, a pro-guest worker program for illegal immigrants, and pulling out of Iraq by January 2008. He also ran unsuccessfully for the State House of Representatives in 2002 and 2004 out of Rexburg, he said.

## CSI STUDENTS MAKE NATIONAL ACADEMIC TEAM



Two College of Southern Idaho students were honored recently for being named among the 50 students nationwide as members of the 2008 All-USA Academic Team Competition sponsored by USA Today, the Phi Theta Kappa Honor Society, and the American Association of Community Colleges. More than 1,500 students submitted their academic achievements to be considered for a place on the team. Pictured from left, Lee Ann Snow, an elementary education major from Twin Falls; CSI President, Jerry Beck, and Alan Knapp, a liberal arts major from Buhl.

## Grads

Continued from page D1

two young people qualify in a single year.

Williams and Albertson were presented with Merit Scholarship plaques in recognition of their achievement.

Class valedictorians addressed their fellow graduates with messages centered on preparing for changes in life.

"I've never been a big fan of change and I'm kind of panicking, but not all change is bad," Haley Ramsey said. "I know some of us will change our perspectives, some will get married and change their name and some might even change the world, and it's OK because the light just turned green."

Keynote speaker Sue Blanton-Wade, a nationally known educator, author and creator of the Walkin' Talk program, referred to lessons learned from senior graduation projects as examples to encourage future determination and compassion.

"You chose projects that

cared for others that you may never really know and served the greater good," she said. "Because you kept going, you are stronger, kinder and more

ready for the future than you have ever been."

John E. Stuyace may be reached at 208-326-7212.

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**Times-News magicvalley.com South Idaho Press**

# Nevada promises fight over federal nuclear dump application

By Ken Ritter  
Associated Press writer

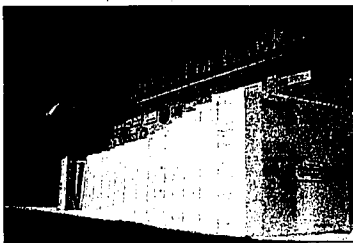
LAS VEGAS — Nevada opponents said they're prepared to sue the Energy Secretary Samuel Bodman's claim that an application submitted Tuesday to build a national nuclear waste dump outside Las Vegas will "stand up to any challenge anywhere."

"We're going to file with the Nuclear Regulatory Commission, challenging the completeness of this document," Virginia Adams, a deputy state attorney general, said after a truck delivered tens of thousands of pages of documents to the NRC's office in Rockville, Md. The application covers 17 volumes and 8.6 teragrams, and is supported by more than 200 other documents and studies.

The first state challenge could be filed Wednesday, said Adams who is among those fighting against burying 77,000 tons of radioactive waste in the desert under an ancient volcanic ridge called Yucca Mountain.

"We believe there's so much money that no responsible review agency could really docket it," Adams said.

Docketing is the first step in the lengthy NRC review process, which officially started last month. But administration submitted its volumi-



Energy Secretary Samuel Bodman makes remarks at the National Press Club in Washington, Tuesday. The Energy Department delivered the Yucca Mountain License application, at right, to the Nuclear Regulatory Commission on Tuesday.

nous and long-delayed application for a license to build and operate the underground storage facility 90 miles northwest of Las Vegas.

"Let's get the review started," Bodman said during a news conference in which he acknowledged Nevada's longstanding opposition. "Let's get the docketing started."

NRC Chairman Dale Klein promised a review "entirely on technical merits" and said the agency "will perform an independent, rigorous and thorough examination to determine whether the repository can safely house the nation's high level waste."

Nevada opponents ranging from Senate Majority Leader Harry Reid, who has vowed to starve the project of congressional funding to Gov. Jim Gibbons, who called the dump a threat to the state's residents, vowed to launch hundreds of specific challenges to the proposed design of the facility.

Irene Navis, head of the Clark County nuclear waste planning division, called the license application "the most important milestone we have faced to date." She said officials believe 75 percent of the nearly 2 million Las Vegas area residents oppose the project.

"Now we can put their conclusions to an actual legal test," said Steve Frishman, a technical consultant for the Nevada Agency for Nuclear Projects, the state's anti-Yucca Mountain office. He called Tuesday's filing a turning point in the 25-year fight over Yucca Mountain.

"This is the first time the Department of Energy is legally responsible for their claims of safety," Frishman said.

Challenges, called contentions, will be ruled upon during up to four years of hearings before NRC judges in Las Vegas and Washington.

"We anticipate we're going to have 250 to 500 or more individual challenges," said Bob Loux, who heads Nevada's anti-Yucca office. Hundreds more challenges could come from industry lobbyists and rural counties over potential contamination of ground water, water rights and environmental issues, he said.

Loux said scientists have found rock at the core of the wind-swept mountain about 20 miles from the farming community of Amargosa Valley to be more porous and more geologically active than expected. He said experts believe water will leach radioactive atoms called radionuclides, from the site

into the underground water supply.

"I'm quite comfortable with the filing of the application," Bodman said.

"This material is directed to go to Yucca Mountain by law," the energy secretary said, adding that he had confidence in scientific assessments that highly radioactive waste from 121 states in 39 states can be entombed safely.

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## Two sex ed books voted off Nampa library shelf

NAMPA (AP) — The Nampa Public Library Board has voted to permanently remove two sex education books from library shelves, storing them instead in the library director's office and making them available only on request.

The board voted 3-2 Monday to have "The Joy of Sex" and "The Joy of Gay Sex" kept off shelves for good, following up on a March meeting when the board voted to temporarily move the books to the director's office.

The books, which contain drawings and photos of sexual activity, first drew criticism in 2004 from Nancy Jackson, director of a Christian activist group called "Youth 4 Revolution," based in Nampa. Board members in 2006 unanimously rejected Jackson's request to remove the books from the shelves. But three new board members had since been appointed by Nampa Mayor Tom Dale. All three, Bruce Skaug, Kim Keller and Sandy Levi, voted to remove the books.

"This is a huge victory for our community," Jackson told the Idaho Statesman. "That's pretty much what we wanted. I would hope the people who were opposed to removing the books would see this as a compromise."

Library Board Chairwoman Rosie Delgado-Rellman and member Barry Myers opposed keeping the books off the shelves.

"Putting them in an inaccessible area goes against what a public library is all about," Rellly said.

Keller said the vote would not establish a precedent for possible future challenges of books or other material in the library.

"I will not vote now, or ever, to consign them to the same fate as the two titles of discussion today," Keller said.

The board also voted to amend library policy to restrict minors from having access to any new books the library acquires that have graphic sexual illustrations.

The board also prohibited the library from obtaining X or NC-17-rated movies. Library director Karen Ganske said she didn't think the library had any rated movies in its collection.

## CDC: Tomatoes suspected in salmonella cases in 9 states

By Mike Stobbe  
Associated Press writer

ATLANTA — An outbreak of salmonella food poisoning first linked to uncooked tomatoes has now been reported in nine states, including Idaho, U.S. health officials said Tuesday.

Lab tests have confirmed 40 illnesses in Texas and New Mexico as the same type of salmonella, right down to the genetic fingerprint. An investigation by Texas and New Mexico health authorities and the Indian Health Service tied the cases to uncooked, raw, large tomatoes. At least 17 people in Texas and New Mexico have been hospitalized. None have died, according to the U.S. Centers for Disease Control and Prevention.

Another 30 people have become sick with the same Salmonella Saintpaul infection in Arizona, Utah, Colorado, Kansas, Idaho, Illinois and Indiana. CDC investigators are looking into whether tomatoes were culprits there, too.

In Texas and New Mexico, raw large tomatoes including Roma and red round tomatoes — were found to be a common factor in the 40 illnesses. But no farm, distributor or grocery chain has been identified as the main source, said Casey Barron Beharavesh, a CDC epidemiologist working on the investigation.

"The specific type and source of tomatoes is under investigation," she said.

Salmonella is a bacterial infection that lives in the intestinal tracts of humans and other animals. The bacteria are usually transmitted to humans by foods contaminated with animal feces. Most infected people suffer from fever, diarrhea and abdominal cramps starting 12 to 72 hours after infection. The illness tends to last four to seven days.

Many people recover without treatment, but serious infection and even death is possible. Infants, the elderly and people with weakened immune systems are at greatest risk for severe infections.

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# More sect children reunited with happy parents

By Michelle Roberts  
Associated Press writer

ELDORADO, Texas (AP) — Families from a polygamist sect began trickling back to the Yearning For Zion ranch on Tuesday — exactly two months after child welfare authorities and law enforcement first arrived at its battered metal gate looking for a caller to a domestic abuse hot line.

Wille Jessop, an elder with the Fundamentalist Church of Jesus Christ of Latter Day Saints, said some of the more than 400 children seized from the ranch in April had returned there with their families, though he was unsure how many.

Others were expected, but Jessop said some families were cautious about returning children to the 1,700-acre spread they last saw when police clad in body armor raided the homes, school, and temple, looking for evidence of underage girls pressed into marriage and sex.

The Texas Supreme Court ruled last week that the state overreached in the massive custody case by taking all children from the ranch when evidence of sexual abuse was limited to a few teenage girls. Some families for about a year, hundreds of miles between foster facilities scattered across the state before they could return to the ranch.

"It's a long journey back," Jessop said.



James, left, and Nancy Dockstader, center, members of the Fundamentalist Church of Jesus Christ of Latter Day Saints, greet their daughter Amy, 9, after they were reunited at the Baptist Children's Home Ministries Youth Camp near Luling, Texas, Monday.

Parents began picking up their children on Monday after a judge, bowing to the high court's ruling, signed an order returning roughly 430 children to their parents.

Child Protective Services officials said 229 went home the first day, and many more were expected to be picked up Tuesday, though Jessop predicted the last children may not be reunited with parents for another day or so.

"Everybody is trying really hard to be patient and considerate," he said. "We know more and more are leaving every hour."

All foster facilities in Amarillo, Fort Worth and outside San Antonio, mothers in their non-familial prairie dresses arrived to take custody of their children. Most

declined to comment to waiting reporters.

Seth Jeffs, the 35-year-old brother of jailed FLDS prophet Warren Jeffs, arrived on Tuesday to pick up three sons, ages 6 to 12, at a boys ranch in Amarillo. He said the boys received good care at the facility.

Asked if they had anything to say, the boys shook their heads. "They should be going home," their father said.

It was unclear how many families will return to the ranch in the small west Texas town of Eldorado. After their children were put in foster care in cities across Texas, many parents moved to be near them.

The families are not allowed to leave Texas under

the order signed by Judge Barbara Walther, and parents must attend parenting classes and allow children to be examined as part of any abuse investigation.

They are not required to renounce polygamy, though Jessop on Monday said the church would refuse to sanction marriages of any FLDS members who were not of legal age. He insisted the marriages have been consensual.

The state removed all children from the ranch after an April 3 raid prompted by calls to a domestic abuse hot line that purportedly came from a 16-year-old mother who was being abused by her middle-age husband. The calls are being investigated as a hoax.

## Robbery victim, 71, and friend in wheelchair nab suspect

KINGSTON, Pa. (AP) — The young woman probably thought the 71-year-old victim, whose friend was in a wheelchair, would make an easy target. She was wrong.

Harry Kopenis (no-PEN-1) chased and tackled the 22-year-old woman but says robbed him at an ATM in northeastern Pennsylvania.

Then, with help from his friend in a wheelchair, he held her until police arrived. "Maybe she thought I was easy prey. She didn't think I was going to get her. Well, senior citizens aren't easy prey," Kopenis said.

Police charged Erin Vanmatre, of Kingston, with robbery, harassment and other offenses. Vanmatre, who was on probation for conspiracy to commit theft,

was locked up on \$10,000 bail. It wasn't clear if she had an attorney.

Kopenis said he's not sure how he was able to catch Vanmatre, considering he suffered a stroke five years ago and is on various prescription medications. He pointed to the sky and said, "It was a source up there who gave me the energy."


He had gone to an ATM near his Kingston home Monday morning and withdrew \$100 when Vanmatre allegedly knocked him down, took his money and fled.

Kopenis' friend, Kevin Lamb, was nearby in his electric wheelchair. Both men took off after her. Kopenis got her to the ground and Lamb grabbed her leg.

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## Kennedy walking hospital halls as senator's recovery begins

By Mike Baker  
Associated Press writer



HALEIGH, N.C. — Massachusetts Sen. Edward M. Kennedy emerged from the most precarious period of his recovery, walking without any complications, spending Tuesday walking hospital hallways, spending time with his family and "keeping up with the news of the day," his office said.

Kennedy had a restful night's sleep after Monday's operation, a statement said, and the 76-year-old Democrat is expected to stay at the hospital in Durham for about a week before returning home to Massachusetts for further treatment.

All of that is good news. Dr. John Sampson, the associate deputy director of the Center for Duke University Medical Center, isn't involved in Kennedy's care, but the neurosurgeon said that generally, patients who make it through the first day following surgery without any complications have the strongest prospects for recovery.

Kennedy had a restful night's sleep after Monday's operation, a statement said, and the 76-year-old Democrat is expected to stay at the hospital in Durham for about a week before returning home to Massachusetts for further treatment.

Kennedy, who has served in the Senate since 1962, was diagnosed with a malignant glioma in the left parietal lobe of his brain after suffering a seizure on May 17 at his home in Hyannis Port, Mass. Sampson and other doctors familiar with such surgery said other, less serious complications may present themselves later. Brain swelling can begin days after the surgery, causing loss of speech and movement, but that's usually only a temporary problem that doctors don't worry too much about, Sampson said.

"The main thing (patients are) going to be feeling is like they played a few quarters of

football, pretty well beat up," said Dr. Victor Perry, a neurosurgeon and associate professor at the University of North Carolina School of Medicine. "Physical tiredness. He went through a very grueling surgery, and he's going to be tired."

Doctors monitor the patients closely for infection, which can arise five to 10 days after operation. Sampson said. Other interesting complications include bleeding into the brain, seizures, cardiac problems, lung problems, pneumonia and blood clots, said Dr. Kevin McGrath, the neurosurgeon chief at Georgetown University Medical Center.

But McGrath agreed that most problems typically arise within the first 24 to 48 hours after surgery. "If he is doing well, that's a good sign," he said. "The patients who have gone through such surgery say they've bounced back quickly. Peggy Kromeyer, 69, Laurel, Md., had a similar surgery in October 2005 at Georgetown. She said Tuesday the procedure went so well that she was home within three days, attending a family party and soon after going to church.

## Public Notice of Intent To Propose Or Promulgate New Or Changed Agency Rules

The following agencies of the state of Idaho have published the complete text and all related, pertinent information concerning their intent to change or make the following rules in the new issue of the state Administrative Bulletin.

- The written comment deadline is June 25, 2008, unless otherwise listed. (Temp & Prop) indicates that a public hearing has been scheduled.*
- 16-0308-0801, Rules Governing Temporary Assistance for Families in Idaho (TAFAP). (Temp & Prop)
  - 16-0612-0801, Rules Governing the Idaho Child Care Program (ICCP). (Temp & Prop)
  - Both dockets align methodologies used to calculate income for self-employed individuals who apply for the ICCP and TAFAP with those used in other Department rules by simplifying the process for determining income for self-employed individuals in one or more programs, and by reducing the errors that may occur when different methods are used.
  - 16-0612-0801, Rules Governing the Idaho Child Care Program (ICCP). (Temp & Prop)
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### DEPARTMENT OF HEALTH AND WELFARE

16-0602-0801, Rules Governing Standards for Child Care Licensing

### DEPARTMENT OF ENVIRONMENTAL QUALITY

58-0103-0801, Individual/Subsurface Sewage Disposal Rules

58-0108-0801, Idaho Rules for Public Drinking Water Systems

Please refer to the Idaho Administrative Bulletin, June 4, 2008, Volume 08-6 for notices and text of all rulemakings, Senate and House Concurrent Resolutions, Omnibus Bureaucratic Notice of Final and Temporary Rules, public hearing schedules, Governor's executive orders, and agency contact information.

### Benefits of the Idaho Administrative Bulletin can be viewed at the county law libraries or online.

To view the Bulletin or Code or for information on purchasing the Bulletin and other rules publications, visit our website at [www.adm.idaho.gov/admrules/](http://www.idm.adm.idaho.gov/admrules/) or call (208) 332-1820 or write the Dept. of Administration, Office of Administrative Services, 650 W. State St., Room 100, Boise, ID 83720-0306.

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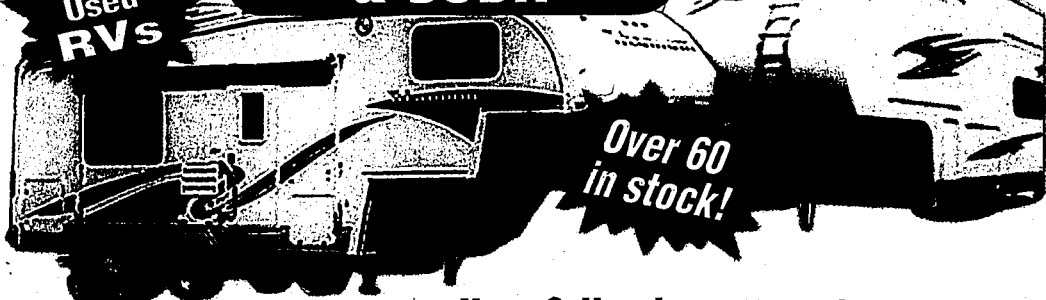
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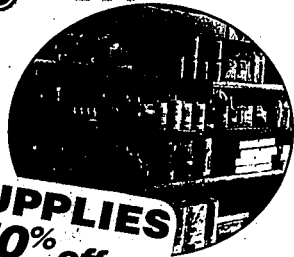
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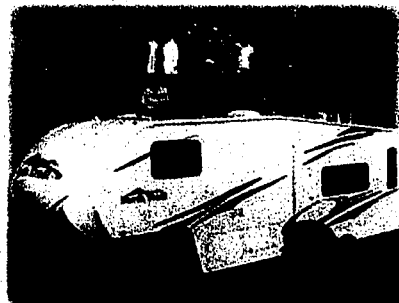


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# SUPER JOB WEEK

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Applicants also must email a copy of their application information to [rmccue@silverstar.net](mailto:rmccue@silverstar.net)

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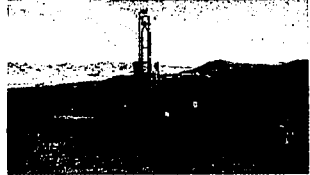
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EASY #48

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. That's all there is to it. There's no math involved. The grid has numbers, but nothing has to add up to anything else. You solve the puzzle with reasoning and logic. Find the answers for today's puzzle on page E-10.











NOTICE OF LETTING

Sealed proposals will be received by the IDAHO TRANSPORTATION... ROADWAY DESIGN unit 2 o'clock p.m., on June 24, 2008, for IDAHO TRANSPORTATION... ROADWAY DESIGN unit 2 o'clock p.m., on June 24, 2008, for IDAHO TRANSPORTATION...

ORDINANCE NO. 207
AN ORDINANCE OF THE COUNTY OF TWIN FALLS, IDAHO, EXPANDING TITLE 10 OF THE TWIN FALLS COUNTY CODE... WHEREAS, the Board of County Commissioners of Twin Falls County, Idaho, deems it necessary to protect and promote the public health, safety...

PUBLIC NOTICE
Five Jersey Steers were found North of Jerome, Each has a band on the right eye. They are being 700 weight. They are being held at Producers Auction Yard in Jerome. To claim please, contact the Jerome Brand Inspectors at 208-731-3840.

LEGAL NOTICE
RICK V. COATES
Last known address: 697 Saratoga Dr., #102, Twin Falls, ID 83401.

LEGAL NOTICE
NOTICE OF PUBLIC AUCTION
The Vault Storage 736-9919

LEGAL NOTICE
NOTICE OF PUBLIC COMMENT PERIOD
The Department of Environmental Quality (DEQ) is seeking public comment on a draft Water Quality...

DEQ's State and Twin Falls Regional offices are accepting comments until 5 p.m. MDT, June 4, 2008.
Written comments must be submitted to the contact name below by 5 p.m. MDT, June 4, 2008.

FINANCIAL

301 Business Opportunities
302 Money To Lend
303 Investments
305 Certificates & Mortgages
306 Financial Services

INVESTMENTS

DRACO INVESTMENT CORP.
CASH for bonds of Trust, Mortgages and Real Estate Contracts.

EDUCATION

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PUBLIC SERVICE MESSAGE
Big profits usually mean big risks. Before you do business with a company, check it out with the Better Business Bureau...

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501 Open Houses
502 Homes For Sale
510 Out-Of-State Homes
511 Out-Of-State Homes
512 Farms/Estates/Dairies
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Table of real estate listings with columns for location, features, price, and contact information.











CELEBRATING AMERICA

LOVE OF FOOD

JUNE 2008

# relish

www.relishmag.com

## Flowerpot Cakes

Cultivating Your Kid's  
Joy of Cooking



PEACH  
PUDDING CAKE AND  
COBBLER |  
HAVE A COCKTAIL  
PARTY |  
CELEBRATE FATHER'S  
DAY |  
COOKING WITH KIDS





# PORK & NAIL POLISH

I must confess, I always keep a bottle of clear nail polish in my bag. It's my estrogen equivalent of duct tape. I can fix just about anything with it—a run in my stockings, a chip in the windshield, that loose knob on my dresser. I even dip those small ribbon knots on my lingerie in nail polish to keep them from coming untied.

Likewise, I always keep a pork tenderloin in my fridge or a pork roast in the freezer. I can fix just about anything with it lickety-split too—Asian Grilled Pork Tenderloin, Hawaiian Cobb Salad, Smoky Pork Tenderloin Tacos, The Other White Meat and clear nail polish. Two handy dandy things I just can't live without.

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White Meat

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DOXP  
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# This and

Whether it's pizza or cookies, we always have some sort of cooking party for my daughter's birthday. This year, we're going to make the Chocolate Flowerpot Cakes featured on our cover. Whether the kids make the cake or the icing or just decorate them, eating cake from a flowerpot is just plain fun. More importantly it will be the first time many of her friends have made a cake from scratch.

Speaking of kids and cooking, summer is a perfect time to get kids in the kitchen—something *Relish* Chef Jon Ashton (page 18) and cookbook author Debra Ponzek (page 20) do daily. Both are passing along their love of cooking to their kids. Why not do the same this summer?

  
Jill Melton, Editor



Let kids decorate their own cakes with lollipops, paper flowers, marzipan, candies and even real flowers.





## Get Juiced

When a recipe calls for lime juice, we use fresh. To get the most juice from a lime, we use the juicers that are similar to those made in Mexico. They're super efficient and inexpensive (see page 7). It also helps to leave the lime at room temperature for a while before juicing and to roll it on a cutting board under your palm—this loosens the membranes allowing the juice to release.

( Time for strawberry pie.  
Go to [relishmag.com/pie](http://relishmag.com/pie)  
for the recipe. Yum. )

### Take a Walk

Trying to boost your immunity? Take a walk. And skip all the products on the market touting "immunity boost," such as yogurt, fruit drinks and frozen vegetables. According to David Nieman, professor of health nutrition at Appalachian State University, no studies have shown that adding any of these foods to your diet has any impact on your immunity. What does help is the increase in natural killer cells that remain elevated for about three hours after a 45-minute walk. —*Nutrition Action Health letter*

### Re: Love the Cook-cab-u-lar-y

"My boyfriend and I always disagree on the proper pronunciation of Gyro. Can you help?"

—*Pogoda, Carol*

Sure, it's JEER-oh or YEE-roh. To hear a pronunciation, go to [relishmag.com/cookcabulary](http://relishmag.com/cookcabulary).

### The Skin You're In

We can't stop aging, but we can age gracefully, healthfully and with vigor. That is the spirit chef and dietitian Cheryl Forberg brings to her new book *Positively Ageless*. When it comes to protecting our skin, Cheryl recommends:

- Eating foods high in vitamin A and B6
- Drinking lots of water
- Eating foods high in antioxidants
- Cutting out the sugar
- Eating plenty of protein

Here is Cheryl's Commel Yogurt Scrub. The commel acts as a mild abrasive, and the yogurt and oil nourish the skin.

- ¼ cup stone-ground commel
- ¼ cup plain yogurt
- 1 teaspoon extra-virgin olive oil

Mix everything together. Moisten skin with warm water and massage mixture into skin with an upward/outward motion. Leave it on for at least 5 minutes, then rinse.

## Positively Ageless



# relish

[relishmag.com](http://relishmag.com)

Cover photo by: Mark Boughton Photography Styling by: Teresa Blackburn

Executive Editor: Charise Cox; Editor: Jill Melton; Food Editor: Candace Floyd; Editor-in-Chief: Jean Kresney; Senior Art Director: Brennan Sharp; Art Director: Eve Elliott; Test Kitchen: Mary Carter; Photo Editor: David Mudd; Production Manager: Sam Payne; Traffic Coordinator: Susan Fisher; Web Manager: Matt Johnson; Web Manager: Kevin Todd; Photographer: Mark Boughton; Stylist: Teresa Blackburn

Relish is published by Publishing Group of America, 341 Cool Springs Boulevard Suite 400, Franklin, Tennessee 37067. Phone: 800-720-6223. Mail address: queries and contributions to: *Relish*, 341 Cool Springs Blvd., Suite 400, Franklin, TN 37067. Publishing Group of America, Inc. will not be responsible for unsolicited materials, and cannot guarantee the return of any materials submitted to it. ©2008 Publishing Group of America, Inc. *Relish*™ is a trademark of Publishing Group of America, Inc. All rights reserved. Reproduction in whole or part of any article, photograph, or other portion of this magazine without the express written permission of Publishing Group of America, Inc. is prohibited.

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new American farmers

# Fruit Fuzzies

"We believe in the soul of food, the art of farming, and the stories that link our family and produce with you. We take this personally—and want consumers, peach lovers, food enthusiasts to share our passion."

—David Mas Masumoto,  
peach farmer

David Mas Masumoto grew up eating soft, gushy rejects—the peaches from his parents' orchard that proved too ripe for transport.

"Biting into one, the juices would drip down my cheeks and dangle on my chin," he writes in *Heirlooms: Letters from a Peach Farmer* (Heyday Books, 2007). "Then, the nectar exploded in my mouth as the pulp slid past the tongue and down the throat. I stopped and savored the moment of pleasure: smacking my lips, sucking my tongue and still tasting peach. I gorged myself and grew fat."

The tension stayed with him—when he left Del Rey, Calif., to attend University of California, Berkeley; when he studied abroad in Japan; and when he returned home to help his parents on their 10-acre peach and grape farm.

Eventually Masumoto took over the family farm, and he and his wife, Marcy, decided to raise their family there. Over the years, this third-generation farmer has learned to appreciate the slow rhythms

of country life. He devises ways to work with nature, not against it, taking pride in responsible, organic farming. He sacrifices personal comfort for the promise of sweet satisfaction; though triple-digit summer temperatures in the Central Valley are no doubt difficult for him and his crew to endure, they can be good for the peaches.

Farming, Masumoto realizes, will hardly make him rich. But he works for his family and his posterity for the land to which he remains committed and the community to which he is attached.

What Masumoto most wants to leave behind is keeping it the same; a farm that retains its identity while a region holds onto a piece of history. To know who we are because we still have a sense of where we are." I

By Christina Eng, a food writer in Oakland, Calif.

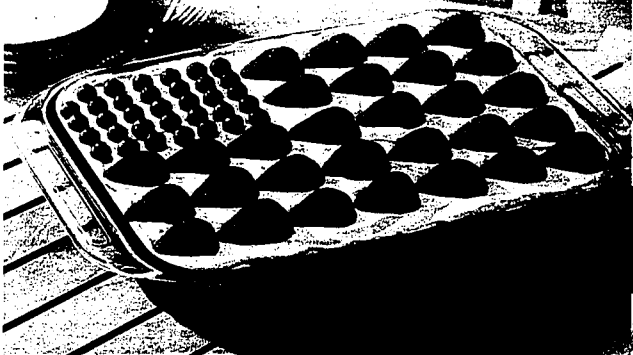
1 1/2 cups all-purpose flour  
1/2 cup granulated sugar  
1/2 cup brown sugar  
1/2 cup butter, softened  
1/2 cup milk  
1/2 cup heavy cream  
1/2 cup vanilla extract  
1/2 cup almond extract  
1/2 cup orange juice  
1/2 cup lemon juice  
1/2 cup lime juice  
1/2 cup pineapple juice  
1/2 cup peach juice  
1/2 cup apricot juice  
1/2 cup cherry juice  
1/2 cup raspberry juice  
1/2 cup strawberry juice  
1/2 cup blueberry juice  
1/2 cup blackberry juice  
1/2 cup elderberry juice  
1/2 cup pomegranate juice  
1/2 cup mulberry juice  
1/2 cup fig juice  
1/2 cup date juice  
1/2 cup fig jam  
1/2 cup apricot jam  
1/2 cup peach jam  
1/2 cup cherry jam  
1/2 cup raspberry jam  
1/2 cup strawberry jam  
1/2 cup blueberry jam  
1/2 cup blackberry jam  
1/2 cup elderberry jam  
1/2 cup pomegranate jam  
1/2 cup mulberry jam  
1/2 cup fig jam  
1/2 cup date jam

1/2 cup OF Grease  
1/2 cup OF 1/2-inch round  
Caster pan or muffin pan.  
Preheat oven to 350°F. Side down  
in a large bowl, mix brown sugar,  
vanilla, almond and water.  
Stir in flour. Cool.  
3. Combine flour and sugar and  
bake with a medium speed  
blender for 2 minutes. Add eggs and  
beat until light and fluffy. Add  
flour, salt and syrup from cooked  
peaches. Beat until blended.  
4. Place 1/2 cup outside down in  
1/2-inch round pan with batter. Bake  
5-10 minutes until golden and a  
toothpick inserted into cake comes  
out clean. When COOL, sprinkle with  
confectioner's sugar. If using. Serve  
with any of the jams or crème  
fraiches. (continued on page 6)



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20  
Years

## Wave Your Flag Cheesecake

Prep: 20 min plus set time

1. Beat strawberries in blender.
2. Pre-heat oven to 350°F.
3. Beat 14 tablespoons of JELL-O Brand Gelatin, one egg and 1 cup cream.
4. Add 1/2 cup water.
5. Beat 1/2 cup of cream, one egg and 1/2 cup sugar.
6. Add strawberries to beat.
7. Add 1/2 cup water, one JELL-O Brand Gelatin, one egg and 1/2 cup sugar.
8. Add 1/2 cup of water, one Philadelphia Cream Cheese

**SLICE** 1 cup of the strawberries in the remaining strawberries. Stir boiling water into JELL-O until dissolved. Add ice to cool water to make 1 cup. Add 1/2 cup of water. Cover mixture. Refrigerate 1 hour or until completely set and firm. Remove gelatin.

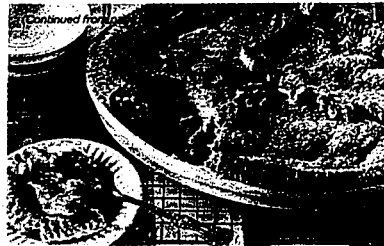
**COVER** bottom of 13x9 inch pan with one egg. Add strawberries in 1/2 cup water to make 1 1/2 cups of water. Refrigerate 1 hour or until set.

**BEAT** cream, one egg and 1/2 cup of sugar with an electric beater until stiff. Beat in 1/2 cup of cream spread over JELL-O. With strawberries, one egg and 1/2 cup of water to make flag of the mixture. Beat in 1/2 cup of water to make 1 1/2 cups of water.

For more great recipes visit [jello.com](http://jello.com) and [coolwhip.com](http://coolwhip.com).



(Continued from page 25)



### Amaretto Peach Cobbler

*This cobbler uses a pie crust dough rather than a biscuit dough. To peel peaches, blanch them for 1 to 2 minutes in boiling water. Plunge into ice water, and then slip off skins.*

- Basic Pastry.**
- 2 cups all-purpose flour
  - ½ teaspoon salt
  - 8 tablespoons unsalted butter, cut into ¼-inch pieces
  - ½ cup ice water, divided
- Fruit:**
- 6 cups peeled and sliced ripe peaches (about 3 pounds)
  - ¼ cup sugar
  - 1 tablespoon all-purpose flour

- Grated rind of ½ lemon
- 1 tablespoon lemon juice
- 3 tablespoons Amaretto
- ½ teaspoon ground nutmeg
- ¼ teaspoon salt
- 3 tablespoons unsalted butter, cut into small pieces
- 1 egg white, lightly beaten
- Cinnamon-sugar or turbinado sugar, optional

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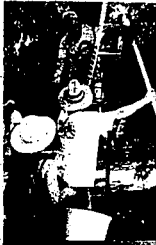
For great-tasting recipes, visit [McCormick.com](http://McCormick.com) or call 1-800-MEAL-TIPS

1. To prepare pastry, combine flour and salt in bowl of a food processor fitted with a chilled steel blade. Pulse to combine; add butter. Pulse until texture resembles coarse meal. (Or cut butter into flour with a pastry blender or your fingers.) Add water, processing until just combined. Press mixture gently into 4-inch circle on plastic wrap; cover. Chill 30 minutes.
2. Preheat oven to 375F.
3. To prepare fruit, combine peaches, sugar and flour; toss well. Add lemon rind, lemon juice, Amaretto, nutmeg, salt and butter; toss well.
4. Lightly flour a work surface. Roll out half the pastry dough to a thickness of ¼ inch. Line a 2-quart casserole (2½-inches deep) with pastry, trimming to fit. Spoon fruit into casserole.
5. Roll out remaining pastry to a thickness of ¼ inch. Place over fruit. Moisten edges of the top and sides with a little water; press them together and crimp decoratively. Cut several slits in top crust. Brush crust with egg white and sprinkle generously with cinnamon-sugar, if using.
6. Place dish on a rimmed baking sheet and bake 45 to 50 minutes, until top is golden brown and fruit is bubbly. Serves 8.

Recipe by Damon Lee Fowler

Per serving: 320 calories, 15g fat, 40mg chol., 5g prot., 44g carbs., 2g fiber, 220mg sodium.

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### ADOPT-A-PEACH

The last Saturday in July to the second Saturday in August is an exciting time at the Masumoto farm. That is when the peaches will be ready for harvest, including those from the 35 trees in the farm's Adopt-A-Tree program. The proud parents of these trees are selected in April and range from philanthropic organizations to chefs to families. The Masumoto farm crew takes care of the early work of pruning, irrigating and pest control, using only organic practices. Then at harvest time, the adopters arrive at the farm to hand-pick up to 500 pounds of peaches per tree.

# Marketplace | must have

## Summer means ...

Picnics and Outdoor Entertaining. These eye-catching plates made of glossy earthenware are microwave- and dishwasher-safe. 12 inches-by-6 1/2 inches. Set of 4 includes blueberry, cream, kiwi and watermelon colors. #23896, \$49.99. Cups (12-ounce capacity) also available. Set of 4. #23889, \$19.99.

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**Garden Fresh Vegetables.** Designed to hold vegetables, seafood and fish filets, this

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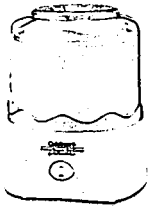
**Dinner on the Grill.** Just the thing for picnics, tailgating and car camping or for use on apartment balconies, this compact outdoor grill from Lodge weighs 30 pounds and is forged of heavy commercial-gauge iron. #11650, \$79.99, plus \$10 additional shipping.



**Fun Citrusy Drinks and Salsas.** To squeeze every last drop of juice from your lemons, try this enameled aluminum squeezer based on a design from Mexico. #13844; \$14.99.



**Ice Cream.** Cuisinart's Frozen Yogurt, Sorbet and Ice Cream Maker makes up to 1 1/4 quarts of frozen yogurt, ice cream, sherbet, sorbet or frozen beverages in as little as 20 minutes. Features a heavy-duty motor, automatic mixing arm, double-insulated freezer bowl and an easy-lock transparent lid. #12750; sale price: \$49.99.



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relish |



New Buckeyes, Jeff  
and Shelley Mott



On a hilltop in southeastern Ohio, Jeff and Shelley Mott are worlds away from their former home in southern California. Looking to escape the traffic, congestion and headaches of city life, they bought a 111-acre farm near Salesville in 2006 and turned to raising organic potatoes, lettuce, tomatoes, squash and berries. More than 30 families currently have shares in their Community Supported Agriculture (CSA) program, and the Motts also sell their produce at local farmers' markets.

In a region not known for organic farming or CSAs, the farm has become a big hit. It's even begun to attract the interest of gourmet restaurants in Columbus, which regularly place orders for berries and heirloom tomatoes.

"In supermarkets, vegetables are large,

# Fields of Dreams



uniform and tasteless," says Jeff. "Our niche is to sell unique, and unique tasting, vegetables."

The Motts have three children: Joel, Jeremiah, and baby Simeon, who was born in September 2007. The older children, who are homeschooled, help around the farm, planting, pulling weeds, harvesting and milking the cow. Joel, 11, likes playing basketball on their hoop in the barn by the house, and Jeremiah, 8, especially enjoys picking vegetables.

"It seems like they've always been happy since we've come here," says Jeff. "They're a part of it. They have a sense of self-esteem and confidence in what they do."

Jeff, who meticulously records details about seedlings and harvests in a worn green notebook, does much of the farm's fieldwork. Shelley focuses on keeping their business log, writing the CSA's newsletter, preparing crates for CSA members and managing the household.

"The most significant thing for me was the lifestyle change, with both of us being able to work at home," says Shelley. "I don't think we'd ever want to leave the farm."

Jeff says he can think of nothing that would make him happier than working on their farm.

"It's really satisfying," he says. "It's hard work, but it's OK. There's so much reward." |

*Vivian Wagner is a freelance writer in New Concord, Ohio.*



### Swiss Chard Scramble

- 1 tablespoon olive oil
- 1 small sweet onion (such as Walla Walla or Vidalia), chopped
- 2 garlic cloves, pressed
- 4 to 6 leaves Swiss chard, chopped
- ¼ cup chopped basil, oregano or parsley
- 6 eggs, beaten
- ½ cup grated Parmesan, Romano or Asiago cheese
- ¼ teaspoon salt
- Coarsely ground black pepper

1. Heat oil in a medium skillet. Add onion and garlic; sauté 5 minutes.  
2. Add chard and herbs. Sauté until wilted, about 2 minutes. Add eggs, cheese, salt and pepper. Cook, stirring, until eggs are set. Serves 3.

*Per serving: 280 calories, 18g fat, 435mg chol., 20g prot., 10g carbs., 3g fiber, 750mg sodium.*

### Salade de Lille

- ½ cup extra-virgin olive oil
- 2 to 3 garlic cloves, pressed
- ¼ cup chopped basil, oregano, parsley or thyme
- 1 tablespoon Dijon mustard
- 1 tablespoon lemon juice
- ¼ teaspoon salt
- Coarsely ground black pepper
- 6 cups mixed salad greens
- ¼ cup grated Parmesan or asiago cheese

1. Combine all ingredients, except salad greens and cheese, in a jar. Shake to blend. Place salad greens in a large bowl. Pour half the dressing over greens; toss. Sprinkle cheese on top; toss again. Store remaining dressing in refrigerator up to a week. Makes about ½ cup dressing. Serves 4.

*Per serving: 160 calories, 16g fat, 5mg chol., 3g prot., 3g carbs., 1g fiber, 180mg sodium.*



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**For the love of lunch.**





# Sizzling Summer Cocktail Party

SERVE ONE OR ALL OF  
THESE PUERTO RICAN-INSPIRED  
DISHERS FOR A MEMORABLE PARTY.

Recently we headed to Puerto Rico with (we admit) vague ideas of sun, sand and rum drinks. We returned all wide-eyed and “who knew?”—giddy with excitement over this island’s fresh and innovative flavors, which we sipped and dined on with pleasure.

Nearly every bar or restaurant we visited offered its own specialty cocktail—a creative concoction that usually started rum. From light and icy fruit frappeps served beachside to Martini-style drinks and sangria that emiced us into the pulsating city nights, we’ve rarty seen so much panache in a glass.

The food had us reeling as well. With its African and Spanish influences combined with the island’s

own ingredients, the dishes were a blend of fresh and fied, spicy and cool, starchy and sweet.

To pair with our house cocktails and the upcoming outdoor season, we created three appetizers and one dessert as a tribute to the Puerto Rican cuisine that inspired us. We also came up with easy and fun ways to outfit your table. Sea shells, banana leaves, hibiscus flowers, orchids, limes, paper umbrellas and a little bit of turbinado sugar or sand are all you need to transport you and your guests to the tropics. 1

By Lisa Holderness and Wini Moraville, food writers in *Del Móxico, Iowa*.

(Recipes begin on page 12)



Yes, you  
can get it  
in single  
serve size.

Only making a single sandwich? Try single serve portions. A fresh sandwich every time.

For the love of lunch.

## Lime Refresher

Every party needs a colorful nonalcoholic drink that makes nonimbibers feel included in the fun. Inspired by the Bacardi Cocktail (a daiquiri with grenadine), this one has all the refreshment of that classic drink—without the rum.

- 2 tablespoons lime juice
  - 2 teaspoons grenadine
  - 1 teaspoon sugar
  - ¼ teaspoon vanilla extract
  - Ice cubes
  - ½ cup club soda
- Mint leaves for garnish

1. For each serving, combine lime juice, grenadine, sugar and vanilla in a small glass. Stir to partially dissolve sugar. Fill glass with ice; pour in club soda. Stir, garnish with mint, and serve immediately. Serves 1.

Per serving: 60 calories, 0 fat, 0mg chol., 0g prot., 15g carbs., 0g fiber, 30mg sodium.

## Grilled Shrimp Skewers with Mini Spinach Salads

Look for the Jamaican jerk or Latin seasoning in the spice section of the supermarket. Serve as an appetizer or entrée.

- 2 tablespoons vegetable or olive oil
- 2 tablespoons Latin seasoning or Jamaican jerk seasoning
- 2 tablespoons lime juice
- 1 pound large shrimp (20 count), peeled and deveined, tails left on
- 4 cups baby spinach or watercress
- 1 large orange
- 1 small red bell pepper
- 1 avocado, peeled and chopped
- 2 green onions, sliced
- ¼ cup bottled balsamic vinaigrette
- 10 (5- to 6-inch) wooden skewers, soaked in water for 30 minutes
- ½ teaspoon finely shredded orange peel
- 3 tablespoons crumbled goat cheese

1. Combine oil, seasoning, lime juice and shrimp in a heavy plastic bag; let stand 30 minutes at room temperature (or refrigerate up to 4 hours).

2. Place spinach in a salad bowl. Peel orange with a knife so very little of the white pit remains; slice vertically and quarter slices. Add orange pieces, red



bell pepper, avocado and green onions to spinach. Add vinaigrette; toss well to coat.

3. Prepare grill. Thread 2 shrimp onto each skewer. Grill 3 to 4 minutes per side, until just thoroughly cooked and opaque in color (take care not to overcook).

4. Divide spinach mixture among 10 appetizer plates. Sprinkle with orange peel and goat cheese. Top each with 1 shrimp skewer. Drizzle with a little more vinaigrette, if desired. Serves 10.

Per serving: 130 calories, 10g fat, 30mg chol., 6g prot., 7g carbs., 2g fiber, 310mg sodium.

### ADVERTISEMENT

# Senior Citizens with Money in the Bank Should Read This Before It's Too Late

If you have worked hard all your life and managed to put away a nest egg, you might end up losing most of your life savings because of a defect in Medicare. If your spouse suddenly become ill and require extended nursing home care...NO ONE will help you with the nursing home bills. Medicare won't and neither will your health insurance. By law you are responsible for the nursing home bills yourself. Only after you have used up your Medicare benefits, will Medicare step in. That's because Medicaid, like Welfare, only aids the poor. By some estimates, the average couple's life savings can be wiped out after only 13 weeks of nursing home care.

Rich people don't have to worry because they can afford super-expensive special nursing care insurance, while the poor are taken care of by Medicaid.

Now that just doesn't seem fair to working people with a lifetime of hard-earned savings. The system they have supported with tax dollars, seems to have forgotten them. Savings intended to provide security in retirement, or help for children, can quickly go up in smoke.

The fact is, if you don't know how to protect your assets, here's what can happen

to you. By law, before Medicaid will pay nursing home bills, you may have to spend all your countable assets except \$2000 (or \$1500 in some states). Countable assets mean not only money in checking and savings accounts...but also any funds in CD's, IRA's, Savings Bonds, Mutual Funds, stocks, whole life insurance, annuities and other types of investments, as well as most trust assets.

What can also take a vacation home or a second car. In addition, (except for a small personal spending allowance and a health insurance payment allowance) your entire Social Security or pension check can be taken to cover nursing home expenses. What's more, if you are single or widowed, you can even lose your house.

According to the federal law called the Spousal Impoverishment Act, if one spouse requires extended nursing home care, the healthy spouse can be forced to surrender HALF of their combined countable assets. And if you have a sizeable estate, they can legally take MORE THAN HALF.

Is there anything you can do to stop this nightmare from happening to you? Yes. You are protected by law and can use several legal techniques to place your countable (or vulnerable) assets into the uncountable (or

protected) category. The problem is, most people are not aware of their legal rights. Unfortunately, most people think Medicare will take care of them, so they unknowingly leave their assets vulnerable and in jeopardy.

Your legal rights and the many methods of protecting your money are now revealed in "How to Protect Your Financial Security." This financial self-defense manual tells you simple legal procedures for preserving your money and warns of pitfalls to avoid. Here is some of the valuable material you learn:

- Legal ways to turn countable (or vulnerable) assets into uncountable (or protected) assets
- How to protect your house from being sold to pay your nursing home bills
- How to protect a second car or vacation home
- If you give your money to your children without following these precise guidelines, a nursing home could get your money anyway
- What you need to know about Living Trusts
- What lawyers never tell you about protecting your will

As a hard-working taxpayer, you have a legal right to protect your life savings for

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## Omelet Nachos with Black Bean and Corn Salsa

Here's a new take on nachos that uses black bean salsa, strips of scrambled eggs and feta cheese in place of the refried beans and queso sauce.

- Salsa
- 1/2 cup black beans, drained and rinsed
  - 1 avocado, pitted, peeled and chopped
  - 1/2 cup fresh corn kernels
  - 2 tablespoons finely chopped cilantro
  - 1 tablespoon lime juice
  - 1/4 teaspoon cumin seeds
- Nachos
- 4 eggs
  - 1 tablespoon water
  - 1/4 teaspoon salt
  - Coarsely ground black pepper
  - 1 onion butter or cooking oil
  - 6 slices tortilla chips, about 4 cups
  - 1/4 cup crumbled feta cheese

1. To prepare salsa, combine beans, avocado, corn, cilantro, lime juice and cumin seeds. Mix well.

2. To prepare nachos, place eggs, water, salt and pepper in a small bowl; whisk to combine. Heat a 12-inch nonstick skillet over medium-low heat. Add butter. When butter melts, add egg mixture. Stir gently but continuously until small pieces of cooked egg are surrounded by liquid egg. Stop stirring and cook just until egg is set but still shiny. Remove from heat. Slide egg onto cutting board and cut into shards, about 1/2-inch-by-2 inches long.

3. Place tortilla chips on a large platter. Sprinkle egg strips over tortilla chips. Spoon salsa on top. Sprinkle with feta; serve immediately. Serves 12.

Per serving: 150 calories, 10g fat, 75mg chol, 3g prot., 15g carbs., 3g fiber, 250mg sodium.

(Continued on page 16)

## HEALTHNEWS: Anti-Aging Breakthrough

# Erase Wrinkles Without Botox®!

Breakthrough anti-aging cream combines three scientifically advanced wrinkle-reducing ingredients for real results.

In recent years Botox® has been promoted as the leader of anti-wrinkle treatments. Although it can be successful, it is very expensive, painful, must be administered by a physician, and, in many cases, two to three treatments are needed for the desired corrections. After years of research and testing, a safer, more affordable product offering real results is now available.

**Hydroxatone® Vs. Other Products**  
Hydroxatone® is a real Botox® alternative without the same risks associated with Botox®. There have been a number of anti-wrinkle products introduced over the last few years. Few of these provide valid scientific evidence that they provide real results. The leading bio-chemist that developed Hydroxatone® with Dr. Fiorillo decided to incorporate the three leading and complementary anti-wrinkle ingredients into Hydroxatone® (Argireline®, Matrixyl® 3000®, and Hyaluronic Acid) to provide real results. Hydroxatone® was the first to combine these three, resulting in the unrivaled scientifically advanced anti-wrinkle product on the market.

**Up To 68% Reduction Of Deep Wrinkles**  
Unless you've actually tried Hydroxatone®, it's hard to imagine it can work the miracles users claim it does. But women and men of all ages are using Hydroxatone® and seeing real and noticeable results every day. The cumulative results that are seen within two weeks will continue with



"Within two weeks of using Hydroxatone®, I was getting compliments on my skin from friends and co-workers. My skin not only feels great, but it looks great too! You've made me a Hydroxatone® believer!"

Results not typical

— Robin B., Los Angeles

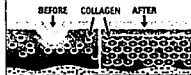
daily use. Over six months this will increase to as much as 68% reduction in deep wrinkles.

**Why Hydroxatone® Is So Effective**  
Hydroxatone® is unlike any other skin cream you've ever tried because it relies on THREE proven ingredients: Matrixyl® 3000®, Argireline® and Hyaluronic Acid.

**Matrixyl® 3000®** — is clinically tested to promote collagen production in the skin.

**Argireline®** — is a combination of amino acids formulated to relax facial wrinkles, reduce the degree of existing wrinkles and stop their future development.

**Hyaluronic Acid** — is virtually unmatched in hydrating the skin, resulting in increased smoothness, softening, elasticity and decreased facial wrinkles.



But Hydroxatone® doesn't stop there! It also includes other natural antioxidants, botanicals, vitamins, and peptides...designed to nourish your skin while fading wrinkles.

"I'm 51 years old and my skin hasn't looked and felt this good in 15+ years. All the tiny wrinkles and lines have virtually disappeared. This product is fantastic."

— Rose P.

Results not typical

### Advanced Anti-Wrinkle Results

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- ▶ Diminished Age Spots & Increased Suppleness
- ▶ Enhanced Production Of Healthy, Radiant New Skin
- ▶ Tightened And Toned Skin

**There Is No Comparison**  
Forget Botox® or any other radical and dangerous treatments. Throw out other creams that simply don't work! Hydroxatone® is the anti-wrinkle cream that proves. Within two weeks Hydroxatone® users will start to see results. With continued use, their skin will become softer, smoother, more radiant, and YOUNGER-looking...and that's GUARANTEED.



"I talk to so many women who would do almost anything to look younger. That is why I recommend Hydroxatone® to so many of my patients."

— Dr. Michael Fiorillo, the bio-chemist that developed the scientifically advanced anti-wrinkle product on the market.

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Call today to get your supply of Hydroxatone® risk free. For just a small shipping fee, our operators are available to let you try one of the greatest breakthroughs in wrinkle fighting technology without spending hundreds of dollars.

**Call to get your Hydroxatone® 30-Day Risk Free Trial Offer!**

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Mention Code For Free Upgrade!  
**2HRL11A**

Products	Argireline® (Peptides)	Matrixyl® 3000®	Hyaluronic Acid
Clari® Regenera®	NO	NO	NO
Stratagem®	NO	YES	NO
La Mer®	NO	NO	NO
Hydroxatone®	YES	YES	YES

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## Carmenère

Next time you've gathered your favorite wine-loving friends, try this tasty little experiment: Pour a Carmenère from Chile and ask everyone to guess what wine they're drinking.

Carmenère's lush, ripe fruit and soft, approachable texture hints at Merlot, while the wine's full body and firm structure suggests Cabernet Sauvignon. And thanks to the deep, dark color and irresistible spicy notes, Syrah may also come to mind.

The wine's great balance of lusty fruit and food-friendly earthiness makes it perfect for a succulent slab of meat hot off the coals—but keep it simple to allow this wine to truly shine.

Wine columnist Wini Moranville guides you to the best bottles for the money.

- **Santa Rita 2006 Reserva Carmenère** (Rapel Valley; \$14): Fascinating Earl Grey tea-like notes flatter the currants and blackberries in this lush and spicy, wine-geek-worthy pick.
- **Oops 2005 Carmenère** (Valle Central; \$12): Find a little mocha action amidst dark-fruit flavors. The brighter, lighter style will make it a winning pick as the temperature climbs.



Arboleda  
CARMENÈRE

- **Arboleda 2006 Carmenère** (Casablanca Valley; \$20): Blackberries and spice flourish in this powerful, finesse-filled sip. A striking gift—for Father's Day, perhaps?

- **Concha y Toro 2006 Casillero del Diablo Carmenère** (Rapel Valley; \$10): Notes of coffee, currant and cola hobnob with a hint of herbs for a terrific any-day wine.



- **Santa Rita "120" 2005 Carmenère** (Rapel Valley; \$9): The deep-purple color hints at the plush, ripe fruitiness that comes with a bonus of toasty spice.

- **MontGras 2006 Reserva Carmenère** (Colchagua Valley; \$12): Every accent—currants, plum, bay leaf—meshes subtly and harmoniously in this balanced and elegant choice.



## Cook-cab-u-lar-y

### Chiffonade (shihf-uh-NAHD)

Chiffonade is one of those terms that conjures up a trick that could be mastered only by a wiz with Cordon Bleu credentials. But the technique can easily be accomplished by anyone with two hands and a kitchen—or at least a cutting board.

Literally translated, *chiffonade* is French for "made of rags." As a food term, it refers to very thin shreds—typically leafy vegetables like spinach or herbs like basil—often used as a garnish.

To create a chiffonade, remove stems from leaves that have been washed and dried, then stack leaves in a neat pile. (Start with four or five.) Roll into a tight cylinder, and hold firmly with one hand. Using a sharp chef's knife, cut crosswise into thin strips. See the confetti-like tangle before you? Voila! You have a chiffonade.

A cooking demonstration I recently attended illustrated how exotic language makes ordinary tasks sound impressive: the chef produced a side dish he dubbed "cabbage chiffonade." Not exactly the way grandma referred to coleslaw. But of course, taste isn't just in our mouths. Any well-presented dish proves we "eat with our eyes." And a sophisticated waitperson's description of a well-crafted menu item will quickly have you "eating with your ears." —Jo Marshall

For more ways to wow with chiffonade, go to [relishmag.com/chiffonade](http://relishmag.com/chiffonade)

THE  
TOASTED CHIP  
THAT NEEDS  
NO DIP.



←  
The chip sold  
in the cracker  
aisle.



*Glover serving idea: Meatballs in shot glasses*

### Meatballs in Sofrito Sauce

*Sofrito is a rich sautéed mixture that makes for a great tomato sauce. It is used in many Puerto Rican dishes. Use a lean ground beef—but not the leanest—so that the meatballs will be tender.*

#### Sofrito Sauce:

- 2 tablespoons vegetable oil
- 1 medium yellow onion, chopped
- 1 red or green bell pepper, chopped
- 2 garlic cloves, minced
- 1 (15-ounce) can diced tomatoes, undrained
- ½ cup water
- ½ cup loosely packed cilantro leaves
- ½ teaspoon salt
- Coarsely ground black pepper

#### Meatballs:

- 1 pound lean ground beef
  - ½ cup chopped pimiento-stuffed green olives
  - 1 egg, lightly beaten
  - 3 ½ tablespoons dried breadcrumbs
  - 2 large garlic cloves, minced
  - ½ teaspoon dried oregano
  - ½ teaspoon salt
  - Coarsely ground black pepper
  - 2 tablespoons vegetable oil
- Lime-Cilantro Gremolata:**  
Grated rind of 1 lime  
1 tablespoon minced cilantro leaves  
2 large garlic cloves, minced

1. To prepare Sofrito Sauce, heat oil in a medium saucepan. Add onion, pepper and garlic. Sauté until vegetables are tender, about 10 minutes. Transfer to a blender or food processor. Add tomatoes, water and cilantro. Blend or process until smooth. Add salt and pepper.
2. To prepare meatballs, combine beef, olives, egg, breadcrumbs, garlic, oregano, salt and pepper. Mix well. Form mixture into 30 (1-inch) meatballs. Heat oil in a large skillet over medium heat. Add meatballs and cook until browned on all sides. Drain off fat.
3. Add sofrito sauce to skillet. Bring to a boil; reduce heat. Cover and simmer until meatballs are thoroughly cooked, about 15 minutes; uncover the last 5 minutes of cooking, if necessary, to thicken sauce. Transfer meatballs and sauce to a serving dish or individual shot glasses.
4. To prepare Gremolata, combine lime rind, cilantro and garlic; mix well. Sprinkle over meatballs and serve. Serves 10.

*Per (3-meatball) serving: 120 calories, 8g fat, 40mg chol, 8g prot, 5g carbs, 1g fiber, 40mg sodium.*

### Plantain and Pineapple Sundaes

*While it may seem odd, the savory flavorings here—cumin, jalapeño and green onions—add just the right exotic touch to these sweet sundaes. Plantains look like very large bananas but are much more starchy and need to be cooked. Use well-spotted, but not black, plantains. If they're too green (unripe), they will not peel easily.*

- ¼ teaspoon salt
- ½ teaspoon ground cumin
- ¼ teaspoon ground cinnamon
- 1 medium-ripe large plantain, peeled and cut diagonally into 1/4-inch-thick slices
- 3 tablespoons butter
- 1 cup fresh pineapple, cut into bite-size chunks
- 6 tablespoons brown sugar
- 6 tablespoons red wine vinegar
- 2 green onions, thinly sliced
- 1 small jalapeño pepper, seeded and finely chopped
- 3 cups vanilla ice cream

1. Combine salt, cumin and cinnamon. Sprinkle on one side of plantain slices. Heat



2. Place ice cream into 6 serving dishes. Spoon fruit and sauce over ice cream. Serves 6.

*Per serving: 280 calories, 13g fat, 45mg chol, 3g prot, 40g carbs, 2g fiber, 190mg sodium.*

### Summer Rum Slushes

*Rum is the beverage of Puerto Rico and is often mixed with fruit to create tasty blender drinks. This one uses a new flavored rum that's just right for patio season.*

- 6 ounces peach-flavored rum
- 4 ounces canned frozen limeade concentrate, undiluted
- ½ cup pineapple juice
- 4 to 5 medium strawberries, halved
- 2 cups ice
- strawberry slices (optional)

1. Combine rum, limeade, pineapple juice and strawberries in a blender. With the blender running, add ice cubes, several at a time, through the lid. Blend until slushy. Pour into glasses and garnish with fruit, if using. Serves 6.

*Per serving: 140 calories, 0g fat, 0mg chol, 0g prot, 19g carbs, 0g fiber, 1mg sodium.*



## Melon Rum Punch

*Flavored rums have hit the market in recent years, making island-style rum punches better than ever. This one contrasts fresh tropical-fruit flavors with zippy citrus and bitters for pure refreshment—with a kick, of course.*

- 3 cups guava nectar
- 3 cups pineapple juice
- 1½ cups melon-flavored rum
- ¼ cup grenadine
- ¾ cup fresh lime juice
- 2 teaspoons Angostura bitters
- Orange or lime slices
- Watermelon chunks or balls
- Maraschino cherries

1. Combine guava nectar, pineapple juice, rum, grenadine, lime juice and bitters in a large pitcher. Chill. Just before serving, add orange or lime slices, watermelon and cherries to pitcher. Serve over ice. Serves 8.

*Per serving: 250 calories, 0g fat, 0mg chol, 0g prot., 39g carbs., 1g fiber, 10mg sodium.*

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relish

Father's Day

PINEAPPLE  
ORANGE HONEY  
SMOOTHIE

Podcasts

and Recipes

at

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## Pineapple Orange Honey Smoothie

- 1 cup 2% reduced fat milk
- 1½ cups diced pineapple
- 1 cup plain low-fat yogurt
- ¼ cup honey
- 2 tablespoons orange juice
- 1 teaspoon orange zest
- 5 to 10 ice cubes

1. In a blender, combine all ingredients except ice cubes and blend until smooth. Add ice cubes, one at a time, and blend until smooth. Serves 5. *Recipe courtesy of the National Honey Board (honey.com)*

Per serving: 370 calories, 5g fat, 30mg chol., 24g prot., 60g carbs., 0g fiber, 330mg sodium.

## Berry Fruit Dip

Berries, orange and a touch of almond flavoring make this an ideal dip for any fruit.

- 2 (8-ounce) cartons fat-free strawberry or raspberry yogurt
- 1 teaspoon grated orange rind
- 2 tablespoons orange juice
- ¼ teaspoon almond extract

1. Combine yogurt, orange rind, orange juice and almond extract, mixing well. Refrigerate at least 1 hour to blend the flavors. Serve with apple slices and strawberries. Yield: 2 cups. *Recipe courtesy of Holly Clegg.*

Per (1/4-cup) serving: 70 calories, 0g fat, 0mg chol., 2g prot., 17g carbs., 0g fiber, 50mg sodium.

# A Wee Cook

It's Father's Day and what an appropriate time to welcome a new member to our family: Liverpool-born and -bred Chef Jon Ashton. Jon's love of kids and commitment to improving their eating habits make him a great addition to *Relish*. In 2007 alone, he led school programs and cooking classes involving 50,000 children across the nation. But there is one child who's getting more of his attention lately; his daughter Victoria Mei. She is only 2 years old but already knows the difference between thyme and basil. She's even appeared in cooking segments on the *Today Show* with her dad.

Jon has wasted no time getting Mei in the kitchen. He notes that most of us have childhood cooking memories. His earliest are of his "Granny Ashton who taught me that first and foremost, cooking is sharing."

"Cooking with your children can have a remarkable impact. Those hours spent in the kitchen will resonate through their lives," says Jon.

Watch for Jon's cooking tips, recipes and antics in upcoming issues of *Relish* and on our website. To meet Jon (and enjoy his charming accent), go to [relishmag.com/podcast](http://relishmag.com/podcast). In the meantime, here are a couple of recipes that kids even as young as Mei can enjoy with their dads this Father's Day. ↓



Relish Chef Jon Ashton



Jon Ashton and daughter, Mei, on the *Today Show* set.





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Philly Neufchâtel has All the Taste of Regular PHILLY with 1/3 Less Fat.

### PHILADELPHIA PEACHES 'N CREAM NO-BAKE CHEESECAKE

Prep: 15 minutes

Total: 4 hours 15 min. (incl. refrigerating)

2 cups HONEY MAID Graham  
Cracker Crumbs  
6 Tbsp. margarine, melted  
1 cup sugar, divided  
4 pkg. (8 oz. each) PHILADELPHIA  
Neufchâtel Cheese, 1/3 Less Fat  
than Cream Cheese, softened

1 pkg. (4-serving size) JELL-O Brand  
Peach Flavor Gelatin  
2 fresh peaches, chopped  
1 tub (8 oz.) COOL WHIP LITE  
Whipped Topping, thawed

MIX graham crumbs, margarine and 1/4 cup of the sugar; press onto bottom of 13x19-inch pan. Refrigerate while preparing filling.

BEAT Neufchâtel cheese and remaining 3/4 cup sugar in large bowl with electric mixer until well blended. Add dry gelatin mix; mix well. Stir in peaches and whipped topping. Spoon over crust; cover.

REFRIGERATE 4 hours or until firm. Store leftovers in refrigerator.

Makes 16 servings, 1 piece each.

Substitute: Prepare as directed, using 1 drained 15-oz. can peaches.



relish...  
...ing  
... kid



### Chocolate Flowerpot Cakes

You can make these in smaller or larger flowerpots; adjust the baking time accordingly!

- 8 clean unglazed (very important!) terra-cotta pots, 3 inches high and 3½ inches across at the top (6-ounce capacity)
- Cooking spray
- 2 cups, plus 1 tablespoon, all-purpose flour
- 1½ teaspoons baking soda
- ¼ teaspoon baking powder
- ¼ teaspoon salt
- 1½ cups boiling water
- ¾ cup unsweetened cocoa powder
- ¾ cup (1½ sticks) unsalted butter, softened
- 1¾ cups sugar
- 3 eggs
- Chocolate Frosting, optional

1. Preheat oven to 350F. Spray pots with cooking spray. Put a small piece of parchment paper in the bottom of each pot to cover the hole.

# The Family Kitchen

TWO CHEFS, THREE  
KIDS AND ONE FOOD  
BUSINESS EQUALS BLISS  
IN THE KITCHEN.

"Kids have their own tastes, so when we cook together we let them customize the recipes whenever possible," says Debra Ponzek, author of *The Family Kitchen* (Clarkson Potter, 2006), a cookbook with recipes that parents and children enjoy preparing together.

Ponzek, a mother of three, twice earned three-star status from the *New York Times* during her stint as executive chef at Manhattan's Montrachet. When she left full-time restaurant work, she and her husband, Greg Addonizio, opened Aux Delices, a specialty food business. Now, they have three gourmet take-out food shops in and around Greenwich, Conn. They also have a production kitchen and bake shop where 23 kids at a time participate in themed cooking classes, such as Tapas for Kids and Let's Cook Asian.

As the mother of Remy, 11, Cole, 10, and Gray, 7, Ponzek started cooking projects around the island in her home kitchen with small groups of their friends. "Kids love cooking with their peers, and you'd be surprised how many more things they try with their friends cooking beside them," she says.

For the home kitchen, Ponzek recommends small groups so that "each child has enough work space." She reminds parents that even older children need to



## They'll grill you for the recipe.

THE SECRET IS 1/3 LESS FAT PHILLY.

### PHILLY BBO RANCH CHICKEN DIP

Prep: 10 minutes Total: 12 minutes

- 1 pkg. (8 oz.) PHILADELPHIA Neufchâtel Cheese, 1/3 Less Fat than Cream Cheese, softened
- 1/4 cup KRAFT Original Barbecue Sauce
- 1 pkg. (8 oz.) OSCAR MAYER Grilled Chicken Breast Strips, chopped
- 2 Tbsp. KRAFT Light Ranch Reduced Fat Dressing
- 1/4 cup chopped red peppers
- 2 green onions, sliced

SPREAD Neufchâtel cheese onto bottom of microwaveable 9-inch pie pan; top with barbecue sauce and chicken.

MICROWAVE on HIGH 2 min. or until heated through; top with remaining ingredients.

SERVE with WHEAT THINS Snack Crackers and cut-up fresh vegetables.

Makes 2-1/4 cups or 18 servings,  
2 Tbsp. each.

Substitute: Prepare as directed, using your favorite KRAFT Barbecue Sauce.



### Chocolate Frosting

Ponzek uses a cream cheese chocolate frosting on these cakes, but we loved this traditional buttercream frosting, too. All it requires is a spoon—for mixing or for eating.

- 8 tablespoons unsalted butter, softened
- 3 tablespoons cocoa powder
- 1 teaspoon vanilla extract
- 1/2 teaspoon salt
- 2 cups confectioners' sugar
- 1/4 cup 2X reduced-fat milk

1. Combine butter and cocoa powder, stirring to combine well. Add vanilla and salt; mix well. Stir in confectioners' sugar, alternating with splashes of milk. Stir until creamy. If frosting is too thin, add 1 or 2 tablespoons confectioners' sugar. Makes 1 1/2 cups frosting.

Per (3-tablespoon) serving: 230 calories, 11g fat, 30mg chol., 1g prot., 31g carbs., 0g fiber, 150mg sodium.

(more kid friendly recipes at  
[relishmag.com/kids](http://relishmag.com/kids))

Simple tip: Tuck your favorite flowers (Garber daisies here) into strows to decorate these cakes.

2. Whisk together flour, baking soda, baking powder and salt in a medium bowl.
  3. Stir together boiling water and cocoa in a small bowl.
  4. Combine butter and sugar and beat with a mixer on medium speed until light and fluffy, 5 to 40 minutes, scraping the bowl once. Add eggs one at a time; beat well after each addition.
  5. With mixer at low speed, add flour mixture alternating with cocoa mixture, beginning and ending with flour mixture. Scrape bowl occasionally. Batter will be thin.
  6. Divide batter evenly among pots to about three-quarters full. Line a baking sheet with parchment paper. Place pots on baking sheet and bake 35 to 40 minutes, until cakes are springy to the touch and a toothpick inserted in the center comes out clean and dry. Transfer to wire racks and cool completely in the flowerpots. Frost the top of each with Chocolate Frosting, if desired. Serves 8.
- Note: The cake batter fills two 8-inch layer cake pans. If you prefer, bake the cake layers 30 to 35 minutes. Cool on wire racks and fill and frost as desired.

Per serving (without frosting): 420 calories, 19g fat, 125mg chol., 7g prot., 59g carbs., 2g fiber, 350mg sodium.



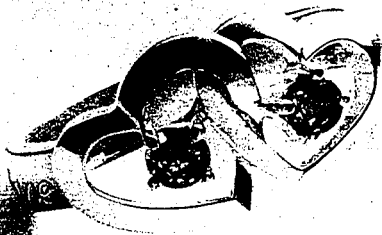
FREE PERSONALIZATION

LENOX

Personalized with his and her names and birthstones

# Two Forever

Original Lenox design ring



Genuine birthstone gems

Enlarged to show detail

- JUL/Ruby
- AUG/Peridot
- MAR/Aquamarine
- APR/Diamond (Clusion setting)
- MAY/Emerald
- JUN/Cultured Pearl
- SEP/Sapphire
- OCT/Cabochon Opal
- NOV/Topaz
- DEC/Cabochon Turquoise



RING SIZE GUIDE

(see instructions)



[Cut out and wrap guide around your ring finger. Arrow will indicate size. If between sizes, order larger size.]

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While the couple's names, up to nine characters each, can be engraved on the band, to enhance the tender emotion expressed in this his and hers birthstone ring.

The *Two Forever* ring is available in whole sizes 5-10 at \$95, payable in convenient installments. There is no additional cost for personalization.

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ALL ORDERS ARE SUBJECT TO ACCEPTANCE

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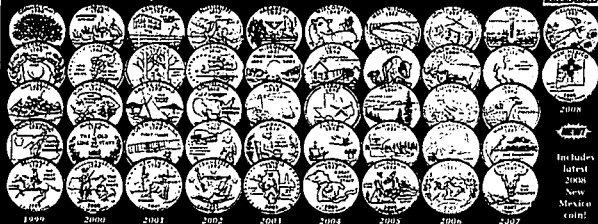
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\*Plus \$8.50 per ring for shipping and processing. Your actual tax will be added.

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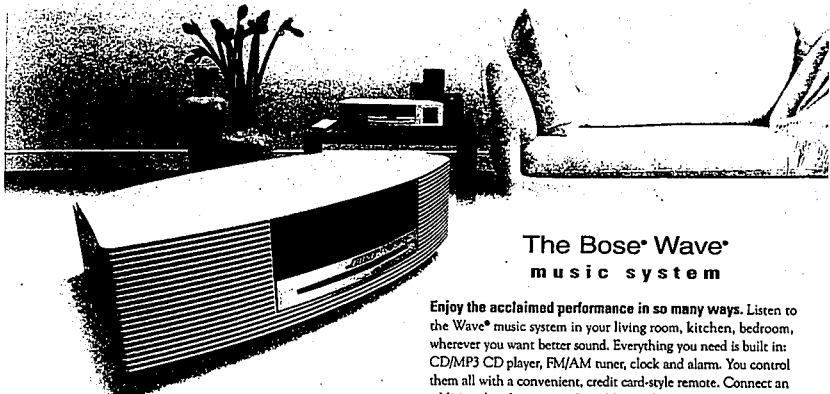
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Debrah Ponzek and her son Cole.

*(Continued from page 2)*  
take turns at the hot stove for safety reasons. Age appropriate, hands-on recipes are ideal, even little ones can tear leaves off basil and pull grapes off a stem. She suggests that parents consider a child's personal interest and ability so that cooking is always a positive experience. Some children will want to tackle ethnic meals or waxy cake decorating; others simply enjoy making, rolling and topping a pizza. She adds, "But kids of all ages love to make the Chocolate Flowerpot Cakes."<sup>1</sup>

By Irvina Levi, a food writer in Bay Shore, N.Y. Recipes adapted from The Family Kitchen: Easy and Delicious Recipes for Parents and Kids to Make and Enjoy Together by Debra Ponzek (© 2006. Published by Clarkson/Potter Publishers, a division of Random House, Inc.)



1. Fill a bowl with ice and water. Bring a pot of water to a boil over medium-high heat. Add sugar snap peas; cook until bright green and still a little crispy, 3 to 4 minutes. Remove with a slotted spoon and submerge immediately in ice water; drain.
2. Heat oil over medium-high heat. Add garlic and sauté 1 minute. Add peas, mint and lemon rind; cook 2 to 3 minutes, until thoroughly heated. Add salt and lemon juice. Serves 4.

Per serving: 90 calories, 2.5g fat, 0mg chol, 4g prot., 14g carbs., 4g fiber, 270mg sodium.

### Tropical Chicken Skewers with Mango Yogurt Dipping Sauce

Ponzek loves this recipe "because kids can slather as much chicken or fruit as they like. When we make these in a kids' cooking class, the kids get so creative we're always happily surprised by the variety; no two skewers look alike!"

- ½ small ripe pineapple, peeled, cored
- 3 boneless, skinless chicken breast halves (5 to 7 ounces each)
- 2 red bell peppers
- 6 (12-inch) bamboo skewers, soaked in cold water for at least 30 minutes
- ½ teaspoon salt
- Coarsely ground black pepper
- Cooking spray

- Mango Dipping Sauce:
- 1 large mango, chopped
- ¼ cup plain yogurt
- 1 small jalapeño pepper, seeded and coarsely chopped (optional)
- Juice of 1 lime
- 1 green onion, coarsely chopped

1. To prepare dipping sauce, place mango in a food processor or blender. Add yogurt, jalapeño, lime juice, green onion, and salt; pulse until smooth. The sauce can be refrigerated up to 2 days.
2. To prepare fruit and chicken, cut pineapple into 12 pieces. Cut chicken into 24 pieces. Cut red bell peppers into 24 pieces. Thread fruit, bell pepper and chicken onto skewers (allowing kids to arrange the ingredients). Sprinkle with salt and pepper.
3. Lightly spray grill grate with cooking spray. Heat charcoal or gas grill to medium hot.
4. Place skewers on grill and cook 5 to 7 minutes per side, turning as needed, until chicken is thoroughly cooked.
5. Serve skewers with dipping sauce. Serves 6.

Per serving: 180 calories, 3g fat, 65mg chol., 25g prot., 14g carbs., 2g fiber, 460mg sodium.

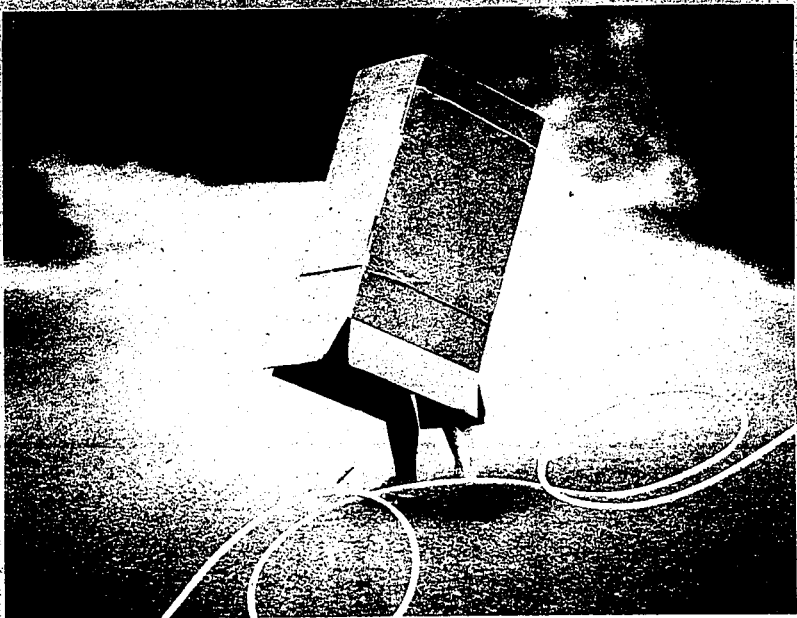
### Sugar Snap Peas with Mint and Lemon

"Just a little mint and lemon zest turns already popular sugar snap peas into a very special side dish," Ponzek says. Frozen peas with the strings removed can now be found in the freezer section of most supermarkets.

- 1 pound fresh sugar snap peas, trimmed and strings removed
- 2 teaspoons olive oil
- 1 garlic clove, minced
- ½ cup loosely packed chopped mint leaves
- 2 teaspoons grated lemon rind
- ¼ teaspoon salt
- Juice of ½ lemon







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