

**Sweat assessment:
Yoga in Burley**

Times-News reporter Melissa Davlin reviews another local class.

IMAGE, D1

SPORTS, B1

Game 2
Boston makes it 2-0 in NBA Finals.

Paranormal?
Ghost hunting group forms.



Times-News

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MagicValley.com

Drug measures: Success of Montana Meth project unclear

By Sean Breslin
Staff writer

It's been nearly three years since images of strung-out teens flooded Montana primetime TV as part of the statewide Montana Meth Project aimed at warning kids of the dangers of methamphetamine. Idaho imported the project, using the same ads that ran in Montana, and kicked off its campaign in January

after a year of soliciting funds. Now, The Idaho Meth Project is looking to update its ad campaign this fall with stories from local recovering meth addicts, said Megan Ronk, director of the Idaho project.

"The Montana Meth Project has had an effect on teen and adult meth use," Ronk said.

The numbers, however, aren't so clear. The Montana Youth Risk Behavior Survey

reported a 3.7 percent drop in meth use among high school students between 2005 and 2007, but the Montana Meth Project's own "Uses & Attitudes Survey 2008" reported that "Usage appears to be neither higher nor lower than in past surveys. Three percent of teens admit to having tried meth, a number that has remained essentially stable since 2005."

Montana Meth Project

director Peg Shea credited the discrepancy to low the Youth Risk Behavior Survey focused on only high school students, while the Uses & Attitudes survey questioned people ages 12 to 17.

When Montana launched its graphic advertising campaign in 2005, meth use had been declining since tracking use of the drug began in 1999. That year, 13.5 percent of high school students reported using meth during

their lives, according to the Youth Risk Behavior Survey. By 2005, that number had dropped to 8.3 percent. From 2005 to 2007, the two years the survey overlaps with the Montana Meth Project, that number had dropped to 4.6 percent.

Montana Attorney General Mike McGrath, who also sits on the Montana Meth Project's Board of Directors, said meth use had been dropping but more needed

to be done.

"The larger trend only went so far," McGrath said.

But for Montana's seventh- and eighth-graders, use of meth increased during the two years the Montana Meth Project was blanketing the state with ads. Those students reported an increase in lifetime meth use, from 2.8 percent to 3.0 percent.

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Rally with a cause



Alan Garner, a biker from Rupert, jokes with friends at the Rally in the Valley event Saturday at Murtaugh Lake.

Magic Valley bikers host fundraiser at Murtaugh Lake

By Damon Hunziker
Correspondent

The sign welcoming visitors to the Rally in the Valley at Murtaugh Lake this weekend read "Fun-Food-Rodeo-Fun-Fun-Fun-Fire-Vendors-Fun."

And it was — as promised several times in the sign — fun. About 400 people attended the three-day event, which was hosted by Snake River Bros., a biker organization that raises money for families with children in need of medical attention.

"Murtaugh Lake Park was full of motorcycles, tents, rock 'n' roll and lots of leather jackets with flaming skulls on them — as well as patches



Bikers begin to gather in front of the Second County Live Music stage during the Rally in the Valley event Saturday at Murtaugh Lake.

image of drunken brawling bikers, the group members describe themselves as being careful to avoid any association with their unsavory counterparts.

"We're just a bunch of bikers who wanted to get together and start riding — and we thought this would be a good use of our energy," said Roger Bolton, treasurer and charter member of the organization.

This year was the third annual Murtaugh Lake event and the group expects to raise about \$10,000, mostly from the \$20 tickets. Last year, \$19,000 was raised, said members of Snake River

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Companies offer free gas to attract business

The Associated Press

MILWAUKEE — Two nagle words are turning consumers' heads lately: Not "Get rich" or "lose weight," try "Free gas."

Businesses from banks and hotels to golf-club makers and blood-donation centers are offering promotions that involve free gas — generating more attention and goodwill from price-stunned drivers than traditional promotions might deliver.

For example, Callaway Golf Co. is giving away gas cards worth as much as \$100 with the sale of certain drivers. Guests who book three nights through hotels.com will get \$50 gas cards. And TCF Bank, based in Wyzata, Minn., is giving \$50 gas cards to customers who open checking accounts.

The trend will grow in the short-term as more businesses jump on the free-gas bandwagon, predicts Buhong Sun, a marketing professor at the Tepper School of Business at Carnegie Mellon University.

"A lot of companies, when they make decisions they don't think independently," Sun said. "They'll jump into whatever their competitors are doing, so more companies are likely to mimic this strategy."

She expects the trend will fade by summer's end.

Some companies, such as sporting-goods makers, don't have obvious ties to gas prices. But others, such as hotels, have found that guests who arrive by car are especially seduced by the idea of a free fill-up.

Doug Symes, 46, knew he wanted to plan a summer vacation in Wisconsin Dells, a tourist hotspot in southern Wisconsin. He debated staying at one of two resorts, and his decision was clinched when he heard that one, the Kalahari Waterpark Resort, offered a promotion that included a free \$40 gas card.

"The gas card wasn't the only thing but it definitely

Gas hits national average of \$4 for the first time

The Associated Press

NEW YORK — The average price of regular gas crept up to \$4 a gallon for the first time over the weekend, passing the once-unthinkable milestone just in time for the peak summer travel season.

Prices at the pump are expected to keep climbing, especially after last week's furthest surge in oil prices, which neared \$140 a barrel in a record-shattering rally Friday.

Gas prices rolled past their latest threshold Sunday, increasing to \$4.005 a gallon overnight from \$3.988 the day before, according to AAA and the Oil Price Information Service.

Truckers and others with diesel engines under the hood have it even worse off. A gallon of diesel now sells for \$4.762, up nearly a penny overnight, according to AAA and OPI. Prices hit a record atop \$4.79 at the end of May.

Benchmark light, sweet crude for July delivery officially finished the week at \$138.54 on the New York Mercantile Exchange, but at one point jumped as high as \$139.12.

helped the decision," said Symes, whose hometown of Burnsville, Minn., is about a 225-mile drive from the Dells. "Gas is on everybody's mind, so it does get your attention."

Most promotions have been under way for only a week or two, not enough time for companies to gauge how effective they have been.

Reservations at Kalahari are up 5 percent this summer over last year, general manager John Chastan said.

"It's hard to tell how much of that is because of the gas card, but in general we're doing pretty good," he said.

But why use gas cards at all? Why not just take \$50 off

Please see GAS, Page A3

Injured as a Marine, former T.F. track star flourishing

By Cassidy Friedman
Staff writer

In many ways, Travis Greene is back.

The double amputee who turns 27 this month has returned to Idaho from a naval center in San Diego and in May bought a house in Boise near his best friend since junior high. He is completing his childhood dream of becoming a high school teacher and track coach by earning top marks studying

political science and secondary education. Meanwhile, the athlete he once was has, with a little help and counseling, re-emerged. And yes, there's a girl at the finish line waving him in.

"He decided he wanted to go back to school and get on with his life," his mother, Sue Greene, said. "He is a lot better than he was when he was in San Diego."

In December 2005, Marine Cpl. Travis Greene — a 1999 Twin Falls High School grad

and star hurdler on the Bruins' track team — lost both his legs when a roadside bomb exploded underneath a 7-ton truck during a routine night mission in Ar Ramadi, Iraq. In the fall of 2006, he traded Walter Reed Army Medical Center's outpatient program in Washington, D.C., for a program at the Naval Medical Center in summer San Diego, not far from Twentynine Palms, which is home base for the 3rd Battalion, 7th

Marine Regiment Lima Company.

As Greene says, the financial aid he receives from the federal government could provide for an early retirement. Instead, he decided to reclaim his old life.

"I could be retired," Greene said. "I don't have to do anything if I don't want to. It's just nice to have something to occupy your time."

And Greene, who was

Please see MARINE, Page A7



Marine Cpl. Travis Greene, right, talks with his stepfather, Terry Greene, mother, Sue, and brother, Chris, at their home in Twin Falls in May 2006.

Meth

Continued from page A1

That's not a big increase, but it's a problem, McGrath said. "We need to keep working on them."

Shea, director of the Montana project, said she's not concerned about such a small increase, which falls within the survey's margin of error. She said the project is cycling the future.

"That's going to be really important is the 2009 numbers," she said.

According to Idaho's Youth Risk Behavior Survey results, meth use in Idaho has been more or less constant since

the survey began asking Idaho teens about meth in 2001. That year, 7.2 percent of respondents said they'd tried the drug once or more. It dropped to 5.6 percent in 2003, and dropped again in 2005 to 5.5 percent.

But the 2007 survey showed an increase up to 6.4 percent of teens. All the numbers are within the survey's margin of error.

McGrath said the ad campaign is "only one piece of Montana's statewide effort to combat the meth problem. In 2005, the state legislature passed a bill restricting the purchase of cold medicines containing pseudoephedrine, a key ingredi-

ent in meth. It's had a significant effect on home-grown meth," McGrath said.

"We've dried up the meth labs," McGrath said. But even before the legislation passed, most meth in the state came from super-labs in Mexico, just as it does now, McGrath said. Since drying up the supply isn't an option for state officials, they've focused on tackling local demand. And while the numbers regarding use in Montana might be conflicting, attitudes in that state are changing due to the media

onslaught, said McGrath.

"It's certainly had a significant impact," he said. "Prior to that, we were basically a state in denial."

But the graphic ads are just part of the campaign.

Community involvement and meeting with people are key to changing attitudes about meth, said Debbie Field, director of the Idaho Office of Drug Policy.

"I don't sit in my office reading often," Field said. "I would be so stupid if I said having these ads was the only way to make this work."

Field said since she became director in January 2007, she's talked with recovering addicts, community organizers and teens about the drug. And she knows she's got her work cut out for her.

"When you have to con-

vince a generation what (meth) does, you can't go away for at least 10 years," she said.

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Rally

Continued from page A1

Bros., which formed seven years ago.

Eric Wildman, president of the organization, attributed the lower turnout — 750 people showed up last year — to the inclement weather. The sun shined, but the wind gusts without interruption Friday through Sunday.

"The weather makes or breaks biker events," Wildman said. "It was hope to get people from Boise or farther away, and the weather isn't great. It's not going to happen. But the way Murtaugh is centrally located — it makes for a nice ride."

The Twin Falls County Commission required the event to use a private security firm, but there were no incidents that required their attention. Eagle Eye Security employees spent Saturday listening to the bands.

Live music was a regular presence at the event. Randy Richards performed Friday night. And on Saturday from 1 p.m. to 1 a.m., four bands performed: Unknown Substance, Sound Country, Dirty Johnny, and Octave — who were vocal about the difficulty of playing in the cold and wind.

At one point, Dirty Johnny told the crowd, for no particular reason, "You can puke all you want."

Nobody took advantage of the license to vomit, but a

gray-haired man in an American flag bandanna demonstrated how to moonwalk during one song.

About 60 bikers rode 120 miles in the area on Saturday, which is a traditional event during weekend biker rallies.

Steve Moser, a member from Jerome, who noted "everyone here knows me as Pouchie," said, "Most of us hadn't ridden together before. It usually makes things difficult because you don't know what somebody's going to do when you're riding in a huge pack. Everybody was superb, though — I was very pleased."

The organization focuses on effective private charity, though.

Mark England, another Jerome member, said, "It would tear my heart out to lose a kid, so I want to do anything I can to prevent a family from having to go through that."

England noted that the group votes on each situation, determining if and how the family should be helped, and noted that the freedom from governmental interference increases the efficiency of their work.

"We're going to try to move the event into July next year," Wildman said, and bursts of wind characteristic of the Snake River Plain in June.

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Gas

Continued from page A1

the product price — or offer customers cash instead?

In theory, shoppers should react equally to a \$50 discount and a \$50 gas card. But buying decisions aren't always driven by logic, said Suzanne Shu, a marketing professor at the UCLA Anderson School of Management.

"The more the purchase feels discretionary, like staying at a luxury hotel, the more the gas cards have impact because people can use them to justify something they might not do otherwise," she said.

Also, people mentally allocate money toward certain expenses — so when an expense decreases the additional windfall seems even more satisfying, Shu said.

So, the Carnegie Mellon professor, said gas promotions make the most sense when combined with products associated with driving. That might be why Chrysler LLC introduced an offer to subsidize customers' gas purchases for three years, with buyers paying \$2.99 per gallon and Chrysler covering the rest.

Summer promotions are nothing new to the Northern Ohio Blood Services Region of the American Red Cross.

Blood donations can drop 20 percent in summer months as high school and college students scatter, so this year the group is offering summer donors the chance to win a gas card. The prizes are one \$3,000 gas card and five \$500 cards.

After the blood center's promotion launched this week, donations rose 6 percent over the same period last year — although the number of days available for comparison is small and it's not certain the increase is due only to the raffle. But organizers say the early numbers are encouraging.

Even so, those two words might not retain their magic for long.

While consumers will always need gas, marketing experts say motorists will eventually tune out free-gas promotions if too many businesses offer them. Also, the price rises far enough past the emotionally charged \$4 threshold, people will again learn to accept the cost.

So take advantage of the deals while companies still see value in offering them, Shu said.

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Mini-Cassia economic development on the rise

River's Edge project progresses in Burley

By Sren Berg
Staff writer

BURLEY — From the beginning, the theory was simple: bring in a few industrial and manufacturing facilities, and commercial and retail companies will follow close behind. That, in turn, will bring another wave of industry — and more jobs.

In the past two years, Mini-Cassia economic development teams have attracted nearly a dozen major manufacturing facilities. And sure

enough, representatives from commercial and retail businesses have started eyeing the area.

Jim Primm, co-owner of development company PFI-93, LLC, said Burley in particular has made a name for itself with businesses across the country looking to expand their operations to Western states. He said the city's recent economic activity is not unlike recent growth in cities such as Twin Falls and Jerome.

One limiting factor in Mini-Cassia, however, is the lack of an airport that can support the private airplanes most business executives travel in.

Primm said. Because it's the executives making decisions on whether to invest in Mini-Cassia, it helps if they can fly directly to the area, he said.

"It's a real slowdown factor for some of the companies that we're talking to," Primm said of the difficulty in getting to Mini-Cassia. "It takes them a day to get to Burley. If we had an airport right there for them it would cut at least three hours travel time a day."

Primm is planning a major development north of Boise Cascade and west of Washington Avenue on Burley's west side. The development, named River's Edge, is an 83-acre commercial-

industrial-residential park. Primm said surveyors have begun work on laying out the park, and he expects planning and infrastructure plans for its first phase to be complete within 60 days. After that, all those unanticipated necessities like water, sewer and streets have to be put in, followed by actual construction of buildings.

"If we can get all the infrastructure done by August, we're looking at our first structures going in December," Primm said. "We want to get everything done before winter."

Anyone thinking that's an awfully quick turnaround on a project isn't alone. But Primm and his company is known for being able to turn plans into reality very quickly, said Burley Economic Development Coordinator Doug Mauting.

Primm said the first phase of River's Edge will include 50 commercial lots and as many as 200 one-, two- and three-bedroom homes.

"There will be a blend of townhouses, condos and apartments," he said.

Most of the first phase will be located northeast of the 16th Street-Washington Avenue intersection. Many of the park's planned commercial buildings have already

been spoken for, Primm said. As River's Edge progresses, he said, developers will move south of 16th Street and look to put in more industrial-style facilities, especially on lots next to the railroad tracks.

Mini-Cassia Economic Development Commission Director Tami Jrsenbach said having large industrial buildings already constructed and ready for a client makes her job of attracting businesses much easier, especially if infrastructure is already available.

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Care upgrade



Brian Davis, a manager in the radiology department at St. Benedict's Family Medical Center in Jerome, is shown with the facility's new Siemens CT scanner. Davis said the machine is used for scanning people with potential internal ailments such as swelling, internal bleeding and skull fractures.

Jerome's St. Benedict's hospital gets new CT scanner

By Sean Breslin
Staff writer

St. Benedict's Family Medical Center in Jerome just got an upgrade.

The facility recently installed a new Siemens Emotion 16 CT Scanner, replacing its old machine, which sold for \$25,000.

CT scanners are used to check for tumors or to assess damage to a body after a traumatic accident. The new scanner came with a \$500,000 price tag, said Brian Davis, manager of St. Benedict's radiology department. St. Benedict's last scanner had a lower resolution and took longer to complete a scan, Davis said.

"The scanner has been up and running for about three weeks now, but most patients haven't really noticed the new machine," Davis said. He said, however, people who have had scans on the old machine have remarked about some differences.

"When you walk into the room, it smells new," Davis said.

Davis said St. Benedict's sometimes gets patients from Twin Falls who don't want to deal with waiting times at St. Luke's Magic Valley Medical Center and enjoy the smaller atmosphere.

"In most cases we can get CT scans in on the same day,"

"When you walk into the room, it smells new."

— Brian Davis, manager of St. Benedict's radiology department

Davis said.

Ryan Mumford, CT coordinator at St. Luke's, said scheduling CT scans is dependent on the urgency of each case.

"If it's something that their doctor feels like it needs to be done that day, it gets done right away," Mumford said, adding that CT scans can only be ordered by a physician. "It's their decision how soon they want that done," Mumford said most rou-

tine scans that aren't urgent are usually performed within a day or two.

Robert Wasserstrom, chairman of diagnostic radiology at St. Luke's, said waits aren't an issue for the hospital.

"As far as why patients would go from Twin Falls to Jerome, I just don't know," Wasserstrom.

Sean Breslin may be reached at 735-3243 or at sambreslin@lec.net.

Sun Valley man's life a lesson in overcoming obstacles

By Tim Woodman
Idaho Statesman

KETCIUM — If they handed out medals for overcoming adversity, Eusebio Ariaga would have a truckload of them.

He was born with a disability. He lost his father when he was 2. He was a small, timid kid with an inferiority complex and a mother who lost everything.

Yet he went on to excel at whatever he set his mind to and to associate with some of the biggest names of his generation.

We met after he came in for some help in preparing his obituary, Feb. 89. The women at the front desk called me because they were so impressed with his story, and it didn't take long to see why.

He was born in Halley in 1919. His father was a Basque immigrant who was on his way to being wealthy when he died during surgery in the old St. Alphonsus Hospital in Boise.

"I grew up without a father figure,

RUBBING BIG SHOULDERS

Some famous people who Eusebio Ariaga knew:

Actress Ingrid Bergman, producer Irving Thalberg, actors Gary Cooper and Clark Gable, and writer Ernest Hemingway.

and my mother met a gambler who took all her assets to use for gambling and left us penniless," Ariaga said.

"Between that, being small and my hand, I grew up afraid of my own shadow."

Other kids picked on him, in part because he was born without a thumb on one hand. Hoping for acceptance, he played football in high school. His mother talked him into quitting after he suffered a head injury.

That was just about the last time he quit anything. He went out for basketball and became the team captain. And the sport that would change his life was about to make its American debut in his backyard.

Ariaga was there when Union Pacific Railroad Chairman Averell Harriman chose the Ketchum area as the setting for America's first ski resort. He made deliveries to the crew that built the Sun Valley Lodge in an alfalfa field. And he watched, spellbound, as the Dartmouth ski team made some of the first-ever runs on Dollar Mountain.

"I practiced religiously," he said. "I practiced every day until I felt I looked just like him."

Sun Valley's original ski instructors were all Swiss or Austrians. Ariaga studied them closely, chose the one he thought was best and negotiated with him for lessons.

"Soon he was hired to be a third of Sun Valley's three-man ski patrol. Then he was promoted to instructor. He was one of only 17 men ever to win the Diamond Sun race, hurtling from the

Please see LIFE, Page A5

Hunting for a haunting

M-C group on the prowl for ghosts

By Laurie Welch
Staff writer

A ghostly figure gliding across a floor or disembodied voices wafting through the night air would rattle most people's nerves. However, a new group in Mini-Cassia is on the hunt for such occurrences.

The Big River Ghost Trackers will host its first meeting 7 p.m. Saturday at The Wayside cafe in Heyburn.

"I've talked to several people who are looking for this type of thing and I got thinking that it's high time we got a group together," said Jason Wells, founder of the organization that will investigate the paranormal.

Wells said investigating paranormal activity has been a passion for him most of his life, and said he's been involved in more than 100 investigations — 30 to 40 of

Want to join?

7 p.m. Saturday at The Wayside Cafe, 325 S. 325 W., Heyburn

For more information: Jason Wells at 208-312-9317

those in the Magic Valley, including about a dozen in Mini-Cassia.

He takes a dim view of people who claim to simply sense or feel a presence. During his investigations, Wells uses video and audio recording equipment, along with electromagnetic field (EMF) meters, compasses, infrared temperature gauges and still cameras, to try and establish concrete evidence of paranormal activity.

But, he said, often the best tool is his own brain, followed by a notepad, pen and flashlight.

The process does not Please see GHOSTS, Page A5

Will Christmas come early to Twin Falls?

Council to vote on decorations

Staff report

The Twin Falls City Council will decide tonight whether to spend \$22,350 on Christmas decorations for downtown Twin Falls.

Last week, the seven-member Historic Downtown Business Improvement District board approved hiring Christmas Decor, a national franchise whose Twin Falls operation is owned by Blaine Pope, to provide 150 Christmas sprays — three-foot artificial Olympic pine arrangements that will attach to the lampposts downtown — as well as installation, removal and storage during the rest of the year.

Christmas Decor provides services until the BID ran into budget problems two years ago, Pope said. The board and Mayor Lance Clow — who's leading the effort — didn't seek offers

from cheaper alternatives in the area. Cities don't have to solicit bids if projects cost less than \$25,000, according to state law.

Clow said he searched the Internet for companies, but prices were too high. Someone from the BID recommended Pope's company, but Clow has said the decorations campaign was publicized because he referenced it at his recent town hall meetings and submitted articles to local media.

Last year, the council approved a BID budget of \$245,500, of which \$26,100 would be used for marketing, according to a city staff report. City officials said last week the decorations are a form of marketing.

Other business includes:

- Appointment of A. Lucy Johnson to the Twin Falls Test Commission as an alternate member.

Appointments of Carl Legg and LeWayne Hunter to the Twin Falls Pool Commission.

The meeting is at 5 p.m. at 305 Third Ave. E. Meetings are open to the public.

Man injured in bike crash

Staff report

An unidentified man driving a motorcycle was injured in a crash Sunday near Hagerman, police said.

Police received a call at 5:08 p.m. that the crash had occurred near 1127 East and 2900 South, close to an

area referred to as the Vader grade, said Julie Hyncek, a dispatch supervisor for Southern Idaho Regional Communications Center. He was lifted to a hospital, but it is not known to which one, police said.

The man's age, identity and nature of his injuries were unavailable.

DEATH NOTICES

Dwight L. Osborne

HAGERMAN — Dwight L. Osborne, 82, of Hagerman, passed away Sunday, June 8, 2008, at St. Luke's Magic Valley Medical Center in Twin Falls.

Leone Pyle

RUPERT — Leone Pyle, 99, of Rupert, died Sunday, June 8, 2008, at Countryside Care & Rehab in Rupert.

Jose Medina

Jose Medina, 20, of Burley, passed away Friday, June 6, 2008, in Idaho Falls. Funeral arrangements are pending and will be announced by Hansen Payne Mortuary in Burley.

William Black

RUPERT — William Black, 88, of Rupert, passed away Saturday, June 7, 2008, at his home. Funeral arrangements are pending and will be announced by Hansen Mortuary in Rupert.

SERVICES

Mary Ellen Fallon Walker of Twin Falls, prayer vigil with rosary at 7 p.m. today at Reynolds Funeral Chapel, 2466 Addison Ave. E. in Twin Falls; funeral Mass at 11 a.m. Tuesday at St. Edward the Confessor Catholic Church, 161 Sixth Ave. E. in Twin Falls; visitation from 2 to 7 p.m. today at the mortuary.

Karen Lynn Cotten of Burley, funeral at 11 a.m. Tuesday at Rasmussen Funeral Home, 1350 E. 16th St. in Burley; visitation from 6 to 9 p.m. today and one hour before the funeral Tuesday at the funeral home.

Melvin R. "Mick" Laughlin of Gooding, graveside service at 1 p.m. Thursday at Elmwood Cemetery in Gooding; visitation from 5 to 7 p.m. Wednesday at Demary's Gooding Chapel.

Glenn P. Chaney of Boise, committal service at noon Thursday at the Bellevue Cemetery; gathering of friends will follow at the home of Dan and Julie Springer, 211 W. Elm St. in Hailey.

Audrey Parton of Meridian, memorial service at 11 a.m. Thursday at the Nampa Church of the Brethren, 11030 W. Orchard Ave. in Nampa.

Frank Howard Spencer, formerly of Burley, memorial service at 10 a.m. Saturday at Cloverdale Memorial Park, 1200 N. Cloverdale Road in Boise.

Grace Afton Rooker Durfee of Alma, funeral at noon Saturday at the Alamo LDS Church; visitation from 6 to 8 p.m. Friday at Rasmussen Funeral Home, 1350 E. 16th St. in Burley, and 11 to 11:45 a.m. Saturday at the church.

Ghosts

Continued from page A4

really resemble Hollywood's portrayal of ghost-busting, he said. "I don't come in with a proton pack strapped on my back looking for Slimeys," he said in reference to the movie "Ghostbusters." "Too many reputable people have experienced things that cannot be explained away as natural occurrences or coincidences. But I want definitive proof on film or on a recording that something is going on."

Life

Continued from page A4

bottom of Bald Mountain to the top in less than three minutes. "I was developing a feeling of self worth and learning how to conduct myself in the company of well known and famous people," he said. "I was going to dinner with people like Irving and Norma." That would be legendary Hollywood producer Irving Thalberg and his wife, Norma Shearer, then one of the most popular actresses in the world. He went hunting with Ernest Hemingway. "Hemingway had dinner with us three times at a mother's house. She'd cook and I'd buy his favorite Scotch and red wine."

one in the room when the motion and noises were recorded and he could find nothing that could have caused the toys to move or make the sounds. "To me, no doubt, it was definitely haunted," Wells said. "Those 12 seconds of tape became my Holy Grail." Wells said when things like that occur he is not scared, but rather shocked. "I just start thinking about how I can explain what might have happened," Wells said. "... When there is nothing left but the paranormal, that's exciting."

mine, and she laughed the biggest, most beautiful laugh. Why couldn't a photographer have been around then? "The former shy boy used an inferiority complex based on the determination that made him one of Sun Valley's top skiers to join the military during World War II. He applied twice for fighter pilot training. Rejected because of his disability, he enrolled in a civilian pilot school at the College of Idaho in Caldwell. When the military called there and asked for pilots, he was one of three the school sent. "I decided that when I got there, they'd have to bodily throw me out," he said. "I made up my mind to get so good they couldn't turn me down. Disability? Arriga went on to teach other pilots, including senior instructors. He served during World War II, Korea and Vietnam, flew planes from F-104s and

Earthquake swarm picks up again in N. Nevada

By Martin Griffin Associated Press writer

RENO, Nev. — A month-long swarm of earthquakes struck up again Sunday as a pling of minor tremors rattled Reno, causing down town high-rises to sway and knocking items off walls and shelves. There were no immediate reports of injuries or major property damage after about 20 minor quakes reported on the western edge of Reno over 12 hours ending about noon. Magnitude .3-9 and 3.6 quakes struck within a couple minutes of each other

and signaled a pickup in activity after a recent lull. "We had a little pickup in activity on Tuesdays and nothing significant until today," dePolo said. "We are monitoring them, but we can't say if it'll get better or worse. There is no way to predict earthquakes." Seismologists had urged residents of northern Nevada's largest city to prepare for a bigger event after a 4.7 quake on April 25, the strongest in a swarm that began Feb. 28. That quake wrecked store shelves clean, cracked walls in homes and dislodged rocks on hillsides, but there

were no reports of injuries or widespread major damage. The swarm, which has produced thousands of mostly minor quakes, had prompted some residents in the densely populated quake zone to spend nights outside in campers and trucks. "We live in earthquake country, and the threat is never over," dePolo said. "We encourage people to be prepared." Nevada is the third-most seismically active state in the U.S. behind California and Alaska. Reno's last major quake measured 6.1 on April 24, 1914.

Idaho salmon run late, but coming

BOISE (AP) — Fish biologists say Idaho's salmon run is running a little later this year, partly because the fish are navigating cold and murky rivers that were swelled by the spring's big snowmelt. "Last year we had more fish at this time, but it was a low water year," Rapid River Hatchery manager Ralph Steiner told The Idaho Statesman. "Typically, the first fish to arrive at the hatchery is the third of May." Last year salmon anglers caught and kept 864 salmon from the Little Salmon and Main Salmon rivers. This year the Idaho Department of Fish and Game is predicting that about 4,000 salmon that return to Rapid River Hatchery will be available for anglers. "Though both rivers are currently open for fishing, the high water has kept most anglers away. The salmon fishing season runs until June 22 on the Main Salmon and until Aug. 2 on the Little Salmon, and Fish and Game officials intend to decide to close the rivers sooner to protect wild fish. With an estimated 4,000 salmon available, sportsmen could have trouble finding a lonely spot on the popular stretch between Rapid River and Big Lost. A private landowner closed public access to much of this property downstream from Rapid

Two M.V. contestants competing for title of Miss Idaho this week

BOISE — Twenty young women from around the state of Idaho will compete for the title of Miss Idaho 2008 at 7 p.m. June 13-14 at the Morrison Center in Boise. The new Miss Idaho will be selected by a panel of five judges, who will judge the contestants in the areas of personal interview, talent, evening wear, swimsuit and an overall composite score. Miss Idaho 2008 will replace the outgoing Miss America pageant. Miss America is the world's leading provider of scholarships for women. The Miss Idaho Scholarship Organization will be awarding more than \$10,000 in scholarships this year on the state level. Contestants from the Magic Valley include: Timpler Esmma, Miss Magic Valley, and Koryl Wadsworth, Miss Milpitas. Tickets may be purchased through Select-a-Seat. All proceeds help raise scholarship funds. Visit <http://www.missidaho.org> for more information.



Wadsworth



Esmma

Learn about reptiles, amphibians Wednesday

Prarie Falcon Audubon Society, the local chapter of the National Audubon Society, will present a program, "Reptiles and amphibian of Southern Idaho." Justin Barrett, regional wildlife biologist with the Idaho Department of Fish and Game, will discuss the types of reptiles and amphibian that can be found in our area, and population trends from the department's ongoing surveys. The program is 7 p.m. Wednesday in room 201 of the Shields Building on the College of Southern Idaho campus. The program is free and the public is welcome.

See what's new at MagicValley.com

Intevestment Amusement Inc. Movies June 9 to 12, 2008. Includes listings for Kung Fu Panda, The Simpsons, and other movies.

Auction CALENDAR

Auction calendar listing events from Tuesday, June 10 to Saturday, June 21, including items like stock, furniture, and antiques.

eventually be attributed to natural occurrences, he said. "Sometimes it's as simple as bad plumbing or electrical systems. It can run the gamut. But we still have to go in there and look," he said. Often, when people call them, they are just looking for someone else to tell them they're not crazy, he said. When he goes into a home and does a preliminary investigation it may be just a conversation with the owner and quick check to see if he can find a cause for the events. Sometimes people are just very susceptible to EMFs, he said. "I've been investigating a reported haunting in a man's home that displayed unusually high EMF readings. A closer examination revealed a very old power junction box that was creating massive magnetic fields, erasing

the man's video tapes and giving him constant headaches and nausea. "It was also a fire hazard," he said. In other cases, he said, he cannot find natural causes for the disturbances. The most fun, he said, comes from doing research on the history of old buildings and residences. "Urban legends often grow from facts," he said. Ghost stories about the old Alamo College campus, the Kelly Bean Warehouse, the old Jackson Bridge and all of the local cemeteries are some of the most persistent ones, he said. "Even if you don't swallow everything, you still should believe in the possibility and let the evidence speak for itself," he said. Laurie Welch may be reached at 208-877-8757 or luelch@outhidahoexpress.com.

retired in 1973 as a full colonel in the Air Force. Asked the highlight of his life — a life that included duck-hunting with Hemingway and drinking saquavit with Bergman — he was hesitatingly naming a lawyer in Kansas City. An ice storm had grounded his plane, the hockey team he wanted to see was playing out of town and he ended up at a dance. It was there that he met the love of his life, his wife, Dean. They were married from 1945 until her death in 2005 and had two daughters. "We've only scratched the surface of my life," he said after several hours of interviews. "And the most memorable part was meeting this wonderful person. That was the highest plateau of all." He was concerned about my writing this column. "I don't want it to seem like self aggrandizement," he said. Not at all. It was my idea, not his. And it's not a story of

Century Stadium 5, Kung Fu Panda, Indiana Jones, What Happens in Vegas, Narnia, Drillbit Taylor. Includes showtimes and prices.

EDITORIAL

By doing nothing,
T.F. will lose air service

Jet fuel was selling for \$6.61 a gallon in Twin Falls Friday. Regular aviation gas went for \$6.13.

In that environment, the choices facing Twin Falls about the future of air travel couldn't be more stark:

Join a regional airport development project or watch as the last commercial carrier eventually flies over, not to Twin Falls.

Seventy thousand air passengers fly in and out of Joslin Field on SkyWest Airlines every year (by contrast, 3.3 million use the Boise airport).

Hailey, a community one-sixth the size of Twin Falls, ran 135,000 passengers through its Friedman Memorial Airport last year.

SkyWest this month cut back from five flights a day to Salt Lake City to four, blaming high fuel prices.

Up north, the welcome mat is still out. Cities and counties can join forces in building a new airport.

Aviation industry consultants say combining passenger loads from Friedman and Joslin Field would attract more airlines and better service than either airport can command on its own.

Combined service would mean a minimum of 550 passengers per day, or 205,000 per year — enough volume to have several daily flights with 50-seat regional jets, said Michael Floyd, an Atlanta-based aviation consultant.

There's no lack of interest in Jerome, Gooding and Lincoln counties for a regional airport, but the city of Twin Falls continues to drag its feet — citing the convenience of Joslin Field and the fact that the city could lose federal funding if a regional airport opens nearby.

Those arguments are true as far as they go, but they're increasingly irrelevant. Time just isn't on Joslin Field's side.

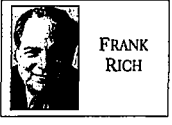
Before we lose what service we have, it's time for a bold step into the future.

It's time for a regional airport.

Our view:
Twin Falls' Joslin Field is losing the battle to remain a viable commercial air travel center.
What do you think?
We welcome viewpoints from our readers on this and other issues.

John McCain's Iraqi albatross

They thought they were being so slick. When the McCain campaign abruptly moved a recent fundraiser with President Bush from the Phoenix Convention Center to a private home, it was the next best thing to sending the loathed lame duck into the witness protection program.



FRANK RICH

But for the McCain campaign, any "Mission Accomplished" high-fives had to be put on hold. That same evening, Politico.com broke the news of Scott McClellan's memoir, and it was soon all Bush All the Time in the mediasphere.

There is no news in his book, hardly the first to charge that the White House uses propaganda to sell its war and that the so-called liberal media were "complicity enablers" of the con job. The blowback by the last Bush defenders is also deplorable.

McClellan was "disgruntled," "out of the loop," two-faced, and a "silly" head case are identical to those leveled by Bush operatives (including McClellan) at past administration deserters like Paul O'Neill, Richard Clarke, John Dillillo and Matthew Dowd.

So why the fuss? McClellan isn't a sizzling TV personality, or, before now, a household name beyond the Beltway.



THE PASSING OF THE TORCH

Americans don't like being lied to by their leaders, especially if there are casualties involved and especially if there's no accountability.

House ginned up the war is an old story, the big new news is how ferocious a hold this familiar tale still exerts on the public all these years later. We have not moved on.

That's why the original sin of the war's conception remains a political flash point, however much we tune out Iraq as it grinds on today. Even a figure as puny as McClellan can quote it.

McClellan and his party are in denial about this. "Elections are about the future" is their mantra. On "Hardball" in April, McCain pooh-poohed debate about "whether we should have

invaded or not" as merely "a good academic argument."

But the large American majority that judges the war a mistake remains constant (more than 60 percent). For all the talk of the surge's "success," the number of Americans who think the country is making progress in Iraq is down 9 percentage points since February (to 37 percent) in the latest Pew survey.

It's extremely telling that when Gen. David Petraeus gave his latest progress report before the Senate three weeks ago, his testimony aroused so little coverage and public interest that few even noticed his admission that those much-hyped October provincial elections in Iraq would probably not happen before November.

spring, Republicans have duly noted that the Democrats who won in Louisiana and Mississippi were social "conservatives," anti-social and pro-gun. They failed to notice that all three Democratic winners, including the two in the South, oppose the war. Even more remarkably, new polling in Texas finds that an incumbent Republican senator and Bush rubber stamp, John Cornyn, is only 4 percentage points ahead of his Democratic challenger, Rick Noriega, a fierce war critic who served in Afghanistan.

In the woe-is-us analyses by leading Republicans about their party's travails — whether by the House GOP leader John Boehner (in *The Wall Street Journal*) or the media strategist Alex Castellanos (in *National Review*) — Iraq is conspicuous by its utter absence.

As F. Scott Fitzgerald would have it, we will be borne back cesslessly into the past. Or so we will be as Americans continue to die in Iraq and as long as politicians like Bush and McCain refuse to accept responsibility for his role, major and minor, in abetting this national tragedy.

Frank Rich is a columnist for *The New York Times*.

Times-News

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 Blitzenburg.

LETTERS TO THE EDITOR

Parade critic suffers from excessive power of judgment

This is a direct response to a letter titled "Parade decision will open a veritable Pandora's box". Mr. McKay, I am sorry you are so disappointed by the human race. I am also sorry you do not understand that with a billion people in the world, not everyone has to make the same choices.

your help and push your religion into the way of life? Repulse them? Demoralize them and act like the only right way is yours? You contradict yourself by saying, "True joy... puts the needs of others before our own." And then go on to put your own needs in front of everyone else's.

I personally accept diversity and hold no judgment against others. Mr. McKay, it is not my job to judge others, why do you find yourself so

burden of illegal labor is too costly for taxpayers

LESLIE THOMPSON
Bellevue

The opinion of Loren Stein claims that this country could not stand on its own without illegal workers and has become dependent on the cheap labor pool. Groceries, resorts and home costs have not decreased over the years where corporate profit has.

One thing that is unwavering is the population of illegal aliens has more than doubled since 1982 to a conservative estimate of 15 million, not 8.1, and the cost of upkeep is passed on to the citizen taxpayers without the dividends or profit-sharing benefits from the companies guilty of hiring them.

Get in your two cents

ONLINE: At Magicvalley.com, you can respond to any of the local opinions or stories in today's edition. First register online for free and then give us your two cents.

ON PAPER: The Times-News welcomes letters from readers on subjects of public interest. Because of space constraints, please limit letters to 300 words. Include your signature, mailing address and phone number. Writers who sign letters with false names will be permanently barred from publication.

Heritage research says the average undocumented household that pays \$5,309 in taxes will see \$14,145 in benefits; taxpayers cover the rest. How about the incarcerated that cannot work? In 2002, there were 100,300 incarcerated illegals (not including federal prisoners)

education, health care and incarceration of the undocumented and, to say the least, California is going broke. The health and criminal checks are immigration's way of protecting us, bypassing it is criminal.

I have a question to you sir: How many people would return home to Texas if this problem were taken care of? He also writes, "We can't escape the market's message; we need them." Here is a message from a real taxpayer with a family to support, I can't afford them.

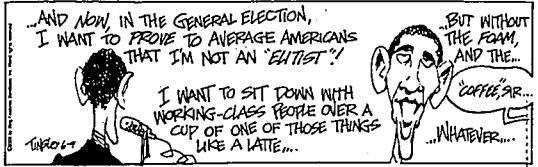
THE LIGHTER SIDE OF POLITICS

Doonesbury



By Garry Trudeau

Mallard Fillmore



By Bruce Tinsley

Texas gov.'s mansion burns; arson suspected

AUSTIN, Texas (AP) — Arson is suspected in a fire that swept through the historic Texas governor's mansion early Sunday, leaving much of the 152-year-old building charred and severely damaged, the state fire marshal said.

No one was believed to be inside when the fire started at the home, whose roof buckled because of the flames and the massive amount of water used to put them out. Officials said there is no evidence any direct threat was intended to Gov. Rick Perry, who is out of the country with his wife, Anita.

All historic furnishings and heirlooms had been removed for a renovation project, but much of the wood in the Greek revival-style mansion was "completely irreplaceable," long-gone pine, said Robert Black, a Perry spokesman. Some interior ornamentation is beyond repair.

Parts of the six 29-foot columns at the front of the home, a national historic landmark, and much of the front wall were charred black. In some places the original color of the brick could be seen where white paint had burned off. "We have some evidence that indicates that we do have an intentional fire set fire," said state Fire Marshal Paul Maldonado. "So we believe that we may be looking at a criminal act here."

Calling it a "devastating loss to the state of Texas," Maldonado did not provide details on how the fire may have been set or whether authorities had a suspect.

No injuries were reported, and there was no immediate financial estimate of the damage.

Marine

Continued from page A1

ambitious before the accident, is following quite the same path one might have imagined had he returned from Iraq with both his legs.

In spring 2007 — when he was still primarily focused on adjusting to his prosthetics in San Diego — Greene entered the Los Angeles Marathon. Part of his motivation came from another amputee from the Navy who, like Greene, ran track in high school. Since the sailor suffered his injury in a motorcycle crash more than seven years ago, he'd rediscovered sports — without legs — and told Greene he could do the same.

After training for only about a week, Greene found himself seated in a handcycle at the starting line of his first marathon with dozens of miles of paved raceway stretched ahead of him. He went the distance but "the marathon killed me," he said. "I couldn't really sit for a long time without it hurting so I tried to finish the race as fast as possible," he said. "I don't know what it was, whether it was the nerves getting used to it."

Acute pain mixed with pride — that same potent solution that fueled his drive through track and field at Boise State University. One taste of it and he was hooked all over again.

"It's kind of a love-hate sort of thing," he said. "I love killing my body. It's like running track — you're pushing your body to its limit but you're glad when done."

From there, Greene went on to compete in the Boston Marathon in April.

He and a couple dozen others on handcycles led the world's best known race at the starting line and finished before the foot racers. He finished in 2 hours, 15 minutes and 38 seconds, seventh-best among handcyclists.

The pain was nowhere near as severe. Still, his arms and shoulders burned from tugging the handles. His girlfriend, whom he met chatting online on Yahoo!

Messenger, snapped photos from the sideline. He's visiting her this week in Vermont. Soon, she'll come to Boise for a month. She's already met Mom.

Greene remains in monthly contact with a sailor and two marines — spread between South Dakota, Wisconsin and Seattle — who were caught in the same blast. Of a fifth survivor who was traveling with the group although not in Greene's platoon, he says, "We kind of lost contact ... and even in the hospital he went off on his own."

Sometimes they call. Other times they chat on MySpace.com. They keep the conversation in the present tense, no longer needing to address the horror they witnessed together in Iraq and their later struggles at Walter Reed.

"I think everybody is pretty much over that," Greene said. "I don't think that anybody does any reminiscences about that."

The men are close and so are their families.

Tony Bullene, the sailor from South Dakota, outfitted a Harley Davidson with a third wheel to fit a wheelchair. So did Greene, said Bullene and his parents plan to ride around southern Idaho in July with Greene's family. Greene, who doesn't ride, won't miss the chance to see his friend.

Another survivor, U.S. Marines Sgt. Jordan Pierson, now works for Wounded Warriors, an organization that helps wounded veterans during early stages of hospitalization.

And U.S. Marines Cpl. Neil Frustaglio recently had a child after building a home in Wisconsin.

Both Bullene and Frustaglio — "Frig," they call him — have also returned to school.

These days, you can find Greene lifting weights, swimming and riding his handcycle around Boise most days of the week. It's not so different an image than before he left for Iraq.

His family's involvement in the military presses on without him.

His 20-year-old brother Christopher — Greene is one of four sons — joined the Marines in January and was deployed in May along the Syrian border. He chose combat engineering, which in his mother's words means, "he goes in front of infantry and if they need something blown up, he blows it up."

"It's like, 'God, couldn't you have found something a little more dangerous,'" she said. "Kids know it all. They do what they want to do. We asked him, 'What do we do if you're injured?' He said, 'If I am missing a limb, let me live. If it's a brain injury, let me go.'"

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

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Community STAR

Announcing the 2008 Community Star™ Contest.

We will be accepting nominations to recognize a Community Star in the Magic Valley area. Simply fill out the attached entry form and submit a brief paragraph explaining why you think this person(s) deserves recognition. A selection committee will choose the "Star" and Magic Valley Bank will make a \$1000 DONATION to any charity or organization on behalf of the Community Star. A community celebration and prizes will be given in recognition of you and your "Star". www.magicvalleybank.com

COMMUNITY STAR NOMINATION FORM

YOUR NAME: _____ YOUR NOMINEE: _____

ADDRESS: _____ ADDRESS: _____

PHONE NUMBER: _____ PHONE NUMBER: _____

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Please complete this form, along with a brief paragraph (100 words or less) explaining why your nominee should be recognized as Magic Valley Bank's Community Star. All entries should be delivered to the Magic Valley Bank branches by June 30th. A local selection committee will select the Community Star before July 31st, 2008.

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Financial Lesson of the Week

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This Father's Day, Give Dad a Financial Toolkit

Father's Day is almost here. If your father is handy around the house, you might be considering giving him tools of some kind. Of course, drills, Sanders, saws and screwdrivers make excellent gifts, but this year, why not give Dad something that can help him build his future? Specifically, why not give him a "financial toolkit"?

What could go into this toolkit? Here are a few suggestions:

- Stocks** - You may want to give shares of a company that produces products or services that your father uses. If you're going to give some of your own shares, you'll need to know what you originally paid for the stock, how long you've held it and its fair market value at the date of the gift. Your father will need this information to determine gains or losses if he decides to sell the stock.
- Bonds** - If your father is at or near retirement age, he might benefit from the interest payments provided by bonds. If you give your father a municipal bond, the interest is free from federal taxes, and if the municipality that issues the bond is located in your father's state, the interest also may be exempt from state and local taxes. However, some municipal bonds — particularly airport and housing bonds — might be subject to the alternative minimum tax (AMT), so you'd want to be pretty familiar with your father's tax situation before giving him an AMT-susceptible bond.
- IRA contribution** - As long as your father is working, he can contribute to a traditional or Roth IRA — and he should, because an IRA offers tax advantages and a wide array of investment options. Your father can put in up to \$6,000 to an IRA if he's 50 or older, or \$5,000 if he's under 50. While you can't make a deposit into your father's IRA, you can give him some money for that purpose.
- Education** - Even if your father has been investing for a while, he could probably still benefit from some additional knowledge. Consider giving him a subscription to a magazine that focuses on financial issues. Or you might want to give a book on investing, such as Dr. Jeremy Siegel's *Stocks for the Long Run*, generally considered one of the most valuable and "user-friendly" books for both new and experienced investors. A word of caution, though: Stay away from those books that seem to "promise" huge investment success if readers follow the techniques described by the author.
- Games** - You can find a variety of investment-related games that are both fun and informative. These games often use real-life scenarios to depict the various factors that go into investment decisions and the equally various results that can follow. You can also choose games that focus on other financial issues, such as managing cash flow. You can find these games in the old-fashioned "board game" format and as computer software. A quick search on the Internet will turn up plenty of these games.

Put some of these suggestions to work to create a financial "toolbox" for your dad this Father's Day. He'll likely appreciate your generosity — and he'll be able to put the "tools" to good use.

nie Newspaper in Education

Judge seeks end to 12-year suit over Indian money

Group says government has cheated Indians out of billions from land royalties

By Mary Clare Jaloni
Associated Press writer



In this 2002 photo, National Congress of American Indians President Tax Hall, left, talks with Elouise Cobell and Jimmy Goddard of the Blackfeet Tribe of Montana in Washington. It has been 12 years since a group of American Indians sued the government, saying Washington had cheated them out of profits from land royalties since 1887. Today, a federal judge plans to begin hearings to determine how much he thinks the government should pay the Native Americans.

WASHINGTON — It has been 12 years since a group of American Indians sued the government, saying Washington had cheated them out of profits from land royalties since 1887. Today, a federal judge plans to begin hearings to determine how much he thinks the government should pay the Indians. Yet most of those involved in the case expect an appeal, further extending the dispute. On top of that, it is not clear how any award would be paid; Congress may have to set the money aside, a tough sell in tight times.

The Indians' lawyers intend to argue that the money should be paid directly and does not require action by Congress. The Interior Department, which declined comment on the case, has argued in filings with the court that the judge lacks jurisdiction to award any money.

Congress could try again to settle the dispute. Sen. Byron Dorgan, D-M.D., and Arizona's John McCain, the likely Republican presidential nominee, tried to do that three years ago when McCain led the Senate Indian Affairs Committee, but they were not able to get the two sides to agree on an amount.

"Congress could step in at any point and decide that enough is enough and just pass a bill to settle the lawsuit at a dollar amount that Congress determines is reasonable," said Justin Kisch, spokesman for Dorgan, the committee's current chairman. "Senators Dorgan and McCain were trying to do this before because it was clear that the federal government is liable, it is just not clear about the exact dollar amount."

According to Dorgan's office, Congress already has set aside \$340 million for the department to account for the trust money — a process that U.S. District Judge James Robertson deemed inadequate this year.

An 1887 law allotted land to individual Indians and provided that the government would hold the land and any revenue from it in trust for them and for their survivors. Beginning in the 1970s, several reports criticized the government's management.

and they can drag it out forever."

The case dragged on for several years, with occasional fireworks. U.S. District Judge Hoyce Lambirth ordered the department to disconnect its computers from the Internet for failing to provide adequate security for the Indians' trust records. He also held President Bush's interior secretary, Gale Norton, and her Clinton-era predecessor, Bruce Babbitt, in contempt for their handling of the trust fund.

Finally, in 1994, Congress demanded that the department fulfill an obligation to account for money received and distributed. A year later, when account statements still had not been reconciled, Cobell, a member of the Blackfeet Tribe, from Montana, joined with the Boulder, Colo.-based Native American Rights Fund and others in suing.

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and parental influence are just as important as new laws. The Insurance Institute for Highway Safety studied North Carolina's law, enacted in 2006, which fines motorists under age 18 who even when they are behind the wheel. Researchers who watched as high school students left school found that teenage drivers used their cell phones at about the same rate both before and after the law took effect. In South Carolina, which does not have a similar restriction, cell phone use by teenage drivers was about the same for both periods studied.

Study: Teen drivers ignore cell phone restrictions

By Ken Thomas
Associated Press writer

WASHINGTON — From Jeannie Harrison's perspective, the social lives of most teenagers tend to revolve around their cell phones — even when they are behind the wheel.

"People don't want to be inaccessible for even 15 minutes driving up the street," said Harrison, 19, a sophomore at Marshall University in Huntington, W.Va. "They're so used to being accessible all the time."

Targeting inexperienced motorists, several states have passed laws during the past five years restricting cell phone use by teenage drivers.

But an insurance industry study being released today that looked at whether teens are ignoring such restrictions contends enforcement

and parental influence are just as important as new laws.

The Insurance Institute for Highway Safety studied North Carolina's law, enacted in 2006, which fines motorists under age 18 who even when they are behind the wheel.

Researchers who watched as high school students left school found that teenage drivers used their cell phones at about the same rate both before and after the law took effect. In South Carolina, which does not have a similar restriction, cell phone use by teenage drivers was about the same for both periods studied.

A separate phone survey of North Carolina parents and teenagers showed widespread support for their state's law, but more than three in five reported that enforcement was rare or nonexistent.

Ohio plane crash kills 6, including ex-legislator

FIREMONT, Ohio (AP) — A small plane crashed Sunday afternoon in a residential area and killed all six people aboard, including a former state lawmaker who had offered joyrides to visitors after a charity breakfast.

Former legislator Gene Damschroder Sr., 86, was piloting the fixed-wing, single-engine Cessna when it crashed about 1 p.m. on the Ohio State Highway Patrol said. His five passengers also died in the crash in

Ohio's Sandusky County. No one on the ground was injured, and no buildings were damaged, patrol Lt. Tony Bradshaw said. It was too early to tell what caused the crash. The National Weather Service said there was no severe weather in the area at the time.

The Lions Club of Fremont on Sunday held a fly-in breakfast, inviting nearby pilots to fly to the airport and display their planes.

ADVERTISING



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Twin Falls June 11

TWIN FALLS - Franklin Building Supply is once again hosting its 'Power Tool Demo Days' June 10th and 11th. This event is known as the Magic Valley's largest tool show and offers the best pricing on tools for the year. Participants are welcome to test drive their favorite tools and meet Idaho's own Brett Thompson, one of NASCAR's most promising drivers. 'Power Tool Demo Days' will take place in Burley June 10 and in Twin Falls June 11. Don't miss out on the door prizes from 10:00AM to 2:00PM!

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"Test Drive Your Favorite Tool!"

offers the best pricing on tools for the year. Participants are welcome to test drive their favorite tools and meet Idaho's own Brett Thompson, one of NASCAR's most promising drivers. 'Power Tool Demo Days' will take place in Burley June 10 and in Twin Falls June 11. Don't miss out on the door prizes from 10:00AM to 2:00PM!

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Featuring Brett Thompson

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DOOR PRIZES
10am - 2pm.

"Best pricing on tools for the year!"

- CASCADIA
- BOSCH
- Makita
- Bon Tool Co.
- SENCO
- PIRELLA
- FOX
- PRICESOURCE
- Milwaukee



HOLDING ON

Celtics hold off Lakers 108-102, take 2-0 lead

By Tom Withers
Associated Press writer

BOSTON — Banner No. 17 is halfway to the rafters. The Celtics are two wins from another NBA championship.

And maybe a little lucky to be there. Paul Pierce, darting around the parquet floor with ease, scored 28 points, Boston's defense mobbed Kobe Bryant long enough and unknown Leon Powe scored 21 points as the Celtics held off a remarkable Los Angeles rally for a 108-102 win over the Lakers on Sunday night. The Celtics have a 2-0 lead in these trip-down-memory-lane NBA finals.

The Celtics had to work every second to get the win.

The Lakers trailed by 24 with less than 10 minutes to go, but pulled to 104-102 on a turnover.

Pierce threw by Bryant with 38.4 seconds left. But Pierce made two free throws, then blocked a jumper by Sasha Vujacic, and James Posey made two free throws with 12.6 seconds left to tie it for Boston.

"I think we got kind of complacent with the lead," Pierce said. "We weren't staying aggressive. We let them pick up their pressure. We stopped guarding. We got to take a lesson from this fourth quarter to keep playing regardless of the score and finish the game."

Boston was 27-for-38 from the line, while the Lakers were 10-for-10. Pierce wasn't slowed by a sprained right knee suffered in the series opener, when he was carried from the court and plopped into a wheelchair. The Boston captain paced the Celtics, who are back in the finals for the first since 1987, when Larry Bird was the main man and gasoline cost 91 cents per gallon.

As usual, Boston's Big Three — Pierce, Ray Allen (17 points) and Kevin Garnett



Boston Celtics forward Leon Powe scores on the first of back-to-back dunks against the Los Angeles Lakers in the third quarter, during Game 2 of the NBA finals in Boston, Sunday.

(17) — were the ringleaders but Powe, a second-year reserve had the game of his career, adding his 21 points in 15 minutes that may make him a Celtics fan-favorite for life.

Powe, who played a total of 68 seconds during one stretch of 13 games during the season, scored six points to close a 15-2 run ending the third quarter that gave the Celtics a 22-point lead, a burst had the Lakers California dreaming. At one point in the fourth quarter, Boston fans discar-

ed the familiar chants of "Beat L.A." for cries of "12-on Powe!"

Rijon Rondo had 16 assists and Garnett added 14 rebounds for the Celtics, back in the finals for the first time since 1987.

Game 3 is Tuesday night at the Staples Center in Los Angeles, where the Lakers are 0-0 in the possession and have won 14 in a row at home since March 28. Bryant had better hope the rims there are

Please see NBA, Page B4



The Rocky Mountain Challenge Series cars line up before the Pepsi 125 held Saturday night at Magic Valley Speedway. David Minegar, driving the No. 9 car captured the win.

Minegar rises to the top at Magic Valley Speedway

By Linda Brittain
Correspondent

Sometimes it's better to be lucky than good. Pepsi 125 race winner David Minegar had a little of both Saturday night at Magic Valley Speedway.

Rocky Mountain Challenge Series driver Minegar's night started off well enough, capturing the quick qualifying time and placing second in his heat. However, during the main event Minegar had his hands full trying to make his way through a crowded field trying to catch Bobby Latham III — who had taken off in a rocket ship disguised as the No. 3 car.

Latham took the lead at lap 14 and lost no time in putting space between him and his closest competitor which for much of the time was MVS Premier Series champion Steve Jones. Even cautions could not slow Latham, with each restart he propelled out in front of the pack and seemed to be cruising to a repeat win in the annual event.

However, with just over 35 laps remaining in the race, Latham showed signs of burning out. "All three races here we've had a rocket ship but for one reason or another we just can't

fin-

ish," Latham said. "Two times and then this time it was the alternator and the battery. If we didn't have had luck, we'd have no luck at all."

Latham's hard landing gave the No. 11 car of John Dillon the lead until with just five laps remaining in the event, the reversal of fortune hit Dillon, and he had to exit to the pits with mechanical issues.

Enter Minegar, who won the RMCS main event race at MVS just three weekends ago. Minegar was as surprised as anyone with the victory.

"I was thinking I was going to get third, and I was happy as hell," he said.

Rounding out the top three were Dylan Caldwell and Thane Alderman.

Stroebel wins Pepsi Premier
Shelby Stroebel, who began the night second in the point standings having not made a trip to the winner's circle, finally broke the streak when his 50-lap main event race came to a conclusion.

Louis Lopez, who continues to get stronger with every race, led laps 4 through 31 with Cliff Chester right behind. A

Please see MVS, Page B2

Perfection in Paris

Nadal wins 4th French Open in a row

By Howard Fendrich
Associated Press writer

PARIS — Early in the second set of the French Open final, not quite halfway into what would wind up as Roger Federer's worst loss in 173 career Grand Slam matches, he watched intently as Rafael Nadal pushed a forehand wide to end a lengthy exchange.

Federer saw the ball land out, punched the air and yelled. Neither the exact words — English? French? Swiss German? — nor the precise sentiment — delight? relief? — could be discerned. That he would be so moved was noteworthy in itself.

A man who has won 12 major championships, who has been ranked No. 1 a record 227 weeks in a row, who has placed himself squarely in any discussion about the greatest players in tennis history, found significance in the winning of one measly point.

Why? Because Nadal so thoroughly, so uncharacteristically, outplayed Federer in every



Spain's Rafael Nadal jubilates after defeating Switzerland's Roger Federer during the men's final at the French Open tennis tournament in Paris on Sunday.

possible facet Sunday, beating him 6-1, 6-3, 6-0 to win a fourth consecutive title at Roland Garros.

During the trophy ceremony following the most lopsided men's final at the French Open since 1977, and at any Grand Slam since 1984, Nadal felt compelled to say: "Roger, I'm sorry."

Please see NADAL, Page B2

Kahne wins at Pocono

By Jenna Fryer
Associated Press writer

LONG POND, Pa. — Kasey Kahne promised a month ago to use momentum to turn his sampling season around.

Kahne dominated Sunday at Pocono Raceway for his second victory in the last three Sprint Cup Series points races. Counting his win in the All-Star race last month, Kahne has been to Victory Lane three times in the past four events.

And he should probably thank his fans for this season-saving run that's pushed him into championship contention.

Kahne's fans voted him into the All-Star event, and after picking up the \$1 million first prize, he vowed to parlay the victory into a strong surge through the summer months of the schedule. Although he bobbed with a 31st-place finish last week at Dover, he owned the weekend at Pocono.

Kahne started from the pole, overcame an early pit road penalty that dropped him to 38th and led a race-high 69 of the 200 laps.

"Never. I've never had a car that dominant before," Kahne said. "This one stayed the same all day long. It was so good all day long."

Brian Vickers was second for his best finish since joining Red Bull Racing at the start of last season, and Denny Hamlin was third to give Toyota two cars in the top three.

Dale Earnhardt Jr. was fourth and appeared windied after racing over four hours on the hottest day so far of the NASCAR season. Temperatures hovered around 90 degrees all day even after a brief rain shower halted action.

"It's pretty hot," a red-faced Earnhardt said. "It's going to be a little hotter the next couple months."

Vickers concurred, sweating profusely from the podium after his finish.



NASCAR driver Kasey Kahne celebrates in victory lane after winning the NASCAR Sprint Cup Series Pocono 500 auto race in Long Pond, Pa., Sunday.

"I'm exhausted, let's get this going," he said.

Jeff Burton was fifth and was followed by Jimmie Johnson, Matt Kenseth and Kurt Busch. Carl Edwards and Mark Martin rounded out the top 10. Bobby Labonte was 11th and AJ Allmendinger was 12th to give Red Bull its best all-around day since the two-car team joined NASCAR last season.

Kyle Busch successfully became the first driver to compete in all three of NASCAR's national series at three different race tracks on the same weekend, but fell short of winning a title crown and finished last Sunday in the Sprint Cup race.

Busch, who wrecked his primary car in Saturday's practice session, started at the rear of the field when he had to switch to his backup Toyota and was running dead in traffic when he ran into Jamie McMurray as the battled for the same spot of race track.

SCOREBOARD

BASEBALL

Table with columns for team names (e.g., Baltimore Orioles, Tampa Bay Rays) and statistics (W, L, Pct, R, H, E).

NATIONAL LEAGUE

Table with columns for team names (e.g., Philadelphia Phillies, St. Louis Cardinals) and statistics (W, L, Pct, R, H, E).

AL LEAGUE

Table with columns for team names (e.g., Detroit Tigers, Tampa Bay Rays) and statistics (W, L, Pct, R, H, E).

GAME PLAN

LOCAL AMERICAN LEAGUE BASEBALL
ESPN2 - Los Angeles at Utah College Baseball
ESPN - Playoffs, super regional, teams TDA

MAJOR LEAGUE BASEBALL
ESPN2 - UERA, Euro 2008, group phase, Romania vs. France, at Zurich, Switzerland
ESPN - UEFA, Euro 2008, group phase, Netherlands vs. Italy, at Berno, Switzerland

TV SCHEDULE

ARENA FOOTBALL
8 p.m.

Table listing TV schedules for various sports including baseball, basketball, and soccer.

STATISTICS

Large table with multiple columns and rows providing detailed statistics for various teams and players.

Table with columns for team names and statistics (W, L, Pct, R, H, E).

Table with columns for team names and statistics (W, L, Pct, R, H, E).

PGA TOUR

PGA TOUR - Various tournament results and scores.

TENNIS

TENNIS - Various tournament results and scores.

BASEBALL

Table with columns for team names and statistics (W, L, Pct, R, H, E).

TRANSACTIONS

TRANSACTIONS - News regarding player trades, signings, and releases.

BASKETBALL

BASKETBALL - News regarding college basketball games and events.

NBA FINALS

NBA FINALS - News regarding the NBA Finals series.

NBA VOLLEYBALL

NBA VOLLEYBALL - News regarding volleyball events.

PGA TOUR

PGA TOUR - News regarding PGA TOUR events.

BASEBALL

BASEBALL - News regarding baseball events.

FOOTBALL

FOOTBALL - News regarding football events.

GOLF

GOLF - News regarding golf events.

Walker sets new American pole vault record

EUGENE, Ore. — There are no sure things in the wacky world of pole vault. Even so, it's not had being Brad Walker now.

MAGIC VALLEY
Magic Valley Bulldogs win regular season finale, make playoffs

Sports Shorts
Hagerman holds sand volleyball tourney

Walker sets new American pole vault record
EUGENE, Ore. — There are no sure things in the wacky world of pole vault. Even so, it's not had being Brad Walker now.

NHL

Red Wings' Hasek expected to retire

DETROIT — Dominik Hasek is expected to announce his retirement, a person in the NHL told The Associated Press on Sunday night.

CSI women's basketball holds camps

TWIN FALLS — The College of Southern Idaho women's basketball program will hold a pair of camps in June.

CSi hoops camp announced

TWIN FALLS — The College of Southern Idaho Junior Eagles Basketball Camp will held today through Thursday at CSI Gymnasium.

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TWIN FALLS: FOUR CAST

Today: Partly cloudy and warm. Afternoon breezes will be picking up. Highs in the middle 70s.
Tonight: Increasing clouds. Perhaps a shower developing. Windy with lows from 50 to 45.
Tomorrow: Partly cloudy and windy. Slight chance of a shower. Highs in the middle 60s.

RUBEN VALLEY: FOUR CAST

Today: Partly cloudy and warm. Afternoon breezes will be picking up. Highs in the upper 70s.
Tonight: Increasing clouds. Perhaps a shower developing. Windy with lows in the middle 40s.
Tomorrow: Partly cloudy and windy. Slight chance of a shower. Highs in the upper 50s.

IDAHO'S FOUR CAST

SUN VALLEY SURROUNDING MTS. Partly cloudy today. Increasing clouds and wind tonight with showers developing. Scattered showers, windy and cooler on Tuesday. Showery and still cool on Wednesday.

BOISE Partly cloudy skies are expected through Wednesday. There may be a shower Tuesday, otherwise most precipitation will remain in the form of drizzle.

NORTHERN UTAH Partly cloudy and warm today. Increasing clouds tonight. Mostly cloudy Tuesday and Wednesday, windy and cooler. Chance of showers.

Yielder's State Extreme: 72 in Lewiston. Low: 30 at Garden Valley. Highest wind gust: 40 in Hayden. No rain, light snow. No snow, mostly cloudy, no heavy rain, heavy showers, no sun, heavy rain, heavy showers.



TWIN FALLS: FIVE DAY FOUR CAST

Weather forecast table for Twin Falls showing conditions for Today, Tonight, Tuesday, Wednesday, Thursday, and Friday. Includes icons for sun, clouds, and rain, along with high/low temperatures.

ALMANAC: TWIN FALLS

Almanac data for Twin Falls including Temperature, Precipitation, Humidity, Barometric Pressure, Sunrise and Sunset, and Moonrise and Moonset.

MOON PHASES

Table showing moon phases for June 10, 11, 12, and 13, including Full Moon and New Moon dates.

REGIONAL FORECAST

Regional forecast table listing cities like Boise, Idaho Falls, and Pocatello with their respective weather conditions and temperatures.

NATIONAL FORECAST

National forecast table listing major US cities like New York, Los Angeles, and Chicago with their weather conditions.

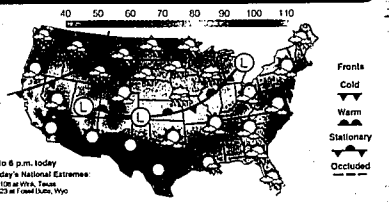
WORLD FORECAST

World forecast table listing international cities like London, Paris, and Tokyo with their weather conditions.

CANADIAN FORECAST

Canadian forecast table listing cities like Toronto, Montreal, and Vancouver with their weather conditions.

TODAY'S NATIONAL MAP



Advertisement for Meineke Car Care Center, located at 150 Addison Avenue West, with phone number 735-8296.

NBA

Continued from page B1

a little kinder than the ones in TD Banknorth Garden.

"We knew we had to get this win this was a big win going out West," Pierce said. "Our mind-set is to get Game 3 and try to take away their confidence and win this series in L.A. We knew it was going to be tough, but nobody said it was going to be easy."

Bryant, who pledged to bounce back from a sub-par Game 1, scored 30 points — 13 in the fourth — on 11-of-23 shooting. In four losses to Boston this season, Bryant is just 35-of-93 from the field and can't seem to get the same easy looks he enjoys against every other team.

Pau Gasol had 17 points and 10 rebounds for the Lakers, who were down 95-71 with 7:55 when they mounted a comeback that fell just short.

Bryant's 3-pointer made it 102-91 and then the self-proclaimed "Black Mamba" sliced down the lane for two quick baskets that got the Lakers, who scored 41 points in the final 12 minutes, within 104-95. The Celtics, meanwhile, began to stand around on offense, thinking the game was in hand.

"It was anything but," Bryant said. "After Vajcic hit a 3-pointer, Vladimir Radmanovic made a steal and dunk to make it 104-100 and Celtics fans, who had been dancing moments earlier, began to pounce. None of Boston's



Boston Celtics' Paul Pierce, center, tries to scoop a shot between Los Angeles Lakers' Pau Gasol, left, from Spalla, and Sasha Vajcic, from Slovenia, in the fourth quarter of Game 2 of the NBA Finals Sunday, in Boston. The Celtics won 105-102 to take a 2-0 lead in the series.

of relief rushed through the exits as the Celtics and their fans left the building confident, if not shaken.

Called "unstoppable" by Lakers coach Phil Jackson, Bryant got off to another slow start. He missed his first two shots, one an uncontested layup underneath and was unable to get the looks he wanted as the Celtics followed the MVP around like a pack of hungry wolves on the hunt.

Bryant was just 1-of-4 from the floor when he was called for pushing off on Allen — his second personal foul — and spent the final 1:59 of the opening period a few seats away from Jackson. Soon, Bryant was joined by Lamar Odom and Jackson was forced to give his reserves extended early minutes.

Dad keeps daughter's autism a secret from his parents

DEAR ABBY: I have a beautiful 3-year-old niece I'll call "Serenia." She is my brother "Simon's" daughter. Serenia is mildly autistic but has made amazing progress. We're optimistic that she'll be indistinguishable in a few years.

The problem is, Simon is adamant that he does not want our parents to know about Serenia's condition. Mom and Dad are good people, but lousy grandparents. Simon thinks they would be judgmental toward him and would gossip about matters he would prefer be kept private.

He might be right. But because he is keeping them in the dark, his relationship with them has deteriorated. Our parents haven't seen Serenia since she was a baby.

Simon has threatened that if I tell our parents about Serenia's autism, he will never speak to me again. That would cost me a relationship not only with him, but also with my niece. I have encouraged him to come clean, but he refuses.

What should I do? Should I stay out of it, or intervene? And is this kind of situation typical with families who have children with special needs?

— UNCLE WITH A SECRET DEAR ABBY: Uncles as a family member is diagnosed with a mental health disorder, some families consider it to be something shameful, and "circle the wagons" to hide it. While it is regrettable, this is the path you and your children. Not knowing your par-



DEAR ABBY: Jeanne Phillips

I became friends with a gentleman I'll call "Eric." Our relationship is platonic — we're like siblings. We "talk" almost every day by e-mail because he now lives out of state.

When I mention to my other friends that I have a male friend, I get a funny look because they assume Eric and I are having some kind of affair.

They say men and women can't be friends without something sexual going on between them. When I tell them this isn't the case, they don't buy it. What can I say or do to get them to believe me?

— TELLING THE TRUTH IN OHIO DEAR TELLING THE TRUTH: When someone tells you that men and women can't be friends without something sexual going on, that person is telling you something about him- or herself.

Obviously, as you already know, there are no hard-and-fast rules governing friendship. Sometimes people have "good chemistry" and click — and this happens with same-sex friendships as well as those with the opposite sex.

DEAR ABBY: Is it ever appropriate for a grandmother to expect payment to babysit her grandchildren?

— TRYING TO DO THE RIGHT THING DEAR TRYING: It depends upon the situation and how much time Grandma is devoting to taking care of the children. If the grandmother does the money, and the amount of time she's tending to the children interferes with her ability to earn a living and provide for her retirement, then by all means she should be paid — and at least minimum wage.

DEAR ABBY: I came from a dysfunctional family. I was never close to my brothers and sister. About 10 years ago,

Advertisement for Osaka Massage, featuring a phone number 736-1747 and a website URL.

Large advertisement for MagicValleyRealEstate.com, featuring a search bar, navigation buttons, and promotional text about featured agents and mortgage calculators.

CLASSIFIED

To place ads, call (208) 733-0931, ext 2: Come see us at 132 Fairfield Street, Twin Falls, ID. Or visit us online at www.magicvalley.com • Hours: Monday-Friday 8:00am-5:30pm

NOTICE OF BID

The Sawtooth Valley Rural Fire District is putting out to bid the placement of one hundred fifty (150) feet of poured in place concrete curb to be installed at the station in Stanley, Idaho.

PUBLISH: June 5, 6, 7, 8 and 9, 2008

NOTICE OF SCHOOL BOARD MEETING AND BUDGET HEARING

NOTICE IS HEREBY GIVEN, that a special meeting of the qualified voters of Kimberly School District No. 414, Twin Falls County, Idaho, will be held on the 18th day of June, 2008, at 8:00 p.m., at which meeting there shall be a public hearing on the maintenance and operation budget for the forthcoming school year.

PUBLISH: June 5, 6, 7, 8 and 9, 2008

ANNOUNCEMENTS

- 101 Lost and Found
101 Lost and Found
102 Cats of thine
104 Personal
105 Hazy Ads
106 Special Notices
107 Pregnancy Alternatives
108 Professional Services
109 Health & Wellness
110 HomeHealth Care
111 Entertainment Services
113 Child Care Services
114 Miscellaneous Services
115 Community Events

101 Lost and Found

- LOST 4 brown puppies and a black and white male puppy. Please call 532-4215.
LOST Boxer Collie Lab cross pup, black & white, red collar. 7 mo old. Answers to the name of Sausage. Missing from the corner of Potlone Hill & Grandview on 65. 208-315-6426
LOST Boxer, male, neutered, brown, blue collar, very friendly. Lost between Paul & Docto, on 627 Reward. 208-315-6426

LEGAL NOTICE

The Summer, 2008 meeting of the Board of Directors of the Idaho Crop Improvement Association, Inc. will be held on Wednesday, July 23rd from 1:00 PM until 5:00 PM.

PUBLISH: June 9, 8 and 10, 2008

KIMBERLY SCHOOL DISTRICT NO. 414 - SUMMARY STATEMENT 2008-2009 SCHOOL BUDGET ALL FUNDS

Table with columns: GENERAL M & O FUND, Prior Year Actual, 2006-2007, Prior Year Amended Budget, 2007-2008, Proposed Budget 2008-2009. Rows include REVENUES (Beginning Balances, Local Tax Revenue, County Revenue, State Revenue, Federal Revenue, Other Sources) and EXPENDITURES (Salaries, Benefits, Purchased Services, Supplies & Materials, Capital Outlay, Debt Retirement, Insurance & Judgments, Transportation, Contingency Reserve, Unappropriated Balances).

ALL OTHER FUNDS

Table with columns: REVENUES, EXPENDITURES, TOTALS. Rows include Beginning Balances, Local Tax Revenue, County Revenue, State Revenue, Federal Revenue, Other Sources, and various expenditure categories like Salaries, Benefits, Purchased Services, etc.

PUBLISH: June 9, 2008

101 Lost and Found

- LOST (2) Cocker pup on Ping Coo in Twin Falls, ID. May 25. Call 368-8773 to identify.
FOUND Blue Heeler, male, no collar. Found miles South of Hanson on 930. 208-731-0355
FOUND cat, male. Long orange tabbed. Taken Found around May 17* on South Blk Lakos, end of Harmony Rd. Call 208-733-6575 msg.

108 Professional Services

- SENIOR PORTRAIT PACKAGES 25% (35% with friend) Studio location. MHPHOTOGRAPHY.com or call 310-413-6506
110 HOME/HEALTH CARE
COMPANION for middle-aged disabled gentleman. Successful applicant will receive room/board, \$25/day. 736-4723

LEGAL NOTICE AD FOR BIDS

Sealed proposals will be received by the Idaho Water Control Board (IDWCB) at 322 E. Front St., PO Box 83720, Boise, ID 83726-0399 or at 1341 Filmore St., Twin Falls, ID 83301, until 1:00 PM local time on June 9, 2008.

PUBLISH: June 5, 6, 7, 8, 9 and 10, 2008

NOTICE OF HEARING ON NAME CHANGE

A Petition to change the name of Heidi Avolos Rosendtz, born June 13, 2002 in Twin Falls, Idaho, residing at 578 W 470 N, Shoshone, Idaho 83352 has been filed in Lincoln County District Court, Idaho. The name will change to Heidi Avolos-Rosendtz because an error was made on the paternity affidavit showing AVOLAS as her middle name and RESENDTZ as her last name.

PUBLISH: June 9, 16 and 23, 2008

113 Child Care Services

- Bo Preep Daycare & Preschool Summer fun and games, puppet all summer long. We can help get your child ready for kindergarten. grade 208-733-5007

115 Community Events

- ART EXHIBIT Students of the Art Center will exhibit artwork at Lions and Grapple at O'Neil's Garden. 219 Main Street, Friday June 9, 2008 from 1:00-5:00 pm.
PUBLIC INVITED Please call 734-5858 for more information

IMPORTANT

Please address all legal advertising to: LEGAL ADVERTISING The Times-News, PO Box 548 Twin Falls, Idaho 83301

Deadline for legal ads: 3 days prior to publication. No ads on Wednesday, Sunday, noon on Thursday for Monday, noon on Friday for Tuesday and Wednesday, noon on Monday for Tuesday and Wednesday.

INVITATION TO BID

All sealed bids must be received by 5:00 P.M. on June 16, 2008. All sealed bids will be opened at 1:00 A.M. on June 19, 2008 at the Bid. The guaranty must be in the form of a certified check or a cashier's check drawn on some Idaho bank, made payable to the Idaho Transportation Department, or a bidder's bond.

PUBLISH: June 9, 10, 11, 12 and 13, 2008

NOTICE OF TRUSTEE'S SALE

Idaho Code 45-1506 Today's date: April 28, 2008 File No: 7023.1613 Sale date and time (local time) August 29, 2008 at 11:00. The location is: divide the North entrance of the Lincoln County Courthouse, 111 West E Street, Shoshone, ID 83352 Property address: 60 West 4th Street, Boise, Idaho 83720 Successor Trustee: Northwest Trustee Services, Inc. an Idaho Corporation P.O. Box 997 Bellevue, WA 98005 Recordation instrument number: 178749 County: Lincoln Sum owing on the obligation as of May 29, 2008: \$106,827.31 Because of interest rate changes, and other changes that may vary from day to day, the amount due on the day you may be greater. An adjustment may be necessary after we receive your check. For further information visit or call the Successor Trustee at the address above. Basis of default: failure to make payments when due. Please take notice that the Successor Trustee will sell all public auction to the highest bidder for certified funds or equivalent the property described above. The property address is identified to comply with IC 68-113 but is not warranted to be correct. The property's legal description is: Township 5 South, Range 17 East of Boise Meridian Section 34 of the SE1/4SE1/4, described as follows: Beginning at the Southeast corner of said section 34, being the true point of beginning; thence South 69 degrees 43'52" West along the south boundary of the SE1/4 of section 10 for a distance of 675.57 feet; thence North 54 degrees 37'12" East for a distance of 431.21 feet to a point on the East Boundary of the SE 1/4 of section 10; thence South 69 degrees 43'52" East along the East Boundary of the SE 1/4 section 10 for a distance of 623.60 feet to the southeast corner of section 34 and the true point of Beginning; Subject to a 25.0 foot wide county road easement along the easterly and southerly boundaries of the described parcel. The sale is subject to corners, rules and procedure as described at the sale and which can be reviewed at www.northwesttrustee.com or USA-Forclosure.com. The sale is made with our representation, warranty or covenant of any kind. (T5# 7023.1613) 1002.89933-F

PUBLISH: May 19, 26, June 2 and 9, 2008

PEOPLE FOR PETS

- 1. Doer Hound cross, white and black, 10 lbs. Spurbuck Black.
2. Beagle cross, tri, neutered, male, Lincoln St.
3. Chesey Lab cross, chocolate female, Winco parking lot.
4. Lab cross, tan, male, puppy, 4235 North 1500 East Blvd.
5. Rott cross, brown and tan, female, puppy, 4235 North 1500 East Blvd.
6. Tor, white, gray and tan, male, 4225 North 1500 East Blvd
7. Lab, black, neutered male, Lincoln St.
8. Shepherd Samoyed cross, female, white, pink collar, Spedy Jay.
9. Rott, black and tan female, blue collar Nelson Valley Rd.
10. Red Heeler cross, red merle, Addison & Blue Lakes.
11. Shepherd cross, puppies(4), tan males, The Garden Apartments.
12. Rott cross, black and tan, female, puppy, South Park.
13. Lab, black, male, black collar, Sawtooth Blvd.
14. Hoeler Lab, white and black, female, Shoup Ave E.
15. Forrel, Sun Crest Circle.

420 Victory Ave. PO Box 1163 736-2299 Twin Falls, Idaho

ADVERTISE

Deadline for legal ads: 3 days prior to publication. No ads on Wednesday, Sunday, noon on Thursday for Monday, noon on Friday for Tuesday and Wednesday, noon on Monday for Tuesday and Wednesday.

ACCOUNTING

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SWEAT ASSESSMENT

FITNESS CLASS REVIEWS

Yoga a go-go



Staff writer

BURLEY — Whether you're stressed or your crazy idea of health is hitting your muscles, consider yoga to help loosen you up. Yoga has a stigma for being hippy-dippy and understandably so. In my college yoga class we spent a lot of time listening to our instructor talk about mantras and becoming one with the earth or whatever. There was a lot of gentle stretching, breathing and relaxing, but not so much strengthening. I don't think I ever broke a sweat. If that sounds a little too woo woo for you, give Ed Hernandez a try. His classes are a mix of relaxing and not too out there while giving students one heck of a conditioning workout.

How it went down

At Burley's Impact Athletic on Thursday about eight women were spread out comfortably in the fluorescent studio. Some students were regulars, while another was trying yoga for the first time. Mats, blocks and blankets were provided, and New Age music played quietly on the

The sweat essentials

What: "Power Yoga"
Where: Impact Athletic, 1150 E. 16th St., Burley
When: 6:45 to 7:45 p.m. Mondays and Thursdays; 8 to 9 a.m. Saturdays
Who: The class is most popular with women, but men participate regularly. No minimum age; under 18 must be accompanied by an adult.

Cost: \$10 day pass for non-members; includes gym and pool access. Class is free to members.
Information: 678-5011 or impactathletic.com.

speakers. Hernandez introduced himself to the new folks, dimmed the lights and jumped right into instructing.

"We started with squats, my least favorite exercise in the world. I struggled, but Hernandez made it clear from the beginning that we were to go at our own pace. Don't pay attention to the other students, he said. You are in control of your own body."

"We then tried some traditional yoga poses.



Instructor Ed Hernandez begins Thursday night's 'Power Yoga' class with breathing exercises, at Impact Athletic in Burley.



Yoga students hold the warrior pose during a class at Impact Athletic in Burley.

Hernandez, who has been instructing since 2005, is familiar with many types of yoga and combined a few for this power yoga class. We twisted into a good mix of strengthening, stretching and balancing poses. Hernandez kept us laughing by teasing us and joking around.

Power yoga is a lot more brutal and fast-moving than other yoga I've tried. I thought I was fit, but this class proved me wrong. After the squats and some difficult warrior poses, which require both balance and strength, my poor weak legs started shaking uncontrollably. Hernandez came over and helped me into a relaxing pose while

the rest of the ladies continued their regular routine. We wound down at the end of the hour and spent the last 10 minutes relaxing on the ground and clearing our minds. By far, this was my favorite part of the evening.

What hurt the next day

If you attend this class, expect to feel the burn. Even buff body builders struggle during their first few times. Hernandez said, "They'll find they're not as strong as they think they are in certain parts of their body," he said. Unsurprisingly, my legs felt sore first thing the next

morning. My thighs especially smarted. Power yoga helps point out our bodies' weaknesses, Hernandez said, and it looks like mine is my legs. Time to get to the gym and work on those squats, I suppose.

My arms also felt tired from some of the repeated lifts and push-up-like poses. My wrists were a bit sore from supporting myself in planks and downward dogs, but none of the pain was unbearable.

Who should stay away

There is a yoga class for everyone, Hernandez said, but "Power Yoga" might not be the best bet for people who have had multiple

injuries or who aren't in the best shape. If you're set on this class but fit into one of those categories, let Hernandez know. He can modify the exercises to fit your abilities.

Also, if you're touchy about people touching you, stay away. While instructing, Hernandez has to invade students' personal bubbles to correct positions or help with stretches. Although he's respectful and his adjustments help, you might want to stick with the weight room if you like your space while working out.

Missisa Davlin may be reached at 208-735-3234 or missisa.davlin@lee.net.



Ed Hernandez demonstrates the warrior pose.

When a sundress just won't do

By Teresa Wittz
The Washington Post

WASHINGTON — The sundress has its usefulness, of course: Pretty, polished, practical. Dare we add — predictable? But there are days when covering up is in order. And as a tried-and-true alternative to the ubiquitous summer frock, how about the summer tunic? So babe Paley, so Jackie O, so boho-rich-girl chic.

It's a perennial classic, constantly popping in and out of style, ever since the Greeks and Romans started sporting them way, way, way back in the day. It crops up in cultures around the world, in different incarnations, from the North African djellabah to the Indian kurta to the

English smock. The tunic really had its moment a couple of seasons back, when Tory Burch co-opted the '70s and made it the must-have item from summer. But never mind the vagaries of fashion's ins and outs: The tunic remains a go-to staple in any grown woman's wardrobe. As Halston once observed, the tunic makes even the most non-X-masque among us look good.

This season, you can find a myriad of variations on a theme: Floral and fluttery, like Diane von Furstenberg's little red and white butterfly number. Or ornate and beaded, like Burch's white and silver beaded topper. Or Mexican campesino like Project E's hip skimmer. Or bold and bright like Sita de Vesci's embroidered turquoise silk. Toss them over a bathing suit for a quick coverup, or don them with jeans and earrings, and you're good to go. (Added incentive: Grab one now, and you're likely to find one on sale.)

Plus, it's got a marvelous way of hiding those blasted bumps and bulges.



From left, India Pearl Tunic by Sita de Vesci, \$350, and Dulcine lines top by Tory Burch, \$297.



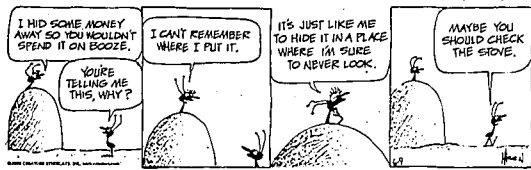
Wittz, Burch-Peter



Marill spinoff. Here's what to try by Diane von Furstenberg, \$185

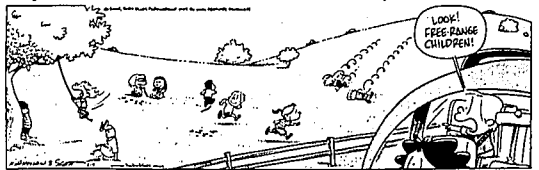
B.C.

By Johnny Hart



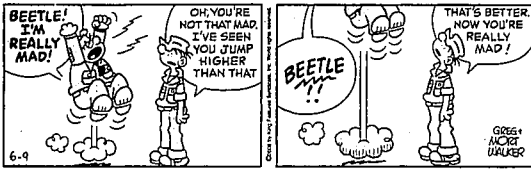
Baby Blues

By Rick Kirkman & Jerry Scott



Beetle Bailey

By Mort Walker



Blonde

By Dean Young & Stan Drake



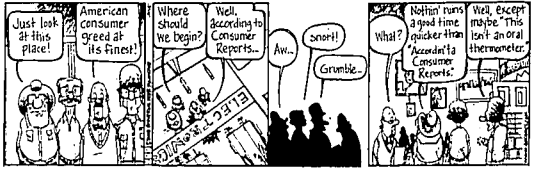
Dilbert

By Scott Adams



The Elderberries

By Phil Frank and Joe Troise



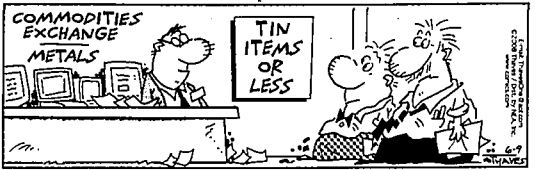
For Better or For Worse

By Lynn Johnston



Frank and Ernest

By Bob Thaves



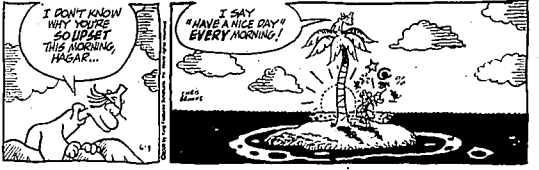
Garfield

By Jim Davis



Hagar the Horrible

By Chris Browne



Hi and Lois

By Chance Brown



Luann

By Greg Evans



Classic Peanuts

By Charles M. Schulz



Pearls Before Swine

By Stephan Pastis



Pickles

By Brian Crane



Rose Is Rose

By Pat Brady



Non Sequitur

By Wiley



Dennis the Menace

By Hank Ketcham



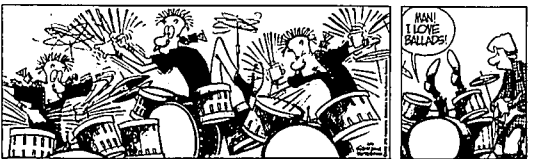
The Wizard of Id

By Brant Parker & Johnny Hart



Zits

By Jim Borgman and Jerry Scott



TO DO FOR YOU

Fitness for teens, preteens

Primary Therapy Source offers new programs called "Teens and PreTeens on Target," promoting healthy lifestyle changes for preteens (ages 9-12) and teens who want to improve their overall fitness and knowledge about exercise, strength training and weight management.

Small groups will meet 5-6 p.m. Tuesdays and Thursdays, this week through Aug. 28, at Primary Therapy Source, 254 River Vista Place in Twin Falls.

Participants receive fitness evaluations from physical therapists; personal training schedules for exercise, stretching, conditioning and cardiovascular activities; and education on diet and nutrition.

Cost varies; payment not available for Medicaid, grant funding, private insurance and private pay. Pre-registration required; 734-7333.

'Baby and Me'

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

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

Childbirth refresher

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

Childbirth preparation and procedures will be reviewed, along with a video tour of the Women's and Infant Center. Cost is \$20. Pre-registration required; 732-3148.

Learn CPR for babies

Infant safety and cardiopulmonary resuscitation class, 9 a.m. Wednesday, in the lobby at St. Luke's Magic Valley's downtown campus, 660 Shoshone St. E. in Twin Falls.

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

About childbirth

The birthing class of St. Benedict's Family Medical's prepared childbirth series, 7-9:30 p.m. Wednesday, at the Ambulance Building, 240 E. Main.

Topics: the birth process and breathing techniques. Bring two pillows, a blanket and, if possible, a support person. Fee is \$5. Register; 324-6133.

About C-sections

Cesarean childbirth class, 6:30-9 p.m. Tuesday, in the lobby at St. Luke's Magic Valley's downtown campus, 660 Shoshone St. E. in Twin Falls.

Topics: Cesarean deliveries, nonconforming labors, pain

'Over 60 and Getting Fit' receives national honor

Staff report

The College of Southern Idaho's long-running "Over 60 and Getting Fit" program was honored as one of the 2008 Older Americans Month Program Champions by the U.S. Administration on Aging.

Programs throughout the nation are featured on the AOA Web site (www.aoga.gov/PRESS/observances/oaam/Archive/2008/Program_Champions.aspx). CSI's was the featured program in the nation on May 27. The agency is recognizing initiatives that modernize community-based long-term care and provide

greater assurance that older people will maintain their independence longer. CSI said.

CSI's senior fitness program has been helping Magic Valley seniors for more than 30 years and has spread from its home on the Twin Falls campus to nine other locations in southern Idaho each spring and fall semester. More than 900 seniors typically sign up for the guided stretching and walking classes each semester. Participants are also urged to get involved in community and volunteer activities and service projects.

Information: Jan Mittleider at 732-6488.

Cost: \$25 for CPR, \$40 for CPR and first aid, and \$35 for health care providers; all with American Heart Association two-year certification.

Pre-registration required; 404-2932 or 404-9872 or at Keys to CPR.

Big Kids Klub

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

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

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

About diabetes

St. Benedict's Family Medical and Curves in Jerome present "Promoting Health and Wellness and Reducing Your Risk for Type II Diabetes," 7 p.m. June 17, at Curves, 215 E. Lincoln in Jerome.

Ann Bybee and Jeanie Mayer will speak. Free; open to the public. Information: Curves at 324-7222 or St. Benedict's at 324-9533.

About power of thought

"The Power of Thought" four-week program, 6 p.m. Tuesdays, June 17 through July 8, at the Jerome Recreation District, 2032 S. Lincoln.

Sarah Hope, former registered nurse and health educator, will discuss why we think what we think, gratitude, and healing the body through thought. Cost is \$15. Register; 324-3389.

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

Who needs a drill sergeant when you've got a few buddies?

By Howard Schneider
The Washington Post



Renee McCoy-Collins, foreground, Veffa Franchini, Barbara Stauffer and Jennifer Visick, all members of Slipper Camp, share in the joy of sit-ups.

Like so many good ideas, it began with a camaraderie and some of her friends were chatting over cocktails about their experience with exercise "boot camps." Several agreed they found the order-banking, rain-or-shine ethic the same way about the workouts. They wanted a challenge but also the liberty, on occasion, to phone it in and go for coffee.

So "slipper camp" was born. It's a pink-logo alternative that still includes plenty of push-ups, but is as much about camaraderie as it is about waking up sore the next morning.

The group, which includes about 20 women, mostly from Northwest Washington, meets early mornings three times a week in a park for an hour of calisthenics, jogging and strength training. Using routines that vary as the mood strikes, they might go for a longer run one day, do plyometric jumps the next or focus on strengthening exercises such as push-ups and triceps dips using picnic benches for support.

Without a leader or trainer, they all suggest what exercises to do. In that regard they push each other — and demonstrate the value of turning exercise into a group endeavor. Peer pressure has its drawbacks, but it can also help yank you out of bed at 5:30 in the morning and convince you that climbing up and down on a picnic table is a good thing. "Don't cheat your body," says the campers, most of them middle-aged professionals, call to each other as fatigue starts to build during sets of push-ups and planks.

There's a large body of research literature exploring what motivates people to exercise, an issue health and fitness professionals (not to mention gym owners and corporate types) must learn to better understand. Researchers talk about the "intrinsic" joy that an athlete feels pursuing a sport and "extrinsic" forces such as the

fear of getting sick; they divide motivation into dozens of compartments and subcompartments.

But humans are social, and one of the best prods to make you show up is knowing your friends are going to be there, too. If you can convince yourself that sweat will be part of the equation, you'll have done each other a favor and perhaps provided some relief from the solitude of the typical cardio machine workout.

As she reached a new plateau in her marathon training, Kate Naumbert said it was the encouragement of her colleagues with Team in Training, a charity that raises money by assembling groups to participate in endurance events, that got her through a 16-mile run recently. Running with a buddy carried her through the first 10 miles, and as she tired, she found slower runners to match her pace.

"The only way I made it through was by hanging out" with others in the group, she said.

It doesn't just be friends, either. When Jeff Voss took over as principal at a high school in Fairfax, Va., health and phys

ed department chairman Barbara A. Clark pitched him an idea she thought would help the staff stay in shape and build morale.

Now virtually everyone on the school staff sports a pedometer and is striving to log the recommended 10,000 steps a day. Clark organized them into teams of eight, and the cross-departmental squads vied for an award.

"Everybody wants to have fun. Everybody wants to play," Clark said. "Now people are setting little goals and working for the team. ... They are determined to get the 10,000 steps."

Another advantage of a group: With people to share ideas about what to do, you might avoid the cost of joining a gym.

At slipper camp, the found environment becomes part of the workout. A split rail park fence becomes a pike bar; a building wall becomes a brace. The members look for new exercises to try or lobby to include old favorites.

With the support of a group, "you get to the 30th push-up," said Jennifer Visick, a consultant with Booz Allen Hamilton in Northern Virginia.

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Do you really need that morning coffee?

According to the Washington Post, the coffee drinkers among us would save around \$55,000 over 30 years if they cut out their daily \$3 latte habit. That might not seem to be a whole lot of money over three decades, but think about how nice that would look in your retirement account right now.

Before you buy anything, start thinking about how much that habit may cost you in the long run. Put all that money you save into a retirement account. Little things can mean a lot.

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See the light

The Washington Post

Think sun protection is necessary only for your skin? Think again. The American Optometric Association (AOA) says prolonged exposure over time to the sun's ultraviolet rays has been linked to cataracts and degeneration of the cornea, among other problems. Children and teens are particularly at risk because the lenses of their eyes are more transparent than adult lenses.

The association advises wearing sunglasses even on cloudy days. Choose those that block out UV-A and UV-B radiation and screen out 75 to 90 percent of visible light. Gray-colored lenses provide the most natural color vision, according to the AOA.

'Alive and well'

Twin Falls health educator Jan Mittleider's column returns.

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Jeanie Mayer - Registered Dietitian

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Diets that can eat away at illnesses

By Janet Cronley
Los Angeles Times

Lydia Becket was only 1 year old when the seizures started — racking convulsions that came in waves, often several a day.

For the next two years, her parents tried one medication after another: Tegretol, phenobarbital and Topamax. The same drugs that bring relief to many children with epilepsy just made her sicker.

Then Lydia's medical team put her on a ketogenic — or high-fat, low-carbohydrate — diet. Within a week, she was seizure-free.

"I don't know where we would be if it wasn't for that diet," said her mother, Camilla Becket, who has chronicled the stories of several families coping with epilepsy in the film "Childhood Epilepsy: What You Do to Know" (more on the film is online at www.becketfilms.com/health/diagnosis/epilepsy.php).

The diet, which is more than 85 years old and has been extensively tested, made headlines earlier this year when British researchers presented the strongest evidence to date of its efficacy. In a randomized controlled study of 145 children ages 2 to 16 who had more than seven seizures a week and were unresponsive to medication; senior author Dr. J. Helen Cross of the Institute of Child Health and Great Ormond Street Hospital in London reported a 38 percent reduction in mean seizure frequency among the 54 children assigned to receive the ketogenic diet.

The control group experienced no change in seizures, according to the report, which appeared in the online edition of *Lancet Neurology*.

The results come as researchers and physicians are seeking ways to leverage the ketogenic diet to treat various other neurological disorders, including ALS, brain tumors, autism, Parkinson's disease, Alzheimer's disease, epilepsy and migraines. Many of these conditions respond to anticonvulsant medications, said Dr. Eric Kossoff, medical director of the Ketogenic Diet Center at Johns Hopkins Hospital, and the ketogenic diet seems to act as an anticonvulsant.

Using diet to control disease is nothing new. "For many conditions, we have come to accept special diets as routine parts of medicine," said Dr. George Christison, professor of psychiatry at Loma Linda University in Southern California.

Examples include diets low in simple carbohydrates (starches, sugars) for people with diabetes; low-fat diets high in fruits, vegetables and nuts for people with cardiovascular disease; phenylalanine-free diets for the genetic disorder phenylketonuria; low-sodium diets for hypertension; and low-fat diets for gallstones. Some parents of children with autism spectrum disorders are putting their children on diets that eliminate foods with gluten and/or casein in the hopes that the diet may help, although the jury is still out on whether this diet is effective.

Most of these diets have an obvious cause-and-effect relationship to the disease, such as the lactose-free diet for the treatment of lactose intolerance and the gluten-free diet for celiac disease. But diets without this clear connection to the causes of a disease are gathering steam

in mainstream medicine as well. They include the following:

• **Anti-inflammatory diets.** "Inflammation appears to be a common thread of many chronic diseases of aging, like Alzheimer's, heart disease, diabetes and common forms of cancer," said Dr. David Heber, director of the University of California, Los Angeles, Center for Human Nutrition.

An anti-inflammatory diet involves reducing total fat, which by its nature reduces the amount of omega-6 fats, which are believed to promote inflammation. One consumes either fish three times a week or about 3 grams of fish oil supplement a day. This boosts levels of omega-3s, which have anti-inflammatory properties. Adherents also eat lots of richly colored fruits and vegetables, which are also anti-inflammatory.

The role of inflammation in disease is the subject of a growing body of research, including a study of 28,263 women appearing in the March 2006 *New England Journal of Medicine*, in which Harvard researchers found a strong link between a blood chemical linked to inflammation and cardiovascular health.

• **Alteration of diet may also be powerful in prevention and treatment of eye disorders,** said Allen Taylor, director of the nutrition and vision research lab at the USDA Human Nutrition Research Center on Aging at Tufts University.

Taylor's group is studying the effect of a low-glycemic diet — a diet low in simple carbohydrates — in the prevention and treatment of macular degeneration and cataracts. The group has found that controlling spikes in blood sugar can result in diminished risk for age-related macular degeneration and cataracts. This benefit is achieved with dietary measures as simple as replacing white bread and pasta with whole grain breads and pastas, and by limiting sweet foods or drinks.

• **Diet has been shown to lower the risk of diabetes in people with pre-diabetes,**

"For people who have a lot of trouble controlling their diabetes, a low-carb diet can be helpful. But the ketogenic component, the more severe carb restriction, may or may not have extra benefits."

— Dr. Christine Gerbstadt, a Florida-based physician and registered dietitian in private practice

which can develop into Type 2 diabetes, sometimes even returning their blood sugar levels to normal. In a three-year trial known as the diabetes prevention program, a low-fat, weight-loss diet (and exercise) reduced by 58 percent the chances that a person with impaired glucose tolerance would go on to develop diabetes. It did so more dramatically than the diabetes drug metformin. The results, published in the *New England Journal of Medicine* in 2002, were so pronounced that the trial was halted a year early.

In addition, a low-carb, ketogenic diet was found in a 16-week study of 28 overweight individuals with Type 2 diabetes to reduce the need for diabetes medications. The study was published in 2005 in the *Journal of Nutrition and Metabolism*.

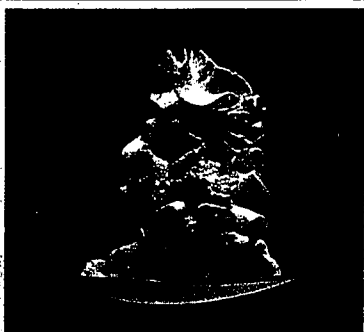
"For people who have a lot of trouble controlling their diabetes, a low-carb diet can be helpful," said Dr. Christine Gerbstadt, a Florida-based physician and registered dietitian in private practice. "But the ketogenic component, the more severe carb restriction, may or may not have extra benefits." Such a diet might be worth a try under medical supervision, she said — with the understanding that a diet rich in animal fats could present a health trade-off.

• **Mood disorders, such as attention-deficit disorder, depression, anxiety and aggression, can be helped by diet, either when medications fail or as an adjunct to medications,** said Dr. Bill Sears, an associate clinical professor of pediatrics at the University of California, Irvine, School of Medicine.

"There's a lot of good science on food and the brain, particularly in the area of omega-3 fatty acids," Sears said.

A 1998 study by Dr. Joseph Hibbeln of the National Institutes of Health reported that countries with the highest rates of depression ate the least fish, whereas those with the lowest ate the most. Hibbeln has also reported that women who have higher levels of DHA, one of the omega-3 fatty acids found in fish, in their breast milk have lower incidence of postpartum depression than women with lower levels. And in a January review of complementary and alternative medicine treatments appearing in *Current Opinion in Psychiatry*, researchers at the University of Western Australia in Perth concluded that data on the effectiveness of omega-3 in managing depression is promising.

Not all studies, however, have reported a beneficial effect of omega-3s on mood disorders.



In a ketogenic diet, fatty foods such as heavy whipping cream are a necessity.

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