



**Spin me right round**  
The Sweat Assessment takes on spinning class.

**Zooming to the lead**  
Chester nabs first win at Speedway.  
SEE PAGE B1

**Good Morning**  
High: 93  
Low: 62  
Another hot day. Details: B4  
magvalley.com/weather

# Times-News

**MONDAY**  
July 14, 2008  
75 cents

## A birthday makeover

**County plans to restore courthouse for 2011 centennial**

By Nate Poppino  
Staff writer

In 2011, the Twin Falls County Courthouse will turn 100 years old.

"And like any centenarian, it should look its best for the big day."

County officials are planning a series of restoration efforts over the next two years to patch up, repaint and otherwise return the aged building to its former glory after decades of visitors, weather and occasional neglect.

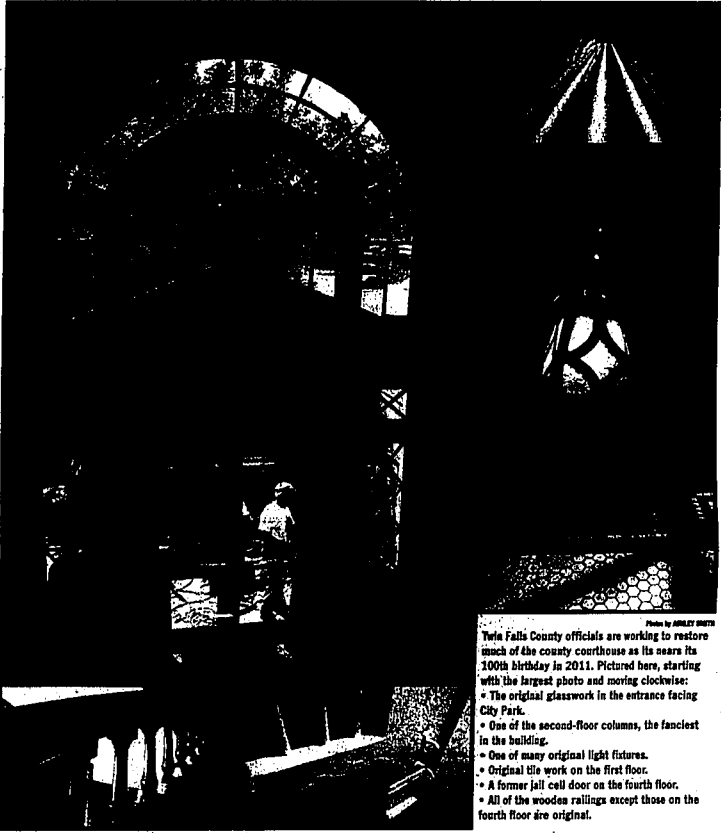
"She's a beautiful old building, and she needs to be respected," County Commissioner Chairman Tom Mikessell said.

Contractors have already touched up architectural designs on the roof this spring. During the past two weeks, they've worked to restore the northwest and southeast entrances to the building. The next two years could see a fresh coat of paint in other areas and improvements to the windows, woodwork and parking lot, as well as buried power lines now draped across one side.

Commissioner Terry Kramer said.

Started in 1907, the courthouse took four years to complete and cost \$150,000, said Michael L. Miller, who kept the building clean and in one piece for 27 years. He currently heads a team with two other maintenance workers, kept busy with the ancient

Please see RESTORE, Page A3



Twin Falls County officials are working to restore much of the county courthouse as it nears its 100th birthday in 2011. Pictured here, starting with the largest photo and moving clockwise:

- The original glasswork in the entrance facing City Park.
- One of the second-floor columns, the fanciest in the building.
- One of many original light fixtures.
- Original tile work on the first floor.
- A former jail cell door on the fourth floor.
- All of the wooden railings except those on the fourth floor are original.

## T.F. city budget up more than 24 percent

20 percent hike in monthly water bill

By Jared S. Hopkins  
Staff writer

The city's total budget will increase by more than 24 percent next year to \$51 million — up more than \$10 million — with a series of expected rate increases to taxpayers making up some costs.

About one-third of the budget is being spent on capital projects — large items to address infrastructure or service needs.

The 2008-09 fiscal budget, designed alongside the city's new five-year strategic plan, reflects infrastructure needs, including water and roads, and it will be partially funded with increases to water rates and property taxes.

Please see HIKE, Page A3

## Nine U.S. soldiers killed in Afghanistan

15 wounded at base near Pakistan border

By Jason Straziwo  
Associated Press writer

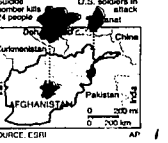
KABUL, Afghanistan — A multi-pronged militant assault on a small, remote U.S. base close to the Pakistan border killed nine American soldiers and wounded 15 Sunday in the deadliest attack on U.S. forces in Afghanistan in three years, officials said.

The attack on the American troops began around 4:30 a.m. and lasted throughout the day.

Please see ATTACK, Page A3

## Deadly violence

Nine U.S. soldiers were killed Sunday by a militant attack in Afghanistan. Twenty-four civilians including five policemen were killed by a suicide bomber.



Source: EIRI

## Keeping you guessing

Video game characters get smarter

By Barbara Ortatz  
Associated Press writer

NEW YORK — In the upcoming video game "Star Wars: The Force Unleashed," the evil Stormtroopers are smart enough to keep players guessing.

Throw something at the white-armored troopers, and they may toss a grenade back. Or they might just put their hands up. Or they could do something completely new, each time the game gets played.

Video games used to come preprogrammed with canned movements that expert players eventually could anticipate and figure out. But recent advancements in video game design — and new game consoles with dazzling computing power — have endowed computer-controlled characters with a sense of



This photo, provided by Electronic Arts, shows the video game "Spore," from "Star" creator Will Wright, which immerses players in a world that is the product of their own creativity.

## 'Lob bombs' new biggest worry for U.S. in Baghdad

By Robert Burns  
Associated Press writer

CAMP LIBERTY, Iraq — U.S. forces may be close to unlocking the mystery of who is behind a deadly innovation in Iraqi insurgents' weapons, a "lob bomb" now being used in Baghdad to target U.S. and Iraqi combat outposts, a senior American general said Friday in an Associated Press interview.

Maj. Gen. Jeffrey Hammond, commander of U.S. forces in Baghdad, called the weapon "the greatest threat right now that we face," and he likened the shadowy group behind it to the American military's elite Delta Force.

The weapon is particularly worrying because it is designed to cause catastrophic damage and cannot be stopped once it has been launched, Hammond, commander of the 4th infantry



Military vehicles are seen at a U.S.-Iraqi military outpost in the Sadr City section of Baghdad, Friday that was struck April 28 by an improved rocket-assisted mortar, a weapon that Maj. Gen. Jeffrey Hammond said is the greatest threat facing American troops in Iraq now.

Division, said in an interview in his office at this U.S. military headquarters compound just west of the capital.

U.S. forces detained a man on Thursday who Hammond said could provide valuable insights into the group behind

Please see BOMB, Page A8

At Your Service directory	.C5	Comics	.....D2	Jumble	.....C4	Obituaries	.....A5
Bridge	.....C6	Crossword	.....C7	Magic Valley	.....A4	Opinion	.....A6-7
Calendar	.....A2	Dear Abby	.....B4	Movies	.....A5, A7	Sudoku	.....C5
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**U.S. spells out Fannie-Freddie plan.**  
SEE PAGE A8



# Attack

Continued from page A1

Militants fired machine guns, rocket-propelled grenades and mortars from homes and a mosque in the village of Wandu in the mountainous northeastern province of Kunar, NATO's International Security Assistance Force said in a statement.

Although no final assessment has been made, it is believed insurgents suffered heavy casualties during several hours of fighting," NATO said in a statement.

U.S. officials say militant attacks in Afghanistan are becoming more complex, coordinated than a year ago. Monthly death tolls of U.S. and NATO troops in Afghanistan surpassed U.S. military deaths in Iraq in May and June. And last Monday, a suicide bomber attacked the Indian Embassy in Kabul, killing 58 people in the deadliest attack in the Afghan capital since 2001.

U.S. officials are considering drawing down additional forces from Iraq in coming months, in part because of the need for additional U.S. troops in Afghanistan. U.S. officials have said they need at least three more brigades in Afghanistan — or more than 10,000 troops. NATO confirmed nine of its soldiers had been killed and 15 wounded. A Western official said the nine dead were Americans, speaking on condition of anonymity because he was not authorized to release the troops' nationalities. Four Afghan soldiers also were wounded, NATO said.

Lt. Col. Rumi Nielson-Green, the top U.S. military spokeswoman in Afghanistan, said she could not comment because the fighting was ongoing. The attack was the deadliest for U.S. troops in Afghanistan since June 2005, when 16 American troops were killed — also in Kunar province — when their helicopter was shot down by a rocket-propelled grenade. Those troops were on their way to rescue a four-man team of Navy SEALs caught in a militant ambush. Three SEALs were killed, the fourth was rescued days later by a farmer. The latest assault came at a time of rising violence in Afghanistan. Also on Sunday, a suicide bomber targeting a police patrol killed 24 people, including 19 civilians, while U.S. coalition and Afghan soldiers killed 40 militants elsewhere in the south. More than 2,300 people — mostly militants — have died in insurgency-related violence this year, according to an Associated Press tally of official figures. Attacks in eastern Afghanistan are up 40 percent this year compared with last year.

# Restore

Continued from page A1

cloth-wrapped wiring and other quirks that make the building both endearing and hard to maintain, he said.

"Flourishing and electrical — to end the death of the building," Miller said, listing his department's priorities.

Outside, the brick building is covered in a skin of sandstone. Inside, the unadorned, hand-plastered walls still hold original light fixtures, and most of the staircases and wood accents are the original solid oak, covered with the heavy varnish used in years past, he said. Coal chutes in the basement have become access panels for plumbing work and an emergency exit out of the sheriff's office. The exact techniques used to build the facility, including the hand-plastering, have been lost to time, Miller said.

But the building's not quite one of a kind. The county courthouse in Elko, Nev., bears many similarities and may have been designed by the same architect, Miller said.

The most drastic change over the years may have been the fourth floor, Miller said. It was offices until the 1920s, at which point it became the county jail. The original offices were restored in the mid-1990s, after Miller's tenure began.

Today, the only remnant of the jail is a thick door with a grilled window in a human resources hallway. The room, formerly a cell with various uses, now holds electronic equipment.

The county is still finalizing costs of the work for the next two years, Miller said. But whatever that total comes out to, he said, it's worth the work for a building dear to the history buff.

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# Hike

Continued from page A1

budget summary prepared by City Manager Tom Courtney.

The city's operating budget — 65 percent of the total — will increase by 7.25 percent.

An increase in water rates — the average summer water bill will increase 20 percent, from \$22.99 to \$27.52 — will help fund water projects, including those related to the purchase of Pristine Springs that officials said will increase the city's water quality and increase its quantity. Expenses in the city's water fund will increase by nearly 17 percent.

Funding will go toward designing a system so the city meets new federal arsenic standards, and \$400,000 for debt service for a loan to purchase a share of Pristine Springs. Debt service for the construction project — the city believes it will receive judicial approval to go into debt without voter approval — will not be budgeted until next year.

The city will also budget \$1.4 million to begin improvements to its wastewater treatment plant and \$1.15 million for four pressure irrigation pump stations. The city is projecting property tax revenue will increase by \$1.1 million, which will increase the tax rate by 2 percent from \$6.65 per \$1,000 of market value to \$6.80 per \$1,000. Residential assessments have remained steady, but commercial values have increased.

Other budget items include replacement of the sewer

main from Locust Street to Canyon Springs Road; \$185,000 for rehabilitation to the city's swimming pool; and updates to city parks such as restrooms and playground equipment.

The budget was influenced by the economy's slowdown, a moderating growth rate, rising costs, the city's influence as a regional center and the city's need to invest in infrastructure, Courtney wrote.

The changes come as growth is slowing, according to the report. There were 121 housing starts through June — well below the 10-year average of nearly 172. And new water connections dropped from a high of nearly 5 percent in 2006 to less than 2 percent for the current fiscal year.

Meanwhile, the city is expecting state revenue from sales tax to decline by 3.5 percent; May was the fifth straight month where state sales tax receipts did not meet projections.

A final budget and a public hearing are expected in the next several weeks. Some rate increases will require individual public hearings.

The city council will hold a budget discussion at 2 p.m. today at 303 Third Ave. E. The meeting is open to the public.

Jared S. Hopkins may be reached at 208-735-3204 or [jhopkins@magicvalley.com](mailto:jhopkins@magicvalley.com).

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# Please join us...

as the Citizens Advisory Board deliberates on cleaning up at the Idaho National Laboratory Site including:

- ➔ Progress to Clean up
- ➔ Waste Area Group (WAG) 10-08 Proposed Plan briefing
- ➔ Acceleration Retrieval Project (ARP)-III Engineering Evaluation/Cost Analysis (EE/CA)
- ➔ Draft Record of Decision (ROD) for the Radioactive Waste Management Complex (RWMC) Operable Unit 7-13/14
- ➔ WAG 3-14 Remedial Design/Remedial Action (RD/RA) Work Plan

AmeriTel Inn  
645 Lindsay Boulevard, Idaho Falls  
July 18 (Wednesday), 8 a.m. to 5:00 p.m.

Public question and comment sessions will be held periodically throughout the meeting. For a detailed agenda or other information, contact Robert Perera, U.S. Department of Energy-Idaho Operations Office, Federal Coordinator at 208.626.6518 or visit [www.inwmcab.org](http://www.inwmcab.org).

**INL Site Environmental Management**  
CITIZENS ADVISORY BOARD

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# Canyon Ridge Right where it should be



High above the ground, construction workers add to the west wall of the new Canyon Ridge High School in Twin Falls on Friday.

## New high school's construction on schedule

By Eric Larsen  
Staff writer

The jackrabbit hunting near Blue Lakes Boulevard North isn't what it used to be when Mike Federico was a kid patrolling farmland near the Snake River Canyon.

And soon, the westerly wind that so often blows across northern Twin Falls, will have one more obstacle to traverse when Canyon Ridge High School is completed, bringing with it all the promises of growth, change and opportunity that education affords.

Today, nearly 14 months after more than 250 people attended the groundbreaking for the project funded by a \$19.7 million school bond passed in 2006, the partially-completed campus already represents those promises — growth, change, opportunity.

"It's exciting to have that facility," said Federico, a longtime Twin Falls resident and the athletic director at Twin Falls High School. "It's exciting for our kids. I know what that brings to their lives in a bigger sense. I'm excited for the growth of opportunity for kids."

Recent weeks have seen perhaps the most startling progress in the building of the 219,716 square-foot high school. After a wet, windy spring confound against the Benton Construction Company crews working on the site, the current streak of hot, dry weather has allowed builders to make significant gains, project superintendent Leonard Bay said.

"Oh yeah, that makes up for all those bad days so we can make up a little bit of ground," Bay said of the recent heat wave. "It won't be long before we'll be back in it. The goal is to have the building shell enclosed by October so everything will be inside from there."

Bay said people around town "just think it exploded out of the ground," though the man who time and again



Canyon Ridge High School construction as seen from the Washington Street North and North College Road intersection on Friday.

"The goal is to have the building shell enclosed by October so everything will be inside from there."

— Project superintendent  
Leonard Bay

has to answer if his crews are on schedule said with a chuckle, "I'd like to see it go quicker."

But is the project on schedule? "That's the million-dollar question," Bay said. "Right now we're right where we should be. There's a couple areas that are ahead of schedule and a couple that are behind."

Bay said the building is "50 to 60 percent" complete, and he expects crews to begin hanging sheetrock soon and begin painting in about a month.

Meanwhile at Twin Falls High School, Federico said that improvements to Bruin Stadium — the football field

where TFHS athletes are looking forward to eventually hosting the Canyon Ridge Riverbawks — are moving ahead as planned.

"They're almost finished with the bleachers and they're working on the new press box," Federico said. "We don't have a press box right now. It's supposed to be done before the start of football, and they're on track."

The project, budgeted at \$522,050, is expected to be followed by a planned locker room expansion and addition of a foyer between Bann Gymnasium and the school's auxiliary gym, Federico expects that project will begin in October.

"I think things seem to be on track," Federico said. "They're not leaving us out of the loop and they're working on it."

District Superintendent Wiley Dobbs, out of town for conventions Friday, was unavailable for comment.

Eric Larsen may be reached at 208-735-3220 or elarsen@magicvalley.com.

## Local GOP to pick Brackett's replacement

By Jared S. Hopkins  
Staff writer

Local Republicans will meet Tuesday to pick a replacement for Rep. Bert Brackett, R-Rogerson, on the Nov. 4 general election ballot, as well as three nominations for Gov. C.L. "Butch" Otter to pick as a successor to finish Brackett's term.

Brackett, a second-term legislator, was picked Thursday by Otter to finish the term of state Sen. Tom Gannon, R-Butte, who died in June. The decision was mostly a formality, as the District 23 Republican Central Committee had already picked Brackett to replace Gannon on the general election ballot — a move that doesn't need Otter's approval.

The meeting will be held at 7:30 p.m. Tuesday in Mountain Home at A.J.'s Restaurant. Selections are nominated and voted on by the District 23 committee. Anyone living in rural District 23 — Owyhee County and western Twin Falls County — is eligible to serve or attend Tuesday's meeting.

Just four people sought the three nominations for Gannon's seat, Brackett now faces Democrat Bill Chisholm in the general election.

But Brackett's seat in the House is unopposed, meaning whoever is picked

Tuesday for the November ballot essentially already has the seat — and some Republicans have said they expect a high number of candidates.

It's possible that those who lost to Brackett in seeking Gannon's seat will try again Tuesday. They are Stephen Hartgen, a Twin Falls business consultant; Jeanne Gannon, wife of Tom Gannon; and Doran Parkins, a retired school administrator who lost to Tom Gannon in the primary.

Another candidate is former state Rep. Gene Winchester, who unsuccessfully ran for state controller a few years ago. Winchester, a conservative lawmaker, made waves at the end of his 14 years in the Legislature when he called two other legislators "queer lovers" in a House debate.

Steve Millington of Filer is also running, said Rick Martin, chairman of the Twin Falls County Republican Liberty Caucus. The committee has 15 days from a vacancy to submit nominations to the governor, after which Otter has 15 days to choose a replacement. If he misses the deadline, the committee chooses among its choices.

Jared S. Hopkins may be reached at 208-735-3207 or jhopkins@magicvalley.com.

## Rupert citizens assist police

By Laurie Welch  
Staff writer

### Rupert Citizens on Patrol

Sitting around lamenting about burgeoning crime is not the style of one Rupert couple. During the past 11 years, George and Joan Falkner have been lending a hand to police by hitting the streets as Citizens on Patrol.

The program was set up to use community members who regularly patrol the streets of the city and provide police with tips on unusual or suspicious activity.

"It's a very valuable program," said Rupert Police Lt. James Wardle. "It puts that extra set of eyes out there, it's kind of like a beefed-up neighborhood watch."

George Falkner, who was the Mindoka County Disaster Services Coordinator for 40 years, and his wife Joan were asked to lead the group when it formed in 1997. After receiving a grant for a couple of cell phones, they asked several of their friends for help and were off and running.

"I didn't know anything about it, but I thought the idea was great," George

For more information call the Rupert Police Department at 208-434-2330.

Falkner said. Today, they put in about two hours of patrol a week and the group, which has about 15 members, combines for 40 hours of patrol a month.

Participants go to the police department before they patrol to get a list of things to watch for, such as high crime areas, license plate numbers or businesses, and then they hit the streets and watch for anything unusual to happen. Once they spot something, they do not intervene, but rather report to dispatch or directly to officers on duty, Wardle said.

George Falkner said one time the group spotted a hit-and-run car the police had been trying to locate for a couple of weeks.

Please see RUPERT, Page A5

## Applauding pollution prevention

DEQ looks for clean Idaho businesses and organizations

By Damon Hunzeker  
Staff writer

If you weren't aware of National Pollution Prevention Week (P2 Week), you probably didn't know that June was National Candy Month, either. "There's a lot of weeks and months out there," said Joanna Pierce, pollution prevention specialist with the Idaho Department of Environmental Quality. "Some are more high-profile than others, like Earth Day. But for a long time, people

### Know an environmental champion?

Applications are available at: [www.deq.idaho.gov/Applications/p2\\_champion/addchampion.cfm](http://www.deq.idaho.gov/Applications/p2_champion/addchampion.cfm) or by contacting Joanna Pierce at [joanna.pierce@deq.idaho.gov](mailto:joanna.pierce@deq.idaho.gov).

didn't know about Earth Day, either." P2 Week, organized by the National Pollution Prevention Roundtable in Washington, D.C., will be observed Sept. 15-21.

"Every year, we ask the governor to issue a proclamation to recognize businesses and organizations that go above and beyond in their efforts to prevent, rather than manage, pollution," Pierce said.

Pierce said, "Prevention is, not about managing waste or

imposing controls upon the methods of production, but instead, avoiding toxins in the first place by using better materials and more efficient equipment.

DEQ is more likely to reward a smoke-spurring factory that changes its ways than an otherwise clean business such as an aroma-therapy store, she acknowledged, but it's not entirely about business.

"We'll also recognize colleges. Please see PREVENTION, Page A5

## PRACTICING, PLAYING



Zachary Rubber practices the guitar while hanging out with friends at the College of Southern Idaho in Twin Falls Friday.

# Crash sends vehicle occupants to hospital

Staff report

There was a one-vehicle crash at about 4:30 p.m. Sunday eastbound at mile marker 265 on Interstate 84 that sent the vehicle's driver and passengers to the hospital, police said.

It's unclear how many people were in the car or the extent of the injuries, Idaho State Police said. They were taken to the Cassia Regional Medical Center and names were not released. North of the Juniper Rest Area — about 10 miles from the Utah-Idaho border — police found a white GMC Suburban on its side, blocking both of the eastbound lanes. A trailer attached to the Suburban was destroyed. The crash is under investigation.

# GOODING BRIDGE

Gooding Duplicate Bridge released its results for: June 8, Section A, first, Riley Burton and Kathy Rooney; second, Claire Major and Jodi Faulkner; third, (tie) Henry Robinson and Barbara Burk and Mary Steele and Joanne McCombs. Section B, first, Claire Major and Jodi Faulkner; second, Mary Steele and Joanne McCombs. June 13, Section A, first, Ruben Tschackofsky and Vesta Roberts; second, Bernette Pianky and Bev Burns; third, Peggy Hackley and Shirley Tschannen. Section B, first, Louise Smith and Jodi Faulkner. Duplicate bridge is played at 2 p.m. Fridays at the Gooding Senior Center, 308 Senior Ave. For partnership information or directions: Kathy Rooney at 208-934-9732.

# Lyle celebrates 95th birthday

Delmus Lyle of Kimberly will celebrate his 95th birthday Wednesday. Lyle was born July 16, 1913, in a log cabin built by his father near St. Maries. He grew up on a homestead near Keller, Wash. He began working for the *Wanatchee Daily World* newspaper while still in high school. He continued to work there until joining the Seabees as a carpenter. After the war, he planted one of the first grape vineyards near Quincy, Wash. He now enjoys pruning and caring for his one grape vine. He has lived in Kimberly for 20 years.



Lyle

# Prevention

Continued from page A4  
or non-profit organizations that educate people or improve their operations. Even schools, generate waste. Paper isn't toxic, obviously, but it still takes up space in the landfill," Pierce said.

# Rupert

Continued from page A4  
"We have helped them arrest several people on warrants," he said. Another time, they helped the police catch a person who drove off without paying for his gas — after he parked right in front of them when they stopped at Randy's Food & Drug to get a candy bar. "Sometimes it's just about listening and paying attention to what's going on around you," George

# Idaho Habitat for Humanity goes green

BOISE (AP) — Habitat for Humanity in the state's capital city has gone green. The nonprofit organization in Boise is scheduled to complete its first home built with environmentally friendly construction materials and practices this fall. Paul and Regina Okeny, a couple that fled the Sudan in 1993 as refugees, will live in the home with their five

children, who range in age from 9 months to 15 years old. Boise Valley Habitat for Humanity broke ground on the project earlier this week. The house will be the first built by the local Habitat for Humanity chapter that will earn LEED certification, a nationally recognized set of criteria for environmental building,

said Tom Lay, executive director of Habitat for Humanity in Boise. "This is the right pathway for this house and our future building," Lay told the *Idaho Statesman*. Builders will position the house to make the best use of solar heat and large shade trees will help the family save on electric bills by cooling off the house during the summer.

# FOCUS ON PEOPLE

## Browne makes Boise State dean's list

Bonnie B. Browne, son of Mark and Suzanne Browne of Twin Falls, was recognized for achieving high honors on the dean's list of students at Boise State University's College of Arts and Sciences by maintaining a 3.8 GPA. Browne is a 2005 graduate of Twin Falls High School.

## McGhie, Kelsey on Gonzaga dean's list

Jakob Daniel McGhie, a freshman from Rupert and Michael W. Kelsey, a junior from Burley, were among the 605 students named to the Gonzaga University dean's list for spring semester 2008. Students must earn a 3.5 to 3.69 grade-point average to be listed.

## Stallings graduates from Wharton

Scott Douglas Stallings, son of J. Dan and Susan Stallings of Twin Falls, graduated with an Masters of Business Administration from Wharton Business School at the University of Pennsylvania in May. Stallings is an associate at Wyeth's global pharmaceutical company based in Philadelphia, where he will be working in the business



Stallings

# SCHOLARSHIPS AWARDED



Cassia Health Care Foundation, Inc. awarded scholarships to high school seniors in Minidoka and Cassia counties and three continuing scholarships for college students seeking a medical profession that are from Mini-Cassia. Monies for scholarships are raised through the Festival of Trees held in Cassia County. To receive the scholarship students must have a grade point of 3.0 or higher and show qualities of being good humanitarians and leaders within their communities. Each recipient of the scholarship receives \$500 each year for a total of four years and continues in a program with the goal of being a healthcare provider. This year's winners include, from left, Rich Bankhead, who will study radiology at Idaho State University, Norma Alvarez, who will study pharmacy technology at the College of Southern Idaho and Keyan Blacker, who will study pharmacy at Brigham Young University Idaho. Recipients not pictured include Stacy Tarbet who will study nursing at ISU, Rachel Hawker who will study respiratory therapy at ISU, Michelle Daniel and Brittan Matthews who will both study nursing at CSI, Kadi Gaggett, who will study health/exercise BYU-Idaho, and Timber Mohlstein who will study nursing at BYU-Idaho.

development and marketing divisions. He graduated from Twin Falls High School in 1990, and earned a bachelor's degree in economics from Brigham Young University. He resides outside of Philadelphia with his wife Monica and their three children.

# HASKIN SCHOLARSHIP WINNERS



Lyla Muecke and Stacy Tarbet are this year's recipients of the Ashley Dawn Haskin Scholarship. Following Haskin's death in 1992 from cancer, the Haskin Family and the Paul United Methodist Church set up a scholarship in her memory. Scholarships have been awarded since 2003, the year Haskin would have graduated from high school. Muecke is a 2007 Minico High School graduate and just completed her first year at Jamestown College in Jamestown, N.D., where she is a pre-med student. She is the daughter of Steve and Carol Muecke. Tarbet is a 2008 Minico High School graduate. She plans to attend Idaho State University this fall where she will enter nursing school. She is the daughter of Karla Tarbet of Rupert. Scholarship applications are available each spring at any of the Mini-Cassia high schools or through the Paul United Methodist Church. For more information: Mike Haskin, 208-679-3713.

# DEATH NOTICES

## Juanita Harper

Juanita Harper, 89, of Twin Falls, died Sunday, July 13, 2008 at SunRidge Care and Rehabilitation Center in Twin Falls. Cremation is under the direction of Serenity Funeral Chapel, Twin Falls.

## Lyle Wynia

Lyle Wynia, 81, formerly of Twin Falls, passed away Saturday, July 12, 2008 at the VA Hospital in Boise. A visitation for family and friends will be held Tuesday, July 15 from 4 to 8 p.m. at White Mortuary. Arrangements are under the direction of White Mortuary.

# SERVICES

Willis Fitzgerald Cairlcutt of Hazelton, funeral at 10 a.m. today at the Hazelton LDS Church, 531 Middleton Ave.; graveside service at 4 p.m. today at the Draper Cemetery in Draper, Utah; visitation from 9 to 9:45 a.m. today at the church (Hassmann Funeral Home in Burley).

Kathleen Marie Schrader of Twin Falls, funeral at 11 a.m. today at the Light-house Christian Fellowship Church; graveside service at 3 p.m. today at the Pleasant View Cemetery in Burley (White Mortuary in Twin Falls).

Irene Stout of Boise and formerly of Buhl, graveside inurnment service at 11:30 a.m. today at the West End Cemetery in Buhl (Alden-Waggoner Funeral Chapel in Boise).

Fred Hartley of Jerome, graveside memorial service at 11 a.m. Tuesday at the Wendell Cemetery (Demary Funeral Service, Wendell Chapel).

Franklin "Franky" Tho-

mas Davis of Jerome, funeral at 4 p.m. Tuesday at St. Jerome's Catholic Church in Jerome; visitation from 6 to 8 p.m. today at Howe-Robertson Funeral Chapel in Jerome.

Ella May Henley of Twin Falls and formerly of Jerome, memorial service at 11 a.m. Friday at Howe-Robertson Funeral Chapel in Jerome; no viewing is planned (Howe-Robertson Funeral Chapel in Jerome).

Jim Todd of Yuma, Ariz., and formerly of Buhl, celebration of life at 2 p.m. Friday at the Moonglo Village clubhouse, 310 Moonglo Road in Buhl.

Scott Boyer of Hagerman, graveside inurnment service at 10 a.m. Saturday at the Hagerman Cemetery (Serenity Funeral Chapel in Twin Falls).

Leona May Harding of the Wendell Cemetery (Demary Funeral Service, Wendell Chapel, 1343 S. Lincoln in Jerome).

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

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Mary - June 1, 1931 - Nov. 1, 2008  
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EDITORIAL

# Is your neighbor's horse starving? Who can tell?

The case of a Jerome veterinarian who trespassed onto a neighbor's property to feed three horses probably had as much to do with personalities and misperceptions as with hungry animals. But it illustrates a phenomenon that's being seen more often across southern Idaho.

As the price of hay hovers around \$200 a ton, a lot of horses are going hungry because their owners can't afford feed. And the neighbors notice.

Reports of horse abuse cases nationally are increasing, according to Martin Mesereau, spokesman for People for the Ethical Treatment of Animals. In fiscal year 2008, complaints about animal abuse grew from the previous year in Idaho by more than 5 percent, with the Magic Valley seeing a similar trend.

In some cases complaints are justified. In others, it's unclear. "The horses that are starving are usually very old and under a veterinarian's care," Jerome County Undersheriff Jocelyne Nunnally told the *Times-News* in April.

"People that don't know that say, 'Oh my God. I can see that horse's ribs.'"

Whatever the case, amateurs are often left to make the call: Animal cruelty cases are the jurisdiction of cities and counties.

County sheriffs departments barely have enough resources to keep the roads patrolled and the jails staffed.

There's little money left for veterinarians. Local law enforcement needs help, and soon. That's because state equine regulators and federal Bureau of Land Management officials fear that in an economic pinch, Idahoans will dump horses on rangeland rather than euthanize them — as they have since last year's ban on slaughter for human consumption.

The state Department of Agriculture can provide technical assistance, as it did in a 2003 Twin Falls County case in which sick cows were abused at a dairy. But it lacks the resources to look into every hungry horse report.

Maybe with some help from the ISDA, the eight counties of south-central Idaho could pool their money to put one or more large-animal vets on retainer. They would be on call for horse-abuse reports anywhere in the region, and could provide expert testimony if cases are prosecuted.

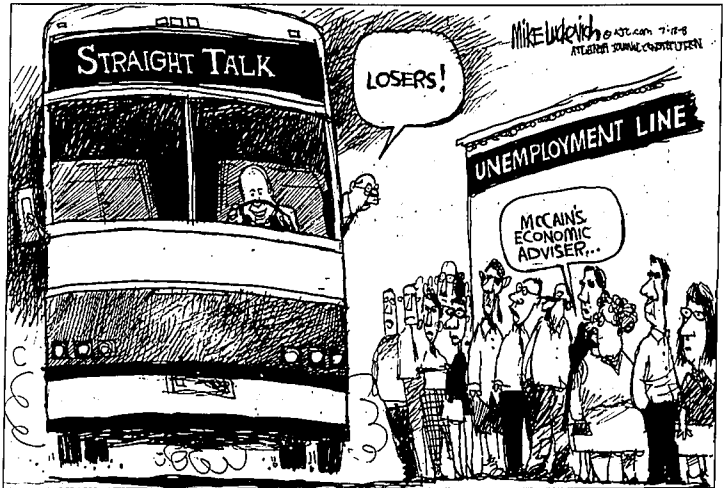
Or maybe Idaho's vets might be willing to volunteer their time for such a system.

Magic Valley cities and counties need the technical resources to enforce animal cruelty laws, and in a tight budget year they're not likely to get help from the Legislature.

We need to do it ourselves.

**Our view:** Horse abuse complaints in the Magic Valley are almost certain to increase, and local law enforcement doesn't have the resources to cope.

**What do you think? We welcome viewpoints from our readers on this and other issues.**



## McCain's budget doesn't add up



SCOTT LEHIGH

Fiction may require a willing suspension of disbelief, but presidential campaigns shouldn't. Yet here's the fanciful proposition John McCain wants us to swallow: that he can extend the Bush tax cuts, pile other tax breaks and revenue reductions atop them — and still balance the federal budget in four years.

The deficit in the final budget of his first term would be around \$140 billion if the Bush tax cuts are extended and the Alternative Minimum Tax is indexed for inflation, according to Congressional Budget Office figures. Add the extra \$47 billion that the nonpartisan Tax Policy Center estimates as the net cost of McCain's various tax-cut plans, and the deficit would be about \$190 billion for that fiscal year.

So how would McCain balance the budget? The answer is, through courageous leadership," former CEO Meg Whitman, now a McCain national co-chair, said. Alas, the steps Whitman then described fell several leagues short of that lofty standard: A pause in spending growth, bipartisan belt-tightening efforts, and "a stem to stern review of the entire federal government."

Optimist McCain stresses is eliminating con-

gressional earmarks. But that would only save about \$18 billion a year. Other large — and nebulous — reductions would supposedly come from reduced deployments abroad, "slow or discretionary spending in nondefense and Pentagon procurements," plus savings and "reductions in mandatory spending on areas including agricultural and ethanol subsidies to health-care costs to Medicaid, a McCain campaign document says.

Although Douglas Holtz-Eakin, a senior policy adviser, maintained during the same call that "the senator has laid out a very realistic plan," that's hardly the way fiscal experts see it.

"I don't think there is any there there," declares Bob Bixby, executive director of the nonpartisan Concord Coalition, who says that in his attempt to portray himself as both a tax cutter and a deficit hawk, the Republican candidate is using "very vague numbers."

"He certainly hasn't speci-

fied how he is going to get there, and his tax cuts are going to make it a lot harder," says Len Burman, director of the Tax Policy Center. "It's preposterous," says Jim Horney, director of federal fiscal policy for the liberal Center on Budget and Policy Priorities. As a round-number illustration of the difficulty, Horney notes that \$400 billion would be more than 80 percent of the amount projected for fiscal year 2013 domestic discretionary spending.

Unlike McCain, Barack Obama hasn't made an unrealistic commitment to balance the budget in four years. Rather, he's talked of whittling it down over the longer term.

But the Democratic candidate has offered a clearer — and politically braver — idea of how he'd pay for his tax cuts and spending increases and shore up other programs.

For example, he'd roll back the Bush tax cuts for those earning more than \$250,000 a year and increase rates on capital gains and dividends.

He'd also extend Social Security taxes to incomes above \$250,000 and reduce subsidies for some Medicare plans.

We still haven't seen a detailed analysis of the candidate's spending plans, but on the revenue side,

Obama's total tax proposals would leave the federal government in better shape than would McCain's. If you assume that the Bush tax cuts would otherwise expire as scheduled, McCain's major tax plan proposals would cost the treasury \$3.6 trillion over 10 years, compared to \$2.7 trillion for Obama's, according to the Tax Policy Center. If you assume that the Bush tax cuts will be extended and the Alternative Minimum Tax patched, Obama's proposals would raise about \$300 billion over 10 years, while McCain's would lose about \$600 billion. (Those projections don't include the candidates' healthcare plans.)

"Obama has a very ambitious agenda, but he has identified some potential ways of paying for it," says Bixby. "Those may involve some heroic assumptions, but from what I can tell, the McCain pay-fors are all heroic assumptions."

So, though Obama is a long way from being a deficit hawk, he deserves credit for giving voters a reasonable idea of how he'd operate. McCain is asking them to buy a pig in a poke. Caveat emptor.

Scott Lehigh is a columnist for *Idaho's Globe-Tribune*. Write to him at [lehigh@eglobe.com](mailto:lehigh@eglobe.com).

## Times-News

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

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## LETTERS TO THE EDITOR

### Not supporting Olympic games sends a message

Perhaps the best way to support the true spirit of this summer's Olympic Games is by not supporting them. Doing so is one way of sending a message to China's Communist Party — and multinational corporations eager to cash in — that despite their best efforts to convince the world otherwise, China remains an oppressive regime. According to Robert E. Kennedy Memorial Center for Human Rights and

Amnesty International-USA, Communist China remains an abusive judicial regime guilty of arbitrary detention, denial of religious freedom, torture, ill-treatment of prisoners, slave labor, severe restrictions on freedom of expression, and violations to women.

What visitors won't see behind what is sure to be a carefully crafted showpiece of gold and glory are the thousands of Chinese citizens being denied what we Americans too often take for granted: basic human

rights. The same greed that has shipped American jobs to China for cheap labor (hence our Chinese-made American flags) is placing profits above the principles of freedom for big bucks in holding prisons, our troops in Iraq and Afghanistan, we are told, are worth fighting and dying for.

China's dismal human rights record also makes a mockery of this year's Olympic motto, "One World, One Dream." Devised to reflect the essence of the Olympic spirit — Unity,

Friendship, Progress, Harmony, Participation and Dream — the slogan espouses the hypocrisy of China's heads of state and heads of American corporations willing to turn a blind eye for a fast buck. By boycotting the Games, you'll be sending a message to China's communist party and America's "proud sponsors of the Olympic Games" that there are still some Americans who believe human rights are worth more than gold, silver and bronze.

HILBER NELSON  
Twin Falls

## THE LIGHTER SIDE OF POLITICS

### Doodlesbury

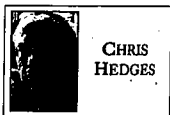


### Mallard Fillmore



# This time, Big Brother really will be watching

If the sweeping surveillance law signed by President Bush on Thursday — giving the U.S. government nearly unchecked authority to eavesdrop on the phone calls and e-mails of innocent Americans — is allowed to stand, we will have eroded one of the most important bulwarks to a free press and an open society.



CHRIS HEDGES

The new FISA Amendments Act nearly eviscerates oversight of government surveillance. It allows the Foreign Intelligence Surveillance Court to review only general procedures for spying rather than individual warrants. The court will not be told specifics about who will be wiretapped, which means the law provides woe-

fully inadequate safeguards to protect innocent people whose communications are caught up in the government's dragnet surveillance program.

The law, passed under the guise of national security, ostensibly targets people outside the country. There is no question, however, that it will ensnare many communications between Americans and those overseas. Those communications

can be stored indefinitely and disseminated, not just to the U.S. government but to other governments.

This law will cripple the work of those of us who as reporters communicate regularly with people overseas, especially those in the Middle East. It will intimidate dissidents, human-rights activists and courageous officials who seek to expose the lies of our government or governments allied with ours. It will hang like the sword of Damocles over all who dare to defy the official version of events. It leaves open the possibility of retribution and invites the potential for abuse by those whose concern is not with national security but with the consolidation of their own power.

I have joined an ACLU lawsuit challenging the new law along with other journalists, human-rights organizations and defense attorneys who also rely on confidentiality to do their work. I have joined not only because this law takes aim at my work but because I believe it signals a serious erosion of safeguards that make possible our democratic state. Laws and their just applications are the only protection we have as citizens. Once the law is changed to permit the impermissible, we will have recourse with which to fight back.

The reach of such surveillance already has hampered my work. I was once told about a showdown between a U.S. warship and the

Iranian navy that had the potential to escalate into a military conflict. I contacted someone who was on the ship at the time of the alleged incident and who reportedly had photos. His first question was whether my phone and e-mails were being monitored.

What could I say? How could I know? I offered to travel to see him but, frightened of retribution, he refused. I do not know if the man's story is true. I only know that the fear of surveillance made it impossible for me to determine its veracity. Under this law, all those who hold information that could embarrass and expose the lies of those in power will have similar fears. Confidentiality, and the

understanding that as a reporter I will honor this confidentiality, permits a free press to function. Take it away and a free press withers and dies.

I know the cost of terrorism and the consequences of fear. I have investigated al-Qaida's operations in Europe and have covered numerous conflicts. The monitoring of suspected terrorists, with proper oversight, is a crucial part of our national security. But this law is not about keeping us safe, which can and should — be done in a constitutional manner and with judicial oversight.

It is about using terrorism as a pretext to permit wholesale spying and to silence voices that allow us to maintain an open society.

## Why are Puerto Ricans happier than the rest of us?

Hmm, look at who's happier than the U.S. We ought to be happy. After all, we're still the land of the free and the home of the brave, not to mention the Whopper and the world's largest bowling pin.

Sure, record gun injuries are hardly cause for joy. But they're even higher in Denmark (\$5.93 a gallon) and yet the Danes still manage to be the happiest people in the world, while Americans rank 16th, according to a new study of the Happiest and Least Happy Countries conducted by the University of Michigan.

"I strongly suspect there is a strong correlation between peace and happiness," political scientist Ronald Inglehart, who directed the study, said in a statement.

That could explain why

SUSAN TAYLOR MARTIN

Northern Ireland which technically isn't a country but remains part of the United Kingdom comes in as fifth happiest. After decades of the "troubles," as residents politely called the mayhem wreaked by Catholic and Protestant paramilitaries, Northern Ireland is calm and enjoying an economic boom.

Denmark, No. 1 on the happiness scale, has been peaceful since World War II, even though Islamic radicals keep threatening violent revenge because of those Danish cartoons depicting the prophet Mohammed.

Coming in at No. 2 is Puerto Rico, which finally got the U.S. Navy to stop bomb-

ing the island of Vieques and at No. 4, Iceland, which shows you don't have to move to the Sun Belt to enjoy life. I admit to being perplexed why Colombia synonymous in the minds of many with narco-terrorism ranks No. 1 in happiness.

There is no surprise at the bottom of the scale, with Zimbabwe ranking dead last in happiness. This ravaged African nation has the world's highest inflation rate (109,000 percent) and a dictatorial president, Robert Mugabe, who on June 27 "won" a runoff election after his opponent was so terrified of being murdered he dropped out of the race and took refuge in the Dutch Embassy.

Other countries in which a majority of people are unhappy include Iraq, or unhappy reasons: Albania, one

of Europe's poorest nations; and Pakistan, where the Taliban and al-Qaida are regrouping along the border with Afghanistan. Somewhat surprisingly, Russia also ranks low in happiness, perhaps because most of the Russian multimillionaires are now living in London.

The good news in the survey, which was funded by the National Science Foundation, is that the world overall appears to be getting happier. Between 1991 and last year, happiness increased in 45 of the 52 places surveyed.

No. 18, Mexico is only two countries away from the U.S. in the happiness scale," noted one reader who commented on the findings. "So why are so many Mexicans trying to come to the States?" Probably because the United States, while hardly

the perfect union our forefathers envisioned, still looks pretty darn good from a global perspective.

Susan Taylor Martin is a columnist for the St. Petersburg, Fla., Times.

**Sakes Alive. Look who's finally 55!**

**Happy Birthday Suzanne**

Love, Chris & the rest of the family

### LETTERS TO THE EDITOR

#### We will always need to have oil development

Wind power, atomic power, natural gas, and/or coal-fired generators generating plants are needed to supply our electric power grid. We need them all for our growing electrical needs. Nonetheless, we still need oil, even if all internal combustion engines were off the roads tomorrow!

From one barrel of crude oil, less than half, approximately 40 percent is used to refine into gasoline for automobiles. The remaining 60 percent is used to produce other products developed from oil. These are various plastic items such as storage containers, grocery bags, medicine and medical products, plastic flowers and petrochemicals.

We have all the necessary, vital methods to be more self-sufficient.

Teach your children to be mindful and respectful of the waste involved with unnecessary plastic products so prevalent in our current society, all from crude oil. Take your own tote bags to the store for your purchases instead of using plastic bags.

No need to shut down our various areas to development; hate to lose all those little birds, frogs and special creatures, but you and I are human creatures, better than us!

JACK WHITE  
Twin Falls

#### Jerome needs solution to burn barrel problem

On Tuesday, July 15, at 10 a.m., I will be going before the Jerome County commissioners to request that they rescind the ban on Jerome County burn barrels being taken to the Jerome Transfer Station. They may have to convince the Southern Idaho Waste District Board of this, but that's their job, representing Jerome citizens.

This issue is not about burn barrels starting range fires or house fires. It's about whether the transfer stations will burn barrels that are not completely out. Jerome's station had a fire that was probably caused by smoldering burn barrel waste but the workers at the

station came up with a solution.

First, they had us dump into metal dumpsters, which was a real pain. These dedicated county employees then dug a trench into the side of a dirt hill for us to use.

Problem solved. This solution is better than the conflict that could arise from this ban.

Jerome County citizens pay \$60 a year to access the transfer station. Since they no longer can, do they get their money back? Will some idiots dump their barrels on Bureau of Land Management ground or in our new park? Will they access the transfer station at night by dumping in front of

the gate? Will they take their trash to the cool dumpsters at the annex and at the courthouses? This would save me a lot of gas, and I pay for these dumpsters.

The possible problems are greater than the simple solution that the Jerome Transfer Station workers provided. If the other transfer stations can duplicate this solution, let them burn their people but Jerome County doesn't have this problem.

If you're a burn-barreler, join me at the Jerome County Courthouse to meet with the commissioners on Tuesday, July 15, at 10 a.m.

LEE HALPER  
Jerome

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**As of Monday, July 14, 2008, Burn Barrel Ash Will No Longer Be Accepted at Any Southern Idaho Solid Waste Disposal Site.**

Burn barrels are one of the leading causes of wildfires and structural fires in the United States. Even a burn barrel that feels cool can have live embers in the center that can ignite when the barrel is dumped. As a fire prevention measure, SISW's Board of Directors has decided to ban ash dumping at the transfer stations, effective July 14, 2008.

For more information, please call Southern Idaho Solid Waste at 208-432-9062 or visit [www.sisw.org](http://www.sisw.org).

# U.S. spells out Fannie-Freddie backstop plan

By Joannine Aversa  
Associated Press writer

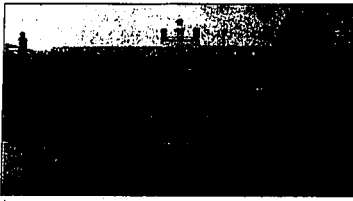
WASHINGTON — The Federal Reserve and the Treasury announced steps Sunday to shore up mortgage giants Fannie Mae and Freddie Mac, whose shares have plunged as losses from their mortgage holdings threatened their financial survival.

The steps are also intended to send a signal to nervous investors worldwide that the government is prepared to take all necessary steps to prevent the credit market troubles that started last year from engulfing financial markets and further weakening the economy and housing markets.

The Fed said it granted the Federal Reserve Bank of New York authority to lend to the two companies "should such lending prove necessary." They would pay 2.25 percent for any borrowed funds — the same rate given to commercial banks and big Wall Street firms.

The Fed said this should help the companies' ability to "promote the availability of home mortgage credit during a period of stress in financial markets."

Secretary Henry Paulson said the Treasury is seeking expedited authority from



This 2007 photo shows the Fannie Mae building in Washington. The U.S. Treasury and the Federal Reserve announced steps Sunday to shore up mortgage giants Fannie Mae and Freddie Mac.

Congress to expand its current \$225 billion line of credit to each company should they need to tap it and to make an equity investment in the companies — if needed.

"Fannie Mae and Freddie Mac play a central role in our housing finance system and must continue to do so in their current form as shareholder-owned companies," Paulson said Sunday. "Their support for the housing market is particularly important as we work through the current housing correction."

The Treasury's plan also seeks a "consultative role" for the Fed in any new regulatory framework eventually decided

by Congress for Fannie and Freddie. The Fed's role would be to weigh in on setting capital requirements for the companies.

The White House, in a statement, said President Bush directed Paulson to "immediately work with Congress" to get the plan enacted. It also said it believed the plan outlined by Paulson "will help add stability during this period."

Investors may not be as sanguine, however, according to Chris Johnson, an investment manager and president of Johnson Research Group in Cleveland. Stocks of financial institutions "are going to get clubbored," he predicted. "It is

a situation where regulators and the government are trying to play catch up, and that means everything is not discounted in the stock prices yet."

The Dow Jones industrials on Friday briefly fell below 11,000 for the first time in two years and Johnson expects shares of investment banks and regional banks could fall even lower as investors react to this weekend's developments.

Fannie Mae and Freddie Mac either hold or back \$5.3 trillion of mortgage debt. That's about half the outstanding mortgages in the United States.

"The announcement marked the latest move by the government to bolster confidence in the mortgage companies. A critical test of confidence will come Monday morning when Freddie Mac is slated to auction a combined \$3 billion in three- and six-month securities."

"Fannie was created by the government in 1938 to provide more Americans the chance to own a home by giving financial institutions an outlet to sell mortgage loans they originated, freeing more cash to make more home loans. It moved from government to public ownership in 1968 and Freddie was started two years later.

# U.S. military looks to increase fuel efficiency

Los Angeles Times

WASHINGTON — Across the oil-thirsty U.S. military, commanders are scrambling for ways to offset the ever-rising cost of fuel. But their best efforts have fallen short.

The military services have found ways to save millions of dollars through conservation, but the price of oil has outpaced the cost-cutting efforts. The Navy, for example, estimates it is saving \$300 million a year through conservation. That sounds impressive, until the oil price spike weighs in.

"From July through Sept. 30, we will see a \$400 million increase in our fuel bill," said

Navy Capt. Arthur Cotton, the Fleet Training and Readiness Reporting branch head. "So all of those energy savings we have done are wiped out, and then some, just over the period of 90 days."

Overall, the Pentagon will spend \$16.4 billion on fuel this year, up from \$5.2 billion in 2006.

The increase has made the wars in Iraq and Afghanistan more expensive, adding \$140 million to the cost of operations in Afghanistan and \$565 million in Iraq. Military officials emphasize that the increases have not affected combat operations, which cost \$12.1 billion a month.

## Auction Calendar

Through July 26th

**MONDAY, JULY 14, 6:00PM**  
General Merchandise, Twin Falls  
Furniture • Household • Tools  
Collectibles • Consignment Welcome  
734-1635 • 731-4567  
**IDAHO AUCTION BARN**  
www.auctionsidaho.com

**TUESDAY, JULY 15, 5:00PM**  
Household • Tools • Antiques  
Outraguous Oddities • Jerome  
**KLAAS AUCTION BARN**  
208-324-5521

**THURSDAY, JULY 17, 11:00AM**  
Dwight Shaw, Twin Falls  
Collector Cars • Motorcycle  
Boat • Antiques • Tractor  
Times-News Ad: 7-15  
**MASTERS AUCTION**  
www.mastersauction.com

**SATURDAY, JULY 19, 10:00AM**  
Lawrence E. Fiedrich Estate, Burley  
Real Estate, Personal Property  
959 Schodde • T-N Ad: 7-16  
**BILL EYLES AUCTION**  
www.idahoauctioneers.org

**SATURDAY, JULY 19, 12:00PM**  
Waldo & Shirley Faught, Sheehone  
Furniture • Appliances • Guns  
Pickup • Shop • Lawn • Misc  
Times-News Ad: 7-17  
**MASTERS AUCTION**  
www.mastersauction.com

**SUNDAY, JULY 20, 11:00AM**  
Tony Zapata Estate, Buhl  
Pickup • Tractor • Equipment  
Furniture • Appliances • Shop  
Times-News Ad: 7-18  
**MASTERS AUCTION**  
www.mastersauction.com

**TUESDAY, JULY 22, 11:00AM**  
Bill Martin Retirement Farm  
Auction, Paul • Tractors • Guns  
Trucks • Trailers • Farm Eq  
Times-News Ad: 7-20  
**US AUCTIONS**  
www.us-auctioneers.com

**SATURDAY, JULY 26, 11:00AM**  
Quality Antiques & Collectibles,  
Paul Shelter, Filer • Dishes  
Glassware • Farm Eq • Shop  
Times-News Ad: 7-24  
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# Bombs

Continued from page A1

the bombing. "We think we have defined the network," he said. He would not elaborate, although other American officers said in interviews that the group is Shiite and may have links to Iran.

"We think we might have picked up a guy that could lead us — could be a big lead in this," Hammond said.

It's not clear whether this small group is related to efforts by anti-American Shiite cleric Muqtada al-Sadr to revitalize his Mahdi Army, which had held sway in the Sadr City section of Baghdad

until U.S. and Iraqi forces wrested control after seven weeks of fighting that ended in May.

Arguing against a link to such an al-Sadr initiative is the fact that the group that Hammond described has been operating since at least late 2007, although it has become more active in recent months.

The 107 mm rockets that are used in the improvised bombs — which some call an airborne version of the roadside bombs that through the course of the war have been the leading killer of U.S.

troops — are manufactured in Iran, officials said. But some officers cautioned against assuming Iran is directly involved.

The weapons are launched from small trucks and are fired in multiples of four to nine rockets at a time. The detonation is sometimes triggered by a signal from a cell phone, other times by a washing machine timer.

Brig. Gen. Will Grimley, deputy commander of U.S. forces in Baghdad, said in a separate AP interview on Thursday that for lack of a better term he refers to the

group as "the evil militia." He said it is small and exhibits a high degree of technical skill in assembling the weapons and executing attacks.

The military calls the weapon an "improvised rocket-assisted mortar," or IRAM. The weapon innovation has gained relatively little public attention because it has yet to kill in large numbers.

So far in 11 attacks, three U.S. soldiers have been killed, Stover said. The three were killed April 20 — the same day as the Sadr City assault — in an attack on a larger U.S. base in eastern Baghdad.

# Smart

Continued from page A1

self-preservation and unpredictability not seen even a year ago.

The "Star Wars" game, which publisher LucasArts will show off at this week's E3 Media and Business Summit in Los Angeles, is just one of the games offering this advanced degree of realism. Game designers say this increasing sophistication is helping to put their medium on par with movies as a form of mainstream entertainment.

"I think you connect to these characters much more," said Torsten Reil, co-founder and chief executive of Britain's NaturalMotion Ltd., the company that developed technology used to breathe life into characters in the "Star Wars" game.

Called "euphoric," the technology generates animation on the fly, so each moment in a game is unique.

The first game to feature it was Take-Two Interactive Software Inc.'s "Grand Theft Auto IV" whose April debut rivaled — and in dollar terms bested — blockbuster movie openings.

NaturalMotion grew out of research Reil and colleague Golin Massey did at Oxford University on the way animals and humans move. The

resulting technology creates 3-D character animation in real time, simulating the way the body moves so it looks authentic.

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**What's in them?**

Inside all children are the makings of something special. Given the right start, all kids can stretch to their natural potential.

The Idaho Virtual Academies (IDVA) and K<sup>2</sup> ignite minds of all kinds, bringing learning and possibility alive. And as an online public school serving Idaho students in kindergarten through twelfth grade with the K<sup>2</sup> curriculum—as well as the support of state-certified teachers—IDVA is tuition free.

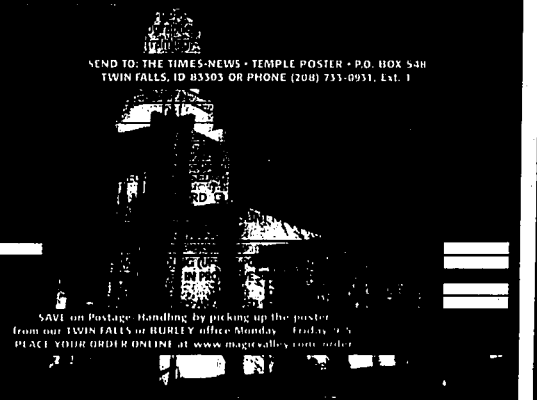
**High School Their Way**  
The K<sup>12</sup> high school program used by IDVA includes more than 90 courses to meet the needs of diverse learners, as well as up to four levels of world languages and electives. With individualized learning plans and support from professional teachers and counselors, K<sup>12</sup> allows students to follow their own path to post-high school success—whether that's in college or in the workforce.

**Online enrollment is in full swing.** Don't miss your chance to join us this fall. Learn more at an IDVA event.

<b>Meet and Greet</b> Twin Falls Saturday, July 19 1 pm Barnes & Noble 1239 Pole Line Road E Twin Falls 83301	<b>Meet and Greet</b> Twin Falls Friday, July 25 4 pm Magic Valley Mall Food Court (near doors) 1485 Poleline Road Twin Falls 83301	<b>Info Session</b> Fairfield Monday, July 21 4 pm Camas County Public Library 515 1st Street W Fairfield 83327
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Discover IDVA. Discover what your kids have in them.

www.idvavirtualacademy.com



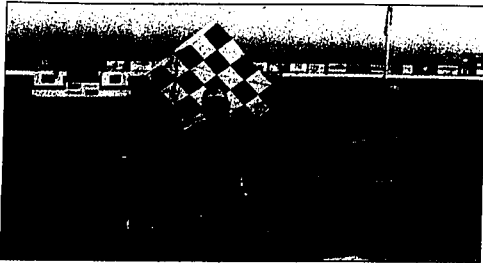


INSIDE: The ninth stage of the Tour, who's in front? B2



INSIDE: MLB & Tour de France, B2 | Scoreboard, B3 | Weather & Dear Abby, B4

## Chester nabs first win at Magic Valley Speedway



Pepsil Premier driver Cliff Chester poses on the front stretch after his first feature division win Saturday night at Magic Valley Speedway.

By Linda Brittain  
Correspondent

With the exception of Jonathon Gomez with the Super Stocks, it was an evening of new faces in Victory Lane at Magic Valley Speedway Saturday night.

Rookie Cliff Chester captured his first main event win in the Pepsi Premier Series while Jeff Pohlman gathered the win with the Intermountain Pro Trucks. Spencer Meyer reeled in his first main event win of the season in the Magic Valley Pipe Thunder Stocks division.

Chester wins  
Pepsil Premier

As soon as the green flag flew

on the feature division race, driver Stevie Fisher began putting a cushion between him and the 15 other contestants in the event. A caution at lap five involving Scott Gilligan, Sam Harris Jr. and Mike Greco bunched the pack back together for the restart, and soon Fisher had Kris McKean nipping at his heels. At lap 20 McKean managed to get around Fisher, but in the meantime Chester had his sights set on the No. 3 car of McKean.

Attempting to make the pass on McKean on the high side and having to deal with lap traffic along the way, Chester finally got his shot at lap 40 and the number 22 was lighted up at the top of the scoreboard. McKean was far from con-

ceding however and continued to pressure Chester until getting loose exiting turn four with five laps to go. Gomez, who had been looking for his second win on the night, began to take on McKean in the final laps, but neither could catch Chester who knew he had the car to beat.

"I knew I had the winning car in practice tonight," Chester said. "Once I got around McKean and Greco I knew it would be hard for anyone to catch me at the last there as long as I drove a reasonable speed and kept the car straight."

Chester credited a great deal of extra time spent with the car

Please see MW5, Page B2

## Wild first half



Sonnenshine

Hamilton

Sabathia

Ramirez

### Tampa Bay turnaround highlights 'crazy' first half

By Mike Fitzpatrick  
Associated Press writer

NEW YORK — Tampa Bay is on top, the Chicago Cubs keep winning and Major League Baseball might add instant replay before the summer's over.

What in the name of Babe Ruth is going on with this grand old game?

Conventions are getting shattered everywhere, just like those thin-handled maple bats.

Indeed, it's been a wild first half for the national pastime: one no-hitter, three fired managers and Ken Griffey Jr.'s 600th home run. And with a farewell All-Star game at Yankee Stadium only days away, there's something else that sticks out, too.

"Nobody picked up Barry Bonds. That might be the biggest surprise in baseball. Barry Bonds is out there," Torii Hunter of the Los Angeles Angels said. "I can't believe that you wouldn't want him on your team. I

know he comes with baggage or whatever, but if I was an owner, I'd like to get Barry."

While the indicted home run king was left waiting for an attractive offer, young pitchers such as Tim Lincecum and Edinson Volquez emerged. Chipper Jones flirted with 400, Manny Ramirez hit homer No. 500 and Mike Piazza called it a career.

Josh Hamilton continued his remarkable comeback from drug and alcohol abuse, putting up huge numbers for Texas. Cancer survivor Jon Lester also added to his feel-good story, tossing a no-hitter for

Boston.

The Cubs jumped out to a strong start, looking to win their first World Series championship in 100 years. They just made a big move, too, acquiring right-hander Rich Harden from Oakland to fortify a top-notch rotation.

That deal came one day after rival Milwaukee landed lefty ace CC Sabathia from the Indians, who have hit the skids after falling one win short of the American League pennant last year.

Two blockbuster trades right before the All-Star break and suddenly the NL Central appears awfully tough. A few months back,

it was supposed to be the softest division in baseball. But that's how fast things have flipped this season.

Take the Tampa Bay Rays, for instance. They dropped the Devil from their nickname last winter and started playing like a completely different team.

Long the laughingstock of the AL East, Tampa Bay got tired of being kicked around. Joe Maddon's feisty young squad had a spring training fight with the Yankees, then a nasty brawl with the Red Sox. Following up their punches with

Please see WILD, Page B2

### AA Cowboys fall in tournament semifinal

Staff report

The Twin Falls AA Cowboys came so close to nabbing a spot in the championship game of the Cardinal Classic in Seattle Sunday but came up one run short in falling to the Federal Way Buzz 6-5.

Head coach Tim Stadelmeir said the Cowboys had runners on first and second with no outs in the seventh inning but then hit into three successive outs to finish the tournament 3-2.

It was a back and forth affair early as the Buzz plated two runs in the first and three in the second to take a 5-0 lead.

Twin Falls got one back in the second and then Kasey Jeremie hit a grand slam in the third to tie the game at 5. Jeremie finished the game 3-for-3 with a double, grand slam and single.

The Buzz took the lead in the top of the seventh with a single, a walk and another single against pitcher Jacob Counts who came on in relief of Nick Yergensen who went six innings.

The loss puts the Cowboys at 22-19 on the season and 11-5 in Area C competition.

"We did some good things and the kids are really coming together," Stadelmeir said. Despite their overall record slightly above .500, Stadelmeir said the team has been playing a lot of games out of state to challenge themselves.

The Cowboys will play again Tuesday in Twin Falls against Minico at Skip Walker Field at 6 p.m.

Federal Way 6, Twin Falls 5  
Twin Falls 154-0000 7-1  
Federal Way 232-0000 8-1  
Rock 11-0000 0-1

## British Open back at Royal Birkdale without Tiger

By Doug Ferguson  
Associated Press writer

SOUTHPORT, England — Royal Birkdale has a reputation as the fairest of all links courses in the British Open rotation.

Its fairways have been shaped alongside the picturesque sand dunes of the Lancashire coast in England, instead of going through them, which eliminates most of the blind shots and reduces the number quirky bounces that so often define this style of golf.

Now, another element of equity has been added for this British Open, perhaps the most significant.

Tiger Woods won't be there when it begins Thursday.

Eight days after his epic playoff victory in the U.S. Open at Torrey Pines, the world's No. 1 player had reconstructive surgery on his left knee and will not play the rest of the year.

"It's not just an opportunity for me," Justin Rose said, "it's an opportunity for 155 other guys."

Woods doesn't win them all, but it is rare when his name is not on the leaderboard of a major on the back nine Sunday afternoon. He already has captured 14 majors — second only to the record 18 won by Jack Nicklaus — and perhaps even more intimidating is that Woods has 25 finishes in the top five at majors, a staggering rate of 54 percent.

Winning the 137th edition of golf's oldest championship still comes with a claret jug, not an asterisk. Even so, the fresh wind off the Irish Sea now carries the kind of optimism not felt since Woods was an amateur.

"The door is a little more wide open than it has been in the past because Tiger is not playing," Colin Montgomerie said. "And it's given a lot of players on form the opportunity of winning a major that possibly they wouldn't have felt that confident before. Without him, someone is going to win these cou-

ple of majors, and it's not Tiger Woods.

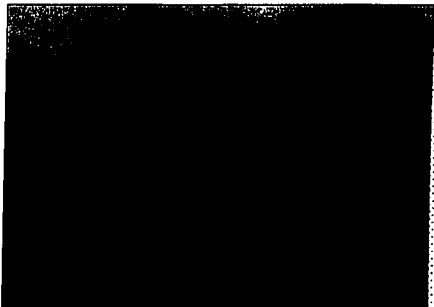
"How often can you say that?" Not since the 1996 PGA Championship at Valhalla has a major been played without Woods, who was giving his game ready for a third straight U.S. Amateur title. Not since 1994 at Turnberry has Woods not competed at the British Open.

In some respects, the Open has never been more open.

Steve Stricker was the 36-hole leader at Winged Foot in the 2006 U.S. Open, the only major where Woods missed the cut. He recalls playing that weekend with a small sense of relief that he wouldn't see one name on the leaderboard.

"I enjoy paying attention to him when he plays, to see if he can do it again," Stricker said. "We're watching history all the time. It's amazing what he's done. But when you don't have to worry about him, that's good. Because if you're in contention and he's there, it's going to

Please see TIGER, Page B4



Tiger Woods looks down the 9th fairway prior to his tee shot during the third round of the British Open Golf Championship at Carnoustie, Scotland last year. "The door is a little more wide open than it has been in the past because Tiger is not playing," Colin Montgomerie said. "Without him, someone is going to win these couple of majors, and it's not Tiger Woods. How often can you say that?"



SCOREBOARD

AUTO RACING

NASCAR Sprint Cup

Weekend Race Schedule

Table listing NASCAR Sprint Cup race results including drivers like Jimmie Johnson, Jeff Burton, and Tony Stewart.

IndyCar Series

Weekend Race Schedule

Table listing IndyCar Series race results including drivers like Dan Wheldon, Will Power, and Tony Danz.

BASEBALL

American League

Table showing American League baseball standings for teams like Boston Red Sox, New York Yankees, and Detroit Tigers.

National League

Table showing National League baseball standings for teams like Philadelphia Phillies, St. Louis Cardinals, and Atlanta Braves.

ALBOXES

Small table with various statistics or scores.

GAME PLAN

LOCAL TV SCHEDULE

AMERICAN LEAGUE BASEBALL

Text providing details for American League Baseball games, including matchups and times.

MAJOR LEAGUE BASEBALL

Text providing details for Major League Baseball games, including matchups and times.

INDIANAPOLIS COLTS

Text providing details for Indianapolis Colts games, including matchups and times.

INDIANAPOLIS PATRIOTS

Text providing details for Indianapolis Patriots games, including matchups and times.

INDIANAPOLIS PACERS

Text providing details for Indianapolis Pacers games, including matchups and times.

INDIANAPOLIS PISTONS

Text providing details for Indianapolis Pistons games, including matchups and times.

INDIANAPOLIS RAVENS

Text providing details for Indianapolis Ravens games, including matchups and times.

INDIANAPOLIS SEAHAWKS

Text providing details for Indianapolis Seahawks games, including matchups and times.

INDIANAPOLIS THUNDER

Text providing details for Indianapolis Thunder games, including matchups and times.

INDIANAPOLIS VIKINGS

Text providing details for Indianapolis Vikings games, including matchups and times.

INDIANAPOLIS WARRIORS

Text providing details for Indianapolis Warriors games, including matchups and times.

INDIANAPOLIS WOLVES

Text providing details for Indianapolis Wolves games, including matchups and times.

INDIANAPOLIS HORNETS

Text providing details for Indianapolis Hornets games, including matchups and times.

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Text providing details for Indianapolis Wolves games, including matchups and times.

INDIANAPOLIS HORNETS

Text providing details for Indianapolis Hornets games, including matchups and times.

INDIANAPOLIS HORNETS

Text providing details for Indianapolis Hornets games, including matchups and times.

Rally held to pressure Packers to reinstate Favre

Main article text about Brett Favre's return to the Green Bay Packers and the rally held in support.

Text about the Magic Valley Jerome boys volleyball camp, including dates and location.

Text about the M.V. Junior League holds sign-ups for football registration.

Text about the Twin Falls Junior League holds sign-ups for football registration.

MLB

Text about the Minnesota Twins' Justin Morneau being selected for All-Star Home Run Derby.

MAGIC VALLEY

Text about the Jerome boys volleyball camp.

M.V. JUNIOR LEAGUE

Text about the M.V. Junior League holds sign-ups for football registration.

TWIN FALLS

Text about the Twin Falls Junior League holds sign-ups for football registration.

Sports Shorts

Summary of various sports news items, including a note to send Magic Valley info to sports@magvalley.com.

TWIN FALLS: FOUR CASES

Today: Another hot afternoon. Highs low 80s. Tonight: A low passing clouds. Lows low 60s. Tomorrow: Sunny. Highs low 90s.

BOISE: FIVE DAY FOUR CASES

Today: Sunny and warm. Breezy periods prevail. Highs upper 80s. Tonight: A clear and pleasant night. Lows middle 50s. Tomorrow: Sunny. Highs middle 80s.

IDAHO'S FOUR CASES

SUN VALLEY, SURROUNDING MTS. Conditions will be optimal for all types of outdoor activities and events for several days to come. Dry and warm weather will dominate the weather scene.

Today High: 72 to 82. Tonight's Lows: 58 to 68. BOISE: Temperatures will remain quite warm all week. Any cooling will be negligible. Precipitation is likely to fall only from the area by shallow ridging aloft.

Today High: 72 to 82. Tonight's Lows: 58 to 68. NORTHERN UTAH: Warm temperatures will persist all week. The chance for storms will increase as moisture migrates slowly back north in the days to come.



TWIN FALLS: FIVE DAY FOUR CASES

Table with columns for Today, Tonight, Tuesday, Wednesday, Thursday, Friday and weather icons.

ALMANAC: TWIN FALLS

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

MOON PHASES

Table showing moon phases for July 14, 21, 28, and August 4.

REGIONAL FOUR CASES

Table listing weather forecasts for various cities including Boise, Idaho Falls, and Pocatello.

MOONRISE AND MOONSET

Table showing moonrise and moonset times for Twin Falls.

NATIONAL FORECAST

Table showing national weather forecasts for various cities.

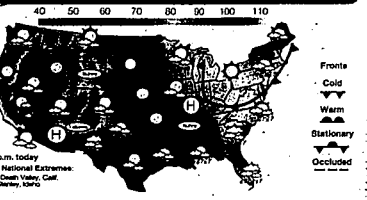
U.V. INDEX

Table showing U.V. index levels for different times of day.

WORLD FORECAST

Table showing world weather forecasts for various countries.

TODAY'S NATIONAL MAP



CANADIAN FORECAST

Table showing Canadian weather forecasts for various cities.

Advertisement for 'meineke car care center' with phone number 735-8296.

Surging Perry wins John Deere Classic

SILVIS, Ill. — Kenny Perry beat Brad Adamonis and Jay Williamson in a playoff to win the John Deere Classic and escape with his third victory in five starts after bogeying the 18th hole on Sunday.



Kenny Perry reacts after beating Brad Adamonis and Jay Williamson in a playoff to win the John Deere Classic golf tournament in Silvis, Ill., Sunday.

While Adamonis and Williamson both hit approach shots into the pond on No. 18, Perry tapped in from 1-2, 4 inches for par and the victory after his 21-foot-8 stopped just short.

for a total of 272, followed by Karrie Webb who shot a 70 and was at 273. McDOWELL TAKES EUROPEAN TOUR LUSS, Scotland — Graeme McDowell won the Scottish Open for a third straight birdies on the back nine for a 3-under 68 and a two-stroke victory.

Tiger

Commemorative plaque. Peter Thomson and Tom Watson both won the last of their five Open championships at Birkdale.

forward to another memorable week at Birkdale. Royal & Ancient chief executive Peter Dawson said, "Funny enough, I sense some excitement. It's sad that he won't be there. But now I think people wonder who's it going to be?"

Not in the least. Royal Birkdale is the latest English links course to join the rotation, a club that waited until 1954 to host the British Open.

Finality of pet's death is hard idea for niece to grasp

DEAR ABBY: I recently lost my loyal companion of 12 years, my dog Buddy. His death has been difficult for me, although with each passing day the hurt eases a little.



DEAR ABBY: I recently lost my loyal companion of 12 years, my dog Buddy.

DEAR AUNT LALA: Please accept my sympathy for the loss of your beloved Buddy. The way to handle this is, when your niece arrives and asks where Buddy is, tell her he died.

DEAR ABBY: I read an article in our local paper a while ago that said good employees who leave a company usually do so because of their boss.

stay on, but I respectfully decline. I will be self-employed from now on. However, if in the future I ever feel the need to be publicly humiliated, blind-sided, ostracized and called a spy, be distrustful and disciplined by superiors for no good reason, fight for wages that are rightfully mine, stabbed in the back by fellow employees, used as a pawn in executive rivalries, or (especially) chewed out when you're having a bad day, I'll get back to you!

DEAR ABBY: Can you give me a lighthearted, polite response when someone says, "Shame on you!" for not doing something like everyone should be doing — watching "Star Wars" movies and inconsequential things like that?

Advertisement for a bicycle with the text 'The bike you want. Right now.' and an image of a person riding a bike.

Advertisement for 'Canyon Motors Sales' with the text 'Here's how:' and 'Online or in the paper, new or used, car or truck find it today and drive it tomorrow!'.

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magicvalley.com

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Or visit us online at www.magicvalley.com. Hours: Monday-Friday 9:00am-5:00pm

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Legal

LIEN SALE

Under Idaho Code 45-805 Crowsnest Towing will sell the following abandoned vehicle July 21, 2008 at 1:00 PM at 381 Golf Course Road...

PUBLISH: July 7 and 14, 2008

NOTICE OF LETTING

Sealed proposals will be received by the IDAHO TRANSPORTATION BOARD... 3311 WEST STATE STREET, BOISE, IDAHO 83725...

Non-refundable check of FORTY FIVE DOLLARS (\$45.00) per application...

The right is reserved to reject all proposals, or to accept the proposal or proposals deemed best...

LOREN D. THOMAS, P.E.
Chief Engineer

LANDS FOR LEASE

SIA ACCEPTS BID 8088
The Bureau of Indian Affairs is now accepting sealed bids unit north, August 5, 2008 on various rangelands...

PUBLISH: July 7, 10, 14, 17, 21, 24, 28 and 31, 2008

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

Case No. CV-08-2406
SUMMONS
In the Matter of the Application of ROBERT ALFRED HODGES

NOTICE: YOU HAVE BEEN SEIZED BY THE ABOVE-NAMED PLAINTIFF... YOU ARE HEREBY NOTIFIED that in order to defend this lawsuit...

- (1) The title and number of this case.
(2) If you are responding to this PETITION FOR CHANGE OF NAME...
(3) Your signature, mailing address and telephone number...
(4) Proof of mailing or delivery of a copy of your response to Plaintiff's attorney...

PUBLISH: July 7, 14, 21 and 28, 2008

NOTICE OF TRUSTEES SALE

TS No. 08-58652 Title Order No. W831429 Parcel No. RP 1602100021F
The following described property will be sold at public auction to the highest bidder, payable in lawful money of the United States...

PUBLISH: June 23, 30, July 7 and 14, 2008

PUBLIC NOTICE

Actions planned and taken by your government are contained in public notices. They are part of your right to know and to be informed of what your government is doing...

FOCUS 0548
email to: legal@magicvalley.com

Deadline for legal ads: 3 days prior to publication, noon on Wednesday for Sunday, noon on Thursday for Monday, noon on Friday for Tuesday and Wednesday, noon on Monday for Thursday and noon on Tuesday for Friday and Saturday. Holiday deadlines may vary.

COLLEGE OF SOUTHERN IDAHO BOARD OF TRUSTEES NOTICE OF REGULAR MEETINGS

The Board of Trustees for the College of Southern Idaho has established the third Monday of each month as their regular meeting date...

July 21, 2008 January 26, 2009
August 19, 2008 February 23, 2009
September 15, 2008 March 20, 2009
October 13, 2008 April 20, 2009
November 11, 2008 May 18, 2009
December 9, 2008 June 15, 2009

The FY 2009 budget hearing date is set for August 18, 2008. Information concerning specific meeting times and places may be obtained by contacting Mike Mason at 208-733-5232.

Mika Mason
Vice President of Administration

PUBLISH: July 7 and 14, 2008

ANNOUNCEMENTS

- 50 Legal
101 Tort & Fund
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105 Hazy Ads
106 Special Notices
107 Pregnancy/Adoptive
108 Professional/Service
109 Health & Wellness
110 Home/Estate/Care
111 Entertainment/Services
112 Child Services
114 Miscellaneous/Services
115 Community/Events

101 Lost and Found

FOUND (2) mountain bikes on Monday, June 30th at the dead end St. of Oak and Grant. Call 735-0787 to identify.

FOUND

FOUND Cal. affectionate & smart, 12 week old male tabby. Call 324-5183. If you want this sweet companion.

FOUND

FOUND female black lab, seems well trained. On east Long-bow Dr. Near D & B Supply. 420-2658

NOTICE OF TRUSTEES SALE

Loan No.0819373079 - T.S. NO. ID-08-16281-PJ On 10/21/2008, 11:00 AM (recognized local time), in the following location in the County of TWIN FALLS, STATE OF IDAHO...

PUBLISH: July 7, 14, 21 and 28, 2008

NOTICE OF TRUSTEES SALE

TS No. 08-58525 Title Order No. W831395 Parcel No. RPT030102044AA
The following described property will be sold at public auction to the highest bidder, payable in lawful money of the United States...

PUBLISH: June 23, 30, July 7 and 14, 2008

Need to place a classified? No time to call or stop by?

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2. Click

3. Follow the steps

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Classified Deadlines

For line ads

Tues. - Sat. - 1 p.m.

the day before.

For Sun. & Mon.

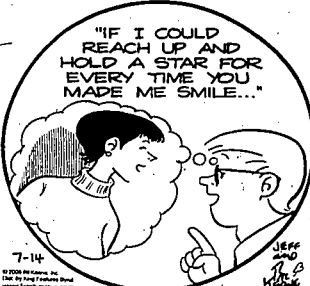
2 p.m. Friday.

See what's new on www.magicvalley.com

By: Bruce J. Blonkwis, Successor Trustee
PUBLISH: June 30, July 7, 14 and 21, 2008



THE FAMILY CIRCUS By Bill Keane



... I would be holding the entire evening sky in the palm of my hand."

BARTENDER 30-35 hrs/wk. Some exp. preferred. Call Dave or Kristi 733-0369

GENERAL Mobile Pressure Washer Operator needed in Jerome. Contact 208-324-0476 or 208-731-0476

PET CARE Providers P/T to F/T positions. Exp. caring for dogs required. Mail applications and resume to: 2310 Ridge Ave. Twin Falls, ID

ADDITIONAL COURSEWORK: Bachelor's degree or Higher, with 6 mos. experience in addition. Prof. CAD/CAM training. Call 800-455-4600

BUSINESS MANAGER Duties are to secure bank and finance options with related sales for customers at GM dealership. Performance based pay with guarantee plus retirement, 401k, and health benefits.

MAINTENANCE ENGINEER 40 PERWK This position requires working knowledge of and the ability to troubleshoot and repair boilers, air compressors, hydraulics, electrical distribution, control circuitry, electric motors and pumps.

WAREHOUSE DRIVER/Warehouse, clean driving record. Exp. in driving. Drug Free Workplace. Apply between 9-4 at 187 Eastland Twin Falls

RESIDENTIAL ASSISTED Living Home is now hiring competent Nursing Assistant. Great environment. Great people. Great pay. Call Barbara 731-1205

LAW ENFORCEMENT The City of Twin Falls is accepting applications to fill several RESERVE POLICE OFFICER positions. Application packets, including job description and qualifications, can be picked up in the lobby of the Twin Falls Police Department, located at 356 3rd Avenue East. This is a volunteer position.

HUMAN RESOURCES ASSISTANT Times-News is seeking a full-time assistant with a positive attitude and good communication skills to work in our human resources department.

WAREHOUSE PERSONNEL NEEDED Warehouse Personnel are responsible for accurately filling and shipping product orders to ensure a high level customer satisfaction.

PROFESSIONAL Rapid Development Therapist needed. P/T flexible hrs, competitive wage. Call Jeff at 733-0369

Current job lost its spark? Try SUNBRIDGE! Sessions now available: LPN/RN Full-time 12 Hour Shifts - Nights

MISCELLANEOUS Sun Valley Sun Valley Resort has job openings for temporary seasonal workers from November 1, 2007 through April 1, 2008.

PROFESSIONAL Business/Financial HR Professionals. PSL savvy, exp. in service, cost control, builder, contractor, h/w, Rets, Ingul's P.O. Box 848 Twin Falls, ID 83303

MECHANIC Buil Implement Co. Case H Tractor dealership. Mechanical with 10 yrs exp. Full time position. Group health insurance and a good working cond.

Full-time is 32 hours per week Part-time is 20 hours per week. We offer competitive pay, and full-time includes an excellent package. We also have certification classes for those who want to become CNAs.

Apply in person or contact Beverly Hipper at Sunbridge Care & Rehab 660 River Ave West, Twin Falls, Phone: 208-734-8645

PROFESSIONAL Full/Part time Sales Representative Mountain States Wireless, authorized retailer for AT&T Wireless, authorized individual for Verizon in our Twin Falls location. Must possess sales commissions. Exp. Communication. Fax resume to: 208-320-3024

REAL ESTATE 501 Open Home 502 Home for Sale 510 Out-Of-State Homes 511 Out-Of-State Homes 512 Farms/Ranches/Lots 514 Acres & Lots 515 Commercial Property 516 Vacation Prop. Time Share 517 Condominiums 518 Mobile Homes 519 Cemetery Lots 520 Real Estate Wholesale 521 Manufactured Home

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Apply online at www.magivalley.com/WorkHere

SALES If you are a self starter and like to sell, you can join our sales team. Magi Valley has newest location off I84, exit 168. Base Salary plus commissions and bonus. Great working environment, a community employer. Call now 208-320-3024

TRADES Roberts Electric in Healy, ID is seeking 514 licensed Journeyman Electrician and an Apprentice with High end and residential commercial construction. Full-time year round employment. Benefits include vacation, bonus & insurance. Price in employee ownership. Commuter vans available. Fax resume to Rich Pettit at 208-788-3273 or call 208-788-9258

Sun Valley Sun Valley Resort has job openings for temporary seasonal workers from November 1, 2007 through April 1, 2008.

GENERAL Support area farms, ranches, dairies and the local WSI stock market applying them with products to include everything from animal feed and animal health products to fencing and building materials.

SALES WSI Sales Representative J.R. (Magic Valley) Computer Systems (Magic Valley) Looking for extra vacation money? The classifieds can help you sell those items you no longer need for quick cash. 733-0921

FINANCIAL 301 Business Opportunities 302 Money to Loan 303 Investments 305 Credits & Mortgages 306 Financial Services

Snowmakers, 26 Positions, Job Listing Number 1322646: Using commercial equipment, make, apply and maintain snow on mountain ski trails. There is no experience necessary. Entry level wage \$8.40/hr. This position starts at 35+ hours per week and will be generally subject to four shifts: 7:00 a.m. - 3:00 p.m.; 8:00 a.m. - 4:00 p.m.; 4:00 p.m. - 12:00 a.m. and 12:00 a.m. - 8:00 a.m. Scheduled work days may fall on ANY day during the week (including national and state holidays).

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

FREE Tuesday, July 15th One Hour Seminar! WORK AT HOME! Medical Transcriptionist Learn to work at home transcribing medical reports dictated by doctors! This At Home, No Demand Career Has Unlimited No Selling - Earn More Money Than In Most Office Jobs!

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Dorm housing is available. Dorm housing rates are as follows: Quad room without bathroom: \$2.50/day Triple room without bathroom: \$3.00/day Double room without bathroom: \$3.76/day Single room without bathroom: \$5.53/day Pre-employment drug testing is required for safety sensitive positions. Random drug testing is conducted throughout the season on all employees.

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HAZELTON Charming 3 bdrm, 1 bath with 2 car center town, 3800 sq. ft. home. Can be a 2 family or 3 family with separate entrances or 4 bdrm, 2 bath home. New carpet and paint, large lot and lawn. Sawd-404-943 or 352-4332

3.8 Acres located in Jerome AMENDED PLAT OF CROSSROADS PUD 11 Contact Jeff Hammack 208-308-5343 or Western Real Estate Group 208-733-7653 for Legal & Bid Form

# JUMBLE

THAT SCRAMBLED WORD GAME  
by Mike Argentin and Jeff Kruke

Unscramble those four jumbles, one letter to each square to form four ordinary words.

**EXVIN**

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**NAYGO**

**YOMFID**

**LAFLBE**

Print answer here: \_\_\_\_\_

Now arrange the circled letters to form the surprise word, as suggested by the above cartoon.

**FOR A TRAFFIC COURT JUDGE, IT'S ALWAYS A...**

Answers: **EXPERT VOUGH**, **WEEVIL NEMOIST**, **WHEELER**, **WHEELER**

What the judge did when business slowed - **THREW IN THE TOWEL**

## 502 Homes For Sale

**TWIN FALLS** 2 bdrm, 2 1/2 bath, approx 1500 sq ft. New carpet & vinyl. Lots of Storage! \$152,000.

**2144 Alta Vista Dr.** (off of Eastland) Call 734-6432

## 502 Homes For Sale

**TWIN FALLS** 3 bdrm, 2 1/2 bath, approx 2000 sq ft. Open floor plan, big garage with RV parking \$243,000

**2144 Alta Vista Dr.** (off of Eastland) Call 734-6432

## Real Estate Wanted

**Wanted**  
We Buy Homes & Cash on Terms  
Call: 877-76-1044

## Remember

**Remember**  
The broker who you hired to sell your home...  
Call: 733-0404

## Rental

**Rental**  
601 Furnished Homes  
Call: 733-0404

## Equine

**Equine**  
KIMBERLY H-2 Indes to share 3 bdrm, horse, \$350 mo. + \$350 dep. 731-6716

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

FITNESS CLASS REVIEW

# SWEAT ASSESSMENT

**Y spinning class is a great workout**



By Melissa Davlin  
Staff writer

I've heard a lot of horror stories about spinning. Stories about drill instructor-like teachers who drive their students into the ground. Rumors about participants being exhausted for this rest of the day because the class was so intense.

I worked myself up so much about spinning that by the time I walked through the doors at Canyon Rim YMCA for my first session, I was convinced that the class would kill me. "Here lies Malone," my epitaph would read, conquered not by heroes, but by a stupid stationary bike.

That's not quite what happened. And although my gluteus maximus isn't too happy with me right now, the rest of my body is in good shape and ready for more.

**How it went down**

On a tip from Lesley Martin, fitness director for Twin Falls YMCA, I arrived early to get the lowdown on spinning. Lisa Malone, the instructor for the evening, greeted me with a familiar "Hi! How are you?" and showed me the basics of spinning.

Contrary to what I thought, spinning isn't just pedaling mindlessly for an hour. There are three hand positions and different tensions. Any combination of these can vary the workout drastically. Go slow for your first time. Malone urged me, and don't be afraid to take a break.

Oh no, I thought. Even the instructor expected me to keel over.

Malone switched on some awesomely bad music and got started. We stretched our arms while pedaling lightly, then turned up the intensity and switched hand positions.

The first thing I noticed was how much the dumb seat hurt my derriere. Goodness, this thing was hard. I began to look forward to when we would "climb," or stand up while pedaling hard, so I could give my butt a break from the seat.

Malone filled the 50-minute class with climbing and switching between intensities.

The hardest was climbing with a high intensity, but I remembered what Malone said and took it easy. No need to try to keep up with the veterans.

It was encouraging to see so many fitness novices in the class. Between 15 or so classmates, there were young, athletic men pumping furiously at the pedals and mid-



Breton Bywater, left, of Twin Falls, stretches out his arm during the warm-up stage of a spinning class held at the Canyon Rim YMCA.



Lisa Malone, spinning instructor, leads her class during a workout Thursday evening at the Canyon Rim YMCA in Twin Falls.



Instructor Lisa Malone pedals her spin bike during the beginning of a workout.

**Spin out**

**What:** Spinning  
**Where:** Canyon Rim YMCA, 1881 Pole Line Road, Twin Falls  
**When:** 6:30-7:20 p.m., Monday through Thursday, 5:15-6:00 a.m. Monday through Friday, 9:45 a.m., Saturday  
**Who:** Men and women over 16 years old. Children under 16 must be accompanied by an adult aged 18 or older.  
**Cost:** Free for YMCA members, \$5 for guests (price includes day pass to YMCA facilities)

**What hurt after the class**

My butt hurt from the climbing (and the seat). Malone acknowledged the uncomfortable sitting situation and recommended I buy a pad if I wanted to come back. Not a bad idea.

Surprisingly, my abs felt a little sore. Spinning engages the core muscles as the rider balances on the bike, Martin said. What a fantastic exercise. I didn't even real-

ize those muscles were working. Malone also warned me my legs would hurt the next day. I'm ready. If I end up with awesome legs like hers, it will be worth it.

**Who should stay away**

Both Malone and Martin said spinning is adaptable to most folks' fitness levels. It's low impact for joints while still providing intense cardio.

The exception, Martin said, is people who are extremely out of shape. If that's the case, start with a treadmill or a stationary bike and work up to spinning.

Melissa Davlin may be reached at 208-735-3234 or melissa.davlin@lee.net.

dio-aged women who, like me, moved slow and steadily — and still got a great workout. Before I knew it, we were done, and I had survived. Who woulda thunk?

## Making fewer calories count

By Jeannine Stein  
Los Angeles Times

Most people who maintain a substantial weight loss work to keep their calories low — between 1,200 and 1,700 a day for women, and 1,800 to 2,200 for men (depending on metabolism and amounts of exercise).

That's far fewer calories than the amount consumed by most people who have never lost a great deal of weight.

So what does a 1,600-calorie diet look like compared with what can be a typical day's worth of food? The differences are dramatic and point out how little things can add up — fatty salad dressing, butter, a handful of candy, sugary

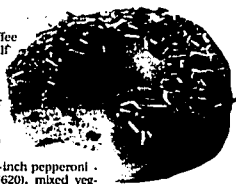
sodas. By not keeping an eye on extra fat and calories, total calories for one day can easily reach almost 3,000 — all of which probably won't be burned off, resulting in added pounds. (Calorie figures were taken from CalorieKing.com, which offers an online food database of nutritional information for more than 50,000 American generic and brand-name foods.)

**1,600 calories**

- Breakfast:** 3/4 cup Cheerios (75) with 3/4 cup 2 percent reduced-fat milk (92) and 1 medium banana (105)
  - Midmorning snack:** 1 small apple (55) and 2 tablespoons of smooth peanut butter (188)
  - Lunch:** 1 1/2 cups mixed vegetable salad (33) with 5.8-ounce can of light tuna (191), half an avocado (117) and 6 tablespoons of reduced-fat Italian dressing (68), whole grain roll (100)
  - Afternoon snack:** 1 cup air-popped popcorn (31) and 1 small orange (45)
  - Dinner:** 4 ounces roasted chicken breast (190), 3 ounces fresh broccoli (30), 1 small plain baked potato (120), small mixed vegetable salad with 4 tablespoons nonfat ranch dressing (84), 3.7 ounces fat-free chocolate pudding (80)
- Total: 1,592**

**2,900 calories**

- Breakfast:** 1 glazed doughnut (200), coffee with 2 tablespoons half-and-half (40)
  - Lunch:** Chicken Caesar salad (with dressing) from Chili's Grill & Bar (1,010), 12-ounce Coke (143)
  - Mid-afternoon snack:** 1 1/2-ounce Hershey bar (230)
  - Dinner:** Two slices of original-crust 14-inch pepperoni pizza from Papa John's Pizza (620), mixed vegetable salad with 4 tablespoons Italian dressing (188), 1 cup of Ben & Jerry's Cherry Garcia ice cream (480)
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Brent Bywater, left, of Twin Falls, strikes out his arm during the warm-up stage of a spinning class held at the Canyon Rim YMCA.

Red photo by MATT JOHNSON



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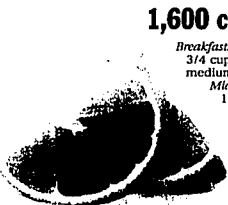
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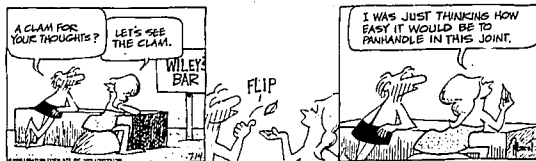
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Chicken Caesar salad (with dressing) from Chili's Grill & Bar (1,010), 12-ounce Coke (143)
- Mid-afternoon snack:**  
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- Dinner:**  
Two slices of original-crust 14-inch pepperoni pizza from Papa John's Pizza (620), mixed vegetable salad with 4 tablespoons Italian dressing (188), 1 cup of Ben & Jerry's Cherry Garcia Ice cream (480)
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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 Triosse



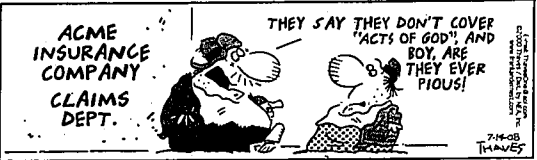
For Better or For Worse

By Lynn Johnston



Frank and Ernest

By Bob Thaves



Garfield

By Jim Davis



Hagar the Horrible

By Chris Brown



Hi and Lois

By Chance Browne



Luann

By Greg Evans



Classic Peanuts

By Charles M. Schulz



Pearls Before Swine

By Stephan Pastis



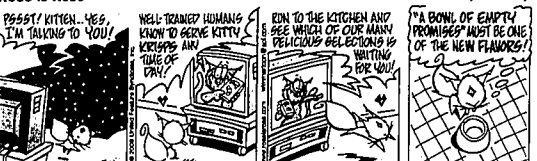
Pickles

By Brian Crane



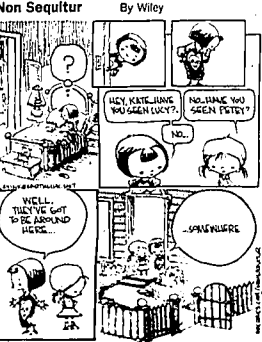
Rose is Rose

By Pat Brady



Non Sequitur

By Wiley



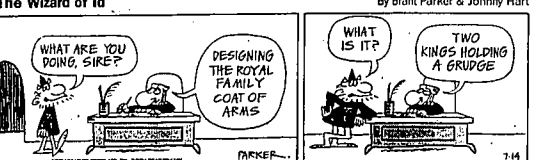
Dennis the Menace

By Hank Ketcham



The Wizard of Id

By Brant Parker & Johnny Hart



Zits

By Jim Borgman and Jerry Scott





# To do for You

## 'Baby and Me'

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

The session is for parents of children from infancy through toddler years. Free: 324-6133.

## Alzheimer's support

Alzheimer's Support Group meeting, 10:30 a.m. Wednesday at SunBridge Care and Rehabilitation Center, 640 Filer Ave. W. in Twin Falls.

Open to Twin Falls-area residents who have family members with Alzheimer's.

Free. Information: Steve Jones or Dawn Meyer, 734-8645.

## Cancer support

Living Through Cancer Support Group meeting, 6:30-8 p.m. Wednesday, in the lobby at St. Luke's Mountain States Tumor Institute Cancer Center, 656 Addison Ave. W. in Twin Falls.

Open to current cancer patients, cancer survivors, their families or support people and the public.

Free. Reservations required: Andy Hill, 737-2800.

## About childbirth

Prepared childbirth classes, 6:30-9 p.m. Thursdays, check through Aug. 14, in the lobby at St. Luke's Magic Valley's downtown campus, 660 Shoshone St. E. in Twin Falls.

Topics: wellness of the mother, labor and delivery process with relaxation and breathing techniques; care of the postpartum mother and newborn; breast-feeding and bottle-feeding; and a videotour of the Women's and Infant Center. Wear comfortable clothing; bring two pillows and, if possible, a support person.

Cost is \$60. Preregistration required: 732-3148.

## About C-sections

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

Topics: Cesarean deliveries, nonconforming labors, pain management and hospital procedures. Wear comfortable clothing; bring two pillows and, if possible, a support person.

Free. Preregistration required: 732-3148.

## Asthma education

Asthma education class for people with asthma, their families and caregivers, 6-7 p.m. Thursdays in the SAGE Room at St. Luke's Magic Valley's Education Building, 588 Addison Ave. W. in Twin Falls.

The class follows guidelines set by the National Asthma Education and Prevention Program and the American Lung Association.

Free. Preregistration required: 737-2007.

## About Medicare

The Community Education Center at the College of Southern Idaho will offer the class "Medicare 101," 7-9 p.m. July 22 in Room 180 of CSI's Aspen Building. Ken Axbill will instruct.

Topics: original Medicare (Parts A and B), enrollment guidelines, Medicare Part D and supplements to Medicare including Medigap and Medicare Advantage plans.

Cost is \$15. Register: 732-6442 or csl.edu/community.

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

# Keeping the weight off

By Staci Roar  
Los Angeles Times

In her 39 years, Claudia Hallborn has, by her own estimation, lost and regained about 1,000 pounds.

Her success at losing weight was always driven by a goal, such as looking nice for graduation or wedding. Her tactics usually included strict calorie-counting. But success on the scales was always fleeting. Sooner or later, she would revert to her old habits and no longer feel motivated to change.

"I didn't know how to lose weight and keep it off," the Downey, Calif., woman says. "Most people can lose weight. But few can maintain their new weight for long. Researchers are now tackling that problem, and what they're learning is discouraging. The human body, it seems, is designed to sabotage weight loss at every turn — once a body has been fatter, it wants to get back to the weight that it used to be. Physiology is cruelly changed in two ways: The body needs fewer calories to maintain itself, but its craving for food is more intense.

Making sure the pounds stay off means pitting one's willpower against a swarm of biological processes involving the brain, hormones, metabolism and fat storage.

"There is a big shift toward understanding long-term weight maintenance," says Paul MacLean, associate professor of medicine at the University of Colorado, Denver. "We have a huge number of diet books and diet programs, and if you do them you can lose weight. The big problem is keeping it off. The recent estimates are that 5 percent to 10 percent of people are successful at keeping weight off on a long-term basis."

But before you throw up your hands and reach for the Twinkies, consider this: Scientists think that understanding the stubborn biological processes at work will lead to ways to fight back.

Exercise, it's known, buffers the post-diet body against regaining weight, in ways that researchers are just starting to comprehend. Certain foods, scientists believe, may help stave off weight regain too. And medications now in development target some of the biochemistry thought to be linked to regaining weight.

"There are strong physiological adaptations to weight loss that promote weight regain," MacLean says. "The good news is we know a big part of the problem and why we haven't been successful over the past several decades."

Human biology — for obvious adaptive reasons — is designed to protect against weight loss and potential starvation. And after a period of obesity, the body may permanently alter the way weight is regulated by more aggressively stimulating appetite and signaling the body to protect fat stores.

Metabolism has changed: The body now needs about eight fewer calories per day for each pound of weight that was lost. That means someone who loses 40 pounds will require about 320 calories fewer each day than they did before the weight loss. This difference in energy needs before and after weight loss has been dubbed the "energy gap" by University of Colorado professor James O. Hill, director of the Center for Human Nutrition in Denver.

Appetite hormones change. The hormone leptin, for example, is a major appetite regulator — it tells the body to stop eating and store fat after meals. Some people may be genetically prone to having lower leptin levels, making them more prone to obesity. But studies also show that, after a weight loss, leptin levels are lower than what they used to be. That means appetite is less easily quelled.

Another hormone, ghrelin, stimulates food intake — levels in the brain fall after a meal. However, after a weight loss, ghrelin levels in the blood generally increase, and the fall-off after meals isn't as marked.

"You lose 10 percent of your body weight. All of a sudden all these systems kick in to try to keep you from losing weight," says Dr. Ken Fujikawa, director of nutrition and metabolic research at the Scripps Clinic in San Diego. "People are mad at themselves or depressed after they regain their weight. But I explain: It's not you. Biology has kicked in now.... You are hungry all the time. You think about food all the time."

The weight comes back fast. "The entire system is saying, 'Bring the calories in, store them efficiently and do not reduce these signals until the fat is returned that was the original weight,'" he says. "You may look like a lean person, but your body hasn't changed inside."

Moreover, animal studies show that muscle, as well as visceral fat, the abdominal pouch that is linked to heart disease and diabetes.

So what is a dieter to do? "There is nothing we know of that does anything to reverse this," Fujikawa says of the biological forces that defend body fat. "It's very tough."

But it's not impossible. The National Weight Control Registry is an honor roll of dieters who have fought and won. Started in 1994 by Hill and Rena Wing of Brown Medical School, the registry now provides data on how regular dieters have managed to keep weight off.

Based on data from more than 7,000 people, Wing says there are few similarities in how people succeed in maintaining the same song.

Instead of trying to eat less for the rest of their lives to bridge the energy gap, these people exercise more.

Physical activity, in ways that researchers don't really understand, influences some of the biological systems that promote weight regain, encouraging the body to become more sensitive to leptin and insulin, for example.

"Everyone thinks exercise is about burning calories," Fujikawa says. "But you are actually returning the system to more like what it should be. Things start working again."

The successful maintainers also change what they eat. The registry found that they keep their calories in careful balance with what they expend — religiously referring to calorie charts and writing down everything they consume. They also tend to eat low-fat foods.

But there may be more nuances to food choices than that. "We're getting more interested in studies that look at food composition," Fujikawa says. "It could be that eating certain nutrients may also help the system work better."

Scientists don't know how



## Tell about your weight loss

Since 1994, the National Weight Control Registry has compiled information on people who have lost weight and maintained the loss. From those records, registry directors have been able to identify factors that add up to successful weight maintenance — such as regular exercise and eating breakfast.

But many of the data have come from white women, says co-director Rena Wing of Brown Medical School. The registry needs input from all racial and ethnic groups to see whether there are differences linked to gender, race or ethnicity. Anyone who has lost 30 pounds or more and maintained the loss for one year or longer can enroll in the registry.

The minimum age for participation has been 18. But the registry has started a teen branch, for people 14 and older, to learn more about how teens may differ from adults.

Contact the registry at [www.nwcr.ws](http://www.nwcr.ws) or (800) 806-6927.

long it would take to return the physiological responses of a once-obese body to normal — or if, indeed, that ever is quite possible. Studies do show, however, that weight regain is most likely in the first couple of years after weight loss.

"After that, it's as if you master the technique," Wing says.

If you do, be prepared to make permanent lifestyle changes to lose it and maintain the loss.

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"After that, it's as if you master the technique," Wing says.

If you do, be prepared to make permanent lifestyle changes to lose it and maintain the loss.

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# Getting the right fitness fit

By Vicky Hallett  
Special to The Washington Post

I have just gone on a diet and exercise kick, and I am hoping to lose around 40 pounds. I keep reading that it is better to work out in the morning to lose body fat, but I leave for work at 7:15 a.m. Is working out in the afternoon going to be just as effective?

I consider myself a morning person, but it turns out that morning is actually a lousy time to try to get your body moving. After fasting all night and lying in one position, that's like "asking your body to behave like a sports car without putting any gas in the tank," says Jonathan Ross, owner of Aion Fitness in Bowie, Md.

While it's true that some studies have slightly higher rates of fat-burning in pre-breakfast workouts, that

may come at a cost. In a recent study at the University of South Carolina, swimmers who raced at different times of day performed best at 11 p.m., worst between 2 and 8 a.m.

Your natural body rhythm might "make you more inclined to exercise at night because it feels better," says USC assistant professor of exercise science Shawn Youngstedt.

Plus, he says, evening exercise has the extra benefit of replacing typically sedentary nighttime activities such as watching TV.

But will I stop working out in the morning? No way. That's because the most critical thing isn't the timing but the regularity, according to Ross.

The early hours are often the ones with the fewest distractions: You won't skip because you have to work late, go to book club or help your kid with algebra.

"The key is to find something that works for you and your schedule," Ross says. If that time for you happens to be the afternoon, you're golden.

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# Emphysema at 24?

Singer Amy Winehouse illustrates smoking's early risks

By Jeannine Stein  
Los Angeles Times

English singer Amy Winehouse is no stranger to tabloid headlines — routinely grabbing attention for alleged drug use, brushes with the law, bizarre onstage behavior and curious fashion choices.

Yet a recent disclosure that the 27-year-old has "signs of emphysema," according to her U.S. publicist, Tracey Miller, shocked many. Though copious photos show the beehived songstress with a cigarette dangling from her lips, it seemed stunning to learn that someone that age could suffer from a disease usually associated with two-pack-a-day 65-year-olds.

But Winehouse is not an anomaly. Health experts say that young adult smokers are no strangers to mild emphysema, a shortness of breath caused by damage to the lung's small air sacs. Smoking can permanently deteriorate the lungs, irreversibly diminishing lung capacity — and the damage starts young, even in teens who smoke five cigarettes a day, according to one 1996 study from the Harvard School of Public Health and the Brigham and Women's Hospital in Boston of 10,000 youths who smoked.

"Teenagers and people in their 20s think they're invincible," said Dr. Norman H. Edelman, chief medical officer for the American Lung Association. "They think they can wait until they're 35 to stop smoking and everything's going to be fine, but they can do permanent damage before that."

The damage can come in the form of emphysema, which is caused by some of the 4,000 to 5,000 toxic chemicals in cigarette smoke. (None in particular is known to be the source of the damage, but collectively they create chaos in the lungs.) Activated oxygen molecules in the smoke trigger inflammation that can't be controlled, said Dr. Jonathan Samet, chairman of



the epidemiology department at the Johns Hopkins Bloomberg School of Public Health in Baltimore.

Even in early stages of emphysema (defined generally by Samet as having less than 80 percent lung function), the chemicals are breaking down the lung's tiny air sacs, called alveoli. The consequence: "A grape-like cluster of tiny air sacs becomes one big sac, which means there is less area to exchange oxygen," Edelman said.

Inflammation, Samet said, reduces the air sacs' elasticity, making it harder for them to expand and contract, moving air in and out. "It's like the difference between a balloon filled with air and a paper bag filled with air."

As well as emphysema, Samet adds, smoking can cause chronic bronchitis, the lung inflammation characterized by irritation and scarring.

"There are a lot of extraordinarily irritating substances in tobacco smoke. The lung has defense mechanisms that can clean out things that get in. But smokers dump so much toxic stuff in that the lungs can't keep up."

Adding illegal drugs to the mix — such as marijuana or crack cocaine — can exacerbate the problem, although experts aren't sure if either directly causes emphysema. "It basically compounds the issue," said Dr. Zai Mosemifar, medical director of the Women's Guild Lung Institute at Cedars-Sinai Medical Center in Los Angeles.

Edelman said some of the bronchitis inflammation is reversible, but the lung damage of emphysema is not — and continuing to smoke results in less and less lung function over the years. (Everyone's lung function declines with age, but that of smokers declines faster.)

Young adults with mild emphysema might notice slight physiological changes — a pickup basketball game becomes more arduous, or luging groceries produces a little wheezing. A singer such as Winehouse may not be able to hold long notes with ease.

Young adults with mild emphysema might notice slight physiological changes — a pickup basketball game becomes more arduous, or luging groceries produces a little wheezing. A singer such as Winehouse may not be able to hold long notes with ease.

## Web resources for quitting smoking

- The American Lung Association:**  
www.lungusa.org/site/c.dvl.UK900Z/b.22933/k.8550/Smoking+Cessation+Support.htm
- The American Cancer Society:**  
www.cancer.org/docroot/PE/DY/content/PE\_DY\_13/Guide+for+Quitting+Smoking.asp?from=fast
- MedlinePlus, a service of the U.S. National Library of Medicine and the National Institutes of Health:**  
www.nlm.nih.gov/medlineplus/smokingcessation.html
- Centers for Disease Control and Prevention:**  
www.cdc.gov/tobacco/quit-smoking/index.htm

little wheezing. A singer such as Winehouse may not be able to hold long notes with ease.

Others — especially if they're inactive — may not have symptoms until later in life. "Unless you're a marathon runner, you're not using your full lung capacity," Edelman said. "Someone living a normal life might not feel anything, and that's the big problem. They don't feel anything until they lose 40 percent to 50 percent of their capacity."

Winehouse isn't the first young celeb linked to emphysema. Model Christy Turlington disclosed in 2000 at age 31 that she had mild emphysema, the result of a 10-year smoking habit that started when she was a teenager (she quit in 1995). At the time, Turlington was quoted as saying about her diagnosis, "The really frightening thing is that there was enough of an effect from my smoking that it caused permanent damage." Her father died of smoking-related lung cancer.

The good news is that overall, fewer young adults are smoking. In 2006, 24 percent of 18- to 24-year-olds smoked, down from 34 percent in 1993, according to the national Centers for Disease Control and Prevention.

# Yes, chunky people can run

By Vicky Hallett  
Special to The Washington Post

**Q** I'm about 30 pounds overweight and am slowly whittling that down via a healthier diet and a pretty intense kickboxing class three to five times a week. I'd like to start running but am nervous about the strain on my knees and hips (notorious weak points in my family). Any suggestions for starting a running program? Cardiovascular speaking, I'm in pretty good shape. I'm just worried about the strain on the rest of my body. Should I hold off until I lose a little more weight?

**A** If chunky people couldn't jog, you'd have a heck of a time explaining the existence of John "The Penguin" Bingham, the Runner's World columnist whose whole shtick is that he transformed himself from a 240-pound lump into a bona fide marathoner. Bingham, also the author

of "Running for Mortals," credits his success to his slow and steady approach: He began with walking, gradually blended in running and made sure never to do anything that left him achy. "It took me six months before I could walk/run three miles," he says.

Maggie Shapiro, co-owner of Washington-area Potomac River Running and an accomplished triathlete and coach, teaches her runners a similar lesson. "We advise everyone to go in with a plan and build carefully," she says. "It needs to be pre-thought, or that excitement of feeling good can set people on a slippery slope."

That's because injuries happen not because of your family history of weak knees, but because of overuse and misuse. Given the proper build-up, footwear and recovery, your body will learn how to handle these stresses, she adds. And thanks to your cardiovascular health, you may find out that not only can you be a runner, you can be a pretty good one.

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# Ways to resist male sag

By Vicky Hallett  
The Washington Post

**Q** I'm a male in my 70s who goes to the gym five days a week to row 30 to 40 minutes, ride the bike for 20 minutes, do 12 sit-ups at a 75 percent angle, and work the weight machines for 10 to 15 minutes. I also play 18 holes of golf three days a week, so I'm in good shape except for the fact that I've developed a set of boobs over

the last few years. What exercises can I do to make them go away? I notice that a lot of PGA golfers seem to have the same problem.

**A** I guess I don't watch enough golf, because I had no idea about these perturbing protrusions, but your on-screen observations are spot on, according to Jason Meisch, the director of fitness and training at Clubgolf in Galtersburg, Md.

The facility, which focuses

on exercises and techniques to improve one's game, often deals with clients facing this same annoying jiggle. In most cases, it's a result of too much leaning over (either a golf ball or a desk). With the chest and shoulders curved into a C, any excess flab in your upper body becomes exaggerated. And it doesn't help that as you age, the skin begins to stretch and sag," Meisch says.

But there are moves that can combat this look — and even improve your handicap.

Meisch would start you with dumbbell rows, lat pull-downs and something to stretch out the chest and upper spine. His favorite? The seated and arch, which has you sit atop a Swiss ball with your arms raised over your head. Then you bend your knees and let the ball run up your spine, and then push your hips up so that your back is arched over the ball.

Or there's always plan B: Buy a bra.

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