

Johnson wins
Indy race filled with cautions, tire concerns.

SPORTS, B1

Hydro help

IMAGE, D1

Stay healthy while it's not outside.

Two dead

Gunman opens fire on church in Tennessee.

Time News

MONDAY
July 28, 2008
75 cents

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Trout farm water call headed to district court

Farms to appeal final order issued July 11

By Nate Poppino
Staff writer

The Idaho Department of Water Resources is headed for the courtroom.

One of three water delivery calls set in front of the department, made by two Magic Valley trout farms, will be appealed to district court following IDWR Director

Dave Tuthill's July 11 final order on the call.

The move changes the discussion from an administrative setting to one much less likely to be influenced by politics, Randy MacMillan, vice president of research at Clear Springs Foods, said Friday — the final day parties in the call could petition Tuthill to reconsider his decision.

"We do think politics has played into some of the decisions that have been made," MacMillan said, adding that the farms have yet to file the appeal.

Whether or not MacMillan is right, an appeal to the court signifies a new step in the long-running case. In spring 2005, both Clear Springs and Blue Lakes Trout

Farm filed letters with IDWR seeking water they said belonged to them but had been used up by groundwater pumps with junior water rights. For various reasons, a hearing on the matter wasn't held until November 2007, and the final decision was delayed to include the planned mitigation efforts for both.

"It was important for the Thousand Springs order to include the road ahead for

both Blue Lakes and Snake River Farms (Clear Springs' farm)," Tuthill said Friday.

The July 11 order provides for mitigation for two of four water rights belonging to the farms. Tuthill cites insufficient evidence for the remaining two to be included.

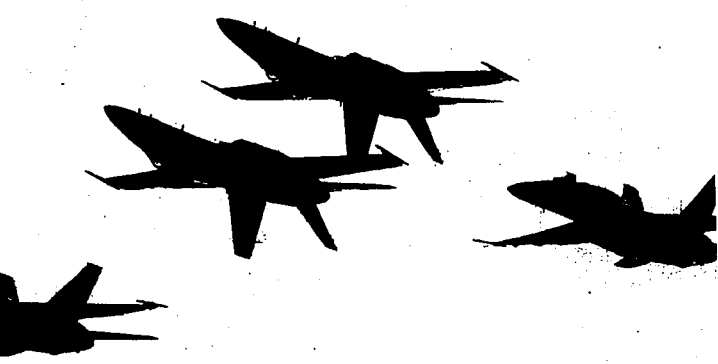
It also specifies the remedies currently being prepared by pumpers. The groundwater users have already provided 10 cubic feet per second to

Blue Lakes Trout Farm this year through the Pristine Springs agreement, Tuthill said. Up to 3.59 cfs could come from a spring leased from the Idaho Department of Fish and Game by the North Side and Magic Valley Ground Water Districts to satisfy Clear Springs' shortage.

The latter arrangement would be a long-term solution, Tuthill said, and is being

Please see TR0UT, Page A3

SOARING FUTURES



Two Blue Angels fly upside down in formation Sunday afternoon during the Air Magic Valley Air Show at Joslin Field, Magic Valley Regional Airport in Twin Falls.

T.F. recruits join others sworn-in at air show

By Nate Poppino
Staff writer

It was a simple ceremony. Twenty-seven teens in "Property of U.S. Navy" T-shirts marched out in front of at least 20,000 spectators. Speaking as one, they raised their right hands and repeated the military oath of enlistment.

One minute later, they were off, and the U.S. Navy Blue Angels began their performance. But for Teela Vaudrin, her fellow Navy recruits who stood out on the asphalt Sunday, it may

have been the most important few minutes of their lives so far.

The group — many just barely out of high school — were part of 50 delayed-entry Navy recruits from across southern Idaho who got the chance to repeat their enlistment oaths at Sunday's Air Magic Valley Air Show at Joslin Field, Magic Valley Regional Airport.

"It's an honor," Vaudrin, who just graduated high school, said of the ceremony earlier in the day. "It's a one-of-a-kind deal."

The ceremony was a highlight of a busy day that fea-

tured motorcycleists, World War II-era fighters and a stunt show set to music from "Pirates of the Caribbean." Final tallies for attendance and sales figures were unavailable. But an early estimate for Sunday was at least 20,000 people, said Jill Trowell, who oversees marketing. Saturday's show drew between 25,000 and 30,000, in line with earlier predictions.

The second day of the event, featuring the Blue Angels, an Air Force F-16 performance team and other

Please see RECRUITS, Page A3

Local couple offers air show parking, seats in return for donations

By Nate Poppino
Staff writer

"Air Show Parking, \$5.00," the wooden sign read.

But the dirt and gravel road it sat in front of didn't lead to Joslin Field, Magic Valley Regional Airport, site of the Air Magic Valley Air Show.

The parking was at Lucky 7 Ranch, the home of Greg and Liz Mack just south of the airport. And the \$5 was a suggested donation, half of it slated for Valley House, a Twin Falls homeless shelter.

Opening the ranch Saturday and Sunday was the brainchild of Greg Mack, an independent truck driver who said he's currently out of work due to high fuel prices.

The idea hit him late last week, after the Blue Angels arrived in town. An older couple got their car stuck in a ditch near the ranch while taking pictures of an afternoon practice session, and Greg Mack pulled them out

and invited them to his 40-acre ranch.

Seeing a need to get people off the road to watch the show, and later a way to raise money for both Valley House and his trucking business, Mack posted signs along 3000 E and 3200 N directing anyone interested to the ranch. He also stocked up on bottled water, which he handed out for free.

"I come home to the signs, and I say, 'What the heck is he doing here?'" Greg's wife Liz Mack said.

She quickly warmed to the idea and even added her own touches, serving pop-cicles to the sun-baked audience.

They may have raised about \$300, Greg Mack estimated Sunday afternoon. But he didn't expect his half to cover more than just the amenities he'd provided this weekend. And, he said, the money wasn't the important

Please see CHARITY, Page A3



"Welcome to the Navy. Hurry up and wait," said Navy 1st Class Petty Officer David Luper as he instructed a line of new recruits Sunday before they were sworn in at the Air Magic Valley Air Show at Joslin Field, Magic Valley Regional Airport in Twin Falls.

Magicvalley.com



WATCH: Videos and see a slideshow of Day 2 of the Air Magic Valley Air Show.

Idaho works on teacher evaluations

By Jessie L. Bonner
Associated Press writer

BOISE — When Mikki Nichols was first evaluated as a middle school teacher in Idaho, she expected to be graded on how well she taught students in her eighth grade language arts class.

Instead, her first report card from administrators criticized the lack of posters on her classroom walls.

"It was awful," Nichols said. "It was the only comment they could come up with."

Nichols teaches at Rocky

Mountain Middle School in Idaho Falls and the Bonneville School District has since adopted an improved, computerized evaluation for teachers that includes specific measurements on how well they manage classrooms, deliver instruction and interact with students.

But the poor student Nichols was graded by a decade ago is indicative of what some Idaho teachers still experience and a problem state lawmakers are

Please see TEACHER, Page A3

Millions in buried loot a mystery

By Matt Auzzo and Alicia A. Caldwell
Associated Press writers

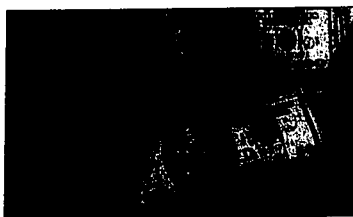
WASHINGTON — The businessman arrived at the Treasury Department carrying a suitcase stuffed with about \$5.2 million in petrified, nearly unrecognizable bills. He asked to swap it for a cashier's check.

Money like this normally arrives after a bank burns or a vault floods. It doesn't just show up at the visitor's entrance on a Tuesday morning.

But Franz Felhaber's banking habits had stopped making sense to the government long ago.

For years, authorities say, he and his family have popped in and out of U.S. banks, looking to change about \$20 million in decaying \$100 bills for clean cash, offering ever-changing stories:

- It was an inheritance.



Stacks of burned U.S. currency marked 'no value,' sit at the Multistate Currency Division of the Treasury Department in Washington on July 17.

- Somebody dug up a tree and there it was.
- It was found in a suitcase buried in an alfalfa field.
- A relative found a treasure map.

That buried treasure stands to make someone rich. It could also send someone to jail.

Please see LOOT, Page A3



At Your Service directory .C5
Bridge .C6
Calendar .A2
Classifieds .C18
Comics .D2
Crossword .C7
Dear Abby .B4
Horseshoe .A2
Image .D1
Jumble .C5
Magic Valley .A4
Movies .A7

Obituaries .A5
Opinion .A6-7
Suldojku .C4
Weather .B4



High: 92 Low: 61

Sunny, Details: B4
and live at magicvalley.com/weather

Recruits

Continued from page A1

acts, was bright and sunny. But the heat didn't keep the crowd from growing from a small clump early in the day to a sea of bodies with their eyes glued to the jets overhead.

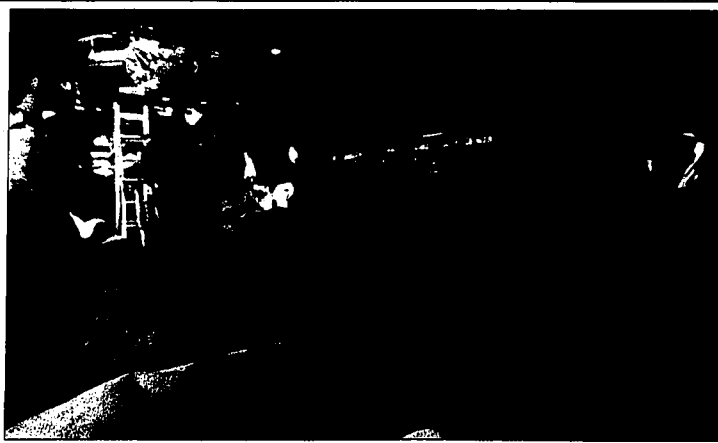
Some of those bodies were the friends and family of the new recruits, who filled a VIP tent near the center stage used for the swearing-in. Cheers broke out after the ceremony for the teens, who all seemed excited for their new careers when speaking earlier that day.

Vaudrin's next step will be Navy basic training in Great Lakes, Ill. But she'll have to leave a friend, Marissa Hodges, who still has one year of school to go before she makes her own cross-country trip. The wait is worth it, said Hodges, who added that she had looked at joining the Navy for a long time before she joined Vaudrin in enlisting.

"It's one of the greater things I've done," Hodges said. Kyle Johnson and Sam Lawson of Kuna High School, both graduates, will both make the trip to basic training. But afterward, they'll take very different paths.

Johnson said he's interested in becoming a medic and sees the Navy as a way to get to medical school. Lawson, on the other hand, has his eye on special operations work, blamin his gender for his interest.

"I'm a guy," Lawson said. "It's how it's supposed to be." It was also a momentous



Members of the armed services and local media sustain watchlessens Sunday during a ride on 'Fat Albert,' a C-130 used by the Blue Angels. Members of the flight crew can be seen mid-air in the background. The nine-minute flight highlighted the capabilities of the aircraft to the crowd. One of the pass-

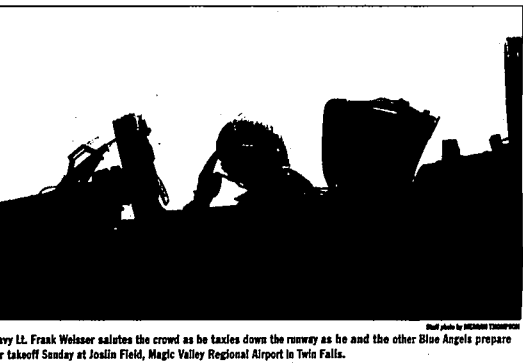
lead was at 25 degrees; commercial airlines normally makes a descent at 7 degrees. 'A lot of guys pride themselves on a soft landing. Not me. I pick a point and stick to it,' the pilot of 'Fat Albert,' U.S. Marine Capt. Brendan Burks said with a smile about his landings.

day for the Navy personnel, who in the delayed-entry program meet with the students once or twice a month to prepare them for what to expect in training. Navy public affairs officer Elizabeth Allen said the program allows students to finish their

schooling while readying them for the next step in their careers.

"It's really great for the kids," she said. "And these kids work hard."

Nate Pappino may be reached at 208-735-3237.



Navy Lt. Frank Weisser salutes the crowd as he taxis down the runway as he and the other Blue Angels prepare for takeoff Sunday at Jostin Field, Magic Valley Regional Airport in Twin Falls.

Charity

Continued from page A1

part — even turning down a proffered \$20 from one of his guests.

"That's all it's about right there," he said. "They're happy."

As the Blue Angels thundered low over the group's heads Sunday afternoon, many of the Macks' guests praised their hosts for their hospitality. Several said they were there because they didn't want to deal with the crowds or traffic at the airport.

Some return visitors brought tents, including Tom Majors of Twin Falls. After finding the ranch and the Mack's hospitality on Saturday, he returned Sunday with his wife, Yvonne, granddaughter Sarah Hinkel and her husband, David.

"It's a lot cheaper," Sarah Hinkel said when asked how the family decided on Lucky 7. "We wanted to go (to the airport), but it was expensive."

Cars lined the county roads near the airport on Sunday, and the Macks weren't the only to host a Blue Angels audience. Aside from the traffic concerns of cars parked along the road — not an issue for the Macks — air show organizers and law enforcement didn't seem to mind the gatherings.

Reached briefly while heading move aircraft at the show on Sunday, air show committee chairman Phil Hafer said he was aware of at least two homes hosting "parties," both of which are outside of an evacuated area 1,500 feet from the center of the show. Organizers don't mind the groups because they don't really steal ticket earnings from the show, he said.

"(Those people) don't care if they come, long as they can see the airplanes and have a party at someone's house," Hafer said.

"It's a lot cheaper. We wanted to go (to the airport), but it was expensive."

— Sarah Hinkel, when asked how the family decided on Lucky 7

Teacher

Continued from page A1

spending \$50,000 to fix. Idaho requires school districts and charter schools to evaluate teachers yearly, but the process lacks consistency and varies among schools and districts, according to the state Department of Education.

Nuchols was among the collection of educators the agency chose to help develop new statewide standards for grading teacher performance. The task force, created by the state Department of Education with money from Idaho lawmakers, has a December deadline to draft a final proposal.

But as Idaho plans to ditch its policy of letting school districts determine how to grade teachers, educators on the task force are questioning how much a new system will cost to put in place and whether administrators will have the time to oversee it. "The money part of this is going to be a huge issue," said Dan Sakota, a southern Idaho teacher with the Madison County School District who met with other members of the task force in Boise earlier this month.

Sakota was primarily concerned with recommendations to incorporate peer reviews into the evaluations, which essentially allow teachers to review their colleagues. But schools, Sakota said, would have to pay staff to monitor classes left unattended during these evaluations.

The state Department of Education is building a network of veteran teachers, or mentors, to perform the peer evaluations, said Kathy Christie, a Department of Education deputy superintendent. The new system may come with a slightly higher price tag for school districts, but Smith

anticipates the costs won't be significant.

"We can't afford not to have it," Smith said. The agency has partnered with New Jersey educational consultant Charlotte Danielson, who has helped develop teacher performance evaluations at school districts throughout the country. But in many ways, Idaho is breaking new ground on a national scale in its efforts to build performance model that can be embraced statewide.

While some states like Connecticut have embraced rigorous criteria for grading teachers, most states have yet to latch on to the idea of adopting uniform teaching evaluations, according to the Education Commission of the States, a nonpartisan group based in Denver that specializes in education policy.

The Tennessee State Board of Education adopted a statewide framework for teaching evaluations in 1997, said Kathy Christie, the commission's chief of staff.

"If there's more, other than Tennessee, they are few and far between," Christie said. Tennessee State Board of Education director Gary Nixon coordinated teaching evaluations as a high school principal from 2000 to 2004. Under the Tennessee system, new teachers must have three yearly assessments, Nixon said.

The evaluations proved time-consuming in his district, which hired about a dozen new teachers every year, he said.

Standardizing teacher evaluations in Tennessee didn't create a financial burden for school districts because administrators performed them as part of their regular duties, Nixon said, but peer evaluations can require more staffing.

Loot

Continued from page A1

Felhaber's is a customs broker. His company, LLC, Felhaber & Co., navigates the customs bureaucracy in El Paso, Texas, where tens of billions of dollars in Mexican goods enter each year.

Felhaber says that is all he was doing with the adobe-looking bundles of money. He said a Mexican relative, Francisco Javier Ramos Saenz-Bardo, sought his help. Saenz-Bardo wanted a forger with that much money would attract unwarranted suspicion, Felhaber said.

If discretion were the goal, Felhaber went about it all wrong. Rather than making one exchange at the Treasury, Felhaber allegedly began trying to exchange smaller amounts at El Paso-area banks, raising suspicion every time.

In 2005, authorities say he arranged a \$120,000 exchange at the Federal Reserve Bank in El Paso, with the money being wired to an account belonging to his uncle, Jose Carrillo-Valles. Banks normally refer such requests to the Bureau of Engraving and Printing, an arm of the Treasury. The \$120,000 exchange was an exception. Investigators say Felhaber wasn't so lucky elsewhere.

Immigration and Customs Enforcement officials say he unsuccessfully tried to get a Bank of America armored truck dispatched to the Mexican border to retrieve the money. Weeks later, they say he gave a fake name at two banks while inquiring about exchanging millions.

Once, the explanation was that he discovered the money while excavating a tree in Chihuahua, Mexico. Another time, the story was that it had

been buried in an alfalfa field, investigators say.

Felhaber denies nearly all of this, including giving a fake name. But he is loath to pin down details. At times he acknowledges helping exchange a \$20 million inheritance. Minutes later, he contradicts himself and says there's nowhere near that much. And he has no idea where the money came from.

Even though Felhaber often says he doesn't know where the money came from, he says it's definitely not drug money.

Prosecutors don't accuse him of involvement with drugs. Court documents leave open the possibility that somebody stumbled across a cache of abandoned drug money in the Mexican desert.

Prosecutors plan to seek forfeiture of the seized \$6.4 million, giving Felhaber and his family the opportunity to ask for the money back. If they do, a judge will ask them to sort through the inconsistent stories.

Felhaber bristles at the suggestion there have been inconsistencies. "The story has never changed," he says. Cowden, the federal prosecutor, doesn't know what to expect. Sometimes, nobody shows up.

If so, the money will become government property.

Or at least some of it. Perhaps there is \$14 million still out there, waiting to be exchanged.

Does Felhaber know if there is? On that, it's hard to get a straight answer.

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Trout

Continued from page A1

advertised for comment and a possible hearing. Pumpers would have had to shut down wells on between 50,000 and 60,000 acres of land to achieve the same effect, said Lynn Tomlinaga, executive director of the Idaho Ground Water Appropriators.

Former Idaho Chief Justice Gerald Schroeder, acting as hearing officer, issued his own recommendations in the case in January. In his order, Tuthill frequently cites findings by both Schroeder and former IDWR Director Karl Dreher. But the main problem with the order, MacMillan said, is that the farms feel it reverses many of Schroeder's recommendations.

"We take exception to that," MacMillan said, adding that he expects the matter to work its way to the Idaho Supreme Court.

The trout farms, pumpers

and IDWR officials all previously said they expected the issue to end up in court. And even Tuthill agreed that the move represents progress in the case.

"I understand if the parties want to move this to the next step," Tuthill said. "They know the assessment that's been made by our agency." But Tomlinaga may have offered the most interesting assessment of the situation. After sharing his satisfaction with Tuthill's order, Tomlinaga reflected on the eight years he's been in the job and said he thinks everyone is just getting tired of the ongoing cases.

"People have come and gone," he said. "But those of us that are still here, we're getting tired of having to always do battle."

Nate Pappino may be reached at 208-735-3237 or npappino@magicvalley.com.

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New journey, familiar path



Jeff Fox, the College of Southern Idaho's new executive vice president and chief academic officer, speaks in his office recently. The longtime educator has moved into a new role at the Twin Falls community college.

CSI's new executive VP comfortable with change

By Amy Huddleston
Correspondent

The Japanese have a saying that goes something like, "Tomorrow's wind will blow tomorrow." Jeff Fox, the College of Southern Idaho's new executive vice president and chief academic officer, lives by this motto.

"It is hard to define the unknown and what this next year will look like for me and for CSI," Fox said. "Everything in my life is fluid right now. Each position I have taken here seems to fit perfectly for that time in my life."

Fox — who described working at CSI more of a calling than a job — has worked at the Twin Falls community college for 21 years in his 25-plus-year teaching career. He's served as an English and Japanese professor and the English Department chair. Fox and his wife, Evin — also a professional educator — were married in Japan and have two sons.

"I like puzzles and challenges," Fox said. "Living in Japan was a puzzle I had to figure out, but so is this new job. I can really relate to the

Japanese word 'kaze' which means 'wind.' You only pass this way but once."

Fox, 53, accepted the \$98,500 salaried position, along with the responsibility of overseeing a variety of departments and department heads, on June 8. He replaces Clauden Buettner. CSI President Jerry Beck described Fox as a collaborative leader — a quality that was highly influential in Fox's selection.

"He is really trusted by his colleagues," Beck said. "When hard decisions need to be made, people can trust him to put in the due diligence and time to make good choices."

Fox believes trust is the most important part of a leadership role. He also emphasized his need to encourage workers at the college and to foster a feeling of "an intrinsic value in what they do."

"Leadership is involving people in their own growth," Fox said. "I am here to make people a better version of themselves."

As a lover of words and writing, Frank Sinatra, jazz music and the Japanese language, Fox tries to bring a unique perspective to his

new job and to life.

"I don't consider myself an agent of change, but I am always in the middle of change," he said. "Change happens when things are in place. I am good at helping that change come about and CSI is in the process of becoming an even better college."

Beck said CSI is continuously looking for ways to grow and improve the quality of education for students. Fox sees his move from teaching to administration as a very natural step. Not so much a step away from the teaching profession he calls "my heart and soul," but more a trip along the parallel path of administration which must run in unison with the college's instructional arm.

Education is not a business to Fox, who received a doctorate in education learning last spring at the University of Idaho; rather it molds people and helps them discover their own humanity. "I don't necessarily want people to come up to me after a class and say, 'Oh that was fun.' I want them to say, 'I was

Please see FOX, Page A5

"It is hard to define the unknown and what this next year will look like for me and for CSI."

Jeff Fox, College of Southern Idaho's new executive vice president and chief academic officer

The Jeff Fox file:

CSI President Jerry Beck

One dead in rollover west of Gooding

Staff report

At least one person died Sunday in a one-vehicle rollover crash on Interstate 84 in Elmore County, police said.

The crash occurred at about 4:34 p.m. west of the Elmore-Gooding county line near mile marker 133 on I-84, several law enforcement agencies said.

According to the Elmore County Sheriff's Office there were three people in the vehicle. The other two occupants were not taken to a hospital.

There was a second, injury-related crash around 6 p.m. in the same vicinity, according to the sheriff's office.

The crashes are under investigation. Names have not been released yet.

While dispatchers at the sheriff's office said a statement would be released Sunday, nothing was released by 10 p.m.

Crash sends five from Mountain Home to hospital

Staff report

Five people from Mountain Home were sent to the hospital Sunday after a mid-morning one-vehicle rollover crash near the Mindoka and Cassia County border on Interstate 84 at mile marker 217, police said.

At about 10:13 a.m., Ana Meza, 23, was driving a Pontiac Grand Prix westbound in the left lane of I-84 when for an "unknown reason" she jerked the steering wheel to the right, according to an Idaho State Police news release.

The vehicle went across both lanes of traffic, slid down an embankment and went through a fence. It then flipped over the 950 E. Road and came to a rest on its top on a fence on the north side of 950 E., the release said.

Please see CRASH, Page A5

T.F. Council to vote on digester remodeling

Staff report

The Twin Falls City Council will decide tonight whether to spend more than \$123,000 to replace the lining of the digester at the city's wastewater treatment plant.

Digesters are the last stop in the treatment process, where incoming solid waste, already heavily siphoned, is biologically processed into a useful product as compost that is distributed among the agricultural community. Methane gas is the excess product of the treatment.

Cracks in the tank's roof were discovered during a routine inspection last year, facility officials have said. About

Please see COUNCIL, Page A5

Local campaign aims to increase breast cancer screening

By John E. Swayze
Correspondent

FILER — When Bonnie Seaman was asked to chair the local 900 Women campaign, she didn't hesitate.

"We've lost nine women in my family to breast cancer, so I have a real passion for encouraging women to get regular exams," Seaman said. "Government statistics show that, out of all 50 states, Idaho still ranks last in breast cancer screening."

Sponsored by St. Luke's Magic Valley Medical Center and St. Benedict's Family Medical Center in Jerome, the campaign's Tough Enough to Wear Pink fundraisers increase breast

Please see SCREENING, Page A5

WWII internment camp preservation proves difficult

By Jessie L. Bonner
Associated Press writer

WENDELL — His backyard is a maze of car parts, scrap metal and ancient farming equipment, relics that might seem worthless to anyone else but Ron Solders.

"A good junk collector never throws away anything," said Solders, a 56-year-old who owns a moving company in this rural farming community in southern Idaho.

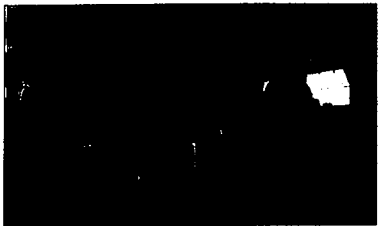
At the edge of the property sits a government barrack that Solders salvaged from a local land owner who was going to haul it to the dump. This is where the National Park Service found it earlier this year while searching for the original pieces of a World War II internment camp that operated in

southern Idaho during the 1940s.

The barrack was among the 400 temporary homes built at the Mindoka Relocation Center, one of 10 large camps in the western United States and Arkansas where the U.S. government detained thousands of Japanese-Americans, internees, imprisoned by their own country, worked on irrigation projects and lived behind miles of barbed-wire fence.

The National Park Service hired Patrick Taylor in March to track down a dozen of the original 400 barracks that were scattered throughout southern Idaho after the Mindoka camp was disassembled. The bulk of the long, skinny barracks, measuring 120 feet by 20 feet,

Please see CAMPS, Page A5



Patrick Taylor, with The National Park Service, walks through part of a barracks that was used as an internment camp for four years in WWII on June 13, in Wendell. Taylor is tracking down a dozen of the original 400 barracks used at the Mindoka Relocation Center during the war. The initiative is part of a plan to rebuild and preserve sections of Mindoka, which became a national historic site seven years ago and sits nearly deserted in southern Idaho.

Zachary Louis Richardson-Donabedian

Zachary Louis Richardson-Donabedian, age 2 months, went to be an angel Wednesday, July 23, 2008, at his home in Twin Falls. Zachary was born May 24, 2008 to his loving parents Kayla Rae Richardson and Aaron Zachary Donabedian. Zachary was a blessing to everyone in his life, and his mother and father's pride and joy. In his short time here on earth he was an inspiration to so many of us. Zachary is survived by his parents, Kayla Rae Richardson and Aaron Zachary Donabedian (Twin Falls); his brother, Kayden

Richardson of Twin Falls; grandparents Rose and Todd Richardson of Twin Falls; his loving grandparents, Sam and Susan; great-grandparents, Penny Richardson, Barbie and Mike Donabedian; great-great grandmother, Hazel; aunts and uncles, Destiny and Jeff, Ivan and Kara Destiny D, Casey, and Elizabeth, many cousins, great aunts and uncles and numerous family and friends who will miss him dearly. A memorial service will be held 1 p.m. Monday, July 28, at Park's Magic Valley Funeral Home, 2551 Kimberly Road, Twin Falls.

SERVICES

Leland Tracy of Rupert, funeral at 10 a.m., today at the Rupert LDS West Stake Center, 26 S. 100 W. (Hansen Mortuary Rupert Chapel).

Zenneth Ivan Taylor of Pocatello and formerly of Almo, funeral at 1 p.m. today at the Almo LDS Church; visitation from noon to 12:45 p.m. today at the church (Hanssen Funeral Home, 135E E. 16th St. in Burley).

William "Bill" D. Avery of Twin Falls, graveside service at 11 a.m. Tuesday at Sunset Memorial park; visitation from 5 to 7 p.m. Tuesday at Park's Magic Valley Funeral Home, 2551 Kimberly Road in Twin Falls.

Joshua Eugene Freeman of Gilbert, Ariz., funeral at 11 a.m. Tuesday at the Shoshone LDS Church.

Mary Norris of Buhl, funeral-mass at 11 a.m. Wednesday at the Immaculate Conception Catholic Church in Buhl; visitation from 3 to 5 p.m. and rosary at 7 p.m. Tuesday at Farmer Funeral Chapel in Buhl.

Kittle Rose Norris Traubner of Jerome, funeral at 2 p.m. today at Farmwold Mortuary chapel, 1343 S. Lincoln in Jerome; visitation one hour before the funeral today at the mortuary.

Keith Nieffengger of Ilagerman, graveside service at 10 a.m. Tuesday at the Ilagerman Cemetery; visitation from 5 to 8 p.m. today at Donemay's Wendell Chapel, 164 E. Main St.

Burl Akins of Richfield, graveside service at 11 a.m.

Harold Louis Grant of Twin Falls, memorial service at 2 p.m. Wednesday at White Mortuary in Twin Falls; visitation from 7 to 9 p.m. Tuesday at the mortuary.

DEATH NOTICES

Gerald Stromire

Gerald Stromire, 68, of Paul, passed away Sunday, July 27, 2008 at the Minidoka Memorial Hospital in Rupert.

Funeral arrangements are pending and will be announced by Hansen Payne Mortuary in Burley.

Patricia Joyce Cox

Patricia Joyce Cox, 89, of Buhl, passed away July 25, 2008 at her home in Buhl.

Funeral services will be announced by Farmer Funeral Chapel in Buhl.

For obituary rates and information, call 735-3266 Monday through Saturday. Deadline is 3 p.m. for next-day publication. The e-mail address for obituaries is obits@magicvalley.com.

Screening

Continued from page A4 cancer awareness and provide a way for women without insurance or other means to pay mammograms.

The current goal is to generate at least \$10,000 through public participation in fundraisers such as Tough Events to Wear Pink rodeo events held during the Twin

Falls and Jerome county fairs. Additional funds also come from Susan B. Coleman Foundation grants.

The project derives its name from its goal of increasing the number of women to receive annual mammograms and clinical breast cancer screenings by 10 percent, an increase of 900 women in Magic

Crash

Continued from page A4

A passenger, Susana Meza, 20, was ejected and air lifted to McKay Hospital in Ogden, Utah. Her current condition is not known.

Ana Meza and passengers Veronica Meza, 44, Jose Meza, 45, and Mayra Meza, 15, were transported by ground ambulance to Cassia Regional Medical Center with minor injuries.

Susana Meza and Jose Meza were not wearing seatbelts. The other three were wearing seatbelts.

Alcohol is not believed to have been a factor. The crash is under investigation.

Heyburn Council discusses sewer project

By Damon Hutzler Staff writer

Of the functions most important for local governments to operate smoothly, sewage control may rank near or at the top.

After passing a motion to "approve paying the bills" Wednesday night, the Heyburn City Council agreed on a plan to complete the ongoing renovation of the Heyburn Wastewater Treatment Plant.

"Because of the draw-out process of getting the sewer project going, prices have increased, and we've fallen short," City Clerk, Linda Dayke later said, referring to cost overruns following the

original \$5 million sewer bond.

The council's plan to finish the project involves awarding a bid of \$5.2 million to Gerber Construction, which was approved at the meeting. Next, the city will pay off an outstanding debt to the Idaho Department of Environmental Quality, after which it will "borrow more money from the U.S. Department of Agriculture-Rural

City Superintendent Scott Spevak recommended paying off the DEQ debt early, and the council agreed.

Eliminating the debt would make the city eligible for a \$250,000 grant.

"Now we need to discuss

how we're going to pay it back," Mayor George Anderson said, "and that includes the possibility of borrowing \$1 million from USDA-RD."

That's where the grant comes from — so, while it will be considered a \$1 million loan, a quarter of that will be offset by the grant, making it a \$750,000 loan.

Regarding the amount of the outstanding DEQ loan, it could be \$418,000, Dayley estimated.

"I don't have that exact figure. Until it finalizes, it will change," she said. "We have four years left on it, and it's maybe \$418,000 — but that's not exact."

The outcome of the council's plan is indefinite.

Council

Continued from page A4

9,032 square-foot in the digester should be replaced, according to a city staff report.

The damage is the result of years of the concrete building contracting and expanding — normal wear and tear tanks built in 1981. Maintaining the digesters gives them a longer shelf life, possibly as much as 20 years,

and these upgrades are intended to keep from permanent damage.

Bids were opened July 17 and the lowest bid was Matheson Painting, Inc. from Pasco, Wash., for \$123,648.00.

"The project was not anticipated and not included in the budget, the report shows. Funding would come from reserves or unspent

capital budget funds.

Other agenda items:

- Consideration of a proposal by Conservation, Seeding and Restoration for landscaping at the southwest corner at Falls Avenue and Hillmore Street.
- Consideration of a cooperative agreement with the Idaho Transportation Department for Washington Street North from Falls

Avenue to Poleline Road.

The agreement will set terms and conditions for relocating the city's water lines, updating traffic signals and relocating a timber light pole.

• Discussion over the proposed \$51 million budget for the 2008-2009 fiscal year.

Council meetings are at 5 p.m. at 305 Third Ave. E. and are open to the public.

Fox

Continued from page A4

changed by your class, I felt something because of it."

Outside of teaching, Fox's passion for jazz rings loudly. He somewhere finds an hour each week to record a radio show on National Public Radio. "Jazz With Jeff Fox," is syndicated in 45 cities around the country.

"It's my avocation and my passion," he said. "People are never the same after they start listening actively to jazz music."

Fox started playing the trumpet in high school and picked up the saxophone in 1960. He also plays the acoustic and electric bass, and has performed at jazz festivals in Switzerland and New York with the CSI Jazz Band.

"I have kind of backed away from jazz in the last few years because I was getting my degree," Fox said. "And now I have a learning vertical, not a learning curve," he joked about his new position. "My biggest

challenge is to get up to speed."

Beck sees Fox's biggest challenge in the coming year as balancing all the demands on his time. Fox said he is prepared to take on that challenge and help CSI grow.

"CSI meets people where they are. It is a place where people of passion reside," Fox said. "People who work here never leave because they are happy to be here and satisfied because they are really able to contribute."

That is the place Fox finds himself inhabiting today: Satisfied with his ability to contribute, comfortable he can handle tomorrow's wind — along with whatever it may blow his way.

"Right now I am feeling very sanguine," he said. "Content and comfortable, but ready for this new adventure."

Any Huddleston may be reached at anyhudd@cent-dials.idaho.edu.

Auction Calendar

Through August 10th

| | |
|--|---|
| MONDAY, JULY 28, 6:00PM General Merchandise, Twin Falls Furniture • Household • Tools Collectibles • Commercials & Home 734-1635 • 731-4567 IDAHO AUCTION BARN www.auctionsidaho.com | SATURDAY, AUG. 9, 11:00am Special Saturday Auction, TF New Furniture Liquidation New Living, Dining, Bedroom 734-1635 • 731-4567 IDAHO AUCTION BARN www.auctionsidaho.com |
| TUESDAY, JULY 29, 5:00PM Household • Tools • Antiques Outrageous Oddsies • Jerome KLAAS AUCTION BARN 208-324-5521 | SUNDAY, AUG. 10, 1:00PM Minta "Peg" Kite Appliances • Furniture Household • Garden • Misc MASTERS AUCTION www.mastersauction.com |
| SUNDAY, AUG. 3, 1:00PM Ima Cate, Buhl Appliances • Furniture • Shop Glassware • Household • Misc MASTERS AUCTION www.mastersauction.com | THURSDAY, AUG. 7, 11:00AM A&L Custom Meats, Allen & Laura Helsley, Wendell • Truck Meat Cutting, Processing Etc. MASTERS AUCTION www.mastersauction.com |

To find out more, click Auctions on www.magicvalley.com

Camps

Continued from page A4 were given to local farmers.

The park service has proposed restoring a block of the barracks to recreate the living conditions that roughly 13,000 Japanese Americans experienced at the camp. The initiative is part of an overall plan to preserve sections of Minidoka, which became a national historic site seven years ago and now sits mostly deserted.

"But most of the barracks Taylor has found so far are ghosts of their former selves, long since converted into homes, farming sheds, chicken and pig pens, and in one instance, a Twin Falls apartment complex.

"We have no idea how many still exist," said Taylor, 27, who joined the National Park Service just five months ago.

Preservation plans at Minidoka fit into a larger, more complicated endeavor as the National Park Service and grass-roots organizations nationwide try to reacquire land that was largely buried for decades.

The camps held memories many Japanese Americans wanted to forget and actions the U.S. government worked quickly to erase.

"Most of these sites have been abandoned since they were closed," said National Park Service historian Kara Miyajishima. "No one has had the finances to preserve them."

President George W. Bush signed a bill in 2006 authorizing up to \$36 million for a park service grant program aimed at preserving the sites, but two years later, the money still hasn't been appropriated.

Only two of the sites — Minidoka in Idaho and the Manzanar camp in California — have been designated as national historic sites.

While the historic classification means money and federal protection, preservation efforts at the grass-roots level have, in certain cases, proven much faster.

High school teacher John Hoppe directs the Amache Preservation Society in Colorado. The nonprofit group, which has raised

\$200,000 in private donations to help preserve Camp Amache on Colorado's southeastern plains, maintains a cemetery at the former internment camp. The society has plans to restore barracks, a mess hall, and guard tower.

Amidoka, Taylor still has to go through several levels of federal approval before the barracks can be relocated and the park service will allocate money to restoring the structures.

"At first we were worried we weren't going to be able to find them," Taylor said. "That has turned out not to be the problem, it's what to do once we find them."

But the federal channels, although time-consuming, seem necessary in the long run, Taylor said.

History can be misleading as officials at the Manzanar National Historic Site in California discovered after spending an estimated \$40,000 to relocate a mess hall, only to discover later that it was a World War II air base.

"By the time we found this

ing 3 from 6 to 8 p.m. Tuesday.

All money raised through the \$5 meal ticket price and sale of "Tough Enough" T-shirts, ball caps and bracelets will support the 900 Women Campaign Foundation. For tickets or additional information, call the Twin Falls County Fair office at 208-326-4396.

Patient Spotlight

"I always get the best service from Fritz and his staff!"

Mary Aslett, Twin Falls

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EDITORIAL

Can everybody afford college? Yes, if CSI gets its way

Last week, the Idaho Department of Labor reported that 6,020 of the 73,930 jobs in the Magic Valley paid only minimum wage — \$6.55 an hour. That works out to 8.1 percent, the second-highest percentage of any region in Idaho.

So the College of Southern Idaho Foundation's timing couldn't have been better Friday when it announced an ambitious fundraising campaign aimed at providing scholarship money to folks who can't otherwise afford to go to college.

Or put another way, to transform minimum-wage careers into something considerably better.

CSI seeks to raise about three times more money in the next two years than it did during the past two.

Of the \$9 million goal, \$6 million would fund 150 to 300 more scholarships than the current average of about 900 offered.

That would allow one student in three to get scholarship money, up from one in five. Most scholarships go to full-time students, according to CSI Foundation Director Curtis Eaton.

If the campaign can collect \$9 million, a third will be split between agriculture programs at CSI and a new Idaho Higher Education Center. That facility would be located in the Aspen building and include the four-year institutions offering classes at CSI.

It's another innovative enterprise by an institution that's become a critical engine driving south-central Idaho's \$4 billion economy.

Eaton and CSI President Jerry Beck reckon it will be possible to raise the additional cash even in an uneasy economy.

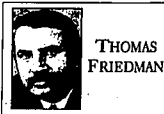
Despite problems in the real estate and retail sectors, there are pretty good times for much of the Magic Valley. Dairy and crop prices are robust, and because of the weak dollar, the rest of the world is clamoring to buy our ag products.

The CSI Foundation's net assets have grown by about \$2 million every fiscal year between the 2005 and 2007 and most recently registered at about \$26 million, according to the Internal Revenue Service and numbers provided by Eaton.

And while public support dipped by more than \$200,000 between 2005 and 2006 to about \$1.05 million, un-audited numbers for 2007 show the most recent year's donations totaled about \$1.3 million.

The importance of education to our economic future is no secret, both to the Magic Valley as a whole and to the guy who doesn't want to stay stuck in a dead-end job.

Our view:
What recession? The College of Southern Idaho Foundation is out to triple its fundraising goal for scholarships and other needs. What do you think? We welcome viewpoints from our readers on this and other issues.



THOMAS FRIEDMAN

McCaIn was right about the surge. It has helped to speed up the search for a better chance there for political reconciliation. But Iraq has always been a story full of surprises. And one of the most important political surprises is how quickly the surge has made Iraq safe for Barack Obama's foreign policy — and for the election policy of the Iraq prime minister, Nouri al-Maliki.

Do not believe for a second that there was any mistranslation when al-Maliki blurted out to the German magazine *Der Spiegel* recently that Obama's withdrawal timetable for U.S. combat troops from Iraq — 16 months after the next U.S. president is sworn in — was not suitable. "Al-Maliki was quite specific: 'Who wants to exit in a quicker way has a better assessment of the situation in Iraq.'"

He was speaking a deep truth: The modicum of stability produced by the surge has changed the political dynamics of the Iraq story — not inversely yet, not necessarily as necessary yet, but enough to have important ramifications. U.S. officials in Iraq tell me that the success of the Sunni tribes in beating back al-Qaida in their regions and the success of the main-



stream Shiites in beating back Muqtada al-Sadr's militia and other pro-Iranian elements in Baghdad and Basra has Iraqis looking at themselves differently and therefore at America's presence in Iraq differently. More and more mainstream Iraqi politicians believe they are able to run their own affairs, and fewer and fewer mainstream Americans believe we are able to devote another presidency to Iraq.

"Americans are looking forward to the post-Iraq phase of U.S. politics, and Iraqis are now looking forward to the post-American phase of Iraqi politics," said Michael Mandelbaum, a foreign policy expert at Johns Hopkins University. That is the reality of post-surge Iraq and post-subprime America — and any leader in either country who ignores that reality does so at his or her peril.

Forget about our narrative on this war — how we "liberated Iraq." Think about the Iraq narrative. No one likes to be liberated or occupied by someone else. It is humiliating. France still hasn't gotten over the fact that it had to be liberated by the Allies. What is important is how, with the help of the surge, Iraqis have finally started to liberate

themselves — the Sunnis from their extremists and the Shiites from their extremists. The question in Iraq is: Can these parallel liberation movements actually merge into a single national liberation/unity movement? I don't know.

So I do know this: While we would like to see Iraqi national movement to coalesce, we don't want to encourage in opposition to us. Running against the continued U.S. presence in Iraq will be a very tempting campaign theme for Iraqi politicians if Iraq continues to stabilize.

So al-Maliki was actually sending us two important messages via *Der Spiegel*: He was telling us to the extent that the Iraqi army and state continue to get on their feet, the continued U.S. occupation of Iraq is going to become an issue in Iraqi politics and no politician is going to let himself be outdone by rivals in calling for the Americans to go. And he was also telling us to remember something: Iraq is an Arab country. It is the heart of the Arab world. It is not Japan. To the extent that it comes together as a country, it will not tolerate a prolonged, highly visible U.S. military presence.

So McCain, who called the surge right, may get little credit, because the story now is about post-surge Iraq. McCain's post-surge view — which also may be right — is that Iraqis still do not have the military force capable of protecting their homeland and need more U.S. help in nation-building. Meanwhile, Obama, who was not a surge supporter and simply stuck to his 16-month withdrawal timetable, finds himself in perfect harmony in the post-surge mood in Iraq. His timetable may be too short, but Obama can worry about that later.

All of which suggests that the right position on Iraq today is probably "McObama" — stick to a clear withdrawal timetable because post-surge Iraq and American politics will tolerate nothing else — but leave yourself some wiggle room if things keep getting better, but not exactly on schedule. Always remember: The more Iraq is seen as succeeding on its own, without U.S. scaffolding, the more positive impact it will have on the neighborhood.

Thomas Friedman is a columnist for *The New York Times*. Write to him at tfriedman@nytimes.com.

LETTERS TO THE EDITOR

Visitor center needs work

Cheers to the Twin Falls Chamber of Commerce and its Beautification Committee for the beautiful hanging baskets that grace the street poles in our city center. They are a delight to residents and a real boost to tourists.

And jets to the chamber for the deplorable condition that our visitor center is in at the Perrine Bridge. One would think that our city would want to project a favorable first impression to the thousands of people passing through or to those considering moving here. Instead, as they walk on the sidewalk to the visitor center, they pass a "tribute" to Bill Kneivel that is in an advanced stage of deterioration and noise at times, a threadbare lawn and flower beds with no flowers. As they step onto the wooden decking of the building, they are struck by wood planks that haven't seen a paint scraper or fresh coat of paint in

many, many years.

What is a visitor to think? How can one organization be so inconsistent?
BOB FORSTER
Twin Falls

Denial of cell tower disappoints Fairfield man

The denial of a proposed cell phone tower for the Galena-Sawtooth Valley area is extremely disappointing. Some type of emergency contact system is urgently needed. The many beetle kill trees are certain to burn at some point. It's also certain careless action by someone will start the next burn if events the night of July 4 are any indication.

While enjoying the July 4 weekend at the family cabin in Sawtooth Valley, I witnessed an act of arrogance and stupidity that was breathtaking. That evening, campers at the confluence of Hell Roaring Creek and Salmon River began lighting fireworks. These were not

backyard fireworks. Large starbursts, loud explosions and firecrackers echoed across the valley. I was stunned and angered.

Working with Michelle Erdie of Sawtooth Forest to create a defensible space around the family cabin has been an educational experience. The family has cut trees and piled slash for years. Observing someone endanger the private property and nearby campers was unacceptable. I apologize to anyone disturbed that night during my check of the camps along the river trying to locate those responsible. The reactions of one group caused me to take their license numbers. They called me "psycho" as I walked across the valley. I was

only a true psychopomp as I set off fireworks in a camp surrounded by dead trees and many nearby campers. This incident was reported to Stanley Ranger Station the next day. The large burned areas visible across the valley, a result of

the Valley Road Fire, along with the obvious potential for fire to spread quickly out of control, would only escape someone truly stupid. I won't go into other slobes leaving a half-burned plastic garbage sack in a nearby fire pit.

The visual impact of the Hell Roaring Fire, that could easily be burning now, will make a phony pine tree on the Galena ridge seem insignificant.
JEFF DEAKINS
Fairfield

Cell tower could have blended in to forest

With regard to the proposal of a cell tower on Galena Summit that was shot down: It's very possible that if the proposed cell tower were made to look like a "dead" tree, which is all the "army" of tourists and national forest recreational users" can see for miles from the top of Galena, it would then blend in and be more acceptable.
BONNIE STACY
Jerome

Times-News

Brad Hurd . . . publisher Steve Crump . . . opinion editor

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

Tell us what you think

ONLINE: Register at magicvalley.com, and respond to any of the local opinions or stories in today's edition.

ON PAPER: The *Times-News* welcomes letters from readers on subjects of public interest. Please limit letters to 300 words. Include your signature, mailing address and phone number. Writers who sign letters with false names will be permanently barred from publication. Letters may be brought to our Twin Falls office; mailed to P.O. Box 548, Twin Falls, ID 83303; faxed to (208) 734-5538; or e-mailed to letters@magicvalley.com.

THE LIGHTER SIDE OF POLITICS

Doonesbury



Mallard Fillmore



LETTERS TO THE EDITOR

Virtual charter schools work for many students

As parents of children enrolled in Idaho Virtual Academy, we would like to speak to the value of this educational model. Unlike the misconceptions that the misinformed like to promote, our children are taught by highly skilled, certified teachers and caring parents. They do not spend endless hours in front of a computer screen; they read from some of the best books written and study in an amazing variety of learning settings. They are not social misfits; they interact easily with peers and adults alike in many situations. They participate in all state-mandated tests and comply with rigorous attendance and progress standards. Despite the efforts of quality teachers, our neighborhood schools were not able to meet our children's needs. Charter schools fill this void. For every student enrolled in a charter school, virtual or otherwise, there is a distinctive reason why that child is there. Different children require different school models. As to how the state funds are spent, any public school will find it necessary to spend money with the private sector. Public education does not run without private enterprise. The great thing about the virtual schools is that they are able to provide a quality education at a lower price to the state. Perhaps you should look into why it costs the taxpayers an additional 35 percent to educate a child in the traditional school model over a virtual school student. I think that possibly it is time for the public to hear both sides of this issue. Try for less bins in your future reporting on this subject. DEEANN JENKS Twin Falls

As I looked around, I saw that many children were losing interest and I had to wonder how many other adults were thinking of the \$11 it cost them to get in to this "circus." I mean, come on, \$11 to see a circus with no animals, no colorful clowns, no highwire acts and oh, did I fail to mention, no circus tent! What a disappointment, and I am sure we are not the only ones who thought so! MARGO WILKINSON Burley

Circus in Minidoka left a lot to be desired

We attended the American Circus on July 22 at the Minidoka Campgrounds. My daughter-in-laws and I took my grand-children who waited with anticipation for this big day! Correct me if I am wrong, but when you hear the word "circus," the first things that come to mind are trained animals doing tricks, high-wire acts and clowns. The only animal was a miniature pony that stepped across two rails, the clown had a black nose and wore black clothes and the intermission was as long as the two acts!

Residents should protest increase in T.F. city budget

Our economy and standard of living are being destroyed by high taxes, over-regulation and extreme energy costs. Presidential candidate Ron Paul is the only candidate with an energy policy. He introduced The Affordable Gas Price Act (HR 2415) on May 21, 2007. This bill (blocked in committee) would suspend federal gas taxes when gas prices rise over \$3 per gallon and allow drilling offshore and ANWR and speed refinery building. The 1950s congressional Reese Committee discovered that elite socialists were working to reduce our standard of living so we could

merge into a world government. In 1966, The Hudson Institute's "Report from Iron Mountain" revealed that globalists planned to use the environment to scare us into accepting world government. In 1971, the price of gasoline was 25 cents per gallon. The Environmental Protection Agency regulations (created by presidential executive order), along with environmental extremists, have largely stopped oil exploration, nuclear power plants and refinery building. The result is \$4 gas despite the fact we have a 300-year supply of crude oil and coal gasification and liquefaction technology that could make us energy independent. Wind and solar power will not solve our energy needs and both require a 24/7 backup when the wind isn't blowing and the sun is not shining. Despite A Gore and United Nations propaganda, carbon energy is not causing global warming but is controlled by the sun's cycles. We should drill here, drill now and pass HR 2415 to unlock our energy supplies. We must protest the 21 percent increase in the Twin Falls City budget. Most personal budgets are already stretched to the limit and the city must slash its spending

as well. ADRIAN LARP Twin Falls

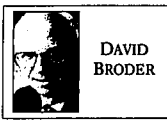
Toxic injury awareness not covered by media

Gov. C.L. "Butch" Otter proclaimed May 2007 and 2008 to be Toxic Injury Awareness and Education Months. They included the following statements: "Whereas, people of all ages and throughout the world have developed illnesses from toxic injury, also referred to as chemically induced illness; and in the past some of those who developed intolerance to low-level exposure were diagnosed with chemical sensitivity and/or multiple chemical sensitivity; toxic injury often is characterized by very small amounts of air pollution, petrochemicals and other toxins found in our everyday products and environment; it can start at any age and can be caused by short-term or chronic exposure to one or more chemicals, frequently pesticides and solvents; toxic injury can be life threatening and may include multiple, often disabling illnesses, affecting the respiratory, central nervous (brain), immune, musculoskeletal, porphyrin, energy

metabolism and endocrine systems; toxic injury is a chronic debilitating condition for which there is no known cure, causing serious financial, employment, learning, housing, health, social and other consequences; and it is crucial for those with toxic injury to have the support and understanding of their government, families, friends and society in general as they struggle with the restrictions and isolation now placed on them; there are diagnostic codes readily available for toxic effects of many chemicals found in our everyday environment and surroundings; those suffering with toxic injury deserve the same rights, acknowledgment, respect, support and help allotted to other illnesses and disabilities." A Google search for such Idaho proclamations returned few Web sites and no media coverage. Beginning in 1998, over more state governments have made such toxic injury and environmental illness proclamations that also appeared to have received little education and media responses. Another situation of "the greater a public problem, the greater the public silence about it." ARMIN SUTTERLIN flugerman

Why things go wrong at 1600 Pennsylvania Ave.

WASHINGTON — One of the wisest men I ever knew in Washington was the late James H. Rowe Jr. He came out of Montana, went to Harvard Law School and was recruited by Felix Frankfurter for a job on the White House staff. In later years, he became a counselor to Lyndon Johnson, Hubert Humphrey and other Democrats of that generation.



DAVID BRODER

His law office was a block from The Washington Post. When we would bump into each other, he would conduct street-corner seminars on politics and government for my benefit. One day he gave me a riddle. "Broder, if when I go to my reward, St. Peter were to give me James, you'd have lived a good life, and your reward is that I'm going to give you one amendment to the Constitution of the United States; do you know what my amendment would be?" "I have no idea." "It would be very simple," he said. "No senator of the United States shall be eligible for the office of president." This was a surprise, coming from a man who had been a great friend of Johnson, Humphrey and others who had sought or

In 1988 and 2000, he published books that were drawn from his interviews and analyses of the presidents from Truman through Clinton. Patterson's new Brookings Institution volume, "To Serve the President: Continuity and Innovation in the White House Staff," brings the story up to date by focusing on the operations of the current White House under our first MBA president. One of the things Patterson teaches is that George Bush has been a more creative manager than any president since 1962. He has added three significant offices to the White House structure — the Homeland Security Council, the Office of Faith-Based and Community Initiatives, and the USA Freedom Corps. Patterson's judgment is that these "add-ons will most probably be long-lasting," no matter who succeeds him. He also credits Bush with improving the physical facilities of the White House in ways that will benefit the next presidents. The Situation Room goes back to 1962, but Patterson reports that it was increasingly inadequate until Bush decided at

the start of his second term to bring it up to date. Now it is a suite of 13 rooms equipped with the latest telecommunications facilities and securely isolated from the rest of the White House. It was brought in "ahead of schedule and under budget." Bush also ordered an upgrading of the White House briefing room and has launched a much overdue modernization of the Eisenhower Executive Office Building next door. Not surprisingly, the vast expansion in the White House use of the Internet has come dur-

ing his terms. The obvious question is: If the presidency has been so well managed, how come so many things have gone awry? The choice of people and policies is a lot more crucial than tables of organization. That will be true for Obama or McCain in their time as well. But Patterson says there are lessons to be learned. One of the most important is to understand that "Cabinet government" is a myth. The big issues and the tough choices inevitably come to the White House, so it behoves a new president to

spend more time and thought on his Cabinet — exactly the opposite of what Bill Clinton did. And another is to resist the temptation to economize by reducing the size of the White House staff, as Clinton claimed to do. "The issue," Patterson says, "is not how large is the White House staff, but how it is organized, and how professionally it conducts itself." Pay attention, senators. Washington Post columnist David Broder can be reached at davidbroder@washpost.com.

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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, SWSW'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 208-432-9082 or visit www.sisw.org.

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Gunman opens fire in Tenn. church, 2 killed

KNOXVILLE, Tenn. (AP) — A gunman opened fire at a church youth performance Sunday and killed two people, including a man who witnesses called a hero for shielding others from a shotgun blast.

Seven adults were also injured but no children were harmed at the Tennessee Valley Unitarian Universalist Church. Church members said they dove under pews or ran from the building when the shooting started.

The gunman was tackled by congregants and eventually taken into police custody. Jim D. Adkisson, 58, was charged with first-degree murder and was being held on \$1 million bail, according

to city spokesman Randy Kenner, who did not know if the suspect had retained an attorney. Authorities were searching Adkisson's home in the Knoxville bedroom community of Powell, Kenner said.

The man slain was identified as Greg McKendry, 60, a longtime church member and usher. Church member Barbara Kemper told The Associated Press that McKendry "stood in the front of the gunman and took the blast to protect the rest of us."

Linda Krueger, 61, died at the University of Tennessee Medical Center a few hours after the shooting. Knoxville city spokesman Randall

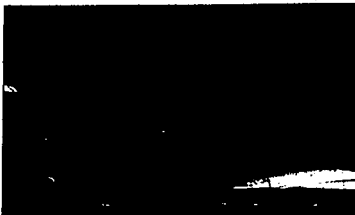
Kenner said. Five people remained hospitalized, all in critical or serious condition. Two others were treated and released.

The gunman's motive is not yet known. The church, like many other Unitarian Universalist churches, promotes progressive social work, such as desegregation and fighting for the rights of women and gays. The Knoxville congregation has provided sanctuary for political refugees, fed the homeless and founded a chapter of the American Civil Liberties

Union, according to its Web site. Kemper said the gunman shouted before he opened fire.

"It was hateful words. He was saying hateful things," she said, but refused to elaborate.

The FBI was assisting in the case in case it turns out to be a hate crime. Police Chief Sterling Owen said. Police were taking statements from witnesses and collecting video cameras from church members who taped the performance.



Police stand guard outside the Tennessee Valley Unitarian Universalist Church in Knoxville, Tenn., on Sunday. A gunman entered a church during Sunday services and opened fire, sending seven people to the hospital, officials said.

National gas prices dip below \$4

CAMARILLO, Calif. — A national survey shows gas prices have dropped a fraction below the \$4-a-gallon mark.

The average price of regular gasoline at self-serve stations was \$3.996 a gallon Friday. Mid-grade was \$4.13 a gallon and premium went for \$4.24. That's according to the Lundberg Survey of 7,000 gas stations nationwide, released Sunday.

Prices are at their lowest

level since May 16 and are an average of 11.7 cents less per gallon than two weeks ago.

Still, the survey showed the average U.S. price for gas is \$1.11 higher than it was a year ago.

Diesel was at \$4.80. The cheapest gas was in Wichita, Kan., where the price for regular was \$3.61 a gallon.

Anchorage ranked the nation's highest: \$4.43 a gallon for regular.

TODAY'S MYSTERY WORD:
SHORTS
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St. Benedict's Specialty Doctors Calendar

For the convenience of our patients and local residents, St. Benedict's invites specialty physicians to use our clinic facilities to see patients "close to home!"

| August | | | | |
|--------------------|----------------------------------|---|---|---------------|
| Monday | Tuesday | Wednesday | Thursday | Friday |
| | | | | Mobile MRI 1 |
| General Surgery 4 | Orthopedics Sleep Lab Urology 5 | General Surgery Orthopedics 6 | Orthopedics (Spine) 7 | Mobile MRI 8 |
| General Surgery 11 | Orthopedics Sleep Lab Urology 12 | General Surgery Orthopedics Pain Mgmt. 13 | Orthopedics (Spine) 14 | Mobile MRI 15 |
| General Surgery 18 | Sleep Lab Urology 19 | Dermatology 20 | General Surgery Orthopedics Pain Mgmt. 21 | Mobile MRI 22 |
| General Surgery 25 | Orthopedics Sleep Lab Urology 26 | General Surgery Orthopedics Pain Mgmt. 27 | Orthopedics (Spine) 28 | Mobile MRI 29 |

- Dermatology - Dr. Steven Karassik.....208-324-8831
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- General Surgery - Dr. David McClusky.....208-732-3450
- Mobile MRI208-324-9729
- Orthopedics - Dr. Glen Shephiro.....208-324-5286
- Orthopedics (Spine) - Dr. David Verst208-788-7779
- Pain Specialist - Dr. David Jensen.....208-736-8006
- Podiatry - Dr. Randal Wraastad.....208-734-3455
- Sleep Management - Dr. Kimborly Vorse.....208-726-0000
- Urology - Dr. Tullio Celano.....208-324-8831



Public Playground Safety Checklist

1. Make sure surfaces around playground equipment have at least 12 inches of wood chips, mulch, sand, or pea gravel, or are mats made of safety-tested rubber or rubber-like materials.
2. Check that protective surfacing extends at least 6 feet in all directions from play equipment. For swings, be sure surfacing extends, in back and front, twice the height of the suspending bar.
3. Make sure play structures more than 30 inches high are spaced at least 9 feet apart.
4. Check for dangerous hardware, like open "S" hooks or protruding bolt ends.
5. Make sure spaces that could trap children, such as openings in guardrails or between ladder rungs, measure less than 3.5 inches or more than 9 inches.
6. Check for sharp points or edges in equipment.
7. Look out for tripping hazards, like exposed concrete footings, tree stumps, and rocks.
8. Make sure elevated surfaces, like platforms and ramps, have guardrails to prevent falls.
9. Check playgrounds regularly to see that equipment and surfacing are in good condition.
10. Carefully supervise children on playgrounds to make sure they're safe.

Prevent Burns on Hot Metal Playground Equipment. Parents should check for hot surfaces on metal playground equipment before allowing young children to play on it.

The U.S. Consumer Product Safety Commission (CPSC) advises parents to check for hot surfaces on metal playground equipment before allowing young children to play on it. Solid steel decks, slides, or steps in direct sunlight may reach temperatures high enough to cause serious contact burn injuries in a matter of seconds. CPSC knows of incidents in which children suffered second and third degree burns to their hands, legs, and buttocks when they sat on metal stairs, decks, or slides. Young children are most at risk because, unlike older children who react quickly by pulling away their hands or by getting off a hot surface, very young children may remain in place when they contact a hot surface.

FROM THE U.S. CONSUMER PRODUCT SAFETY COMMISSION, WASHINGTON, D.C. 20207

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Fax: (208) 534-4373
Mon-Fri 9:00am - 5:00pm

Jarome Office: 1865 S. Lincoln Jarome, ID 83338
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INSIDE: MLB & Tour de France, B2 | Scoreboard, B3 | Weather & Golf, B4

Sastre becomes 7th Spaniard to win Tour de France



Tour de France winner Carlos Sastre of Spain, wearing the overall leader's yellow jersey, rides holding a Spanish flag during the parade after the 21st and last stage of the Tour de France cycling race between Euzpé and Paris, France, Sunday.

By James Keast
Associated Press writer

PARIS — Spain's Carlos Sastre won the Tour de France on Sunday, with cycling's showpiece event again unable to escape the shadow of doping. Minutes after the victory, it was announced a rider from Kazakhstan used a banned stimulant. Dmitriy Fofanov tested positive for a "very heavy dose" of heptaminalol after Thursday's 18th stage, said Pierre Bordo, the head of France's anti-doping agency. Fofanov was immediately fired by his Credit Agricole team. A French police official, speaking on condition of anonymity because of the sensitivity of the case, told The Associated Press that Fofanov

was arrested at his team's hotel and held for questioning. "These guys are crazy, and the sooner they start learning, the better," international Cycling Union chief Pat McQuaid said by phone. "You can never rule out at the Tour de France — the biggest event of the year — that these guys are going to take risks." The doping bust was the fourth at this Tour, after three other riders tested positive for the banned blood booster EPO. News of Fofanov's failed test came while some teams were riding farewell laps on the Champs-Élysées. "I am deeply crushed. I've been riding with him for four years," said Jimmy Engouvent, a French teammate of Fofanov's. "We are professionals. Whether it's a stimulant or

EPO, it's the same thing." Bordo said the Kazakh rider was asked whether he had a medical exemption for heptaminalol, and Fofanov did not provide one. The stimulant is used as a vasodilator that helps relieve bronchial spasms. "Fofanov said he bought the product on the Internet," said Roger Legay, sporting director of Credit Agricole. "He says that it was for cramps, but that he forgot to tell the team doctor." Legay confirmed Fofanov's dismissal and called his conduct a "grave error." Fofanov, known mainly as a strong climber, finished in 19th place in the Tour, 28 minutes, 31 seconds after Sastre. The three earlier riders who were busted were caught for

Please see TOUR, Page B2

Cowboys headed to state as second seed, Jerome to go as third

By Diane Phillips
Staff writer

Michael Williams threw eight strong scoreless innings and Nick Yergensen drove in three runs with a home run and a double as the Twin Falls Cowboys thumped the Jerome Cyclones 6-0 Sunday morning at Skip Walker Field clinching the second seed from Area C at the Class AA state tournament.

"I had some good reads and it was easy to hit. We had good pitching and defense today and we came out swinging well," said Yergensen.

Jerome stranded eight runners and the Cowboys left seven on base. Both teams had eight hits but the Cowboys were able to put its hits together resulting in runs while Williams allowed only one Jerome runner to advance to third base.

Logan Parker had a one-out single in the third inning and with the aid of two Williams wild pitches was able to make it to third but was stranded as Williams got a fly out and groundout to end the inning.

"Williams got out of some jams," said Jerome coach Jesse Koopman. "We played hard for nine innings and went down swinging. We hit the ball hard but left eight runners on base. We had the hits but they just didn't go through. Twin Falls was able to do well on their extra base hits."

Williams recorded a single strikeout and issued one walk and said he still felt strong after throwing 102 pitches and could have gone the distance but knew the coaching staff wanted to give Kasey Jerome some work on the mound.

"Michael did a great job of throwing strikes and being around the plate," said Twin Falls coach Tim Stadelmeier. "Kasey is one of our guys that we need on the mound. He is our closer guy."

Williams was also 1-for-5 while hitting in the No. 2 spot with a double.

"It was fun to be able to hit and pitch in the game," said Williams. "It was a long eight innings but my arm still felt fresh. It is an adjustment going from seven to nine innings. My fastball was working and I was able to get ahead. I was hitting my spots and able to change up my pitches."

Bo Folkings had a pair of RBIs in four at-bats and picked up an RBI and Jerome

Please see LEGION, Page B2

J.J. survives tire debacle

By Jenna Fryer
Associated Press writer

INDIANAPOLIS — Jimmie Johnson celebrated his second victory at Indianapolis Motor Speedway with a burnout.

Appropriately, one of his tires exploded.

Johnson survived horrendous tire troubles that made Sunday's race a caution-filled debacle because the Goodyear product was not durable enough to withstand the lack of downforce on NASCAR's new car and the speeds and surface of Indy.

"We came with the best tire we had for the conditions and we fell short. We'll try to get it right," said Greg Stucker, director of race tire sales for Goodyear.

"I don't think anybody likes to race like this, us included. We'll do what we can to make it better," he said.

But there was nothing Goodyear could do on Sunday, when NASCAR threw six competition cautions designed to force teams to pit and change their tires.

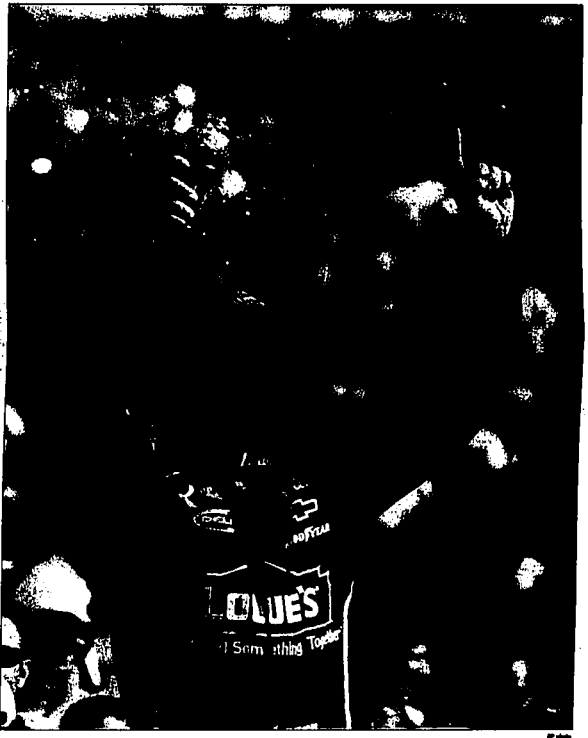
It meant the longest green-flag run was an embarrassing 12 laps, causing teams to fear both the failures and a possible supply shortage. Goodyear shipped in 800 tires earmarked for use next week in Pocono before the race, but they ultimately weren't needed.

It was little consolation as drivers feuded going full speed and crew chiefs were forced to gamble on the strategy. No one was certain when NASCAR would call a caution, or if the sanctioning body would eventually decide to let the drivers go as long as they wanted.

Instead, NASCAR called the cautions roughly every 10-to-12 laps.

Johnson fretted the final two stops, unsure what the right strategy would be. He took two

Please see NASCAR, Page B2



Jimmie Johnson celebrates after winning the NASCAR Allstate 400 at the Brickyard auto race at Indianapolis Motor Speedway in Indianapolis, Sunday.

NMSU Aggies not just about the Air Raid



By Destia Laypry
Correspondent

NINE TEAMS, NINE DAYS.
NO. 7.
N.M. STATE

2007 record: 4-9, 1-7 WAC
Best Record: 2-9, 7-10, 8-11
Returning starters: 16 (Off: 7, Def: 8, K: 1)
Non-conference games: Nicholls State, Nebraska, UTEP New Mexico
Head Coach: Hal Mumme (105-931, 321 WAC)
Fall camp begins: Aug. 4
Joined WAC: July 1, 2005
Founded: 1888

For the last three years, New Mexico State University has been lauded for its aerial attack. The Aggies have put up staggering offensive numbers for sure, but it hasn't translated into a single winning season in the Western Athletic Conference.

In fact, Hal Mumme's (pronounced mummy) teams at NMSU have only won eight games in three years (3-21 WAC).

This has been one of the lowest programs in college football. It hasn't won a bowl game since 1969, when the Aggies beat the Aggies of Utah State 20-13 in the Sun Bowl.

The offense is fun to watch, but the defense has been abysmal, giving up plus points in six games last

season (four teams scored 50 on NMSU last season, including a 59-0 beat down by Boise State).

This preseason has been all about hope for a lot of teams. For New Mexico State it is also about pressure.

"I am a football coach," Mumme said. "I am always on the hot seat."

"Of course there's pressure," quarterback Chase Holbrook said. "If you don't win games, you don't keep your job. That's just the way football is, no matter where you're at, even in high school now."

Holbrook (a Davey O'Brien Award candidate) is the beneficiary of an offense that loves to throw the football.

His numbers are astounding: 3,066 yards, 26 touchdowns, 70.2 completion

Coming Tuesday
San Jose State

percentage, 322.2 ypg (fifth in the nation), 397-for-567 passing and 18 interceptions.

Some of the stats were down from his junior season, where he threw 34 touchdowns and only nine picks.

"In our offense there's always someone open," Holbrook (6-5, 246) said. "It's just a matter of finding them. My job's pretty easy. I just find the open guy, and our receivers are so good, I just watch them run."

Of course, with all that passing, Holbrook's receivers put out great numbers. Chris Williams (All-American Award finalist, second-team All-

WAC) missed five games last season and still caught 56 balls and 11 touchdowns. He had 92 receptions and 12 touchdowns as a junior.

Davon House, the starting left corner who led the team with four interceptions last season and returned one 100 yards for a score, said that this team is trying to get better not just through listening to the coaching staff, but by talking to each other. He matches up with Williams in practice.

"Right after the play is over we'll talk about it, get each other better," House said.

This defense has had its troubles. But there is nothing like a new defense to change the attitude of the team.

This spring Mumme brought in Joe Lee Dunn, a master of the 3-3-5 defense

(which works great at Wake Forest, West Virginia and others).

Mumme said the scheme change came mostly out of necessity.

The team lost most of its bigger defensive players last season and the 3-3-5 is ideal for smaller, faster teams.

"We're a little thinner, smaller, faster," Mumme said. "It will be more of an attacking style."

The 3-3-5 features three defensive linemen, three linebackers, two corners and three safeties (one over the top and two just outside the box).

"It's a lot of fun," House said. "The DBs love it because it's kind of like we have a swaggy defense. It's not like you are doing your own thing, but be free out

Please see WAC, Page B1

TWIN FALLS FIVE DAY FORECAST

Today: A sunny start to this hot work week. Highs, 50s. Tonight: Quiet, settled weather conditions. Lows, lower 40s. Tomorrow: Plenty of sun to go around. Highs, 90s.

TWIN FALLS FIVE DAY FORECAST

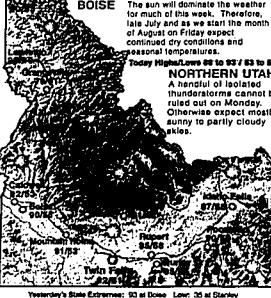
Table with 7 columns: Today, Tonight, Tuesday, Wednesday, Thursday, Friday, Yesterday's Weather. Includes icons for Sunny, Clear, More sun, Scattered clouds, Abundant sunshine, and a Sunny start to August.

BURLEY/BOISE FIVE DAY FORECAST

Today: Abundant sunshine. Highs, mid 80s. Tonight: Still dry and quiet on the weather front. Lows, 50s. Tomorrow: Partly cloudy, but likely dry. Highs, 90s.

IDAHO'S FORECAST

SUN VALLEY, SURROUNDING MTS. Between Monday and Wednesday, the weather will not change much on a day to day basis. Expect mostly sunny to sunny skies, warm temperatures and only a slight chance for a lone thunderstorm on Wednesday.



Weather keys: B, broken; C, cloudy; H, hot; N, heavy snow; S, haze; light snow; M, mostly cloudy; S, sunny; W, showers; W, showers, showers, mainly; D, thunderstorm, wind.

ALMANAC - TWIN FALLS

Table with 7 columns: Temperature, Precipitation, Humidity, Barometric Pressure, Sunrise and Sunset, Moonrise and Moonset, U.V. INDEX, and Pollen Count.

REGIONAL FORECAST

Table with 7 columns: City, Today, Tomorrow. Lists cities like Boise, Burley, and Pocatello with their respective weather forecasts.

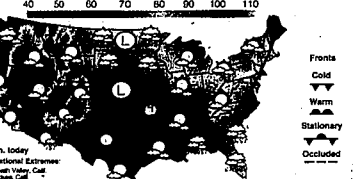
NATIONAL FORECAST

Table with 7 columns: City, Today, Tomorrow. Lists cities like Denver, Chicago, and New York with their respective weather forecasts.

WORLD FORECAST

Table with 7 columns: City, Today, Tomorrow. Lists cities like London, Paris, and Tokyo with their respective weather forecasts.

TODAY'S NATIONAL MAP



Fronts: Cold, Warm, Stationary, Occluded.

CANADIAN FORECAST

Table with 7 columns: City, Today, Tomorrow. Lists cities like Calgary, Edmonton, and Vancouver with their respective weather forecasts.

meineke car care center logo and address: 183 Addison Avenue West, 735-8296.

More Magic Valley weather at www.magicvalley.com/weather/

Father-in-law eager to have grandson needs reality check

DEAR ABBY: At 17, I learned I could never have children. I was devastated. I thought there would never be a "happily ever after" for me. I was wrong. I have been happily married to a wonderful man for four years. I was honest with him about my infertility, and it made no difference to him.

wants one with HIS last name. My husband thinks I should just tell his father the truth — that I can't have children — but I'm afraid his parents will hate me. It has been seven years since I learned I can't have children, and I still feel an emptiness inside. And just when I think I can't feel any worse, my father-in-law's comments make me feel broken and useless. I could use some advice.

If you are "hated" after that, the problem is theirs — not yours. Even if you could have children, there is no guarantee that they wouldn't all be girls. Big Daddy is overdue for a dose of reality.

DEAR ABBY: My husband, "Fred," has never been much of a conversationalist, and since he stopped smoking five months ago, his weight has ballooned. We're both elderly and live on a lake, so we're quite isolated, especially during the long winters.

DEAR READY TO BAIL: If there is anything unusual about Fred's behavior, it should be reported to his doctor because it could be a sign of dementia or other illness. However, if it is just "more of the same" from this charmer you married, perhaps you should ask yourself seriously whether you're better off with him or without him, and if this is how you want to live the rest of your life.

"Happy Birthday" to dead people in obituary columns in newspapers? I comprehend the idea of memorials, but to wish someone who has died a happy birthday or anniversary seems ludicrous to me. Will you point this out to your readers and comment?

Reavie wins Canadian Open, edges Mayfair by 3 strokes

OAKVILLE, Ontario — The Small Unit came up big in the Canadian Open. Chez Reavie, proudly sporting an Arizona Diamondbacks logo on his light blue shirt, won the national championship Sunday for his first PGA Tour title, closing with a 1-under 69 in near-perfect conditions for a three-stroke victory over Billy Mayfair.



Chez Reavie celebrates his first PGA Tour victory after winning the Canadian Open golf championship with a score of 17-under par at the Glen Abbey golf course in Oakville, Ontario, Canada, Sunday.

A runner-up finish at the U.S. Women's Open last month brought her back to No. 42 and she will climb higher when the next rankings are published Monday.

VAUGHAN WINS SENIOR BRITISH OPEN IN PLAYOFF Bruce Vaughan won the Senior British Open on Sunday for his first career victory, sinking a 20-foot putt to beat John Cook on the first playoff hole.

the 72nd leading Vaughan by one. Cook sent his tee shot right into the rough, then playing his third shot well short of the green. He decided to putt, but left it 15 feet short for a bogey to finish with an even-par 71 and a 6-under 278 total.

Vaughan made a par for a 70 that forced the Americans back to No. 18 to begin the playoff, the championship's third in four years.

HELEN ALFREDSSON WINS EVAN MASTERS IN A PLAYOFF Helen Alfredsson won her first LPGA Tour title in five years Sunday, defeating rookie Jeon Hee in a playoff at the Evian Masters.

the third round of the playoff at the par-5 18th, while the 20-year-old Choi, of South Korea, parred the hole. Alfredsson had a 67 in the final round, Choi shot a 66 and overnight leader Angela Park closed with a 71 as all finished at 15-under 273.

eliminated in the first round of the playoff at No. 10 when her birdie attempt rolled around the lip of the cup and stayed out. Alfredsson also won Evian in 1991 and '99, but has battled a series of injuries and had not won a tournament since the 2003 Longs Drugs Challenge.

"Someone is looking after me for (Evan) to be my next win," she said. "All my friends are here. It is a very emotional place for me." Alfredsson's 2007 season was sabotaged by long-standing back and hamstring problems and her ranking dropped below No. 100.

OFFICIAL ENTRY FORM for the 2008 Summer Invitational. Includes fields for name, address, phone, and subscription options. Sponsor: McDonald's.

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Legal

LANDS FOR LEASE BIA ACCEPTS BID FOR FARM/TRADE LEASES The Bureau of Indian Affairs is now accepting sealed bids until noon, August 6, 2008 on several farm/lease tracts on the Fort Hall Reservation...

PUBLIC NOTICE Actions placed and taken by your government are intended to be public notices. They are part of your right to know and to be informed of what your government is doing...

IMPORTANT Please address all legal advertising to: LEGAL ADVERTISING The Times-News PO Box 648 Twin Falls, Idaho 83303-0548

LINCOLN COUNTY CEMETERY Corrected Notice of Budget Hearing Public notice is hereby given by the Board of Commissioners of the Lincoln County Cemetery Maintenance District of the hearing on the following proposed budget of said District for the year 2009...

Table with 2 columns: Category and Amount. Includes Estimated Income (Total: \$377,000) and Estimated Expenses (Total: \$69,845.00).

Case No. CV-08-2408 SUMMONS In the Matter of the Application of ROBERT ALFRED HODGES For Change in Name.

NOTICE YOU HAVE BEEN SUED BY THE ABOVE-NAMED PLAINTIFF. THE COURT MAY ENTER JUDGMENT AGAINST YOU WITHIN FORTY (40) DAYS... YOU ARE HEREBY NOTIFIED that in order to defend this lawsuit, an appropriate written response must be filed with the above designated Court within twenty (20) days after service of this Summons on you...

NOTICE OF TRUSTEE'S SALE Loan No.0919370379 T.S. No. [D-09-162261-PI] On 10/21/2008, at 11:00:00 AM (recognized local time), at the following location in the County of TWIN FALLS, State of Idaho: in the lobby of Alliance Title & Escrow located at 1411 Falls Ave. East, Suite 1315, Twin Falls, ID 83301.

ATTN: Fellow Noticee bid known address 1634 Summit Street, Twin Falls, ID 83301 I am hereby informing you that one 1993 Mazda 628 LX, VIN#YV1YV22A552338282 possessing license number 27E82947 is the sole property of Gasoline Alley via a Mechanic's Lien effective August 10, 2008 after 8:00 AM at 1000 Broadway Avenue North in Buhl, Idaho 83316 1441.

ORDINANCE NO. 683 AN ORDINANCE OF THE CITY COUNCIL OF THE CITY OF KIMBERLY, STATE OF IDAHO, AMENDING KIMBERLY CITY WATER CODE BY AMENDING CHAPTER 21 AND PROVIDING THAT ALL NEW DEVELOPMENTS ARE STRICTLY PROHIBITED FROM USING THE CITY'S POTABLE WATER SUPPLY FOR IRRIGATION...

NOTICE OF HEARING ON NAME CHANGE Case No.: CV08-0064 A Petition to change the name of Edri Erika Szabo, born November 28, 1967, in Tirau, Mures County, Romania, residing at 2125 Summit Place, Twin Falls, has been filed in Twin Falls County District Court, Idaho.

Legal Advertising Ruby at 208-735-3324 To place an ad online: www.maglevolley.com check on Classifieds For advertising please call Lana at 208-735-3219.

NOTICE OF PUBLIC HEARING Budget for Fiscal Year 2009-2010 City of Hansen, Idaho

NOTICE IS HEREBY GIVEN that the City Council of the City of Hansen, Idaho will hold a public hearing, pursuant to Idaho Code 50-1002, for consideration of the proposed budget for the fiscal year 2008-2009.

Table with 4 columns: Category, Actual 06-07, Actual 07-08, Proposed 08-09. Includes Revenues, Expenditures, and Grand Totals.

NOTICE OF LIEN SALE ATTN: Fellow Noticee bid known address 1634 Summit Street, Twin Falls, ID 83301

INVITATION TO BID Gooding JI, School Dist. #213 is accepting bids for the lease of approximately 30 acres of farm ground.

FOUNDED Black Lab puppy, female with some white markings & blue collar, found by Salmoor Park, 431-1758 or 431-6327

FOUND Dog, female, chocolate and white speckles, trained. Found July 22nd, looking for her owner, between the Ice Caves and Sheoshone, Twin Falls Animal Shelter.

FOUND Keys at 5 S W of Jerome on Sunday afternoon, GMC and a couple of house keys. Call to identify 639-7188.

FOUND Black and white puppy in Villa Vista Subdivision, Call to identify, 308-0254.

PEOPLE FOR PETS 420 Victory Ave., PO Box 1163 Twin Falls, Idaho

ADOPTIONS 1. Heeler/Chow cross black female pup, neutered male. 2. Boston/Terrier Collie cross black/white pup. 3. Shar-Pei/Terrier cross, gold spayed female adult. 4. Shephard/Heeler cross red/white neutered male. 5. Hound/Lab cross pup, female. 6. Hound cross brindle female pup. 7. Border Lab male adult. 8. Yellow Lab female, South Park wearing duck collar. 9. Min Pin cross, black and tan neutered male, 5th Ave E. 10. Pit Cross, white and black female, Fillet, Idaho on Midway, black collar. 11. Toyer cross, male, Thomson Park, apricot color. 12. Hooler Pointer cross, chocolate female, Sheoshone Ice Caves. 13. Brittany white and tan female, Buhl Cemetery.

THE FAMILY CIRCUS

By Bill Keane



"The only boys around are those friends of Billy's and Jeffy's!"

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Staff photo: Braden/LEE NEWS

Hydration in the heat

Why **Water** is your best friend

By Melissa Davlin
 Staff writer

At 9:30 a.m., the sun is already scorching. Jackie Brown of Twin Falls and her mother, Lori Ostler of Redlands, Calif., are strolling on the canyon ridge. Both sport visors, and Brown totes a water bottle.

But is that enough to fight off dehydration?

Ostler says she definitely drinks more water in the summer, and Brown makes sure to sip water throughout the day. Ostler doesn't consciously drink more before exercising outside, though.

"I think you're supposed to drink 60 ounces before you go outside," she said. "Do I do it? No."

Like most folks, these walkers know water is key. Summer sun makes us sweat, which depletes our bodily fluids. But how much water? How often? And will other liquids do the trick instead?

There's a lot of information out there — some of it conflicting. We talked to local experts about how much water we need to stay healthy in the heat.

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

What are the signs of dehydration?

The doctor says: Thirst, dry mouth and tongue, loss of appetite, feeling tired or weak, headache or head rush, said Brian Johns, physician at St. Luke's Magic Valley Medical Center Occupational Health.

Dehydration occurs when we lose more water than we consume, and when you sweat in the summer, you expel a lot more water than other times of the year.

To avoid dehydration, don't wait until you're thirsty. Keep drinking water throughout the day.

"Drink proactively instead of reactively," Johns said.

The physician's assistant says: Headache, thirst, flushing of the skin.

"The first indication that you need to drink is that you're thirsty," said Cameron Clark, physician's assistant at Twin Falls Family Health Service. "Don't ignore that."

Most cases of dehydration are mild. If you experience diarrhea, weakness, confusion or fever, however, contact a doctor immediately.

So how much water do you need to drink?

The physician's assistant says: Go for the classic recommendation: at least eight cups a day.

Still, Clark admits, people's needs differ depending on their circumstances.

"Two-hundred-pound (people are) going to need more than somebody who weighs 100 pounds," Clark said. And people exercising outside in the sun need to go for 10 cups a day, while someone working inside all day might need only two or three cups.

The doctor says: Two to three quarts a day.

How does that translate? The same as eight cups, which equals 64 ounces, or two quarts.

Bonus points if those eight cups are cold, Johns said. Cooling your body from the inside will help prevent other heat-related illnesses, like heat stroke.

What are water's other benefits?

The makeup artist says: Staying hydrated is essential for clear, young-

looking skin.

Lisa Bratt, a Twin Falls makeup artist, said water cleanses the skin from the inside.

"Not drinking enough water will age your skin," Bratt said. Without water, "you see dryness, crepiness, aging of the skin, breakouts. You're not flushing your system, so you'll get breakouts of the skin."

How about the kids?

The doctor says: Children 10 and under should drink until they're no longer thirsty. After that, give them an additional 3 to 4 ounces of liquid.

"Just make sure they're not thirsty anymore," Johns said.

The mom says: Let them drink when they're thirsty.

Bobbi Hall, a Twin Falls mother and Little League baseball coach, said she doesn't monitor her 10- and 16-year-olds' water consumption. They ask for water when they're thirsty, she said. "They're natural water drinkers anyway."

On the field, she tells her team to bring water bottles to keep them hydrated while they play.

"I encourage them to drink lots of water or Gatorade or whatever," she said.

What else can I do?

The makeup artist says: Wear moisturizer and sunscreen.

Water isn't a fix-all for breakouts and wrinkles, Bratt said, but it's mandatory for preventing them.

"If you want to stay looking younger, you absolutely need to hydrate as well as using moisturizer and sunscreen," Bratt said.

The physician's assistant says: Drink sports drinks.

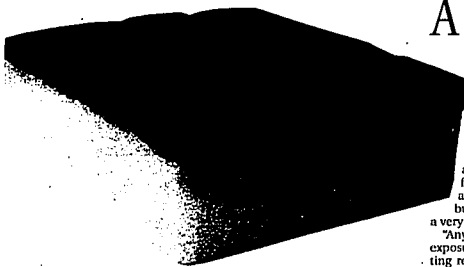
"As we sweat, we're losing minerals, like salt, through our sweat," Clark said. Drinking only water can dilute our systems even more. An occasional sports drink will replenish salt and electrolytes.

The doctor says: Avoid sweet drinks, caffeine and alcohol.

"Caffeine and alcohol, they actually make you go to the bathroom more," Johns said. "They have a diuretic effect. So you're actually losing more fluid when you're drinking caffeine and alcohol."

As for sugar, Johns said sweet drinks like juice don't absorb as well into your system. The best bet is to drink sports drinks and water, he said.

Q&A



A germ-zapper's guide to clean

By Megan Voelkel
 The Washington Post

Ever just rinse the kitchen cutting board in between uses? Or wash a load of linens in cold water? Think twice before calling either squeaky clean.

Germs, the pesky microbes that cause maladies such as the common cold and stomach flu, among others, aren't so easily washed away. And despite being microscopic, these buggers always have the potential of becoming a very big deal.

"Anytime you take a chance on getting ill (from exposure to pathogens), you have a chance of getting really sick," says Charles Gerba, an environmental microbiologist at the University of Arizona

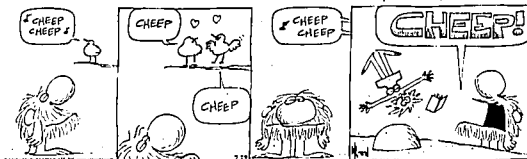
who has studied germs' domestic dabbles for more than 30 years.

Which means you shouldn't rely on theories that say a lapse in germ defense will boost your immune system or that the spare use of sanitizing agents will somehow thwart antibiotic-resistant super-bugs. Both are scientifically shaky, and neither should get in the way of preventing infections, Gerba says.

Bacteria can survive for a few hours to a couple of days or more on surfaces such as the kitchen countertop, and viruses can linger up to a couple of weeks. We spend less time cleaning than we used to, despite having more vehicles for germs on gadgetry like cellphones and remote controls.

Please see **GERMS**, Page D3

B.C. By Johnny Hart Baby Blues By Rick Kirkman & Jerry Scott



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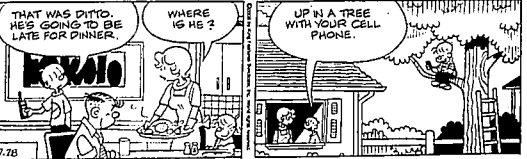
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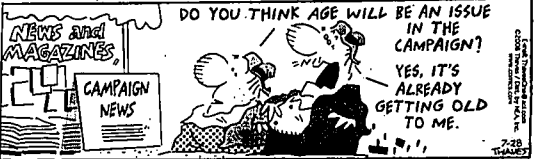
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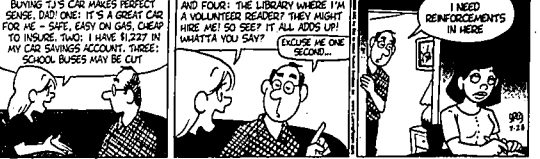
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Watch for summer heat rash

The Washington Post

Be mindful, while you're enjoying the summer sun, that profuse sweating in hot temperatures can cause heat rashes.

First, you need to be able to recognize them on yourself or your children. Heat rashes, which occur when sweat becomes trapped beneath the skin and clogs glands, appear as red clusters of tiny blisters

on your neck, chest and other places where skin folds. According to the University of Texas Southwestern Medical Center, you don't need medical attention to get rid of a rash. Just move to a

cooler environment with less humidity, wear loose clothing over the affected area, keep the irritated skin dry and try calamine lotion or hydrocortisone cream to soothe the itching.

Germs

Continued from page D1

The bottom line: to "not live in a bubble, but to understand the dynamics of how germs are transferred and to maintain good hygiene practices," says Philip

Tierno, author of "The Secret Life of Germs" and director of clinical microbiology and diagnostic immunology at New York University Medical Center.

The key to picking these battles is

awareness. We talked to germ experts for the lowdown on some of the home's most pathogen-popular (and just plain dirty) destinations and strategies to keep those areas clean.

Guide to clean

PROBLEM: Kitchen sponge

Call it the mother ship. The hot zone, Germ HQ, The kitchen sponge (or dishcloth) consistently reigns as the dirtiest item in the home, decisively out-pathogening more infamous culprits, such as the toilet.

According to a new study by the "Hygiene Council, an international group of infection disease specialists, 75 percent of sponges tested in U.S. homes were heavily contaminated. So one drop from the sponge equals millions of bacteria. The council's study was sponsored by Lysol. In research by Charles Gerba, an environmental microbiologist at the University of Arizona, that was sponsored by Clorox, the kitchen sponge was crowned the germiest, especially when used to food prep and cleanup. A cutting board, for example, was found to have 200 times more fecal bacteria than the toilet seat.

SOLUTION

Soak the sponge or dishcloth in a disinfectant or bleach for a few minutes at least three times a week before letting it dry. For a quick fix, you can nuke the sponge in the microwave on high for 30 seconds, or throw it in the dishwasher. And by all means, don't use the sponge to wipe down other items, like phones or children's toys.

Because of cross-contamination, the kitchen sink's faucet and drain, as well as the surrounding countertop and handles, are likely to be tainted and shouldn't be overlooked when disinfecting. Pat Rosenbaum, a Silver Spring, Md.-based infection control professional, says, "Stop and think when you're cleaning. What do you touch the most?" She says labels should be read with care, as most detail how long the disinfectant should remain on the area for it to work.

PROBLEM: Entryway/shoes

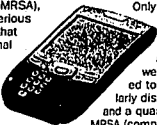
Here's a reason to watch your step: The world just may be, to put it bluntly, covered in poo. At least that's what's getting on the bottom of our shoes. Gerba found 13 percent of the shoes he tested had E. coli on the soles after three months of wear; a whopping 90 percent had other fecal matter. That makes the initial three or four steps inside exterior doorways heavy with germs. Also prone to leaving bacterial tracks near entryways: purses. They're known to pick up dirt and bacteria (sometimes in the millions) from days, months, years of being at our sides.

SOLUTION

Beyond taking your shoes off before or soon after you come inside, use a doormat and disinfect shoes with a wipe or spray regularly. Similar protocol goes for purses: When both inside and outside, watch where purses are left lying and try to keep them off the ground (especially in restrooms); disinfect every few days and let dry.

PROBLEM: Handheld technology

The price of technology amounts to extra microbe exposure via phones, remote controls and computers. Recent media commotion over methicillin-resistant staphylococcus aureus (MRSA), which causes serious skin infections that have proved lethal in some cases, brought the risks of sharing cellphones to attention when traces of the bacteria were found there. According to Tierno, 90 percent of infections of all sorts are contracted through direct (kissing, coughing) or indirect (phones, doorknobs) contact.



Influenza and the common cold are beneficiaries: When testing homes with at least one ill child, Gerba found 80 percent of phone receivers had traces of the flu virus. He also determined that home offices were germier than work offices: Only 12 percent of work spaces at home were reported to be regularly disinfected, and a quarter had MRSA traces in workplace offices). The keyboard was the top spot for germs, beating out the office phone, desktop, computer mouse and chair.

SOLUTION

It's as simple as wiping your hands. Sure, washing with disinfectants is needed, but the gold star of hygiene, and the way to curtail cross-contamination, comes down to soap and water. Gerba says children under 2 put their hands to their face some 30 to 50 times in one hour; the adult tally is 18. "Teach kids good hand-washing, good respiratory etiquette," says Rosenbaum. She recommends rinsing for 15 to 20 seconds — enough time to sing "Happy Birthday" or "Yankee Doodle" — and using a towel to turn off the faucet. If there's an ill person in the home, she says, hand-washing should be a top priority to prevent viruses or bacteria from spreading.

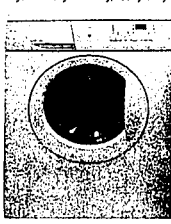
PROBLEM: Laundry

There's no way to fold this neaty: Laundry is really, really dirty.

Your grandmother had cleaner clothes than you do," says Gerba, who attributes the slack to a warning use of hot water (only 5 percent of Americans opt for the hottest rinse) and shortened wash cycles. Viruses are especially resistant to heat, he said, and the average piece of underwear contains about 0.1 grams of feces, enough to wreak havoc if thrown into a load of clothes. In fact, Gerba reports that anyone transferring a load of underwear will get E. coli on his or her hands. Then cross-contamination ensues, and you've got quite a bust in the germ-fighting sense.

SOLUTION

To fight microbes, laundry should be washed in water that's at least 140 degrees and dried for at least 45 minutes. Keep undergarments in a separate load. It's also best to wash them last, use a detergent with bleach or a bleach alternative and occasionally give the washing machine what Gerba calls a "mouthwash" — a rinse with bleach sans clothes. Be careful when adjusting water temperatures at home, Rosenbaum says, as hotter temperatures may be hazardous from a both or skin spout.



PROBLEM: Mattress/pillow

This isn't the stuff dreams are made of: Your mattress and pillow are made of "reservoirs of the zoological park that is your bedding," Philip Tierno, author of "The Secret Life of Germs" says, naming a long list of microscopic park visitors: dust mites, fungi, pollen, sweat, exfoliated cells, hair and dander, among others.

He points to some pretty dirty statistics: Mattresses have been found to double their weight after 10 years from this collected debris; dust mites and dust mite debris can make up 40 percent of pillows after five years. Besides evoking that creepy-crawly feeling, such litter is known for exacerbating allergies and asthma, two conditions that won't help you breathe or sleep easy.

SOLUTION

Impervious seals around the mattress, box springs and pillows are a quick remedy, Tierno says, and it's smart to wash bedding at least once a week. As for replacing mattresses and pillows, the seals should keep them well guarded until they are worn out.

To do for You

About childbirth

Prepared childbirth classes, 6:30-9 p.m. Tuesdays, this week through Aug. 19, in the lobby at St. Luke's Magie Valley Medical Center'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 video tour of the Women's and Infant Center. Wear comfortable clothing, bring two pillows and, if possible, a support person. Cost is \$60. Pre-registration required: 732-3148.

Magie Valley's downtown campus, 660 Shoshone St. E. in Twin Falls. New parents, grandparents and caregivers learn CPR and what to do if a baby chokes. No registration required; free; 732-3148.

Cesarean childbirth

Cesarean childbirth course, 6:30-9 p.m. Thursday in the lobby at St. Luke's Magie Valley's downtown campus, 660 Shoshone St. E. in Twin Falls. Topics include Cesarean deliveries, nonconforming labors, hospital procedures and pain management. Pre-registration required. Free; 732-3148.

Big Kids Klub

Big Kids Klub, 10-11:30 a.m. Saturday in the Sage Room at St. Luke's Education Center, 500 Addison Ave. W. in Twin Falls. Help prepare brothers and sisters for the new baby. Cost is \$10 for one child; \$15 for two or more children; pre-registration required: 732-3148.

'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.

Childbirth refresher

Childbirth refresher course, 6:30-9 p.m. Tuesday, in the lobby at St. Luke's Magie Valley's downtown campus, 660 Shoshone St. E. in Twin Falls. Childbirth preparation and procedures will be reviewed, along with a video tour of the Women's and Infant Center. Cost is \$20. Pre-registration required: 732-3148.

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

Infant safety and CPR

Infant safety and cardiopulmonary resuscitation, 6:30-9 p.m. Wednesday in the lobby of St. Luke's



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What's that hiding under your shirt? An ab-solute disappointment?

By Howard Schneider
The Washington Post

The annual Beach Body propaganda begins sometime in the dead of winter. This is when the prospect of summer sex appeal is used to mount a crusade for the girth we all supposedly to cover: washboard abs, chiseled, chain-mail abs—peaks that channel sweat like Paul Newman or a shirtless road gang or that tuck inside a swimsuit in sleek silhouette.

Now that it's July, let's review our progress. So go the mirror, lift your shirt, and... I thought so. Me too. Given that, perhaps a reality check is in order regarding abdominal training: what to do, what not to do and what to expect.

Let's start with a few truths about ab training in general.

First, it's annoying

The abdominals are a complicated set of muscles. The rectus abdominis, which runs from the ribs to the pelvis and is given a segmented, six-pack look by tendons-like strands that run across it; the obliques, on the side, which also hook to the ribs and pelvis and, partly, to the back; and the transversus abdominis, a deeper muscle that forms a girdle around the body and basically holds our organs in place.

Developing them all requires three or four different exercises, and I don't know why, but the pain you feel in the middle of a set of crunches or a bunch of kneups is more bothersome than what you feel during a chest or leg workout. Maybe it is the nature of the (generally thinner and less bulky) abdominal muscle fiber; maybe it is the nature of the exercises, which tend to rely more on repetitions than on weight.

The second truth

No matter how many ab exercises you do, it's still quite possible you won't see the muscles, or at least not all of them, or not in the same sharp relief we carry as an ideal. Because despite what the infomercials and the ripping, shredding, ab-torcing DVDs or training programs tell you, exercise is only part of the battle.

The other part is diet: For most of us, men or women, the abdominals are not going to emerge until the body fat drops, maybe to as low as 10 or 12 percent, though that will vary from person to person. Even the folks at Muscle & Fitness magazine (who make no bones about their celebration of bulk and mass) put this disclaimer in their recently published "Big Book of Abs": "Some people are born with the genetic factors necessary for accelerating ab development, and some people have to work much

Get more from your core

Looking for ab training tools to use at home? There are lots of DVDs and books on the market. Here are a few:

• **"Beautiful Belly,"** with Hemalyaya — This Acacia release features giggly yoga princess Hemalyaya in three workouts that run about 12 minutes each (which can be combined into one long session). This is a basic yoga workout with a few abdominal exercises added for good measure. Her presentation makes it fun, though it must be itchy working out on that oriental carpet.

• **"Creative Core & Lower Body,"** with Silvio Rea — Also from Acacia, this is a tough workout that uses the "yogic squat" position (feet pointed out, hips lowered parallel to the ground) as the basis for a core-focused routine. A "challenging for all levels" type of presenter, Rea is one of those contortionist yogis who leave you feeling as flexible as a slab of concrete. The trick is to do what you can without shredding any ligaments.

• **"Core Rhythms,"** from Dance Sport videos — This four-DVD set uses club and Latin dance moves that are focused on the hips. Rebekah Davis, administrator for the Post's foreign desk, gave this a thumbs-up for anyone who likes dance; it's simple enough for beginners but adaptable to those who are more advanced. It does not include traditional ab exercises per se but counts on the dance sequences to use those muscles.

• **"The Big Book of Abs,"** from Muscle & Fitness magazine — This compendium of abdominal exercises also includes advice on how to put together an ab exercise routine and what exercises to avoid. This is a good resource, though the hard-core bodybuilding tone (think supplements and crazy diet advice) might be annoying for those who simply want to stay in shape.

• **Abdominal Training Exercises** — The training certification group published a pamphlet a few years ago that explained standard mat exercises and discussed which ones were most effective. It is available online at www.acfitness.org/getfit/studies/BestWorstABExercises.pdf.



"Cosmetically, the abs are important because they are the center of the body. At the beach, that is what you are drawn to. But physically, everything we do, whether we are jumping to spike a volleyball or raising the foot to do a karate kick, that is where the functionality comes from, the ability to stop and start."

— Michael Everts, owner of D.C.-based Fit Personal Training

harder for a lot less." Now they tell us.

But don't give up

The point of this is not to disappoint or dissuade, but to reorient. Because even if ab exercises are annoying, and even if it is unlikely your belly will ever look again like it did after the senior year of high school swim team, it is important to pay attention to what is going on around your middle. Much of what we take for granted in daily life — standing, walking, lifting, running, dancing, casual athletics — depends on keeping the center strong.

"Cosmetically, the abs are important because they are the center of the body. At the beach, that is what you are drawn to," said Michael Everts, owner of D.C.-based Fit Personal Training. "But physically, everything we do, whether we are jumping to spike a volleyball or raising the foot to do a karate kick, that is where the functionality

comes from, the ability to stop and start."

The dos

Like any trainer, Everts has his favorite go-to abdominal exercises. These include:

- Leg raises, in which you lie face-up on the floor and use the lower abdominals to lift your legs.
- Crunches, in which you work the upper abdominals by lifting your upper body off the ground about a third of the way to the knees (any higher and the value of the exercise declines).
- "Crisscross" crunches," which use the standard bicycle motion to work the obliques but include a three-second hold at the end of each twist to eliminate any assist from momentum.

• "Criscross" crunches," which use the standard bicycle motion to work the obliques but include a three-second hold at the end of each twist to eliminate any assist from momentum.

The don'ts

But the "don'ts" are equally important. Although there are ab exercises to suit most every

taste, the "don'ts" are pretty universal and good to keep in mind as you craft a program:

- Don't buy expensive home equipment. The fancy ab machines that get peddled on television or elsewhere generally get panned when physiologists compare them with bodyweight exercises. If you want a toy to build your abs, get an inflatable Swiss ball, which is good for crunches, back raises and many other exercises. Or, if you have a partner to play catch with, try a weighted medicine ball.
- Don't use your hip flexors or, for that matter, your shoulders, neck or lower back to do work meant for your abs. If the abdominals start out weak or grow fatigued during exercise, the hip flexor muscles at the top of the leg often kick in and help. Likewise, some ab exercises make us pull upward with the neck or arch the back if the motion proves difficult. Continuing this increases the risk of muscle or joint injury. Everts' advice: Focus on working the abdominals and relaxing those other parts; if that does not work, stop, rest and start another set (or switch to a less difficult exercise).
- Don't just do a million crunches. Doing your limit of this old standard might feel like a workout and might do wonders for the upper abdominals. But as noted above, you need to balance things with exercise that works the rest of the abdominal girdle as well, and also the lower back.

A thumbs-down for breast self-exams

By Brittany Johnson
The Washington Post

Breast self-exams, which many doctors recommend despite little evidence of benefit, do women more harm than good, according to new research.

A review of two studies involving nearly 400,000 women in Russia and China found that those who performed self-exams under went almost twice as many biopsies (invasive procedures that remove fluid or tissue that is then analyzed for signs of cancer) that did not find tumors as women who did not examine themselves.

There was no meaningful difference in the two groups' death rates. According to the National Cancer Institute, breast cancer is the second most common cancer in American women, after skin cancer — with more than 200,000 women diagnosed

each year. The U.S. Preventive Services Task Force, an expert panel that issues the federal government's official advice on preventive medicine, no longer recommends routine breast self-exams.

The American Cancer Society calls breast self-exams optional for most women, noting that their benefits are unclear.

The group also recommends annual mammograms for women over age 40 and clinical breast exams every three years for women in their 20s and 30s. Review authors Jan Peter Koster and Peter Gotschke, from Denmark, advised health professionals to discuss the findings with women who continue to do self-exams; however, they also advised women who do self-exams to immediately report any perceptible changes in their breasts to a doctor.

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