



Good Morning
 High: 93
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 Hot and hazy. Details: B4
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Times-News

MONDAY
 August 4, 2008
 75 cents

MagicValley.com

Gooding Police, ATF nab \$8,000 in stolen firearms

Utah man was indicted last month
 By Jared S. Hopkins
 Staff writer
 The Gooding Police Department and the federal Bureau of Alcohol, Tobacco,

BREAKING NEWS
 You read this story first on
 MagicValley.com.
 resulted in a July indictment of a Utah man who is a suspect in selling the stolen guns to an informant working with

Gooding police, said Gooding Police Detective Sjuul Bunderson.
 Gooding Police disclosed the investigation publicly through a news release Sunday. Over the past year, police have been involved with the various legal aspects,

Bunderson said.
 The man was indicted by a federal grand jury July 22 but has not been arrested, Bunderson said.
 Bunderson declined to disclose the man's name, and said the ATF hadn't authorized it. He deferred comment

to Salt Lake City-based ATF Agent Keith Rafaz. Rafaz could not be reached for comment Sunday.
 Gooding Police have turned the case over to the ATF.
 Please see GUNS, Page A3

Big help for the little guys



Participants in a float trip hosted by High Adventure River Tours paddle their way down the Snake River below Lower Salmon Falls Dam on Saturday. High water levels and faster flows have made for quicker trips, said company owner Randy McBride, but it's for a good cause: To help young steelhead trout and salmon migrate to the Pacific Ocean.

Higher, faster water flow help young fish reach the ocean

By Andrew Weeks
 Staff writer
 Sometimes nature can use a little boost.
 High water levels and faster flows along parts of the Snake River — such as the Hagerman stretch below Lower Salmon Falls Dam — is giving a boost to young steelhead trout and salmon as they make their way to the Pacific Ocean.
 "That's why the water is up," said Randy McBride, owner of High Adventure River Tours in Hagerman.
 Water levels along McBride's 10-mile float tour, from Hagerman to the Bliss Bridge, have recently been running at about 7,800 cubic

feet per second, he said. Normal levels in the area average about 4,500 to 5,000 cfs.
 The high water levels, said McBride, make the tours go a bit quicker but not enough to spoil any fun. And now the water level — which seemed to have peaked in the area last weekend, he said — is returning to normal.
 "By this time next week, it should be back to normal. It's almost normal today," McBride said Friday.
 The additional water was released from Milner Dam on July 7 and comes from a variety of sources, including reservoirs above Milner such



Participants of a raft trip make their way down the Hagerman stretch of the Snake River below Lower Salmon Falls Dam on Saturday.

Filer woman part of kidney swap

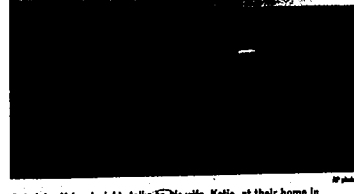
By Blair Koch
 Correspondent
FILER — As a part of the biggest same-day kidney exchange ever performed, Amie Franklin was included in worldwide press coverage and even got to spend half an hour in the Oval Office with President Bush.
 All told, the 29-year-old Filer resident was one of 12 patients involved in the six-kidney swap in what was called "The Incompatible Kidney Exchange" at Johns Hopkins University Hospital in Baltimore this April.
 Franklin, however, said she would have donated a kidney even without the "icing on the cake" of being part of history. Franklin

"I'd do it 100 times if I could. Obviously, I can't give a kidney because I only have one left."
 — Amie Franklin
 donated a kidney on behalf of her cousin, Robert Reid of Idaho Falls.
 Franklin, and over 30 family members and friends had been tested to see if they would be a match for her cousin. No one was a match for Reid but their
 Please see FRANKLIN, Page A3

Welcome to Iraq, and a long separation

EDITOR'S NOTE — National Guard troops reach their stations in Iraq while family members back home begin a hard adjustment. Second of a seven-part series on the longest deployment of the war.
 By Sharon Cohen
 Associated Press writer
 The phone call surprised Katie Kriesel, so soon after her husband, John, shipped out.
 "Where are you?" she asked.
 "I am where I need to be," he answered cryptically, not wanting to disclose his exact location in Iraq. He probably would have waited to call home to Minnesota, but April 8, 2006, was special — it was Katie's 26th birthday.
 Please see NAU, Page A3

for the long haul
 The long deployment
 Welcome to Iraq and a long separation
 A funeral
 for 2
 families,
 changed
 Joy over
 years at
 An ambush
 a hero
 coping
 struggles
 hanging over



Sgt. John Kriesel, right, talks to his wife, Katie, at their home in Cottage Grove, Minn., April 7. Kriesel lost both of his legs in a roadside bomb attack while patrolling near Fallajah, Iraq, in December 2006.

Wells, Nev., residents frustrated by lack of aid after earthquake

Town's plight indicative of how disaster recovery has changed over decade

By Ashley Powers
 Los Angeles Times
 WELLS, Nev. — Downtown looks as if a wrecking ball smashed through it.
 Bricks and glass shards are

strewn along Front Street, the city's historic district. A fence barricades what's left of The Bulls Head Saloon. A neon cowboy presides over the "El Rancho Hote." — the L has toppled over — and a breeze rustles yellow caution tape.

A 6.0 temblor rocked this city in February, leveling four homes, severely damaging 35 buildings and cracking and denting dozens more, city officials say. But the uninsured dwellers, which federal officials pegged at \$776,600,

weren't large enough to qualify for aid from the Federal Emergency Management Agency.
 Because Wells has relied on volunteers for much of the clean-up,
 Please see RECOVERY, Page A3

At Your Service directory .C5	Comics .D2	Jumble .C4	Opinion .A6-7
Bridge .C7	Crossword .C6	Magic Valley .A4	Sudoku .C2
Calendar .A2	Dear Abby .B4	Movies .A5, A7	Weather .B4
Classifieds .C18	Horoscope .A2	Obituaries .A5	World .A8

145 killed in stampede in India.
 SEE PAGE A8

TODAY'S HAPPENINGS

ARTS AND ENTERTAINMENT
 Sun Valley Summer Symphony concert, Evening with Beethoven, 5:30 p.m. pavilion opens and 8:30 p.m. concert begins, Sun Valley Symphony Pavilion, no cost. open to the public, svsymphony.org.
 "Essential the Musical," presented by Oakley Valley Arts Council, 7:30 to 10 p.m., Howell's Opera House, 118 N. Blaine Ave., Oakley, \$8, 677-2787.

GOVERNMENT
 Twin Falls County commissioners, 8:30 a.m., courthouse, 425 Shoshone St. N., 736-4068.
 Cassia County commissioners, 9 a.m., courthouse, 1459 Overland, 878-7302.
 Jerome County commissioners, 9 a.m., courthouse, 300 N. Lincoln, 644-2700.
 Twin Falls City Council, 5 p.m., council chambers, 305 Third Ave. E., 733-7274.
 Ketchum City Council, 5:30 p.m., City Hall, 480 E. Ave. N., 726-3841.
 Halley Planning and Zoning Commission, 6:30 p.m., courthouse, 206 First Ave. S., 786-5570.
 Dietrich City Council, 7 p.m., City Hall, 103 S. Main, 544-2102.
 Gooding City Council, 7 p.m., City Hall, 308 Fifth Ave. W., 934-5669.
 Hansen Community Library Board, 7 p.m. library, 120 W. Maple, 423-5158.
 Twin Falls County Parks and Waterways Advisory Board, 7 p.m., 450 Sixth Ave. W., 734-9491.
 Acquia City Council, 8 p.m., Acquia Automotive, 20602 F St., 436-6775.

HEALTH AND WELLNESS
 Fit and Fun ProFit Exercise Class, 10:30 to 11:30 a.m., Ageloss Senior Citizen Center, 301 Main St. N., Kimberly, no cost, 737-5988.
 SilverSnakers Fitness Program, innovative exercise program designed specifically for Medicare beneficiaries' unique health and physical needs, 11:15 a.m. to noon, Twin Falls YMCA, 1751 Elmwood Blvd., no cost for members insured or YMCA members and 55 per class for non-insured, 733-4384.
 Choclos for Recovery, a non-traditional, 12-step spiritual program, most open to all faiths, issues and addictions, 4 to 5:30 p.m., west conference room, Minotoka Memorial Hospital, Rupert, no cost, 432-3741.
 Recovery for Life: "Find Help, Discover Hope, Experience Healing," includes Co-dependency for Women and 12-Step HOPE (addiction recovery), 6 to 6:45 p.m., meals served and 7 p.m. meetings, Twin Falls Reformed Church, 1663 Grandview Drive N., (corner of Grandview Drive North and Pole Line Road), 733-6128.

To have an event listed, please submit the name of the event, a brief description, time, place, cost and contact number to Suzanne Brown by email at sbrown@magicvalley.com, by fax, 734-5538; or by mail, Times-News, PO Box 548, Twin Falls, ID 83403-0548. Deadline is noon, four days in advance of the event.

ON THE AGENDA

TUESDAY
 Twin Falls County commissioners, 8:30 a.m., courthouse, 425 Shoshone St. N., 736-4068.
 Blaine County commissioners, 9 a.m., courthouse, 206 First Ave. S., Halley, 786-5500.
 Jerome County commissioners, 9 a.m., courthouse, 300 N. Lincoln, 644-2700.
 Albion City Council, 7 p.m., community center, 124 S. Main, 673-5352.
 Burley City Council, 7 p.m., City Hall, 1401 Overland Ave., 878-2224.
 Jerome City Council, 5:30 p.m., council chambers, 100 E. A., 324-8189.
 Kimberly Zoning Commission, 7 p.m., Twin Falls Center, 120 Madison W., 423-4151.
 Rupert City Council, 7 p.m., City Hall, 624 F St., 436-9600.
 Shoshone City Council, 7 p.m., City Hall, 207 S. Rail St. W., 886-2030.
 Flater City Council, 7:30 p.m., City Hall, 300 Main St., 326-5000.

WEDNESDAY
 Twin Falls County commissioners, 8:30 a.m., courthouse, 425 Shoshone St. N., 736-4068.
 Castelfort City Council, 7 p.m., City Hall, 342 Main, 537-6544.
 Hagerman City Council, 7 p.m., district office, 820 Old Highway 30, 366-7436.
 Hagerman City Council, 7 p.m., City Hall, 191 State St. N., 837-6635.

THURSDAY
 Twin Falls County commissioners, 8:30 a.m., courthouse, 425 Shoshone St. N., 736-4068.
 Bellevue Planning and Zoning Commission, 7 p.m., City Hall, 115 E. Proctor, 788-2128.
 Kimberly Public Library Board, 7 p.m., library, 120 Madison W., 423-5556.
 Kimberly School Board, 7:30 p.m., district office, 241 Center St. W., 423-4170.
 Wendell City Council, 7 p.m., City Hall, 300 Main St., 536-5161.

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

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MORNING BRIEFING

AROUND THE WORLD

EGYPT

Al-Qaida: commander wanted by U.S. killed along with 3 others

CAIRO — Al-Qaida confirmed Sunday the death of a top commander accused of training the suicide bombers who killed 17 American sailors on the USS Cole eight years ago.
 Abu Khabab al-Masri, who had a \$5 million bounty on his head from the United States, is believed to have been killed in an airstrike apparently launched by the U.S. in Pakistan last week.
 An al-Qaida statement posted on the Internet said al-Masri and three other top figures were killed and warned of vengeance for their deaths. It did not say when, where or how they died but said some of their children were killed along with them.

Pakistani authorities have said at least 10 members of one of six people killed in an airstrike on July 28 on a compound in South Waziristan.

FLORIDA

Tropical Storm Edoard forms off Louisiana coast

MIAMI — Forecasters say Tropical Storm Edoard has formed in the Gulf of Mexico and its moving west along the Louisiana coast toward Texas.
 A tropical storm warning was in effect Sunday from the mouth of the Mississippi River west to Intracoastal City, La. Tropical storm conditions are expected there in the next 24 hours. New Orleans is not included in the warning area.
 A tropical storm watch was in effect from Intracoastal City to Port Arthur, Texas, including Galveston.

The center of the storm is located about 95 miles southeast of the mouth of the Mississippi River and about 420 miles east of Galveston.

SOUTH KOREA

Commission finds indiscriminate killings of civilians by U.S.

SEOUL — South Korean



A Western Crown Crane catches drops of cool water Sunday, from the air conditioning unit on a killing bin in Al-Areen Wildlife Park in Sabah, Bahrain. High humidity and temperatures reaching 108 degrees made for a steamy day for people and wildlife in the Persian Gulf island nation.

investigators, matching once-secret documents to eyewitness accounts, are concluding that the U.S. military indiscriminately killed large groups of refugees and other civilians early in the Korean War.
 A half-century later, the Seoul government's Truth and Reconciliation Commission is urging the U.S. to disclose such alleged wartime cases on its docket, based on hundreds of citizens' petitions recounting bombing and strafing runs on South Korean refugee gatherings and unsuspecting villages in 1950-51.
 Concluding its first investigations, the 2½-year-old commission is urging the government to seek U.S. compensation for victims.
 "Of course the U.S. government should pay compensation. It's the U.S. military's fault," said survivor Cho Kuk-won, 78, who says he lost four family members among hundreds of refugees suffocated, burned and shot to death in a U.S. Air Force napalm attack on their cave shelter south of Seoul in 1951.
 Commission researchers have unearthed evidence of

indiscriminate killings in the declassified U.S. archive, including a report by U.S. inspectors-general that pilots couldn't distinguish their South Korean civilian allies from North Korean enemy soldiers.

WASHINGTON

Scientist: DNA from anthrax victims led investigators to suspect

A government scientist tells The Associated Press that DNA from the bodies of people killed in the anthrax attacks helped lead investigators to the suspect.
 The scientist, who is close to the investigation, described the process on condition of anonymity because he is not authorized to talk to reporters.
 He said Sunday that investigators started with DNA from some of those victims. Investigators matched special DNA patterns to anthrax cultures that the suspect Army scientist Bruce Ivins, was responsible for in the lab.
 This scientific technique took years to develop.

Obama: Give Florida and Michigan delegates full vote at convention

Now that Barack Obama has clinched the Democratic nomination for president, he wants convention delegates from Florida and Michigan to have full voting rights at the party's national convention.
 Obama sent a letter Sunday to the party's credentials committee, asking members to reinstate the delegates' voting rights.

The delegates were originally stripped because the two states violated party rules by holding primaries before Feb. 5. The delegates from each state were given half-votes at a contentious party meeting in May, as part of a compromise designed to give two important states some role at the convention.

Obama's former Democratic rival, Hillary Rodham Clinton, had won both primaries, though Obama's name was not on the Michigan ballot and neither candidate campaigned in Florida.

— The Associated Press

TODAY IN HISTORY

Today is Monday, Aug. 4, the 217th day of 2008. There are 149 days left in the year.
 Today's Highlight:
 On Aug. 4, 1944, Nazi police raided the arrested their home in Fall River, Mass. Lizzie Borden. Andrew's daughter from a previous marriage, was accused of the killings, but acquitted trial.
 In 1964, the bodies of missing civil rights workers Michael Schwerner, Andrew Goodman and James Chaney were found buried in an earthen dam in Mississippi.
 In 1977, President Carter signed a measure establishing the Department of Energy.
 Ten years ago: Turning aside an urgent White House appeal, Chief Justice William H. Rehnquist cleared the way for prosecutors to question White House lawyers about their advice to President Clinton in the Monica Lewinsky case.
 Five years ago: California Gov. Gray Davis asked the state Supreme Court to delay his Oct. 7 recall election until the following March (the recall went ahead as originally scheduled).
 One year ago: President Bush toured the site of a collapsed highway bridge in Minneapolis, pledging to cut the San Diego Padres. Alex Rodriguez became at age 32 the youngest player in major league history to hit 500 home runs with a first-inning homer in a 16-1 victory over Kansas City.

HOROSCOPE BY JERALDINE SAUNDERS

IF AUG. 4 IS YOUR BIRTHDAY: Opportunity only knocks once, so don't be fooled. Numerous chances to improve your lot in life might come your way during the next three weeks and your judgment is better than usual. However the tides turn quickly, and throughout September you had best keep your nose to the grindstone and steer clear of making irrevocable decisions. A magnificent obsession may have little basis in reality in February, so wait until March or April to make key decisions or put important plans into motion.
 ARIES (March 21-April 19): Avoid confrontations and keep out of the affairs of others. You may think you can help by making a change, but you'll only make matters worse.
 TAURUS (April 20-May 20): If it looks like a lemon and tastes like a lemon, it's probably a lemon. Others may try to press their own tastes upon you, but if you're intuitive, you should be able to tell. If that's something doesn't suit your needs, pay attention.
 GEMINI (May 21-June 20): News that you hear may be invalid or inaccurate and you would be wise to obtain all facts before drawing your own conclusions.
 CANCER (June 21-July 22): Timing is everything. Don't show your hand too quickly or too late or you could ruin the deal. Since others may act unpredictably, bide your time and look for just the right moment to make your play.
 LEO (July 23-Aug. 22): Yesterday's joy could be today's misery. Don't get stuck in the same old rut doing the same old things or boredom could ruin your happy thoughts. Let a trusted friend act as a guide to lead you to new horizons.
 VIRGO (Aug. 23-Sept. 22): If you say it, be prepared to back it up. Do not make idle promises on a sudden whim that you cannot keep. Stay on top of your responsibilities and walk the walk rather than just talking the talk.
 LIBRA (Sept. 23-Oct. 22): You could' waste valuable resources trying to keep up with the latest trend but tomorrow that trend could be something else. Focus on solid goals, not fleeting whims.
 SCORPIO (Oct. 23-Nov. 21): Walk before you run. Confidence can be an asset, but too much of it could set you up for a bad fall. Make sure you are adequately prepared before putting your fondest dreams and plans into action.
 SAGITTARIUS (Nov. 22-Dec. 21): Judge not lest ye be judged. You may feel the need

to point out faults with colleagues and co-workers, but rest assured karma will bring the same back to you. Assess your own situation instead.
 CAPRICORN (Dec. 22-Jan. 19): You can't change the world overnight. Others may not be ready for the innovative new ideas you're presenting today. Be patient and let them come around to your way of thinking on their own.
 AQUARIUS (Jan. 20-Feb. 18): Make an impression. A casual day at work will do nothing to further your standing, so go the extra mile to make yourself stand out. Leave the blue jeans at home and conform to popular opinion.
 PISCES (Feb. 19-March 20): Make sure you have done your homework before you take on a new task. Don't start something new that you are incapable of finishing on time.

Franklin

Continued from page A1

sample data was compared to other patients in need of a transplant.

Franklin's kidney may not have worked for her cousin, but it was a match for another patient, Kristy Roberts of North Carolina.

"It was an incredible program to be a part of," Franklin said. "It was amazing to see the miracles that took place every day. My being a match to Kristy was a one in one-million chance.

She had been looking for a donor for 10 years.

Her cousin received a new kidney through the exchange in April. All 12 patients, six donors and six recipients, had their surgeries on the same day.

"It was the largest exchange ever performed," Franklin said. "The donors all shared the same operating room as the recipient. The organ never had to leave the room, so there was no chance of getting them swapped around incorrectly."

After the surgery, Franklin did have mild complications

but given the chance, she'd give more organs in an instant.

"I'd do it 100 times if I could," she said. "Obviously, I can't give a kidney because I only have one left."

Her husband, Ryan Franklin, said he is extremely proud of his wife.

"We've owned up to the sickness and in health part of our wedding vows," he said. "It was a bonding experience but I'm just proud of Amie. Through the whole ordeal, she kept an amazing attitude and kept going."

Although she gave the gift

of life Franklin said she has been blessed beyond belief.

"It's indescribable to express in words how it feels," she said. "I just want everyone to know how worthwhile it is to be an organ donor."

According to <http://www.organdonor.gov>, a Web site of the U.S. Department of Health and Human Services, there are 99,363 Americans waiting for donors.

"It was a very little sacrifice from me to make a world of difference in someone else's life," Franklin said.

Guns

Continued from page A1

The guns were being transported from a Salt Lake City warehouse to a Sportsman's Warehouse in Oregon. The 13 guns recovered were sold out of the back of a tractor trailer at an Idaho truck stop to the informant, Burderson said.

They totaled \$8,300 in value and included a \$3,000 Beretta Silver Pigeon 12-gauge shotgun, Burderson said.

Asked if Sportsman's Warehouse, an outdoors

retail chain, was aware of the investigation, Burderson said: "They weren't involved in that they didn't know anything was going on."

When the truck arrived in Oregon, an inventory discovered 27 guns were missing, including the 13 that were sold to the Gresham Police informant. The other 14 have not been recovered, said Burderson.

Burderson said it's not common for the Gresham police to be involved in such a bust, but became involved because they had an informant and the incident took place in Idaho.

Boost

Continued from page A1

as American Falls, Palisades and Jackson, said Mike Beus, water operations manager for the Idaho Bureau of Reclamation. The bureau has already started slowing the water flow, but some areas of the river will likely experience above-average levels until mid- to late-August.

Annually releasing the extra water was made a requirement in 2004 by the National Oceanic and

Atmospheric Administration Fisheries, said Beus. "It is to help juvenile fish that are migrating to the ocean get through the lower Snake River faster," he said.

Millions of steelhead trout, a species that live in the ocean but spawn in freshwater, are raised locally. The Hagerman National Fish Hatchery, for instance, annually raise about 1.4 million steelhead. Anna Ray, fisheries program assistant, recently told the *Times-News* that when the fish reach 6 to 8 inches long, usually by

about August, the hatchery releases the fish into the Snake River. From there the fish travel to the Salmon and Columbia rivers and eventually make their way to the Pacific Ocean, about 900 miles away.

"It can take the young fish, called smolt, up to 20 days to make the trip. In the spring, the fish return to freshwater to spawn. At a young age, steelhead closely resemble rainbow trout but grow to be much larger, reaching weights of anywhere from 5 to 30 pounds.

Salmon also travel the Snake River as they make their way to the ocean.

McBride said he doesn't mind the higher water levels — or the quicker float trips — since it helps nature complete its life cycle.

"The higher water flow helps the fish get to where they need to go," he said. "Everyone works together to help push those little ones to the ocean."

Andrew Weeks may be reached at 208-735-3233 or aweeks@magvalley.com.

Recovery

Continued from page A1

packages of this pit-stop town remain trapped in that snow-dusted morning.

Apartments in the unincorporated El Rancho are still bedecked with Christmas lights and trees. A displaced couple remain in a first-floor room at the Motel 6. At the high school, a February celebration still hangs in a hallway; the earthquake rumbled the same week as a Future Farmers of America meeting and "Emma's 8-day."

"The plight of Wells — damaged enough to pain residents, but not enough to command big aid checks — is emblematic of how disaster recovery has changed in the last decade or so, experts say. After Hurricane Andrew devastated Florida in 1992 and the Northridge earthquake pummeled Southern California in 1994, insurance providers fled from the disaster market — particularly in regard to earthquakes — and federal aid shrank.

but picturesque northeastern corner, is used to making do. Many people work at motels, fast-food joints and gas stations off Interstate 80; the median household income is not quite \$36,000.

When dozers and TV trucks charged into town after the quake and even Gov. Jim Gibbons toured the rubble, residents thought outsiders might come to their rescue. "Once everybody had their photo-op, they were gone," says Mayor Rusty Tybo, sitting in a City Hall that is still yellow-tagged. Five sheriff's deputies are crisscrossing his office. The part of the building they occupied has been condemned.

City leaders say uninsured damages to public buildings and homes actually topped \$5 million — more than double Wells' annual budget. While they haggle with the city's insurance company, officials are hoping to patch together about \$2 million from the U.S. Department of Agriculture, the National Trust for Historic Preservation, the Nevada Division of Emergency Management and an earmark that Sen. Harry Reid placed in a bill.

Wells-High School had earthquake insurance, but Principal Leslie Loispelch says she must battle for every penny to fix its auditorium and gym. For months, her students suffered through diminished appetites, fitful sleep and aftershocks.

Few homeowners had earthquake coverage. The area had never recorded a temblor this big, says Glenn Biasi of the Nevada Seismological Laboratory. The hardest-hit residents have relied on a \$280,000 pool of local donations, nearly \$67,000 in state money and the kindness of churchgoers and friends.

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McDonald's 26" LCD HDTV

NEW REACTIONS

You'll Look Swella at Vita Bella!

Welcome to the new Vita Bella Salon, located at 138 Main Ave. South. Come and see our ladies, April and Tauna, formerly with JC Penneys; the rest of our staff were previously associated with Native Skin.

We offer manicures, pedicures, acrylic nails, hair-specialty color, highlighting, relaxing, cuts, perms and waxing. Stop in to say hello!

Vita Bella Salon
138 Main Ave. South • 736-2018



Top Row: April, Carla, Pam
Bottom Row: Erica, Candy, Tauna

McDonald's 26" LCD HDTV

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T.F. council to vote on grant money, temp offices for staff

Staff report

The Twin Falls City Council is scheduled to vote on grant money from next year's budget at tonight's meeting.

According to a staff report, the funding requests total \$57,361 and are:

- Twin Falls Municipal Band — \$21,161
- Magic Valley Arts Council — \$12,000
- Crisis Center of Magic Valley — \$15,000
- Interfaith Volunteer Caregivers of MV — \$9,200

There were no other requests, according to Lance Roca, the city's assistant finance director.

The 2008-2009 budget includes \$105,000 for the grants, a 5 percent increase from this year. Last year, the council allocated about \$100,000. Last year, Interfaith Volunteer Caregivers was denied grant money but six organizations received funding. Some did not apply this year.

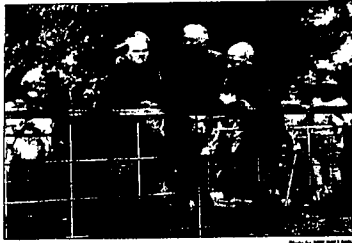
The council is also scheduled to consider spending \$21,801 to improve office space for the water department, including a one-year lease for a temporary trailer.

In April, the water department discovered — and confirmed through tests — there was a mold problem in its offices, according to a staff report. In May, the department moved into City Hall but staff decided that cleaning up and rebuilding the old offices would be inconsistent with future department plans. The trailer would be a short-term fix while a permanent solution is found. It would be located at 420 Victory Ave.

The project's funding breakdown:

- Utility improvements: \$9,780
- Building: lease \$8,352
- Installation costs for building: \$3,669
- Clean up and mold removal is not included.

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



Members of the Fairfield/Camas County Fire Department wrestle a pig Saturday to raise money for the Soldier Mountain Ski Patrol.

Oinking, honking all the way home

Pigs, clowns, face paint charm at Camas Co. Fair

By Amy Ballant
Correspondent

FAIRFIELD — Shake hands with a clown and you might get zapped, people learned Saturday at the Camas County Fair.

Lemuel Reagan, 11, delighted kids and adults along the parade route with a buzzer concealed in his glove. He and other members of the Theater Arts 4-H club wore curly wigs and painted their faces in keeping with the fair's theme, Clowning Around Under the Big Top.



Lemuel Reagan, 11, and Nicholas Martia, 11, wear clown costumes in keeping with the fair's theme, Clowning Around Under the Big Top, for Camas County 4-H clubs Saturday.

and managed the tournament herself. "Everybody played with really good sportsmanship this year," she said Saturday. The Smith family took home the prize.

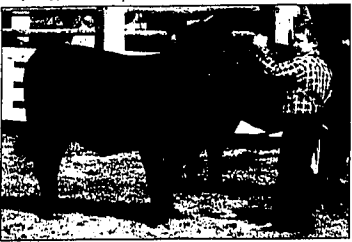
In the 4-H livestock show, Erick Peterson, 10, took overall grand champion and grand champion for showmanship with his 1,044-pound Angus steer, Smalls. While the steer was smaller than the competition, the judge liked how it was fatter and bulkier, Peterson said.

On the joys and challenges of raising a steer, Peterson said, "It was fun and hard."

The Camas County Public Library's building, foundation raised \$11,610 in memberships, a drawing and donations Saturday besides the proceeds of the book sale.

"It was an excellent response from the community," foundation president Matt McLain said Sunday. The funds will help renovate the former Peak One Gym, the future home of the library.

Amy Ballant may be reached at 208-764-3631.



Erick Peterson, 10, holds his steer, Smalls, during judging Saturday. Peterson took Grand Champion overall and Grand Champion for showmanship.

A new use



Gary Stuart, owner of Gary Stuart Painting Co., is framed by an unfinished opening in a wall at the Vollmer building Wednesday as part of the county's project to remodel the building.

When finished, Vollmer building will house counseling services

By Sean Breslin
Staff writer

Twin Falls County's purchase of the Vollmer building is all about togetherness.

"We're consolidating our counseling services closer to the courthouse," said County Commissioner Terry Kramer.

The purchase is part of an effort to physically bring together different agencies of the county court system. Rather than having different facilities across town, Kramer said, proximity to the county courthouse is a plus for the programs' clients.

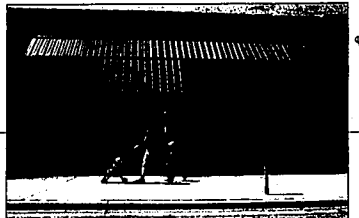
"They have court dates, they have probation situations, they have interaction with the court system," he said.

Last year, Twin Falls County acquired the building at the corner of Third Avenue North and Gooding Street. It cost the county \$600,000, according to

"I've almost quit trying to guess when this is going to happen."

— County Commissioner Terry Kramer on when the Vollmer building will be ready

Kramer said the new counseling center at Vollmer will offer services to status offenders — and deal with issues of underage drinking or running away from home. Adult alcohol and drug treatment programs, anger management classes and parenting courses will also be administered from the Vollmer building. The facility has about 10 offices and two larger meeting rooms that will offer the county flexibility with how it provides serv-



Betty Spence pushes her 1-year-old daughter Anastasia as she and her 5-year-old son Alexander walk past the Vollmer building in downtown Twin Falls. The building, recently acquired by Twin Falls County, is being remodeled.

ices, Kramer said.

The Vollmer building will absorb the services offered at the Competency Development Center, which was more silted and formal. Kramer said the attitudes about dealing with status offenders have changed over the past 10 years to be more focused on community outreach.

"It was difficult to get Health and Welfare to want to place people into that

institutional setting," he said.

Although Vollmer's renovation is moving along smoothly — Kramer expects to have carpets installed in a couple of weeks — the final completion date is still up in the air.

"I've almost quit trying to guess when this is going to happen," he said.

Sean Breslin may be reached at breslin@magicvalley.com.

Fish and Game addresses sage grouse preservation

Agency looking for help from citizens

By Damon Hunzeker
Staff writer

BURLEY — Sage grouse are dying. Actually, they're always dying, but according to Idaho Fish and Game, it's happening quicker than usual — and if you find yourself among sage grouse, the state agency wants your help.

When it's formed, the South Magic Valley Working Group will develop methods of protecting grouse habitats while balancing the needs of the birds with the lifestyles of local hunters, ranchers, and recreationists.

"We want a diverse group that works well together," Justin Barrett, a non-game biologist with Fish and Game, said. "There's no fee to join, no compensation — except for the feel-good feeling."

Barrett emphasized the importance of local solutions and avoiding involvement from the federal government. Fish and Game, he said, doesn't want the birds placed on the Endangered Species List, because it makes habitat management more restrictive and more difficult to consider the needs of individual localities. Plus, if the grouse are placed on the list, they're endangered, too.

They're safe from immediate extinction, but various

AROUND THE VALLEY

Glanbia applies for air quality modification

The Idaho Department of Environmental Quality has received a request from Glanbia Foods Inc. to modify its air quality permit that regulates emissions from its cheese and whey manufacturing facility in Gooding.

The modification will enable the company to use biogas generated on-site as fuel in certain boilers in the facility.

A public comment period on the modified permit will be provided if a written request is submitted to the DEQ by 4 p.m. Friday, Aug. 15.

The permit application is available for review in PDF format on the DEQ's Web site at <http://www.deq.gov/public/comment.cfm>.

Submit requests for a public comment period and questions regarding the public comment process to: Faye

Weber, Air Quality Division, DEQ, State Office, 1410 N. Hillman, Boise, ID 83706.

Information: 208-373-0440 or faye.weber@deq.idaho.gov.

T.F. Health Initiatives Trust holds open house

The Twin Falls Health Initiatives Trust will hold a public open house from 4 to 7 p.m. Tuesday at the College of Southern Idaho Herrert Center, Huck Allen Room.

The open house will include a 5:30 p.m. presentation and open comment from 5:45 to 6:15 p.m. The event concerns grant opportunities that support health, wellness and education within Twin Falls County. Board members will attend, information will be provided and refreshments will be served.

Information: Misti Lockie, administrative assistant, 208-410-3633 or info@twinfallshealthinitiativetrust.org.

— from staff reports

Thomas Leland Pierce

BOISE — Thomas Leland Pierce, age 85, passed away July 31, 2008.

The family will gather to celebrate Tom's life at 10 a.m. Wednesday, Aug. 6, in a memorial service at the Methodist Church in Rupert.

Services are under the direction of Summers Funeral Homes.



sang in several barbershop quartets directed by the church at the United Methodist Church in Rupert, played trombone in the Magic Valley Philharmonic Orchestra, trained and led his horses, loved to hunt, fish, do leather-working and a number of saddles, arrange music and spend time with his pets. He was also an active and longstanding member of Kiwanis.

He loved family gatherings, music and being outdoors on his tractor. He loved to tell stories about growing up in the Army Air Corps in Africa and Europe as a radioman in C46 and C47 aircraft at the rank of staff sergeant. After World War II he earned his bachelor's degree in music at San Jose State on the GI Bill.

Tom married Vera Fay Donaldson on May 24, 1941, in Reno, Nev. He lost Vera due to illness in 1964. Tom later married Margaret Helen (Davidson) Morehouse on March 19, 1965, in Rupert. Through the years Tom and his family made their home in Taylorville, Calif., Susanville, Calif., San Jose, Calif., Tulare, Calif., Rupert and Boise. He was the first band instructor at Minico Middle School in Rupert, one of the original home-steaders on the north side of Rupert, and retired from a long career as a State Farm Insurance agent, also in Boise.

Tom was the first director of the Snake River Flats Barbershop Music group and

DEATH NOTICES

Natsuyo 'Natch' Tomimaga

HEYBURN — Natsuyo "Natch" Yasuda Tomimaga, age 82, of Heyburn, died Sunday, Aug. 3, 2008, at Portneuf Medical Center East Campus in Pocatello.

The funeral is pending and will be announced by the

Rasmussen Funeral Home of Burley.

Ada B. Lopez

BURLEY — Ada B. Lopez, a 74-year-old Heyburn resident, passed away Aug. 2, 2008, in Heyburn.

Services are pending and will be announced by Hansen Payne Mortuary.

SERVICES

Evelyn Julianne Ridgeway of Burley, memorial funeral Mass at 10 a.m. today at St. Anthony's Catholic Church in Casper, Wyo. (Rasmussen Funeral Chapel in Burley).

Manuel C. Valero of Rupert, Mass. of Christian burial at 11 a.m. today at St. Nicholas Catholic Church. Visitation one hour before the service today at the church (Hansen Mortuary Rupert Chapel).

Billy Ray Hayes of Twin Falls, memorial service at 1 p.m. today at White Mortuary in Twin Falls.

Steven D. Pfifer of Salmon, graveside service at 1 p.m. today at the Owyhee Junction Cemetery near Nysaa, Ore.

Kenneth Dean Dudley of Twin Falls, celebration of life at 2 p.m. today at his home, 121 Van Buren in Twin Falls (Reynolds Funeral Chapel in Twin Falls).

G.L. (Gleaves Lester) Turner of Delirich, funeral at 11 a.m. Tuesday at Demaray's Shoshone Chapel.

Loretta E. Kerr of Oak Harbor, Wash., and formerly of Twin Falls, funeral at 1 p.m. Tuesday at White Mortuary in Twin Falls.

Ben Wolfe of Emmet and formerly of Gooding, service at 1 p.m. Tuesday at the Potter Funeral Chapel in Emmet, ending at 2 p.m. at the Idaho State Veterans Cemetery in Boise.

Jayne Cruz VanCasteren, infant daughter of Joshua

For obituary rates and information, call 735-3266 Monday through Saturday. Deadline is 3 p.m. for next-day publication. The e-mail address for obituaries is obits@magicvalley.com. Death notices are a free service and can be placed until 7 p.m. every day. To view or submit obituaries online, or to place a message in an individual online guestbook, go to www.magicvalley.com and click on "Obituaries."

and **Lizeth VanCasteren** of Utah, graveside service at 4 p.m. Tuesday at the West End Cemetery in Buhl (Farmer Funeral Chapel in Buhl).

Grace E. Fairhewald Roberts of McCleary, Wash., and formerly of Gooding, graveside service at 2 p.m. Wednesday at Elmwood Cemetery in Gooding (White Mortuary in Twin Falls).

Charles 'Ron' Eggleston of Twin Falls, celebration of life at 2 p.m. Wednesday at Reynolds Funeral Chapel, 2466 Addison Ave. E. in Twin Falls. Tuesday at the funeral chapel.

Raymond R. Olson of Nampa and formerly of Twin Falls, funeral at 11 a.m. Thursday at First United Methodist Church in Twin Falls; visitation from 6 to 8 p.m. Wednesday at White Mortuary in Twin Falls.

Barbara Ann McKain of Twin Falls, funeral at 2:30 p.m. Thursday at Reynolds Funeral Chapel, 2466 Addison Ave. E. in Twin Falls.

In Ann Meredith of Reno, Nev., and formerly of Buhl, funeral at 10 a.m. Saturday at the Church of Jesus Christ Spirit Filled, 3175 Coldy Way in Sparks, Nev.

Leora Woodward of Almo, funeral at 11 a.m. Saturday at Grand Junction LDS 3rd and 4th Ward, Church 543 Melody Lane (29th Road and Orchard) in Grand Junction, Colo.; visitation from 10 to 10:45 a.m. Saturday at the church (Rasmussen Funeral Home of Burley).

Group offers to pay for Idaho county's appeal

BOISE (AP) — A conservative watchdog group says it will pay for an appeal to the U.S. Supreme Court of a Carson County, N.M., unsuccessful bid to use federal organized crime laws to sue businesses that employ undocumented workers.

The Carson County Commission Chairman David Ferdinand told the *Idaho Statesman* that commissioners have agreed to allow the Washington, D.C.-based Judicial Watch to go forward with the Supreme Court appeal.

Judicial Watch announced last week that it has petitioned the Supreme Court to revisit the 9th Circuit Court of Appeals decision that rejected the county's lawsuit.

It is the first time a government entity tried to use the federal Racketeer and Corrupt Organizations Act to demand damages from businesses for the costs of allegedly illegal employees.

MIDDLE SCHOOL AWARDS

Because of space constraints, the Times-News ran the Wood River Middle School awards in segments. This is the final segment.

Wood River Middle School announced that the following students received year-end awards during grade level ceremonies at Wood River Middle School.

- 8th Grade Awards**
Excellence in Academics, Achievement, and Attitude Award: Ali Applinton, Solomon Baska, Kevin Blas, Tristin Bowers, Morgan Burstein, Sophia Carls, Vicky Enriquez, Elizabeth Fry, Madeline Hayes, Anna Heiner, Morgan Jones, Gregory Lindholm, Kaitlyn Matthews, Miles Hunder, Andrea Morales, Megan Morell, Adam -Potts, Joseph Richardson, Allison Sogge, Keith Smith, Sean Sutton, Halia Taylor, Sheikha Alwan, and Desiree Milyu
- Outstanding ESL Student Award:** Lela Juarez and Jeffrey Esposito
- Most Improved ESL Student Award:** Ramon Patan and Martin Mejia
- Certificate of Achievement Award:** Todd Mansfield and Karl Sluder
- Certificate of Excellence in French Award:** Allison Siegel and Walker Newberry
- Preferring Poets Award:** Taylor Peters and Luis Lopez
- Reader Award:** Rosa Vicini, Quentin Dowle, Alyssa Corrao-Eli, Jonnie Pedersen, and Hannah Baybutt
- Writer Award:** Ryan Duell, Michaela Busch, Nathan Moses, and Tennessee Schuster
- Historian Award:** Ryan Duell, Annelise Taylor, Kaitlyn Penley, Davis Matthews, and Hannah Baybutt
- Scientist Award:** Joey Stellers, Walker Newberry, Ryan Duell, Cheyenne Swanson, and Julie Williamson
- Mathematician Award:** Kaitiana Martinez, Sam Strang, Noe Garrig, Meredith Pinles, and Ryan Buell
- Hard Worker Award:** Jeffrey Esposito and Jacqueline Lopez
- Scholar Athlete Award:** Kaitiana Martinez, Benjamin Stout, Cheyenne Swanson, and James Pitzke
- Most Improved:** Taylor Jameson and Gerardo Huenz
- Future Cinematographer Award:** Walker Newberry

Minton 'Mint' Vitale

BOISE — Minton "Mint" Vitale, 59, of Boise and formerly of Twin Falls, passed away Thursday, July 31, 2008, at his home in Boise.

He was a kind and loving man who loved to travel, went others over himself at times. He will be missed.

Tom is survived by his wife, Sunny and her family; brother, Craig Vitale and family; and Mint's four children: Scott, Peter, David, and

Jovannie Vitale and all their families; and several grandchildren. He loved to travel, went he had friends, and he could bring smiles and laughter to anyone. He loved golfing and being with his grandchildren. He was loved by anyone who met him. He was selfless and gave to others; he loved to make others happy. He will be missed tremendously, and his jokes will carry on his legacy.

A Celebration of Minton's life will be held at 4 p.m. Wednesday, Aug. 6, at White Mortuary "Chapel by the Park."

Raymond R. (Ote) Olson

On July 31, 2008, with his daughter and granddaughter at his side, Ray died at the age of 87 in the Kingdom of Heaven.

Raymond was born September 27, 1923, to Ronald and Arntine Olson. He was a fourth-born of nine children. Raymond started working when he was about 11 or 12, and he was known to be reliable, loyal, honest and hard-working. Raymond graduated from Twin Falls High School in 1953. Shortly thereafter, he met his soulmate, Joyce Bradshaw-Olson, and they married in 1955. In 1957, Raymond moved to Moscow and attended the University of Idaho. He graduated in 1961 after earning his degree in education. Shortly thereafter, Raymond landed a teaching job at Washington School in Rupert. Ray worked for over 20 years as a seventh- and eighth-grade science teacher at East Minico Junior High School in Rupert. He was recognized as the Young Outstanding Educator for the Minidoka County School District in 1972. He and his friends from the Minidoka School District.

With eyesight failing, Raymond retired early and moved to Milner in 1987 and loved the outdoors, especially camping and fishing near Stanley. Raymond treasured his family and always looked forward to the family reunions each summer. He was a wonderful brother,

loyal friend, devoted husband, loving father and an awesome grandpa. He will be dearly missed by all.

Both his parents died in death by his parents; his wife of 51 years, Joyce Ann Olson, died in 1987. He is also survived by brothers Jim Olson and Harold Olson, both of Twin Falls; brothers-in-law Cliff Owens and Ben Briggs both of Twin Falls; Bud Stanley of Hansen; and Joe Hawkins of American Falls.

He is survived by his only daughter Kristen Hixby, son-in-law Mike Hixby and three grandchildren Karissa, Jakob, and Shelba, all of Boise. Also survived by brothers Jim Olson (Linda) Boise and John Olson (Maxine) American Falls. Surviving sisters include Jenny Owens and Alice Olson, both of Twin Falls; Susie Bradshaw of Hansen, and Rosie Hawkins of American Falls. Also survived by sisters-in-law Alice Lind of Boise, Eleanor and Janet Lovell of Burley, and Rose Bradshaw of Milner. Surviving brothers-in-law include Bernard Bradshaw of Hansen, Harold Bradshaw of Parker, Colo., and Richard Bradshaw of Phoenix, Ariz.; and numerous nieces and nephews.

The funeral will be 11 a.m. at the First United Methodist Church in Twin Falls where Raymond and Joyce were married. Interment will be immediately following the services at Sunset Memorial Park. A viewing will be held from 6 to 8 p.m. Wednesday and one hour prior to the services. In lieu of flowers donations may be made to the United Methodist Disaster Relief Fund under the direction of White Mortuary "Chapel by the Park."

Grouse

Continued from page 44

threats — such as fires, predators, and civilization — have disrupted their habits.

About 20 people attended a two-hour meeting at the Burley Best Western Convention Center Thursday night in which Dave Musil, a wildlife research biologist with Fish and Game, gave a presentation to explain what sage grouse are.

"My goal tonight is to have you come away with at least one new thing you've learned about sage grouse," he said.

"One difference from other chicken-like animals is that sage grouse have fully feathered nostrils," he said.

Sage grouse are indigenous to the Intermountain West — "wherever you have sagebrush," Musil said.

He showed videos of a male grouse strutting and whistling to attract females. They fill air sacs on their chests to odd-looking levels.

"It's comparable to wavy Dizzy Gillespie played," Musil said, referencing the legendary jazz musician.

Sage grouse require large areas, natural cover to camouflage themselves from aerial predators and fertile ground for insects in order for their chicks to survive in the first few weeks of life.

He showed videos of why they abandon the insect protein and adopt a strict diet of sagebrush.

Musil showed pictures of sage grouse droppings and said, "The sooner you see out, it's the most pungent sage brush smell you'll ever encounter. Don't put that in your mouth."

The grouse population was three times as large in the late

1960s but now, according to a Fish and Game graph that charts population levels. After a population decline in the 1970s, it steadied in the 1980s, fell again around 2000, experienced a significant increase in 2006, — and is falling once again — mainly because of recent fires and the West Nile virus.

"Even with all of the hunting in the 1990s, we still had increases in population," Musil said, "but we're looking at a very limited season this year."

A second meeting, also at the Burley Best Western Convention Center, will be held Sept. 17.

"We'll discuss what it takes to be a member and what we'll be doing as we move forward," Barrett said.

Danzer Hutzkecker can be reached at 200-420-1697 or dann@hutzkecker.com.

Beaver named Minidoka Grandma Queen



Beaver

Bebe Beaver, the Minidoka County Fair 2008 Grandma Queen, has been active in the Minidoka County Fair for many years.

She moved to the area in her youth, went to Minico High School and met her husband of 31 years. She has two children that grew up benefiting from the 4-11 program their mother served. She dedicates her time to her family in their farming and ranching operation as well as working outside the home.

She has participated 28 years of service to 4-11 and during that time she has served as a 4-11 superintendent, worked in the 4-11 foot booth, the fat stock sale and large animal Round Robin contest. She has also served on many fair board committees. Several years she has had 50 young people in her 4-11 club.

Patent Spotlight

"My wife says 'Thank you, Fritz!'"

— Nyles Tilley, Burley

"My wife says 'Thank you, Fritz!' Now she doesn't have to say things more than once before I answer.

This is my second set of Widex hearing aids, and I really love the improvement.

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EDITORIAL

T.F. community leadership: the next generation

In 2001 and 2002, Democrats were in short supply in the Idaho state Senate. Real short supply: There were exactly three of them.

So Sens. Clint Stennett of Ketchum, Bert Marley of McCammon and Betsy Dunklin of Boise found themselves busy. Since there must be a Democratic representative on all Senate committees, the three were booked from dawn until dusk during the legislative session and spent an inordinate amount of time at the Statehouse between sessions.

The folks who sit on the Twin Falls Area Chamber of Commerce, College of Southern Idaho Foundation, St. Luke's Magic Valley Medical Center, Twin Falls Business Improvement District, and the South Idaho Economic Development Organization boards of directors can relate to that. Many have done double and triple public service for years.

They're still doing it because nobody has stepped forward to take their place. It's a phenomenon that's grown more acute in recent years.

These public-spirited individuals are the heart and soul of our community, but even they realize it's time for the leadership class of Twin Falls to diversify.

Yet who is the next generation going to come from? It's hard to tell.

In the past, the two local Rotary Clubs and the Kiwanis and Lions clubs and the Chamber have served as farm systems for local leadership, but fewer and fewer entrepreneurs and managers are willing to commit the time and energy that requires.

So it's time to cast the net wider, and to start thinking outside the box about where tomorrow's leaders will come from:

• Here are a few suggestions:

• **The Latino community** — More and more Latinos own their own businesses or work for local companies, and so have a direct stake in economic development and public policymaking. Besides, Latinos are grossly underrepresented in the local political process, and that must change.

• **The churches** — It used to be commonplace for pastors of small-town congregations to get involved in community leadership, but that practice has faded in recent years. Yet many ministers and lay church leaders have the time to volunteer and would bring a perspective to the table that's been missing for awhile.

• **The ag sector** — Farmers and ranchers abound in the Legislature and on the County Commission, but they're few and far between on community development organization boards.

• **Entrepreneurs from outside downtown** — Downtown redevelopment gets a lot of attention, but it has limited relevance to those who do business outside the Townsite area. A better balance is needed.

• **Ordinary people** — The folks who recruit for community leadership pay a lot of attention to impressive resumes. That's appropriate, but the practice excludes citizens with valuable insights on government and quality of life in Twin Falls. How about including, say, a postal worker, a firefighter, a teacher, a tech-sector worker or a homemaker?

None of this is going to take place without some aggressive recruiting on the part of the chamber and the other leadership groups, but it needs to happen. The future of our community is being shaped by a relatively small number of people. We need some other points of view.

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 Bitzenburg and Ruth Stevens Pierceo.

Wake up and smell the coffee, Madame Speaker

Two energy sagas are playing out in Washington. One is a political drama. The other, a national security tragedy.



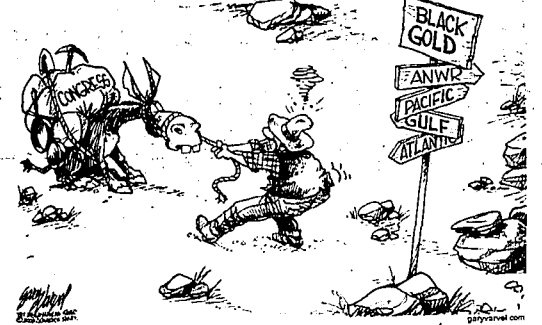
JONATHAN GURWITZ

In the political drama, House Speaker Nancy Pelosi is refusing to allow a vote on offshore oil drilling. Why? Because moderate Democrats would join Republicans to pass a measure that — while not being a panacea — would at least demonstrate a commitment to decreasing the nation's dependence on foreign oil. If that sounds undemocratic for a Democratic leader, it is. It's also a violation of one of the pledges Pelosi made when she assumed the speaker's chair, a pledge to change the partisan practices of the late, not-so-great GOP majority, a pledge to allow all bills to come to the floor with full, fair debate.

The speaker is fond of lecturing about the inadequacies of short-term fixes. In this instance, she scoffs at drilling because it will take too long and, instead, champions a solution to the spike in gas prices that has snuck a leg into the Strategic Petroleum Reserve.

Rising prices at the pump are telling us that there's not enough supply to meet current global demand. And those vilified oil speculators are delivering the same, simple, economic expectation about the future. Make it possible to tap a greater supply, and that expectation will change.

The mullahs, potentates and dictators who control the world's oil reserves get the heavy laugh out of all this.



Like Speaker Pelosi, most Americans have a short-term focus on the energy problem — the high cost of gasoline.

The most powerful nation the world has ever known pleads for OPEC to increase production to help the economy while sitting on 16 billion barrels of oil offshore and 10 billion barrels in Alaska that it won't touch.

Tapping those 28 billion barrels of domestic oil, of course, only makes a dent in the 10 million barrels of oil the United States imports every day.

And that's the national security tragedy. Like Speaker Pelosi, most Americans have a short-term focus on the energy problem — the high cost of gasoline. The long-term consequences of dependence on foreign sources of energy will cost us far more dearly.

The present transfer of wealth from the United States and other industrial countries to the great oil-producing nations is unprecedented in history.

The spoils of every Roman triumph and the plunder of all the conquistadors pale

in comparison. At current prices, Americans are set to spend more than \$600 billion this year to the oil cartel, many of whose members are enemies of the United States or, at the very least, unfriendly to its democratic values.

Consider that \$600 billion is almost 10 times more than we paid annually in the years leading up to 2001. 9-11 was merely a foretaste of much greater catastrophes that will come unless this lethal vermin of American fortune ceases.

The failure to stem the hemorrhaging of U.S. power since OPEC's 1973 oil embargo goes far beyond Speaker Pelosi. It's a bipartisan failure of leadership over more than three decades, from the White House to Congress, including the current occupant of the Oval Office and both presumptive party nominees. The energy policies of John McCain and Barack Obama consist of conventional formulas sprinkled

with appeals to populism — cracked by speculators, incrementally increase government subsidies for clean energy and biofuels.

What's needed is a wholly unconventional strategy. And in recent weeks, two individuals from opposite ends of the political spectrum — Al Gore and T. Boone Pickens — have offered glimpses of what that strategy might look like. You can read their proposals online at al gore.com and pickensplan.com.

If much of the language that Gore and Pickens use is similar, there's a reason. Liberals and conservatives, environmentalists and national security hawks should agree about the strategy's threat posed by America's dependence on foreign sources of energy. The question in this summer of surging energy prices is this: Where is the leadership in Washington to settle the short-term political drama and address the long-term security crisis?

Jonathan Gurwitz is a columnist for the San Antonio Express-News. Write to him at jgurwitz@express-news.net.

LETTERS TO THE EDITOR

Where's the public transportation for T.F.?

I would like to make a comment of the availability of public transportation. There really is not enough. Trans V is OK for some people. Cab companies charge too much, but what we need now are buses that are readily available to everybody in this town, so that no matter where you need to go there is a bus stop there.

This town is growing, but the public transportation is not. So I propose we look into it as soon as possible. I am a concerned citizen of this town. And with the cost of gas now, there is a dire need.

JOYCE RUCKS
Twin Falls

Air show was exceptional activity for Magic Valley

We want to complement the outstanding job that was done in planning the air show last weekend. The entire flight performances and narration were exceptional, and we truly appreciated the efforts in setting up chairs, even though it was difficult to remain seated because of the excitement in the air and not wanting to miss any of the fantastic performance, complete with the

Tell us what you think

ONLINE: Register at magicvalley.com, and respond to any of the local opinions or stories in today's *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 sent to our Twin Falls office, mail to P.O. Box 548, Twin Falls, ID 83303; faxed to (208) 734-5538; or e-mailed to letters@magicvalley.com.

F-16, stunt planes, sky divers and, of course, the Blue Angels

Because my son spent 23 years as a career in the Air Force as a master sergeant crew chief, we had the opportunity of watching the "Thunderbirds" perform several times through the years at different Air Force bases or shows. We have also seen the Blue Angels on a couple of occasions. I fully think that the Blue Angels gave a fantastic performance and they just continue to get more spectacular all the time.

Thank you for your efforts and all the wonderful sponsors for making this air show possible in Twin Falls. It appeared on Saturday like the entire town (and surrounding towns) turned out, but for those that could not see it, you missed a terrific show. It was even worth the hot day and the long wait to

exit the parking lot! PEGGY WILLFORD Twin Falls

Learn all you can about LDS before conversion

I have followed the editorials and letters regarding the dedication of the LDS Temple and other church members who passed out leaflets. Some of those critical of the other church members may be missing a major point.

I have great admiration for my Latter-day Saint friends. It is not that their beliefs differ from traditional Christianity that bothers me; we all have differences. But it is the way that they present — or fail to present — those beliefs that is troubling.

I had known the "deeper" teachings of Mormonism, about how God became a god and how other men may become gods, likely would not have converted. I had I

fully understood their unique view of the origin of Jesus and his role today, I likely would not have joined. I had understood the ritual that takes place inside the temple (some of which have been removed since I was LDS), I may not have joined. I would not have devoted eight years of my life to the church, including two years overseas on a mission. And I would have not had to experience the emotional trauma of an excommunication and the pain of disappointing Mormon friends I loved. True, it is my responsibility to learn more about LDS theology, but the missionaries and even church members are reluctant to discuss these sensitive but important distinctions. As an LDS missionary, I was instructed not to delve into these teachings with prospective converts.

Perhaps those distributing these sensitive but important distinctions are trying to make others aware of the key differences between the LDS faith and other faiths so that when people do decide to become LDS, they do so having a complete understanding of all the church holds sacred. It's good to hear all sides before making a life-changing decision.

GEFF FADNESS
Boise

Doonesbury



COMED CON. HE'S BECOMING OUT OUR CREDITORS FROM LEAVING AN OCCASIONAL OLD FRIEND OF YOURS.



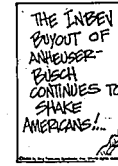
IT... I CAN'T BELIEVE IT IS!



SO... I'M PROBABLY NOT TO WORRY ABOUT BEING SORT OF WORSHIPED ANYMORE...



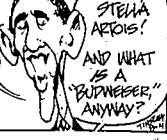
Mallard Fillmore



...AND EVEN PRESIDENTIAL CANDIDATES AREN'T IMMUNE...



...OF MY STELLA ARTISTS!



THE LIGHTER SIDE OF POLITICS

By Garry Trudeau

By Bruce Tinsley

Haul

Continued from page A1
Kriesel was at Camp Faluljah, just east of the city where U.S. contractors had been hung from a bridge...



Sgt. John Kriesel, right, watches television with his two sons, Elijah, 6, left, and Broden, 5, at their home in Cottage Grove, Minn., April 7. Kriesel lost both of his legs in a roadside bomb attack while patrolling near Faluljah, Iraq, in December 2006.

fighting insurgents with rocket launchers and handing out, Beanie Babies to Iraqi kids. They escorted food and food convoys, conducted patrols, provided security, tended to the sick and wounded, delivered books and supplies to schools, moved radios, helped start newspapers and built and repaired water treatment plants.

They worked together in close quarters, and inevitably became surrogate family. But they longed for home. Janelle Johnson, a battalion supply sergeant, tried not to dwell on all the once-in-a-life-time moments with her sons. Elijah, almost 5, and Broden, 3, at day care in the morning, headed to work at a freight-forwarding company, then picked up the boys. Every evening it was dinner, baths, then time to check the computer for messages from Dad or await his call. Some days there was special mail from an Iraqi soldier in T-shirts or coins that Elijah brought to show-and-tell.

Like so many other families with soldiers in Iraq, the Kriesels lived in a wired world. The main connection was by phone or e-mail — John had his laptop computer with him. But reminders of those at war came home in less comforting ways. Top One Day, Elijah, waiting for airmen for Katie, saw a TV news story about a soldier who died in Iraq.

"His Dad going to die?" he asked his mother. No, she assured him — that's why the family prayed every night to keep Dad safe. By spring 2006, however, the war was entering its fourth year and that number of soldiers who were dead, and it was clear no place in Iraq was secure.

No road seemed off-limits to improved explosive devices, or IEDs, no building impervious to attacks. Not the fortified Green Zone, not the United Nations headquarters, not the forward operating bases where thousands of soldiers made a ready target.

The 1st Brigade Combat Team/34th Infantry Division — not just Minnesotans, but incorporating soldiers from 36 states — was headquartered at Tallil Air Base in southern Iraq near Nasiriyah. But the thousands of troops were stationed throughout the central and southern parts of the country. They were both combatants and goodwill ambassadors.

It wasn't her to worry. But she did. The pressures of work, being abroad and the war were taking toll. By July, Mandy had severe headaches and back pains. She underwent a brain scan and other tests before a chiropractor treated her for what he said was a neck vertebra out of place.

She didn't want to alarm Dathan, and didn't even call him about it. As July ended, Staff Sgt. Joshua Hanson e-mailed his parents with a breezy note and some special requests: "I was thinking about stuff you could send — snacks, clam chowder, stuff like that."

Hanson, who had recently graduated from college and planned to become a deputy sheriff, signed up to go to Iraq to be with his buddies. He had served with in Bosnia.

His mother, Kathy, always reminded Josh — a former altar boy — to bless himself. Aug. 2 was Josh's 27th birthday and he talked with his parents. Something special was coming up next week. It didn't say much more. Eight days later, at noon, two Bradford vehicles and a Humvee edged out onto the gravel roads on the edge of Khalidiyah, a village of mud-huts and palm trees in west-central Iraq.

As the vehicles pulled along at 10 mph, the rear wheel of Hanson's Humvee hit a double stack anti-tank mine. His truck flew in the air, twisting and landing on its wheels. Sgt. James Bakklia, who was at the rear of the Bradley following the Humvee, saw spare tires and the luggage rack fly along with shrapnel. The vehicle's doors were blown off or flung open. The gas tank had ruptured. Flames shot in the air.

There were five guys inside. One, two, three, four got out. "Someone's still in the Humvee!" screamed Bakklia's driver. It was Josh Hanson, who had been sitting in the rear passenger side, above the diesel tank. The next day, soldiers stood in silent salute as his flag-draped casket was loaded on a C-130. Soon afterward, the company commander obsequiously simply, "There goes Josh," looking up as the big transportation plane passed overhead, marking the long-trip home to Minnesota.

grilling, her guests brought the trimmings. It was like group therapy, she joked. Mandy filled the emptiness in the house with a new companion, a Pomeranian poodle named Vinny, rescued from a puppy mill. She e-mailed her husband Dathan a photo of the scrappy dog. It was not impressed. A dog's not a dog, he believed, unless it's bigger than a squirrel.

Now Sam, his Golden retriever-Labrador mix — there was a dog, and Sam patrolled the homestead now with his master away. If he wanted, he didn't take her mind off the dangers of Iraq though. And her fears intensified with the news that came on June 22, 2006.

Dathan's Humvee was following his brother Daniel's truck as they inched along the top of a canal road trying to intercept insurgents smuggling IEDs out of Ramdul. The brother Daniel's Humvee exploded. The deafening blast lifted the front of the vehicle like a kid's bike opening a wheelie.

Dathan reached to open his door and received his brother. But his training kicked in. That would be crazy. Snipers might be waiting. Or someone might be out there watching with a remote control video camera bomb.

His Humvee bucked up to give a better view of the area, then edged closer once it seemed there was no threat. Apart from some hearing damage, everyone was OK, and Dathan could relax a bit — even pulling out his camera to shoot some souvenir photos for Daniel. The brother Daniel's crew crossed into other gun trucks and waited for a tow — and were jolted when a truck escorting the recovery team in a second bomb, which blew the hood off but again caused no serious injuries.

When Dathan later called Mandy, he downplayed the incident. This is war, these things happen. He and Daniel were OK, he reported. It didn't want her to worry.

LETTERS TO THE EDITOR

Elect a quality individual in LaRocco

In Idaho, it isn't often we have an opportunity to elect a quality individual to the United States Senate who isn't part of the same old Republican "ride-down" economics and big-business promoted and financed politics.

We have that opportunity in Larry LaRocco. We would encourage young people and anyone else who would really like to see a change to take the time to get acquainted with Mr. LaRocco. If you get an opportunity to visit with him in one of his backyard patio visits, you won't be disappointed. Believe me, it isn't one of Risch's \$500 a plate dinners, but there is no limit to the value you get with a good old one-on-one chat.

If you agree that spring-time and mornings are miracles to behold, you'll agree with Larry LaRocco that we have to get serious about unnecessary wars, four-dollar gasoline and food prices spiraling out of control. He will listen to your people and incorporate them into his political agenda.

We encourage you to support Larry LaRocco for the United States Senate.

PAUL OSTYN

JOYCE OSTYN

Twin Falls

Costs carefully analyzed for new high school

There appears to be a question about the construction delivery method the Twin Falls School District chose to utilize for the projects included in the 2006 bond.

The school district, with its architect, considered various methods of construction for their projects including design build and construction management.

Construction management

was selected because it provides owner control over the decision-making process throughout every step of the design and construction.

Construction management services provide budgeting information for the owner and the architect as the design develops so informed decisions can be made. A three-legged stool analogy illustrates how project size, cost and quality have specific measures required to support the stool (projects), which is the foundation for construction management services. The design build method can only provide two legs of the stool — project size and cost as stipulated by an owner. The design builder, not the project owner, controls quality.

The Twin Falls School District's bond includes 25 separate projects that were planned, presented and approved by the voters in 2006. The priority of the school board, administration, construction manager is to provide what was presented in the bond.

The Twin Falls School District and the design and construction team have analyzed hundreds of different portions of the new Canyon Ridge High School as well as each and every project included in the bond, looking for ways to reduce the cost without reducing quality or size. All options presented are carefully reviewed and analyzed, which include what the long-term consequences would be. The district, along with the bond committee volunteers, chose not to sacrifice quality or size and built what are as originally proposed and planned, which will provide building projects that will function beautifully for generations to come.

MATT NEWTON
Twin Falls

(Editor's note: Matt Newton works with Beniton Construction Company)

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More than half of Idaho's bridges are over 50 years old.
Don't look down
Idaho's roads and bridges are aging. Our transportation funds are dwindling.
That's why the Office of Governor C.L. "Butch" Otter and the Idaho Transportation Board will be holding a meeting in your area to talk about this important issue.
Tuesday, August 5, 4 to 7 p.m., Twin Falls Red Lion Canyon Springs.
Idaho Transportation Funding CONFERENCE

Auction CALENDAR Through August 10th
MONDAY, AUG. 4, 6:00PM Antiques & Collectibles, TF Furniture • US Coins • Tools Appliances • Commission Items. IDAHO AUCTION BARN www.auctionsidoaho.com
TUESDAY, AUG. 5, 5:00PM Household • Tools • Antiques Outrageous Oddsies • Jerome. KLAARS AUCTION BARN 208-324-5521
THURSDAY, AUG. 7, 7:00AM A&L Custom Meats, Allen & Laura Helley, Wendy • Trg Meat Cutting, Processing Eq. Times-News Ad; 8-5. MASTERS AUCTION www.mastersauktion.com
FRIDAY, AUG. 8, 11:00AM Gooding Co. Sheriff, Gooding Top Quality Woodworking & Shop Eq • Furniture • Misc Times-News Ad; 8-6. MASTERS AUCTION www.mastersauktion.com
SATURDAY, AUG. 9, 11:00AM New Furniture Liquidation New Living, Dining, Bedroom 734-1635 • 731-4567 IDAHO AUCTION BARN www.auctionsidoaho.com
SUNDAY, AUG. 10, 1:00PM Minto "Peg" Kite Appliances • Furniture Household • Garden • Misc Times-News Ad; 8-6 MASTERS AUCTION www.mastersauktion.com

Interstate Amusement Inc. Moves August 9 to 7, 2008
The Mystery 3 hrs 7:00-9:30
The Dark Knight hrs 7:30
Marina 2 hrs Aug 7-9
The Flamingo 2 hrs 7:00-9:30
Meet Dave hrs 7:15-9:30
Journey Center Earth hrs 7:15-9:30
Dinner 2 hrs Aug 7-9
Wanted hrs 7:00-9:30
Hans Solo hrs 8:30-10:30
Step Brothers hrs 7:30-9:45
Party hrs 10:00-11:45
Seth Rogan
James Franco
Gary Cole
PINEAPPLE EXPRESS Starts Wednesday
Wing Pup 2000 hrs 12:30-2:30
Out Back hrs 7:15-9:30
Walt hrs 11:15-1:15
The Dark Knight hrs 7:30-9:30
Hans Solo hrs 8:30-10:30
Wanted hrs 7:00-9:30
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James Franco
Gary Cole
PINEAPPLE EXPRESS Starts Wednesday

Sisterhood of the Traveling Pants?
8-11-08
ALL AGES
REGISTER

Stampede kills 145 at remote Hindu temple in India

By Gavin Rabinowitz
Associated Press writer

NEW DELHI — Thousands of panicked pilgrims stampeded Sunday at a remote mountaintop temple in northern India during celebrations to honor a Hindu goddess, sending dozens of people plummeting to their deaths and trampling scores more. Police said 145 people were killed.

Rumors of a landslide apparently started the panic at the shrine in the foothills of the Himalayas, said C.P. Verma, a senior government official in the Bilaspur district.

Pilgrims already at the Naina Devi Temple began running down the narrow path leading from the peak. There, they collided with devotees winding their way up.

With a concrete wall on one side and a precipice on the other, there was nowhere to escape and they were crushed. At one point a guard rail broke and dozens of people fell to their deaths.

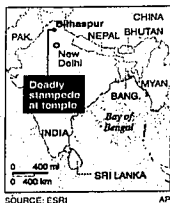
The bodies of the devotees — many dressed in brightly colored holiday clothes — clogged the path, intertwined with flattened iron railings. Many still held the flowers and food they planned to offer at the temple.

Police said they used a cable car at the shrine to ferry some of the bodies down, and helicopters flew in to take the wounded to hospitals.

At the Bilaspur hospital in Himachal Pradesh state, rescue workers unloaded bodies wrapped in brown blankets



Bodies of devotees are seen in Bilaspur district of Himachal Pradesh, India, Sunday. The devotees were attending a nine-day religious festival at the Naina Devi Temple. Police said 145 were killed Sunday when pilgrims stampeded at a mountaintop Hindu temple in northern India.



from a truck and laid them in neat rows so they could be identified by relatives. "I rushed to the spot in search of my three children

who had gone to pay obeisance at the hilltop shrine. Jawahar Khurana told the Press Trust of India news agency as he searched the bodies.

"I fail to understand why God was so cruel to us," he said.

All the bodies were taken to the Anandpur Sahib hospital in the neighboring state of Punjab where authorities were carrying out autopsies, senior police officer R. N. Dhoke told The Associated Press by telephone from the hospital. He said the death toll was not expected to rise further.

Many of the dead were

women and children, he said, and another 37 people were injured and in hospital.

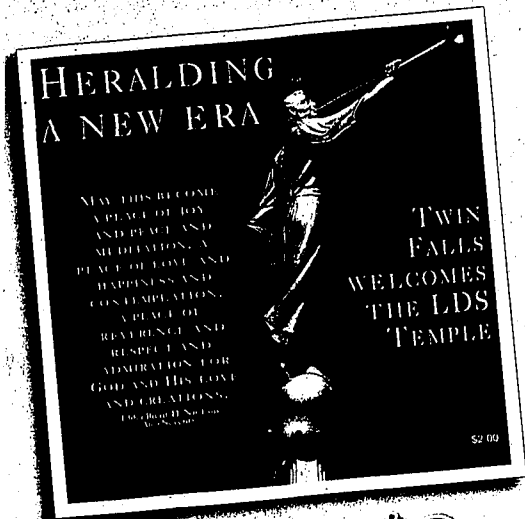
Tens of thousands of worshippers had flocked to the remote temple in the foothills of the Himalayas to celebrate

Shravan Navratras, a nine-day festival that honors the Hindu goddess Shakti, or divine mother.

The temple is about 155 miles northwest of New Delhi. Deadly stampedes are a ret-

atively common occurrence at temples in India, where large crowds — sometimes hundreds of thousands of people — congregate in small areas lacking facilities to control such big gatherings.

Twin Falls Temple Tabloid Publication Available for Sale



No deal on Iraqi election bill

The Associated Press

BAGHDAD — Despite intense U.S. pressure, Iraqi leaders failed Sunday to resolve differences over how to govern the oil-rich city of Kirkuk — a dispute that is blocking provincial elections and stoking tension in the volatile north.

Also Sunday, a truck bomb exploded in a Sunni area of northern Baghdad, killing 12 people, wounding 23 and raising concern about a revival of sectarian conflict.

Parliament had called a special session Sunday to try to reach agreement on a bill authorizing elections in all 18 Iraqi provinces — a move the United States considers essential to reconciling Iraq's rival ethnic and religious communities.

But the session never convened because intensive talks among party and legis-

lative leaders were unable to produce agreement on a formula that would satisfy Arab, Kurdish and Turkoman demands for governing Kirkuk.

Kurds consider Kirkuk their traditional capital and want to incorporate it into their self-ruled region of the north. Arabs and Turkomen want the city to remain under central government control.

Last month, parliament approved an election bill after Kurdish lawmakers walked out in protest. But President Jalal Talabani, a Kurd, rejected the bill and sent it back to parliament.

With the elections bill held hostage over Kirkuk, U.S. officials have been stepping up pressure on the Kurds and other groups to resolve their differences so the provincial balloting can take place this year.

U.S. Ambassador Ryan

Crocker and U.S. special representative Staffan de Mistura met late Sunday with Prime Minister Nouri al-Maliki and other top leaders to try to hammer out an agreement that could be submitted to parliament.

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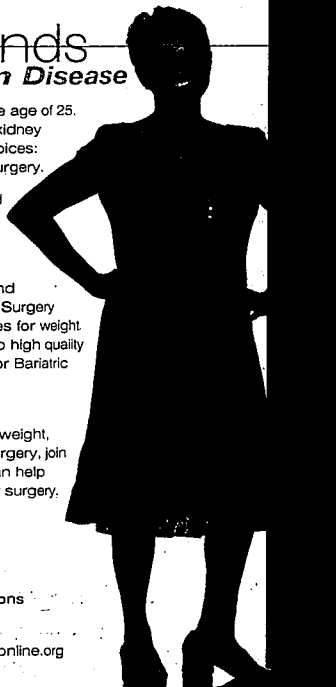
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If you are 100 or more pounds over your ideal body weight, and are thinking about weight loss — or bariatric — surgery, join us for a free seminar to learn more about how we can help you every step of the way — before, during, and after surgery.

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Seminars on Bariatric Surgery presented by surgeons W. Christian Oakley, MD and Bob Korn, MD.

To register, or for more information visit www.stlukesonline.org or Call St. Luke's at 381-1200.



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Bite of Magic Valley

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

Mountain View eliminates Buhl, 8-2

By Jason Charvaz
Correspondent

BOISE — The Buhl Tribe's bats remained cold for the second straight game as the Mountain View Toros defeated them 8-2 Sunday afternoon in the loser's bracket of the American Legion Baseball Class A state tournament to eliminate the Tribe.

Buhl, which won its tournament opener against the Mountain Home Royals 8-3, mustered only one hit in Saturday's 10-0 loss to Lewis-Clark and struggled against Mountain View starter A.J. Arroyo on Sunday. Arroyo scattered seven hits in the complete game win, retiring the final eight batters he

faced to squelch any hopes of a Buhl comeback.

Mountain View, which plays a similar style of "small ball" as the Tribe, worked efficiently on offense, getting the leadoff hitter on base in every inning and scoring three times.

"Mountain View was doing the same things we do — getting a runner on, moving him over with a bunt, and diving him in, but they were just better at it," Buhl coach Alynn Reynolds said. "They took advantage of their situations and we didn't. It's a funny game, and the ball just didn't bounce our way these last two games."

If there were breaks to be had, Mountain View benefited

from the lion's share of them. From bad bounces to questionable calls, the Toros kept their innings alive in sometimes unlikely fashion. Yet Reynolds acknowledged it was Mountain View's ability to take advantage of those breaks that ultimately doomed the Tribe.

"We didn't beat ourselves — they beat us," Reynolds said. "We went as far as we could and then our bats just went silent."

Early on, it appeared the Tribe were up for the challenge. After falling behind 1-0 in the first, the Tribe bounced back with a run in the top of the second when Brad Twiss reached on a single, took second on a bunt by Galge Owen



and scored on a single by Marco Arelin.

The Toros responded with three runs in the bottom of the inning, to retake the lead at 4-1.

Reynolds lifted starter Marcus Lively for Owen in the third, but the Toros touched up Owen for three runs in the third on three hits with only one of those leaving the infield.

Trailing 7-1 after four innings, Buhl kept battling, adding a run in the fifth on a

Class A American Legion Baseball state tournament

At Timberline High School, Boise

Friday's results

Buhl 8, Mountain Home 3
Lewis-Clark 4, Upper Valley 1
Bear Lake 6, Mountain View 3
Orofino 19, Boise 9

Saturday's results

Upper Valley 3, Mountain Home 1
Mountain View 5, Boise 4
Lewis-Clark 10, Buhl 0
Orofino 7, Bear Lake 5

Sunday's results

Mountain View 8, Buhl 2
Bear Lake 11, Upper Valley 9
Mountain View 8, Bear Lake 2
Lewis-Clark vs. Orofino, late

Today's games

Lewis-Clark & Orofino losers, vs. Mountain View

Please see **BUHL**, Page B2

Redskins finish perfect weekend

Hawaii's Brennan throws 2 TD's

By Michael Mart
Associated Press writer

CANTON, Ohio — Rookie Colt Brennan threw two touchdown passes in the second half for Washington, and Mattered Richardson returned an interception 38 yards for a touchdown to rally the Redskins for a 30-16 victory against the Indianapolis Colts in Sunday's Hall of Fame Game.

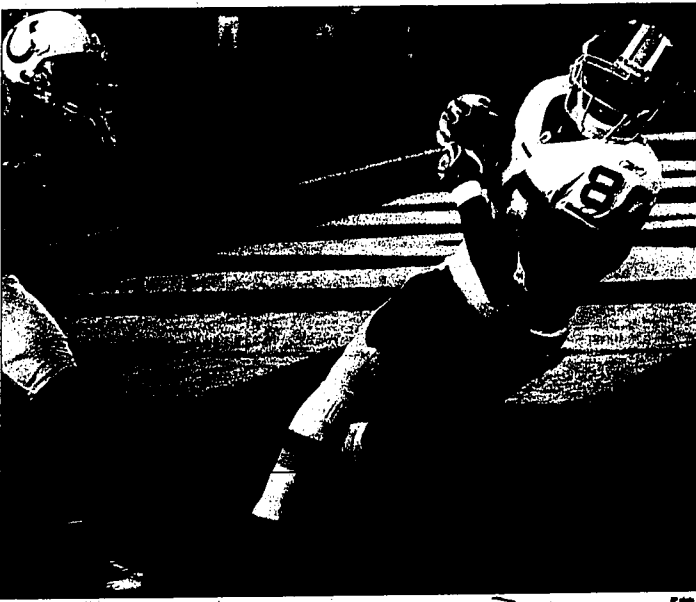
The victory capped a three-day celebration in which two of the Redskins' most revered players, Art Monk and Darrell Green, were inducted into the Hall of Fame along with former Kansas City cornerback and Redskins assistant coach Emmitt Thomas. The other inductees were linebacker Andre Tippett, tackle Gary Zimmerman and defensive end Fred Dean.

A new coach Jim Zorn, it gave him a victory in his debut as a head coach.

The Colts played without seven starters, including injured two-time league MVP Peyton Manning, 2007 defensive player of the year Bob Sanders, former league sacks champion Dwight Freeney and record-setting receiver Marvin Harrison.

The Redskins started fast, getting a 3-play touchdown drive that ended with Antwan Randle El making a spinning 20-yard TD catch.

But the Redskins managed only one other first half



Washington Redskins wide receiver Maurice Mann catches a 20-yard touchdown pass in front of Indianapolis Colts safety Tim Ruskling in the third quarter of the Hall of Fame football game Sunday, in Canton, Ohio.

score — when Colts rookie Jaremy Richard snapped the ball over the head of quarterback Quinn Gray and it rolled through the end zone.

Washington's defense, however, forced Indy to kick three field goals after time-consuming drives, and that kept it close enough for Brennan, the record-breaking quarterback out of Hawaii, to change the game.

He entered midway through the third quarter,

trailing 16-9, and responded with a 20-yard TD pass to Maurice Mann, on his first series. Brennan again got the Redskins in scoring position on the next series, finally scrambling around long enough to find Marcus Mason for a 5-yard TD pass with 10:22 left to make it 23-16.

Richardson sealed it with his interception return.

The game had all the earmarks of the league's opening

preseason game — penalties, mistakes, and, yes, a plethora of backups since both teams were short-handed.

Jim Sorgi ran the Colts first-team offense with Manning still recovering from last month's knee surgery. The Colts expect Manning to be ready for the regular season.

After two offensive plays, they also lost Pro Bowl running back Joseph Addal

with a head injury. And after the 16-play first series, the Colts went exclusively with subs.

Washington was in even worse shape.

Defensively, they played without all four starting defensive linemen, including new acquisition Jason Taylor; linebackers London Fletcher and Rocky McIntosh; cornerback Carlos Rogers and safety LaRon Landry.

NFL Favre to be reinstated, report to Packers Monday

By Chris Jenkins
Associated Press writer

GREEN BAY, Wis. — Brett Favre will be reinstated and added to the Green Bay Packers' active roster Monday.

The NFL announced the move Sunday after commissioner Roger Goodell held off on granting Favre's request for reinstatement for nearly a week, hoping Favre and the team could resolve their standoff. By reinstating Favre, Goodell is following through on a recent promise to force action.

The reinstatement will become effective at 1 p.m. EDT on Monday.

Favre's agent, James "Bus" Cook, confirmed that Favre plans to fly to Green Bay on Sunday and report to the Packers on Monday.

"That's the plan," Cook said in an e-mail to The Associated Press on Sunday.

Favre could be on the field as early as Tuesday.

Favre retired in March but has been having second thoughts. Team officials have insisted they are moving on with Aaron Rodgers, though, causing tensions to rise between Favre and the team.

It is not clear whether Favre's reinstatement indicates that he has rejected a long-term, multimillion-dollar marketing agreement offered by the team. Reinstatement could force the Packers to increase their

Please see **FAVRE**, Page B4

Swanson, Hatke land main event wins at MVS

By Linda Brittan
Correspondent

Kingsburg, Calif., resident Tanner Swanson settled in quickly at Magic Valley Speedway to secure the United States Auto Club main event win Saturday night. En route to the victory, Swanson was able to keep his cool through several late race cautions in the Oasis Stop 'N Go USAC 100.

At the halfway point of the main event Swanson had nearly a quarter-track lead over Eric Humphries and Nick Rescino who were battling for second. Three caution flags in the next 43 laps forced Swanson to test his restart skills. With the yellow flag displayed with just three laps to go, Humphries had his best opportunity to

catch the No. 17 car.

In addition to cracking the qualifying record in the series at MVS, with the win Swanson maintained his points lead in just his first full season of racing in the USAC Western States division.

Hatke takes Pepsi Premier

In the first race in the Chase for the Championship the tension was thick.

Stevie Fisher immediately manufactured a considerable lead for the first 18 laps of the main event race with Mike Greco and Jonathon Gomez his closest rivals. A caution at lap 18 when Rob Vest tagged the back bumper of Louis Lopez set up a restart. With Fisher taking the inside lane and Gomez up top,

the pair ran side-by-side for several laps.

"We were running clean for several laps. I was giving him plenty of room and I thought he was giving me plenty of room," Fisher said. "It just so happened I went up and he came down. We connected and we went around. I didn't intentionally take him out and I don't think he intentionally took me out."

"We were just racing hard. I wanted the lead and so did he," Gomez said. "I think I had him but he was still trying."

The battle between Fisher and Gomez was then relegated to the rear of the field — but it was far from over.

On the restart Hatke took the high side with McKean right out-



United States Auto Club driver Tanner Swanson (right) is ready with autographs for fans as they make their way over to the 17-year-old driver who would later capture a main event win.

Please see **MVS**, Page B2



Liriano throws 6 scoreless innings in Twins' win

MINNEAPOLIS — Francisco Liriano threw six scoreless innings in his return to the Minnesota rotation Sunday, helping the Twins move into first in the AL Central with a 6-2 victory over the Cleveland Indians.

RAYS 6, TIGERS 5, 10 INNINGS
ST. PETERSBURG, Fla. — Carl Crawford hit a tying RBI single in the 10th inning and Carlos Pena drew a game-ending, bases-loaded walk to give AL East-leading Tampa Bay a victory.

Tampa Bay took advantage of Fernando Rodney's wildness to put together the winning rally. Pinch-hitter Willy Aybar led off with a walk, bringing Jason Bartlett to the plate. Bartlett squared to bunt and left when Rodney (0-3) plunked him on his right-hand finger.

ROYALS 14, WHITE SOX 3
KANSAS CITY, Mo. — Mike Aviles went 4-for-4 with a home run. Zack Greinke pitched well into the seventh inning, and Kansas City defeated Chicago in a game featuring five ejections.

There was a bench-clearing brawl in the fifth inning when Royals catcher Miguel Olivo was hit by a pitch from D.J. Carrasco and chased the mound. Olivo, Carrasco and White Sox manager Ozzie Guillen were sent to the clubhouse once order was restored.

RED SOX 5, ATHLETICS 2
BOSTON — Jed Lowrie's two-run triple highlighted a three-run fourth inning that helped Daisuke Matsuzaka to his 12th win and Boston completed a three

game sweep.
Matsuzaka (12-2), allowed two runs, four hits, walked two and struck out eight in six innings.

MARINERS 8, ORIOLES 4
SEATTLE — Raul Ibanez's two-run single off reliever Jamie Walker capped a three-run seventh inning to help Seattle snap a seven-game home losing streak.
Ibanez finished with three RBIs as the Mariners avoided being swept at home by the Orioles for the first time since 1997.

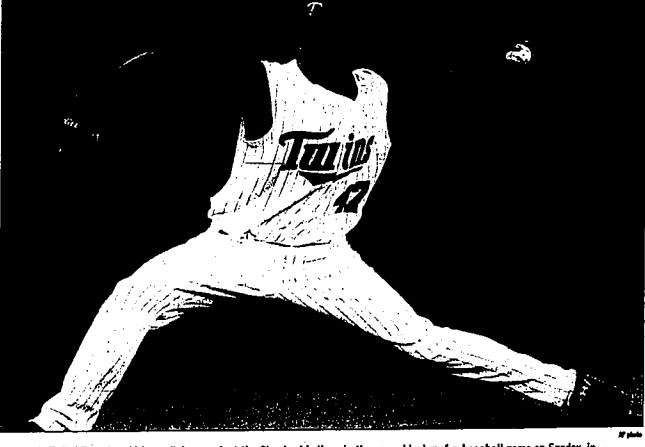
RANGERS & BLUE JAYS 4
ARLINGTON, Texas — Gerald Laird homered twice and drove in four runs as Texas beat Toronto.
Laird had his third career multi-homer game this season, with two-run shots in the fourth and fifth innings.

NATIONAL LEAGUE
DIAMONDBACKS 3
LOS ANGELES — Manny Ramirez finished off his first series with the Los Angeles Dodgers on a tear, going 4-for-5 with a homer and three RBIs in a 9-3 victory over the Arizona Diamondbacks.
The Dodgers salvaged a split of the four-game series and sliced Arizona's NL West lead to one game.

ASTROS 4, METS 0
HOUSTON — Ty Wigginton homered and Houston completed its first three-game sweep of the Mets since September 1993.

ROCKIES 3, MARLINS 2
MIAMI — Pinch-hitter Seth Smith drove in the winning run in the ninth inning, lifting Colorado.

BRAVES 5, BREWERS 0
ATLANTA — Jorge Campillo shut



Minnesota Twin Francisco Liriano pitches against the Cleveland Indians in the second inning of a baseball game on Sunday, in Minneapolis. Liriano pitched six short innings in the Twins' 6-2 win.

out Milwaukee for seven innings and Atlanta beat Ben Sheets and the Brewers to avoid a series sweep.
Sheets (10-5) gave up six hits, including four doubles, and three runs with three walks and four strikeouts in six innings. He gave up only two earned runs but fell to 1-4 in seven starts since a dominant 4-1 complete-game victory in Atlanta on June 24.

NATIONALS 4, REDS 2
WASHINGTON — Washington

completed only its second sweep of the year, jumping ahead with a four-run first inning in a victory.

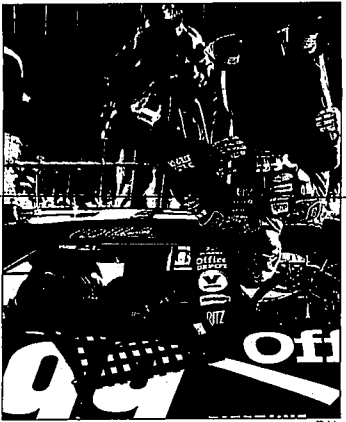
CUBS & PIRATES 5
CHICAGO — Reed Johnson and Alfonso Soriano hit back-to-back homers in the eighth, and Chicago escaped with a victory over Pittsburgh after blowing a three-run lead in the top half of the inning.

Padres 4, Giants 1
SAN DIEGO — Greg Maddux

drove in a run and pitched six strong innings for his 352nd career victory, leading San Diego.

PHILLIES 5, CARDINALS 4
ST. LOUIS — Shane Victorino's three-run home run capped a four-run eighth inning against a vulnerable Cardinals bullpen, and Philadelphia's Brad Lidge survived a shaky ninth to stay perfect in save situations.

—The Associated Press



NASCAR driver Carl Edwards celebrates after winning the NASCAR Sprint Cup Series Pennsylvania 500 auto race in Long Pond, Pa., Sunday.

Edwards gets forth win at Poconos

By Mike Harris
Associated Press writer

LONG POND, Pa. — Carl Edwards won Sunday's NASCAR Sprint Cup race at Pocono Raceway, gambling with a pit strategy that he thought would cost him the victory.

Edwards pitted from the lead just before a rain shower that caused a 41-minute red flag and had the driver arguing with crew chief Bob Osborne over the decision. But the plan worked perfectly as the race wound up going to completion.

Edwards stretched his last tank of fuel to earn his fourth victory of the season.

"I was really nervous that we made the wrong call there," Edwards said after doing his traditional victory backdrop off his car. "Bob's the smartest guy in the world. We were really arguing. We made light of it, but we thought we made the wrong call."

The race started in sunshine and it appeared Mark Martin, who took the lead from pole-winner Jimmie Johnson at the start and took control would be the driver to beat all day. But Martin had problems on two pit stops that put him back into the pack and then dark clouds began moving in, changing some strategies.

Rain began falling on lap 127 of the 200-lap event and, moments later, Edwards and several other leaders ducked onto pit road. Nineteen other drivers, led by June Pocono winner Casey Mears and Martin, who led a race-high 55 laps, stayed out to gain track position, waiting to see if the rain might end the race prematurely.

Bryant scores 19, helps U.S. win

By Brian Mahoney
Associated Press writer

SHANGHAI, China — Russia contained the speedsters. Controlled the blackboards. Everything a team needs to do to beat the United States.

Bryant led the offense in the U.S. Olympic team's first defensive struggle, scoring 11 of his 19 points in the third quarter of an 89-68 victory on Sunday. "They had some gaps there and I just took advantage of them. The ball found me and I was able to make them pay," Bryant said. "In that kind of situation where the game is kind of seasawing back and forth, we have so many weapons. It could be LeBron, it could be D-Wade, one of us is going to kick into high gear."

The sellout crowd of 14,523 at this arena built for tennis clearly favored the U.S. team, and Bryant clearly was the fans' favorite. They chanted "MVP" when he went to the free throw line, booted when he was called for an offensive foul in the second quarter, and

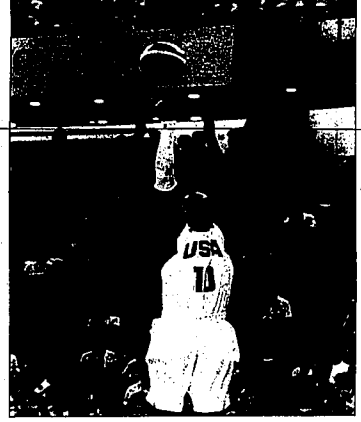
generally oohed and aahed whenever he squared up to take a shot.

"It feels like home away from home," Bryant said. "It's great to be so far from Staples Center and still have so much support. I feel like I'm home."

Farmeta Anthony added 17 points in what was by far the Americans' most competitive tuneup yet for the Beijing Games.
The United States had been scoring 118 points per game while winning its first three exhibitions by an average of 41 points. Russia allowed far fewer fast-break baskets than the previous U.S. opponents, successfully keeping the game in the halfcourt by grabbing 12 offensive rebounds and forcing the Americans to run more offensive sets.

It was the perfect blueprint to beat the gold medal favorites — and the Russians still lost by 21. But can other teams in Beijing pull it off?

"They can try," James said. "Russia did a good job of slowing us down a little bit, but we still made our run at the end of the third quarter."



Kobe Bryant of USA men's basketball team for the Beijing 2008 Olympics shoots the ball during a match between USA and Russia as a warm-up for Olympics at the USA Basketball International Challenge tournament in Shanghai Sunday. US won 89-68.

MVS

Continued from page B1

side his driver's side door. However the yellow caution lights soon flashed to the light's once again as Gomez and Fisher continued to play out their issues at the rear of the field.

"I felt really bad when I hit him on the next restart. I hit him in the back to let him know that I was mad at him, but I didn't have any reason to. He didn't do it on his own purpose. I screwed up," Gomez admitted.

Hatke and McKean regrouped on the restart with Shelby Stroebel and Vest — who had worked his way back up to fourth — directly behind. Five laps later Vest fell off while Stroebel desperately searched for a way through Hatke and McKean who were door-to-door for the final 10 laps. Stroebel had to

settle for a third place finish but gained the lead in the point standings.
Hatke credited his first main event win of the season to his strategy gaining good position on the track.

"We needed to be on the top groove and I knew if I could keep Kris (McKean) pinned in underneath me on the bottom and not let him get away, I wasn't sure I could beat him but could get a second, maybe a first," Hatke said.

Edens wins MV Pipe Thunder Stocks

Continued from page B1

Stuela Harms led for the early laps until chase leader Steve Edens took control of the 25-lap main event race. Edens then quickly pulled away from the 12 cars in the rest of the field and cruised to the win.

Slocum wins Quale's Electronics Hornets

Continued from page B1

For the main event the drivers quickly scrambled for track position amongst the field of 22 cars entered in the race.
Evan Albright took charge of the swarm until bad luck hit at lap 13.
"This opened the gate for Justin Slocum, who had not seen the winner's circle for several races. Gerod Bosh and Larry Goff gave chase to the end but ran out of laps, as Slocum took the checkered flag."

Buhl

Continued from page B1

single by Jack Hamilton, who scored on an RBI single by Casey Murray. But Murray's hit was the Tribe's final one. Despite the early exit, from the tournament, Reynolds was still pleased with the Tribe's season.
"I don't think a lot of people expected us to be here," said Reynolds, whose squad will return eight of 12 from this year's roster. "But we made a good run and I'd rather us get to this point in the season and lose than lose in district or not even make the district tournament. We've just got to take this experience from this season and build on it."

Mr. View's Bull 2
Bull 103 110 0 2 7 2
Mrs. View 130 130 0 1 0 1 1
Marcus Livels, Gale Owen (7) and Jack Hamilton: A.J. Ayres and Colton Salt. W. Arrop: L. Dwyer. C. Dwyer: M. — 25 Mrs. View, Drew Hilde, Jonny, Burt, none.

TRINITY VALLEY FORECAST

Today: Mostly sunny skies, hot and hazy. Highs in the lower to mid 90s.

Tonight: Fair skies. Lows in the 50s and lower 60s.

Tomorrow: Continued hot and hazy. Highs in the lower to mid 90s.

BOISE FORECAST

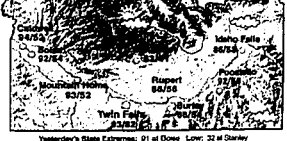
Today: Mostly sunny and hazy. Highs upper 80s to near 90.

Tonight: Fair. Lows in the mid to upper 50s.

Tomorrow: Continued hot and hazy. Highs upper 80s to near 90.

SUN VALLEY, SURROUNDING MTS. FORECAST

Very warm and sunny. Hazy conditions at times. Mostly dry today and Tuesday.



They: Highs 74 to 82. Tonight's Lows 34 to 38. BOISE: Very warm with hazy conditions and mostly dry.

NORTHERN UTAH: Sunny, hazy, dry and very warm.

Weather key: bc blizzard activity; by big, heavy snow; N rain, light snow; no, mostly dry; w, wet; w, heavy drizzle; F, fog; sh, showers; s, snow; s, sunny; B, burrowing, wind.

TRINITY VALLEY FORECAST

Weather icons and forecast for Today, Tonight, Tuesday, Wednesday, Thursday, Friday.

ALMANAC, TRINITY VALLEY

Temperature, Precipitation, Humidity, Barometric Pressure, Sunrise and Sunset, Pollen Count.

Moon Phases: Aug 8 First Q, Aug 16 Full Moon, Aug 23 Last Q, Aug 30 New Moon.

REGIONAL FORECAST

Regional forecast table for various cities including Boise, Salt Lake City, Reno, etc.

Yesterday's Weather

Table showing yesterday's weather for various cities like Boise, Salt Lake City, Reno, etc.

WORLD FORECAST

World forecast table for various international cities.

TODAY'S NATIONAL MAP



meineke car care center logo and address: 169 Addison Avenue West, 735-8296.

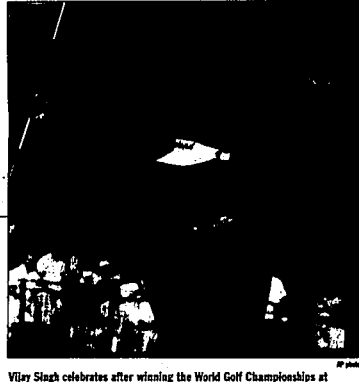
CANADIAN FORECAST

Canadian forecast table for various cities.

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

Singh wins his first World Golf Championship

AKRON, Ohio — Vijay Singh raised both hands over his head when he saw his 316-foot par putt swirl into the cup for a one-shot victory...



Vijay Singh celebrates after winning the World Golf Championships at Firestone Country Club, Sunday, in Akron, Ohio. Singh finished the tournament at 10-under par.

What a relief," Singh said. "I didn't think I could finish it there at the end."

her first major with an 18-under 270. Taiwan's Yani Tseng, winner of the LPGA Championship, was second with a 66 and a 15-under 273.

SHIN TAKES WOMEN'S BRISBEN

SUNNINGDALE, England — Ji-Yal Shin won the Women's British Open by three strokes after a final round 6-under 66...

Edwards, who made his final stop at the end of lap 166, just had to worry if he had enough gas to get to the end.

Edwards

Continued from page B1. But, despite more threatening clouds and a few raindrops later in the event, the racing continued...

ROMERO WINS HIS SENIOR OPEN COLORADO SPRINGS, Colo.

— and the one cat who conquered it. Eduardo "El Gato" Romero became the second Argentine golfer to hoist the silver cup, 26 years after the Roberto De Vicenzo won the trophy at Winged Foot.

McLACHLIN GETS FIRST PGA TOUR VICTORY AT RENO-TAHOE OPEN

RENO, Nev. — Parker McLachlin shot a 2-over 71 Thursday to win his first PGA Tour victory by seven strokes at the Legends Reno-Tahoe Open.

McLachlin, in his second season on the PGA Tour, recovered from trouble time after time to card 14 pars, three bogeys and a birdie on the 18th to finish the tourney at 18-under 270.

Edwards from fifth to third in the season standings, trailing only Dale Earnhardt Jr. and Kyle Busch, who also leads with seven victories. Busch made a gas stop on lap 199 and fell from fourth to 36th, the last driver on the lead lap. But he still owns a 176-point lead over Earnhardt, who finished 12th.

Couple is open about dating while wife is behind bars

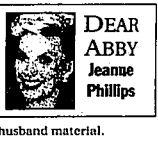
DEAR ABBY: For the past six months I have been dating a man I'll call "Tom." Our kids adore each other, our parents think we're a great couple, and our friends love seeing us together. There's just one problem: He's married.

Tom's wife has been locked up for some time, and neither of us ever expected to fall in love. I asked him if he planned on telling her about us, and he said, "yes," because he can't lie about it to her. We've been very open about our relationship.

Now that she's out, I can't help but wonder what I was thinking getting involved in this relationship. Don't get me wrong, Abby. I love Tom deeply, and he feels the same way. His family has been telling him for months that he's crazy if he doesn't leave her. What should I do about this?

Favre

Continued from page B1. offer to Favre in hopes that he remains retired and avoids turning their training camp into a media circus this week. Team officials publicly have ruled out releasing Favre, fearing he would immediately sign with division rival Minnesota. The Packers could still also trade him.



DEAR ABBY: At 29, I guess I could be considered a late bloomer when it comes to dating. I'm trying to figure out how it all works and how to start meeting potential partners.

I'm painfully shy around men, but am considering the option of joining some kind of group activity to broaden my acquaintance.

The idea of online dating seems much less threatening, and I know couples who have met that way. However, some of my co-workers have told me that online dating would be degrading and would put me — and my emotions — at greater risk than traditional dating. What would you advise?

DEAR DRESSED UP

People who wear baseball caps in upscale establishments show a lack of pride in their appearance and an ignorance of good manners. In an effort to promote business, many restaurants have related or done away with their dress codes.

DEAR DRESSED UP

Because there is nothing you or I can do to change it, rather than let it not ruin your dining experience, you have two choices: Direct your attention only to what's going on at your own table, or patronize a restaurant that has a stricter dress code.

TODAY'S MYSTERY WORDS: BEACH TOWEL. TimesNews magivalley.com

TimesNews
magicalvalley.com

in Partnership with YAHOO! hotjobs

To place ads, call (208) 733-0931, ext 2; Come see us at 132 Fairfield Street, Twin Falls
Or visit us online at www.magicalvalley.com 9 Hours: Monday-Friday 8:00 am - 5:30 pm

INVITATION TO BID
Gooding J. School Dist. #211 is accepting bids for the lease of approximately 30 acres of farm land...

BOARD OF TRUSTEES
Board of Trustees has the right to accept or reject any and all bids. No bidder may withdraw his bid after the hour set for the opening thereof...

NOTICE OF PUBLIC HEARING
NOTICE IS HEREBY GIVEN that the Idaho Housing and Finance Association, (IHFA), on August 20, 2008, will hold a public hearing...

NOTICE OF PUBLIC HEARING
NOTICE IS HEREBY GIVEN that a Public Hearing will be held before the Twin Falls Planning and Zoning Commission...

NOTICE IS HEREBY GIVEN that a Public Hearing will be held before the Twin Falls Planning and Zoning Commission...

NOTICE IS HEREBY GIVEN that a work session will be held on August 28, 2008 at the hour of 10:00 a.m. at the Twin Falls County Office Building...

LEGAL NOTICE
TWIN FALLS STORAGE under the provisions of Idaho Code 29-7-210 will sell or dispose of stored items...

PUBLIC NOTICE OF RESOLUTION
ON AN ADVERSE EFFECT FINDING ON HISTORIC PROPERTIES
Date of Notice: July 31, 2008
Name of Responsible Entity (RE): Idaho Housing and Finance Association

PROJECT BACKGROUND
Mersey Housing Idaho, Inc. has applied for SHPO funding to assist in the historic preservation of the Opportunity Program Extension Act of 1996...

MEMORANDUM OF AGREEMENT
The Idaho Housing and Finance Association (IHFA) and the State of Idaho (SIO) have entered into a Memorandum of Agreement...

PUBLIC COMMENTS
Any individual, group, or agency wishing to comment on the MOA may submit written comments to IHFA...

NOTICE OF PUBLIC HEARING
MURTAUGH HIGHWAY DISTRICT
BUDGET FOR FISCAL YEAR 2009-2010
Notice is hereby given that the Commissioners of the Murtaugh Highway District...

PROPOSED EXPENDITURES
The following is an estimate set forth in said proposed budget of the total proposed expenditures and accrued indebtedness of the Murtaugh Highway District...

ESTIMATED REVENUE
The estimated revenue for the Murtaugh Highway District for fiscal year 2009-2010, all of which have been tentatively approved and entered at length in the Journal of Proceedings...

NOTICE OF BUDGET HEARING 2007-2008
NOTICE IS HEREBY GIVEN THAT THE RICHFIELD HIGHWAY DISTRICT NO. 3 WILL HOLD A BUDGET HEARING for the proposed Budget for the fiscal year 2008-2009...

Table with columns: PROPERTY TAXES, EXPENDITURE, and TOTAL EXPECTED EXPENDITURES. Includes items like Property Taxes, Agriculture Equipment Property Taxes, Highway Levy, County Sales Tax, State Insurance Fund, etc.

V. Vicky Durand, Richfield Highway District No. 3 Clerk, further notice that the Richfield Highway District No. 3 Board, did give notice for said hearing...

NOTICE OF TRUSTEES SALE
TS No. 08-72898 Title Order No. W83142 Parcel No. RP08S14E307325A
The following described property will be sold at public auction to the highest bidder...

NOTICE OF LIEN SALE
ATTN: Felipe Rendon last known address 1634 Summit Street, Twin Falls, ID 83301
I am hereby informing you that on 10/03/2008 I have possession of license number 27E8222 will be the sole property of Gasolino Alvaro in a Mechanic's Lien collection...

NOTICE OF HEARING ON NAME CHANGE
Case No.: CV08-3064
A Petition to change the name of Edit Erika Szanto, born November 28, 1967, in Tirgu Mures, Foreign Country, residing at 2105 Summit Place, Twin Falls, has been filed in this court...

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

FOUND
1. Yorkie Shih-Tzu cross, brown female, found at Victory Ave.
2. Hound cross, black and white male, flea collar, found at Victory Ave.
3. Skippy's cross, black male, found at Laurel Ave.
4. Shepherd cross, black and tan male puppy, found at Laurel Ave.
5. Dachshund Terrier cross, neutered male black, found at El Monte St.
6. Lab cross, tan female, found at 8622 E. Laurel Ave.
7. Lab cross tan female, found at Blue Lakes & Park Ave.
8. Golden Retriever, rod, neutered male, found at 3614 N. 3600 E. in Kimberly
9. Pomoranian, brown female, found at Victory.
10. Pit Bull brown and white female, black harness, found at Washington St.
11. Retriever Border Collie cross black with white paws, male, with a red collar, found on Jackson Street.
12. Chocoo Lab male, found at Crystal Springs Park Ave.
13. Border Collie Retriever cross black female, found at I-84. (pup)
14. Border Collie black and white, found at South Park Ave.
15. Shepherd cross, black male, pup. Found on Bolton Street.
16. Shepherd cross, tan female, pup. found on Bolton Street.
17. Lab Border Collie cross, black male, found at Carmo Estates, pup.
18. (4) Shepherd Hound cross, male and female pups. found at Jan Street.
19. Border Collie cross, black and white, found at King Circle Drive.
20. Lab yellow, neutered male, 2585 E. 3912 N. wearing a black collar.

ADOPTIONS
1. Hound-pow cross black female pup.
2. Hound/Lab cross pup, female.
3. Hound cross brindle female pup.
4. Yellow Lab male adult.
5. Collie Spaniel cross, black and white female pup.
6. Hound Spaniel cross, sable female pup.
7. (2) Chocolate Lab adult females.
8. Aussie cross, tan female pup.
9. Lab female black pup, found at Winco
10. Border Collie black and white neutered male.
11. (2) Aussie Lab cross, gray male, found on Bolton Street.
12. Shepherd cross tan male, pup.
13. Hound cross, white and black, female pup.
14. Border Collie, black and white neutered male.

DON'T FORGET US!
Many cats/kittens for adoption!
www.petfinder.com
Hours: Mon-Fri
10:00 am-5:30 pm
Saturday
10:00 am-2:00 pm
Closed Sunday and Holidays
We can only keep animals 48 hours, they are then sold or DESTROYED.
Please check daily!

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General

GENERAL Fish Farming position, Hagerman and Butte. Housing available. Call 208-837-4114

General

GENERAL. Flexible Scheduling! Local and mobile. Overtime. \$82-\$85/day 208-433-9511

General

HOUSEKEEPING P/T Housekeeper Apply in person at the Amber Inn in Eden

General

INSTALLER P/T Inside Installer, 10-30 hrs. per week. For more info call person Call 324-2242

Medical

MEDICAL Full-time Dental Front Desk Manager Exp. Prof. Mon-Thurs. 500-464-4444

General



The City of Twin Falls is accepting applications for a part-time VICTIM WITNESS COORDINATOR Hourly wage range \$13.46-19.86 DOE. The Coordinator provides services and support to victims and witnesses of violent and nonviolent crimes. A job announcement and employment application are available at www.tffd.org

General

MAINTENANCE Leadman Stockman's (WSI) has an immediate opening at our Burley facility. Will provide technical skills and be responsible for mechanical integrity of all operations. Direct maintenance work, follows all regulatory and safety guidelines, works with management and makes recommendations to resolve maintenance issues, and ensure completion of preventive maintenance. Prior experience with DOE. Full-time position with benefits. Pre-employment drug/alcohol and background screening required. Apply in person to WSI 1001 W. Main St. Burley. Women and Minorities encouraged to apply

General

WAREHOUSE 7-Up Delivery CDL Driver/ Warehouse Worker clean driving record. Exc. Benefit package Drug Free Workplace. Apply between 9-3 at 167 Eastland Twin Falls

Medical

MEDICAL Shoshone Rehab and Living Center is looking for RN Supervisor, CDI Nurse, PT, SLP and Sun. Excellent Salary. Apply in person at 511 E. St. Shoshone, ID Questions please call Cheryl 208-968-2228 EOE

General



The City of Twin Falls is accepting applications for two positions in the Parks and Recreation Department.

General

MECHANIC Service Mechanic needed in Burley to do full and short service and minor maint. On new model trucks & trailers. Working Shift and own tools required wage depends on experience. Benefits include medical, 401k and vacation. Please call Ag Express Inc. 208-478-4625 x111

211 Medical

All advertising is subject to the newspaper's standard of acceptance. The Times-News reserves the right to edit, abbreviate, decline or properly classify any ad. Receipt of copy via remote means (email, etc.) does not constitute legal advertisement by the advertiser, not the newspaper's responsibility for the truthful content of the advertiser's message.

211 Medical

MEDICAL Shoshone Rehab and Living Center 511 E. 4th St. Shoshone, ID 83352 Our facility is offering sign on bonuses for the qualified full time candidates listed below: R.N.'s - \$2600.00 L.P.N.'s - \$1000.00 C.N.A.'s - \$8600.00 Apply in person or call Cheryl at (208) 968-2228 EOE

General

ASSISTANT DIRECTOR Bi-weekly wage range is \$1,583 - \$2,337 with a complete benefit package. This position is responsible for the supervision of recreation programs and park operations.

General

RECREATION COORDINATOR Bi-weekly wage range is \$1,257 - \$1,856 with a complete benefit package. Coordinator is responsible for organizing and supervising the City's youth and adult recreation programs.

211 Medical

MEDICAL Minimum 3 years sales experience Base Salary plus commissions and bonuses. Great working environment. A community partner. Call now 208-239-3024 All Inquiries Confidential

211 Medical

SALES HIRING Selection Specialists and Creators Base Salary plus commissions and bonuses. Great working environment. A community partner. Call now 208-239-3034 EOE

For a complete job announcement and a City employment application visit www.tffd.org the Human Resource Office, located in City Hall, 321 2nd Avenue East, or by phoning (208) 735-7268. Closing date for both positions is 08-18-2008. The City of Twin Falls is an Equal Opportunity Employer. Drug Free Work Place.

211 Medical

PhonoBase Research currently has immediate openings in our international department. This position involves conducting public opinion polls over the telephone. PhonoBase Research offers: Flexible evening, day and weekend hours. \$12 to \$12 an hour. Casual working environment. Monthly interviewer incentives. Absolutely no sales or soliciting. Health benefits available. To apply stop by our office at 640 Meadows Dr. Ste #2 in Twin Falls or call us at 208-736-2851

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Swire Coca-Cola, USA is accepting applications to fill the following position:

Route Driver Delivering product. Responsibilities include: -Filling shelves & coolers -Handling displays -Invoicing -Frequent lifting. Qualified applicants will have: -Good driving record -CDL (Class A or B with learning permit) -Ability to pass a background check and drug test. Apply in person with a current 3 years driver's license record. Swire Coca-Cola offers: -Base + Commission -Full benefits package -Retirement & 401k -Tuition reimbursement -Paid vacation -Opportunities for advancement Swire Coca-Cola, USA 398 Victoria Ave. Twin Falls, ID. (208) 733-3833 EOE/AA

211 Medical

PhonoBase Research currently has immediate openings in our international department. This position involves conducting public opinion polls over the telephone. PhonoBase Research offers: Flexible evening, day and weekend hours. \$12 to \$12 an hour. Casual working environment. Monthly interviewer incentives. Absolutely no sales or soliciting. Health benefits available. To apply stop by our office at 640 Meadows Dr. Ste #2 in Twin Falls or call us at 208-736-2851

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REAL ESTATE

501 Open House 502 Homes For Sale 510 0.4-0.9 Area Homes 511 0.1-0.2 State Homes 512 1/2 Acre Farms/Ranches 513 Accesses & Lots 514 Income Property 515 Commercial Property 516 Vacation Property Time Share 517 Condominiums 518 Mobile Homes 519 Country Lots 520 Real Estate Wanted 521 Manufactured Home

Homes For Sale

TWIN FALLS 2 year old, 1574 sq. ft. big open layout, 3 bdrm, 2 bath, new carpet & appliances, large lot, \$130,000 under county as assessment \$167,400 1302 Valencina St 737-1416

TWIN FALLS

3 bdrm, 1 bath, nice neighborhood, fancy backyard on 278 acres. New lam-into flooring, wood fireplace, \$126,900. 208-736-6285 or 201-404-3474 1768 Harmon Park

501 Open House

PUBLIC SERVICE MESSAGE Selling Property? Don't pay any fees until it's sold. For free information about avoiding time consuming and real estate scams, write to: Federal Trade Commission, Washington, D.C. 20580 or call the National Fraud Information Center, 1-800-876-7060.

TWIN FALLS

4 bdrm, 2 bath, 3854 sq. ft., landscaped, \$152,000. 1528 Altitude Mountain West Realty, MLS 98366791 Call Broker 420-6389.

502 Homes For Sale

ALBION Historic home on 3.5 beautiful acres. Wood floors, views, Merit Creek on property line, 2600 sq. ft., 2 bdrm, 2 bath, conservatory windows, vintage trim, ornate. Homeolig initiated, but not complete. 208-426-6772

TWIN FALLS

County lakes at its best, 3 bedrooms, 2 bath, 1780 sq. ft., 1.9 acres w/water rights, fenced, pool horse property, beautiful backyard w/fruit trees. Less than 5 minutes from hospital and downtown. \$182,500. Call 208-734-3784

TWIN FALLS

Free Home Search www.twinfalls.com Free list of foreclosures www.twinfalls.com

TWIN FALLS

Free Home Search www.twinfalls.com Free list of foreclosures www.twinfalls.com

HOME INSPECTIONS

1345 Wilmore of Blue Lakes and Locust, \$162,000. 4 bdrm, 2 bath, full term, brick, fenced back yard, new school, great neighborhood. Call 208-870-5770

TWIN FALLS

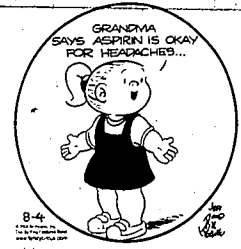
1474 sq. ft, 3 bdrm, 2 bath, new, great neighborhood. Call OLC Real School, motivated seller. \$164,900/offer. Call today for a free, no-obligation quote. (208)733-3821

TWIN FALLS

1876 sq ft in park 55+, 3 bdrm, 2 bath, full term, brick, fenced back yard, new school, great neighborhood. Call 208-870-5770

TWIN FALLS

2 bdrm, 2 bath, 2 years new townhouse in East Hampton Village, car garage, close to CSI, no outside mail, rec room, \$132,500. 208-731-3821



"...but lovin' is best for headaches."

512 Farms/Ranches/Dairies

KIMBERLY 4 bdrm, 2 bath, spacious family home, 2392 sq ft, built in 74. 1/2 acre, \$163,000. 208-422-4884 or 318-3044.

513 Acreage and Lots

GOODING acre 1-10 (trigrid) on live year round water, with fish. Lonnie 208-539-0101. KIMBERLY Florch Park for sale, excellent home, 4 bdrm, 3 1/2 baths, \$43,500-\$51,500. 731-3259. KIMBERLY Florch Gate back 40, now available, 1.3-4.4 acres. Call owner/agent 208-212-7425. NAI Commerce One 208-525-8008.

TWIN FALLS

PRICE TO SELL! 1800 sq. ft. home, 4 bdrm, 1 1/2 bath, hardwood floors, 560 Grandview Dr., Call Jeremy 404-8202

TWIN FALLS

Stoneybrook subdivision, 4 bdrm, 3 1/2 bath, 3 car garage, Alder cabinets, granite, heated tile & stainless steel, built in vacuum. Owner financing \$439,000. 208-734-9773.

514 Income Property

TWIN FALLS 8-plex downtown location. Owner willing to carry with substantial down payment. \$14,000. 208-731-4841

515 Commercial Property

TWIN FALLS Newly remodeled offices, 344 2nd Avenue West. Call 208-731-4567

Who can help you sell your property? Classifieds

CALL TODAY! 208-737-1470 1-866-335-2087

There's Still Time! Southern Idaho Home Style For As Low As \$175 That's Including Color!!! Southern Idaho Home Style is delivered to over 60,000 readers and is featured online 24/7. That is less than 1¢ for every 4 customers. Call! Chris 735-3225 for complete details

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Make your world a better place! Positions now available: LPN/RN Full-time - 12 Hour Shifts - Nights Full-time is 32 hours per week. Part-time is 20 hours per week. We offer competitive pay, and full-time includes an excellent package. Apply in person or contact Beverly Nipper at Sunbridge Care & Rehab 640 Fire Ave West, Twin Falls, Phone: 208-734-8645

401. School Instruction Public Service Message Big profits usually mean big risks. Before you do business with a company, check it out with the Better Business Bureau. For free information about avoiding investment scams, write to the Federal Trade Commission, Washington, D.C. 20580 or call the National Fraud Information Center 1-800-876-7060

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5 LINES \$21
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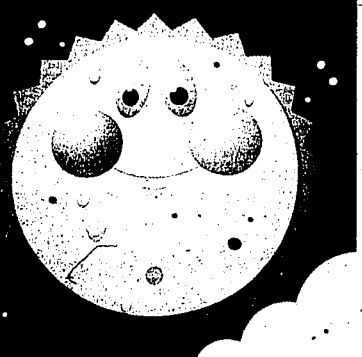
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Call 733-0931 Ext. 2 or 800-658-3883 ext. 2



Sudoku Answers:

3	2	8	4	6	5	7	9	1
4	5	9	8	1	7	2	3	6
6	1	7	9	2	3	8	4	5
2	6	3	5	8	9	4	1	7
8	4	5	2	7	1	9	6	3
7	9	1	3	4	6	5	2	8
5	8	2	6	3	4	1	7	9
1	3	4	7	9	8	6	5	2
9	7	6	1	5	2	3	8	4

1008 SUVs

ISUZU '93 Trooper, 5000 and Dana's, full trade for pop up camper trailer. 208-308-6471

JEEP '87 Wrangler runs great, 90,000 orig miles. 4 ft, \$4500. 208-328-6605 or 208-336-5419.

1008 SUVs

QMC '99 SUV, heated leather seats, AC, good condition. Asking \$5000/offer. 735-6291

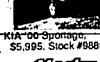
TOYOTA '97 FJ, 62,000 miles, \$28,000. Call 490-0166.



JEEP '97 Wrangler 125K miles, AC, very clean, great trade, after market rock lights, drives pop. \$5950. 324-0669

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SmalleyMotors



LEXUS '02 RX300, all wheel drive, V6, air, power windows, locks, leather, alloy wheels. Call Now \$17,777. #2033



LEXUS '02 RX300, all wheel drive, V6, air, power windows, locks, leather, alloy wheels. Call Now \$17,777. #2033



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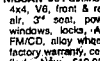
Check us out @ wheelsmag@twincity.com



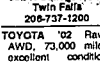
NISSAN '07 Pathfinder 4x4, CD, cruise, 3rd seat, alloy wheels, FM/CD, alloy wheels, factory warranty, certified. \$20,987. #7694900



NISSAN '08 Pathfinder 4x4, V6, front & rear air, 3rd seat, power windows, locks, AM/FM/CD, alloy wheels, factory warranty, certified. \$19,897.



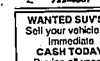
FORD '05 Freestar Van, only 25K miles, very clean AC, CD, power windows, locks, only \$11,900.



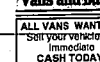
TOYOTA '02 Rav4, AWD, 73,000 miles, excellent condition. \$13,000. Call 208-326-4604



TOYOTA '95 Runner SR5, 57,995. Stock #9595.



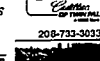
WANTED BUYER! Sell your vehicle for immediate CASH TODAY! Buying all years, makes and models 1-800-574-1248.



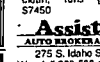
ALL VANS WANTED! Sell your vehicle for immediate CASH TODAY! Buying all years, makes and models 1-800-574-1248.



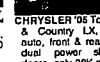
CHEVY '05 Venture Van, PW, PL, cruise, air, 7 passenger, 151,000. Stock #C1226



CHRYSLER '01 Town & Country, 88K miles, clean, runs good. \$7450



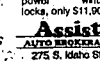
CHRYSLER '05 Town & Country, 118,000 miles, AWD AC, cruise, PW, PL, PM, rear air, clean, \$12,500/offer. Must sell. \$3K. Call 208-324-5477.



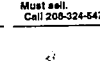
CHRYSLER '03 Malibu, 57,995. Stock #9630



FORD '04 Explorer, AWD AC, cruise, PW, PL, PM, rear air, clean, \$12,500/offer. Must sell. \$3K. Call 208-324-5477.



CHRYSLER '04 Cavalier LS Sport, sunroof, alloy, 57,995. Stock #27428004



CHRYSLER '04 Cavalier LS Sport, sunroof, alloy, 57,995. Stock #27428004

1008 Vans and Buses

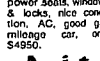
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MERCURY '93 Villager Good condition, runs great, light gray. \$1000 208-410-5446

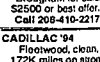
PLYMOUTH '98 Grand Voyager, V6, 7 passenger, new tires, runs and looks great. Books at \$7950. Sell \$1875. 208-733-6277

WANTED VANSH! Sell your vehicle for immediate CASH TODAY! Buying all years, makes and models 1-800-574-1248.



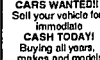
1010 Autos

BUICK '94 LeSabre, power seats, windows & locks, nice condition. AC, good gas mileage. Call only \$4950.

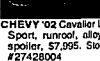


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WANTED BUYER! Sell your vehicle for immediate CASH TODAY! Buying all years, makes and models 1-800-574-1248.



CAPELLA '87 Brougham for sale. \$2500 or best offer. Call 208-410-2217



CHRYSLER '00 Cirrus LXI, 56,995. Stock #1914



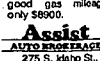
CHRYSLER '00 300, auto, air, power windows, locks, Hemi V8, leather, sunroof, chrome wheels, low miles, factory warranty. \$21,975. #2041



CHRYSLER '05 Town & Country, 118,000 miles, AWD AC, cruise, PW, PL, PM, rear air, clean, \$12,500/offer. Must sell. \$3K. Call 208-324-5477.



CHRYSLER '03 Malibu, 57,995. Stock #9630



CHRYSLER '04 Cavalier LS Sport, sunroof, alloy, 57,995. Stock #27428004

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CHEVY '03 Cavalier 75K miles, etc. cond. New tires/brakes. Top adapter, new stereo, AC, cruise control. 208-731-7195



CHEVY '04 Impala, like new, 57K miles, CD, air, power locks and doors, cruise, only \$9950.



FORD '06 Five Hundred, 24K miles, leather, AWD, loaded, sunroof, dark blue, very nice, only \$16,500.



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CHEVY '05 Monte Carlo, dark blue with gray cloth interior, V6, 37K miles, power locks & windows, CD, AC, automatic, great gas mileage only \$11,900



Assist AUTO BROKERAGE 275 S. Idaho St. Wendell 208-536-1900

CHEVY '07 Malibu PW, PL, cruise, CD, air, 23K miles, \$15,580. Stock #7F26032CP



FORD '07 Fusion SE, V6, auto, air, power windows, leather, AM/FM/CD, sunroof, alloy wheels, low miles, factory warranty, certified. Now \$14,688. #2002



Assist AUTO BROKERAGE 275 S. Idaho St. Wendell 208-536-1900

'93 F-250, \$6,000. '96 Ford Mustang V6, 5 speed, red convertible \$20,350-0392 or 208-262-3475.



FORD '95 Taurus, runs & drives great, very clean, AC, cruise. \$2950.



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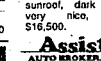
HONDA '04 Accord 60K miles, sunroof, cruise, very clean, power everything, good economy, AC, luxury at its best. \$15,995.



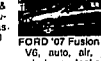
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CHEVY '98 Celebrity Cruise, runs great, needs body work. Cash only \$1200. 208-733-9556



CHRYSLER '06 PT Cruiser, 60K miles, excellent condition. 678-0111 or 870-2187

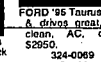


FORD '06 Five Hundred, 24K miles, leather, AWD, loaded, sunroof, dark blue, very nice, only \$16,500.



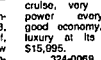
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FORD '07 Fusion SE, V6, auto, air, power windows, leather, AM/FM/CD, sunroof, alloy wheels, low miles, factory warranty, certified. Now \$14,688. #2002



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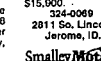
'93 F-250, \$6,000. '96 Ford Mustang V6, 5 speed, red convertible \$20,350-0392 or 208-262-3475.



FORD '95 Taurus, runs & drives great, very clean, AC, cruise. \$2950.



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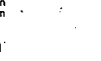
HONDA '04 Accord 60K miles, sunroof, cruise, very clean, power everything, good economy, AC, luxury at its best. \$15,995.



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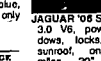
HONDA '04 Accord 60K miles, sunroof, cruise, very clean, power everything, good economy, AC, luxury at its best. \$15,995.



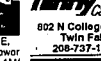
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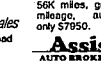
FORD '99 Thunderbird, AT, V6, light blue, 143K miles. \$1500. Well maintained, now AC. Matt 293-6046



FORD '97 Conversion van, raised roof, leather seats, TV, DVD player, game system, 10 disk CD player. \$5050

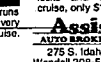


JAGUAR '05 S-Type, 3.0 V6, power windows, locks, great sunroof, only 28K miles, 20" custom wheels & tires, factory warranty, certified. Now KKB Wholesale \$25,450. #2057



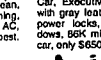
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KIA '02 Rio, very clean, 50K miles, great gas mileage, automatic, only \$7950.



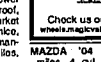
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LINCOLN '06 Town Car, Signature, silver with gray leather, 33K miles, CD, AC, power locks and windows, cruise, only \$19,800



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LINCOLN '99 Town Car, 197K mi. Blue, good condition/price. \$1000. 292-5174



LINCOLN '06 Town Car, Executive, white with gray leather, AC, power locks & windows, 68K miles, nice car, only \$8500.



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MAZDA '04 B 74K miles, 4 cyl, AT, ten interior, PW, PL, premium sound, tinted windows, alloy wheels, cobalt blue. \$10,500. Call Matt 208-678-7840



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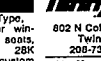
MAZDA '03 B 35K miles, power options, CD, good gas mileage car, only \$8950.



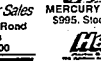
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1010 Autos

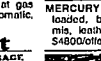
MAZDA '93 626, auto, AC, 124K miles \$2200. 208-308-6248



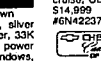
MERCURY '08 Montero, V8, auto, air, power windows, locks, leather, dual side & front air bags, alloy wheels. Now \$13,975. #3047



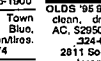
802 N College Road Twin Falls 208-737-1200



MERCURY '98 Cougar. 5995. Stock #201H



MERCURY '95 Colonial Park Station wagon. Runs good. \$750. 208-638-3462

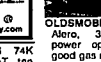


MERCURY '99 Cougar loaded, black, 110K mi, leather, manual, \$4800/offer. 670-2476



Assist AUTO BROKERAGE 275 S. Idaho St. Wendell 208-536-1900

NISSAN '05 Altima, automatic, AC, PW, PL, cruise, CD, 35K miles \$14,899. Stock #6N422378



208-733-3033

OLDS '96 98 4 door, clean, drives good, AC, \$2950. 324-0959



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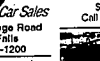
OLDSMOBILE '02 Alero PW, PL, cruise, air, CD, STOCK #42265780



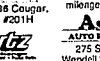
Assist AUTO BROKERAGE 275 S. Idaho St. Wendell 208-536-1900

1010 Autos

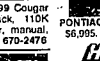
NISSAN '06 Sentra 2000 miles, great car. 35 mpg. Asking \$9500/offer. 944-4630 or 208-371-3031



OLDSMOBILE '04 Alero, AC, 56K miles, lined windows, good condition. \$7900. Call 208-538-4145.



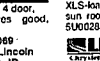
OLDSMOBILE '69 Cutlass Supreme. \$5500. 208-421-4936



PLYMOUTH '88 Neon. \$2000. Call 731-8296

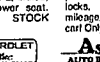


PONTIAC '04 Grand Am, local trade, 66,000 miles, automatic, 75K mile, good gas mileage! only \$7950.

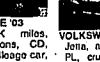


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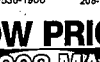
PONTIAC '04 Sunfire, \$6,995. Stock #952G



PONTIAC '98 Grand SE Coupe. 66K miles, \$3,100. Call 844-9579



TOYOTA '05 Avalon XLS-loaded, leather, sun roof, CD-stock #5U00284D \$19,499.



Assist AUTO BROKERAGE 275 S. Idaho St. Wendell 208-536-1900

VOLKSWAGEN '00 Passat, white with black leather, loaded, sunroof, heated seats, power windows, locks, good gas mileage, very nice car! \$8950.



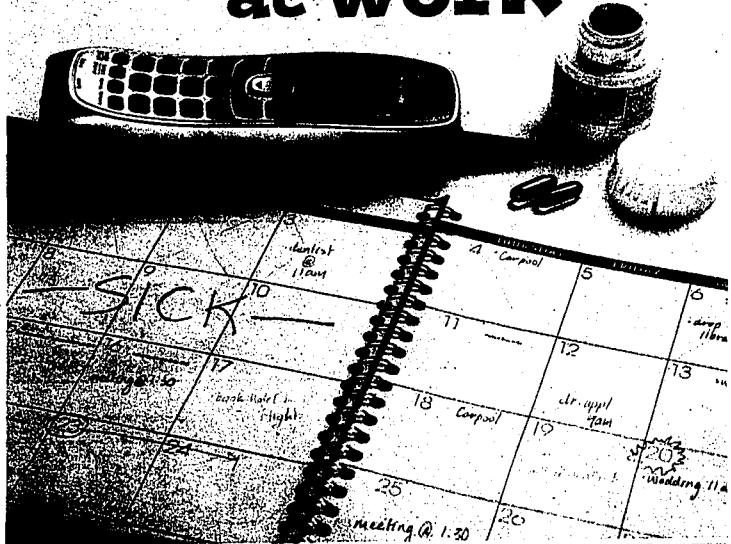
Assist AUTO BROKERAGE 275 S. Idaho St. Wendell 208-536-1900

VOLKSWAGEN '04 Jetta, auto, air, PW, PL, cruise, \$11,655. Stock #AN08085

INSIDE: Do your kids have an overly sweet childhood? D3

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

Sick at work



Feeling under the weather? The Healthy Families Act would require many businesses to give workers at least seven paid sick days per year.

Lawmakers ponder ways to increase your paid sick days

By Shari Roan
 Los Angeles Times

Stay home if you're sick. That's the best way to stop the spread of contagious diseases, such as influenza, tuberculosis and gastrointestinal viruses. Besides, you can't do your job capably or safely if you don't feel well. But many Americans simply tough it out when ill, going to work with pain, cramps, headaches, fevers or worse. Often, they have no choice.

As many as 43 percent of American workers in private industry don't have paid sick days, according to 2007 data from the federal government. If they call in sick, they lose their pay and, sometimes, their jobs.

That number has risen over the years, part of a larger trend to cut back on sick leave. Among workers who do still have the once-venereal benefit, many have found their days reduced or lumped together as part of their vacation time. The U.S. — unique among industrialized countries — doesn't mandate a minimal number of paid sick days for workers.

"Sick time is changing," said Kim Stattner, an expert on absence management for Hewitt Associates, an international company that provides human resources programs and consulting. "The practices and designs are not as generous as they once were."

As employers cut back, however, lawmakers are stepping in, with the support of labor unions, public health officials. In May, legislation cleared the California Assembly that would allow workers to earn one hour of paid sick time for every 30 hours worked. And as many as 10 other states are also pondering paid-sick-day laws, including Ohio, where residents will likely vote in November on a ballot initiative requiring a minimum number of paid sick days.

Two cities, San Francisco and Washington, have already enacted legislation. In San Francisco, full-time, part-time and temporary workers earn one hour of paid sick leave for every 30 hours worked, assuming they have been on the job for at least 90 days. Workers at companies with fewer than 10 employees can accumulate up to five days per year, and workers for companies

How to call in sick

- Need to call in sick?** There are right and wrong ways to let your boss know you're a no-show. Most people instinctively know the best way to communicate with their particular supervisor and workplace. But if your illness has caused a sudden loss of common sense, follow these tips compiled from human resources experts and other sources.
- **Do speak to your supervisor directly**, if possible. Sending an e-mail is a tip-off of possible fakery.
 - **Don't attempt to fake** sounding ill by using the old tricks: speaking on the phone while lying in bed or bent over the toilet. Remember, if you were an actor, you'd have a SAG card.
 - **Do call in as early** in the day as possible to give your supervisor time to plan the day without you.
 - **Don't give your supervisor** all the gory details of your illness, pain and suffering. It smacks of exaggeration. Make the call short and to the point.
 - **Do make** the call yourself.
 - **Don't have** your spouse, child or — worse

- mother make the call for you unless you are hospitalized and intubated. Be a grown-up.
- **Do apologize** for the inconvenience to your employer.
- **Don't call** from a baseball game, bar, airport or other questionable venue.
- **Do call in sick** when you're feeling miserable, need to see a doctor, are contagious or can't think straight.
- **Don't go** to work looking like a walking carcass.
- **Do get** a doctor's note if your illness requires medical treatment and a specified length of time off.
- **Don't use** "feminine problems" as an excuse — especially if you're not a woman.
- **Do use sunscreen** if you take a sick day to go to the beach.
- **Don't tell** your boss you'll try to be there after lunch. It won't happen.
- **Do know** how your supervisor feels about employees taking sick days.
- **Don't call in sick** on too many Mondays or Fridays. It will damage your credibility.

with 10 or more workers can accumulate up to nine days. The Washington, D.C., law requires workers to be on the

job for one year before becoming eligible for paid sick leave. Workers can earn three to seven days depend-

ing on the size of their company and whether they work full or part time. About 135 developed countries have laws requiring private and public employers to provide paid sick leave to full-time employees. In the U.S., Sen. Edward M. Kennedy, D-Mass., and Rep. Rosa L. DeLauro, D-Conn., have introduced a bill, the Healthy Families Act, that would require businesses with 15 or more employees to give workers at least seven paid sick days per year.

"The public supports it," said Ruth Milkman, a professor of sociology at the University of California, Los Angeles, and director of the Institute for Research on Labor and Employment who has studied the proposed laws. "In San Francisco, the law was so popular that the people who were opposed to it didn't even mount a challenge. Paid sick time is a human need that is self-evident."

An estimated 79 percent of low-wage workers and 80 percent of part-time workers do not have paid sick time, according to the Institute for Women's Policy Research, a Washington, D.C.-based organization that based its analysis on U.S. Department

How does your sick leave compare?

- 58 percent** — U.S. workers with paid sick days.
 - 40 percent** — Workers in small companies (fewer than 25 employees) with paid sick days.
 - 10** — Average number of paid sick days per year granted to employees of private companies.
 - 49 percent** — Workers with paid sick days who don't take any in a given year.
 - 3.9** — Average number of sick days taken each year to care for a family member.
 - 1.3** — Average number of sick days taken each year to care for self.
- Sources: U.S. Department of Labor, Bureau of Labor Statistics; Institute for Women's Policy Research; Hewitt Associates; Employee Benefit Research Institute.

of Labor statistics. The demand for workers in the service sector has grown substantially over the last two decades, but those jobs are much less likely to carry sick pay, said Jeremy Smith, a lobbyist for the California Labor Federation. Fewer workers today are covered by union contracts, which traditionally dictate paid sick time for their members, he adds.

Small companies are also chipping away at the benefit, Stattner said. "Some employers look to generate savings from cutting sick time because they are trying to mitigate the cost increase of medical benefits," she said.

Those employers and many others will resist legislation to mandate a certain number of paid sick days, said Peter Ronza, an adviser on employee compensation for the Society for Human Resource Management.

"They still love their people, but they can't afford the kind of benefits that 3M or Best Buy or General Motors can afford," he said. "California is saying, 'OK, we need to have this as a paid benefit.' But it turns out to be something small businesses can't afford."

Many employers have already begun to tinker with sick days.

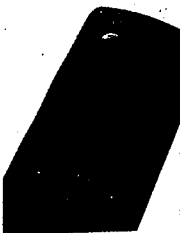
The brokerage giant Merrill Lynch raised eyebrows last year when it sliced guaranteed sick days for employees from 40 to three. According to

Please see **SICK**, Page D3

Television's tip of the scale

By Jeannine Stein
 Los Angeles Times

Ladies and gentlemen, please give it up for reality television. Because of it, the fitness landscape will never be the same.



Before "The Biggest Loser" or "Celebrity Fit Club" hit the airwaves, fitness and obesity weren't the most TV-friendly topics. Exercise was relegated to the occasional PBS program, morning show segment or infomercial, and obesity was used for shock value via the occasional 500-pound talk-show guest or story of spectacular weight loss.

But when the reality show juggernaut launched about eight years ago, it must have collectively dawned on some executives that fat people on a mission to lose weight would make for great TV — and maybe the process of exploiting them would inspire a few viewers to shed some pounds themselves.

That epiphany resulted in

a slew of shows in which obesity, weight loss and exercise were treated as either a competitive sport or quasi-circus sideshow and cautionary tale.

Perhaps these shows' greatest contribution has been their attention to the everyday plight of the heavy. Participants talk openly about their perpetual battles with food and their hatred of exercise, and whenever they cave and sabotage their diets, we may dispense them for their lack of willpower, but secretly we empathize. Viewers who have never grappled with weight problems come away with more understanding. Viewers who have struggled know they aren't struggling alone.

Please see **TV**, Page D3

Want to burn calories? Skip the green tea and go for a run

By Howard Schneider
 The Washington Post

Today we will discuss whether there are things you can do to spend more time sitting on your ass than. That is not the word the late George Carlin would have used.

Why bring this up? Because the fitness, diet and food industries barrage us with claims about methods or products or substances that "boost metabolism" and thus cause the body to use more calories even at rest. Whether it's the new secret-formula "fat burning" supplement, the "miracle" of green tea (or the



Coca-Cola company's effort to capitalize on that with a green tea-based soft drink), or even the sometimes exag-

gerated claims for the metabolism-boosting benefits of

Please see **RUN**, Page D4

B.C. By Johnny Hart

SHOW ME A GUY WHO DEALS WITH PRESSURE WITHOUT LOSING HIS COOL...
...AND I'LL SHOW YOU A BANKER WHO OFFERS HIMSELF IN A HERMETIC VAULT.

SHOW ME
SHOW ME

Baby Blues By Rick Kirkman & Jerry Scott

YAAAAAGH!
YAAAAAGH!
YAAAAAGH!
YAAAAAGH!

WHAT'S HAPPENING TO YOUR FEET? TRIM THEM! TRIM THEM! TRIM THEM! TRIM THEM!

IF YOU BRING THEM AGAINST SOMETHING, THEY'LL BE AS GOOD AS ONE GUY FOR THE OTHER!

Beetle Bailey By Mort Walker

WHY DO I ALWAYS GET THE LOUDEST JOBS?
BECAUSE YOUR NAME IS EARLY IN THE ALPHABET.

"ZEKE ZEKLEY"?

THAT'S MY NEW NAME!

Blondie By Dean Young & Stan Drake

I'M NOT PROUD OF IT, BUT I ACTUALLY USED GAS TO STEAL GAS FROM PEOPLE WHO WERE TRYING TO FILL UP!

YOU'RE DOING NOW?

I TOOK THE NOZZLE RIGHT OUT OF THEIR TANKS AND PUT IT IN MINE!

AND YOU ACTUALLY MADE A LIVING DOING THAT?

IN MY NEVADA, I WAS PULLING IN 30,000 DOLLARS A YEAR!

Dilbert By Scott Adams

HEALTH PROBLEMS AND AGESITISM ARE A HUGE COST TO THIS BUSINESS.

SO GIVE ME A RAISE, OR I'LL EAT UNHEALTHY FOOD AND AVOID ALL FORMS OF EXERCISE.

YOU ALREADY DO THOSE THINGS.

HOW COULD YOU POSSIBLY KNOW THAT?

The Elderberries By Phil Frank and Joe Troise

A Hellenic everyone! I had exciting news!

We can finally get bacon from the candy machine!

Even bigger news! That, Mr. Winters!

That's hard to imagine.

Mr. Fujitsu has approved my request for an official Elderberry-potential card!

How's that good news for us?

I'm spinning you all the horror of picking the milk & bread!

This is almost as pathetic as the "we've added some bonuses to the fruit salad" weekend celebration.

For Better or For Worse By Lynn Johnston

THIS IS ALL HAPPENING SO FAST, DON'T YOU THINK?

HOW DO I LOCATE IS THIS CENTER TOWNSHIP OF THE BRIDGE?

YOU LOOK GREAT! YOU MUST BE HAVING A GREAT TIME!

WELL, I'M TRYING TO LOSE WEIGHT BY EATING CARROT BRAN MUFFINS.

OH, I'VE GOT TO GO. I'VE GOT TO GO TO THE GYM.

NO PROBLEM, THAT'S WHAT WE DO!

Frank and Ernest By Bob Thaves

I'M TRYING TO LOSE WEIGHT BY EATING CARROT BRAN MUFFINS.

AH, THE FIBER-OPTIC DIET!

Garfield By Jim Davis

I BOUGHT LIZ A DOZEN ROBES TODAY... FOR NO REASON AT ALL!

I BET SHE'LL BE SO SURPRISED...

FOR FIFTY BUCKS, SHE'D BETTER!!!

A FLEETING MOMENT OF MALE CLARITY!

Hagar the Horrible By Chris Browne

I LEAVE TO SACK AND PLUNDER THE HEAVILY FORTIFIED CASTLE OF THE KING!

I'LL BE OUTNUMBERED TEN TO ONE! I'LL FACE ARROWS, SWORDS AND SPEARS!

YES, WHEN YOU RETURN PLEASE TRY NOT TO GET ANY BLOOD ON THE RUG!

DO YOU HAVE ANY WORDS?

Hi and Lois By Chance Browne

WE'RE IN THE MIDDLE OF NOWHERE.

ACTUALLY, WE'RE NOT THAT FAR FROM CIVILIZATION.

ARE YOU KIDDING? I JUST LOST MY CELL PHONE RECEPTION!

Luann By Greg Evans

SO CAN LUANN BUY MY CAR, MR. D?

WELL, MY MECHANIC SAID IT'S SOUND, SO...

I CAN BUY IT!

DAD!

WELL, I... UH... I...

YOU KNOW THAT SONG "SCORRY SEEMS TO BE THE HARDEST WORD" FOR DADS IT'S "YES."

Classic Peanuts By Charles M. Schulz

I WAS WONDERING IF YOU COULD FLY ME TO MONTANA.

I KNOW YOU GO BY THE COLORS ON THE MAP.

ON SOME MAPS IT'S ORANGE, AND ON OTHERS IT'S GREEN.

THEN WE CAN'T GO.

Pearls Before Swine By Stephan Pastis

DID I GET ANY MAIL? DID I GET ANY MAIL? DID I GET ANY MAIL?

YOU DID, ACTUALLY. YOU BETTER NOT BE ACTING AS YOUR OWN PEN PAL AGAIN.

I'M NOT. I GOT A REAL PEN PAL! SOMEONE WHO WRITES ALL THE TIME? SOMEONE WHO KEEPS INVITING ME TO HIS HOUSE? SOMEONE WHO NEEDS A FRIEND AS MUCH AS I DO? HE'S EVEN GIVEN ME A NICKNAME, STRANGE AS IT IS.

WHAT'S THE NICKNAME?

Dear Bacon Butt

Pickles By Brian Crane

WHAT ARE YOU UP TO NOW, EARL?

I'M GOING TO PICK UP LITTER IN THE PARK. HAVE YOU SEEN HOW MESSY IT IS? IT'S DISGRACEFUL.

SO WE DECIDED TO MAKE IT MY MISSION TO CLEAN IT UP!

HOW ABOUT STARTING WITH THOSE DIRTY CLOTHES OF YOURS ALL OVER OUR BEDROOM?

Rose Is Rose By Pat Brady

I'M IN THE MOOD FOR A BELLY RUB.

I'M CERTAIN THAT SOMEONE WILL STOP BY AND GIVE ME ONE.

AFTER ALL, I'M A KITTEN WHO COULD RESIST RUBBING THIS BELLY?

WOULD YOU NOT EVEN FOR EVERY WALKING ON THE PLANK?

Non Sequiter By Wiley

AS ONE DOES, OTHERS BRINGLES ONE PEEVES, BUT THAT PEN PROOF IS REALLY INVALUABLE. A MINDFUL OF OPPORTUNITY, AND YOU TAKING IT!

...L... WHAT KIND OF OPPORTUNITY IS THAT, DINK?

FILLING THE VOID OF ANGRY'S NEAR DEMAGOGIC DIVA.

OH, PUN-LEZE, DINK! DIVA'S HUNG MINDFUL FOR THE BEST OF THING.

GOOD, YOU CAN START BY CLEANING YOUR ROOM.

I TRAPPED THOSE OLD COMIC BOOKS YOU HAD IN THE ATTIC, DAD, FOR SOME BRAND-NEW ONES.

The Wizard of Id By Brant Parker & Johnny Hart

HI, I'M HERE FOR THE ASSISTANT'S JOB.

YOU'LL HAVE TO PASS THE LITMUS TEST.

WHAT'S THAT?

IF MY WIFE TURNS RED WHEN SHE SEES YOU, YOU'RE FIRED.

Zits By Jim Borgman and Jerry Scott

NAG! NAG! NAG! NAG! NAG!

HI MOM!

DON'T THINK I'M UNWELCOME THAT LONG-TIME YOU ASSIGNED MY NUMBER.

An over-sweetened childhood

The Washington Post

Could your child be drinking too much juice? A recently published study in *Pediatrics*, the journal of the American Academy of Pediatrics, shows that children are getting 10 to 15 percent of their calories from sugar sweetened drinks such as soda, sports

drinks, lemonade and 100 percent fruit juice.

Because of the increase in childhood obesity, you should make sure that your kids remain active, eat a healthy and balanced diet and limit their sweetened beverage intake.

The American Heart Association recommends "sweetened beverages and

naturally sweet beverages, such as fruit juice, should be limited to 4 to 6 oz per day for children 12 to 6 years old, and to 8 to 12 oz per day for children 7 to 18 years old."

Instead of juice and soda, try to make calcium-rich milk and calorie-free water your kids' favorite new drinks!



TV

Continued from page D1

I admit I'm an avid watcher of these shows, hooked from Day 1. But mine is a love-hate relationship. Because I write about fitness and obesity, I skeptically search for the shows' redeeming qualities. I know they're out to entertain viewers, but I wonder if the average person will find inspiration or insight.

I hope they do. Sometimes it's that if-then-can-do-it-I-can-do-it-revelation that will start someone down the path of weight loss. But the cycle in me knows that committing to a 13-week TV series is far easier than committing to a new lifestyle.

Below are reflections on some of these shows' motivational merits — with input from Los Angeles-based personal trainer and author Harley Pasternak ("5-Factor Fitness" and "The 5 Factor Diet").

"The Biggest Loser" (NBC, premiered 2004): This prize-driven competition pits men and women against one another in a battle to see who can lose the most weight while sequestered.

Most of the weight loss is dramatic — not surprising, given the fact that competitors are cut off from family and friends. Viewers are privy to these noticeable results week to week. By the show's end, most people don't even resemble their former selves (most look at least 10 years younger), which could be a huge impetus for viewers to take the plunge. If they do, though, they won't be in an artificial environment with a team of only weight loss to focus on.

Pasternak points out that the show has to go for extreme results because regular weight loss simply isn't that interesting. "People aren't going to tune in to see that somebody lost another pound this week," he said. "So it's not this moderate, sustainable, realistic pro-

gram; it's about losing as much weight as possible by any means necessary, and then letting you go back to your life. It might motivate some people, but it will be a misguided effort."

The show doesn't turn viewers completely loose on their own — it's spawned a multi-hundred-million-dollar industry, including books and DVDs. But without a personal plan, support and maintenance program, most weight-loss attempts are doomed to fail. "Celebrity Fit Club" (VH1, premiered 2005): Porly D. Little celebs don't have to hide from prying paparazzi — they can let the world see them try to lose weight.

The once-famous starlet who can't get rid of the baby weight, the rapper who lives to eat, the former child star who finds solace in cheesecake — guaranteed, one or more of these types will be ready to do what it takes to slim down. In theory, anyway. Under the guidance of a physician, a therapist and a former Marine instructor, celebs take on wacky fitness challenges and try to follow their prescribed diets in an effort to meet their minimum weight-loss requirement at the weekly weigh-in. Though a few drop a considerable number of pounds, others barely budge the scale and some actually end up gaining.

I had big doubts about "Celebrity Fit Club" from the get-go — what could viewers really learn from a bunch of has-beens trying to shed their bulk? It's this: Just because you're famous and, hence, prone to lose weight doesn't mean it'll happen. Contestants aren't sequestered, so they must deal with real-life temptations when the cameras aren't on. We're privy to their excuses — I'm under a lot of stress, I try to be good, I have big bones, blah, blah, blah. The show is probably the closest reality TV comes to

depicting the reality of weight loss — it's difficult and takes constant vigilance.

Pasternak's not convinced: "These people have experienced some kind of celebrity in their life, and this is a last-ditch effort to get some media attention," he says.

He also criticizes the forced drama. "Someone dressed like a drill sergeant is not about weight management, he's about obedience and screaming and pushing you to your limits," he says. "Standing on a scale in front of people is good television, but that and people's health are two completely different things."

Probably, but you can't help but cringe when you hear these lame justifications — because we've all uttered them at one point.

The Learning Channel: Its series of obesity-themed shows includes the series "Inside Brookhaven Obesity Clinic" and "Big Medicine," and specials such as "The Half-Ton Man" and "The 750 Pound Man."

You have to hand it to TLC — no other channel so relentlessly chronicles the lives of the marginalized, such as super-morbidly obese men and women, primordial dwarfs and people who have tree limbs for hands. Bringing them into the light elicits sympathy for their plight, but the flip side is far gloomier — there's a strong voyeuristic quality to all of these shows that causes viewers to be simultaneously repulsed and fascinated.

Inside Brookhaven Obesity Clinic brings us up close and personal with men and women undergoing treatment for their morbid obesity at Brookhaven Rehabilitation & Health Care Center in Far Rockaway, N.Y. Some patients not-so-secretly sneak in food, while others clash with the doctors and staff. "Big Medicine" at the while, follows patients at the

Methodist Weight Management Center in Houston before, during and after bariatric surgery — their last-ditch attempt to lose weight.

TLC's stock in trade are specials with tabloid-esque titles, many of which have tackled super-morbid obesity, like a "1 Eat 33,000 Calories a Day" (no lie, the guy really did). The window into the world of these people reveals their addiction to food and their bonds with enabling family and friends, who shake their heads at their loved ones' outrageous weight gain while ordering them five pizzas.

It would be disingenuous of me to say that watching any of these shows didn't make me want to rid my house of the last remnant of saturated fat. But the shows have more to offer than the possibility of scaring viewers straight (which, ultimately, is unlikely to happen). By examining the complex relationships the obese have with food and the people close to them, we begin to understand that becoming so fat you have to tear a wall down to leave does not come simply from eating a few extra ham sandwiches.

Pasternak gives props to TLC's weight-themed series. "There is definitely some value there. They are set in a clinical environment as opposed to an entertainment environment, so you're talking about something that's not contrived. It exists whether a camera is there or not, and people are being helped by health practitioners," he says. "Most Americans are unhappy with their weight, and now they can feel some kind of kinship with those who are struggling. They can see they're not alone."

As the shows point out, obesity is a complicated issue that can't be eradicated by locking the fridge.

To do for You

Caregiver support

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

August Alzheimer's meetings canceled

Rosetta Assisted Living in Twin Falls will not hold Alzheimer's Support Group meetings in August. Meetings will resume in September. Information: 734-9422.

'Baby and Me'

St. Benedicts 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.

About C-sections

Cesarean childbirth class, 6:30-9 p.m. Tuesdays, in the lobby at St. Luke's Magic Valley Medical Center's downtown campus, 660 Shoshone St. E. in Twin Falls. Topics: Cesarean deliveries, nonconforming labors, pain management and hospital procedures. Wear comfortable clothing; bring two pillows and, if possible, a support person. Free. Preregistration required; 732-3148.

About back injuries

"Back School," a course on preventing and treating back injuries, 5-7 p.m. Wednesdays, at St. Luke's Magic Valley Rehabilitation Services, 560 Shoup Ave. W. in Twin Falls. Topics: basic spine anatomy, common injuries and diseases that lead to back pain, as well as instructions in posture and

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body mechanics to protect the spine. Cost is \$25. Preregistration required; 737-2126.

Learn CPR

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

About childbirth

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

Learn CPR

American Red Cross of Greater Idaho's adult, child and infant cardiopulmonary and first aid class, 9 a.m. Saturday, at the Red Cross office, 253 Fourth Ave. N. in Twin Falls. Cost is \$55. Preregistration required; (800) 853-2570, ext. 302.

Cancer survivors' picnic

Picnic for cancer survivors, 6 p.m. August 11, at Fielder Pavilion at Rock Creek Park in Twin Falls. Bring a side dish. Reservations: Mary Howard at 734-1766.

"Do for you" is a listing of health-related activities, events and education. Submit information by Thursday for publication in the following Monday's magazine section. E-mail news items to ramona@magicvalley.com.

Sick

Continued from page D1

Stattner, most companies that provide paid sick days offer about 10 a year. (Employees of the federal government get 13 a year.) Some companies that in past years allow employees to carry over unused sick days from one year to the next, but many provide a short-term disability benefit featuring partial pay for six to eight weeks. Moreover, some companies allow employees to purchase long-term disability insurance policies.

"Today, sick time is intended for casual or incidental absences," Stattner said. "The short-term disability is for more serious health conditions requiring multiple weeks away from an office." Some employers are also instituting plans that lump vacation, sick and personal days in one pool, a benefit referred to as "paid time off." A survey by Hewitt showed that 30 percent of employers offered paid time off in 2006, up from 18 percent in 2000.

The idea behind general paid time off is that employees will be more judicious in how they use sick time. But such pools often don't reflect the realities of real life, Ronza said. "What if you get sick and you use up all your time in the same year that you have a wedding planned?"

Others view the time-off pools as a sneaky way to reduce paid sick days and ease the managerial headache of keeping track of employees' separate balances of sick, personal and vacation

days. When employers offer 15 days of time off instead of two weeks of vacation and two weeks of sick time, for example, the reduced number of sick days can slip by relatively unnoticed.

"It's a way of cutting back on paid time off," says Vicki Lovell, director of employment and work and life programs for the Institute for Women's Policy Research. "Employers don't have to care why someone is out."

Sick-leave laws

National proposal related to paid sick time for employees. The law would require companies with 15 or more employees to offer paid sick days each year to their full-time employees. For information: www.governor.com and call 1-800-408-8888. The law would require companies with 12 or more employees to provide at least 12 weeks worth of pay for at least 12 employees, and work for a combined 250 hours, and work for a combined 50 employees. For information: www.wnd.com

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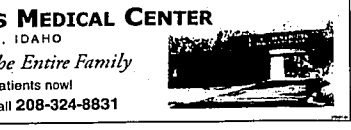
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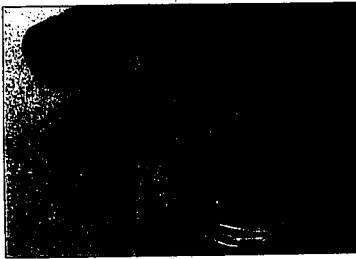
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A sampling of new books on alcoholism



By Frances Sias Sellers
The Washington Post

Addiction, warns Marilyn Freimuth, is not just about junkies on street corners but also about clients and co-workers, friends and family.

A professor of clinical psychology, Freimuth includes in "Addicted? Recognizing Destructive Behaviors Before It's Too Late" (Rowman and Littlefield; \$16.95) screening questions for both chemical and behavioral addictions, in the hope of helping readers recognize problems — in

themselves or in others — before they wreak too much havoc.

This is a book its author, Patricia Olsen, says she could have used. Her brothers' drinking, she writes, "trumped on every aspect" of their lives; it also trumped on her life as she visited them in the hospital or tried to help them with housing. Written with addiction specialist Petros Levounis, the forthcoming "Sober Siblings: How to Help Your Alcoholic Brother or Sister — and Not Lose Yourself" (Da Capo; \$14.95) combines emotional

support with practical guidance.

In her upcoming book, "Eating for Recovery: The Essential Nutrition Plan to Reverse the Physical Damage of Alcoholism" (Da Capo; \$17.95), registered dietitian Molly Siple takes the goal of sobriety one step further: Focusing on foods "that not only taste good but that will help your body heal." She encourages former alcoholics to create a diet that can help make up for some of the bodily harm, such as digestive problems and fatty liver,

wrought by drinking too much.

This is the fourth in a series of "Voices of" books, edited by the Healing Project, a nonprofit dedicated to helping people with life-threatening diseases, and "written by people like you." Through these first-person accounts, "Voices of Alcoholism: The Healing Companion: Stories of Comfort, Courage and Strength" (LaChance; \$16.95) describes living with the bottle — and the often challenging steps toward recovery.

Run

Continued from page D1

exercise, this is the health equivalent of money for nothing — a free-lunch promise that would, if true, liberate us for more time on the Barcelonaer.

Don't count on it. One thing seems pretty clear from my own fitful experience: To a certain degree, we are what we are. Sure, you can improve the shape and composition of your body with diet and exercise. As you become more fit, you function more efficiently and become able to do more. Your muscles store more fuel and become stronger, your circulatory system gets better at processing oxygen, your resting heart rate and blood pressure might drop, and you can tap different energy systems and sources more effectively.

But the pace and extent of those changes — the underlying way in which our bodies react and adapt to stress — is pretty tightly circumscribed. We all know people who seem to eat and drink what they want without gaining an ounce, or who seem to easily add muscle or shave time off of their 10K pace; others of us need to work a lot harder to keep things in balance or make progress.

For those in the great mass called "average," it also seems the case that when the activity stops, some of the more widely advertised benefits taper pretty quickly as well.

Advocates of strength training in particular argue that building more muscle through exercise increases your resting metabolic rate: the number of calories the body uses at rest simply to sustain itself. The higher rate will act, they say, as an automatic form of weight control.

Well, yes, to support the extra muscle the body will use more calories all day long. But how many?

The textbooks are cautious.

Sharon Plowman and Denise Smith, in their introductory text "Exercise Physiology for Health, Fitness and Performance," write that studies of the effect of strength training on rest-

ing metabolism "are not definitive." The difference between a bit of extra fat and a bit of extra muscle might come down to just a few calories a day.

Although there are plenty of good reasons to lift weights or do other resistance training (think walk vs. walker), the "transform your metabolism" pitch may be a bit oversold, particularly given the difficulty of adding those extra pounds of muscle.

Strength training is great for the body and great for long-term health. But "can you say that every additional pound of muscle burns X amount of calories? It is very hard to separate it," said J.C. Santana, director of the Institute of Human Performance, a training and research facility in Boca Raton, Fla.

Likewise, there is "afterburn," a concept tossed around casually in gyms and by trainers with the idea that your lunch-hour workout will still in burning calories during your commute that evening.

"Excess post-exercise oxygen consumption" — the formal term — may indeed earn you more calories after leaving the gym, but the benefit is proportionate to the work done. Afterburn occurs when the body accumulates an oxygen deficit during activity — and that means working beyond the ability of your lungs to keep up. Oxygen deficit is the norm at the start of a workout, until the body is warmed up, but sustaining

it over time is hard.

For the modest exerciser, Plowman and Smith estimate that a three-mile jog that consumes 300 calories might produce 30 calories or so of afterburn.

Diet, as might be expected, influences metabolism, but not in the way that the magic supplement or herb pitchmen might lead you to believe. Although some foods (certain spices, caffeinated beverages) do appear to tweak your system, the effect is modest. You can't counteract a Big Mac with a thermos of green tea.

But the energy used to digest food is substantial, accounting for perhaps 10 percent of a person's daily caloric expenditure. What you eat can push that either higher or lower.

Dense, whole grains and vegetables have a higher "thermic effect": They take more calories to digest, along with providing nutrition. Sugary, refined foods, by contrast, carry a triple whammy: They're high in calories, typically low in nutrition and broken down with little effort.

No doubt all of these small contributions add up to a metabolic plus: a few extra calories from muscle, a few from the afterburn, a few from digesting a big bowl of broccoli. But don't count on this alone to turn your body into a high-octane furnace.

There really is no free lunch. Which lets us end where we began: The only sure bet is to get-off-yourself, you know.

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