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TIME NEWS

Monday, September 8, 2008

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Turning the page



Above, Barbara Ellington and her husband, Masq, of Bakersfield, Calif., use the computers during their visit to the Twin Falls Public Library. At top, Becky Christensen and her 1-year-old son, Will, look at DVDs at the Twin Falls Public Library. Comedies and children's shows are their favorite.

Photos by ASHLEY SMITH/Times-News

Libraries become more modern – and used more – in a tough economy

By Ben Botkin Times-News writer

The era of libraries having nothing but books has faded away with the rise of computers, the Internet and DVDs. They have changed another way, too. Libraries in the Magic Valley are growing buster with more patrons and a higher number of items being checked out or used, including books, Internet access and other media.

The increase reflects a trend that libraries nationwide are experiencing. Library visits in the United States increased from 1.2 billion in 2003 to nearly 1.3 billion in 2007, according to data compiled by the American Library Association.

The American Library Association ties the recent increase to the poor economic climate. A study of 25 public libraries found that usage was up, because of the sliding economy,

said Camila Alfre, president-elect of the ALA.

With high gas prices discouraging vacations and Internet access at libraries for job hunters, libraries attract more people who use their services, Alfre said.

"We provide access to computers where they can come in and type out their resume and cover letters," she said. "We provide materials on how to interview and do a good resume. If you go on the Internet a lot of these

companies and places will have their job ads online."

Area librarians agree that the economy can play a role in attracting people to libraries. They also point to a variety of services such as special events, summer book programs and expanded collections of films.

It's well known in the library world that economic woes can increase the number of people

Please see LIBRARY, Page A2



A plane takes off during a fly-in educational event Saturday at Joslin Field, Magic Valley Regional Airport. The fly-in was hosted by the Twin Falls Fliers and about 35 pilots participated.

Photo by BLAIR KOCH

Twin Falls Fliers host educational event

By Blair Koch Times-News correspondent

Days spent outside and talking with fellow Idaho pilots on the runway is a favorite part of Frank Lester's job.

On Saturday, the safety and education coordinator with the Idaho Transportation Department's Division of Aeronautics got to do just that during a fly-in hosted by the Twin Falls Fliers at Joslin Field, Magic Valley Regional Airport.

"This is one of the best parts of my job, getting to get out with pilots," Lester said. "The fly-in drew about 35 pilots from across south-central Idaho, plus Pocatello and Sun Valley, to participate in an educational seminar on density altitude — an

Please see FLY-IN, Page A2

McCain, Obama vie for 'reformist' mantle

By Jonathan Weisman The Washington Post

When Sen. John McCain introduced Sarah Palin as his running mate last week, he declared they would "beat the long odds in what a tough election on a message of reform and integrity." Alaska's governor promised they would take "our message of reform to every voter of every background." Sen. Joseph I. Lieberman, I-Conn., pronounced McCain "a restless reformer" now with a running-mate "reformer" to boost "reform" became the watchword of the



McCain

Obama

Please see REFORM, Page A3

Liver disease plagues obese adolescents

By Linda A. Johnson Associated Press writer

TRENTON, N.J. — In a new and disturbing twist on the obesity epidemic, some overweight teenagers have severe liver damage caused by too much body fat, and a handful have needed liver transplants.

Many more may need a new liver by their 30s or 40s, say experts warning that pediatricians need to be more vigilant. The condition, which can lead to cirrhosis

and liver failure or liver cancer, is being seen in kids in the United States, Europe, Australia and even some developing countries, according to a surge of recent medical studies and doctors interviewed by The Associated Press.

The American Liver Foundation and other experts estimate 2 percent to 5 percent of American children over age 5, nearly all of them obese or overweight,

Please see LIVER, Page A3

Idaho blacksmith wins prestigious award

By Tim Woodward Idaho Statesman

BOISE — Recipients of this year's Idaho Governor's Awards in the Arts include arts patrons, two painters, a dancer, a



smith, a Nez Perce elder, an orchestra director, an opera director — and a blacksmith. In a field of mostly fine-arts types, Nahun Herson's award for traditional and folk art is unique. No other blacksmith has ever received it.

"I was amazed that I got it with all the people in Idaho who do art and craft work," he said. "On the other hand, this is big craft work, not the rinky-dink stuff." Few who know his work would argue. Herson is to a common blacksmith what a Monet is to an Elvis on velvet.

Please see ARTS, Page A3



Nahun Herson talks about his life as a craftsman at his Boise studio on Aug. 18. Herson also teaches German Blacksmith's classes at this Boise work shop.

High: 79 Low: 48

Mostly sunny skies. Details: BSA and live at magicvalley.com/news



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No paperwork, no tent Views differ on T.F. Fair medical tent

By John E. Swayze
Times-News Correspondent

A recent news article about the lack of a medical tent at the Twin Falls County Fair struck a nerve with Aaron Keys.

"It was humorous and kind of hit home at the same time," he said. "I've tried to offer basic first aid services in exchange for a place to put up a 10-by-20-foot tent, but the fair board has turned me down for three years, saying I'd have to pay for a spot."

Keys, who owns Keys to CPR at 157 Main Ave. E. in Twin Falls, uses the emergency medical training he completed in 2004 to educate the public in Idaho and

surrounding states about basic first aid and cardiopulmonary resuscitation techniques.

In addition to a current contract with the Jerome County Fair, Keys has also provided services at Twin Falls' Western Days and Oktoberfest celebrations.

"Part of my EMT training was riding along with the Rock Creek Volunteer Fire Department and one time we lost a baby because the family didn't know what to do," Keys said. "Right then I knew there had to be a better way, so we opened our doors in 2005."

In response to Keys' comments, Twin Falls County Fair Manager John Plitz said

he was unaware of any paperwork being submitted by Keys in the last few years and that the fair board had never heard or denied a first aid station request from Keys.

"Anyone who requests a space, vendors or otherwise, has to fill out and submit applications that, all go through me," Plitz said. "Up until funding wasn't available or their liability insurance made it too difficult, we used to do the same thing with the Red Cross and their tent. I don't imagine we would turn something like this down as long as paperwork was filled out, sent in and we had a space."

Filer Quick Response han-

dles all first aid needs of fair patrons with mobile four-wheeler units as well as a fixed location next to the security booth.

Fairgrounds office manager Bonnie Seaman echoed Plitz's comment with her own assurances.

"I can't speak for years past, because once the fair is over, those applications disappear," she said. "But nothing from this year has been thrown out yet and I've looked through the files, so unless something got stapled or is stuck together, all I can say is I've never received it."

John E. Swayze may be reached at 208-326-7212 or swayze@aol.com.

Deadline still unclear in Big Sky feedlot case

By Nate Poppen
Times-News writer

It's still unclear whether Jerome County commissioners face a deadline for when to issue their decision regarding the proposed Big Sky Farms feedlot.

The application was returned to the board on June 27, and commissioners voted 2-1 on Aug. 11 to tentatively approve the permit. But a series of delays since mean official approval may not come until Sept. 22.

Following an article in Friday's Times-News on the topic, county resident Lee Halper sent a note to county officials and others involved in the case highlighting a county ordinance that requires decisions to be made within 180 days of a hearing.

John Luthjig Big Sky attorney John Lotzspeich and Jerome County Prosecutor Mike Seib said they didn't think the particular passage was

relevant because it dealt with a hearing, not a remand from a judge. Seib said he would not look more into a split in the Planning and Zoning commission's decision.

The ordinance in question comes from the county's 2006 version, which is currently being used due to questions over the legality of a split in the Planning and Zoning commission the same year. A revised version set to come before the county commissioners soon contains the same language, Seib said.

Halper seemed convinced enough of the ordinance's relevance to file an official complaint against Seib with the Idaho State Bar later on Friday. County Commission Chairman Charlie Howell said he had never heard of a deadline for the issue. But commissioners are eager to resolve the case, he said. "I'm tired of it dragging on," he said.

Liver

Continued from page A1
Have the condition, called nonalcoholic fatty liver disease.

"It's clearly the most common cause of liver disease," said Dr. Ronald Sokol, head of public policy at the liver foundation and a liver specialist at Children's Hospital and University of Colorado Denver.

Some experts think as many as 10 percent of all children and half of those who are obese may suffer from it, but note that few are given the simple blood test that can signal its presence. A biopsy is the only sure way to diagnose this disease.

As fat builds up, the liver can become inflamed and then scarred over time, leading to cirrhosis, a serious condition, which in years past was mostly caused by hepatitis or drinking too much alcohol. Liver failure or liver cancer can follow, but if cirrhosis has not yet developed, fatty liver disease can be reversed through weight loss.

The disease is most common in overweight children with belly fat and certain warning signs, such as diabetes or cholesterol or heart problems. However, it's been seen in a few children of normal weight.

Genetics, diet and exercise level all play a role. It is most prevalent among Hispanics, relatively rare among African-Americans, and

Young, obese and at risk of disease

Experts estimate 2 to 5 percent of American children over age 5 have nonalcoholic fatty liver disease — nearly all of them significantly overweight.

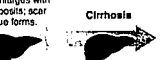
Progression of fatty liver disease
Liver can be scarred within 10 to 15 years.

Healthy
Liver enlarges with fat deposits; scar tissue forms.



Clears blood of bacteria, toxins and other foreign particles.

Cells are injured, organ hardens and reduces in size. Liver failure or liver cancer can follow.



Cirrhosis
Some may need a new liver by their 30s or 40s.

SOURCES: American Liver Foundation, AP reporting

more common among boys than girls.

"There are people in their 30s or early 40s that will require a liver transplant" from developing the condition as a kid, predicts Dr. José Dendoy, head of liver transplants at Cardinal Glennon Children's Medical Center in St. Louis. He's treated a 15-year-old, 530-pound boy and many others with the condition.

Experts blame obesity, with about two-thirds of all Americans overweight. With fatty liver disease becoming more common in adults, many experts predict it will become the top cause of liver transplants by 2020.

"There aren't enough livers to go around," says Dr. Philip Ross of the University of California-San Francisco

Children's Hospital.

His patient, Irving Shaffino, a 15-year-old Mexican-American who lives outside Lubbock, Texas, was lucky to get a transplant a year ago. He was in end-stage cirrhosis and, at 5-foot-4½, weighed 180 pounds.

Irving had been fat since age 6, thanks to a high-starch, high-fat diet of Mexican food, pizza and burgers, said his mother, Guadalupe Shaffino. At age 8, she said, he had a distended stomach and by his early teens, breathing problems kept him tethered to an oxygen tank at home.

"Without health insurance, the family couldn't find a local hospital that would do a transplant."

"My son begged me, 'Don't let me die. Mommy, so I did everything in my power to

find a place to help him. Thanks be to God, we found a way," said Guadalupe Shaffino, a restaurant cook.

UCSF Children's Hospital, with money from a state health program, agreed to do the transplant. Rosenthal, who oversees the hospital's pediatric liver transplant program, took over care of Irving. The doctor said without a new liver Irving would have died, maybe within months.

"It was in bad shape," said Rosenthal.

Soon after tests were completed and Irving got on a transplant waiting list, an organ was found.

"It felt like a miracle, because people say you could be on the transplant list for years," Irving said.

Within a couple of months of the July 26, 2007 operation, Irving had weaned himself from the oxygen tank and could go on walks, although he got winded quickly.

Back home in Texas, his medications are down from 11 to four and Irving said he's replaced soda and fast food with fruit, vegetables and whole grains.

"I want to get into sports again," he said. "I want to get down to maybe 150" pounds.

Sadly, however, Irving has made little progress in losing weight. While he's grown an inch and a half since his operation, he's still obese and his weight was up to 219 last month.

Arts

Continued from page A1

He hasn't made a horse-shoe in years, but he's credited with keeping an ancient art form alive in the United States.

Don Kemper of the Artist Blacksmith Association of North America calls Hersom "an internationally recognized master in the craft and art of repossé metal working. He is recognized as the elder statesman of the hand-forged masters of repossé."

Repossé is an art form in which designs on metal are raised in relief by hammering it from the reverse side. Dating to ancient times and widely practiced in Europe in the 16th through 18th centuries, it was becoming a lost art in the United States when Hersom walked into the shop of master metal worker Valentin Goetz in Los Angeles more than 60 years ago. "I was awed," he said. "I

asked him how I could learn, and he said I didn't want to because it was hard, dirty work and nobody was doing it anymore. But he took me as his student, and now I'm known all over the world. If you look up repossé on the Internet, you'll find me."

Samples of his work can be found in his home, his shop and a book he wrote on repossé: Intricate metal leaves and flowers, swags and scrolls, fleur-de-lis, a mask of a Roman god wearing a crown of grapes. He works with metals from iron and copper to silver and gold.

He starts a project by drawing a pattern on paper. Then he punches tiny holes in the pattern, like dots in a connect-the-dots drawing. That done, he cuts the metal into the proper shape with a band saw and pounds the dots with hammers and punches to form the design.


"It's tedious; time-consuming work," he said. "It's not something you just come out here and wham, bam and whap at. You have to be deliberate and conscientious."

In his hobby, Hersom's projects included the elegant chandelier in the lobby of Downtown Boise's long-defunct Pinney Theater and pieces gracing homes and businesses in places such as Aspen, Colo., and Beverly Hills, Calif. At 90, he no longer works full-time but still spends time in his Northwest Boise shop, tin-

king or teaching repossé.

Except for a few large power tools, the shop could be a holdover from another century. A hundred hammers hang from a board above a workbench. Each has a special weight and configuration for pounding specific shapes in metal. Tools hang from nails and boards, line shelves and cupboards, fill boxes and cans. There are thousands of tools — hammers, punches, pliers, saws, drills chisels, tongs — they seem endless. Hersom built or rebuilt virtually all of them.

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4	General Surgery	5	Orthopedics (Spine)	6
7	Orthopedics Sleep Lab Urology	8	General Surgery Orthopedics Pain Mgmt.	9
10	General Surgery	11	Cardiology General Surgery Orthopedics	12
13	General Surgery	14	Orthopedics Sleep Lab Urology	15
16	General Surgery	17	Cardiology General Surgery Orthopedics	18
19	General Surgery	20	Orthopedics Sleep Lab Urology	21
22	General Surgery	23	Cardiology General Surgery Orthopedics Pain Mgmt. Podiatry	24
25	General Surgery	26	Orthopedics Sleep Lab Urology	27
28	General Surgery	29	Cardiology General Surgery Orthopedics	30
1	General Surgery	2	Orthopedics Sleep Lab Urology	3

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- Mobile MRI 208-324-9729
- Orthopedics - Dr. Glen Shapiro 208-324-3286
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- Pain Specialist - Dr. David Jensen 208-736-8006
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Delays hamper Boise effort for intervention team training

BOISE (AP) — Efforts to train police officers in Idaho's capital to better deal with mentally unstable residents have been delayed due to turnover at the department.

That's prompted complaints from advocates who want to see results more quickly.

A so-called Crisis Intervention Team was initiated after a Boise teenager's shooting by police in 2004 prompted broad community concern. Matthew Jones, a troubled 15-year-old, was shot and killed after threatening his father.

Pierce Murphy, the community ombudsman for the Boise Police Department who reviewed Jones' death, recommended the intervention team be created in 2006.

Two years later, however, the Boise Police Department has just finished introducing officers to a new program.

Peggy McMahon, a Boise member of the National Alliance on Mental Illness, said she's frustrated by the delays.

Utah proposes allowing more criminals in day care

SALT LAKE CITY (AP) — More petty criminals convicted of certain minor crimes would be able to work in licensed day care centers under rules proposed by the state.

The proposal says people convicted of possessing marijuana, knowingly providing alcohol to a minor or driving under the influence with a minor would be allowed to work at state-licensed facilities.

To qualify, those crimes would have to have been committed at least five years ago.

Those convicted of any physical crime against children, as well as any felony, would continue to be banned.

The proposed rules could go into effect in mid-October.

Government is family affair in Palin's Alaska

By Karl Vick and James V. Grimaldi
The Washington Post

WASILLA, Alaska — One Friday in June, Alaska Gov. Sarah Palin joined the chief of the state prison system on a tour of the Point MacKenzie Correctional Center, a 90-minute drive north of Anchorage. It was a routine visit but for the presence of the governor's infant son, Trig.

Palin held her baby in her arms as the warden drove a short distance around the facility, said corrections director Joe Schmidt, who sat next to Palin. A few days later, the governor got a warning from her public safety commissioner that someone had complained that she did not strap Trig into a car seat for the ride.

Palin dismissed the complaints as petty, and the commissioner, who she appointed, took no action. But the incident shows the degree to which family and politics are bound together in Palin's career.

Of the many striking images of Palin — sports-woman, beauty queen, populist — in Alaska the most iconic is working mother, a perfectly coiffed professional woman balancing public duties and child-rearing in a chaotic world of multitasking. The governor shops at the Wal-Mart superstore off Park Highway and drives the family Suburban herself. Under "business relationships" on a state disclosure form, she listed "family carpooling to youth basketball" because one of the parents is a lobbyist.

Long before she burst onto the national scene last month, Palin made politics a family affair in Alaska. Her role as a wife and mother shaped her entry into politics, proved central to her appeal to supporters and generated the greatest controversies in her abrupt ascension to the GOP ticket. From her children's names to her husband's public celebrity and role as unofficial adviser, Palin has created a reputation among Alaskans less as a rugged outdoorswoman than as a maverick with a large and colorful family in tow.

Husband Todd, a celebrity in his own right as a champion snowmobile racer before becoming known as "First Dude," confers with Cabinet officials and is copied on the governor's e-mails. Her teenage daughter's pregnancy became a touchstone for a

national debate on unwed mothers. And her sister's bitter divorce from a state trooper generated the first scandal in an administration built on vows of openness and rectitude amid a massive corruption investigation then rocking the Republican establishment.

Family offered a human touch as Palin, the mayor of an obscure municipality, positioned herself as a populist reformer against Alaska's notoriously staid and dynamic political order.

Then came the McCain campaign.

"I call her," said former aide Larry Persily, "the victor of circumstances."

In the Alaskan context, which until a week ago was the only context that mattered, it was enough to say that Sarah Palin was the ultimate Valley Girl.

The Matanuska-Susitna Valley jawns between Fairbanks and Anchorage, and the working-class sensibilities of the homesteaders who settled there half a century ago have defined the region even as it swelled into an Anchorage suburb.

"That growth happens to parallel Sarah Palin's growth," said Mike Chmielewski, a family friend and city council member in nearby Palmer.

Palin both claimed the area's heritage and rode the change. As mayor, she presided over a city whose coffers swelled with sales tax revenue from the big-box stores lining a highway once known for ramshackle trailers.

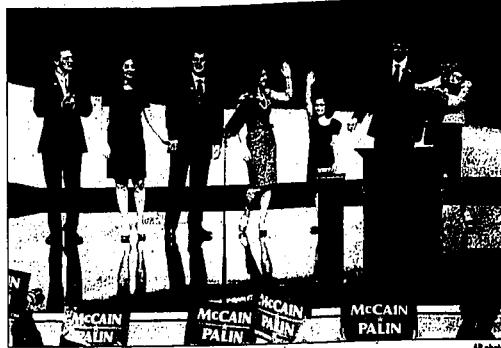
She named a marketing company "Rouge Coo" — "Red Neck" in French.

And through her husband, she could lay claim to much of Alaska.

Todd Palin in Wasilla arrived from Dillingham on Bristol Bay in the early 1980s, and cut such a figure at the top of the school that girls inked T-O-D-D on the back of their fingers. Kaylene Johnson won't hear admiring biographies of the governor. The newcomer chose Sarah Heath, daughter of a popular science teacher, and flirted with her from a two-way radio on the open boat his family used for salmon run up Bristol bay.

Todd Palin claims Yupik Eskimo blood through his grandmother. When he took a job on the North Slope, working Arctic Circle oil pads for British Petroleum, the family's life circled a rhythm familiar in Alaska: a week or two at home, a week or two on "the Slope."

And when he won the Iron



Republican vice presidential candidate, Alaska Gov. Sarah Palin, right, holds her son Trig, as she is joined by her family on stage after her speech at the Republican National Convention in St. Paul, Minn., Sept. 3. From left are her son, Track, daughter, Bristol, and her boyfriend, Levi Johnston, daughters Willow and Piper and husband, Todd.

Dog, he basically owned the state. The endurance race involves six days of steering a snowmobile at 80 miles per hour. From its start in Wasilla, the course runs across two mountain ranges to Nome on the Bering Sea, then back down the Yukon River to Fairbanks.

The terrain is so rough that some days drivers pull their hands out of mittens bloody from blistering, and so dangerous that drivers must move in teams. With Scott Davis, who sells concrete block in Soldotna, Palin has won the race four times.

"It's always trying to give someone else credit," Davis said.

It's a useful quality in a political spouse. And long before Todd Palin followed his wife to Juneau, he was a fixture in her circuit.

Guests summoned to the governor's office often find Todd Palin sitting in on the meeting.

Tom Whitstine, a fellow Wasilla-based oil worker and friend, recalled raising concerns to Todd Palin about legislation that would impact

the oil industry. "I talked to Todd sitting on the couch in his house there on Safari Lake, in April 2007," said Whitstine, who expresses disappointment with Palin's performance. "It's a known fact Todd was right there when those kind of policy decisions were being made."

Said a Bristol Bay politician who asked not to be named: "He's someone you could call and get the lowdown."

The children were always in the picture — Piper cooed by a nature first-fish ceremony. Trig snuggled in a baby pouch as the governor posed with wounded vets. Bristol confessing to spending \$30 on a leg waxing while an Alaska magazine writer took down the exchange: "You have razors," her mother said.

The family still lives in Wasilla most of the time, in an airy wood-frame house on the shore of Lake Lucille, upscale by Alaskan standards. The governor's mansion in Juneau, the state capital, is home only when the legislature is in session, and

even then to only some of the family. The Pullins enrolled the two youngest girls in Juneau schools, but Bristol went mid-school-year to live with her aunt in Anchorage, finishing at the city's West High school.

All of this complicated the Pullins' child care matrix. In Wasilla the couple relied heavily on Sarah's parents, retired teachers whose two-story log home is a few miles away, a mound of moose antlers in the yard. Chuck and Sally Heath, who moved to Alaska when Sarah was two months old, routinely took the kids when Todd was on the Slope and Sarah polio-ticking. Sarah's sisters Molly and Heather pitched in as well.

"The Pullins and the Heaths operate as one unit," said Karen Rhoades, a family friend in Wasilla. "They are not individuals."

Todd Palin works less on the Slope lately and more with the governor. She works most often out of an office in Anchorage, sometimes bringing in one of the children.

Police say Gary Coleman involved in accident

PAYSON, Utah (AP) — Authorities say actor Gary Coleman hit a pedestrian with his truck after arguing with him in a local bowling alley.

Lt. Bill Wright says Colt Rushton and Coleman got into an argument over pictures Rushton was taking inside the bowling alley. Police say the argument continued outside and it is unclear whether Coleman hit the man on purpose.

Coleman could not be reached for comment Sunday. His phone number is unlisted.

Wright said Rushton and Coleman were at a bowling alley authorities made no information.

"We're currently trying to sort through those issues," Wright told the Desert News of Salt Lake City. "We've been able to establish there was an argument between the two, due to pictures Rushton wanted to take. He took some of Gary Coleman, and (Coleman) wasn't happy about it."

Wright says Coleman was backing out of a parking spot after midnight Saturday when he hit the man and another vehicle. It is unclear whether Rushton or the other vehicle was hit first.

Wright told The Salt Lake Tribune there are "indications" that alcohol was a factor in the accident. Wright was unavailable for comment Sunday.

Wright said Coleman was backing out of a parking spot after midnight Saturday when he hit the man and another vehicle. It is unclear whether Rushton or the other vehicle was hit first.

Wright told The Salt Lake Tribune there are "indications" that alcohol was a factor in the accident. Wright was unavailable for comment Sunday.

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- The Dark Knight (M) 7:15 9:30
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- Tombs of the Dragon Emperor (M) 7:15 9:45
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- Beer for My Horses (M) 3:30 9:45

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Minegar captures 2008 championship at MVS



Steve Fisher poses with son Slade after becoming the fifth winner in the first five races included in the 2008 Pepsi Premier Series championship campaign in an action-packed Saturday night at Magic Valley Speedway.

By Linda Brittan
Correspondent

TWIN FALLS — Knowing he just needed to stay out of trouble in the rocky Mountain Challenge Series NAPA 150, Dave Minegar stuck to his game plan to capture the 2008 championship Saturday night at Magic Valley Speedway.

Minegar's sixth place finish was more than enough to capture the title, while John Dillon gladly took the win in the longest race in the series' season.

Steve Fisher, Josh Pittz and Ryan Judd also made the trip to Victory Lane as main event race winners in their respective divisions.

Dillon wins RMCS

John Newhouse was looking to repeat his come-from-behind championship of 2007, but his anticipations were put to rest early in the main event race when he and Dan Koyle connected in turns three and four and both drivers exited to the pits. Koyle

was able to make it back out on the track, but Newhouse became a spectator for the rest of the night.

Latham was the next local driver to be victimized — he entered the pits at lap 32 with mechanical issues and joined Newhouse to watch the race from the sidelines.

At lap 50 Steve Jones was enjoying the lead he assumed at lap 27 from pole sitter Chris Schaefer. However, as the race continued caution-free Jones eventually lost his lead near the halfway mark to Dillon.

Thane Alderman, who had a decent shot at the championship, was not a factor after lap 95 when he took his car off the track for the remainder of the race because of mechanical issues.

As the laps wound down, Minegar sat comfortably in sixth while Jonathan Gomez, making his RMCS debut, continued to power his way to the front of the pack from his starting position towards the rear of the field. With two laps to go, Gomez took over second and Craig Bell third after Jones slid sideways on the final restart.

Dillon wound up with the main event win, but Minegar had wrapped up his second championship after a disappointing ending to last season.

"Feels like redemption a little bit to win it," Minegar said. "It's been about five years since I finished one of these 150s and it feels great."

Gomez not only set the fast qualifying time of the night at 14.43 seconds, but was a definite factor as the laps counted down.

"Handy (Franks) built this car from the ground up — I owe a lot to him for this," Gomez said.

"We had the fastest car but we needed about 10 more laps. But I had a blast and I didn't wreck anybody" he added.

"I was fine with it being over when it was," Dillon countered. "I think the 22 car was about the only one that could be close, but we were fortunate enough to have a good car tonight."

Bookie in the series Travis Monet suffered a last-lap encounter with David

Please see MVS, Page A7

Johnson wins 2nd straight

By Jenna Fryer
Associated Press writer

RICHMOND, Va. — Not so fast, Kyle Busch and Carl Edwards. Jimmie Johnson has no intention of giving up his title without a fight.

Johnson stormed into the Chase for the championship by winning his second consecutive race Saturday, getting a big boost as he starts his pursuit of a third straight title.

The two-time defending Cup champion passed Tony Stewart and Martin Truex for the lead with 32 laps to go at Richmond International Raceway, then held off Stewart's late challenge over the final 10 laps.

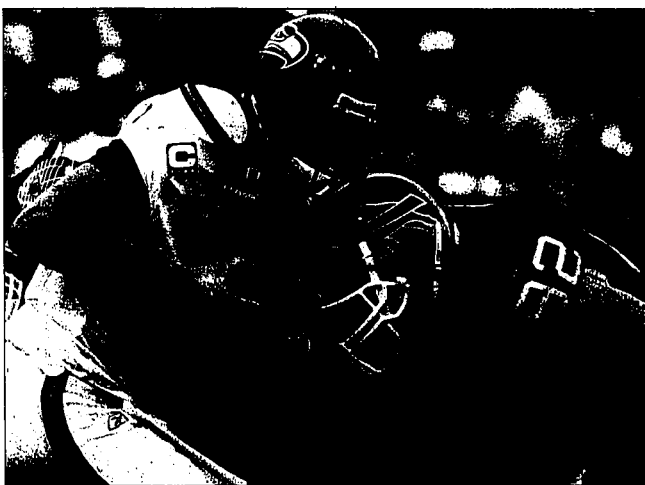
"I think this ... car is going to be ready for this championship battle," Johnson said in Victory Lane. "I think chances are high. We're in the show and we're going to give 100 percent and try to make history."

Johnson is seeking to become the first driver to win three consecutive titles since Cale Yarborough.

It was the final event before NASCAR's 10-race title hunt begins next week in New Hampshire, and everyone had to wait a day to see which 12 drivers would make the Chase after NASCAR postponed the Saturday start because of Tropical Storm Hanna.

David Ragan and Casey Kahle were the only two drivers mathematically eligible to race their way into the Chase field.

Bills rout Seahawks



Seattle Seahawks quarterback Matt Hasselbeck, left, is sacked by Buffalo Bills defensive end Ryan Denney during the second half of an NFL football game at Ralph Wilson Stadium in Orchard Park, N.Y., on Sunday.

Special teams spark 34-10 win

By John Wawrow
Associated Press writer

ORCHARD PARK, N.Y. — Brian Moorman couldn't wait until the final stats sheet was delivered to the Buffalo Bills' locker room. The punter wanted to see, firsthand, what it looked like to have a perfect passer rating.

"I want to frame it," said Moorman,

who threw a 19-yard touchdown pass to defensive end Ryan Denney on a fake field goal to register the NFL-best 158.3 rating.

Perfect, might also come close to describing how everyone else — offense, defense and special teams — played in helping Buffalo open the regular season with a dominating 34-10 win over the Seattle Seahawks on Sunday.

"How about that?" Moorman said. "It's nice to come out of the gate with a decisive win. Hopefully, we made a statement today."

It's early, no doubt. But if the Bills' objective is to end an eight-year playoff drought this season, they got off to a very promising start in blowing out the four-time defending NFC West champions.

It was a victory that began and

ended with Buffalo's special teams. Roscoe Parrish returned a punt 63 yards for a touchdown to put the Bills up 14-0 in the second quarter. Then there was kicker Rian Lindell, who recovered a fumble on a kickoff that set up Trent Edwards' 30-yard touchdown pass to Tobert Royal — 20 seconds after Denney scored.

Moorman became the first Bills punter to throw a touchdown pass, and first NFL punter to do so since Pittsburgh's Josh Miller on Dec. 28, 2003. He caught the Seahawks completely flat-footed in finding the 6-foot-7 Denney wide open in the left flats.

"That's a good question," Denney said, of how he eluded the Seahawks after making sure to check in with the official. "I was thinking the whole time they were going to see me over there. ... Just a great play and it worked like we wanted it to."

Villegas takes BMW

By Doug Ferguson
Associated Press writer

ST. LOUIS — Camilo Villegas gave golf fans a real reason to pay attention to him — a trophy.

A marketing dream with his model looks and stylish dress, Villegas won for the first time on the PGA Tour with three big putts on the back nine at Belle River on Sunday for a wire-

to-wire victory in the BMW Championship.

Villegas closed with a 2-under 68 for a two-shot victory over Dudley Hart, who birdied the final two holes to earn a trip to the Masters with his highest finish in two years.

With one playoff event remaining, the FedEx Cup essentially is over.

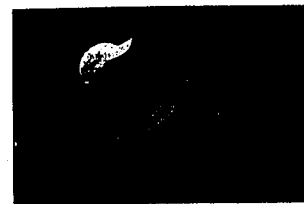
Vijay Singh, who won the first two events, led for 14th and earned enough points that all he has to do is complete four rounds at the Tour Championship in two weeks to collect the \$10 million payoff.

But the surly Singh didn't seem terribly grateful.

In a move that took some shine off the tour's new prize, Singh refused to speak to NBC Sports and walked briskly past a group of other media after finishing his round.

Villegas, a 26-year-old Colombian in his third year on tour, finished at 15-under 285 and collected \$1.26 million.

Murray stuns No. 1 Nadal in US Open semifinals



Andy Murray, of Britain, throws his sweatbands at spectators after his four set victory over Rafael Nadal, of Spain, in their semifinal match at the U.S. Open tennis tournament in New York, Sunday.

By Howard Federich
Associated Press writer

NEW YORK — No one ever seems to run Rafael Nadal ragged, and yet Andy Murray did just that in the U.S. Open semifinals.

Murray finished a stunning, rain-interrupted 6-2, 7-6 (5), 4-6, 6-4 victory Sunday at Flushing Meadows to reach his first Grand Slam final and stop the No. 1-ranked Nadal's 19-match winning streak at major tournaments.

The sixth-seeded Murray won the first two sets and was down a break at 3-2 in the third when play was suspended

Saturday because of Tropical Storm Hanna.

"Tough to sleep," Murray said.

And as should surprise no one, the generally indomitable Nadal made a stand Sunday, taking the third set and going ahead 3-1 in the fourth. But Murray took five of the last six games, breaking Nadal twice and ending the Spaniard's bid to make his first final at the U.S. Open.

Murray never before made it past the quarterfinals at a major and never had defeated Nadal in five previous tries. Nadal, meanwhile, had won 54 of his preceding 56 matches

and took the titles at the French Open, Wimbledon and Beijing Olympics this year.

But Murray was up to the task this time.

He won a 22-stroke point with a volley winner to get to match point, leaving Nadal bending over behind the baseline, chest heaving. Then Murray completed the service break to end the match, easily running to get to a drop shot and smacking a winner.

Trying to become the first British man to win a major tennis championship since Fred Perry at the 1936 U.S. Open, Murray now faces four-time defending champion

Roger Federer in Monday night's final. Federer beat Novak Djokovic in four sets in a semifinal that was completed before the rain arrived Saturday.

Federer will be attempting to win his 13th Grand Slam title, Murray his first.

But get this: Murray owns a 2-1 career mark against Federer.

"He's probably the greatest player ever, so to get the chance to play against him in a Slam final is an honor," Murray said. "But I've played well against him in the past and hopefully ... I'll do that again tomorrow."

SCOREBOARD

GAME PLAN

LOCAL HIGH SCHOOL BOYS SOCCER

Greens Ferry at Cole Valley, 6:30 p.m.
 Buhl at Ellet, 7:30 p.m.
TV SCHEDULE
NFL FOOTBALL
 ESPN — Minnesota at Green Bay, 8:15 p.m.
 ESPN — Denver at Oakland Raiders, 9 p.m.
 CBS — San. men's championship match, at New York

Saturday's late A box

NEW YORK	ATLANTA	MIAMI	INDIANAPOLIS	MINNESOTA	GREEN BAY	CHICAGO	DETROIT	PHOENIX	ARIZONA	LOS ANGELES
10:00	10:00	10:00	10:00	10:00	10:00	10:00	10:00	10:00	10:00	10:00

AUTOMOTIVE RACING

NASCAR Sprint/Cummins Rock & Roll 400

Driver	Team	Points
1. Jimmie Johnson	14	201.18
2. Matt Kenseth	14	197.50
3. Tony Stewart	14	197.50
4. Jeff Burton	14	197.50
5. Kevin Harvick	14	197.50
6. Dale Earnhardt Jr.	14	197.50
7. Mark Martin	14	197.50
8. Brian Vickers	14	197.50
9. Clint Bowyer	14	197.50
10. Greg Biffle	14	197.50
11. Kyle Busch	14	197.50
12. Casey Mears	14	197.50
13. Travis Kvapil	14	197.50
14. Scott Speed	14	197.50
15. Mike Bliss	14	197.50
16. Jeff Green	14	197.50
17. Ryan Newman	14	197.50
18. David Reardon	14	197.50
19. Mike Wallace	14	197.50
20. Brian Scott	14	197.50

BASEBALL

American League

Team	W	L	PC
Texas	54	50	52.0
Boston	54	52	51.0
Seattle	53	52	51.0
New York	53	53	50.0
Los Angeles	53	53	50.0
Chicago	53	53	50.0
Minnesota	53	53	50.0
San Diego	53	53	50.0
Philadelphia	53	53	50.0
Washington	53	53	50.0
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Colorado	53	53	50.0
San Francisco	53	53	50.0
Oakland	53	53	50.0
Seattle	53	53	50.0

National League

Team	W	L	PC
New York	53	55	49.0
Philadelphia	53	55	49.0
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San Diego	53	5	

EDITORIAL

If grazing couldn't have curbed Murphy fire, what could?

So did court-ordered restrictions on cattle grazing in southern Twin Falls County and eastern Owyhee County contribute to the devastating Murphy Complex Fire last summer?

A new report compiled by a team from the Bureau of Land Management, University of Idaho and other state and federal researchers, says no — with a catch.

"Targeted" grazing could have the potential to affect fire behavior in "less intense" conditions, the authors say, and should be investigated further as another fire management tool.

But the Murphy conflagration, they conclude, was simply a "perfect storm" of wind, lightning and drought.

If you're a bit confused, imagine how ranchers feel.

State Sen. Bert Brackett, a Three Creek cattleman, noted that "perfect storm" is also being used by federal land managers to describe the East Slide Rock Ridge Fire near Jarbidge. He questioned how unique the "phenomena" are if they've happened for a few years in a row now.

"If they keep happening, then there's maybe more there," he said.

We agree. To suggest that grazing restrictions had no effect on the fuel available for the 600,000-acre inferno is silly.

But clearly, the report's authors are right that wild fire in Idaho history, fanned by gale-force winds pushing 40-foot-tall flames so fast that cattle died in their tracks.

BLM officials say they're eager to use the study as a starting point for more research, according to Heather Feeney, the Idaho spokeswoman for the agency.

The next step will be a technical report gathering all existing data on grazing as a fire tool. Scientists will move over the next couple of years to organize and begin a pilot project or two to test the effect of grazing, including an environmental analysis of any test ground before a project begins, Feeney said.

That's sensible, as far as it goes. But it's no substitute for a revised national policy that recognizes cattle have a place on public lands.

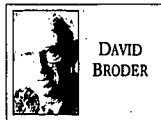
We hope President McCain or President Obama will make a priority of establishing a more balanced federal-land management program that will pass muster with the courts.

Our view: A new state and federal report on the causes of last year's Murphy Complex Fire leaves more questions than answers.

Whether it's Obama or McCain, things will change

Change is coming, change you can count on.

That is the simple, central message from the two presidential nominating conventions held in Denver and St. Paul during the past two weeks.



DAVID BRODER

Whether it is Barack Obama or John McCain going to the White House next January, the new president will understand that his mandate from the voters is to cleanse Washington of its excessive partisanship and attempt to break the gridlock that has prevailed on almost all the big issues.

The good news is that Obama and McCain, for different reasons, have about as good prospects of achieving that change as any two politicians you could find.

The acceptance speeches they delivered will not find places in many collections of great campaign oratory. But rhetoric aside, the clear intent of both candidates was to signal that they understand the frustration of voters of all parties with the poisonous status quo of recent years in Washington.

There is reason to think that Obama and McCain would actually fulfill the voters' hopes for a chief executive who would be a catalyst for change.

Obama, who is 47, is the first post-boomer politician to come to the White House. The baby boomers — Clinton, Bush, Gore, Gingrich and the rest — have been cursed by their heritage. They came of age during the turmoil of civil rights, women's rights and Vietnam, and their generation has never stopped



refighting the battles of those tumultuous years. Obama is too young to have experienced those fights, so his mind is open to ideas and information from a far greater variety of sources. He has fewer scores to settle, so he can serve more freely as an arbitrator.

McCain, who is 72, is almost but not quite a throwback to the "greatest generation," the one that survived the Depression, won World War II and built the international architecture of the postwar world. With the McCain family military tradition and the high patriotism forged by his own prisoner-of-war experience, McCain — like the heroes of FDR's and Truman's time — disdains partisanship and searches for the national interest wherever he can find it.

Their skills and agendas are different, but both McCain and Obama bring strengths to what will obviously be a struggle against the forces of neo-conservatism and partisanship resisting change in Washington.

Obama has an exceptional mind when it comes to analyzing and then formulating policy. His methods are reflective and sometimes iconoclastic, but the results are impressive. He has outlined approaches to domestic issues that might actually enlist support across a broad political spectrum. Still, his skills as a negotiator are largely untested, and he has yet to demonstrate, as McCain has, the backbone to challenge the prevailing interest groups in his own party.

McCain, for his part, is far more dependent on others for the detailed working out of policy. His real strengths lie in personal relationships: he is at his best when negotiating a deal — and in knowing what it will take to make the deal stick. On the international side, he has a better feel for the personalities involved than Obama at this point — and probably more comfort in dealing with them.

Neither of these men has much experience in managing a large bureaucracy, so

there is no way to judge how well they will cope with that aspect of the Washington challenge. Both are products of the Senate, but congressional recorders cite will test them as much as any new president.

One would have to give McCain the edge on both his willingness and ability to confront the demands of a Democratic Congress.

Over the next two months, the campaign will teach voters more about how each of these men would approach the governing challenges. The contest between them looks closely competitive, with battlegrounds extending from Virginia to Nevada.

Each of them has acquired a running mate who complements their own. Obama's choice was bolstered by their conventions. It is a fair fight, and one the country can anticipate with good hope.

Washington Post columnist David Broder can be reached at davidbroder@washpost.com

LETTERS TO THE EDITOR

Media should be neutral

It seems that every time I pick up the paper or listen to the news on the radio or television, all they can do is slam John McCain and his vice presidential pick, Sarah Palin.

According to the news media, the Democratic presidential nominee walks on water. I am so sick of this. Why can't the news media stay neutral on this subject? I am so disgusted with that Democratic bunch that I want to not turn on the television or pick up a newspaper. Who in the media has never had a tick, had a relative that got pregnant out of wedlock or gotten on a plane while pregnant? How many of them have had a DUI ticket in the last 20 years? What does Sarah Palin's husband getting a drunk-driving ticket 20 years ago have anything to do with her being vice president?

The news media digs up anything on the Republicans that they think is news and all it does is make them look like a bunch of idiot voters.

Tell us what you think

ONLINE: Register at Magicvalley.com, and respond to any of the local opinions or stories in today's edition. ON PAPER: The Times-News welcomes letters from readers on subjects of public interest. Please limit letters to 300 words. Include your signature, mailing address and phone number. Writers who sign letters with false names will be permanently banned from publication. Letters should be brought to Twin Falls office; mailed to P.O. Box 548, Twin Falls, ID 83303; faxed to

What about the mother of Obama; she was pregnant at the age of 17 and unmarried, but we never hear about that in the news media. What about the flasco about Obama buying his house with crooked deals and being friends with an admitted terrorist and sitting in church for 20 years listening to his minister condemn America? Why don't we see that on the news and in the paper? I have a feeling that I am not alone in this thinking. I say go McCain and Sarah Palin. I think he did a great job at hitting a four-run homer by selecting her for his running mate.

CAROL BOUDREAU Dleirich

Lying causes damage

I wonder just how many innocent people in this town have been sent to jail or prison based on someone bearing false witness against another? How is it that a person can tell a lie or lies about another person and get by with it with no consequences for their actions? This happened to my husband. He was sent to jail and if it had not been for evidence that we had to prove these people were lying, he would have been sent to prison. Not only that but others are willing to put their names and reputation on the line and back up the lies.

Hmmm. Do people of this world have no morals or val-

ues anymore? It's time someone did something about someone being able to give a false statement against another person. Those people should have charges filed on them for lying. I only know that these people who bear false witness may not answer for their actions here on earth but will answer to God one day for what they have done. Forgive them for they know not what they do. We say that these people who bear false witness are so bent on destroying someone's life, because they don't like them that they don't care if children are emotionally damaged for the rest of their lives. So the next time you'd like to jump on the band wagon of gossip, just remember that there are two sides to every story. The choices you make could impact not only the person whom you dislike for the rest of their lives but also their family and friends. CHERYL CARLIN Kimberly

Times-News

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

LETTERS TO THE EDITOR

Educate yourself before you vote

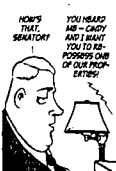
OK! Listen! I don't care if you are a Republican or a Democrat. If you have listened to any of the "news" lately, you know this: November our country will be making a huge decision. We as Americans will be putting a new landmark on the map of the United States history.

I urge each and everyone of you to get educated and vote this year. I don't care if you vote for McCain and Palin or Obama and Biden or Nader and Paul — even if you vote in Mickey Mouse (OK, so I really do), as long as you make an educated vote. We need as

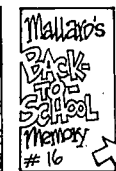
many educated Americans at the polls on Tuesday, Nov. 4, as we can get. So tune into your favorite news source (and your least favorite), learn as much as you can, and get yourself to the polls. Tell your friends! No, this wasn't a chain letter. I (SENATE ESKRIDGE) wrote this, but if you need something to forward, be my guest! PS. If you need help with news sources, registering to vote, hell, even getting to the polls, please let me know! Vote! Vote! Vote! Vote! Vote! Vote! Vote! Vote! Vote! Vote! SENATE ESKRIDGE Jerome

THE LIGHTER SIDE OF POLITICS

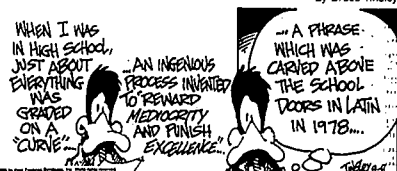
Doonesbury



Mallard Fillmore



By Bruce Tinsley



LETTER TO THE EDITOR

Vigilante justice in Buhl?

Good grief! What is going on in Buhl? Sunday, Aug. 31, or Monday, Sept. 1, included in a large Times-News advertisement for "Buhl Business." The Chamber Happenings listed the "Hanging of the Trout

Sculptor" (sic) to occur on Sept. 2. Was the emblematic trout sculpture so awful that the sculptor was to be hanged? Has Buhl reverted to the vigilante law of the wild West? ELEANORE BURKHART Twin Falls

The support the Palins really need

Ever since John McCain picked Sarah Palin to be his running mate, many have lavished praise on her decision not to have an abortion after she and her husband learned that their young child, Trig, would be born with Down syndrome. Do those telling Palin "attagirl" and "way to go" have any idea what challenges and struggles Trig's parents — and all of us who care for children with special needs — live with every day? Though everyone cheered the Palin family in Minnesota this week, will those people be there for that little boy and his family when their support flows much better?



ELLEN CROSBY

other kids but doesn't know what he did wrong.

The toughest challenges that Sarah Palin will face as the Republicans' vice presidential nominee will probably look like a walk in the park when, as a mother, she sees how invisible her son is to people who look away or through him at the grocery store or the mall. She will be frustrated by doctors who dismiss her concerns as overreacting or have no answers for her questions. She will grow weary of the mountain of legal documents she and her husband must sign and the arduous negotiations and pleas they must endure with a plethora of teachers, therapists and administrators about what Trig's curriculum will be at school.

The Palins will come to understand with acute clarity that while the sky is the limit for their other children, for Trig the world will gradually become a smaller place. And it will be their life's work to make sure that world is safe and nurturing and fulfilling — a place where strangers don't take advantage of him or abuse him when they can't be there to prevent it. They will be tested and angered

and have their hearts broken. But the most challenging journey will be Trig's, as he struggles with the basic tasks most of us take for granted.

Still, there will be joy. The Palins will discover that this child will change their lives in ways they could never have imagined, and they will be richer for it. They will make friends and meet teachers, therapists and volunteers at Special Olympics and Best Buddies who will open their hearts and love Trig, treating him with a dignity he too rarely receives. Those good, compassionate people and the other special families who become part of their world will get them through tough times.

It is said that God chooses the families to whom he sends His special children. The Palins are indeed right. Trig is a blessing and a gift. But how much better would be if, instead of praising Sarah Palin for not choosing abortion, we could focus instead on this child, and all disabled children, who need from us if we could be there for the Palins on the journey they face as a family? Doing so would surely add to the diversity of an election year that has already shattered barriers of race and gender.

Ellen Crosby is a novelist who lives in northern Virginia. She and her husband have an autistic son. She wrote this commentary for The Washington Post.

Ortega's last straw in Nicaragua

A bitter political-cultural confrontation that exploded in Nicaragua in late August could mark the final end of the passionate romance between the world's leftist intellectuals and Nicaraguan President Daniel Ortega. Ortega, you may recall, was the leader of the Sandinista National Liberation Front when it seized power after overthrowing the 40-year Somoza family dynasty. A dazzling young revolutionary who electrified liberals and leftists around the world, Ortega served as Nicaragua's president for most of the 1980s. He lost power in 1990, but after 16 years in opposition, he was elected president again in 2006.



STEPHEN KINZER

For years — in and out of government — the Sandinista Front has been Ortega's private fiefdom. Most of the other Sandinistas who riveted the world's attention in the 1980s have broken with him, but he emerged with control over the party machinery, and he wields power like an old-fashioned Latin American caudillo.

Despite Ortega's recent slide into authoritarian rule, and despite his glaring failure to address the urgent needs of an impoverished nation, the Sandinista caudet continues to give him an air of celebrity in some circles. His denunciations of American imperialism (issued even as he deals easily with the U.S. military and the International Monetary Fund) still warm the cockles of many hearts.

That has changed in recent days. On Aug. 22, in a crude

act of political revenge, a Sandinista judge dredged up an old case that had been dismissed three years ago, against Ernesto Cardenal, the 63-year-old poet and priest, one of Nicaragua's most beloved figures. Intellectuals from around the world, including many with pro-Sandinista pedigrees, have angrily protested what they see as a fraudulent effort to humiliate and punish Cardenal.

During the wild days of revolutionary rule and Contra war in the 1980s, Cardenal — a priest and liberation theologian as well as a poet — served as Ortega's minister of culture, and he did much to spread the Sandinista mystique around the world. The sin for which he is now being punished is that during a visit to Paraguay last month, he had the temerity to call Ortega a "thief" who runs "a monarchy made up of a few families in alliance with the old Somoza interests."

Cardenal was in Paraguay to attend the inauguration of that country's new left-leaning president, Fernando Lugo. He was given a warm official welcome. Ortega, in contrast, was forced to cancel his visit after Nicaraguan feminists said they would do him with protests over unresolved charges that he sexually abused his stepdaughter.

This tempest recalls an episode in the early 1970s that led many U.S. and European leftists to rethink their infatuation with Fidel Castro. Castro placed the Cuban poet Heberto Padilla under house arrest as punishment for his writings, and police subjected him to harsh interrogation. His treatment led to a famous protest petition signed by feminists who previously had expressed admiration for Castro, including Jean-Paul Sartre, Simone de Beauvoir

and Susan Sontag. Last week, more than 60 Latin American writers and other cultural figures issued a protest calling the judge's action "unjust and illegal." Totaly illegal." It called him "the most recent victim of systemic persecution that is being directed against all who raise their voices to protest the lack of transparency, the authoritarian style, the unscrupulous behavior and the lack of ethics that Daniel Ortega has shown since his return to power."

Uruguayan writer Eduardo Galeano, a hero to generations of Latin American leftists, described the action against Cardenal as the work of "a deplorable regime." Portuguese Nobel Prize winner Jose Saramago said that if Ortega is not removed, "this week's court ruling, 'we will know that his human and political merits have fallen to zero.' He added: "Once more a revolution has been betrayed from within."

In the disputed case, a German citizen sued Cardenal for insulting him. All charges were dismissed in 2005. There's been no explanation for why the case was suddenly revived, but the novelist Sergio Ramirez, who was Ortega's vice president in the 1980s, noted: "Nicaraguan judges depend on Daniel Ortega's will."

Cardenal has been ordered to pay a fine of more than \$1,000. He has called the sentence "unjust and illegal" and says he will go to prison rather than pay.

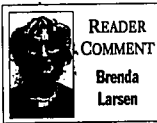
That may not happen, because, under Nicaraguan law, no one older than 70 can be sent to prison. Even so, this episode probably has removed the last aura of romance surrounding the Sandinista Front.

Stephen Kinzer is a former New York Times reporter. He wrote this commentary for the Los Angeles Times.

Join CSI community in biking to work, school

A team of organizers at the College of Southern Idaho will hold a week of events to mark Community Bike Week starting this Friday. We hope to increase bicycle ridership in Twin Falls and raise awareness among motorists that they need to share the road. We expect to save money, conserve resources, reduce air pollution and get healthier. During this week, CSI will host a vendors' fair, safety and maintenance workshops, a fun ride and other activities.

The CSI community will be joining the Eagle Valley to join us in dusting off our bicycles, and rethinking our habits of transportation. We



READER COMMENT
Brenda Larsen

hope to see bicyclists of every age, shape, size and speed take to road in unprecedented numbers. You may discover that a bicycle commute energizes you for the day, and that many errands can be accomplished easily on a bicycle.

Many motorists resent bicyclists, but they should thank them instead. It was bicyclists who first lobbied for paved roads, even before

cars became popular. While bicycles and cars now seem to be at loggerheads, they share a common origin as they were conceived as an improvement over the horse. The earliest car buyers wrote of the "anxiety" their horses felt when cars were pulled into the barn and parked next to their horses, as if they knew they were being supplanted. The first cars were indeed called "iron horses."

Similarly, the earliest bicycle, cobbled together from wagon wheels around 1812, was called a "hobby horse." This proto-bicycle was heavy and wooden and had no pedals or brakes. Good only for coasting, the ride must have been bumpy and mis-

erable. The result of steady successive improvements, a modern bicycle now has a lightweight tubular frame, pedals and brakes, ball-bearing joints, a chain-driven gear train, a derailleur and pneumatic tires.

A properly fitted bicycle is comfortable to ride, simple to maintain and provides very cheap transportation. When the economies of distance per weight and the units of energy expended are factored in, a bicyclist is the most efficient of all land travelers. Not to mention the recreational value of the bicycle, which is excellent and undisputed.

In the race to replace the horse, however, the car has won hands down. Despite

the efficiency of the modern bicycle, the car is much faster over long distances and has much greater carrying capacity. It is also more convenient in bad weather, as any cyclist who has been caught in a rainstorm knows. Without a fender, the rear wheel of the bicycle drives a stream of dirty water up the backside.

But now, 100 years after Henry Ford's first Model-T came off the assembly line, the victory of the automobile is losing its luster. The overuse of the car contributes to many of our ills, including global warming, the enrichment of our political enemies, and our own ill health.

We cannot abandon the car, but we can learn to use it more judiciously, by bicycling whenever circumstances permit.

Please join us in Bike Week, and show up at work or just for some small errand on your two wheels! If you do not wish to get on a bicycle, however, you can still participate in Bike Week in a vital way by staying on the alert for bicyclists! Please slow down and give them the benefit of the doubt, as well as a wide berth. Remember that in a collision, the bicyclist will always lose. We wish above all that Bike Week will be both safe and pleasant for everyone!

Brenda Larsen is an associate professor of philosophy at CSI.

GOP peddling the politics of resentment

Can the super-rich former governor of Massachusetts — the son of a Fortune 500 CEO who made a vast fortune in the leveraged-buyout business — really keep a straight face when denouncing "East Coast elites"?

Can the former mayor of New York City, a man who, as USA Today put it, "marched in gay pride parades, dressed up in drag and lived temporarily with his gay couple and their Shih Tzu" — that was between his second and third marriages — really get away with saying that Barack Obama doesn't think small towns are sufficiently "cosmopolitan"?

Can the vice presidential candidate of a party that has controlled the White House, Congress or both for 28 of the past 28 years, a party much like the D.C. lobbying industry into itself — until Congress changed hands, high-paying lobbying jobs were reserved for loyal



PAUL KRUGMAN

Republicans — really portray herself as running against the "Washington elite"?

Yes, they can. Yes, Who Must Not Be Named gave a video address to the Republican National Convention. John McCain, promised President Bush, would stand up to the "angry left."

That's no doubt true. But didn't he fooled either by McCain's long-ago reputation as a maverick or by Palin's appealing persona: the Republican Party, now more than ever, is firmly in the hands of the angry right, which has always been much bigger, much more influential and much angrier than its counterpart on the other side.

What's the source of all that anger?

Some of it, of course, is driven by cultural and religious conflicts around 9/11. Fundamentalist Christians are sincerely dismayed by Roe vs. Wade and evolution in the curriculum. What struck me as I watched the convention speeches, however, is how much of the anger on the right is based not on the claim that Democrats have done bad things, but on the perception — generally based on no evidence whatsoever — that Democrats look down their noses at regular people.

Thus Guilian asserted that Wasilla, Alaska, isn't "flashy enough" for Obama, who never said any such thing. And Palin asserted that Democrats "look down" on small-town mayors — again, without any evidence.

What the GOP is selling, in other words, is the pure politics of resentment; you're supposed to vote

Republican to stick it to an elite that thinks it's better than you. Or to put it another way, the GOP is still the party of resentment.

One of the key insights in "Nixonland," the new book by the historian Rick Perlstein, is that Nixon's political strategy throughout his career was inspired by the anger of the young, in which he did not himself elect student body president by exploiting his classmates' resentment against the Franklins, the school's elite social club. There's a direct line from that student election to Spiro Agnew's attacks on the "nattering nabobs of negativism" as "an effete corps of impudent snobs," and from there to the peculiar cult of personality that Agnew surrounded George W. Bush — a cult that celebrated his anti-intellectualism and made much of the supposed fact that the "misunderestimated" C-average student had proved himself "smarter than all the fancy

pants experts.

And when Bush turned out not to be that smart, and the presidency crashed and burned, the angry right — the raging rajas of resentment? — became, if anything, even angrier. Humiliation will do that.

Oh, McCain and Palin really ride Nixonian resentment into an upset election victory in what should be an overwhelmingly Democratic year? The answer is a definite maybe.

By selecting Barack Obama for his nominee, the Democrats may have given Republicans an opening, the very qualities that inspire many fervent Obama supporters — the candidate's high-flown eloquence, his coolness factor — have also laid him open to a Nixonian backlash. Unlike many observers, I wasn't surprised at the effectiveness of the McCain bid: He didn't make much sense intellectually, but it skillfully exploited the

resentment some voters feel toward Obama's star quality. That's the president experience since 2000 — the memory of what happened to working Americans when faux-populist Republicans controlled the government — is still fairly fresh in voters' minds. Furthermore, while Democrats' supposed contempt for ordinary people is mainly a figment of Republican imagination, the GOP really is the Garamond Party — it really does believe that the economy is just fine, and the fact that most Americans disagree just shows that we're a nation of whiners.

But the Democrats can't deny the fact of the present. Resentment, no matter how contrived, is a powerful force, and it's one that Republicans are very, very good at exploiting.

Paul Krugman is a columnist for the New York Times. Write to him a pkrugman@nytimes.com.

Keys residents weigh evacuation, Gulf Coast next?

By Brian Skoloff
Associated Press Writer

KEY WEST, Fla. (AP) — With powerful Hurricane Ike on an uncertain course toward the Gulf of Mexico, many on these low-lying islands took a wait-and-see approach to evacuating Sunday, perhaps a harbinger of attitudes to come from Gulf Coast residents return-

ing from an arduous evacuation and already showing signs of "hurricane fatigue." Forecasts show Ike bearing down on Cuba and skirting Key West early Tuesday on a track to the warm waters of the Gulf of Mexico, slowly strengthening to perhaps Category 3 strength on its way to a landfall late in the week somewhere between the Florida Panhandle and

the Texas coast. And once again, New Orleans — still recovering from the weaker-than-expected Gustav — is squarely in the crosshairs. In Key West, evacuation orders became mandatory Sunday for tourists and the approximately 25,000 residents alike, but traffic off the lone highway from the island was steady

rather than jammed. Mike Tilson, 24, was preparing to ride his out in his houseboat, only planning to evacuate if the storm takes a sudden turn to the north. "I got tarps and champagne," he said as he pushed a wheelbarrow of supplies including Heineken beer, ice and a loaf of bread down the dock. "It's just a good party. I'll stay."

At 8 p.m. EDT Sunday, Ike was a Category 3 hurricane with sustained winds near 120 mph, located about 30 miles east of Puntó de Sanna on eastern Cuba's coast, and moving west at 14 mph. It was forecast to track over Cuba, re-emerging over the island's western coast Tuesday morning about 100 miles south of Key West as a Category 1.

Ike was a dangerous Category 4 hurricane packing 135-mph winds a day earlier, but the National Hurricane Center in Miami said it still weakened "a little" in recent hours. Still it was a fierce storm; hurricane force winds stretched up to 60 miles from the eye and tropical force winds nearly 145 miles outward.

Egypt rock slide toll rises to 32

By Maggie Michael
Associated Press writer

CAIRO, Egypt — Hoping diminished Sunday for finding survivors among hundreds of people believed trapped beneath massive boulders that destroyed an impoverished neighborhood on Cairo's outskirts, killing at least 32 people, including whole extended families. Anger and resentment mounted as authorities failed for a second day to get heavy machinery into the devastated slantytown to try to clear the large slabs that split away from the Muqattam cliffs early Saturday. Survivors among the 100,000 residents of the Sheikh Salm were also left to spend the night without shelter, despite government promises to provide it.

"The area turned into a mass grave," one bearded man shouted, while a tearful boulder that destroyed a house clutched a picture of a newlywed couple whose bodies remained trapped below.

Hundreds of anti-riot police in helmets and shields cordoned off the area to prevent journalists and residents from approaching the site. Only young residents who have been involved in the rescue efforts were allowed to get close.

"In America, rescue workers are happy to save a cat. Here, hundreds of human beings are buried under the rocks and nobody seems to care," said a taxi driver who was helping with the rescue but refused to give his name.

Many residents who spoke to a reporter refused to give their names, saying they felt intimidated and threatened by the security forces in the area.

Abdel Hagab, whose house overlooked the boulders, accused the government of trying to deceive the public. "The minister of housing told the media that no one would sleep in the street. You can see that we all sleep in the streets."

Killer Hurricane Ike blasts Bahamas, now aims for Cuba

By Mike Mella
Associated Press writer

NASSAU, Bahamas — Ike roared across low-lying islands Sunday as a Category 4 hurricane, destroying homes, sweeping away boats and bringing more rain to waterlogged communities in Haiti, where at least 10 more people drowned. Bearing down on the Bahamas and then Cuba on a path that could directly hit Havana, the "extremely dangerous" hurricane forced hundreds of thousands of people to huddle in shelters or seek higher ground. Cuba evacuated vulnerable communities, and with a strike on the Florida Keys possible by Tuesday, residents there fled up a narrow highway.

It was too soon to know of deaths on other islands, where Ike's most powerful winds were still blowing.

The center of the hurricane hit the Bahamas' Great Inagua Island, where screaming winds threatened to peel plywood from the windows of a church sheltering about 50 people, shelter manager Janice McKinney said.

"Oh my God, I can't describe it," McKinney said, adding that the people left everyone in prayer while the winds howled.

At 2 p.m., Ike's eye was just west of Great Inagua Island in the southeastern Bahamas, with maximum sustained winds of 135 mph. The storm was about 30 miles from Guantanamo, Cuba, moving west at 13 mph.

"All we can do is hunker down and pray," reserve police officer Henry Nixon said from a shelter on Great Inagua, where about 100 people huddled around a radio.

Great Inagua, closer to Haiti than to the Bahamian capital of Nassau, is the southernmost island in the Bahamas archipelago. It has tens of thousands of pink



Residents waded through a flooded street after heavy rains in Gonaives, Haiti, Sunday. Hurricane Ike damaged most of the homes on Grand Turk Island as it roared onto the Bahamas, raked Haiti's flooded cities with rain and threatened the Florida Keys on its way to Cuba as a ferocious Category 4 storm Sunday.

West Indian flamingos — the world's largest breeding colony — and about 1,000 people. Both populations took shelter — the pink flamingos gathered under mangrove trees ahead of the storm.

"They know what to do. They always find the sheltered areas," Nixon said as ice blew shingles off rooftops.

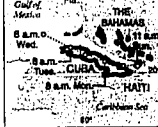
Rain drove in horizontal sheets and wind tore through roofs across the Turks and Caicos, which has little natural protection from an expected storm surge of up to 18 feet (5.5 meters).

The British territory's Premier Michael Misick said more than 80 percent of the homes damaged on the islands and people who didn't take refuge in shelters were covering in closets and under stairwells. "Just holding on for life."

"They got hit really, really bad," Misick said. "A lot of people have lost their hous-

es, and we will have to see what we can do to accommodate them."

In South Caicos, a fishing-dependent island of 1,500 people, most homes were damaged, the airport was



SOURCES: NOAA, ESRI

under water, power will be out for weeks, and every single boat was swept away despite being towed ashore for safety, Minister of Natural Resources Pipier Lanchell said.

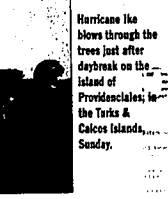
Tourism chairman Wayne Garland was test-messaging with two people in Grand Turk during the height of the storm. "They were literally in their bedroom because their roofs were gone," he said.

"Eventually they were rescued."

In Providenciales, there was flooding, roof damage and downed power lines but no injuries, he said.

"Fortunately, we were able to evacuate most of the people in low-lying areas to shelters, so thankfully I don't expect to have any injuries. We'll keep our fingers crossed that that's the case," Garland said as he left to assess the damage.

Ten people drowned in Haiti, where Ike's downpours halted flooding from Haiti, Gustav and Fay. Haitian offi-



Hurricane Ike blows through the trees just after daybreak on the island of Providenciales, in the Turks & Caicos Islands, Sunday.

cials said they had no choice but to open an overflowing dam, flooding many homes and possibly causing lasting damage to key farming areas. The latest deaths raised Haiti's death toll to 262 from the tropical storms in recent weeks.

Ike's pelting rains couldn't have come at a worse time for Haiti. The Mirabelle bridge collapsed in the floods, cutting off the last land route into Gonaives. Agriculture Minister Jeanas Gay told state radio Radio Nationale. Half the homes in Gonaives, Haiti's fourth-largest city, were already under water.

Gay warned residents in the surrounding Arribonite valley to evacuate immediately because an overflowing dam would have to be opened, sending more water into the Gonaives floodplain. And in Gonaives itself, the waters were rising even as mid groups struggled to reach people with little or no access to food or water for days.

Heavy rains also pelted the Dominican Republic, Haiti's neighbor on the island of Hispaniola, where about 4,000 people evacuated from the coastal town of One man was crushed by a falling tree.

The U.S. National Hurricane Center projected Cuba's eye would strike Cuba's northern coast Sunday night and possibly hit Havana, the capital of 2 million people with many vulnerable old buildings, by Monday night.

More than 224,000 people are expected to be evacuated before Ike hit in the central-eastern province of Camaguey alone, Cuba's government said. Foreign tourists were pulled out from vulnerable beach resorts, workers rushed to protect coffee plants and other crops, and plans were under way to distribute food and cooking oil to disaster areas.

CERN fires up new atom smasher to near Big Bang

By Alexander G. Higgins
Associated Press writer

GENEVA — It has been called an Alice in Wonderland investigation into the makeup of the universe or dangerous tampering with nature that could spell doom. Whatever the case, the most powerful atom-smasher ever built came online Wednesday, eagerly anticipated by scientists worldwide who have awaited this moment for two decades.

The multibillion-dollar Large Hadron Collider will explore the tiniest particles and come ever closer to re-creating the big bang, the theory that a colossal explosion created the universe.

At CERN, the European Organization for Nuclear Research, promises scientists a closer look at the makeup of matter, filling in gaps in knowledge or possibly reshaping theories.

The first beams of protons will be fired around the 17-kilometer-tube at the controlled strength of the world's largest superconducting

magnets. It will still be about a month before beams traveling in opposite directions are brought together in collisions that some skeptics fear could create micro black holes — and endanger the planet.

The project has attracted researchers of 60 nationalities, some 1,200 of them from the United States, which contributed \$331 million of the project's price tag of nearly \$4 billion.

"This only happens once a generation," said Katie Yorkewicz, spokeswoman for the U.S. contingent at the CERN project. "People are certainly very excited."

The collider at Fermilab outside Chicago could beat CERN to some discoveries, but the Geneva arrangement, generating seven times more energy than Fermilab, will give it big advantages.

The CERN collider is designed to push the proton beam to the speed of light, whizzing at 99.9999991 percent of the speed of light to 500 feet under the bucolic countryside on the

French-Swiss border. Once the beams is successfully fired counterclockwise, a clockwise fire will follow. Then the scientists will aim the beams at each other so that protons can be shattered into fragments and releasing energy under the gaze of detectors filling cathedral-sized caverns at points along the tunnel.

CERN dismisses the risk of micro black holes, subatomic versions of collapsed stars whose gravity is so strong they can suck in planets and other stars.

But the skeptics have filed suit in U.S. District Court in Hawaii and in the European Court of Human Rights to stop the project. They unsuccessfully mounted a similar suit in 1989 to block the Relativistic Heavy Ion Collider at the Brookhaven National Laboratory in New York state.

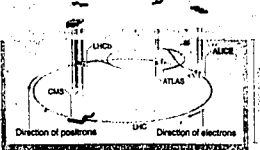
CERN's collider has been under construction since 2003, financed mostly by its 20 European member states. In 1989, the United States and Japan are major contributors with observer status in CERN.

Forces colliding

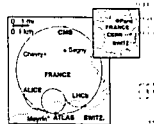
Scientists at CERN, the European Organization for Nuclear Research, are readying for the launch of a project two decades in the making. The multibillion-dollar massive particle accelerator called the Large Hadron Collider (LHC) will smash protons together. The first particle collisions will be conducted about a month.

The Large Hadron Collider

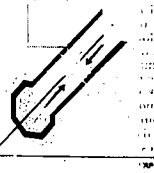
The collider consists of a ring of supercooled magnets 17 miles in circumference and attached to huge barrel-shaped detectors. It is buried approximately 330 feet underground.



CERN scientists plan to hunt for signs of the invisible "dark matter" and "dark energy" that make up more than 95 percent of the universe, and hope to glimpse the elusive Higgs boson, a so-far undiscovered particle thought to give matter mass.



The collision of electrons and positrons takes place in the ring's Large Hadron Collider (LHC) and the Compact Muon Solenoid (CMS) and the Large Hadron Collider's beauty (LHCb).



Officials announce takeover of mortgage giants

By Alan Zlot and Martin Crisinger
Associated Press writers

WASHINGTON — The Bush administration, acting to avert the potential for major financial turmoil, announced Sunday that the federal government was taking control of mortgage giants Fannie Mae and Freddie Mac.

Officials announced that the executives and board of directors of both institutions had been replaced. Herb Allison, a former vice chairman of Merrill Lynch, was selected to head Fannie Mae,

and David Moffett, a former vice chairman of US Bancorp, was picked to head Freddie Mac.

Treasury Secretary Henry Paulson says the historic actions were being taken because "Fannie Mae and Freddie Mac are so large and so intertwined in our financial system that a failure of either of them would cause great turmoil in our financial markets here at home and around the globe."

The huge potential liabilities facing each company, as a result of soaring mortgage

defaults, could cost taxpayers tens of billions of dollars, but Paulson stressed that the impacts if the two companies had been allowed to fail would be far more serious.

"A failure would affect the ability of Americans to get home loans, auto loans and other consumer-credit and business finance," Paulson said.

Both companies were placed into a government conservatorship that will be run by the Federal Housing Finance Agency, the new agency created by Congress

this summer to regulate Fannie and Freddie.

The Federal Reserve and other federal banking regulators said in a joint statement Sunday that "a limited number of smaller institutions" have significant holdings of common or preferred stock shares in Fannie and Freddie, and that regulators were "prepared to work with these institutions to develop capital-restoration plans."

The two companies had nearly \$36 billion in preferred shares outstanding as of June 30, according to filings with

the Securities and Exchange Commission.

Paulson said that it would be up to Congress and the next president to figure out the two companies' ultimate structure.

"There is a consensus today ... that we cannot continue in their current form," he said. Paulson and James Lockhart, director of the Federal Housing Finance Agency, stressed that their actions were designed to strengthen the role of the two mortgage giants in supporting the nation's housing mar-

ket. Both companies do that by buying mortgage loans from banks and packaging those loans into securities that they either hold or sell to U.S. and foreign investors.

The companies also guarantee about \$5 trillion in home loans, about half the nation's total.

Lockhart said that both Fannie and Freddie would be allowed to increase the size of their holdings of mortgage-backed securities to bolster the housing industry as it undergoes its worst downturn in decades.

Foodmakers plan big ad campaigns in down economy

By Emily Fretts
Associated Press writer

MILWAUKEE — Foodmakers may be worried about higher costs for key ingredients, pushing through price increases and still maintaining their profits. But for big names like Sara Lee, Kraft and others, these slim times don't mean doing away with their advertising budgets.

While the food companies, like other large advertisers, pulled back on their spending as the economy soured, many food marketers plan advertising pushes in the coming months. The shift comes as consumers worried about rising costs eat at home more and shop with budgets in mind — a trend that's leading many of the generics, or private-label brands, to expand.

So while automakers may be less apt to advertise right now — SUV, anyone? — food companies say they are jumping back in the game. If they want to keep selling their own brands, they've got to keep them in the minds of shoppers.

From Sara Lee Corp.'s new campaign with The Walt Disney Co.'s "High School Musical 3: Senior Year" to Kraft's new pizza commercials preaching "DiGiornonomics," consumers should expect to be blitzed by food advertisements in the next year.

Many major food makers are promising to cut their advertising in the next fiscal year or reporting their spending is up, in the most recent one. Their ads seem to be hitting a variety of outlets, including print, television, in-store promotion and the Internet — which marketers say helps them hone in on consumers and get the most bang for their advertising buck.

Analysts say it makes sense, even as these companies grapple with high prices for oil, corn and grains.

Consumers aren't going to change what they eat as they pull away from restaurants, said Harry Halper, vice president of consumer research firm the NPD Group, and an expert on American eating patterns. They're just going to look for bargains, and that can mean changing brands.

"It's very hard for us to change our behavior. If we like ice cream, we're going to continue eating ice cream," he said. "Now the question is going to be what brand you're going to buy."

That means more pressure on food companies to keep brand recognition strong at a time when consumers are swallowing price increases and finding some of their favorite products shrunken — and now some companies are making a way to help absorb the higher input costs.

Sue Menteckel, 51, of Milwaukee, said she's looking at more generics lately as she tries to keep up with rising costs. Her family of four's food budget is now up \$30 a week, to between \$120 and \$150. She went through two boxes of cereal a week, up from one-and-a-half because the sizes are shrinking, so generics are increasingly attractive, she said.

"You have to buy more," she said while shopping at a Target recently. "It stinks."

The ads hitting the market are focusing

Foodmakers expand ads in down economy

MARKETING BOOST: Foodmakers are squeezed right now because of high commodity prices, but they're planning boosts in advertising this year. It comes as they're raising prices and in some cases shrinking products as a way to recoup these high costs.

THE ANALYSIS: It makes sense, analysts say, since more consumers are eating at home and shopping with budgets in mind. That could lead to trading down to generics, leaving big-name brands in the dust.

THE ADD: Sara Lee has a new ad campaign with the "Disney Channel's High School Musical 3: Senior Year" with a strong online component, while Kraft's new pizza commercials preach the affordability of its DiGiorno line and a theory of "DiGiornonomics."

on quality and in some cases price points — two ways to give value to brands. Kraft Foods Inc., the Northfield, Ill.-based maker of Oreo cookies and Oscar Mayer hot dogs, is playing up the affordability of its DiGiorno pizza in a new television ad campaign.

The "DiGiornonomics" message to customers is all about the bottom line. Two pizzas, full of toppings, sit side by side as an odometer ticks away until it reaches their price. The DiGiorno pizza costs \$6.69, while the delivery one is \$11.

"One of these pizzas won't leave your wallet on empty," a narrator says, hitting at the painfully high gas prices that are one of the reasons consumers are watching their costs.

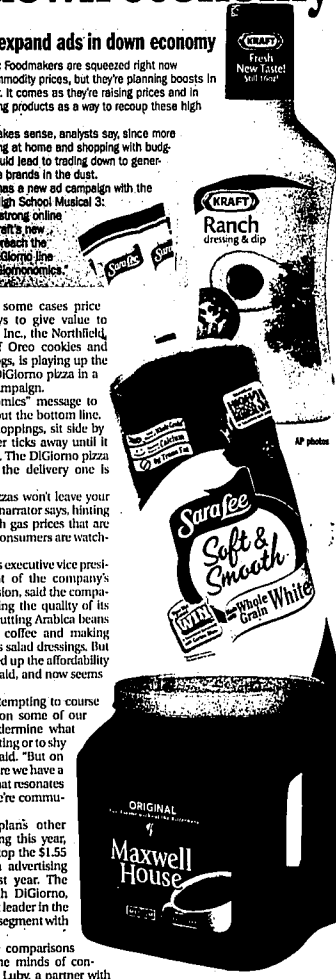
Black Searer, Kraft's executive vice president in charge of the company's North American division, said the company has been boosting the quality of its products, such as putting Ambica beans in Maxwell House coffee and making improvements to its salad dressings, but so far it hadn't played up the affordability of its products, he said, and now seems the time to do so.

"We are really attempting to course correct a little bit on some of our brands, not to undermine what we're doing in investing or to shy away from it," he said. "But on specific brands where we have a value proposition that resonates with consumers, we're communicating that."

The company plans other boosts in advertising this year, and is expected to top the \$1.55 billion it spent on advertising and marketing last year. The stakes are big with DiGiorno, which is the market leader in the store-bought pizza segment with a 20 percent share.

Playing up price comparisons keeps brands in the minds of consumers, said Frank Lutz, a partner with Simon-Kucher & Partners, a strategy and marketing consulting firm that focuses on pricing.

Companies that raise prices — Kraft's were up an average of 7 percent in the most recent quarter — risk losing consumers, he said, so ads touting bargains make sense.



"If you're stressing value you're reminding people as they start making these price-value determinations, perception-wise that these brands still have something going for them," he said.

Heinz, Hormel and Sara Lee are also boosting their ad budgets this year.

Returning lawmakers make Capitol a campaign stage

By Jim Abrams
Associated Press writer

WASHINGTON — The House and Senate reconvene Monday after back-to-back political conventions, both parties eager to use the three-week session to show voters why their candidates are the ones to fix the economy and lower energy prices.

The only matter of business that must be accomplished is passing a bill to keep the government running from Oct. 1 through the Nov. 4 election and until Congress returns. Even that might not be easy. Republicans are threatening to block the spending bill if Democrats do not give them an end-of-quarter freeze on new offshore drilling.

Some lawmakers hold out hopes that an energy bill that has eluded them all year might come together. With 79,000 U.S. troops in Iraq and Afghanistan, Democratic leaders would like to pass a Pentagon spending bill so they can tell voters that the military's basic needs are covered until October 2009.

House Speaker Nancy Pelosi on Friday blamed

President Bush and Democrats for the latest dismal unemployment statistics and said Democrats would respond with the second economic aid plan of the year. "With the unemployment rate at a five-year high, it is clear that we must take immediate action to strengthen our economy," said Pelosi, D-Calif.

That theme was repeated in Pennsylvania by Democratic presidential challenger Barack Obama. "We've had eight consecutive months of job loss," he said at a town hall meeting.

But the odds are not good that Congress will act on energy or the economy.

High, it is clear that we must take immediate action to strengthen our economy," said Pelosi, D-Calif. "That theme was repeated in Pennsylvania by Democratic presidential challenger Barack Obama. "We've had eight consecutive months of job loss," he said at a town hall meeting.

But the odds are not good that Congress will act on energy or the economy. High, it is clear that we must take immediate action to strengthen our economy," said Pelosi, D-Calif.

Auto industry to press Congress for \$50B in loans

By Ken Thomas
Associated Press writer

WASHINGTON — Auto industry allies hope to secure up to \$50 billion in government loans this month that would pay to modernize plants and help struggling car makers build more fuel-efficient vehicles.

With Congress returning this coming week from its summer break, the industry plans an aggressive lobbying campaign for the low-interest loans. The situation is growing dire after months of tumbling sales, high gasoline prices and consumers' abandoning profitable trucks and sport utility vehicles.

Lawmakers authorized \$25 billion in loans last year's energy bill to help the companies build fuel-efficient vehicles such as hybrids and electric vehicles. With credit tight, automakers and suppliers now want lawmakers to come up with the money

for the program — and expand the pool of money available to \$50 billion over three years.

Industry leaders have argued that the loan guarantee is not a government bailout because it would hasten production of fuel-efficient vehicles and reduce dependence on imported oil.

"This is not about benefiting Wall Street," said Ford Motor Co.'s President of the Americas Mark Fields, referencing recent federal support for the investment firm Bear Stearns and troubled mortgage companies Fannie Mae and Freddie Mac. "This is benefiting Main Street, the working men and women. The auto industry is part of the backbone of the U.S. economy."

The low-interest loans, at rates of about 4 percent to 5 percent, would pay for up to 30 percent of the cost of retrofitting plants to build electric cars and other alternatives.

Once-powerful Pa. senator faces long fraud trial

By Maryclare Dale
Associated Press writer

PHILADELPHIA — A long-time power broker in Pennsylvania politics earned nearly \$100,000 a year as a state senator, up to \$1 million a year as a retaining lawyer and millions more from the sale of a family bank.

However, prosecutors say freewheeling Philadelphia Democrat Vincent Pumo used little of his own money as he took yachting vacations year after year and lived in a 33-room city brownstone and hired operatives to spy on ex-wives and political foes.

Pumo faces trial Monday in federal court on charges alleg-

ing he used \$3.5 million in what he called "OPM" — other people's money — to keep his political machine well oiled and fund a life that included three vacation homes and heated sidewalks outside his mansion. The trial is expected to last a few three months, after a week of jury selection.

Pumo is accused of misusing nearly \$2 million in Senate funds and of raiding the coffers of a neighborhood charity by using his political clout to steer \$27 million in corporate donations to the charity.

Pumo, 65, argues that he did nothing illegal and worked tirelessly to serve his

constituents in blue-collar, parochial South Philadelphia. He takes credit for securing more than \$8 billion in government and corporate benefits for the region.

"I spent half my life here and money in his political career, made his mark on nearly every major Pennsylvania law enacted in the past 20 years, from the state's school funding formula to the 2004 law that legalized slot-machine gambling.

Pumo, who best two indicted members in his political career, made his mark on nearly every major Pennsylvania law enacted in the past 20 years, from the state's school funding formula to the 2004 law that legalized slot-machine gambling.

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September 11 brought U.S. into age of terrorism, anxiety

By Terence Hunt
AP White House Correspondent

WASHINGTON — Dead or alive.

President Bush said he didn't care how terrorism architect Osama bin Laden was brought to justice.

"We'll smoke him out of his cave and we'll get him eventually," Bush said confidently.

That was back in 2001 when the U.S. reeled in shock and horror after 19 men hijacked four airliners and turned them into guided missiles. The jets slammed into New York's World Trade Center towers, the Pentagon and the Pennsylvania countryside, killing nearly 3,000 people in the deadliest attack in history on U.S. soil.

It was the beginning of a new era of anxiety and vulnerability for the country after only a few years of post-Cold War comfort. Americans suddenly woke up to the chilling threat of terrorism — not in the Middle East or somewhere else around the world, but here, at home.

It was a turning point, too, for Bush, an inexperienced, little-traveled politician who had shown marginal interest in world affairs.

Before Sept. 11, Bush was best known for winning his office in a controversial Supreme Court decision and then enjoining Congress into passing one of the largest tax cuts in history and enacting a major education bill.

After Sept. 11, Bush declared himself a wartime president. He denounced "evildoers" and launched a global war on terrorism. He rallied the nation and the world; his approval ratings soared into the stratosphere.

Now, on the seventh anniversary of Sept. 11, Bush winds down his presidency with those attacks and the aftermath standing as the defining events of his time in office.

"You have to view this as the seminal event of his presidency," said Norman Ornstein, a political analyst at the American Enterprise Institute. "It transformed him, it focused him and gave a sense of purpose to his presidency that really had not existed before."

Suddenly, Ornstein said, Bush's mission was clear: "Fight a war against terror and evil."

The president laid the groundwork for two wars in close succession, in Afghanistan and then Iraq. Today, he still is carrying the burden of those wars, still not won, and a tarnished U.S.

image around the globe. Critics blame him for allowing people to be tortured, for domestic spying and for abuses of executive power.

Bush sent U.S. troops into Afghanistan on Oct. 7, 2001, to strike al-Qaida training camps and remove the Taliban rulers who harbored bin Laden. The Taliban fell quickly. Bin Laden slipped away.

Many key lieutenants, including Khalid Sheikh Mohammed, the suspected mastermind of the Sept. 11 attacks, were captured. Others were killed.

On March 19, 2003, with solid support from Congress, Bush ordered the invasion of Iraq to oust Saddam Hussein. The decision was justified largely on grounds — later proved false — that Saddam was building weapons of mass destruction that, Bush said, "could come in the form of a mushroom cloud."

Bush and Vice President Dick Cheney repeatedly sought to link Saddam to the Sept. 11 attacks. But the independent Sept. 11 commission concluded there was no such relationship. Bush eventually stopped making that connection, but still cast Saddam as a terrorist threat.

In an Oval Office speech on the fifth anniversary of the attacks, Bush said "I am often asked why we are in Iraq when Saddam Hussein was not responsible for the 9/11 attacks. After 9/11, Saddam's regime posed a risk that the world could not afford to take."

The war at first was popular, when it looked like a relatively easy victory. Bush made protecting the U.S. the central theme of his re-election campaign and staged the 2004 Republican convention in New York, a reminder of the attacks.

On the seventh anniversary this year, Bush will mark the day simply by going to the Pentagon for the unveiling of a Sept. 11 memorial.

History will judge his presidency on the war in Iraq, which Bush decreed the central front in the war against Islamic extremists. It has lasted longer than the Civil War, World War I and World War II. It has claimed the lives of more than 4,100 Americans and cost about \$653 billion.

Many people already have come to a decision.

A Gallup Poll in March found that 54 percent of Americans believe Iraq will be remembered as a failure and that 59 percent think it was a mistake to send U.S. troops there in the first place.

Democratic presidential candidate Barack Obama calls the war "one of the biggest foreign policy disasters in our history" and says "al-Qaida's leadership is stronger than ever because we took our eye off the ball in Afghanistan" to invade Iraq.

Republican John McCain is emphasizing the same

national security theme in his campaign that the Bush White House won with four years ago. McCain also distances himself from Bush, saying the incumbent mishandled the war until he adopted the combat troop increase strategy last year that has led to a sharp reduction in the violence.



On Sept. 14, 2001, President Bush puts his arms around firefighter Bob Beckwith while standing in front of the World Trade Center debris during a tour of the devastation in New York. Bush used the occasion to urge the nation past the shock of the attacks on the World Trade Center, Pentagon and Pennsylvania.

AP photo

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Donald Lorenz Martens

Donald Lorenz Martens, 84, of Buhl, went to his heavenly mansion Saturday morning, Sept. 6, 2008, at Snake River Care and Rehabilitation Center in Buhl.



Donald was born Oct. 28, 1923, to Rudolf and Henrietta Biecher Martens in the same house where he resided until last December. He was baptized, confirmed, and a life-long member of Clover Trinity Lutheran Church. He attended Clover Lutheran School through eighth grade and graduated from Buhl High School in 1942. He married Martha Dannenfeldt on Dec. 1, 1946, and they farmed and ranched on the Clover Tract until his retirement in 1952. He then began serving as a chaplain for area health care facilities.

Donald was very active in his local Farm Bureau as a member and art officer. He served as Secretary-Treasurer for the Berger Resource Conservation Area for many years.

Donald also served on numerous church and school boards and was a very active member and leader of the Lutheran Laymen's League. Memorable family trips were taken while attending L.L. National Conventions, especially to Milwaukee and Calgary. Donald was always willing and eager to serve in any capacity that would further the spread of the Gospel. He loved his Lord and was a wonderful Christian example to his children and eight grandsons. All of them will miss fond memories of Grandpa's favorites: Chinese food, cattle drives, Allis Chalmers tractors, German

phrases, three-wheelers, picking rocks, running over rocks, and teaching "those awful boys" how to ride a bicycle.

Donald is survived by his wife of 61 years, Martha, four children, Jane Lewis, Priscilla Martens, Miriam (Toni) Garrison, all of Buhl, Rev. Mattie (Mary) Martens of Fort Dodge, Iowa; grandsons Ric (Cheryl) Lewis, Rudi Lewis, Martin Lewis, Ben Martens, Dan Martens, Jesse Garrison, Joel (Megan) Garrison, Jay (Ashley) Garrison, two great-grandsons, Jacob Lewis and Jeff Garrison, and another great-grandson due any day now; a great-granddaughter, Erica Lewis; brother, Ed (Ruth) Martens of Lincoln, Neb.; also special to him - Kris Drinkall, Cassie, Lindsey, and Nick.

He was preceded in death by his parents; daughter, Martene; brother, Waldo; and sister, Katherine.

A private burial service will be held Wednesday morning, Sept. 10, at the Clover Lutheran Cemetery. The Celebration of Life, funeral services will be 2 p.m. Wednesday, Sept. 10 at Clover Trinity Lutheran Church, with the Rev. Mark Christ officiating. No public viewing will be held. Arrangements have been entrusted to the care of Farmer Funeral Chapel in Buhl.

The family suggests memorials be made to Clover Trinity Lutheran Church.

The family would like to extend their thanks to Cindy, Martens and Carl of Visitation Home Health and Hospice for their loving care for Donald. Also special thanks to the caregivers at Snake River Care and Rehabilitation.

"Well done, good and faithful servant. Enter into your Heavenly Father's rest!" Matt. 25:21

As families opt for cremation, industry expands services, choices

By Theresa Vargas
The Washington Post

Neighbors in Stafford County, Va., Kurt Zimmerman and Lawrence Mervine got to musing about death one day. Mervine had read that people could have their cremated remains placed in an underground if they wanted. They could even shoot them to the moon.

The men were still talking when they drove past a garden center and paused just long enough to think: What if they mixed cremated remains with concrete to make garden statues and planters?

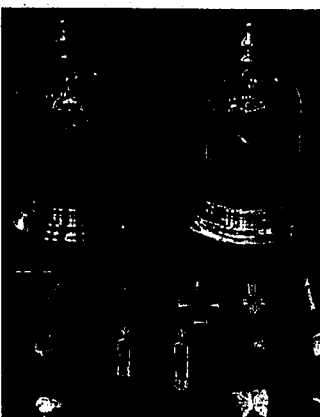
"We kind of looked at each other and said at that point it could be a very good idea," Zimmerman said.

Twenty years ago, such an idea would have been unthinkable, and certainly not marketable. But demand for cremations rises nationwide and the funeral industry finds itself personalizing what was once fairly standard. It is no longer far-fetched that two men who knew nothing about the business of death are trying to patent a process for preserving remains.

Nationwide, cremation is estimated to have been the choice in about 35 percent of the deaths in 2007, up from about 28 percent in 2002, the Cremation Association of North America reported recently. And the association's estimate for 2025 is about 59 percent.

It makes sense: The economy falls and cremations rise. Cremation has always been more affordable than traditional burial, and industry experts say that cost is the main reason families choose it. But funeral home directors say that more families are also opting for memorial services and burial of the ashes, indicating it is not only the poor families who choose life choices but also transient lifestyles and the desire for personalization.

"Even in death, the con-



Among the options for storing a loved one's ashes are keepsake pendants, which may be worn as a necklace or displayed under glass.

sumer wants options," said Michael Lyon, a Clarksville funeral director and owner of the Cremation Society of Virginia. "Whereas 33 years ago when I first entered death care, it was very commonplace for funerals to look identical from person to person, today I am finding that death care is as unique as the life lived."

The Cremation Society's Web site offers a cast-bronze urn depicting an eagle in flight for \$2,420 or wind chimes "available in alto or soprano." Also, it turns out, costs \$207, 545 more than soprano. Browsers may order the equipment and staff for a memorial service or choose the "Do It Yourself" package, complete with thank-you cards and matching envelopes.

"I am trying to figure out every single option that is available to the consumer," Lyon said.

"Death is like going to the clothing store for a suit. It's

not a 'one size fits all.'"

And cremation, it seems, offers the most variety, coming in all sorts of sizes, styles and prices. It allows relatives who live in different parts of the country to plan services around their schedules and split the ashes if they choose. They can pick five urns or two, one cemetery plot in New York and another in Idaho. If Dad was a golfer, there is an urn to match. If he loved flying, his ashes can be scattered from the sky.

During this summer's Olympic Games in Beijing, U.S. beach volleyball star Misty May-Treanor sprinkled some of her mother's ashes in the sand, just as she did after winning gold in Athens in 2004. "It's important to me," she said. "But I have more left of her. I always will," she said, referring to Barbara May, who died of cancer in 2002.

The cremation association estimated the cremation rate in Virginia at 28.5 percent in

2007. The rate is expected to reach 33 percent in 2010. But several Virginia funeral homes report that cremations already represent more than 30 percent of their business. In some places, including the Virginia Beach funeral home where Michael Nicodemus is a director, the cremation rate is approaching 50 percent.

"We haven't been shocked by what we've seen. We expected it," said Nicodemus, who serves on the association board. "It was just a matter of time. That time just got here quicker."

The trend is leading more funeral homes to install crematories, and crematories to set aside land for cremation gardens. While cremation was once considered the alternative to burial, industry experts say that families today are choosing to bury ashes rather than placing them on a mantel or scattering them.

Andrea Schwarz of Chestnut Grove Cemetery in Herndon, Va., said that staff members noticed the trend in June 2007, when they buried more cremated remains than caskets.

"There really is a place for crematories for the healing process and for families and individuals to have a place to come and reflect," Schwarz said. She remembered talking to a woman who had held onto the ashes of her husband for years. "And it was her 11-year-old daughter who said, 'But where do we go? Where do we go? We want to visit Dad.'"

Sam Fournier, who runs Virginia funeral homes in Manassas, Culpeper and Fredericksburg, said that cremations represent 40 to 50 percent of his business and that the industry is realizing that customers want options in the handling of ashes. Found said cremation starts at about \$1,500, but once services and other options are added, it can approach the cost of a traditional burial, anywhere from \$1,000 to \$8,000.

Barbara Bertha Apodaca Garcia

Barbara Bertha Apodaca Garcia, wife, mother, grandmother, great-grandmother and friend, has gone to join the Lord and her beloved husband and daughter, Andres Garcia on Thursday, September 4, 2008, at her home surrounded by family.



Barbara was born in Pueblo, Colorado on May 9, 1924 to Luis and Rita Apodaca. She married the love of her life and friend Nov. 1, 1949. They had four children and were lifetime residents of Ely, Nev. Barbara enjoyed spending time with her family and grandkids. She enjoyed embroidering and her favorite pastime was making the trip to Jackpot, Nevada.

She is survived by her four children, Eleanor and Benito

Garza of Twin Falls; Leroy Garcia of Twin Falls; Patricia and Catarina Duran of Twin Falls; and Daniel and Joyce Garcia of Colorado Springs, Colo.; 18 grandchildren; 33 great-grandchildren; and numerous nieces and nephews in Ely, Nev., and in New Mexico. She was preceded in death by her life long love, Andres Garcia, and great-grandson, Nicholas Johnson.

She will be greatly missed and always loved.

A Rosary service will be held at 7 p.m. Monday, Sept. 8, 2008 at Reynolds Funeral Chapel at 2468 Addison Ave. E. in Twin Falls. A Funeral Mass will be celebrated at 11 a.m. on Tuesday, Sept. 9, 2008 at St. Edward the Confessor Catholic Church at 161 6th Ave. E. in Twin Falls. Burial will follow at Sunset Memorial Park. Friends may call on Monday from 4 p.m. until the time of Rosary at Reynolds Chapel.

SERVICES

Edith B. Armacost of Boise and formerly of Heyburn and Twin Falls, funeral at 9 a.m. today at the Colehaven LDS Ward, 1111 S. Cole Road in Boise; graveside service at 4:30 p.m. today at the Old LDS Cemetery in Albion (Sumners Funeral Homes, Boise Chapel and Hansen-Payne Mortuary in Burley).

Victor G. Carlson of Twin Falls and formerly of Logan, Utah, funeral at 10 a.m. today at the LDS Church on Harrison Street in Twin Falls; visitation one hour before the service at the church; interment at 3 p.m. today at Logan City Cemetery in Logan (White Mortuary in Twin Falls).

Archie J. Campbell of Twin Falls, celebration of life at 11 a.m. today at the LDS Church 9th Ward, 2680 Elizabeth Blvd. in Twin Falls; visitation one hour before the service at the church (Park's Magic Valley Funeral Home in Twin Falls).

Maria Magdalena DeLuna Huerigo of Rupert, funeral Mass at 11 a.m. today at the Little Flower Catholic Church, 1601 Oakley Ave. in Burley (Rasmussen Funeral Home in Burley).

Frances Reid of Boise and formerly Twin Falls, memorial service and funeral at 10 a.m. today at the Alden-Wagoner Funeral Chapel in Boise.

Robbie Gene Collins of Idaho Falls and formerly of Kimberly Falls, funeral at 10 a.m. today at the Kimberly LDS Stake Center (White Mortuary in Twin Falls).

LaVerne Don Searle of Twin Falls and formerly of Jerome, funeral at 10 a.m. today at Hove-Robertson Funeral Chapel in Jerome; visitation

from 9 a.m. to noon today at the funeral chapel.

Frances Marie Celaya of Gooding, funeral at 2 p.m. today at St. Elizabeth's Catholic Church in Gooding (Demaray Funeral Service, Gooding Chapel).

Everett Bret Legarreta of Boise and formerly of Gooding, funeral at 11 a.m. Tuesday at Demaray's Gooding Chapel; visitation from 4 to 8 p.m. today at the mortuary.

Donald Husyer of Twin Falls and formerly of Bliss, memorial service at 2 p.m. Tuesday at Demaray's Gooding Chapel.

Kenneth P. Goller of Twin Falls, graveside service at 10 a.m. Wednesday at Rock Creek Cemetery in Hansen; friends can proceed to the cemetery with the family at 9:30 a.m. from Park's Magic Valley Funeral Home, 2251 Kimberly Road in Twin Falls.

Ava "Alvie" Everett Temple of Burley, graveside service at 1 p.m. Wednesday at Pleasant View Cemetery in Burley; friends may gather before the service (Tassumsen Funeral Home in Burley).

Eldon Mathew Barnes of San Diego, Calif., memorial service at 11 a.m. Thursday at the Almo LDS Church (Rasmussen Funeral Home in Burley).

Elwin L. Tinker of Jerome, funeral at 11 a.m. Saturday at the Jerome 7th Ward LDS Church, 50 E. 100 S. in Jerome; visitation from 6 to 8 p.m. Friday at Hove-Robertson Funeral Chapel in Jerome and one hour before the funeral Saturday at the church.

DEATH NOTICES

James Endres
James Endres, 77, of Rupert, passed away Saturday, Sept. 6, 2008 at his home. Funeral arrangements will be announced by Hansen Mortuary in Rupert.

Virginia Nessen
Virginia Nessen, 73, of Rupert, passed away Sunday, Sept. 07, 2008 at her home in Rupert. Funeral arrangements will be announced by Hansen Mortuary in Rupert.

Edna I. Gill
Edna I. Gill, 91, of Fairfield, died Saturday Sept. 6, 2008 at the "Shoshone Rehab and Living Center." Arrangements will be announced by Demaray Funeral Service, Gooding Chapel.

Edward Markham
EDWARD Markham II, 82, of Burley, died Sunday, Sept. 7, 2008 at the Warren House in Burley. The funeral is pending and will be announced by the Rasmussen Funeral Home of Burley.

Betty Lou Crawford
Betty Lou Crawford, 61, died Saturday Sept. 6, 2008 at St. Luke's Magic Valley Medical Center. Arrangements are pending and will be announced by Park's Magic Valley Funeral Home of Twin Falls.

Ruth Harr
Ruth Harr, 88, died Saturday Sept. 6, 2008 at her home in Twin Falls. Arrangements are pending and will be announced by Park's Magic Valley Funeral Home of Twin Falls.

Allan Laudert
RICHFIELD, — Allan Laudert, 61, of Richfield, died Saturday, Sept. 6, 2008 at his home. Funeral arrangements are pending and will be announced by Farnsworth Mortuary of Jerome.

Cherril Garner
PAUL, — Cherril Rae Garner, 86, of Paul, died Sunday, Sept. 7, 2008, at her home. The funeral is pending and will be announced by the Rasmussen Funeral Home of Burley.

Patient Spotlight

"I feel more in-tune with what's going on around me"

~ Lindsay Presba, Twin Falls

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Mexico undergoes legal revolution

By Julie Watson
Associated Press writer

MEXICO CITY — On a recent evening, a 30-year-old lawyer explained Mexico's new rules of justice to a class of 200 professionals with the clarity of a preschool teacher: "The accused is INNOCENT until proven guilty." Confessions cannot be coerced. Which means the person cannot be submitted to ..."

"Torture," several students answered in unison. Mexico is in the midst of a legal revolution, and Cristóbal González is on the front lines.

The U.S.-trained lawyer is one of a growing number of Mexican attorneys putting judges, lawyers, investigators and clerks through crash courses in justice, just now that Mexico has amended its constitution to throw out its inept and corrupt legal system.

Some of her lessons may seem blindingly obvious. Yet they drive home just how dysfunctional are Mexico's courts and police.

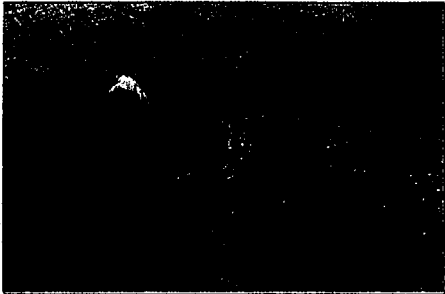
Under the constitutional amendment passed by the legislature, approved by all 32 states and signed by President Felipe Calderón, Mexico has eight years to replace its closed proceedings with public trials in which defendants are presumed innocent, legal authorities can be held more accountable and justice is equal.

Calderón says Mexico's democratic and economic development depends on this judicial reform — along with fiscal and electoral changes he has pushed through Congress.

The country has tried to overhaul its major government institutions since 2000 when voters ended 71 years of rule by the Institutional Revolutionary Party, or PRI — notorious for using the electoral and legal systems to maintain its hold on power.

Supporters of the change say Mexico has been missing out on millions in foreign investment because of its reputation as a lawless country where people are arrested randomly and criminals pay off judges — problems Calderón says also hamper the fight against organized crime.

Demands for reform of Mexico's police and courts have become much more vocal since Aug. 1, when a 14-year-old kidnap victim was found dead even after








Two men, who did not want to be identified, sit on the stairs outside a police station one of their friends was detained in Mexico City, July 13.

AP photo

Update to Mexico's legal system

Mexico is adopting a new justice system based on the presumption of innocence and public oral trials.

Some details on the new justice system

				
Prison detentions will only be allowed for persons who are a flight risk or an organized crime suspect.	Investigations will no longer be secret; defense will have access to all information being used to build a case.	Defendants will have the right to a trained lawyer and a translator.	Trials must be held within one year of arrest and open to the public unless the case involves an organized crime suspect or is considered a national security threat.	Judges must ask defendants if officers read them their rights and must scrutinize evidence to determine its legality.

his businessman father paid a large ransom. The boy was abducted at a fake police checkpoint allegedly with help from detectives.

At a national meeting in Mexico City, the boy's father, Alejandro Martí, demanded that police and judges improve the judicial system. "If you can't do that, then quit," Martí said. "But don't just keep holding a government job. Don't keep receiving a salary for doing nothing."

Last weekend, more than 100,000 Mexicans took to the streets in cities nationwide to protest rampant crime and corruption.

Since the Spanish conquest in the 1500s, Mexico has had an inquisitorial system adopted from Europe in which the accused is not presumed to be innocent and proceedings are largely carried out in writing and in secret.

Inquisitorial systems are still used in many countries. But Mexico's version had become so corrupt, González said, that "if police put some-

one's head in extremum and the person confessed, the confession was admitted if the paperwork followed procedures as far as fingerprints, the signature of the public minister, etc."

Without the threat of exposure in public trials, mistakes in public trials, mistaken arrests, bungled investigations and confessions extracted under threats and torture have become common in Mexico.

The new system aims to prevent the errors and abuses that led to the ouster of the capital's police chief and top prosecutor in July after 12 people died in a police raid on a nightclub. A govern-

ment probe found police caused a stampede by trying to detain hundreds of youths, rather than arresting only those found with drugs or alcohol. Male officers also forced 10 young women to strip naked even though they were not accused of any crime.

Under the old rules, suspects are routinely paraded in front of cameras before they have been charged, sometimes holding weapons allegedly used in crimes. Lawyers often pay witnesses to write favorable testimony, González said, and there are no cross-examinations of witnesses, emotional courtroom exchanges or clever closing arguments.

Judges — not juries of peers — will still determine guilt or innocence. "This is not a copy of the gringo system," González told the class.

Instead, Mexico chose a criminal code similar to the one adopted in 2005 by Chile, where cases are examined by three judges who consider the legality of the evidence and whether the defendant's rights were respected. Then, the judges send cases to trial or recommend other means of adjudication, such as a plea bargain or probation.

The new penal code is no miracle cure, but supporters say it has more safeguards, such as limits on detention without charges, the right to a lawyer and a speedy trial.

With convention speeches, it seems no one is innocent

By Michael Dobbs
The Washington Post

The political convention season generated its usual share of outlandish spin, misleading rhetoric and outright fibs. The presidential nominees for both parties resorted to dubious arguments in attacking their opponents and promoting their own accomplishments and policy proposals. Here is a guide to some of the more questionable assertions.

Barack Obama

"Many of these plans will cost money, which is why I've laid out how I'll pay for every dime — by closing corporate loopholes and tax havens that don't help America grow."

Obama's speech at the Democratic convention in Denver was full of costly promises, including expanded health-care coverage (\$65 billion annually), increased education spending (\$18 billion) and investments in green technology (\$15 billion). But it is misleading for him to say he has shown how he will "pay for every dime" of his plans.

According to the nonpartisan Committee for a Responsible Federal Budget, the Democratic proposals would cost the federal budget about \$377 billion in 2013.

The analysis is based on the Obama campaign's own figures, including the optimistic assertion that he can save \$75 billion a year by closing tax loopholes and \$55 billion by initiating a phased withdrawal from Iraq.

Committee, President Maya MacGuineas accused both the Obama and McCain campaigns of

"wishful budgeting." She estimates that Obama's promises to extend most of the Bush tax cuts into place in 2001 and 2003, and to lessen the bite of the alternative minimum tax would probably cost the U.S. Treasury about \$400 billion a year.

John McCain

"Russia's leaders ... invited a small, democratic neighbor to gain more control over the world's oil supply, intimidate other neighbors and further their ambitions of reassembling the Russian Empire."

McCain's explanation for the Russian invasion of Georgia is oversimplified in the extreme — and omits an important fact that has never been recognized by the McCain campaign: Georgia attacked first.

Georgian President Mikheil Saakashvili has said his forces responded to a move by Russian troops into the breakaway Georgian province of South Ossetia on Aug. 7. But he has produced no evidence to support his version of events, and it has generally been discounted by Western reporters on the scene.

The Georgian bombardment of the South Ossetian capital, Tskhinvali, gave Russian leaders a perfect pretext for teaching a lesson to Saakashvili, who has aligned his country with the United States and is seeking NATO membership.

The Russians were able to pose as the protectors of Georgia's Ossetian minority, who fear being swallowed up into Georgia proper and have been waging a low-intensity secessionist war with the Georgian army for nearly two decades.

Lost: 103 Pounds Gained: Freedom from pain

Deb Holcomb is a busy working mother of five who for many years, struggled with severe back pain, arthritis, and high blood pressure due to obesity. When she decided to undergo weight loss surgery, she made a commitment to completely change her life.

Two years later, she has kept the weight off through daily exercise and determination. Her health problems are gone or greatly improved. And she calls the day of her surgery her "do-over" day — the day she got a second chance.

Deb is supported by the experienced physicians and bariatric team at St. Luke's Metabolic and Bariatric Surgery Clinic. Our proven track record of favorable outcomes for weight loss surgery, and our comprehensive commitment to high quality bariatric care are why we are an American Society for Metabolic and Bariatric Surgery Center of Excellence.

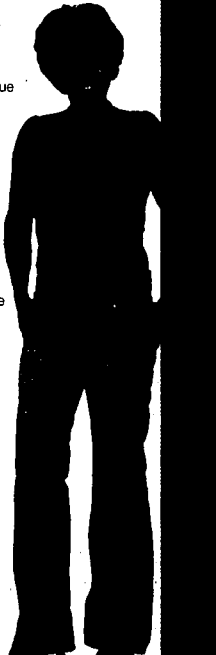
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INSIDE: To do for you, B2 | Comics, B5 | Classified, B6-13 | Weather, B14


When your workplace bans tobacco

Area businesses, college, offer quitting support

 By Ariel Hanson
Times-News writer

It used to be that smoking was ubiquitous—in the movies, in most workplaces, on the street corner.

Today, it's rare to see someone lighting up in public. Increasing numbers of businesses are going tobacco- or smoke-free, including several area hospital campuses, the College of Southern Idaho campus, and soon, Bridgeview Estates retirement community.

With all these places banning smoking and chewing tobacco, what's a user to do?

Rex Newton, a security guard at St. Luke's Magic Valley Medical Center, chewed tobacco for 45 years, and often tried to quit. When the hospital banned tobacco use at the beginning of the year, he took it as a sign that now was his time.

"It was just too much of a hassle trying to sneak around," he said with a laugh. "It was probably one of the hardest things I've ever done, was quitting."

Newton hasn't chewed in three months, a fact he's proud of, and he credits his success to the programs and support the hospital gave him.

They assisted with his co-payments for Chantix, a prescription medication that helps some tobacco users, and they offered quitting assistance classes. Newton also has financial incentives to stop chewing.

"We have what we call a tobacco challenge, where they have six months to quit smoking, and during that six months they can be reimbursed for up to \$125," said Jane Slickers, employee health and wellness nurse at the hospital. "The next six months they have to stay quit; if they do they get another \$125."

This kind of support for employees is just what Tamr Pearson, tobacco program coordinator at South Central Public Health District, recommends.

"As a business or an agency or whatever is moving toward that, they need to make sure they have a good implementation plan," she said. "It's important for an agency to offer support for those people who do want to quit, make sure you aren't marginalizing them."

Pearson said reaction to policies banning tobacco can be mixed.

"You have some who are going to resent it, you have some who are going to use it as an incentive to



St. Luke's Magic Valley Medical Center security guard Rex Newton stands outside the hospital on Thursday. He credits the hospital's tobacco-free policy, enacted Jan. 1, for giving him the push he needed to quit chewing tobacco after 45 years of the habit.

ARIEL HANSON/Times-News

Resources to help you quit

- South Central Public Health District: www.phd5.idaho.gov/Tobacco/index.htm#coalition
Classes are available for specific groups, including teens, pregnant women and adults. Information: 208-737-5945 or scdinfo@phd5.state.id.us
 - Idaho QuitLine, a free, confidential telephone counseling service designed to help smokers quit. 800-QuitNow
 - Idaho QuitNet, a free online resource connecting smokers to counselors and information. www.idahoquitnet.com
 - College of Southern Idaho will offer classes taught by District Health, open to the public. The free classes, in Student Union room 232, are a total of six hours. Pre-registration requested: 208-737-5945 or tpearson@phd5.idaho.gov.
- Noon to 1 p.m. Mondays and Wednesdays starting Sept. 15. Three weeks.
3 to 4 p.m. Tuesdays and Thursdays starting Sept. 16. Three weeks.
6:30 to 7:30 p.m. Tuesdays starting Sept. 16. Six weeks.



quit, and you have others who will continue to smoke, not necessarily on the campus," she said.

When users aren't internally committed to quitting, it usually doesn't work, said Jeanette Charters, facili-

tator of Fresh Start Smoking Cessation.

"It's more difficult, because they're not doing it for themselves, they're doing it for someone else, because it was mandated," she said. Smokers tend to smoke during emotional times, whether positive or negative. "You make it your friend even though it's totally your enemy. You give that cigarette some emotions. If you're really not ready to quit, that's the part that's really hard to get over."

At Bridgeview, the smoke-free policy won't go into effect until Jan. 1, 2009, but support will be offered this fall for anyone who wants a head start on the deadline.

Existing residents will be exempt, but visitors, staff and residents who move in after New Year's will have to keep their smoke off campus.

"Most of our new people that

move in come from the hospital, and they can't smoke at the hospital anymore, so it will be a continuation of what they've already started," said Lori Benzler, executive director of Bridgeview. Like St. Luke's, the business will offer cessation classes and quitting assistance, and Benzler anticipates demand will rise as the new year approaches. "I haven't really had much feedback yet from the staff, and I really think it's because we haven't gotten to that date yet. I suspect November and December we will probably have a lot more interest in classes and opportunities."

At CSI, quitting support classes are about to start. Signs went up on buildings last week, and were expected to go up in the parking lot last weekend.

See page **TOBACCO**, Page B4

AN IMPORTANT PART OF FITNESS?

At any age, it makes sense to keep yourself in balance



A Bosu ball makes for challenging workouts: Users aim to maintain their balance as the body shifts to compensate for the ball's movement.

 By Britney Johnson
The Washington Post

There are times in your life when feeling a little off-balance may actually be a good thing. Take it from the experts.

Although there are some changes you can't avoid as you get older, including deterioration of your hearing, vision and coordination, research suggests that it's worth taking steps — even risking a few missteps — to slow the decline in your balance.

Loss of balance makes you vulnerable to falls, which can be dangerous at any age but is the fifth-leading cause of death for people 65 and older, according to the Centers for Disease Control and Prevention.

The CDC makes a number of recommendations to prevent falls, including exercising regularly to maintain muscle and getting enough Vitamin D and calcium to

preserve bone strength. But a growing number of physical, physical therapists and personal trainers go further, advocating exercises designed to challenge the complex system of reflexes that governs our stability and spatial orientation.

And, as Roger Yasin, a personal trainer in Arlington, Va., puts it, it's smart for younger people to start doing these exercises.

Yasin said many of his clients are surprised to find out how their balance declines over time, and they often underestimate how important balance is to navigating the hazards in their daily lives, from escalators to uneven sidewalks and grassy hills.

"Many people don't think of balance when they think of personal training; they think of diet and weight loss, or they want to get ready for a wedding or reunion."

See page **BALANCE**, Page B4

Wise or foolish?

Weighing the gluten-free options

By Janet Crowley
Los Angeles Times

At the Whole Foods Market in El Segundo, Calif., two women stand scanning a refrigerator case filled with packages of gluten-free food — carrot cake, rice flour bread, scones, ginger cookies, pecan pie and chocolate chip muffins.

Judy Beckett, a retired educator, was diagnosed with celiac disease two years ago: Her gut cannot tolerate gluten, and switching to these foods has improved her digestion and quality of life. Claudia Lopez, a housekeeper and mother of four, is looking for gluten-free food for herself and her family. She recently switched to it at the urging of a health expert she heard on Spanish radio.

Beckett and Lopez have plenty of company as more and more consumers embrace the gluten-free trend. Using a survey, there are people like Beckett with celiac disease who must be on the diet; others who believe the diet can alleviate chronic intestinal complaints and boost energy; still others who believe the gluten-free diet might help in the treatment of autism and a host of other disorders, including schizophrenia, chronic fatigue, multiple sclerosis, attention deficit disorder, migraine and even fertility problems.

And some people are trying the diet simply because they've heard it is healthful.

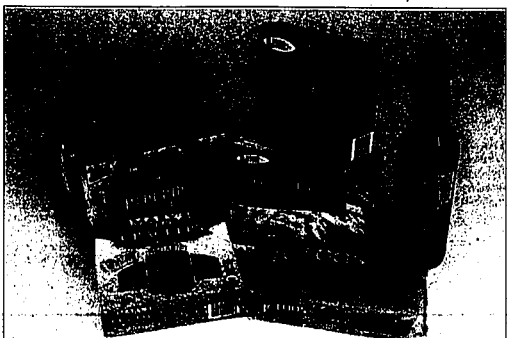
"A lot of people are going gluten-free ... but they really don't know why," says Suzy Badaracco, president of Culinary Tides, a company that forecasts food trends. "It's just like, 'Quick, it's gluten-free, it must be good!'"

It was full-speed ahead for gluten-free foods at this year's Natural Products Expo West, held in March at the Anaheim Convention Center in Orange County, Calif. Attendees at the event — truly the Super Bowl of natural food shows — swarmed around counters featuring gluten-free breads, pasta, steaming pot pies, brownies, warm muffins, cosmetics and even dog treats.

(One exhibitor even advertised a flavored water as gluten-free — cheerfully admitting that, yes, water is naturally gluten-free, but what the heck.)

According to a March 2007 survey by the market research company Mintel, 8 percent of the U.S. population look for gluten-free products when they shop. Nielsen Co., which tracks gluten-free food in U.S. grocery, drug and mass merchandiser stores (excluding Wal-Mart), reports that the gluten-free sector increased 20 percent in the 12-month period ending June 14, to \$1.75 billion from \$1.46 billion a year ago.

The number of choices also is expanding. In 2007, 700 new gluten-free products were launched in the U.S., up from 214 in 2004, according to Mintel. Consumers of gluten-free products can wander down the aisles of their local health food store — in some cases their local supermarket — and choose from an array of gluten-free pastas, cake mixes, waffles,



Bread, crackers, pence — it's the gluten-free menu.

ANNE CUSACK/Los Angeles Times

A question of taste

Los Angeles Times

Anyone who ate gluten-free food five or 10 years ago understandably might opt to avoid such food forever after. In the old days, "We used to joke that when you got the food, you didn't know if you were supposed to eat the box or the contents," says Dr. Alessio Fasano, medical director of the Center for Celiac Research at the University of Maryland. The taste and texture were pretty bad, agrees Scott Mendell, chief executive and co-founder of Enjoy Life Natural Brands, which makes gluten-free and allergy-friendly foods. "They gave a very gluten-free taste, which means kind of a mealy and bland, crumbly taste," he says. "They didn't give a good mouth-feel. If you ate a cookie, you didn't want another one."

That's because gluten plays a key role in providing structure to baked goods. During cooking, proteins in gluten create a sub-microscopic network that traps gas bubbles and adds viscosity and elasticity to the mix. When the product is heated, the moisture evaporates and the gluten becomes rigid, setting texture and structure.

Some of the old gluten foods weren't even particularly healthful. "Typically, gluten-free foods have been made with refined gluten-free products, including white rice flour, tapioca starch, corn starch and potato starch," says Shelley Case, a registered dietitian and author of "Gluten-Free Diet: A Comprehensive Resource Guide." "They added a lot of fat and sugar to make it taste palatable and stick together, so the food wasn't very good for you."

But in the last few years, gluten-free foods have gotten tastier and more healthful. Companies specializing in gluten-free foods are incorporating a wide variety of ingredients, often milled into flour to improve the products' flavor and nutritional content, including amaranth, quinoa, garbanzo beans, navy beans, fava beans, buckwheat, almonds, hazelnut, millet, brown rice, sorghum, flax and even mesquite pods and Indian rice grass.

Some of the new offerings have gotten a boost from an unexpected source: a current fascination with ancient grains — such as amaranth, quinoa and teff. These don't have the gluten proteins that trigger celiac disease, food trends forecaster Suzy Badaracco says. "So if you've got a product with ancient grains, if you're smart, you tie it into both trends — gluten-free and ancient grains. It's a double whammy."

of gluten can spark an inflammatory reaction in celiac patients, Case says.

Until recently, celiac disease was thought to be extremely rare in the U.S., says Dr. Alessio Fasano, medical director of the Center for Celiac Research at the University of Maryland. In 2003, there were 40,000 diagnosed cases. Then the center published an epidemiological study estimating that about 2.5 million people in the U.S. had the disease. Shortly thereafter, the National Institutes of Health

boosted the estimate to 3 million, igniting a flurry of business investments in gluten-free foods.

Because of the severity of symptoms and difficulty of preparing gluten-free foods, after a child is diagnosed with celiac disease, parents often put the entire family on the diet, further expanding the market.

Gluten's ubiquity makes it difficult to eliminate entirely. Found in pasta, crackers, cereal, breads and other baked goods, gluten also lurks in less obvious places such as malt vinegar, soy sauce, breaded meats, many flavorings and emulsifiers, beer, gin, whiskey and rye, and gravy and sauces thickened with flour. Ten years ago, celiac patients struggled with meals and menu planning. When gluten-free foods began landing in stores, celiac patients snapped them up.

Another group embracing gluten-free foods is people who do not have celiac disease but have gastrointestinal problems that improve when they go on a gluten-free diet. In so-called "gluten sensitivity," there is an immune response or associated condition even though the patient might not have the small-intestine findings on a biopsy to meet the criteria for celiac disease, says Dr. Eric Esrailian, director of general gastroenterology at the University of California, Los Angeles' David Geffen School of Medicine. "Gluten intolerance," Esrailian says, refers more to the symptoms a person feels, similar to the term lactose intolerance. No one knows how many people truly fall in these two categories, he adds.

Another group fueling the boom is the celiac self-diagnoser. "We see a lot of patients who have nonspecific gastrointestinal symptoms," Esrailian says, "who have read about celiac disease on the Internet or heard about it from a friend and have made kind of a self-

"A lot of people are going gluten-free ... but they really don't know why. It's just like, 'Quick, it's gluten-free, it must be good!'"

— Suzy Badaracco, president of Culinary Tides, a company that forecasts food trends

diagnosis." This can cause unnecessary worry, dietary restrictions and expense, he says.

"A lot of folks say that when they eat gluten-rich foods, they feel a little sluggish," adds Daniel Fabricant, vice president of scientific and regulatory affairs for the Natural Products Association, a Washington, D.C.-based trade association. "Now — is it the gluten or the refined carbohydrate?"

Fifty-five-year-old Debra Green of Los Angeles went off gluten and a number of other foods more than a year ago at the suggestion of Dr. Mark Hyman, a family practice physician and nutrition guru who has written several books on metabolism and weight loss.

Although Hyman determined that Green didn't have celiac disease, he did attribute her indigestion and heartburn to several food sensitivities. The retired TV executive says that since going on the gluten-free diet she has never felt better. "All my ailments went away," she says. "No more heartburn. No more Nexium. My desire for sweets went away. Even my Achilles tendon, which hurts me, stopped hurting."

But people who elect to put themselves on a gluten-free diet without consulting a physician might be creating

problems for themselves in two ways.

For one thing, it's difficult to diagnose celiac disease in a person who has been on a strict gluten-free diet for a long time, Esrailian says. "The diet can make the small intestinal inflammation less obvious on biopsy," he explains, and affect the blood test.

And there are broader concerns. Some dietitians worry about the long-term effects of a strict gluten-free diet on people who don't need to be on it, because in avoiding foods with gluten, people could give themselves nutritional deficiencies. Those who elect to go on the diet need to ensure that they get adequate amounts of B vitamins, particularly folic acid, Badaracco says.

From Esrailian's point of view, a good effect of the current fascination with gluten in food is that it has created more awareness of celiac disease.

But many people acknowledge that what started as a quirky health kink might be out of hand. "If you just Google the silly thing, there's all sorts of dietitians and medical professionals against it," Badaracco says. "They're just not organized yet to (band together and) say, 'You know what? This is ridiculous.'"

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A Harvest-Time Financial Checklist

Autumn is not only a time to prepare and save the abundance of food that has been harvested; it's a time to review your financial situation and ensure that you are saving as much as possible. Below is a checklist of "smart moves" to ensure that saving remains an important foundation of your financial well-being.

Create a budget — Live within your means by having a budget. **Pay yourself first** — Deposit 10% of take-home pay to savings. **Maximize your 401(k)** — Maximum allowable contribution to 401(k).

Use cash — Pay as you go with cash rather than credit. **Use credit wisely** — Pay off the cards each month. **Empty your pockets** — Empty your pockets of change and save it.

Set a savings goal — Envision the goal toward which your savings is building.

This series brought to you by:
CAPRICORN FINANCIAL STRATEGIES
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James E. Hanson, CFP®, CLU
Financial Consultant

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Balance

Continued from page B1

Whether you're preparing for an event or doing your regular workout routine, Yasin and others recommend including exercises that address your balance.

Doing so has the added advantage of helping you lose weight. "Since you are trying to stabilize your body, you're using multiple muscle groups, and can burn so many more calories," he said.

Yasin said everyone should start by balancing on the floor with one foot, before progressing to challenging equipment.

The following are a few of the many products aimed at different levels of fitness and expertise. Consult your trainer or doctor before choosing one that's right for you.

•Balance Pad: Balance pads look like thick gymnastics mats but feel much softer. The feeling of instability created by the pads from surface irregularities as the user puts more weight on it. It can be used for rehabilitation, exercise and coordination training. Performing lunges, push-ups or sit-ups on a balance pad improves overall strength and stability. By stacking two pads on top of one another, the user can create greater instability for a tougher workout.

•The Bosu ball: Bosu whose name stands for "Both Sides Utilized," resembles half a ball, with one flat and one domed side. It can be used for cardio, balance-building workouts or yoga. Users can sit, stand or squat on the curved side and sit or try push-ups on the flat side, all while trying to maintain balance as the body shifts to compensate for the movement of the ball.

•Dyna-Disc: Yasin says the squishy surface of this circular, air-filled mat makes his clients feel as if they're stepping on a deflated football. People of all ages can sit, stand or on the disks to improve posture and squat in the lower body. The Dyna-Disc is made from the same material as a gym ball but is more stable since it can't roll away. It comes in different sizes suitable for a variety of exercises. Users can perform curls or other moves standing on the disk to strengthen core muscles. The disk can change the inflation level of the disk or stand with one under each foot to increase exercise difficulty.

•Bongo board: This skateboarding board is the most difficult of these products to use. It's designed to improve coordination by challenging the user to keep the board stable over a rolling wheel. The Bongo board is for more-advanced users and can also be used for push-ups to strengthen core muscles.

Other products are being created for people whose balance has decreased, whether through age or illness, and are geared toward preventing falls.

Inspired by NASA technology that helps astronauts keep their balance in space using sensors to record information about a person's ability to balance, Erez Liebermann, a graduate student at the Harvard-MIT Division of Health Sciences and Technology, began working on the Ishoe Insole as a NASA intern; it could be available in 18 months and cost about \$100, according to the

Longer life, by the numbers

The elixir of long life is pretty simple stuff. Exercise, eat right and, yes, stop smoking and take preventive medications. But how exactly do those and other things we can do affect our body's vital organs? If you are embarking on a health change journey or are already on the road, here are some tips and scientific findings to support the modifications in your behavior.

Medical science is incremental in nature, so a single study is rarely the final word; the associations that come from observational studies are sometimes overturned by later trials. Read the numbers prudently and consult with your doctor before making changes.

HEART HEALTH

PROBLEM: High blood pressure. Blood pressure is measured by two numbers: the systolic reading (the top number), which shows the pressure when the heart is contracting, and the diastolic (the bottom number), which indicates the pressure when the heart is relaxing. Both are measured in millimeters of mercury (mmHg), or mmHg.



Normal blood pressure is below 120/80, while high blood pressure is 140/90 or higher. Reducing blood pressure lowers the risk of heart disease and increases longevity. For every increase of 20 points in systolic blood pressure and 10 points of diastolic blood pressure, the likelihood of death from cardiovascular disease doubles. So, a drop from 150/90 to 130/80 (not a huge change) makes you far less likely to die from heart disease. People at age 50 with normal blood pressure live five years longer on average than those with higher blood pressure.

DIET The average American eats only 4.4 servings of fruit and vegetables per day. One study showed that people who ate less fat in their diet to 26 percent and increased fruit, juices and vegetables to 9.6 servings per day cut their systolic blood pressure by 5.5 points and diastolic blood pressure by three points. The percentage of fat in the average American's diet is 37 percent.

EXERCISE If you are overweight, lose 22 pounds and your systolic blood pressure will decline by five to 20 points. Regular exercise, such as brisk walking for 30 minutes most days, can drop your systolic blood pressure by four to nine points.

MEDICATION In a 1992 study, 4,396 patients who received a beta blocker and a diuretic for high blood pressure had an average 19 percent reduction in coronary events such as heart attacks and a 25 percent reduction in strokes.

PROBLEM: Cholesterol

A way substance that your body needs to function normally, cholesterol can build up in your arteries and increase the risk of coronary heart disease and stroke. Cholesterol is measured as milligrams (mg) of cholesterol per deciliter (dL) of blood. It contains "bad" cholesterol (low-density lipoproteins, or LDL), which increases your risk of coronary heart disease, and good cholesterol (high-density lipoproteins, or HDL), which lowers your risk of coronary heart disease.

Ideally, you want your LDL count to be less than 100 mg/dL and HDL more than 40 mg/dL. People who have cholesterol levels in the normal range live longer than those with elevated cholesterol. Physicians refer to the rule of a 1 percent. For every 1 percent increase in the HDL and/or 1 percent decline in LDL, there is 1 percent lower risk of developing coronary artery disease.

DIET A 1997 study of 444 men found that those who

replaced an average American diet with a reduced-fat diet (26 percent fat) experienced a 13.4 percent drop in LDL.

EXERCISE HDL 44.3 to 48.6: In a 2002 study of 111 sedentary, overweight men and women, those who exercised intensively (the equivalent of jogging 20 miles a week) saw their HDL rise this much.

EXERCISE A Scandinavian study of 4,444 patients with heart disease found that those given a cholesterol-lowering statin drug had a death rate of 8 percent over five years, compared with 12 percent for those on the placebo. Also, the rate of major coronary events (such as heart attack) was 19 percent for the statin group, but 28 percent for the placebo group. One study of 22,071 physicians without a history of heart disease placed some on a low dose of aspirin (325 mg every other day). Over five years, the group taking aspirin had a 44 percent lower incidence of heart attack. People older than 50 saw the most benefit.

BRAIN HEALTH

PROBLEM: Alzheimer's disease Most people fear the loss of their mental faculties even more than their physical health. Currently, one in every eight people age 65 and older has Alzheimer's. The rate rises to one in five for people older than 85. According to the Alzheimer's Association, although no study has found a silver bullet that will prevent dementia, more and more researchers think there are things you can do to protect your brain as you age.



EXERCISE An observational study of 1,740 adults older than 65 showed that 13 people per thousand developed Alzheimer's dementia among those who exercised three times or more per week. In those who got the least exercise, the rate was 20 per thousand.

In another observational study, people ages 75 to 85 who engaged in cognitive exercises such as board games, reading, playing a musical instrument and doing crosswords were significantly less likely to develop dementia over a five-year period than those who did not.

MEDICATION Individuals with high cholesterol who took statins had a 71 percent lower rate of dementia compared with those not on statins. A study of nearly 7,000 adults older than 55 who were followed for seven years had an 80 percent lower risk of Alzheimer's dementia if they had received nonsteroidal anti-inflammatories such as ibuprofen for more than two years.

LUNG HEALTH

Smoking causes direct injury to the lung yet nearly one in five American adults smokes cigarettes.

According to the 1990 Surgeon General's Report, people who quit smoking between ages 35 and 39 added



three to five years to their lives, while those who quit smoking between ages 65 and 69 added one year to their lives. Smoking cessation reduces risk of heart disease, peripheral vascular disease and dementia, but most significantly it reduces the risk of lung cancer. Non-smokers married to lifelong smokers had double the rate of lung cancer compared with other non-smokers. Among 100 lifelong smokers 14 will die of lung cancer compared with less than one per 100 non-smokers.

avoid falls, Scott McCredie, author of "Balance: In Search of the Last Sense," says you don't need gadgets to improve your stability or core strength. "All you need to do is stand on one leg in various poses, and you can do that anywhere," McCredie said, whether "waiting for the bus or brushing your teeth in the bathroom."

Physical therapist Kristine Legters takes this low-tech approach by incorporating balance training into her clients' everyday lives.

"Standing on a pillow, walking on grass as opposed to concrete, or looking around and moving your head while walking is opposed to looking straight challenges and improves your balance," said Legters, who works in Pennsylvania. The takeaway message is clear: To maintain your stability as you get older, you need to throw yourself off-balance once in a while.

It's not time to swear off squats

By Vicky Hallett
The Washington Post

Q. Can you suggest weight resistance exercises that will work on your legs and butt but won't stress my knees? I'm 44, and my knees just can't handle squats and lunges anymore. I do cardio work three to four times per week and weight training three days per week.

A. You might want to swear whenever you squat, but it's not quite time to swear off squats, advises Michael Lin, co-founder of Verve Health & Fitness in Arlington, Va. After all, the squat is a movement most people need to perform in daily life — and even to use the bathroom in certain foreign countries.

"It's a matter of making sure the weight is on your heels, not your toes, and that spinal alignment is straight," he says. "The better you understand that, the more stay." To keep your training knee-friendly, he suggests you lean against a Swiss ball pushed to the wall and then slide down it as you sink.

But certainly there are tons of other exercises for your lower body that won't aggravate your joints. How about leg swings or lifts to the front, side and back? You can do them on a multi-lip machine or with ankle weights; even just the weight of your legs can be exhausting with enough reps.

As long as you're not having shoulder woes, too, Lin recommends side plank leg

lifts. Prop yourself on one side with your left elbow and knee, and then raise the other leg, which should be straight to get the most benefit. To make it a bit trickier, try the pose with your feet instead of your knees. Advanced exercisers can kick it up one more notch by switching out their elbow for their hand.

And here's one more that may look silly but feels serious. Take a circular resistance band, or just tie a regular one into a small loop, and slip it around your ankles. "The trick is not to put your feet together, because then you lose the tension," Lin says. Then start shuffling in every which way to feel the burn in your inner and outer thighs and glutes.

See what's new
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magicvalley.com

Auction Calendar

Through September 21st
MONDAY, SEPT. 8, 6:00PM
Antique & Collectible Items
Furniture • Household • Tools
Collectibles • Gasoline • Lawn
734-1635 • 731-4567
IDAHO AUCTION BARN
www.idahoau.com
TUESDAY, SEPT. 9, 5:00PM
Household • Tools • Antiques
Outdoor • Oddities • Jerome
KLAAS AUCTION BARN
208-324-5521

SATURDAY, SEPT. 13, 10:00AM
City of Rupert Surplus Vehicles
10th & Chest at City Shop
Times-News Ad: 9-10
BILL A. ESTES & ASS. CO.
AUCTIONEERS • 670-2078
www.klaasau.com

SATURDAY, SEPT. 13, 11:00AM
Williams Estate Auction
Appliances • Furniture • Tools
Glassware • Jewelry • Misc.
Times-News Ad: 9-11
MASTERS AUCTION
www.mastersauction.com

THURSDAY, SEPT. 18, 11:00AM
Picher Sales, Lewiston, Utah
Tractors • Farm Equip • Auto
Times-News Ad: 9-16
MASTERS AUCTION
www.mastersauction.com

SATURDAY, SEPT. 13, 11:00AM
Hale Auction, Shelley, ID
Tractors • Shop • Tractors,
Trailers • Vans • Irrigation
Times-News Ad: 9-10
US AUCTION
www.us-auctions.com

SUNDAY, SEPT. 14, 1:00 PM
Bingham Auction, Buhl
Appliances • Furn • Antiques
Collectibles • Sporting
Times-News Ad: 9-12
MASTERS AUCTION
www.mastersauction.com

SATURDAY, SEPT. 20, 11:00AM
Van Nyppe Property & Estate,
Rupert • Property • Vehicles
ATVs • Guns • Shop • Furn
Times-News Ad: 9-18
US AUCTION
www.us-auctions.com

SUNDAY, SEPT. 21, 1:00 PM
Schmeckle per Estate, Buhl
Furniture • Appliances • Lawn
Handicap Items • Sporting
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MASTERS AUCTION
www.mastersauction.com

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TACK & SADDLE AUCTION

Wednesday September, 10th 7:00pm
Snake River Eiks Lodge
412 E 200 S, Jerome, ID 83338

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The entire inventory to be sold as one lot, sold regardless of coat or color, and includes:

- 200 Western Saddles
- 200 English Saddles
- 200 Trail Saddles
- 200 Blankets, Equi-Sport, Olympic, & Weather
- 200 Blankets by Franson, Weaver
- 200 Blankets by Billy Cook, Silver
- 200 Blankets by Billy Cook, Silver
- Plus lots and lots of new and used one of a kind and unique items! This is a very complete inventory. So if you can't list it all in this AD. For a complete list check out:

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Light & Dark Chocolate Covered Caramel Peppes:
\$12/9/lb

Arts, Crafts & Bazaars Calendar

5 Lines \$5
10 Lines \$10

Calendar published Monday, Wednesday & Friday

To Announce your special event Call or email at 735-3270

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magicvalley.com

B.C. By Johnny Hart

PILLAGE

THE EPICH MARKED BY THE ADVENT OF PROZAC

Baby Blues By Rick Kirkman & Jerry Scott

AWH! LOOK AT THE WAY HE'S STANDING!

YOU USED TO LOOK EXACTLY LIKE THAT WHEN YOU WERE LEARNING TO WALK!

WAGN! I WAS YOUR AGE AND I HAD TO CONK UP WITH ONE DOWNHILL OBEYING CAT!

Beetle Bailey By Mort Walker

OKAY, BEETLE! COME ON OUT OF THERE!

HOW DID YOU KNOW I WAS IN THERE?

I JUST LISTENED FOR A GARBAGE CAN THAT GNORED

Blonde By Dean Young & Stan Drake

DO YOU HAVE A NICE BOWLING SHOE?

IT WAS GREAT! I BOWLED THREE STRIKES IN A ROW!

WELL, THEY WEREN'T REALLY IN A ROW, AND TWO OF THEM WEREN'T ACTUALLY STRIKES

BUT THE GUY AT THE SNACK BAR GAVES ME AN EXTRA SERVING OF WADIOS FOR SETTING A NEW RECORD!

Dilbert By Scott Adams

TED GOT PROMOTED, SO I'M COLLECTING MONEY FOR A CAKE.

HE'LL BE GROSSLY OVERPAID COMPARED TO US. BUYING HIM CAKE WILL EXACERBATE THE UNFAIRNESS.

HE HAS HIGH CHOLESTEROL.

HERE'S A DOLLAR.

The Elderberries By Phil Frank and Joe Troise

There's a familiar chill in the air...

Winter's not too far away.

I doesn't seem like we ever had a summer.

I, for one, won't miss the heat...

You Like short, frigid days?

Yes, ah do.

I'll remember that in late February, when you pulled my electric blanket again.

That wasn't for me... That was for mah cold toilet seat in the winter mornin'!

For Better or For Worse By Lynn Johnston

COME TO MORN'G/CLUBMATHS/TWENTY-FIVE! YOU CAN DO IT!

LOOK UP! HER SHIRT'S WALKING! SHE'S WALKING! SHE'S...

PROBABLY NOT GOING TO MAKE IT FOR MONTH!

Frank and Ernest By Bob Thaves

I TOLD FRANGINE WE WEREN'T SEEING EYE-TO-EYE AND I HAD SOME THINGS TO GET OFF MY CHEST. I SAID SHE NEEDS TO HELP FOOT THE BILL UNTIL I CAN GET A LEG UP...

AND NOW THINGS ARE MUCH BETTER FOR ME... I THINK SHE WAS ATTRACTED TO MY BODY LANGUAGE!

Garfield By Jim Davis

GARFIELD!

A MOUSE!

CORRECT.

YOU DO KNOW YOUR RODENTS

Hagar the Horrible By Chris Browne

I REALIZE THE ECONOMY IS BAD...

BUT YOU SHOULDN'T HAVE HAD OFF SO MANY TROOPS!!

Hi and Lois By Chanco Browne

YOU'RE WORSE THAN BOSSY-- YOU'RE A DICTATOR!

WELL, THEN YOU'D BETTER BE NICE TO ME.

WHY?

SOMEWAY, I MIGHT TURN OVER ALL MY POWERS TO YOU LIKE CASTRO DID FOR HIS BROTHER

Luann By Greg Evans

WHAT IF LUANN GETS A TATTOO ANYWAY AND WE HAVE NO INK???

WHA! WE NEED TO BE SURE SHE'S SEEING THE TATTOO WE SHOULD TALK TO HER

MOONEY, IS THIS TATTOO SURE THAT IMPORTANT TO YOU?

IT IS MOM, I EVEN MADE A DESIGN. IT'S EARTH INSIDE A HEART.

THANK YOU! I'LL GET MY KEYS!

WHOA! DID I MISS THE YES? POST?

THIS IS REALLY VERY CUTE

Classic Peanuts By Charles M. Schulz

I CAN'T BELIEVE IT... I GOT EVERY SINGLE ANSWER WRONG.

THAT'S TOO BAD, SIR.

IT PROVES MY THEORY...

I'M A PARCHESI PLAYER IN A CHESS WORLD.

Pearls Before Swine By Stephan Pastis

WHAT ARE YOU DOING, RAT?

I AM EL JEFÉ, THE CUBAN AVENGER. I AM GOING TO TOPPLE THE GOVERNMENT OF RAUL CASTRO.

HERE'S A PREMISE YOU WON'T FIND IN 'HI AND LOIS.'

Pickles By Brian Crane

DID YOU KNOW THEY ADD ABOUT 100 NEW WORDS TO THE DICTIONARY EACH YEAR?

REALLY?

YEAH, I SAID IT WAS CRAZY.

I DON'T THINK THEY SHOULD BE ALLOWED TO ADD NEW WORDS TO THE DICTIONARY UNTIL WE START USING ALL THE ONES THAT ARE ALREADY THERE.

DARN RIGHT, IT'S VERY PROFLIGATE OF THEM!

PROFLIGATE ad - wastefully wasteful, recklessly extravagant.

Rose Is Rose By Pat Brady

WAIT FOR STOP, WE'RE HERE!

PLEASE ACCEPT THIS PLATE OF BRONNIES AS A 'THANK YOU' FOR ALL OF THE JOY YOU BROUGHT US THIS SUMMER!

THIS IS WHY I'LL NEVER LET MANAGEMENT CHANGE ANY ROUTE!

Non Sequitur By Wiley

THINGS ARE TOUGH EVERYWHERE IN NEGDA, BOB, BUT I WANT YOU TO KNOW THAT WE'RE STILL CRUNCHING THE NUMBERS TO SEE WHERE ELSE WE CAN MAKE CUTBACKS

NEWS DEPT.

SEX SCANDAL DEPARTMENT

Dennis the Menace By Hank Ketcham

NOW YOUR ROOM IS NICE AND CLEAN!

BUT YOU CLEANED UP ALL THE FUN!!

The Wizard of Id By Brant Parker & Johnny Hart

OF ALL THE ROTTEN LUCK

WHAT'S WRONG?

HE JUST REFILLED ALL OF HIS PRESCRIPTIONS

Zits By Jim Borgman and Jerry Scott

DON'T YOU HAVE NICE PANTS? WHY CAN I NEVER TO THE RESTROOM WITHOUT THOSE RATTY OLD JEANS?

THESE RATTY OLD JEANS HAVE LEGS, BROTHER, AND COST \$450. THESE JEANS NOW PILED UP THOSE GENERIC JEANS OR JEANS FOR \$100. CORRECT.

BUT DON'T WORRY... THE RESTROOM WILL PROBABLY LET YOU IN ANYWAY.

SOMEHOW WHEN YOU'RE OLDER, YOU CAN BE RIGHT ABOUT SOMETHING AGAIN!

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

NOTICE OF TRUSTEE'S SALE

TS No. 08-81040 Title Order No. W831830 Parcel No. RPT1806000004A The following described property will be sold at public auction to the highest bidder, payable in lawful money of the United States...

NOTICE OF HEARING ON NAME CHANGE

A Petition to change the name of Alexia Anne Martinez, born 7/29/84 in Twin Falls, ID residing at 1637 1/2 Ave E, has been filed in Twin Falls County District Court, Idaho. The name will change to Alexia Anne Quinlan, because it is her mother's maiden name.

NOTICE OF HEARING OF PROPOSED AMBULANCE FEE INCREASE

NOTICE IS HEREBY GIVEN that the Gooding County Board of Commissioners will hold a public hearing on Sept. 22, 2008 at 2:30 p.m. in the Commissioners meeting room, Gooding County Courthouse, 824 Main Street, Gooding, Idaho, pursuant to IDGSA 10-1114.

PUBLIC NOTICE

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

NOTICE OF TRUSTEE'S SALE

Loan No. 500366274 17 72 73 PJ ON 12/10/2008, at 10:00 AM (recognition local time), at the following location in the County of TWIN FALLS, State of Idaho...

NOTICE OF HEARING ON NAME CHANGE

A Petition to change the name of Tom Logan Bowman born 02 18 1960 in Saint Georges, Florida residing at 2987 E 3600 N, Twin Falls, ID, has been filed in Twin Falls County District Court, Idaho.

LEGAL NOTICE

NOTICE IS HEREBY GIVEN pursuant to Idaho Code 45-605 that Oregon Trust Stores, 471 South Park Avenue West, Twin Falls, will possess the contents of the following units:

IMPORTANT

Please address all legal advertising to: LEGAL ADVERTISING The Times-News PO Box 548 Twin Falls, Idaho 83404 email to legal@magicvalley.com

NOTICE OF TRUSTEE'S SALE

Loan No. 500366274 17 72 73 PJ ON 12/10/2008, at 10:00 AM (recognition local time), at the following location in the County of TWIN FALLS, State of Idaho...

NOTICE OF PROXY TAX INCREASE

The Cassia County, School District #151, Cassia, Onida, and Twin Falls counties, Idaho, has proposed to increase the amount of ad valorem tax dollars it collects by certifying a school emergency fund pursuant to section 33-05, Idaho Code, for the period July 1, 2008 to June 30, 2009.

IN THE DISTRICT COURT OF THE FIFTH JUDICIAL DISTRICT OF THE STATE OF IDAHO

Case No. 08-2008-833 NOTICE TO CREDITORS In the Matter of the Estate of KITTLE R. TRAUERBER, Deceased.

NOTICE OF PUBLIC HEARING

THE SECOND COUNTY PLANNING AND ZONING COMMISSION WILL HOLD A HEARING ON Monday, September 29, 2008, at 7:30 p.m. in the District Court Room of the Jerome County Courthouse, 300 North Lincoln, Jerome, Idaho.

CAUTION TO TAXPAYER

In this schedule do NOT reflect tax charges that are made because of voter approved bond levies, override levies, supplemental levies, and levies applicable to newly annexed property.

NOTICE OF TRUSTEE'S SALE

T.S. No. 05-007488 Loan No. 0058868282 ON 12/29/2008, at 11:00 am (recognition local time) to be held at the County of Twin Falls, State of Idaho.

NOTICE OF BUDGET HEARING

THREE CREEK HIGHWAY DISTRICT NOTICE IS HEREBY GIVEN that a special meeting of the Board of Commissioners of Three Creek Highway District, Owyhee County, Idaho, will be held on Tuesday, September 9, 2008 at 7:00 p.m. at the Three Creek Road View, 801 S. Owyhee, Owyhee County, Idaho.

IN THE DISTRICT COURT OF THE FIFTH JUDICIAL DISTRICT OF THE STATE OF IDAHO

Case No. CV 08-2187 SUMMONS IDAHO POWER COMPANY, Plaintiff, vs. JASON LAWRENCE, Defendant.

NOTICE: YOU HAVE BEEN SUED BY THE ABOVE-NAMED PLAINTIFF.

THE COURT MAY ENTER JUDGMENT AGAINST YOU WITHOUT FURTHER NOTICE UNLESS YOU RESPOND WITHIN 20 DAYS. READ THE INFORMATION BELOW. TO: JASON LAWRENCE

Projected Revenues and Beginning Fund Balance

Table with 2 columns: Category and Amount. Includes Budgetary Beginning Balance (\$247,000.00), State Income Tax (\$12,000.00), Property Tax Revenue (\$19,800.00), Sales Tax Revenue (\$7,800.00), etc.

Projected Expenditures: Transfer to Owyhee Fund

Table with 2 columns: Category and Amount. Includes Annual Audit (2,000.00), Seal Coating (10,000.00), Employee Health & Maintenance (2,500.00), Right of Way Issues (4,000.00), Engineering (10,000.00), Asphalt & Road Oil (5,000.00), Gravel (12,000.00), Road Repairs (6,000.00), etc.

9-8 9:00am - 5:30pm www.timesnews.com

PUBLISH: August 15, 25, Sept 1 & 15, 2008

PUBLISH: September 8 and 15, 2008

PUBLISH: September 8, 15, 22 and 29, 2008

THE FAMILY CIRCUIS By Bill Keane. Includes a cartoon illustration of a family and the text: 'I wish they'd stop calling the days before were "the olden days."'

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FIRE FIGHTER

 The City of Twin Falls is currently testing for FIRE FIGHTER. Testing will be administered to establish a pool of qualified applicants. Information packets, including job description, qualifications and testing dates are available at www.tffid.org.
 For information, contact the Human Resource Office located in City Hall, 321 2nd Avenue East or phone (208) 735-7268. Closing date is 9/28/08. The City of Twin Falls is an Equal Opportunity Employer. Drug Free Workplace.

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 We are the dominant leader in our industry. Founded in 1955, Aaron's is one of the fastest-growing retailers of brand name Furniture, Appliances, Computers and Electronics.
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 For additional information you may contact the Human Resource Office, 321 2nd Ave E, Twin Falls, ID 83301, (208) 735-7268, or direct email to hr@tffid.org.
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 Are you compelled to activate a situation? Would others describe you as a resourceful solution seeker? Are you motivated, outgoing and ready to take on a challenge? Do you have an upbeat, positive attitude?
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 Assist in managing all areas of the store including but not limited to operations, lending, training, coaching and business development. Develop teamwork and cooperation of team members to meet store goals. Bachelors Degree or equivalent experience preferred. Salary 30-36K DOE.
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GENERAL
 Barfly Inn hiring for a night Desk Clerk 3pm-11pm shift. Barflys are hiring Servers for closing shift. Apply at the front desk of the Barfly Inn.


GENERAL
 Collection position prior experience and bilingual a plus good telephone skill required FT Mon-Fri hourly plus commission will train 401k retirement insurance. Apply Mon-Fri 9:30am-3:00pm 280 Blue Lakes Blvd


GENERAL
 School bus Company seeking full time Dispatcher-Special Needs Coordinator in Twin Falls, ID. Seeking individual with very positive attitude, passionate about serving his customer service driven, very good communication, strong work ethic, organized, and able to multitask. Please send key member of progressive management. Duties include dispatching daily routes and trips for school bus operations, maintaining routing and student information system, 1-2 years of progressive experience in dispatching or routing management systems, or involving extensive training programs provided. Salary dependent upon qualifications. EOE. Request application at 208-733-8002.

GENERAL
 Java Express is looking for enthusiastic and dependable Full & Part time Baristas. Experience preferred but not required. Apply in person at 710 Blue Lakes Blvd N, Twin Falls

GENERAL
 Tech needed for Denture pad. Processing of acrylic, pink, dentures, sprints etc... Will train right individual. Must be good with hands, and multi-tasking. Great Career Opportunity. Pay DOE. Mon-Fri 9-5. Fax resume to 733-0384 or mail to 834 Falls Ave, 39 Suite 210, Twin Falls

GROCERY
 Smiths now hiring PT Full-time Greeter/ Grocery Shift. Apply online at www.smithsretailer.com or at the store Kiosk Drug Free Workplace


 The City of Twin Falls is accepting applications for an OPERATOR in the City's Wastewater Collection Department. Beginning bi-weekly salary is \$997. Using equipment - performs maintenance of the city sewer collection lines. City employment application available at www.tffid.org or contact the Human Resource Office located in City Hall, 321 2nd Avenue East, Twin Falls, ID 83301 phone (208) 735-7268.
 The City of Twin Falls is an Equal Opportunity Employer, Drug Free Workplace. Closing date is 09-17-08.


Family Health Services
 Family Health Services, a Federally Qualified Health Center with clinics in Twin Falls, Buhl, Jerome, Burley, Rupert and Fairfield, has openings for the following positions:
Certified Medical Coder, Twin Falls Administrative Office - responsible for accurately assigning specific codes to medical diagnoses and/or clinical procedures. Analyze patient medical records, ensuring that documentation by providers conforms to legal and procedural requirements. Certification in CCS, CCS-P, RHIT, CPC or specialty coding required. 1 to 3 years experience preferred.
CMA, Twin Falls Clinic - provides support for general patient care and education. Graduate of an accredited Medical Assistant program, with CPR-BLS and CMA certification required. 6 months experience and bilingual Spanish skills preferred.
 Please send resume to:
 Family Health Services, HR Dept., 794 Eastland Dr, Twin Falls, ID 83301. No phone calls, please. EOE/Drug Free Workplace

Times-News CORRESPONDENT
Times-News
magicvalley.com
 The Times-News is currently seeking news correspondents to help assist in its coverage of events throughout the Magic Valley, Wood River Valley and Camas Prairie. Assistance is needed in all area communities large and small. Applicants must be residents who are detail-oriented, limo and eager to work with the area's top news provider.
 Work is contracted on a per-story and per-photo basis. Applicants must be self-driven and flexible, with the ability to concisely cover a wide range of events. Prior newspaper experience is not necessary.
 Interested applicants are encouraged to send a brief letter of interest and writing samples to:
 Assistant City Editor Erlend Larsen via e-mail at erlarsen@magicvalley.com or by mail at P.O. Box 548, Twin Falls, Idaho 83303. For more information, call Larsen at 208-735-3282.

209 General
LABORERS
 Harvest Workers, Potato graders and Sumpiers. \$10hs. Apply now season starts 9/15 P.O. Box 123 Twin Falls 733-7200 Burley 878-4040 American Falls 878-4040

PhonBase Research Inc.
 PhonBase Research currently has immediate openings in our interviewing department. This position involves conducting public opinion polls over the telephone. PhonBase Research offers:
 •Flexible evening, day and weekend hours
 •Up to \$12 an hour
 •Casual working environment
 •Monthly interviewer incentives
 •Absolutely no sales or soliciting
 •Health benefits available
 To apply please by our office at 842 Meadows Dr. #2 in Twin Falls or call us at 208-736-2881

RESTAURANT
 Waitstaff needed. Pay \$12. Must be 19 yrs or older. No Exp. Necessary. 137 2nd Ave. E., Twin Falls

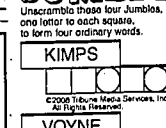
211 Medical
 All advertising as subject to the newspaper's standard of acceptance. The Times-News reserves the right to edit, abbreviate, decline or properly classify any ad. Receipt of copy via e-mail, fax or hand-delivered does not constitute final acceptance by this newspaper. The advertiser, not the newspaper, assumes full responsibility for the truthful content of their newspaper message.

211 Medical
 Health Services Assistant Position Available Now! Join our dynamic team in Twin Falls. Seeking FT, LPN or CNA professional and reliable & energetic. Duties include: Resident care & supervision, intake, & inspire care in staff. Preferred experience in elder care, supervisory background a must. Salary dependent on qualifications. Email resume to Don@MilestoneRetirement.com or call 360-892-4501

MEDICAL
 New home health and hospice agency serving the Magic Valley is now accepting applications for RNs LPNs, CNAs in full, part time and pm positions. Hiring for Home Health Administrator must have RN with current home health experience, also hiring pm/part time LMSW, prefer with experience. Please send resume to Valley Home Health/Vitality Hospice, P.O. Box 6885, Twin Falls, ID 83311 or apply at 1440 Flair Ave E., Twin Falls

Fall into a great job!
 POSITIONS NOW AVAILABLE:
Full-time Cook
 Days/Evening
LPN/RN - Noc/Eve/Day
 8 or 12 hour shifts - Full-time or Part-time
 6:00 pm to 10:00 pm Part-time
CNA 2pm-10pm
Registered Dietician
 40 hours per week. Must communicate with residents and staff. Flexible schedule. Contact Derrick Guld.
 Full time hrs 37 hours per week. Part time hrs 20 hours per week. We offer competitive pay and full-time includes an excellent package.
 Apply in person or contact Beverly Wipper at Sunbridge Care & Rehab 640 Flair Ave West, Twin Falls, Phone: 208-734-8645.

CUSTOMER SERVICE
Times-News
magicvalley.com
 The Times-News has an opening in our Customer Care Department. This Part time position is involved with the circulation of the newspaper. This is an opportunity to join one of the premier customer care organizations in the area. We seek an innovative person who has excellent communication and customer service skills. Sales experience is helpful. The successful candidate will be someone who has the ability to work in a fast paced environment 20 hrs/week. Thurs-Sun to help meet team goals.
 This position requires typing and computer experience with strong organizational skills. Reliability is important for this position.
 To apply, please fill out an application at the front desk of the Times-News or send your resume to: Times-News, Attn: Nikki Winslow PO Box 548, Twin Falls, ID 83303 or email: nicolas.winslow@lee.net

JUMBLE
 THAT SCRAMBLED WORD GAME
 by Mae Argison and Jeff Krueker
 Unscramble the four Jumbles, one letter to each square, to form four ordinary words.

 KIMPS
 VOYNE
 YULOHN
 CLUBEK
 What the comedian gave the heckler
 Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.
 Ans: A (Answers tomorrow)

211 Medical
 ASSISTED LIVING Saturday, Sunday nights C.N.A. or N.A. needed. Come work at a quiet and beautiful 11 bed facility. \$8.00-9.00 DOE. Call Wandl 383-3339

216 Trades
 MANUFACTURING Fabricators/Laborers wanted. Full-time position. Pay DOE. Apply at IMCO 218 W. 50 S., Rupert

DENTAL
 Dental Assistant needed in busy Jerome office. Please fax resume to 324-7640 or call 324-7007

MEDICAL
 Direct Care Staff Benefits available. All Shifts Available. Starting Pay \$7/hr. Call 208-736-8959

MEDICAL
 PT or FT CNA needed. Must be Med/Certified or able to pass test. Apply in person. DeSano Place, 645 Nevada St. Gooding or 218 W. B. Sheatone 208-400-0699. Drug Free Workplace

313 Professional
 GUILD Mortgage Company of Idaho is hiring a coming to Idaho. The company is and originates and services of home loans in the Western states. Since 1862, Guild has maintained a reputation for integrity and stability. If you are a professional, organized, processor, lender or DE underwriter, and would like to submit your resume for consideration, please call Charise May at 425-816-8850

0215 Sales
SALES
 \$500 per day. We are looking for leaders, doors and big thinkers to join our U.S. marketing team. You must be energetic and highly motivated with great people skills. Huge commissions with no cap. The sky is the limit if you work hard, are aggressive, and value customer service. A strong financial future with a leading organization. If you are not serious about making a substantial income in sales please do not waste our time. Commission \$10,000-\$20,000 per mo. 731-2049

301 Business Opportunities
GARBAGE company for sale in Idaho resort area. Great opportunity for professional individuals, priced to move, serious inquiries only 481-2412

304 Investments
DRACO INVESTMENT CORP
 CASH/CD Divids of Real Estate Contracts Call today for a free, no obligation quote (208)733-3821

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

502 Homes For Sale
BUHL
 GOOD DEAL Country 2 bdrm on a large 4 acre lot with TP/R water, HURNLY Very low price. \$29,900. Call Erlend Larsen 208-735-7268

400 Education
BARKER
 BURLY 4371 4th floor, 1 b bath, dbl lot, for sale, lease, trade or owner finance. Call 734-8271
 BURLY 3 bdrm 1 bath, dbl lot, for sale, lease, trade or owner finance. Call 734-8271
BURLEY INVESTORS WANTED
 Great low upper 2 bdrm, 1 bath, lots of potential. Paid to receive. Please call toll free 1-888-376-2612.
 FILE/INTM Location, Location. Location. Best canyon view on 99 acres, 2 bedroom, 1 bath, 1000 sq ft deck and carport. Charming house with great character. \$148,999. MUST SELL 539-1846.
GOODMORNINGWELLS
 3248 sq. ft. Home on .21 city acres, under construction. \$275,000. 208-934-0370

TWIN FALLS
 *** Breckenridge Estates ***
 Gorgeous new home, gated community, 3 bdrm, 2 bath. Approximately 2258 sq. ft. Corian kitchen, hardwood floors, access to nature trail on canyon rim, car garage, upgrade package, 1 yr. Warranty.
 Open house daily 1828 Canyon Park Court. Listed at \$309,500. 200% discount! 208-735-8207 or 731-7344

401 School Instruction
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 It pays to read the free print. Call Times-News to place your ad at 208-733-0931 ext. 2
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WILDERNESS '00 27' queen bed, slide out, equalizer. helmsa 5110000ter. Call 208-545-5763

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BIG TEK '00 50LA, 12' low, used, good shape, 2 axles, new spares. Example shown \$1250. 702-529-3239

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CHRAMAK '03 7412 enclosed tandem axle, has dual mounts for motorcle. \$3900. 731-9131

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GREAT DANE '98 Reeler trailer, 53' Air Ride, 16,500 hours, compressor unit. Coals very well. Only \$10,000. 308-2839 or 638-0278

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KENWORTH '87 7600 tractor with wet kit. Peerrites 77 45 5200. trailer. Call 539-2185 or 328-3248

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KENWORTH '00 T600, with '03 Ross marine. International 79 2575 with '99 Kirby marine. \$326,444. Call 539-2185 or 328-3444

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PETERBILT '76 Con- ditional, big 18' Cat. stage dump truck dual hoist, needs some work. \$2500. 208-324-8747

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SANDER Stainless steel, 10-12 yards, excellent condition, all hydraulic, woodwork for filling in pivot tracks, spreading bars. Call 55000. Call 720-2331

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ANTIQUE HORSE DRAWN BUGGY Seats 6, canopy, perfect for wedding, new value upholstery, perfect condition, great buy \$15,995. 731-3121

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OLDS '06 Coupe, new paint and upholstery, great condition. \$15,500. 539-0795

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PISCOWE '96 912 Runs, needs some re- storing, little to no rust \$7400.00. 308-8911

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HEATZ

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CHEVY '01 S-10LS 2WD, CD, bedliner. \$9,995. Stock# 59897

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CHEVY '01 Silverado 2500 LS automatic, 4x4, 81L, 18" clean. Call 424. Stock# 1E162870

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DODGE '00 Ram 3500 Quad Cab SLT, Cummins turbo diesel, dual, 4x4, \$16,500. Stock# 628

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Auto Parts and Accessories

DODGE '01 1500 Ext. Cab, 4x4, leather, CD, cruise, bed liner, grill guard. Stock# 411283390 \$9,995.

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Auto Parts and Accessories

DODGE '02 Dakota SLT Extended Cab, 4x4, 4.7L, 4x4, 6 speed, 11414320. Stock# 11414320

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Auto Parts and Accessories

CHEVY '02 1500LT ext. cab, 4x4, quadra steer, leather, loaded. \$9,995. Stock# 11414320

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SANTAS BLEIGH New snow blower, seats 4, exceptional condition, good buy at \$6995. 731-3121

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Buying all years, makes and models
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CHEVY '03 271 ext. cab, PW, PL, 9L truck, 4x4, AM/FM, CD, Now \$16,980. #218018A

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MIDDLEBRAK

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DODGE '05 Dakota Club Cab 4x4, certifi- cated used 8 year/ 100,000 mile power train warranty, loaded leather-stock #25502060DC \$14,999.

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Auto Parts and Accessories

CHEVY '06 1500, 8x- cab, 4x4, CD, AC, PW, PL, 25K miles, \$18,900.

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FIAT IUS Loader bucket 374Y 10, \$2500 firm. 208-481-2412

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FIRE ENGINE tanker truck, GMC 3000, Detroit diesel, Allison, 5 speed A10, air one, heater, 4x4, trans- ual, and 4000 lbs. drives and work. \$19,100 in TT. #41-292-9243.

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FORD '78 8000 w/Cat 3500 Diesel engine, 13 speed transmission 1991 double L 20" payload bed. \$15,000. 991-9258 or 324-8255

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CHEVY '07 Avalanche LT Crew Cab, leather, privacy glass, power everything. Priced to Sell \$20,995. 324-0059

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CHEVY '07 Colorado Crew Cab, 4x4, automatic, power win- dows, custom wheels. \$22,475. Stock# 7827470C

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Auto Parts and Accessories

CHEVY '07 Colorado Crew Cab, 4x4, automatic, power win- dows, custom wheels. \$22,475. Stock# 7827470C

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Auto Parts and Accessories

CHEVY '07 Diesel pick up, replaced engine to a 6.5 liter great buy \$1800. 490-0809 or 420-8923

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CHEVY '89 Silverado 2x4, new transmis- sion, 4x4, 6.9L, 11000 miles. FORD '78 150 4x4, work truck. \$5000. 208-431-2213

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Auto Parts and Accessories

CHEVY '97 3500 Sa- ber 1 ton, 4x4 dually, 18K actual miles, 7.4 eng, 5 speed manual trans, transfer case, front 4x4, alternator, tires, 7 1/2" x 16", fiber- glass utility box. #77- 4099 or 850-8413.

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CHEVY '04 S-10 auto cab, auto, 4x4, certifi- cated \$2000/offer. 358-0307 or 934-4846

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Auto Parts and Accessories

CHEVY '98 1/2 ton Chevy, 4x4, ext. cab, 4.3 liter V6, AC, rebuilt tires. 30K miles ago. \$20,000/ offer. 208-481-0728

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CHEVY '99 3/4 ton, 4x4, 4.3 liter V6, AC, low miles, very clean, well maintained. \$5500. Call 293-5687

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Auto Parts and Accessories

DODGE '00 Ram 3500 Quad Cab SLT, Cummins turbo diesel, dual, 4x4, \$16,500. Stock# 628

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Auto Parts and Accessories

DODGE '01 1500 Ext. Cab, 4x4, leather, CD, cruise, bed liner, grill guard. Stock# 411283390 \$9,995.

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Auto Parts and Accessories

DODGE '02 Dakota SLT Extended Cab, 4x4, 4.7L, 4x4, 6 speed, 11414320. Stock# 11414320

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Auto Parts and Accessories

CHEVY '02 1500LT ext. cab, 4x4, quadra steer, leather, loaded. \$9,995. Stock# 11414320

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Auto Parts and Accessories

SANTAS BLEIGH New snow blower, seats 4, exceptional condition, good buy at \$6995. 731-3121

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Auto Parts and Accessories

DODGE '03 4100 4x4, crew cab, Heml V6, AT, AC, CC, in new condition. one owner, 19mpg, \$11,250. 208-5387

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Auto Parts and Accessories

DODGE '05 Dakota Club Cab 4x4, certifi- cated used 8 year/ 100,000 mile power train warranty, loaded leather-stock #25502060DC \$14,999.

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Auto Parts and Accessories

CHEVY '06 1500, 8x- cab, 4x4, CD, AC, PW, PL, 25K miles, \$18,900.

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Auto Parts and Accessories

FIAT IUS Loader bucket 374Y 10, \$2500 firm. 208-481-2412

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Auto Parts and Accessories

FIRE ENGINE tanker truck, GMC 3000, Detroit diesel, Allison, 5 speed A10, air one, heater, 4x4, trans- ual, and 4000 lbs. drives and work. \$19,100 in TT. #41-292-9243.

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FORD '78 8000 w/Cat 3500 Diesel engine, 13 speed transmission 1991 double L 20" payload bed. \$15,000. 991-9258 or 324-8255

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Auto Parts and Accessories

CHEVY '07 Avalanche LT Crew Cab, leather, privacy glass, power everything. Priced to Sell \$20,995. 324-0059

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CHEVY '07 Colorado Crew Cab, 4x4, automatic, power win- dows, custom wheels. \$22,475. Stock# 7827470C

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CHEVY '07 Diesel pick up, replaced engine to a 6.5 liter great buy \$1800. 490-0809 or 420-8923

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Auto Parts and Accessories

CHEVY '89 Silverado 2x4, new transmis- sion, 4x4, 6.9L, 11000 miles. FORD '78 150 4x4, work truck. \$5000. 208-431-2213

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Auto Parts and Accessories

CHEVY '97 3500 Sa- ber 1 ton, 4x4 dually, 18K actual miles, 7.4 eng, 5 speed manual trans, transfer case, front 4x4, alternator, tires, 7 1/2" x 16", fiber- glass utility box. #77- 4099 or 850-8413.

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Auto Parts and Accessories

CHEVY '04 S-10 auto cab, auto, 4x4, certifi- cated \$2000/offer. 358-0307 or 934-4846

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Auto Parts and Accessories

CHEVY '98 1/2 ton Chevy, 4x4, ext. cab, 4.3 liter V6, AC, rebuilt tires. 30K miles ago. \$20,000/ offer. 208-481-0728

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Auto Parts and Accessories

CHEVY '99 3/4 ton, 4x4, 4.3 liter V6, AC, low miles, very clean, well maintained. \$5500. Call 293-5687

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Auto Parts and Accessories

DODGE '00 Ram 3500 Quad Cab SLT, Cummins turbo diesel, dual, 4x4, \$16,500. Stock# 628

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Auto Parts and Accessories

DODGE '01 1500 Ext. Cab, 4x4, leather, CD, cruise, bed liner, grill guard. Stock# 411283390 \$9,995.

1000
Auto Parts and Accessories

DODGE '02 Dakota SLT Extended Cab, 4x4, 4.7L, 4x4, 6 speed, 11414320. Stock# 11414320

1000
Auto Parts and Accessories

CHEVY '02 1500LT ext. cab, 4x4, quadra steer, leather, loaded. \$9,995. Stock# 11414320

1000
Auto Parts and Accessories

SANTAS BLEIGH New snow blower, seats 4, exceptional condition, good buy at \$6995. 731-3121

1000
Auto Parts and Accessories

DODGE '03 4100 4x4, crew cab, Heml V6, AT, AC, CC, in new condition. one owner, 19mpg, \$11,250. 208-5387

1000
Auto Parts and Accessories

DODGE '05 Dakota Club Cab 4x4, certifi- cated used 8 year/ 100,000 mile power train warranty, loaded leather-stock #25502060DC \$14,999.

1000
Auto Parts and Accessories

CHEVY '06 1500, 8x- cab, 4x4, CD, AC, PW, PL, 25K miles, \$18,900.

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Auto Parts and Accessories

FIAT IUS Loader bucket 374Y 10, \$2500 firm. 208-481-2412

1000
Auto Parts and Accessories

FIRE ENGINE tanker truck, GMC 3000, Detroit diesel, Allison, 5 speed A10, air one, heater, 4x4, trans- ual, and 4000 lbs. drives and work. \$19,100 in TT. #41-292-9243.

1000
Auto Parts and Accessories

FORD '78 8000 w/Cat 3500 Diesel engine, 13 speed transmission 1991 double L 20" payload bed. \$15,000. 991-9258 or 324-8255

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Auto Parts and Accessories

CHEVY '07 Avalanche LT Crew Cab, leather, privacy glass, power everything. Priced to Sell \$20,995. 324-0059

1000
Auto Parts and Accessories

CHEVY '07 Colorado Crew Cab, 4x4, automatic, power win- dows, custom wheels. \$22,475. Stock# 7827470C

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CHEVY '07 Diesel pick up, replaced engine to a 6.5 liter great buy \$1800. 490-0809 or 420-8923

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Auto Parts and Accessories

CHEVY '89 Silverado 2x4, new transmis- sion, 4x4, 6.9L, 11000 miles. FORD '78 150 4x4, work truck. \$5000. 208-431-2213

1000
Auto Parts and Accessories

CHEVY '97 3500 Sa- ber 1 ton, 4x4 dually, 18K actual miles, 7.4 eng, 5 speed manual trans, transfer case, front 4x4, alternator, tires, 7 1/2" x 16", fiber- glass utility box. #77- 4099 or 850-8413.

1000
Auto Parts and Accessories

CHEVY '04 S-10 auto cab, auto, 4x4, certifi- cated \$2000/offer. 358-0307 or 934-4846

1000
Auto Parts and Accessories

CHEVY '98 1/2 ton Chevy, 4x4, ext. cab, 4.3 liter V6, AC, rebuilt tires. 30K miles ago. \$20,000/ offer. 208-481-0728

1000
Auto Parts and Accessories

CHEVY '99 3/4 ton, 4x4, 4.3 liter V6, AC, low miles, very clean, well maintained. \$5500. Call 293-5687

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Auto Parts and Accessories

DODGE '00 Ram 3500 Quad Cab SLT, Cummins turbo diesel, dual, 4x4, \$16,500. Stock# 628

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Auto Parts and Accessories

DODGE '01 1500 Ext. Cab, 4x4, leather, CD, cruise, bed liner, grill guard. Stock# 411283390 \$9,995.

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Auto Parts and Accessories

CHEVY '99 3/4 ton, 4x4, 4.3

TWIN FALLS FORECAST

Today: Sunny skies. Highs 70s to near 80.
Tonight: Clear skies. Low to upper 40s
Tomorrow: A little warmer and sunny. Highs in the lower 60s.

TWIN FALLS FIVE-DAY FORECAST

Table with 5 columns: Today, Tonight, Tuesday, Wednesday, Thursday, Friday. Includes weather icons and temperature ranges.

Yesterday's Weather

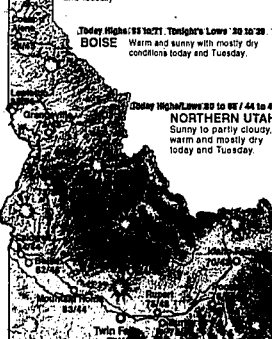
Table with 2 columns: City, High/Low. Lists various cities and their weather conditions.

BURLEY/RUPERT FORECAST

Today: Mostly sunny. Highs in the 70s.
Tonight: Clear skies. Lows in the mid 40s.
Tomorrow: A little warmer and sunny. Highs in the lower 60s.

IDAHO'S FORECAST

SUN VALLEY, SURROUNDING MTS.
Mostly sunny skies, dry and comfortably warm today and Tuesday.



Boise: Warm and sunny with mostly dry conditions today and Tuesday.
Northern Utah: Sunny to partly cloudy, warm and mostly dry today and Tuesday.

Temperature, Precipitation, Humidity, Barometric Pressure, Sunrise and Sunset, Moon Phases, U.V. INDEX.

Regional Forecast, National Forecast, World Forecast. Includes city-specific weather data.

Today's National Map. A map of the United States with weather icons and data points.

Canadian Forecast. Table with columns for City, Today, Tomorrow.

meineke car care center. 180 Addison Avenue West. 735-8296.

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