

LOOKING FOR AN EDGE
McCain, Obama enter debates with different strategies.

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WORLD DOMINATION

U.S. claims first Ryder Cup since 1999.

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TIMES-NEWS

Monday, September 22, 2008

MagValley.com

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As charter school opens, Gooding's K-8 numbers decline

District might be forced to cut positions next year

By Ben Botkin
Times-News writer

Gooding School District's enrollment this year dropped from last year, and the change comes as a new charter school opened its doors in the community.

The bulk of the district's drop in

enrollment — 112 students — comes from the grades North Valley Academy in Gooding serves, kindergarten to eighth grade. Gooding School District had 114 students request records for transferring to North Valley Academy, Superintendent Heather Williams said.

The declining enrollment may mean Gooding School District will cut staff for the 2009-10 school year, Williams said. The decrease in enrollment could affect six to eight

BY THE NUMBERS

Gooding School District's K-8 enrollment for 2008-09

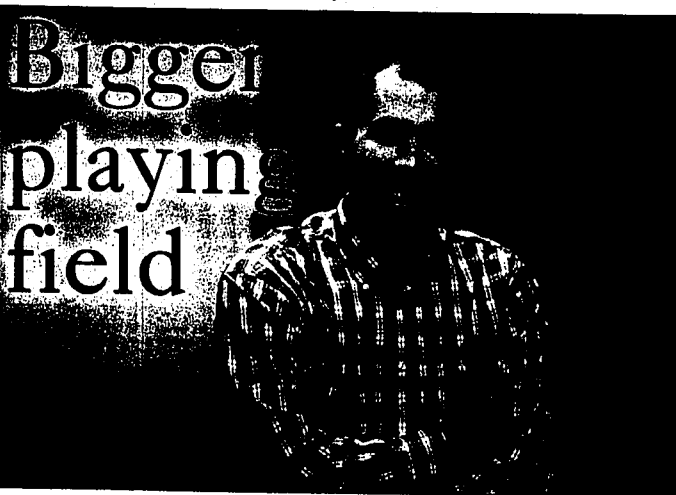
112 Drop in enrollment in grades K-8 from 2007-08	557 Gooding Elementary Down from 632 in 2007-08	251 Gooding Middle School Down from 288 in 2007-08
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staff positions next year, she said, adding that it's only an early estimate. The district currently has about 74 teachers, which includes part-time educators and counselors.

Gooding Elementary School took the brunt of the 112-student decline and has 75 fewer students, a decrease from 632 to 557 students. Meanwhile, enrollment at Gooding Middle School declined by 37 students and currently sits at 251 students.

Williams said the district has to be careful with its finances. "We don't have a hefty fund balance," she said. "We have to

Please see GOODING, Page A2



ASHLEY SMITH/Times-News

James Schroeder, Chief Executive Officer of Family Health Services, has accepted a job with Portland-based CareOregon. Schroeder will be splitting his time between the two positions until he starts full time with CareOregon in January.

After 13 years at Family Health Services, Schroeder off to Oregon

By Nate Poppino
Times-News writer

James Schroeder is literally leaving home.

After 13 years — five as the organization's CEO — Schroeder is leaving Family Health Services and the Magic Valley, he said Thursday.

The nonprofit, which has offices in Twin Falls, Burley and other places across south-central Idaho, focuses on providing health care for Medicaid patients, the uninsured and other underserved groups.

Over the next few months, Schroeder will phase into a new role — that of an employee of Portland-based CareOregon. The nonprofit company runs a Medicaid managed care plan for Oregon residents and is "committed to protecting and improving the health of low-income Oregonians," according to its Web site.

Schroeder will give up his CEO hat for a job working with hospitals, clinics and other care providers to improve the quality and effects of healthcare across the state, he said. Half of

Want to serve?

Family Health Services is searching for a new CEO. For more information: 208-734-3312, ext. 212. The Twin Falls Health Initiatives Trust will soon begin another search for people willing to serve on its board of directors. For more information: Misti Lockie at 208-410-3633, or www.twinfallshealthinitiativestrust.org

these providers are health centers like his current nonprofit.

It's a bigger playing field,

and one he said he's excited to work in.

"It's just an extension of what I'm doing here," he said. The Buhl native didn't plan to leave the area so soon. But CareOregon sought him out, flying him and his family out to Portland for an interview. He accepted just a couple of weeks ago.

Schroeder began his medical career as an assistant and family practice physician in FIS clinics in Jackpot, Nev., and later, Buhl.

He was named Family

Please see SCHROEDER, Page A2

"It's a loss to the board and a loss to the community."

— Twin Falls Health Initiatives Trust board Chairman Curtis Eaton

Auger Falls land exchange clears committee

By Jared S. Hopkins
Times-News writer

There's a piece of legislation in Congress that Idaho officials are monitoring and its fate doesn't depend on whether lawmakers want to drill domestically.

But it's got plenty to do with preservation.

A bill to transfer 165 acres owned by the federal Bureau of Land Management near Auger Falls to the city of Twin Falls passed a Senate committee Sept. 11. Sponsored by Idaho Senators Mike Crapo

and Larry Craig, it awaits a full Senate vote as part of a larger land management bill. It'd then go to the U.S. House.

Last year, U.S. Rep. Mike Simpson, R-Idaho, introduced similar legislation.

The bill continues a long-term project to preserve the 500 acres near the falls that the city bought for \$1.3 million in 2002 that will be part of a larger park and water-treatment facility there. With the transfer of the BLM land, the total project comes to close to 700 acres.

Aides to Idaho's delegation

said last week it's possible for the bill to pass both chambers before Congress adjourns in the coming weeks, or after the Nov. 4 elections. About \$1.6 million in federal funds has already been secured.

Officials don't plan on allowing homes, more golf courses or any significant development that would rupture the area's landscape; in fact, the deal with the federal government prohibits any commercial development.

Parks and Recreation Director Dennis Boyer said the Auger Falls land is one of

the last areas in the Snake River Canyon that remains untouched — and creating a park would preserve it.

"All the sounds of city life, you might say, would be gone," said Boyer.

The bill sitting in Congress isn't the only setback in the process.

Bureaucratic knots have slowed the project, including resistance from environmental groups, leaving the area restricted to the public for years.

Please see LAND, Page A2

LaRocco hits Risch over Wall Street woes

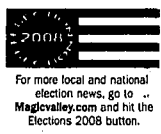
By Jared S. Hopkins
Times-News writer

State officials said last week's historical crisis on Wall Street pretty much escaped Idaho.

The same can't be said for the state's U.S. Senate race.

Democrat Larry LaRocco, in a press release, painted his Republican opponent, Idaho Lt. Gov. Jim Risch, as holding a philosophy in opposition to regulation that led to Wall Street woes.

"Lack of regulation allowed speculators to manipulate the oil futures market and cost American working families billions of dollars at the pump," the release read. "Today's world wide market meltdown is a result of that same type of approach — the approach that Jim Risch



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wrongly advocates."

But LaRocco's campaign, however, didn't reference comments Risch made directly about last week's crisis that saw investment bank Lehman Brothers file for bankruptcy, Merrill Lynch bought by Bank of America and the American International Group bailed out by the federal government.

Instead, it referenced comments in a newspaper

Please see RACE, Page A2

MARKET MELTDOWN Tossing aside history, conventions and a few cliches

By Steven Pearlstein
The Washington Post

Analysis

WASHINGTON — Hissory. Breathing. Revolutionary.

It would be hard to find a superlative that would overstate how much the parameters and contours of American economic policy have been reshaped over the past two weeks.

The degree of government intervention into the workings of the private marketplace is unprecedented. Three giant financial institutions taken over directly. Government purchases of vast quantities of hard-to-

sell assets from banks, investment banks and any one else whose demise might threaten the financial system. Trading outlawed in an entire class of securities. A government guarantee extended to a whole new category of investments.

Laws have been stretched until they are barely recognizable — like the one, from the days of the gold standard, that authorizes the Secretary of the Treasury to buy and sell the precious

Please see MARKET, Page A2



Nancy Potts, Jeff, and Charla Martin walk near Auger Falls last year in the Snake River Canyon. Efforts continue in Congress to transfer nearby federal land that would enable land purchased by the city of Twin Falls to create a recreational park and water-treatment facility on nearly 700 acres.

TF Council to consider utility rate increases tonight

Other items include downtown projects, city health insurance

By Jared S. Hopkins
Times-News writer

There's something for everyone at tonight's meeting of the Twin Falls City Council. The council is scheduled to hold a 6 p.m. public hearing for proposed utility rate increases. The city is proposing increasing water rates by 8.5 percent; sewer rates by 3 percent; and sanitation rates by 5 percent. An average residential monthly bill will increase by about 6 percent from nearly \$53 to \$56, according to a staff report.

The already adopted 2008-2009 budget — it kicks in Oct. 1 — includes the revenue increases, and are designed to cover current needs as well as build funding for future needs.

Before the hearing, the council will consider two downtown event applications, health care coverage proposals for city employees, a study to review truck traffic, and will discuss possibly changing how the city budgets for its golf course.

The downtown applications include Oktoberfest, to be held Oct. 3 and 4; and the final concern downtown for Twin Falls Tonight on Saturday.

Health insurance packages for city employees are from Blue Cross of Idaho, which the city has used since 1991, and Regence

Blue Shield.

On Sept. 16, the council asked staff to speak with employees for more feedback before it made a decision. About 15 percent of the city workforce met with city staff, and voted to renew the plan with Blue Cross, according to a staff report.

The council will vote on a contract worth about \$50,000 with American Geotechnics, Inc. to study truck traffic on Eastland Drive. The study could lead to weight limits to impose on trucks to minimize damage to the road.

This is the second time the council is considering the contract. Several weeks ago, it failed to receive in enough support for even a vote.

Bob Richards is scheduled to be appointed to the Twin Falls Urban Renewal Agency board. His most

recent experience is primarily in economic development in Jerome.

The council will discuss restructuring the funding for the Twin Falls Municipal Golf Course. The item was put on the agenda by Councilman Greg Lanting, a frequent golfer, wants to subsidize the junior program the same way as other city recreation programs.

The course has struggled financially for the past decade and has not turned a profit since 1997.

Meetings are at 5 p.m. at 305 Third Ave. E and open to the public. The public is allowed to bring any issue to the council at the end of each meeting.

Jared S. Hopkins may be reached at 208-735-3204 or jhopkins@magicvalley.com

HEADER

B.O. | SJE US 95 widening in N. Idaho hits another snag

Plans to widen a 30-mile section of a major U.S. highway in northern Idaho hit another hiccup after officials voted to scale back on borrowing for state road projects.

Escalating costs in road construction and delays in environmental approvals have already helped slow the project to turn U.S. Highway 95 between Coeur d'Alene and Sandpoint into a divided freeway of four lanes.

Last week, the Idaho Transportation Board voted to cut millions of dollars from the amount they want the state to borrow in 2009 to pay for improving and repairing state roads.

The board voted on Wednesday to whittle their \$300 million request down by more than half and ask state lawmakers to approve a request for \$125 million in new debt, which is financed with bonds backed by federal highway payments.

The plan to widen U.S. Highway 95 in northern

Idaho is among major transportation projects that will be impacted.

LEWISTON Idaho woman stable after shooting at Wash. apartment

The condition of a 23-year-old Idaho woman has improved after she was seriously injured last week during a shooting at a Clarkston, Washington apartment.

Kyle Dail is now listed in stable condition at St. Joseph Regional Medical Center in Lewiston.

The Lewiston Tribune reports that the investigation is being handled by the Washington State Patrol and so far, no arrests have been made.

Crime scene investigators arrived at the apartment complex on Wednesday, several hours after the shots were fired.

The property manager says the apartment is rented to a man named Dane Sells. But officials in Astotin County, Washington, say Sells is being held in the county jail.

— The Associated Press

S.E. Idaho boy faces severe food allergies

By Jeany Witcox
Idaho State Journal

POCATELLO — The vigilance of parents is key to keep children from putting harmful things in their mouths. But what if that dangerous substance is ordinary food?

When Jackson Koger was seven months old, he was introduced to solid food. The resulting anaphylactic shock sent his parents rushing to the hospital and scrambling for answers. He was sent to Primary Children's Hospital in Salt Lake City, where his condition required the insertion of a feeding tube.

"I just had this baby that was constantly miserable," said Christie Koger, Jackson's mom. "This little guy cried 12, 15 hours a day and it was pretty obvious that he was in pain."

Jackson was put on a series of medications, but after months of not knowing for sure what was wrong with their son, Christie and Steve Koger did some research that led them to the Cincinnati Children's Hospital Medical Center in Ohio, where the family finally received a diagnosis.

Jackson has eosinophilic esophagitis, a rare digestive tract disease that causes an allergic reaction to almost all foods. The condition causes swallowing difficulty, as well as heartburn and extreme pain.

Jackson, now 3, takes nine to 13 medications a day and must be fed through a tube

every two hours, day and night.

Because this disease has only recently been recognized, it is relatively rare and is not yet well understood. Insurance companies do not cover the cost of the liquid formula, Christie said.

Christie says Jackson consumes about a can and a half a day. Each can costs \$50.

Jackson is penciled in to attend food trials every three months at the children's hospital in Ohio to learn what he can and cannot eat. At each trial, Jackson is given a specific kind of food and then monitored to see if it causes a reaction. Because the reaction can take days or even weeks to develop, he must be closely monitored.

Health insurance packages for Jackson have become too expensive. Jackson has not been able to make a visit since last October, although the family still visits the Primary Children's Hospital in Salt Lake City every month.

The costs of Jackson's care caused Christie and Steve Koger to make a life-changing decision. Their combined household income was insufficient to cover Jackson's medical costs but more than state thresholds for Medicaid eligibility.

Christie and Steve were divorced a few months ago and now live in separate households, enabling Christie to receive some state help with Jackson's medical costs.



AP photo
Jackson Koger, 3, passes while playing with his toy cars in his living room Sept. 16 in Pocatello. Jackson has eosinophilic esophagitis, a rare digestive tract disease that causes an allergic reaction to almost all foods. The condition causes swallowing difficulty, as well as heartburn and extreme pain.

It was a heart-wrenching decision, as Christie and Steve are still very much in love.

To help defray the Kogers' costs, family friends have organized a fundraiser for Jackson for noon on Sunday, Sept. 21, at the Bannock County Fairgrounds. The event will feature live music

by local bands the Hillbillies, 2 Inch Gap, The Shapeshifters, Mojo and Battery Park.

The cost of admission will be a \$5 donation. There will also be food and drink vendors and a raffle featuring items from local businesses and antiques donated by an antique dealer from Victor.

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Feds crafting regional plan for brucellosis

By Matthew Brown
Associated Press writer

BILLINGS, Mont. — Federal officials are crafting a new approach to the livestock disease brucellosis, with a plan to carve out the greater Yellowstone region so infections there do not lead to sanctions against cattle ranchers statewide.

That could lead to increased disease testing and stricter controls on livestock movements in parts of Idaho, Montana and Wyoming near Yellowstone National Park. Current federal rules mandate an entire state suffer sanctions on its livestock industry whenever two brucellosis cases are confirmed.

Brucellosis causes pregnant animals to abort their young, eradicated elsewhere in the nation after a decades-

long effort, it persists in elk, bison and other wildlife in and around the park.

Brian McCluskey, regional director of the Federal Animal and Plant Health Inspection Service (APHIS), said his agency is still refining how to deal with the disease around Yellowstone.

But he said a string of recent infections in cattle revealed the shortcomings of existing regulations. Most of these cases were thought to have come from wildlife, whereas the regulations were set up to deal with cattle-to-cattle transmissions.

"Right now, the only place where there is bovine brucellosis is the greater Yellowstone area," McCluskey said. "This is essentially creating a zone that would have a different classification for brucellosis than the balance

"Right now, the only place where there is bovine brucellosis is the greater Yellowstone area.

— Brian McCluskey, regional director of the Federal Animal and Plant Health Inspection Service

of the three greater Yellowstone area states and the balance of the country."

The plan is now envisioned does not call for eradicating brucellosis in wildlife. McCluskey said that would have to be dealt with separately.

Veterinarians from the three affected states have pushed for such changes following at least seven confirmed cattle herd infections in the last several years.

Following a meeting with federal officials last week in Denver, state and industry representatives said they

Wyoming is on the verge of suffering the same consequences following an infection in Sublette County. A second infection in Sublette remains under investigation.

Jim Magagna of the Wyoming Stock Growers Association said he would like to see a change to federal rules that call for the slaughter of a rancher's entire herd if any animals test positive. Magagna said those rules do not make sense if the disease came from wildlife.

"Assuming (the rancher) puts out new cattle, those could well turn around the next year or five years down the road and get infected again," Magagna said.

Federal officials cautioned that their plan would have to be reviewed by veterinarians from other states, who could be wary if they see it as weak-

ening brucellosis prevention.

Such a review is expected to begin in October, at the annual meeting of the U.S. Animal Health Association in North Carolina.

"You have to look at the rest of the country and the possibility of brucellosis spreading," said APHIS spokeswoman Lyndy Griffin.

Montana state veterinarian Mary Zaluski said he believes the plan will pass muster if APHIS can provide the science to back it up.

"It's putting in some numbers or quantifying the risk, and then communicating what that risk is to other stakeholders, other states," he said. "The science is what will sell it."

Zaluski said he expects it will take six months to a year for the government to complete and enact its plan.

Killer of forest officer in Wash. was wanted

SEATTLE (AP) — A man who died in a shootout with authorities after gunning down two people in Washington state, including a U.S. Forest Service officer, was wanted for failing to show up at an August meeting with his probation officer.

The probation officer had requested an arrest warrant for Shawn M. Roe, 36, but Mason County Superior Court had not yet issued one, Department of Corrections spokesman Chad Lewis told The Seattle Times.

The FBI and local authorities are investigating the shooting Saturday afternoon

of Officer Kristine Fairbanks, 51, and a man in his 60s who hasn't been identified. The shootings occurred after Roe was pulled over while driving a stolen pickup in the Olympic Peninsula about 50 miles west of Seattle.

Investigators searched a nearby campground for evidence and the possibility of other crime scenes, state Trooper Krista D. Hedstrom said Sunday.

"We don't want to say that there's nothing else out there, but so far we haven't come across any additional scenes," Hedstrom said.

Investigators are awaiting a warrant to search a van

they believe Roe was driving, Hedstrom said.

"Until we get into that van, we don't know what he was doing out there in the woods," she said. "We just have a lot of questions."

Roe was convicted in 2007 of unlawful imprisonment, a felony, and malicious mischief, a gross misdemeanor, Lewis said.

His ex-wife, Mary Catherine Roe, carried a gun to her teaching job at a middle school in Lucy in September 2006. She told deputies she was afraid of her ex-husband, who had threatened her with a gun. She had a domestic-violence

protection order against him, The Olympian newspaper reported.

Shawn Roe was arrested July 21 in Mason County for failing to report to his probation officer and for consuming alcohol. He was sent to jail for two months, one of which was spent under electronic home monitoring, according to the Department of Corrections.

Roe finished the jail sentence Aug. 10 and reported to his community corrections officer the next day. A corrections official said he wasn't sure why Roe was released early from the Mason County jail.

N.M. G&F recommends cougar hunting changes

By Susan Montoya Bryan
Associated Press writer

ALBUQUERQUE, N.M. — Conservationists who have been seeking changes in the way New Mexico wildlife officials manage cougar hunts are throwing their support behind agency recommendations that they say will help maintain the big cats' population.

The state Game and Fish Department is recommending that the agency provide information on its Web site to teach hunters the difference between male and female cats to ensure that more breeding females are left in the wild and kittens are not orphaned.

The department is also recommending that a cougar control program aimed at reducing depredation of livestock in the southeastern part of the state come to an end.

Those recommendations and others dealing with New Mexico's big game hunting rules for the 2009 and 2010 seasons will be taken up by the state Game Commission at its Oct. 2 meeting.

"We try to present what we think are valid recommendations, whatever the species is," said Mary Frenzel, a department spokesman.

Wendy Keefe-Ring, director of carnivore protection for WildEarth Guardians, said she could not be more pleased with the department's proposals.

"I think this takes New Mexico out of the dark ages of mountain lion management and puts it up into the front in terms of adopting the best available science," she said.

officials have said the state's cougar population is healthy, WildEarth Guardians and Animal Protection of New Mexico contend that too

many female cats are being killed during hunting season. The groups say more than two-fifths of all cougars killed in New Mexico since 1999

have been females. They say other cats play an important role in protecting, feeding and teaching their kittens survival skills.

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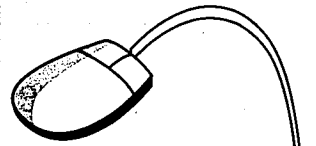
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Omniture Website Statistics, August 2008

Stroebeel conquers all at Magic Valley Speedway

By Linda Brittan
Correspondent

Shelby Stroebeel added an exclamation mark to his 2008 Pepsi Premier Series championship by capturing a win in the final main event race of the season Saturday night at Magic Valley Speedway.

As racing began under erratic weather conditions, Kris McKean, second in the race for the championship points standings coming into the night made up some ground by winning the heat race while Stroebeel managed a fifth place finish.

For the scheduled 100-lap main event race a massive field of 31 cars took to the track.

After several cautions, Luis Lopez took over the lead from David Patrick and held on through lap 38 when Bruce Quale started making a move towards the leaders. However, Jonathon Gomez, fresh off a main event win

in the Super Stocks division to go along with his championship, had the same thought and was able to get around Quale at lap 54. Six laps later the caution was displayed once again.

For the next several laps Gomez and Quale took turns as front runners but Stroebeel took the lead at lap 77 and by lap 90 maintained a four car-length cushion over Norm Hatke.

"As soon as Gomez got by Bruce (Quale) that opened the door for me," Stroebeel said. "He went high because his car wasn't that great on the bottom and then I had an open shot to the front."

Three laps later the race was called as excessive cautions and fuel issues got the upper hand.

Stroebeel was grateful to have claim to the title after challenges throughout the season left him doubting his chances at the championship.

GOMEZ WINS BLOWDIESEER SUPER STOCKS

Jonathon Gomez and Jerry McKean battled once again for the win but it was Gomez who was able to come through once more, completing his domination of the division and accepting the championship for 2008. Jerry and Kris McKean wound out tying for second in the points for the season and John Hoogendoorn captured Rookie of the Year honors.

PITZ TAKES NAPA PONY STOCKS

In the final lap of the heat race, Josh Pitz was avoiding a car in turn four and veered right, striking tires and a barrier, shortening the front of the No. 47 car by a couple of feet.

What would have been a disaster in his bid for the championship was averted however with his commanding lead in the

Please see MVS, Page A6

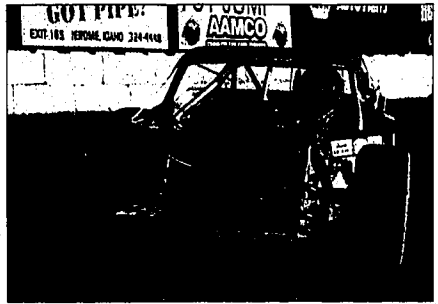


Photo by LINDA BRITTAN
Pepsi Premier driver Shelby Stroebeel gets ready to race after a caution late in the main event race. Stroebeel went on to the win and wrap up the 2008 championship in the series Saturday night at Magic Valley Speedway.



AP photo
Greg Biffle celebrates in victory lane after winning the NASCAR Camping World RV 400 Sprint Car Series auto race at Dover International Speedway in Dover, Del., Sunday.

Biffle wins second straight Chase race

By Dan Geislon
Associated Press writer

DOVER, Del. — Greg Biffle made it 2-for-2 in the Chase for the championship, making another late pass — this time with nine laps to go — and holding off Matt Kenseth and Carl Edwards on Sunday.

Roush Fenway Racing teammates Biffle, Kenseth and Edwards engaged in a thrilling run over the final 20 laps at Dover International Speedway, but Biffle made another textbook move to the outside late to pull away.

"That was probably the best race I've seen in a long time," Kenseth said. "You hate to get beat when you're in those battles."

Biffle, the winner last week at New Hampshire on a pole, Jimmie Johnson with 12 laps left, is third in the Chase points standings. Biffle and Johnson are both 10 points behind Edwards for the lead, but Johnson holds the tiebreaker.

"I knew deep down inside the Roush cars had something special and were going to be tough to beat," Johnson said.

Kenseth was second and Edwards third in a wildly successful day for Roush Fenway. Kenseth had a disastrous Chase opener when an accident forced him out of the race and he entered 12th in the standings. He moved to 10th.

"The championship isn't really on my mind at this moment," Kenseth said. "The regular-season points winner, had another miserable race and a blown engine knocked him out early. He finished 43rd in the 400-mile race to drop to 12th and last in the Chase field."

"We're out of the title hunt, that's for sure," Busch said.

Up ahead for Biffle is a trip to Kansas City, a track where he won last season. While Biffle has been able to drive that No. 16 Ford into Victory Lane, he still can't maneuver into first place in the standings and trails Edwards by 10 points. The only way to catch Edwards is to keep winning races.

"I'm keeping doing this," Biffle said. "I knew these guys were going to be tough."

Mark Martin was fourth and Chase drivers filled up the next five spots. Johnson was fifth followed by Kevin Harvick, Jeff Gordon, Clint Bowyer and Jeff Burton.

Michael Waltrip finished 10th. Other Chase driver results saw Tony Stewart in 11th, Dale Earnhardt Jr. was 24th, and Denny Hamlin was 38th. Hamlin's car also was pushed to the garage, making it a bleak day for Joe Gibbs Racing.

Burton moved up a spot and is fourth in the standings. Harvick made the biggest jump, going from 10th to fifth. The rest of the standings are: Bowyer, Stewart, Gordon, Earnhardt, Kenseth, Hamlin, then Busch.

Americans win Ryder Cup

By Doug Ferguson
Associated Press writer

LOUISVILLE, Ky. — U.S. captain Paul Azinger sprinted up the stairs to the clubhouse balcony and grabbed the biggest bottle of champagne he could find to join an American celebration he felt was a long time coming in the Ryder Cup.

"They didn't need a miracle putt or an amazing comeback like their last victory in 1999."

"They didn't even need Tiger Woods."

Strong as a team and equally mighty on their own, the Americans rode the emotion of a flag-waving crowd and their Kentucky heroes on Sunday to take back the Ryder Cup with a 16½-11½ victory over Europe.

Kenny Perry, the 48-year-old native son who dreamed of playing a Ryder Cup before a Bluegrass crowd, delivered a 3-and-2 victory that was part of an early push that swung momentum toward the U.S. team.

"I figured this was going to define my career," he said. "But you know what? It made my career."

J.B. Holmes, legendary in these parts for making his high school team in dry Campbellsville as a third-grader, showed off his awesome power with two final birdies that set up the Americans for victory.

The clinching point, approximately, came from Jim Furyk. He felt hollow six years ago at The Belfry as Paul McGinley made a par putt that clinched victory for Europe, the first of three straight victories that extended its domination of a prestigious event that America's once owned.

For all the birdies and spectacular shots over three inspirational days at Valhalla, the



AP photo
USA's Anthony Kim, left, and United States team captain Paul Azinger celebrate after winning the Ryder Cup golf tournament at the Valhalla Golf Club, in Louisville, Ky., Sunday.

Ryder Cup ended with handshakes.

Miguel Angel Jimenez conceded a short par putt, giving Furyk a 2-and-1 victory and the Americans the 14½ points they needed to show they can win on golf's biggest stage — and without Tiger Woods, out

for the year with a knee surgery but staying involved by text messaging Azinger throughout the final day.

"This truly was a team effort. They just took an everything-to-gain attitude into this competition," Azinger said. "And I couldn't be happier."

Anthony Kim set the tone by handling Sergio Garcia his worst loss ever in the Ryder Cup and keeping him winless at Valhalla. Boo Weekley galloped off the first tee using his driver as a toy horse, drawing laughter from his antics and cheers for his birdies.

Brown runs, Dolphins rout Pats

By Howard Ulsan
Associated Press writer

FOXBOROUGH, Mass. — Fans booed the Patriots. Many left early. The record winning streak of their favorite team was ending with a stunning domination by the lowly Dolphins.

Ronnie Brown scored a team-record four touchdowns rushing and threw for another — with four of the scores coming on direct snaps to the running back — as Miami shocked New England 38-13 Sunday.

"It's brutal, man, brutal," Patriots defensive end Ty Warren said.

The loss ended the Patriots' NFL mark of 21 straight regular-season wins that began after a 21-0 loss to the Dolphins on Dec. 10, 2006, in which Tom Brady, now sidelined for the season with a knee

injury, was sacked four times. It also ended New England's chance for a second straight unbeaten regular-season.

The Dolphins, who lost their first 13 games last year and finished 1-15, won for just the second time in 22 games. It was the first victory for new coach Tony Sparano, and it was a stunner.

"That was fun. It was obviously a pretty emotional day," he said. "They executed the game plan on both sides of the ball to perfection."



AP photo
Miami Dolphins' Ronnie Brown (24) celebrates his pass interception with teammates Jason Allen (32) in the fourth quarter Sunday in Foxborough, Mass.

INSIDE: Cowboys' Dez Bryant (88) is targeted by Patriots' Matt Cassel (17) during the game.

SCOREBOARD

AUTO RACING

NASCAR Sprint Cup-Champagne

Table with columns for race number, driver name, and time/distance. Includes events like World 1000 and Daytona 500.

Baseball scores from various leagues including American League and National League. Shows teams, scores, and inning details.

GAME PLAN

LOCAL at Shoshone, 6:30 p.m. HIGH SCHOOL BOYS SOCCER

TV SCHEDULE NFL FOOTBALL ESPN - N.Y. Jets at San Diego

WBA BASKETBALL WNBA playoff series between Phoenix and Portland.

SOFTBALL NCAA Softball nationals at Doak Campbell Stadium.

Baseball scores for Pacific Coast League, Class AA, and Class B.

Baseball scores for Class AA and Class B games, including matchups like Rock vs. Sparks.

Baseball scores for Class C and D games, including matchups like Big Lost vs. Hagerman.

Baseball scores for Class E and F games, including matchups like Challis vs. Park.

FOOTBALL

College football scores from various conferences including Mountain West and Sun Belt.

BASEBALL

American League

Baseball scores for American League teams including Angels, Athletics, and Rays.

NATIONAL LEAGUE

Baseball scores for National League teams including Braves, Cardinals, and Cubs.

MLBOXES

Baseball box scores for the day's featured games, including Minnesota at Pittsburgh.

MLBOXES

Baseball box scores for the day's featured games, including Baltimore at Cleveland.

MLBOXES

Baseball box scores for the day's featured games, including Detroit at St. Louis.

MLBOXES

Baseball box scores for the day's featured games, including Milwaukee at Tampa Bay.

BASEBALL

American League

Baseball scores for American League games, including Yankees at Boston.

NATIONAL LEAGUE

Baseball scores for National League games, including Mets at Philadelphia.

MLBOXES

Baseball box scores for the day's featured games, including Oakland at Los Angeles.

MLBOXES

Baseball box scores for the day's featured games, including Houston at Texas.

MLBOXES

Baseball box scores for the day's featured games, including Kansas City at Colorado.

MLBOXES

Baseball box scores for the day's featured games, including Chicago at Washington.

BASEBALL

American League

Baseball scores for American League games, including Detroit at Cleveland.

NATIONAL LEAGUE

Baseball scores for National League games, including St. Louis at San Diego.

MLBOXES

Baseball box scores for the day's featured games, including Detroit at St. Louis.

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Baseball box scores for the day's featured games, including Philadelphia at Pittsburgh.

MLBOXES

Baseball box scores for the day's featured games, including Kansas City at Colorado.

MLBOXES

Baseball box scores for the day's featured games, including San Diego at Los Angeles.

BASEBALL

American League

Baseball scores for American League games, including Tampa Bay at Boston.

NATIONAL LEAGUE

Baseball scores for National League games, including Washington at Philadelphia.

MLBOXES

Baseball box scores for the day's featured games, including Cincinnati at Cleveland.

MLBOXES

Baseball box scores for the day's featured games, including Detroit at St. Louis.

MLBOXES

Baseball box scores for the day's featured games, including Milwaukee at Tampa Bay.

MLBOXES

Baseball box scores for the day's featured games, including Philadelphia at Pittsburgh.

Boise State ranked 19 after Oregon win

BOISE. — Boise State climbed into The Associated Press Top 25 football poll at No. 19 on Sunday after beating Oregon on Saturday. The Broncos upstaged the Ducks 37-32 for their first victory on the road over a BCS-conference team.

"They're already a pretty confident bunch. They're going to go into games thinking they're going to have a good chance to win." At the top of The Associated Press media poll, little change and No. 1 Southern California and No. 2 Oklahoma had the week off. No. 3 Georgia and No. 4 Florida held their spots and LSU moved up one place after a 26-21 victory at Auburn, giving the SEC three teams in the top five.

After 85 years, Yankee Stadium — going, going, gone!

NEW YORK — Even Yogi Berra knew this was the end. As baseball said farewell to Yankee Stadium, one of the game's most beloved players stood beneath the stands in a full vintage uniform. Now 83, the man who coined the phrase "It ain't over till it's over" put his own stamp on the day. "I've seen it over, I'll tell you that," Berra said. The goodbyes culminated an 85-year-old run for the home of baseball's most famous team. What began with a Babe Ruth home run on an April afternoon in 1923 ended Sunday with Mariano Rivera's final home run on a grounder to first baseman CC Sabers. Ransom, completing a 7-3 victory over Baltimore on a warm September night. Johnny Damon and Jose Molina homered, Andy Pettitte got the victory and Rivera threw the final pitch at 11:41 p.m. on a bitersweet evening, when the Yankees staged off what appears to be inevitable postseason elimination.

and two relievers combined on a four-hitter and Paul Konerko hit a two-run homer as the AL Central-leading the White Sox beat the Royals. TWINS 4, RAYS 1 ST. PETERSBURG, Fla. — Francisco Liriano allowed one run over seven innings to lead the Twins past the Rays. INDIANS 10, TIGERS 5 CLEVELAND — Ryan Garko went 4-for-4 with five RBIs, rookie Scott Lewis won his third straight start and the Indians moved over .500 for the first time in more than four months with their sixth straight victory over the sloppy and seemingly disinterested Tigers. ATHLETICS 5, MARINERS 3 OAKLAND, Calif. — Jack Cust hit a two-run home run in the eighth inning and the Oakland Athletics beat Seattle to complete a three-game sweep of the last-place Mariners. NATIONAL LEAGUE PHILLIES 5, MARLINS 2 MIAMI — Tanner Frier pitched six sharp innings and the Philadelphia Phillies extended their lead in the NL East, beating the Florida Marlins 5-2 Sunday and taking 1 1/2-game edge over the Noy 15-7. At 45, Moyer (15-7) is the oldest player to make a major-league start, with Brad Lidge closing for his 40th saw in 40 chances. BRAVES 7, METS 6 ATLANTA — Scott Schoenwelder and the Mets bullpen threw another late lead, with the Atlanta rallying for four runs in the eighth inning and a win that stalled New York's playoff push.

The Mets' lead in the wild-card race was cut to 1 1/2 games by Milwaukee, which beat Cincinnati 8-1. GIANTS 1, DODGERS 0 LOS ANGELES — Rich Aurilia hit a two-out, RBI single in the 11th inning for San Francisco, trimming the Los Angeles Dodgers' lead in the NL West to 2 1/2 games over Arizona. DIAMONDBACKS 13, ROCKIES 4 DENVER — Chris Young drove in four runs and Arizona kept its postseason push going. BREWERS 8, REDS 1 Prince Fielder homered and drove in three runs, helping Milwaukee end one of its most bizarre weeks in its history with a victory that provided little solace for a fading team. CUBS 5, CARDINALS 1 CHICAGO — Ryan Dempster earned his 17th victory as the Chicago Cubs kept on winning a day after clinching the NL Central title, beating St. Louis in their regular-season wrapup at Wrigley Field. HOORNEY PITTSBURGH PITTSBURGH — Ryan Lincecum pitched a career-best nine innings, striking out 10, to lead the Seattle Mariners to victory.

WESTERLYN WASHINGTON — Adrian Gonzalez's 35th homer and Kevin Koussance's three RBIs backed up Sean Beane's strong start, and San Diego swept a three-game series between the NL's worst teams. ASTROS 6, PIRATES 2 PITTSBURGH — Roy Oswalt held the Pirates to one run in six innings and backup catcher Brad Ausmus drove in two runs to lead Houston over Pittsburgh. PADRES 6, NATIONALS 2 WASHINGTON — Adrian Gonzalez's 35th homer and Kevin Koussance's three RBIs backed up Sean Beane's strong start, and San Diego swept a three-game series between the NL's worst teams. — The Associated Press

With Vanderbilt entering the rankings, the SEC still leads all conferences with six ranked teams. Wisconsin is No. 9. Vanderbilt improved to 4-0 for the second time in four seasons, but will face the fourth toughest opponent in a league on Saturday, Mississippi State.

WHITE SOX 3, ROYALS 0 KANSAS CITY, Mo. — John Danks

Angel's 7, Rangers 3 ARLINGTON, Texas — John Lackey gave up two hits and struck out a career-high 12 in six shutout innings. Mark Teixeira and Sean Rodriguez homered, and the Angels completed a three-game sweep of the Rangers.

Atlanta Braves 7, Mets 6 Atlanta — Scott Schoenwelder and the Mets bullpen threw another late lead, with the Atlanta rallying for four runs in the eighth inning and a win that stalled New York's playoff push.

Boise State ranked 19 after Oregon win

EDITORIAL

Got \$177 million for a new bridge?

You want to talk about sticker shock? How's this: Forty-two months ago, then-Gov. Dirk Kempthorne stood at the Perrine Bridge and proposed borrowing enough money to build another Snake River Canyon bridge to the west.

The cost: \$50 million, give or take a million or two. Last week, the Idaho Transportation Department released a study that put the current price at \$177 million.

Which begs the question: Is Idaho ever going to be able to afford a third Snake River crossing in the Twin Falls area? Not that anybody's rushing to find out. The Snake River bridge project has long since fallen off IDT's Connecting Idaho list — big projects funded with Grant Anticipation Revenue Vehicle bonds issued against future federal highway trust fund revenue.

And the companion piece to the new bridge — completion of the U.S. 30/93 bypass — is on the back burner.

Back in 2005, Kempthorne reckoned he could get the bridge and an east-west highway on the Twin Falls County side built for \$184 million. Those were the days.

The new study by engineering firm Parsons Brinkerhoff concluded that a third bridge would take 7,000 to 10,000 trips off the Perrine Bridge — not enough to relieve future congestion on Blue Lakes Boulevard North.

So now it's up to Jerome and Twin Falls counties to keep the idea alive. They must draw up transportation plans that identify the bridge as a project.

But both counties have more urgent matters at hand. While they're unlikely to let the bridge idea drop, it stands a very good chance of languishing — especially with Idaho at least \$240 million in the hole on backlogged road repairs and the federal government fund that provides 56 percent of Idaho's highway revenue gone bust.

There are, of course, cheaper options. Building a bank-to-bank bridge rather than a rim-to-rim span could be one of them.

The Perrine Bridge probably has 10 to 15 years before congestion becomes so acute that traffic will be backed up to Golf Course Road on the north and Cheney Drive on the south. When that happens, will we have to resort to bake sales and raffles to pay for a new bridge?

Times-News

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

LETTER TO THE EDITOR

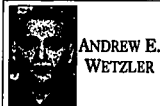
Apology to Burley and Oakley

Sincere apologies to Burley and Oakley: Yesterday (Sept. 16), someone referring to me as "Trojan Parent 1" submitted an article to the Weekly Mailer downgrading the Burley High School football program and the Oakley football program. I wish to make it a point to speak out and apologize for this person's actions. The attitude that "Trojan Parent 1" has is in no way supported by me. Raft River High School or the community support and the attempt to gain attendance to what we hope will be a

Our view: A third Snake River bridge in the Twin Falls area may simply be out of reach. What do you think? We welcome viewpoints from our readers on this and other issues.

The endangered Endangered Species Act

Unless you are lucky enough to see it in bloom, you might never notice the Cuscutory milk-vetch. Its slender, silvery-white stems lie flat to the ground, and its delicate pink-purple flowers emerge for just a few months. The Cuscutory milk-vetch is no soaring California condor or howling gray wolf, but it, too, has barely dodged extinction because it is protected by one of America's bedrock environmental laws: the federal Endangered Species Act.



ANDREW E. WETZLER

But those protections are about to be weakened by the Bush administration — not just for the milk-vetch but for each of the nearly 2,000 animals and plants protected by the Endangered Species Act — and it is up to Congress to stop it.

The core of the act's safety net for the milk-vetch and for each of the nearly 2,000 animals and plants protected by the Endangered Species Act — and it is up to Congress to stop it.

Last month, the outgoing Bush administration proposed drastically altering that requirement. So instead of being required to consult with independent scientists at the U.S. Fish and Wildlife Service or the National Marine Fisheries Service, federal agencies would be allowed to consult with themselves. Under such "self-consultations," agencies



could decide, entirely on their own, that their actions would not have any negative effects on protected wildlife. Which brings me back to the humble milk-vetch, almost 90 percent of whose habitat is located on federal land in the San Bernardino Mountains in Southern California. Self-consultations have been tried before, by the very agencies that the milk-vetch depends on for its survival: the Bureau of Land Management and the U.S. Forest Service.

In 2003, those two agencies entered into an agreement that allowed them to skip independent scientific reviews under the Endangered Species Act and "self-consult on many projects," such as "mechanical thinning" of forests. The results? According to a review by the Interior and Commerce departments, when left to their own devices, the Forest Service and BLM made the wrong call 62 percent of the time. This should come as no surprise. Federal agencies' missions don't always

include protecting wildlife. The Bureau of Reclamation is about mowing and storing water, the Army Corps of Engineers likes to build things, and the U.S. Forest Service likes to cut down trees. Of course these agencies are going to be biased in favor of projects that further those core missions. They don't have — and shouldn't be expected to have — the expertise or the incentive to fairly assess the effects of their activities on endangered wildlife.

And it's not just wildlife on federal lands that would be hurt by these changes. Protections would drop for many animals, from endangered whales harassed by loud Navy sonar exercises off the coasts of California and Hawaii to endangered fish in Midwest streams crossed by heavy crude-oil pipelines. The Bush administration is trying to rush the changes through the regulatory process, originally allowing a mere 30 days for public comment and holding no hearings whatsoever. Because of a public outcry, the comment

period has been extended to 60 days, ending Oct. 14, which is still inadequate, and the administration is still refusing to hold any hearings.

The public deserves better. After all, animals as diverse as threatened migratory birds in Alaska and endangered panthers in Florida are affected.

It is time for Congress to act. The executive branch can change Endangered Species Act regulations without congressional approval, but such changes require money to process, finalize and implement. Congress should cut off those funds until the next president is inaugurated.

Regardless of who wins the election, the Endangered Species Act deserves better than the burn's rush that the Bush administration is giving it.

Andrew Wetzler is director of the Natural Resources Defense Council's Endangered Species Project. He wrote this commentary for the Los Angeles Times.

LETTERS TO THE EDITOR

Nunnally for sheriff

Since moving here from Denver, I have encountered many problems but have always found our under-sheriff, Jocelyn Nunnally, to be most helpful and polite. She is one lady that I have respect for. It is reassuring to find an under-sheriff so knowledgeable and helpful. Her past record is exemplary and her knowledge of the laws involving sheriff duties is remarkable. She treats all people with respect.

So please do us all a favor and vote for Jocelyn Nunnally for sheriff of Jerome County. BRIAN MITCHELL Jerome

Obama good for morale

Barack Obama's speech at the Democratic Convention has rended all talk of policy irrelevant, for at the end of the day, the presidency is as much about our nation's morale as anything else. And it is for the sake of our national morale that we must elect Barack Obama in November. For my part, I will be voting for Barack Obama not because of the policies he has outlined (though I do believe that his policies are healthier and more viable than those of John McCain)

Tell us what you think

ONLINE: Register at Magicvalley.com, and respond to any of the local opinions or stories in today's edition. ON PAPER: The Times-News welcomes letters from readers on subjects of public interest. Please limit letters to 300 words. Include your signature, mailing address and phone number. Writers who sign letters with false names will be permanently barred from publication. Letters may be brought to our Twin Falls office; mailed to P.O. Box 548, Twin Falls, ID 83303; or (208) 734-5538; or emailed to letters@magicvalley.com.

but rather for a much simpler reason. Unlike Bush, and unlike Ronald Reagan, and unlike John McCain, and unlike Barack Obama, Obama makes me want to be a better person. I have heard that John F. Kennedy, through his speeches, had this same type of impact on people. But Kennedy, alas, was before my time.

I would have never believed that a politician could instill in me a desire to work harder at my job and to curb my cynicism and to endeavor to provide a better example to my peers and my students and my child. But that is exactly what Barack Obama has done. And when a president helps his countrymen to rediscover their desire to improve themselves, everybody benefits. No policy crafted by pow-

delimital to the environment.

This fire was vigorously stopped at the Boise Forest, where they cut thin and promote healthy forests, but it was allowed to move across Elmore County and now continues to burn Carnas County in the Sawtooth National Forest.

The vaunted bull trout habitat is being burned to the ground promoting stream sediment and removing protective brush over the streams. If a private or business entity had done 1 percent of this damage to the habitat, they would have been fined and in jail, yet it continues.

The Forest Service has been surprised to get the positive response to continue this fire. The reasons are strictly political: Burn Carnas and Elmore counties to the ground to promote a huge fire break to protect their more important Blaine County.

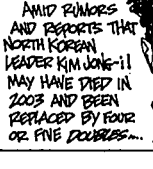
If you agree with me that it is past time to control this fire and cutting and thinning is a better solution, please contact the Sawtooth National Forest supervisor, Jane Kollmeyer, by phone or email at jkollmeyer@fs.fed.us. TERRY PLATTS Gooding

THE LIGHTER SIDE OF POLITICS

Doodlesbury



Mailard Fillmore



By Bruce Tinsley



The Joads move to the 21st century

After storms ravaged Iowa last summer, devastation wasn't the only thing that people found amid the flood waters. Scores of out-of-work electrical linemen in Michigan, hard hit by auto industry cutbacks, spied opportunity.

Trekking hundreds of miles from home, where the unemployment rate of 8.5 percent is the highest in the U.S., they were eager to scamp up jobs reeling Cedar Rapids — even if meant sleeping in a tent for weeks on end.

"To some observers, the desperate scene evoked an unmistakable image." The Joads leaving Oklahoma is exactly what we are seeing coming out of Detroit now," University of California, Berkeley labor expert Harley Shaiken told reporters.

Nearly 70 years after it was published, John Steinbeck's "The Grapes of Wrath" — which tells of the dirt-poor Joad family's epic migration from drought-plagued Oklahoma to fruitful (if



RICK WARTZMAN

unfriendly) central California — continues to resonate as few novels have. In fact, the book may well be more relevant today than at any time since it first appeared in April 1939.

"The Grapes of Wrath" always has been extraordinarily popular. More than 400,000 copies flew off the shelves its first year in print, making it the nation's No. 1 seller. So powerful was Steinbeck's portrayal of the Joads' plight that people began referring to the fictional clan as if it were real.

"Meet the Joad Family," read one newspaper headline. "What's Being Done About the Joads?" asked another. "The Joads on Strike," declared a third.

Before long, thanks in part to Henry Ford's performance as Tom Joad on the big screen and Woody Guthrie crooning about the Joads in his "Dust Bowl Ballads," Steinbeck's characters had become permanently etched into popular culture. When Bruce Springsteen sang about "The Ghost of Tom Joad," legions of fans already were tuned in to the general-relief reference.

These days, especially, it's more than just the Joads' strength in the face of adversity that makes "The Grapes of Wrath" so pertinent — and poignant. Steinbeck's story echoes particularly in our times, just as in 1939, the deficiencies of an unfettered free market are so plainly on display.

Only a fool, of course, would suggest that America is in anywhere near as bad a fix as it was then. The U.S. jobless rate stood above 17 percent in 1939. And personal income and total economic output were

no higher than they had been a decade before, at the start of the Great Depression. Misery was ubiquitous.

Nor is anybody seriously hinting at the kind of radical solution that some of the country's leading intellectuals were openly advocating in the 1930s: a scuttling of the capitalist system in favor of some form of socialism.

"There is little question in my mind that the principle of private ownership as a means of production is not long with us," Steinbeck himself proclaimed — the kind of thinking that led officials in Kern County that very place the Joads settled in the novel to ban "The Grapes of Wrath" from libraries and schools until 1941.

Nonetheless, there are some striking parallels between the Joads' era and ours. Most notably, income inequality today is at its highest level since the late 1920s. Adjusted for inflation, median household income

was actually lower last year than in 2000. Hunger is on the rise. Fueling a considerable amount of hardship is the mortgage industry crisis — an episode that brings to mind Steinbeck's depiction of banks as rapacious monsters.

As in the 1930s, the issue is what to do about all this. In "The Grapes of Wrath," Steinbeck pointed to government intervention as an important piece of the answer; it was in a New Deal labor camp that the Joads found a needed measure of comfort and support.

Much of the New Deal — both in substance and in spirit — has long since been dismantled. But the notion that government is not the solution to the unemployment problem, as Ronald Reagan so memorably put it, may also be running its course.

For many, polls show, it's becoming increasingly clear that the public sector has a role — and a responsibility — to help lift up those who

are being left behind, as well as to more tightly regulate the corporations that, if left unchecked, can inflict so much damage throughout the economy. Even the Bush administration has warmed up to the notion of more vigorous oversight of businesses.

After he read "The Grapes of Wrath," President Franklin Delano Roosevelt remarked that "there are 500,000 Americans that live in the covers of that book." They may not exactly live there anymore, but millions can surely relate to the uneasy question that lies at the heart of Steinbeck's classic: How come so many are mired in poverty in a country blessed with so much prosperity?

Rick Wartzman is director of the Drucker Institute at Claremont Graduate University and a senior fellow at the New America Foundation. He wrote this commentary for the *Los Angeles Times*.

Five myths about the power of Oprah

"The Oprah Winfrey Show" airs in more than 140 countries, but the *Time* magazine proclaimed the Queen of All Media has only thin support as a presidential candidate in one: the United States. In a move unprecedented in her show's 22-year history, Winfrey announced last fall that she was endorsing Democratic Barack Obama's bid for the presidency.

And this month, in response to a report that she was refusing requests from her own staff to interview Republican vice presidential candidate Sarah Palin on her show, Winfrey explained in a statement that, even though she was taking her first public stance in support of a candidate, she had decided not to have any specific candidate appear on her program. "I don't think Sarah Palin would be a fantastic interview, and I would love to have her on after the campaign is over," she said. So no couch-jumping for Palin, or Obama, for that matter, until after Nov. 4.

But what are they missing out on? What does Obama's endorsement from the host of the highest-rated talk show in the history of television mean, anyway?

1. Winfrey's viewers are sheep/robots who think and



KATHLEEN ROONEY

do whatever she tells them to.

Aside from Robyn Okrant, keeper of the blog *Living Oprah*, who is spending a year doing every single thing that Winfrey commands, most viewers are more selective about how much influence they let the talk-show host have over their lives. Although her famous book club made unexpected lists of such little-known titles as Wally Lamb's "She's Come Undone" — which was published in 1992 but rocketed to the top of the bestseller lists after being featured on her show in January 1997 — as well as such classics as the 130-year-old "Anna Karenina," her boosterism wasn't enough to make 2005 the summer of Faulkner. And many viewers have expressed ambivalence about Winfrey's endorsement of Obama.

2. Celebrity political endorsements, even Winfrey's, don't matter. Most don't, but this one might. Earlier this summer,

Craig Garthwaite and Timothy Mares, two economists at the University of Maryland who have studied the Winfrey effect, wrote that her endorsement led to approximately 1 million additional votes for Obama in the primaries and caucuses, a conclusion they reached in part by doing a county-by-county analysis of sales of Oprah's Book Club selections and subscriptions to *O: The Oprah Magazine*.

3. Winfrey and Obama are a natural match because the contents of her show and of his campaign are so similar.

Well, yes, no. Winfrey's popularity derives from her mastery of a message that's "virtuous" without being ideological. Her show gives viewers plenty of reasons to feel good about themselves, but doesn't often require them to take a stand. Her message is appealing, but not really persuasive, because you have to argue to persuade; you have to be against something to be for something else. We know, thanks to her upbringing of memoir fabricator James Frey, that she can do this when circumstances force her to, but her comfort level with it isn't high.

4. She mostly helps Barack Obama by convincing her fan base to vote for him.

In endorsing Obama, Winfrey has been deploying the same effusive, intimate and superlative style that has come to be her trademark in promoting everything from novels to her so-called Favorite Things, products she praises in an annual segment that usually airs around the holidays. After his speech at the Democratic National Convention, Oprah compared Obama's words to those of the Rev. Martin Luther King Jr., declaring, "I cried my eyelashes off," and "I think it's the most powerful thing I have ever experienced." Yet there seems to be mounting evidence that

while she has definitely gotten people to vote, these people aren't necessarily the ones who watch her show.

5. Oprah adds to her own success by helping Barack Obama succeed.

Back in 1999, a survey of the most respected 20th-century women put Winfrey second only to Mother Teresa, who, it has been remarked, did not have her own talk show. Fourteen months ago, a USA Today-Gallup poll reported that 74 percent of Americans viewed Winfrey favorably. Last fall, after her Obama endorsement, that same poll found that her favorable rating had dropped

to 66 percent. Correlation is not causation, of course, and it's unclear whether this decline is connected to her politics, but it does seem as though she has taken a risk. A drop like that causes political science professor Costas Panagopoulos of Fordham University to conclude that celebrity endorsements can end up costing the endorser more than they benefit the candidate.

Kathleen Rooney is the author of "Reading with Oprah: The Book Club That Changed America." She wrote this commentary for the *Washington Post*.



Laurie Welch

We're open
Come in and see us

LETTER TO THE EDITOR

Martinez for sheriff

As a supporter of Jerry Martinez, and his campaign to be the next Jerome County sheriff, I am addressing this letter to the individual or individuals responsible for the removal of the large campaign sign from the Greenview Store in Hazelton.

Jerry and his campaign staff would like to thank you for your interest in electing Jerry as the next Jerome County sheriff. However, you did not need to steal the sign from the Greenview Store. If you wanted one badly enough, all you have to do is call Jerry and we would be happy to bring one to you to display in your yard. In fact, anyone within Jerome County who would like a sign in their yard supporting Jerry Martinez's campaign for Jerome County sheriff, please feel

free to contact Jerry and we'll be happy to provide a sign for you to display.

For more information on the Campaign to Elect Jerry Martinez, the next Jerome County sheriff, visit www.jerryandmartinezforsheriff.com. A contact number is available on the site.

Arts, Crafts & Bazaars Calendar
5 Lines \$5
10 Lines \$10
Calendar published Monday, Wednesday & Friday
To Announce your special event Call or email Karen at 735-3270
kidckman@gmagicvalley.com
TimesNews
magicvalley.com

JIM DUNSBERGEN
Jerome
Editor's note: Jim Dunsbergen is a member of the Committee to Elect Jerry Martinez, Jerome County Sheriff.

Intestate Amusement Inc.
Moore September 22, 23, 24, 25
Circus-inn Theatre
My Best Friend's Girl ... 7:00 p.m.
The Women ... 7:15 9:45
Burn After Reading ... 7:00 9:30
Righteous Kill ... 7:30 9:45
Mamma Mia ... 7:15 9:45
The Women ... 7:15 9:45
American Teen ... 7:00 9:30
Bangkok Dangerous ... 7:00 9:30
Mirrors ... 7:15 9:45
Pineapple Express ... 7:00 9:30
Burn After Reading ... 7:30 9:45
Jury Duty ... 7:00 9:30
Lakewood Terrace ... 7:15 9:45
Wall ... 7:00 9:30
Tropic Thunder ... 9:45
House Bunny ... 7:00 9:30
Babyton A.D. ... 7:00 9:30
The Dark Knight ... 7:00 9:15
Righteous Kill ... 7:30 9:45
Tomb Dragon Emperor ... 7:00
Mamma Mia ... 7:15
Igor ... 7:00 9:30
The Women ... 7:00 9:30
Best for My Horse ... 7:30 9:45
DISCOUNT MOVIES
ALL ADULTS ... \$3.00 NEW \$1.00
INDIANA JONES & CRYSTAL SKULL
(12) 7:15 9:45
KUNG FU PANDA (PG) 7:30

A little about me

I am a reporter and a photographer for the Times-News Mini-Cassia Bureau and have been covering the news in this area for 12 years.

I have worked just about all the local beats, city and county government, political, health, crime and schools, but probably one of my favorite beats has been writing features. I subscribe to the theory that everyone has a story to tell and the people who live in Mini-Cassia have to let me down. Meeting the people who live and work here and ultimately care about this community is one of the greatest joys of this job and I look forward to playing a small part in bringing them a top-notch hometown newspaper. Whether I'm working or not, you'll rarely find me without a camera in my hand and during my spare time I love to travel the backcountry with my husband Mark, photographing landscapes. I also enjoy SCUBA diving and have been a member of Mini-Cassia Search and Rescue for the past six years, three of those years serving as the unit's secretary/treasurer.

You can reach me at (208) 677-8767, (208) 312-5247 or at twelch@gmagicvalley.com.

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NATION & WORLD A11

Officials: Pakistan Marriott blast shows signs of al-Qaida

By Stephen Graham
Associated Press writer

ISLAMABAD, Pakistan — Taliban militants based near the Afghan border and their al-Qaida allies are the most likely suspects behind a massive truck bombing at Islamabad's Marriott Hotel, officials and experts said Sunday. At least 53 died in the explosion, including two U.S.

Defense Department employees and the Czech ambassador.

The truck sat burning and disabled at the hotel gate for at least 3 1/2 minutes as nervous guards tried to douse the flames before they, the truck and much of the hotel forecourt vanished in a fearsome fireball on Saturday night, according to dramatic surveillance footage released Sunday.

The attack on the American hotel chain during Ramadan, among the deadliest terrorist strikes in Pakistan, will test the resolve of its pro-Western civilian rulers to crack down on growing violent extremism which many here blame on the country's role in the U.S.-led war on terror.

While no group has claimed responsibility, the scale of the blast and its high-profile tar-

get were seen by many as the signature of media-savvy al-Qaida.

Interior Ministry chief Rehman Malik said "all roads lead to FATA" in major Pakistani suicide attacks — referring to Federally Administered Tribal Areas, where U.S. officials worry that Osama bin Laden and al-Qaida No. 2 Ayman al-Zawahiri are hiding.

Mahmood Shah, a former government security chief for Pakistan's tribal areas, said that while the attack had "all the signatures" of an al-Qaida strike, homegrown Taliban militants probably had learned how to execute an attack of such magnitude.

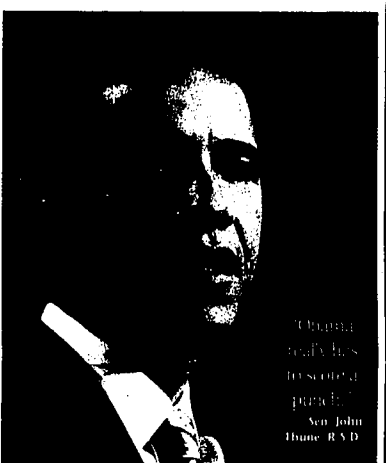
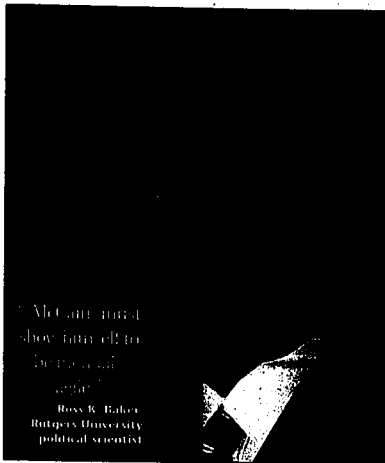
Al-Qaida was providing "money, motivation, direction and all sort of leadership and using the Taliban as gun-fod-

der," he suggested. A Pakistani Intelligence official, speaking on condition of anonymity because he is not authorized to speak on the record to media, said investigators were examining just that theory.

Pakistani Prime Minister Yusuf Izza Gilani said the attack was an attempt to "destabilize democracy" in Pakistan.

PRESIDENTIAL DEBATES

LOOKING FOR THE UPPER HAND



Obama looks to regain momentum, McCain to reinforce he's on top of his game in debate series

By Charles Bahington
Associated Press writer

WASHINGTON — For Democrat Barack Obama, the three presidential debates that begin Friday are a chance to halt John McCain's momentum, reestablish his image as a refreshing political force and make his case against a third straight Republican presidential term.

For McCain, they provide an opportunity to reinforce voters' doubts about Obama's experience and readiness, and to demonstrate that he's still on top of his game at age 72.

With polls showing the race tight, and the debates expected to draw millions of TV viewers, they could tip the balance on Nov. 4.

The pressure probably is greater on Obama, who built his meteoric career largely on charisma and a gift for words.

The debates are particularly important for Obama, said political scientist Bruce Cain, director of the Washington program for the University of California at Berkeley. Obama's

candidacy relies heavily on his promise to break from President Bush's domestic and foreign policies, he said. Such topics are conducive to a debate's thrust-and-parry format, he said, and Obama must capitalize.

"He needs to really identify how he's different on the economy from both the current administration and McCain," Cain said.

Obama has emphasized that message for months. But a debate's intimate setting may give it more resonance than the big-stadium speeches that many voters associate with Obama.

McCain's candidacy, Cain said, rests more on his image as a corruption fighter and war hero who survived a Vietnamese prison camp. Those qualities are certain to come out during the debates, but they could lack the specificity or immediacy that voters want, he said.

McCain needs a solid debate performance to help sustain the energy boost that he got from his choice of Sarah Palin as a running mate; Democrats, for their part, see the series of three debates over 20 days as an opportunity to

redirect momentum to Obama.

Sen. John Thune, a South Dakota Republican who backs McCain, agrees that Obama carries a heavier burden. Obama has not been on the national stage as long as his opponent, Thune said, and voters have a flimsier grasp of who he is.

"Obama really has to score a punch," Thune said. "He hasn't closed the deal with a lot of American people."

Thune thinks McCain may benefit from low expectations, because Obama is seen as a great orator, a skill that some voters might associate with televised presidential forums even if the comparison is questionable.

Obama's less-than-overwhelming performances against Hillary Rodham Clinton and other Democrats during the primary season showed that the format "was not his strength," Thune said. On the other hand, he said, McCain "is witty, he's effective, he carries questions well," and may exceed many viewers' expectations.

sound bites and calls for commissions to recommend ways to shore up the nation's housing and investment sectors, said Rutgers University political scientist Ross K. Baker.

When McCain sits or stands next to Obama, 47, the age difference will be obvious, Baker said.

McCain needs to show skeptical voters "how fast his neurons are firing," he said.

"He must show himself to be mentally agile," Baker said, and not too reliant on familiar phrases and punch lines.

Obama, meanwhile, must avoid appearing too aloof and "professorial," Baker said, poking at his own line of work. He said voters want "to be reassured that he understands the kind of day-to-day problems that ordinary people encounter."

McCain's toughest challenge may be to prevent Obama and the moderators from pinning him too tightly to the policies and legacy of Bush, whose approval ratings have plummeted over the past two years as the Iraq war drags on and the U.S. economy falters.

Iran warns against attack on nuclear facilities

By Nasser Karimi
Associated Press writer

TEHRAN, Iran — Hard-line Iranian President Mahmoud Ahmadinejad warned Sunday the military would strike back against anyone targeting his country's nuclear facilities, during a parade featuring a banner calling for the end of Israel.

The military parade displayed various types of Iranian-made missiles, such as Shahab-3 and Ghadr, and included a truck carrying a huge banner saying "Israel should be eliminated from the universe" in both English and Farsi.

"If anyone allows himself to commit even a tiny offense against Iran's legitimate interests, borders and sacred land, our armed forces will break his hand before he pulls the trigger," Ahmadinejad said during the parade.

The phrase "legitimate interests" is Iranian parlance for the country's nuclear program, which the West says is a cover for developing nuclear weapons. Iran, which denies the charge, already is under three sets of sanctions by the U.N. Security Council over the issue.

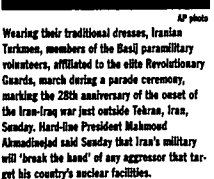
Washington and its Western allies are pushing for quick passage of a fourth set of sanctions to underline the international community's resolve.

But Ahmadinejad said Sunday that sanctions only help Iran achieve self-sufficiency.

"Those who once imposed sanctions today should open their eyes and see our nation's technical achievements," he said.

Both the United States and its ally Israel say they support a diplomatic solution to the nuclear standoff with Iran but cannot rule out the military option.

"Today, Iran is not in a position to show softness toward its enemies," said Ahmadinejad, but added that threats made against Iran's nuclear facilities amounted to only "psychological warfare."



Wearing their traditional dress, Iranian Turkomans, members of the Basij paramilitary volunteers, affiliated to the elite Revolutionary Guards, march during a parade ceremony, marking the 28th anniversary of the onset of the Iran-Iraq war just outside Tehran, Iran, Sunday. Hard-line President Mahmoud Ahmadinejad said Sunday that Iran's military will "break the hand" of any aggressor that targets his country's nuclear facilities.

Customers choose their lunch at the cafeteria of the University in Wageningen, Netherlands, Sept. 4. The \$4.5 million restaurant of the future is run by scientists of Wageningen University and Research Center to investigate the influence on eating behavior to carry out selection for the food industry. AP photo



At Restaurant of the Future, Big Brother's watching

By Arthur Max
Associated Press writer

WAGENINGEN, Netherlands — At the university cafeteria, women linger longer than men over their lunch decisions. Given a choice, they tend to opt for meat labeled "animal friendly" while men likely will go for a new product.

Cameras are watching them. From inside a control room, monitors record the customers' movements, hesitations, facial expressions, posture, weight, even their eating habits.

It gives the scientists plenty to chew over. They study the influences on eating, how products can be made more appealing, and how to direct consumers to specific — perhaps healthier — choices.

The \$4.5 million restaurant of the future is run by scientists of Wageningen University and Research Center, working with Sodexo, an international catering firm, and the Noldus software company, to answer questions from the food industry and behaviorists.

"We think of ourselves as analysts, always making the best choice," says Rene Koster, director of the Restaurant of the Future Foundation.

With its spy machines, databases and battery of analysis, the Wageningen project, with 42 companies participating, is meant to take the study of eating to a level approaching rocket science.

Companies are interested, of course, but so are public facilities. A hospital in Utrecht has asked for a project on the effects of a better meal or a change of dining surroundings on the well-being of its patients.

The cafeteria is organized in a series of islands, each with a different food type, in what Koster called a free-flow system rather than the traditional long line serving everything. People feel they have a wider selection — and they tend to spend more money, he said.

HEALTHY & FIT

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MONDAY
SEPTEMBER 22, 2008

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5 best pre-workout foods

By Melissa Davlin
Times-News writer

Before she works out, Nina Jozelic of Twin Falls thinks food. Jozelic starts her morning with scrambled eggs before heading to class in anticipation of her exercise routine at Canyon Rim YMCA. If she exercises at night, she prepares a chicken breast. When she comes straight from her morning classes, she grabs a snack.

"I'll have maybe like an apple or an orange before I come in and work out," she said.

She's on the right track. What you put into your body is as important as the effort you exert during your workout, said Rhea Lanting, Twin Falls Extension educator for University of Idaho. And a healthy pre-workout snack can help maintain stamina when you're exerting so much energy.

"Certainly choosing the right foods is a very important part to performing (well)," Lanting said.

Go for healthy foods with lots of calories, Lanting said. Vegetables have great nutrients, but aren't a good energy source. Instead, go for carbs.

"Sixty to 65 percent of your calories should come from carbohydrates when you're working out," Lanting said. Good carbohydrate sources include cereals, pasta, bread, rice and potatoes.

"Carbohydrates are, of course, the body's preferred fuel source during exercise," she said.

But they sure aren't the only source. Twelve to 15 percent of your calories should come from protein, which can be found in dairy, eggs, meat and soy. Twenty to 30 percent should come from fat — preferably healthy fats, like those in bananas, avocados and nuts.

Of course, few people actually calculate the percentage of their energy sources. So how can you tell if you're getting the right amount of carbs, protein and fat?

Don't worry too much about it, Lanting said. As long as you're eating a balanced meal, you should be getting the right calorie portions.

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



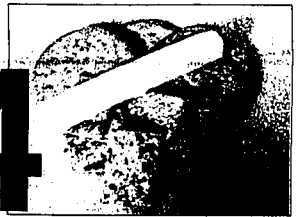
1 Yogurt

Yogurt is a great, light pre-workout snack, Lanting said. It's portable, it has calcium, it comes in plenty of flavors, and 8 ounces of yogurt has 8 grams of protein. And it's versatile. Want more carbs? Sprinkle a little granola on top. The nuts in the granola will add some healthy fat and protein. Want to make it more of a meal? Blend in some fruit and juice and enjoy your nutrient-packed smoothie.



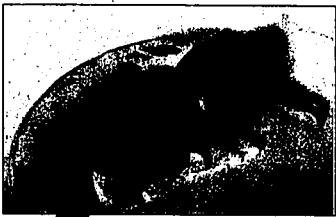
3 Fluids

You've heard it before — everyone needs eight glasses of water a day. But when you're working out, pay a little more attention to your intake. Two hours before exercising, drink 1 1/2 to 2 1/2 cups of water, Lanting said. During your workout, drink about one cup every 15 minutes. "Water is one of the most important nutrients in your sports diet," Lanting said. Sport drinks are also important, but look for one with no more than 110 to 200 milligrams of sodium per 8 ounces. Sodium helps the body absorb carbohydrates, she said, but it's easy to get too much.



4 Crackers and cheese

The classic wine pairing is also a great pre-workout snack. Three ounces of cheese packs 21 grams of protein, and whole-grain crackers are increasingly available at supermarkets, providing more dietary fiber than their competitors. Make sure you pay attention to the serving size, Lanting said, or you'll end up with more calories than you planned for.



2 Fruit

Besides providing essential vitamins and fiber, many kinds of fruit pack a lot of calories. The light snack won't weigh you down before being active. Don't stress too much about which fruit is the best choice. A handful of grapes works as well as a sliced apple or medium banana, Lanting said. In a pinch, 100 percent fruit juice will also work.



5 Bagel

They're not just for breakfast. Bagels provide carbs, and if you choose whole wheat you'll get some of the whole grains you need. You can add more protein and fat by topping with cream cheese or peanut butter. Of course, condiments are optional. "I just like plain bagels myself," Lanting said. Not sure you want all of those calories? Split the bagel and save the other half for the next day.

Report shows why it's smart to get your belly dancing

By Howard Schneider
The Washington Post

If you're confused by the sometimes conflicting advice about exercise — how often? how long? how hard? what type? — rest assured. The federal government is nearing the end of a major effort to clarify things.

And thank goodness. I saw an infomercial the other night for what looked like a bar stool with handles, supposedly to help train the abdominals. I have gotten plenty of exercise on bar stools, but it did

nothing for the abs.

Since physiology is a science, we ought to be guided as much as possible by what has been looked at in the lab. Over the years, and particularly since the 1970s, thousands of studies have examined how the body responds to physical activity. Unfortunately, the thicket of results has given ammunition to almost everyone: to people who want to promote running or some other aerobic or endurance-based activity; to those who advocate weightlifting; to those who think 10-minute workouts are all we need; to those convinced we'd all live forever if only we took up belly-dancing.

Two years ago, the Department of Health and Human Services commissioned a panel to comb through the available science. The aim was to determine what can be said with reasonable certainty about the effect of exercise on health and disease prevention.

The process is now nearing an end. The panel's report can be read online, and the agency is expected to issue a set of physical activity guidelines based on its findings, possibly as soon as October. Having gone

through the key parts of the panel's 600-page report, I think it can be boiled down to four statements:

• A little goes a long way. This, to me, is the headline finding. You don't need to spend hours in the gym, hire a trainer or do anything uncomfortable to receive many of the health benefits associated with exercise. A half-hour walk five days a week at a moderate pace, according to the study, translates to a lowered risk of heart disease, diabetes and a host of other ailments, particularly that wonderful "condition" referred to as "all-cause mortality."

From a cost-benefit perspective, in other words, those first, modest steps offer the biggest payout in terms of disease prevention and general health. If you are worried about your physical condition, or if you want to start exercising, don't know how and can't afford a gym or trainer, just go out the door and use your legs for what they are meant to do. If the weather is bad, go to a mall. Use your lunch hour. Extend your walk to and from the subway. Walk around your office. But get the

Please see EXERCISE, Page B2

You

About C-sections

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

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

Free. Preregistration required; 732-3148.

Line dancing

A line dancing class will be held 7-8 p.m. Thursday in the gymnasium at White Pine School, 1900 Hilland in Burley.

Bring a water bottle, and wear non-slip shoes.

Free. Health at 778-7598 or Kathy at 478-7973.

Baby and Me

St. Benedict's Family Medical Center's "Baby and

Me" classes, 11 a.m.-noon Tuesdays, at Jerome Public Library, 100 First Ave. E.

This week's topic: "Storytelling." The session is for parents of children from infancy through toddler years.

Free; 324-6133.

About C-sections

Cesarean class of St. Benedict's prepared childbirth series, 7-9:30 p.m. Wednesdays, at Jerome Ambulance Building, 204 E. Main.

Topics: Cesarean birth, pain management, hospital procedures and non-conforming labors. Bring two pillows, a blanket and, if possible, a support person.

Cost is \$5. Register: 324-6133.

About Alzheimer's

Rosetta Assisted Living will hold an open house, 10 a.m. to 2 p.m. Friday at 1177

Enstridge Court in Twin Falls. Information will be available on Alzheimer's and dementia. Free and open to the public.

Learn about change

The College of Southern Idaho's North Side Center will offer the class "Embracing Change," 9 a.m. to noon Saturday at the center. Jodie Robb will instruct.

Organizers list these topics: learn how to turn irrational beliefs about change into affirmations and go through life's transitions with grace and ease; and the basics of acceptance and personal insight in creating peace of mind and spirit.

Cost is \$25. Register: 934-8678 or North Side Center, 202 14th Ave. E. in Gooding.

Flu clinics

South Central Public Health District's flu vaccination season begins the week of Oct. 6, two weeks earlier than last year, but the health district's Twin Falls, Rupert and Burley offices will offer clinics on Oct. 3.

Clinics will be at senior and community centers and some schools. The flu season does not usually begin in Idaho until November and peaks in January and February.

Appointments can be made at the health district offices, starting Monday.

- Blaine County: 788-4335
- Camanche and Lincoln counties: 934-4777
- Cassia County: 678-8221
- Jerome County: 324-8838
- Minidoka County: 436-7185
- Twin Falls County: 737-5966

The Centers for Disease Control and Prevention emphasizes all children under 18 be vaccinated against influenza, especially those 6 months to age 5, because they are most likely to spread the illness.

The health district recommends the following higher risk populations get vaccinated:

- Residents of nursing homes and long-term care facilities.
- Those with chronic long-term health problems including chronic lung disease; congestive heart failure or congenital heart disease; diabetes or kidney dysfunction; sickle cell disease; HIV; and women at least three months pregnant during influenza season.
- Children between 6 months and 5 years (The first time children up to 8 years old receive influenza vaccine they need two doses, given one month apart, to develop immunity).
- People age 50 and older.
- The health district will have both the traditional injectable vaccine, recommended for all age groups and medical conditions, and

FluMist, a nasal spray, which is recommended only for healthy individuals between ages 2 and 49.

Information: Lisa Klammer, health district's immunization coordinator, 436-7185.

Baby sitter training

American Red Cross of Greater Idaho will hold a baby sitters training course, 9 a.m. to 4 p.m. Oct. 2 and 3 at the Red Cross office, 253 Fourth Ave. N. in Twin Falls.

Topics: basic baby-sitting skills, infant and child cardiopulmonary resuscitation, and first aid.

Cost is \$65 (includes lunch and class materials). Preregistration required: Jennifer at (800) 853-2570, ext. 302.

Alzheimer's support

Alzheimer's Support Group meeting, 6-7 p.m. Oct. 8 at Roseta Assisted Living, 1177 Enstridge Court in Twin Falls.

The guest speaker has more than 25 years experience with Alzheimer's and dementia.

Reservations required: Heidi, 734-9422.

Diabetes screenings

Magic Valley Diabetes Coalition will offer "Head to Toe" screenings for people with diabetes in conjunction with South Central Public Health District's influenza clinics.

Eye screenings, foot exams, hemoglobin A1c tests, dental exams and diet education will be available free to people with diabetes, after they receive their immunizations (\$27 for flu shot; \$42 for pneumonia shot). Dental exams will be offered only at the Twin Falls and Jerome clinics (in the morning) and at the Wendell clinics (in the afternoon). "Head to Toe" clinics will take place at:

- Rupert: 9 a.m. to noon and 1-4 p.m. Nov. 4, health district office, 1218 Ninth St., Suite 15; 436-7185.
- Burley: 9 a.m. to noon and 1-4 p.m. Nov. 5, health district office, 2311 Park Ave., Unit 4, Suite 4; 678-8221.
- Jerome: 9 a.m. to noon and 1:30-3:30 p.m. Nov. 7, health district office, 951 E. Ave. 11; 324-8838.
- Wendell: 9 a.m. to noon Nov. 12, Wendell Housing Association, 105 W. Ave. A; 934-4477.
- Twin Falls: 9:30 a.m. to 3 p.m. Nov. 14, health district office, 2020 Washington St. N.; 737-5966.

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

How exercise prolongs your health

The federal government's Physical Activity Guidelines Advisory Committee looked at the available science relating exercise to a broad variety of health issues. Here are summaries of some of the panel's findings:

All-cause mortality
Benefit: For reasonably active people, a consistent 30 percent reduction in risk of dying during the studies' follow-up periods.
Exercise required: "More is better," but 2 to 2 1/2 hours per week of moderate activity "is associated with significantly lower risk."
Evidence: Strong.

Cardiorespiratory health
Benefit: A 20 to 35 percent reduction in risk of heart disease, cardiovascular disease and stroke.
Exercise required: Depending on intensity, as little as two hours a week. The panel cited 12 miles of walking or jogging as a basic line, but the outcome depends on fitness level. Those who can do more, should; those in worse health can benefit from even a little activity.
Evidence: Strong.

Diabetes/metabolic health
Benefit: A 30 to 40 percent reduction in risk of Type 2 diabetes or metabolic syndrome, a group of conditions considered a precursor to the disease.
Exercise required: Between 2 and 2 1/2 hours per week of moderate activity.
Evidence: Strong.

Functional health
Benefit: Roughly 30 percent reduction in the risk of age-associated inability to carry out daily activities; reduced risk of falls.
Exercise required: Various recommendations, between 50 minutes and five hours a week, divided among three to five days, including aerobic and muscle-strengthening activities. Balance exercises, including tai chi, also seem to be of benefit.
Evidence: Moderate.

Cancer
Benefit: Roughly 30 percent reduction in risk of colon cancer and 20 percent reduction for breast cancer.
Exercise required: Between 30 and 60 minutes of moderate to vigorous exercise daily.
Evidence: Strong.

Weight loss/management
Benefit: Greater than 5 percent loss of body weight and/or weight maintenance.
Exercise required: Roughly five hours per week of moderate activity or 2 1/2 hours of vigorous activity (assuming no dietary changes).
Evidence: Strong. Panel noted "a great deal of inter-individual variability," meaning some people need to do more for the same result.

Muscular health
Benefit: Increases in strength and power; slowdown in the loss of muscle associated with aging.
Exercise required: At least two resistance training sessions per week, using a weight heavy enough to activate muscle fatigue (i.e., you can't do any more) in about eight repetitions.
Evidence: Strong.

Bone health
Benefit: Increase in bone mineral density and reduction in the risk of fracture.
Exercise required: Various recommendations, including four hours per week of walking, or two hours per week of combined endurance and resistance training.
Evidence: Moderate.

Mental health
Benefit: Lowered risk of depression and dementia.
Exercise required: Between 90 minutes and five hours per week of aerobic and strength-training exercises.
Evidence: Strong. Evidence also suggested possible benefits for sleep disorders, anxiety and distress.

Exercise

Continued from page B1

half-hour done.

This conclusion, by the way, holds true across age, race and sex. Obesity also should not be a barrier: The health benefits accrue even if you are overweight.

• More is better. Will that half-hour walk get you ready to run a marathon? No. Will it turn your waistline? No. For that, you need to do more. The body adapts to stress, and if you progressively work harder (in small, steady increments, to lessen the risk of injury), you'll see the results. The panel's review showed a clear distinction between the modest amount of exercise that can deliver general health benefits and the more intense work needed to improve fitness: our cardiovascular endurance, our strength, our ability to do work. If fitness is your goal, then that moderately paced walk needs to double in length, to an hour.

As an alternative, a half-hour a day of vigorous exercise

should be the minimum. The panel (and the science) was agnostic as to what you do. Run, hike, swim or, yes, belly-dance. It really does not matter, so long as the intensity is there.

(The science of "intensity" can get pretty tangled and depends on people defining for themselves how hard they're working. As a guide, you can use the Borg Rating of Perceived Exertion, a 6-to-20 scale where 6 is watching "Lost" with a spouse who claims she doesn't even feel the show and 20 is trying to run away after you scoff at her for wasting the time. On this scale, moderate exercise is in the 12-to-14 range and should feel "somewhat hard" but sustainable. Anything beyond 14 is considered hard, with 20 — in all seriousness — the type of "maximum" output that can be sustained only for a short time.)

• For weight loss, even more is better yet. To lose weight, the panel found, you need to work out longer

(roughly that same hour or more a day) or harder. The general principle here is that "volume," the overall exercise you get, measured by both duration and intensity, matters. And, the panel pointed out, diet matters as well. Even a steady workout plan can be defeated by poor nutrition and overeating.

• Resistance isn't futile. Regardless of how old or strong you are, the panel found that resistance/weight training improved bone and joint health, and muscular strength. The effect won't be as profound or come as fast

for those of us in middle age and beyond. But if the aim is to slow muscle loss and be able to keep doing as much as we can for ourselves, then twice-a-week sessions with weights or resistance bands will help. On that front there was pleasant news for the time-deprived: A single set of eight repetitions is adequate as long as the weight or resistance is enough to induce muscle fatigue.

Remember, you'll need an exercise to work each major muscle group.

But you don't need the government to tell you that, right?

KEYS TO SUCCESSFUL INVESTING

For the next 6 weeks we will cover 6 keys to successful investing.

Week 1 - LONG TERM COMPOUNDING - Compounding pays you earnings on your reinvested earnings. The longer you leave your money at work for you, the more exciting the numbers can get.

While you should review your portfolio on a regular basis, the point is that money left alone in an investment can offer the potential of a significant return over time. Remember, however compounding is not a prediction of investment performance. Investment principal and interest are not guaranteed and are subject to market fluctuation.

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Workout for youngsters

Kid gyms send children out to play on treadmills

By **Kathleen Hoem**
The Washington Post

NEW YORK — Like many parents, Diana Ennen had trouble getting her daughter Amber to exercise.

So two years ago, Ennen decided that Amber was coming to the health club. Now age 10, Amber is using the stair stepper, lifting hand weights and doing sit-ups on a stability ball.

"She's lost some weight," said Ennen, of Margate, Fla. "Her clothes fit better. You can tell she's firmer."

"It may sound like a grown-up routine, but many parents are enrolling their children in fitness centers or buying child-sized equipment for a workout more grueling than ballet or Little League but cheaper than hiring a personal trainer."

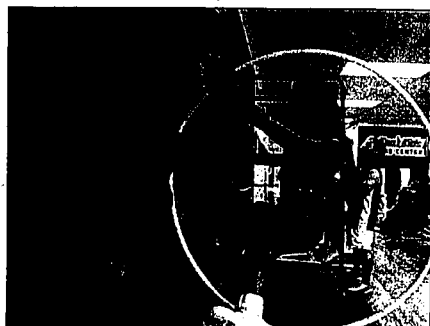
Last year, 1.3 million children ages 6 to 11 were members of a health club, according to the International Health, Racquet and Sportsclub Association. And as of April, a quarter of IHRSA member clubs surveyed had children's programs.

At Action Kids' Fitness Center in California, children can take a 40- to 45-minute circuit training workout with resistance machines and cardio stations, including stationary bikes that connect to PlayStation 2. The center also has hip-hop dance, yoga, karate and monthly nutrition classes.

"We really pride ourselves on the energy and excitement we put into making fitness fun," said Steve Ewing, the center's co-founder. "We don't want to be thinking they are overweight and obese. We want them to acknowledge that moving is fun."

The circuit workout at FunFit Family Fitness Center in Rockville, Md., has a torzoidal exercise bike, an air-sealer and hydraulic strength training equipment. Kids and parents can also use personal trainers together or take classes including yoga for tots.

Such workouts are a long way from riding bikes and playing tag. But in an era of rising childhood obesity, physical education cutbacks and a more sedentary lifestyle, children's gyms make sense, said Rosemary Lavery, IHRSA spokes-



Neha Patel, 8, works the climbing wall at Action Fitness in Placentia, Calif., on Aug. 12. It may sound like a grown-up workout, but more parents are turning to gyms to make sure their children get some exercise.

AP photos



Evan Ewing, 4, works out in Placentia, Calif., on Aug. 12.

woman.

Today's parents are busy working and less apt to let their children go outside and play, said Cella Kibler, founder of FunFit.

"Parents need a place where they know their kids can stay active, stay healthy and be in a safe place that's supervised by professional people," she said.

Home play has also gotten a jolt from video games such as the Wii Fit. With an electronic device called the Gamecube, children can play video games as long as they are stepping or cycling to stop stepping and the video game stops.

Kids become so plugged into the games, they forget they are exercising, said Terry Grim, director of business development for KickStart Fitness, the U.S. distributor of the Gamecube. He said about 3,000 Gamecube

any fitness is better than nothing, they aren't so sure this is the answer.

Children should be outside interacting with other children, not playing video games in a movie basement, said Tom Sparber, who runs New Image Weight Loss Camp.

And considering children's short attention spans, they may not find any of these expensive toys fun enough, said Cedric Bryant, chief science officer for the American Council on Exercise. He recommends simple games like Duck Duck Goose and Capture the Flag.

"In the '50s and '60s, kids were playing and they were playing outside," he said. "We didn't have all these concerns about overweight, out-of-shape kids."

Kid fitness programs don't come cheap: a FunFit membership is \$60 a month without a family discount plan. A kid-sized treadmill runs about \$1,500, said Grim. A Gamecube unit is about \$300.

Still, Cathie Soneja, 47, of Anaheim, Calif., said her 8-year-old son Nathan is usually the one reminding her that it's time to go to Action Kids, where he does the circuit and takes hip-hop dance.

Nathan said some machines are a "little hard," but others are easy for him.

"When we first started, I wasn't that fit. Then I started seeing that I was getting stronger," he said. "It makes me feel like a teenager or adult."

While experts agree that

Stephanie Ochoa, 32, of San Antonio, bought the Wii after noticing her children would rather play video games than ride bikes.

"At first I limited play time and forced them to be active," she said. "It did not seem right so I settled on a Wii. I purchased a Wii Fit for myself and my kids use it more than I do. It really gets their heart rates up."

Video games make teens believe fitness is "hip and cool," said Alyson Stoner, a 15-year-old actress who stars in the "Get Fit With Alyson" Web series and the Wii Fit's "Get Wii Fit with Alyson."

"It's something that inspires young kids to take what they have always loved to do, which is video games, and puts a new spin on it," she said.

While experts agree that

A rising tide of very young swimmers

By **Kathleen Hoem**
The Washington Post

It's not just at the Olympic level that swimming has international appeal. Babies in many parts of the world are learning an early love for the water. Parents take their babies for lessons, says U.S. Swim School Association representative Lana Whitehead, because it helps in "laying the groundwork for sensory motor development ... and encouraging the parent-infant bond."

"There are definitely more

people signing up" for infant swim courses, says Patricia Donna Boone, owner of Potomac Swim School in Ashburn, Va. "Seven years ago when we first started, we had five water babies, and now we're up to 200."

However, the American Academy of Pediatrics warns parents to think twice about a class for the littler kids if it touts anything other than teaching basic skills, such as breath holding and kicking. Kids younger than 4 "do not have the developmental abili-

ty to master water survival skills and swim independent-ly," says AAP spokeswoman Deborah Ann Mulligan.

"Swimming programs for these children should focus on building confidence and educating parents regarding water safety."

And, of course, supervision is crucial for any water activity. According to the Centers for Disease Control and Prevention, "fatal drowning remains the second-leading cause of unintentional-injury-

related death for children ages 1 to 14 years."



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Quick Study

By Linda Searing
Special to The Washington Post

The topic: Pneumonia

Flu shots don't seem to stave off lung infection

THE QUESTION
Might getting a flu shot help prevent older people from contracting pneumonia, which is a frequent complication of the flu in this age group?

THIS STUDY
It analyzed data for three flu seasons on 1,173 people, 65 to 94 years old, who were diagnosed with pneumonia, comparing them with 2,346 people of similar age and sex who did not develop pneumonia. About three-fourths of both groups got flu shots in those three years. People who did and did not get a flu shot had virtually the same likelihood of developing pneumonia.

WHO MAY BE AFFECTED?
People older than 65, who are far more likely than younger people to develop serious complications, such as pneumonia, if they contract the flu. As a preventive, an annual flu shot is recommended for anyone older than 50.

CAVEATS
The flu vaccine varies from year to year, depending on the strain prevalent in a given year; whether testing in other years would have produced different results is unclear. One of the study's six authors has received fees from companies that make flu vaccines.

FIND THIS STUDY
Aug. 2 issue of the *Lancet*.

LEARN MORE
Learn about pneumonia at www.lungusa.org (click on "Diseases A to Z"). Learn about the flu at www.cdc.gov/flu.

The research described in QuickStudy comes from credible, peer-reviewed journals. Nonetheless, conclusive evidence about a treatment's effectiveness is rarely found in a single study. Anyone considering changing or beginning treatment of any kind should consult with a physician.

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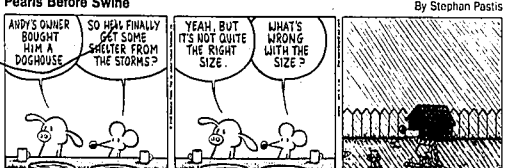
Classic Peanuts

By Charles M. Schulz



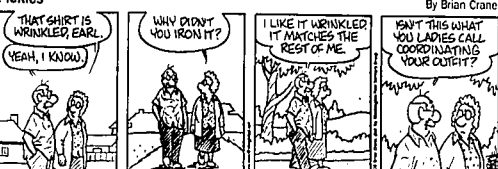
Pearls Before Swine

By Stephan Pastis



Pickles

By Brian Crane



Rose is Rose

By Pat Brady



Non Sequitur

By Wiley



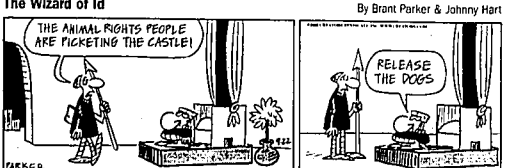
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Legal Legal

CALL FOR BIDS
SEALED BIDS will be received by the Wendell Highway District, Gooding County, Idaho, in the office of the Wendell Highway District no later than 7:00 P.M., Thursday, October 9, 2008...

NOTICE OF FILING DEADLINE
NOTICE TO APPLICANTS: That Declarations of Candidacy for the Board of Commissioners District No. 2 of the Raft River Fire Protection District will be filed with the District clerk...

NOTICE OF PUBLIC HEARING ON THE LOCAL IMPROVEMENT DISTRICT NO. 2 ASSESSMENT ROLL
The City of Burley hereby give notice that the Burley City Council shall meet and consider, in connection, the Assessment Roll for Local Improvement District No. 2...

NOTICE OF GENERAL ELECTION OF THE GOOSE CREEK IRRIGATION DISTRICT
NOTICE IS HEREBY GIVEN that on the 4th day of November 2008, an election will be held in the Goose Creek Irrigation District for the purpose of electing a Director for a period of three years...

NOTICE OF GENERAL ELECTION OF THE SOUTHWEST IRRIGATION DISTRICT
NOTICE IS HEREBY GIVEN that on the 4th day of November 2008, an election will be held in the Southwest Irrigation District for the purpose of electing a Director for District Division No. 3...

NOTICE OF PUBLIC AUCTION
In accordance with Idaho Code 55-202 the following creditor property will be offered at auction to the highest bidder payable in lawful money of the United States of America...

MAHOUT MODEL VIN
1980 Chevy Truck CLN14A8274132
1981 Suzuki SJ400E J2A25295110222
1991 Toyota Corolla 1E2A2591A89470
1994 Dodge Caravan 2B4642538R60601024
1994 Suzuki JS3700ZV6M102284
1979 Chevy Van GC12591605
1995 Chevy Beretta 1G1LY1547Y128319
1991 Honda Civic JHMED389M0500859
1989 Pontiac Sunfire GM35548M7507789
1991 Pontiac Trans Am 1G3F9W78R1503563
1985 Toyota Pickup Z2 Allered VIN
1985 Chevy Camaro 1G1F937H4N1062
Black Lotus 1G4H915L1N4284488
1992 Ford Truck 1FACF2543N4140318
1996 Champion 2T 1FDKX30L50H404810
1991 GMC Jimmy 1JGKCT1823M6851402
1983 Cadillac Deville 1G8A473YD1913976

PUBLISH: September 15 and 22, 2008

Legal Legal

AD FILING BIDS
Sealed proposals will be received by the Division of Public Works, State of Idaho, at 202 W. 6th St., Boise, Idaho until 2:00 PM local time on October 9, 2008, for DPW Project 06022, HVAC...

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NOTICE OF TRUSTEES SALE
T.S. No. ID-145592-C Loan No.: 8655306977
A.P.N.: RP8750103008A NOTICE IS HEREBY GIVEN THAT THE FIRST AMERICAN TITLE INSURANCE COMPANY the duly appointed Successor Trustee, will on 12/17/2008 at 11:00 AM (local time) at the office of the Trustee...

NOTICE OF TRUSTEES SALE
T.S. No. 057-00468 Loan No. 002862822
1/20/2008 at 11:00 am (local time) at the office of the Trustee, at the following location in the County of Twin Falls, State of Idaho: Lobby of TriFace LLC and American North Twin Falls, LLC, 4000 N. Transportation Trail & Escrow, Inc., Delaware, Corporation, as Trustee on behalf of NationalAmerica Default Services will sell at public auction...

PUBLISH: September 15 and 22, 2008

Legal Legal

LANDS FOR LEASE
BIA ACCEPTING BIDS FOR
BUREAU OF INDIAN AFFAIRS
The Bureau of Indian Affairs is now accepting sealed bids until NOON, on October 7, 2008 on various farm/pasture leases on the Fort Hall Reservation. Bid forms and additional information can be obtained by contacting the Bureau of Indian Affairs at (208)238-2305 or 238-2307.

ESTIMATED COST: \$192,000
Robert R. Uhran, Sr. and Project Mgr., Division of Public Works
PUBLISH: Sept. 22 and 29, 2008

LEGAL ADVERTISING
The Time-News
PO Box 1163
Twin Falls, Idaho
83303-0548

LEGAL ADVERTISING
Deadline for legal ads: 3 days prior to publication, noon on Wednesday for Sunday, noon on Thursday for Monday, noon on Friday for Tuesday and Wednesday, noon on Monday for Thursday and noon on Tuesday for Friday and Saturday. Holiday deadlines may vary, if you have any questions call Ruby legal clerk at 208-735-3234.

LEGAL ADVERTISING
Deadline for legal ads: 3 days prior to publication, noon on Wednesday for Sunday, noon on Thursday for Monday, noon on Friday for Tuesday and Wednesday, noon on Monday for Thursday and noon on Tuesday for Friday and Saturday. Holiday deadlines may vary, if you have any questions call Ruby legal clerk at 208-735-3234.

PUBLISH: September 6, 15, 22 and 29, 2008

Legal Legal

IN THE DISTRICT COURT OF THE FIFTH JUDICIAL DISTRICT OF THE STATE OF IDAHO, IN AND FOR THE COUNTY OF CASSIA
Case No. CV 2008-756
NOTICE TO CREDITORS
(L.C. 163-401)
In the Matter of the Estate of
TERRI C. DOWDLE,
Deceased
NOTICE IS HEREBY GIVEN that the undersigned has been appointed personal representative of the above-named decedent. All persons having claims against the decedent of the estate are required to present their claims within four months after the date of the first publication of this Notice or said claims will be forever barred. Claims must be presented to the undersigned at the address indicated, and filed with the Clerk of the Court.

PUBLIC NOTICE
Notice is hereby given that according to provision of Idaho Code 55-2305 Magic Valley Storage will sell at public auction at 1592 Elm Street N. Twin Falls, ID, September 22nd 2008 4:00 PM. Mike Schanley, Mike Schanley, Unit M23, 1063 Lincoln St. Twin Falls, ID 83301. A/C units, boxes, speakers, TV.

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3. Lab/Border collie cross; black male puppy, Twin Falls (black collar)
4. Lab; chocolate male adult, Lou-West.
5. Min Pin; black/Tan Male adult, Washington Rd (blue collar)
6. Lab/Boxer cross; black male adult, Foothill Rd (blue collar)
7. Pit Bull cross; white/tan female adult, Diamond Ave (chocolate chain)
8.rott cross; black/tan neutered male adult, Wright Ave. (black paw print collar)

ADoptionS
1. Aussie/Lab; gray Merle spayed female puppy.
2. Husky cross; brown/black neutered male puppy.
3. Shepherd cross; tan spayed female puppy.
4. Pomranian cross; IrI spayed female adult.
5. Collie; sable spayed female adult.
6. Aussie/Bearded Collie; Merle male adult.
7. Hound/Mastiff; tan neutered male adult.
8. German Shepherd; black/tan spayed female adult.
9. Doxix; black/tan neutered male older adult.
10. Cocker Spaniel cross; black/white spayed female neutered adult.
11. Boxer; fawn neutered male adult.
12. Lab; chocolate spayed female young adult.
13. Border Collie/Lab; black spayed female puppy.
14. Aussie/Shepherd; black/tan spayed female puppy.
15. Lab/Boxer; black spayed female adult.
16. Collie cross; sable/white spayed female puppy.
17. Lab; black spayed female adult.
18. Lab; yellow spayed female adult.
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 BURLEY 3 bdrm, 1 bath, on park. Only \$242,500. Call Joe at Carey and Adams 208-338-2200. MLS#107453
 BURLEY 4 bdrm, 2 car garage, Sprinkle area. 208-431-3837
 FILER For sale by owner. 2 bdrm, 1 bath, 1200 sq ft, huge garage on 4 acre. Irrigation mas, mature landscape. 833 Yakima St. Asking \$124,900. Call 503-636-6688 in Filer or 208-490-0075

502 Homes For Sale
 REDUCED \$16,000. 172 Railroad Dr. This 3 bdrm, 2 bath home sits on 1 acre with sprinklers, built in 2005 with 1604 sq. ft. car garage, new heat pump and stainless appls. \$238,978/539-4449
 KIMBERLY Beautiful spacious 4 bdrm, 2.5 bath new home on landscaped acreage with panoramic views. Close to Golf Course, hunting, fishing, not far from town. Well under \$100 a square foot. Call Jan or Bob 731-9788
 KIMBERLY Custom built, 2900 sq ft, home located on large beautiful landscaped corner lot in great neighborhood. Plenty of room for everyone & every thing 5 bdrm, 3 1/2 baths, 2 family rooms, sun room, finished basement & double garage w/ shop area. Amazing views! Price drastically reduced for \$184,500. Call now! Carletta Williams Stowley 733-9685 or 308-1815 MLS# 98367177

502 Homes For Sale
 FILER/TWIN Location, Location, Location! Beautiful home with canyon view on 1/2 acre. 2 bedroom, 1 bath, 2 car garage, deck and carpet. Charming home with great character. \$148,999. MUST SELL! 639-1845.

502 Homes For Sale
 GOODING 6.33 irrigated acres 1760 sq ft. mtg home. Ringed areas, corral, pasture, sheep pens. Fenced view. 1407 S. 20th E. \$176,000. 208-731-8531

HAGERMAN
 New home located 1/2 mile from boat dock close to boat landing area for horse, RV parking, 3 bdrm + 2 bath, 1.1 level, granite kitchen tops, all the master bath. Lot size .27 acres covered patio, well & septic in. Make offer. \$43-2922

502 Homes For Sale
 RUPERT New price, must sell. For sale by owner. Newly remodeled 3 bdrm, 1 bath home, newer carpet & paint throughout, jetted tub, attached garage, dog kennel, hot tub & Italian plum tree in the newly leveled back yard. \$255,000. Call 208-436-3252

SHOSHONE For Sale By Owner. 3 bdrm, family room, finished basement, landscaped with sprinkler system. Many more updates. \$190,000. Call 208-898-2643.

TWIN FALLS 2 bdrm, 1 bath, new remodel. Cuts, new kitchen, new carpet, new hardwood floors, new paint, windows and new carpet. \$97,000. Seller will assist with closing. 208-412-7070 or 916-719-8922.
TWIN FALLS 308 DuBois Newly remodeled 2+ bdrm 1 bath home, well finished barn, new gas furnace, 2000 sq ft, large garden, wraparound deck. \$116,000. Call 733-9676 / 639-4449

JEROME
 For sale by owner 3 bdrm, 1 1/2 bath, 1800 sq. ft. 1 level, new roof, new pump, central air, 2nd floor, roof and siding, includes all appliances and 1/2 acre of furniture. 1 acre 21 miles from town, plus tree, garden, orchard & pasture. \$249,900. 824-6416 or 320-2073

TWIN FALLS 308 DuBois Newly remodeled 2+ bdrm 1 bath home, well finished barn, new gas furnace, 2000 sq ft, large garden, wraparound deck. \$116,000. Call 733-9676 / 639-4449

TWIN FALLS
 Gorgeous new home, gated community, 3 bdrm, 2 bath. Appliances, hardwood floors, access to park, indoor pool, hot tub, car garage, upgrades galore, 1 yr. Warranty.
 Open House hours: 12:00-4:00. Back yard! Listed at \$399,500. \$20,000 discount. 208-733-8207 or 731-7344

704 Pets and Pet Supplies

FREE Lab Yellow, female, purebred, 3 yrs old... Call 208-421-1212

FREE Lab/Boxer cross, female, 2 years old, needs good home... Call 208-320-7859

FREE black/Bulldog puppy, very cute & friendly... Call 208-934-7707

FREE Pit Bull mix (2) pups, 1 male, 1 female... Call 208-478-5553

FREE Sheepshead, Shetland/Doberman female... Call 208-631-7888

FREE St. Bernard mix, young female, good disposition... Call 208-934-2282

GERMAN SHEPHERDS

Puppies & Adults Available... Call 208-306-7272

GERMAN SHORT-HAIR pups, AKC reg'd... Call 208-421-0917

GOLDENRETRIEVERS CKC reg pups, 4 wks old... Call 208-580-7600

GREAT DANE 3 yr, Mrs. Schrauzers... Call 208-421-0917

GREAT PYRENEES puppies born 6/08... Call 208-421-0917

HUNGARIAN VIZSLA puppies, 1 male... Call 208-421-0917

JACK RUSSELL pups and adults... Call 208-421-1411

KITTENS & CATS in colors and sizes... Call 208-421-1411

705 Farm Equipment

LAB Black pups, AKC registered... Call 208-317-2878

LAB Yellow puppies AKC reg First shots... Call 208-421-0917

LAB Yellow puppies, AKC reg'd, 1st shots... Call 208-421-0917

LOVE BIRDS pair of peach lake winged... Call 208-693-8700

MINI PINK puppies 1 dad female... Call 208-643-6817

NEW HOLLAND 185 Manure... Call 208-421-0917

MINI SCHNAUZERS AKC reg, 1st shots... Call 208-421-0917

NEWFOUNDLAND LASSIE... Call 208-421-1199

PEKINGESE puppy, small, 3 mos, 1-black and 1-white... Call 208-421-1199

PEMBROKE CORGI PUPP... Call 208-421-1199

704 Pets and Pet Supplies

FREE puppies, 3 females, 5 males... Call 208-732-5887

PEMBROKE CORGI AKC reg, shots... Call 208-421-1199

PIT BULLS - Premium puppies... Call 208-421-1199

POMERANIAN 2 1/2 females, whitish/black... Call 208-421-1199

POMERANIAN 2 1/2 females, black/white markings... Call 208-421-1199

SCOTTIES AKC reg, black, shag... Call 208-421-1199

SCOTTISH TERRIER Puppies, AKC reg'd... Call 208-421-1199

SHIH TZU AKC reg puppies... Call 208-421-1199

SHIH TZU AKC reg, 1 male, 1 female... Call 208-421-1199

SHIH TZU AKC reg, 1 male, 1 female... Call 208-421-1199

STANDARD POODLES... Call 208-421-1199

TURTLE Red Ear, Elders... Call 208-421-1199

YORKIE AKC reg, Females ready... Call 208-421-1199

YORKIE/HUASUHUA Female, 11 weeks old... Call 208-421-1199

705 Farm Equipment

LAB Black pups, AKC registered... Call 208-317-2878

LAB Yellow puppies AKC reg First shots... Call 208-421-0917

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PEKINGESE puppy, small, 3 mos, 1-black and 1-white... Call 208-421-1199

PEMBROKE CORGI PUPP... Call 208-421-1199

709 Hay Grain and Feed

GRASS HAY 2 baling bags... Call 208-421-1199

HAY 10 tons of 1st cutting hay... Call 208-421-1199

HAY 10 tons of 1st cutting hay... Call 208-421-1199

HAY Baled hay \$2.60 per ton... Call 208-421-1199

HAY-G Small bales, alfalfa, mid size hay... Call 208-421-1199

MALTENE, barley straw, 1/2 bales... Call 208-421-1199

T.S.G. Hay Retrieval 24% of 90% grass... Call 208-421-1199

711 Custom Farm Services

REINEMA CUSTOM CHOPPING... Call 208-421-1199

Miscellaneous AG... Call 208-421-1199

GRAVEL & TOP SOIL... Call 208-421-1199

713 Farms/Pasture Rentals

PASTURE FOR RENT... Call 208-421-1199

POTATO GROUND for rent... Call 208-421-1199

712 Merchandise

Happy Housekeepers... Call 208-421-1199

Jan's Perfection Cleaning... Call 208-421-1199

300 Antiques and Collectibles... Call 208-421-1199

801 Birthdays Photos

Have you forgotten to pick up your birthday photos?... Call 208-421-1199

802 Appliances

WASHER & DRYER, Kitchen Niss, white... Call 208-421-1199

Whirlpool Refrigerator, range & dishwasher... Call 208-421-1199

803 Bazaars and Crafts

Call Today 208-733-0931... Call 208-421-1199

809 Firewood

COAL Lump & Stoker, AKC reg'd... Call 208-421-1199

804 Building Materials

PREBUILT Bldg to be moved... Call 208-421-1199

WOOD STOVE small, excellent condition... Call 208-421-1199

805 Bazaars and Crafts

Call Today 208-733-0931... Call 208-421-1199

809 Firewood

CUT & SPLIT Firewood... Call 208-421-1199

FAX YOUR CLASSIFIED AD

208-734-5538... Call 208-421-1199

810 Furniture & Carpet

DINING SET 9 piece oak pedestal... Call 208-421-1199

ELECTRIC TWIN BEDS... Call 208-421-1199

811 Heating and Air Conditioning

WOOD STOVES in Boxes... Call 208-421-1199

812 Auctions/Auctioneers

WARD Auction & Appraisals... Call 208-421-1199

814 Lawn Garden

FREE Evergreen trees... Call 208-421-1199

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814 Lawn Garden

FREE Evergreen trees... Call 208-421-1199

Times-News Classifieds 733-0931 ext. 2

Ad for Times-News Classifieds, including 'FAX YOUR CLASSIFIED AD' and 'Read This Classifieds Every Day!'

Large advertisement for 'At Your Service' featuring a grid of 15 service categories: Cleaning, Construction, Handy Work, Landscape, Painting, Remodeling, and more.

ACROSS

1 Ride free
6 Uses an abacus
10 Hourly payment
14 First name in talk shows
15 Fine residue
16 Pub servings
17 Explosive liquid, briefly
18 Large wildcat
19 Plant part
20 "___ Street"
21 Writer Stein
22 Star of "Misery"
23 Long steps
24 Certified
25 Great Lakes locks
26 Frayed
27 Makes a goof
28 Access Van Devere
29 Before, to a poet
30 Conifers only orders upon
31 "Norma ___"
32 Burpee order
33 Missile storage
34 Far from common
35 10th mo.
36 "Velvet"
37 Pediatricist
38 Target's
39 In the mail
40 Expands
41 Soviet dictator
42 Swell
43 Chuckle
44 Observe Yom Kippur
45 "Little Man ___"
46 Excursion
47 Common
48 Husky poodle
49 "Auld Lang ___"
50 DOWN
51 Cellmates, casually
52 Strawberry kid
53 ___ and crafts

Saturday's Puzzle Solved

C O T S A M A S S O T I S
A T O P L A N A T Z O N E
S H E A F S T A L L O R C A
T E N S P O T T E N N I S
L L A M A E T N E A T O
E L L I N C O L L I N S D E N
S O L D E R O N O S O D S
A D A P T A B L E
L A S S T E C L A T E S T
A R T B E R A T E S L I E
T R I T E T R A S C U B A
R E C A N T C H O S E S
O A K S O S A K A D I R E
B R U T R A L L Y E V I L
E S P Y N O S E S S E A S

9/22/08

- 41 Observes 53 Overjoy
44 Contributed 54 LSD guru
46 Turning muscle 57 Climb a rope
48 Leotards 59 "Damn Yankees"
50 Complete 60 famme fatale
51 Equipment 61 500-mile race
52 Squall of the 64 Simian
NBA

816 Miscellaneous For Sale

BDO portable 516 2' ladder 54 Metal plant stand 58 1/2" galvanized 59 5/8" aluminum barn heaters 510 & 515 Call 423-5636

816 Miscellaneous For Sale

WEIDER 400 weight bench & 140 lbs free weights - leg lift 575 Call after 5:15-1842

822 Wanted To Buy

WANTED Old gas pumps or gas station items... Tony 208-866-0274

824 Guns & Rifles

BERETTA Ducks Unlimited 20 gauge pump action... 208-839-0005

RECREATION 900

SEVILOR Intellatrac 12'x12' motorized trolling motor... 208-734-2604

817 Musical Instruments

WANTED reasonably priced fender hay or 98' of motor baled hay... 731-0103

817 Musical Instruments

WANTED old scrap machinery, cars and metal... 540 ton Call 219-9380... 5385/07 for quotes or questions

817 Musical Instruments

WANTED reasonably priced fender hay or 98' of motor baled hay... 731-0103

817 Musical Instruments

WANTED reasonably priced fender hay or 98' of motor baled hay... 731-0103

901 ATVs

CAN-AM 90 CL400 yellow, low, new, 270 miles... Must call 556-0014... evenings 436-0084.

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904 Campers and Shells

"USED SHELLS" Quality... Low Prices... 208-312-1626

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TWIN FALLS FORECAST

Today: Partly cloudy. Highs around 70.
Tonight: Fair to partly cloudy. Lows near 40.
Tomorrow: Partly cloudy and a touch warmer. Highs 70 to 75.

TWIN FALLS FIVE-DAY FORECAST

Table with 5 columns: Today, Tonight, Tuesday, Wednesday, Thursday, Friday. Includes weather icons and temperature ranges.

Yes, Monday... Weekend

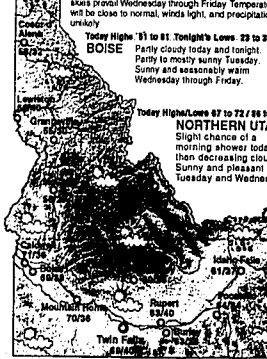
Table with 7 columns: City, Hi, Lo, Precip. Lists weather for various cities including Boise, Idaho Falls, and Pocatello.

BURLEY/UPPERT FORECAST

Today: Partly cloudy. Highs 60 to 65.
Tonight: Fair to partly cloudy. Lows 35 to 40.
Tomorrow: Partly cloudy and warmer. Highs 70 to 75.

IDAHO'S FORECAST

SUN VALLEY SURROUNDING MTS.
Partly cloudy today and Tuesday. Mostly sunny with some partial Wednesday through Friday.



ALMANAC - TWIN FALLS

Table with 4 columns: Temperature, Precipitation, Humidity, Barometric Pressure. Includes sunrise and sunset times.

Regional Forecast

Table with 4 columns: City, Today, Tomorrow, Wednesday. Lists forecasts for cities like Boise, Idaho Falls, and Pocatello.

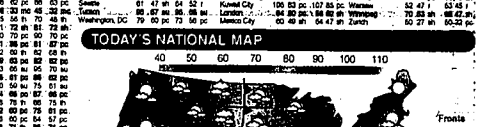
National Forecast

Table with 4 columns: City, Today, Tomorrow, Wednesday. Lists forecasts for major US cities.

World Forecast

Table with 4 columns: City, Today, Tomorrow, Wednesday. Lists forecasts for international cities.

Today's National Map



meineke car care center
169 Addison Avenue West
735-8296
Open Mon - Fri 8:00 AM - 6:00 PM

Grid of numbers:
7 2 9 1 3 6 4 5 1 8
1 4 3 7 8 5 9 6 2
6 5 8 9 1 2 7 4 3

1010 Autos

1010 Autos
BUICK '92 Regal, 5800.
CHEVY '03 Cavalier, 55,995.
CHEVY '04 Malibu, 57,995.

1009 Vans and Buses

Looking for Vans
Wheels
Check us out @ wheelsmagway.com

1010 Autos

1010 Autos
AUDI '03 Quattro A4
BUICK '98 Park Ave
CHEVY '07 Cobalt LS

1010 Autos

1010 Autos
BUICK '06 LaSalle
MIDDELKAMP
Wanted Vans!

CANADIAN FORECAST

Table with 4 columns: City, Today, Tomorrow, Wednesday. Lists forecasts for Canadian cities.

1010 Autos

1010 Autos
BUICK '92 Regal, 5800.
DODGE '02 Intrepid ES
CHEVY '00 Cobalt

1010 Autos

1010 Autos
FORD '02 Focus, 85K miles
FORD '05 Crown Vic

1010 Autos

1010 Autos
CHEVY '07 Cobalt LS
CHRYSLER '05 300

1010 Autos

1010 Autos
FORD '05 Five Hundred
FORD '07 Mustang

1010 Autos

1010 Autos
MIDDELKAMP
HYUNDAI '07 Sonata

1010 Autos

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NISSAN '05 Sentra
ASSIST

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ASSIST
MIDDELKAMP

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1010 Autos
NISSAN '07 Sentra
ASSIST

1010 Autos

1010 Autos
DODGE '99 Metro, 4 door
FORD '01 Escort

1010 Autos

1010 Autos
NISSAN '05 Maxima
PONTIAC '00 Grand Prix

1010 Autos

1010 Autos
TOYOTA '03 Avalon
TOYOTA '05 Camry

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MAZDA '04 6, spoiler
MIDDELKAMP

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