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# TIMES-NEWS

MagioValley.com

## THE PUMP'S HIDDEN COSTS



### Hidden credit card fees hit consumers and retailers

By Joshua Palmer  
Times-News writer

Claudio Marzelle, a farm worker in Hagerman, is using his credit card more often because jobs are fewer and farther between.

He uses his Visa card to pay for groceries, clothes and truck repairs — but mostly he pays for gas.

"Honestly, I would rather pay in cash," he said.

And so would the gas station's owner.

As the economy continues to struggle, more people are turning to credit cards to purchase everyday items. But what most consumers don't know is that there are hidden fees each time a customer uses a credit card.

It's called an interchange fee, and it adds an additional 3 cents for every dollar charged.

Most retailers in the past reluctantly absorbed the cost, but price inflation for common items such as fuel and food, as well as increased use of credit cards, have pushed retailers to a breaking point.

Those hit hardest are gas station and convenience businesses, which tend to operate on a small margin, often making only pennies per purchase.

"There are two things that we see happening," said Dan Willie, owner of Travelers Oasis and the 14 Oasis Stop 'N Go stores in the Magic Valley. "First, there are more people using credit cards because of the economy, and second, the price of things like gas is going up."

Based on current gas prices, about 9 cents in fees charged per gallon of fuel is rolled into the price at the pump.

In 2007, retailers paid credit card companies more than \$7.6 billion in fees, according to the National Association of Convenience Stores (NACS).

All of it was paid for by people like Marzelle, who isn't happy about the situation.

"What makes me the most mad is that there isn't any way around it," he said. "I kind of rely on my credit card to get me to the next job."

Please see CREDIT, Page A7

Photo Illustration by ASHLEY SMITH/Times-News

### Credit crisis erodes faith in Washington

By Deb Riechmann  
Associated Press writer

WASHINGTON — As if people needed one more reason to question their faith in Washington.

The colossal credit crisis shows the difficulty that Barack Obama or John McCain will face in fulfilling a pledge to change business-as-usual in this town.

Squabbling reached new heights this past week over President Bush's proposed \$700-billion bailout — "rescue plan" the White House likes to call it — of trusting banks and financial institutions holding devalued mortgages.

In public, Bush and the two men who

Please see FAITH, Page A6

News analysis



AP photo  
Michael Hara communicates with his wife Rosealinda, Tuesday at the couple's home in Hamptons. After being left with nearly complete paralysis as a result of a vehicle accident more than 22 years ago, Rosealinda answers yes and no questions with a series of blinks and head nods.

### Husband accuses fair of roasting paralyzed woman

By Jessie L. Borner  
Associated Press writer

NAMPA — The car accident rendered Rose Hara blind in one eye, paralyzed her right side and stole a voice that spoke in three long-gauges. The former boxer and railroad worker can't feed herself or sit in a wheelchair.

For 22 years now — since a 16-year-old driver who had been drinking plowed into her car — Rose has lived on an adjustable bed with wheels, eating only liquids fed directly into her stomach.

"She's trapped inside a body," said her 64-year-old husband, Mike Ham.

Ham took his wife public soon after the accident, volunteered her to appear at Mothers Against Drunk Driving events and wheeling her bed into classrooms.

Please see PARALYSIS, Page A2

## A leap into history Interactive Web site focuses on Knieval's story

By Pat Marcantonio  
Times-News writer

For better or worse, Evel Knieval and Twin Falls are tied together in history.

Daredevil Robert "Evel" Knieval left his mark on Twin Falls with his failed attempt to jump the Snake River Canyon in a rocket cycle on Sept. 8, 1974. It put the small Idaho city on the map of the

nation, the world and pop culture.

An interactive reflection of the events and memories of that event have been brought together on the Times-News Web site, [MagioValley.com](http://MagioValley.com), with "A Leap Into History."

The home page of the Knieval site is a whirlwind and imagined dashboard of the famous SkyCycle that features sound effects and a 360-



MagioValley.com

To find the Evel Knieval page, "A Leap Into History" go to [MagioValley.com](http://MagioValley.com) and hit the button.

degree panorama of the view from the top of the jump site where Knieval rocketed into the air. The dials on the dashboard also link to the various features of the Knieval site, including video of oral histo-

ries with people who witnessed the event or were affected by it. They include: • Leon Smith, a Twin Falls City Councilman at the time of the Knieval jump • Warren Barry, a retired

Twin Falls businessman and Knieval's friend

• Rex Lytle of Lytle Signs who helped TV crews at the jump site

• Twin Falls County Sheriff Capt. Ike Maxon

• Twin Falls County Sheriff L. Steve Nurtling and Dave Randall who helped with security at the jump site

• Twin Falls Police Chief Jim Munn, who at age 13 im-

tated Knieval's jump over a quail and ended up in a body cast

• His father, Jim Munn, who was a deputy at the time of the jump

• Sandra and Tim Soran, whose daughter was born on the day Knieval jumped

• Twin Falls County Sheriff Wayne Tausley talks about

Please see EVEL, Page A6



Service directory ..... E8  
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Family Life ..... F1

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Obituaries ..... B6  
Opinion ..... G1  
Sudoku ..... E10  
Weather ..... B9

High: 81 Low: 46

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### Garmin and the T.E. acid test

My wife, who is brilliant, beautiful and, um, directionally challenged, recently acquired a Garmin — you know, those global-positioning satellite gizmos that sit on your car's dashboard and tell you where to get off.

She loves the contraption, but I'm not so sure.

See, Garmin does just fine getting where you want to go as opposed to where you don't want to go, but it's unsettling. The device produces both a visual readout on a small screen and voice directions. These oral instructions can be provided by three different voices — an American woman, a British man and an Australian woman.

The Englishman is just right out because he's too damned annoying, which leaves the choice between Sheila and Yankee Doodle Debbie. Our home in west Boise is near the intersection of Ustick and Cleveland roads, which Garmin — incorrectly — pronounces USS-tick and Clow-EEER-shieen and over again.

And if you decide to take an alternate route to your destination — one different from the way the GPS system figures you should go — the Women of Garmin become audibly unamused.

If Garmin reckons you took a wrong turn somewhere, the voice will say "Recalculating." Take a second wrong turn, and it's "Re-cal-culating." And by the third time around, in a world-weary sigh, it's "RE-cal-culating."

The system works OK in cities, but I wondered how the Garmin gals would handle a trip to the land of my forefathers — a remote crossroads farming community south of Pocatello called Robin. So Victoria and I paid a visit last month, in part, to find out.

Robin really isn't a settlement in any sense of the word. There used to be a country store at the intersection of Robin and Arimo roads, with farmsteads spread for miles in all directions.

We drove to Pocatello and turned south on Interstate 15, the main road to Utah. Two dozen miles down the highway, we took a lonely freeway exit called Jensen Road and headed west.

To my surprise, Team Garmin not only gave us the right directions, it pronounced "Arimo" right (any real Aussie — you know, one with a pulse — would have called it "AIR-Emo-7").

All of which thirrs my wife, who hasn't taken a wrong turn in weeks. It's gotten so she doesn't even mind taking directions from the English bloke.

Still, the real challenge remains. Victoria is coming to Twin Falls next weekend, and we're going to venture into the Townsite — you know, the part of Twin Falls turned 45 degrees away from north, east and west.

I'm keen to hear Garmin try to get its head around the fact that there are four Second Avenues here, yet not a single First Street.

Re-CAL-culating.

# Moving down Clow's list

## Mayor refocuses on 2010 proposals at Saturday town hall meeting

By Nate Poppino  
Times-News writer

It's been nearly one year since Twin Falls Mayor Lance Clow released his plan to breathe new life into the city's downtown.

And after a busy summer, it's time to build momentum back up for his ideas, he said.

About a dozen downtown business owners, city officials and others joined Clow on Saturday for an update on his "2010 Initiative," 20 proposals meant to revitalize Twin Falls' original townsite area by the end of 2010.

The meeting, at the Beacon Burger and Brew, was meant to get the initiative going again and highlight ways some of the proposals are moving forward, Clow said.

"We have been attacking many of these on many different fronts," he said.

Officials are making progress on creating special loan programs for private investors by the end of the year, he said. And several veterans groups have shown an interest in consolidating in the area, he said, creating a service center of sorts. The initiative calls for building a "nationally recognized" veterans' memorial.

Several of the proposals are still untouched, including efforts to revise building codes, develop a parking plan and establish a retail zone along Rock Creek Canyon.

Turning to the Historic Downtown Business Improvement District, Clow said many of his proposals could benefit from the same sort of merchant-led coalitions that revived Oktoberfest this year. The annual event, which was originally cancelled by the new Business Improvement District board in a "glitch," he said, is now being organized by Beacon owner and BID board member Kathy Schroeder and others.

Programs with strong

merchant support may be more worthy of BID and city help, he said.

To me, it's just like a grant program," Clow said, adding that those seeking city money should "prove your worth."



Clow

Oktoberfest will be funded, he said, despite a Times-News article that day he claimed said otherwise. When asked to clarify, Clow referred to a business column in which Kurt Handley, owner of Pandora's, said he hadn't received any BID help with a planned outdoor concert that Clow said became part of the event.

A similar merchant-based approach, Clow said, could possibly be used to organize a second night of the Twin Falls Farmers Market, held perhaps somewhere on Main Avenue. Earlier this year, the city and market organizers had looked at moving it downtown.

It no longer appears that the market itself will move, Clow said — it just had its best year ever, and members aren't as concerned about losing their current space north of CSI. But he suggested that it could hold evening hours downtown sometime during the week.

It's an idea that's been tried before and never worked out, said businessman Steve Garnet. Everyone goes home at 6 p.m., he said, not to Main Avenue.

Clow also shared more details on plans for Christmas decorations for downtown.

City officials in June approved spending \$22,350 in BID funds for 150 Christmas sprays. On Saturday, Clow said the decorations — made of artificial pine and LED lights — will be hung on 150 lampposts around downtown, and that the city hopes to recover

### In progress:

Other townsite renovation projects discussed by Mayor Lance Clow include:

- City officials will still push for a location tax for transportation funding at next year's Legislature.
- The College of Southern Idaho's Small Business Development Center will bring a seminar to Twin Falls based on "The E-Market," a book of advice for small-business entrepreneurs. The seminar is tentatively scheduled for Jan. 19, Martin Luther King Jr. Day.
- Clow's proposed man-made lake south of town could have a practical use, providing pressure through gravity for pressurized irrigation in the area. He also said the city could build an RV park along it.

Clow will approach the BID and KRWins about creating a festival next summer. The event would start on a Thursday evening with a "magical music" concert as part of the Twin Falls Municipal Band's usual summer series. It would continue the next day with various magic shows along Main Avenue, and perhaps kids' movies at the Orpheum Theater, he said.

Some of the costs with \$85-per-year sponsorships for each spray. The sponsor would be recognized on a placard, he said.

The money, \$12,750 a year, would also cover maintaining and storing the decorations and would feed a reserve fund for replacements as needed. A one-time \$375 sponsorship would save the sponsor \$50 over five years, he said.

Nate Poppino may be reached at 208-735-3237 or nappopino@magicvalley.com.

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**RETIRING**



# Faith

Continued from page A1

wants his job over bipartisan hats, calling for a need to join hands to save the economy. It didn't take long for the behind-the-scenes acrimony and political maneuvering to seep into the open.

The economy is on the precipice of what Bush warned could be a "deep and painful recession." The presidential election is weeks away. A Republican revolt laid bare Bush's waning relevance.

Through it all, Americans were not shy about voicing their outrage. E-mails to Rep. Michael Burgess, R-Texas, said: "This is madness to ask us, the taxpayers, to cover the liabilities of Wall Street. We are tired of being fleeced" and "What a shame and disgrace to the U.S. Taxpayer and this country."

GOP presidential hopeful John McCain paused his campaign and flew to Washington to help broker a deal. He said he would not appear at a scheduled debate Friday night with Obama unless that deal was reached beforehand.

After a 24-hour stay in Washington and no deal in sight, McCain flew to Mississippi anyway for the debate. Afterward, he returned to the capital and made calls Saturday to negotiators, including Treasury Secretary Henry Paulson and fellow lawmakers.

McCain was the one who came up with the idea of having Bush host all sides at the White House. The White House assembled the meeting with a shug, figuring it couldn't hurt negotiations and might even help.

Everybody showed up and sat smiling in what appeared to be a show of unity around a shiny table in the West Wing. After all, hours before, key lawmakers said they had agreed in principle on a plan to unfreeze the credit markets by having the government buy up bad mortgage securities.

It started looking like the White House meeting could be a bipartisan backslapping session.

Lights. Cameras. Bush spoke a few words. The press was ushered out. Then, behind in private, the discussion revealed deep discord. The session broke up about an hour later in disarray. The McCain camp called it a "contentious shouting match." What was intended to be a display of power bro-

kers working together was anything but. Democrats peppered House Republican leader John Boehner of Ohio with questions about the details of an alternative plan he was backing. At the end, according to two participants, Bush issued an appeal: "Can't we just all go out and say things are OK?"

McCain, Obama and the congressional leaders spurned the request.

Witnesses said that afterward, Treasury Secretary Henry Paulson, half-jokingly, dropped to one knee and begged Democratic participants not to go before reporters, who waited in the rain on the West Wing driveway, and disclose how badly the meeting had gone.

In typical Washington style, both sides blamed each other for the breakdown in talks.

Democrats accused McCain of causing the impasse by injecting presidential politics into the negotiations.

"All of a sudden, now that we are on the verge of making a deal, John McCain air-drops himself to help us make the deal," said Rep. Barney Frank, D-Mass.

Republicans accused Democrats of rushing an "agreement in principle" before the White House meeting to deny McCain a chance to help seal the deal. One Republican gave McCain the credit for Thursday morning's "agreement in principle."

"They got something done this morning only because McCain came back," said Sen. Jim DeMint, R-S.C. Later, however, DeMint was still deriding Bush's plan as "a trillion-dollar Band-Aid" that would not stimulate the economy.

White House counselor Ed Gillespie said the White House viewed the bailout ordeal as a delicate balancing act between stressing urgency while trying to avoid any perception that it was trying to railroad Congress into passing the massive package.

"We didn't want to be seen as jamming Congress," he said. Bush made many statements on the financial crisis. But Gillespie said he waited a while before giving the televised address to the nation Wednesday — 17 days after the government seized control of Fannie Mae and Freddie Mac, which together

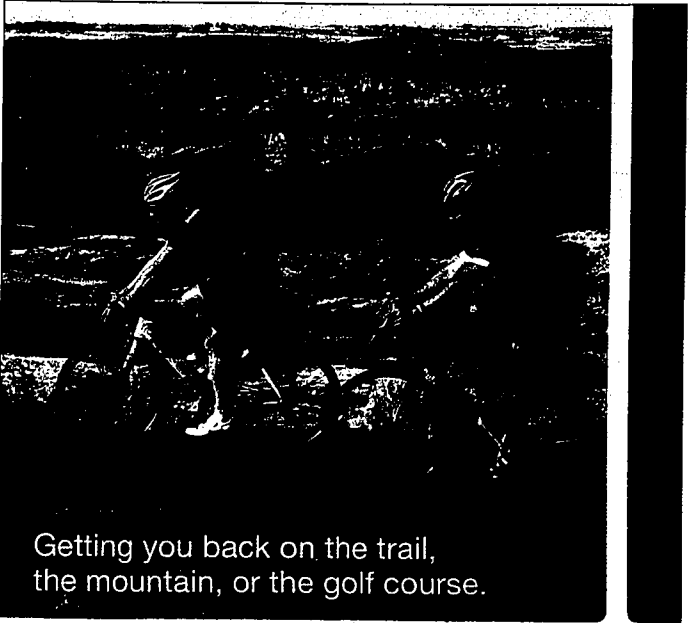
hold or guarantee about half the nation's mortgage loans. On Saturday, Bush used his radio address to ally the fears of people worried about their jobs, homes and shrinking retirement savings account balances. His soothing words, however, cannot erase the scene of disarray two days earlier.

Once a deal is made, memories of the messy sausage-making may fade. But sure to follow is a new blame game over which party was responsible for the crisis in the first place.



Sens. Lindsey Graham, R-S.C., left, and Sen. Saxby Chambliss, R-Ga., talk on their cell phones between votes as Congress continues to work on legislation regarding the financial crisis Saturday on Capitol Hill in Washington.

AP photo



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# Evel

Continued from page A1

the impact of the jump on the area.

Retired businessman Ray Knievel is about how the tollbooth built for workmen were burned at the jump site.

And Times-News columnist Steve Crump remembers covering the event for a newspaper.

Video cameras also include a video tour of the jump site, which is on private property, and an interview with Twin Falls Parks and Recreation Director Dennis Bowyer about what the city hopes to do with the jump site. There is also:

A link to film footage of the 1974 jump

Galleries of photographs taken by local residents that capture the flavor of the time — Dave Handberg, Alan Cox and Herman Wuebke

An interactive timeline of the week shows events leading up to the jump

Articles from the Times-News describe the week leading up to the event and the aftermath

"Did You Know?" — Little-known facts about the event, including how Knievel chose Twin Falls and how a New York congressman tried to pass a federal resolution for bidding televising the event because he feared that children and youth would try to imitate Knievel's suicidal jump

A tour guide map for the event, and a map of alternate routes that people were encouraged to take the day of the jump

Links to books and movies about Knievel

An animated simulation of the flight

A story about Knievel's death on Nov. 30, 2007.

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# Eyes on the golden years

### Local businesses try to cater to older consumers

By Laurie Welch  
Times-News writer

As America's post-World War II generation enters its golden years, companies are starting to cater their products and services to the changing needs of a group whose vision is, well, slightly less acute than it used to be.

There are 79.6 million people living in the U.S. who were born during the 19 years between 1946 and 1964 and the Baby Boom generation, who are now all over 40 years old, according to the U.S. Census Bureau.

"We are heading into the age of the Baby Boomers with low vision," said Regina Ball, certified optician in Burley. "I know five years ago that this was coming."

The growing need has produced the added service of loaner glasses available in many Mini-Cassia businesses from veterinarians' offices to pharmacies as well as fine dining establishments.

Merchants may see a growing number of older customers, as the population of Magic Valley continues to become grayer. The eight-county south central Idaho region — which includes Mindoka, Cassia, Twin Falls, Jerome, Blaine, Camas, Gooding and Lincoln counties — has an estimated population of 175,091, with 43,948, or 25 percent, falling between the ages of 45 and 64, according to American Community Survey figures of 2007.

At the Burley Veterinarian Hospital, customers are greeted by a wooden dog on the counter wearing a pair of loaner glasses, the type often referred to as "cheaters."

"We really saw a need in our office for it," Gina Ward, office receptionist said. "We have release forms that have to be signed and people have to be able to read their bills. You'd see people start putting themselves down as they looked for their pair of reading glasses or they'd say 'I'd write you a check but I left my glasses at home.' Having this loaner pair here really works well."

Across the river in Rupert, at Henry's at the Drift Inn, Susanne Burton said they have kept a spare pair of reading glasses for their customers to use at the hostess desk for about a year and a half now.

"People use them to read the menu or look over the bill," Burton said, which is preferable to other more drastic measures people sometimes take to read menus like holding the flickering flame of the ambulance candle up to it.

Although many consider reading the bill as a serious



The Burley Veterinarian Hospital offers a loaner pair of reading glasses prominently displayed for customers who need to read release forms or bills. The company is one of many in Mini-Cassia adjusting products or services to cater to an increasing population with declining vision.

**"In this economy, some people can't afford to go to the eye doctor. ... So you are going to see a lot more people going to the dollar store for their glasses."**

— Regina Ball, certified optician in Burley

endeavor at the end of the mean. Burley, Idaho Pharmacist Heather Meyers said she often sees situations arise that could have dire consequences.

Meyers said she often helps customers who do not have their reading glasses with them or simply cannot read the minuscule labels on the packages, select the correct products in the over-the-counter medication section of the store. Other situations involving people who can no longer read their prescription bottles for dosage information, she said, could prove to be life-threatening.

Meyers said the growing need to address population without proper eyewear has prompted companies to manufacture talking prescription bottle holders. Although she does not have them in her store yet, there are companies on the Internet like Life with Ease that sell a bottle holder for about \$20.

The holder operates on three watch batteries and will play back a 60-second message 150 times.

Family Vision & Eye Care Optometrist Todd Slusser said he is definitely seeing an increased number of patients coming in with presbyopia, a vision condition in which the lens of the eye loses its flexibility and makes it difficult for the person to focus on close objects.

According to the American Optometric Association the condition may seem to come on suddenly but usually happens over a number of years and becomes noticeable in a person's early to mid-40s. The condition is a natural aging process and can not be prevented. Indications of presbyopia include holding reading material at arms length to prevent blurring as well as eye fatigue with headaches that occur when doing close work.

Ball said many of her customers invent strategies for keeping a pair of reading

glasses available without having to wear them, which can include 15 pairs of dime-store reading glasses placed in different locations throughout their homes, cars and offices. Others still opt for magnifying glasses kept on a side table instead of purchasing the needed pair of prescription glasses.

"In this economy, some people can't afford to go to the eye doctor," Ball said. "They will come in and ask how much it will cost for a visit to the eye doctor and they don't have the \$90 for the visit. So you are going to see a lot more people going to the dollar store for their glasses. Slusser said patients generally do not prey well with the less expensive dime-store reading glasses even if they are not the correct magnification and he does not have a problem recommending them to certain patients.

One danger for patients who wear cheaters is not getting the health of their eyes checked, which could lead to missing a diagnosis of glaucoma, a disease that shows no symptoms until damage has occurred, Slusser said.

"But, generally those types of glasses cause no permanent damage to the eye," Slusser said. "Typically patients do pretty well with them. But obviously many times the optical quality is not as good and may cause some eye strain leading to headaches or discomfort."

Laurie Welch may be reached at 208-677-8767 or lwelch@magickvalley.com.

# Colorado may be next for wolf reintroduction program

ASPEN, Colo. (AP) — An environmental group wants to see wolves back in Colorado.

WildEarth Guardians of Sante Fe, N.M., has filed papers with the U.S. Fish and Wildlife Service calling for wolf reintroduction in four Colorado areas. After being exterminated throughout the West decades ago, wolves have been reintroduced to Montana, Wyoming and Idaho.

WildEarth Guardians believes Colorado should come next. The group argues that wolves would help thin overpopulated elk herds, which would then lead to more young aspen trees.

"We believe that the Southern Rockies needs wolves, and wolves definitely need the Southern Rockies," said Rob Edward, carnivore recovery director for WildEarth Guardians, which also has offices in Denver and Phoenix.

Edward told the Aspen Daily News that while solitary wolves from the north and from New Mexico wander into Colorado, no sustaining wolf population is believed to have re-established itself within the state.

The group's proposal identifies four Colorado areas for

**"We believe that the Southern Rockies needs wolves, and wolves definitely need the Southern Rockies."**

— Rob Edward, carnivore recovery director for WildEarth Guardians

wolf reintroduction — the Flat Tops north of Glenwood Springs, the Grand Mesa-Unioncampfire-Gunnison national forests near Pitkin County's western border, the San Juan Mountains and West Elk Mountains in southwestern Colorado, and southern Colorado's Vernalto National Forest and Carson National Forest.

A Fish and Wildlife spokeswoman in Denver told the newspaper she had not heard about the petition, but that the agency stands by its existing wolf recovery plan, which limits restoring the wolves to Wyoming, Idaho and Montana.

Edward argues that wolves could play a vital role in Colorado, especially by thinning a Flat Tops elk herd that is the nation's biggest. Biologists have said that elk herd is too large and is causing damage by munching on native vegetation such as young aspens.

Edward said opposition by ranchers and sheepherders

shouldn't stop wolf reintroduction.

"The bottom line is, regardless of the political opposition of a small, and growing ever smaller, part of our economy, we need wolves here, and we have an obligation to ensure that they're here, that they're restored," Edward said.

WildEarth Guardians has also used the federal government over the Rocky Mountain National Park elk management plan for its decision to use hunters to cull elk herds rather than reintroduce wolves. The group's latest Colorado wolf petition was filed last week.

Managers at Rocky Mountain National Park have said the elk herd there is at the high end of a target range of 1,600 to 2,100 animals. The elk herd at Yellowstone National Park grew largely unchecked in part because of the loss of much of its habitat. That changed when wolves were released there in 1995.

## Credit

Continued from page A1

Interchange fees started as a "paper-handling fee" during the 1980s when retailers copied credit card information onto paper and then sent them to companies for processing.

But over the years the fees grew to include other services even as the whole system went electronic.

The interchange fee, which jumped from less than 1 percent to a little more than 3 percent since 1980, now covers services such as marketing, electronic transmission and "miscellaneous service fees," according to Visa Inc.

A Visa Inc. spokesman did not respond to repeated requests for comment. However, in a statement to the NACS, credit card companies defended the fees, saying that they ensure quality and secure service for consumers.

The NACS launched a

campaign four years ago to change the rules governing interchange fees. However, the credit card companies have been difficult to persuade — launching a marketing campaign of its own to attract more card users.

A class action lawsuit is being filed by the organization against Visa, Mastercard and issuing banks, demanding that interchange rates be adjustable.

But as fuel prices continue to rise and more consumers turn to credit cards, gas stations and convenience stores are being forced to increase their prices.

"We estimate that right now about 75 percent of fuel sales are paid for by credit card," said Pat Lewis, a member of the board of directors for NACS. "It's becoming more common because of the marketing and because most people don't want to carry around

\$70 in cash to fill up their vehicle."

Even debit cards carry some hidden fees, but Lewis said they're about 20 percent less than a credit charge.

Lewis said interchange fees are the second-highest cost for gas stations and convenience store owners — exceeded only by labor costs.

So what does this mean for the consumer?

"We're like any business," Lewis said. "We have to pass the cost on to the customer."

After Marsiellis finished his most-recent fill-up, he did the math and determined that he paid an additional \$6.30 for using his card. "Boy, I would have rather kept that," he said.

Joshua Palmer may be reached at 208-735-3231 or at jpalmer@magickvalley.com.

# 16th Annual Thousand Springs Festival of the Arts

South Central Idaho's Premier Art Show

Saturday, Sept 27, 10:00-6:00 • Sunday, Sept 28, 10:00-5:00

Admission: \$6.00 Adults, \$5 Seniors, \$3 Children 3-12 • Directions: Take 1-84 to exit 155, turn south, and follow the signs.

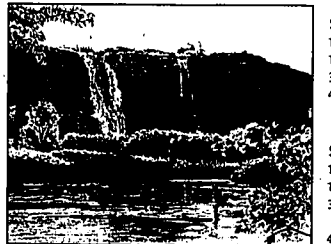
### New Artisans, Entertainment

The annual Thousand Springs Festival of the Arts will be held on stunning Ritter Island, which is part of the new Thousand Springs State Park near Hagerman.

Organizers are shaking things up this year. As always, you'll be able to enjoy music, local food, a beer and wine garden, hay rides, canoeing, and the wares of 55 accomplished artisans. But this year you'll also get to enjoy the Idaho

Old Time Fiddlers, jazz acoustic guitar, Jamie Findlay from L.A., emcee Danny Marona, and a host of high-quality artisans who are new to the festival.

Of particular note is a painting of Ritter Island, shown below in black and white, by watercolorist Andy Sewell. He has made prints of this original that will be available for sale at the event.



### PERFORMANCE SCHEDULE

**Saturday September 27th**  
12:00 - 1:15 pm Hillfolk Noir, Retro/Folk  
1:30 - 2:25 pm The Heard, Originals/Folk rock  
3:00 - 4:15 pm The Gayle Chapman Trio/Jazz Stylings  
4:30 - 5:45 pm **Festival Headliner:** The Brent Jensen Quartet, featuring Jamie Findlay from LA on Jazz Guitar

**Sunday September 28th**  
12:00 - 1:15 pm Red & Gray Blues and Original Blues  
1:30 - 2:25 pm The Bitterbrush Blues Band Blues  
3:00 - 4:15 pm **Festival Headliner:** Idaho Old Time Fiddlers  
4:30 - 5:45 pm BlazenKelly, Folk/Blues/Originals

Thanks to our many sponsors, including: Danny Marona, Idaho Dairymen Association, Will Taylor, Farmer's National Bank, Cop's City Market, Simerly's Market, Gooding County Sheriff's Reserve, Independent Meat Co., Kim and Jamie Lee & Real Broadcasting, Copy by Wells Fargo Bank, Northside Bus Co., Tour Inc. So. Idaho Draft Horse & Mule Assoc., Hagerman School District, S & S Audio-Robert Sigmon, Clear Springs Foods, Boise Weekly, KBSU, La Casita, Magic Valley Distributing, Times-News, Idaho Power Co., Pepsi, J.R. Wilson Co., Saranac Beer Producers, Gooding Ambulance Service, KITF NBC 38, Northside Canal Co., Sewood's, Chefs, Idaho State Parks and Recreation, Roadwork Ahead, Millery Way 4-H, Idaho Guide Service, Dave Lawley, Kelvin Jones, PSL Inc.

Proceeds benefit conservation efforts of the Southern Idaho Land Trust, Inc.

**Please leave pets at home**

For information call 208-432-5334  
[www.thousandsspringsfestival.org](http://www.thousandsspringsfestival.org)

from Jackson Hole, WY

Saturday • Oct 25 • 7:00 pm • Doors Open at 6:00

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All proceeds benefit the Jr. High Band Instrument Program for O'Leary & Robert Stuart students

# Memorial to slain gay student Shepard dedicated in Wyoming

By Bob Moen  
Associated Press writer

LARAMIE, Wyo. — The nation — and the city of Laramie — has become more accepting of gays and lesbians in the 10 years since a gay University of Wyoming student was beaten, lashed to a lonely fence and left to die, his mother said Saturday.

"We've learned a lot, we've talked a lot; we do it in public forums now," Judy Shepard said at a ceremony dedicating a bench to her son, Matthew Shepard. "So it's a wonderful tribute to Matt that these kinds of things are discussed."

Shepard died Oct. 12, 1998, five days after he was found brutally beaten and tied to the fence outside Laramie. The two men who killed him are serving life sentences in prison.

The crime triggered nationwide sympathy and revulsion and brought a re-examination of attitudes toward gays.

Shepard's parents established a foundation named after their son. Its stated goal is to "replace hate with understanding, compassion and acceptance." It also helps young gay people find a safe environment.

Dennis Shepard said his son loved the university, Laramie and Wyoming.

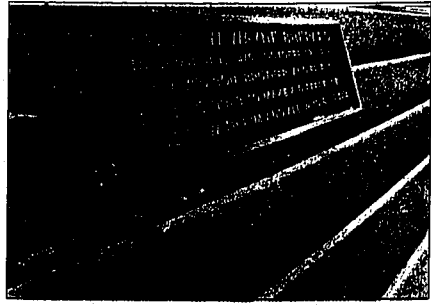
"I cannot say enough about what the university has done since that day to take care of the students here and to open their arms and their hearts to the rest of their country of the lessons learned," he said.

University of Wyoming President Tom Buchanan said his college has established an annual social justice symposium named after Shepard; created a resource center to support gays, lesbians, bisexuals and others; and developed a center for social justice to research and expose sources of inequity in society.

"Through our actions, we will continue to demonstrate that diversity and inclusion are core values at UW," Buchanan said. "Just as we live with the loss of Matt, we live every day at UW committed to the ideal that we treat all with dignity and respect. A memorial bench can serve as a reminder of that commitment, but we must continue to work hard to make it a reality."

But Judy Shepard noted that Wyoming has yet to enact hate crime legislation, as other states have.

"I regret that," she said. "We still have some negative legislation attempts and discussion and those kind of things. But I'm confident that as the Equality State we can move forward, set an example and really make a statement about what it means to be equal to everybody else."



A bench in front of the University of Wyoming Arts & Sciences building bearing a memorial plaque in honor of the late Matthew Shepard is shown Friday in Laramie, Wyo. Shepard was killed as part of an anti-gay hate crime 10 years ago Oct. 12. AP photo

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### Seller's Strike!

AMERICANS: Something is wrong with clothing advertisements these days. The ads show models wearing colorful shirts, skirts & pants. What stumps us is how the clothes fit the models but no one else. Look at the way it fits, if you dare. Pants are either so baggy the wearer needs chiropractic help after walking one city block, or so short they don't cover bellies or backs. Our nations wrists are going to fall prematurely. It's true, our wrists are strained two or three times a minute; we're pulling our shirt down to cover something or pulling our pants up to walk.

And another thing, we remember when signs outside a business read, "no shirt no shoes no service," today some businesses need signs that read "please don't be offended by members of our staff who need to express themselves in very strange ways."

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# BUSINESS

INSIDE: Investment swindler sentenced to 127 years, B5



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INSIDE: YourBusiness, B2-3 | Obituaries, B6 | Weather, B8

B

SUNDAY

SEPTEMBER 28, 2008

# Did the responsible run free?



## CEOs who got out before crisis left with millions

By Rachel Beck and Elen Simon  
Associated Press writers

NEW YORK — With a Wall Street bailout looming that will almost certainly limit CEO pay, some of the poster boys of the financial crisis have already fled the scene, taking millions of dollars in severance packages with them.

Stanley O'Neal walked away from Merrill Lynch with a package now worth about \$66 million. Less than a year later, the storied investment house was forced into a takeover by Bank of America.

Ken Thompson was ousted from Wachovia in June with a "golden parachute" now worth more than \$5 million, and Chuck Prince was forced out at Citigroup with a parting gift now valued at \$16 million.

They are among the best-known former CEOs in the American banking industry — an industry that, after they left, was brought to its knees in a crisis that had lawmakers warning about the possibility of outright panic or even another Great Depression.

"These guys took all this risk, and ultimately they won't have to suffer the consequences of their decisions," said Barry Ritholtz.

who writes the popular financial blog The Big Picture and is CEO of research firm FusionIQ.

Congress and the Bush administration were working Thursday on a bailout package, perhaps with an ultimate cost of \$700 billion, that would have the government buy bad debt off the books of banks.

Those banks are staggering under the collapse of the housing market triggered a wave of foreclosures, thinned out the bloodlines of credit and left banks holding no-good mortgage-backed securities.

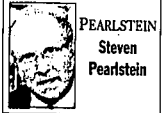
Under the government plan, the long-gone CEOs would not have to give anything back, said Steven W. Adamske, a spokesman for the House Committee on Financial Services. He said there was no constitutional way to recoup pay retroactively.

Recognizing a public outcry, lawmakers from both parties have been pushing to add curbs on executive pay to the bailout plan — meaning limits on what companies that take part in the bailout

Please see CEO, Page B3

## Bailout needs a leap of faith

Y ou're angry. I'm angry. House Republicans are angry. We're all angry at having to put up huge amounts of cash to rescue a financial system because a lot of very rich people rolled the dice with other people's money and lost.



PEARLSTEIN  
Steven  
Pearlstein

Now let me tell you something very simple and very important: You can try to prevent a financial meltdown or you can teach Wall Street a lesson, but you can't do both at the same time.

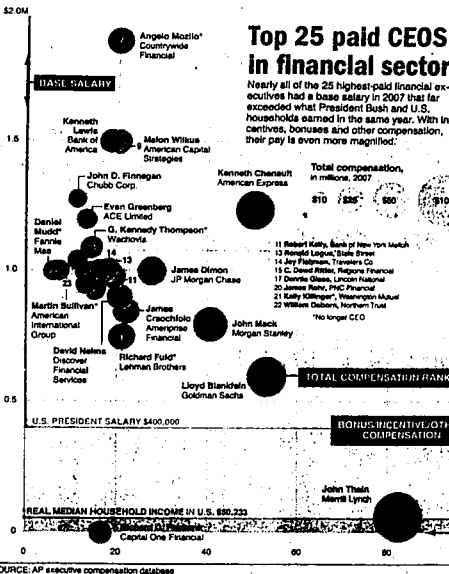
So which will it be? You say you want straight talk — no spin, no bull, no sugar-coating. Okay, here goes.

First, stop fixating on Wall Street executives — there will be time to deal with them later. Even if you clawed back every dime they made over the past decade, it would come to several billions of dollars. That's a rounding error compared with the size of the financial problem we're facing here.

Second, we need to act quickly. The financial situation is now downright scary. Don't look at the stock market — that's not what the problem is. The problem is in the credit markets, which are quickly freezing. I won't bore you with technical indicators like Libor and Treasury swap spreads, but if you talk to people who work these markets every day, as I have, they report that the money markets are in worse shape than they were last August, or even during the currency crises of 1998.

Banks and big corporations and even money-market funds are hoarding cash, refusing to lend it out for a day or a week or a month. Even the best companies are having trouble floating bonds at reasonable rates. And the shadow banking system — the market in

Please see FATH, Page B4



Brian Brown gets the feel of a bike at the Harley-Davidson showroom in Glendale, Calif., while a salesman explains the fine points of its features. The macho cruiser the company is known for are a tougher sell these days.



By Susan Carpenter  
Los Angeles Times

Owning a chromed or custom Harley-Davidson is "not about transportation; it's about an experience," says the company's chief executive, James L. Ziemer.

That's clear even to most non-motorcycle fans, who, on any given day, are likely to see T-shirts, leathers, window decals, cigarette lighters, bandanas and other paraphernalia emblazoned with the

company's trademark bar and shield.

But there's one Harley-Davidson Motor Co. item that hasn't been selling as well in the U.S. recently: the motorcycle itself.

Sales of the heavyweight bikes were down 10.2 percent in the first six months of this year, and the Milwaukee company is cutting back production as much as 40 percent to whittle its inventory.

"For 16 years, Harley-Davidson couldn't make enough motorcycles

for middle-class guys," said leisure industry analyst Robert J. Simonson of William Blair & Co. They couldn't make enough of what was making them a lot of money, so they didn't design product or market to other groups. Now they need to.

Many dealers are also feeling the pain, as the economy weakens, credit tightens and the motorcycle market becomes what many transportation-oriented. Some are even

Please see HARLEY, Page B3

# Business Beat

Capital Hill is expected to reach a decision today on a bailout package for some of the nation's crumbling financial institutions. But the question remains, should taxpayers be responsible for bailing out failed banks on Wall Street and over spending by Congress in Washington? This week, only at MagicValley.com/business.



# YOUR BUSINESS

## CAREER MOVES

### Harold Miller

Harold Dwight Miller is retiring from the Buhl Highway District after more than 46 years of service.

An open house will be held in his honor from 4 to 7 p.m. Tuesday at the Buhl Highway District Garage located at 1410 Main St. W. in Buhl.



Miller



Linon



Smith



Pratt



Sturgeon

social skills and basic living skills.

Pratt has a Bachelor of Science Degree in Family Studies and has six years experience providing psychosocial rehabilitation services to adults, two years experience working with abused children and their families, and fifteen years in sales. Sturgeon has a Bachelor of Arts Degree in Psychology and five years experience in customer services and sales.

With nine years experience working with children and adults with disabilities in residential and educational settings and three years coordinating the provision of medical information to state and private agencies serving people with disabilities, Beth Linon is a great addition to the Rehabilitation Division. She is employed as an

employment services specialist, her experience will directly apply to her new duties as she assists adults with disabilities to find jobs, learn their job duties and keep their jobs.

Dean Smith has been hired as employment services specialist aide and provides ongoing support to adults with disabilities who are working in the community to be sure each person continues to be successfully employed. He has completed the Human Services program at the College of Southern Idaho and has three years experience providing developmental therapy.

### Orlando Salazar

Jensen Jewelers announced the graduation of Orlando Salazar of the

Burley store from the prestigious "Certified Professional Jeweler" program. Salazar completed the 11-week course and received certification. The course involves extensive training in all product areas of the jewelry industry, including diamonds, genuine stones, watches and all facets of jewelry making.

### Michael Burns

Sermon Service and Electric in Kimberly announced the addition of HVAC technician, Michael Burns.

Burns is a 2001 graduate of the College of Southern Idaho and his certifications include universal refrigerant licensure and multi-gas pipe licenses. He is experienced with coal, gas, electric and oil furnaces, heat pumps, wood stoves, pellet stoves and gas fireplaces.

He is a veteran of the United States Navy. During his naval career he completed two hydraulic schools and served on two carriers. Burns is married to wife Heather and has two children. They reside in Kimberly.

## MILESTONES

### THE LAND GROUP



The Land Group has a new location at 261 Canyon Crest Drive in Twin Falls. They held a ribbon cutting recently to celebrate along with the Twin Falls Area Chamber's Ambassadors. The Land Group's services include surveying, planning, civil engineering, landscape architecture, etc. Information: 733-4041 or visit [www.thelandgroupinc.com](http://www.thelandgroupinc.com). Pictured from left, front row, Bill Cox, Kristina Bingham, Russ Hepworth, Jason Armstrong, Scott Allen, Krystal Firebaugh, Becky Elam, Jeremy Almsworth; back row, Doug Schwarz, Phil Hall, Hugh Edwards, Kristi Fehrigger, Chad Henke and Matt Adams.

### THRIFTY CAR SALES



Thrifty Car Sales opened their new facility at 801 North College Road in Twin Falls. Rick Long, sales manager, cut the red ribbon assisted by the Twin Falls Area Chamber's Ambassadors. The Ambassadors welcomed them as a new member of the Chamber. Information: 737-1200. Pictured from left, Tim Frieser; Rick Long; and Skip Walker.

## MILESTONES

### Picture Perfect Photo moves to Magic Valley

Picture Perfect Photography by Tiffany Johnson recently relocated to the Magic Valley. Owner Tiffany Johnson has 10 years of experience and has been professionally trained through The New York Institute of Photography. She has done weddings, family reunions, parties as well as many other events. She also has experience with high school seniors, families, chil-

dren, and engagement portraits.

Picture Perfect has a unique view on photography, including taking portraits outdoors and on location. It also offers such services as creating video slide shows with music, unique high quality photo greetings cards, professionally processed prints, digital enhancements, digital photo editing, and repair, as well as black and white photography. All photos are taken with professional

digital equipment, professional film photography available by request.

They currently offer a special for high school seniors. Information: 358-5022 or [pictureperfectgreetings@yahoo.com](mailto:pictureperfectgreetings@yahoo.com).

### J. Spencer Hall, J.D. accepting new clients

J. Spencer Hall, J.D. announced that his Rupert office, located at 612 Fremont Street, is now open and

accepting new clients.

Prior to opening this office, Hall worked at a general practice law firm. He received his juris doctor cum laude from Brigham Young University, and also holds a bachelors degree cum laude in facilities management.

Hall recently published an article on vested rights legislation in The Urban Lawyer, a journal published by the American Bar Association. Information: 436-9883 [www.southidaholaw.com](http://www.southidaholaw.com).

IN THESE UNCERTAIN TIMES

# WE CAN HELP YOU WITH CERTAINTY.

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Panhandle State Bank  
 Intermountain Community Bank  
 Magic Valley Bank





# Faith

Continued from page B1  
 asset-backed securities that ultimately supplies the capital for most home loans, car loans, college loans — is almost completely shut down.

People are so nervous, and there is so much distrust, that all it would take is one more hit to trigger the moderate-day equivalent of a nationwide bank run. Financial institutions would fall, part of your savings would be wiped out, jobs would be lost and a lot of economic activity would grind to a halt. Such a debacle would cost us a lot more than \$700 billion.

Third, the latest proposal hammered out between the Treasury and Democratic leaders won't cost anywhere near \$700 billion unless we get a 1930s-like Depression, in which case we'll have much bigger problems to worry about. Depending on how the program is managed, and how things turn out with the economy and the housing market, the best guess is that the government could wind up either losing or making a couple of hundred billion dollars. The final tab is simply unknown — it depends on how much the government winds up paying for the securities it buys from banks and other financial institutions, and what price it resells them at after the market and the economy recover.

Fourth, this isn't primarily a bailout for Wall Street — it's an attempt to jump-start certain credit markets that have broken to the point that nobody is buying, driving down prices to the point where they are well below any reasonable estimate of their long-term economic value.

The basic idea is to use special auctions to recreate a market for these securities with many competing sellers and one buyer (the Treasury), so that a credible "market" price can be established. If that price turns

out to be below what those securities are now valued at on the banks' balance sheets, then banks will have to take the loss. If the price turns out to be higher, then banks may be able to record gains. The point isn't to bail out institutions that have made bad bets and suffered credit losses, but to provide a buyer of last resort so the market can begin pricing again.

Are there other ways to structure this market rescue? Sure. You could try to deal with the underlying problem by taking additional measures to prevent foreclosures. Or you could create a mechanism for the government to invest fresh capital in troubled banks, in exchange for stock. In fact, both approaches are possible and envisioned under the administration proposal now under discussion. But neither, by itself, is likely to quickly restore confidence in the financial system and relieve the current crisis.

My own suggestion would be to structure the rescue around a new government-owned corporation that would be capitalized, initially, with \$100 billion in taxpayer funds. The company would use auctions or other mechanisms to buy the troubled securities from banks and other regulated institutions, but instead of paying for them in cash, the government would swap them for an equal number of preferred shares in the new company. (Preferred shares are something of a cross between a bond and common stock.) Those pre-

ferred shares would pay a government-guaranteed dividend and could be redeemed by the government at any time. But they could also be used by banks to augment the capital they are required to maintain by regulators.

The beauty of this arrangement is that, rather than protecting taxpayers by having the government take an ownership stake in hundreds of privately owned banks, it would be the banks that would own a stake of the government's rescue vehicle.

The government would suffer the first \$100 billion in losses from buying and selling the asset-backed securities, but any further losses would be borne by the other shareholders. And should the rescue effort actually wind up making a profit, then the banks would share in that as well.

I mention this idea to make a final point — namely that it is important to give the Treasury secretary and the people he hires a good deal of flexibility in designing and experimenting with the mechanics of this rescue.

The reality is that these guys will be operating in uncharted territory, making things up as they go along. That means there are no assurances that any particular approach will work and no assurances that this will be the final solution. It also means that, just as we entrust generals to fight a war, we are going to have to trust the Treasury to find a way out of this crisis.

# Airline profits may be taking off

By Peter Pao  
 Los Angeles Times

Even with occasional jumps in oil prices, fuel costs have fallen more than \$40 a barrel in recent months, and that drop has emboldened the nation's airlines with hopes of recovering from what has been a financial nightmare.

One analyst has even predicted that airlines could make a stunning reversal and post record profits next year thanks to a favorable mix of lower fuel expenses and higher fares.

But other analysts believe that the latest respite from sky-high fuel costs could be short-lived.

If the economy worsens, "airlines are going to be right back in the tank" with fewer passengers and empty seats, said Richard Gritta, a professor of finance and transportation at the University of Portland in Oregon. "It doesn't matter if oil prices go down."

leisure travelers on Main Street are likely to buckle down and put trips on hold. Adding to the dismal outlook is the worsening global economy, which is likely to hurt international travel.

Despite the lower fuel prices and slumping demand, higher fares and fees for passengers are not likely to budge, analysts and airline officials said. Moreover, with low demand, airlines could ground more planes on top of the more than 500 that already are being taken out of service in the United States. As a result, passengers can expect planes to be even more crowded.

Still, the sharp drop in fuel prices has taken the industry by surprise. "Things have changed quite a bit in just two short months," Beverly Goulet, the treasurer for American Airlines, said at a New York analysts conference after oil prices fell below \$100 a barrel last week.

"The good news is that the change in oil prices has worked in our favor over this period, but the questions about the steady-state price

of fuel and the direction of the economy are as yet unanswered," Goulet said.

Some airlines officials were cautiously optimistic after the price of crude oil fell by more than \$50 in the last two months to \$97 a barrel Sept. 18 before heading back up and hovering above \$100 this week. Oil futures closed Friday at \$106.89 a barrel, down \$1.13.

With higher fares and additional fees, airlines are vying more revenue out of each passenger.

Revenue for each passenger flown one mile, a key indicator of airline's profitability, is expected to rise 11 percent in the current quarter for AMR Corp.'s American Airlines, the nation's largest carrier. Other big airlines such as Delta Air Lines and Northwest Airlines are expected to post similar increases.

With the slide in oil prices and cuts in capacity that have reduced operating costs, some airlines could even post a profit in the current quarter, some analysts predict.

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 2-5 p.m.  
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 1357 Blue Lakes Blvd  
 Twin Falls

For more information contact  
 John Hathaway  
 DHW Regional Director and Magic Valley IMAP Coordinator  
 (208) 732-1370  
 hathawa@dhw.idaho.gov

Meeting co-sponsored by Interagency Working Group for Public Transportation partners: the Idaho Transportation Department and the Department of Health and Welfare.



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[magicvalley.com](http://magicvalley.com)

# Investment swindler sentenced to 127 years

By David Collier  
Los Angeles Times

RIVERSIDE, Calif. — The convicted mastermind of an investment scam that bilked retirees out of nearly \$190 million was sentenced Friday to spend the rest of his life in state prison.

Daniel Heath, 51, of Chula Vista, Calif., was sentenced in Superior Court in Riverside to a term of 127 years and four months. According to Deputy District Attorney Michael Quesnel, who prosecuted the case, Heath would have to spend half that time in prison before being eligible for parole.

"From the outset," Quesnel said, "we looked upon this as the equivalent of a life imprisonment case."  
Heath was convicted in January of 400 felony counts of securities fraud, grand theft and elder abuse for the scheme in which approximately 1,600 seniors were sold investments that turned out to be nearly worthless. His attorney, Chris Oliver, said both the convictions and the sentence will be appealed.

During the five-month trial, prosecutors described the scheme in which senior citizens were invited to slick, free-lunch seminars at restaurants and hotels. The attendees were given the chance to buy supposedly conservative "secured" notes with "guaranteed" returns.

But it was a Ponzi scheme — the investors were strung along with returns paid out of new money coming in at the seminars. The case led to a nationwide Securities and Exchange Commission study of "free lunch investment seminars" that found widespread fraud.

Judge Ronald Taylor told Heath that the severity of the sentence — the maximum for the counts of the conviction — was based in part by the misery caused by the scheme.

"There is not a doubt it has ruined the lives of many, many people," Taylor said.

Some victims said they were forced to sell their homes. One, whose statement was read by a prosecutor, said that instead of having independence during her retirement, she moved in with her children.

Some had trouble paying even utility bills. Several said they had been forced to go back to work in their 70s.

"Our social life is going to

my doctor," Scott Pickle said in court.

Two of Heath's former confederates, including his father, John, had already gotten maximum terms for their part in the scam.

John Heath, who was portrayed during the trial as an effective salesman for the scheme, was 81 in February when he was sentenced to 28 years in prison. He died last month.

Another salesman, Denis O'Brien, was sentenced to 40 years in prison.

About 60 victims of the scheme were in a courtroom for Friday's sentencing and some spoke about how the scam had changed their lives.

The victims said they were attracted to the Heath investments, in part, because they didn't promise extravagant returns. The investments supposedly would go into conservative instruments such as advances on accounts receivables and would pay a "guaranteed" 9 percent or so over time.

Pat Patterson told the court that she and her husband had worked full time for decades to amass a retirement nest-egg of about \$500,000. They turned all of it over to Heath and his associates.

"Life as we knew it was over," Patterson said, when they realized they had been swindled. "It was all gone. Dreams die so hard."

Several victims spoke of finding an affinity with Heath's ardent affirmations of Christianity.

John's voice was shaking as he described having to turn off the heat to his house to save money. And he and his wife went to the Salvation Army for some meals.

"You're a filthy, rotten rat," yelled Joy, 67, who traveled from his home in Williams,



JOHN JOY OF WILLIAMS, ARIZ., EXPRESSES HIS ANGER WITH DANIEL HEATH DURING VICTIM STATEMENTS AT HEATH'S SENTENCING HEARING FOR INVESTMENT FRAUD IN RIVERSIDE SUPERIOR COURT, IN RIVERSIDE, CALIF., ON FRIDAY.

Ariz. He described how Heath had lured him into the scam by portraying himself as a trustworthy Christian.

"I told you that there would be hell to pay," Joy said, if the investment went bad. "And now that day has come."

"There is not a doubt it has ruined the lives of many, many people."

— Judge Ronald Taylor

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Grant N. Beyer

MALTA — Grant Nelson Beyer, age 79, of Malta, passed away peacefully in his home on Thursday, Sept. 25, 2008.

He was born May 13, 1929, in Malta, Idaho, to Leo William and Gladys Nelson Beyer.

He attended Malta Elementary and graduated from Raft River High School in the North Central States. He married Clara Wright in the Logan LDS Temple on Feb. 5, 1954.

He was active in the LDS Church and faithfully served in any calling he was asked.

For obituary rates and information, call 735-3266 Monday through Saturday. Deadline is 3 p.m. for next-day publication.



Dr. Ronald Kornblum, a nationally recognized expert on choke hold deaths who served six years as Los Angeles County Coroner, is shown in 1993.

Noted former L.A. coroner, Ronald Kornblum, dies at 74

By Elaine Woo Los Angeles Times

LOS ANGELES — Dr. Ronald N. Kornblum, a nationally recognized expert on chokehold deaths who served six years as Los Angeles County coroner until he resigned amid charges of poor management, died at his home in Los Angeles Tuesday after a long illness, his family said. He was 74.

Kornblum succeeded Dr. Thomas Noguchi, the colorful veteran coroner who was demoted in 1982 over charges of mismanagement and exploiting his office for personal gain.

He left the job in 1990 after an independent audit found unsanitary conditions and poor oversight that allowed misconduct by some employees.

During his tenure, Kornblum handled a number of high-profile autopsies, including those of assassins William Holden, John Belushi and Natalie Wood.

He had a low-key manner and was averse to publicity, qualities that set him apart

Clarice Florene Bishop Silver

SHOSHONE — Clarice Florene Bishop Silver, 88, of Shoshone, passed away Friday, Sept. 26, 2008, at St. Luke's Magic Valley Medical Center in Twin Falls.

She was born to H.G. and Linda Florene Bishop in early April 1920 on a farm 15 miles west of Sheldon, Mo. The farm had no electric power or plumbing and the tiny Bishop baby girl, estimated to be four pounds at birth, was kept in the wood-burning stove door.

She married Ray Silver in 1938 in Halley She and her husband farmed in Jerome before moving to Shoshone to run and eventually own Lincoln Valley Sales. She was

benefit of others. He will be truly missed. Mike was preceded in death by his brother, Gary Edwin Hurd Jr. He was survived by his wife, Mary; daughter, Savannah; parents, Gary Hurd and Patricia Muller; sisters, Debra Hurd, Pam Burgess and Lori Hurd; brother, Jason Hurd; and numerous extended family members.

The viewing for Mike will be held from 6 to 8 p.m. Sunday, Sept. 29, at Davis Home Mortuary. An additional service will be held at the LDS Church in Murtaugh.

Loren Pope, education consultant, dead at 98

By Carol Hutchinson The Washington Post

WASHINGTON — Loren Pope, an education consultant whose best-selling books advised college-bound students to look beyond the Ivy League and who as a \$50-a-week journalist persuaded internationally regarded architect Frank Lloyd Wright to design a home for him, has died. He was 98.

Pope, the original owner of Wright's 1941 Pope-Lelighey house in Fairfax County, Va., died Sept. 23 at a retirement home in Falls Church, Va. He had congestive heart failure.

A man of self-professed "egalitarian instincts," Pope was a copy editor at the old Washington Evening Star in 1938 when he was transfixed by a Time magazine cover story about Wright.

The architect, who expressed hope of bringing the idealism of Emerson and Thoreau to the design table, said he wanted to combat the "stifling little colonial hot-boxes" in which most families counted out their lives.

In August 1939, Pope sent a six-page letter to Wright's The Architectural Workshop in Spring Green, Wis.

"Dear Mr. Wright," the note began. "There are certain things a man wants during life, and of live. Material things and things of the spirit. The writer has one fervent wish that includes both. It is a house created by you. Will you create a house for us? Will you?"

Less than a month later came Wright's response: "Dear Loren Pope: Of course I am ready to give you a house."

active in PTA. 4-H, Grange and 4-H. Grange and 4-H. Survivors include two sons, Lary Dale Silver of Parma, Idaho, and his wife, Marian; Gary Gale Silver of Las Vegas and his wife, Linda; two daughters, Wilma Rose Stealey of Lincolnshire, Ill., and her husband, Jim; Norma Gay Bartholomew of Jerome and her husband, Carl; her brother, Clarence David Bishop of Burley, Idaho, six grandchildren; 12 great-grandchildren; and one great-grandchild. She was preceded in death by her husband, Ray, in 2000.

The funeral will be conducted at 11 a.m. Monday, Sept. 29, at Farnsworth Mortuary Chapel, 1343 S. Lincoln in Jerome, with a local service officiating. Private interment will follow in the Jerome Cemetery.

Michael Patrick Hurd

AMERICAN FALLS — Michael Patrick Hurd, 38, passed away suddenly on Sept. 24, 2008, at Saint Alphonsus Hospital in Boise. Mike was surrounded by friends and family.

Mike was born April 2, 1970, to Gary and Patricia Hurd in American Falls, Idaho. Mike graduated from Raft River High School. Mike met the love of his life (Mary) in the spring of 1996. Mike and Mary were blessed by a beautiful daughter (Savannah) on Nov. 27, 1998.

He was a wonderful father and husband. His favorite past time was teaching Savannah how to play the guitar. Mike was such a loving and selfless person that in the event of his death he gave of himself for the

tricks with light and space to make it seem as if it is. Supervised by Gordon Chadwick, a Wright apprentice who became a prominent New York architect, the house features Wright's signature cantilevered roof, clerestory windows, high ceilings and large fireplace. It is one of only three Wright houses in the Washington, D.C., area and is the only one open to the public.

But first, Pope had to find a way to finance the \$700 cost of the house, about \$600 of which was Wright's fee. He was laughed out of the room when he inquired at a savings and loan, and it took seven months before he reluctantly secured a \$57,500 mortgage loan from his employer, the Star.

Pope and his family lived from 1941 to 1945 in the East Falls Church house, a place filled with great sorrow after Ned, his 3-year-old son from his first marriage, drowned in a neighbor's pond. He had two more children and moved only after the house became too crowded.

"The day we left, I sat on the fireplace hob and wept," he told the New York Times. He sold the home to another couple, Robert and Marjorie Lelighey, for \$17,500. Threatened with demolition in the 1980s during the planning of Interstate 66, the house was donated to the National Trust for Historic Preservation, dismantled and reassembled on the grounds of Woodlawn Plantation near Mount Vernon, where it stands today.

After a stint in the late 1940s as a farmer and freelance writer in Loudoun County, Va., where his hoped-for second Wright house never materialized, Pope returned to the news business.

He was an education editor at the Times and an administrator at what is now Oakland University in Michigan before starting his College Placement Bureau counseling business in 1965.

Fay 'Doris' Fairchild

CASTLEFORD — Fay "Doris" Fairchild, 78, of Castleford, went to be with the Lord on Sept. 25, 2008. She died in her home in Castleford.

She was born to William Seymour Fairchild and Nora Millie Hibner Fairchild on Sept. 10, 1930. She grew up in the Buhl area. She was married to Roy Couch for 20 years. She was a registered

DEATH NOTICES

John A. Willis MOUNTAIN HOME — John "Johnny" A. Willis, 95, of Mountain Home, died Thursday, Sept. 25, 2008, at a local hospital.

A memorial service will be held at 11 a.m. Saturday, Oct. 4, at Mountain Home Junior High School; visitation will follow at the Masonic Hall, 320 N. Eighth E. in Mountain Home. Cremation is under the direction of Rust Funeral Home, Mortuary Chapel in Mountain Home.

Frieda Hallsten

Frieda Hallsten, 90, of Arlington Heights, Ill., and formerly of Twin Falls, died Friday, Sept. 26, 2008, at Arlington Heights.

The funeral will be held at

nurse, sold the "Idaho Farmer" newspaper and did carnival work. However, his fondest memories were of cattle ranching.

She had no children of her own, but will be missed by many friends and relatives.

The funeral will be at 11 a.m. Tuesday, Sept. 30, 2008, at Farmer Funeral Chapel in Buhl. A viewing will be prior to the funeral.

11 a.m. Thursday, Oct. 2, at Howe-Robertson Funeral Chapel in Jerome; visitation from 9 to 10:30 a.m. Thursday at the chapel.

Terry R. Brinkerhoff

HEYBURN — Terry R. Brinkerhoff, 66, of Heyburn, died Friday, Sept. 26, 2008, at his home.

Arrangements will be announced by Rasmussen Funeral Home of Burley.

Lorena Comstock

PAUL — Lorena Comstock, 85, of Paul, died Saturday, Sept. 27, 2008, at Parke View Care Center in Burley.

Arrangements will be announced by Hansen Mortuary in Rupert.

SERVICES

Dicy H. Davis of Castleford, graveside service at 10 a.m. Monday at West End Cemetery in Buhl (Farmer Funeral Chapel in Buhl).

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Thank you so much to our friends and associates for their kind words and expressions of support at the passing of Mel's father and my father-in-law Alva Temple. Words cannot express how much we appreciate you all. Mel & Mary Temple & children

Thank you so much from the family of Betty Crawford for your prayers, flowers, meals & cards during this time of our loss. A special thanks to Parke's Mortuary and Twin Falls First Church of the Nazarene

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# N. Dakota outfitter pleads guilty to shooting decoy

By Dave Kolpack  
Associated Press writer

FARGO, N.D. — A western North Dakota outfitter who was arrested after shooting at a bald eagle decoy has pleaded guilty to a charge he attempted to kill a migratory bird.

Gary Stang, 63, pleaded guilty Thursday in a deal with prosecutors to the charge of attempting to take and kill a protected migratory bird.

He was arrested in March near his hunting excursion business, the same day inves-

tigators with U.S. Fish and Wildlife Service set up the stuffed eagle decoy as a way to lure him into shooting it.

"In his mind, when he pulled the trigger, it was a legal bird," said Rich Grosz, a special agent with the U.S. Fish and Wildlife Service.

Under the plea deal, Stang was sentenced to a year of probation, a fine of more than \$1,000, and the loss of hunting privileges in North America for one year. Stang also will give up a rifle, scope and ammunition. The plea was approved by U.S.

Magistrate Judge Charles S. Miller in Bismarck, who also imposed the sentence.

Stang could have faced as much as 6 months in prison and a \$5,000 fine.

"We made our point," Hayden said of the plea deal. "It's not always about getting a big fine."

Agents had been investigating Stang for four years as a suspect in the shootings of protected birds like eagles, owls and hawks in an area near his business. Agents wouldn't give a number on how many birds he's suspect-

ed of killing.

Stang's attorney, Tom Dickson, said his client is under the mistaken impression that raptors — including eagles, hawks and owls — are hurting his business by preying on pheasants. Pheasant hunters pay Stang to set up excursions through his outfitting company, Good Life Hunting Company Bed and Breakfast. But those raptors are protected under a migratory bird treaty.

"Some of our older farmers have an irrational attitude toward birds of prey," Dickson

said. "This would be one of those situations."

Grosz said Stang was a suspect for several years after investigators started "pulling pins on the map" when looking into reports of dead raptors. The dead birds were being found in the area where Stang was known to hunt.

In 2004, undercover agents set up hunting trips with Stang and another outfitter, Warren Anderson, of Bowman.

Anderson eventually was arrested and pleaded guilty to federal charges. He was ordered to pay \$60,000 in fines and restitution.

## Five Oregon counties consider forest road closures

BAKER CITY, Ore. (AP) — Five Eastern Oregon counties are considering how road closures in the largest national forest in the Northwest could affect them.

The proposed travel management plan for the 2.4 million acre Willowa-Whitman National Forest is expected to have both a social and economic impact on Baker, Grant, Umatilla, Union and Wallowa counties.

The U.S. Forest Service plans to publish a draft environmental impact statement next spring on potential effects of each of six alternatives under the plan.

But the counties have only until Nov. 30 to report on the possible impact to their region.

"The counties are coming into the process a little bit late, and I have been trying to play catch-up," said Bob Messenger of Summerville, which represents the five counties.

Bruce Sorte, an Oregon State University Extension economist now working at Eastern Oregon University, is studying the impacts of each alternative on jobs, wages, hotel and campground occupancy, and other sectors of the economy.

Baker County previously hired Sorte to help study the impacts on the designation of bull trout as a threatened species, and some of that data will be applied to the travel plan.

Ken Anderson, a retired mining geologist, said he worries that a plan to close forest roads will make it even more difficult for miners to test their claims, gain approval and set up their operations.

He said that if 100 miners were allowed to mine in the Willowa-Whitman and each found an ounce of gold per day, the financial impact figured with a multiplier effect used by the U.S. Geological Survey's Statistical Division would be \$4 million a day, "new wealth that adds to the economy."

"We need access to and use of the land," Anderson said.

## Harrah's plays a new card in customer loyalty program

By Oscar Garcia  
Associated Press writer

LAS VEGAS — Harrah's Entertainment Inc. — long known for using detailed customer tracking to keep players coming through casino doors — is about to get a lot more data to tinker with.

It's no longer just what game you play, how much you wager and how long you spend at the table or slot machine. The world's largest gambling company by revenue now wants answers to other questions about your stay: Where and what do you eat? What do you buy in the shops? Enjoy music, concerts or just a good cocktail?

Those insights will help Harrah's get even more specific with its promotions, and possibly help the company make big decisions about how it designs and manages its hotel-casinos.

Harrah's data comes from its customer loyalty program, Total Rewards, which gives bonuses to gamblers in exchange for letting the company track betting habits through the use of membership cards, which transmit data to computers so it can be analyzed. The company said it tracks about 80 percent of its gambling revenue

through Total Rewards.

"(Harrah's) invested a significant amount of time and effort and money to develop the program and it's regarded as the best in the industry," said analyst Robert LaFleur of Susquehanna Financial Group. "They know more about their customers than probably any gaming company knows."

Now, the program has expanded to offer customers rewards without gambling, giving the company new data to mine about its patrons away from the black jack tables and slot machines. Harrah's will reward customers for spending on entertainment, restaurants and other services at the same level it rewards betting on slots.

"A whole host of possibilities," said David Norton, vice president of marketing for Harrah's, depending on what the company finds out.

For example, a concertgoer who sees a country show at the Whiskey Roadhouse at the Horseshoe Hotel-Casino in Council Bluffs, Iowa, might get free tickets to see Tim McGraw the next time she

visits Las Vegas. Golfers in Biloxi, Miss., who frequent the company's Jack Nicklaus-designed course there could get free green fees if they go to Atlantic City.

LaFleur said Harrah's, which owns or manages 50 casinos, will certainly benefit if it can improve its knowledge of its customers.

"Harrah's always had the advantage that it just had so many pins in the map that they could really move players around and get them in multiple places," LaFleur said.

Best data from the loyalty program, which includes roughly 40 million members, has let Harrah's officials test what kinds of offers better entice specific gamblers to return.








Beyond settling debates such as food vouchers versus gambling credits, Norton said the company used data from Total Rewards to build Asian-themed playing areas in certain casinos after tracking the tendencies and volume of Asian-American players from San Francisco, Chicago and Los Angeles.

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## 2008

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Friday, October 24 from 7:00 a.m. to 2:00 p.m.

**LOCATION:**  
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\$20 flu shots; \$40 pneumonia vaccines; reduced-cost blood tests; free glucose testing; free carotid artery screenings; free skin cancer screenings; free vision exams; height/ weight/ blood pressure checks; "Ask a Doc" booth; low-cost adult tetanus; balance testing, free diabetic foot checks, free glucometer patient accuracy checks; and more!

**Bring:** Your Medicare/Medicaid card.

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**TWIN FALLS FORECAST**

Today: Plenty of sunshine to go around Highs, lower lows  
 Tonight: Fair to clear sky Lows, 40s  
 Tomorrow: Another round of sun Highs, lower lows

**TWIN FALLS FIVE-DAY FORECAST**

Today	Tonight	Monday	Tuesday	Wednesday	Thursday
Sunny	Clear	More sun	Partly cloudy	Abundant sunshine	Sunshine
High 81	Low 46	82/49	81/49	80/44	72/44

**Yesterday's Weather**

City	Hi	Lo	Pr
Burley	78	51	0.00
Chubb	80	50	0.00
Coner of Arden	80	57	0.00
Twin Falls	80	57	0.00
Jerome	78	49	0.00
Lewiston	78	49	0.00
Malden	78	49	0.00
Malheur	78	49	0.00
Payson	78	49	0.00
Shoshone	78	49	0.00
Salem	78	49	0.00
Dayton	78	49	0.00

**BURLEY/RUPERT FORECAST**

Today: Sunny skies Highs near 80  
 Tonight: Soft to clear sky Lows, 40s  
 Tomorrow: More sunshine Highs near 80

**ALMANAC - TWIN FALLS**

Temperature Yesterday 79  
 Precipitation 0.00"  
 Humidity 37%  
 Barometric Pressure 30.1 in  
 Sunrise and Sunset Today 7:22 AM 5:23 PM  
 Moonrise and Moonset Today 8:25 AM 6:52 PM

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**IDAHO'S FORECAST**

**SUN VALLEY, SURROUNDING OMS**  
 A very alluring ridge of high pressure overhead will keep the weather warm, sunny to mostly sunny and dry now through the start of the new work and school week.

Today Highs 88 to 94  
 Tonight Lows 28 to 40

**BOISE**  
 The last few days of September of 2008 will be spectacular as the weather front. Expect above average temperatures and lots of sunshine.

Today Highs 88 to 94  
 Tonight Lows 28 to 40

**NORTHERN IDAHO**  
 The weather in the immediate area will be dominated by more sun than anything. Further north, however, there could be a few storms.

Today Highs 80 to 83  
 Tonight Lows 47 to 47

**REGIONAL FORECAST**

City	Today	Tomorrow	Tuesday
Boise	88-94	85-91	82-88
Idaho Falls	80-86	77-83	74-80
Jerome	78-84	75-81	72-78
Lewiston	78-84	75-81	72-78
Malheur	78-84	75-81	72-78
Payson	78-84	75-81	72-78
Shoshone	78-84	75-81	72-78
Salem	78-84	75-81	72-78
Dayton	78-84	75-81	72-78

**Pollen Count**

Tree Pollen Level: 800 (High)  
 Grass Pollen Level: 600 (High)  
 Weed Pollen Level: 100 (Low)

**NATIONAL FORECAST**

City	Today	Tomorrow
Atlanta	78-84	75-81
Boston	72-78	69-75
Chicago	78-84	75-81
Denver	78-84	75-81
Houston	78-84	75-81
Los Angeles	78-84	75-81
Miami	78-84	75-81
New York	72-78	69-75
San Francisco	78-84	75-81
Seattle	78-84	75-81
Washington DC	78-84	75-81

**WORLD FORECAST**

City	Today	Tomorrow
London	78-84	75-81
Paris	78-84	75-81
Tokyo	78-84	75-81
Sydney	78-84	75-81
Auckland	78-84	75-81
Wellington	78-84	75-81
Christchurch	78-84	75-81
Dunedin	78-84	75-81
Hamilton	78-84	75-81
Wellington	78-84	75-81
Christchurch	78-84	75-81
Dunedin	78-84	75-81

**REGG MIDDLEKAUFF'S QUOTE OF THE DAY**

"I'm regg middlekauff's quote of the day"  
 More Magic Valley weather at [www.magicvalley.com/weather/](http://www.magicvalley.com/weather/)

**CANADIAN FORECAST**

City	Today	Tomorrow
Calgary	78-84	75-81
Edmonton	78-84	75-81
Halifax	78-84	75-81
Montreal	78-84	75-81
Ottawa	78-84	75-81
Quebec	78-84	75-81
Regina	78-84	75-81
Saskatoon	78-84	75-81
Winnipeg	78-84	75-81

**TODAY'S NATIONAL MAP**

Fronts: Cold, Warm, Stationary, Occluded

**Part of Maine coast under tropical storm warning**

EASTPORT, Maine (AP) — A rare tropical storm warning and hurricane watch were posted for parts of the Maine coast on Saturday as Hurricane Kyle roared north toward the region with a threat of conditions similar to one of New England's "nor'easter" storms.

"Hurricane season isn't over," said Maine Emergency Management Agency director Rob McKelvie. "It's been a very active season."

It was Maine's first hurricane watch in 17 years, the National Weather Service said. Elsewhere in New England, a hurricane warning was posted for Nantucket Island off the coast of Massachusetts in September 1996, according to the weather service office in Taunton, Mass.

Two to 4 inches of rain had already fallen along some coastal areas by midday Saturday, and the storm was expected to deliver an additional 2 to 4 inches, said Eric Schwab of the weather service in Gay.

At 5 p.m. EDT, Kyle was centered about 315 miles west-northwest of Bermuda and 365 miles south of Nantucket, Mass., the National Hurricane Center said in Miami.

The storm had top sustained wind near 73 mph and became a Category 1 hurricane Saturday afternoon. It was moving north over the open Atlantic at 23 mph.

Kyle's center was forecast to be near eastern New England or the Canadian Maritime provinces late Sunday, the hurricane center said.

# Texas homeowner acquitted of killing teen intruder

LAREDO, Texas (AP) — A Texas jury acquitted a man accused of killing a boy who broke into his home looking for a snack — a case that sparked outrage in his border city, where many thought the man should not have been charged.

It took the jury of eight men and four women three hours Friday to find Jose Luis Gonzalez, 63, not guilty of murdering Francisco Anguiano, who was 13 when he and three friends broke into Gonzalez's trailer to rummage for snacks and soda one night in July 2007.

"I thank God and my attorney, the jury and the judge," Gonzalez said in Spanish after the verdict. "It was a case where it was my life or theirs, and it's a very good thing that they (the jurors) decided in my favor."

Gonzalez said he was sorry for Anguiano's death, but "it was a situation in which I feared for my life."

Texas law allows homeowners to use deadly force to protect themselves and their property. In June, a grand jury in Houston cleared a homeowner who shot and killed two burglars outside his neighbor's house despite the dispatcher's repeated request that he stay inside his own home.

"I feel vindicated for Mr. Gonzalez and his family and for all of the homeowners and all of the seniors in Laredo," said Isidro "Chito"

Alaniz, Gonzalez's attorney. "This case has huge implications across the board. We always, always believed in Mr. Gonzalez's right to defend his life and his property."

Alaniz is running uncontested for Webb County district attorney in November.

However, Assistant District Attorney Urieel Druker maintained during his closing arguments that the case was not about homeowners' right to protect their property, but about when a person is justified in using deadly force to do so.

"What really took place here was a case of vigilantism," he said after the verdict. "A 13-year-old boy was killed because a man was enraged."

Anguiano's aunt, who asked not to be named, said in Saturday's editions of the Laredo Morning Times that she was disappointed with the verdict.

"The state fought the case the way it should have," she said. "There was a sufficient amount of evidence, and I thought that some of the jurors would be a father or a mother, and perhaps they would think about this happening to them."

Gonzalez had endured several break-ins at his trailer — for the four boys, ranging in age from 11 to 15, broke in, Gonzalez, who was in a nearby building at the time, went into the trailer and confronted the boys with a 16-gauge shotgun. Then he forced the boys, who were unarmed, to both sides say.

The boys say they were begging for forgiveness

when Gonzalez hit them with the barrel of the shotgun and kicked them repeatedly. Then, the medical examiner testified, Anguiano was shot in the back at close range. Two mashed Twinkies and some cookies were stuffed in the pockets of his shorts.

Another boy, Jesus Soto Jr., now 16, testified that Gonzalez ordered them at gunpoint to take Anguiano's body outside.

Gonzalez said he thought Anguiano was lunging at him when he fired the shotgun.

Many people in Laredo — a town just across the Rio Grande from Nuevo Laredo, Mexico, where drug violence runs rampant — defended Gonzalez's actions. In online responses to articles published by the Morning Times, comments included statements such as "The kid got what he deserved" and calls to "stop the unfair prosecution."



**Jose Luis Gonzalez, 63, waits for the start of his trial in the 49th District Courtroom Tuesday in Laredo, Texas.**

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## AROUND THE NATION

### CALIFORNIA UCLA group discovers huge prime number

LOS ANGELES — Mathematicians at UCLA have discovered a 13 million-digit prime number, a long-sought milestone that makes them eligible for a \$100,000 prize.

The group found the 46th known Mersenne prime last month on a network of 75 computers running Windows XP. The number was verified by a different computer system running a different algorithm.

"We're delighted," said UCLA's Edson Smith, the leader of the effort. "Now we're looking for the next one, despite the odds."

It's the eighth Mersenne prime discovered at UCLA. Primes are numbers like three, seven and 11 that are divisible by only two whole positive numbers: themselves and one.

### FLORIDA Big-band singer Connie Haines dies

CLEARWATER — Big-band singer Connie Haines, who performed with Frank Sinatra and the Tommy Dorsey Orchestra in the 1940s, has died. She was 87.

Haines died Monday of a neuromuscular disease, according to Unlly Church of Clearwater.

Haines was born Yvonne Marie Antoinette JaMals in Savannah, Georgia. She started singing when she was 5. As a teenager, she teamed with Sinatra on "Oh, Look at Me Now," "Snootie Little Cutie" and "You Might Have Belonged to Another" with the Dorsey band.

Haines also made movies, appearing in "The Duchess of Idaho" in 1950. In the mid-1940s, she toured with comedians Bud Abbott and Lou Costello. She also performed with presidents Dwight Eisenhower, John F. Kennedy, Lyndon B. Johnson, Ronald Reagan and George H.W. Bush.

### NEW YORK 18th-century viola left cab returned to owner

NEW YORK — A New York City taxi driver has hit all the right notes by returning an 18th-century viola worth thousands of dollars to a passenger who left it in the back seat of his car.

New Jersey Symphony violist Ann Roggen says she was heartbroken when she realized she had left her instrument in the cab.

She says she called the city's 3-1-1 help line after realizing what she'd done Thursday.

On Friday, city Tax and Licensure Commissioner Matthew Daus appeared at her door with the \$40,000 viola in hand. The commissioner says cab driver Deniz Getting will receive an award.

### IOWA

#### Woman wakes up to bat-flavored coffee

CEDAR RAPIDS — It wasn't just the caffeine that gave an Iowa woman an extra jolt after she had her morning coffee. It was also the bat she found in the filter.

The Iowa Department of Public Health says the woman reported a bat in her house but wasn't concerned about it. She turned on her automatic coffee maker before bedtime and drank her coffee the next morning.

"She discovered the bat in the filter when she went to clean it that night," the bureau has undergone treatment for possible rabies.

— The Associated Press

## Two quick polls give Obama edge in debate

WASHINGTON (AP) — A pair of one-night polls gave Barack Obama a clear edge over John McCain in their first presidential debate.

Fifty-one percent said Obama, the Democrat, did a better job in Friday night's faceoff while 38 percent preferred the Republican McCain, according to a CNN-Opinion Research Corp. survey of adults.

Obama was widely considered more intelligent, likable and in touch with peoples' problems, and by modest margins was seen as the

stronger leader and more sincere. Most said it was McCain who spent more time attacking his opponent.

About six in 10 said each did a better job than expected. Seven in 10 said each seemed capable of being president.

In a CBS News poll of people not committed to a candidate, 39 percent said Obama won the debate, 24 percent said McCain and 37 percent called it a tie. Twice as many said Obama understands their needs than said so about McCain.

Seventy-eight percent said McCain is prepared to be president, about the same proportion of uncommitted voters as said so before the debate. Sixty percent said Obama is ready — a lower score than McCain, but a solid 16-percentage-point improvement from before the debate.

In another Obama advantage in the CBS poll, far more said their image of him had improved as a result of the debate than said it had worsened. More also said their view

of McCain had gotten better rather than worse, but by a modest margin.

The CNN poll involved telephone interviews with 524 adults who watched the debate and had a margin of error of plus or minus 4.5 percentage points. The CBS survey involved online interviews with 483 uncommitted voters who saw the debate and had an error margin of plus or minus 4 points. It was conducted by Knowledge Networks, which initially selected the respondents by telephone.

## Deadline looms Lawmakers aim for rescue deal by Monday

By Charles Babington  
Associated Press writer

WASHINGTON — Nervously eyeing the markets' next trading session, key lawmakers in both parties and Treasury Secretary Henry Paulson worked late into the night Saturday trying to close an agreement on a multibillion-dollar government bailout of distressed financial companies.

House Speaker Nancy Pelosi, D-Calif., told reporters "quite a bit" of progress was being made on a deal that Congress could send to President Bush as early as Monday after votes in both houses.

A key sticking point was how to include a new government-sponsored insurance program demanded by House Republicans as an alternative to devoting the entire \$700 billion buying up defaulted mortgage-backed securities and other toxic debt from banks and investors.

"We're making a lot of headway. I think it's possible to get this thing done tonight," said Senate Finance Committee Chairman Max Baucus, D-Mont. "I can't guarantee it," Baucus quickly added.

The House was scheduled to convene at 11 a.m. EDT today and members were hoping they could vote on a bill by this evening and go home to campaign for reelection. The Senate isn't scheduled to go back into session until Monday.

Presidential politics again played a role in the bargaining, Republican John McCain and Democrat Barack Obama called key



Talking on his cell phone, Secretary of the Treasury Henry Paulson enters the Capitol for a late night meeting with members of Congress on Capitol Hill Thursday in Washington.

AP photo

negotiators and portrayed themselves as helping without getting directly involved in the talks.

Bush expressed confidence earlier Saturday that lawmakers soon would approve a rescue plan while acknowledging that many Americans are frustrated and angry at the amount of money taxpayers are being asked to put up for covering Wall Street firms' mistakes.

The president spoke with Paulson, McCain and other Republican lawmakers during the day, said White House spokesman Tony Fratto.

Under the plan being considered, the Treasury Department would buy deeply distressed mortgage-

backed securities. The money should help troubled lenders make new loans.

The government would later try to sell the discounted loan packages at the best possible price.

House Republicans were insisting that some of the money be available to insure, rather than buy, distressed mortgage-backed securities. Banks and investment firms holding such packages would pay the government for insurance against losses if the mortgages default.

Proponents say their idea would require less taxpayer spending. But the Treasury Department has said it would not pump enough money into the financial

sector to make credit sufficiently available.

Another proposal would have the government receive stock warrants in return for the bailout relief, ensuring that proceeds from eventual sales of the discounted packages would return to the Treasury.

Negotiators were trying to settle on a means of limiting severance packages for executives of companies that benefit from the rescue plan.

They also discussed phasing in the program's costs. For example, after the first \$350 billion or so is made available, Congress could try to block later amounts if it believed the program was not working.

## Senate sends big spending bill to Bush to sign

By Andrew Taylor  
Associated Press writer

WASHINGTON — Automakers gained \$25 billion in taxpayer-subsidized loans and oil companies won elimination of a long-standing ban on drilling off the Atlantic and Pacific coasts as the Senate passed a sprawling spending bill Saturday.

The 78-12 vote sent the \$634 billion measure to President Bush, who was expected to sign it even though it spends more and contains more pet projects than he would have liked.

The measure is needed to keep the government operating beyond the current budget year, which ends Tuesday. As a result, the legislation is one of the few bills this election year that simply must pass. Bush's signature would mean Congress could avoid a lame-duck session after the Nov. 4 election.

White House spokesman Tony Fratto said the bill is "a record budget. In addition to \$70 billion approved this summer for operations in Iraq and Afghanistan, the



From left, Sens. Ted Staines, R-Alaska, John Barrasso, R-Myo., Larry Craig, R-Idaho, and Sheldon Whitehouse, D-R.I., arrive at a vote during a rare Saturday session as Congress continued to work Saturday on Capitol Hill in Washington.

AP photo

Defense Department would receive \$488 billion, a 6 percent increase. The spending bill also offers aid to victims of flooding in the Midwest and recent hurricanes across the Gulf Coast.

Such a huge bill usually would dominate the end-of-session agenda on Capitol Hill. But it went below the radar screen because atten-

tion focused on the congressional bailout of Wall Street.

The measure settles dozens of battles that have brewed for months between the Democrats who run Congress and the White House and its GOP allies, including approval of the defense budget. Democrats wrestled concessions from the White House on \$23 billion for disaster-ravaged states, a doubling of low-income housing subsidies, and smaller spending items such as \$24 million more for food shipments to the elderly.

The loan package for automakers would reward them with \$25 billion in below-market loans, costing taxpayers \$7.5 billion to subsidize the retooling of plants and development of technologies to help U.S. carmakers to build cleaner, more fuel efficient cars. Companies would have to begin repaying the loans for five years, drawing objections from Sen. Jon Kyl, R-Ariz., who predicted they would return for more help when the money is due.



The New York Times/AP photo Paul Newman, who died Saturday at 83, is seen as the stage manager in the play 'Our Town,' in New York in 2002.

## Hollywood legend Paul Newman dies at 83

By John Christoffersen  
Associated Press writer

WESTPORT, Conn. — Paul Newman never much cared for what he once called the "rubbish" of Hollywood, choosing to live in a quiet community on the opposite corner of the U.S. map, staying with his wife of many years and — long after he became bored with acting — pursuing his dual passions of philanthropy and race cars.

And yet despite enormous fame in both endeavors and a wife distant for celebrity, the Oscar-winning actor never lost the aura of a towering Hollywood movie star, turning in roles late in life that carried all the blue-eyed heartbreak of his earlier performances in "Hud," "Cool Hand Luke" and "Butch Cassidy and the Sundance Kid."

The 10-film Academy Award nominee died Friday at age 83, surrounded by family and close friends at his Westport farmhouse following a long battle with cancer, publicist Jeff Sanderson said Saturday.

In May, Newman dropped plans to direct a full production of "Of Mice and Men" at Connecticut's Westport Country Playhouse, citing unspecified health issues. The following month, a friend disclosed that he was being treated for cancer and Martin Stewart, also a friend, posted photos on her Web site of Newman looking gaunt at a charity luncheon.

But true to his fiercely private nature, Newman remained eager about his condition, receiving a legend that he had lung cancer with a statement saying only that he was "doing nicely."

As an actor, Newman got his start in theater and on television during the 1950s, and went on to become a legend held in awe by his peers. He won one Oscar and took home two honorary ones, and had major roles in more than 50 motion pictures, including "Exodus," "Butch Cassidy," "The Verdict," "The Sting" and "Absence of Malice."

Newman worked with some of the greatest directors of the past half century, from

Please see NEWMAN, Page C2



# Critic: Paul Newman was among rare breed of star

By Christy Lemire  
AP Movie Critic

Paul Newman couldn't have existed today — at least, not the way we came to know him.

Sure, the talent would have been there, the classic good looks, the magnetism, the easy charm. But the privacy he demanded (and won), which helped establish and solidify his mystique as a bona fide movie star, never would have been afforded him in our tabloid-driven, celebrity-obsessed culture.

Sad but true. Part of why we were fascinated with Newman, who died Friday at 83 of cancer, was because we didn't know every gory detail of his life, even though he reached the zenith of fame and popularity. He left us craving more — and that he lived and died far from Hollywood's glare in the small town of Westport, Conn., in the converted farmhouse he shared with his wife of 50 years, Joanne Woodward, speaks volumes not only about who he was but who he didn't want to be.

It's hard to think of an actor today who compares in that regard: someone whose blazingly confident on-screen but maintains some mystery about who he really is off of it, someone who would make even hardened, cynical journalists go weak in the knees upon meeting face-to-face.



## Film legend and philanthropist

NEWMAN'S CAREER AND OSCAR NOMINATED ROLES:

<ul style="list-style-type: none"> <li>• Broadway debut in "Picnic," 1953</li> <li>• Screen debut in "The Silver Chalice," 1954</li> <li>• "Cat on a Hot Tin Roof," 1958</li> <li>• Marries Joanne Woodward, 1958</li> </ul>	<ul style="list-style-type: none"> <li>• "The Hustler," 1961</li> <li>• "Hud," 1963</li> <li>• Becomes professional auto racer, 1977</li> </ul>	<ul style="list-style-type: none"> <li>• "Cool Hand Luke," 1967</li> <li>• "Absence of Malice," 1981</li> <li>• "The Verdict," 1982</li> <li>• Appointed U.S. delegate to the U.N. conference on Nuclear Disarmament, 1978</li> <li>• Launches "Newman's Own" food company, 1982; profits are donated to charity</li> </ul>	<ul style="list-style-type: none"> <li>• "Nobody's Fool," 1994</li> <li>• Won the Jean Herschot Humanitarian Award Oscar for charitable work, 1994</li> <li>• "Road to Perdition," 2002</li> <li>• Dies at his farmhouse near Westport, Conn., Sept. 27, 2008</li> </ul>
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NOTE: Performed in "Rachel, Rachel," which won an Oscar for Best Picture in 1968.

It's hard to think of an actor today who compares in that regard: someone whose blazingly confident on-screen but maintains some mystery about who he really is off of it, someone who would make even hardened, cynical journalists go weak in the knees upon meeting face-to-face.

Legacy Newman left in reacting to his death Saturday morning: "He set the bar too high for the rest of us ... not just actors, but all of us. He will be greatly missed," he said — through his publicist.

Larger than life? Sure. But looking back at Newman's career, which encompassed nearly 60 feature films over the past half-century, it's the range that leaves an impression. You never forgot you were watching Paul Newman. He was a superstar, after all. It was the draw. But he could fit into a wide variety of parts — unlike some other actors with longevity and stature, who still remain nameless for these purposes, who have devolved into caricatures of themselves as they've aged.

In just a sampling, Newman played:

- A washed-up football player in Tennessee Williams' "Cat on a Hot Tin Roof" (1958).
- Pool shark "Fast Eddie" Felson in "The Hustler" (1961), the role he would reprise in "The Color of Money" (1986), which, surprisingly, earned him his only Academy Award in 10 nominations.
- A bad-boy cowboy in "Hud" (1963).
- A rebellious prisoner in "Cool Hand Luke" (1967).
- A train robber alongside Redford in "Butch Cassidy and the Sundance Kid" (1969).
- The player-coach of a small-town hockey team in the comedy cult favorite "Slap Shot" (1977).
- A wrongly accused suspect in a rare film that gets journalism right,

- "Absence of Malice" (1981).
- Newman's grandnephew in "Nobody's Fool" (1994).
- A formidable mob boss in "Road to Perdition" (2002).
- Newman came up in the Method-acting tradition, a la Brando, but there was never anything obviously studied about him; he made the swagger look natural. And his evolution over the years — from young and dangerous to middle-aged and struggling to older and wiser — constantly carried with it the aura of dignity.
- His powerful eloquence, his consummate sense of craft, so consummate that you didn't see any sense of effort up there on the screen, set a new standard," said Martin Scorsese, who directed him in "The Color of Money."

Newman himself didn't enjoy talking about acting, and could come off as a bit distant in interviews when asked, but they weren't the kind of insight to his motivation, however, in 2002:

"I used to make three pictures a year, and now I make a picture every three years. Things change. There have been a lot of good things out there, but they weren't the kind of pictures that I wanted to make. I didn't want to do pictures about explosions. I don't want to do pictures about shattered glass and broken bodies and blood. That just doesn't interest me."

Of course, we came to understand what interested him through his off-camera pursuits later in life. His passion came shining through in his love of, and talent for, auto racing. But it's through his philanthropy — the Newman's Own Foundation, which has raised more than \$250 million for charities worldwide, and the Hole in the Wall Camps for children with life-threatening diseases — that he showed his true heart.

Maybe Paul Newman wasn't so hard to figure out after all.

## The films of actor Paul Newman



Actors Robert Redford, left, as the Sundance Kid and Paul Newman as Butch Cassidy appear in this scene from the film "Butch Cassidy and the Sundance Kid," in 1969.

### By The Associated Press

- The films of Paul Newman include:
- "The Silver Chalice," 1954.
  - "Somebody Up There Likes Me," 1956.
  - "The Rack," 1956.
  - "The Helen Morgan Story," 1957.
  - "Until They Sail," 1957.
  - "The Long Hot Summer," 1958.
  - "The Left-Handed Gun," 1958.
  - "Cat on a Hot Tin Roof," 1958.
  - "Rally 'Round the Flag, Boys!" 1958.
  - "The Young Philadelphians," 1959.
  - "Hombre," 1960.
  - "Exodus," 1960.
  - "The Hustler," 1961.
  - "Paris Blues," 1961.
  - "Sweet Bird of Youth," 1962.
  - "Hemingway's Adventures of a Young Man," 1962.
  - "Hombre," 1960.
  - "A New Kind of Love," 1963.
  - "The Prize," 1963.
  - "What a Way to Go," 1964.
  - "The Outrage," 1964.
  - "Lady L," 1965.
  - "Hombre," 1960.
  - "Tom Luck," 1966.
  - "Hombre," 1967.
  - "Cool Hand Luke," 1967.
  - "The Secret War of Harry Frigg," 1968.
  - "Rachel Rachel," (director) 1968.
  - "Winning," 1969.
  - "Butch Cassidy and the

- Sundance Kid," 1969.
- "WUSA," 1970.
- "Sometimes a Great Notion," 1971.
- "Pocket Money," 1972.
- "The Effect of Gamma Rays on Man's Body Marigolds," (director), 1972.
- "The Life and Times of Judge Roy Bean," 1972.
- "The Mackintosh Man," 1973.
- "The Sting," 1973.
- "The Towing Inferno," 1974.
- "The Drowning Pool," 1975.
- "Silent Movie," (cameo), 1976.
- "Buffalo Bill and the Indians ... or Sitting Bull's History Lesson," 1976.
- "Slap Shot," 1977.
- "Quintet," 1979.
- "When Time Ran Out," 1980.
- "Fort Apache The Bronx," 1981.
- "Absence of Malice," 1981.
- "The Verdict," 1982.
- "Hud," 1983.
- "The Color of Money," 1986.
- "Fat Man and Little Boy," 1989.
- "Mr. & Mrs. Bridge," 1990.
- "The Hudsons Proxy," 1994.
- "Nobody's Fool," 1994.
- "Twilight," 1998.
- "Message in a Bottle," 1999.
- "Where the Money Is," 2000.
- "Road to Perdition," 2002.
- "Our Town," 2003.
- "Empire Falls," 2005.
- "Cars," (voice) 2006.

## Newman

Continued from page C1

Alfred Hitchcock and John Huston to Robert Altman, Martin Scorsese and the Coen brothers. His co-stars included Elizabeth Taylor, Lauren Bacall, Frank Sinatra and, most famously, Robert Redford, his sidekick in "Butch Cassidy" and "The Sting."

"There is a point where feelings go beyond words," Redford said Saturday. "I have lost a real friend. My life — and this country — is better for his being in it."

Newman sometimes teamed with his wife and fellow Oscar winner, Joanne Woodward, with whom he had one of Hollywood's rare long-term marriages. "I have steak at home, why go out for hamburger?" Newman told Playboy magazine when asked if he was tempted to stray. They wed in 1958, around the same time they both appeared in "The Long Hot Summer."

Newman also directed her in several films, including "Rachel, Rachel" and "The Glass Menagerie."

"Our father was a rare symbol of selfless humility, the last to acknowledge that he was doing was special," his daughters said in a written statement. "Intensely private, he quietly succeeded beyond measure in impacting the lives of so many with his generosity."

With his strong, classically handsome face and piercing blue eyes, Newman was just as likely to play against his looks, becoming a favorite with critics for his convincing portrayals of rebels, tough guys and losers. New York Times critic Caryn James wrote after his

turn as the town curmudgeon in 1955's "Nobody's Fool" that "you never stop to wonder how a guy as good-looking as Paul Newman ended up this way."

But neither his heartthrob looks nor his talent could convince Newman to embrace the Hollywood lifestyle. He was reluctant to give interviews and usually refused to sign autographs because he found the majesty of the act offensive.

"Sometimes God makes perfect people," fellow screen legend by his mid-

"Absence of Malice" star Sally Field said, "and Paul Newman was one of them."

Newman had a soft spot for underdogs in real life, giving tens of millions to charities through his food company and setting up camps for severely ill children. He was also opposed to the Vietnam War, and in favor of civil rights, he was so famously liberal that he ended up on President Nixon's "enemies list," one of the actor's proudest achievements, he liked to say.

A screen legend by his mid-

40s, he waited a long time for his first competitive Oscar, winning in 1987 for "The Color of Money," a reprise of the role of pool shark "Fast Eddie" Felson, whom Newman portrayed in the 1961 film "The Hustler."

In that film, Newman delivered a magnetic performance as the smooth-talking, whiskey-chugging pool shark who takes on Minnesota Fats — played by Jackie Gleason — and becomes entangled with a gambler played by George C. Scott.

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Retired veterinarian David Birdsal walks his black and tan hunting hound Lady on his property at his home in Gloucester, Va., Sept. 12. Hunting with hounds in Virginia dates nearly to the founding of Jamestown. AP photo

## Hunting-dog owners try to keep opponents at bay

By Steve Szostak  
Associated Press writer

RICHMOND, Va. — In a state considered the American birthplace of hunting with hounds, George Washington's favorite sport has become a target for some Virginia landowners who say baying dogs and their owners are trampling property rights.

Even other hunters object to a Virginia right-to-retrieve law viewed as the most absolute in the nation: Hunters have free rein to chase after dogs that stray onto posted private property.

Proponents are rising to protect their right to hunt, mindful that other Southern states have already limited or eliminated certain forms of the sport because of complaints from property owners.

Courty fox hunters and down-home bear and coon hunters — an unlikely coalition — contend their heritage is at stake.

"If we have a major defeat in Virginia, I think it would hurt hunting with hounds in every state. Therefore, we will fight it at every turn," vowed Kirby Burch of the Virginia Hunting Dog Alliance, an umbrella group for 450 hunt clubs claiming more than 30,000 members.

A big part of the friction involves loss of rural habitat due to development. In Virginia, land is being developed at more than three times the rate of population growth, according to "Hunting with Hounds in Virginia: A Way Forward," a state-commissioned report.

The upshot: More dogs are running on private lands, riling property owners.

Forts of hound hunting have been banned from Washington state to Massachusetts, and Southern states have followed suit — in part because of opposition from animal-rights groups, but also from landowners. Texas banned hunting deer with dogs in 1990, and Alabama, Georgia and Florida more recently have restricted the sport.

Those actions have prompted officials to examine the sport in Virginia, where approximately 180,000 hunters use dogs. Game officials here say they

hope to deal with the issue before problems mount.

Some hunters say the criticism comes from outsiders unfamiliar with the sport's heritage, but that's not always the case.

"An awful lot of what we consider 'new people' are sons and daughters of Virginia but don't have the tradition of the land," said Rick Busch, assistant director of the wildlife division of the state Department of Game and Inland Fisheries. "It's not necessarily Yankees piling into our Southern states."

Hunting with hounds in Virginia dates nearly 400 years ago to the founding of Jamestown, America's first permanent English settlement. Dogs are used to hunt bears, deer, fox, raccoons and rabbits.

Washington and Thomas Jefferson were among its earliest enthusiasts. Congressman John Randolph, who represented Virginia in the early 19th century, was known to enter the House of Representatives with a pack of hounds at his heels. The sport flourished among the Southern plantation culture and spread to Appalachia with Scots-Irish immigrants.

That was back when the same land supported far fewer people. Hunting enthusiasts and opponents alike wonder whether there's still enough room for the specially bred, high-priced dogs to run.

On Oct. 23, the Board of Game and Inland Fisheries is to consider proposals that seem to satisfy neither side. The proposals do not, for instance, recommend changes to the right-to-retrieve law, disappointing property owners like Ben Jones.

He became so weary of hunters tramping after their dogs on his 165 acres about 40 miles southwest of Richmond that he billed the state \$4,750. The bill was ignored.

"The Constitution says government can't take property from the private sector and place it in the public sector without JUST COMPENSATION to the property owner," Jones, a self-employed contractor, wrote in an e-mail to The Associated Press.

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# River of Stone

The Adventure Begins October 5th

# U.S. destroyer watching ship hijacked by pirates off Somalia

By Mohamed Odi Hassan  
Associated Press writer

MOGADISHU, Somalia — A U.S. destroyer off the coast of Somalia closed in Saturday on a hijacked Ukrainian ship loaded with tanks and ammunition, watching it to ensure the pirates who seized it do not try to remove any cargo or crew.

As Russian and American ships pursued the hijackers of the Ukrainian-operated vessel, pirates seized another ship off Somalia's coast, an international anti-piracy group said.

The Greek tanker with a crew of 19 is carrying refined petroleum from Europe to the Middle East. It was ambushed Friday in the Gulf of Aden, said Noel Choong, who heads the international Maritime Bureau's piracy reporting center based in Malaysia. He said pirates chased and fired at the ship before boarding it.

In Somalia, a man claiming to be spokesman of the pirates holding the Ukrainian ship said the hijackers want \$35 million to release the vessel. But there was no way to immediately verify his claim that he represented the pirates.

On Thursday, pirates seized the Ukrainian ship *Faina* en route to Kenya, with 33 Russian-built T-72 tanks and a substantial quantity of ammunition and spare parts, Russia's navy said Friday. It had dispatched a warship to the area, and the United States said American naval ships were tracking the Ukrainian ship with special concern because of the weaponry on board.

The hijackings were the latest in a series of audacious maritime attacks off the coast of Somalia, a war-torn country that has been without a functioning government since 1991.

A U.S. defense official said the destroyer USS *Howard* is pursuing the hijacked Ukrainian vessel and is now within a few thousand yards of it. The hijacked ship is anchored a few miles off the Somalia coast, said the official who spoke on condition of anonymity due to the sensitive nature of the situation.



The U.S. Navy destroyer USS *Howard* sails off the coast of Hawaii during sea exercises, on May 28. The *Howard*, which is now off the coast of Somalia, closed in Saturday on a hijacked Ukrainian ship loaded with tanks and ammunition, watching it to ensure the pirates who seized it do not try to remove any cargo or crew.

AP file photo

The destroyer is watching to make sure the pirates do not try to remove anything of the official added.

The USS *Howard's* Web site says it is equipped for combat operations at sea with surface-to-air missiles, Tomahawk cruise missiles, anti-aircraft missiles, torpedoes, and a five-inch rapid-fire deck gun.

Kenyan government spokesman Alfred Mutua said the *Faina* had not yet docked at any port and was still at sea. Kenya "is not aware of any credible ransom demand being made," Mutua said in statement on his Web site. He said Kenya "does not and will not negotiate with international criminals, pirates and terrorists."

Ukraine's Foreign Ministry said the Kenyan Defense Department was using its contacts to try to resolve the problem. It said Kenyan authorities were sharing information with Somalia, Ukraine, Russia, the U.S. and Britain in an effort to secure the swift release of the ship and its crew.

A man who spoke to the Associated Press in Somalia by telephone and claimed to be a spokesman for the pirates said they were seeking a ransom.

"We want the Kenyan government to negotiate with us about a \$35 million ransom we want for the release of the ship and the cargo without

any other intervention," said the man, who identified himself as Ali Yare Abdulkadir. "If not, we will do what we can and off load the small arms and take them away."

Abdulkadir, who local residents in the northeastern Somali region of Puntland ships firm mate. He said the pirates, declined to reveal his whereabouts. He said the ship is somewhere along Somalia's northeastern coast and warned against any military action to liberate it.

"Any one who tries it will be responsible for the consequences," Abdulkadir said. A Russian Web site posted what it said was an audio recording of a telephone conversation with the Ukrainian ship's firm mate. He said the hijackers are seeking a ransom and have anchored close to the Somali shore.

There was no way to immediately confirm the authenticity of the report on Web site *Life.ru*. Calls to the phone number listed on the site went to an answering machine at the publisher of two established tabloids that have reportedly relied on news in the past — one of them also called *Life.ru*.

On the recording, a man who identified himself as first mate Viktor Nikolsky said the hijackers were asking for a ransom but he did not know how much. *Life.ru* showed images of what it said were the

"We want the Kenyan government to negotiate with us about a \$35 million ransom we want for the release of the ship and the cargo ..."

— A man who claimed to be a spokesman for the pirates

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# Haitian city encased in mud needs global help

By Ariana Cabillos  
Associated Press writer

GONAIVES, Haiti — The U.N. World Food Program's director flew to a Haitian city still encased in mud Friday to draw global attention to the ongoing disaster that has enormously complicated the country's struggle to feed itself.

The WFP said it has asked for US\$54 million to help Haiti recover from four killer storms but so far has received only US\$1 million. Beginning a two-day survey of the disaster area, Executive Director Josette Sheeran said "concerted global action" will be needed in a country where local officials say famine looms.

"We need more and we are ready," she told The Associated Press, adding that some previously flooded roads have reopened. "Now we can handle more food and water."

She urged agriculture officials to buy seeds and other produce from local farmers to revive the economy.

"Haiti wants to grow its own food and to be self-sufficient, not just waiting on food assistance while they recover from this devastating storm," Sheeran said.

Haitian President Rene Preval also pleaded for help, asking for long-term assistance Friday in his speech to the U.N. General Assembly.

Devastation awaited Sheeran in this coastal city, largely cut off from the rest of Haiti because of flooded roads and wrecked bridges. Gray mud is still piled waist-high in homes, coating prized television sets, books and cooking pots. Tens of thousands still live in shelters and roam muddy streets looking for food.

At least 194 people were killed by the tropical storms in less than a month this summer in Gonaives and the surrounding region, the largest share of a nationwide death toll of 425.

Some of the mud is topsoil — precious in this deforested country — flushed from the mountains above when a river broke its banks, churned through the countryside and sliced through town before emptying into the sea.

Clouds of mosquitoes now breed in Gonaives' wet ground, raising fears that disease will spread. Children play in the mud. In a hospital, brown mud immobilizes an empty wheelchair. Some families ball the



A woman's hands are shown covered in mud in Gonaives, Haiti, Sept. 20. As Haiti's President Rene Preval pleaded for long-term assistance in a speech to the U.N. General Assembly Friday, Gonaives, Haiti's ravaged fourth-largest city, remains encased in mud.

mud from their houses, soldering on in the stench. Mothers use muddy rags to wipe off kitchen utensils. Most residents have nowhere else to go.

"I've been cleaning out my dirt house," said Yonel Charles, who lost all his possessions in the floods. "I have to stay here."

The floods from Fay, Gustav, Hanna and Ike destroyed an estimated 60 percent of Haiti's food harvest. The WFP said it has delivered more than 2,200 metric tons of food during this emergency, enough to feed almost 500,000 people.

"Hunger is no stranger to Haitians who have been struck by more than their fair share of crises," Sheeran said. "Now is the time for concerted global action to get food to the hungry, and to support President Preval's goal of longer-term solutions to help the country, and its people, feed themselves."

Speaking in New York, Preval thanked the world for its help, but said emergency aid alone won't solve Haiti's plight as that long-term solutions are needed.

"Once this first wave of humanitarian compassion is exhausted, we will be left as always, truly alone, to face new catastrophes and see restarted, as if in a ritual, the same exercises of mobilization," Preval said.

Preval said he wants trade liberalization "based on Haitian farmers to compete, and a reconstruction project that empowers Haitians to take care of themselves.

More than 800,000 people in the country of 9 million have been affected by the storms, including more than 300,000 children. Gonaives is on Haiti's central floodplain, but towns on the

southern peninsula also remain cut off and desperate for drinking water, and the country's northwest is flooded. Bridges and roads lay destroyed all across the country.

The U.N. said it has only received 3.4 percent of its

\$108 million appeal for relief after the storms. An additional \$17 million has been given in bilateral aid.

The U.S. Agency for International Development has pledged \$29 million in humanitarian assistance so far.

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-Bonnie Straman,  
Co-chairperson, TETWP 900 Women campaign

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# Chinese cheer as astronaut makes first spacewalk

By Christopher Bowen  
Associated Press writer

BEIJING — Chinese celebrated their nation's first spacewalk Sunday, gathering at outdoor TV screens to cheer live video of the milestone for a program that has ambitions of building a space station and challenging the U.S. and Russia in offworld exploration.

Stoking national pride one month after the close of the Beijing Olympics, state television's coverage reflected much of the glory once president and Communist Party leader Hu Jintao, who was present at Thursday's launch and watched the spacewalk at Beijing's ground control center.

"Your success represents a new breakthrough in our manned space program," Hu told the astronauts in a scripted exchange that was also broadcast live.

"The motherland and the people thank you," said Hu, who is chairman of the powerful Communist Party and government military committees that oversee the space program.

The spacewalk was mainly aimed at testing China's mastery of the technology. Mission commander Zhai Zhigang's sole task was to retrieve a neck attached to the outside of the orbital module — containing an experiment involving solid lubricants.

Tethered to handles attached to the Shenzhou 7 ship's orbital module, Zhai remained outside for about 13 minutes before climbing back inside through the open hatch.

"Greetings to all the people of the nation and all the people of the world," Zhai said into an external camera he floated halfway out of the open hatch.

Fellow astronaut Lu Boming also emerged briefly from the capsule to hand Zhai a Chinese flag. The third crew member, Jing

HaiPeng, monitored the ship from inside the re-entry module.

While successful, the spacewalk wasn't without its suspenseful moments.

Zhai, a 41-year-old fighter pilot, appeared to struggle with the hatch and then a fire alarm was triggered in the orbiter as he began the spacewalk.

Wang Zhaoyao, deputy director of manned space flight, conceded the combined effects of weightlessness and depressurization on the hatch opening operation hadn't been fully anticipated. He blamed a faulty sensor for the fire alarm.

"There were no impact on the rest of the mission," Wang said.

The spacewalk required astronauts to first depressurize and then repressurize the orbital module and proved the effectiveness of Zhai's Russian space suit, produced by China at a cost of \$4.4 million. Lu wore a nearly identical Russian-made Orlan suit, state media said.

Following the spacewalk, the astronauts released an 88-pound satellite to circle the orbiter and send back images to mission control.

The spacewalk was an opening step for China's plan to assemble a space station from two Shenzhou orbital modules, the next major goal of the manned space program. China is also pursuing lunar exploration and may attempt to land a man on the moon in the next decade — possibly ahead of NASA's 2020 target date for returning to the moon.

China launched its first manned mission, Shenzhou 5, in 2003, becoming only the third country after Russia and the United States to launch a man into space. That was followed by a two-man mission in 2005.

Along with challenging

Russia and the U.S., the spacewalk ups the ante in China's competition with Asia's other aspiring space powers, Japan and India. China's advances have spurred space spending by those two nations, partly for bragging rights but also in search of economic benefits such as a bigger slice of the commercial satellite launching business.



Chinese react on a street in Beijing Saturday as they watch live TV coverage of a Chinese astronaut performing the nation's first spacewalk.

AP photo

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# Congratulations!

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South Central Idaho Food Safety Awareness Coalition

South Central Idaho Food Safety Awareness Coalition (SCIFSAC) proudly presents the first annual Food Safety Recognition Award to local restaurant and supermarket/warehouse establishments. A celebration ceremony to present the award is scheduled for Tuesday, September 30, 2008, from 2 to 4 p.m. at the South Central Public Health District Office (1020 Washington Street North on the CSI campus). The general public is welcome to join the celebration.

SCIFSAC is a group of community members from industry, academics, institutions, county/state governmental agencies, and the general public. The members share the common mission of increasing food safety awareness of food handlers and the general public through *Advocacy, Collaboration, and Education (ACE)*.

The purpose of the Food Safety Recognition Award (ACE Award) is to recognize businesses that have made food safety their priority. Businesses receiving the award have demonstrated heightened awareness of food safety and excellent practices in safe food handling. Hopefully this award will inspire more businesses to do the same. As a result, consumers will have higher confidence that the food they purchase at stores or eat at restaurants is safe.

SCIFSAC selected the ACE Award recipients based on their demonstration of food safety knowledge and their performance during an unannounced, regular food safety inspection done by South Central Public Health District. The recipients are among the top food safety performers in the health district, which encompasses eight counties: Blaine, Camas, Lincoln, Gooding, Jerome, Twin Falls, Cassia, and Minidoka counties.

<ul style="list-style-type: none"> <li>9 Beans &amp; A Burrito</li> <li>AC Drive-in</li> <li>Albertsons #132</li> <li>Angela's Mexican Food</li> <li>Applebees</li> <li>Arby's #1598</li> <li>Arctic Circle - TF</li> <li>Arctic Circle (Kimberly)</li> <li>Baci Italian Cafe</li> <li>Beacon Burger &amp; Brew</li> <li>Becky Ann Cafe</li> <li>Berry's Market</li> <li>Big Belly Deli</li> <li>Bigwood Grill</li> <li>Bistro 44</li> <li>Buffalo Cafe</li> <li>Burger King #2793 (Burley)</li> <li>Carino's Italian Grill</li> <li>Chandler's Restaurant</li> <li>Chappel's Market</li> <li>Chilis</li> <li>China Panda</li> <li>Choate's Family Diner LLC</li> <li>CKS</li> <li>Costco Wholesale #145</li> <li>Creek Side</li> <li>Daves Dairy Queen</li> <li>Depot Grill</li> <li>Dominos Pizza (Hailey)</li> <li>Dominos Pizza (TF)</li> <li>El Cazador Mexican Restaurant (Gooding)</li> <li>El Tapatio</li> <li>Fiesta Ole (Kimberly)</li> <li>Fred Meyer</li> <li>Garden Cafe &amp; Bakery</li> </ul>	<ul style="list-style-type: none"> <li>The Golden Corral #2460</li> <li>Idaho Pizza Company (Jerome)</li> <li>Il Naso</li> <li>Jack In The Box #6019 (TF)</li> <li>Jakers</li> <li>Johnny G's Sub Shack</li> <li>Kelly's Restaurant</li> <li>Kentucky Fried Chicken (Burley)</li> <li>Ketchum Grill</li> <li>Konditorei</li> <li>La Casita Inc</li> <li>Lago Azul Mexican Restaurant</li> <li>Little Caesars Pizza (Burley)</li> <li>Little Caesars Pizza (Jerome)</li> <li>Loong Hing Inc</li> <li>Main Street Burger</li> <li>Mandarin House</li> <li>Manhattan Cafe</li> <li>Market Basket</li> <li>The McClaines</li> <li>Arctic Circle LLC</li> <li>McDonalds (Addison)</li> <li>McDonalds (Blue Lakes - TF)</li> <li>McDonalds (Burley)</li> <li>McDonalds (Jerome)</li> <li>McDonalds (Pole Line - TF)</li> <li>Molly's Bagel Bakery</li> <li>Morays Steakhouse, LLC</li> <li>New China House (Gooding)</li> <li>New York Burrito</li> <li>Pandoras</li> <li>Papa Kelseys (Buhl)</li> <li>Papa Kelseys (TF - Blue Lakes)</li> <li>Papa Kelseys (TF - Kimberly Rd)</li> <li>Papa Kelseys Pizza &amp; Subs (Hagerman)</li> </ul>	<ul style="list-style-type: none"> <li>Papa Kelseys Pizza &amp; Subs (Wendell)</li> <li>Papa Murphys Pizza</li> <li>Pizza Hut #2176 (Rupert)</li> <li>Pizza Planet</li> <li>The Place</li> <li>The Plum Natural Organic Market &amp; Deli</li> <li>Prasai's Thai Cuisine</li> <li>Ricos Pizzeria</li> <li>Rosebud Deli</li> <li>Sakura Japanese Restaurant</li> <li>Shari's Restaurant</li> <li>Side Street Cafe</li> <li>Simerlys</li> <li>Sizzler Restaurant #650</li> <li>Snake River Grill</li> <li>Sonic Drive-In (TF - Blue Lakes)</li> <li>Sonic Drive-In (TF Addison)</li> <li>Subway - (Blue Lakes)</li> <li>Subway - (Kimberly Rd)</li> <li>Subway - (MV Mall)</li> <li>Subway (Burley)</li> <li>Subway (Jerome, Democracy Ave)</li> <li>Subway (Jerome, Wal-Mart)</li> <li>Subway (Rupert)</li> <li>Subway (Wendell)</li> <li>Subway (Wendell)</li> <li>Subway @ Twin Stop (Pole Line)</li> <li>Subway-Goodrich Ice Cream</li> <li>Sushi Tokyo Japanese Restaurant</li> <li>Sushi Ya</li> <li>Swensens #6</li> <li>Taqueria Al Pastor #1</li> <li>Tor's Eatery</li> <li>Wal-Mart # 2831 (Jerome)</li> <li>Wendys (TF)</li> <li>Zeppes Pizza</li> </ul>
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# Scholars hunt for missing pages of ancient Bible

By Mattie Friedman  
Associated Press writer

JERUSALEM — A quest is under way on four continents to find the missing pages of one of the world's most important holy texts, the 1,000-year-old Hebrew Bible known as the Crown of Aleppo.

Crusaders held it for ransom, fire almost destroyed it and it was reputedly smuggled across Mideast borders hidden in a washing machine. But in 1958, when it finally reached Israel, 196 pages were missing — about 40 percent of the total — for some Old Testament

scholars they have become a kind of holy grail. Researchers representing the manuscript's custodian in Jerusalem now say they have leads on some of the missing pages and are nearer their goal of making the manuscript whole again. The Crown, known in English as the Aleppo Codex, may not be as famous as the Dead Sea Scrolls. But to many scholars it is even more important, because it is considered the definitive edition of the Bible for Jewish worldwide.

The key to finding the pages is thought to lie with the insular diaspora of Jews

originating in Aleppo, Syria, where the manuscript resided in a synagogue's iron chest for centuries.

A turning point in its history came three days after the U.N. passed the 1947 resolution to grant Israel statehood, to burn down the synagogue. Aleppo Jews rescued the Codex, but in the ensuing years the 10,000-strong community was uprooted and scattered around the world.

Scholars believe that Aleppo Jews still hold many of the missing pages, while others have fallen into the hands of antiquities dealers. Two fragments have already

surfaced: a full page in 1982, and a smaller piece last year that had been carried for decades by a Brooklyn man, Sam Sabbagh, as a good-luck charm. Persistent rumors tell of more waiting to be found.

When the Codex reached Israel 50 years ago it was presented to Itzhak Ben-Zvi, the country's president and a scholar of Jewish communities in the Islamic world. Although the manuscript is

housed at the Israel Museum with the Dead Sea Scrolls, the Ben-Zvi Institute founded by the late president remains its legal custodian and is behind the new search.

# Car bomb kills at least 17 in Syria

By Ziad Hadzir  
and Baroz Daragahi  
Los Angeles Times

DAMASCUS, Syria — Mystery struck a powerful car bomb explosion Saturday that ripped through a residential neighborhood on the outskirts of Damascus, killing at least 17 people and injuring 14 others in the deadliest terrorist attack in Syria in more than two decades.

Official Syrian television channels broadcast footage of the blast's aftermath, including a crushed automobile and the mangled facade of an apartment block with windows blown out. One witness told Syrian television that the bomb was packed into a sedan.

Security forces quickly cordoned off the area. Witnesses described life-threatening injuries, and it was anticipated that the death toll would rise.

Syrian media quoted sources saying the vehicle was loaded with more than 400 pounds of explosives and blew up between 8 a.m. and 9 a.m. in a busy pedestrian area often filled with Lebanese, Iraqi or Iranian religious tourists. The area is near an intersection leading to the tomb of Zainab, a daughter of the Prophet Muhammad who is revered by Islam's Shiite sect, and a small outpost housing security officials.

The Syrian work week begins Saturday, but the death toll could have been far higher a day earlier. On Friday, mostly Shiite pilgrims finished a religious ceremony near the end of the holy month of Ramadan.

No group immediately claimed responsibility for the attack. The official Syrian Arab News Agency reported that a counterterrorism unit often deployed against Islamist radicals was dispatched to investigate the attack, which bore the hallmarks of Sunni Arab militant groups inspired by or connected to al-Qaida.

"We cannot accuse any party," Bassam Abdul-Majid, Syria's interior minister, told state television, according to Arab news Web sites. "There are ongoing investigations that will lead us to those who carried it out."

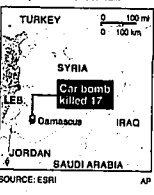
Terrorist strikes targeting civilians are rare in Syria, but assassinations have been on the uptick. A Sunni cleric, a ranking security official and Hezbollah military commander Imad Mughniyah were among the prominent figures killed in separate incidents in Syria over the last two years.

The bombing was among the worst attacks in decades. On New Year's Eve 1997, a still unsolved bomb explosion aboard a Damascus bus killed nine and in 1986, Syria accused former Iraqi president Saddam Hussein of murdering a series of bombings that left at least 140 dead. Numerous groups could have been responsible for Saturday's blast.

Syrian authorities thwarted a 2006 attack, aimed at the U.S. embassy in Damascus, by gunmen driving a car filled with explosives. In 2004, four died in a gun battle following an attack by suspected Islamic militants in a diplomatic district of Damascus.

## Bombing in Damascus

A car packed with 440 pounds of explosives detonated next to a security complex in the Sidi Khaled area of Syria's capital leaving dozens of victims and knocking down part of a 13-foot wall.



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- October 11 — Car Show and Shine to be held at Arctic Circle and Avid Sporting Parking Lot.
- October 11 — Octoberfest to be held at Mimi's Flowers and Events Center.
- October 31 — Halloween Contest — Register at New Energy Dance and Fitness, 2 age groups 1-6 years and 7-13 years, receive a list of businesses to trick-or-treat and each business will submit their votes. Winners will be announced and receive prizes at the Nov. 4 Chamber Luncheon. Come join in the fun!!!

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Every Thurs. Rotary meets at Grandstands — noon.  
Every Fri. West End Men's Assoc. meets at Grandstands — 6:30 am.

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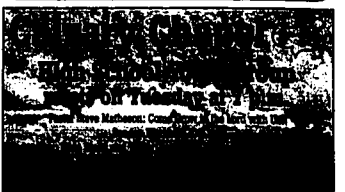
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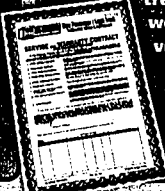
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INSIDE: Phillies clinch NL East title with win over Nationals, D4



INSIDE: Local roundup & golf, D2 | College football, D5 | Your Sports, D6 | NFL, D7 | NASCAR, D8

## CSI brushes aside Eastern Utah

By David Bashore  
Times-News writer

Brianne Barton knew the faith of the College of Southern Idaho coach Heidi Cartisser placed in her as she took to the floor for her first start of the season.

"With family members in attendance, the sophomore outside hitter didn't disappoint."

Barton repaid Cartisser's trust with a nine-kill performance, an output matched by middle hitter Torrey Hulsey as CSI cruised to a 25-13, 25-18, 25-21 win over the College of Eastern Utah on Saturday.

ent look that CSI (22-3, 2-0 Scenic West Athletic Conference) threw at Eastern Utah, with Jessica Peacock playing on the right side and Barton slipping into the Australian's customary spot.

"We were just looking for some fire out there," said Cartisser of the switch. "I think this is something we may go back to down the road."

Hulsey added seven blocks — two solo — to go with her nine kills, and fellow middle Alyssa Wistrick showed some of her first-team All-American form by adding eight kills and three blocks.

It was an impressive performance up the middle from No. 3-ranked CSI, which will probably at worst keep that ranking when Wednesday's NCAA Division I poll comes out, but the duo belonged to Barton and her solid showing on her full debut.

"I was really excited, it meant a lot to me," Barton said of getting the start. "I liked the look of our offense today. We came out with the mentality that these were going to be tough matches, and I think we responded."

In some respects it was a game similar to the three-game CSI victory over Colorado Northwestern

Community College on Thursday. CSI treated it, like every other match on the schedule, like a national-championship match. It helped the Golden Eagles find that extra gear against inferior opposition, rather than slip to the level of their opponents.

"But like the win over the Spartans on Thursday, there were still points to ponder for Cartisser and her squad."

"I still think we gave away too many points to errors, which is something that we'll be working on for the really tough week ahead," Cartisser said. "It's not about a lack of effort ... we just need to be a little

bit cleaner."

It's not just a tough week that lies ahead for CSI.

The Golden Eagles won't play on their home floor again until Oct. 21, when they hold a fundraiser scrimmage against the College of Idaho. In the meantime, however, the SWAC pecking order will take shape as CSI's next five conference matches, and six overall, are played on the road.

The road trip starts with Friday's visit to bitter rival Salt Lake Community College.

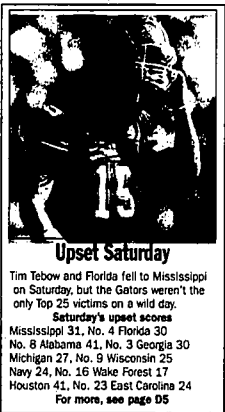
David Bashore may be reached at 208-735-3230 or dbashore@magicvalley.com.



HEIDI CARTISSER/STAFF PHOTO  
College of Southern Idaho's Britani Hultors serves the ball against the College of Eastern Utah Saturday afternoon in Twin Falls.



San Diego State running back Bradson Sullivan (23) straight-arms Idaho's Isaac Battis (27) on an 11-yard gain during the second quarter Saturday in San Diego.



Tim Tobby and Florida fell to Mississippi on Saturday, but the Gators weren't the only Top 25 victims on a wild day.

**Upset Saturday**  
Saturday's upset scores  
Mississippi 31, No. 4 Florida 30  
No. 8 Alabama 41, No. 3 Georgia 30  
Michigan 27, No. 9 Wisconsin 25  
Navy 24, No. 16 Wake Forest 17  
Houston 41, No. 23 East Carolina 24  
For more, see page D5

## Vandals struggle in big loss at San Diego State

For the Times-News

SAN DIEGO, Calif. — Saturday was a day when little when right for the Idaho Vandals. The result was a 45-17 loss to San Diego State at Qualcomm Stadium.

The defense had its bright moments but the Aztecs were adept at making the most of opportunities given them with a balanced run-pass attack.

On the other hand, the Idaho offense never seemed to find its groove. With starting running back Deonte Jackson nursing an aching back, the running game sputtered and the passing attack misfired. Ultimately, the Vandals were outgained 603-351.

"There were too many big plays given up by our defense early," Idaho

coach Bobb Akcy said. "That might have shaken their confidence. But, it happened. We have to learn to play through it."

The game followed a pattern that has haunted the I-4 Vandals all fall.

"We didn't execute the way we wanted to in the first half," Idaho's Eddie Williams said. "We've got to be able to find a way to play four quarters. We either come out hard and end slow or the other way around."

"We have to execute better. There's no real secret to it. It's that simple."

The same thought process applied to the defense.

"It comes down to consistency," said senior defensive end Josh Shaw, who

Please see VANDALS, Page D2

## Broncos handle the half-week, Johnson reflects on season

By Dustin Laryx  
Times-News correspondent

When most of the other teams in college football were playing Saturday afternoon, Ian Johnson and the Boise State Broncos were idling in the middle of an off-site week.

To get onto national television next week, the Broncos host Louisiana Tech Wednesday on ESPN. Because of this scheduling, the Broncos are again extending their preparations in the early season. Saturday was a Tuesday for BSU. Today is a Wednesday.

Seems strange to some, but Johnson said this terminology, this re-arrangement of the week, actually helps the team adjust to the abnormal schedule.

"The easy thing is the fact that they say 'today's a Tuesday' or 'today's a Wednesday,' then you don't think of it as 'today's my Saturday and I want to be watching college football or I should be playing a game,'" Johnson said. "Instead, it's 'today's Tuesday right now' and that makes it a little bit easier."

Johnson said he is preparing for midterms during the weekend off, the second already this season. The Broncos also get next weekend off before making their longest trip of the season, to Southern Mississippi, in Hattiesburg, Miss.

"I'm just glad I'm not playing in Ruston (La.)," Johnson said. "I don't like going south if I don't have to. It's one of those games we handled last year, that we played real well in."

The Bulldogs come to Boise. When the Broncos go

to Ruston, they sometimes have to fly into Dallas, or Shreveport, La., or even Atlanta, or charter a plane to land in Ruston. Johnson said he would go south when he had to, like the WAC's 11 game at Southern Miss, the last non-conference game of the season.

But, this week is about the onset of the Western

Athletic Conference season, against a team the Broncos are used to beating.

"They're a team that's always got a lot of talent ... but now they're playing for our WAC championship and we want to get that," Johnson said. "That's the biggest thing for us. We want to get that WAC back. This is the first step to it."

Throughout fall camp, the Broncos were shirts that said "Take back the WAC." When they lost to the University of Hawaii last season, they lost the conference title for the first time in six years.

That sort of consistency comes from a dedication to perfection, to the careful consideration of every detail.

"Details aren't fun," Johnson said. "It's not one of those things where you're loving to go back and repeat a play because of some small minute detail. Most teams won't go back and correct a play they scored on, and say 'hey we did this, and this is wrong so this is what we need to go do.' It's annoying for the team, but it's definitely beneficial."

Johnson seems to be ready to break out and have one of those games that made him a star, the type of game he has not had this season. There

Please see BRONCOS, Page D2

## Visiting coaches share some thoughts on their CSI signees

By Mike Christensen  
Times-News writer

While they were in town to pass on some pointers and catch a glimpse of this year's College of Southern Idaho squad, Tim Miles, Randy Rahn and Jeremy Cox also took a moment to share thoughts on the former Golden Eagles that will be part of their squads this year.

All three coaches took part in this year's Fourth Annual CSI Basketball Coaches Clinic this weekend, which

included a dinner Friday night and four-hour instructional clinic Saturday.

Miles, entering his second year at Colorado State, signed two players from last year's 30-2 CSI squad in 6-5 guard Harvey Perry and 6-9 center Bocar Ba.

Perry averaged 7.4 points and 3.5 rebounds for the Golden Eagles last season, while Ba chipped in 5.6 points and 6.4 boards.

included a dinner Friday night and four-hour instructional clinic Saturday.

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Perry averaged 7.4 points and 3.5 rebounds for the Golden Eagles last season, while Ba chipped in 5.6 points and 6.4 boards.

"Both are guys we are going to depend on heavily," said Miles, adding that he believes

both can develop into quality Mountain West Conference players.

Rahn inked CSI guard Nick Hansen, who was the Golden Eagles' third-leading scorer at 10.8 points a game. The 6-4 shooting guard also grabbed 3.7 rebounds a game and shot 38 percent from 3-point range.

"I like Nick a lot," said Rahn. "He's tough, competitive and a great teammate. He's just a winner."

Cox, the top assistant to Billy Gillispie at Kentucky, Please see THOUGHTS, Page D2

## Smith, Bruins defense stymie Tigers

By Diane Phillips  
Times-News writer

You can't win if you can't score goals, and you can't score goals without the ball. Twin Falls made sure both statements were held true Saturday.

The Twin Falls defense played an intense, stout game and senior goalie Becci Smith rebounded her sixth shutout of the season as the Bruins topped Idaho Falls 3-0 on Saturday morning, improving its Region-Four Five-Six record to 3-1.

"We needed to keep up the intensity for two halves and keep on pushing the ball," said Twin Falls coach Katie Kauffman. "We did that

today."

Twin Falls went ahead 1-0 in the 13th minute after a McKenzie Johnson shot off the pipe rebounded back to the sophomore midfielder and a quick pass to Maddi Worst resulted in the Bruins first goal.

"I've had a lot of assists but I really just want to score," said Johnson. "Our team came out really ready to play today."

Senior Emilee Williams played a through ball to fellow senior Kaitlyn Simpson in the 38th minute making it 2-0 for the Bruins. In the 53th minute, Idaho Falls junior Hall Harrison committed a foul just outside the box and senior Shelbe Sheppard con-

verted on the resulting free kick for the final 3-0 score.

For the game, Twin Falls had 23 shots on goal and Smith recorded eight saves.

"It was a great effort by the team today," said Smith. "Everyone wanted this so bad. We are tired of losing and we want to go to state this year. Our defense was good. I thought Isabel (VonZastrow) really stepped up her defense. We pressed the ball a lot and worked hard and talked a lot."

Smith loves her position as the last stop before the opposition scores because "I just feel at home and I can see everything from the goal."

Please see BRONCOS, Page D2













# Drafting well is real key to long-term NFL success

By Dave Goldberg  
Associated Press writer

The Atlanta Falcons are one of the NFL's pleasant surprises, starting 2-1 after a 2007 season that was riddled from the start by the jailing of Michael Vick and made worse by the harsh regime of Bobby Petrino and his sudden departure for Arkansas with three games left.

The New York Jets are 1-2, not a surprise considering they had a difficult opening schedule. But the way they have played has made it clear that the quick-fix approach that included the trade for Brett Favre is just that: a quick fix that is likely to damage any long-term rebuilding plan.

Yes, there are many ways to build a good team, as New England has shown by using free-agent trades and a few smart free-agent signings to dominate most of this decade.

But the method that has built champions, before and after the advent of free agency in 1970, is the one that's always worked: good drafting.

That's why the Falcons are doing it the right way, even if things don't work out perfectly. And the Jets are doing it the wrong way, even if Favre leads them to the playoffs this season. At the end of this year or next year, they will still be spinning their wheels, hoping that Kellen Clemens or Brett Ratliff or some older QB off the scrap heap (Marc Bulger anyone?) will lead them to the Super Bowl.

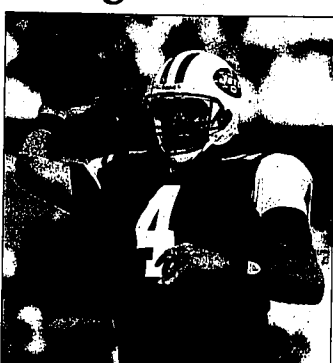
"Scouting and drafting is still the most basic way to build a football team and the good teams know it," says Gil Brandt, the longtime personnel director of the Cowboys and one of the NFL's draft consultants. "It's funny that every time I talk to someone from a school that thinks it has a kid who can be a real sleeper in the draft they tell me, 'The Giants were here looking at him.'"

The Giants, in case anyone missed it, upset the Patriots to win the Super Bowl with eight rookies on the roster, including a tight end named Kevin Boss from Western Oregon, not exactly a spawning ground for NFL players.

Dallas, currently the consensus choice as the NFL's top team, signed receiver and return man Miles Austin two years ago as a free agent from Monmouth in New Jersey. He



Atlanta Falcons quarterback Matt Ryan throws against the Detroit Lions earlier this season at the Georgia Dome in Atlanta. The Falcons are 2-1 with the rookie quarterback under center.



New York Jets quarterback Brett Favre throws a pass against the New England Patriots earlier this season in East Rutherford, N.J. The Jets are 1-2 with the veteran quarterback under center.

### "Scouting and drafting is still the most basic way to build a football team and the good teams know it"

— Gil Brandt, NFL's draft consultant

had two receptions for 115 yards and a touchdown Sunday night to help beat Green Bay. Monmouth just happens to be on the Jersey shore, a place well known to Bill Parcells, the coach of the Cowboys when Austin was signed.

The Falcons can only aspire to be the Giants or Cowboys in a few years.

But after the Vick/Petrino debacle, they began the right way by hiring Thomas Dimitroff, a little-known personnel man from New England, to take over the football operation. He hired the almost totally unknown Mike Smith from Jacksonville to coach the team.

Then Dimitroff used first-round draft picks, the third overall and the 21st, to draft Matt Ryan and Sam Baker. They were made immediate starters at quarterback and left tackle, two of the most important positions on offense, and two of the most difficult for any rookie to learn. They added another rookie at another key position in middle linebacker Curtis Lofton, a second-round pick.

Football people differ on whether throwing in rookie

at those position helps or hinders their development. And the verdict, of course, is still out on Ryan, Baker and Atlanta — considering that while the Falcons are 2-1, their wins are over two of the NFL's worst teams, wireless Detroit and wireless Kansas City.

Individual results? About what they should be.

Ryan threw a 62-yard touchdown pass on his first play against the Lions, the second NFL quarterback ever to do that. He also had a TD pass against the Chiefs and did not have an interception in either game. His passer ratings in those wins were 137 and 120.6, outstanding numbers.

But against Tampa, with a veteran defense that can be one of the most difficult in the NFL, to decipher, he was 13-33 for 158 yards and his rating was a dismal 39.4.

Beyond that, the best thing about the Falcons' offense is that they found that occasional free agent who can have an immediate impact: Michael Turner, LaDainian Tomlinson's backup in San Diego and by far the biggest prize this year in the running

back stop. He currently leads the league in rushing with 366 yards and has a 6.2 average. But again, the numbers are skewed by opponents: 324 yards and all five of his touchdowns came against the Lions and Chiefs, just 42 yards were against the Bucs.

Still for a team that won four games last season, getting halfway there in three weeks is an accomplishment. The Jets, who also finished 4-12 in 2007, are another story.

Feeling squeezed by the success of the Patriots, who have won five straight AFC East titles, and the Giants, who have always owned the New York area and dominated it after their Super Bowl win, they set out to get their own attention.

They did, especially by trading for Favre, which got them on the back pages of the tabloids for a week and into City Hall.

But did they do it the right way?

The price for Favre wasn't very much: a fourth-round draft choice. And the price for the rest of the players they signed — notably offensive linemen Alan Faneca and Damien Woody; linebacker/defensive end Calvin Pace; and nose tackle Eric Jenkins (after a trade with Carolina) — wasn't the kind fans care about. It was simply millions of owner Woody Johnson's dollars.

Dustin Keller, looks like a good receiving tight end, and fourth-rounder Dwight Lowery has started at cornerback and looks like a find.

But even a draft as good as the Giants had last season won't do much good unless Favre re-retires, either after this season or the next.

Yes, maybe the Jets will monopolize the tabloids again after the season as Favre once again contemplates retirement. And again next June when — if he retires — he once again contemplates retirement.

But they have no idea whether Clemens, Ratliff or Eric Abige, the three young QBs on their roster, has a future as a starter. Clemens was erratic at best when he got a chance last season, and Ratliff showed some promise in the preseason, but has never thrown a pass in a real game.

The Falcons' course also remains unclear. Because Ryan's first pass was a touchdown and two of his first three starts were wins doesn't mean that he won't encounter hard times. In fact, count on it, perhaps as soon as Sunday, when the Falcons go to Carolina.

But they seem to be doing things the right way. This season, few people have heard of their general manager and coach — and the coach's generic name probably guarantees he will remain relatively anonymous unless his team has some success.

But bet on them to be more consistently successful in the next decade than the team that already has a superstar. An aging one who will be gone in a year or two.

## Veteran QBs take the stage

Kerry Collins, 35, who has stabilized the Titans as Vince Young's not-so-temporary replacement, meets his adversary, 37-year-old Gus Ferrette, who led the Vikings to their first victory over Carolina.

Open dates: Detroit, Indianapolis, Miami, New England, N.Y. Giants, Seattle

- Denver at Kansas City (0-3) (0-3)**  
Dorner's 32, which has allowed 20 points a game, might get a break this week against a team averaging just over 10 points. Chiefs' Clinton Hester starts at QB.
- San Diego at Oakland (1-2) (1-2)**  
The Chargers looked like the AFC's best against the Jets Monday night. Raiders' coach Lane Kiffin wants to AI Devito to wrap the tie.
- Atlanta at Carolina (2-1) (2-1)**  
Falcons' John Abraham leads the NFL in sacks and this could be a more dramatic game for Carolina than it looks.
- Cleveland at Cincinnati (0-3) (0-3)**  
Drew Anderson is still the OK for Cleveland while the Browns gets ready. Bengals played decently last week, losing to the Giants 20-7 in OT on the road.
- Houston at Jacksonville (0-2) (1-2)**  
Trenton QB Matt Schaub has thrown five RBs and has a career rating of 50.3 in two games. Jags win when they run and lose when they don't.
- San Francisco at New Orleans (2-1) (1-2)**  
Brett Favre starts the straight game, but Les' new QB has sore arms that could limit him. The Cardinals are 2-15 in the Eastern time zone since 2003.
- Arizona at N.Y. Jets (2-1) (1-2)**  
Green Bay's Matt Ryan is the NFL's most efficient passer. The Jets' Aaron Rodgers, a tougher runner than the last in Detroit.
- Green Bay at Tampa Bay (2-1) (2-1)**  
An offensive mauler from the old NFL Central. Bucs provide a pretty good test for Pack QB Aaron Rodgers, a tougher runner than the last in Detroit.
- Minnesota at Tennessee (1-2) (3-0)**  
The Titans' 20 points allowed are the second fewest in the league. Sustaining drives and scoring won't be easy for Vikings.
- Buffalo at Oakland (1-2) (1-2)**  
The Chargers looked like the AFC's best against the Jets Monday night. Raiders' coach Lane Kiffin wants to AI Devito to wrap the tie.
- Buffalo at St. Louis (3-0) (0-3)**  
Trent Green starts at quarterback for Rams in place of Marc Bulger. Bills are getting solid QB play from 24-year-old Trent Green in his second year.
- Washington at Dallas (2-1) (3-0)**  
This game reflects the strength of the NFC East, which is 10-2 overall with the two bases in division games. Stars' Jason Taylor is out with a calf injury.
- Philadelphia at Chicago (2-1) (1-2)**  
Eagles look like the 1985 Bears last week, scoring Steelers QBs nine times in a 15-0 win. Bears limited the Bucs to 47 yards rushing in their 27-24 OT loss.
- Baltimore at Pittsburgh (2-0) (2-1)**  
Steelers' Ben Roethlisberger has streaks and hand injuries. Ravens allowed just 20 points in wins over Cardinals and Cleveland.

## Unlikely veteran QBs meet in Nashville

By Dave Goldberg  
Associated Press writer

In the next two weeks, Kerry Collins revisits the end of the best season of his 14-year NFL career. That was 2000, when the current quarterback of the unbeaten Tennessee Titans was with the New York Giants, getting them to the Super Bowl with perhaps his best game ever against Minnesota, then taking the title contest with one of his worst.

Collins' experience works well for Tennessee, which is winning with defense. The Titans have allowed only 29 points in their three wins, the best average in the league and the second-fewest points — Baltimore has allowed 20 in two games. The star has been cornerback Cordell Finlegan, who

took the spot vacated by Adam Jones, the former Pacman. He leads the league with four interceptions, more than 21 of the 32 teams, and one 99 yards for a touchdown. "It's still young in the season. It's just the first quarter," linebacker David Thornton says. "If we go out and lay eggs in the second, third and fourth part of the season, this strong start can really be invaluable."

The Vikings laid eggs in their first two games, losing in Green Bay, then blowing a 15-0 lead to Indianapolis and falling 18-15. After five field goals and no touchdowns in that Indy game, Ferrette stepped in for third-year man Tarvaris Jackson. "I think we've got a kind of still work out some kinks, but I think having Gus back there gave us a great change in speed as far as offense," wide receiver Bobby Wade said. "I thought we did a good balance in there, at least enough to sustain drives and score points. That's all we can really do." Against the Titans, sustaining drives and scoring points won't be easy.

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# Biffle focused on winning, not history, at today's race

KANSAS CITY, Kan. (AP) — Greg Biffle is a firm believer in momentum. So the winner of two straight races is feeling pretty good heading into Sunday's NASCAR Sprint Cup race at Kansas Speedway.

"It's right in our wheelhouse," Biffle said. "We won here last year, we're good on mile-and-a-half tracks, and we had a great Charlotte test (earlier this week). Man, I feel good about it."



The Roush Fenway Racing driver, hoping to add a Cup title to the championships he won earlier in his career in the second-tier Nationwide — then Busch — series and the third-tier truck series, is the first driver to win the first two races of the 10-race Chase for the championship since NASCAR introduced the format in 2004.

"Anything that you do that nobody else has done is kind of cool," Biffle said.

But Biffle is more concerned with keeping his momentum than basking in his historic feat.

"I don't want to say I want to win more, but I'm more focused on how we can keep it going more than reflect back on what we've been able to do so far," he said. "I think maybe at the end of the season I could look back easier, and say, 'That was pretty neat to win the first two Chase races.'"

"But other than focusing on that, I'm focusing on the first three. I don't want to sound arrogant, but that's really what I'm concentrating on — is winning here versus we made history the first two weeks."

To get that third win, Biffle will have to make up some ground after qualifying 10th for Sunday's Camping World RV 400.

And he's not alone. Ten of the 12 Chase drivers qualified outside the top 10, with six of them — including points leader Carl Edwards — starting in the back half of the 43-car field.

Jimmie Johnson, the Cup champion the past two years, had no such problem.

He qualified second to Juan Pablo Montoya on Friday, but was quickly elevated to the pole when Montoya's fast lap was disallowed because of a technical violation.

That gave Johnson, who goes into the race tied with Biffle for second 10 points behind Edwards, the first pick for pit position in the race, a definite edge.

A lot of the Chasers seemed to make up qualifying ... and, hopefully, we can take advantage of the good track position and get a good pit stall pick and turn that into getting some momentum going on Sunday," Johnson said. "Every little bit helps," he added. "The clean air that we will have starting up on the front row is something you can't emphasize enough as drivers know how important that is and how helpful that is. And if we can stay up there all day long and make the fine adjustments to the car to race for the win, we'll be in great shape."

With only 10th-place Matt Kenseth — starting that —

## Hamlin wins Nationwide race

KANSAS CITY, Kan. (AP) — Denny Hamlin took advantage of a fast pit stop near the halfway point and held off Nationwide Series points leader Clint Bowyer to win the Kansas Lottery 300 on Saturday.

Hamlin started 19th and gradually worked through the field, moving in behind pole sitter Kevin Harvick for second. Hamlin got out of the pits faster than Harvick after Bobby Hill Jr. spun out on the 93rd lap and built the lead to nearly 3 seconds to win his fourth Nationwide race this year.

Hamlin became the eighth driver to win in eight Nationwide races at 1 1/2-mile Kansas Speedway, and the first to lead the most laps. Bowyer had a strong run to

maintain his series points lead, working his way up from 17th to second to push his lead to 196 points over Carl Edwards, who finished fourth. David Ragan was third, Matt Kenseth fifth.

Harvick ran strong early on, leading 88 of the first 93 laps after coming the pole.

Then things went bad. A slow pit stop during a caution on Lap 93 gave Hamlin the lead and Harvick spent the next 45 or so laps trying to catch him. Still running second, Harvick told his pit crew with about 60 laps left that he had a dead battery. He had to slow his car for several laps before heading into pit row, then fell a lap behind while the crew changed out the battery. He finished 13th.

up front to keep him company. Johnson sympathized a bit with the other Chase drivers.

"What's tough is when you start that deep in the pack, the balance of the car changes a lot and what you need as far as your setup," he said. "The closer you get to the front, the more it changes. And if you get to the front with 100 (laps) to go or 50 (laps) to go, I have found I'm usually two or three changes behind the fast guys. And it takes a while to close that gap."

So, if you can start up front and run there all day long, you're fine-tuning. If you start in the back, once you get up there you've got to

readjust your car and find the balance and then close that gap."

Kenseth, Biffle and Edwards' Roush Fenway teammate, was the only other Chase driver to get through qualifying without a problem. The 2003 series champion will start third and felt lucky to be that high on the grid.

"It just feels so slow compared to what we usually have here," Kenseth said. "So, I think, overall, everybody's just low on grip, and our group at Roush Fenway seemed to be off since we got here, and (crew chief) Chip (Bohn) made some really good changes and that was, by far, the best we've been."

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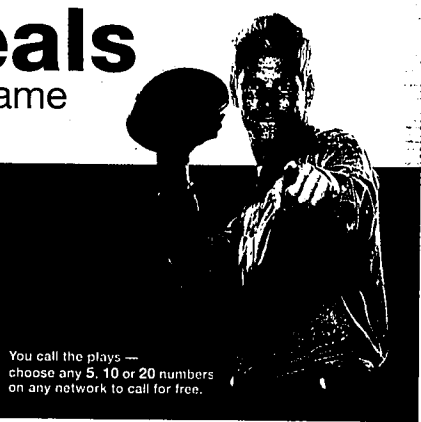
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Greg Biffle talks to crew members during a testing session at Lowe's Motor Speedway in Concord, N.C., Wednesday.

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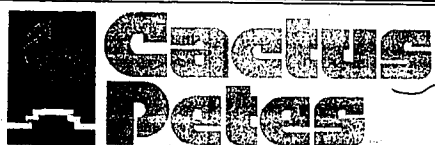
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209 General

FIREFIGHTER The Burli Fire Dept. will be accepting applications for the position of Career Firefighter/Engineer/EMT. For a complete description, salary and benefits information...

GENERAL

Twin Falls Openings... \*CDL-A \*Janitorial \*Maintenance \*Exp. Bookkeeper \*Cosmetic Rep. \*Exp. Mover w/CDL-A \*Journeyman \*Sales \*PT Field Clerk \*Burial Openings \*CDL-A \*CDL/Utility Equipment \*CDL-A \*Exp. Labor \*COB P&G \*Production \*PT Carwash \*Sales Associate \*Office Manager \*FIPT Cashier \*Exp. C.N.A. \*Vet Assistant

GENERAL

YMCA Birthday Party and Enrichment Program Coordinator Part-time position, must be flexible, enthusiastic and organized. Coordinating parties at the YMCA and maintain and develop new enrichment programs for the community. Please send resume and references to: ymca@woodruffymca.org

DRIVERS

Now Hiring Experienced Drivers. DEDICATED, REGIONAL & OTR Routes for Excellent pay & Benefits. Commodity Home Time. Top of the line equipment. Tuition reimbursement. Paid Training (W) 837-6780 SwiftTrucking.jobs.com

DRIVERS

Tank Drivers Needed for OTR Dedicated routes. New equipment. Local Drivers also needed for the Burly/Rupert area. Call RITTI 208-324-3511 x 105

DRIVERS

Truck Drivers needed to haul wheeled No CDL required. Call 324-1188

LABORERS

THE AMALGAMATED SUGAR COMPANY, LLC located in Paul is accepting applications for Beet Receiving Station Workers. Wages begin at \$9.38/hr + overtime. Must be able to work from 8am-8pm Mon-Sat. Season begins in October. Receiving stations are located in Blaine, Minidoka & Cassia Counties. Openings also available in the Tare lab located in at the Paul factory. 8 shifts, 7 days a week. Availability, swing & graveyard. \$9.38/hr. + overtime with shift differentials for swing & graveyard. Applications are available at the Department of Labor Commerce 127 W. 8<sup>th</sup> St. N. Burley or call 208-678-5516 EOE/M/F/D. Drug Free Workplace

REMEMBER

The money you need some time ago in The Times-News? Now it's the time to let us help you recover. Step by the Customer Service Dept today!

PhoneBase Research Inc.

PhoneBase Research Inc. PhoneBase Research currently has immediate openings in our Interview Department. This position involves conducting public opinion polls over the telephone. PhoneBase Research offers: Flexible evening, day and weekend hours. Up to \$12 an hour. Casual working environment. Monthly interview incentives. Absolutely no sales or soliciting. Health benefits available. To apply stop by our office at 840 Meadows Dr. Ste #2 in Twin Falls or call us at 208-736-2851

St. Benedict's Family Medical Center

Activities Director (FT) \*Admin. Clerk (PRN) \*CNA/RNA-LTC (FT, PT, PRN) \*Director of Nursing (FT) \*EMT-A (FT) \*LPN-LTC (PRN, PT) \*Pharmacist (PT) \*RN-Acute Care (FT, PT) For a complete listing of our jobs and application procedures please visit www.stbenedictshospital.com 709 Lincoln Ave. Jerome, ID 83338 EOE

TRANSSYSTEMS

"Excellence in Safety" Division Safety Manager Transystems is a motor carrier with operations in the west and mid-west. Transystems seeks an experienced manager for the safety programs in its Idaho Division. This position is based out of Twin Falls, Idaho. The Division Safety Manager is part of the management team and participates in setting and implementing policy. Duties include: \*Establish and implement safety policies, procedures and training program. \*Responsible for maintaining a safety culture and managing risk control. \*90% of time spent working with Project Managers and front-line personnel. \*Must be willing to travel. See Job Description at: www.transystematic.com Experience Required: \*Safety Management experience \*People skills. \*Strong team builder. \*Strong time management and communication skills. \*MS Word and Excel. Willingness to learn company software. Competitive wages and benefit package. Send resume to Transystems, 1901 Benefits Court Great Falls, MT 59405 Attn: Rick Clark, VP Safety or e-mail to: info@transystematic.com

FAX YOUR AD

TIMES-NEWS CLASSIFIED DEPARTMENT 208-734-5538 Apply at: 200 2nd Ave. Ste E Twin Falls, ID 83301 208-732-0910 apax@startart.com EOE

TRANSSYSTEMS

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LAW ENFORCEMENT The Twin Falls County Sheriff's Office is accepting applications to fill current openings for Detention and Reserve Deputies, and to establish an eligibility roster for future positions in Patrol. Applications must be received by and testing will take place on October 16. Starting wage is \$16.29 - \$16.79 per hour, with full benefits package. Must be 21 years of age. Applicants must pass the TFCSDO hiring process, which will include but not limited to, a physical agility & fitness test, written test, verbal interview, polygraph, psychological tests & drug screen. There will be a \$15 fee (cash only) to cover the cost of the written testing. Applications available at: Twin Falls County HR Office, 4th Floor Courthouse, 425 Shoshone Street North or online at www.twinfallscsoe.com. Female, lateral and minority applicants encouraged to apply. VETS/EO/Drug Free Workplace.

Earn Extra Cash by Delivering the Times-News NO EXPERIENCE NECESSARY

Table with 4 columns of delivery routes: Park Meadows Dr., Park View Dr., Park Way Dr., Sparks; Falls, Eastland, Copri, Chose; Alturas, Heyburn, Filer, Sunrize; Harrison, Jackson, Quincy, Van Buren.

Table with 4 columns of delivery routes: Fillmore, Paik, Taylor; Madison, Monroe, Moreland, Quincy; Falls Ave. N., Eastland Dr. N., Copri, Chose; Blaine, Robbins, Rosewood, Sparks.

Table with 4 columns of delivery routes: 3rd Ave. W., 6th Ave. W., N. First St., N. Lincoln Ave.; 3rd St. E., 7th St. E., Idaho St., Gooding St.; West 1st Street, West 7th Street; 3rd Ave. W., Artozno St., Nevada St., Texas St.; Earn extra money and start saving for Christmas with a newspaper route! Idaho Ave., 6th St., Adell Ave.; Golden Spur, Palomino Dr., Midway St.; Motor Route \$1400-1600, Motor Route \$900-\$1100; SHOSHONE/DIETRICH, GOODING/SHOSHONE; Make extra money for your Holiday shopping! 14th Ave. W., Idaho St., Rice Ave., Snyring Cr.; WENDELL, WENDELL, GOODING.

Call now for more information about routes available in your area. Twin Falls... 735-3346 Burley, Rupert, Paul... 677-8733 T.F.M.A., Kimberly, Buhl, Filer... 735-3347 Gooding, Shoshone, Hailley, Jerome... 735-3302





# Now & Classifieds

## Open Houses: 2 Homes For Sale: 41

### 502 Homes For Sale 513 Acreage and Lots 515 Commercial Property 521 Manufactured Homes 602 Unfurnished Homes 602 Unfurnished Homes 602 Unfurnished Homes 602 Unfurnished Homes 603 Furnished Apts. and Duplex

**WHY RENT** when you can buy? Zero down...zero closing fees...100% mortgages available...call Debbie Park at Money Express Mortgage, Knappton 1-800-313-3004 ext. 1528.

**WENDELL 20 acre parcels, water shares, no down, OWNER FINANCE 2 miles NE of Wendell, 431-3573 or 2749 or 208-638-6686**

**BURLEY Commercial Property**  
BURELY Commercial property, 5 lots in 15.1 unit over 5000 sq. ft. for auto, 3 overhead doors, office & bathrooms, great place for mechanic, auto repair or dental shop.

**TWIN FALLS Tractor???**  
We have a 3 bdrm, 2 bath, manufactured home in a neat, clean 65 and older park in Twin Falls. We want it for you to travel in call 420-3222 or 420-8847

**BURLEY 1 bdrm, with appliances. All utility furnished except electric. \$425/mo. No smoking/pets. Joe 208-678-6400**

**BURLI, Remodeled 3 bdrm, 2 bath, 5600 sq. yard, mid Oct. 1 mo rent \$500 security dep. Credit check req. Rent own lease. OAC. 208-543-9200.**

**HEYBURN 2 bdrm, country setting, large yard, \$425 mo., \$400 dep. 878-3200 after 5:30 or weekend**

**TWIN FALLS 2 bdrm 2 bath home with don. Nice location with view. Call Veeh Post Mgmt 734-2132.**

**TWIN FALLS Lovely turn. townhouse, bdrm. close to CSI. for 6 months. November - April. 733-2058**

**EQUAL HOUSING OPPORTUNITIES**  
An act to make advertising in this newspaper a subject to the Fair Housing Act which makes it illegal to advertise any preference limitation or discrimination based on race, color, religion, sex, national origin, or marital status, or on familial status unless such preference limitation or discrimination is based on bona fide occupational qualifications for the particular job. Advertisements containing such preference limitations or discriminations are prohibited by law.

**1514 Income Property**  
BURELY PLENTY OF SPACE in this 2,340 sq. ft. home. Features 2 bedrooms, 1 1/2 baths and is in a great Burley location. Has finished area in basement for possible 4th bedroom, lots of storage, fully fenced yard with automatic sprinklers, covered patio and attached garage. \$139,900.

**TWIN FALLS Sale, lease or trade. Newly remodeled office, 344 2nd Ave N. Lots talk! Sellers are motivated! Triple A rating! Call 208-731-4667**

**TWIN FALLS 2 bdrm, 2 bath, 1100 sq. ft. in medical complex. Good location. History return 8000 sq ft. office building, 2 shop yards with automatic sprinklers, covered patio and attached garage. \$139,900.**

**BURLEY 2 bdrm, 2 bath, 1100 sq. ft. in medical complex. Good location. History return 8000 sq ft. office building, 2 shop yards with automatic sprinklers, covered patio and attached garage. \$139,900.**

**TWIN FALLS 2 bdrm, 2 bath, 1100 sq. ft. in medical complex. Good location. History return 8000 sq ft. office building, 2 shop yards with automatic sprinklers, covered patio and attached garage. \$139,900.**

**TWIN FALLS 2 bdrm, 2 bath, 1100 sq. ft. in medical complex. Good location. History return 8000 sq ft. office building, 2 shop yards with automatic sprinklers, covered patio and attached garage. \$139,900.**

**TWIN FALLS 2 bdrm, 2 bath, 1100 sq. ft. in medical complex. Good location. History return 8000 sq ft. office building, 2 shop yards with automatic sprinklers, covered patio and attached garage. \$139,900.**

**TWIN FALLS 2 bdrm, 2 bath, 1100 sq. ft. in medical complex. Good location. History return 8000 sq ft. office building, 2 shop yards with automatic sprinklers, covered patio and attached garage. \$139,900.**

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**512 Farms/Ranches/Dairies**  
RUPERT 200 acres North of Rupert A&B Water, Paved & wood shed. 208-431-3003

**515 Commercial Property**  
BURELY OPPORTUNITY awaits you in this great commercial building with 2 units available for lease and is in the perfect location for your business!! Currently in the process of renovation Call for more details. #1106370  
Call Kim Toyler 208-431-1458  
Advantage 1 Realty

**518 Mobile Homes**  
CASH For mobile homes. Call 751-6554

**602 Unfurnished Homes**  
BURLI 3 bdrm, 2 bath home, 4 car garage, 22 acres fenced, Mid-Century Valley area. \$135,000 + dep Long term lease avail. 208-320-2947

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**603 Furnished Apts. and Duplex**  
HAZELTON New townhome, 1000 sq. ft. for 1 bdrm apts at Spring Estates. Quiet & well maintained, for residents 62 yrs or older or handicapped. Disabled, regardless of age. Federally assisted housing. 629-4206.

**603 Furnished Apts. and Duplex**  
HAZELTON New townhome, 1000 sq. ft. for 1 bdrm apts at Spring Estates. Quiet & well maintained, for residents 62 yrs or older or handicapped. Disabled, regardless of age. Federally assisted housing. 629-4206.

**513 Acreage and Lots**  
TWIN FALLS 2 acres, bedroom, home, \$225,000 of remodeling. \$25,000. 2/20 acres bare land \$100,000. 3/28 acres bare land \$150,000. 3 miles south of Twin Falls (3045 E 3500 N) 208-734-9967

**515 Commercial Property**  
BURELY OPPORTUNITY awaits you in this great commercial building with 2 units available for lease and is in the perfect location for your business!! Currently in the process of renovation Call for more details. #1106370  
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**3318 Oregon Trail Lane, Kimberly**  
2.5 acres in Kimberly - ROOM to ROAM! READY to MOVE! family & horse! 4bd, 3ba, 2768 sq. ft. home in Kimberly, ID. 2.5 acres, roofing shed, pasture, storage sheds, RV parking, basement. Must see! MLS#98377285  
Hosted By: Liz McGarrick 308-8841

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Many Homes to Choose From!  
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# Black Crow Discounts

Classified Line Ad Specials

**5 LINES TO DAYS \$21** For items \$1500 or less.  
**5 LINES TO DAYS \$17** For items \$1000 or less.  
**5 LINES TO DAYS \$12** For items \$500 or less.

\$2 each additional line. Private Party only. Merchandise only. Prices must be included in ad. Maximum of 4 items.

Times-News Call 733-0931 Ext.2 or 800-658-3883 ext. 2  
 magicvalley.com

### 604 Unfurnished Apts. and Duplex

TWIN FALLS 2 apts. avail for rent 2 bdrm, 1 bath & a studio apt. Ready to move in. 735-0001 or 404-2226

TWIN FALLS 2 bdrm, 1 bath, single car attached garage, 545 Shoop Ave. W, 5500 + dep. 358-5981

TWIN FALLS 2 bdrm, stove, refrig, W/D hookups, no pets \$450/mo. 280-2656

TWIN FALLS 2 bdrm, very quiet, new appls, Pergo, carpet, blinds, paint, AC. Near City Town. No pets 5475-732-5408

TWIN FALLS 2 bdrm, 1 bath, carpet, no smoking/pets. \$500 month. Call 208-423-6590 or 731-8067

TWIN FALLS 2 bedroom 1 bath townhouse \$490 month + dep. 208-648-9401

TWIN FALLS 2 bedroom 1 bath townhouse \$490 month + \$450 deposit. 12 month lease. Call 208-371-6644

TWIN FALLS 2 bedroom 1 bath, \$500 month + \$500 deposit. No pets or smoking. Call 208-308-1310

**cutting edge**  
 TWIN FALLS 3 bdrm apts. fresh & clean. \$650-\$650 deposit. 735-8342

TWIN FALLS 3 bdrm, 1 1/2 bath, gas fireplace, AC, ref, stove, DW, W/D hook up. \$695 month. Call 280-2655

TWIN FALLS Clean 1 bdrm, all utilities incl \$425. No smoking. 208-734-5483

TWIN FALLS Large, clean 1 bdrm, 2 bath, all appls, no smoking or pets \$400 + dep. 208-735-2263 r/msg

TWIN FALLS Love where you live! 1, 2, & 3 bdrm apartments, w/corport, storage, fitness center and pool. For information call Saratoga Apartments 208-735-1600

TWIN FALLS 1 1/2 bdrm, \$395 or furnished \$425 Call Troy 316-1618.

TWIN FALLS North East 3 bedroom, 2 bath, appliances, car garage, \$720 mo. + \$600 deposit. 208-731-6268

### 604 Unfurnished Apts. and Duplex

Twin Falls Rentals 1-3 Bdrms Apts./houses Various Locations Call for details 734-4334 check out our web-site [www.twinfallrentals.com](http://www.twinfallrentals.com)

TWIN FALLS Small 1 bdrm duplex, appls, W/D, no smoking/pets \$395 + dep. 487 Borah, Close to CSI. 208-431-7387

TWIN FALLS South 2 bdrm, small country home, no smoking/pets, \$480 + \$450 dep. 208-734-8613.

TWIN FALLS The Falls Apts./Phasant View Townhomes 1, 2, & 3 bdrm No pets, \$415-\$525 & up 734-6600

TWIN FALLS Very clean 2 bdrm, 2 bath, W/D, no smoking/pets \$600 mo. + dep. Call 208-404-8217

WEWELL Lovely, like new, quiet 2 bdrm, 1 bath in duplex, all appls. W/D incl. No pets. 208-720-7601

TWIN FALLS 1 year old, insulated, heated, 3000 sq ft, warehouse, with 500 sq ft. air conditioned office, 3 ph power, 14 overhead door, located between Local & Eastland, \$1500 mo. 208-308-1020

TWIN FALLS 1200 sq ft. building office/construction, industrial park, close to sugar factory, water & trash included, \$750 mo. 208-280-0315

TWIN FALLS 20x40 metal building, finished office space and a back yard asph-paved, 9 acres 333 Valley St. Auto Phone Building 208-733-8227

TWIN FALLS BRAND NEW Contractors Shops and Office Heated 1200 sq ft \$695 SPECIAL Call 208-404-6742

TWIN FALLS For lease commercial building 6000 sq ft, large show floor with double door floor to ceiling loading area. Former carpet, and flooring stone 701 2nd Ave S. Call 208-736-1881.

TWIN FALLS New 1600 sq ft. warehouse, w/600 sq ft. office \$700/month. 208-639-7426

TWIN FALLS NEED OFFICE SPACE? Contact Matt Heas Gem State Realty 208-410-2525

### 607 Office and Retail Rentals

TWIN FALLS 734-4334 Nice Office or Retail Spaces Locations in Ft. & Jerome Various Sizes at Great Prices

TWIN FALLS Exc. loc. for space avail starting \$200. Util. incl. Great location immediate bus. occupancy 280-0680

TWIN FALLS Office for lease 1100 sq ft, 963 Blue Lakes, \$950 mo. + \$800 dep. Utilities incl. Contact 208-420-4565

### 608 Commercial Property

BUHL Highway frontage 1 acre commercial lot. 208-280-0214

JEROME Office space 700 sq ft, warehouse 2200 sq ft \$125/mo. Call 208-539-4048 or 208-324-4048

TWIN FALLS 1 year old, insulated, heated, 3000 sq ft, warehouse, with 500 sq ft. air conditioned office, 3 ph power, 14 overhead door, located between Local & Eastland, \$1500 mo. 208-308-1020

TWIN FALLS 1200 sq ft. building office/construction, industrial park, close to sugar factory, water & trash included, \$750 mo. 208-280-0315

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TWIN FALLS New 1600 sq ft. warehouse, w/600 sq ft. office \$700/month. 208-639-7426

TWIN FALLS NEED OFFICE SPACE? Contact Matt Heas Gem State Realty 208-410-2525

**ROB GREEN HYUNDAI SWITCH & SAVE**

### 2008 HYUNDAI SANTA FE

MSRP: \$23,470  
 Mfr Rebate: \$2,500  
 Military Rebate: \$1,000  
 Discount: \$767  
**Rob's Price: \$19,183 or payments as low as \$273\***

### 2008 HYUNDAI VERACRUZ

MSRP: \$37,408  
 Mfr Rebate: \$3,000  
 Military Rebate: \$500  
 Discount: \$2,599  
**Rob's Price: \$31,315 over \$6,000 in SAVINGS!!!!**

### 2009 HYUNDAI SONATA

MSRP: \$20,175  
 Mfr Rebate: \$2,000  
 Military Rebate: \$1,000  
 Discount: \$697  
**Rob's Price: \$16,478 or payments as low as \$230\***

### 2008 HYUNDAI ACCENT

MSRP: \$15,175  
 Mfr Rebate: \$1,000  
 Military Rebate: \$500  
 Discount: \$417  
**Rob's Price: \$13,258 or payments as low as \$170\***

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**cutting edge**  
 REALTY

TWIN FALLS office buses available starting at \$700 month. Call Jeff 639-4907

### 610 Storage/Warehouse

TWIN FALLS fenced yard industrial park. \$100/mo. 208-280-0235

TWIN FALLS Warehouse space for lease, 2 units 4500-9000 sq ft. 16' overhead doors, power loading dock, from \$1200 monthly. 404-8971, 733-1078.

TWIN FALLS/BLER ONE MONTH FREE! IDAHO STORAGE is offering a month free when you rent for 6 months or more. We are located, 24 hour gate, lights & security cameras. Call 328-1819. Offer good thru October 2008.

**606 Mobile Homes**

TWIN FALLS 1 and 2 bdrm. W/D, storage, nice & quiet park. No pets. \$360-\$390 & \$375 dep. 735-8477.

### 607 Office and Retail Rentals

BURLEY Office space in shopping center. 1100 sq ft. \$750/mo. Call 208-878-5100

NEED OFFICE SPACE? Contact Matt Heas Gem State Realty 208-410-2525

**cutting edge**  
 REALTY

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Section 8 Rental Assistance- No residents receiving Section 8 assistance will pay more than 30% of adjusted annual income for rent. We do not discriminate against applicants for housing on the basis of race, color, national origin, religion, sex, marital status, age, disability or any other legally protected status.

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Husband consumed by regret after death of beloved wife

DEAR ABBY: I recently lost my wife to a lung illness. When she could no longer walk, I tried to give her the best quality of life I could. It took a toll. I worked long hours to give her everything she needed. The medical bills were astronomical. All she ever wanted was me.



DEAR ABBY Jeanne Phillips

I was always the macho type, and "I love you" was always hard for me to say. (I'm a real tough guy.) Well, this rough guy would give anything for one more chance to say it.

She died so suddenly. It was like it wasn't real. For the first couple of weeks I threw myself into work and thought I could handle it. When the death certificate arrived in the mail, that's when I fell apart.

I feel guilty because I was gone so much. I miss her terribly. Sometimes the loneliness is so bad it feels like someone is standing on my chest.

to hear yourself say when it is already too late.

PLEASE tell your spouse you love her or him. You never know if the last time you get the chance. — TOO LATE IN TENNESSEE

DEAR TOO LATE: Please accept my deepest sympathy for the death of your wife. Your letter makes clear the depth of the loss you are feeling. Although true lovers never get enough of each other, I am sure she understood the strain you were under and that you loved her.

Readers, this gentleman's letter carries with it an important message. "I love you" is the sweetest music a person can hear. Bouquets of flowers smell the sweetest when they are in the hands of the recipient, not stacked by her forlorn husband. And praise is most appreciated when it can be heard by the person who has earned it, not when it's recited in an eulogy after he or she has passed. So speak up now, before it truly is

too late. DEAR ABBY: I am the oldest of three sisters. The youngest has always been the overachiever. She graduated from high school and college early, and she's having the first baby in the family.

I have demonstrated my pride in my sister by attending all her celebrations. I have sent gifts, helped to organize not only parties, but also her wedding and baby showers.

I recently announced to my mother and middle sister that I am planning to be married, assuming we would all share the excitement we did for my sister. Not only did they show a complete lack of interest in my milestone, they immediately changed the subject to my sister's baby shower. I cannot help but feel hurt by this. Is the first milestone in a family more celebrated than the others that follow? — COMING IN SECOND IN ATLANTA

DEAR SECOND: I don't blame you for feeling slighted. It happens your sister is the "golden child" in your family. Because your mother and sibling appear hypnotized by the glare of her spotlight, you may have to find your validation outside your immediate family. Friends and your family's family. I recommend you start now.

USA Legal USA Legal USA Legal USA Legal USA Legal

TWIN FALLS COUNTY ADVERTISEMENT FOR BIDS The Castleton Joint School District # 417 is accepting bids for a 14 Passenger Bus for immediate delivery with the following options: BODY OPTIONS: 14 Passenger with lap belts Tinted Glass Fixed Windows First Aid Kit Reflective Triangles AM-FM Radio with CD Player Heated and remote control rear view mirrors All required emergency exits (dash) Coded Front and rear Air Conditioning, Rear Passenger Heater. SPECIALS OPTIONS: 57 Liter Gas GM engine Dual rear wheels 225/75R16 Tires Hydraulic Brakes 15 Gallon Fuel tank Bids must be received by October 1, 2008, bids will be opened on October 2, 2008 and awarded October 3, 2008. If you have any questions please call at (208) 537-6511 and ask for Mr. Wiseman Superintendent/Principal of Schools.

LANDS FOR LEASE BIA ACCEPTING BIDS FOR FARM/PASTURE LEASES 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)238-2905 or 238-2907.

PUBLIC NOTICE Actions planned and taken by your government are contained in public notices. They are part of your right to know and to be informed of what your government is doing. As self-governed citizens you have the right to know. This newspaper urges every citizen to read and study these notices. We advise those citizens who seek further information to provide their right to access public records and public meetings.

IMPORTANT Please address all legal advertising to: LEGAL ADVERTISING The Times-News P.O. Box 548 Twin Falls, Idaho 83303-0548 email to: legal@magicvalley.com Deadline for legal ads to arrive prior to publication, noon on Wednesday for Friday, 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 Friday, legal clerk, at 208-735-0324.

PUBLISHED September 22 through Oct 5, 2008

NOTICE OF PUBLIC HEARING Notice is hereby given that the Idaho Housing and Finance Association ("IHFA") will hold a public hearing at its office on Friday, October 30, 2008, at 10:00 AM. The hearing will be held at the amended Internal Revenue Code of 1986. The above referenced office is located at 565 W. Myrtle Street, Boise, Idaho 83720.

This public hearing is to provide information regarding proposed changes to the 2008 Qualified mortgage comments on writing the 2008 A copy of the IFA including the changes is available from IHFA, Low-Income Housing Tax Credits are available to owners of qualified rental properties who are willing to designate at least 20% of the projects units for low-income use. Credit is allocated on a competitive basis in accordance with the state approved Allocation Plan.

Interested persons may, prior to the time of the hearing, advise comments on writing the 2008 A copy of the IFA including the changes is available from IHFA, Low-Income Housing Tax Credits are available to owners of qualified rental properties who are willing to designate at least 20% of the projects units for low-income use. Credit is allocated on a competitive basis in accordance with the state approved Allocation Plan.

PUBLISHED September 28, 2008

NOTICE OF PUBLIC HEARING AND PUBLIC COMMENT PERIOD HOME ADJUSTABLE RATES AND CHANGES Notice is hereby given that the Idaho Housing and Finance Association ("the Association") will hold a public hearing on the 1st Floor Conference Room, 565 West Myrtle, Boise, Idaho on October 30, 2008 beginning at 9:30 a.m. (or directly following the Low Income Tax-Credit Public Hearing) for the purpose of receiving public comment regarding proposed changes to the State of Idaho 2008 HOME Program Administration.

The public is invited to attend and make written or oral comments including objections, if any. The public comment period will be from October 1 through October 30, 2008. Written comments received no later than 5 p.m. on October 30, 2008 will be considered. The Association is the agency designated by the Governor to allocate the State of Idaho HOME Program which is intended to comply with the requirements of 24 CFR Part 92. The purpose of the State of Idaho HOME Program is to assist in the development and increase the availability of safe and decent housing for low and very low-income families. HOME funds are used to provide flexible loans to, construct rental housing made available to families at affordable monthly rates, and to provide home purchase assistance. A draft copy of the proposed changes is available upon request by contacting Idaho Housing & Finance Association at 565 West Myrtle, Boise, Idaho or (208) 545-1833 extension 400. A draft copy of the 2009 HOME Administrative Plan is also available on the internet at www.ihfa.org. Participants may request reasonable accommodations from Idaho Housing and Finance Association to facilitate participation in the hearing. The hearing location is accessible to persons with physical disabilities. Participants may request a language interpreter to assist in participating in the hearing. Individuals wishing to receive information about the proposed changes may contact the Idaho Housing & Finance Association at 565 West Myrtle, Boise, Idaho or (208) 545-1833 extension 400 at least 72 hours prior to the public hearing.

PUBLISHED September 28 and October 19, 2008

NOTICE OF AVAILABILITY OF FEDERAL BLOCK GRANT PLAN FOR PUBLIC REVIEW

SUBJECT: Proposed use of one federally funded Block Grant Plan. Availability of Plan for public review. PURPOSE: The purpose is to receive comment on the proposed use of the Block Grant Plan for Fiscal Year 2009. The Block Grant Plan being reviewed will be:

The Substance Abuse Prevention and Treatment Block Grant Public Hearing SCHEDULE: A public hearing will be held on Monday, September 29, 2008 at 10:00 a.m. in 3rd floor conference room 308 of the Pele Conference Building. AVAILABILITY OF PLANS: The Plan will be available for public review at the Department of Health and Welfare Central Office located in the Pele Conference Building, 3rd Floor, 450 West State Street, Boise, Idaho. SUBMISSION OF WRITTEN COMMENTS: Any one may submit written comment regarding the proposed use of these funds for the block grant unit close of business on September 26, 2008. Forms for this purpose or a copy of the Plan may be obtained from the Central Office 450 West State Street, 3rd Floor, Boise, Idaho or contact Phyllis Angalar at (208) 334-4044 Department of Health and Welfare, 450 West State Street 3rd Floor, P.O. Box 83720, Boise, Idaho 83720-0036.

DATED the 12th day of September, 2008 Richard D. Humston, CPA, Administrator Division of Management Services Department of Health and Welfare 450 West State Street 3rd Floor P.O. Box 83720 Boise, Idaho 83720-0036

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Classified Deadlines For line ads Tues. - Sat. - 1 p.m. the day before. For Sun. & Mon. 2 p.m. Friday.

HOROSCOPE BY JERALD SAUNDERS

IF SEPTEMBER 28 IS YOUR BIRTHDAY: "Make hay while the sun shines" should be your motto for the year ahead. You have your finger on the pulse of business news, and enough street smarts to earn career kudos in November. A once-in-a-lifetime opportunity to make a beneficial change or to improve your circumstances may appear in January. Be sure to take advantage of any opportunities to improve your circumstances and don't be afraid to ask for assistance. You can ask for the raise you surely deserve, apply for the job of your dreams or go for the gold by entering into a romantic commitment. ARIES (March 21-April 19): A few unpredictable actions on the part of your peers, or unexpected reactions from a significant other, may keep you on your toes this week. This will remind you not to take key people in your life for granted.

because Mercury, your sign ruler, is retrograde this week doesn't mean you can't have brilliant thoughts. Read biographies, histories or user manuals and get the real facts. CANCER (June 21-July 22): Your focus returns to kids and kin during the week ahead. The new moon in Libra may find you with dustier in hand clearing out the dust bunnies, rearranging the furniture or chatting up relatives.

LEO (July 23-Aug. 22): You might think your ship's coming in because you see it looming on the horizon, but it might only be a mirage. Don't become overly enthusiastic about something that isn't quite what it seems this week.

SCORPIO (Oct. 23-Nov. 21): Your treasure-hunting skills might pay off this week, but only if you avoid some driftwood in your way. Your companions might do something surprising that opens your eyes to new choices and ideas.

CAPRICORN (Dec. 22-Jan. 19): You are able to succeed by foraging behind enemy lines. Because you receive quality information or privileged data you will be able to make more money or improve your financial situation this week.

AQUARIUS (Jan. 20-Feb. 18): He all you can be. The emphasis lies in communicating with your fellow human beings this week. You will shine whenever you get a chance to show off a playful mood and share your outlook.

PISCES (Feb. 19-March 20): A relationship might undergo certain twists and turns this week. If you are single, you might receive an offer to begin a friendship with "benefits." Then again, you might find who your true friends are.

LIBRA (Sept. 23-Oct. 22): Let intentions call a road map. This week, thoughts may revolve around your appearance or physical condition. You won't be so self-absorbed, however, if there is a friend in need or a cause to defend.

agreed on a plan to partition Poland. In 1920, voters in the African country of Guinea overwhelmingly favored independence from France.

In 1967, Walter E. Washington was sworn in as the first mayor-commissioner of the District of Columbia. (He'd been appointed by President Lyndon B. Johnson).

In 1973, first lady Betty Ford underwent a mastectomy at Bethesda Naval Medical Center in Maryland, following discovery of a cancerous lump in her breast.

In 1987, U.S. Rep. Patricia Schroeder, D-Colo., announced in Denver that she would not run for the Democratic presidential nomination.

Five years ago: A massive black-out struck almost all of Italy, leaving millions of people without power. Pope John Paul II appointed three cardinals. A bomb exploded outside an upscale nightclub in southwest London, killing at least 13 people. Movie director Eli Kazan died in New York at age 94. Tennis champion Althea Gibson died in East Orange, N.J., at age 76.

One year ago: Traveler Carol Ann Galtman of New York died in a holding cell at Sky Harbor International Airport in Phoenix; authorities say Galtman accidentally asphyxiated herself after being chained to a bench. The United States announced it would spend up to \$25 million to pay for 50,000 tons of heavy fuel oil for North Korea as part of an agreement to dismantle the North's nuclear program. The International Monetary Fund chose France's Dominique Strauss-Kahn as its new leader.

TODAY IN HISTORY

Today is Sunday, Sept. 28, the 272nd day of 2008. There are 94 days left in the year. Today's Highlight in History: On Sept. 20, 1602, William the Conqueror invaded England to claim the English throne. On this date: In 1542, Portuguese navigator Juan Rodriguez Cabrilho arrived at present-day San Diego. In 1791, American forces in the Revolutionary War, backed by a French fleet, began their successful siege of Yorktown, Va. In 1787, Congress voted to send the just-completed Constitution of the United States to state legislatures for their approval. In 1670, blogging was abolished as a form of punishment in the U.S. Navy. In 1924, two U.S. Army planes landed in Seattle, Wash., having completed the first round-the-world flight in 175 days. In 1929, during World War II, Germany and the Soviet Union



JUMBLE THAT SCRAMBLED WORD GAME

Word game section with grid and words: SNEFTA, ABHORR, BELTOG, CASIMO, TUBECK, FIGYEF. Includes instructions and a cartoon illustration.

Find answers on page E14.

At Your Service Local guide to professional and personal services Directory

Contact a Times-News classifieds representative for our low monthly rates: 733-0931, ext. 2

CLEANING CONSTRUCTION HANDY WORK LANDSCAPE PAINTING

A-HANDY TEAM: Residential/commercial cleaning, window washing, gutter cleaning.

COUNTRY CLEANERS: Residential/commercial cleaning, carpet cleaning.

DANNY'S PROFESSIONAL SERVICES: Office and residential cleaning.

HAPPY HOUSEKEEPERS: Daily/weekly/monthly cleaning.

SPARKLING CLEAN: Light/hydrant, carpet, discount tile cleaning.

SUSAN'S CLEANING SERVICE: Reasonable rates, thorough and dependable.

CONSTRUCTION ASPHALT: Seal coating, driveways, patios.

CONCRETE RENOVATIONS: Concrete curing, driveways, patios.

REMEMBER: Residential/commercial cleaning.

OT CONCRETE & CONSTRUCTION: Specializing in driveways, patios, sidewalks.

H&S: Kitchen & bath remodels, windows and door replacement.

BENDRY and SONS: Small & large jobs, interior and exterior.

INNER SPACE CONSTRUCTION: Remodels, kitchens, bathrooms, porches.

MAGIC TOUCH CARPENTRY: Dry-wall & texture, decks & fencing.

MOLLER CONCRETE: All types of concrete, foundations, flat work.

MOLLER ROOFING: All types of roofing, gutters, downspouts.

RODNEY'S RENOVATIONS: Quality in priority, interior & exterior.

ROY'S HANDYMAN & HOME REPAIR: Handyman services, repairs.

FREE PETS: 704 Pets and Pet Supplies. Free pit bull mix (2) pups, 1 male, 1 female.

FREE PETS: 704 Pets and Pet Supplies. Free pit bull white female, 1 yr old.

FREE PETS: 704 Pets and Pet Supplies. Free red nose pit bull, male, 11 months.

704 Pets and Pet Supplies. FREE SHH TUZ 1 year old, needs good home.

704 Pets and Pet Supplies. HEELER pup, \$75. Born 08/24. Pictures available.

704 Pets and Pet Supplies. IDAHO SHAG SABLE cross pups, for work or play.

704 Pets and Pet Supplies. GOLDEN RETRIEVER puppy sale AKC reg., 11 shots, dewormed.

704 Pets and Pet Supplies. GOLDEN DOGS AKC reg. pups, blacks & creas, \$700-\$800.

704 Pets and Pet Supplies. HUNGARIAN VIZSLA puppy! 1 female, 1 male.

704 Pets and Pet Supplies. LAB Yellow (white) great AKC reg. pup.

704 Pets and Pet Supplies. MINI SCHNAUZERS AKC reg. pups, 12 weeks old.

704 Pets and Pet Supplies. NEWFOUNDLAND LAMPLER puppy AKC reg. 12 weeks.

704 Pets and Pet Supplies. PEMBERKE CORGI pups AKC reg. 12 weeks.

704 Pets and Pet Supplies. PEMBERKE WELSH COLLI puppy AKC reg. 12 weeks.

704 Pets and Pet Supplies. PEMBERKE CORGI pups AKC reg. 12 weeks.

704 Pets and Pet Supplies. PIT BULLS Premium puppies, 2-3 months.

704 Pets and Pet Supplies. POMERANIAN 2 females, 12 weeks.

704 Pets and Pet Supplies. POMERANIAN puppy female, black w/white markings.

704 Pets and Pet Supplies. PUGS AKC reg. 2 black males & 1 fawn colored male.

704 Pets and Pet Supplies. SCOTTIES AKC reg. 12 week old, 1 male, 1 female.

704 Pets and Pet Supplies. SHIH TZU AKC reg. 12 weeks old, 1 male, 1 female.

704 Pets and Pet Supplies. SHIH TZU female AKC reg. 12 weeks old, 1 male, 1 female.

704 Pets and Pet Supplies. SHIH TZU pups, AKC reg. 1 male, 3 females.

704 Pets and Pet Supplies. STANDARD POODLES, excellent hunting dogs.

704 Pets and Pet Supplies. TURTLE Red Ear Skink, 570 w/blank fins.

704 Pets and Pet Supplies. WIREHAIR POINTING GRIFPIN puppies AKC reg. 4 weeks.

704 Pets and Pet Supplies. HAY BALER TUNE UP 2 and 3 string balers.

704 Pets and Pet Supplies. WEDDING GIGS Rents & Sales Dresses.

704 Pets and Pet Supplies. APEX CONTAINER 20 or 40 containers for sale.

704 Pets and Pet Supplies. TREE SERVICE ISA Certified.

704 Pets and Pet Supplies. SHEET METAL Heating service and repair.

704 Pets and Pet Supplies. TWIN FALLS Dry Cleaning & Laundry.

704 Pets and Pet Supplies. WEDDING GIGS Rents & Sales Dresses.

704 Pets and Pet Supplies. APEX CONTAINER 20 or 40 containers for sale.

704 Pets and Pet Supplies. TREE SERVICE ISA Certified.

705 Farm Equipment. 610 GRAIN DRILL 24 hole, \$2500 offer.

705 Farm Equipment. LAB Chocolate, AKC reg. male, 5 yrs old.

705 Farm Equipment. LABRADOODLES CKC reg. & Standard Poodles.

705 Farm Equipment. LABS AKC Reg 2019. 12thers yellow, 9 black pups.

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712 Miscellaneous AC. GRAVEL & TOP SOIL 300-308-1877.

712 Miscellaneous AC. NDE804 2007 Ventral minkered leader.

712 Miscellaneous AC. HESBON 4910 1 ton baler with accumulator.

712 Miscellaneous AC. LAND LEVELER, spade/harrow, trailer, and more.

712 Miscellaneous AC. NEW HOLLAND 165 Manure spreader.

712 Miscellaneous AC. PETERBILT 76 Conv. baler, big V8 Cat, stage dump truck.

712 Miscellaneous AC. BLOW TORCHES, (6), all brass, make up the wooden collection.

712 Miscellaneous AC. DINING TABLE Oak pedestal, round, w/2 leaves.

712 Miscellaneous AC. TWIN FALLS FLEE MARKET. Many indoor/outdoor items.

712 Miscellaneous AC. BIRTHDAY PHOTOS. Have you forgotten to pick-up your photos?

712 Miscellaneous AC. CHEST FREEZER. Older still runs. 63" long x 22" deep.

712 Miscellaneous AC. WASHER & GAS DRYER. In working order for 20th or 26th floor.

712 Miscellaneous AC. WASHER AND DRYER. Whirlpool, 5400 sq ft, xl tub.

712 Miscellaneous AC. WASHER/DRYER. 1st or electric, white, Gas/Dryer \$150 for pair.

712 Miscellaneous AC. WHIRLPOOL Refrigerator, range & dishwasher.

712 Miscellaneous AC. 803 Bazars and Crafts. Buy It Sell It.

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Sunday Crossword Edited by Wayne Robert Williams

CHEM LINGO By Arlan and Linda Bushman, Chicago, Illinois

15x15 crossword grid with numbers 1-110 and letters A-Z.

- ACROSS: 1 Natural furman, 7 Cast of, 11 Inlet, 15 Berserk, 19 Rough-sounding, 20 Unbroken voice, 22 Whiplash weather, 23 Erisen, with no more eripianism in stock, 61 Unlabeled, 82 Cenozoic and Paleozoic, 84 Nicks or Alope of physics, 65 True blue, 66 K O summer hrs, 89 Old-time, 91 Boring, 92 ching Mar, 33 Postpones, 35 Flower by flower, 36 Incomplete chemical conception?, 40 Ranch, 41 name in 'Giant', 41 Reflected, 42 Went into loops, 43 Looked like, 46 Latin eggs, 47 Rostokanov's refusal, 49 Tennessee, 50 Scottish term, 52 Ward (off), 54 Cause change courses?, 59 Alone, 60 King or queen, 62 Snowbirds, 64 Egg-hunting period, 66 Sweet angry, 67 Mr. Peabody's spry legwar, 68 Kevin Kline movie, 69 Flung body, 70 Blatant, 73 Clark Kent's alter ego, 77 Lancelote sense organ?, 78 Caustic remark about a litmus test result?, 81 Unlabeled, 82 Cenozoic and Paleozoic, 84 Nicks or Alope of physics, 85 K O summer hrs, 89 Old-time, 91 Boring, 92 ching Mar, 33 Postpones, 35 Flower by flower, 36 Incomplete chemical conception?, 40 Ranch, 41 name in 'Giant', 41 Reflected, 42 Went into loops, 43 Looked like, 46 Latin eggs, 47 Rostokanov's refusal, 49 Tennessee, 50 Scottish term, 52 Ward (off), 54 Cause change courses?, 59 Alone, 60 King or queen, 62 Snowbirds, 64 Egg-hunting period, 66 Sweet angry, 67 Mr. Peabody's spry legwar, 122 Tampico water, 123 Beast of burden, DOWN: 1 Put on display, 2 Come down hard, 3 Change per unit, 4 Forthright, 5 Letters on a rubber check, 6 Cuddy's director, 7 Gush forth, 8 Contains, 9 Heim or, 10 Counting grief, 11 Polaroid or Pentax, 12 Signs, 13 Singlet Morrison, 14 Surf of wills, 15 Shakes up, 16 Where one buys supplies?, 17 Kaitia's colleague, 18 Loutly lament, 19 Whoopty in, 24 Softly, 25 substance, 30 Contab, 32 By and by, 33 Tinsel stuff, 34 Radio static letters, 36 Forging words, 37 Name in skin care, 38 Old French, 39 Sweet?, 40 Series of eight, 40 Tietan areas, 41 Rochester's below, 44 Rochester's, 45 Forest ruminant, 46 Furder of Swan, 49 Dorothy's guardian, 50 Bearded grazers, 53 Lucy's hubby, 55 Coward, 56 Upgrade pens, 57 Harvest, 58 Goats's feet, 61 Robo Cook, 62 Winter Waugh, 65 How Sad resident, 67 The lie, 68 Moral obligation, 69 Diver's mule, 70 Court equivalent, 71 Neither black nor white chemical stuff?, 72 Political defense, 73 Saw wood in bed, 74 Pochu, 75 'As You Like It', 76 Cereal box fig, 79 Slovenia's river, 80 Purse jammer, 83 Droopy-eared dogs, 86 Admitted to a group, 87 Tantal material, 89 Renewal about, 91 Big-billed bird, 92 Pause in conversation, 93 It's O-cold!, 95 Southwestern desert, 97 Combust, 98 Spartan struggle, 99 Lots and lots, 100 Heavy liner, 101 Accolade, 102 Durger, fits, 104 and a drink, a g, 106 Jaunty grazing, 106 Orlop or poop, 108 Hilarious family, 110 Vast, 113 Bonanza Ind, 114 Henpeck, 115 Joanne of time, 116 Outer part

1006 Trucks: All Trucks WANTED! Sell your vehicle for immediate CASH TODAY! Buying all years, makes and models 1-800-574-1248.

1006 Trucks: DODGE '97 Dakota ext cab. Certified Used 8 Year/80,000 miles. power train warranty, CD, cruise, stock. 75267060DC \$11,999.

1006 Trucks: DODGE '97 Ram 4x4, good condition, AT, AC, \$9,500. Call 208-733-4778.

1006 Trucks: NISSAN '04 Titan 4x4 Crew Cab, low package, stock # AN531900 \$17,999.

CHEVY '07 Colorado Crew cab, 4x4, automatic, power windows, custom wheels, 70274740C. 208-733-3033.

LITHIA: DODGE '07 Ram 1500 Big Horn 4x4, Quad Cab, Home warranty, displacement engine, tonneau cover, 529,000, 2,100 miles. 324-4671 or 308-9964.

FORD '06 Lariat, Crew Cab, 4x4, leather, AC, heated seats, DVD, PW, PL, AC, 20K miles, only \$24,500.

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

CHEVY '07 2500 HD Crew Cab, 4x4, LT, Duramax diesel, custom wheels & tires, only 105 miles, factory warranty, certified. Now \$34,945. #3039

DODGE '06 Dakota, auto, CD, \$2,895. Stock #9977.

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

WHITE '02 CB Dump Truck \$1000, FORD '87 E-350 wheeled coach truck, locking commercial tires. 2008-536-1900

Turkey Car Sales: 802 N College Road Twin Falls, 208-737-1200.

DODGE '96 V10, 4x4, strong truck, runs great, \$2,000. Call Nick 436-8448.

FORD '93 F350 Dually, standard, good condition, \$5,800. 559-9300. 9138, 208-447-0342.

1007 Truck Parts And Accessories: PICKUP TOOL BOXES \$ (2) \$150 ea. Call 207-929-2261 or 208-308-5363.

CHEVY '99 3/4 ton, 4x4, 3.50 V6, AT, low miles, very clean, well maintained, \$5900. Call 293-5587.

DODGE '98 Ram pickup, stock #3786, 1/2 ton, 144,4. Hitting road, seat is here, great 4 wheel drive, \$7,995. Country Auto 2400 S Lincoln Jerome, 324-1487.

FORD '96 F-350 Crew Cab, 351 V8, AT, AC, good clean work truck. Call 293-5587.

SMALLEY MOTORS: All SUVs WANTED! Sell your vehicle for immediate CASH TODAY! Buying all years, makes and models 1-800-574-1248.

CHEVY '99 Silverado 2500 ext. cab, leather, CD/cassette, power everything, 4x4, short bed, \$19,950. 324-0069. 2811 So. Lincoln Jerome, ID.

DODGE '98 Ram pickup, stock #3786, 1/2 ton, 144,4. Hitting road, seat is here, great 4 wheel drive, \$7,995. Country Auto 2400 S Lincoln Jerome, 324-1487.

FORD '96 F-350 Crew Cab, 351 V8, AT, AC, good clean work truck. Call 293-5587.

SMALLEY MOTORS: CADILLAC '02 SRX, leather, loaded, CD, AC, PW, PL, vista roof. \$18,900.

DODGE '03 Dakota, 2WD, V6, standard tires, 4x4, power windows & locks, 24K miles, tool box. \$6500. 208-439-3568 or 431-8222.

FORD '03 F-250 XL Super Duty, Quad cab, automatic, PW, PL, PM, AC, new tires, immaculate, well maintained, \$12,500. 293-5587.

FORD '97 Ranger, Ext Cab, manual, 4x4, only \$8950.

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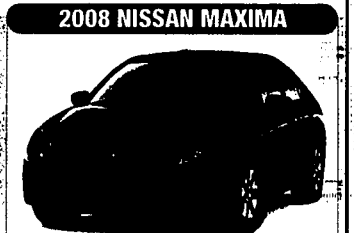
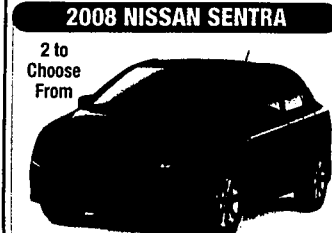
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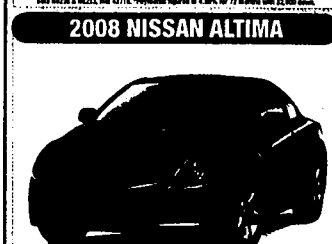
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9	8	3	2	7	6	5	1	4
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INSIDE: Senior calendar, F2 | Stork report, F5 | Engagements, weddings, anniversaries, F5

# Sticks and stones



Photo by Melissa Davlin for MELISSA DAVLIN/Times-News

## Despite anti-bullying efforts, compassion has a way to go

By Melissa Davlin  
Times-News writer

Forget stealing lunch money. Playground bullies of today use words to do their damage.

But those words can do just as much harm as sticks and stones.

Some southern Idaho schools are taking a hard stance against bullying by training their staffs to discourage intimidation and bringing in programs like Rachel's Challenge, a national campaign designed to change the way students treat each other, and to combat name-calling and prejudice.

It's tough to fight shows like "Gossip Girl" that glamorize mean girls, though, and now that students interact with cell phones and the Internet, rumors have spread off of school grounds.

Steve Copmann, principal at Burley Junior High School, said his school encourages children to come to school staff for help with bullies.

"We act aggressively on bullying. In fact, it's one of the main things we pay attention to," he said. Three years ago, the school installed 16 security cameras to help curb harassment, and faculty and staff members attended summer workshops on bullying.

Copmann said most problems stem from verbal teasing and threats, not physical altercations. Increasingly, staff are seeing students

use Myspace and text messaging to tease and spread rumors about their peers. Instead of taking matters into their own hands, the victims are encouraged to approach school employees about problems they're having.

"I'd like to think they feel pretty comfortable talking to the staff," Copmann said.

But going to adults for help may not be the cool thing to do.

Nora Wells, a Twin Falls mother of a 14-year-old, said her daughter and friends never come to her for help with bullies.

"I think probably most of these kids take care of themselves," she said. "Fight fire with fire."

Many also ignore it — or internalize it.

Please see BULLY, Page F3



MELISSA DAVLIN/Times-News

Avery Skinner, 15, takes a break from skating at Harmon Park on Tuesday. Skinner said he's a regular target of bullies at Bald High School — "mostly the jocks," he said.

## Calling savvy shoppers and clever costumers

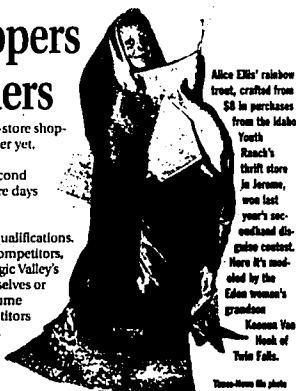
Perhaps you count yourself among the savviest thrift-store shoppers. Or the cleverest Halloween costume creators. Better yet, you're a pro in both fields.

If so, you're invited to compete in the *Times-News*' second "All-Used Costume Contest." But you have just two more days to speak up.

To throw your hat in the ring, send an e-mail to [virginia.hutchins@lee.net](mailto:virginia.hutchins@lee.net) by Monday explaining your qualifications.

From among the nominations, we'll choose several competitors, give them each a \$13 budget and set them loose on Magic Valley's thrift stores to assemble Halloween costumes for themselves or a family member. Most or all components of each costume must be purchased at local thrift stores, and the competitors will save receipts to prove they stuck within the budget.

We'll photograph the results of the searches in October, and let *Times-News* readers vote to choose a champion.



Alice Elix's rainbow trout, crafted from \$8 in purchases from the Idaho Youth Ranch's thrift store in Jerome, won last year's second-hand disguise contest. Here it's modeled by the Eden woman's grandson, Kameron Van Hook of Twin Falls.

## Meet your match?

### Twin Falls has a second date with speed dating

By Virginia Hutchins  
Times-News writer

Jane Badraun doesn't go to bars and doesn't go to church, and she won't date online.

"Unless I can meet someone face to face, I'm just not interested," said the 59-year-old divorcee who moved to Twin Falls two years ago to be close to a daughter and grandchildren. "So it's just friends and family that is my circle."

Yet Badraun is interested in find-

ing companionship. And doesn't know where to look for it.

"It seems like so many people I know are married that it's hard to meet other single people," she said.

She'll have a chance next month, in an evening of speed dating organized by the College of Southern Idaho Community Education Center. It's essentially a series of blind dates, but each lasts just five to seven minutes — the outgrowth of sessions designed by a Los Angeles rabbi to help Jewish singles meet and marry.

CSI's session, however, is for anyone 21 or older and single, whether they're seriously looking for a partner or just trying to make new friends.

Please see MATCH, Page F3

SENIOR CALENDAR

Twin Falls Senior Citizen Center
530 Shoshone St. W., Twin Falls, Lunch at noon. Suggested donation: \$4.50. Seniors: \$5.50, under 60: \$2.50, under 12: Center hours: 9 a.m. to 4 p.m.; lounge and pool rooms: bargain center, 9 a.m. to 4 p.m.
MENU: Monday: Salisbury steak Tuesday: Beef stroganoff Wednesday: Ribcage sandwich Thursday: Pork chops Friday: Lima beans
ACTIVITIES: Monday: Quilting, 9 a.m. Monday bingo Tuesday: Ticket Tuesday Blood pressure, 10 a.m. to noon Exercise class, 1:30 p.m. Wednesday: Quilting, 9 a.m. Elks Card Club, 7:30 p.m. Thursday: Pinochle, 1 p.m. Exercise class, 1:30 p.m. Friday: Quilting, 9 a.m. Lunch bingo

West End Senior Citizens Inc.
1010 Main St., Buhl, Lunch at noon. Suggested donation: \$4, seniors: \$5, under 60: \$3.50, under 12: Center hours: 11 a.m. to 3 p.m. Sunday: 8 a.m. to 4 p.m. Monday: Tuesday, Thursday: 8 a.m. to 1 p.m. Wednesday:
MENU: Monday: Chili Tuesday: Beef noodles Wednesday: Cook's choice Thursday: Hot beef sandwich
ACTIVITIES: Today: Beef roast dinner, 1 p.m. Few and the Faithful Monday: SilverSneakers exercise program, 10:30 a.m. Tuesday: Quilting, 8 a.m. to 3 p.m. Bus runs for lunch pickup, call 543-4577 by 10:30 a.m. Bingo, 7 p.m. Wednesday: SilverSneakers, 10:30 a.m. Thursday: Quilting, 8 a.m. to 3 p.m. Bus runs for lunch pickup.

Gooding County Senior Citizen Center
308 Senior Ave., Gooding, Lunch at noon. Suggested donation: \$3.50 for seniors. Center hours: 8 a.m. to 3 p.m.
MENU: Monday: Chicken-fried steak Tuesday: Beef stroganoff

call 543-4577 by 10:30 a.m. Bingo, 1 to 3 p.m. Friday: SilverSneakers, 10:30 a.m.
Filer Senior Haven
222 Main St., Filer, Lunch at noon. Suggested donation: \$3.50. Center hours: 8 a.m. to 2:30 a.m.
ACTIVITIES: Monday: Bingo, 7 p.m. Tuesday: Puzzles, 11:30 a.m. Bingo, 12:30 p.m. Wednesday: Puzzles, 11:30 a.m. Thursday: Puzzles, 11:30 a.m. Bingo, 1 p.m.

Ageless Senior Citizens Inc.
310 Main St. N., Kimberly, Lunch and full-service salad bar, 11:30 a.m. to 1 p.m.; take-out; home delivery. Suggested donation: \$4, seniors: \$5, under 60: \$2.50, under 12: Center hours: 9 a.m. to 3 p.m.
MENU: Monday: Potato bar Wednesday: Barbecue beef Friday: Fried chicken
ACTIVITIES: Today: Baked ham Monday: Nu-2 U Thrift Store open 9 a.m. to 3 p.m. Exercise, 10:30 a.m. AA meeting, 8 p.m. At-A-Non meeting, 8 p.m. Tuesday: Bingo, 7 p.m.; everyone over 18 welcome Wednesday: Nu-2 U open 9 a.m. to 3 p.m. Exercise, 10:30 a.m. Thursday: NA meeting, 7 p.m. Friday: Nu-2 U open 9 a.m. to 3 p.m. Exercise, 10:30 a.m. Gem State Fiddlers, 11:30 a.m. Bingo, 11:50 a.m. Pinochle, 1 p.m.

Jerome Senior Center
212 First Ave. E., Jerome, Lunch at noon. Suggested donation: \$3.50, seniors: \$5, non-seniors: Center hours: 8 a.m. to 4 p.m. Free transportation to and from center Wednesdays through Fridays, call center for information at 324-5642.
MENU: Monday: Spaghetti Tuesday: Ham and beans Wednesday: Creamed chicken Thursday: Country steak Friday: Ham
ACTIVITIES: Monday: SilverSneakers exercise, 10:30 a.m. Pinochle, 1 p.m. Tuesday: Pinochle, 1 p.m. Snack bar, 6 p.m. Bingo, 7 p.m.; early bird, 6:45 p.m.

Wednesday: Fettuccini Thursday: Stuffed chicken breast
ACTIVITIES: Monday: Pool, 9:30 a.m. Pinochle, 12:30 p.m. Wild one, 6 p.m. Tuesday: Pool, 9:30 a.m. and 1 p.m. Hand and foot, 6 p.m. Wednesday: Pool, 9:30 a.m. Shuffleboard, 6 p.m. Thursday: Quilt social, 9 a.m. Pool, 9:30 a.m. Music with June Koonce Pinochle, 7 p.m. Friday: Bridge and duplicate bridge, 1 p.m. Saturday: Breakfast, 7:30 to 10 a.m.

Wendell Elmer Lunch Site
105 W. Ave. A, Mendocino at noon Mondays. Hours, 11 a.m. to 1 p.m.

Hagerman Valley Senior and Community Center
140 E. Lake, Hagerman, Lunch at noon. Suggested donation: \$4, seniors: \$5, under 60: \$2, under 12: Center hours: 8 a.m. to 2 p.m.; thrift shop, 10 a.m. to 2 p.m.; free high-speed Internet.
MENU: Monday: Pork roast Wednesday: Meatloaf Friday: Chicken

Richfield Senior Center
130 S. Main, Richfield, Lunch at noon. Suggested donation: \$3.50, seniors: \$5.50, under 60:
MENU: Monday: Baked turkey Thursday: Tuna salad sandwich and soup

Camas County Senior Center
127 Willow Ave. W., Fairfield, Lunch at noon. Suggested donation: \$3, seniors: \$4, under 60: \$2, under 10: Quilting, pool, table games, puzzles, TV, videos. Center hours: 9 a.m. to 2 p.m.
MENU: Tuesday: Potato bar Wednesday: Hot dogs Friday: Lasagna
ACTIVITIES: Thursday: Art class, 9 a.m. to 1 p.m.

Monday: Quilting, 9 a.m. Monday bingo Tuesday: Ticket Tuesday Blood pressure, 10 a.m. to noon Exercise class, 1:30 p.m. Wednesday: Quilting, 9 a.m. Elks Card Club, 7:30 p.m. Thursday: Pinochle, 1 p.m. Exercise class, 1:30 p.m. Friday: Quilting, 9 a.m. Lunch bingo

Blaine County Senior Center
721 11th St. S., Halley, Lunch at noon. Suggested donation: \$3, seniors: \$5, non-seniors. Center hours: 9 a.m. to 3 p.m. Monday through Friday.
MENU: Tuesday: Chef's choice Wednesday: Lasagna Friday: Baked ham
ACTIVITIES: Monday: Salad and soup bar, 11:30 a.m. to 1 p.m. Step it Up Walking Club, 9 a.m. Exercise, 1 p.m. Duplicate bridge, 7 p.m. Tuesday: Blood pressure, 11:30 a.m. Exercise, 1 p.m. Wednesday: Exercise, 1 p.m. Thursday: Fall colors trip Friday: Table tennis, 9 a.m. Oktoberfest

Carey Senior Center
Main Street, Lunch at noon. Suggested donation: \$3, seniors: \$5, non-seniors.
MENU: Thursday: Baked ham

Mindoka County Senior Citizens Center
702 11th St., Rupert, Lunch at noon. Suggested donation: \$5, seniors: \$6, non-seniors: \$3, under 12: \$4.50, home delivery. Gift shop: 9 a.m. to 3 p.m. Center hours: 9 a.m. to 3 p.m.
ACTIVITIES: Monday: Pinochle, 1 to 4 p.m. Pool, 1 p.m. Tuesday: Pool, 9 a.m. to 3 p.m. Walking, 9 a.m. Wednesday: Pool, 1 p.m. Pinochle, 1 to 4 p.m. Thursday: Pool, 9 a.m. to 3 p.m.

Three Island Senior Center
492 E. Cleveland Ave., Glenns Ferry, Lunch at noon. Suggested donation: \$4, seniors: \$6, under 60: \$2.50, under 12: For rides: 366-2051, Center hours: 8 a.m. to 2 p.m.
MENU: Monday: Country beef pie Tuesday: Lasagna Thursday: Pork chops
ACTIVITIES: Monday: Fit and Fall-proof, 10:30 a.m. Wednesday: Fit and Fall-proof, 10:30 a.m. Thursday: Fit and Fall-proof, 10:30 a.m. Friday: TOPS, 9 a.m. Cardio, 1 p.m.

Golden Heritage Senior Center
2421 Overland Ave., Burtley, Lunch at noon. Suggested donation: \$4.50, seniors and children under 12: \$6, non-seniors. Center hours: 8:30 a.m. to 2 p.m.
MENU: Monday: Spaghetti Tuesday: Pita pockets Wednesday: Chef salad Thursday: Lasagna Friday: Meatloaf
ACTIVITIES: Monday: Pool Pinochle, 1 p.m. Exercise Tuesday: Pool Wood carving, 8:30 a.m. Radio show, 9:06 a.m. Exercise Wednesday: Pool Pinochle, 1 p.m. Exercise Thursday: Pool Exercise Movie, 9:30 a.m. Community pinochle, 6 p.m. Woodcarving, 6 p.m. Friday: Pool Exercise Pinochle, 1 p.m. Bingo, 1 p.m.

Richfield Senior Center
130 S. Main, Richfield, Lunch at noon. Suggested donation: \$3.50, seniors: \$5.50, under 60:
MENU: Monday: Baked turkey Thursday: Tuna salad sandwich and soup

Carey Senior Center
Main Street, Lunch at noon. Suggested donation: \$3, seniors: \$5, non-seniors.
MENU: Thursday: Baked ham

Mindoka County Senior Citizens Center
702 11th St., Rupert, Lunch at noon. Suggested donation: \$5, seniors: \$6, non-seniors: \$3, under 12: \$4.50, home delivery. Gift shop: 9 a.m. to 3 p.m. Center hours: 9 a.m. to 3 p.m.
ACTIVITIES: Monday: Pinochle, 1 to 4 p.m. Pool, 1 p.m. Tuesday: Pool, 9 a.m. to 3 p.m. Walking, 9 a.m. Wednesday: Pool, 1 p.m. Pinochle, 1 to 4 p.m. Thursday: Pool, 9 a.m. to 3 p.m.

Three Island Senior Center
492 E. Cleveland Ave., Glenns Ferry, Lunch at noon. Suggested donation: \$4, seniors: \$6, under 60: \$2.50, under 12: For rides: 366-2051, Center hours: 8 a.m. to 2 p.m.
MENU: Monday: Country beef pie Tuesday: Lasagna Thursday: Pork chops
ACTIVITIES: Monday: Fit and Fall-proof, 10:30 a.m. Wednesday: Fit and Fall-proof, 10:30 a.m. Thursday: Fit and Fall-proof, 10:30 a.m. Friday: TOPS, 9 a.m. Cardio, 1 p.m.

Child addiction lurks in medicine chest

Los Angeles Times

Prescriptions for painkillers — left over from surgeries, orthopedic injuries or dental work — frequently languish unfinished in the family medicine chest.
Anti-anxiety medications, including the benzodiazepines known by their commercial names Xanax and Ativan, take up shelf space because they are prescribed for episodic use.
And as a growing number of adults are diagnosed with ADHD, their stimulant medication often sits alongside that of their children with attention difficulties.
Anxiously, parents who leave these medications unsecured and unmonitored are tempting their children and their children's friends — to try drugs they have heard and read about but do not understand, in movies and on the Internet. In a teenager's calculation, the pros are right and the risks — of scoring the drugs, at least — are low.
For parents, the antidotes to youthful rebellion and the impulse to dangerous experimentation may be complex and elusive.
But making it harder for kids to lay hands on drugs with high addiction potential, say experts, is simple: Lock 'em up. The drugs, not the kids.
In total, nearly half the prescription drugs being abused by teens originate in the homes of passive pusher parents, it concluded a National Survey of American Attitudes on Substance Abuse released in August by Columbia University's National Center on



Addiction and Substance Abuse.
CASA chairman and president Joseph A. Califano Jr. called parents who fail to lock up prescription medications — or who fail to ask the parents of their kids' friends to do the same — "problem parents."
Experts also urge parents to dispose of prescription drugs that remain unused after their purpose has been served. The Office of National Drug Control Policy

warns against flushing pills down the toilet — which sends them into public water supplies — and recommends disposing of them in a coffee canister or other tightly closed opaque container, under coffee grounds or kitty litter to make exploration or retrieval less appealing.
If prescription medications need to be retained for future use, parents should keep an inventory of the drugs and secure them,

either under lock and key or by keeping them where a curious child or teenager won't find them.
The stakes are high not only for teenagers and young adults but for their younger siblings as well.
The Centers for Disease Control and Prevention reported recently that deaths from drug use among young people age 15 to 24 doubled from 1999 to 2004 with the majority involving prescription painkillers.
Recently, the Annals of Emergency Medicine reported 9,147 cases of accidental ingestion of opiates by children under age 6 — for whom such medications can be lethal even at very small doses — in a 3 1/2-year period starting January 2003. In eight cases, death was the result.
The authors — a trio of University of Colorado Medical School researchers — believe the "poisoning of young children from prescription opioid occurs regularly," and suggests the number of children who actually found and took pain pills left out is probably much higher, since they only surveyed a portion of U.S. poison control centers to gather their data.
"The world is getting out to teens and their parents that prescription medications are dangerous when used improperly, but plenty of risk remains," says Dr. Linda Lawrence, president of the American College of Emergency Physicians.
"Adults need to monitor closely all medications in the house, and apply the same sense of caution that they would to any potentially dangerous substance."

Elementary schoolchildren need time for play and work

By Gregory Ramsey Cox News Service

My second-grader spends about three hours a night doing homework. He doesn't have any time to play and be a kid. What do you think is the right amount of homework for a child his age?
I'm concerned if kids have more than an hour or so of homework in the elementary grades. They need time to play outside, get involved in sports, partici-

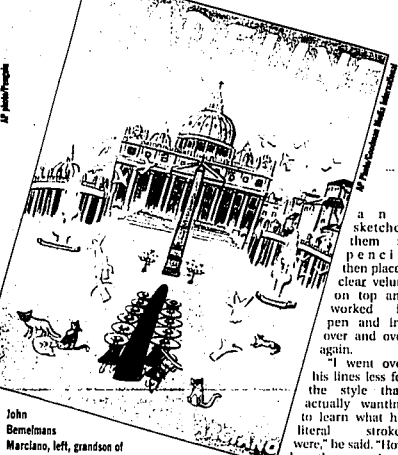
pate in clubs, and develop their nonacademic skills.
Speak to your child's teacher about the amount of time your son is spending on homework.
My guess is that either he is not doing his work in school, or the work may be too difficult for him to complete.
Gregory Ramsey, Ph.D., is a child psychologist and vice president for outpatient services at The Children's Medical Center of Dayton, Ohio.

Advertisement for 'Call Signals' featuring a woman's face and the text 'Call Signals'.

Advertisement for 'LOOSE DENTURES?' featuring a woman's face and the text 'Now you can have what you crave!' and 'With new mini dental implant technology you can enjoy secure eating comfort again.'

# Grandson of Ludwig Bemelmans revives 'Madeline'

By Laeanne Hallie  
Associated Press Writer



John Bemelmans Marciano, left, grandson of Ludwig Bemelmans, put out the first new 'Madeline' adventure in nearly 50 years, above.

and sketched them in pencil, then placed clear vellum on top and ink over and ink over and ink over again. "I went over his lines less for the style than actually wanting to learn what his literal strokes were," he said. "How long they were. I was almost meditating over what he did. When I was ready to actually do the book I threw all that stuff away and just kind of went with it."

When I was ready to actually do the book I threw all that stuff away and just kind of went with it."

Growing up on a New Jersey horse farm, Marciano loved drawing and comic books but decided "being a painter wasn't a realistic profession." While considering what was, he studied art history at Columbia, briefly thought about becoming an architect and took on the legacy of Ludwig for his collectible scrapbook "Bemelmans: The Life and Art of Madeline's Creator," another 1999 release.

Ludwig died in 1962, eight years before Marciano was born, but the grandson had a warm, close relationship with his grandmother, the original Madeline, and his own mother, their only child Barbara. It was in college that Marciano said he "realized what it was all about" and sought out everything the colorful Ludwig had ever written — including more than 40 books for adults and children, along with short fiction and drawings for Vogue, The New Yorker and other top magazines.

Weekly. "The joy and brio of the original books go missing."

No matter, Marciano is busy signing books for "Madeline" fans. Over the summer, he rode with the mayor of Decatur, Ga., in an all-Madeline children's costume parade that kicked off the town's book festival.

Madeline merch still sells, though Marciano said his family is struggling to regain rights to some of it.

And he's not the first literary offspring to carry on a family legacy. Laurent de Brunhoff, 83, has written and illustrated more than 30 "Barbar" books since the elephant character's creator, dad Jean de Brunhoff, died in 1937.

"There's a lot of skill there, but I really don't know why people just don't do their own work instead of imitating somebody else."

The new book, the first full-length Madeline story since Ludwig's "Madeline in London" in 1961, has a prominent shelf spot in one of Manhattan's top children's bookstores despite grumbling that the flyers are off and the story fractured.

"Some people are never going to like it," Marciano said of stepping into his grandfather's ink-splattered shoes.

"I certainly have ambivalent feelings, to some extent, about it," he says. "One thing, though, is that people love the books. My doing new books doesn't in any way detract from the original live that my grandfather did."

Marciano meticulously practiced Ludwig's line techniques, tracking down which pen nibs he preferred. First, Marciano blew up drawings from some of Ludwig's originals



Melissa Davlin/Twin Falls News  
Twin Falls 12-year-old Hallie Gentry watches her cousin play soccer on Tuesday. Gentry stood up for a pick-oned classmate and said she would rely on her friends to help her fight bullies, too.



Avery Skinner, a 15-year-old student at Buhl High School, said his haircut and clothes make him a target of constant bullying.

## Bully

Continued from page F1

Avery Skinner, a 15-year-old student at Buhl High School, said his haircut and clothes make him a target of constant bullying.

"I get called a fag in the hall all the time," he said.

"His friends stick up for him, but he doesn't go to teachers or parents for reinforcement. He claims it's no longer bothers him.

"I'm so used to it," Skinner said, looking away. "I get it all the time." And not just from kids at school — adults make cruel remarks about his appearance, too, he said.

Sara Valdez, a senior at Jerome High School, arranged for a Rachel's Challenge presenter to come to her school. She said while the program got a good response from students, many kids don't fight back against bullies.

"They just kind of take it," Valdez said.

"Not every child is a victim of bullying. Jordan Maldonado said no one ever picks on him, and he doesn't care about bullying in his school. O'Leary Junior High.

"I mind my own business," the 13-year-old said as he oiled the wheels on his skateboard at Harmon Park in Twin Falls.

If only that attitude worked for everyone. Hallie

"I get called a fag in the hall all the time."

— Avery Skinner, a 15-year-old student at Buhl High School

Gentry, a 12-year-old student at O'Leary, said one of her friends was teased relentlessly about her weight. As a result, Gentry's friend began restricting her eating.

"She started crying, so we just told the person that told her that we thought it was mean," Gentry said.

Eventually, her friend started eating regularly again.

Gentry also said people make fun of her cousin Tanner Tawson-Call for his weight. On Tuesday, she watched him practice soccer while she guarded his water bottle. As soon as he had a break, he trotted over to her.

"You ate all the ice!" he asked, incredulous.

They bickered about the water temperature until he headed back to the soccer field.

"Freak," Gentry muttered.

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

## Match

Continued from page F1

"I'm pretty self-sufficient, so it's not like I'm really looking for a husband," said Badram, a homeowner and part-time Macey's employee who likes walking, gardening and turning a bare yard into a gorgeous landscape in the past year. "I would just enjoy some company."

Speed dating might deliver that.

At a Twin Falls restaurant, participants will use each five-minute one-on-one conversation to ask questions — bring your own, or use the questions provided — and to catch a glimpse of the personality on the other side of the table. Health counselor Jill Skeem, winner of Twin Falls' recent *Comely Face-Off* and a "Restaurant Nutrition" columnist for the *Times-News*, will be the session's host and facilitator.

Skeem was the force who finally brought life to an idea that Community Education leaders had been thrashing around for the past three semesters. Said Cindy Simeon, a course developer at the center.

"Organizers say they'll keep personal information confidential. And they'll divide participants into age groups by decade, said Simeon, urging speed daters to register early.

So what if a 29-year-old wants to meet that great 32-year-old across the room?"

"There will probably be a lot of mingling afterward," Simeon said.

Already popular in metro-



Brian Parks jokes with Magic Speed Dating co-owner Sandra Lark in 2005 at a downtown Twin Falls restaurant before a practice session for the new business. The company's brief run ended last week. Twin Falls' only fling with speed dating so far, but an October event will give rapid meet-and-chats another chance. Times-News photo

## Musical chairs

• **What:** An evening of speed dating, offered by the College of Southern Idaho Community Education Center.

• **When:** 7 to 9 p.m., Oct. 18.

• **Where:** Pandora's, 516 Hansen St. S., Twin Falls.

• **Who:** 21 and older.

• **Cost:** \$35.

• **Register:** CSI Community Education at 732-6442 or [www.csi.edu/communityed](http://www.csi.edu/communityed). Organizers ask participants to register early so they can be put in age groups.

point areas, speed dating has met Twin Falls' once before. In 2005, a fledgling local business organized at least one practice session in preparation for paid speed dating: its Web site has since disappeared and its phone number was reassigned. Earlier this year, a dance studio's planned evening of

speed dating and salsa dancing was canceled due to illness.

By Tuesday, only two people — Badram and another woman — had signed up for next month's event. But its typical program for Community Education classes to get a flood of last-minute registrations, and Simeon was optimistic.

"We've been doing a lot of marketing, and there's a lot of single people," she said.

Even if CSI gets enough sign-ups to make it work, Badram said, she has no expectations.

"I just thought it would be fun to go and see whatever happens," she said. "Maybe nothing will come of this, and that's OK too. It will still have been a fun, interesting night."

Virginia Hutchins may be reached at 735-3242 or virginia.hutchins@lee.net.

## Families who play together

Do they stay together? Or does all that us-time create conflicts?  
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# More parents ponder cancer gene tests for kids

By Marilyn Marchione  
AP medical writer

CHICAGO — Women are going for breast cancer gene testing in record numbers, forcing more parents to face a tough question: Should we test the kids?

About 100,000 tests for breast cancer gene mutations were done last year, double the number in 2005. The trend may grow even more because of widening insurance coverage and a new law banning genetic discrimination.

Medical experts advise against such testing before age 25, saying that little can be done to prevent or screen for breast or ovarian cancer until then, so the knowledge would only cause needless worry.

However, new studies and interviews by The Associated Press show that many people who have BRCA gene mutations — and even more of their offspring — disagree.

Jenna Stoller, a freshman at Cornell University, who tested positive for a gene that puts her at a higher risk for breast and ovarian cancer, poses on campus in Ithaca, N.Y., Sept. 17.



Jenna Stoller, a freshman at Cornell University, who tested positive for a gene that puts her at a higher risk for breast and ovarian cancer, poses on campus in Ithaca, N.Y., Sept. 17.

talk about testing and inherited cancer risks with teens. It led some to quit smoking, one study found. Others, like Stoller, were advised to limit alcohol and avoid birth control pills, which can raise the risk of breast cancer though they also lower the risk of ovarian cancer.

A decade after BRCA testing began, researchers are just starting to discover the many effects that someone's positive test can have on other family members. A big issue is whether it is ethical or good to test minors.

"I've seen a fair number of parents in clinic who have really struggled with this question," said Dr. Angela Bradbury, a breast cancer

specialist at Fox Chase Cancer Center in Philadelphia who has led several studies on the topic. Myriad Genetics Inc., based in Salt Lake City, sells the only BRCA gene test, which costs up to \$3,000.

Men can also carry a BRCA mutation, and if either parent does, a child has a 50-50 chance of inheriting it. The mutations are most common in people of eastern European Jewish descent.

Women with a faulty gene have a three to seven times greater risk of developing breast cancer and a higher risk of ovarian cancer. Men have more risk of prostate, pancreatic and other types of cancer.

To lower risk, women can

"The life of a young girl is complicated enough already. There is nothing about it that needs to change."

— Mary-Claire King, University of Washington scientist who in 1990 discovered the first breast cancer predisposition gene

to lower it, children should not be given gene tests.

"The rule is, do no harm — test only if you can offer something that will help," said Mary-Claire King, the University of Washington scientist who in 1990 discovered the first breast cancer predisposition gene, BRCA-1.

The life of a young girl is complicated enough already. There is nothing about it that needs to change" if she carries one of these genes, King said.

But some parents are testing girls before they even have breasts, let alone cancer risk. One woman had her 4-year-old daughter tested, said Sue Friedman, executive director of FORCE: Facing Our Risk of Cancer Tomorrow, a Tampa-based support group for people with BRCA genes.

Another woman tested two very young children several years ago at Baptist Health South Florida in Miami.

"We wanted to know — it's as simple as that," she said. "Kids are born with all kinds of defects that parents have to make decisions about. I just think this is one of those things," said the woman, who spoke on condition of anonymity because of privacy concerns for her children. Rae Wrubles, a nurse and

genetics adviser at Baptist Health, said this woman was the only one in more than 500 she has counseled who chose to test very young children. Wrubles said she always tells patients that cancer groups recommend against testing minors and why. But she admitted: "If I have young children, I would have tested them because that's just the kind of person I am — I would want to know."

Most parents do not peek inside their child's gene toolbox, Friedman said. "It does have to be the actual patient informed consent."

"I feel very strongly that people should not test their children, but children should make their own decision," said Jill Stoller, a New Jersey woman who is the mother of Jenna, the Cornell student.

Jenna had hours of counseling before doctors agreed that for her, testing was the right choice. However, Jennifer Scullis Wilbur, a counselor at Women and Infants Hospital in Providence, R.I., told of a 19-year-old who had testing without counseling and now wants to remove her breasts after her children.

"It's been extremely distressing" to talk with her now and try to correct her overly dire outlook, she said.

## On the Net:

National Cancer Institute:  
<http://www.cancer.gov/cancer-topics/breast/risk-or-brcn>  
FORCE support group:  
<http://www.forcegenetisk.org/index.php>

consider anti-estrogen drugs or having their breasts or ovaries removed. But these drastic measures are not advised till age 25, because cancer is rare before then.

So the American Society of Clinical Oncology and other groups say that when the risk of childhood cancer is low and nothing can be done

## Kids need to see their value in life, not weight

By Gregory Ramsey  
Cox News Service

Q. My 13-year-old daughter is obese and it's beginning to impact her self-concept. She now seems resigned to the fact that she will never overcome her weight problems.

Should I give up on trying to get her to lose weight, and help her to accept herself as someone who will be fat for the rest of her life?

A. You're young and you shouldn't assume that your weight problems are forever. At the same time, be careful not to make her weight the sole determining characteristic of her identity.

Your daughter's value as a human being is not defined by the numbers on a scale. Focus on her accomplishments and personal values. Encourage her to develop a variety of interests, and to do well in school.

Rather than try yet another diet plan, assist her in making one very simple change in her life. That may be something as modest as not eating a particularly high-calorie food, or walking around the block with you every night after dinner. Make certain that she selects something that can easily accomplish. Once that small behavior change turns into a habit, then support her in other small lifestyle changes.

The key to long-term weight control is maintaining a modest level of exercise. Most people fail in that effort because they get discouraged when they fail to achieve unrealistic goals. Successfully completing a very small goal is more rewarding than failing at a more ambitious endeavor.

Gregory Ramsey, Ph.D., is a child psychologist and vice president for outpatient services at The Children's Medical Center of Dayton, Ohio.

# A guide to holding the happy funeral

By Dan Zak  
The Washington Post

If you watch cable television regularly, you may catch "Beetlejuice" on TBS or TNCI. You remember, Alec Baldwin and Geena Davis play a young couple who perish when their car veers off a covered bridge into a creek bed. They are transformed into ghosts and deposited back in their home, where they are confronted with a copy of "The Handbook for the Recently Deceased." Handy?

But what about a handbook on this side of the mortality line? What about a guide for the not-yet-deceased-but-could-go-at-any-minute-without-warning? And we can go any minute. Clocking on our roasts beef, dipping to or from work or simply dropping dead. Unlike the Baldwin and Davis characters, we can't haunt or communicate with our friends and families. So they are left to deal with a mess of personal effects and life's half-completed projects, e-mail and bank accounts with unknown passwords, and doubts about how to do with our bodies and legacies. In the midst of our deaths, we leave an incomplete puzzle whose pieces may be forever missing.

If you find that scenario less than appealing, there are steps you can take to get things in order just in case. But many people don't know where to start — or don't even want to start.

"Regardless of how educated or experienced most people are, most of us don't know much of anything crucial about death, dying, funerals and how to go about doing it," says Joshua Slocum, executive director of the Funeral Consumers Alliance, a non-sectarian nonprofit advocacy group based in South Burlington, Vt.

Slocum started working for the alliance at the decidedly above-ground age of 28, a full 50 years away from the average American death. Why? He says the funeral industry is fascinating to him. It's an understudied segment of the economy, sometimes rife with fraud and always bound to intense emotions. Dealing with some particulars before you die will make it that much easier for family and friends



to navigate the stressful waters of bereavement.

"Young people think they're never going to die," Slocum says. "I'm 33, and I could walk in front of a bus tomorrow, but my family knows exactly what I'd like."

Planning your last affairs is not necessarily a happy task to think about, but sometimes circumstances throw your mortality into sharp relief. In the summer of 2004, Susan Daughtry Fawcett, then 23, was working as a chaplain in the emergency ward of Mary Washington Hospital in Fredericksburg, Va. It was a hard summer punctuated by tragedies, despair and the grace required to work through both. Because of that experience, she sat down and planned her funeral, picked hymns and readings, and left a list of songs that should be put on CDs for close friends. Now she regularly sees her parishioners dealing with the loss of a loved one and a loved one's death.

"Having thought about these things ahead of time is incredibly helpful," says Fawcett, an Episcopal priest in Vienna, Va. "It's a huge gift to your family." More impor-

tant, she says, we all might benefit from a little more understanding of life and mortality, since the life of death is normally confined to hospital rooms and nursing homes.

Well, death can't hide from us. Here, we talk about the bare bones of the big checks out: what you need to do today to get your affairs in order (even if you're a vigorous 24-year-old), how to make sure that your funeral wishes are carried out. Create an end-of-life planning kit that includes everything personal about you, from the simple (name and Social Security number) to the more complex (your pet's veterinarian, your funeral wishes, whether you want to be an organ donor, the locations of important documents).

A fill-in-the-blank 20-page kit titled "Before I Go, You Should Know" is available for \$10 through the Funeral Consumers Alliance ([www.funerals.org](http://www.funerals.org)), comes in a transparent blue case with state-specific forms for a living will, which gives instructions on how you should be cared for in the event of your incapacitation, and durable power of attor-

"Regardless of how educated or experienced most people are, most of us don't know much of anything truthful about death, dying, funerals and how to go about doing it."

— Joshua Slocum, executive director of the Funeral Consumers Alliance

ney, which designates a person in charge of pulling (or not pulling) the plug. These are arguably the most important official documents to have completed at any point in your life, and it can be rendered official without a lawyer. All you need are witnesses and, depending on your state, a quick notarization.

"Whether you get it from us or make your own, I don't care," Slocum says. "As long as you do it."

Don't put the kit in a safe-deposit box; sometimes such a hiding cannot be legally accessed until after burial. Instead, put it in a secure place at home. Slocum recommends the freezer, which is sometimes the only thing that survives a house fire. Plus, the association's kit covers everything in a nutshell on the fridge that says "Matters of life and death inside."

Draw up an ethical will. While a last will and testament details how assets are divided, an ethical will covers everything intangible. It's an ancient practice dating back 3,000 years and mentioned in the Book of Genesis. The will may be an autobiography or self-composed obituary, or a letter from a parent to a child, or an apology, or simply an essay or list explaining your thoughts on life and what you'd like to be remembered for.

Pick a trusted family member or friend to act as your agent. It will be his or her job to retrieve the end-of-life planning kit and ensure your directives are followed. If you are young and unmarried and die today, this duty automatically falls to your parents or guardian. Note that picking someone to carry out your wishes is different from naming an executor of an estate, who has a legal directive to deal with assets and money. Planning kits and ethical wills are not binding contracts but

can serve as legitimate guidelines for families if there is no disagreement.

Know the legal issues. Understand what is and isn't required at the time of death. Your postmortem options depend on where you live. In most states, embalming is not required, and your family need not go through a funeral home. Families can file the death certificate themselves, hold a funeral at home and transport your remains to an appropriate resting spot without intermediaries. This depends on your state's right-to-disposition laws, which vary. Some states are able to deal with your body.

Explore your options, and don't feel limited. New send-off methods are starting to usurp the traditions of an open-casket wake and coffin viewing. America is on the edge of redefining death care, according to Mark Harris, author of "Grave Matters: A Journey Through the Modern Funeral Industry to a Natural Way of Burial" (Scribner, 2007), which follows a dozen families as they carve out their own paths to a green funeral and burial.

"You've got baby boomers leading a do-it-yourself, environmentally friendly way toward life," Harris says. "They've been extremely self-reflective, they ushered in the natural child birth movement, they wrote their own wedding vows and are now bringing that same consciousness to end-of-life issues."

Long story short: If you want to be shrouded and thrown directly in the ground as Wagner plays on a boombox, make sure you put that in words as soon as possible. Today may be your last chance to compose your final communication with the living. Or if you're a gambler, you can just hope to come across "The Handbook for the Recently Deceased" in those first postmortem hours.

ENGAGEMENTS

BELLISTON-SCOTT

Albert and Jean Belliston of Heyburn announce the engagement of their daughter, Elizabeth Belliston...



Elizabeth Belliston and Brian Scott attend Brigham Young University.

The wedding is planned for Friday, Oct. 10, at the Twin Falls LDS Temple.

MONTEZ-VAZQUEZ-BROWN

Angie Montez-Vazquez and James A. Brown announce their engagement.



Angie Montez-Vazquez and James Brown.

WEDDINGS

HERMANN-POPPELWEIL

Annie Wetherell Hermann of Genesee and John Tyler "Ty" Poppelweil of Nampa were married June 21 at St. Boniface Catholic Church in Uniontown, Wash.



Ty and Annie Poppelweil.

The bride is the daughter of John and Rita Trimble Hermann of Genesee and the late Ellen Wetherell Hermann. The groom is the son of Ted and Lynn Poppelweil of Buhl.

A reception was held at Churchlynn Inn in Uniontown.

The bride graduated from Genesee High School in 2002, the University of Idaho in 2006 and Oregon Institute of Technology Dental Hygienist School in 2008.

MERKLEY-THOMPSON

Deldre Merkley and Kevin Thompson were married August 20 in Lake Tahoe, Calif.



Deldre and Kevin Thompson.

The bride is a manager at Carino's Italian Grill. The groom is an electrician and owns a business. The couple resides in Twin Falls.

A reception will be held in November.

ANNIVERSARIES

THE KASTERS

Wally and Ann Kaster of Buhl were honored Sept. 14 at an open house for their 50th wedding anniversary.



Wally and Ann Kaster.

Kaster of Buhl and Christie (Brian) Willford of Kimberly. The couple has five grandchildren.

THE PARKES

Curtis and Dolores Parke of Carey will be honored at a dinner Friday, Oct. 10, in Twin Falls for their 60th wedding anniversary.



Curtis and Dolores Parke.

The family is compiling a book of letters from friends and family sharing memories of special times spent with the couple.

STORK REPORT

St. Benedicts Family Medical Center

Enna Edith Gonzalez, daughter of Hector Gonzalez and Rosa Saravia of Jerome, was born Sept. 9, 2008.

St. Luke's Magic Valley Medical Center

Emma Rose Worden and Seth Jay Worden, twin daughter and son of Elvin Christina Worden and Bradley Dee Worden of Kimberly, were born Aug. 16, 2008.

Kody Ryan Codner, son of Lisa Marie and James Matthew Codner of Twin Falls, was born Aug. 21, 2008.

Hanson-Lee Strode, son of Deanna Ellen-Marie and James William Strode III of Twin Falls, was born Aug. 24, 2008.

Kallin Marie Proctor, daughter of Stacy Alleen Budden of Twin Falls, was born Sept. 5, 2008.

Madison Rai Cross, daughter of Danette Lolene Woolstenhulme and Luke Christopher Cross of Twin Falls, was born Sept. 12, 2008.

Alden Michael Carpenter, son of Sonia Ordaz and Virgil Loren Carpenter of Twin Falls, was born Sept. 13, 2008.

Jordyn Alexis Alexander, daughter of Randi Jo and Jeremy Alexander of Twin Falls, was born Sept. 16, 2008.

Addison Janae Ribesell, daughter of Janae Ann and William Thomas Ribesell II of Twin Falls, was born Sept. 16, 2008.

Misael Rodriguez, daughter of Maria Gabriela Gutierrez and Angel Rodriguez of

Hazelton, was born Sept. 16, 2008.

Isabella Nicole Lara Guzman, daughter of Josie Esparza Guzman and Jesus Lara Perez of Jerome, was born Sept. 16, 2008.

Tryden Lucas Ray McDonald, son of Elizabeth Ann and Corey Cecil McDonald of Buhl, was born Sept. 16, 2008.

Echo Marie Walkey, daughter of Krista Marie and Trevor John Walkey of Twin Falls, was born Sept. 16, 2008.

Emma Diane Milton, daughter of Currisa Mae and Travis Clark Milton of Buhl, was born Sept. 17, 2008.

Christian Alexander Duran, son of Sheri Lynn and Erick Herman Hutton Jr. of Twin Falls, was born Sept. 19, 2008.

Candelaria and Cesar Alejandro Duran of Kimberly, were born Sept. 18, 2008.

José Luciano Lara, son of Criselda and Jose Luciano Lara of Wendell, was born Sept. 19, 2008.

Maria Abigail Mora, daughter of Tiffany Kristine Jensen and Erik Mort Rodriguez of Wendell, was born Sept. 19, 2008.

Damian Daniel Martinez, son of Inaee Ellen Bennett and Daniel Martinez of Twin Falls, was born Sept. 20, 2008.

Alexander Mendoza-Lopez, son of Guadalupe Mendoza-Clemente and Alexander-Hernandez of Wendell, was born Sept. 21, 2008.

Facebook adds some new wrinkles

By Bill Rosen, The Baltimore Sun

Are you on Facebook? No? You're not? Cause you're too old!

Now that's just silly. Two years ago, the social media Web site changed from college students only to something anyone could join.

Facebook is no longer just for kids, but people with kids — even grandkids.

But you, you hesitate. If you're like a lot of folks older than 40, you e-mail, you love getting family photos online, but you avoid the social networking thing.

According to a recent JWI Internet Media study of boomers and their online activity, about 53 percent said they weren't using anything like Facebook, LinkedIn or MySpace.

Web experts predict Facebook will soon reflect the demographics of the Internet, where, according to a recent survey by the Pew Social Research Center, 70 percent of people ages 50 to 64 roam happily online.

Sarah Taylor, a Maryland mother who's 43, joined Facebook to keep an eye on her kids (another popular reason for joining, although not necessarily an honorable one).

On her page, people are posting pictures of their childhood toys like Lite-Brite, posting old Three Stooges videos, reminiscing about drive-in theaters and talking about their favorite wines.

There are other social media sites designed especially for mature audiences, such as sena.com and the AARP's Web site. But

Signing up for Facebook is a no-brainer

You don't need to be tech-savvy to sign up for Facebook. If you can type and have an e-mail account, you're in.

- Go to facebook.com. The sign-up box will be right on the home page. Fill out your name, type in your e-mail address. Think of a password and type that in... Facebook will send a message to the address you provided to make sure it's really you. Once you confirm, you're in.

Facebook will automatically show you people you might know from other schools and offices. Here are five good reasons the AARP-eligible or almost-eligible might enjoy Facebook.

Support causes/political candidates. On Facebook, people can join groups designed to do everything from fight global hunger, help endangered species and support the pet cause.

With a click of your mouse, you can offer silent support or, if you want to get more involved, you can connect with like-minded people. One of the anti-global warming groups, for example, has more than 140,000 members.

The politically minded will also find plenty to do on Facebook. Eisenhower to Sen. John McCain to Sen. Barack Obama have Facebook pages.

You can visit McCain's and Obama's pages to see photos from the campaign trail, watch their latest ads and read news stories that the candidates (or their staff) have flagged. Find old friends. When you sign up, you can plug in your college or high school as well as places you've worked and Facebook

"I'm keeping in touch with people I haven't talked to in a long time. And they can see what's going on in my life and ask me about it."

- Sarah Taylor, who found an ex-boyfriend from 20 years ago

Network. With its Six Degrees of Separation way of linking one person to hundreds of others, Facebook can be a networking giant.

If you have an event to promote, a house to sell, a resume to circulate or a Web site to share, it's hard to imagine an easier way.

Timmie Massie, the 50-year-old spokesman for Marist College in upstate New York who's been on Facebook for three years, has helped people find work through it.

"I go to my Facebook network and pass that person's name, background and resume around so they can be introduced to my gang of people looking for jobs," he says. "If I were in need of a job, I'd put my name out there."

Since his Olympic victory, thousands upon thousands of people have become Facebook fans of Michael Phelps.

While Phelps might be the most popular guy on Facebook, there are plenty of other celebrities, even those of people who have become electronically famous.

Consider Michael Jordan, Sean Connery, Celine Dion, Morgan Freeman, Stanley Kubrick, Alfred Hitchcock, Alvin and the Chipmunks, Clint Eastwood and Meryl Streep.

and you are not seeing any results, then consulting with a mental health professional would be appropriate.

Gregory Ramsey, Ph.D., is a child psychologist and vice president for outpatient services at The Children's Medical Center of Dayton, Ohio.

Aggressive behavior may not have one reason

By Gregory Ramsey, Cox News Service

Q. Over the past several months, my delightful 5-year-old has turned increasingly aggressive. He hits others with toys, screams at me when I ask him to do something, and is aggressive with his playmates.

I've asked him why he is behaving this way, but I don't seem to get a good answer. Should I get psychological help for him?

A. Trying to determine a

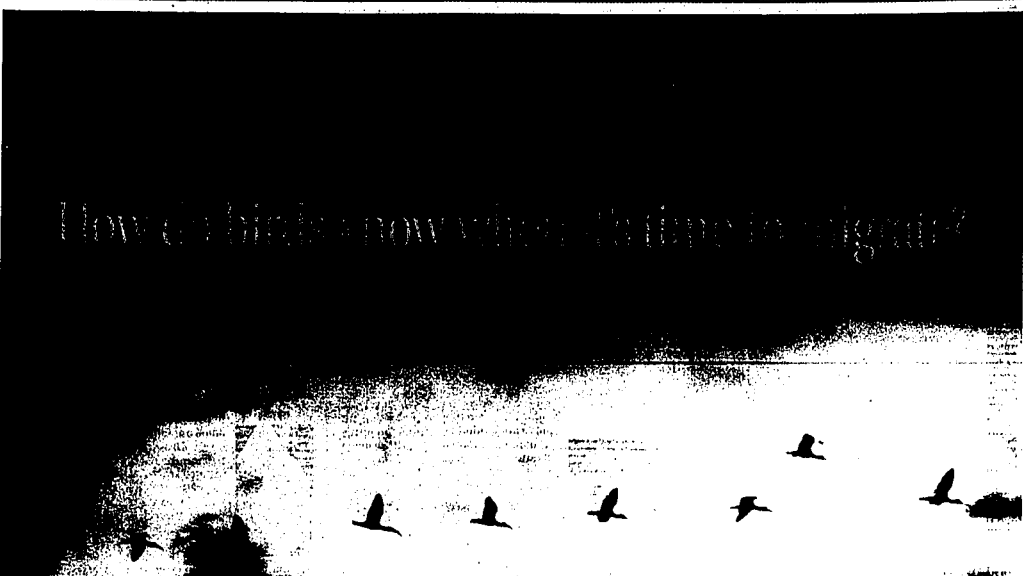
single reason for a child's misbehavior is frequently a frustrating journey. The reasons why youngsters act in a particular way are frequently unknown, and often unknowable even to a trained professional.

Stop trying to search for the reasons for his misbehavior and simply respond in a consistent and firm manner. First, make it explicitly clear as to what specific behaviors will not be acceptable.

in a consistent manner. Any type of aggressive behavior on his part will result in him sitting in the corner until he is quiet for about five minutes. Don't talk to him when he comes out of the corner, just wait until he has given you attention for his misbehavior.

Second, utilize a discipline technique such as time out

Bridal Registry advertisement for Charlotte's Web featuring a photo of a bride and groom and contact information for Kaila Thompson & Craig Beltran.



In the fall you can see birds migrate. They fly south. Birds can't pass a science test, but they know exactly when it is time to fly to warmer climates for the winter and when to go back home. This seasonal journey is called migration. Scientists believe that birds detect changes in temperature and daylight. As the days get shorter and the amount of light decreases, birds produce certain hormones that seem to trigger the drive to migrate. A hormone is a chemical produced by the body. These chemicals cause the birds to store up fat in their bodies. The extra fat can be turned into energy that helps keep the birds going on their

flight. Birds migrate because it is harder for them to find food (especially insects) when the ground begins to freeze. And ducks, geese and other birds that spend a lot of time in water can't break through ice that forms in freezing temperatures. Some birds start their southerly trek as early as July. Others wait until winter is nearly upon them. The distances that birds migrate vary according to species. The blue grouse, for example, flies less than a mile. In an odd twist, it goes to a higher, colder spot in the North American mountains where it lives

**Bird fact**  
The fastest bird is thought to be the peregrine falcon, which can dive at speeds of 175 miles per hour or more!

to avoid competition for food at lower levels. Arctic terns fly from the Arctic, at the top of the planet, to their winter home in the Antarctic, at the bottom of the planet. And they go back again in the same year. That's more than 20,000 miles a year. This migratory route is the longest of any animal. Though most birds fly at heights of less than 500 feet during their everyday lives, many go much higher when they migrate. Some go up to 10,000 feet, or 1.9 miles. An airline pilot spotted bar-headed geese at 29,000 feet. That's 5.5 miles! Another amazing thing that birds can do well is navigate.

Some people can get lost for a while, but birds know where they are. Birds fly long distances and return to the same place each year. Scientists don't know how birds do this. They may have some kind of internal compass that detects Earth's magnetic field and tells them which way is north. You might think migration would be exhausting. Apparently not. The American golden-plover travels about 2,400 miles, from Nova Scotia to South America, in about 48 hours — without stopping! Birds show signs of being tired but not exhausted when they reach their destination. It surely is a wonder of nature.

## Talking with comic Howie Mandel

By Richard Kinaldi, Alyssa Scala and Jessica Sisk  
Kidsday reporters, Newsday

We met comedian and game-show host Howie Mandel when he was in New York recently. We like his NBC show "Deal or No Deal."

Question: We know you are an actor and a comedian. Do those past experiences make you a better game-show host?

Answer: Yes, I get to work in front of an audience as I do when I do stand-up comedy. On my show I can act very dramatically. Sometimes they are going to open the case and whatever is in that case is going to change somebody's life and I can stretch it out and make it dramatic and scary.

And right when they think they are going to open it, I tell them we are going to open it when we come back.

Q: Which do you prefer being, a TV host, comedian or actor?

A: I like doing everything. When you grow up, hopefully you will get to do everything you love. I get to do everything I love. I like just being busy. So I can do stand-up one day...

...Deal or No Deal" and get to be a game show host. Then I will stay at home and write sometimes. Last night I was on a show called "Monk." So I get to act, I do voice-overs and I do cartoons.

Q: What are the craziest things you've done to get a laugh?

A: When I was your age... I got in trouble for and punished for what I seem to get paid for today. I am saying behave and be good. I had no idea when I was your age that it would become a job. What a lucky guy I am that whatever I am became my job.

Q: Do people still ask you to blow rubber gloves up on your head?

A: I don't do it often, but if certain people ask me, I will.

Q: We read that you did not want to host "Deal or No Deal." Is this true?

A: Absolutely. I did not want to be a game-show host. Then my wife saw a tape of the show and told me to take the deal. I didn't believe her and she said, "Take it, it will be good for you." I took the show, and it is a big hit and my wife spends the whole day going, "Na na na na." She was right.

Q: We watched a bit of your character Bobby online. Do you enjoy doing his voice? Does it annoy your family?

A: Actually, this is my real voice. And I talk like this so people won't make fun of me. I don't really use the voices around the house.



Mandel

## Campaign issue: The environment

By Valerie Strauss  
The Washington Post

What should the U.S. government do about global warming?

The Earth's climate is changing. Parts of it are warming up. Other areas are becoming colder. And many storms are more dangerous. Most scientists agree that human activity is the main cause. Fossil fuels, such as gas that we use in cars and oil we burn at home, give off carbon dioxide (called carbon emissions) and other gases, which trap heat in our atmosphere.

Nobody knows for sure what will happen if the planet continues to heat up, but scientists have seen enough changes in the environment, such as shrinking butterfly populations and melting glaciers, that many countries are taking action to help reverse the damage. Both presidential candidates say the U.S. needs to be a leader on this issue. Here's a look at what each one says he would do.

Where the candidates stand on the environment:

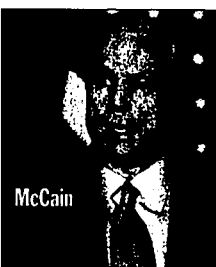
• **The issue in their own words**  
Sen. John McCain: "I want to assure you I will make this planet clean. ... We will hand to you a cleaner planet than the one you were living in before I became president of the United States."

Sen. Barack Obama: "Global warming is not a someday problem, it is now. ... It's not the future any of us want for our children. And if we act now, and we act boldly, it doesn't have to be."

• **By how much would each candidate cut carbon emissions?** (Scientists recommend cutting them to 80 percent below 1990 levels by 2050.)  
McCain: Supports reducing carbon emissions to 1990 levels by 2020 and to 60 percent below 1990 levels in 2050.

Obama: Supports reducing carbon emissions to 1990 levels by 2020 and to 80 percent below 1990 levels by 2050.

• **Where do they stand on pollution "permits," which companies would have to buy if their pollutants were more than the government allowed?** (Low-polluting companies could sell permits to higher-polluting ones.)  
McCain: Supports. Would initially give away permits to some business but would move toward an auction. Hasn't said what he would do with the money raised.



McCain



Obama

### Where kids stand on the issue

Thousands of kids participated in online surveys about the environment conducted by Scholastic. How do the views of other kids compare with yours?

- Which is the most important environmental issue facing the world today?  
55 percent: Global climate change  
16 percent: Wildlife conservation  
15 percent: Energy resources  
14 percent: Water resources
- What are you willing to do to stop global warming?  
48 percent: Recycle and change some habits, such as walking or riding my bike more often, switching to efficient light bulbs and turning lights off.  
36 percent: Whatever it takes: I'm ready to volunteer my time and turn my school green.  
11 percent: Recycle my bottles and cans, but that's it.  
7 percent: Nothing. I don't think it's a huge problem.
- How concerned are you that polar bears are at high risk for extinction?  
58 percent: Extremely. We must save the arctic.  
22 percent: Wild. Polar bears are in danger.  
10 percent: It's a concern, but other animals are in even higher danger.  
4 percent: I'm more concerned about global warming in general.

Source: Scholastic/American Museum of Natural History 2008 Environmental Report Card

Obama: Supports. Would auction pollution permits to businesses and use the money to help clean up the environment.

• **How did each vote in the Senate on environmental issues?**  
Obama: In 2007, he missed votes on four major environmental bills before Congress.

McCain: In 2007, the Sierra Club said he was the only member of Congress who did not vote on any of the 15 major pieces of environmental legislation.

McCain: In 2007, the Sierra Club said he was the only member of Congress who did not vote on any of the 15 major pieces of environmental legislation.

## EDITORIAL

## Gooding hurt by law of unintended consequences

Public charter schools are all about choice, and operate under the principle that freedom to innovate breeds better education.

But what if that innovation worsens the quality of education in the rest of the school district?

Neither the Idaho Department of Education nor the Legislature likely foresaw that outcome, but it's happening in the Gooding School District.

Enrollment in the 1,300-student district fell by 112 after North Valley Academy opened its doors to 149 kindergarten through eighth-grade students.

Gooding Elementary took the brunt of the decline and has 75 fewer students than a year ago, a decrease of 12 percent. Meanwhile, enrollment at Gooding Middle School shrunk by 13 percent, to 251 students.

The district may have to cut teaching staff for the 2009-10 school year, according to Superintendent Heather Williams. Smaller enrollment could affect six to eight staff positions next year, she said.

That amount is 10 percent of Gooding's teachers. Although one of the stated goals of charter schools is to force public schools to change for the better, it shouldn't be on the backs of students who don't attend a charter school.

The first wave of charter schools in Idaho was established in populous school districts, where the financial impact on the public schools of losing a few hundred students was minimal.

Not so in Gooding. And it's clearly not the last time something like this will happen in a small community.

The Legislature and the Department of Education should adjust state funding to accommodate special cases like the Gooding district.

Deby Infanger, chairman of the board of directors of North Valley Academy, is right when she says charter schools shouldn't be limited to the state's big districts. But neither should they cost other teachers their jobs and harm the education of public school students.

## 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.

## QUOTE

"As the 21st century unfolds, some may be tempted to assume that the threat has receded. This would be comforting. It would be wrong. The terrorists believe time is on their side, so they've made waiting out civilized nations part of their strategy. We must not allow them to succeed."

— President George W. Bush addressing the UN General Assembly on the threat of terrorism.

**Our view:**  
The Legislature should change the way it distributes funds to small public school districts that have charter schools.  
**What do you think?**  
We welcome viewpoints from our readers on this and other issues.

## We got game ...



The price of hunting licenses is outpacing the rate of inflation by more than 30 percent. Each year America's hunters contribute more for wildlife.

## ... and for that, you can thank hunters

Today's green movement uses certain buzzwords — organic, low-carbon, renewable — to the very amusement of 15 million to 20 million of us who've actually lived the eco-friendly lifestyle that these words describe.

We are hunters.

STEVE SANETTI

As a subset of America, we're admittedly somewhat smaller than we used to be. Our numbers have been steadily pressed beneath a culture growing ever faster, more complex and distant from its rural ancestry. Now, like growing vegetables, gathering fresh eggs and raising farm animals for the table, the productivity and skill to harvest Earth's bounty of wild game — and to pass on this tradition to those longing for simpler ways of life — reside in only a relative few of us.

The meats that hunters and their families consume are grown unfettered by hormones, processed feeds or fences. Low in fat and cholesterol, high in protein, wild game is organic defined. The American Heart Association and American Cancer Society recommend venison, rabbit, pheasant and duck over many commercially produced, packaged and distributed alternatives.

Data gathered by my organization shows that 61 percent of us hunt exclusively in our home states. Only 3 percent never hunt locally. Compared to

Please see HUNTING, Page G2

"... Seasons, game limits and wildlife conservation funds all came from hunters, and we are immensely proud of that effort. Because of us, white-tailed deer, pronghorn antelope, elk, wild turkeys, wood ducks and hundreds of other cherished life forms transitioned from vanishing to flourishing."

## Hunting in Idaho

## At a glance

Number of hunters — 187,000  
Average days per hunter — 11  
Total spending — \$260 million  
Trip-related spending — \$100 million  
Equipment and other expenses — \$160 million  
Average per hunter — \$1,326  
Average trip expenditures per day — \$47

## Changes from 2001-06

Hunters — Down 5.1 percent  
Hunter days — Up 8 percent  
In-state spending — Down 1.4 percent  
State resident hunters — Down 18.6 percent  
Total spending, Idaho residents — Down 25.6 percent

## Hunters by game type

Big game — 160,000 (85 percent Idaho residents)  
Small game — 55,000 (67 percent Idaho residents)  
Migratory waterfowl — 42,000 (51 percent Idaho residents)

## By type of land

Public land only — 99,000  
Private land only — 20,000  
Public and private land — 47,000

## Spending by hunters

Food and lodging — \$38 million (\$203 per person)  
Transportation — \$41 million (\$219 per person)  
Hunting equipment — \$21.3 million (\$275 per person)  
Firearms — \$26.1 million (\$571 per person)  
Ammunition — \$9.5 million (\$90 per person)

## Big-game hunters by species

Deer — 119,000  
Elk — 103,000

## Top hunting states

Percentage of population that has hunted:

1. North Dakota — 8 percent
2. South Dakota — 7 percent
- Tie, Montana
3. West Virginia — 4 percent
- Tie, Wisconsin
- Tie, Wyoming
- Tie, Arkansas
- Tie, Maine
- Tie, Missouri
- Tie, Pennsylvania
- Tie, Vermont
4. Idaho — 3 percent (tied)

— Source: U.S. Fish and Wildlife Service; all statistics for 2006

## Editorial endorsements part of the candidate vetting process

Last week our Editorial Board — three Times-News employees and two private citizens — started interviewing candidates for various offices in the upcoming election.

Most newspapers offer editorial endorsements candidates, though a few have done away with them as an experiment, out of frustration with the poor quality or lack of candor of the candidates themselves, or a general belief that endorsements don't matter much to the average voter.

I could probably make a good argument in support of



132 FAIRFIELD ST. WEST  
James G. Wright

any of those viewpoints, but suffice it to say that we're not going to end the practice any time soon.

We don't offer endorsements because we think of ourselves as some kind of political kingmakers or because we think we know

better than anyone else who would be the right politico for the job. The way we look at it, an endorsement is a public service — part of what we give back to the democratic process in return for our constitutionally protected status as a free press.

We also know that people are busy. Not everyone has the time or the inclination to meet a candidate in person or to research their record, so we do it for them.

Part of what we do here is to check things out — to vet the candidates so you don't have to.

Years ago I worked in a town where the leading sheriff's candidate made a big deal in paid ads that he was a Vietnam combat Marine and had extensive prior law enforcement experience. The newspaper checked his resume as part of the normal vetting process and discovered that he was indeed a Marine, but had come no closer to combat than throwing chicken nuggets into the deep-fat fryer in the mess hall at Camp Lejeune.

Moreover, his law enforcement experience was largely limited to holding a flag at a

school crossing. Not everyone appreciated the information. The candidate and his backers screamed and claimed it was unfair to actually check him out, but the facts spoke for themselves.

The other sheriff's candidate went through the same vetting process. The paper found a few warts — including enough seriously unhappy ex-citizens to form a bowling league — but his record as a cop checked out. He got the endorsement, won the election and did just fine in office, if not in love.

Had voters made their deci-

sion only on the candidate's rhetoric and self-promotion, they might have elected a top law enforcement official who had a little problem with truth and honesty. But the newspaper did its job, as will we.

We don't expect people to match to the polls with our endorsement list in hand, and we're not particularly offended if our picks aren't elected. We just want to offer our assessment. You're free to take it or leave it.

Times-News Editor James G. Wright may be reached at 735-3255 or james.wright@lee.net.

# Hunting

Continued from page G1

consumers of U.S. supermarket food, which routinely travels as much as 2,500 miles from source to table, we are model locavores.

But "renewable" is perhaps where hunters shine greenest.

Today, every state has thriving game populations in habitats that sustain hunted as well as non-hunted species. It's a richness of life that many Americans enjoy regardless of their environmental persuasion. Yet most also take it for granted, unaware of the mechanisms that sustain this public resource. They see more wildlife every year but are oblivious to why that's so.

Began well over a century

ago, the success of modern conservation can only be fully understood against the backdrop of historical slaughter for markets that took 40 million buffalo to the brink of extinction and 5 billion passenger pigeons beyond it.

It was hunters who led a revolution of new values, new science and new approaches for responsible use of these resources. Seasons, game limits and wildlife conservation funds all came from hunters, and we are immensely proud of that effort. Because of us, white-tailed deer, pronghorn antelope, elk, wild turkeys, wood ducks and hundreds of other cherished life forms transitioned from just vanishing to flourishing.

Even in today's renaissance of eco-consciousness, we remain the most stalwart supporters of wild things. Hunters and sport-shooters now pay for more than 80 percent of all conservation and habitat programs in America. Through licenses, tags, permits, fees and special excise taxes on firearms, ammunition, bows and arrows, we've paid — and state fish and game agencies have successfully piled — more than \$5.3 billion since 1939. And we pushed for this tax on ourselves. No conservation system has accomplished more.

As the cost of conservation rises, we're upping our out-

lays even as we remain a relatively small percentage of the population. In fact, our data show that the price of hunting licenses is outpacing the rate of inflation by more than 30 percent. Each year America's hunters contribute more than \$1 billion.

Taxing hunters to fund the health of public wildlife is a proud part of our heritage. In tomorrow's world, however, this financing may be merely the second-best byproduct of what we do. As civilization struggles to balance modern lifestyles with organic, local, renewable resources, hunters are indeed among the deepest wells of expertise on the planet.

Our very identity clings steadfastly to stewardship of land, clean water and air, intimate knowledge of natural communities, and careful interaction with the good earth — because that's how we've ensured abundant wildlife and good hunting for more than 100 years.

For us, the amusing irony is that American society, which has looked down its nose at hunters more sternly with each passing generation, is

discovering that camouflage has been a primary shade of green all along.

Steve Sanetti is president and chief executive of the National Shooting Sports Foundation, a trade association based in Connecticut. He is a former executive of and general counsel for firearms manufacturer Sturm, Ruger and Co. He wrote this commentary for The Washington Post.

## LETTERS TO THE EDITOR

### Obama is a disgrace to America, Christianity

Wow, "Obama good for morale!" First and foremost, how can anyone consider a man for the president that supports murder?

Most teenagers don't fully understand the severity of an abortion. A responsible adult must help teenagers understand this. How many times has Obama voted to suspend the rights of an innocent child of God on a botched abortion? His opinion: "It is too inconvenient to have another doctor present if the abortion is botched."

Obama is irresponsible and a disgrace to Christianity and America. Any man or woman with children in America should be appalled by Obama's comment. Where is the voice for these babies? How can we instill morals into the American people if the candidates have none? His experience does not even hold a candle to McCain or even Palin.

American, moving from England to America and becoming an American citizen. I've been in a big learning curve. Having been brought up to believe that you didn't just buy anything you wanted even if you couldn't afford it — (you saved up for it. What a quaint, old-fashioned ideal) — an early question to my husband was, "Why do people in this country have to go into debt in order to get a good credit rating?" I'd never even owned a credit card at the time, and his explanation was far too complicated for me.

But now that the American citizen I was so proud to become has morphed into the American consumer (which I find totally degrading and insulting), and now that the entire nation is up to its neck in debt to China, I see that my question about debt and credit wasn't entirely naive. My next question was, "What are all the people who used to work on assembly lines and in factories that actually make things going to do when all their jobs are sent abroad?" My husband mentioned "retraining" and "service jobs," but not everyone has a computer programmer.

And in any case, most of those jobs seem to have gone to India — as you soon find out if you call your local Internet provider.

So my current question is: When are we going to stop buying all this rubbish we don't need and bigger houses and gas-guzzling SUVs and start demanding things bearing the label "Made in America?"

And when are we, as a nation, going to start saving up for things we need far more than "preemptive" wars and obscene chief executive officer salaries? Things like the free health care the rest of the developed world has had for the last 50 years? Or good free education (up to and including university) for our children?

Or are we going to continue, as President Bush urged us on 9/11, to just go on shopping, 'til we, quite literally, drop?

Can someone please tell me? My dear, long-suffering husband would be so grateful if you could!

DIANA FASSINO  
Ketchum

The couple of years that Obama has been in the Senate, he has the most reckless spending habit of about all the senators. He has tried to earmark more than \$2.10 million and has never voted for cutting taxes. He is cozy with several anti-Americans and terrorists, and cares more about himself than any American. Obama surrounds himself with people of marginal character that have a strong dislike for America. The system is obviously broken and Biden's comment that "America may need to be more patriotic and pay more taxes" is ridiculous. This comment goes hand-in-hand with everything that both Obama and Biden portray.

Thomas I saw, just as I do. Yes, Bush spends way too much money, thanks to the help of crooked senators like Obama and Biden. This country needs more leadership like Palin and McCain. I put Palin first because she is probably the most capable individual in the country to make a change for the better.

MARTYVAN FASSELL  
Paul

Obama is irresponsible and a disgrace to Christianity and America. Any man or woman with children in America should be appalled by Obama's comment. Where is the voice for these babies? How can we instill morals into the American people if the candidates have none? His experience does not even hold a candle to McCain or even Palin.

America's spending habits got it into this mess

Some of our readers are

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Filed for the November 4 Election Nominally for Sheriff, U.S. Sheriff, Jerome Falls, ID, 2008

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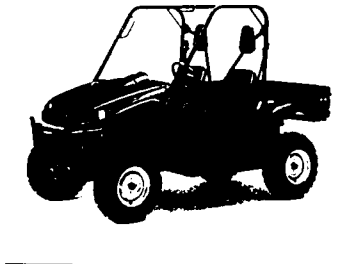
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Proceeds from all BHS Grand 4A Events go to programs at BHS

LETTERS TO THE EDITOR

Get rid of the chumps, start producing champions

A strange thing happened Sunday. I watched the last 30 seconds of the Denver Broncos football game. The team scored a touchdown and could have led the game with an easy point on a kick, but Coach Shanahan had the team execute a two-point conversion to go ahead and win the game. Winning is why the coach leads the team because winning results in rewards.

Too many times in our modern-day society, we reward mediocrity. Schools have multiple valedictorians, intramural teams all win an award and every individual competitor receives a medal. Competition is stifled in the interest of fairness and the United States government baits out corporate losers and unscrupulous chief executive officers are rewarded with compensation more than a kick in the buttside. A wealthy emaculated Congress with an approval rating in single digits refuses to utilize our natural resources for the benefit of its taxpaying citizenry.

Let's take back America and get rid of the chumps and start producing champs. Reward performance and excellence. Start in the public education system. If students can't master the subject, hold them back. Stand up to administrators using passing students at any cost. Winning is a learned behavior. For those not willing to put forth a winning attitude — tough!

MICHAEL S. TYLKA Jerome

lost 700 big bales of straw. The real blessing in all of this was that no one was injured in the disaster. I am writing this because we often take for granted the wonderful men and women who volunteer their time to help others, and these firefighters are to be commended.

Because it was a holiday, many volunteers were out of town and our Wendell department called three other districts to assist; they were Buhl, Hagerman and Jerome. They all came in a very timely manner and helped get the fire under control. It took a short time to get the homes under control, but the straw is another matter. Several volunteers remained on our straw fire the entire night so that we could go home and sleep. I can't tell you how grateful we are to all those firefighters. The following week, they came out every day to make sure the fire would not spread and cause more damage.

I guess, like all of us, we take those volunteers for granted until we ourselves are faced with a devastating fire. Our family has been deeply touched by them and our community.

Times-News printed an article on the families that lost everything, and I have never witnessed such generosity before. Furniture, blankets, clothing, money, toys and an entire nursery replaced for the family who was expecting a baby any day. I just want to say that the people of Idaho are true neighbors and I wanted to recognize those people in our community who volunteer and who give so generously when others are in need. EDWARD CIOCCA Wendell

Voters should educate themselves on candidates

As I see it, we are approaching one of the most important presidential elections of our generation, perhaps in America's history. With such a stark contrast between candidates, on positions and background, I feel it is very important that peo-

ple become educated on each man's position on issues that will affect the course of America's future. I cannot, of course, cover these issues (watch the debates to hopefully uncover the differences), but I must comment on one aspect of Obama's just that will indeed color his future.

After watching video of Obama's pastor, the Rev. Jeremiah Wright, express his wish for God to "damn America," I was appalled and confused. This "preacher" was calling for the destruction of our country because we are at war with an enemy that pursues the destruction of our country. How ironic, it was almost as if this Rev. Wright was "innocent." (Again, how ironic when their views do not protect the innocent children from the "terrorism in the womb" that is abortion.)

And while this confused man continued to spew his hatred and racism in the media, Obama tried to distance himself from his preacher/teacher. But I don't believe you can sit under a man's teaching for 20 years without tainted ideology developing to the very core of your character.

Now, Obama is a smooth talker who talks his way out of every controversy. And he is quite adept at making his reversal of opinion seem genuine. But I take issue with a man who fails to emotionally distance himself from significant people in his recent past.

GREG HEGMAN Twin Falls

Idyllic life in the country has lost its good smell

I have friends who raised their kids in a lava-rock house in Jerome County. They've enjoyed a healthy lifestyle on their acreage for years — teaching their professions, gardening and woodworking in their retirements. But their lives changed. The "good nature smell" of the countryside they used to know has now turned into the "bad nature smell" from a saturation of

animal factories. Another expansion of nearby dairies has increased the ammonia and odor my friends breathe. They've never had an air conditioner because they used to enjoy evenings with the windows open. Now their nights are spent in a stuffy house closed up against the smell. Now a respiratory aid must be used for asthmatic symptoms, when they've never considered themselves "delicate" before.

More and bigger animal factories will increasingly smell up our county because of poor ordinances. Planning and zoning supports this trend. Stuffy regulations are

approved by decision-makers intent on keeping confined animal feeding operations under the jurisdiction of the Department of Agriculture, not the fire guards the health house. Our politicians have ham-stringed the regulatory processes that should be involved with dairy pollution. The folks who allow the accumulation of animal factories don't recognize the economic drain they impose on our public systems.

For instance, our roads are crumbling because they weren't designed to handle the trucks from the mega-dairies (one loaded 18-wheeler creates the same impact as

9,500 cars). Enforcement of the few rules we have is spotty because of a lack of funding. Permitting fees don't even cover the costs of administrative paperwork. It's time to increase fees for animal factories, or institute a tax-per-animal unit. Sufficient revenue could also offset the expenses of serving uninsured dairy employees. There's a county commission hearing Sept. 30 at 10:30 a.m. at the courthouse. Tell them you don't want your house and its value to fall victim to a poorly regulated factory manning in next door. CHERIE CONDIE Jerome

A LIE,

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Steele Memorial Medical Center

30th Annual Downtown Twin Falls Festival
October 3 & 4
Friday 10am - 10pm • Saturday 10am - 6pm
Downtown Twin Falls
Food & Craft Vendors & Children's Activities
Wednesday, October 1st at 4pm • Homecoming Parade
Thursday, October 2nd • Chalkwalk (Arts Council)
FRIDAY, October 3rd 10am - 9pm
KIDS Carnival • Food and Craft Vendors
Entertainment (Fountain) 12pm-6pm
Street Dance - Crossfire 6pm-9pm
Bands at Woody's and Pandora's 9pm-?
SATURDAY, October 4th 10am - 6pm
KIDS Carnival/Kazoo Parade • Food and Craft Vendors
Entertainment (Fountain) 11am-6pm
Car Show (Hansen Street) 12pm-6pm • Dutch Oven Cook Off (Rudy's)
Pumpkin Carving Contest • Pumpkin Recipe Contest
Street Dance between Woody's & Pandora's 5-9pm
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# Banning books? Liberals are past masters of this art

**H**ave you ever heard Hollywood liberals talk about suspected Islamic jihadists the way they talk about suspected Republican "book-banners"? The Sept. 11 terrorist attacks did not become a catalyst for books being thrown into hawks. But the minute they started reading false rumors about Sarah Palin restricting unfettered access to "Daddy's Roommate" and "Heather Has Two Mommies" in her hometown library, Tinseltown's doves became militant warmongers.



MICHELLE MALKIN

ago when two Democrat lawmakers, New Jersey Assemblywomen Joan Quigley and Linda Stender, called on merchants to ban

the sale of Ann Coulter's book, "Godless," because of her remarks about anti-Bush 9/11 widows. "No one in New Jersey should buy this book and allow Ann Coulter to profit from her hate-mongering," the politicians lashed out.

And where are they now? Stewing in their salons and screening rooms, concocting horror stories about terrifying Christian conservative bogymen who threaten peace, tolerance, independent thought, ambiguity and difference. Pating themselves and each other on the backs as the valiant protectors of dissent.

(But only the kind with which they agree, of course. *Shhhhhh.*)

Michelle Malkin can be reached at [malkinblog@gmail.com](mailto:malkinblog@gmail.com).

Actor Matt Damon, parroting left-wing Internet lies about Sarah Palin censoring novels while mayor of Wasilla, Alaska, took a defiant stand against the "terrifying possibility" of a McCain-Palin victory. "We can't have 'book-banning,' he inveigled.

And now we know what keeps feminist playwrights like Eve Ensler ("The Vagina Monologues") awake at night. Not Iranian nuclear ambitions or al-Qaida beheading videos. She is haunted by nightmares of Bible-thumping, book-burning Sarah Palin. A

McCain/Palin ticket "is one of the most dangerous choices" of her lifetime. Ensler seethed in her viral call-to-arms e-mail, because "Sarah Palin does not much believe in thinking." The evidence: "From what I gather she has tried to ban books from the library, has a tendency to dispense with people who think independently. She cannot tolerate an environment of ambiguity and difference."

Classic projection, Damon, Ensler and the anti-censorship crusaders are the unliking ones who can't tolerate independence, ambiguity and difference. The rumormongers continue to spread a bogus banned book list attributed to Palin that excludes books not even published at the time she served as mayor. No city records corroborate Internet reports that she tried to keep anti-homosexual books, as gay lobbying organizations have claimed, or any other books off government-funded library shelves available to children.

And even if she did inquire about the process, so what? Regulating age-appropriate content is only a sliver of the same kind of civil liberties extremists who oppose reasonable filtering of sexually explicit material in public spaces. Who is scarier: hockey moms who want to put tax-subsidized books about lesbian couples out of reach of kindergarteners or Hollywood ideologues who want to ensure that homeless people can surf porn websites in your neighborhood library?

If book banning is such a life-and-death issue to these celebrity foot soldiers for free speech, where were they four years ago when John Kerry and his rabid minions were pressuring Microsoft Publishing to withdraw "Unfit for Command" from bookstores? Where were they when members of the Borders Books Employee Union were openly advocating sabotaging book sales? A message on the unions' members-only Web site urged:

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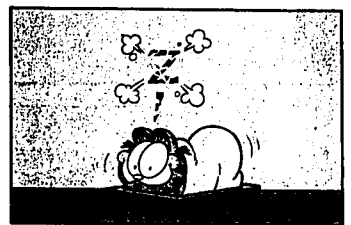
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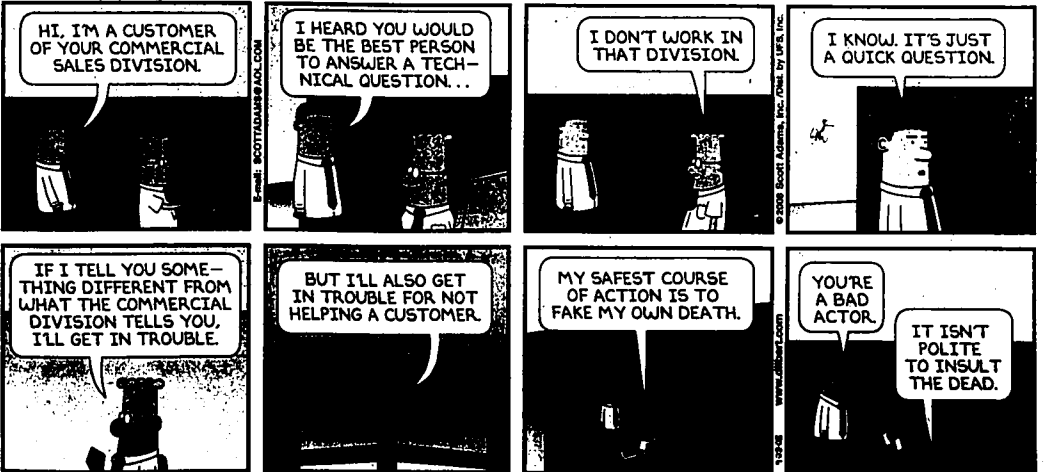
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# Garfield

## CLASSIC PEANUTS®/ by Charles Schulz

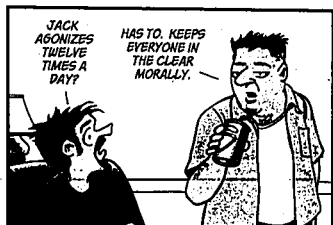
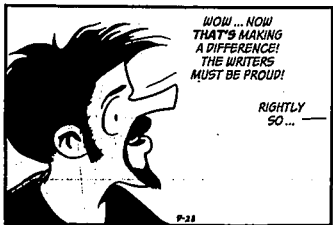
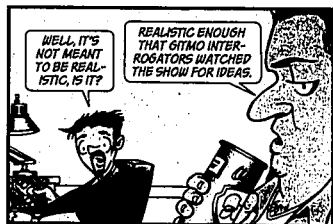
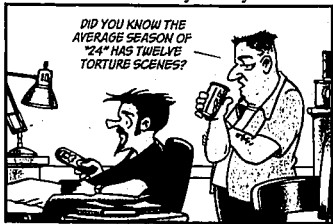


## DILBERT®/ by Scott Adams

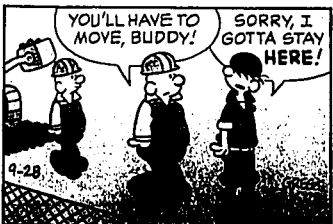




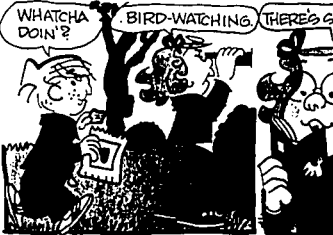
**DOONESBURY/** by Garry Trudeau

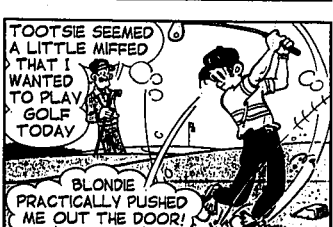
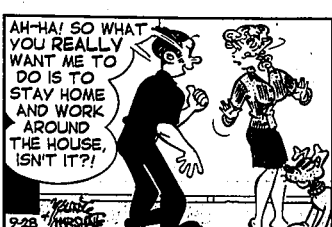


**MORT WALKER'S BEETLE BAILEY/** by Mort, Greg & Brian Walker



**DENNIS THE MENACE/** by Hank Ketcham





**THE FAMILY CIRCUS**

By **BIL KEANE**

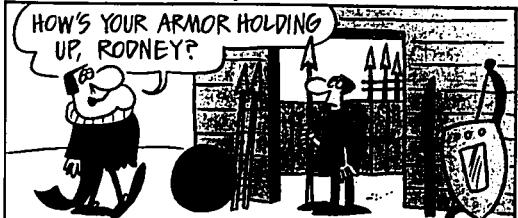


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**THE WIZARD OF ID**/ by Parker and Hart



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←  
**VIKING'S MAINTENANCE DOWNLOADS**

I FAILED MY PHYSICAL AND HAVE TO LEAVE THE ARMY!

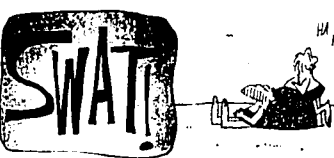
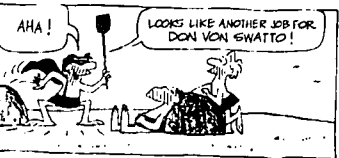
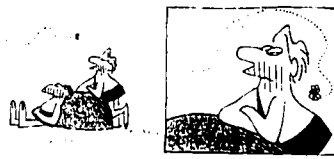
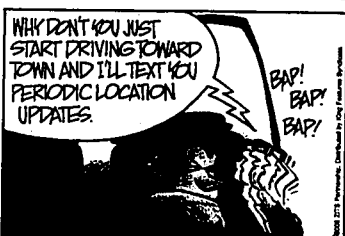
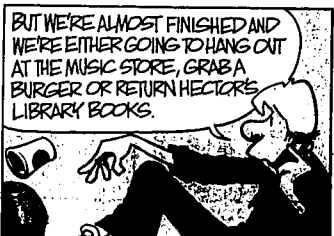
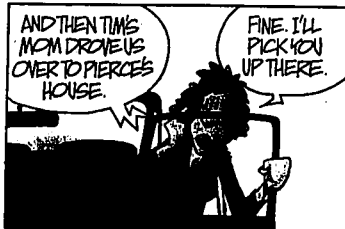
THEY SAY I'VE LOST MY "MILITARY BEARING"!

I'VE BEEN ORDERED TO HQ: I SURE HOPE THEY DON'T BREAK ME UP FOR SPARE PARTS!

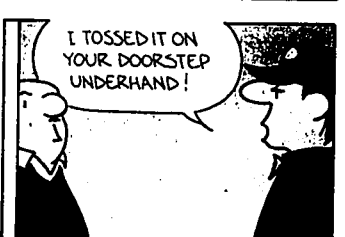
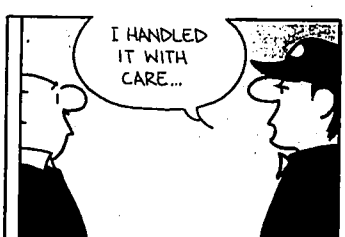
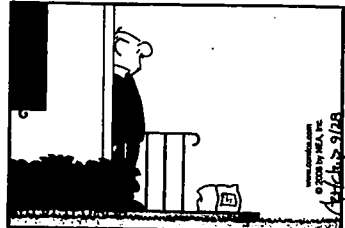
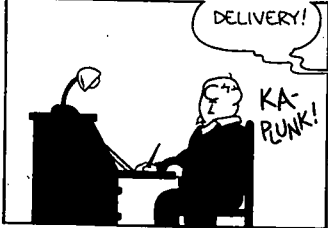
I WOULDN'T WORRY---IT SAYS YOU ONLY HAVE TO TURN IN YOUR BATTERY PACK. THEY'RE ALSO GIVING YOU A MEDAL....

SOUNDS LIKE AN HONORABLE "DISCHARGE" TO ME!

**ZITS/** by Jerry Scott and Jim Borgman



**BORN LOSER/** by Art & Chip Sansom



# TV Weekly

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24

Twin Falls, Idaho

Week of September 28 - October 4, 2008



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# Lucas and the Force now with Cartoon Network

By Jacqueline Cutler  
Zap2it

From the music's first notes, you enter a galaxy far, far away.

That galaxy was once only accessible through the portal of a movie theater and for 30 years was the purview of humankind and magnificently crafted aliens.

Now George Lucas has taken "Star Wars: The Clone Wars" to Cartoon Network as an animated show premiering Friday, Oct. 3, with a special one-hour block. The regular Friday series will be a half-hour, with the action unfolding between the second and third installments of the theatrical films.

Considering "Star Wars" fans are legion and that this is the most successful entertainment franchise ever, if a character were off. It'd have the biographer in an uproar. Let anyone get his light saber flashing, it is safe to report that the TV show is excellent.

Once viewers become accustomed to watching

## Cover story

### Show time

What: "Star Wars: The Clone Wars"  
When: Friday, Oct. 3  
Channel: Cartoon Network

digitized images, it all works. And really, was Yoda ever so much to look at?

The hero of this show, Anakin Skywalker (voice of Matt Lanter), is a young, brash Jedi, long before he becomes Darth Vader.

"I thought it would be nice to see him as a normal Jedi and doing normal Jedi things and how he bonds with Obi-Wan Kenobi," Lucas says.

"Television allows me to tell a lot of stories and tell it on a different level than the kind of epic psychological play tragedy that the movies are. So that allowed an area I wanted to explore. And storm troopers and what it was like to be a clone and fight in the war, and I wanted to mature



"Star Wars: The Clone Wars" premieres Friday on Cartoon Network.

Anakin, and the way to do that was to give him a padawan."

The padawan, a Jedi apprentice, is Ashoka Tano. She's pure of spirit but so impulsive she makes Anakin look meek by comparison.

"He has to behave himself a little more," Lucas says. "The best way to become an adult is to be a parent. He has to tutor her in being patient and all of the various aspects of being a Jedi."

Each episode features a self-contained story, and in the opening show, "Ambush," Yoda proves why he's a master. He may resemble a long-dead garden gnome, but his intelligence and reflexes allow him to handle his best formidable warriors such as Count Dooku's — nasty henchwoman, Ventress.

"In the second installment, "Rising Malevolence," a Separatist weapon kills

in its path. Jedi Master Plo Koon looks like a goner, but Anakin and Ashoka race to his rescue.

Even animated, "Star Wars" still feels otherworldly. The art is, as expected, out of this world. Mace Windu and Count Dooku look like the actors who voice them, respectively Samuel L. Jackson and Christopher Lee, but no one is too human.

Ultimately, the show manages to do what the movies do: reinforce that justice, honesty and bravery must vanquish cowardice, duplicity and evil.

It's also the sort of underpinning that can come off as contrived. Yet the textured characters and involved stories separate "Star Wars" from other series.

"A lot of people have grown up on 'Star Wars,'" Lucas says. "It's part of our culture. I didn't mean for it to be that way, but that's the way it is. It's like Mickey Mouse — part of the culture. It was originally based on old stories, psychological motifs for thousands of

years that appear in a lot of different mythology that existed around the world. That's where the magic cord of acceptance is. These are emotional issues that we all deal with."

Like most people under 40, those voicing the lead characters saw the films as kids and connected even more as adults.

Lanter, who voices Anakin, reflects on assuming an iconic role.

"Anakin is 'Star Wars,'" Lanter says. "They are huge shoes to fill. When I first got the job I was so excited and glad to have the job, and after that the worry set in. I am thinking to myself, 'This is 'Star Wars'; this is Anakin! How am I going to do this?' It really falls into a pattern and once I can see past this huge world I know what we are doing now. Even though it is Anakin and I do have to follow in six other actors' shoes — in some format, whether Darth Vader (for Anakin) that kind of thing — I am actually putting my own spin onto it. I am kind of making it my part."

## Look into the future and see the past on CBS' 'The Ex List'

By Jacqueline Cutler  
Zap2it

No bachelorette party is complete without a visit to the psychic. Strippers may work for some brides-to-be and their pals, but how is it really a send-off until an ethereal woman studies a palm and sees more than the evidence of hard work?

Sometimes even the most practical woman wants a glance into the future, a glance unencumbered by logic. Such moments require walking into a storefront decorated with mystical objects, where a no-nonsense woman presides. Cross her palm with green, and if she's any good she will tell you enough of your past that you believe she sees your future.

A psychic (Anne Boden) tells the main character of CBS' "The Ex List,"



Amir Taleri stars in "The Ex List" Friday on CBS.

premiering Friday, Oct. 3, part of what she wants to hear — that she will marry.

The other part, though, is a condition (Bella (Elizabeth Reaser, "Grey's

Anatomy") would rather not know: She must marry within a year or will never know true love. Worse, the would-be groom is an ex-boyfriend. Now Bella must

### Show time

What: "The Ex List"  
When: Friday, Oct. 3  
Channel: CBS

figure out who. The nicest way to describe Bella's past is that she was rarely lonely.

It's a terrific setup for a series, and it was one in Israel, though Diane Ruggiero, executive producer and writer, is tailoring it for American audiences. Bella Bloom owns a flower shop, and one wonders if her business were jewelry she'd be named Tiffany Gold.

The show is set in San Diego because "it's cheaper," Ruggiero says. Bella, though, is every woman, everywhere, intent on walking down the aisle.

Program schedules in TV Weekly are accepted by Tribune Media Service, which provides information directly from television stations and cable channels.

Companies: Although The Times-News and Tribune Media work hard to ensure accuracy, stations may reschedule their programs without notice. The Times-News has no control over programming decisions made by individual stations.

### TV Weekly symbols

- TV Y Children of all ages
- TV Y Children 7 and older
- TV G All audiences
- TV PG Parental guidance suggested
- TV PG Suggested
- TV TV MA (Maximum Audience Restriction) Ages 17 and older
- TV MA (Maximum Audience Restriction) Ages 17 and older only
- CC Closed captioning
- (R) Repeat
- (R) General Audiences
- (R) Parental Guidance Suggested
- (R) Under 17 Restricted
- (R) Not for Children and Under 17 Restricted

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More TV Listings. Visit

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Table with columns for time slots (11:30, 12p.m., 12:30, 1:00, 1:30, 2:00, 2:30, 3:00, 3:30, 4:00, 4:30, 5:00, 5:30) and rows for various TV channels (KTWV, KSLV, KSNV, KTVB, KTVX, KTVZ, KTVW, KTVU, KTVL, KTVH, KTVI, KTVJ, KTVK, KTVL, KTVM, KTVN, KTVO, KTVP, KTVQ, KTVR, KTVS, KTVT, KTVU, KTVW, KTVX, KTVY, KTVZ, KTV1, KTV2, KTV3, KTV4, KTV5, KTV6, KTV7, KTV8, KTV9, KTV10, KTV11, KTV12, KTV13, KTV14, KTV15, KTV16, KTV17, KTV18, KTV19, KTV20, KTV21, KTV22, KTV23, KTV24, KTV25, KTV26, KTV27, KTV28, KTV29, KTV30, KTV31, KTV32, KTV33, KTV34, KTV35, KTV36, KTV37, KTV38, KTV39, KTV40, KTV41, KTV42, KTV43, KTV44, KTV45, KTV46, KTV47, KTV48, KTV49, KTV50, KTV51, KTV52, KTV53, KTV54, KTV55, KTV56, KTV57, KTV58, KTV59, KTV60, KTV61, KTV62, KTV63, KTV64, KTV65, KTV66, KTV67, KTV68, KTV69, KTV70, KTV71, KTV72, KTV73, KTV74, KTV75, KTV76, KTV77, KTV78, KTV79, KTV80, KTV81, KTV82, KTV83, KTV84, KTV85, KTV86, KTV87, KTV88, KTV89, KTV90, KTV91, KTV92, KTV93, KTV94, KTV95, KTV96, KTV97, KTV98, KTV99, KTV100). Each cell contains program titles and descriptions.

CHARLES BROADCAST OUTSIDE YOUR AREA CANNOT BE RECEIVED IN SOME AREAS

NEWS MOVIES SUNDAY EVENING SPORTS KIDS The Times-New

Grid with columns for time slots: 6p.m., 6:30 7:00 7:30 8:00 8:30 9:00 9:30 10:00 10:30 11:00 11:30 12:00

Free Channels section containing various TV programs like 'The Two Faces of Evil', 'The Tonight Show with Jay Leno', 'American Idol', etc.

Cable Channels

Main grid of cable channel listings with columns for channel number and program title.

TV-14 PARENTS STRONGLY CAUTIONED: Some material may be offensive to children.

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Time	6p.m.	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00
5p.m.	27 KTVW That '70s Show (TV-14) News (N)	28 The '70s Show (TV-14) News (N)	29 The '70s Show (TV-14) News (N)	30 The '70s Show (TV-14) News (N)	31 The '70s Show (TV-14) News (N)	32 The '70s Show (TV-14) News (N)	33 The '70s Show (TV-14) News (N)	34 The '70s Show (TV-14) News (N)	35 The '70s Show (TV-14) News (N)	36 The '70s Show (TV-14) News (N)	37 The '70s Show (TV-14) News (N)
6p.m.	38 KSBW The Bachelor (TV-14) News (N)	39 The Bachelor (TV-14) News (N)	40 The Bachelor (TV-14) News (N)	41 The Bachelor (TV-14) News (N)	42 The Bachelor (TV-14) News (N)	43 The Bachelor (TV-14) News (N)	44 The Bachelor (TV-14) News (N)	45 The Bachelor (TV-14) News (N)	46 The Bachelor (TV-14) News (N)	47 The Bachelor (TV-14) News (N)	48 The Bachelor (TV-14) News (N)
7p.m.	49 KATX The Bachelor (TV-14) News (N)	50 The Bachelor (TV-14) News (N)	51 The Bachelor (TV-14) News (N)	52 The Bachelor (TV-14) News (N)	53 The Bachelor (TV-14) News (N)	54 The Bachelor (TV-14) News (N)	55 The Bachelor (TV-14) News (N)	56 The Bachelor (TV-14) News (N)	57 The Bachelor (TV-14) News (N)	58 The Bachelor (TV-14) News (N)	59 The Bachelor (TV-14) News (N)
8p.m.	60 KATX The Bachelor (TV-14) News (N)	61 The Bachelor (TV-14) News (N)	62 The Bachelor (TV-14) News (N)	63 The Bachelor (TV-14) News (N)	64 The Bachelor (TV-14) News (N)	65 The Bachelor (TV-14) News (N)	66 The Bachelor (TV-14) News (N)	67 The Bachelor (TV-14) News (N)	68 The Bachelor (TV-14) News (N)	69 The Bachelor (TV-14) News (N)	70 The Bachelor (TV-14) News (N)
9p.m.	71 KATX The Bachelor (TV-14) News (N)	72 The Bachelor (TV-14) News (N)	73 The Bachelor (TV-14) News (N)	74 The Bachelor (TV-14) News (N)	75 The Bachelor (TV-14) News (N)	76 The Bachelor (TV-14) News (N)	77 The Bachelor (TV-14) News (N)	78 The Bachelor (TV-14) News (N)	79 The Bachelor (TV-14) News (N)	80 The Bachelor (TV-14) News (N)	81 The Bachelor (TV-14) News (N)
10p.m.	82 KATX The Bachelor (TV-14) News (N)	83 The Bachelor (TV-14) News (N)	84 The Bachelor (TV-14) News (N)	85 The Bachelor (TV-14) News (N)	86 The Bachelor (TV-14) News (N)	87 The Bachelor (TV-14) News (N)	88 The Bachelor (TV-14) News (N)	89 The Bachelor (TV-14) News (N)	90 The Bachelor (TV-14) News (N)	91 The Bachelor (TV-14) News (N)	92 The Bachelor (TV-14) News (N)
11p.m.	93 KATX The Bachelor (TV-14) News (N)	94 The Bachelor (TV-14) News (N)	95 The Bachelor (TV-14) News (N)	96 The Bachelor (TV-14) News (N)	97 The Bachelor (TV-14) News (N)	98 The Bachelor (TV-14) News (N)	99 The Bachelor (TV-14) News (N)	100 The Bachelor (TV-14) News (N)	101 The Bachelor (TV-14) News (N)	102 The Bachelor (TV-14) News (N)	103 The Bachelor (TV-14) News (N)

Time	6p.m.	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00
5p.m.	104 KATX The Bachelor (TV-14) News (N)	105 The Bachelor (TV-14) News (N)	106 The Bachelor (TV-14) News (N)	107 The Bachelor (TV-14) News (N)	108 The Bachelor (TV-14) News (N)	109 The Bachelor (TV-14) News (N)	110 The Bachelor (TV-14) News (N)	111 The Bachelor (TV-14) News (N)	112 The Bachelor (TV-14) News (N)	113 The Bachelor (TV-14) News (N)	114 The Bachelor (TV-14) News (N)
6p.m.	115 KATX The Bachelor (TV-14) News (N)	116 The Bachelor (TV-14) News (N)	117 The Bachelor (TV-14) News (N)	118 The Bachelor (TV-14) News (N)	119 The Bachelor (TV-14) News (N)	120 The Bachelor (TV-14) News (N)	121 The Bachelor (TV-14) News (N)	122 The Bachelor (TV-14) News (N)	123 The Bachelor (TV-14) News (N)	124 The Bachelor (TV-14) News (N)	125 The Bachelor (TV-14) News (N)
7p.m.	126 KATX The Bachelor (TV-14) News (N)	127 The Bachelor (TV-14) News (N)	128 The Bachelor (TV-14) News (N)	129 The Bachelor (TV-14) News (N)	130 The Bachelor (TV-14) News (N)	131 The Bachelor (TV-14) News (N)	132 The Bachelor (TV-14) News (N)	133 The Bachelor (TV-14) News (N)	134 The Bachelor (TV-14) News (N)	135 The Bachelor (TV-14) News (N)	136 The Bachelor (TV-14) News (N)
8p.m.	137 KATX The Bachelor (TV-14) News (N)	138 The Bachelor (TV-14) News (N)	139 The Bachelor (TV-14) News (N)	140 The Bachelor (TV-14) News (N)	141 The Bachelor (TV-14) News (N)	142 The Bachelor (TV-14) News (N)	143 The Bachelor (TV-14) News (N)	144 The Bachelor (TV-14) News (N)	145 The Bachelor (TV-14) News (N)	146 The Bachelor (TV-14) News (N)	147 The Bachelor (TV-14) News (N)
9p.m.	148 KATX The Bachelor (TV-14) News (N)	149 The Bachelor (TV-14) News (N)	150 The Bachelor (TV-14) News (N)	151 The Bachelor (TV-14) News (N)	152 The Bachelor (TV-14) News (N)	153 The Bachelor (TV-14) News (N)	154 The Bachelor (TV-14) News (N)	155 The Bachelor (TV-14) News (N)	156 The Bachelor (TV-14) News (N)	157 The Bachelor (TV-14) News (N)	158 The Bachelor (TV-14) News (N)
10p.m.	159 KATX The Bachelor (TV-14) News (N)	160 The Bachelor (TV-14) News (N)	161 The Bachelor (TV-14) News (N)	162 The Bachelor (TV-14) News (N)	163 The Bachelor (TV-14) News (N)	164 The Bachelor (TV-14) News (N)	165 The Bachelor (TV-14) News (N)	166 The Bachelor (TV-14) News (N)	167 The Bachelor (TV-14) News (N)	168 The Bachelor (TV-14) News (N)	169 The Bachelor (TV-14) News (N)
11p.m.	170 KATX The Bachelor (TV-14) News (N)	171 The Bachelor (TV-14) News (N)	172 The Bachelor (TV-14) News (N)	173 The Bachelor (TV-14) News (N)	174 The Bachelor (TV-14) News (N)	175 The Bachelor (TV-14) News (N)	176 The Bachelor (TV-14) News (N)	177 The Bachelor (TV-14) News (N)	178 The Bachelor (TV-14) News (N)	179 The Bachelor (TV-14) News (N)	180 The Bachelor (TV-14) News (N)

TIME	NEWS	MOVIES	MONDAY LATE NIGHT	SPORTS	KIDS
12:30	1:00	1:30	2:00	2:30	3:00
3:30	4:00	4:30			
12:30	1:00	1:30	2:00	2:30	3:00
3:30	4:00	4:30			

▶ CHANGING BROADCAST OUTSIDE THIS AREA MAY NOT BE RECEIVED IN SOME AREAS

### More movies

**8:30 a.m. (CBS) NORTH** \*\* (1984, Comedy-Drama) Elton Wood, Bruce Willis. **(E)** **WILD HOOPS** \*\* (2007, Comedy) Tim Allen, John Travolta. **(F)**

**9:30 a.m. (CBS) MEATBALLS** \*\* (1984, Comedy) Richard Mulligan, John Travolta. **(F)**

**9:30 a.m. (TBS) WHEEL** \*\* (1986, Drama) Jeff Bridges, Caroline Goodwin. **(F)**

**(CBS) MISSING IN ACTION 2: THE BEGGINING** \*\* (1988, Adventure) Chuck

**8:30 a.m. (EBC) KIDNAP** \*\* (2008, Comedy) Luke Wilson, Jason Lee. **(F)**

**9:30 a.m. (SHOW) KETTLE OF FISH** \*\* (2008, Romance-Comedy) Matthew McConaughey, Catherine Zeta-Jones. **(F)**

**10:30 a.m. (USA) ATTACK FORCE: GOLF COURSE SEVEN** \*\* (2008, Action) Kevin Costner, Jason Patric. **(F)**

**10:30 a.m. (CBS) EMPLOYEE OF THE MONTH** \*\* (2006, Comedy) Steve Carell, Tim Allen. **(F)**

**10:30 a.m. (EBC) GIRL CRAZY** \*\* (1982, Comedy) Barbra Streisand, Richard Widmark. **(F)**

**10:30 a.m. (EBC) THE GUNNERS OF BUCKLEUP BANZAI** \*\* (1988, Adventure) Chuck

**8:30 a.m. (EBC) DIMENSION 501** \*\* (1984, Drama) Peter Weller, John Lithgow. **(F)**

**10:45 a.m. (EBC) CHECK THE MALLS** \*\* (2008, Comedy) Chevy Chase, Matthew Brinkley. **(F)**

**11:30 a.m. (CBS) MY SUPER GIRL** \*\* (2008, Action) Jennifer Lien, Truitt Williams. **(F)**

**11:30 a.m. (EBC) THE WRESTLER** \*\* (2008, Drama) Jesse Jackson, Andrew Arfons. **(F)**

**11:45 a.m. (EBC) THE CLEANING** \*\* (2008, Suspense) Kevin Costner, Richard Widmark. **(F)**

**(EBC) COMES A HONEYBEE** \*\* (1978, Western) Jane Fonda, James Caan. **(F)**

**11:45 a.m. (EBC) CODE OF VENGEANCE** \*\* (1988, Crime-Drama) Chuck Norris, Harry Sheins. **(F)**

**11:45 a.m. (EBC) MY COUNTRY FOR OLD MEN** \*\* (2007, Crime Drama) Javier Bardem, Jeff Bridges. **(F)**

**11:30 a.m. (EBC) THE ROCKET** \*\* (2005, Drama) Kevin Costner, Will Hallam. **(F)**

**(EBC) BIRD OF PARADISE** \*\* (1992, Adventure) Danny Glover, John McEwen. **(F)**

**11:55 a.m. (EBC) MR. DALRYMPLE** \*\* (1980, Comedy) Terry Young, Jessica Sherman Hensley. **(F)**

**12:10 p.m. (EBC) FATHER OF THE BRIDE** \*\* (1991, Comedy) Steve Martin, Diane Keaton. **(F)**

**12:30 p.m. (EBC) NIGHT AT THE MUSEEUM** \*\* (2008, Fantasy) Ray Winstone, Carrie-Ann Inwood. **(F)**

**12:40 p.m. (EBC) THE PATRIOT** \*\* (2008, War) Mel Gibson, Heath Ledger. **(F)**

**1:00 p.m. (EBC) BOOGEY! BOOGEY! HOLLER DOLLAR COOGIE** \*\* (2008, Comedy) Taylor Hicks, Orlando Brown. **(TV-14)**

**(EBC) THE NUMBER ONE GUN** \*\* (2008, Action) Tom Schiene, Vinne Jones. **(F)**

**(EBC) THE MOST DAMNED GAMES** \*\* (1982, Horror) Joel McCrea, Fay Wray. **(F)**

**(EBC) COWBOY SHERIFF** \*\* (1982, Western) Clint Eastwood, Randy Brooks. **(F)**

**(EBC) HOUSE OF BISHOP** \*\* (2008, Suspense) Frank Marth, Michael C. Hall. **(F)**

**1:30 p.m. (EBC) GONE WITH THE WIND** \*\* (2008, Drama) Vivian Leigh, Leslie Caron, Hattie Johnston. **(F)**

**(EBC) BLACK DOGS** \*\* (1988, Action) Patrick Swayze, Matt Long. **(F)**

**2:00 p.m. (EBC) BULL DOGS** \*\* (1988, Action) Kevin Costner, Susan Sarandon. **(F)**

**2:10 p.m. (EBC) COMING ON STRONG** \*\* (1982, Drama) John McEwen, Fay Wray. **(F)**

Main grid containing TV listings for various channels (43, 45, 46, 48, 49, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 100) across time slots (6p.m., 7:00, 7:30, 8:00, 8:30, 9:00, 9:30, 10:00, 10:30, 11:00, 11:30, 12:00). Includes program titles, descriptions, and channel logos.

CHANNELS BROADCAST OUTSIDE TOWN FALLS CANNOT BE COVERED IN SOME AREAS

ATKINSON BAN WALLEY

SEA BROOKHOLM

PROJECT MUTUAL

GREEN HILLS CAFE

UPPER MERIDIAN

	12:30	1:00	1:30	2:00	2:30	3:00	3:30	4:00	4:30
12:30	<b>ETWING</b> The Insider n (TVPG) CBS	<b>Legs &amp; Vagina</b> Legs & Vagina (TVPG) CBS	<b>Survival Manual</b> Survival Manual (TVPG) CBS	<b>Reading on a Couch</b> Reading on a Couch (TVPG) CBS	<b>What Advances TV</b> What Advances TV (TVPG) CBS	<b>To Be An Assassin</b> To Be An Assassin (TVPG) CBS	<b>To Be An Assassin</b> To Be An Assassin (TVPG) CBS	<b>60 Minutes</b> 60 Minutes (TVPG) CBS	<b>Monday With The First</b> Monday With The First (TVPG) CBS
1:00	<b>ETWING</b> The Insider n (TVPG) CBS	<b>Legs &amp; Vagina</b> Legs & Vagina (TVPG) CBS	<b>Survival Manual</b> Survival Manual (TVPG) CBS	<b>Reading on a Couch</b> Reading on a Couch (TVPG) CBS	<b>What Advances TV</b> What Advances TV (TVPG) CBS	<b>To Be An Assassin</b> To Be An Assassin (TVPG) CBS	<b>To Be An Assassin</b> To Be An Assassin (TVPG) CBS	<b>60 Minutes</b> 60 Minutes (TVPG) CBS	<b>Monday With The First</b> Monday With The First (TVPG) CBS
1:30	<b>ETWING</b> The Insider n (TVPG) CBS	<b>Legs &amp; Vagina</b> Legs & Vagina (TVPG) CBS	<b>Survival Manual</b> Survival Manual (TVPG) CBS	<b>Reading on a Couch</b> Reading on a Couch (TVPG) CBS	<b>What Advances TV</b> What Advances TV (TVPG) CBS	<b>To Be An Assassin</b> To Be An Assassin (TVPG) CBS	<b>To Be An Assassin</b> To Be An Assassin (TVPG) CBS	<b>60 Minutes</b> 60 Minutes (TVPG) CBS	<b>Monday With The First</b> Monday With The First (TVPG) CBS
2:00	<b>ETWING</b> The Insider n (TVPG) CBS	<b>Legs &amp; Vagina</b> Legs & Vagina (TVPG) CBS	<b>Survival Manual</b> Survival Manual (TVPG) CBS	<b>Reading on a Couch</b> Reading on a Couch (TVPG) CBS	<b>What Advances TV</b> What Advances TV (TVPG) CBS	<b>To Be An Assassin</b> To Be An Assassin (TVPG) CBS	<b>To Be An Assassin</b> To Be An Assassin (TVPG) CBS	<b>60 Minutes</b> 60 Minutes (TVPG) CBS	<b>Monday With The First</b> Monday With The First (TVPG) CBS
2:30	<b>ETWING</b> The Insider n (TVPG) CBS	<b>Legs &amp; Vagina</b> Legs & Vagina (TVPG) CBS	<b>Survival Manual</b> Survival Manual (TVPG) CBS	<b>Reading on a Couch</b> Reading on a Couch (TVPG) CBS	<b>What Advances TV</b> What Advances TV (TVPG) CBS	<b>To Be An Assassin</b> To Be An Assassin (TVPG) CBS	<b>To Be An Assassin</b> To Be An Assassin (TVPG) CBS	<b>60 Minutes</b> 60 Minutes (TVPG) CBS	<b>Monday With The First</b> Monday With The First (TVPG) CBS
3:00	<b>ETWING</b> The Insider n (TVPG) CBS	<b>Legs &amp; Vagina</b> Legs & Vagina (TVPG) CBS	<b>Survival Manual</b> Survival Manual (TVPG) CBS	<b>Reading on a Couch</b> Reading on a Couch (TVPG) CBS	<b>What Advances TV</b> What Advances TV (TVPG) CBS	<b>To Be An Assassin</b> To Be An Assassin (TVPG) CBS	<b>To Be An Assassin</b> To Be An Assassin (TVPG) CBS	<b>60 Minutes</b> 60 Minutes (TVPG) CBS	<b>Monday With The First</b> Monday With The First (TVPG) CBS
3:30	<b>ETWING</b> The Insider n (TVPG) CBS	<b>Legs &amp; Vagina</b> Legs & Vagina (TVPG) CBS	<b>Survival Manual</b> Survival Manual (TVPG) CBS	<b>Reading on a Couch</b> Reading on a Couch (TVPG) CBS	<b>What Advances TV</b> What Advances TV (TVPG) CBS	<b>To Be An Assassin</b> To Be An Assassin (TVPG) CBS	<b>To Be An Assassin</b> To Be An Assassin (TVPG) CBS	<b>60 Minutes</b> 60 Minutes (TVPG) CBS	<b>Monday With The First</b> Monday With The First (TVPG) CBS
4:00	<b>ETWING</b> The Insider n (TVPG) CBS	<b>Legs &amp; Vagina</b> Legs & Vagina (TVPG) CBS	<b>Survival Manual</b> Survival Manual (TVPG) CBS	<b>Reading on a Couch</b> Reading on a Couch (TVPG) CBS	<b>What Advances TV</b> What Advances TV (TVPG) CBS	<b>To Be An Assassin</b> To Be An Assassin (TVPG) CBS	<b>To Be An Assassin</b> To Be An Assassin (TVPG) CBS	<b>60 Minutes</b> 60 Minutes (TVPG) CBS	<b>Monday With The First</b> Monday With The First (TVPG) CBS
4:30	<b>ETWING</b> The Insider n (TVPG) CBS	<b>Legs &amp; Vagina</b> Legs & Vagina (TVPG) CBS	<b>Survival Manual</b> Survival Manual (TVPG) CBS	<b>Reading on a Couch</b> Reading on a Couch (TVPG) CBS	<b>What Advances TV</b> What Advances TV (TVPG) CBS	<b>To Be An Assassin</b> To Be An Assassin (TVPG) CBS	<b>To Be An Assassin</b> To Be An Assassin (TVPG) CBS	<b>60 Minutes</b> 60 Minutes (TVPG) CBS	<b>Monday With The First</b> Monday With The First (TVPG) CBS

\* CHARLIE'S BROADCAST (2) FROM THIS FALLS CANNOT BE RECEIVED IN SOME AREAS

	RETURN DATE	BURN BOOKING	PROJECT TITLE	STATUS	OTHER TITLE
<b>More movies</b>					
<b>YELLOW RIBBON</b> ** (1980, Warner) Roy Rogers, Mary Kay			Comedy/Dance/Cook, Jessica Simpson, (1980, Warner) John Wayne, John Dill		
<b>THE ROCK</b> ** (1996, Action) Sean Connery, Nicolas Cage, (1996, Warner) John Wayne, John Dill	3:30 pm (15)		<b>WE ARE MARSHALL</b> ** (2000, Drama) Matthew McConaughey, Matthew Fox, (1996, Warner) John Wayne, John Dill		
<b>DEAD SILENCE</b> ** (2007, Horror) Ryan Reynolds, Amber Heard, (1996, Warner) John Wayne, John Dill	3:30 pm (15)		<b>ROAD HOUSE</b> ** (1989, Action) Patrick Swayze, Kelly Lynch, (1996, Warner) John Wayne, John Dill		
<b>DOUBLE HARMONY</b> ** (1933, Musical) Fred Astaire, Ginger Rogers, (1996, Warner) John Wayne, John Dill	3:45 pm (15)		<b>WILD HORSE</b> ** (2007, Drama) Tim Allen, John Travolta, (1996, Warner) John Wayne, John Dill		
<b>EMPLOYEE OF THE MONTH</b> ** (2006, Comedy) Jason Segel, (1996, Warner) John Wayne, John Dill	4:15 pm (15)		<b>THE INVINCIBLE</b> (1986, Action) Chuck Norris, (1996, Warner) John Wayne, John Dill		
<b>RANGERS</b> ** (1980, Western) Roy Rogers, Mary Kay			<b>THE UNDISCOVERED COUNTRY</b> ** (1956, Drama) John Wayne, David Janssen, (1996, Warner) John Wayne, John Dill		
<b>THE ANIMAL</b> ** (1977, Drama) Alan Arkin, Leslie Howard	2:15 pm (15)		<b>THE GREEN MILE</b> ** (2003, Drama) Tom Hanks, Michael Clarke Duncan, (1996, Warner) John Wayne, John Dill		
<b>FROM THE Hip</b> ** (1987, Comedy-Drama) Addy Nelson, Elizabeth Perkins	2:45 pm (15)		<b>THE CABLE</b> ** (1951, Musical) Robert Montgomery, (1996, Warner) John Wayne, John Dill		
<b>BIG MOMMA'S HOUSE</b> ** (2000, Comedy) Mike Myers, (1996, Warner) John Wayne, John Dill	3:00 pm (15)		<b>THE CABLE</b> ** (1951, Musical) Robert Montgomery, (1996, Warner) John Wayne, John Dill		
<b>THE NORTH MAN</b> (1994, Comedy-Drama) Wood, Bruce Willis, (1996, Warner) John Wayne, John Dill	2:45 pm (15)		<b>THE CABLE</b> ** (1951, Musical) Robert Montgomery, (1996, Warner) John Wayne, John Dill		
<b>THE WORK A</b> (1996, Comedy) Wood, Bruce Willis, (1996, Warner) John Wayne, John Dill	3:10 pm (15)		<b>THE CABLE</b> ** (1951, Musical) Robert Montgomery, (1996, Warner) John Wayne, John Dill		





Table listing TV and radio programs with columns for Time (12:30, 1:00, 1:30, 2:00, 2:30, 3:00, 3:30, 4:00, 4:30), Program Name, and Channel. Includes shows like CBS Eye on the World, PBS NewsHour, and various network news and entertainment programs.

\* CHANNELS BROADCAST OUTSIDE THIS AREA WILL NOT BE RECEIVED IN SOME AREAS

More movies

- 8:00 a.m. (G) MONARCHING THE STONE \*\* (1984, Adventure) Michael Douglas, Kathleen Turner
(12:30) NIGHT IN CABARETTA \*\* (1946, Comedy) The Marx Brothers
(3:30 a.m.) (G) TONAI TONAI TONAI \*\* (1970, War) Martin Balsam, Bob Wernham
(8:30 a.m.) (G) LUCHO LIBRE \*\* (2001, Comedy) Jack Black, Ana de la Reguera
(4:30 a.m.) (G) OPEN ROAD \*\* (2000, Comedy) Voices of Martin Lawrence,

- Aston Kutcher,
(4:45 a.m.) (G) A WALK IN THE PARK \*\* (1965, Romance) Nora Newell, Alan Satchel-Watson
(8:30 a.m.) (G) URSULA'S BIRTHDAY \*\* (MUSIC/1000, Comedy)
(8:30 a.m.) (R) HOT SHOTS! \*\* (1989, Comedy) Charles Sheen, Gary Davis, J.
(8:30 a.m.) (G) HOT SHOTS! \*\* (1989, Comedy) Charles Sheen, Gary Davis, J.
(9:30 a.m.) (G) ROCKY STRANGERS GOOD \*\* (Comedy) Roy Scheider, Bob Oparde, Campbell
(9:30 a.m.) (G) ROCKY STRANGERS GOOD \*\* (Comedy) Roy Scheider, Bob Oparde, Campbell
(11:30 a.m.) (G) THE GAME \*\* (1997, Suspense)

- 10:10 a.m. (G) DATE WITH AN ANGEL \*\* (1987, Romance) Corey Felder, Pamela Anderson
(10:10 a.m.) (G) THE TALKING MOUNTAIN \*\* (1987, Comedy) Michael Vincent, Brooke S. Green, Charlie Chaplin
(10:10 a.m.) (G) THE TALKING MOUNTAIN \*\* (1987, Comedy) Michael Vincent, Brooke S. Green, Charlie Chaplin
(10:10 a.m.) (G) THE TALKING MOUNTAIN \*\* (1987, Comedy) Michael Vincent, Brooke S. Green, Charlie Chaplin
(10:10 a.m.) (G) THE TALKING MOUNTAIN \*\* (1987, Comedy) Michael Vincent, Brooke S. Green, Charlie Chaplin
(10:10 a.m.) (G) THE TALKING MOUNTAIN \*\* (1987, Comedy) Michael Vincent, Brooke S. Green, Charlie Chaplin

- 11:40 a.m. (R) ACROSS THE UNIVERSE \*\* (2007, Musical) The Beatles, Jeff Buckley, Jim Sturgis, et al.
(11:48 a.m.) (G) THE WYVIL \*\* (2002, Suspense) Justin Chasten, Margulies Levee, et al.
(12:00 p.m.) (G) EVERYONE HAS SECRETS \*\* (2002, Thriller) Dan Aykroyd, Bruce Campbell, Matt F. Kelly
(12:08 p.m.) (G) THE NET \*\* (1996, Suspense) Sandra Bernhard, Jeffrey Tambor
(12:10 p.m.) (G) THE WYVIL \*\* (2002, Suspense) Justin Chasten, Margulies Levee, et al.
(12:38 p.m.) (G) ODZELLA \*\* (2000, Musical) V. Vega, Meaganow \*\* (2000,

- Source Force! Measo Taniha, Yukio Haru
(1:00 p.m.) (G) MALLON OVERTOWN \*\* (1986, Comedy) Debbie Reynolds, Justin Howl (TVPP) \*\*
(1:15 p.m.) (G) THE NET \*\* (1996, Suspense) Sandra Bernhard, Jeffrey Tambor, Ray Dawn
(1:30 a.m.) (G) WHAT'S EATING GILBERT GRAPE \*\* (1993, Comedy-Drama) Johnny Depp, Juliette Lewis
(1:30 a.m.) (G) THE NET \*\* (1996, Suspense) Sandra Bernhard, Jeffrey Tambor, Ray Dawn

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		NEWS		MOVIES		THURSDAY EVENING				SPORTS		KIDS		The Times-News									
		6p.m.	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00									
Five Channels	KTWT	7	That '70s Show	7	That '70s Show	8	Separation: In the Beginning	8	Eye on the City (TV14)	8	Eye on the City (TV14)	9	Wii & Grace (TV G)	9	Wii & Grace (TV G)	9	The Only Show (TV G)	9	The Only Show (TV G)	9	Peak of a (CC)		
	KSNM	8	News (N)	8	News (N)	9	Vice Presidential Debate At Washington University in St. Louis. Green Hill moderates. (CC)	9	VP Debate At Washington University in St. Louis. Green Hill moderates. (LW) (CC)	10	Happy Ruler: Along for the Economy	10	News (N)	10	News (N)	10	(10:30) Jimmy Kimmel Live! (TV14)	10	(10:30) Jimmy Kimmel Live! (TV14)	10	(10:30) Jimmy Kimmel Live! (TV14)	10	(10:30) Jimmy Kimmel Live! (TV14)
	KMYT	9	The News With Jim Lehrer (N) or (CC)	9	The News With Jim Lehrer (N) or (CC)	9	Vice Presidential Debate At Washington University in St. Louis. Green Hill moderates. (LW) (CC)	9	Vice Presidential Debate At Washington University in St. Louis. Green Hill moderates. (LW) (CC)	10	The Return of Sherlock Holmes (N)	10	News (N)	10	News (N)	10	The Royal 'A's' Odds: A County's Dreams are Deferred.	10	The Royal 'A's' Odds: A County's Dreams are Deferred.	10	The Royal 'A's' Odds: A County's Dreams are Deferred.	10	The Royal 'A's' Odds: A County's Dreams are Deferred.
	KXSP	10	Secret 6 (CC)	10	Secret 6 (CC)	10	Vice Presidential Debate At Washington University in St. Louis. Green Hill moderates. (LW) (CC)	10	Vice Presidential Debate At Washington University in St. Louis. Green Hill moderates. (LW) (CC)	10	Secret 6 (N)	10	Secret 6 (N)	10	Law & Order: Criminal Intent (TV14)	10	Law & Order: Criminal Intent (TV14)	10	Law & Order: Criminal Intent (TV14)	10	Law & Order: Criminal Intent (TV14)	10	Law & Order: Criminal Intent (TV14)
	KFTY	11	News (N) (CC)	11	News (N) (CC)	11	Vice Presidential Debate At Washington University in St. Louis. Green Hill moderates. (LW) (CC)	11	Vice Presidential Debate At Washington University in St. Louis. Green Hill moderates. (LW) (CC)	11	My Name Is... My Name Is... (TV14)	11	News (N) (CC)	11	News (N) (CC)	11	The Tonight Show With Conan O'Brien (TV14)	11	The Tonight Show With Conan O'Brien (TV14)	11	The Tonight Show With Conan O'Brien (TV14)	11	The Tonight Show With Conan O'Brien (TV14)
	KTDJ	12	Family Guy (N)	12	Family Guy (N)	12	Vice Presidential Debate At Washington University in St. Louis. Green Hill moderates. (LW) (CC)	12	Vice Presidential Debate At Washington University in St. Louis. Green Hill moderates. (LW) (CC)	12	My Name Is... My Name Is... (TV14)	12	News (N) (CC)	12	News (N) (CC)	12	The Tonight Show With Conan O'Brien (TV14)	12	The Tonight Show With Conan O'Brien (TV14)	12	The Tonight Show With Conan O'Brien (TV14)	12	The Tonight Show With Conan O'Brien (TV14)
	KBYZ	1	News (N) (CC)	1	News (N) (CC)	1	Vice Presidential Debate At Washington University in St. Louis. Green Hill moderates. (LW) (CC)	1	Vice Presidential Debate At Washington University in St. Louis. Green Hill moderates. (LW) (CC)	1	My Name Is... My Name Is... (TV14)	1	News (N) (CC)	1	News (N) (CC)	1	The Tonight Show With Conan O'Brien (TV14)	1	The Tonight Show With Conan O'Brien (TV14)	1	The Tonight Show With Conan O'Brien (TV14)	1	The Tonight Show With Conan O'Brien (TV14)
	KATL	2	John Hancock (CC)	2	John Hancock (CC)	2	Vice Presidential Debate At Washington University in St. Louis. Green Hill moderates. (LW) (CC)	2	Vice Presidential Debate At Washington University in St. Louis. Green Hill moderates. (LW) (CC)	2	My Name Is... My Name Is... (TV14)	2	News (N) (CC)	2	News (N) (CC)	2	The Tonight Show With Conan O'Brien (TV14)	2	The Tonight Show With Conan O'Brien (TV14)	2	The Tonight Show With Conan O'Brien (TV14)	2	The Tonight Show With Conan O'Brien (TV14)
	KVCY	3	John Hancock (CC)	3	John Hancock (CC)	3	Vice Presidential Debate At Washington University in St. Louis. Green Hill moderates. (LW) (CC)	3	Vice Presidential Debate At Washington University in St. Louis. Green Hill moderates. (LW) (CC)	3	My Name Is... My Name Is... (TV14)	3	News (N) (CC)	3	News (N) (CC)	3	The Tonight Show With Conan O'Brien (TV14)	3	The Tonight Show With Conan O'Brien (TV14)	3	The Tonight Show With Conan O'Brien (TV14)	3	The Tonight Show With Conan O'Brien (TV14)
	KTVL	4	John Hancock (CC)	4	John Hancock (CC)	4	Vice Presidential Debate At Washington University in St. Louis. Green Hill moderates. (LW) (CC)	4	Vice Presidential Debate At Washington University in St. Louis. Green Hill moderates. (LW) (CC)	4	My Name Is... My Name Is... (TV14)	4	News (N) (CC)	4	News (N) (CC)	4	The Tonight Show With Conan O'Brien (TV14)	4	The Tonight Show With Conan O'Brien (TV14)	4	The Tonight Show With Conan O'Brien (TV14)	4	The Tonight Show With Conan O'Brien (TV14)
	KTYL	5	John Hancock (CC)	5	John Hancock (CC)	5	Vice Presidential Debate At Washington University in St. Louis. Green Hill moderates. (LW) (CC)	5	Vice Presidential Debate At Washington University in St. Louis. Green Hill moderates. (LW) (CC)	5	My Name Is... My Name Is... (TV14)	5	News (N) (CC)	5	News (N) (CC)	5	The Tonight Show With Conan O'Brien (TV14)	5	The Tonight Show With Conan O'Brien (TV14)	5	The Tonight Show With Conan O'Brien (TV14)	5	The Tonight Show With Conan O'Brien (TV14)
	KVBC	6	John Hancock (CC)	6	John Hancock (CC)	6	Vice Presidential Debate At Washington University in St. Louis. Green Hill moderates. (LW) (CC)	6	Vice Presidential Debate At Washington University in St. Louis. Green Hill moderates. (LW) (CC)	6	My Name Is... My Name Is... (TV14)	6	News (N) (CC)	6	News (N) (CC)	6	The Tonight Show With Conan O'Brien (TV14)	6	The Tonight Show With Conan O'Brien (TV14)	6	The Tonight Show With Conan O'Brien (TV14)	6	The Tonight Show With Conan O'Brien (TV14)
	KVBC	7	John Hancock (CC)	7	John Hancock (CC)	7	Vice Presidential Debate At Washington University in St. Louis. Green Hill moderates. (LW) (CC)	7	Vice Presidential Debate At Washington University in St. Louis. Green Hill moderates. (LW) (CC)	7	My Name Is... My Name Is... (TV14)	7	News (N) (CC)	7	News (N) (CC)	7	The Tonight Show With Conan O'Brien (TV14)	7	The Tonight Show With Conan O'Brien (TV14)	7	The Tonight Show With Conan O'Brien (TV14)	7	The Tonight Show With Conan O'Brien (TV14)
	KVBC	8	John Hancock (CC)	8	John Hancock (CC)	8	Vice Presidential Debate At Washington University in St. Louis. Green Hill moderates. (LW) (CC)	8	Vice Presidential Debate At Washington University in St. Louis. Green Hill moderates. (LW) (CC)	8	My Name Is... My Name Is... (TV14)	8	News (N) (CC)	8	News (N) (CC)	8	The Tonight Show With Conan O'Brien (TV14)	8	The Tonight Show With Conan O'Brien (TV14)	8	The Tonight Show With Conan O'Brien (TV14)	8	The Tonight Show With Conan O'Brien (TV14)
	<p>Channels broadcast outside Twin Falls cannot be received in some areas.</p>																						

Table with columns: Channel, Time, Title, Description, Channel, Time, Title, Description, Channel, Time, Title, Description, Channel, Time, Title, Description, Channel, Time, Title, Description. Includes programs like 'The Insider in (TVPG)', 'Katie Couric's World News', 'Late Night with Conan O'Brien', etc.

\* CHANNEL BROADCAST OUTLINE THIS FALLS CANNOT BE IN SOME AREAS

Movies list including: (108) VERDICTO, (1504) SUPERHERO, (1604) THE DEER GARDEN, (1904) AMERICANCA, (200) RATTATONVILLE, (2004) CONEY ISLAND, (2004) THE HILLS HAVE EYES, (2007) HORROR, (2008) Michael Madsen, Jessica

Movies list including: (3:30 p.m.) (CRIC) BLADES OF GLORY, (3:30 p.m.) (TWE) SILENCE, (3:45 p.m.) (TWO) THE FORTUNE COOKER, (4:30 p.m.) (TWO) THE MUSE, (4:30 p.m.) (2004) FANTASY, (4:30 p.m.) (2007) FANTASY, (4:30 p.m.) (2004) HORROR, (4:30 p.m.) (2007) HORROR

Movies list including: (5:00 p.m.) (2007) REGIN OF FIRE, (5:00 p.m.) (2007) CHRISTEN BALE, MATCHES, (5:00 p.m.) (2007) SUPERHERO, (5:00 p.m.) (2007) SUPERHERO, (5:00 p.m.) (2007) SUPERHERO

Movies list including: (5:00 p.m.) (2007) SUPERHERO, (5:00 p.m.) (2007) SUPERHERO, (5:00 p.m.) (2007) SUPERHERO, (5:00 p.m.) (2007) SUPERHERO

Movies list including: (6:00 p.m.) (2007) SUPERHERO, (6:00 p.m.) (2007) SUPERHERO, (6:00 p.m.) (2007) SUPERHERO

Movies list including: (6:00 p.m.) (2007) SUPERHERO, (6:00 p.m.) (2007) SUPERHERO, (6:00 p.m.) (2007) SUPERHERO



Grid of TV programs including: THE INSIDER (TVPG), NEWS, MOVIES, FRIDAY LATE NIGHT, SPORTS, KIDS, and various other shows with their respective times and ratings.

\*\* CHANNELS BROADCAST OUTSIDE THEIR LOCALS CANNOT BE RECEIVED IN SOME AREAS

Special advertising section titled 'More movies' featuring various film titles, cast members, and promotional text.

Time	NEWS		MOVIES		SATURDAY MORNING			SPORTS		KIDS		The Times-News	
	5a.m.	5:30	6:00	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00		10:30
5:00	Free Channel												
5:00	33	34	35	36	37	38	39	40	41	42	43	44	45
5:00	KTWT CW	What's Up! One Pass (H) (TVG)	Zedekiah (H) (TVG)	Will & Dewitt (H) (CC) (TV17)	Dance T! n (CC) (TV17)	Five Peaks n (CC) (TV17)	Goldfish n (CC) (TV17)	The Spectacular Music Show (CC) (TV17)	Imagined Musical Movie (CC) (TV17)	Chopper King (CC) (TV17)	The 31st Anniversary (CC) (TV17)	Charlie n (CC) (TV17)	Chesler n (CC) (TV17)
5:00	KSBW CW	Paul Program	BurntWings (TVG)	Good Morning America (H) (CC)	The Lampson's New School (CC) (TV17)	The Replacements (CC) (TV17)	That's So Raven (TV17)	That's So Raven (TV17)	That's So Raven (TV17)	That's So Raven (TV17)	That's So Raven (TV17)	That's So Raven (TV17)	That's So Raven (TV17)
5:00	KPTV KFSU	Inside Out: The Story of the 1960s (TVG)	Inside Out: The Story of the 1960s (TVG)	Inside Out: The Story of the 1960s (TVG)	Inside Out: The Story of the 1960s (TVG)	Inside Out: The Story of the 1960s (TVG)	Inside Out: The Story of the 1960s (TVG)	Inside Out: The Story of the 1960s (TVG)	Inside Out: The Story of the 1960s (TVG)	Inside Out: The Story of the 1960s (TVG)	Inside Out: The Story of the 1960s (TVG)	Inside Out: The Story of the 1960s (TVG)	Inside Out: The Story of the 1960s (TVG)
5:00	KXTP FOX	Missing n (CC) (TV14)	Missing n (CC) (TV14)	Missing n (CC) (TV14)	Missing n (CC) (TV14)	Missing n (CC) (TV14)	Missing n (CC) (TV14)	Missing n (CC) (TV14)	Missing n (CC) (TV14)	Missing n (CC) (TV14)	Missing n (CC) (TV14)	Missing n (CC) (TV14)	Missing n (CC) (TV14)
5:00	KTFE FOX	(4) News (CC) (TV14)	(4) News (CC) (TV14)	(4) News (CC) (TV14)	(4) News (CC) (TV14)	(4) News (CC) (TV14)	(4) News (CC) (TV14)	(4) News (CC) (TV14)	(4) News (CC) (TV14)	(4) News (CC) (TV14)	(4) News (CC) (TV14)	(4) News (CC) (TV14)	(4) News (CC) (TV14)
5:00	KTID FOX	Ultimate Adv. Own the Zone (H) n (CC)	Ultimate Adv. Own the Zone (H) n (CC)	Ultimate Adv. Own the Zone (H) n (CC)	Ultimate Adv. Own the Zone (H) n (CC)	Ultimate Adv. Own the Zone (H) n (CC)	Ultimate Adv. Own the Zone (H) n (CC)	Ultimate Adv. Own the Zone (H) n (CC)	Ultimate Adv. Own the Zone (H) n (CC)	Ultimate Adv. Own the Zone (H) n (CC)	Ultimate Adv. Own the Zone (H) n (CC)	Ultimate Adv. Own the Zone (H) n (CC)	Ultimate Adv. Own the Zone (H) n (CC)
5:00	KIDK FOX	3	3	3	3	3	3	3	3	3	3	3	3
5:00	KMYT FOX	Ultimate Adv. Own the Zone (H) n (CC)	Ultimate Adv. Own the Zone (H) n (CC)	Ultimate Adv. Own the Zone (H) n (CC)	Ultimate Adv. Own the Zone (H) n (CC)	Ultimate Adv. Own the Zone (H) n (CC)	Ultimate Adv. Own the Zone (H) n (CC)	Ultimate Adv. Own the Zone (H) n (CC)	Ultimate Adv. Own the Zone (H) n (CC)	Ultimate Adv. Own the Zone (H) n (CC)	Ultimate Adv. Own the Zone (H) n (CC)	Ultimate Adv. Own the Zone (H) n (CC)	Ultimate Adv. Own the Zone (H) n (CC)
5:00	KBAZ FOX	(4) News (CC) (TV14)	(4) News (CC) (TV14)	(4) News (CC) (TV14)	(4) News (CC) (TV14)	(4) News (CC) (TV14)	(4) News (CC) (TV14)	(4) News (CC) (TV14)	(4) News (CC) (TV14)	(4) News (CC) (TV14)	(4) News (CC) (TV14)	(4) News (CC) (TV14)	(4) News (CC) (TV14)
5:00	KYTL FOX	via Historia Detroit All Life	via Historia Detroit All Life	via Historia Detroit All Life	via Historia Detroit All Life	via Historia Detroit All Life	via Historia Detroit All Life	via Historia Detroit All Life	via Historia Detroit All Life	via Historia Detroit All Life	via Historia Detroit All Life	via Historia Detroit All Life	via Historia Detroit All Life
5:00	KCTF FOX	3	3	3	3	3	3	3	3	3	3	3	3
5:00	KCLY FOX	Top 10 Video: Video: Retro	Top 10 Video: Video: Retro	Top 10 Video: Video: Retro	Top 10 Video: Video: Retro	Top 10 Video: Video: Retro	Top 10 Video: Video: Retro	Top 10 Video: Video: Retro	Top 10 Video: Video: Retro	Top 10 Video: Video: Retro	Top 10 Video: Video: Retro	Top 10 Video: Video: Retro	Top 10 Video: Video: Retro
5:00	TELE	Paquete	Paquete	Paquete	Paquete	Paquete	Paquete	Paquete	Paquete	Paquete	Paquete	Paquete	Paquete
5:00	UPN	UPN	UPN	UPN	UPN	UPN	UPN	UPN	UPN	UPN	UPN	UPN	UPN
5:00	CP24	CP24	CP24	CP24	CP24	CP24	CP24	CP24	CP24	CP24	CP24	CP24	CP24
5:00	MSNBC	MSNBC	MSNBC	MSNBC	MSNBC	MSNBC	MSNBC	MSNBC	MSNBC	MSNBC	MSNBC	MSNBC	MSNBC
5:00	ESPN	ESPN	ESPN	ESPN	ESPN	ESPN	ESPN	ESPN	ESPN	ESPN	ESPN	ESPN	ESPN
5:00	ESPN2	ESPN2	ESPN2	ESPN2	ESPN2	ESPN2	ESPN2	ESPN2	ESPN2	ESPN2	ESPN2	ESPN2	ESPN2
5:00	ESPN3	ESPN3	ESPN3	ESPN3	ESPN3	ESPN3	ESPN3	ESPN3	ESPN3	ESPN3	ESPN3	ESPN3	ESPN3
5:00	AMC	AMC	AMC	AMC	AMC	AMC	AMC	AMC	AMC	AMC	AMC	AMC	AMC
5:00	TCM	TCM	TCM	TCM	TCM	TCM	TCM	TCM	TCM	TCM	TCM	TCM	TCM
5:00	DSC	DSC	DSC	DSC	DSC	DSC	DSC	DSC	DSC	DSC	DSC	DSC	DSC
5:00	TLC	TLC	TLC	TLC	TLC	TLC	TLC	TLC	TLC	TLC	TLC	TLC	TLC
5:00	ANHL	ANHL	ANHL	ANHL	ANHL	ANHL	ANHL	ANHL	ANHL	ANHL	ANHL	ANHL	ANHL
5:00	TRAV	TRAV	TRAV	TRAV	TRAV	TRAV	TRAV	TRAV	TRAV	TRAV	TRAV	TRAV	TRAV
5:00	ACB	ACB	ACB	ACB	ACB	ACB	ACB	ACB	ACB	ACB	ACB	ACB	ACB
5:00	OSN	OSN	OSN	OSN	OSN	OSN	OSN	OSN	OSN	OSN	OSN	OSN	OSN
5:00	TOON	TOON	TOON	TOON	TOON	TOON	TOON	TOON	TOON	TOON	TOON	TOON	TOON
5:00	TYLD	TYLD	TYLD	TYLD	TYLD	TYLD	TYLD	TYLD	TYLD	TYLD	TYLD	TYLD	TYLD
5:00	FAM	FAM	FAM	FAM	FAM	FAM	FAM	FAM	FAM	FAM	FAM	FAM	FAM
5:00	HQTY	HQTY	HQTY	HQTY	HQTY	HQTY	HQTY	HQTY	HQTY	HQTY	HQTY	HQTY	HQTY
5:00	LFT	LFT	LFT	LFT	LFT	LFT	LFT	LFT	LFT	LFT	LFT	LFT	LFT
5:00	FOOD	FOOD	FOOD	FOOD	FOOD	FOOD	FOOD	FOOD	FOOD	FOOD	FOOD	FOOD	FOOD
5:00	AAE	AAE	AAE	AAE	AAE	AAE	AAE	AAE	AAE	AAE	AAE	AAE	AAE
5:00	HST	HST	HST	HST	HST	HST	HST	HST	HST	HST	HST	HST	HST
5:00	DSP	DSP	DSP	DSP	DSP	DSP	DSP	DSP	DSP	DSP	DSP	DSP	DSP
5:00	TNT	TNT	TNT	TNT	TNT	TNT	TNT	TNT	TNT	TNT	TNT	TNT	TNT
5:00	SPKE	SPKE	SPKE	SPKE	SPKE	SPKE	SPKE	SPKE	SPKE	SPKE	SPKE	SPKE	SPKE
5:00	USA	USA	USA	USA	USA	USA	USA	USA	USA	USA	USA	USA	USA
5:00	TBS	TBS	TBS	TBS	TBS	TBS	TBS	TBS	TBS	TBS	TBS	TBS	TBS
5:00	FX	FX	FX	FX	FX	FX	FX	FX	FX	FX	FX	FX	FX
5:00	BRAVO	BRAVO	BRAVO	BRAVO	BRAVO	BRAVO	BRAVO	BRAVO	BRAVO	BRAVO	BRAVO	BRAVO	BRAVO
5:00	KCFI	KCFI	KCFI	KCFI	KCFI	KCFI	KCFI	KCFI	KCFI	KCFI	KCFI	KCFI	KCFI
5:00	COM	COM	COM	COM	COM	COM	COM	COM	COM	COM	COM	COM	COM
5:00	CHT	CHT	CHT	CHT	CHT	CHT	CHT	CHT	CHT	CHT	CHT	CHT	CHT
5:00	THY	THY	THY	THY	THY	THY	THY	THY	THY	THY	THY	THY	THY
5:00	MTV	MTV	MTV	MTV	MTV	MTV	MTV	MTV	MTV	MTV	MTV	MTV	MTV
5:00	NBC	NBC	NBC	NBC	NBC	NBC	NBC	NBC	NBC	NBC	NBC	NBC	NBC
5:00	MAX	MAX	MAX	MAX	MAX	MAX	MAX	MAX	MAX	MAX	MAX	MAX	MAX
5:00	SHOW	SHOW	SHOW	SHOW	SHOW	SHOW	SHOW	SHOW	SHOW	SHOW	SHOW	SHOW	SHOW
5:00	TNC	TNC	TNC	TNC	TNC	TNC	TNC	TNC	TNC	TNC	TNC	TNC	TNC
5:00	ETK	ETK	ETK	ETK	ETK	ETK	ETK	ETK	ETK	ETK	ETK	ETK	ETK
5:00	BNCO	BNCO	BNCO	BNCO	BNCO	BNCO	BNCO	BNCO	BNCO	BNCO	BNCO	BNCO	BNCO
5:00	TRUITY	TRUITY	TRUITY	TRUITY	TRUITY	TRUITY	TRUITY	TRUITY	TRUITY	TRUITY	TRUITY	TRUITY	TRUITY
5:00	TRM	TRM	TRM	TRM	TRM	TRM	TRM	TRM	TRM	TRM	TRM	TRM	TRM
5:00	EXL	EXL	EXL	EXL	EXL	EXL	EXL	EXL	EXL	EXL	EXL	EXL	EXL
5:00	WGN	WGN	WGN	WGN	WGN	WGN	WGN	WGN	WGN	WGN	WGN	WGN	WGN

CHARLES BROADCAST OUTSIDE THEIR FALLS CANNOT BE RECEIVED IN SOME AREAS

STATION SUN WULEY

NEWS SATURDAY





Time	6p.m.	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:30	12:00
Free Channels	KTWV (C) "The Show" (TV) "The Show" (TV) "The King of Queens" (C) (TV) "The King of Queens" (C) (TV) "Cheaters" (N) (C) (TV) "Cheaters" (N) (C) (TV) "Punk'd" (C) (TV) "Punk'd" (C) (TV) "See Now or Hear It" (C) (TV) "See Now or Hear It" (C) (TV) "Sesame Street" (C) (TV) "Sesame Street" (C) (TV) "Madeline" (C) (TV) "Madeline" (C) (TV) "KIBAU" (C) "Adriana Readhauer" (TV) "Rick Bragg's 'Eyes' (TV) "The Lawrence Walk Show" (TV) "Musical Masters" (TV) "Sally Struthers" (TV) "Keeping Up Appearances" (TV) "List of the Summer Wine" (TV) "A Fine Remnant" (TV) "The New Red Green Show" (TV) "One Foot in the Grass" (TV) "Doctor Who 'Rose' (C) (TV) "Austin City Limits" (TV) "Austin City Limits" (TV) "KXDF" (C) "Is to be Announced" (TV) "Cory (N) (C) (TV) "Cory (N) (C) (TV) "America's Most Wanted: America's Funniest Crimes" (TV) "Chuck Chuck Must Stop a Wrecking Ball" (TV) "Law & Order: Special Victims Unit" (TV) "Saturday Night Live" (TV) "Saturday Night Live" (TV) "KTFD" (C) "Family Guy" (TV) "Family Guy" (TV) "The Simpsons" (TV) "The Simpsons" (TV) "KXDF" (C) "Paid Program" (TV) "Paid Program" (TV) "48 Hours Mystery" (C) (TV) "48 Hours Mystery" (C) (TV) "KMYV" (C) "Wildcat 24 Hours Mystery" (C) (TV) "Wildcat 24 Hours Mystery" (C) (TV) "KXAB" (C) "31 Days of Fearful Wrecking Ball" (TV) "31 Days of Fearful Wrecking Ball" (TV) "KXTL" (C) "America's Funniest Home Videos" (TV) "America's Funniest Home Videos" (TV) "KCLY" (C) "The Lawrence Walk Show" (TV) "Musical Masters" (TV) "The Zone" (TV) "Comcast" (TV) "KXena Live" (TV) "KXTV 19 1/2 Show" (TV) "Youtubites" (TV) "Music Videos" (TV)											
Cable Channels	TELE "Hollywood in L.A. Music Machine" (TV) "Hollywood in L.A. Music Machine" (TV) "Sesame Street" (TV) "Sesame Street" (TV) "CSPH2" (C) "Book TV" (TV) "Book TV" (TV) "CHN" (C) "Special Investigations" (TV) "Special Investigations" (TV) "FHM2" (C) "The Family Factor" (TV) "The Family Factor" (TV) "HNBC" (C) "HNBC Documentary" (TV) "HNBC Documentary" (TV) "CNBC" (C) "The Capital Connection" (TV) "The Capital Connection" (TV) "EPH" (C) "College Football Teams to Be Announced" (TV) "College Football Teams to Be Announced" (TV) "EPH2" (C) "College Football Teams to Be Announced" (TV) "College Football Teams to Be Announced" (TV) "PSP1" (C) "College Football Teams to Be Announced" (TV) "College Football Teams to Be Announced" (TV) "TMC" (C) "Name Your Price" (TV) "Name Your Price" (TV) "TLC" (C) "A Haunting in the Presence" (TV) "A Haunting in the Presence" (TV) "DSC" (C) "The 100th Anniversary of the 19th Amendment" (TV) "The 100th Anniversary of the 19th Amendment" (TV) "ANAL" (C) "Animal Planet Dog Championships" (TV) "Animal Planet Dog Championships" (TV) "TRAV" (C) "World Poker Tour" (TV) "World Poker Tour" (TV) "DKN" (C) "Cory (N) (C) (TV) "Cory (N) (C) (TV) "NBSN" (C) "Weekend Update" (TV) "Weekend Update" (TV) "TDM" (C) "Tom Terrific" (TV) "Tom Terrific" (TV) "FAM" (C) "FAM" (TV) "FAM" (TV) "LFTV" (C) "LFTV" (TV) "LFTV" (TV) "FOOD" (C) "FOOD" (TV) "FOOD" (TV) "HSE" (C) "HSE" (TV) "HSE" (TV) "INSP" (C) "INSP" (TV) "INSP" (TV) "BPKE" (C) "BPKE" (TV) "BPKE" (TV) "USA" (C) "USA" (TV) "USA" (TV) "FX" (C) "FX" (TV) "FX" (TV) "BRAVO" (C) "BRAVO" (TV) "BRAVO" (TV) "S-C-F-I" (C) "S-C-F-I" (TV) "S-C-F-I" (TV) "COM" (C) "COM" (TV) "COM" (TV) "CMT" (C) "CMT" (TV) "CMT" (TV) "VH1" (C) "VH1" (TV) "VH1" (TV) "MTV" (C) "MTV" (TV) "MTV" (TV) "MBO" (C) "MBO" (TV) "MBO" (TV) "SHOW" (C) "SHOW" (TV) "SHOW" (TV) "THC" (C) "THC" (TV) "THC" (TV) "EMO" (C) "EMO" (TV) "EMO" (TV) "TRVTV" (C) "TRVTV" (TV) "TRVTV" (TV) "PLX" (C) "PLX" (TV) "PLX" (TV) "PLX" (TV)											
Special Events												





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One of the best neighborhoods in Twin Falls, Mountain View Canyon Area. 4 new community park is on your back door. Open floor plan, wood ceilings, lot of natural light. Oak cabinets & flooring in the family room. ML# 96379990 \$214,000  
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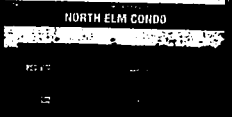
**GREAT LOCATION!**

BRAND NEW CAPPETTI'S 3 bedm, 3 baths, Newer kitchen appliances, 2 beds remodeled. Ready now, call today!  
ML# 96333595 \$179,000  
Call Betty Veach 731-6740



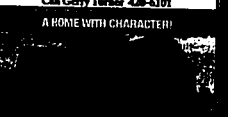
**5 ACRE COUNTRY DREAM HOME**

with 30X50 Shop & 2100X5 Car Garage. This home has it all. It has 3 bedrooms, 2 baths on the main level with a mother in law suite adjacent to it. It also has a spacious entertainment basement as well. Being up an excellent! ML# 96361352 \$349,900  
Call Taml Shirley 539-9368



**NORTH ELM CONDO**

2 bedrooms 2 bath condo with upgraded kitchen, Oak flooring, A/C Conditioning, Open Living Room, dining & kitchen - L-shaped tile - Great tile, new security garage in basement - Elevator to all floors. 2 Car garage. ML# 964039 \$122,500  
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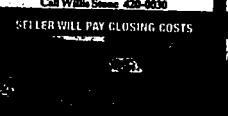
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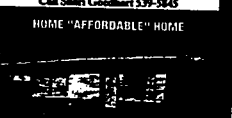
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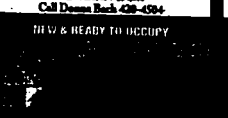
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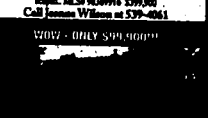
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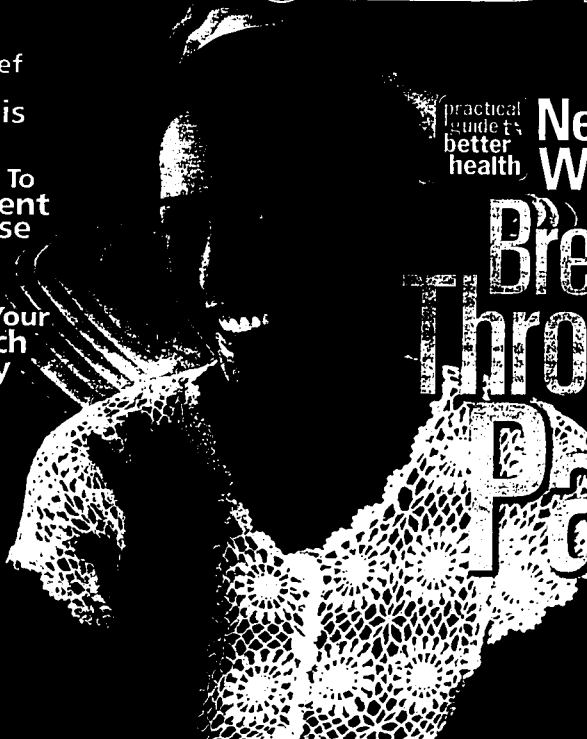
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**Q** When Luciano Bozzán Barroso wed Matt Damon, I saw photos of Aloisia, her daughter from a previous marriage. Now she and Matt have children, but I never see photos of them. Why?—*Martin Hernandez, San Antonio, Tex.*

**A** There are paparazzi shots, but Matt, 37, has always discouraged coverage of his personal life, including past romances with Winona Ryder and Minnie Driver. The private guy now has four ladies to protect: Along with Argentine-born Luciana, 32, and Aloisia, 10, there are Isabella, 2, and Gia, 1 month.



Luciana and family guy Matt

**Q** Why is William Petersen leaving CSI? What will he do next?—*Paul & Shelly Zimmer, Perris, Calif.*

**A** Petersen, 55, has been on the hit CBS show since 2000 and is eager for new challenges. After 10 episodes this fall, he'll relinquish his spot as head of CSI's forensics unit to Lawrence Fishburne, then join the prestigious Steppenwolf Theatre Company in Chicago. Petersen will play a recovering alcoholic in *Dublin Carol*, opening Nov. 6.



Jonathan (r) and not-so-New Kids says Knight, who's been "flipping houses and brooding hours" since New Kids split up in 1994. The quintet, which sold over 80 million albums, reunited this summer. Now on a world tour to plug their new CD, Knight jokes, "What was glamorous in my 20s is hard work at 39."

**Q** I am curious about Jonathan Knight of the revived New Kids on the Block. Is he married? Any kids?—*Kat Sophia, West Springfield, Mass.*

**A** Single. "But I am from a big, close family," says Knight, who's been "flipping houses and brooding hours" since New Kids split up in 1994. The quintet, which sold over 80 million albums, reunited this summer. Now on a world tour to plug their new CD, Knight jokes, "What was glamorous in my 20s is hard work at 39."

**Q** Was Jennifer Hudson lined up any roles since winning an Oscar for *Dreamgirls*?—*Sarahyn Brunson, West Jordan, Utah*



Hudson: Busy bee with films and CD

**A** Hudson, 27, had a role in *A Sex and the City*, and she'll appear in the film version of *The Secret Life of Bees*, opening Oct. 17. In between acting and the release of her first CD, out next week, she also found time to date childhood sweetheart James Pyton and New York Jets safety Kerry Rhodes.

**Q** Why do Aaron Eckhart and so many other film stars go around looking unshaven these days?—*Pahon James, Newport News, Va.*



Eckhart: Time for a shave?

**A** Few explanations: 1) They're trying to look hip; 2) they think the bad-boy look is attractive to women; and 3) they live pampered lives and are searching for something to rebel against. Who has the best grubby look—Aaron Eckhart, Matthew Fox, Brad Pitt, Robert Downey Jr., Johnny Depp, or Colin Farrell? Vote for your favorite at [Parade.com/personality](http://Parade.com/personality)

**Q** I haven't seen Kyra Sedgwick's cat lately on TNT's *The Closer*. What happened to it?—*Paule Landau, Terzana, Calif.*



Kyra: She wants her kitty back

**A** Kitty's future is uncertain, because one of the two look-alike cats that played the role recently died, and the other is ill. "Kyra really loves Kitty, so we're all hoping the cat will recover," says the show's executive producer, James Duff.

**Q** What can you tell me about the talented little girl who played Kevin Costner's daughter in *Swing Vote*?—*G. Jeanne Aker, Barre, Mass.*

**A** *Saving Private Ripped*, but Madeline Carroll is a hit with critics. "It was a dream job to hang out with Kevin," says Madeline, 12, of Simi Valley, Calif., a veteran of TV shows and ads. "I was going to do another film, but my parents turned it down because of the language."



Carroll and Costner: Dream job

**Q** After their Olympic success, how much money will gold medal-winning gymnasts Shawn Johnson and Nastia Lukin make in endorsements?—*C.L. Smith, Cedar Park, Tex.*

**A** Not as much as swimmer Michael Phelps, who could haul in \$100 million. Still, Johnson, 16, and Lukin, 18, are each expected to take in more than \$1 million annually over the next few years.



Shawn (l) and Nastia will turn gold into gold

**Q** With all the sequels being made, will there be a third installment of *Men in Black*?—*Tim Owen, Westport, Mass.*

**A** Yes—if Walter Parkes, producer of the billion-dollar franchise, can arrange it. "The challenge is getting the script right and finding a time when our busy stars are available," says a source close to Parkes. "But everyone, including Will Smith and Tommy Lee Jones, wants to do another."

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# RELIEF FROM CHRONIC

# PAIN



BY DR. RANIT MISHORI

**T**HE NO. 1 REASON patients come to see me or any doctor is pain—pain in all its forms: sharp, dull, tingly, burning, itching, aching. All any patient suffering pain asks of me is something obvious and simple: Make it stop.

But pain can be mysterious.

Everyone experiences it—and yet you can't see pain, measure its intensity, or even reliably describe it. How people experience discomfort is as varied and subjective as how they experience beauty or happiness. The person who hurts is essentially alone with his anguish, which is part of what makes pain even more painful.

In many cases, we know the source of pain—a broken ankle, for example, or a twisted ankle. Other times, pain warns of something more serious, such as cancer,

appendicitis, or heart disease. Then there's the pain that seemingly has no explanation, the kind that can linger for months or even years after an injury. Such chronic pain becomes a condition in itself.

Some 76 million of us live with chronic pain, according to the American Academy of Pain Medicine—more than the number with diabetes, heart disease, and cancer combined. This unwanted, constant companion can afflict anyone. Says Dr. Penny Tenzer, vice chair of the department of family medicine at the University of Miami Miller School of Medicine: "It crosses the spectrum of cultural, ethnic, and socioeconomic backgrounds."

The most common type of chronic pain is lower-back pain, according to a survey by the National Institutes of Health. Next are headaches and migraines, neck and facial pain. There's also the chronic pain of arthritis, fibromyalgia, and cancer, as well as post-surgical pain, limb pain from diabetes, and pain following shingles.

Still, it can be difficult to convince others—doctors, co-workers, family members—that one's pain is "legitimate." Sufferers often complain that they're told, "It's

**Pain is real,  
and there  
are real  
ways to gain  
control of it**

all in your head." Physiologically, notes Dr. Tenzer, this is correct: "Pain is all in your head." As the center of the nervous system, the brain receives and sends pain signals to and from the rest of the body. We now

know that these signals can get amplified or distorted, activating pathways not originally involved in the injury and causing pain to persist long after the injury occurred. Some sufferers also may have lower levels of endorphins, our body's natural painkillers, or a heightened sensitivity to pain.

The annual cost of chronic pain in the U.S. is \$100 billion—in health-care expenses, lost income, and diminished productivity, says Dr. Todd Sitzman, the former president of the American Academy of Pain Medicine. Pain also affects an individual's self-esteem and self-image, notes Dr. Tenzer, leading to frustration, anger, sleep disturbances, anxiety, and depression. Many feel they have little control over their pain.

So what can be done to ease the pain? "There is no magic bullet, usually no single cure," says Dr. Michael McCeney, a pain specialist from Fort Collins, Colo. But there are options that, used in combination, can help relieve some pain some of the time. Talk with your doctor about what may work for you.

## STIMULATION



**E**lectrical stimulation is a popular treatment for chronic pain, even though there isn't substantial scientific evidence to support it. Spinal-cord stimulation—mostly used to treat chronic back and leg pain—involves implanting a small wire in the back to carry current to targeted areas in the spinal cord. When it's activated, patients feel tingling sensations instead of their usual pain. The patient uses a remote control to turn the current up or down. The effects can linger for hours. While pain specialist Dr. Michael McCarney calls it "the fastest-growing and most-promising treatment available for certain types of pain," the medical literature still is inconclusive about the treatment's benefits.

Another popular technique is transcutaneous electrical nerve stimulation, or TENS. While a recent review of hundreds of studies showed limited benefits, some patients still use it for lower-back, muscle, arthritis, and post-surgical pain. TENS consists of a device that produces electrical currents. When put on the skin via a patch, the currents stimulate nerves—mostly superficial ones—and can cause some reduction in pain. Here, too, the individual controls the frequency and intensity of the device.

## ALTERNATIVES

**C**omplementary therapies—including acupuncture, massage, magnet therapy, hypnosis, and other nontraditional treatments—have a role in the management of chronic pain. In some patients, says Dr. Perry Tencoc, "alternative therapies can be quite effective."

Some of these treatments, such as acupuncture and biofeedback, have scientific evidence to back their claims of providing pain relief. In many cases, however, this relief is short-lived.

**R**elief in pill form—often the first option people try—can come from over-the-counter analgesics. These pain-relievers are good at what they do, but only to a point. Take too much, and you risk side effects—internal bleeding with too much aspirin, ulcers or kidney damage with too much ibuprofen, liver damage with too much acetaminophen.

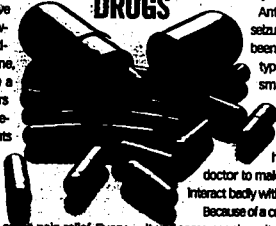
Opioids are another class of drugs that are effective pain relievers. These powerful narcotics, including codeine, oxycodone, and morphine, require a prescription, but doctors often are reluctant to prescribe them—and patients to use them—for fear of addiction. Patients build up a tolerance, needing higher and higher doses to get the same pain relief. Every doctor has tales of patients desperate for refills who tell creative stories to get drugs or visit several doctors to establish a steady supply.

But addiction and abuse are not inevitable when opioids are administered appropriately. Many patients now sign agreements stating the goals of treatment and exact dosages and designating a

single physician who may write prescriptions and one pharmacy that may dispense the drug.

Meanwhile, new drugs are appearing that target specific brain pathways, chemicals, and receptors—an attempt to minimize sedation and bypass the side effects (including constipation) that make opioids intolerable to many. Researchers also are working on manipulating genes that can produce naturally occurring opioids.

## DRUGS



Anti-depressants and anti-seizure medications also have been shown to relieve certain types of chronic pain. Using small amounts of several classes of medications together often can provide relief. But you have to work with your

doctor to make sure the drugs don't interact badly with each other.

Because of a cultural tendency to "suck it up," some people wait until their pain is nearly too much to bear before taking drugs. Here is what I tell my patients: There is a whole arsenal of pain meds out there. Use it if pain is dealt with early and regularly; it is much easier to treat. It's also usually more effective to take medications "around the clock"—that is, every few hours—than to wait for an episode of pain before the next dose.



## Studies show that acupuncture can relieve pain

With biofeedback techniques, patients learn to control their breathing, muscle tension, heart rate, and blood pressure—all of which are closely tied to how we experience anxiety, stress, and pain. Research has found that biofeedback treatments can reduce the frequency and duration of headaches and may even work as well as some medications in relieving chronic pain.

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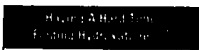
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## PSYCHOLOGICAL HELP

Chronic pain goes beyond its hand in depression. "Chronic pain is a disease," says Dr. Ronald Sizmman. Most doctors agree that pain is a complex experience that is influenced by the patient's emotional state. Stress and anxiety increase pain and increase the body's sensitivity to it, according to some studies. In a recent treatment, the doctor should be an integral part of managing chronic pain. Patients have to spend years on the couch in cognitive behavioral therapy, a targeted treatment that is short in duration. Patients attempt to see what their emotions and behaviors are doing in controlling their pain. They also learn coping skills such as relaxation and biofeedback techniques.

Finally, says Dr. Zanzer, it's important to realize that "pain doesn't have to recur. It's an ongoing process," with hills and valleys. "If you need the help of a doctor, friends, and family, you're in the grade of support. Don't be afraid. Because that's what they tell you they don't have pain. And be..."



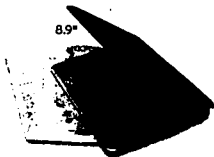
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# 8 Ways To Stay Healthy

by Dr. Mark Liponis

**D** OES STAYING HEALTHY seem like your second job? Exercising, cooking and eating right, taking your vitamins, and keeping a positive outlook take a lot of effort. And if you're doing it all, congratulations. Keep up the good work! Everyone can try their simple and practical ways to get an extra health boost. Here are some suggestions.

**1 GIVE BLOOD** About 5 million Americans require blood transfusions every year, and there is always a need for blood. Yet it's estimated that less than 10% of eligible donors actually give. The good news is that donating blood also may make you healthier. In a recent long-term study of more than a million Scandinavian blood donors, giving blood was found to be linked with a lower risk of cancers (liver, lung, colon, stomach, and throat) in men, with risk dropping as blood donation increased. Blood donation also may reduce the risk of heart disease in men, although it's not yet clear why this may be true. And there's no harm in women giving blood, either. You'll also get a mini-checkup when you give blood, since you'll have your blood pressure checked, and you'll be interviewed about your health history. What could be better than helping to save a life while improving your own health in the process?

**2 WASH UP** It sounds simple, but maybe that's the reason people don't take it seriously. Washing your hands frequently is one of the best ways to protect yourself from infectious diseases. Since many infections are transmitted by touching things—doorknobs, other people's hands, railings, telephones,

desktops, and other objects that carry disease—hand-washing is important for people of all ages, especially children. A 2005 study showed that hand-washing curbs children's risk of pneumonia and diarrhea in half. Soap and running water are all you need, and if those aren't available, alcohol-based hand sanitizers also are effective.



**3 DRIVE LESS** The good news about the recent surge in gas prices is that traffic fatalities have dropped because fewer drivers are on the road. Recent research from both Harvard and the University of Alabama at Birmingham found a drop in traffic fatalities with the rise in gas prices and predicted that 1000 lives could be saved each month if gas prices stayed at \$4 or above per gallon. Driving less also could give you extra time for healthier behaviors, such as walking. Try giving up driving one day a week (or at least one day a month). Walk to at least one place you might normally drive.



**4 SLEEP IN** A patient once told me, "Doc, I can sleep when I'm dead." I reminded him that it might happen sooner than he expected! Burning the candle at both ends may make you more productive, but it won't make you healthier. Over half of American adults experience some difficulty sleeping or don't get enough sleep on a regular basis. Sleep disorders have been linked with serious health problems such as high blood pressure and heart attacks. Sleep deprivation also may be an important factor in weight gain and obesity. While it's best to get the sleep you need every night (ideally seven to eight hours), it's also possible to make up for lost sleep by taking a quick nap in the afternoon or sleeping in on the weekends.

**5 GO FISHING** Want a simple way to cut your risk of a heart attack or stroke? Eat fish. There are few things you can eat that give you so much bang for the buck. Eating fish just twice a week may reduce the risk of heart attack or sudden cardiac death, and eating fish more

PHOTOS BY: ILLUSTRATIONS: STEVE COLES; PHOTOS: SHANNON WALSH; AND ROBERT FACCHINI; (MAY) SLEEPING

than once a month may reduce the risk of stroke. The American Heart Association recommends eating oily fish at least twice a week. It's best to eat smaller fish such as salmon, mackerel, herring, or sardines. (Fried fish should be avoided because of the unhealthy kind of fats found in fried foods.) Chunk light tuna also is fine because of its healthy fat content and because it typically has lower mercury levels than albacore or tuna steaks.



**6** **DON'T ASK FOR ANTIBIOTICS** if you're suffering from a head cold, sinus infection, earache, bronchitis, or the flu, don't assume your doctor will prescribe antibiotics. In fact, antibiotics in some cases can make things worse. A study reported in *Clinical Infectious Diseases* estimated that 142,000 emergency-room visits each year are due to adverse reactions to antibiotics, ranging from rashes to life-threatening allergic reactions. And for the common cold, flu, and many mi-

continued

“Talk about  
wake-up  
I had a heart  
attack at 57”

—John E.  
Lafayette, CA  
Heart attack 8/1/05

“I should have been doing more for my high cholesterol. I learned the hard way. Now I trust my heart to Lipitor. Talk to your doctor about your risk and about Lipitor.”

- When diet and exercise are not enough, adding Lipitor may help. Unlike some other cholesterol lowering medications, Lipitor is FDA-approved to reduce the risk of heart attack and stroke in patients with several common risk factors, including family history, high blood pressure, low good cholesterol, age and smoking.
- Lipitor has been extensively studied with over 16 years of research. And Lipitor is backed by 400 ongoing or completed clinical studies.

**IMPORTANT INFORMATION:** LIPITOR is a prescription drug. It is used in patients with multiple risk factors for heart disease such as family history, high blood pressure, age, low HDL (“good” cholesterol) or smoking to reduce the risk of heart attack, stroke and certain kinds of heart surgeries. When diet and exercise alone are not enough, LIPITOR is used along with a low-fat diet and exercise to lower cholesterol.

LIPITOR is not for everyone. It is not for those with liver problems. And it is not for women who are nursing, pregnant or may become pregnant. If you take LIPITOR, tell your doctor if you feel any new muscle pain or weakness. This could be a sign of rare but serious muscle side effects. Tell your doctor about all medications you

take. This may help avoid serious drug interactions. Your doctor should do blood tests to check your liver function before and during treatment and may adjust your dose. The most common side effects are gas, constipation, stomach pain and heartburn. They tend to be mild and often go away.

When diet and exercise alone are not enough, adding LIPITOR can help. LIPITOR is one of many cholesterol-lowering treatment options that you and your doctor can consider.

Please see additional important information on next page.



Have a heart to heart with your doctor about your risk. And about Lipitor.  
Call 1-888-LIPITOR (1-888-547-4867) or visit [www.lipitor.com/john](http://www.lipitor.com/john)

You are encouraged to report negative side effects of prescription drugs to the FDA.

Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch) or call 1-800-FDA-1088.

## IMPORTANT FACTS



**LIPITOR**  
atorvastatin calcium  
Pfizer

(Lip-ih-tore)

Stay Healthy | continued

### LOWERING YOUR HIGH CHOLESTEROL

High cholesterol is more than just a number. It's a risk factor that should not be ignored. If your doctor said you have high cholesterol, you may be at an increased risk for heart attack. But the good news is, you can take steps to lower your cholesterol.

With the help of your doctor and a cholesterol-lowering medicine like LIPITOR, along with diet and exercise, you could be on your way to lowering your cholesterol.

Ready to start eating right and exercising more? Talk to your doctor and visit the American Heart Association at [www.americanheart.org](http://www.americanheart.org).

### WHO IS LIPITOR FOR?

Who can take LIPITOR:

- People who cannot lower their cholesterol enough with diet and exercise
- Adults and children over 10

Who should NOT take LIPITOR:

- Women who are pregnant, may be pregnant, or may become pregnant. LIPITOR may harm your unborn baby. If you become pregnant, stop LIPITOR, and call your doctor right away.
- Women who are breast-feeding. LIPITOR can pass into your breast milk and may harm your baby.
- People with liver problems
- People allergic to anything in LIPITOR

### BEFORE YOU START LIPITOR

Tell your doctor:

- About all medications you take, including prescriptions, over-the-counter medications, vitamins, and herbal supplements
- If you have muscle aches or weakness
- If you drink more than 2 alcoholic drinks a day
- If you have diabetes or kidney problems
- If you have a thyroid problem

### ABOUT LIPITOR

LIPITOR is a prescription medicine. Along with diet and exercise, it lowers "bad" cholesterol in your blood. It can also raise "good" cholesterol (HDL-C).

LIPITOR can lower the risk of heart attack or stroke in patients who have risk factors for heart disease such as:

- age, smoking, high blood pressure, low HDL-C, heart disease in the family, or
- diabetes with risk factor such as eye problems, kidney problems, smoking, or high blood pressure

### POSSIBLE SIDE EFFECTS OF LIPITOR

Serious side effects in a small number of people:

- Muscle problems that can lead to kidney problems, including kidney failure. Your chance for muscle problems is higher if you take certain other medicines with LIPITOR.
- Liver problems. Your doctor may do blood tests to check your liver before you start LIPITOR and while you are taking it.

Symptoms of muscle or liver problems include:

- Unexplained muscle weakness or pain, especially if you have a fever or feel very tired
  - Nausea, vomiting, or stomach pain
  - Brown or dark-colored urine
  - Feeling more tired than usual
  - Your skin and the whites of your eyes turn yellow
- If you have these symptoms, call your doctor right away.

The most common side effects of LIPITOR are:

- Headache
- Constipation
- Diarrhea, gas
- Upset stomach and stomach pain
- Rash
- Muscle and joint pain

Side effects are usually mild and may go away by themselves. Fewer than 3 people out of 100 stopped taking LIPITOR because of side effects.

### HOW TO TAKE LIPITOR

Do:

- Take LIPITOR as prescribed by your doctor.
- Try to eat heart-healthy foods while you take LIPITOR.
- Take LIPITOR at any time of day, with or without food.
- If you miss a dose, take it as soon as you remember. But if it has been more than 12 hours since your missed dose, wait. Take the next dose at your regular time.

Don't:

- Do not change or stop your dose before talking to your doctor.
- Do not start new medicines before talking to your doctor.
- Do not give your LIPITOR to other people. It may harm them even if your problems are the same.
- Do not break the tablet.

### NEED MORE INFORMATION?

- Ask your doctor or health care provider.
- Talk to your pharmacist.
- Go to [www.lipitor.com](http://www.lipitor.com) or call 1-888-LIPITOR.

Unsure? Need help paying for Pfizer medicines? Pfizer has programs that can help. Call 1-866-706-2400 or visit [www.PfizerHelpfulAnswers.com](http://www.PfizerHelpfulAnswers.com).

helpful  
answers®

nor infections such as bronchitis, antibiotics don't seem to help. Overuse and overprescription of antibiotics also has led to the emergence of drug-resistant bacteria that have become a serious public health concern, especially in hospitals. Your doctor is the best one to judge whether your illness needs an antibiotic. It's better to be cautious and not assume an antibiotic is necessary.

### 7 HAVE A SHOT

Protect yourself by getting current on immunizations. Some, like tetanus, need a booster every so often. New vaccines also have become available, such as the shingles vaccine and human papillomavirus vaccine. Shots like the pneumonia vaccine and the annual flu vaccine also have been shown to prevent potentially serious infections. Ask your doctor which vaccines are recommended.

### 8 CHECK IT OUT

An ounce of prevention is always the best medicine, so don't neglect your annual checkup. Avoid putting off important screening tests like a colonoscopy (beginning at age 50 for most of us), PAP smear and mammogram (for women), bone-density test, blood pressure, cholesterol, and other blood work. Prevention means being proactive, so invest this small amount of time in your health.

PARADE Contributing Editor  
Dr. Mark Lipson is the author of "Ultra-longevity" and medical director of Canyon Ranch spa.



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practical  
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better  
health

# Ease The Aches Of Arthritis

by Dr. Vijay Vad

**A**S A DOCTOR SPECIALIZING IN sports medicine, I see many highly active people suffering from arthritis. They range from young athletes who push their bodies too hard to weekend warriors who haven't realized that their middle-aged frames aren't intended to shoot hoops or play killer tennis for hours at a time. Many of my patients also are ordinary folks who suffer from osteoarthritis, the most common form of the disease.

Arthritis affects 46 million Americans and, with baby boomers aging, the number is expected to reach 67 million by the year 2030. It remains the nation's leading cause of disability in those over age 15. Until recently, we viewed arthritis mainly as the result of wear and tear on the joints that caused a gradual loss of cartilage, the smooth layer of connective tissue that enables our bones to absorb the shock of joint motion and to move smoothly and without pain.

But what is it that makes us lose cartilage? Accidents and injuries are one reason, but they account for a relatively small proportion of all cases of osteoarthritis. One of the main culprits, in fact, is inflammation. Its connection to osteoarthritis—and to pain in general—has shown up only recently in scientific studies.

Ironically, inflammation is a self-protective process that occurs when we get hurt. It has many positive effects, such as increasing blood supply to an injured area. But we're now learning that this protective reaction can backfire on us. Sometimes inflammation continues long after it is needed, leading to greater pain and further loss of cartilage



**Start with  
noninvasive treatments  
that are good for  
your body**

in joints. (Researchers also have been studying the role of inflammation in heart disease, cancers, diabetes, and other conditions.)

Injuries aren't the only triggers of inflammation. Poor diet and lack of exercise also play a part. But one of the keys to reducing arthritis pain is reducing or stopping unwanted inflammation. While there is no cure for arthritis at present, you can do a few things to slow its progression and relieve the

pain. The following noninvasive treatments can offer relief to most arthritis sufferers.

**Watch your diet.** Eat foods that reduce inflammation, and avoid those that cause it. Red meat and high-fructose corn syrup both are loaded with omega-6 fatty acids, which tend to promote inflammation. Processed sugars and saturated fats also are prime culprits in America's epidemic of overweight and obesity, which are factors in arthritis. Extra weight places further stress on the spine, hip, and knee joints and exacerbates any inflammation there.

Instead, to reduce inflammation, consume more foods that are rich in omega-3 fatty acids, such as deep-sea fish, flaxseed, brightly colored fruits, dark-green leafy vegetables, and olive oil. (Keep in mind that nutritionists now recommend eating these same foods to improve overall health.) Our prehistoric ancestors, to whom arthritis was virtually unknown, ate a diet in which omega-6 was consumed in roughly equal proportion to omega-3. Today, that proportion is out of whack.

**Supplement if necessary.** Recent scientific data indicate that the use of ginger, glucosamine, and chondroitin sulfate may be helpful for moderate to severe knee arthritis. In fact, ginger has been used in

India for centuries to alleviate arthritis pain. For specific recommendations, check with your doctor.

**Use your body.** Some people with arthritis are afraid that exercise can hurt them. But it's just the opposite. Simple exercises are needed for proper functioning of an arthritic joint. Begin with stretches, particularly of the affected joint. (For example, try hand stretches if fingers are painful.) If your arthritic joint can handle it, walking just 20 to 30 minutes a day can prevent further deterioration. Swimming and bicycling often are helpful as well.

**Breathe properly.** Proper breathing in a slow, controlled rhythm is the fastest pain reliever I know of, because it shifts the mind's attention away from the pain. Any mild form of stretching with controlled breathing, such as yoga or tai chi, also can relieve arthritis pain. Some of my patients have seen

real improvement just a few months after starting Pilates classes.

### Try massage and acupuncture.

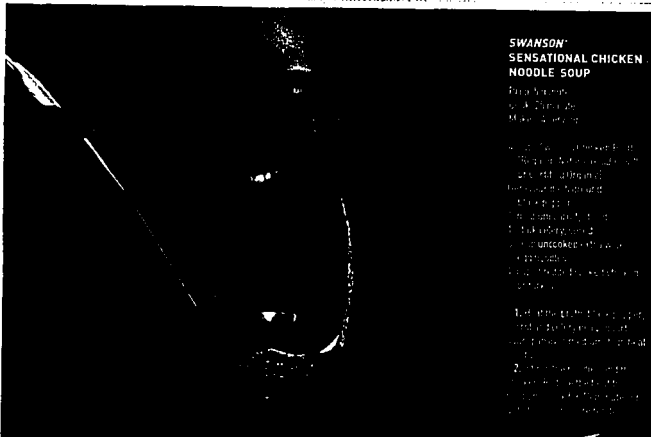
Because mainstream medicine has not provided enough arthritis treatments short of drugs and surgery, many arthritis sufferers have turned to alternative treatments such as massage and acupuncture. Specifically, massage therapy has been shown to be beneficial for arthritis of the spine and hip, and acupuncture has yielded promising results for knee arthritis in clinical trials.

### Other treatments.

For those whose pain continues even after adopting these lifestyle changes, injections of hyaluronate, a synthetic joint fluid, may provide relief. But we are on the threshold of new scientific developments that, combined with early detection and intervention, promise to change arthritis treatment as we know it. Researchers are working on injectable gels that have properties resembling those of healthy joint fluid. They can be targeted to a specific joint to help reduce pain in the long term while protecting the cartilage. Preliminary data show that using your own blood plasma, which is rich in growth factors, may stimulate an arthritic joint to produce high-quality joint fluid. And there is promising research using stem cells and gene therapies that may enable us to regrow cartilage.

These new technologies could begin to hit the market in just a few years. In the meantime, eating a sound anti-inflammatory diet, taking safe supplements, and following a sensible exercise regimen while keeping your body weight in check will help you avoid many of the worst effects of arthritis. **IB**

*Dr. Vijay Vad is a physician at the Hospital for Special Surgery in New York. He is the author of "Arthritis Rec: A Cutting-Edge Program for a Pain-Free Life."*



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THE SECRET IS SWANSON BROTH

practical  
guide to  
better  
health

# GI DIGESTION

by Dr. Mark Sobel

flourishing in the GI tract. It's especially important to restore these healthy bacteria after taking a course of antibiotics or when under stress, since both may suppress these beneficial bacteria. It's now thought that one function of the appendix is to help store healthy bacteria in the event that an illness wipes out the normal levels. After the illness, the healthy probiotic bacteria can emerge and restore normal levels.

**Feed on fiber.** Dietary fiber plays an important role in the health of our digestive tract. Besides lowering cholesterol, fiber also feeds the healthy bacteria and helps them to flourish. A common misconception is that you can get fiber from eating any salad. The best sources of dietary fiber

are actually whole grains such as whole wheat, brown rice, and whole oats, along with beans, peas, nuts, and seeds, then fruits and vegetables. If you're not accustomed to fiber, you should start slowly, adding more to your diet until you reach a target of about 25 grams a day. Start with a high-fiber breakfast cereal. Choose whole-wheat bread over white. Add nuts, beans, lentils, hummus, split peas, and at least five servings of vegetables and fruits daily. Add a tablespoon of ground flax seeds. If you're still not reaching your goal, try adding an over-the-counter fiber supplement.

**Rehab your habits.** Certain foods can interfere with healthy digestion, including coffee, alcohol, chocolate, thick sauces, and fatty or fried foods. These foods also have been shown to cause reflux and worsen heartburn symptoms. Try avoiding huge meals, and don't eat a big dinner right before bed. Give your stomach time to digest while you're still upright. Take time with your meals and chew completely.

IMAGINE A SHEET OF TISSUE PAPER AS big as the floor plan of your house. Then imagine folding that tissue paper to make it fit inside a tube just 30 feet long and less than three inches wide. Now you can sense the engineering marvel of the human digestive system.

Such a system requires careful maintenance. The American Gastroenterological Association reports that approximately 30% of Americans experience at least one significant gastrointestinal (GI) illness or problem a year.

Symptoms of stomach cramps or pain, bloating, constipation, diarrhea, heartburn, and indigestion usually can be eliminated by changes in diet and sometimes by adding supplements and medications. To keep your digestive system healthy, it helps to know a few key points.

**Be wary of dairy.** According to the National Institutes of Health, 30 million to 50 million Americans are lactose-intolerant. The problem is very common in certain ethnic groups. For example, as many as 90% of Asian-Americans and as many as

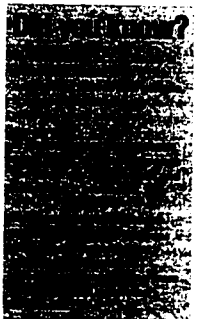
80% of Native Americans and African-Americans can't tolerate lactose. (Lactose is found in milk, ice cream, yogurt, and cheese.) Common symptoms include diarrhea or constipation. If either is a problem for you, experiment by cutting out dairy and see if your symptoms improve. If dairy is an important part of your diet, you can take supplements to help digest lactose.

## More than 65 million Americans have digestive complaints

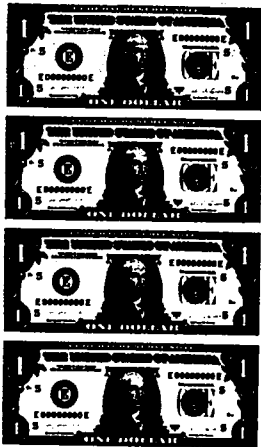
**Protect with probiotics.** Probiotics are supplements of healthy organisms that normally should be plentiful in our GI system. They include *Lactobacillus acidophilus*, *bifidobacteria*, and *Saccharomyces*. Probiotic bacteria are important in creating a healthy environment in the large intestine (colon), and they may keep more dangerous bacteria from

**Question your meds and supplements.** Many medications cause digestive symptoms such as nausea, constipation, diarrhea, and heartburn. So if your symptoms don't improve with changes in your diet, ask your doctor if your medications might be causing side effects. Of course, don't just stop your medications. Even supplements and vitamins can cause side effects. Calcium supplements, for example, commonly cause constipation. Magnesium and vitamin C can cause loose stools and diarrhea. Iron supplements can cause nausea, constipation, and dark stools. Some B vitamins can cause nausea. Taking a "vitamin vacation" for a week can help determine if any of your vitamins or supplements might be contributing to digestive problems.

If your symptoms don't respond to these measures, or if you have unusual symptoms (abdominal or chest pain; difficulty swallowing; bleeding; fever; oily, black, or mucus-laden stools), consult your doctor. The good news is that for most Americans, the five tips offered here can bring important relief and help improve the health of your digestive system. ■



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New technology  
how doctors care for you

# Revolution in Vision

by Dr. Pamela F. Gallin

**M**EDICAL BREAKTHROUGHS are dramatically improving eye care. Using the latest advances in diagnostics and treatment, doctors today can often prevent—and even reverse—loss of vision caused by the most common eye diseases. Here is some news that could save your vision.

## A new way to diagnose glaucoma

As we age, nerve fibers may be damaged by a buildup of fluid that exerts pressure within the eye, resulting in a loss of peripheral vision. More than 2 million Americans are diagnosed with this condition—called glaucoma—each year, often after permanent vision loss has occurred. Now, new technology allows doctors to capture an image of the optical nerve fibers, detecting damage before pressure builds and symptoms appear. “We want to find early damage to the nerve fibers and begin treatment before any vision is lost,” says Dr. Steven Odrich, an assistant professor of clinical ophthalmology at Columbia University.

## Major advances in laser surgery

Refractive (or laser) eye surgery has been used to correct nearsightedness, farsightedness, and astigmatism for more than 30 years, and new technology is making the procedure even safer. LASIK (laser-assisted in-situ keratomileusis) is the most common form of laser surgery, followed by PRK (photo-refractive keratectomy). Each uses lasers to change the shape of the cornea.

In PRK, an eye surgeon completely removes the top layer of the cornea. With LASIK, a hinged flap is surgically created to get to the middle layer, where the correction in vision is made. A new diagnostic tool called “wave-front technology” creates a map of the eye, allowing doctors to diagnose and treat vision problems with more precision. If you have LASIK surgery, a new type of laser (called a femtosecond laser) has been developed to make an exact point of entry to the middle cornea.

## Exciting advances may help the 14 million Americans with impaired vision

an intraocular lens (IOL). The procedure—one of the most popular and safest in use today—was developed after World War II, when doctors noticed that plastic fragments lodged in the eyes of bomber pilots did not cause inflammation. Eye

surgeons then developed lenses that could be placed directly into the eye to restore vision, but only for distance.

Today, the latest IOLs imitate multi-use glasses like bifocals and trifocals, which allow the wearer to see at a distance, up close, and in between. Similar IOLs even have been approved by the FDA for use in patients with extreme nearsightedness that is not caused by cataracts.

## New research on macular degeneration

Age-related macular degeneration, the most common cause of vision loss for people over 55, occurs when either leaky blood vessels (“wet”) or other debris (“dry”) cloud the macula, a tiny part of the eye responsible for 80% of vision. Laser surgery now can be used to treat the first type, and two new drugs injected into the gel behind the lens can help restore vision. For “dry” macular degeneration, new research from the National Eye Institute shows that dietary supplements with high levels of vitamins C, and E, along with beta-carotene and zinc, can minimize effects by 25%. **IE**

## A Clearer Picture

Some ophthalmologists use digital retinal photography to more easily and accurately diagnose eye disease. Using high-resolution lenses and magnifiers, these cameras are able to observe and record nerve damage caused by a buildup of pressure in the eye (glaucoma) as well as a host of other eye problems that could lead to loss of vision if untreated.



## Better lenses for cataracts

When the lens of your eye becomes cloudy and vision is impaired, you may need cataract surgery. The lens of the eye is removed and replaced with an artificial one, called

Dr. Pamela F. Gallin is a pediatric ophthalmologist and clinical professor at New York Presbyterian-Columbia Medical Center.

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**GOVERNMENT WATCH**

## Will Your Vote Be Counted?

Parade.com/Intel

**W**ith less than six weeks until America chooses its next President, some voters' rights advocates are worried that reforms instituted after

the Bush-Gore race in 2000 may actually make things worse. "We have moved toward a heavy reliance on computer voting systems," explains Susan Greenhalgh of Voter Action. "But with a programming error

or software glitch, machines can miscount." Two years ago, it appeared that 18,000 votes were lost in a Florida race, and votes were lost in the Ohio primaries this year when memory cards failed to upload data to computer servers. Machines in New Jersey and New Mexico also have had prob-

lems. "Touch-screen machines can freeze, fail, or, if they are miscalibrated, even flip your vote to the wrong candidate," says Larry Norden, a voting expert at New York University. Though the

machines often are compared to ATMs, Norden says, "with a bank machine, you get your money and your statement. You can check your records. With voting machines, you have to have faith that it's done

its job." Right now, 36 states have paper records of votes cast. To be sure your vote is counted, speak up if you sense a problem with your machine, review your vote before hitting "submit," and if a paper record is printed, make sure it's accurate and legible.



**MONEY**

## Who's Really Getting a Raise

Top performers in booming fields can expect a comfortable raise next year, but the rest of our salaries may not even keep up with inflation. About 14% of the workforce is projected to get increases of more than 5%, while low-rated

## Most raises won't keep pace with inflation

employees, some 18% of workers, will earn 1.4% raises at best, according to projections

by Mercer LLC, a consulting firm that studies the compensation of U.S. workers. Those in the middle, more than a third of all workers, will get about 3.3%—less than current inflation rates. And in almost every field, pay hikes are no longer distributed equally. "No matter how large the salaries at the top, the majority of payroll expenses are the army of people in the middle," explains consultant Steve

Gross. "That's where companies can use money to reward top performers." How does your salary stack up? Find out at [Parade.com/money](http://Parade.com/money)

**NEWSMAKERS**

## Taking The Big Risks

Billionaire Richard Branson has started more than 200 companies. Now his latest effort, Virgin America airline, is tackling the U.S. domestic market.

Branson also is a world record-holding sailor and balloonist. We asked him about the philosophy that's shaped his success.



**You're known for being a risk-taker. Are Americans too afraid of taking risks?**

People do need to be a bit braver. When I was 4 years old, my mother dropped me out of the car to walk three miles to my grandmother's house—to find my own way. That may be a bit extreme, but we need challenges. I think we mollycoddle our children too much. They need to be given freedom to make mistakes. My first time across the Atlantic, the boat broke up, and we had to be rescued. We learned from our mistakes and were back the next year.

**You're now pursuing space travel for profit. Why?**

Up to now, space travel has only been run by governments, which haven't been eager for people to see space. Virgin Galactic is building five spaceships and will get you into space at a fraction of NASA's cost. On Earth, we're hardly a dot at all in the universe. In space, we can colonize other planets and have another home to go to. It's a lovely dream to build spaceships.

**What do you count as your biggest successes and failures?**

An organization I helped set up just brokered a political settlement in Kenya; that was very satisfying. As for failures, I very, very rarely look back.

PHOTO BY STEVE GRANITZ FOR PARADE.COM; BRANSON: PHOTOFEST/GETTY IMAGES; AIRLINE: VIRGIN AMERICA

**FEEDBACK**

## Should You Pay for Garbage Disposal by the Bag?

What You Told Us at [Parade.com](http://Parade.com)

**61% YES**

"Recycling will increase, and wealthier families—who probably have more trash—will contribute appropriately to the costs of disposal."

**39% NO**

"In my town, if people have more trash than fits in their own bins, they dump the extra in someone else's. Charging per bag will only make this worse."

The poll is still open. Vote at [Parade.com/Intel](http://Parade.com/Intel)

# \$10, Your Choice ...

## Stock up and save on home essentials.



Rollback

**\$10** Was 12.83

**Tide® Total Care™ Laundry Detergent**  
100 oz.



While supplies last

**\$10**

**Charmin® 20 Big Rolls**  
Ultra Soft or Ultra Strong.  
20 ct.

New!



**3 for \$10** Was 3.57 each  
**Dawn® Dish Detergent**  
30 or 38 oz.



**4 for \$10**

**Mr. Clean® Multi-Surface Cleaner**  
32 oz. bonus pack with a free Magic Eraser!

# \$10

each



Rollback

**2 for \$10** Was 5.44 each  
**Ultra Gain® Laundry Detergent**  
50 oz. liquid or 31 & 40 loads powder.



**2 for \$10**

**Febreze® Fabric Refresher™**  
Assorted scents.  
40.5 oz.



Rollback

**4 for \$10** Was 2.88 each  
**Febreze® Air Effects®**  
Assorted scents.  
9.7 oz.

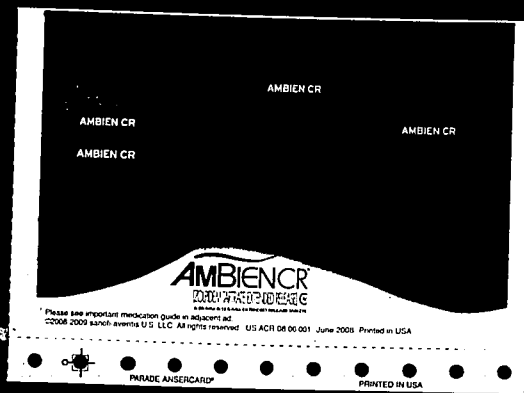
We bring you unbeatable prices every day. So you can count on us when you want to stock up on top brands.

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Save money. Live better.







\* Please see important medication guide on adjacent ad.  
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## DVDs Prison Break

Paul Newman gives one of his most powerful performances in *Cool Hand Luke* (Warner; \$20), a tough '60s drama about a gutsy prisoner who refuses to conform to the rules of a Florida chain gang. It includes the famous scene of Luke taking a dare to eat 50 boiled eggs in one sitting. This deluxe edition contains an all-new "making of" featurette.



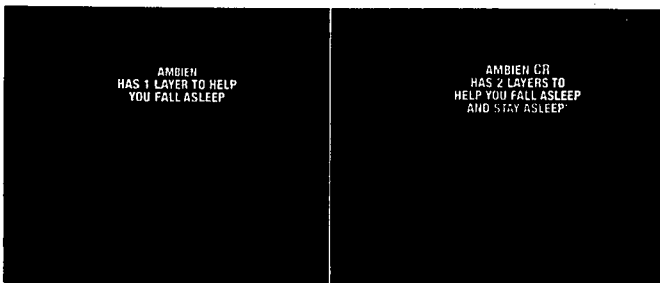
## What Makes A Leader?

With the election in full swing, now is a good time to find out how an actor, a 5-star general, and a peanut farmer got to the White House with the *Presidents Collection* (PBS; 35 hours, \$130). The set of in-depth biographies from PBS's masterful series *The American Experience* includes 10 White House occupants, from Theodore Roosevelt to George H.W. Bush. Also check out Robert Drew's *Kennedy Films Collection* (Dover; \$30), a 2-disc set about JFK, including his 1960 primary, his fight to integrate schools, and his 1963 funeral.



Reviews by Jonathan Winterspoon

## DID YOU KNOW THERE ARE 2 FORMS OF AMBIEN® (ZOLPIDEM TARTRATE) 6.25 AND THERE IS AN IMPORTANT DIFFERENCE.



AMBIEN CR is the only form of Ambien that is FDA approved to help you fall asleep and stay asleep.\*



The first layer dissolves quickly to help you fall asleep fast, while the second dissolves slowly to help you stay asleep.\*\* So you wake up less frequently and fall back to sleep faster.

For people who have trouble falling asleep and/or staying asleep, only AMBIEN CR has two layers that address both problems: The first layer dissolves quickly to help you fall asleep fast, while the second dissolves slowly to help you stay asleep, so you can wake up ready for your day.\*\*\* AMBIEN CR can be taken for as long as your healthcare provider recommends. Ask your prescriber if AMBIEN CR is right for you.

There is no generic form of AMBIEN CR, so ask your prescriber or pharmacist for AMBIEN CR by name.

\* Proven effective for up to 7 hours in clinical studies.  
\*\* Individual results may vary.

For special offers and a 7-Night free trial of AMBIEN CR visit: [CRFree7Day.com](http://CRFree7Day.com) or call 1.877.245.0170.

AMBIEN CR is indicated to help you fall asleep and/or stay asleep.

### IMPORTANT SAFETY INFORMATION

AMBIEN CR is a treatment option you and your doctor can consider along with lifestyle changes and can be taken for as long as your doctor recommends. Until you know how AMBIEN CR will affect you, you shouldn't drive or operate machinery. Be sure you're able to devote 7 to 8 hours to sleep before being active again. Sleepwalking, and eating or drinking while not fully awake, with amnesia for the event have been reported. If you experience any of these behaviors contact your prescriber immediately. In rare cases sleep pills may cause allergic reactions such as swelling of your tongue or throat or shortness of breath or have serious results. If you have an allergic reaction while using AMBIEN CR, contact your doctor immediately. Side effects may include next-day drowsiness, weakness and headache. It's non-addictive; however, the most sleep medicines it has some risk of dependence. Please see important medication guide on adjacent page.

AMBIEN is indicated for short-term treatment to help you fall asleep.

### IMPORTANT SAFETY INFORMATION

When you first start taking AMBIEN, use caution in the morning when engaging in activities requiring complete alertness until you know how you will react to this medication. In most instances, memory problems can be avoided if you take AMBIEN only when you are able to get a full night's sleep (7 to 8 hours) before you need to be active again. As with any sleep medication, the next day drowsiness while you are taking AMBIEN, sleepwalking, and eating or drinking while not fully awake, with amnesia for the event, have been reported. If you experience any of these behaviors contact your prescriber immediately. In rare cases, sleep medicines may cause allergic reactions such as swelling of your tongue or throat, shortness of breath or other serious results. If you have an allergic reaction while using AMBIEN, contact your doctor immediately. Prescription sleep pills are often taken for 7 to 10 days—or longer as advised by your prescriber. Please see important medication guide on adjacent page.

medicines. It has some risk of dependence. There is a low occurrence of side effects associated with the short-term use of AMBIEN. The most commonly observed side effects in controlled clinical trials were drowsiness (2%), dizziness (1%), and headache (1%).

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch) or 1-800-FDA-1088.

**AMBIENCR®**  
ZOLPIDEM TARTRATE 6.25 mg  
A 5-HOUR RELEASE TABLET

"I WANT TO FRESH"

got milk?



#### Turner

Turner's *Shogun* is a masterpiece of historical fiction, a story of a young samurai who is cast adrift in a foreign land and must learn to survive in a world of war and intrigue. The novel is a masterpiece of historical fiction, a story of a young samurai who is cast adrift in a foreign land and must learn to survive in a world of war and intrigue. The novel is a masterpiece of historical fiction, a story of a young samurai who is cast adrift in a foreign land and must learn to survive in a world of war and intrigue.



magazine

## Parade Picks®

### Books Sparks'

#### Notes

We asked author Nicholas Sparks, whose latest book, *The Lucky One*, is in stores this week, which novels have moved him most.

- **The Shadow of the Wind** by Carlos Ruiz Zafón. Compulsively readable literary thriller about a young boy charged with protecting a book that holds some very dark secrets.
- **Heart-Shaped Box** by Joe Hill. An aging rock star is haunted by a vengeful ghost who turns out to be the stepfather of his ex-lover, who killed herself. The rarest of novels—a fresh and original horror story that's frightening, not gory.
- **The Book of Lost Things** by John Connolly. Perfect for kids and adults. A young boy, mourning the loss of his mother, takes refuge in the fairy tales she loved and then finds himself on the other side of the line between fantasy and reality.
- **City of Thieves** by David Benioff. A coming-of-age page-turner set in Russia during World War II. Two men form an unlikely bond while on an impossible mission for a powerful colonel.
- **Gates of Fire** by Stephen Pressfield. An action-packed novel about Sparta's campaign to fend off the Persian invasion in 480 B.C. One of the finest and most enjoyable novels I've read.

**For the Physician:**

- In order to use this certificate, your patients will require one prescription for seven (7) tablets of AMBIEN CR (zolpidem tartrate extended release) G 6.25-mg or 12.5-mg
- If you wish your patient to continue on AMBIEN CR beyond the free trial period, you must also provide a separate prescription based on your recommended therapy.
- Refills will not be authorized with this certificate.

**For the Pharmacist:**

- Please dispense this nonopioid medication to the patient without a copayment. No purchase required.
- Receive one time for product only when attached to a valid, signed prescription for AMBIEN CR (zolpidem tartrate extended release) G 6.25-mg or 12.5-mg tablets. No substitutions permitted.
- Limit seven (7) tablets of AMBIEN CR (zolpidem tartrate extended release) G 6.25-mg or 12.5-mg per prescription.
- This certificate is good for one fill only. Please process any additional fills for AMBIEN CR under the patient's primary insurance as a new prescription with a new Rx number.
- Limit one free trial certificate redemption per person for the duration of the program.

**Pharmacist Desired Follow These Steps:**

- Transmit the claim to McKesson Specialty, Arizona using BIN #510500
- Remove the Identification # and Group # from the patient profile after the claim has been adjudicated. Patient confidentiality is maintained.
- McKesson retains the rights to review all records and documentation relating to the filling/dispensing of product.
- For assistance with this claim or rules and restrictions governing the nonopioid-free trial program, please call the McKesson Specialty, Arizona Help Desk at 1-800-750-9835.

**Terms and conditions: C18101411. GOOD ONLY ON AMBIEN CR PRESCRIPTION. This certificate is valid only for the patient whose name appears on the prescription for AMBIEN CR, and is limited to one free trial certificate redemption per person for the duration of the program. This certificate may not be sold, purchased or traded, or offered for sale, purchase or trade, or counterfeited. Duplicate requests and requests from clubs, groups or organizations will not be honored, acknowledged or returned. Restrictions apply. Not valid for prescriptions furnished under Medicare, Medicaid or any federal or state healthcare program, including any state, medical or pharmaceutical assistance programs, if insurer or other third party payer reimburses or pays for any part of the prescription price. Void where prohibited by law, taxed or restricted. Suchch events reserves the right to suspend, revoke or amend this offer without notice.**

**DVDs Prison Break**

**P**aul Newman gives one of his most powerful performances in *Cool Hand Luke* (Warner; \$20), a tough '60s drama about a gutsy prisoner who refuses to conform to the rules of a Florida chain gang. It includes the famous scene of Luke taking a dare to eat 50 boiled eggs in one sitting. This deluxe edition contains an all-new "making of" featurette.



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Reviews by Jonathan Winterspoon

**DID YOU KNOW THERE ARE 2 FORMS OF AMBIEN® (ZOLPIDEM TARTRATE)? AND THERE IS AN IMPORTANT DIFFERENCE.**

<p>AMBIEN HAS 1 LAYER TO HELP YOU FALL ASLEEP</p>	<p>AMBIEN CR HAS 2 LAYERS TO HELP YOU FALL ASLEEP AND STAY ASLEEP</p>
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**AMBIEN CR is the only form of Ambien that is FDA approved to help you fall asleep and stay asleep:**



The first layer dissolves quickly to help you fall asleep fast, while the second dissolves slowly to help you stay asleep.\* So you wake up less frequently and fall back to sleep faster.

For people who have trouble falling asleep and/or staying asleep, only AMBIEN CR has two layers that address both problems: The first layer dissolves quickly to help you fall asleep fast, while the second dissolves slowly to help you stay asleep, so you can wake up for your day.\*\* AMBIEN CR can be taken for as long as your healthcare provider recommends. Ask your prescriber if AMBIEN CR is right for you.

There is no generic form of AMBIEN CR, so ask your prescriber or pharmacist for AMBIEN CR by name.

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AMBIEN CR is indicated to help you fall asleep and/or stay asleep.

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AMBIEN is indicated for short-term treatment to help you fall asleep.

**IMPORTANT SAFETY INFORMATION**

When you first start taking AMBIEN, use caution in the morning when engaging in activities requiring complete alertness until you know how you will react to this medication. In most instances, memory problems can be avoided if you take AMBIEN only when you are able to get a full night's sleep (7 to 8 hours) before you need to be active again. As with any sleep medication, do not use alcohol while you are taking AMBIEN. Sleepwalking, and eating or driving while not fully awake, with amnesia for the event, have been reported. If you experience any of these behaviors contact your provider immediately. In rare cases, sleep medicines may cause allergic reactions such as swelling of your tongue or throat, shortness of breath or more severe results. If you have an allergic reaction while using AMBIEN, contact your doctor immediately. Prescription sleep aids are often taken for 7 to 10 days - or longer as advised by your provider. Do not drink alcohol.

medicines, it has some risk of dependency. There is a low occurrence of side effects associated with the short-term use of AMBIEN. The most commonly observed side effects in controlled clinical trials were drowsiness (2%), dizziness (1%), and diarrhea (1%). You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch) or 1-800-FDA-1088



AMBIEN CR: THE WAY TO SLEEP™

**AMBIEN CR®** (am'be-an see ahn) C-IV  
(zolpidem tartrate extended-release tablets)

Read the Medication Guide that comes with AMBIEN CR before you start taking it and each time you get a refill. There may be new information. This Medication Guide does not take the place of talking to your doctor about your medical condition or treatment.

**What is the most important information I should know about AMBIEN CR?**

After taking AMBIEN CR, you may get up out of bed while not being fully awake and do an activity that you do not know you are doing. The next morning, you do not remember that you did anything during the night. You have a higher chance for doing these activities if you drink alcohol or take other medicines that make you sleepy with AMBIEN CR. Reported activities include:

- driving a car ("sleep-driving")
- making and eating food
- talking on the phone
- having sex
- sleep-walking

**Call your doctor right away if you find out that you have done any of the above activities after taking AMBIEN CR.**

**Important:**

1. **Take AMBIEN CR exactly as prescribed.**
  - Do not take more AMBIEN CR than prescribed.
  - Take AMBIEN CR right before you get in bed, not sooner.
2. **Do not take AMBIEN CR if you:**
  - drink alcohol
  - take other medicines that can make you sleepy. Talk to your doctor about all of your medicines. Your doctor will tell you if you can take AMBIEN CR with your other medicines.
  - cannot get a full night's sleep

**What is AMBIEN CR?**

AMBIEN CR is a sedative-hypnotic (sleep) medicine. AMBIEN CR is used in adults for the treatment of a sleep problem called insomnia. Symptoms of insomnia include:

- trouble falling asleep
- waking up often during the night

AMBIEN CR is not for children.

AMBIEN CR is a federally controlled substance (C-IV) because it can be abused or lead to dependence. Keep AMBIEN CR in a safe place to prevent misuse and abuse. Selling or giving away your AMBIEN CR may harm others, and is against the law. Tell your doctor if you have ever abused or have been dependent on alcohol, prescription medicines or street drugs.

**Who should not take AMBIEN CR?**

Do not take AMBIEN CR if you are allergic to anything in it. See the end of this Medication Guide for a complete list of ingredients in AMBIEN CR.

**AMBIEN CR may not be right for you. Before starting AMBIEN CR, tell your doctor about all of your health conditions, including if you:**

- have a history of depression, mental illness, or suicidal thoughts
- have a history of drug or alcohol abuse or addiction
- have kidney or liver disease
- have a lung disease or breathing problems
- are pregnant, planning to become pregnant, or breastfeeding

Tell your doctor about all of the medicines you take including prescription and nonprescription medicines, vitamins and herbal supplements. Medicines can interact with each other, sometimes causing serious side effects. **Do not take AMBIEN CR with other medicines that can make you sleepy.**

Know the medicines you take. Keep a list of your medicines with you to show your doctor and pharmacist each time you get a new medicine.

**How should I take AMBIEN CR?**

- Take AMBIEN CR exactly as prescribed. Do not take more AMBIEN CR than prescribed for you.
- Take AMBIEN CR right before you get into bed.
- Do not take AMBIEN CR unless you are able to stay in bed a full night (7-8 hours) before you must be active again.
- Swallow AMBIEN CR Tablets whole. Do not chew or break the tablets. Tell your doctor if you cannot swallow tablets whole.
- For faster sleep onset, AMBIEN CR should NOT be taken with or immediately after a meal.
- Call your doctor if your insomnia worsens or is not better within 7 to 10 days. This may mean that there is another condition causing your sleep problems.

- If you take too much AMBIEN CR or overdose, call your doctor or poison center right away, or get emergency treatment.

**What are the possible side effects of AMBIEN CR?**

Serious side effects of AMBIEN CR include:

- getting out of bed while not being fully awake and do an activity that you do not know you are doing. (See "What is the most important information I should know about AMBIEN CR")
- abnormal thoughts and behavior. Symptoms include more outgoing or aggressive behavior than normal, confusion, agitation, hallucinations, worsening of depression, and suicidal thoughts or actions.
- memory loss
- anxiety
- severe allergic reactions. Symptoms include swelling of the tongue or throat, trouble breathing, and nausea and vomiting. Get emergency medical help if you get these symptoms after taking AMBIEN CR.

**Call your doctor right away if you have any of the above side effects or any other side effects that worry you while using AMBIEN CR.**

The most common side effects of AMBIEN CR are:

- headache
  - sleepiness
  - dizziness
  - You may still feel drowsy the next day after taking AMBIEN CR. Do not drive or do other dangerous activities after taking AMBIEN CR until you feel fully awake.
- After you stop taking a sleep medicine, you may have symptoms for 1 to 2 days such as: trouble sleeping, nausea, flushing, lightheadedness, uncontrolled crying, vomiting, stomach cramps, panic attack, nervousness, and stomach ache pain.

These are not all the side effects of AMBIEN CR. Ask your doctor or pharmacist for more information.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

**How should I store AMBIEN CR?**

- Store AMBIEN CR at room temperature, 59° to 77°F (15° to 25° C).
- Keep AMBIEN CR and all medicines out of reach of children.

**General Information about AMBIEN CR**

- Medicines are sometimes prescribed for purposes other than those listed in a Medication Guide.
- Do not use AMBIEN CR for a condition for which it was not prescribed.
- Do not share AMBIEN CR with other people, even if you think they have the same symptoms that you have. It may harm them and it is against the law.

This Medication Guide summarizes the most important information about AMBIEN CR. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about AMBIEN CR that is written for healthcare professionals. For more information about AMBIEN CR, call 1-800-633-1610 or visit [www.ambien.com](http://www.ambien.com).

**What are the ingredients in AMBIEN CR?**

**Active Ingredient:** Zolpidem tartrate

**Inactive Ingredients:** The 6.25 mg tablets contain: colloidal silicon dioxide, hypromellose, lactose monohydrate, magnesium stearate, microcrystalline cellulose, polyethylene glycol, potassium bitartrate, red ferric oxide, sodium starch glycolate, and titanium dioxide. The 12.5 mg tablets contain: colloidal silicon dioxide, FD&C Blue #2, hypromellose, lactose monohydrate, magnesium stearate, microcrystalline cellulose, polyethylene glycol, potassium bitartrate, sodium starch glycolate, titanium dioxide, and yellow ferric oxide.

**Rx Only**

This Medication Guide has been approved by the U.S. Food and Drug Administration. sanofi-aventis U.S. LLC  
Bridgewater, NJ 08807  
January 2006a

AMBCR-JAN06a-M-AI

**MEDICATION GUIDE**  
**AMBIEN®** (am'be-n) Tablets C-IV  
(zolpidem tartrate)

Read the Medication Guide that comes with AMBIEN before you start taking it and each time you get a refill. There may be new information. This Medication Guide does not take the place of talking to your doctor about your medical condition or treatment.

**What is the most important information I should know about AMBIEN?**

After taking AMBIEN, you may get up out of bed while not being fully awake and do an activity that you do not know you are doing. The next morning, you may not remember that you did anything during the night. You have a higher chance for doing these activities if you drink alcohol or take other medicines that make you sleepy with AMBIEN. Reported activities include:

- driving a car ("sleep-driving")
- making and eating food
- talking on the phone
- having sex
- sleep-walking

Call your doctor right away if you find out that you have done any of the above activities after taking AMBIEN.

**Important:**

**1. Take AMBIEN exactly as prescribed**

- Do not take more AMBIEN than prescribed.
- Take AMBIEN right before you get in bed, not sooner.

**2. Do not take AMBIEN if you:**

- drink alcohol
- take other medicines that can make you sleepy. Talk to your doctor about all of your medicines. Your doctor will tell you if you can take AMBIEN with your other medicines.
- cannot get a full night's sleep

**What is AMBIEN?**

AMBIEN is a sedative-hypnotic (sleep) medicine. AMBIEN is used in adults for the short-term treatment of a sleep problem called insomnia. Symptoms of insomnia include:

- trouble falling asleep
- AMBIEN is not for children.

AMBIEN is a federally controlled substance (C-IV) because it can be abused or lead to dependence. Keep AMBIEN in a safe place to prevent misuse and abuse. Selling or giving away AMBIEN may harm others, and is against the law. Tell your doctor if you have ever abused or have been dependent on alcohol, prescription medicines or street drugs.

**Who should not take AMBIEN?**

Do not take AMBIEN if you are allergic to anything in it.  
See the end of this Medication Guide for a complete list of ingredients in AMBIEN.

AMBIEN may not be right for you. Before starting AMBIEN, tell your doctor about all of your health conditions, including if you:

- have a history of depression, mental illness, or suicidal thoughts
- have a history of drug or alcohol abuse or addiction
- have kidney or liver disease
- have a lung disease or breathing problems
- are pregnant, planning to become pregnant, or breastfeeding

Tell your doctor about all of the medicines you take including prescription and non-prescription medicines, vitamins and herbal supplements. Medicines can interact with each other, sometimes causing serious side effects. Do not take AMBIEN with other medicines that can make you sleepy.

Know the medicines you take. Keep a list of your medicines with you to show your doctor and pharmacist each time you get a new medicine.

**How should I take AMBIEN?**

- Take AMBIEN exactly as prescribed. Do not take more AMBIEN than prescribed for you.

• Take AMBIEN right before you get into bed.

- Do not take AMBIEN unless you are able to stay in bed a full night (7-8 hours) before you must be active again.

- For faster sleep onset, AMBIEN should NOT be taken with or immediately after a meal.
- Call your doctor if your insomnia worsens or is not better within 7 to 10 days. This may mean that there is another condition causing your sleep problem.
- If you take too much AMBIEN or overdose, call your doctor or poison control center right away, or get emergency treatment.

**What are the possible side effects of AMBIEN?**

Serious side effects of AMBIEN include:

- getting out of bed while not being fully awake and do an activity that you do not know you are doing. (See "What is the most important information I should know about AMBIEN?")
- abnormal thoughts and behavior. Symptoms include more outgoing or aggressive behavior than normal, confusion, agitation, hallucinations, worsening of depression, and suicidal thoughts or actions.
- memory loss
- anxiety
- severe allergic reactions. Symptoms include swelling of the tongue or throat, trouble breathing, and nausea and vomiting. Get emergency medical help if you get these symptoms after taking AMBIEN.

Call your doctor right away if you have any of the above side effects or any other side effects that worry you while using AMBIEN.

The most common side effects of AMBIEN are:

- drowsiness
- dizziness
- diarrhea
- "drugged feelings"

You may still feel drowsy the next day after taking AMBIEN. Do not drive or do other dangerous activities after taking AMBIEN until you feel fully awake.

After you stop taking a sleep medicine, you may have symptoms for 1 to 2 days such as: trouble sleeping, nausea, flushing, lightheadedness, uncontrolled crying, vomiting, stomach cramps, panic attack, nervousness, and stomach ache pain.

These are not all the side effects of AMBIEN. Ask your doctor or pharmacist for more information.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

**How should I store AMBIEN?**

- Store AMBIEN at room temperature, 68° to 77°F (20° to 25°C).
- Keep AMBIEN and all medicines out of reach of children.

**General information about AMBIEN**

- Medicines are sometimes prescribed for purposes other than those listed in a Medication Guide.
- Do not use AMBIEN for a condition for which it was not prescribed.
- Do not share AMBIEN with other people, even if you think they have the same symptoms that you have. It may harm them and it is against the law.

This Medication Guide summarizes the most important information about AMBIEN. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about AMBIEN that is written for healthcare professionals. For more information about AMBIEN, call 1-800-633-1610.

**What are the ingredients in AMBIEN?**

**Active ingredient:** Zolpidem tartrate

**Inactive ingredients:** hydroxypropyl methylcellulose, lactose, magnesium stearate, micro-crystalline cellulose, polyethylene glycol, sodium starch glycolate, and titanium dioxide. In addition, the 5 mg tablet contains FD&C Red No. 40, iron oxide colorant, and polyisobutyl 80.

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June 2008

AMB-JUNE08-M-Ad

Forty years after high school,  
a famed writer finds...

# YOU CAN GO HOME AGAIN

by James Grady

**T**

HIS YEAR, 8 MILLION Americans are expected to attend their high school reunions—even though a national survey says 65% of reunion attendees don't want to go through those years again.

Personally, I couldn't wait to escape adolescence, to be somebody besides that gawky kid in my graduation photo. Yet, strangely enough, I'm one of those eager faces who showed up at my high school reunion. So why did I—and the 7,999,999 other people—go back?

This July, I finally found out, when I flew to my hometown of Shelby, Mont., to attend a reunion for everyone who went to its lone high school during the 1960s.

My rental car cruised into town along Main Street, where people called me Jimmy, not the James on my business cards today. The Roxy movie theater now has a brick facade, not there when my father was its manager. Old stores are gone, and vacant windows reflect little traffic.

I saw the white box house where I grew up. How could it have been so small? I drove past the home of my unrequited adolescent crush, Linda, wondering if she and her husband would come to the reunion. Sprinklers hissed on the football field where I learned how to get knocked

down, get up, and get knocked down again. And looming at the edge of town was the sprawling two-story pink cement building—my high school.

On Friday night, each of the graduating classes met at designated taverns. My 1967 class had 87 boys and girls. A third of my classmates and some spouses (not mine, who declined with a smile) gathered at the Tap Room, a wood-paneled bar decorated with a class banner.

Amid squeals and laughter, I met friends wearing name tags that we sometimes needed. We swapped data about work, children, grandchildren, and what happened to our parents. Heartaches were related in stoic sentences, and nobody—nobody—whined.

We snapped pictures. We marveled at who went to prison and whose environ-

mental entrepreneurship might help save the world. We were proud that Sandy, the woman voted "Most Likely To Succeed," is now

a counselor helping veterans cope with post-traumatic stress disorder. We spoke gently about our own strung-out alums who were not there but whom we hoped still might recover. Nobody dwelled on politics or religion. E-mail addresses got jotted on the back of motel receipts. We kept scanning the crowd to see who came. (Linda



and her husband didn't make it.)

What struck everyone I talked with is how little we actually knew back then. Lorna, a university staffer who was voted "Most Representative" of our class, told me: "We didn't know who we

were." Nutritionist Mary Jeanne, who'd been voted "Best All Around," said that she secretly thought she was the only one who was "scared and didn't have a clue."

None of us knew that one of the seemingly happiest guys in our class spent his nights using his fists to save his younger sister and mother from his stepfather's beatings. Now a successful local businessman, he told me: "I thought that's how it was for everybody."

Reunions change reality. As one celebrant remarked, "The 10-year reunion is about impressing your former peers—showing them, and perhaps yourself, that you made it. By the 20th reunion, you get to just be yourself."

**WELCOME BACK CLASS OF '67**



"Eleven years ago, at our 30th reunion, Wally sought out Randy. He had always felt a special connection, though they'd never dated. He walked up to her and said, "I came to see you." Then he walked away. "I was so scared," Randy told me. Two years later, she and Wally married, and they're still going strong.

Gary, one of the reunion organizers who never left Shelby, whistled for the crowd in the Tap Room to quiet down. His voice trembled as he read the list of those forever gone: "Mike Jodrey, Rick Maurison, Sue Turner..." We cheered for each name, but we didn't cry. Instead, our emotions came out in the classic high school reunion hugs—hugs

**We didn't cry.  
We hugged.  
The hugs  
meant we  
were still here.**

from someone you treasure more now than before. The hug from the woman you can't remember who says she'd know you anywhere. The hug from an old girlfriend who was so right to dump you, the hugs of those who once shared hairbrushes in the girls' room. Gene the airline tycoon hugged Kirby the family farmer. Sid the professor hugged Jesse the truck driver.

The hug meant we're still here.

Driving to the airport, I felt valued and validated, glad I had gone, gladder to be returning home. I clicked on my left blinker. Like any experienced motorist, I checked my mirrors—and saw my old pink high school.

Just one last glance, and then it was gone. ■

*James Grady is the author of "Six Days of the Condor." His latest novel is "Mad Dog."*

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# Why I Won't Give Up

by Jeanne Wolf

*You don't get to be a big star without facing a lot of rejection first. We asked some celebrities what keeps them going.*

## CHARLIZE THERON

I have a mother who keeps me in line. I've been extremely lucky. I have been given a lot of great opportunities in my life, and I'm very grateful for that. If something doesn't work out, at least I can say I went and did something that I really wanted to do.



## DEBRA MESSING

I'm not happy and perky all the time, like people might think. When I get off track, I say, "OK, hour by hour. Take it hour by hour." And usually by the next day, things have sort of worked out.



## DREW CAREY

One of the reasons I talk about my suicide attempts is because I'm amazed and

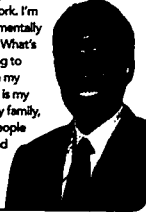
proud that I was able to overcome those feelings and move on with my life. Something happens, and you can overcome it. I can joke around about it now. Jokes are a way of dealing with it and getting it out of your system. I'm like a good-time Charlie now.



**ROBERT DOWNEY JR.**  
Faith is not a dirty word. And hope is not for fools. I used to really make fun of optimists. But if all we have are negative world views, we're in trouble.

## BEN AFFLECK

There's some perverse pleasure in getting past failure. And also there's a freedom in knowing, "OK, I don't have to be at the top of everybody's list." Every movie doesn't have to work. I'm still fundamentally who I am. What's really going to determine my happiness is my friends, my family, and the people I love—and how I feel about myself.



## CYBILL SHEPHERD


I've always believed it's OK to give up for two weeks. And then usually something will come along that will cheer me up—a little, tiny thing from someone I love or a sign of success. I'm not one to quit.



## RAINI WILSON

An old friend once said to me, "Let's face it, Raini—you and I, we're never going to be stars, so why don't we just quit?" I thought, "No. That can't be." And that made me redouble my efforts. I wanted to get better and better as an actor. You just can't give up. I mean, you have to just keep going.





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GLENN MCCOY

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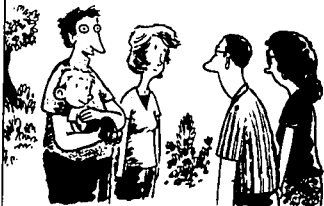
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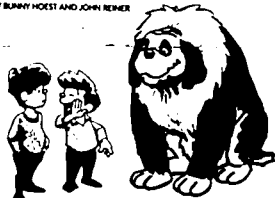


DAVE COVERLY

"He's started, like, talking, and you're not gonna, like, believe what his, like, first word was!"

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by Marilyn vos Savant



How many automobile accidents involve the use of cellphones?

—Billy Robinson, Denver, Colo.

In a study released by the National Highway Traffic Safety Administration, nearly 80 percent of automobile accidents involved some form of driver inattention within three seconds before the event. The most common distraction was the use of a cellphone, which accounted for 7.2 percent of all crashes.

**A car and a phone make a deadly combo**

How can bleach be color-safe? When I use bleach, I want to remove color from an item that should be white, not keep the color there.

—John Krause,  
Sandy Hook, Conn.

There's a difference between spaghetti sauce and the stable dye used for colored fabrics. The former was not developed to remain on your shirt throughout repeated washings, even though it may seem that way sometimes.

"Bleach" is a generic term for any chemical used to whiten or remove color. Many types are available, including chlorine, hydrogen peroxide, calcium hypochlorite, and sodium hypochlorite. All have different qualities. If a bleach is strong and intended to whiten an already-white fabric, it may lighten even the stable dye used for colored fabrics. But if a bleach is safe for colors, that means it's useful for removing unstable "colors," such as a splotch of pea soup.

Do any moons have their own moons?

—Ron Moran, La Crosse, Wis.

None are known, but it's possible in theory. Consider the Sun-Earth-Moon bodies as an example: The Earth rotates around the Sun as a satellite while the Moon rotates around the Earth as a subsatellite. This happens because the Moon is close enough to us to be captured by the Earth's gravity, rather than by the gravity of the Sun. If the Moon were much farther away, it would rotate around the Sun, instead.

The same rotation could occur with an object close enough to the Moon. Farther away, the object would rotate around the Earth. Still farther away, it would rotate around the Sun.

What animal has the largest eyes?

—Maggie Turner, Portland, Ore.

The giant squid has eyes almost a foot in diameter—bigger than basketballs. You'd think that a pinkish creature longer than a bus would be easy to spot, but the first time anyone managed to photograph a living specimen was only four years ago.

## Numberix

Complete the grid by writing numbers in the horizontal or vertical paths. (No diagonals.)

33	32	31	30	22	22	7	6	5
34								4
37								3
38								12
39								13
74								50
73								51
72								54
71	70	69	68	67	66	67	66	57
								56
								55

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## GetFitNow™

By Michael O'Shea

### Help For High Blood Pressure

**E**XERCISE IS ONE OF THE most effective tools in treating high blood pressure. Yet, according to a recent study, two-thirds of doctors don't take the time to tell their at-risk patients about the importance of staying active. The good news is that you don't need a prescription for getting up off the couch. Combined with a healthy, low-salt diet, exercise can help treat hypertension and lessen the risk of heart disease and stroke. When patients in the study increased their activity levels, 71% saw a drop in blood pressure. Even moderate exercise such as brisk walking can have a positive effect.

In other blood pressure-related news, Italian researchers have found that listening to rhythmic music—such as classical, Celtic, or Indian—for just 30 minutes a day while concentrating on breathing also may be beneficial. Doctors believe the music helps to slow down and deepen your breaths. Try winding down after a workout with a half-hour of Mozart and meditation.

Finally, give yourself a treat! Exercising and eating right are still among the best ways to control hypertension, but research suggests that there may be a reason to indulge your sweet tooth, too. In a recent study, patients who ate small amounts of dark chocolate for two weeks lowered their blood pressure and risk of heart disease. Keep in mind, though, that milk chocolate doesn't have the same benefit—and you still have to count calories.

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—Marie

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# QuickTips™

by Sheila Lukins



## An Apple A Day!



Here's a handful of ideas to make use of autumn's abundance of apples.

- Sprinkle thin slices of apple lightly with sugar, then sauté in butter for 5 minutes, until golden. Fold into mashed potatoes.
- Cut small cubes of apples and celery, then combine with walnut pieces. Toss with mayonnaise and season with chopped parsley, salt, and pepper. This is a great autumn salad.
- Substitute chopped apple for chopped celery in tuna salad.
- Instead of lettuce, thinly slice apple on a turkey or ham sandwich. Top with mayonnaise or honey mustard.

Note: Fuji and Gala are great for snacking. When slicing or cubing apples, dip in 1 or 2 tablespoons of fresh lemon juice to keep from browning. Drain and pat dry.

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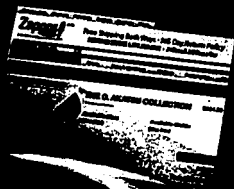
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